

FREE MONTHLY

Have a Go

NEWS



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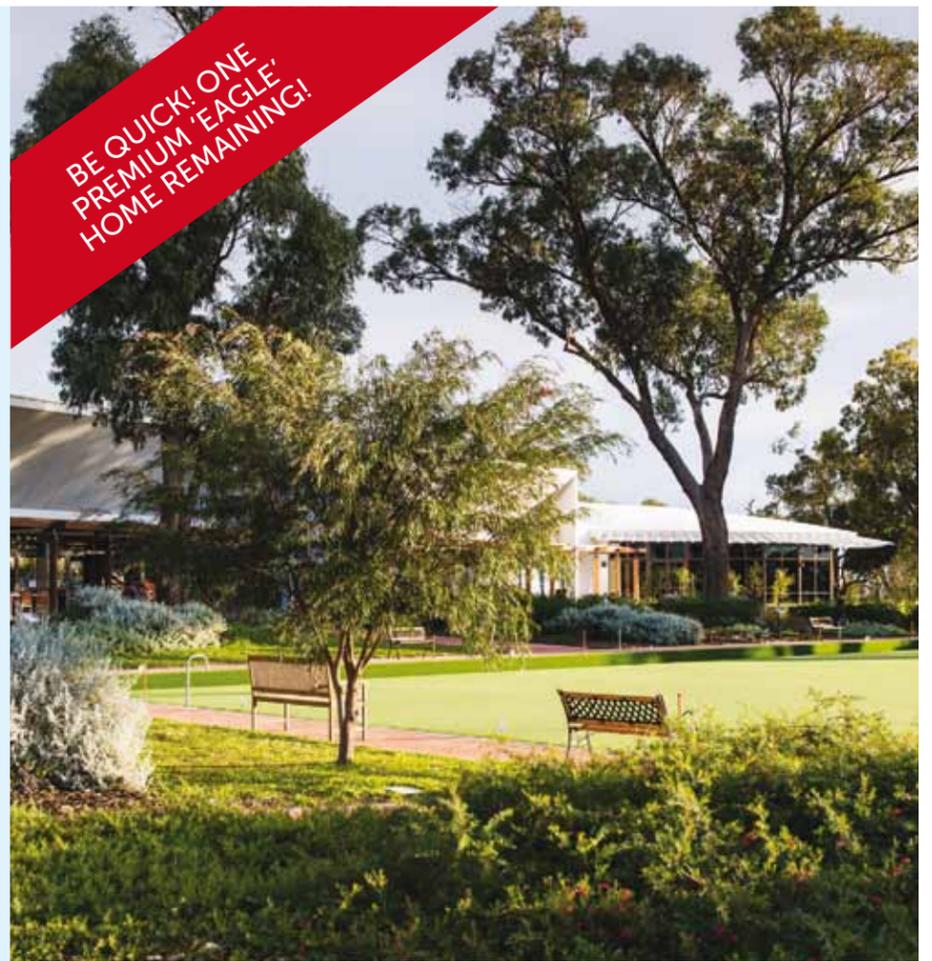
nli

Tuart Lakes

Imagine enjoying scenic views from your spacious new home, overlooking the beautiful valley surrounded by magnificent trees. Central Park at Tuart Lakes Lifestyle Resort in Baldivis, is designed to take full advantage of these wonderful natural assets, building upon the existing ambience generated by the trees, shade and wonderful birdlife.

The next stage of Central Park, due to commence this month, will feature further landscaping and grassing in the lower areas. Once complete, Lifestylers will enjoy facilities including a family centre with an infinity pool, business centre, central bandstand for outdoor concerts and movies, and three barbecue areas.

One of our most premium home designs, The Eagle, has only one home remaining. This split level property is a two bedroom with study and features an efficient layout with generous spaces. Take a step into the open living area and you will be overlooking a large balcony with breathtaking views of the most sought after location, Central Park. Call 9523 5000 today to view this site and display home.



Oyster Harbour

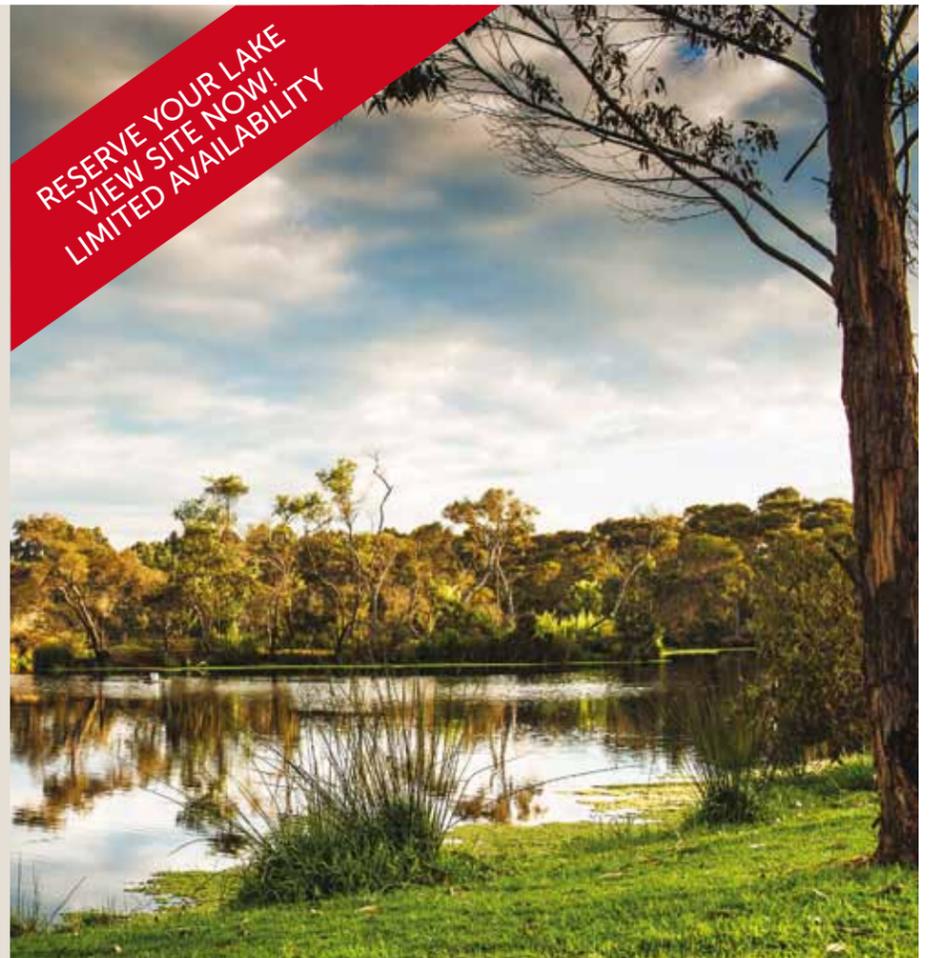
Located in an idyllic and rural lakeside setting, Oyster Harbour Lifestyle Village is located close to the placid shores of Oyster Harbour on the picturesque coast of Albany, in WA's Southwest.

Set to commence construction at the end of the year, the Clubhouse will be the social hub of this village. The design will incorporate protected timber decking, vast glazed doors, a viewing deck above the lake and a stunning boardwalk entry statement over the creek.

The Clubhouse will consist of a central terrace, two outdoor feature fireplaces which back onto the library, lounge areas and the main hall, as well as wellness centre, recreation centre with indoor heated pool, spa, sauna and gym all taking in glimpses of the native flora outdoors.

Due to popular demand, we are now reserving lake view sites in our future stages, for a no-obligation deposit of as little as \$250*. Call 9844 0000 today to reserve your site before they all sell out!

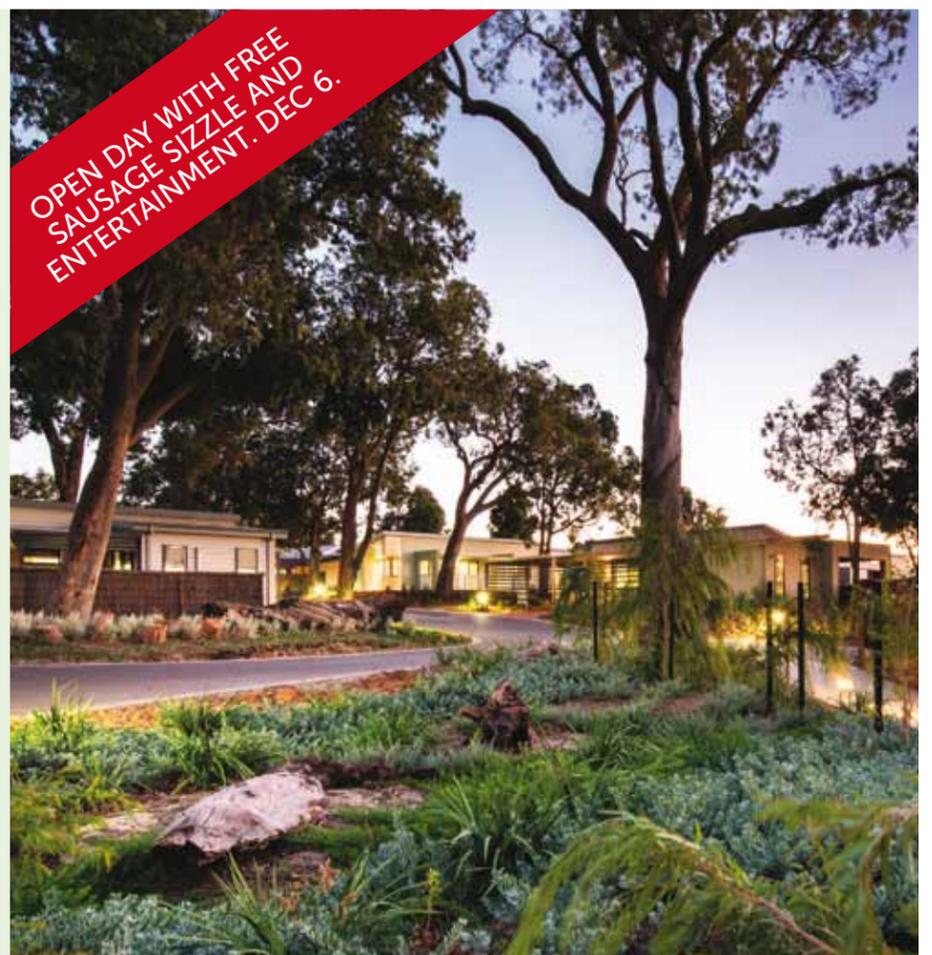
*DEPOSIT REQUIRED AS AT 5/10/2015 AND SUBJECT TO CHANGE



Helena Valley

Nestled in the beautiful bushland in Perth's foot hills is the ideal lifestyle choice for people looking for a 'tree change.' Helena Valley Lifestyle Village is located only 20 kms from Perth's CBD and less than 10kms from Midland's central hub. It is conveniently located close to shops and essential services, but far enough away from the hustle and bustle of city life. Almost at completion is Stage 1 of the Clubhouse facilities and by the end of October, 'Lifestylers' who live in the Village will have unlimited access to the indoor heated pool, spa, sauna, gym, aerobics room and games room complete with pool tables and dart boards.

To celebrate the opening of Stage 1 of our clubhouse, join us on Sunday 6 December at 11am at our Open Day. With free entertainment, a sausage sizzle and an opportunity for you to tour our new facilities and display homes, Call 6298 0888 to pre-register your interest today.



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WA'S PREMIER MONTHLY PAPER FOR THE OVER 45s

VOLUME 25 NO. 03 ISSUE NO. 283 OCTOBER 2015

In this Issue

- Let's Go Travelling - Have a Go News' Travel editor's trip to Tonga plus more...
- Your exclusive 24 page Seniors Week Events Guide liftout!
- WA Seniors Awards 2015 winners
- Retirement Living Expo



Competitions/Giveaways



- Miss You Already - Drew Barrymore
- Bridge of Spies - Tom Hanks
- Learning to Drive - Ben Kingsley
- Jewish International Film Festival
- BBC British Film Festival
- Buddy: in concert - 60 years of Buddy Holly
- Doug Anthony AllStars

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Come and have a go...



Clockwise from top left; Have a go at canoeing - Come and have a free cuppa at one of the hospitality tents - The mobile belfry is a great fun activity - West Coast Eagles Dean Cox made a visit last year - A new activity will be the Scout's obstacle course and the WA Police Pipe Band provide fabulous musical entertainment

COME and join in the fun at the annual *Have a Go Day* which will be held at Burswood Park on Wednesday 11 November from 8.30am to 3pm.

Have a Go Day, a LiveLighter event, is the highlight of WA Seniors Week and is organised by the Seniors Recreation Council of WA Inc (SRC).

This free event provides people with the opportunity to come and 'have a go' at many activities, visit displays and enjoy the entertainment around Burswood Park.

This year the event falls on Remembrance Day and SRC in conjunction with Victoria Park RSL sub branch are planning a special tribute to our service personnel at the wel-

come ceremony.

This will include the Ode and Still and participation from the WA Police Pipe Band, the 10th Light Horse Kelmscott/Pinjarra group and the *Last Post* by bugler Ms Maeve Lander. The WA Minister for Seniors, Tony Simpson will deliver an address at the welcome ceremony.

There will be a host of activities to try and people are encouraged to have a go at something new.

The Scout's obstacle course will provide an opportunity for those people who love to challenge themselves physically.

The West Coast Eagles will be on the grounds again this year with a selection of activities and guests on the

day; last year Dean Cox made a special visit.

Other activities available to try include the climbing wall, ringing the bells with the Bell Tower's mobile belfry, pole walking, Tai Chi, petanque and laughter yoga.

Canoeing will be available for people to have a go at on the lake.

Entertainment will include the Mad Tatters Morris dancers, ballroom, square, line and belly dancing or people can enjoy a demonstration from the Prime Movers exercise to music group.

For budding chefs there will be the Bethanie Bake off finals, as well as cooking demonstrations around the grounds.

There will be more than 200 stalls on the day and there really is something for everyone.

Have a Go News will be running the hospitality tents which serve people free tea, coffee and water and we look forward to people coming along to say hello and enjoy a break.

Channel 7 Perth and 6PR personalities will be in attendance.

There are a variety of food and drink outlets around the grounds to buy lunch or bring along a picnic and enjoy the riverside view.

Please turn to pages 46 and 47 for a comprehensive feature about all the activities, entertainment, prizes and displays available at this year's *Have a Go Day*.

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Judith Treby

From the editor's desk

on advertising to fund its production and distribution, they are the wheels that keep the paper being able to spread far and wide.

This paper is not government funded at all and in the last few years of government advertising cutbacks we receive little or no support from them so we ask our readers to support our advertisers who ensure its survival.

Congratulations to Dr Ramesh Parthasarthy who was awarded the overall Bethanie Medallion. Through the clinics and inpatient services he has set up at Bunbury Hospital, patients based in the southwest no longer need to travel more than two hours to Perth for specialist care.

Brother Olly Pickett the organiser of Wheelchairs for Kids was named the Juniper Champion for Seniors Winner for 2015 at a gala ceremony held at Crown Perth on 1 October which coincides with the International Day of Older Persons.

Congratulations to our journalist Frank Smith who was a finalist and was awarded a highly commended certificate in the Deborah Kirwan Media Awards for reporting on issues relating to seniors at the WA Seniors Awards.

Frank has been contributing to *Have a Go News* since 2007 and provides the paper with interesting and

informative articles relating to issues about older people, along with some fabulous travel stories all peppered with his wonderful wit.

We are privileged to have Frank on board with his contributions to our paper and I congratulate and thank him.

This month we include the annual Seniors Week 2015 liftout – now is the time to start planning for Seniors Week which is held to celebrate and honour our elders in the community. Use this handy guide to join in on the many events held around Perth and regional areas.

Have a Go Day is held on Wednesday 11 November from 8.30am to 3pm and is the peak event for Seniors Week. People can find a comprehensive guide including maps and competition forms and what's happening on the day on pages 46 and 47.

We look forward to meeting many of you at *Have a Go Day*, come to our hospitality tent and say hello and enjoy a free cup of tea or coffee.

I take the opportunity wish you a happy and healthy month.

Jen Merigan
Sub Editor
per Judith Treby
editor@haveagonews.com.au
Like us on Facebook or follow us on Twitter...

I AM sorry to report that Judith is unwell again and I am writing this column in her place.

I take this opportunity, as I know many of our readers will, to wish her all the best.

Have a Go News was pleased to sponsor and support both the Bethanie Medallion and the WA Seniors Awards and I take the opportunity to thank our wonderful staff that contribute so much time, effort and expertise to allow us to help with these events as well as produce the paper.

A special mention to Suyin Boehm our graphic artist, who I couldn't live without, for all her hard work and amazing designs. Tahlia Merigan my daughter, who has helped me with so many things this year in administration and events and Lisa McMahon who continues as my constant backup and administrates the paper.

Also big thanks to our fabulous sales team ably led by Peter Johnston with Tammy Scott and John Leskiewicz.

As our paper relies solely

Country/rockers dance nights

COUNTRY and country rock every Wednesday 8pm-11 pm.

14 October, New Trix (Entry \$7)
21 October, Second Chance (Entry \$7)
28 October, Night Fever (Entry \$5)
At Baby Boomers Meeting Place, RSL

Belmont, 22 Leake Street, Belmont (off Great Eastern Highway).

Doors open 7pm - BYO snacks/food.
Drinks at club rates – no BYO.
Need more info? Call Linda - 9354 3899.

Do you or anyone in your family remember the 1950s?



The Time of Your Life cast members; LR Sally Sander, Ashana Murphy, Rosemary Barr and Sarsi Elsberry © Robin Tunnicliffe

ROCK and roll was born, kids played backyard cricket all summer, young men went on national service, migrants arrived from a ravaged Europe and par-

ents worried about the polio epidemic and communist spies.

For more than 20 years Agelink Theatre has been creating theatre from oral histories, entertaining the public and affirming the value of our seniors.

Agelink Theatre presents *The Time of Your Life*, a vibrant play with live music and images from the era, written and directed by Jenny Davis. *The Time of Your Life* recalls the trials and joys, the pathos and comedy and social changes of post war Australia, as two young girls from very different backgrounds become friends in a small wheatbelt town.

For more than two years Agelink Theatre has worked in collaboration with a group of 40 WA seniors who shared their memories in reminiscence workshops. These formed the basis of the script. Members of the community now join professional performers on stage in a large cast of 18, aged from

five to 80.

Starring theatre legends of the Perth stage Rosemary Barr OAM, Sally Sander, Irene French, Alex Jones and Terry Hackett with music by Craig Skelton.

Duration: approx. two hours including interval.

Free performances as part of Heritage Week Perth, Saturday 17 Oct at 6.30pm and Sunday 18 Oct at 2pm and 7.30pm St George's Cathedral, 38 St George's Terrace, Perth. Limited seating is available.

Paid performance on Friday 23 Oct at 7.30pm and Saturday 24 Oct at 2pm, at The Redmond Theatre Prendiville College, Prendiville Ave, Ocean Reef. All tickets \$12.

Bookings: admin@agelink.com.au or visit www.heritageperth.com.au or www.trybooking.com/ITGP. For further information visit www.agelink.com.au or phone 9461 3244.

Find out more about the life of Bishop Salvado

EXPLORE the interesting life of the founder of New Norcia Bishop Rosendo Salvado.

The November meeting of the Family History Society of Rockingham and Districts will have guest speaker Dom Chris Power from New Norcia who will talk about the life of Bishop Rosendo Salvado (1814-1900).

Come along on Saturday 7 November at 2pm to the meeting room on the first floor of Rockingham Lotteries House, Civic Boulevard, Rockingham.

The cost is \$5 and guests are asked to please arrive before 2pm as there will be no admission once the talk has started. For further information please phone Verna on 9527 4988 or visit the website at fhsrd.org.au



Natalie Portman's A Tale of Love and Darkness, one of many films to enjoy during the Jewish International Film Festival

Make a date with the Jewish International Film Festival

Eddie Tamir.

With stimulating and diverse cinema that engages audiences from within and beyond the Jewish community, the Festival showcases works from USA, Canada, South Africa, Hungary, Germany and Israel.

Screening courtesy of Sony Pictures, *Son of Saul* is an acclaimed Hungarian drama, which is hotly tipped as a major 2016 Oscar contender. Winner of the Grand Prix at the 2015 Cannes Film Festival, this remarkable piece of cinema follows a father's quest for moral redemption amidst the horrors of Auschwitz.

There's Natalie Portman's striking directorial debut, *A Tale of Love and Darkness*, based on the memoir of Israeli novelist and journalist, Amos Oz, whilst renowned Israeli director Shemi Zarhin's unique tone of dramedy shines throughout *The Kind Words*, likely to be Israel's 2016 Oscar entry and the most nominated film at this year's Ophir Awards (Israeli Oscars).

Experimenter (screening courtesy of Rialto Pictures), starring Peter Sarsgaard and Winona Ryder, revisits the controversial 1960s experiments of social psychologist, Stanley Milgram. Germany's 'grande dame' of cinema, Hannelore Elsner, takes centre stage in *To Life!* as an ageing cabaret singer

whose unlikely bond with a dispirited young man gives both new meaning.

Those seeking romance will savour the Canadian drama, Félix and Meira, which depicts an affair between two people who inhabit the same neighbourhood yet reside within very different worlds.

And in keeping with its reputation for screening outstanding documentaries, JIFF 2015 has an utterly thrilling selection. *Soft Vengeance: Albie Sachs and the New South Africa* focuses on the famed lawyer, writer, art lover and freedom fighter and *The Prime Ministers: Soldiers and Peacemakers* examines Prime Ministers Rabin and Begin from a unique insider perspective.

The 2015 Jewish International Film Festival comes to WA on 31 October, 1 and 8 November presenting nine films at Greater Union Morley.

Visit the official website at www.jiff.com.au

WIN WIN WIN
To be in the draw to win a double pass to the Jewish International Film Festival, email win@haveagonews.com.au and include the acronym JIFF in the subject line. Or address an envelope JIFF Comp, c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Competition ends 25/10/15.

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- Caravan & Camping ● Let's Go Travelling ● Arts/Reviews ● Scene Socially

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Postal Address: PO Box 1042
 West Leederville
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Tel: (08) 9227 8283
Fax: (08) 9227 8293

Please address all correspondence to the Editor

Email the editor:
editor@haveagonews.com.au

Email the travel/sub editor:
jen@haveagonews.com.au

Email to production:
production@haveagonews.com.au

Website: **www.haveagonews.com.au**

Printers: Rural Press

Honorary Editor/ Arts Editor: Judith Treby

Sub/Travel Editor: Jennifer Merigan
Journalists: Josephine Allison
 Frank Smith
 Brad Elborough

Columnists: Colin Barlow
 Brian French
 Jon Lewis
 Karen Majer
 Denis Martin
 Mike Roennfeldt
 Hugh Rogers

Contributors: Jemma Aldridge
 Vince Garreffa
 Wendy Holtom
 Jayson Mansaray
 Jeanette Woolerton

Admin Graphics: Lisa McMahon
 Suyin Boehm

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

Features Co-ordinator: Tammy Scott
Senior Sales Consultant: John Leskiewicz

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ARE YOU REALLY SURE YOU CAN EXPLAIN THE COMPLEXITY OF THE ISSUE IN JUST 140 CHARACTERS?



Letters to the Editor

Submissions may be edited for clarity and space.

DEAR editor

JUST a short note to say thank you very, very much for a fantastic prize of two tickets to see *Lord of the Dance - Dangerous Games* on the opening night at the Crown Theatre, Perth.

It was truly a wonderful show which my husband and I thoroughly enjoyed.

We felt like VIPs and we couldn't get the smiles off our faces. It was a magical night and the dancing was superb. Please, thank everyone for this very special prize.

I would like to take this opportunity to wish you, *Have a Go News* and your sponsors all the very best for the future.

I look forward to reading your newspaper which is full of interesting and relevant articles which we thoroughly enjoy; keep up the great work!

Kind regards

Grace and Evan Moir
 Como

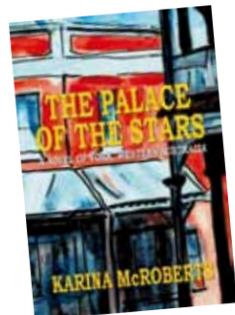
DEAR Editor

Cartoon: *Clothes for Emperors*. *Have a Go News September*

Loved this cartoon, "we shall fight them we will never surrender", that's the way the biscuit breaks.

Bob McCulloch

Book review: The Palace of the Stars: Karina McRoberts



Reviewed by Pat Paleeya

MARI is a spry woman in her 70s and volunteers to take care of Mike, a young man who after being in a coma needs some time to convalesce. Having no family of his own around she takes him to her home in York. She has a small bookshop in an old pharmacy building

which becomes damaged after a small earthquake hits the town. Whilst sorting through the mess Mari discovers a portal between the damaged bookshelves.

Mike steps through and finds himself still in York but in 1904. He is befriended by Gordon an affable fellow who owns The Palace of the Stars an ornate Victorian Theatre. He introduces Mike to an array of wonderful characters that take him and the reader on a sizzling and most enjoyable adventure. Beautiful Mae Belle, a magician takes Mike's fancy and he falls for her with surprising results. Language is a little tricky and Mike overhears a man being called a rapsalction and thinks that it sounds like 'something out of being a posh salad in a pony café'.

Karina's smooth transition from present day English to that of Victorian English is without fault and a joy to read.

Meanwhile whilst Mike is having the time of his life, Mari is battling bureaucrats who want to knock down the pharmacy because of damage, plus there's a little scam going on in the background. If the bureaucrats win the portal will disappear and so will Mike.

It is very clear that Karina McRoberts enjoyed writing this whacky, wonderful quirky romp into historic York. Such imagination captured, and penned, so realistically could only result in a work of stunning characterization, drama, humour and of course skull duggery. This would make a brilliant film.

THANK YOU supporters who took the National Stroke Week challenge

THE NATIONAL Stroke Foundation thanks the thousands of Australians who challenged stroke by living healthy, being aware and getting a health check throughout Stroke Week.

Dr Erin Lalor, chief executive officer said National Stroke Week is the annual campaign to shine the spotlight on stroke, raising awareness of the devastating impact of this insidious disease.

"Stroke Week is an opportunity for all Australians to learn about stroke and how they can reduce their own risk.

"I am confident that there are thousands of people in the community who are more informed and can take control of their health after last month's activities."

It is vital we remember strokes don't just happen one week of the year. Every ten minutes an Australian has a stroke. Every ten minutes someone's life changes forever.

Stroke is scarily common in Australia – it is a national health emergency. Last year alone Australians suffered 50,000 strokes.

What many people don't know is that most strokes are preventable. There are things we can all do to help protect ourselves, like being aware of and managing our blood pressure, maintaining a healthy diet, stopping smoking and heavy drinking, and exercising, Dr Lalor said.

Work of the National Stroke Foundation doesn't stop here. The Foundation's mission is to ensure everyone understands what a stroke is and what they can do to avoid having one.

It will take the combined efforts of the community, health professionals and government to achieve this mission.

"I know together we can fight stroke and win," she said.

Dr Erin Lalor,
 CEO of the National Stroke Foundation

Come and join the Como Book Lovers Club

THE Como Book Lovers Book Club has been going strong now for nearly 15 years and they would like to welcome new members along.

If you enjoy reading, expressing a point of view on books and listening to other opinions, why not join them once a month – good company, good books. They meet on the second Thursday of each month and hire out books (\$6 each).

If you are interested please contact Su on 0413 022 977.

Homestead for Youth fundraiser concert

THE HOMESTEAD for Youth fundraiser concert will be held on Saturday 24 October, 5pm to 7.30pm at Mt Pleasant Baptist Church in Marmion Street, Booragoon.

Performing at the concert will be Applecross' not-for-profit One Achord Community Choir, with special guests. Their choir director, Gillian Parker, assists at the Homestead for Youth refuge. They provide a personal recovery program for youths at risk.

Tickets are adults \$20, concession \$15, children (16 and under), family \$50.

For bookings or further information visit www.onechordchoir.org.au

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Top tango exponent a tough but dedicated teacher



Devora and John Paranthoine

by Adam Penn

WITH a cup of tea in one

hand and a pipe or cigarette in the other – even when teaching or examining –

John Paranthoine was a colourful and prominent figure on the Perth dance scene in the 1940s and 50s.

A highly respected adjudicator, examiner and instructor, John represented both the Imperial Society of Teachers of Dance (ISTD) and the National Teachers of Ballroom Association (NTBA) in WA for many years, examining many of the industry principals of today. He was vice-president of the Ballroom Dance Teachers' Association for several years.

John specialised in training champion couples in all

styles, including the tango, a dance he was passionate about. He held and successfully defended the WA professional tango champion title for six years.

John regularly expressed his disappointment that the tango was rarely danced in the social dance program within the ballrooms and dance halls throughout the country. The general dance community were confused and puzzled with the more theatrical presentations of the Argentine and English ballroom styles. The dance had lost any popularity it might have previously enjoyed,

with dancers all over the country believing they had to perform the intricate and difficult actions of the Argentine tango that was newly being demonstrated.

John is remembered to have referred to the tango as the 'Cinderella of the ballroom'.

John married Devora (or Dev as she preferred to be called) in 1938 and the couple started their life together in Durban Street, Belmont.

In the mid 40s, John's career changed when he joined forces with Mary T Shaw, specialising in ballroom and newly introduced Latin

American styles, at her studio in the Pindawa buildings in Murray Street, Perth. Soon after, the couple moved their activities to the Scudder/Fairbanks School of Dance, with Robert Scudder and Dorothy Fairbanks focusing on the immensely popular old time style and John and Mary on ballroom and Latin.

When Mary moved her interests to Bunbury in 1948 John moved his studio to Hay Street, Perth above Carlyle and Co. where he remained until the late 50s, continuing to train future professionals and coach future champions.

Many of the current professionals in the WA dance industry worked with or were examined by John. They remember a man who was always immaculately groomed and caring of students and teachers. His demeanour saw him regarded as an especially tough examiner and one who expected and received the very best from those he worked with.

Anyone with historic photos or stories for Adam Penn's dance series which is proving highly popular, can contact Adam at tophat97@optusnet.co.au or mobile 0412 361 917.

The donation warehouse is now open for WA's homeless

THERE IS a new logo and a new location for the eighth annual Homeless Connect Perth warehouse. The volunteers are engaged and plans are well underway for this community event to be held Wednesday 11 November, in Russell Square Northbridge.

On any given night thousands of people in Western Australia are homeless.

The goal of Homeless Connect, which is a partnership between Volunteering WA and the City of Perth, is to facilitate access to a range of services that ultimately will assist people who are disadvantaged find new pathways and connections. The range of services offered include; accommodation assistance, legal counseling, identification, employment options/training, free health and dental checks including access to natural therapists, personal hygiene and grooming support, budget and financial advice. Morning tea and lunch will also be

served with free hugs available all day.

Guests will also have access to a free shop that offers non-perishable food items, books, children's clothes and toys, new and used clothing, new underwear, shoes, toiletries, and manchester.

Last year more than 1,000 homeless and marginalised people visited Homeless Connect and the warehouse volunteers really need help to ensure they have sufficient items for guests who will access this special community service in November. They are urgently calling on the general public and business sector to support this event by donating much needed items that they simply do not have enough of.

A variety of items is required but they always run short of non-perishable foods, underwear and socks, baby wipes and nappies, children and teenage boys and girls clothing, summer clothing, shoes, thongs and sneakers for

people of all ages.

Everyone is encouraged to start a collection at their workplace, school, church or community group. If everyone does a little bit, a lot can be achieved. Donations can be dropped off three days a week until Thursday 29 October, details as follows:

Donations Collection Centre, 8 Belmont Avenue, Belmont

Open: Tuesday, Wednesday and Thursday 10am - 3pm.

More information: T: 9482 4333 or 0419 993 789

Help to 'connect' and work together with the whole community to extend some hope, dignity and joy to people experiencing homelessness and show them their life matters.

Information: www.volunteeringwa.org.au

The Inner Wheel Club of Kalamunda 50 years young



Members and Inner Wheel Australia president Kay Morland and shire president Sue Bilich

THE Inner Wheel Club of Kalamunda celebrated its 50th Birthday on 30 August with a lunch at The Lesmurdie Club in Walliston. Most WA clubs were represented, some bringing gifts.

The Kalamunda branch was honoured by the presence of IWA President Kay Morland who presented president Dorothy with a new collar ribbon as is the club custom. Also present were district chairman Trish Darch, accompanied by her husband Neil, president of the Shire of Kalamunda, Sue Bilich, and Past IWA presidents Judy Christensen and Joan Beech-Jones. Cards and best wishes

were received from many clubs and districts across Australia.

The birthday cake was cut by national president Kay, club president Dorothy, district chairman Trish and the club's longest serving member Laurel O'Connell. Laurel also lit the flame of friendship.

The lunch was excellent, the event a casual affair with members of the club entertaining with jokes and songs sung by member Rona Hurley. All in all it was a successful enjoyable afternoon.

Contact telephone 9453 6073 and email iw.a40extension@gmail.com for details about the club.



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LADY 56 years young, widowed, nat/attractive, fit, sporty, DTE, good heart, enjoys bike riding, bush walks, o/s travel and new adventures. Seeks active gent 50-65 to enjoy life with.

LADY 52 Balinese beauty, slim, s/employed, NS, lovely nature, kind, caring, enjoys cooking, exercise, movies, dining. Seeks quiet natured honest gent, 45-60, NS please. View long term R/S.

LADY 61 young, s/employed, very attractive, l/hair, blue eyes, curvy, enjoys o/seas travel, w/away and caravanning. R-dinners, good coffee, animals, fishing, decorating, ocean and country. Seeking a gent 55-70 with gt passion, character and a forever mate.

LADY 45 Nurse, v attractive, slim, l/brown hair, sweet and sensitive, DTE. Enjoys yoga, outdoors, dinners, south west, environmental concerns. Seeking country guy, 40-52 tradie. Tattooes ok. View long term.

LADY 57 lg hair, s/employed, slim, trim, petite, loves running, bush walks, dining, w/away, Jacobs ladder, kayaking, BBQs, seeks like minded, fit, rough diamond to view relationship.

GENT 66 w/presented, tall, refined, s/retired, fin sec, ex com pilot, loyal, intelligent, NS, travelling. Seeking special lady 57-69 for a new life. Open to new ideas, friends first.

GENT 66 Lives s/west, visits Perth, established, boat, caravan, loves travel, young at heart, twinkle in his eye. Seeking a lady companion 58-70 for a stress free happy life.



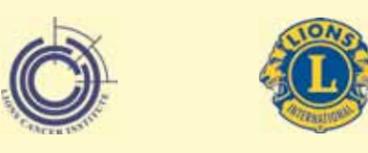
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Phone Mary-Jane Rigby 9528 0449

8 November - Bunbury Have a Go Day, near old station, 10am til 2pm

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For info visit www.lionscancerinstitute.org.au



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SEE YOU AT HAVE A GO DAY Nov 11, Bunwood Park

French's Forum



Brian French

IT SEEMS that migration is one of the most pressing problems in today's world particularly in the Middle East and Europe. For example, the UK population is set to soar by 21 million by 2080 which will bring it to 85.1 million. The impact on housing, roads and schools will be significant, and of course government and its current way of life will surely be changed. From pictures on TV, many of the refugees appear to be young men simply

looking for a better and more comfortable life away from their own troubled homeland. I understand they are called economic refugees.

That being said at the age of 54 we got our second wind, wanting to try new experiences with the favourite being jetting off to countries on our wish list. Apparently, this is more relevant to you ladies, who want to spend your money on social and leisure activities. I suppose Mary and I were among those with itchy feet, because we emigrated to retire in Australia when I was 57 (Mary was 55). Apart from local activities, we spent much of our lives travelling in those days of our second wind.

In the photograph, pictured right, can you believe the two ladies, Maisie and

Norma with Mary the instructor, are in their nineties? Well Maisie is 97 and Norma is 90, and both have been Prime Movers for more than 20 years, which just shows the benefit of exercise for a healthy and pleasant life. (Mary is only 82, some way to catch up with the other two sprightly Movers). Every Tuesday morning they are joined by another fit 50 Prime Movers at Belmont Recreation Centre.

UK is certainly less accommodating than Australia for older drivers! At present, people at the age of 70 have to prove they are medically fit to drive, and the Government is considering raising this to 75, but the proposal is being objected to, of course, by anti-motoring groups. The RAC claims that 10 per cent of motorists are unfit to

drive. I am 84 and my doctor has given me the all clear to drive at least until I'm 86.

Cockney rhyming slang is fading away (brown bread = dead) in UK because younger people don't understand it or want it. I was born in London, but used this quaint language very rarely. However readers might like to hear a few bits of it, so here goes:

- God love her - mother
- Rabbit and pork - talk
- Cows and kisses - missus the wife
- Hat and scarf - bath
- Dog and bone - phone
- Rub a dub - pub
- Uncle reg - veg
- Hat and feather - weather
- Shepherd's pie - sky

I think that will be enough for now.

We are a nation of dog lovers. So the following information might be of interest to you.

Do dogs see in black and white or colour? Apparently they do see some colours. They can tell the difference between blue and yellow, but see green and red as shades of grey.

When a dog eats grass does it mean it is sick? Studies have shown that this is not correct. It's more likely to be because grass tastes nice particularly in spring and summer when it is fresh.

Can a dog catch a cold? No. Common cold and flu viruses cannot be passed from dogs to humans, and a dog cannot catch a cold.

Did you know that fidgeting could help fight against the health dangers of sitting down all day? Constantly tapping your feet or twiddling your thumbs have real benefits for your health. Being stationary for too long is bad for our bodies. Scientists now say almost any movement could help mitigate the effects of heart disease, stroke, diabetes and obesity. So keep moving readers.

Anthony Blackie, a man in UK has written a book with the weird title *The Squashed Man Who Married A Dragon*. It is supposed to give us old codgers some golden rules for wedded bliss. He has been married for more than 50 years, so some of the advice can't be wrong, although I do not agree with all of it. Anyway, here are some of his nuggets for you to mull over:

- Don't question your wife when she does crazy things.
- Let her think she is cleverer than you.
- Give her the control of the TV remote (I don't agree with this).
- Let her throw out items of your clothing no matter



Maisie and Norma with instructor Mary (centre)

how precious they are to you.

Point out that the celeb beauty in magazines is touched up - and not a natural beauty like her.

Never learn to iron or cook (like this one!).

Say "yes". In my column this month I seem to be particularly intrigued with sayings, but I hope readers also find them of interest, because I have yet another I have found in my usual UK newspaper. This one is the Criminal's Alphabet, but with so many police programs on TV these days it might fit (I'll

not give you all of them).

Aggy merchants - criminals who carry guns.

Bible pages - cigarette papers for rolling in prison.

Little fellas - cigarette ends.

Plum - some one who is not very bright.

Wayne John - A derogatory term for prison toilet paper which is rough and tough like John Wayne.

Readers I will close, but have a comfortable and safe month.

Brian French

Email: bfrench792010@hotmail.com

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Come and try an activity at Leslie Street Sport and Social Centre, Mandurah



Leslie Street Sport and Social Centre board members

A NEW BOARD has been formed from long serving and recent members for

Leslie Street Sport and Social Centre for over 50s. The new president,

Beverley Ross, said she hopes to have a harmonious working team for the

coming year. There is a lot to be accomplished with the ongoing maintenance of a 50 year old building and the new visionary task which will formulate a plan to take the centre into the future.

"We want to continue the vision of the Wearne Family that bequeathed the land 50 years ago", she said.

The vision was to care for the senior citizens of Mandurah and offer social and recreation activities, friendship and fun. As the centre has come into the next generation's care, new technology, health requirements, media, regulations, activities and programs have to be investigated and developed.

Ms Ross said there was a new call to investigate and meet the needs of the over 50s, as they would be needed to take the centre into the next decade or so. The social centre looks forward to the challenges of the coming year, and working together as a team with a vision, should ensure that they can build the membership and have some fun along the way.

The Leslie Street Sport and Social Centre is at 7a Leslie Street, Mandurah. It is situated on 4000sqm of land overlooking the beautiful estuary where dolphins play. Please call 9586 1559 or visit www.lesliestreetcentre.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.

Book online at www.breastscreen.health.wa.gov.au or phone **13 20 50**

Visit the BreastScreen WA website for clinic locations and mobile screening unit visit dates.

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All proceeds fund research that will enable treatment, prevention and cures for inherited retinal diseases.

Alzheimer's disease research update



CEO of Alzheimer's Australia WA Ltd, Rhonda Parker

by Rhonda Parker

THE most frequent question I get asked about dementia is, when will researchers find a cure? This month I'd like to update you on the 2015 research findings in the three key areas of diagnosis, treatment/intervention and cure.

In the area of diagnosis, new developments in eye imaging suggest this technology may soon be used to detect dementia 10-20 years before symptoms appear. To date there is no reliable early detection. In the future, the diagnosis may end up as simple as a visit to the optometrist.

Dr Eleonora Lad, from Duke University Medical Centre, USA reported, "because the retina is an extension of the brain, retinal changes may mirror the changes that occur in the brain with dementia. It has long been recognised that people with early-stage Alzheimer's disease experience abnormalities in vision, perception of colour, motion, and peripheral vision."

Dr Lad and her colleagues have developed image-analysis software that is able to determine correlations between eye layer thickness and other structural changes, and the likelihood of a person to develop dementia. The resolution of this eye imaging technology is 100 times that of a brain MRI scan.

While the software is still a few years from becoming routinely available in a clinical setting, it has already been used in a number of large-scale clinical trials.

Many eminent medical professionals have stressed the importance of early detection. It is becoming more evident that if we can treat dementia early, before symptoms occur and too much damage is caused, the progress of the condition can be stalled. This scanning is a major step towards the benefits of early intervention to treat or slow down the onset of dementia.

In terms of intervention, the Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER) has had astounding findings.

Researchers have shown that older adults who follow a healthy eating plan and undertake regular exercise and brain-training activities have enhanced

memory performance over those who don't. The trial studied 1200 participants 60-77 years old and split them into two groups. One group had intervention to improve their lifestyles whilst the second control group made no changes to their lifestyles.

The two-year study began in 2009. Intervention consisted of; nutritional guidance; exercise; cognitive training and social activity; and management of metabolic and vascular risk factors. The primary outcome measured was cognitive performance.

The results, published in the journal *Lancet Neurology* found that those who were in the intervention group had improved or maintained cognitive function over time (anywhere from 25-150 per cent better than the control group).

Professor Miya Kivipelto, research leader from the Karolinska Institutet, says "much of the previous research has shown that there are links between cognitive decline in older people and factors such as diet, heart health, and fitness. However, our study is the first large randomised controlled trial to show that an intensive program aimed at addressing these risk factors might be able to prevent cognitive decline in elderly people who are at risk of dementia."

In the area of the cure, world class research out of the University of Queensland has shown that an ultrasound scanning technique can reduce and remove amyloid beta plaques from the brains of mice with Alzheimer's disease.

Amyloid beta is a hallmark of Alzheimer's disease and there are ways of identifying it in the brain, but there are currently no treatments available to remove it. Researchers at the Clem Jones Centre for Ageing Dementia Research have recently developed a non-invasive ultrasound technology which they hope may be able to do just that.

Results published in the journal *Science Translational Medicine* showed that applying the ultrasound technique on mice with Alzheimer's disease removed amyloid beta plaques from the brain, and in some cases, cleared the plaques completely. Treated mice were also found to perform better on a variety of memory tests, indicating that it may also reverse the symptoms of Alzheimer's disease. The new treatment method could revolutionise Alzheimer's disease treatments by restoring memory.

These are three of many ground breaking studies into diagnosis, treatment and intervention, and the cure. Each year new studies are commenced and existing studies become further advanced, providing more data with which to make clinical decisions.

Will there ever be a cure? Hundreds of millions of dollars and some of science's finest minds are invested to make sure no stone is left unturned.

Better wait 'til Monday to go into hospital

by Frank Smith

THE LEAST risky time to go into hospital is a weekday, according to a study of hospital records in the UK, Australia, USA and the Netherlands published last month in the British Medical Journal - *Quality and Safety*.

The researchers found the risk of dying within 30 days of admission to hospital was higher for admission to hospitals at weekends in three out of four countries.

This risk was 8 per cent higher in 11 hospitals in England, 13 per cent higher in five of the US hospitals, and 20 per cent higher in six Dutch hospitals.

Australian hospitals had the largest proportion of emergency admissions. There was no increased risk of death within 30 days for emergency admissions at weekends in the Australian hospitals, but

there was an increased risk at seven days.

All patients admitted at the weekend for planned surgery were more likely to die within 30 days than those admitted on other days of the week.

Even Friday was no better in the Netherlands. The risk of death for patients undergoing planned surgery in the hospitals in The Netherlands was 33 per cent higher if admitted on a Friday than on a Monday.

The authors, Drs Milagros Ruiz, Alex Bottle and Paul P Aylin of Imperial College London, say no one single factor is probably responsible.

They suggest some diagnoses and procedures may be particularly sensitive to reduced access to test results and diagnostics at weekends. Staff may be fewer in number and less experienced at weekends and patients requiring urgent care may have to wait longer, which might affect the success of any treatment.

Professor Richard Lilford and Dr Yen-Fu Chen of University of Warwick Medical School warn against rushing to conclusions.

They say it is more important to focus on possible causes behind the weekend effect.

"Understanding the weekend effect is an extremely important task since it is large, at about 10 per cent in relative risk terms and 0.4 per cent in percentage point terms. This amounts to about 160 additional deaths in a hospital with 40,000 discharges per year," they say.

"But how much of the observed increase results from service failure? And here is the rub, for while a 0.4 percentage point represents a large, potentially scandalous, number of deaths, it is quite a small proportional change."

While scientists are nutting out the cause of this higher mortality, it is probably safer to go into hospital on a weekday if you have the choice.

Treat for garden lovers

AMANDA's Memorial Garden at the junction of Margaret and Matison Streets in Southern River will open this month for the annual Amanda Young Foundation fete.

Set amongst a tranquil natural setting of paper barks the highlight of the

garden is the mass display of Amanda Roses.

A wonderful collection of David Austen's, tea roses, climbers adorn the numerous arches and together with traditional scented roses provide a colourful display.

Water features with a Monet bridge, fountains, Louisiana iris and a very large variety of plants, trees and shrubs makes a visit a pleasant experience.

Added attractions will be an art display, a huge plant sale, cake, jam and fresh honey sales, a Paddy's Market and pleasant music. A number of craft stalls will add interest to the occasion.

Devonshire teas and a sausage sizzle will also be available.

Open on 24-25 October entry is adults \$5, children free.

The Amanda Young Foundation was inaugurated in 1998 following 18-year-old Amanda's sudden death from meningococcal septicaemia. Full details available www.amandayoungfoundation.org.au

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Niral Hunt (right) shares her skills in making a natural moisturiser with herbs and essential oils

by Karen Majer

I WALKED out of Niral Hunt's Margaret River home loaded with little pots of home-made citrus body scrub, lemon hand cream, moisture face cream and

moisture lotion and with a warm glow of satisfaction. Her morning workshop had taught an enthusiastic group of women to make their own skin care products with lovely natural ingredients including herbs from Niral's

garden. Niral has been growing and using herbs since the early 1980s when she joined author Nerys Purchon at Rivendell Farm in the Ferguson Valley. Herbal cosmetics were the first in a wide range

Keep it simple when it comes to skincare products

of healthy products. "It was basically about using what you could grow," she told me. "Eating, cooking, skin care, cleaning, gifts, healing products."

Does she have a favourite? "Green Magic. My grandies call it Nanna's magic cream. You couldn't get any more goodness into one product, with herbal tinctures and oil infusions from 16 herbs as well as essential oils. All the herbs are grown in my garden and there are no exotic ingredients. It's an all-purpose healing cream for cuts, grazes, bruises, even dog's ear problems and chickens with stick-fast fleas!

The philosophy underpinning Niral's lifestyle and products is 'keep it simple'.

"These days so many people have allergies to food, to products, to life," she said. "We fill our houses and bodies with a chemical cocktail. My advice is read the label. If you can't understand what's in the product, don't buy it. There are so many simple alternatives that you can buy or make."

Niral believes in growing and buying local.

"There is no need to import. Everything we need is available right here," she said. "People will donate money to save orang utans and then buy soap with palm

oil in it. It's inconsistent."

"Living a simpler, less chemically-loaded life has health benefits and it's very satisfying."

Turning your kitchen into an organic chemistry laboratory can have its hazards though. Nerys was making red candles one Christmas.

"Someone wandered through the kitchen and went to taste the 'tomato soup' on the stove. Luckily he realised his mistake before getting burned. It was a close call."

Running workshops to teach others to be more self-sufficient is another rewarding aspect of her work.

"It's important to me to share my skills. Getting

older is about sharing your wisdom and continuing to learn."

Niral said she likes to encourage people to do things themselves - have a go.

"People go home from workshops with products they have made and they're so proud. It's much more satisfying than buying something off a shelf."

"What we are doing is reviving old skills and preparing for the future. We need to be more self-reliant as individuals and take back control of our health and our consumerism," she said.

Find out more www.nirala-naturally.com, from-potionstopesto.blogspot.com

Back to Norseman

THE BACK to Norseman Reunion is to be held on Sunday 1 November from 10am in Kings Park, on the lawn area between the Vietnam War Memorial and the Zamia Café, May Drive.

Special guest will be Claire Weir, author of *Gold Fever* (Norseman 120 years) who has printed a second edition which will be available soon.

If anyone has had a Norseman connection they are welcome to attend and relive memories of a wonderful town community. Please wear a nametag and BYO picnic and chair.

Enquiries to Bill King 9534 9913 or email newbill13@bigpond.com.

Novice swimmers welcome at Lake Leschenaultia



Join Masters in November for their 29th Lake Leschenaultia open water swim

by Wendy Holtom

THE 29th Lake Leschenaultia open water swim, conducted by Maida Vale Masters Swimming Club will be held on Sunday 8 November. Novice open water swimmers are encouraged to enter the 400m LiveLighter Novice Swim which is held in conjunction with the main event, the 1600m swim.

The LiveLighter Novice Swim, which is sponsored by Healthway under their LiveLighter health message, is ideal for the more mature or beginner swimmers who are keen to have a go over a shorter distance in the safe and calm waters of Lake Leschenaultia, however any interested adult swimmers can enter. Both events are part of the

2015/16 LiveLighter Masters Open Water Swim Series which is available to members of MSAWA Clubs.

The LiveLighter Novice Swim is supported by *Have a Go News*. It is a short, well supervised and non-competitive event and is fun, so participants enter the water at a leisurely pace and swim at their own pace over the course - maybe participate with a friend or family member, as it's much more fun doing it with a buddy.

Both the 1600m and Novice 400m events will have appropriate water safety and support provided by volunteers at Maida Vale Masters. And Lake Leschenaultia is the perfect place for a picnic after the swim.

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

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

Many people feel that they have to be good swimmers to join a Masters Swimming Club, however our clubs cater for all ability levels. Many adults aged 45 and over are now enjoying the physical and mental benefits of swimming regularly at Masters Swimming clubs - so have a go now.



SEE PAGES 35 TO 39 FOR FEATURE

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2015

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*Conditions apply. Available for lunch and dinner until 15 November, excluding Saturday dinner. Not valid on public holidays, Melbourne Cup or with any other offer or discount. Images are for illustration purposes only. Junction Grill and 88 Noodle Bar are 18+ venues.

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Dive back into the new Bold Park Aquatic



Fun and fitness at the new look Bold Park Aquatic

SET in the tranquil bushland setting of Bold Park only a short drive from the city, the newly redeveloped Bold Park Aquatic in the heart of City Beach offers programs for all ages and abilities.

Due to open in mid-October, Bold Park Aquatic will be offering a variety of programs geared to the over 50s including Living Longer Living Stronger, Fab 50s, Seniors Water Workout and the MATEs club.

The popular Living Longer Living Stronger (LLLS) is a high quality fitness class for the over 50s, that delivers results! LLLS is land-based with classes to be held at Bold Park Aquatic at various times each week.

For those who enjoy to get fit in the pool, Fab 50s is for you. Fab 50s is a strength, flexibility and cardiovascular workout using water resistance and in-pool equipment.

The Seniors Water Workout is an aquarobics class for the over 50s, giving you a workout that will keep you fit and healthy in a fun, friendly environment.

MATEs club is all about 'making aquatics a terrific experience'. Targeting swimmers with a disability, MATEs is not a rehabilitation, swimming or exercise program, it's simply about enjoying being in the water.

The new Bold Park Aquatic has been designed and built with accessibility in mind. Entry to the new

outdoor pool is available via a ramp that can accommodate a water wheelchair, and access to the new undercover leisure pool via a chair hoist and walk-in entry. Bold Park Aquatic is also suitable for rehab patients and offers dedicated water walking lanes in the leisure pool.

ACROD car parking bays are situated close to the pool entry, with the new centre boasting accessible change rooms, shower chair, deck showers, a chair hoist, water wheelchair, free admission for carers, free lockers and water walking belts available for hire.

Regular swimming and exercise are good ways to build strong bones and strengthen muscles which can go a long way to maintaining an independent lifestyle. Swimming at Bold Park or participating in one of the programs is also an ideal way to meet new friends.

So, whether you're recovering from an injury, interested in active ageing, or a person with a permanent disability, the programs offered at the new Bold Park Aquatic ensure there's something there for everyone.

Discounts apply for Seniors Card holders and Health Care Card holders. Entry for carers is free.

For more information call 9385 8767 email bpac@cambridge.wa.gov.au or visit www.cambridge.wa.gov.au/bpa

Changing times for Australia Post

by Mikel Smit

SO AUSTRALIA Post is going to deliver your parcels on a Saturday now. Even express post articles. That's good. And if you want to pay some bills and generally do so at Postshops, you can now pop in on a Saturday too. How convenient and considerate. That is where Australia Post has purposefully directed and transitioned itself for well over a decade, to be a convenient place to go to do those everyday, mundane and obligatory clerical and financial tasks of life.

You can do your banking, renew your licence and car rego, apply for a passport, get travel insurance, buy foreign currency or a prepaid SIM card for travelling expenses (and online shopping), apply for a tax file number, fill out government application forms for a multitude of purposes including identity services, verify land titles... the list goes on. Australia Post is purported to be affiliated with some 750 government and business enterprises who recognise it as a trusted organisation conveniently located and able to transact and coordinate business on their behalf. And while you're there you can pickup a mobile phone and as you wait in the queue, you might choose from the range of choice merchandise as you meander along or a chocolate bar when you finally hit the counter to munch on as you're being served or while heading to your next destination. Five or more years ago I used to say to folk that they're selling almost everything bar ice creams, well the confectionery has arrived... as for the quality of the merchandise... it's as if they've picked that up from some unfortunate discount store or importer that's gone belly-up.

Anyhow, before you leave the Postshop, don't forget to buy a booklet of stamps because you're going to need them for all those letters you send, or do you? - apparently not it seems. Yes,

the good old letter is dying; that's the post mortem according to Australia Post is that as a result, they made a \$222m loss last financial year, the first in over 30 years.

The problem of course is that nowadays most of us are emailing, sending text messages, communicating on that social media platform the name of which is a contradiction in terms, or using a mobile phone which is coincidentally bringing about the demise of household landlines (a fast emerging problem for Telstra). We are communicating all the time, more than we ever have and were able to, but unfortunately not by letter.

The irony is the universal postal service was introduced to facilitate the ability of the average person and business to communicate domestically and internationally at a cost which was affordable and equitable. For the system to work required countries to establish government-owned enterprises such as Australia Post, formerly known as the Postmaster General's Department, which was regulated particularly with regards to the postage rates chargeable, in combination with the need to maintain a network of post boxes and post offices staffed by employees, including the posties who would pickup and deliver. It proved to be a highly successful and vital government institution but sadly or not, nothing lasts forever it seems. Remember getting photographs processed at a Kodak shop, buying your music on records (or CDs) or going to the video store? Even books are struggling to remain viable.

Did you send any Christmas cards last year? Apparently Christmas card (65c) and concession (60c) rate letters account for about 50 per cent of the volume of consumer mail sent annually. Of the total volume of letters posted, business correspondence accounts for a whopping 97 per cent which is however diminishing in that a billion fewer letters are being sent each year and

overall the number is 36 per cent less than the peak reached in 2008. From this harsh reality comes the justification by Australia Post to appeal to the Australian Competition and Consumer Commission that in order to continue to meet their Community Service Obligation (CSO) and prescribed performance standards, the postage rate for a regular letter has to rise to \$1 with deliveries being every 2-3 days (sorters have to work during the night to get them delivered next day). They are also seeking approval to introduce a priority service rate for regular letters of \$1.50 for those who require next day delivery within the metro area.

Australia Post's parcel service is not regulated like letters and while this service is expanding exponentially due to online shopping, with the revenue from this section of their business exceeding that of letter revenue for the first year ever. Australia Post say it is not enough to offset the bleeding effect letters are having on their bottom line and hence ability to remain competitive particularly in the highly competitive parcel delivery sector. So they're saying if the community expects them to keep 4400 post offices (2500 in regional areas) open, deliver letters to 11 million destinations (growing at 130,000 per year), pick them up from 10,000 letterboxes countrywide and employ 32,000 people of which 6,000 are posties on motorcycles, then they contend the consumer and businessman has to pay more and expect fewer deliveries otherwise it will send them bankrupt as would be the case if it was a private enterprise. Yes, government departments can make losses for the sake of providing a community service but it's a matter of balancing the benefits and as is inevitably the case, the taxpayer will subsidise the loss. More on this from a collectors 'postpective' next month.

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18 Jan 2010

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

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Gordon M, Rochedale, QLD
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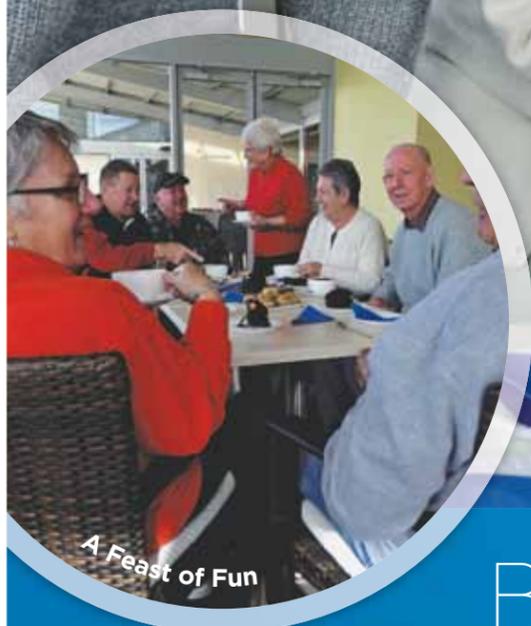
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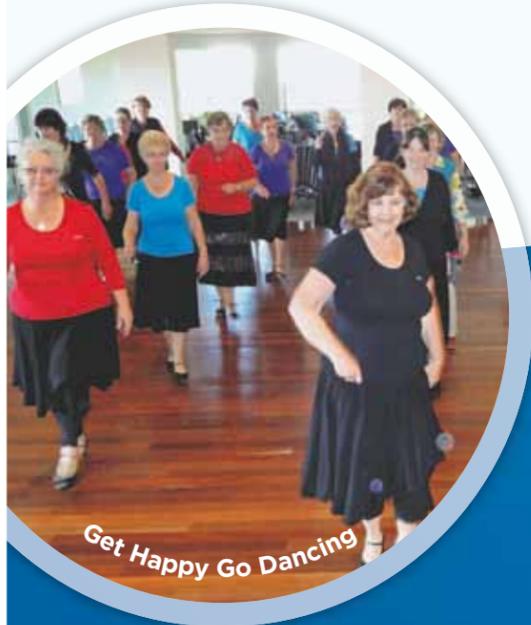
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Spirits and Spooks at the Perth Town Hall



Spirit of the Streets Choir

DEEP mysterious sounds with spirited joyful voices of male a cappella, blended have been drifting across

corridors of Perth as *Spirits and Spooks* have gathered to conjure up a concert, which will be unveiled at the Perth Town Hall on Sunday 25 October.

It's an unlikely coupling, but Perth's ever popular Spirit of the Streets Choir (SOS) will join the hilarious Spooky Men of the West, in an uplifting afternoon of serious and silly song that will move you to laughter and tears of joy.

The Spooks will sing up a spectral smorgasbord of traditional Georgian song,

weirdly wacky takes on popular songs, as well as bearded balladry and deadpan deliveries of delicious original work. This contrasts with the Spirits bright, energetic heart-felt songs and stories reflecting lives, which are being transformed through music and friendship. The final collaboration of the two wildly different choirs promises to be a fun, pre-Halloween holler.

SOS is a choir that provides an opportunity for people, who are disadvantaged and socially isolated, to

re-connect with the general community, make friends, improve physical and mental well-being, while building self confidence and esteem through singing and performing together. The message carried in their song invokes a spirit of unity, acceptance and inclusion.

"I've experienced many choirs over the years and it always amazes me how the SOS can reach out to an audience with sheer honesty and love to make every person in the room feel special. In the words of their own

song 'We have the feel of a family here, we make the bad stuff disappear', and when they sing, the bad things do disappear and a sense of joy pervades", says musical director, Bernard Carney.

This year's concert will feature some solo SOS talent and will be hosted by blues legend Rick Steele who will also perform with the choir.

SOS was started in 2007 by local musician and songwriter, Bernard Carney, on the wings of the successful Choir of Hard Knocks. Membership

then was mainly Big Issue Magazine vendors but today, with more than 70 members, the self-proclaimed rough and ready crew is totally inclusive and represents groups of people who are at risk of becoming socially isolated.

Spirit of the Streets Choir and the Spooky Men of the West, Spirits and Spooks Concert, Sunday 25 October, 2015 @ 3pm in Perth Town Hall.

Tickets www.try-booking.com/Booking/BookingEventSummary.aspx?eid=137031

Charity screening

A CHARITY screening of the classic Doris Day musical *Lullaby of Broadway* will be held at the Cygnet Cinema in Como on Wednesday 28 October. Doors open at 9.15am and screenings commence at 10am.

Lullaby of Broadway is presented by the Australian Museum of Motion Picture and Television, Western Region (AMMPT) (a non-profit organisation) as part of its 2015 season of Classics of the Silver Screen. *Lullaby of Broadway* stars Doris Day, Gene Nelson and SZ Sakall and is a backstage Broadway story featuring songs by Cole Porter and George Gershwin.

The feature will be preceded by live music, a newsreel, a cartoon, trailers and a raffle.

Tickets are AMMPT members \$5, seniors \$8, and public \$10. All profits from the screenings go towards preserving the rich heritage Australia's moving image industries.

For further information phone 9367 1663 or email wregion@ammpt.asn.au.

Coins with Mickel Smits

MOST everything you can poke a stick at nowadays comes packaged when you buy it. That's because of health and hygiene, convenience or as a safeguard from tampering, pilfering, mishandling and damage caused by carriers, shelf stackers and careless customers. It also assists the producers and suppliers to store, identify, price code, transport, stack and hang at sale points. These driving forces have made packaging a modern phenomenon of immense scale that has become part and parcel of everyday life. As a result not much consumer thought is given other than: oh, that one looks good; no-one's put their grubby hands on what's inside this or how do I damn well get this opened?

Now if you think I've packed in the coin column for this month and am about to go on a rant about wastage and the environmental consequences of packaging then no, quite the opposite is true.

My hifi audio dealer and life-long friend, David Prowse, told me many years ago when I purchased some good equipment, to keep the boxes they came in because if I ever resell them a prospective buyer would be impressed that I'd been conscientious

and cared for my equipment which would help with their sale and price achieved. Oh yeah sure David, was my immediate thought but I've still got them. At least there's other stuff stored in them, and in any case, he was right in that things of value, including special edition coins, retain a greater resale value when their original packaging is kept intact and in good order.

I all so often say this to collectors, even to go so far as to tell them the packaging is almost as important as the contents and sometimes as valuable. This is no more truer than for a little brown paper envelope used to sell an Australian florin (two shillings) minted by the Royal Mint (Melbourne branch) and issued in 1934/5 to commemorate the centenary of Melbourne and Victoria. To mark the celebration, the Melbourne Centenary Council arranged for the coins to be sold through the then famous department store retail chain, Foy and Gibson. It was distributed through their stores in Melbourne, Collingwood, Prahan, Adelaide and Perth (established 1895, located in Hay St, sold to David Jones in 1964). The coins were housed in wee paper envelopes, commonly referred to by collectors as bags, which

had text printed on them that varied according to which outlets they were sold from. Those sold in Victoria referred to the celebration and the 'erection of their great department store at the corner of Bourke and Swanston Streets'. The Perth bag instead referred to 1935 as being the year of the Silver Jubilee of King George V and Queen Mary, as well as the centenary of Victoria.

All the bags also note the coin is legal tender for two shillings however are 'offered for sale at three shillings each by the Melbourne Centenary Council'. So in what were depression years, collectors had to pay a premium of one shilling which was an amount not to be sneezed at, with the proceeds going to the Centenary Celebration Fund. Foy and Gibson did not receive a penny from this as it was a public relations exercise on their behalf. Foy and Gibson however printed the little bags which at least promoted their stores and also safeguarded their staff from giving them out as change because for every one unaccounted for meant they'd be out of pocket for a bob each.

Needless to say, at a bob a pop more than their actual value in what were difficult times, not all of them were sold. Of the 75,000 issued, only 54,000 were sold with the balance going back to the melting pot. It is there-

fore well known and recognised by collectors to be a semi-rare coin and is usually always found in extremely fine or better condition as one wasn't expected to spend it if you paid such a premium. However, a number did go into circulation either because of the need or they were passed on with the recipient then using them as currency until such time as a wary person or collector snaffled them out of change if they be so fortunate to have received it.

The design is both bold and distinguishing with a naked man all but adorning a wreath of leaves around his head, holding a flaming torch while riding upon a magnificent horse. Today they generally sell in the \$200 to \$350 range with strictly uncirculated examples fetching a further premium. Most collectors who originally purchased them, or those who on-received them, must have thrown away the little bag because they are truly rare to find. Serious collectors seek out the different bags according to the text with the Perth version being the most difficult to acquire. So what's the little old bag worth? Well, as with coins their condition varies - a tatty one can be worth almost as much as the coin whereas a fine example is worth at least \$500... not bad for a bit of packaging rubbish.

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Serving WA breast cancer survivors - 50 years of Four Seasons



Terri Thornton and Gabrielle O'Connor

by Josephine Allison

FIFTY years after enterprising Perth businesswoman Gabrielle O'Connor opened the doors of Four Seasons boutique offering an invaluable bra fitting service

to breast cancer survivors, the business is going strong with a new generation making their mark.

It's a far cry for mastectomy patients who once had to endure bras with heavy liquid prosthesis.

Now there is post-surgery breast forms in high quality silicone as well as breast forms for swimming and exercise.

Four Seasons first started in Terrace Arcade, moving to Carillon City in 1970 where it has remained ever since, surviving ever-changing retail times and tastes. Mrs O'Connor, now aged in her 80s, still comes into work twice a week with daughter Terri Thornton the owner-business manager, overseeing a staff of around 12.

Gabrielle O'Connor's own life story is inspiring. Born in Ireland, she moved to New York aged 18 to join her late sister-in-law Margaret Keenan and husband Jim. The women vowed if they earned enough money they would dine at the celebrated New York restaurant the Four Seasons. Instead, they moved to Perth in 1962 (with Mrs O'Connor's husband Edward) and named their new business Four Seasons.

On 3 October 1965, Four Seasons opened its doors as Perth's

first corsetry and undergarment shop selling bras, lingerie and swimwear with Mrs O'Connor at the helm beside business partner Mrs Keenan who trained in corsetry in Dublin and London. Mrs O'Connor commuted from the family's Gooseberry Hill home each day to care for the business.

Mrs Thornton recalls helping out in the family business as a teenager, something her own daughter Rebecca, 15, is now doing during school holidays.

"Four Seasons was one of the first personalised boutiques to help women recovering from breast cancer surgery," she said. "In those days, there wasn't much choice in bras and prostheses but times have changed. We still have women coming in to thank us, saying how good we made them feel at a vulnerable stage of their life."

"My staff are just incredible in the way they help women who have come through breast cancer. Our care, personalised service and quality product makes such

a difference. Staff devote a lot of time with customers who are aged in their 20s to 90s. We have gone through various ups and downs and the advent of online trading but, after 50 years, we are still here so we must be doing something right."

Mrs Thornton says customers find the personalised attention at Four Seasons something special and sadly lacking in today's retail world.

"We take them to a fitting room and ensure they have the right fitting and garment. A lady came in for a swimsuit the other day and we spent 30 minutes ensuring she had the right fitting and garment and she walked out the door really pleased."

Four Seasons in-house specialist seamstress will alter any garment to ensure it is tailored perfectly for a client from placing pockets in swimwear to altering bras for arthritis sufferers so they open in front and bra extensions. Staff will also visit mastectomy clients anywhere in the metropol-

itan area for that personal touch and sense of reassurance.

While handwritten customer cards are a rarity these days, Four Seasons maintains this service as an integral part of their operation with thousands of cards on file. There is something reassuring about having personal details on file, accessed at the flick of a wrist.

Will there be any big celebrations to celebrate Four Seasons 50th?

"We are offering 25 per cent off storewide for the weekend of 10 -11 October and also our special breast care promotion for the month of October (25 per cent off bras and swimwear for our mastectomy customers to coincide with National Breast Cancer Month," Terri said.

"There will also be an installation in the arcade for viewing, reflecting our journey. We really just want customers to come in and say hello and wish us a happy birthday with no obligation to spend."

Lest we forget



by Jeanette Woolerton

WITH THE latest research on neuroplasticity proving that the brain is continuously growing and changing, it is becoming increasingly clear that we can train our brain to remain consistently alert and active.

While becoming smarter appeals to most of us, the fear of mental decline as we age is also one of the driving forces behind the growing interest in this field.

It is also becoming increasingly apparent that our ageing population is tipped to trigger an epidemic of dementia.

However, the notion that brain training exercises might reduce the risk of dementia is still controversial.

Dr Maree Farrow, a neuroscientist and research fellow with Alzheimer's Australia, believes the evidence is thin on the ground.

"Certainly some of the companies and websites will say it will help prevent dementia, but basically they're telling fibs," she says.

The good news is that there is a significant amount of research showing there are things you can do that can make a difference in reducing your risk of dementia and it all boils down to your lifestyle choices.

"For any individual, we can't say how much doing these things will lower your individual risk because we don't know what other factors are influencing them as an individual.

"But evidence suggests 50 per cent of dementia cases could be prevented if we addressed all the lifestyle risk factors we're aware of," said Dr Farrow.

Here are five key lifestyle factors that will keep your brain functioning as well as possible as you age:

1) Stay mentally active – do things that make you think and learn.

"We know from lots of research that people who do more stimulating activities

throughout their life have better brain function and a lower chance of developing dementia," she said.

2) Stay socially active – maintain a network of friends and acquaintances.

"We believe it's probably because social activity is another kind of mental activity. By engaging with other people, you are exercising your brain. You have to think about what you're saying and understand what they're saying. You have to understand facial expressions and body language. Lots of different parts of your brain are working."

3) Stay physically active – increase your heart and breathing rate.

Over the past five to 10 years, the evidence has grown that you need to keep your body active as well as your mind, if you want a healthy brain.

The blood vessels in your brain are absolutely vital, and the healthier we can keep those, the better off we'll be. Physical activity helps with growing new brain cells and new connections between brain cells. It also boosts the levels of some chemicals in the brain that help keep brain cells healthy.

4) Eat well – have a healthy balanced diet.

What does come out as having mostly positive effects on the brain is the research on fruit and vegetables. They're the foods that contain the most antioxidants.

The best advice is to eat a healthy balanced diet taking particular care to make sure you eat enough fruit and vegetables. And if you drink alcohol, have no more than two standard drinks on any one day. (A standard drink is one that contains 10 g of alcohol)

5) Manage your cardiovascular risk factors – keep your blood pressure, cholesterol and blood sugar levels in the healthy range.

"If the blood vessels in your body are unhealthy, they'll be unhealthy in your brain as well."

That means your brain cells get damaged and die and this affects your thinking ability.

"In fact, some people have vascular dementia that is primarily due to this type of cell damage. It's due to things like high blood pressure or high cholesterol and not treating them effectively. Over time this damages brain cells more and more," said Dr Farrow.

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Andrew Buswell and Kelsey Pincer

THERE will be time to reminisce and recall past dance glories when the 30th WA Open Dancesport

Championship gets underway at HBF Stadium in Mt Claremont on 18 October. Western Australian dancers have performed well over the years, notching up an impressive array of national and international titles.

"We are very proud of all our WA dancers, especially the many couples who have represented Australia at world and international championships in countries around the world," said organising committee chairman Daele Fraser OAM. "Their commitment and drive to achieve makes for exciting and entertaining competition for all ages."

For many years, the dance spotlight was on world champions Jason Gilkison and Peta Roby who rose up the ranks to draw big crowds and an even bigger following. In 1990, the championship was televised by Channel 10 with Gilkison and Roby special guests showing their winning style with two floor shows.

In 1986, only two dance associations—the Aus-

tralian Institute of Dancing and Dance Masters' International Association (formerly Western Australian Dance Masters Association) were operating in WA. It was decided to combine both bodies to benefit the dance fraternity and industry with only one WA State championship held at the now demolished Perth Entertainment Centre on 29 November 1986. Compered by Channel 7 personality Rick Arden world champions Stephen Hillier and Lindsey Tate showed their style and 85 dancers filled the floor to present the colourful opening, *Everybody's Dancing in the Street*.

In 1987, the championship was moved to the Supperdrome, now HBF Stadium. For the past three years it has been held at the Rendezvous Hotel but this year returns to the HBF Stadium. Comperes over the years have included Rick Arden, Tina Altieri, Jenny Seaton and Gary Carvolth and Tod Johnston with the National Anthem presented by numerous vocalists, brass and pipe bands, trumpeters and duos..

In 2004 ballroom champion and television personality Todd McKenney compered the evening show and later captivated the audience with a great floor show.

"Looking back at previous WA Open Championship programs, it is interesting to see many of our juvenile and junior competitors have continued in the industry and are now either studio principals or adjudicators or both," Ms Fraser said.

"In 2014 we paid tribute to a doyen of the industry and dedicated the championship to the memory of Robert Wrightson AM who passed away in June 2014, ending a 60-year career as a professional and driving force in the dance industry.

"It's dedicated people like him who make our industry special. As we celebrate 30 years this month, we can look forward to the next 30 years of dance, which is something special in this hectic world."

Tickets available through Ticketmaster.

Welcome to Ishar - Multicultural Women's Health Centre

ISHAR Multicultural Women's Health Centre Inc. encourages the health and wellbeing of women of all ages and from all cultural backgrounds.

They celebrate diversity of all cultures and work with passion and integrity to encourage participation in our activities and services. With the holistic philosophy grounded in the 'social model of health' where the medical condition of women seeking services is

not separated from the real life interconnections of personal, social, economic, racial, age and gender relationships they experience.

Ishar's service delivery is flexible and responsive to the needs of the participating women who are provided with information, referral, counselling, training and/or support.

Since its beginning, the centre has adopted a working style that focuses on the healing of

lifestyle-related problems and the promotion of independence for women, particularly those from culturally and linguistically diverse (CALD) backgrounds.

The centre was officially opened in 1992 and now regards itself as part of the local community. In 1995, after consultations with a group of client women the name Ishar was created and chosen by vote by the management committee, staff

and volunteers. The word Ishar means woman in Hebrew. They also have a new centre in Bentley south of the river as well as the Mirrabooka office.

They are innovative and creative to treat everyone with the dignity and respect.

Call Ishar today for more information on 9345 5335 or visit the website on www.ishar.org.au or enrol into one of the activities at email: info@ishar.org.au.

Great style for the mature woman

THERE are particular hairstyles that suit mature faces. Perth hairdresser David Wernik says getting older doesn't mean having to settle for a boring hairstyle.

He says it was important for a hairdresser to look at the shape of an older person's face and the texture of the hair, the life and caricature lines in the face, to come up with the ideal style.

His team at Dharma Salon in Bedford always take time to consult with clients about what will work best for them.

"We look at the size of your frame and the colour of your hair, we talk to you about your lifestyle and how you like your hair to look before we pick up the scissors," he said.

"We listen to what the

client says about their hair care regime and how hands-on they want to be about keeping a style looking good and how comfortable they are holding a brush or a hairdryer."

Mr Wernik said it was only after all these elements had been considered that stylists pick up their scissors and start to cut, mixing the best colours for their clients and then blow drying for the finishing touch.

"There are ways to cut your hair which can make you look and feel years younger," Mr Wernik said. "And the hairdressers at the salon won't be showing you photos of 20 year-olds to select the best style for you."

He said a good haircut and style can hide a multitude of sins.

"The better you treat your hair, the better the condition it is and the better you feel."

Dharma Hair Salon is offering all *Have a Go News* readers \$20 off the first appointment.

Dharma Salon is at 1062B Beaufort Street, Bedford and appointments can be made by phoning 9271 1137.

WIN WIN WIN
Dharma Hair Salon is giving away a \$150 voucher for one lucky Have a Go News reader.

To be in the draw-er simply email win@haveagonews.com.au with the subject line Dharma or write to Dharma Hair competition, PO Box 1042, West Leederville 6901. Competition closes 7/10/15.

Handle antibiotics with care: Antibiotic Awareness Week 2015

ANTIBIOTIC Awareness Week will take place from 16-22 November.

It is endorsed by the World Health Organisation, acknowledging the global importance of the growing public health issue of antimicrobial resistance.

The theme of the week is: Antibiotics: handle with care. Antibiotic Awareness Week 2015 encourages all Australians to play a part in addressing the threat of antimicrobial resistance.

Australia's First National Antimicrobial Resistance Strategy 2015-19 was released in June this year and hailed as an important step forward for the healthcare, agriculture and veterinary sectors and for

the community, all of whom have a role in combating antimicrobial resistance.

One of the key objectives of the global action plan is to improve awareness and understanding of antimicrobial resistance through effective communication, education and training. The high rate of antibiotic use in Australia is an immediate concern that has also been highlighted in the Australian strategy.

Individuals can take action today by not expecting antibiotics when they have viral infections, and only taking them when prescribed. Misuse of antibiotics may lead to their failure in the future. Without effective antibiotics, infections that were once

easy to treat may become untreatable.

NPS MedicineWise and the Commission encourage health partners to join this campaign and help raise awareness of this issue.

A variety of resources will be made available to support local campaigns including factsheets, infographics, posters and multi-media materials.

If we all handle antibiotics with care, together we can make a difference and change the future.

For more information about Antibiotic Awareness Week 2015, visit www.nps.org.au/antibioticawarenessweek or www.safetyandquality.gov.au/aaw.

Meet Bertie

(She thinks 90 is the perfect age to make new friends)

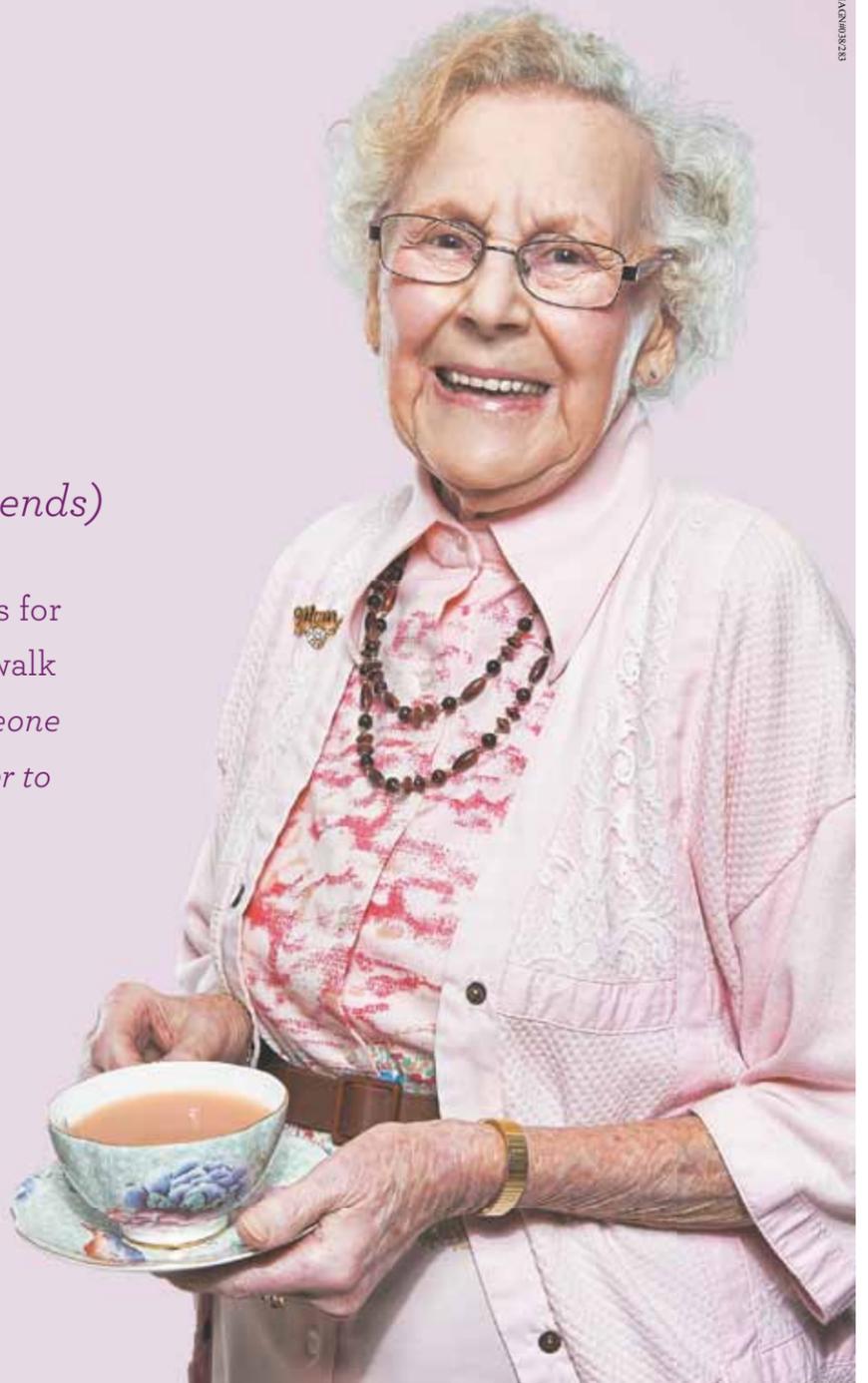
Words fail Bertie when she tries to describe the joy she feels for the people at Bethanie. She wants to be a friend to all who walk through its doors. "You can always say hello. If you see someone who looks a bit down, you give them a little tap on the shoulder to see how they're doing and hopefully make them feel better."

It's people like Bertie who make life at Bethanie so sweet.

Call 131 151, or visit bethanie.com.au



Bethanie
You're among friends



Enjoy the sunshine

With the Spring weather here, there's no excuse not to get out and about. To make sure you're ready to go, we can service your scooter, and we will come to you (Metro only)

CALL FOR A SCOOTER SERVICE TODAY



PRIDE S19 FOLDABLE

Folds up to very compact size. Lightweight, easy to lift. Anti-tipping wheels at rear and front with Indego Suspension. Load capacity 115kg.



GO-GO ELITE TRAVELLER PLUS

Delta tiller with wrap around handles, 9" rear wheels, speed to 7KPH, feather-touch disassembly, interchangeable colour panels - Red and Blue. Load capacity 136kg.



SHOPRIDER VOYAGER 778S

High back black airflow, sliding/rotating seat, adjustable steering tiller, pneumatic tyres, width adjustable and fold-down armrests, anti tip wheels, front and rear lights, looped handle bar for finger steering, front and rear suspension. Load capacity 136kg.



PATHRIDER DX SPORT

Handbrake, front and rear suspension, feather-touch disassembly, a wraparound delta tiller, high-visibility automatic brake lights and an LED kerb light. Load capacity 159kg.



SHOPRIDER 889RGB GOLF

2.0hp High torque motor, sliding rotating, height adjustable high back seat, T-Bar adjustable steering tiller, adjustable width arm rests, double headlights, rear lights and indicators, front and rear bump pads, high and low speed. Golf bracket optional. capacity 225kg.



SHOPRIDER 889D LARGE SEAT

Sliding, wide bench seat, adjustable loop steering tiller, front and rear suspension, adjustable width arm rests, headlights, rear lights and indicators, hazard lights. Load capacity 225kg.

ACCESSORIES

We have a large range of accessories available to make your ride more comfortable and convenient.

Sun Canopy, Flags, Walking Frame Holders, Scooter Bags, Mirrors, Golf Bag Carriers, Oxygen Bottle Carriers, Scooter Mac Covers, Drink Holders, Rear Pods and Saddlebags.



AIRGO FUSION

Lightweight side-folding rollator and transport chair in one. Padded seat and full backrest for superior comfort. Load capacity 136kg. Total weight 7.76kg.



NOW \$170
WAS \$195

FOLDING WALKING FRAME WITH SEAT

Aluminum powder coated frame, easy to fold, height adjustable legs, integrated folding back rest and seat. Load capacity 110kg. Total weight 7kg.



NOW \$150
WAS \$180

NOVA SPRINTER ROLLATOR

Lightweight aluminum frame, folds easily, padded seat and backrest, push down brakes, adjustable height armrests and removable under seat bag. Seat height 54cm. Load capacity 100kg.



TRI WALKER

Compact rollator with 3 large castors that provide vast manoeuvrability, Height adjustable and hand brakes, tray basket and bag.

TWIST ASSIST CUSHION

Consists of 2 cushions, held together by a unique swivel, and incorporates a non-slip base for stability. Just sit then swivel easily into the vehicle. Available in cloth or wool.

TAP MATE

Fits most tap shapes.

TAP TURNERS

Hooks over the top of 4 prong or outdoor bar taps. Sold as pair - red and blue, for hot and cold.



KEY TURNER

Curved built up handle makes gripping and turning keys easier. One or two key turners available.



TUBEMASTER TUBE SQUEEZER

Get every last bit out of any tube!



TOP TWISTER

Turns household taps, lids, door knobs, etc. Made of soft, pliable plastic.



LETS GO INDOOR ROLLATOR

Easy to use with only one hand, ideal for around the house, ergonomic and safe, adjustable handle height, soft easy to use brakes, comes with tray.



FREE MULTIGRIP SAFETY CAP OPENER WITH EVERY PURCHASE - JUST MENTION AD



HANDY BAR

Get in and out of your vehicle easily by simply inserting into car door post and using it as a handle support. Ideal for people with physical challenges or injuries.



ETAC UNIVERSAL TURNER

Assists with stove top, dishwasher, washing machine knobs, turning on taps, locking and unlocking doors

CRYSTAL TAP TURNER

Spring loaded grip - fits all plastic moulded taps.



PRIDE C1 PETITE POWERLIFT RECLINER

Smaller seating size. Quiet and smooth lift system, large side storage pocket and single switch handle control. Sturdy metal frame construction. Load capacity 113kg.



IBIS MEGAN RECLINER LIFT CHAIR

Tilt in space style mechanism makes it ideal for people with hip and lower back problems. High, fully adjustable 2 or 3 pillow contoured backrest. Side storage pockets. Available in a range of fabrics. Load capacity 142kg.



D30 POWERLIFT RECLINER

Independent back recline and leg rest (dual motor) and unique zipper pillow back to provide the user with the ultimate comfort and posture solution. Hardwood/Laminate frame construction. Load capacity 170kg.



IBIS WALLSAVER RECLINER LIFT CHAIR

Wallsaver mechanism allows the chair to be positioned close to a wall. Fully adjustable 2 or 3 pillow contoured backrest, push button hand control and single electric motor. Available in a range of fabrics. Load capacity 142kg.



OVER BED/ CHAIR TABLE

Large work surface. Height adjusts and tilts. 2 colours.



THERAPOD BACK CUSHIONS

High and low back styles. Ideal for vehicles, lounge and office chairs. May offer relief for post surgery, spinal fusions, arthritis and lower back pain.

DRIVERS FRIEND
Back support cushion for the car. Designs to provide both lumbar and lateral support.



BASSETT LUMBAR SUPPORT

Cool and comfortable back support perfect for use in motor vehicles or at home.



SHOPPING TROLLEYS

Available in a range of colours.

K-CARE ECONO UTILITY CHAIR

Multi-purpose adjustable seat height chair. Use in dining room, bedroom and lounge. Maximum weight load 160kg.



LARGE OVERCHAIR TABLE

Tilt and height adjustable. Fixed section for drink. Suit lift chairs.

PRINCETON ELECTRIC RECLINE /LIFT CHAIR

Four contrasting colours and luxury fabrics. Fitted with high quality actuators and steel base frames plus removable back rest cushion with zips for adjusting padding thickness. Load capacity 135kg.



K-CARE HILITE CHAIR

Lightweight and sturdy, designed for comfort and function. Load capacity 160kg.

"At Daily Living Products, it's our pleasure to make your life easier - any way we can."

ASK ABOUT OBLIGATION FREE METRO DEMONSTRATIONS FOR INTERESTED GROUPS

We have all your mobility aids to hire or buy AND we will come to you



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DVA PREFERRED SUPPLIER
OTs and Physios call us for a DVA Catalogue

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LEEMING Suite 4, Corner Calley Drive & South Street (Opposite Bullcreek Shopping Centre) **9312 1700**

SHENTON PARK 17 Lemnos Street (Located in Arthritis WA) **9388 8800**

WANNEROO Shop 6, 771 Wanneroo Road **9206 2391**

BAYSWATER Unit 1/514 Guildford Road **6278 3406**

Photos for illustrative purposes only.

Midland, Leeming, Shenton Park & Wanneroo: Monday to Friday 9am-4pm Saturday 9am-12noon • Bayswater: Monday to Friday 9am-4pm Closed Saturday

www.daily.com.au

Seniors Recreation Council Update

LIVELIGHTER AGED CARE GAMES - ROCKINGHAM

THE LiveLighter Aged Care Games - Rockingham was held on the 2 September.

The day was a great success with 12 teams coming together from nursing homes, aged care facilities and day centres to compete in these games which are specifically designed for people in care.

The games were officially opened by City of Rockingham deputy mayor, Richard Smith who acknowledged the work of the Rockingham Branch of SRCWA and stated that the City of Rockingham was pleased to be supporting such a valuable event.

The winners were Rockingham Social Centre with 265 points who took home the perpetual trophy, second was Bethanie King Fishers with 264 points and third was Brightwater the Oaks with 252 points. The best presented team plaque also went to Brightwater the Oaks. Two of the oldest participants on the day both aged 97 were Olive Wilson from Shoalwater and Charlie Cortes from Banksia Park. Both went home with a box of chocolates.

Congratulations to all the participants for coming and having a go and a big thank you to the SRC Rockingham Branch and all the volunteers.

LIVELIGHTER AGED CARE GAMES - JOONDALUP

The LiveLighter Aged Care Games - Joondalup was held on 17 September.

Twelve teams competed for the perpetual trophy, gold, silver and bronze medallions and the best presented team plaque.

Terry Bennetts, entertained participants as they came into the hall and during the lunch break by singing lots of old favourites.

More than 120 seniors in care took part in seated hockey, seated pass ball, bean bag toss and skittles with lots of encouragement from spectators and carers, one team, RAAFA brought along their own cheer squad, a class of year sevens from Butler College

The winning team was Vivian Bullwinkle Lodge with 274 points who took home the perpetual trophy, second place went to Woodlake Aged Care with 263 points and third place went to Anchorage Aged Care Group with 257 points who took home a plaque and bronze medals and the best presented team plaque was presented to Barriale Lodge. Congratulations to all participants and our appreciation to all the volunteers. Thanks to LiveLighter, Healthway, Dept of Sport & Recreation and Dept for Local Government and Communities for their wonderful support.

CHRISTMAS VARIETY CONCERT



SRCWA presents a Christmas Variety Concert on 14 December at the Morley Sport and Recreation Centre from 12.30pm to 4.30pm. Cost \$25pp including refreshments.

Places are limited and there will be no door sales, please contact the SRCWA office on 9492 9773 to book your tickets. This promises to be an afternoon full of fun and entertainment with special raffle prizes.

The concert will feature - Laura Downing, Terry Bennetts, Evan Platschinda, Ginger Cox, Kate Hindle and Musicantes. An advertisement with full details is included in this edition.

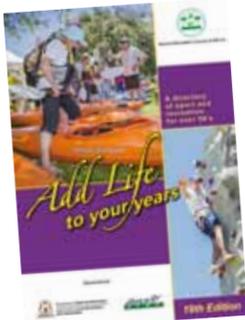
Have a Go Day 2015 a LiveLighter Event, 11 November at Burswood Park 8.30am to 3pm

Seniors Recreation Council of WA presents Have a Go Day 2015 - a LiveLighter Event, 11 November at Burswood Park - 8.30am to 3pm.

This year's event falls on Remembrance Day which will be a focus on the day.

The list of activities and entertainment is comprehensive and there should be something for everyone this year. See the feature on pages 46 and 47.

ADD LIFE TO YOUR YEARS DIRECTORY - AVAILABLE FREE



Grab a copy of this handy guide and join a club or group. Contact SRC for copy.



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



Hugh Rogers, Seniors Recreation Council State President



Gwen Davis

by Josephine Allison

AT 81, Cloverdale resident Gwen Davis is living proof of the importance of keeping fit and healthy and having good balance.

Build your balance as you age

Mrs Davies is one of the faces of the Build Your Balance campaign launched recently by the falls prevention program, Stay On Your Feet.

Improving balance is the number one way to prevent slips, trips and falls in older adults. One quarter of falls among older people is the result of poor balance.

"The good news is that falls are preventable, anyone can trip over but having good balance stops you from falling," said community engagement co-ordinator Juliana Summers.

The Build Your Balance program is about offering simple steps for older adults to maintain or improve their balance.

"Balance often declines as you get older but it doesn't have to," Ms Summers said.

Simple, safe balance exercises can be done in the comfort of your home or with a group in the local community. Also, balance can be improved with activities such as tai chi, tennis or lawn bowls which involve leaning forwards, backwards or to the side.

Mrs Davies said she does balance exercises every day in her kitchen.

"I know my limits and I know what my body is capable of doing. People often comment how they can't believe how fit and well I look," she said.

Until recently, Mrs Davies addressed groups on the advantages of having good balance, ensuring mats inside a home were kept even and garden hoses rolled up to prevent tripping. She walks twice a week with a walking group at Belmont Forum and also walks daily whatever the weather.

"All my life I have been interested in health and wellbeing," she said. "My mother was totally deaf and I saw the results of what being sedentary can do. I made a conscious decision I was going to look after myself. When my husband, Les, passed away I gave up lawn bowls and decided to be more involved in exercise."

Apart from exercising daily, Mrs Davies is a keen cook and traveller. She still drives a car and takes only a low dose medication for blood pressure. This month she is off to Singapore with a girlfriend for a cruise and likes to cruise twice a year. Several years ago she backpacked through Switzerland and Germany.

"You have to pay attention to what you can do physically and mentally," she said. "It's important to keep healthy but keep within your own capabilities. Exercise shouldn't be regarded as a chore but as something to be enjoyed."

Call Stay On Your Feet® on 1300 30 35 40 or visit www.stayonyourfeet.com.au for free information.

State of the art buses for Amana Living in Karrinyup

RESIDENTS of a Perth-based aged care facility will now be able to enjoy outings in state-of-the-art comfort, thanks to a \$335,475 Lotterywest grant.

Seniors and Volunteering Minister Tony Simpson visited Amana Living in Karrinyup last month

where the grant had enabled the purchase of two buses for residents of all abilities to get out and about.

"The State Government is acutely aware of the need to support older West Australians to stay connected and to lead active

and fulfilling lives," Mr Simpson said.

"Promoting seniors' health, participation and engagement with the wider community is a priority.

"These buses will make it easier for residents to remain active in

their community and reduce the risk of becoming socially isolated, regardless of their mobility."

The new buses feature a mix of seats and wheelchair space, with fold-down seats enabling wheelchair users to travel with more mobile residents.



Jemma Aldridge

by Jemma Aldridge

ANXIETY is a condition that can affect the majority of us at least once in our lifetime and it is such a common occurrence that we all know of people amongst our social circles to have suffered from it.

Strangely enough you may not be aware that you are suffering from anxiety, this is due to the fact we experience anxiety at a time which is stressful and we are

not thinking clearly and our mind and bodies are not letting us analyse the situation we find ourselves in.

Definition of anxiety: A state of uneasiness and apprehension regarding future uncertainties.

Often predisposing factors can make us vulnerable to anxiety such as:

Family history:

1. people who experience anxiety often share this mental health issue with relatives.

Environmental factors:

2. stressful events can trigger anxiety attacks, common triggers include:-

- Changing jobs.
- Changing living arrangements.
- Family and relationship problems.

• Experience an emotional shock following a stressful event such as a car accident.

• Experience verbal, sexual, physical or emotional abuse.

• Death of a loved one.

3. Physical health issues:

Chronic or ongoing health issues can trigger anxiety disorders or prolong the length of time we are affected by anxiety. Common conditions include:-

- Hormonal problems such as over or under active thyroid or menopause.
- Heart disease which may cause physiological effects such as breathlessness, angina and hypertension.
- Pregnancy and giving birth.

4. Personality factors

Some research suggests that people with certain personality traits are more likely to have an anxiety disorder. Those children, who are perfectionists, easily flustered, lack self esteem or want to control everything, sometimes develop anxiety disorders as adults.

Generalised Anxiety Disorder

There are many types of anxiety but for this article we are concentrating on generalised anxiety disorder (GAD). People who have GAD feel anxious on most days for at least six months. Generally they worry about real issues such as finances, illness or family problems - to the point where it can affect their everyday lives. At times their worry is so great they:

- Feel edgy/restless.
- Feel tired.

• Have difficulty concentrating.

• Develop muscle tension (sore shoulders upper back and can have tension headaches).

• Find it hard to fall asleep.

Generalised anxiety disorder affects approximately five percent of people in Australia at some time in their lives.

Signs and symptoms

The symptoms of anxiety disorders may sometimes be ignored as they often develop gradually over time. Below is a checklist of symptoms and signs that you or someone close to you may be experiencing. They will not provide a diagnosis but will help you identify if you should discuss some issues with your GP.

For six months or more or more days than not, have you:-

- Felt very worried.
- Found it hard to stop worrying.
- Found that your anxiety made it difficult for you to do everyday activities (e.g. work, study, family and friends socialising).

If you answered YES to all of these questions, have you also experienced three or more of the following?

- Felt restless or on edge.
- Felt tired easily.
- Had difficulty concentrating.
- Felt irritable.
- Had muscle pain.
- Had trouble sleeping (e.g. difficulty falling or staying asleep or restless sleep).

If you answered yes it is important to see your doctor. The great news is that

there is many ways that a person with anxiety can reduce the symptoms and manage their illness. For example postpone major life changes - when you know you are stressed it is not a good idea to change house or a job. Resolve personal conflicts - stress in a personal relationship is one of the common causes of mental health problems. Take part in enjoyable activities - people with anxiety issues spend a lot of time worrying. Having a balanced life is important and putting time aside for enjoyable activities such as exercising, meditation, reading and gardening. Keep work under control - maintain a good work life balance and seek help - talking to a friend, GP or counsellor can help reduce stress.

Practice breathing and muscle relaxation techniques - when we are stressed our muscles tighten having a negative effect on our breathing, usually breathing rate increases and we breathe very shallowly. Learning breathing and relaxation techniques can help control this problem.

Do some research - try to learn more about anxiety and how to manage it yourself. Establish good sleep patterns - get a good night's sleep to recharge the batteries.

Try to follow these steps;

1. Get out of bed as soon as you wake.
2. Try to get some exercise first thing.
3. Don't take naps during the day, napping makes you less tired at night and causes you to wake frequently.
4. During the day try to be physically active.
5. Avoid caffeine after 4pm.
6. Avoid going to bed too early... aim for 10pm.
7. Avoid using alcohol to help you sleep. When alcohol is broken down in the body, it causes people to sleep less deeply.

There are many other lifestyle changes you can make as listed on the Beyond Blue website www.beyondblue.org.au/.

Seniors Recreation Council of WA

Christmas VARIETY CONCERT

presented for your enjoyment by Phil Paddon and Red Dog Music

Monday 14 December
12.30pm - 4.30pm

Venue: Morley Sport & Recreation Centre
Cnr Wellington Road & Mangini Street, Morley

Special guest multi-talented balladeer and yodeller **Laura Downing** from Queensland.
Band of Mates **Terry Bennetts, Evan Platschinda** and **Ginger Cox** talented guitarists and country balladeers
Local crowd favourite **Kate Hindle**, a Collie lass studying at WAAPA
Musicantes, a group of Italian Operatic Entertainers
Tickets \$25 per person
Refreshments at interval included

For info or tickets phone
Seniors Recreation Council WA 9492 9773

Have-a-Go

NEWS

West Leederville residents

Have a Go News is now available from Kings Tours and Travel located at 110d Cambridge Street, West Leederville Telephone 9380 6656

KINGS

Tours and Travel

Ford Falcon

*The Golden Generations Cuckoo Clock
The Best Time Yet to Go Ford!*

AVAILABLE FOR A
LIMITED TIME ONLY



Strictly limited to 1,960 issues

Earliest reservations will receive the coveted low edition numbers.

Intricately sculpted and painted by hand

Measures an impressive 40cm tall

Precision quartz movement

IT MOVES!

An XP pulls out of the servo on the hour

HEAR!
a real engine rev on the hour

Ford's greatest legend is ready to bring its smooth style to every minute of your day with the *Ford Falcon Golden Generations Cuckoo Clock*, officially authorised by Ford Australia and exclusive to The Bradford Exchange.

Delivering style and solid performance... every minute!

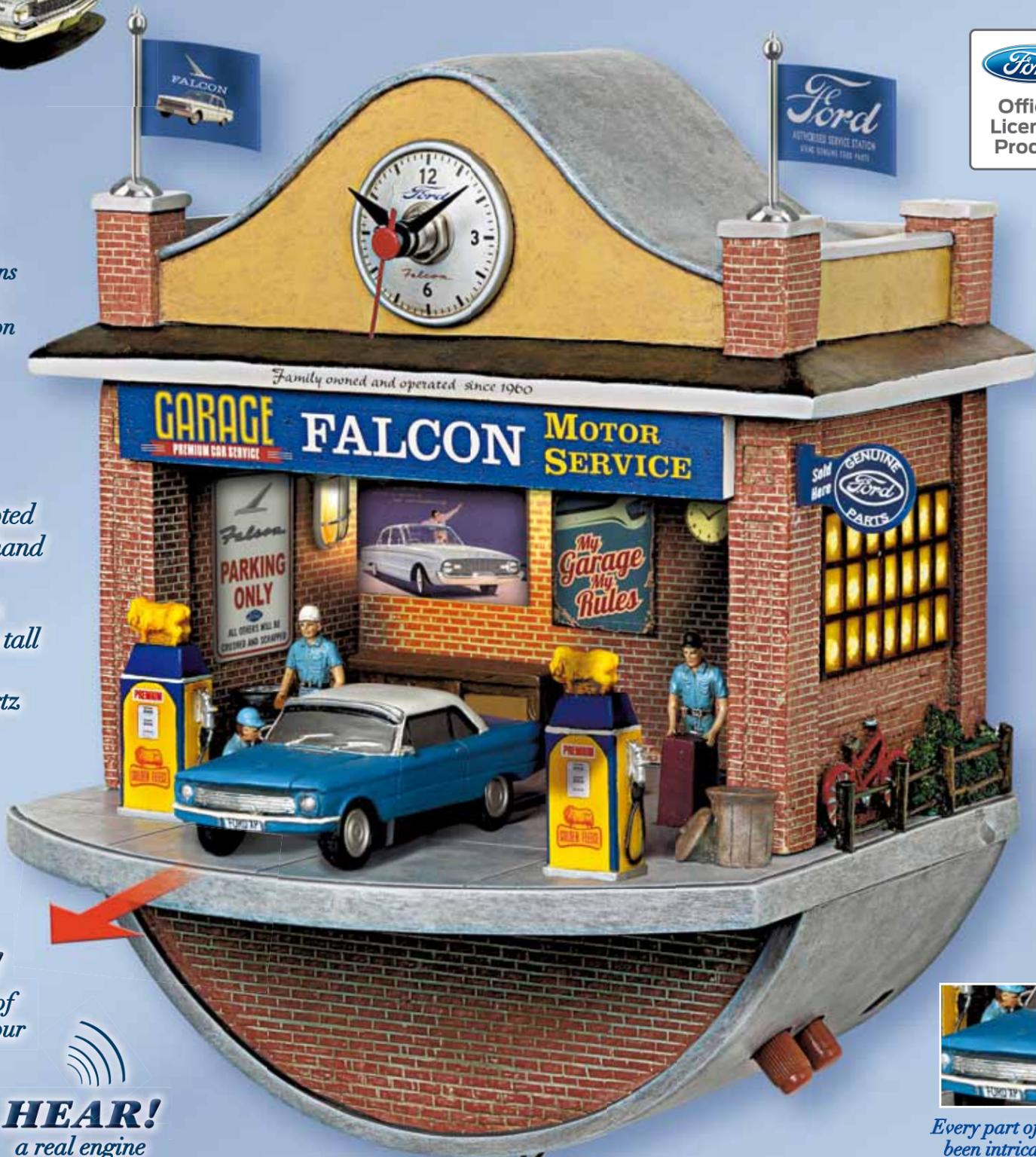
Precision-crafted, the clock case is shaped like an old time servo, complete with Ford mechanics and authentic period detail inside and out. Vintage Falcon advertising posters decorate the walls and there's even a pair of Golden Fleece petrol pumps for an extra touch of 60s nostalgia. A precision quartz movement powers the clock which holds a special surprise as the hour approaches: watch as an accurately-scaled XP Falcon powers out of the servo to the sound of a revving engine!

Superb value with a money-back guarantee – Act Now!

Falcon drivers are passionate and huge demand is forecast for this official edition which is limited to only 1,960 clocks. Don't be the Ford driver who misses out! Respond today to reserve your clock for five easy instalments of only \$59.99 – that's just \$299.95, plus \$19.99 postage and handling, backed by our 365-day guarantee. Send no money now. Just complete and return the coupon or go online today at www.bradford.com.au/ford

**For quickest delivery, order online:
www.bradford.com.au/ford
Quoting promotion code: 81407**

Requires 2 AA batteries (not included). Sound may be turned off.



Every part of our clock has been intricately sculpted and painted by hand for authentic detail.

PAY NOTHING NOW

THE BRADFORD EXCHANGE

Please Respond Promptly

YES! Please reserve the "Ford Falcon Golden Generations Cuckoo Clock" as described in this advertisement. I understand I need pay nothing now.

Mr/Mrs/Miss/Ms _____ First Name: _____

Surname: _____

Address: _____

Postcode: _____

Phone: (optional) _____

Email: (optional) _____

Please **select** your preferred reservation option:

1. **MAIL** no stamp required, to:
**The Bradford Exchange, Reply Paid 86369
Parramatta NSW 2124**

or 2. **PHONE: Toll-Free 1300 725 103**
8am-5pm E.S.T Mon – Fri

or 3. **ONLINE** at www.bradford.com.au/ford
quoting promotion code: **81407**

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Heritage Corner - Perth Heritage Days 2015



The majestic Government House welcomes you during Perth Heritage Days 2015

OUR fair city did not just happen. Throughout our history there were remarkable people who helped build, mould and fashion the state in which we live now.

This year the seventh annual Perth Heritage Day will celebrate the famous and not so famous people who shaped Perth.

From the original owners of the land, to the founder of the colony, Captain James Stirling, political pioneer Edith Cowan, social reformers, architects and city planners, including George Temple Poole, Gordon Stephenson and John Hepburn, law makers, gardeners, aviation pioneer Sir Norman Brearley, religious leaders and many others, all had an influence on our society and direction of its future, now our past.

Their stories will be told through different mediums including: exhibitions, guided walks, fascinating talks by passionate presenters, interactive drama and music events, associated with open buildings where the spirit of the person can speak for themselves.

Some of the highlights include the Government House open day. You can walk where Governors of our State have walked for over 150 years. There are self-guided tours of the House, guided tours of the cellars, exhibitions

and facts to be discovered about our first Governor. There will also be musical performances in the majestic ballroom.

Nearby, at St George's Cathedral, you can book to see the play *The Time of Your Life*. Based on the recollections of people who lived in Perth in the 1950s. Over the way in Stirling Gardens you will find the Supreme Court, which will be open for self-guided tours of this historic seat of justice. You can also view the heritage-listed courtrooms, the Chief Justice's chambers and the cells in the basement. Supreme Court judges will give talks throughout the day. This is a rare opportunity to see areas of the court not normally available to the public and find out more about our first Chief Justice, Sir Archibald Paul Burt.

Wandering down towards the river, there is an event to acknowledge Sir Norman Brearley, an aviator and pioneer of commercial air transport in Australia, who formed our first commercial Australian airline in 1921. In celebration of his achievements, nine vintage airplanes from the Royal Aero Club of WA will be on display in Langley Park. There will also be a club display, pilots to chat to and RACWA life member and historian Brian Herman will give a talk on Norman Brearley.

Over the road you can visit the award-winning Bell Tower. Take time to look at the ancient bells which were rung to announce the end of the Battle of Trafalgar and to welcome Captain Cook back after charting Australia – an event which shaped our lives irrevocably. Venture to the observation deck and view the enormous size of the Elizabeth Quay project.

If you stroll up the hill to Parliament House, you will find a special focus on the wonderful Edith Cowan, the first woman elected to an Australian Parliament. View vibrant displays and memorabilia, take a self-guided walk or watch a dramatic performance highlighting Edith Cowan's life and acknowledging the part women have played in shaping Perth.

All Perth Heritage Days events are family friendly but there are some activities which are specially created for our junior historians including: Heritage Hound Treasure Hunt, DFES Heritage Centre, dressups and rides on a vintage fire truck – there is even the opportunity to have a ride on a camel Author Alton Walley, a Wadjuck Nyoongar man will be doing story-telling sessions of his recently published delightful children's book, *Chumyart and the Cheeky Parrot*.

During the weekend you can also visit museums, churches, art galleries, gardens and multitude of other heritage places offering a reflective journey of exploration, fun and adventure for all the family.

Join us for Perth Heritage Days, 17 and 18 October 2015.

All events are FREE but some require advance bookings. For more information about Perth Heritage Days, visit www.heritageperth.com and follow us on Facebook www.facebook.com/HeritagePerth or twitter.com/heritageperth

2015
PERTH HERITAGE DAYS
2015
17 & 18 OCTOBER 2015

Tales of the *Duyfken* - The Dutch



Willem Janszoon
© wikipedia

OVER the next few months *Tales from the Duyfken* will be looking at Australian maritime history from a Dutch perspective. This month we look at one of the original *Duyfken* captains, Willem Janszoon.

Little is known of Willem Janszoon's early life, though it is thought that he was born around 1570.

From the records of the time it would appear that Janszoon first entered maritime service in 1598. A man then in his mid-twenties, he signed on as mate aboard the *Hollandia* for a voyage to the Dutch East Indies.

His progression through the ranks saw him take command of his own vessel in 1601, as the master of the *Lam*, one of three vessels to voyage to the East Indies at this time.

The success of this voyage saw Janszoon sail once again from the Netherlands for the East Indies. Leaving his homeland in December 1603, he did so as the captain of the *Duyfken* – the Little Dove. *Duyfken* was one of 12 ships in this great fleet heading to the East

Indies, a fleet under the command of Steven van der Hagen.

Duyfken was a small well-armed scout ship, some 20 metres in length, her role was to sail ahead of the main fleet to keep a watchful eye for Portuguese vessels who sought the same rewards that the Spice Islands had to offer. On more than the odd occasion there would be a conflict between these opposing fleets.

Having firmly established his sailing credentials and leadership qualities over a number of voyages to the East Indies, the directors of the VOC – Verenigde Oostindische Compagnie, – more commonly known as the Dutch East India Company – had grander plans for Janszoon... to sail eastward from Bantam on the western end of Java towards the coast of western New Guinea.

Sailing a square-rig ship is never easy, and is particularly more challenging when the prevailing winds are 'on the nose' that is they are blowing from the direction in which you wish to sail. Ideally to make good ground a master looks for breezes that blow from astern to take his vessel in the preferred direction.

For Janszoon the prevailing winds of the time pushed *Duyfken* across the eastern end of the Arafura Sea and on into the Gulf of Carpentaria... and in the distance the low sweep of land rising above the eastern horizon came into view.

The words from a crewman perched high above the ship's deck atop the masthead: "Landt in zicht" would ensure Janszoon and the crew of *Duyfken* a place in history. Not that they knew it, but they were now the first Europeans known to have laid eyes on the mainland of Australia.

And so this story will continue in next month's edition of *Have a Go News*.

Inspired to sail aboard the replica of *Duyfken* then go to www.duyfken.com/sailing.

Vic Puzey: from poultry to principal to pastoral pals

THE next speaker at Bunbury U3A on 23 October is Vic Puzey. Vic will discuss the varied path his life has taken, including his recent involvement in the Outback Links programme.

They welcome visitors as well as intending members to come along to Block 3: room 119 at 9.30am on the SW Campus of ECU in Bunbury.

There is always an opportunity to ask questions and to enjoy chatting with members. A small charge of \$2 for morning tea as well as an ECU parking charge of \$3 if applicable. Telephone 9721 4752 for more information.

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*Have a Go News' travel liftout
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*A humpback whale captured swimming underwater in the waters off the Ha 'apai islands of Tonga.
Read more about Have a Go News' Travel Editor's adventures in Tonga on page 22. Pic Jennifer Merigan.*

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Jen Merigan in Tonga

LAST month's cover featured a photo I took of the Antony Gormley statues at Lake Ballard and I must say how sad it was to hear of the theft of two of the statues.

When discussing this theft I made the observation that who ever had stolen them must have planned the theft well as they are concreted in, are extremely heavy and have been designed to withstand the elements.

I do hope the statues and the culprits are found.

I received a lovely card from one of our readers, Brenda Henderson, who was on board the Villa tour I joined last month thanking me for my company and letting me know that she enjoyed the story I wrote.

I love hearing from readers; please feel free to contact me anytime.

I have just returned from an amazing trip to Tonga in the South Pacific and this month you can share my adventure of swimming with the whales in Tonga.

It was a truly humbling experience being so close with these magnificent creatures.

The humpback whales migrate from the Antarctic and spend around 12 weeks in the warm waters of Tonga to give birth and feed their calves.

You can read more about the experience in these pages and this month's front cover is one of the photos I took underwater.

Don't forget if you are planning to

join a tour for Christmas or New Year, now is the time to book as most of these tours sell out quickly.

Kings Tours, Villa, Casey and Fun-seeker all have a selection of local, interstate or international tours.

Don't forget if you would like to meet and find out more about many of our travel operators who advertise in this section, then come along to Have a Go Day on Wednesday 11 November from 8.30am to 3pm at Burswood Park, where you can meet them personally and find out more about their tours.

The lucky winner of the Bali holiday will be announced next month.

Our talking travel session will return in November and I will announce

the date next month.

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

If you're a Facebooker than like *Have a Go News* at www.facebook.com/Haveagonews, there's always extra opportunities to win prizes and share interesting and fun information.

Happy trails



Jennifer Merigan
Travel Editor

let's gotravelling

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

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Record number of cruise ships sailing down under this summer



AUSTRALIANS' passion for cruising has fuelled the nation's biggest ever summer cruise season,

with a record flotilla of cruise ships sailing to Australia over the coming months.

Peak cruise industry body Cruise Lines International Association (CLIA) Australasia, says 38 ships from its member cruise lines will sail in Australian waters this summer, with an unpre-

cedented eight ships making their maiden visits to Australia.

CLIA Australasia commercial director Brett Jardine said the growth in maiden ship visits was another clear indicator of the surging popularity of cruising.

"Cruise lines around the world are looking for new destinations and new homeports for their ships – and Australia is hot property right now," Mr Jardine said. "Not only do we have fantastic ports to visit and great weather, we also have a population that can't wait to cruise, and that's encouraging more cruise lines to send more ships our way."

Mr Jardine said the eight ships making their maiden visits this summer ranged from superliners to boutique-sized ships, providing a wide range of cruise experiences.

"The huge range of ships now calling to Australia just illustrates that cruising is popular across all age groups and holidaymaker types – there really is a cruise ship for everyone."

Mr Jardine said more than one million Australians took a cruise in 2014, with Australia leading the world in terms of growth in cruise passenger numbers and market penetration.

The bumper 2015-16 season will see Azamara Club Cruises make its first ever call to Australia with its ship Azamara Quest arriving in local waters in January 2016. Other ships making their Australian debut during the season include Costa Cruises' Costa Luminosa, Holland America Line's Noordam, P&O Cruises' Pacific Aria and Pacific Eden, Ponant's Le Soleal, Princess Cruises' Golden

Princess and Royal Caribbean's Explorer of the Seas.

The 38 ships sailing local waters this summer include nine which are based in Australia year round, another 12 which will be deployed for all or part of the summer cruise season and 17 ships which will visit Australia. Between them they will carry hundreds of thousands of Australian and international tourists.

Mr Jardine said highlights of the upcoming cruise season included P&O Cruises' five-ship spectacular in Sydney on 25 November, the deployment of Princess Cruises' Golden Princess to Melbourne where it will take the mantle as the largest ship ever to be based in Victoria and Royal Caribbean's first Brisbane season with Legend of the Seas sailing from the Queensland capital.

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Australia Day Celebrations	26 Jan 2016
EXTENDED TOURS	
5 Day Art Escape with Greg Allen	15 Nov 2015
7 Day Christmas Holiday	5 Dec 2015
7 Day Albany & Esperance	17 Jan 2016
6 Day The Wet Northern Safari	2 Feb 2016
6 Day Southern Parks	20 Feb 2016
6 Day Outback Goldfields	1 Mar 2016
7 Day SA Outback Tracks	2 Apr 2016
6 Day Monkey Mia	17 Apr 2016
13 Day Central Aussie Attractions	1 May 2016

For all prices, full itineraries and brochures, please phone 1300 662 026 or email aussieredbacktours@yahoo.com.au or visit www.aussieredbacktours.com.au

Mandurah Ferry Cruises offer Seniors' Week discount

MANDURAH Ferry Cruises are offering an additional 10 per cent off their senior ticket prices.

Valid only for one hour and one and half hour dolphin and scenic canal cruises from 8 to 15 November. Not to be used in conjunction with any other offer. Direct bookings only. Quote the code word SW2015 to receive an additional 10 per cent off. Discount doesn't apply to food and drink options.

Phone: 9581 1242 to book or 73 Mandurah Terrace, Mandurah WA 6210. Website: mandurahcruises.com.au/cruises-tours/1-hour-dolphin-canal-cruise/

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ADVERTISING FEATURE



Full steam ahead in Seymour, Victoria



Left to right; Jeanette Woolerton - Steam training in Seymour

by Jeanette Woolerton

THERE is arguably no season more welcomed than the gentle warmth of spring after a long, cold winter. Spring invites us to picnic under perfumed blossoms in anticipation of summer.

It is the season of festivals, of celebration and of exuberance.

This spring season, approximately an-hour's drive north of Melbourne, we can immerse our frolicking selves into Festive Saturday on 17 October at Station Street, Seymour, from 10am - 4pm.

However, the festivities are not limited to this date, with celebrations spilling over to the next day when the Darley Seymour Cup is held.

Activities also run throughout the course of the month, with a variety of regional winery tours, gourmet foods and treats of local produce on offer.

You can enjoy musical entertainment while sampling

wines and tasting spectacular dishes for a mere \$3 entry fee and \$15 for a tasting glass (or recycle last year's tasting glass and buy a tag for only \$7.50)

Other activities include plaster painting, face painting, pavement art, carnival rides...

The scene is spectacular - a kaleidoscope of colour and sound for children as well as adults.

There will also be heritage train rides and the visiting locomotive will be the 1930 DERM (Diesel Electric Rail Motor) from the Diesel Electric Rail Motor Preservation Association of Victoria.

This magnificent train has been refurbished and upgraded to allow it to run heritage services.

You can enjoy a twenty minute shuttle ride with seven trips travelling from Seymour to beyond Mangalore and back.

The charge for shuttle trips is only \$10 per head

(with children under four travelling free).

The train dream does not end there, however. On Saturday, 17 October, you are invited to participate in the unique celebrations before you even arrive at Seymour, by purchasing a ticket on a vintage steam-hauled train from Melbourne to Seymour.

The trip coincides with Seymour's Tastes of the Goulburn Festival, which celebrates many of the Goulburn River Valley's wonderful attributes, as well as the Art Beyond the Divide Art Show and Seymour Quilt and Craft Fair.

The train will depart Newport (from Melbourne's western suburbs) at 8.20am, then venture into Southern Cross (in the heart of Melbourne) with a 9.20am departure, picking up passengers at Essendon (9.37am) and Craigieburn (10.05am) before tackling the steep grades of the Great Dividing Range to

Seymour. The train will arrive at Seymour at 11.05 am, with the festival right at your doorstep.

The return steam train departs Seymour at 1.40pm, just after lunch, for the return to Melbourne, stopping at Craigieburn at 2.42pm, Essendon at 3pm, Southern Cross at 3.15pm and finally Newport by 4pm.

This would undoubtedly be a trip to remember, with the steam train featuring an air-conditioned saloon and compartment carriages dating from the 1940s.

Included is an onboard cafe and lounge bar, with espresso coffee, snacks and alcoholic drinks available from the licensed bar/lounge carriage.

Carriages can also be booked exclusively for your personal use or an entire compartment, offering privacy for your group (up to eight adults).

Tickets are now on sale and are priced as follows: adult - \$80, concession/member - \$75, children 4 - 16 Years - \$20, family Ticket (2) - \$180

For further information visit www.dempav.net.au. To book a steam train return ticket from Southern Cross to Seymour, visit www.707operations.com.au

So spring into Seymour this month and enjoy the exhilaration of travelling full steam ahead, on a revived relic of a bygone era.

Join Vince and Anne Garreffa in France and Portugal



Anne and Vince Garreffa

EACH year Vince and Anne Garreffa escort a tour to Europe and in 2016 they go on tour to southern France and Portugal.

Vince is the owner of Mondo Butchers and each month shares one of his fabulous recipes in *Have a Go News*.

These trips offer guests the opportunity to experience these countries with food aficionados and offer something a little different than your average tour.

With their comprehensive knowledge of food, the Garreffas pick some of the best restaurants, hotels and experiences, so people can enjoy all the delights of these regions in a relaxed and informative manner.

Not only will people enjoy the best food and wines but every guest of Vince and Anne is made to feel like they are part of their family.

The contrast of the two cuisines ensures that people will

be in 'foodie heaven' from the delicate flavours of France to the more rugged tastes of Portugal.

The accommodation is deluxe and includes extended stays to allow people to immerse themselves in the destinations at Nice, Avignon and the city of Lisbon.

Included in the 21-night tour are daily breakfast, 10 lunches and five dinners including wines.

Guests will enjoy luxury coach travel, economy class flights between France and Portugal and sightseeing and entry fees as per itinerary.

These tours offer people the opportunity to visit many world-class restaurants which are generally not included on escorted tours.

Tour dates are from 20 May to 13 June 2016.

For further information and a copy of the itinerary contact Kings Tours on 9380 6656 or freecall 1800 677 760.

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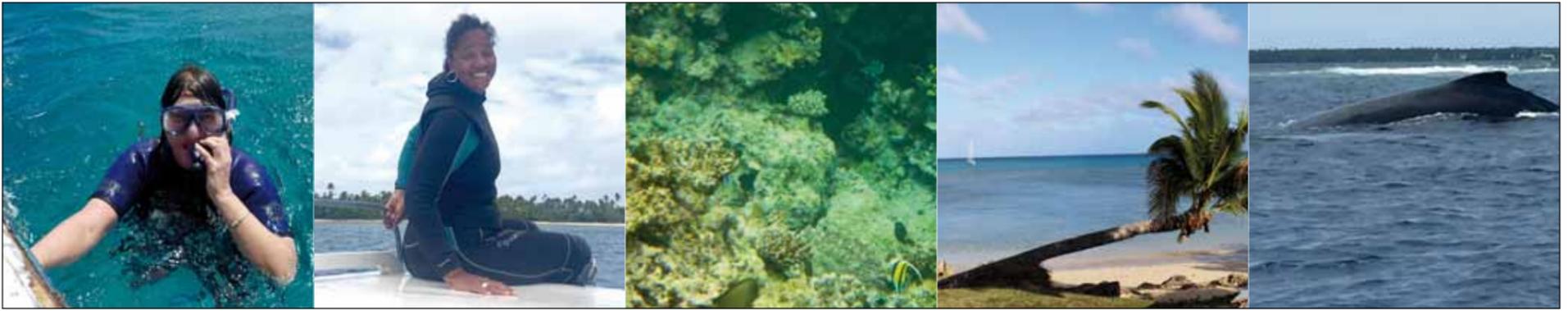
*This offer is valid until sold or withdrawn. Capacity controlled. Valid for new bookings only. *Prices are cruise only per person in AUD twin share including all discounts, port charges, gratuities, Government Charges (including GST) Agents may charge service fee for card payments which vary. Prices are governed by terms and conditions listed in the current CMV Australia brochure February 2015. Not applicable with any other discount or offer. Cabin booked on guarantee basis, cabins advised approximately 2-3 weeks before sailing. Conditions apply.

travelling

let's go travelling



Swimming with humpback whales in the South Pacific



From left: Jen Merigan ready to swim with the whales - The whale guide Iseta - Snorkelling the beautiful reefs off Lifuka Island - the view from Ha'apai Resort - the humpback whales swimming near the boat

by Jennifer Merigan

"FINS on, and jump in quietly," said our whale guide.

I was feeling quite nervous, as we were about to slip into the ocean to swim with a mammal as large as a bus and which were only metres away from the boat, it made my heart race.

Decked out in a wetsuit with a snorkel, mask and fins I was ready for my first encounter with a humpback whale.

We had been out on the boat for about an hour and had seen many of the humpbacks breaching and playing in the warm waters off Tonga.

Every year the humpback whales migrate to Tonga from the Antarctic to give birth and tender their young calves for about 12 weeks.

Our whale guide Iseta, who also happens to be my oldest and dearest friend

(we've known each other since we were 19) and, to celebrate her 50th birthday I had made the trek to Tonga to swim with the whales.

She had been working for the season as a whale guide and worked six days a week, out on the boat guiding people for what is truly an amazing and humbling experience.

I was so proud of her, not only for the skill of escorting people and the bravery it took to do this day in and out but the way she imbued confidence in everyone to leap into the sea and enjoy the experience.

Once we jumped in the water, the group follows her lead and within minutes we've seen our first humpback whales underwater.

A mother and her baby are below us and we all squealed with delight. After the initial trepidation of getting in, the experience is one of peace and delight.

I went on three whale swims while in Tonga for one week, each one was different but the peacefulness

of being so close to these mammals was an experience I will never forget.

The waters off the Ha'apai islands of Tonga are pristine. The area has not been wrecked by mass tourism and it really is one of the cleanest places I have ever visited.

On Lifuka Island there were one restaurant, five shops and three resorts. When I say resort, it is not as you find in Asia, it's more like an old school camp but the accommodation was not what we were there for - it was the whales.

Over the week we saw whales breaching and cavorting in the water, a turtle swam by our boat, I snorkelled around some of the most beautiful coral reefs and the water was clear and warm.

The weather was mild and the temperature didn't rise above 25 degrees during the week, a couple of days it rained but it was paradise. I even enjoyed, well maybe coped is a better word, with the cold showers

which became an invigorating experience on a daily basis.

Captain Cook landed off the coast of the Ha'apai group of islands and coined them the friendly islands.

Little did he know that the island chiefs were planning to murder him but he set sail before the plot was hatched.

The Tongan people are a friendly bunch, it felt like I had stepped back in time to when life was simpler and easier. They are highly religious and churches dot the island.

We attended a local dance on the Friday night and the locals dressed up in tropical finery and danced the night away.

We joined in but our dancing skills were nothing compared to the local men who had the coolest moves on the floor.

The nuns sat on stage and surveyed the dance tapping their feet to many songs from the 50s, 60s and 70s.

The island of Lifuka which is the main island of

the Ha'apai group was virtually destroyed in January last year by Cyclone Ian and it was one of the first times I had travelled overseas and seen Australian aid in progress.

Australia is building new houses and water tanks to help the nearly 8000 people who inhabit Lifuka, it was a pleasing sight.

It was a long journey to get there from Perth; I flew Perth to Sydney, Sydney to Tonga tapu and a small plane to Lifuka Island.

There is a five-hour time difference between Tonga and Perth and if you want to go to one of the more untouched areas of the world, this is the place to visit.

Accommodation
Ha'apai Beach Resort www.haapaibeachresort.com

Matafonua Lodge www.matafonua.com

Getting there
Virgin Australia

Visit the *Have a Go News* travel section on the website for more photos and videos of the experience.

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Enjoy Perth's wildflowers on this four day trail...



View from Kings Park
© Daniel Paletz

GOOD RAINS over winter have ensured that the wildflowers are blooming around Perth. This four-day trail can be used to see the best of the wildflowers in the metropolitan area. Take a break and stay at some of the great accommodation options available around Perth. People can choose to do the entire itinerary or just pick your favourite spots to see the best of the wildflowers before the season finishes.

Day 1:
Morning: Perth to Kings Park

Take a short drive, a free CAT bus ride, or a 15-minute walk from the Perth CBD to Kings Park and Botanic Garden. It's one of the largest inner city parks in the world and home to the colourful spring wildflowers of more than 1,700 unique native plant species from across the State.

Join a free guided walk, or pick up a map from the Information Centre and explore the park's 400 hectares at your own pace.

The most popular trail takes you into the treetops along the Lotterywest Federation Walkway, taking in some of the best views of Perth's city skyline along the way.

For lunch, picnic in the grounds or visit one of the park's cafes or restaurant.

Afternoon: Kings Park to Yanchep National Park

Heading north from Perth via the Mitchell Freeway and Marmion Avenue, or Wanneroo Road, the drive to Yanchep takes less than an hour from Perth.

Take an afternoon walk on one of nine walk trails in Yanchep National Park to see the resident kangaroos, koala colony, birds and wildflowers of the woodlands and wetlands.

Among the tuart trees, grass trees and banksias, you may spot one-sided bottlebrush, yellow buttercups, blue-flowering hardenbergia, parrotbush, honeymyrtles and the Yanchep rose in October.

Enjoy dinner with the kangaroos at the Yanchep Inn, or head back to the city and seek out Perth's award-winning chefs.

Day 2:
Morning: Perth to Whiteman Park

Just a 25-minute drive east from the city leads you to the rolling vineyards of the Swan Valley, Western Australia's oldest wine region, and its 4,200-hectare natural bushland known as Whiteman Park.

Choose two feet or two wheels, and walk or cycle through the marri and jarrah trees, prickly bark, banksias, hibbertia and grass trees.

Enjoy lunch at a local winery, or fill your picnic basket with gourmet goodies and fresh produce from the road-side stalls and stores.

If you have a designated driver for the day, sample the fine wines of the region at a cellar door or choose a bottle of wine to take with you.

Afternoon: Whiteman Park to Noble Falls and FR Berry Reserve

Make the 25-minute drive along Toodyay Road to Noble Falls for a picnic lunch

among the orchids, hakeas, grevilleas, rose coneflowers, cone bushes, trigger plants and verticordias.

The 3.5-kilometre walk trail from the car park meanders beside Woooloo Brook and passes the falls, which are stunning after good winter rains.

On your way back towards Perth, take a detour off Toodyay Road to FR Berry Reserve on Reen Road.

Here you can walk the 2.7-kilometre trail through wandoo, marri, jarrah and paperbark trees, wattles, yellow buttercups, blue leschenaultia, melaleuca, grevilleas, darwinia, hovea,

kangaroo paws, orchids and hibbertia.

Return to Perth, or stay overnight in Mundaring in the Perth Hills.

Day 3:
Morning: Perth to John Forrest National Park

Head east from Perth to the hills and bushlands of the Darling Ranges – home to Western Australia's first conservation area, John Forrest National Park.

The Great Eastern Highway will get you there in approximately 45 minutes for a morning walk among the jarrah and marri, flooded gums and paperbark trees, to striking granite outcrops and waterfalls.

Look out for banksia, wattles, hakeas, grevilleas, dryandra, pimelea, myrtles, triggerplants, kangaroo paws and blue leschenaultia.

Afternoon: John Forrest National Park to Perth Hills

From here, you're within easy reach of many more national parks and reserves in the picturesque Perth Hills area, where you can picnic or lunch at a cafe, tavern or restaurant.

Take your pick from Lake Leschenaultia, Mundaring Weir, Kalamunda National Park and Lesmurdie Falls National Park.

A little further to the south, near Martin, Ellis

Brook Valley Reserve is home to more than 550 wildflower varieties and 116 bird species. Enjoy one of four walk trails, the Sixty Foot Falls and fantastic views of the city.

Or you can return to the city and watch the sunset from Wireless Hill Park in Applecross – 40 hectares of natural bushland filled with spring wildflowers, including kangaroo paws, catspaws, leschenaultia and grass trees.

Overnight in Perth.

Day 4:
Morning: Perth to Rottnest Island

Take a short ferry ride to Perth's idyllic island playground, Rottnest Island, and spend a full day exploring the unique flora and fauna that has evolved in isolation on this car-free Class A reserve.

From Fremantle, the ferry will get you there in just 25-30 minutes. Regular ferries also run from Perth's

Barrack Street Jetty and Hillarys Boat Harbour.

Around 140 indigenous plants thrive here, including the iconic Rottnest Island pine, the Rottnest Island tea tree and the pretty blue Rottnest daisy.

The Bayseeker Bus will take you around most of the island, but hiring a bike or walking will give you a better opportunity to explore the heath, woodlands and salt lake habitats.

continued on page 24

TAKE A WALK ON THE WILD SIDE

Driving to see wildflowers is wonderful but stay a while longer in the transit caravan parks of Badgingarra and Dandaragan this spring to truly immerse yourself in nature on one of our many local walk trails and scenic lookouts



TURQUOISE COAST VISITOR CENTRE 67 Bashford Street, Jurien Bay WA 6516
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Located 300km north east of Perth in the Wheatbelt is the 'Sandalwood Shire'. Home to the towns of Bencubbin & Beacon, two vibrant and well established towns boasting a great range of facilities and services.

TOURIST HIGHLIGHTS

- Marshall Rock** A great place for bushwalking, bird watching and viewing the wildflowers, with spectacular views from the top of the Rock.
- Pergandes Sheepyards** The remains of an original and prominent homestead and sheep yards that were constructed almost entirely from local granite.
- Billiburning Rock** The rock itself is part of quite a large reserve. It has attractive flora and fauna, fantastic views and is a pleasant place to picnic or camp.

Shire of Mt Marshall, 80 Monger Street, Bencubbin WA 6477 P: 08 9685 1202 www.mtmarshall.wa.gov.au

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continued from page 23

Enjoy Perth's wildflowers on this four day trail...



Rottnest Island, WA
 © Tourism Australia

Before leaving Thomson Bay Settlement, pick up a map from the visitor centre, and stock up on water and picnic supplies at the island's bakery, cafes or general store.
 Afternoon: Rottnest to Perth
 Take your pick from the island's 63 white-sand beach-

es and 20 clear bays for a lazy picnic lunch. Little Parakeet Bay is a picturesque spot for a swim and snorkel. Keep a lookout for Western Australia's cutest marsupial, the quokka, seeking shade under the trees and shrubs.

Return to Thomson Bay and head for the cafes or bars for an afternoon drink, taking in the view of Perth's city skyline from across the ocean.

Head back to the jetty to catch the afternoon ferry back to Perth, Fremantle or Hillarys.

Important Travel Information
 Wildflowers generally bloom in this region in September and October, and displays are more prolific after good winter rains.

Take nothing but photos, leave nothing but footprints. It's an offence to pick wildflowers and on-the-spot fines of up to A\$2,000 apply. Instead, if you wish to take flowers home with you, you can purchase dried wildflowers from many local craft and souvenir shops.

Visit the Department of Parks and Wildlife website for information about national park entry fees, passes, facilities, recreational activities, camping and more.

Because of the risk they pose to most native flora and fauna, pets are not permitted in most parks (with the exception of Department of Local Government and Communities Approved Assistance Dogs). However, dogs may travel in boats in the marine park.

1080 is used in the region's parks to help bring native animals back from the brink of extinction. It's also used on leased and privately-owned pastures to control pests. 1080 is highly poisonous to domestic cats and dogs, so if you do take your pets with you, please keep them under control for their safety.

Be Sun Smart. Always apply sunscreen (at least +15 SPF), wear a wide-brimmed hat and sunglasses and drink plenty of water. If you're visiting in the warmer months (December to March), seek some shade between 11am and 3pm. See Cancer Council WA for more advice.

Be aware that drivers are subject to alcohol limits that are strictly enforced. Moderation is always advised. This is information is sourced from www.westernaustralia.com

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Discover Wildflowers in the Southern Forests

The southwest corner of West Australia is known to be a biodiversity hotspot with a wide variety of unique orchids and flowers endemic to this region.

For info on trails, tours, events and maps, contact our Visitor Centres:

Manjimup 9771 1831	www.manjimupwa.com
Pemberton 9776 1133	www.pembertonvisitor.com.au
Northcliffe 9776 7203	www.northcliffevisitorcentre.com.au
Walpole 9840 1111	www.walpole.com.au

Blooming Wild Festival 18 Sep - 22 Nov 2015
 Facebook: Blooming Wild-Southern Forests and Valleys
 Website: www.bloomingwildflowers.com.au
www.southernforests.com.au

Time to start thinking wildflowers

PEOPLE can be assured of having a great time on wildflower tours organised by Funseeker Tours. Being in the touring business for 18 years there are some secret spots that year after year give a lovely showing of wildflowers.

October takes people to the beautiful Cape region around Geographe Bay. Visit flowers in Donnybrook, Ambergate, Rosa Brook and Carbanup Reserve. Other visits include in and around Gracetown then travel to Boranup Hollow. Leeuwin lighthouse (where the Indian and Southern Oceans meet) is always a great visit.

Give Sharon a call on 1300 660 668 for further details.

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Friday 6
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 Exhibit Presentations

Saturday 7
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 Street Parade Vintage Car & Bike
 Camel Rides Simmos Ice Cream
 Horizon Gold Run 5km & 10km Event
 Norseman Rock Drill State Championships

Sunday 8
 Bush Brekky 9 Hole Golf Competition

Contacts: Robyn Szczecinski 0408 105 022
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let's gotravelling

Wildflower season is the perfect time to visit historic Inn Mahogany Creek



IT'S SPRING and the Perth hills are ablaze with wildflowers, making it a particularly great time of year for a visit.

And to round out a trip to the hills the newly refurbished Inn Mahogany Creek is a perfect spot for a refreshing beer or a reviving coffee.

Inn Mahogany Creek is one of WA's oldest operating inns and offers a bar, bistro and lodge. It's a great spot for coffee and cake, to brunch, breakfast, lunch and dinner – or just for drinks.

Visitors can choose from outdoor, courtyard, beer garden, lounge, bistro and bar settings.

Inn's head chef Kepler Weber and his team provide a constant stream of dishes using fresh and

local produce.

The menu is extensive and varied – from Albany squid and chili aioli to house smoked chicken pizza, ocean trout, pork belly and 12-hour house smoked brisket finished in a low oven for a further 12 hours, to frozen banoffee pie, churros with a chocolate hot pot or fig and ginger slice with sticky caramel sauce for desert.

Everything is home made using free-range eggs, premium Margaret River beef, sustainable fish and local ingredients.

Wines are available from Bickley Valley, Swan Valley, Margaret River and overseas from New Zealand, Italy, France and Argentina; with many available by the glass.

Open for lunch and dinner from

Thursday to Sunday, dinner and drinks on Wednesday from 5pm and breakfast and brunch on Sunday from 8am.

For those looking to stay a little longer, large newly refurbished, classically furnished rooms are available.

The Inn Mahogany Creek is located at 4260 Great Eastern Highway and can be contacted on 9295 1118.

WIN WIN WIN

To be in the draw to win a \$150 voucher for Inn Mahogany Creek simply email win@haveagonews.com.au with the subject line Mahogany Inn or write to Mahogany Inn competition PO Box 1042, West Leederville 6901. Competition closes 31/10/15.

WA Bush Poets and Yarnspinnners Festival



Exterior view of the Toodyay Memorial Hall

© Tourism Western Australia

THE YARNSPINNERS Festival and WA Bush Poetry State Championships will feature some of the best Western Australian bush poets including previous WA Championship winners, Keith Lethbridge and Peter Blyth.

The WA Bush Poets and Yarnspinnners Association are keeping alive the Australian tradition of bush poetry including the works of Banjo Patterson, Henry Lawson and others of their era. They also write and recite poems about events and issues in society today, including many humorous and often embarrassing situations.

In recent years, there has been a resurgence of this style of poetry, not only in its writing but in performing the works of both the traditional masters as well as that of many outstanding modern

poets. Names like Marco Giori, Murray Hartin, Melanie Hall and Susie Carcary have become synonymous with both performance and writing excellence. The skilful poet is able to fully captivate the listener with their story which may or may not be true, or may be embellished beyond belief.

The festival and championships are being held in Toodyay, mainly in the Memorial Hall Friday 30 October to Sunday 1 November.

The condensed timetable for the event is:

Friday 30 October – poetry writing workshops then dinner with the poets at the Bowling Club.

Saturday morning, junior and novice performance competition.

Saturday afternoon, novice classics reader, yarn spinning and contemporary performance championships.

Saturday Evening, a family bush dance with entertainer Les Helfgott and the Southern Cross Bush Band. The winning poems in the written competition will be presented at the dance.

Sunday starts with a poets breakfast, then traditional and original serious performance competition. In the afternoon, there will be the final competition category, original humorous, along with the award presentations.

All events are free. Further information including entry forms may be found at www.wabushpoets.asn.au



ASTOR CHRISTMAS CRUISE

Last Christmas we had a group travel and thoroughly enjoy the Christmas Cruise on-board the Astor. Some have already booked again for this year. After being picked up from home and transferred to Fremantle port, the Kings Team will meet you to ensure your check-in is smooth. Once on-board the fun begins right away and the atmosphere on-board will be sure to rub off on you. There will be lots of smiles, celebratory drink in hands and the sense that it's holiday time with the pleasure knowing that you can do as much or as little as you like. The Astor is a 4 star cruise ship which has a maximum capacity of 620 guests. With 7 decks, five lounges, restaurant and bistro, swimming pool, day spa and fitness centre, there is absolutely no better way to spend Christmas than cruising on board to Bali. The on-board team will hang the decorations and will cook the turkey while you relax and take full advantage of the Astor's wonderful facilities.



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Chris Frame

Cruising season a boon for over 45s in Western Australia

by Chris Frame

WITH the return of warmer weather, the summer cruise season is not far away. And in this coming season, a record number of cruise ships will grace both Fremantle and regional WA.

With more Australians now taking to the sea aboard a cruise ship than in the final year of the assisted passage scheme in the 1970s, cruising has really become a mainstream holiday experience for Aussie travellers. And while more and more people now share these voyages, there is so much choice that a cruise really is a holiday that can suit any budget.

With more than 38 different cruise ships due to visit WA ports over the summer season, chances are you can find a ship and a destination to suit you. There are a wide variety of ships visiting the west coast ranging from small and intimate expedition vessels such as the *True North*, to large luxury liners like the *Queen Elizabeth*.

The benefits of each type of ship vary depending on what kind of holiday you're after. For example, smaller ships such as CMV's 20,704 ton *Astor* allows guests to mingle with officers and crew in a "private yacht" style atmosphere. These ships can easily sail into smaller ports such as Busselton, Esperance and Albany allowing passengers to explore these towns at their own leisure.

Larger ships, such as *Voyager of the Seas*, *Pacific Jewel* or *Explorer of the Seas* offer a vastly different experience to their smaller counterparts. While larger and perhaps less intimate, they provide passengers with a vast array of public rooms and activities for to enjoy. For example, *Voyager of the Seas* has its own ice-skating rink aboard, while *Pacific Jewel* offers "The Edge" experience, which includes a rock climbing wall and Segway Course; perfect for the active adult or people travelling with kids and grandkids.

The influx of different ships to WA also means there are voyages to suit each

budget. Costs for cruises vary from \$199 "Party Nights" to long voyages that last for over a month. These longer trips can reach into the thousands of dollars.

But the choice doesn't stop there. Within each ship there are plenty of options to suit multiple budgets. Take Cunard's *Queen Elizabeth* for example; the ship sports four main accommodation categories based on the restaurant guests will dine in. These categories vary from inside cabins to the vast "Grand Suites" offering butler service and ample living space; with prices adjusted to match. And within each category there are multiple prices available, with costs based on the location of the cabin, its size, and whether it has a window or a balcony.

While Fremantle is paying host to more ships in the summer season, as the WA cruising market matures; more of these ships will fall into the luxury cruise category. This includes visits from *Celebrity Solstice*, *Dawn Princess* and *Volendam*; all highly rated ships.

However, there still remains a plethora of choice for those on a tighter budget. For example, *Superstar Virgo* from Star Cruises is returning to WA shores in November. While the ship is known to many Western Australians for its casino-style cruises in Asia, she is a large vessel with many amenities to choose from; including an extensive open pool deck and lots of shops.

Similarly, Princess Cruises is dedicating a number of ships to the WA market, with *Sun, Dawn* and *Diamond Princess* visiting Fremantle. These ships offer an excellent quality of service, with many amenities and entertainment options to choose from in a luxurious environment; without attracting the higher prices associated with some of the other luxury cruise brands.

The 2015/16-summer cruise season really is a boon for WA travellers; especially for those over 45s looking to take some time out to relax, travel and recharge the batteries in the warm summer months.

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QUEENSLAND owned and operated women-only travel business, Girls On Tour is proud to offer well-organised, escorted, small-group tours to all parts of the world. Designed for seasoned or first-time travellers, owner/operator Judy Polking-

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"Our tours combine a good mix of group activities whilst allowing ladies free time to do some exploring of their own," says Judy.

Operating since 2006 and boasting 20 per cent return business, Girls On Tour is returning to Antarctica and the Galapagos again in 2017 and has many other wonderful tours on offer in 2016.

"I have travelled extensively throughout the world but my trip to Antarctica tops the list. I will never forget the magic of that place. Thanks Judy," said Ros W. from Queensland about her Girls On Tour Antarctica and the Galapagos tour in 2014.

Contact Judy on 0409 057 417 or visit www.girlsontour.com.au for more information.

Unique European Tours for 2016



INSIGHT Vacations and Cathie Rice Travel are offering a special tour and cruise package featuring the Chelsea Flower Show, one of the most sought after events on the UK spring calendar.

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This fully escorted nine day tour with Insight Vacations, the leader in premium and luxury escorted journeys, features quality dining and included sightseeing, accommodation in premium hotels throughout and transportation by luxury 40 seater coach.

In Paris, join luxury river cruise ship for a relaxing eight day cruise from Paris to Normandy and return. Northern France has been the setting for many battles and 2016 will mark the centenary of the Battle of Somme. For those who would like to visit this area, a short tour can be arranged from Rouen, a featured town on this cruise.

"I love this itinerary - the Chelsea Flower Show is something quite special, and continuing onto some of the 'must do' sights in Europe makes this an ideal tour to complement our river cruise through northern France. Travelling with Insight Vacations means you are assured of the very best along the way," says Cathie Rice.

The 19-day tour and cruise package departs from Perth on 26 May 2016. Return coach transfers from Busselton, Bunbury and Mandurah to Perth International Airport are included for guests on group flights, and stranger share options are available for single passengers who wish to share.

Cathie Rice Travel is proud to announce that Cathie is the winner of the 2015 Insight Vacations top consultant WA award. As well, Cathie Rice Travel has won the 2015 Insight Vacations Top Agency WA award. This is exciting news for the Bunbury family-owned business.

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DAY 3 Depart Manjimup, stop at Donnybrook for morning tea, then onto Cicerellos in Mandurah for a 3-course lunch. Back to Perth arriving approx 3pm-3.30pm.

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Project: Janine to Quebec



My Brother's Keeper 81x55x50cm (c) alternate way of carrying stick JANINE MCAULLAY BOTT Photo Artitja Fine Art

very disappointed at the news" says Anna Kanaris, director of Artitja Fine Art, the artist's representing gallery. "For Janine to be both included and invited to such a big career changing event and not attend is inconceivable."

"For a brief moment, it seemed it wasn't going to happen, but after a sleepless night for both Janine and myself, the only way we could see to raise funds was via crowdfunding," said Kanaris "It is really important, not just for Janine to attend this exhibition but also for Western Australia to be represented."

Hence *Project: Janine to Quebec* was born and in its first week has raised a healthy \$700 of the \$3000 being sought.

In acknowledgement of McAullay Bott's national standing, eminent writer, publisher, art curator and Order of Australia recipient Susan McCulloch said, "in my view she is one of the most exciting and significant artist-weavers working in Australia today. The extent of the exhibition, and the works selected are impressive and likely to create both much interest in the indigenous art of Australia and lead to some fruitful exchanges between Australian and Canadian indigenous artists and peoples".

The sculptural work on display in Canada titled *My Brother's Keeper* is unlike most of McAullay Bott's creations, which are generally woven animals and objects from palm fronds, local grasses, reeds and other plant materials. Normally her weaves embody the essence and humour of her Nyoongah culture.

There is no humour in the subject matter of *My Brother's Keeper* – only sadness and trauma. Nevertheless it is the one time that McAullay Bott felt driven to make a statement about the issue of the stolen generation, having witnessed at close hand the misery of her brothers' time at Clontarf Boy's Home.

My Brother's Keeper is a strong statement, but as the McAullay Bott says "I was driven to weave this, I felt I had to as it is such a blight on our history and forgiveness does not come from forgetting."

Project: Janine to Quebec can be found on the following link ozcrowd.com/campaigns/project-janine-to-quebec/. Contributions can also be made by calling Anna Kanaris on 9336 7787.

QUEBEC is a long way from the 'burbs, but that's where Thornlie based Nyoongah bush sculptor and weaver Janine McAullay Bott has been invited to go as a special guest.

Janine's sculptural artwork is an important inclusion in *Lifelines: Contemporary Indigenous Art from Australia* – an international exhibition presenting the contemporary art of Australia's first peoples opening at the prestigious Musées de la Civilisation in Canada next month.

And it gets better. The Quebec City Musées acquired her work late last year for the exhibition in which some of Australia's most respected artists including Vernon Ah Kee, Judy Watson, Megan Cope (winner of this year's WA Indigenous Art Awards) and Shorty Jangala Robertson are to be shown. Janine is the only Western Australian artist included.

There is only one problem – McAullay Bott's funding application, which was how she was planning to make her way to Canada was turned down.

"We put in a strong application, but of course there were no guarantees. Janine was

Journey to Scandinavia with Beyond Travel

EUROPE touring specialist Beyond Travel have recently released its newest exclusive small group special journey to its collection for 2016, the 12-day 'Across Scandinavia by Land and Sea, which is now available with up to \$500 in travel vouchers when booked by 31 December 31.

Featured in the new 2016 Preview brochure, this tour has been carefully designed to combine the popular destinations of Finland, Sweden, Denmark and Norway, with a selection of regional stays focusing on authentic local experiences.

Begin in the historic city centre of Helsinki before boarding an overnight ferry to Stockholm. Explore Sweden's charming capital city before continuing by rail south to Copenhagen while taking in the stunning countryside. From here travel to the ancient capital of Denmark, Roskilde before boarding an overnight ferry to Oslo.

Take the magnificent train journey through rugged moun-

tains and past thundering waterfalls on the Flam Railway along the west coast of Norway. Continue your journey by water travelling by express boat along the serene Auerlandfjord and the Sognefjord to Balestrand and spend the final two nights in Bergen.

Priced from \$7995 per person twin, the tour has a maximum group size of only 20 travellers and includes 11 nights accommodation with daily breakfast and a large selection of other meals, comprehensive sightseeing with an English speaking guide, transportation by coach, rail and overnight ferry trips in sea-view cabins, plus arrival and departure transfers and gratuities and hotel portage.

There are departures in May, June, July and August next year. For more details on this contact Beyond Travel on 1300 363 554 or visit <http://www.beyondtravel.com.au/tours/exclusive-special-journeys>

Villa's Travel Expo is on again in November

VILLA CARLOTTA Travel will be holding their free travel expo on Tuesday 10 November at the Perth Convention and Exhibition Centre.

The expo highlights their amazing range of Australian and international holidays for 2016. Be sure to bring your friends along for a great day out. RSVP is essential so FreeCall 1800 066 272 or email travel@villa.com.au now.

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mania holiday departing 29 February to 13 March 2016.

Christmas is Nearly Here!

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See *Singin' in the Rain* in Melbourne!

A showstopper, this six-day Villa Carlotta Travel tour offers a spectacular evening at Melbourne's Her Majesty's Theatre to enjoy *Singin' in the Rain*. Filled with glorious songs including *Good Morning, Make 'em Laugh, Moses Supposes*

and the classic *Singin' in the Rain*, the movie's iconic choreography will be flawlessly recreated, and with the help of 12,000 litres of water reveal one of the most famous dance routines live on stage. Add to this some

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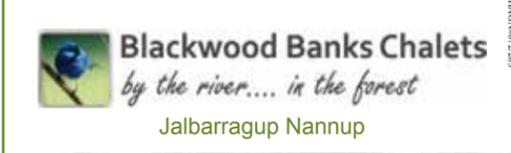
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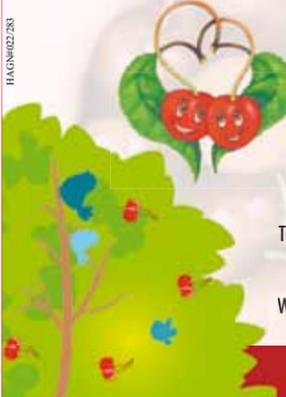
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Spring - and it's a great time to go fishing in Western Australia



A nice south west brown trout goes into the net

by Mike Roennfeldt

SPRING is an interesting time to be fishing in the southern half of WA. It's a change of seasons really, a time perhaps to dip your toe in a different pool of water, especially if you are a dyed-in-the-wool boat fisherman whose focus is almost entirely centred on dhufish, pink snapper and the like.

The demersal fishing ban for the West Coast Bioregion (just north of Kalbarri to just east of Augusta) runs from 15 October to 15 December and it should be noted that the ban applies to eligible species caught from shore as well as boat. Catch a pink snapper from North Mole or any of the other metro rock platforms during this period, for example, and you must return it to the water as quickly as possible.

A closed season also applies to pink snapper fishing in Cockburn and Warnbro Sounds from 1 October to 31 January. This is one closure I wholeheartedly agree with. I believe it is probably the major reason behind the fantastic rejuvenation of pink snapper fishing in metro waters over recent years.

Spring is also when the tailor start to show up in metro waters in good numbers, both along the beaches and in the lower reaches of the river. The river fish are generally small with a few good ones among them, but the fish along the beaches have generally been of

excellent size for the past couple of years. A 45-50cm tailor used to be something to brag about during the spring run, but fish of this size barely raise an eyebrow these days.

Boat fishermen who can't bring themselves to fish from shore still have some great options while floating about out there. King George whiting and skippy are probably the main targets. The best fishing is usually on those days when you can clearly see the bottom in 6-12m of water. Look for sand holes among the seagrass beds and reefs, near seagrass for King Georges and reefs for skippy. A handful of chook pellets scattered every 20 minutes or so will attract both species if there are any in the vicinity. Relatively lightly weighted rigs with a No.2 hook baited with coral prawn or squid does the trick most of the time when fishing on or near the bottom.

Finally, there is the fresh water scene. Spring is the best time to try your luck on south west dams, particularly Harvey, Big Brook and Drakesbrook, where the big ex-broodstock fish from the Pemberton hatchery have been released recently. Other key locations where trout have been stocked over previous months include the Warren River, Collie Gorge, Donnelly River, Blackwood River, Lefroy Brook and the Murray River. It's worth remembering though that you need a licence for freshwater fishing. Spring is in the air, so get out there and enjoy it!

How do you stop rust when you already have rust on your motor vehicle?

AUSTRALIA is one of the most naturally mineral rich countries on the planet with highly corrosive minerals in every state and territory.

The cost of rust and corrosion is significant resulting in a decreased life span of motor vehicles and the cost of repairs and maintenance estimated to run into hundreds of millions every year. In the United States, one recent study estimated the annual direct cost of corrosion is in excess of \$200 billion.

Much of the expensive-to-repair damage, and the harmful impact of rust and corrosion, could be eliminated by adding state-of-the-art corrosion management.

Couplertec Electronic Rust Proofing systems help protect vehicles from rust and corrosion. More and more fleet vehicle owners, including mining industry giants and government departments, as well as tens of thousands of 4WD vehicle owners now insist on Couplertec, and it is no wonder.

Couplertec's general manager Grant Taylor, has some very interesting and surprising information.

"The real surprise for us at Couplertec was that

we learned after assessing recent company research data, that up to 30 per cent of customers who were purchasing a Couplertec Electronic Rust Proofing system already had an existing rust problem.

"These customers are now ensuring that Couplertec is engaged to help stop the rust from spreading.

"You could say it is shutting the gate after the horse has bolted. However, Couplertec has a significant number of endorsements that confirm Couplertec's unique internationally patented technology can, and does, stop the spreading of existing rust and corrosion," he said.

"There are unfortunately a number of pretenders that spruik that their devices are the same as Couplertec and this is simply not true", said Couplertec's founder and managing director, Garry Bell. "Couplertec is the only electronic rust proofing system that has been granted international patents for its unique method of capacitive coupling technology, and we have been in communication with government departments pleading for the development of a code of

practice that will eradicate these pretenders."

Couplertec's record of more than a decade of research and development, thousands of test cases and endorsements, as well as more than 750,000 systems sold, gives more weight to the fact that Couplertec is internationally acknowledged as the world's best electronic rust proofing system.

Couplertec has a range of systems – The light automotive range offers units for cars, hatchbacks, sedans, wagons, vans and 4WD vehicles, and the commercial heavy-duty range of Couplertec systems has larger, more powerful units specifically designed for trucks, buses and heavy machinery.

There are also mine spec systems for vehicles subjected to the harsh corrosive mining environments. Couplertec has a system for every vehicle regardless of the conditions it is subjected to, to help protect against rust and corrosion.

For more information contact Garry Bell or Grant Taylor on (07) 5522 0200, email: NoRust@CouplerTec.com.au or visit the website www.CouplerTec.com.au

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PERTH 4WD AND ADVENTURE SHOW
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THE PERTH 4wd and Adventure Show is famous in Western Australia as the biggest and best 4wd event – and in 2015 it gets even bigger.

The 4wd and Adventure shows are famous for being the place to go for all the latest gear. Camper trailers, caravans, new model SUVs and 4wds, camping gear, 4wd accessories, fishing gear and so much more – all in the one spot.

Show director Peter Woods said the 4wd and Adventure Show this year was all about starting your next adventure. He said new attractions and features mean it would be the most exciting and interactive show that West Aussies had ever seen.

“The show is designed so that you can spend the day checking out all the new products and grabbing yourself a bargain; but at the same time there’s a huge variety of entertainment to keep you busy.”

“The show has always

been a fun, family day out, but this year we’re putting on more activities to get involved in,” he said.

“We’ve increased the entertainment this year to really make the event worthwhile. The one entry price is all visitors have to pay, and then everything within the show is free.”

“There’s no other event like it – whether you love fishing, camping, 4wding or all of the above, there’s something for everyone.” Peter said.

Special guests

There are some lucky people who make a living out of getting out there and experiencing the great outdoors. And you can hear from some of them at the show.

Peter said he was very excited to announce that in 2015, the show was wel-

coming Matt Wright, from National Geographic’s Outback Wrangler as special guest.

“Matt is one of the most extreme adventurers in Australia – in fact he’s been called the Australian version of Bear Grylls,” Peter said.

“He is a Darwin-based adventurer who spends his days hunting crocs, flying helicopters and fishing in some of the most remote areas in northern Australia.”

“Matt is sure to have a story or two and just might inspire you to get out there on your own adventure.”

Peter said the Show’s ambassador was Mr 4x4 Pat Callinan, who would also be at the show all weekend.

“Pat is well-known for venturing to places you can only access with a 4wd, and taking his camera crew with him to produce his program 4X4 Adventures and magazine.”

“4x4 Adventures is a family oriented touring show interested in eco-sensible travel. Inspiring, informative and beautifully filmed and edited. Catch up with Pat and have a chat about his latest travels.”

In other big news, the show was welcoming back John Rooth, or “Roothy”. “Roothy” is the most recognised face of 4wding in Australia. With almost a million kilometres under his belt, “Roothy” has driven to the far reaches of the country. From south-west WA to Tasmania; he’s seen it all - along with his beloved iconic 45 Series Land-Cruiser ‘Milo’. Catch up with “Roothy” at the Show this year on the Engel Bush Camp Stage.

Jason Andrews (All 4 Adventure) is one-half of the dynamic duo of modern-

day adventurers who take on rugged expeditions into some of the remotest corners and wildest frontiers of Australia in their TV show *All 4 Adventure*. Using 4wds, ATVs and boats, the boys venture deep into uncharted areas and face all sorts of logistical challenges, relying on their ingenuity, experience and a good measure of humour to reach their destination.

West Aussie Graham Cahill from 4wd Action can’t wait to catch up with people at the show and tell them about his epic five week trip up north, where he had the privilege of reopening one of Cape York’s toughest tracks that hadn’t been driven in years. He reckons this one’s even tougher than the Tele. Shorty’s also back on the road after a heap of work. Be the first to hear about its epic shakedown trip through Arnhem Land and across the Kimberley. Don’t miss this awesome opportunity to have a chat with one bloke who genuinely loves 4wding and the outdoors.

Emma George is a former Olympic athlete and now a mother of three young boys. Also a freelance journalist, she is passionate about children participating in healthy, active and fun activities. Emma has become a role model and an inspiration for many families to get outdoors and has stories and advice to share.

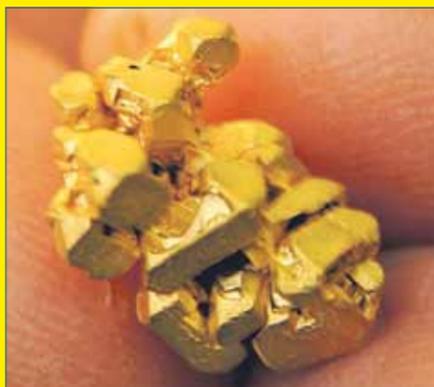
Ernie Dingo is one of Australia’s best known and loved TV personalities. He always has a story to share, and loves to have a chat. So make sure you come down to the Engel Bush Camp stage and see Ernie all weekend at the Show.

continued on page 33

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Get out there and start your four wheel drive adventure now



continued from page 32
Your own adventure right here at the Show

It wouldn't be a 4wd and Adventure Show without some adventure; and Peter said the show definitely has that covered.

"We are very excited to have Team D Max stunt drivers back at the show this year.

"Isuzu Team D Max are the best and most popular stunt driving team in Australia. Visitors can stand back and watch as the stunt drivers coast along on two wheels, and take on some mind-boggling inclines and descents – or if they're game can get in for a free ride," he said.

The Shannons Tough Dog Extreme 4x4 Show is back, with some of Perth's best drivers taking their custom

rock climbers and buggies over the massive obstacles. Always a show highlight, visitors can watch these champion drivers as they take their vehicles to the top of the rock walls, over sea containers and more – all while trying to stay upright.

The 4wd test track at the show is used to demonstrate new vehicles. Show visitors can watch the new vehicles take on the track, or can experience the ride themselves (with a demonstration driver). Peter said he was excited this year to have most of the 2015 new release 4wds on the track for demonstrations.

"Some of the new vehicles at the show will include the 2015 Toyota Hilux, the new Prado and Landcruiser 200 series. We'll also have the

new Ford Ranger, Everest, and the Perth release of the new Ford."

"Most of these will be available to demo on the test track, so if you're in the market for a new 4wd, here's the chance to check out how well they perform."

Peter said in addition to the test track, show visitors could also get in a brand new Land Rover and experience the Twin Terrapod – which is at the show for the first time.

"This is an exciting way to experience the full Land Rover capability. The Twin Terrapod gives you the opportunity to experience the Land Rover's off-road abilities – articulation, traction control, terrain. The unique Twin Terrapod takes the vehicle up, over and around,

all in the comfort of the latest model Land Rover vehicles," Peter said.

The 4WD Show has three main stage areas, all with a full schedule of presenters, interviews, information and entertainment.

The Engel Bush Camp stage would again be a hive of activity, with camp oven cooking demos, interviews with the show's special guests, product reviews and more.

The Fourby Forum is a popular inclusion to the lineup last year, and will again be a show highlight. Headed up by Nick Underwood from *Western 4WDriver* magazine, the Fourby Forum will feature different presenters and topics including setting up your vehicle, how to use recovery gear and more.

The Engel Aquatank Fishing Show will have different presenters giving their tips and advice on fishing and the best spots to go; plus visitors can access travel and tourist info throughout the Show.

On-Water activities
 The Perth 4wd and Adventure Show is located right on the Swan River, and Peter said this year there'd be even more to see and do on the water.

"We'll be setting up jetties on the river so we can have a whole lot of activities on water," Peter said.

"Getaway Outdoors will run kayaking demos – come check out the latest Hobbie kayaks and have a go.

"Water Ski WA will again dazzle audiences with their water ski displays. We're planning jet ski demos and rides; and for the first time, we're looking at running helicopter joy rides taking off from the river."

"It really is all about an outdoor adventure," Peter said.

Your chance to win your own adventure holiday

Who wouldn't want to win this – an amazing trip to Broome with a mind-blowing adventure through Horizontal Falls.

The only way to experience the Horizontal Falls, one of the greatest natural wonders of the world, is with the Horizontal Falls Seaplane Adventures.

Your adventure begins as you board the luxury 14 seat air-conditioned turbo prop jet seaplane for a direct flight to the Horizontal Waterfalls and experience a spectacular landing on the pristine waters of Talbot Bay.

Transfer to the custom built twin engine 900hp fast boat for a thrilling ride through the falls experiencing first-hand the incredible tidal power of this natural phenomenon, then sit back and relax as you cruise through the spectacular untouched surrounding bays and creeks. Afterwards, return to the base and enjoy a freshly cooked breakfast or lunch and have some free time to swim in the safety of the huge shark cage and

enjoy the shark feeding show. After all the excitement board your seaplane for your return low level scenic flight across the thousand island Buccaneer Archipelago, Cape Leveque, Lombadina, Beagle Bay, Willie Creek Pearl Farm and Cable Beach before landing back in Broome.

A Horizontal Falls experience truly is the trip of a lifetime – and you can win your own adventure holiday just by being at the 2015 Perth 4WD and Adventure Show.

Thanks to Horizontal Falls Adventures, one lucky person will win a trip for two to Broome, staying at the Moonlight Bay Suites, and being taken on a Horizontal Falls seaplane adventure. Enter at the show for a chance to win.

The Perth 4WD and Adventure Show is on 6 to 8 November 2015 at McCallum Park. Tickets are \$18 adults, \$14 concession, \$9 children and \$40 for families. More information can be found at 4wdshow.com.au

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Come along to the fourth annual Retirement Living Expo



THE RETIREMENT and Lifestyle Expo is a one-stop shop for not only people seeking advice on issues relating to a happy, active and hassle-free retirement but is equally important to the families

of those in or nearing retirement. This is an information packed event displaying everything relating to planning for retirement, retirement living and lifestyle issues.

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

Sigrid Adams from Village Solutions said, "The Retirement Living Expo continues to grow in reputation, size and liveliness. It's an event where people can

find out about all aspects of retirement or transitioning into retirement. There will be guest speakers over the weekend providing information to attendees on travel, health, will and estate planning and retirement living."

We are pleased this year to have Harvey Norman sponsor the event and Singapore Airlines have once again come on board with a fantastic trip for two to Europe to be won. There will also be other great raffle prizes on offer.

The fourth Annual Retirement Living Expo will once again exhibit at the

B Shed Victoria Quay Fremantle on 24 and 25 October. The location proved very positive with attendees in 2014 due to its location and easy walking distance to trains and buses as well as all that Fremantle has to offer.

Captain Cook Cruises have kindly sponsored half price fares over the Saturday and Sunday from Perth to Fremantle. It's free to get in and you can even have a free coffee or tea.

There are limited spaces left to exhibit, if people are interested contact Tanya McDonald on 0435 134 636.

Will you have enough money to live the lifestyle you want into retirement?

BY the time we reach our 50s, many of us like to shift down a gear and reduce our working hours in the lead up to full time retirement. However, this can also mean a reduction in personal income, causing many of us to consider our financial options.

One solution worth considering could be the Transition To Retirement pension (TTR pension). The TTR pension allows Australians who have reached the preservation age – between 55 and

60 depending on their birthday– to withdraw up to 10 per cent of their super balance each year to provide them with extra money to live on.

Alternatively, for those who own their own home, another option worth considering is a reverse mortgage. A reverse mortgage allows Australians to access the equity in their home to live a better and more fulfilling life in retirement, without needing to sell

off any of their assets or downsize their home.

For more information on how a transition to retirement strategy or reverse mortgage may help you achieve your financial goals, call Darren Sambooks CPA on (08) 6161 8961 or visit the mortgage broking and financial planning experts at the Mortgage Choice stall at the Retirement Living Expo, Fremantle 24/25 October.

Spoilt for choice and lifestyle locations at Juniper's retirement living



Juniper chief executive Vaughan Harding

OVER 55s have more retirement living choices with Juniper, a leading provider of housing, home care support and residential aged care services.

Juniper brings a variety of lifestyle options and accommodation designed to adapt to people's needs as they age, with 15 retirement living communities across a range of coastal, inner-city, suburban and country locations.

Chief executive Vaughan Harding said residents can pursue an independent, ac-

tive lifestyle connected to family, friends and the wider community, while enjoying the benefits and sense of security that comes with community living.

"You can share in activities such as lawn bowls, fitness and craft groups, residents' clubs, outings, concerts and dances or take time for yourself in a library, gym or simply take in one of our many landscaped gardens and parks," he said.

The organisation's newest project, Juniper Elimatta Retirement Living in Menora,

has 17 beautifully appointed villas that combine high quality, contemporary living alongside adaptable design principles.

Surrounded by an outdoor entertainment area featuring a sweeping veranda and barbecue facilities, Juniper Elimatta's central clubhouse, with its 14m indoor heated pool, has excellent facilities that are proving very popular with residents who are also enjoying the village's café, hairdresser, reading and activities rooms.

Juniper Ron Wilson

House, an apartment project for Bentley opened in 2014, is another example of the organisation's forward-thinking approach. Its 16 affordable and adaptable apartments embody ageing in place, a concept where residents have the independence and flexibility to age comfortably in their own homes.

Mr Harding said Juniper's progressive response to meeting increasing demand for quality retirement accommodation will continue with several metropolitan and regional retirement and

residential aged care development projects planned.

"In addition to more villas now under construction at Juniper Rowethorpe in Bentley, plans are underway for additional accommodation in Perth and in country WA," he said.

Complementing Juniper's array of one, two and three bed self-contained retirement villas and units, are serviced apartments for those seeking additional support.

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ised home care and support services are offered to our residents and older people throughout the community, and day care and therapy services are available from two convenient northern and southern metropolitan locations.

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6PR will broadcast live from the event on Saturday and Curtain FM on Sunday.

Fremantle Chef Nimrod Nazoom, who is well known for his excellent food stalls at markets will be cooking live on stage at 2pm Sunday.

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Depart Fremantle Train Station

10:15am
11:00 am
12:00 pm
1:00 pm
2:00 pm

Depart B Shed for Fremantle Train Station

10:45 am
11:45 am
12:15 pm
1:15 pm
2:15 pm



Perth's granny flat specialist



One of many granny flats built by the company

THE good news is that we're all living longer; the number of Australians aged 85 years or older is expected to quadruple in the next 40 years.

With that comes the realisation that most of us would ultimately like to live in our own homes for as long as we are physically able, yet sometimes that's not always possible.

For those in the triple-decker generation, where you have responsibility for children as well as ageing parents, the option to send mum or dad to a retirement or aged-care facility isn't one we or they may want.

If you've considered building a granny flat where mum or dad can live independently, while still close by, then you're not alone.

Perth's granny flat specialist fits the brief by combining independent, compact living with a custom built granny flat in your backyard, designed to harmonise with your existing home.

With a limited production of 20 projects per year, Perth's granny flat specialist focuses on providing exceptional, personalised service to each of our clients rather than being volume driven. No salesmen, people speak directly with the builder. By having a small and efficient team Perth's granny flat specialist can promise consistently high standards from concept through to completion.

If you're interested in learning more about building a granny flat, visit www.perthgrannyflatspecialist.com.au or call Shane on 9284 7778, or come see them at the Retirement Living Expo on 24 and 25 October at the B Shed in Fremantle.



Get mobile alert at the Retirement Living Expo



Keep safe with a Mobile Alert

MOBILE Alert pendants work anywhere that a mobile phone works to provide emergency communication with family, neighbours and friends with the press of a button. It will provide its GPS location remotely and has a built-in fall detector.

Mobile Alert will be offering the most popular model – the Mobile Alert FD for \$100 off on the weekend of the Expo. The FD is normally \$297 but will be available for \$197 during the Expo. Price includes SIM card activation and full programming set up.

The Mobile Alert FD weighs the same as three

20 cent coins and comes in four different colours: black, blue, pink or green. It's comfortable to wear with the lanyard provided or on a favourite chain.

When the user pushes the SOS button the device will call and sequentially call up to three emergency contacts. Whoever answers first is the one that the user can speak with in a two-way conversation. The emergency text messages include a link to Google Maps showing the user's GPS location. The unit stops the sequence of calls after the first call connection is made. Anyone knowing the

number can call the Mobile Alert and the device will automatically answer in speakerphone mode.

The phone icon button on the side of the unit allows the user to call contact #2 directly with a three second push of the button. No text messages are sent. If any of the contacts need to find the user, they need only text the letters "loc" to the phone number of the Mobile Alert. They will receive a reply text with a link to its location on Google maps. Activating the SIM card and programming your emergency contacts is included in the cost.

A m a y s i m ' s As-You-Go Plan is recommended as there is no contract, no monthly fees, and no flagfall charges. Calling cost is 12¢ per minute and 12¢ per text. You only pay for what you use. If it's necessary to use the Telstra network, then they would install a \$30 prepaid SIM card for an additional \$30. In six months time, Telstra would need to credit another \$30 for a further six months, or \$70 for one year.

Come see Mobile Alert at the Retirement Living Expo.

Keep abreast with BreastScreen WA

THE BREASTSCREEN WA program provides free screening mammograms to asymptomatic women. It specifically targets women aged 50 to 74 years, as the scientific evidence of benefit from screening mammography is greatest for women in this age group. However, all women 40 years or over are eligible.

BreastScreen WA aims to:

- * Reduce illness and death attributable to breast cancer
 - * Maximise the early detection of breast cancer in the target population
 - * Ensure equitable access.
- Since March 1989 more than 1.5 million

screening mammograms have been performed at a BreastScreen WA service and more than 9,000 breast cancers have been detected.

BreastScreen WA has nine metropolitan screening services located at Cannington, Cockburn, David Jones Rose Clinic (Perth city store), Joondalup, Midland, Mirrabooka, Padbury, Perth City-Murray Street and Rockingham, and one permanent screening and assessment service in Bunbury. In addition four mobile BreastScreen WA services visit about 100 outer metropolitan and rural towns every two years.

Volunteer Task Force expands to the east



From left to right; Alyssa Hayden MLC, Member for East Metropolitan Region, parliamentary secretary to the Deputy Premier; Minister for Health and Tourism, VTF Founders: Sandra and Penrose, VTF CEO: Kath Snell, Ian McCabe: Business and program development manager, Federation of WA Police and Community Youth Centres

VOLUNTEER Task Force (VTF) is pleased to announce its newest depot opened last month at the Police and Community Youth Centre, 11 Byers Road, Midland.

VTF is proud to partner with the Federation of WA Police and Community Youth Centres (PCYC) in Midland.

This is an exciting development for VTF as the organisation is now able to offer additional services to Home and Community Care (HACC) clients living in the Eastern suburbs, to support independent living.

For some time VTF has been servicing clients residing in the City of Swan, Shire of Kalamunda and Shire of Mundaring from depots located in North Perth and Wanneroo. Now having a depot positioned in Midland means greater service capacity for residents.

VTF CEO Kath Snell is excited about the opportunities that the expansion of VTF brings.

"We are delighted to be partnering PCYC and this new base has meant greater capacity and efficiencies for us to provide services in the east. We look forward to supporting more people and offering more volunteer opportunities as we expand, ensuring greater community engagement in Midland and beyond. The team is eager and ready to go, and with the support of the Department of Health, we are hopeful to be able to grow in this area to further service the eastern suburbs."

VTF is a certified Water Wise specialist through the Water Corporation and offers Water Wise gardening services across the Perth Metropolitan region, including the Midland area. These services are of great benefit for local clients, many of whom find it difficult to manage larger blocks that are common to the area. VTF offers standard gardening services and an outdoor maintenance service, tailored for courtyard gardens.

Cabinet changes affect the British Pension fight

by Mike Goodall

NOTHING stays the same for long. Last month a new cabinet was sworn in not long after our chairman Jim Tilley had established a rapport with Scott Morrison as the Minister for Social Services.

He has now been moved to the Treasury. Let us hope that he remembers the potential \$1 billion saving over four years if British pensioners in Australia were indexed like those living in the UK and is able to persuade Malcolm Turnbull to act on our behalf.

However the new Social Services Minister is Christian Porter MP for Pearce WA so we will be seeking to meet with him when he returns from his paternity leave to carry on the good work that Jim Tilley has started with Scott Morrison.

Since the Government

change in the UK the Conservative Government has promised to introduce votes for life, scrapping the rule that bars British citizens who have lived abroad for more than 15 years from voting in Westminster and European elections.

I wonder if this legislation, which is promised within the year, (it was in the Queen's speech) will entitle us to vote in the EU referendum? The government has also said that it will make it easier for overseas voters to cast their votes in time to be counted and will encourage larger numbers of citizens living abroad to register to vote in elections. Good news indeed for disenfranchised frozen pensioners as currently the only way that your vote can count is if you arrange a proxy vote.

Readers of our column are finally waking up to the effect that the new pension rules

due to commence for all those who reach State Pension Age (remember the UK ages are younger than in Australia) after 5 April 2016 will affect their children who came to live in Australia in their 20s.

Many of them, despite having paid National Insurance Contributions, will discover that they have lost the years that they have paid for because they do not have the minimum number of contribution years required to qualify to receive a UK State Pension. As your children may not read this column, remind them (men born after 5 April 1951 and women born after 5 April 1953) that they should check out their entitlements to a UK State Pension.

If they wish to receive further information about the new rules and how they are affected please ask them to contact me.

I have received several calls

in the last few weeks from ladies who have unfortunately lost their husbands and have no idea where to turn or what to do. Two I discovered were not even being paid the UK State pension that they were entitled to. When we have finished processing their claims they should receive a very handy lump sum for previous years when they have not received any payments.

We are having problems with the telephone line in the office so please do not try to call the 1300 number until we have sorted out the problem.

Anyone who would like to discuss the above or any other aspects regarding their UK State Pensions is welcome to contact Mike Goodall BPIA's Coordinator in Western Australia on (08) 6364 0859 e-mail:- mikegoodall@btconnect.com



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White wines for spring and dog strangler



fragrant Asian cuisines such as Vietnamese or Thai. RRP \$17.99

Zonte's Footstep Doctressa di Lago 2014 Pinot Grigio; This wine is pale straw with light grey hue. The nose is pure fresh pear, melon and apricot. The first taste is like biting into a fresh chilled Nashi. The wine is crisp with a soft and zingy palate and a finish of fresh acidity coupled with spice. This wine is the perfect aperitif or wine to accompany shellfish. RRP \$18

And now for something completely different.

From time to time good wines fail to sell for odd reasons. In this case probably because Mourvedre is not a well-known variety in Australia.

In France Mourvedre (also known as Mataro) is sometimes referred to as 'dog strangler'. This pretty well sums up its robust nature.

Silver Wings Vincenzo's Old Vines 2005 Reserve Mourvedre/Shiraz. The wine is deep blackish purple, with a bouquet of dark berry and plums. Hints of fine tannins are under-pinned with elegant oak characters and earthy complexities. The palate is concentrated berry fruits with hints of aniseed mixed with earthiness.

This wine is an excellent example of traditional European style wine making from Old Vines.

The winemaker, Keith Brien, is offering *Have a Go News* readers an exclusive opportunity to buy this wine at a great price of \$13 bottle/\$160 dozen plus freight.

Contact Keith Brien email: keith@silverwingswines.com to order.

Windowrie Estate whose vineyards lie within the NSW Central Ranges.

Windowrie's 2015 The Mill Sauvignon Blanc is an aromatic wine with passionfruit, nettle and citrus aromas. The flavours of the bouquet follow on to the palate. These tropical characters are complimented with a pleasant mouth coating texture. Fresh acidity adds to the refreshing nature. This wine is a great accompaniment to salads, fresh seafood and warm, spring afternoons. RRP \$17.99

Windowrie's 2015 The Mill Verdelho. The owners, the O'Dea family say this is one of the best Verdelho vintages from the last 10 years. It is a bright and lively wine with citrus, tropical, and lifted floral aromas. The palate is full of rich juicy tropical fruit and loads of fresh lemon acidity. This clean, crisp, flavourful wine goes well with

by Frank Smith

YOU MAY not believe it but according to the Australia Bureau of Statistics Australians are drinking less alcohol this year, even teenagers are drinking less, we are also drinking less beer but more wine.

Amongst wines Sauvignon Blanc is king, making up about half of the white wines drunk, mostly from New Zealand. But some wineries are reporting increases in sales of Pinot Noir. Amongst reds Pinot Noir sales are increasing but Shiraz has captured more than 30 per cent of the market.

Alternative grape varieties have been on the rise for years, to the extent that varieties such as Pinot Gris and Grigio are now considered mainstream.

Two new white wines have been released from

To market, to market

THE INGLEWOOD Night Markets are held every Monday from 6 - 9.30pm from Dundas Road to Sixth Avenue along Beaufort Street. There's a plethora of fabulous stalls including food vans, fresh produce and arts and crafts. These markets run until March 2016.

Mondos Butchers at 824 Beaufort Street, Inglewood is running Saturday mini -markets from 8am to 12noon. Come along and enjoy Essenza coffee, New Norcia baked goods and lots of local food artisans.

Vince Garreffa's

Chicken involtini



FOR this month's recipe we have decided to use one of our lovely reader's requests. I love hearing from readers and I am always happy to help out with any recipe you may require.

Dear Vince,
Love your column in *Have a Go*, and have made some of your recipes. Though born in England, I love Italian food and cook it often, but have had little success with chicken involtini. I use chicken breasts beaten flat with mallet, and when cooked they always seem a bit on the dry side. Maybe I should use chicken thighs? I always serve them on a homemade tomato sauce. Maybe you have a favourite recipe you could pass on?

Regards

Marion Girdlestone,
Gosnells

Hi Marion

We love hearing from you and here's my recipe for involtini for you to try and of course all our other lovely readers!

Buon Appetito
Regards

Vince



IF YOU want a particular recipe of mine, don't hesitate to drop me a line at *Have a Go News*.

Address your enquiry to Vince Garreffa c/- Have a Go News PO Box 1042

West Leederville 6901, or email your question to vince@haveagonews.com.au.

Please include your telephone number so I can call you!

Vince needs your help with his first book



The flesh in my life - Il mondo e il mio

THIS is the story of our much loved West Australian butcher, Vince Garreffa told in the first person and interspersed amongst beautifully photographed family recipes.

The release date is mid 2016. Are you coming to the launch party? Why not help bring this project to fruition by pre-purchasing a signed copy of the book with free delivery.

Use the following link: ozcrowd.com/?post_type=download&p=28110&edit=1

Surplus money after paying the cost of production goes directly to charity.

For further enquiries contact Vince on 0411 88 11 93.

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Elmar's celebrates 10 years in the Swan Valley

TO CELEBRATE Elmar's in the Valley's 10th anniversary, *Sounds in the Valley* returns for a special one night only concert on Saturday 7 November. Featuring Aussie rock legends Daryl Braithwaite and Jon Stevens, with X Factor Finalist Dean Ray and renowned Perth act *The Frames*.

Since its establishment in 2005 Elmar's in the Valley has brought authentic German beer and cuisine to the

people of Perth, from the heart of the Swan Valley and played host to large scale events such as Electric Vines, Kasey Chambers, Welcome to the Valley, Jimmy Barnes, *Mental as Anything*, Mark Seymour and is renowned for its annual Oktoberfest.

Daryl Braithwaite is former frontman of the 1970s band *Sherbet* and will be returning to Elmar's in the Valley for the fourth time. Renowned for Australian

number one hits such as *The Horses* and *You're My World* Braithwaite is guaranteed to bring everyone to their feet.

Jon Stevens will be performing noiseworks hits such as *Hot Chili Woman*, *Reach Out*, *No Lies* and more.

Dean Ray was recently announced runner up of the 2014 X Factor series. With 13 songs in the top 200 on the ARIA chart and his debut album reaching #2 and #1 on the Sanity music charts.

Local act *The Frames* is one of Perth's most popular bands, with thousands coming out to party with them in the 1980s. See all of the original band members together again to perform their best party hits.

The special 10th anniversary concert will be held under the stars in Elmar's popular beer garden. Tickets are on sale through all Ticketmaster outlets. VIP Tickets are available through the venue only. For more information please visit elmars.com.au or phone 9296 0058.

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1 glass of wine or cup of tea or coffee



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FOOD & WINE

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What's Fresh in October



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 destringed, 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 more mature and is fully rounded, with thick pod walls that retain their natural plumpness.

Asparagus: "Asparagus inspires gentle thoughts", wrote the English essay-

ist Charles Lamb. Inspired thoughts or otherwise, it is certainly the vegetable that 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.

Button Mushrooms: With their subtle flavour and compact size, button mushrooms are perfect for adding whole to spring meals like 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 in good olive oil and balsamic vinegar and garnishing with fresh herbs; lovely served at room temperature as part of a barbecue 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.

Blending is trending

by Noelene Swain

STAYING cosy inside though winter can take it's toll. It's hard to maintain vitamin D levels, peak fitness and a few of us can admit to adding a few extra kilograms too.

Lighten up for spring by blending mushrooms into a host of traditional meat dishes. It is a perfect way to get back in shape and provide a host of essential nutrients to help keep you healthy too.

Mushrooms are a natural source of vitamin D, and the only non-animal food to have vitamin D at that. You'll also give yourself a boost of B group vitamins, plus essential minerals and antioxidants with every serve. Plus, with just 103 kilojoules per serve and an ability to satisfy your appetite quicker and encourage you to eat less during the day, there's plenty of good reason to include them in a meal.

Luckily blending mushrooms into your regular meals is easy – so easy it's become the trend.

Simply chopping mushrooms in a food processor makes them the consistency of minced meat. Minced, umami-rich mushrooms blended with

your choice of minced meat provide a serving of good health, while enhancing the flavour, texture and nutrition of your traditional favourites. Try blending mushrooms into burgers, rissoles, meatloaf, meatballs, tacos, moussaka and pastas, Bolognese and lasagne. The possibilities are endless.

Why blend?

- Blending mushrooms into meat meals works a treat to:
- reduce kilojoules.
- gain extra nutrients like vitamins D, B and antioxidants.
- enhance flavour.
- reduce salt content. Mushroom's umami flavours reduced the need for added salt. That's great news for our blood pressure.

Which mushrooms blend?

The good news is that all mushrooms blend well. White button and cup mushrooms blend well with poultry and pork, while Swiss browns and portabellas lend a rich flavour to beef and lamb mince.

How to blend?

There is no wrong way to blend mushrooms – it's truly flexible. Here's a few tips:

- chop mushrooms to match the texture of the meat.



ture of the meat.

- create minced mushrooms by chopping with a knife or pulsing in a food processor.
- don't overdo the processing, or you'll end up with a liquid blend.

When making tacos, burritos or pastas, simply brown the meat in a pan until cooked. Add chopped mushrooms to the pan and sauté till tender. Complete your recipe using the mixture as your 'meat' component. For burger patties, meatballs or meatloaf, sauté the chopped mushrooms, then add to your mince mixture. Cooking mushrooms first helps intensify their flavour.

How much to blend?

- for rich meat sauces like Bolog-

nese, blend 50 per cent mushrooms and 50 per cent meat.

- around 25–30 per cent mushrooms works well for burger patties and meatballs.
- make sure the final mushrooms and meat mix equals the amount of meat included in the original recipe

There are plenty of great reasons to get cooking with mushrooms this season, and you won't be stuck for inspiration with our beautiful new recipes.

Check out www.powerofmushrooms.com.au for more information and delicious ideas to enjoy the power of mushrooms.

Thai mushroom and chicken meatballs

- 400g button, cup or flat mushrooms
- 3 tablespoons vegetable oil
- 1 bunch coriander
- 3 spring onions, roughly chopped
- 400g chicken mince
- 2 tablespoons Thai red curry paste
- 1 egg, beaten
- 1 cup fresh breadcrumbs
- Vegetable oil, for cooking
- Iceberg lettuce leaves, sweet chilli sauce and lime wedges, to serve.

1. Finely chop mushrooms by hand or alternatively, pulse in a food processor to finely chop.

2. Heat one tablespoon oil in a large non-stick frying pan over high heat. Add mushrooms and cook, stirring often, for eight minutes or until all moisture has evaporated. Set aside to cool for ten minutes. Drain any excess moisture and transfer mushrooms to a bowl. Wipe pan clean.

3. Clean and cut two roots from coriander. Place roots into a food processor, add spring onions and one cup coriander leaves. Pulse until finely chopped. Add coriander mixture, mince, curry paste, egg and breadcrumbs to mushrooms. Mix until well combined. Shape one tablespoon of mixture into balls with damp hands. Place onto a tray, cover. Refrigerate for one hour if time permits (this helps hold meatballs together when cooking).

4. Heat remaining oil in a large non-stick frying pan over medium heat. Cook meatballs, in batches,

shaking pan often, for eight to ten minutes or until just cooked through. Serve with lettuce leaves, sweet chilli sauce and lime wedges.



Preparation: 20 minutes
Cooking: 30 minutes
Serves: 4 as main meal

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FOOD & WINE

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WELCOME to our new column which reviews places to enjoy brunch around Perth. Each month we will feature a new café or restaurant in the metropolitan area that offers breakfast and brunch.

by Tahlia Merigan

I'VE ALWAYS had a love for eating breakfast and brunch especially since so many great cafés have sprung up around Perth in recent years. Since February I have been out and about sampling as many places as possible.

I'm looking to sharing the great places which I enjoy for breakfast and brunch around Perth each month. **Finlay & Sons** 917 Beaufort Street, Inglewood Open - Tuesday to Sunday 7.30am - 3pm - no bookings available

This month my brunch partner Dan and I went to Finlay & Sons in Inglewood. Located just on Beaufort Street near Vintage Cellars, this new café offers a wide array of food and drinks to cater to most people.

I loved the décor with the vintage feel but I personally love everything vintage from clothes to furniture. It was quite busy so we had to wait for a table but we knew that when venturing out on a Sunday.

I am a bit of a brunch and tea connoisseur, to begin with I ordered an Earl Grey tea. The presentation was adorable served in a vintage style teacup and saucer which ticked the right boxes for me. We also ordered a banana smoothie and the flavour was amazing but I like my smoothies a little thicker.

Deciding what we were going to have to eat was quite hard as there are lots of

yummy choices on the menu. When Dan and I brunch we always choose each other's order otherwise we know that we will never decide.

I ordered the goats curd toasted baguette with roasted mushrooms and a side serve of smoked salmon (pictured above). It was a very generous serving and was absolutely amazing with a truffle sauce - highly recommended.

Dan ordered the bratwurst with spinach and potato hash (pictured above), he said the whole dish worked well together and the flavours complemented each other well but he thought mine was the better dish.

The service we received at Finlay was amazing - even though they were very busy I felt valued and welcomed. I would recommend this café to anyone for just a quick coffee or a full breakfast/brunch. The total cost for the

two of us was \$56.

They also have a selection of amazing cakes and muffins baked fresh each day.

Finlay & Sons doesn't offer seniors card discounts.

I would give this month's choice four out of five spoons.



Brunch tips from T.

If you do choose to go on a Sunday or even a Saturday be prepared to wait for a table, as most places are always busy and many don't do bookings on weekends.

If you have any questions or suggestions feel free to email me on tahlia@haveagonews.com.au

Recipe for one: Vietnamese style mushrooms and pork with noodles

Preparation: 20 minutes
Cooking: 20 minutes
Serves: 1



- 100g button, cup or flat mushrooms
- 1 small garlic clove, chopped
- 1 teaspoon lemongrass paste or finely chopped fresh lemongrass
- 1 small eschalots (French shallots), chopped
- 1cm piece ginger, peeled, chopped
- ½ green chilli, halved, seeds removed
- 2 teaspoon grated palm sugar
- 3 teaspoon fish sauce
- 2 teaspoon sweet chilli sauce
- ½ lime, juiced
- 100g rice vermicelli noodles
- 1 teaspoon vegetable oil
- 100g pork mince
- ½ cup bean sprouts, ends trimmed
- ½ cup Asian herbs, like mint, Thai basil, Vietnamese mint and coriander

1. Finely chop mushrooms by hand, or pulse in a food processor until finely chopped. Remove to a bowl. Finely chop garlic, lemongrass, eschalots, ginger and chilli by hand or in the food processor.

2. Combine palm sugar, fish sauce, sweet chilli sauce and lime juice in a bowl. Cook rice vermicelli noodles following packet directions. Drain, cover and keep warm.

3. Heat a large wok over medium heat until hot. Add oil and garlic mixture, stir-fry until soft and aromatic. Add mushrooms, increase heat to high, stir-fry for three to five minutes until moisture has almost evaporated. Add pork mince, stir-fry for five minutes until mince is cooked. Add palm sugar mixture and stir-fry for two minutes.

4. Pile noodles into bowls or plates. Spoon over mushroom and pork mince. Top with bean sprouts and herbs.

The Program

Philomena) comes the incredible true story about the meteoric rise and fall of one of the most celebrated and controversial men in recent history, Lance Armstrong.

When Lance Armstrong fought back from life-threatening cancer to win the 1999 Tour de France, it seemed almost too good to be true. It was. Journalist David Walsh was one of a small group who was prepared to raise awkward questions about Armstrong's seemingly superhuman feats. And so began a 13-year battle to reveal the truth that finally ended in October 2012, when the cyclist was stripped of his seven Tour victories for using performance enhancing drugs, and banned from the sport for life.

Based on the award winning book *Seven Deadly Sins* by David Walsh,

and featuring a stellar cast including Ben Foster, Chris O'Dowd, Dustin Hoffman and Jesse Plemons, this tense thriller looks at how one of the greatest deceptions in the modern era was uncovered, and how a few brave people fought to save a sport they loved from corruption.

The Program screens in cinemas from 26 November.

WIN WIN WIN

To be in the draw to win one of 10 in-season double passes to see *The Program*, email win@haveagonews.com.au and include the word cycle in the subject line. Alternatively, address an envelope *The Program* competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Closes 7/11/15.



FROM Academy Award® nominated director Stephen Frears (*The Queen*,

Buddy: in Concert - 60 Years of Buddy Holly



for his portrayal of the 50s legend in the international smash hit musical *Buddy: The Buddy Holly Story* in productions staged from 2005 through to 2009. To this day he continues to don the trademark horn-rimmed glasses, the ever so engaging and charismatic figure and a lilting vocal hiccup in many other concert productions. He is recognised by members of Holly's own family and the *Peggy Sue* as being the closest thing today to the legend of Holly.

Buddy: In Concert, 60 Years of Buddy Holly will see Cameron perform some of rock-n-roll's greatest songs from across the 50s and 60s from artists including Elvis Presley and Bill Haley among others. Following a short intermission, Scott will get his rave on performing the very best of Buddy Holly's catalogue of hits. Expect to hear the hits *Peggy Sue, That'll Be The Day, Oh Boy, Maybe Baby* and many more.

Thursday 5 November - Entertainment Centre, Albany. Phone: 1300 795 012 / www.ticketek.com.au

Friday 6 November - Performing Arts Centre, Mandurah. Phone: 9550 3900 / www.manpac.com.au

Saturday 7 November - Astor Theatre, Perth. Phone: 9370 1777 / www.astorthatreperth.com

Sunday 8 November - Regional Entertainment Centre, Bunbury. Phone: 1300 661 272 / www.bunburyentertainment.com

WIN WIN WIN

To be in the draw to win a double pass to *Buddy: In Concert 60 Years of Buddy Holly, at the Mandurah Performing Arts Centre or Astor Theatre*, email win@haveagonews.com.au and include the words *Buddy Holly in the subject line*. Alternatively, address an envelope to *Buddy Holly Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details and preference of venues on the reverse*. Competition ends 25/10/15.

BUDDY HOLLY was an innovator. He pioneered and popularised rock-n-roll as we know it today. Happy Days Records presents *Buddy: In Concert, 60 Years of Buddy Holly* - a celebration of rock-n-roll history starring Scott 'Buddy' Cameron and touring the country this October/November.

"No-Buddy does it better than Scott 'Buddy' Cameron", says Bob Montgomery (long-time friend of Buddy Holly and writer of the hit song *Heartbeat*)

Buddy Holly's career began in 1956 and spanned only a few short years, but what came with it continues to make a lasting impact on popular music, influencing acts including *The Beatles, The Rolling Stones, Eric Clapton* and *Elton John*, among others.

Inducted in to the hall of fame in 1986, (co-incidentally the same year Scott was born) the Texan was ranked by *Rolling Stone Magazine* at number thirteen on its 100 Greatest Artists list having written some of history's greatest rock-n-roll songs.

Scott 'Buddy' Cameron is no stranger to portraying Holly having done so for over a decade to many a rapturous crowd. Scott is one of the most recognised Buddy Holly performers in the world receiving rave reviews

Come along to the York Medieval Fayre

THE York Medieval Fayre this year is on Sunday 25 October. It will be bigger and better in its second year under their banner, now on two venues in town; the Peace Park and Riverside.

For the past two years the York Friendship Club have successfully run the York Medieval Fayre for Perth's homeless via various organisations. They have a part time op-shop and run the monthly Peace Park Markets.

A medieval village will be created with swordsmen, knights, maidens, black-

smiths, historical stalls, Clydesdales and horse archery. Only \$5 entry for adults. Kids are free.

At the Peace Park there will be a lively market place with diverse stalls, food and entertainment plus a big free bouncy pirate boat for the kids.

Everyone in costume is welcome to join in the parade at 2pm through town.

There is also a banquet at the Town Hall the previous night Saturday 24 of October.

York Friendship Club is a small group of older ladies

who have raised thousands of dollars for various charities worldwide including UNHCR, Medicine San Frontiers and OXFAM over many years. Each month a different recipient is chosen.

Bookings are essential. See the website www.yorkmedievalfayre.org.au or contact crcreception@westnet.com.au for more details.

York is a RV friendly town and there is also a small antique fair plus our many historic attractions. All together a great day out.

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Organic fertilisers in fashion for WA gardens this spring



On tour - PowerFeed, a nutritional boost for your garden - Scotts' Pure Organic range

by Colin Barlow

LAST month we looked at how fertilisers work and this month we take a look at the shift to organic fertilisers and using soil microbes to increase nutrient availability and uptake.

It wasn't so long ago that if you ate organic or grew your own produce you were thought of as a bit alternative or a greenie. Now the grow-your-own and organic sector is the fastest growing area of gardening and consumers have a huge interest in where our food comes from and how it is grown.

Once you try growing your own produce organically you will taste the difference from shop bought produce. Remember to always check that any products that you use on your garden are 100 per cent certified organic like the premium Scott's Pure Organic range of fertilisers and potting mix and not cheaper alternatives.

If you are growing vegetables in the garden, you need to improve the soil to encourage healthy growth, flowering and fruiting along with beneficial micro-organisms and earthworms. For great results every time mix in Pure Organic Potting and Planting mix just prior to planting. This mix contains an exclusive certified organic blend of natural and organic composted material that will feed your plants for up to three months.

My tip for growing veggies in garden beds is to add a sprinkle of Pure Organic Vegetable and Herb Plant Food to the bottom of the planting hole. The low odour formula contains all natural elements including chicken manure, blood and bone, seaweed, feather/blood/fishmeal, biostimulants plus natural minerals and trace elements.

The latest technology in organically enriched plant foods Powerfeed with Troforte Microbe Technology delivers a unique balance of slow and quick release of nutrients to all plants including natives over a six to eight week period.

It works by promoting vigorous healthy growth and stimulates flowering and fruiting by providing the essential nutrients of nitrogen, phosphorous and potassium plus it also adds iron, magnesium, calcium and trace elements.

The key difference is that it also contains specific granules, which are organically coated with up to 24 strains of Australian cultured beneficial microbes. These microbes work to help improve soil structure and assist plants in the uptake of nutrients. They can also help to protect plants from soil borne diseases.

These beneficial microbes live in a dormant state within a special organic coating on the fertiliser. They are activated within 30 minutes when they come in contact with moisture and start searching for nutrients and minerals in the soil. As the bacteria digest these nutrients in the soil they become slowly available to feed your plants so there is no wastage. So always water them in immediately after application.

Both of these new formulations give gardeners a more healthy choice for their gardens. Why not give them a try in your garden and taste the difference?

England in the springtime

Why not join me on a fabulous trip to see the magnificent gardens of England in the springtime from the 13 to 27 May 2016 on 'The Gardens of England and the Chelsea Flower Show' tour. The tour takes in the best of the English countryside including pretty towns and villages, historic and cultural sites along with the best gardens and the not-to-be-missed Chelsea Flower Show.

The first stop on the deluxe tour takes in the historic town of Bath with excursions to the wonderful picturesque Stourhead and a chance to wander back in time at Stonehenge. Our next stop enroute to Oxford is Bibury the prettiest village in England and the late Rosemary Verey's iconic Bamsley House. The cultural centre of Oxford is our base to visit England's answer to Versailles - Blenheim Palace, the influential arts and crafts garden at Hidcote and Highgrove House, the home of HRH Prince Charles. No other Australian tour visits Highgrove due to the difficulty of being allowed in to see it. Most of my previous travellers had it at the top of their favourite gardens on tour.

On our way to London we visit historic Hatfield House before stopping at the beautiful Royal Garden Hotel in Kensington. The exuberant garden at West Green House in Hampshire and the best in English garden design at Sissinghurst and Great Dixter provide a gardening master class. The crescendo of the trip is special opening day tickets to the Chelsea Flower Show to avoid the crowds and cap off the trip of this wonderful trip of a lifetime.

For further information contact Royce Green from Ross Garden Tours on 1300 233 200 or go to www.ross-tours.com/england/ for the full tour itinerary of the gardens, places visited and hotels.

Gardeners' Delights

Why not step out into the beautiful gardens of the south west this October or take in

one of the multitude of plant and garden shows and expos on this month.

The Karragullen Expo in the Perth Hills takes place on Saturday 10 October. The show gates open at 9am with lots of activities for the whole family. There will be apple inspired cooking demonstrations by Adrian Tobin, gardening sessions, children's activities, avocado and stone fruit orchard visits along with a vast array of machinery and other stalls. For details on the Expo go to www.karragullen-expo.org.au

The Rose Society of WA spring show is on at the South Perth Community Centre from 10 to 11 October. Look out for information on exciting new rose releases along with plants for sale, raffles and refreshments. Contact Sandy Beverley on 0416 141 042 for more information.

The West Australian Iris Society Spring Show at the Forrestfield Forum and Marketplace, Strelitzia Avenue, Forrestfield from 15 to 17 October is a spectacle not to be missed. Why not try mixing them with your roses or in a pond. There are suitable varieties for almost any garden. These easy to grow plants are as beautiful as they are tough and their flowers always takes me back to the wonderful Bagatelle Gardens in Paris. For further details call Jean Waghorn on 9255 3957.

Riverton Forum Shopping Centre hosts the waterwise Cactus and Succulent Society of WA show from 22 to 24 October. Full of unusual prickly plants, it is a collectors' paradise or perfect if you are somebody who forgets to water their plants. For details call Bob Hunter 0438 906 229.

The Better Homes and

Garden Live Expo visits Perth for the first time at the Perth Convention and Exhibition Centre from 23 to 25 October. Australia's favourite magazine and television show will give you the opportunity to meet and learn expert tips from some of the Better Homes and Gardens stars in an entertaining and interactive environment. There will be building, renovating, pets, craft, cooking and gardening tips and advice all under the one roof. Admission is \$18 for adults with concession \$16. For information on what Fast Ed, Dr Harry, Tara, Adam, Joanna or Jason are up to go to www.bhglive.com.au

The annual sale of Geraniums and Pelargoniums at the Guide Hall, corner Stock and Kitchener Road, Melville is on from 10am until 12 noon 31 October. Entry is \$2 for the chance to pick up a choice plant or cutting, but be early for the best selection.

The Festival of Country Gardens Main Festival will showcase a selection of the inner south west of Western Australia's most delightful gardens from 5 to 8 November. Gardens will be open in Balingup, Bridgetown, Donnybrook, Manjimup, Nannup and Pemberton. For a full list of the gardens go to www.countrygardens-australia.com

The Epiphytic Cacti and Hoya Society Show will enthral visitors to the Dianella Shopping Centre with the beautiful, weird and wonderful selection of interesting plants on 7 November. Call Alf Gaebler on 9444 6694 for details.

The South West Rose Society's Show at the Stirling Arts and Craft Centre, Stirling Street in Bunbury will host the best rose growers in the south west as they

endeavour for the ultimate top rose on 7 and 8 November.

For more information on these blooming beauties

contact Jillian Plester on 9731 2731.

WIN, WIN, WIN!

Simply send in your name, address, telephone number and email win@haveagonews.com.au with Scotts in the subject line before 1 November to be in the running to win one of five Scotts prize packs. Each prize pack consists of a bag of Scotts Pure Organic Plant food and a bag of Pure Organic Potting and Planting mix valued at \$30.

The prizes can be picked up from the Have a Go News offices at 137 Edward Street, Perth.

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Voices soar at St Mary's Cathedral concert



voices spanning five centuries – from Palestrina to Handel to John Rutter.

This theme of linking old and new is very much in keeping with the celebration of 150 years since the first cathedral was built on the Victoria Square site – part of this building is still in existence (the western facade); however, now it is almost dwarfed by extensions undertaken in the 1930s (eastern end) and the central section (newly built between 2006-2009).

Such a unique building has resulted in an amazing acoustical space – one which has hosted (to much acclaim) such ensembles as the Hilliard Ensemble (2010) and more recently The Sixteen (2015). This concert gives audiences another chance to savour classics from the renaissance period in an acoustic closely resembling those for which these pieces were composed – Palestrina's breathtakingly beautiful *Sicut Cervus* is especially featured in the concert and in the resonant acoustical space of the cathedral makes for a sublime musical experience.

John Rutter's *Gloria* is also featured on the program – written in 1974, this is an exhilarating experience as close to 100 voices, brass and percussion instruments combined with the cathedral's grand pipe organ navigate their way through exciting jazz-like rhythms – and listen out for the hauntingly expressive organ solos in the reflective middle section. Handel's celebrated *Zadok the Priest* also features in this program.

Some of these young students are performing these works for the very first time – this is one of the very special elements of these concerts and makes for an experience of great energy and excitement as they encounter these works for the first time further enhanced by the cathedral's

magnificent acoustical space.

As part of this special year in which the cathedral celebrates 150 years of service to the community of Perth. The cathedral choir has recorded and released a CD of sacred music entitled *Laudate Dominum - Songs of joy and hope*. In keeping with the theme of linking old and new, this recording features very old music – and quite new music. In particular, one of the features of this compilation is a special arrangement of an old chant hymn *Adoro Te* sung by the tenors and basses supported by an accompaniment on the organ featuring a rather contemporary feel to its harmonic texture. Another unique feature of this particular track is that this organ accompaniment is completely improvised during the live recording – no music sheets.

The cathedral's youngest soloists (boy sopranos) also feature on the CD – in particular, in Howard Goodall's *The Lord is my Shepherd* (the famous theme song of the television show *The Vicar of Dibley*). Other repertoire includes Mozart's *Laudate Dominum* (with soprano soloist Carly Power) and a special arrangement of Cesar Franck's *Panis Angelicus* for tenors and basses only.

Tickets for the concert available at ticketswa.com or call 6488 2440 (\$25 and \$20 concession).

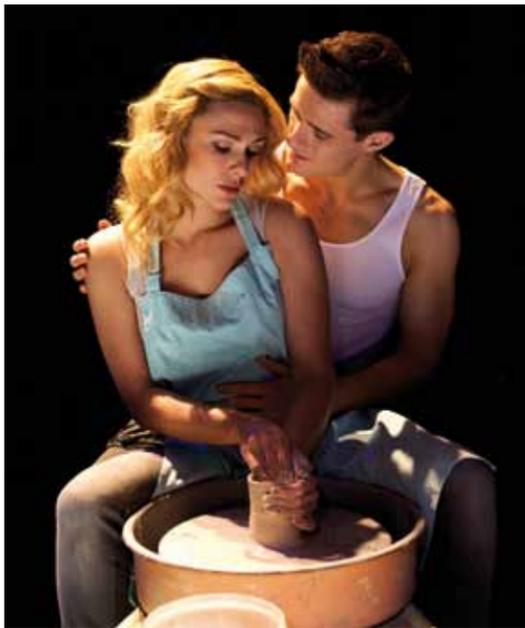
WIN WIN WIN

To be in the draw to win one of 10 copies of *St Mary's Cathedral's Laudate Dominum - Songs of joy and hope*, email win@haveagonews.com.au and include the word celebration in the subject line. Alternatively, address an envelope to *St Mary's Cathedral comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your contact details on the reverse. Closes 31/10/15.

FOLLOWING on from the successful *Pageant of Hymns* held in August, St Mary's Cathedral presents a vibrant concert entitled *Music for Winds, Brass and Voice* on Tuesday 27 October at 7:30pm.

This concert is presented jointly with students from the UWA School of Music and is a type of variety show of pieces written for the combination of woodwind instruments, brass instruments and

Ghost takes centre stage at Crown Perth in May 2016



Ghost The Musical tours Australia next year

THE SUPERNATURAL power of love will take Australia by storm when the Broadway and West End hit *Ghost The Musical*, adapted from the Academy Award-winning film, premieres in Australia in Adelaide on 8 January 2016 before touring nationally.

Set in modern day New York City, *Ghost The Musical* is a timeless fantasy about the power of love. Walking back to their apartment one night after a romantic dinner, Sam Wheat and Molly Jensen are mugged, leaving Sam dead on a dark street. Sam is trapped as a ghost between this world and the next and unable to leave Molly, whom he learns is in grave danger. With the help of Oda Mae Brown, a phony storefront psychic, Sam tries to communicate with Molly in the hope of saving and protecting her.

Ghost The Musical is directed by Tony Award-winner Matthew Warchus who has most recently brought *Matilda* to the stage in Australia as well as other hits *God of Carnage*, *The Norman Conquests*, *Boeing-Boeing* and choreographed Ashley by Wallen *The X Factor*, Kylie Minogue, Seal, Madonna's film *WE*. Illusions are created by

leading stage and film illusionist, Paul Kieve (*Harry Potter and the Prisoner of Azkaban*, *Matilda the Musical*).

Nominated for an Academy Award for Best Film in 1990, *Ghost* became a blockbuster hit and an instant classic, winning numerous awards worldwide.

The musical features book and lyrics by Academy Award winner Bruce Joel Rubin and original music and lyrics by a team of Grammy Award-winners, including Dave Stewart (half of the multi-Grammy Award-winning Eurythmics) and Glen Ballard (Michael Jackson's *Man in the Mirror*, Alanis Morissette's *Jagged Little Pill*). The score also includes the iconic song *Unchained Melody*, written by Hy Zaret and Alex North and famously performed in the film by *The Righteous Brothers*.

Employing special effects never before seen in an on-stage musical, *Ghost The*

Musical features an incredible array of illusions – Sam, as a ghost, walks through a solid door, inanimate objects take on a life of their own while spirits ascend to the heavens and subway passengers are thrown in the air and people disappear and reappear right before your eyes.

Ghost The Musical premiered in Manchester in 2011 before transferring to the West End and later Broadway. It has been enjoyed by over a million people worldwide and nominated for numerous awards including five Olivier Awards and three Tony Awards.

Ghost The Musical will be performed at Crown Theatre from Saturday 21 May, 2016. Ticket prices are from \$64 to \$134. Transaction and payment processing fees apply. Bookings are available through Ticketmaster 136 100 or ticketmaster.com.au. Groups 12+ SAVE! Call Group Bookings on 1300 889 278.

Community NOTEBOOK



THE WEMBLEY ENTERTAINERS AND FRIENDS

Annual concert (songs from Broadway). Sunday 25 October, 2pm Entry \$15 Afternoon tea provided. All Saints Uniting Church Floreat Cnr of Berkeley and Kirkdale Contact Heather 9341 4712

WEMBLEY DOWNS DISTRICT FAIR

Saturday 31 October. 8.30am-3pm. Handmade gifts for Christmas, demonstrations, yummy food, music, dancers and singers. Luita St Reserve

PERTH ELECTRIC TRAM SOCIETY

Welcomes volunteers to restore and maintain trams at Whiteman Park on Wednesdays, to train as conductors and drivers. Electrical, mechanical, carpentry, welding skills especially welcome. Mike 9443 1945 www.pets.org.au

BENTLEY PARK SHOW

Bentley Retirement Village, a Swancare community Saturday 31 October 10am- 5pm. Admission free Bentley Park Auditorium, 26 Plantation Dve. Various displays, Devonshire teas, sausage sizzle. Raffle drawn 4.30pm. Sandra Dale 6250 0538

LESLIE STREET CENTRE CONCERT

Featuring - *Fancy That Trio* - Cost \$7 non members \$5 members 21 October 1pm 7a Leslie St Dudley Park Mandurah Enq. 0401 832 195

NATIONAL SENIORS NORTHERN DISTRICTS SUNSET BRANCH

Meet at Mighty Quinn Wanneroo Rd. Yokine. 6.15pm-8pm second Monday of each month Meeting + Guest Speaker, optional meal. Ann 9342 2977

MELVILLE MATSURI

MELVILLE JAPANESE FESTIVAL Saturday 24 October 3pm-9pm Free entry Venue Frederick Baldwin Park, Le Souef Drive Kardinya Activities for everyone. Enquiries 9364 0663

ANGOVE STREET FESTIVAL

Sunday 25 October 10am -5pm. North Perth. A bustling market place with multicultural food stalls to suit all tastes. Bands, dances, drumming and more.

DO YOU LOVE TO SING

Westcoast Chordsmen are looking for men who would like to learn to sing in unaccompanied four part harmony. Rehearsals Tuesday at 7.15 pm St Peter & Emmaus Church Hall, Joondanna Andrew 9246 5418 or Peter 9276 8265

MT HELENA WHIM FESTIVAL

Entertainment, activities, competitions, displays and food. Pioneer Park, Mount Helena 25 October 9.30am -4.30pm Gwyn Dean 0437 890 083

FREMANTLE OXFAM GROUP QUIZ NIGHT

Friday 23 October 7pm. East Fremantle Football Club. Moss St. Tickets available from Fremantle Oxfam Shop (cash only) Cliff 9339 6452 and www.trybooking.com/ivgy

DOGS DAY OUT City of Armadale

Sunday 25 October 10am-2pm Rushton Park. Kelmscott. Bouncy castle, agility course, dog training, wash services, food and drink stalls. Dogs must be on a leash at all times Enq 9394 5000

MLC SUMMER MARKET

Saturday 14 November. 10.30am-3.30pm Various stalls. Food and drink, activities and entertainment. Methodist Ladies College 356 Stirling Hwy, Claremont. Ph 9384 4000

BALDIVIS COUNTRY FAIR

Baldivis Reserve Saturday 7 November Fairground and Hall 11am -5pm Oval 11am-7pm Face painting, petting zoo, live entertainment various stalls, archery demonstrations and more.

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

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World's biggest garage sale returns

REGISTRATIONS are now open for the annual Garage Sale Trail, which will see thousands of simultaneous garage sales happening across the country on 24 October.

Now in its fifth year, Garage Sale Trail is a fun and social way to promote reuse, reduce waste to landfill, meet the neighbours and raise funds. It's free to get involved. Registration is open to households, community groups, schools, businesses, makers and creators and anyone who is up for a day of fun.

Last year, there were more than 1,000 garage sales in WA. Registrations are now open at garagesaletrail.com.au.



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Downsizing

ADVERTISING FEATURE



Dealing with market volatility

THROUGH the course of our business we are often asked what investors should do as they tackle the markets and all of the inherent intricacies of having a personal portfolio.

Probably the most important thing to understand, even before making a decision to invest your money at all, is your attitude towards risk and why you have those views. Risk tolerance can have many facets, often brought about by paying undue attention to people with either scant knowledge of the financial markets, or a barrow of their own to push – scaremongering.

Understanding and accepting the risks of buying an investment, whether it be a share in a big bank, a property

to rent, a government bond, or simply keeping your money in a bank account, is fundamental to the investment process. The first three of the options above have the risk of price volatility should you need to sell them; you run the risk that your property may also be without a tenant for a while, or that it might get damaged; and the cash option may not give you a good enough return to meet your needs. In our experience, most people will accept that their investments might move up and down in price, but that volatility is outweighed by the regularity of the income that the investments produce over a lengthy period of time. If they don't, they show a low risk tolerance and should ac-

cept that, and not be led down a path on which they would feel uncomfortable.

As a subset to understanding your risk tolerance, it is very important to understand the causes of volatility in all markets, without needing to have a degree in economics.

There is always short term volatility inherent in any market, but whether it leads to a positive or negative movement depends on the causes. Whilst it is difficult to forecast what a market will do on a daily basis, understanding the underlying reasons and what action to take is of prime importance. A major factor is confidence, or a lack of it, leading to investors deciding to either buy or sell into

a market. A large contributor to confidence is human emotion, which often has no real or tangible basis. How we feel about something is based on our own background and experiences, and therefore affects how we deal with volatility. If a market is moving upwards, many people feel they may miss out and buy into this market without understanding the risks of doing so, while others may sell into a falling market as they fear losing all their money. This in turn leads to more volatility, but what is missing is a fundamental understanding of the ramifications of the actions being taken.

Economic crises, or the perception of a crisis, also

leads to short term volatility. The bigger the perceived crisis, the greater the volatility, as emotion often takes over the decision-making process due to the fear of the unknown. Most components of a market will generally move down in this type of environment, even if there is little rational reason for doing so. This may lead to opportunities you might not have seen otherwise. Therefore the more important question to ask is what affect is this crisis, and any associated Government intervention, going to have on the investments you have or are considering buying?

What is therefore essential when investing in any market is to focus on the capacity of the investment to provide you with a return over your chosen time period. Generally, when

volatility is reasonably high and your investment time horizon is short, the less risk you should take with your funds. However if you have the time to ride through these periods of volatility, you can sometimes take advantage of short term volatility to buy into an undervalued market. Not letting your emotions get in the way is the difficult part, as making decisions on this basis can cost you dearly in the long term.

Intertwined with dealing with volatility is having a clear understanding of your reasons to invest, therefore you need to know what you want to achieve as a result of your decisions, and over what

time frame. So, if you want to build your wealth, you would probably have a different investment mix from someone whose prime objective is a regular income. You might both hold the same investments, but in different proportions. This is where research and sound advice kicks in, as what is good for your friends or family might not necessarily be good for you.

This article is general advice written by Greg and Sonya Soudure, authorised representatives of Hartleys Ltd (ABN 33 104 195 057) (AFSL 230052). Please call 08 9268 2834 or 08 9268 2865 or visit www.privateportfolios.com.au for further information.

Downsizing is good for everyone's bottom line

by Frank Smith

THE 184,000 AUSTRALIANS who live in retirement villages (less than 6 per cent of seniors) save the federal budget \$1.98 billion annually, mainly through delayed entry to residential aged care.

In addition there are government savings of \$177 million annually through residents requiring fewer hospital and GP visits, earlier discharge from hospital, and better mental health.

These are the conclusion of a report commissioned by the Property Council of Australia.

The retirement living sector provides a range of care options to facilitate ageing in place. It supplies specially designed homes, preventative health care and community services, often at much lower costs than other suppliers.

Moreover a survey of retirement village residents by McCrindle Baynes, showed that the vast majority of people who live in retirement villages across Australia are happy – and happier than they were before they moved there.

The survey also found that most village residents participated in village organised activities, with almost

half saying they did so weekly. In spite of this, more than half were still involved with the outside social clubs and groups that they had joined prior to their move.

Over 90 per cent said their social life had increased or at the very least continued unchanged since their move to a retirement village.

Three quarters of residents surveyed were happy with their decision to move into their village and would make the decision again.

The Property Council says a higher percentage of seniors are expected to move into retirement living in the future. The number of residents wanting to live in a retirement village by 2025 will double to 382,000.

Mary Wood, Property Council executive director – retirement, said it was vital that Government's changes to pensions entitlements don't add to the barriers to pensioners wanting to downsize.

"Current pension eligibility rules act as a disincentive for pensioners looking to downsize," Ms Wood said.

"The family home is exempt under the assets test, but once the home is sold, pensions are reduced by \$1.50 for every \$1000 in all assets over a threshold.

"For example if a pensioner downsizes, and makes a cash surplus of \$150,000 from selling her family home and buying a smaller place, her pension would be cut by \$5,850 p.a. This acts as a penalty, and means that many pensioners who wish to downsize choose not to, she says.

"Further reform of the aged pension system is needed so that we stop penalising older Australians who want to move into smaller, more appropriate housing and use the equity in their family home to better support themselves.

"The benefits of encouraging more pensioners to downsize and unlock the equity in their family homes has both social and economic benefits by reducing loneliness, delaying entry to aged care facilities and takes pressure off the federal budget with significant long-term savings to public hospital and aged care expenditure.

"Downsizing also boosts the supply of housing for families, helping affordability.

"We need a system that enables more seniors to downsize, and that means removing the penalty that applies to pensioners wanting to move into smaller homes," she said.

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Retirees WA's newest development

Contact the property administrator Rhonda Castle at Retirees WA Inc Mob: 0405 534 713 Email: ronnie@retireeswa.com.au



Welcome to your guide to Have a Go Day a LiveLighter Event Burswood Park Wednesday 11 November 2015

Welcome to Have a Go Day from Crown Perth

CROWN Perth has a very special relationship with West Australian seniors, and I am delighted to welcome you to the Seniors Recreation Council's *Have a Go Day* for 2015.

Having been a proud, major sponsor of *Have a Go Day* for more than 20 years I'd like to congratulate the Seniors Recreation Council on their hard work and efforts in establishing *Have a Go Day* as a highlight on the community calendar and I invite you all to visit our Crown Perth marquee again this year.

As always we have plenty of great activities, food demonstrations and tastings, lots of chances to win great prize vouchers plus our fabulous promotional hosts will be on hand to tell you all about the upcoming Christmas specials and exciting events happening at the resort.

You can also find out about being a Crown Club member, which 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. The friendly Crown Club team can give you all the information you need.

Visiting Crown Perth has never been easier with the addition of the multi-level car park, featuring 1,500 parking bays and conveniently located near Burswood Park. *Have a Go*

Day visitors will also receive free parking in the multi-level car park before 6pm on *Have a Go Day*. Alternatively, 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 fantastic restaurants.

There truly is something for everyone at Crown Perth – the resort boasts some of the best restaurants in Perth.

Again, on behalf of Crown Perth and all my colleagues, I would like to wish everyone a wonderful day and encourage you all to 'Have a Go' and enjoy the exciting line-up of entertainment and activities.

We look forward to welcoming you to Crown Perth.

Kindest personal regards,



Barry Felstead
Chief Executive Officer
Australian Resorts



Join in and have a go at Burswood Park

ENJOY *Have a Go Day* at beautiful Burswood Park on Wednesday 11 November 2015. Held on the banks of the Swan River from 9am to 3pm, this annual free event is hosted by the Burswood Park Board.

"*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," said Burswood Park Board Manager Bruce Hawkins.

Burswood Park Board is pleased to have the opportunity to continue to support the Western Australian seniors community.

"The Burswood Park Board has a long history of encouraging and facilitating events and activities for Perth's over 55s community," added Mr Hawkins.

"In addition to *Have a Go*

Day, over 55s cycling, walking and athletics groups make great use of the dual use paths at Burswood.

"We hope *Have a Go Day* will remind people who have visited the Park before of the year-round recreational and leisure options here at Burswood Park, as well introduce those new to the Park the variety of activities and experiences available."

Burswood Park's award-winning heritage trail tours are also a consistent drawcard for seniors groups. Volunteer hosts conduct free guided walking tours through the park, highlighting Western Australia's unique flora and fauna and our rich history, including a collection of stunning life-size bronze sculptures of West Australian pioneers. Bookings are essential and can be made by phoning 9361 4475.

Alternatively, explore the Park by attending one of the fun-filled events coming up for the summer season, in-

cluding annual Christmas institution *Carols in the Park*, the popular outdoor cinema series and showcase concert *Music by Moonlight*. Featuring the WA Youth Orchestra and students from the Western Australian Academy of Performing Arts (WAAPA), *Music by Moonlight* is a great opportunity to enjoy a summer evening at Burswood Park.

"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 park' located right on the doorstep of our wonderful city," said Mr Hawkins.

For the latest news and a complete seasonal program of Park events, visit www.burswoodpark.wa.gov.au



Have a Go Day a LiveLighter Event Wednesday 11 November 2015 PROGRAM HIGHLIGHTS

Theme for 2015 "Lest We Forget"

- 8.30 Day commences
- 9.00 Music based activities commence
- 9.00 WA Bush Poets & Yarn Spinners – Sound Shell
- 9.20 Justin Freind (Singer) – Sound Shell
- 9.45 The Swinging Years Show – Sound Shell
- 10.15 WA Bush Poets & Yarn Spinners – Sound Shell
- 10.30 Official Welcome - Olympic Statues, site 156
MC Adam Shand & the Hon Tony Simpson MLA,
- 11.00 Minute Silence
- 11.05 Have a Go Day Official Walk
- 11.10 Prime Movers, exercise to music – Sound Shell
- 11.40 Jims' Country – Sing-a-long – Sound Shell
- 12.00 The Joys of the Women's Italian Choir – Sound Shell
- 12.20 WA Bush Poets & Yarn Spinners – Sound Shell
- 12.40 Jim's Country – Sing-a-long – Sound Shell
- 1.15 Prime Movers, exercise to music – Sound Shell
- 1.30 Heart Foundation Walk - Site 18
- 1.45 MAJOR PRIZE DRAW - Site 154
- 2.10 Police Pipe Band
- Concert – Sound Shell



Have a Go Day a LiveLighter Event Wednesday 11 November 2015 FOOD VENDORS

- | Site No | Name |
|---------|---|
| 135 | Bethanie Sausage Sizzle |
| 134 | Big Bethanie Bake-Off |
| 68 | Chopin Patisserie |
| 88 | Crown Perth |
| 113 | Dal Pizzaiolo |
| 4 | Gordons Food Van |
| 124 | Healthy & Tasty Gozleme |
| 19 | Hospitality Tent
<i>Have a Go News/Phoenix Insurance</i> |
| 79 | Hospitality Tent <i>Have a Go News/882AM 6PR</i> |
| 141b | Hospitality Tent <i>Have a Go News/Channel 7</i> |
| 121 | Lions Club of Canning City |
| 111 | Murphy's Spuds |
| 67 | Perth Coffee Express Site 1 |
| 98 | Perth Coffee Express Site 2 |
| 106 | The Ice Box |
| 16 | The Spud Wagon |
| 28 | Tims Ice Creams |
| 64 | Tucker By Tim |
| 56 | Two Queens Woodfired Street Food |
| 79 | VIP Hospitality Tent |
| 82 | WA Spit Roasts |
| 20 | Water Tank - Drinking Water |
| 97 | Water Tank - Drinking Water |

Have a Go Day a LiveLighter Event Wednesday 11 November 2015 SHELL ENTERTAINMENT

- | Site No | Name |
|---------|---|
| 33 | WA Bush Poets and Yarnspinners
9am, 10.15am, 12.20pm |
| 35 | Bel Canto Promotions 9.20am |
| 35 | The Swinging Years Show 9.45am |
| 34 | Prime Movers 11.10am, 1.15pm |
| 35 | Jim Sings Country 11.40am, 12.40am |
| 35 | The Joys of Women Italian Choir 12noon |
| 35 | Police Pipe Band 2.10pm |



For further information on how to plan your way to Have a Go Day 2015, ring Transperth on 13 62 13 or visit www.transperth.wa.gov.au.
During Seniors Week 2015 (8 to 15 November) all public transport is free for seniors.

Have a Go Day a LiveLighter Event Wednesday 11 November 2015 TIMED ACTIVITIES

- | Site No | Name |
|---------|--|
| 141 | Athol Wightman
9am, 11.10am, 12.20am, 2pm |
| 42 | Australian Feldenkrais Guild WA Division
9.10am, 10.10am, 11.40am, 12.30pm,
1.20pm, 2.30pm |
| 141 | Bel Canto Promotions
Site 34 9.20am,
Site 141 10am, 11.50am, 1.20pm, 2.30pm |
| 125 | Bell Tower - Mobile Belfry
9.20am, 10.10am, 11.10am, 11.45am,
12.40pm, 1.30pm, 2.20pm |
| 134 | Bethanie Bake-Off - See site for details |
| 90 | Cockburn Seniors Centre
9.30am, 10.10am, 11.30am, 12noon,
1pm, 2pm |
| 88 | Crown Perth 11.10am, 1pm |
| 164 | Department of Commerce
9.20am, 12.10pm, 1.10pm |
| 117 | Drilldance WA
9am, 9.50am, 11.30am, 12.10pm,
1.10pm, 2pm |
| 123 | El Caballo Lifestyle Village
9am, 9.50am, 11.30am, 12.10pm,
1.10pm, 2pm |
| 166 | Esperanto League of WA Inc
10am, 11.40am, 12.40pm, 1.30pm, 2.10pm |
| 12 | Fab Shad Dancers
9.10am, 10.10am, 11.40am, 12.40pm,
1.30pm, 2.40pm |
| 73 | Fair Maids of Perth
9.50am, 11.30am, 12.50pm, 2pm |
| 6 | Fitness 50 Club
9am, 10am, 11.50am, 1pm, 2.20pm |
| 55 | Handbells in Peel
9.40am, 11.10am, 12noon, 12.50pm, 2pm |
| 156 | Have a Go Day Official Walk 11.05am |
| 18 | Heart Foundation WA Walk 11.05am, 1.30pm |
| 73 | Hora Shalom Dances of Israel
9.30am, 10.10am, 11.45am |
| 35 | Jim Sings Country 11.40am, 12.40pm |
| 63 | Laugh WA Inc
9.30am, 11.40am, 12.40pm,
1.30pm, 2.30pm |
| 72 | Mad Tatters Morris
9.10am, 11.10am, 12.20pm,
1.20pm, 2.30pm |
| 156 | Official Welcome 10.30am |
| 155 | Oum Habibi Senior Dance Group
9am, 9.50am, 11.10am, 12noon,
1pm, 2.10pm |
| 89 | Over 50s Ballroom Dancing Club
9am, 9.50am, 11.10am, 11.45am,
12.30pm, 1.30pm, 2.30pm |
| 78 | Pole Walking - SRCWA
9.50am, 11.10am, 12.10pm, 1.10pm, 2pm |
| 34 | Prime Movers (Inc) 11.10am, 1.15pm |
| 13 | Seniors Line Dancing
9.50am, 11.10am, 12.10pm, 1pm, 2pm |
| 154 | Square Dance Society of WA
9.20am, 10.10am, 11.40am, 12.30pm,
1.30pm, 2.30pm |
| 35 | Swinging Years Show 9.45am |
| 112 | Taoist Tai Chi Society of Australia
9.20am, 10.10am, 11.10am, 11.45am,
12.40pm, 1.30pm, 2.20pm |
| 79 | Terry Bennetts
Site 72 9.30am, Site 75 11.10am,
Site 73 12noon, Site 75 1pm, Site 141 2pm |
| 35 | The Joys of the Women Italian Choir 12noon |
| 33 | WA Bush Poets & Yarnspinners Assn
9am, 10.15am, 12.20pm |
| 35 | WA Police Pipe Band 2.10pm |
| 65 | Yoga with Cherry
9.10am, 11.10am, 12.10pm, 1.10pm, 2pm |

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 at Have a Go Day a LiveLighter Event on Wednesday 11 November between 9am to 1.30pm at Burswood Park.

First Prize - Donated by Crown Perth

Overnight accommodation for four people at Crown Metropolis Perth in two Luxe King Rooms with 9 Lounge access and full buffet breakfast at Atrium Buffet. Valet parking for two vehicles. Dinner for four people to the value of \$400 at Silks. \$200 Crown Cash (4 x \$50 vouchers)

Second Prize - Donated by Have a Go News and Kings Tours and Travel

A \$500 Coles/Myer voucher

Third Prize - Donated by Telstra

Samsung Tablet and Pre-Paid Telstra Sim Card

Fourth Prize - Donated by Channel 7

Family pass (two grandparents and up to four grandchildren) Pre Pageant afternoon tea in the grounds of Government House, then our guests will be escorted to special reserved seating along St. George's Terrace to watch the RAC Christmas Pageant supported by Synergy, City of Perth, *The West Australian* and Channel 7, 7.30pm on Saturday 5 December 2015.

Fifth Prize - Donated by Sizzler

\$200 Gift Card

Sixth Prize -

Donated by Event Cinemas Innaloo

4X \$50 Gift Cards

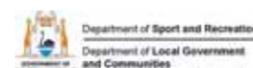
*One prize per family

Have a Go Day - a LiveLighter Event MAJOR RAFFLE FORM*

NAME:

CONTACT NUMBER:

ADDRESS:





Seniors Recreation Council of WA Inc.

Have a Go Day 2015

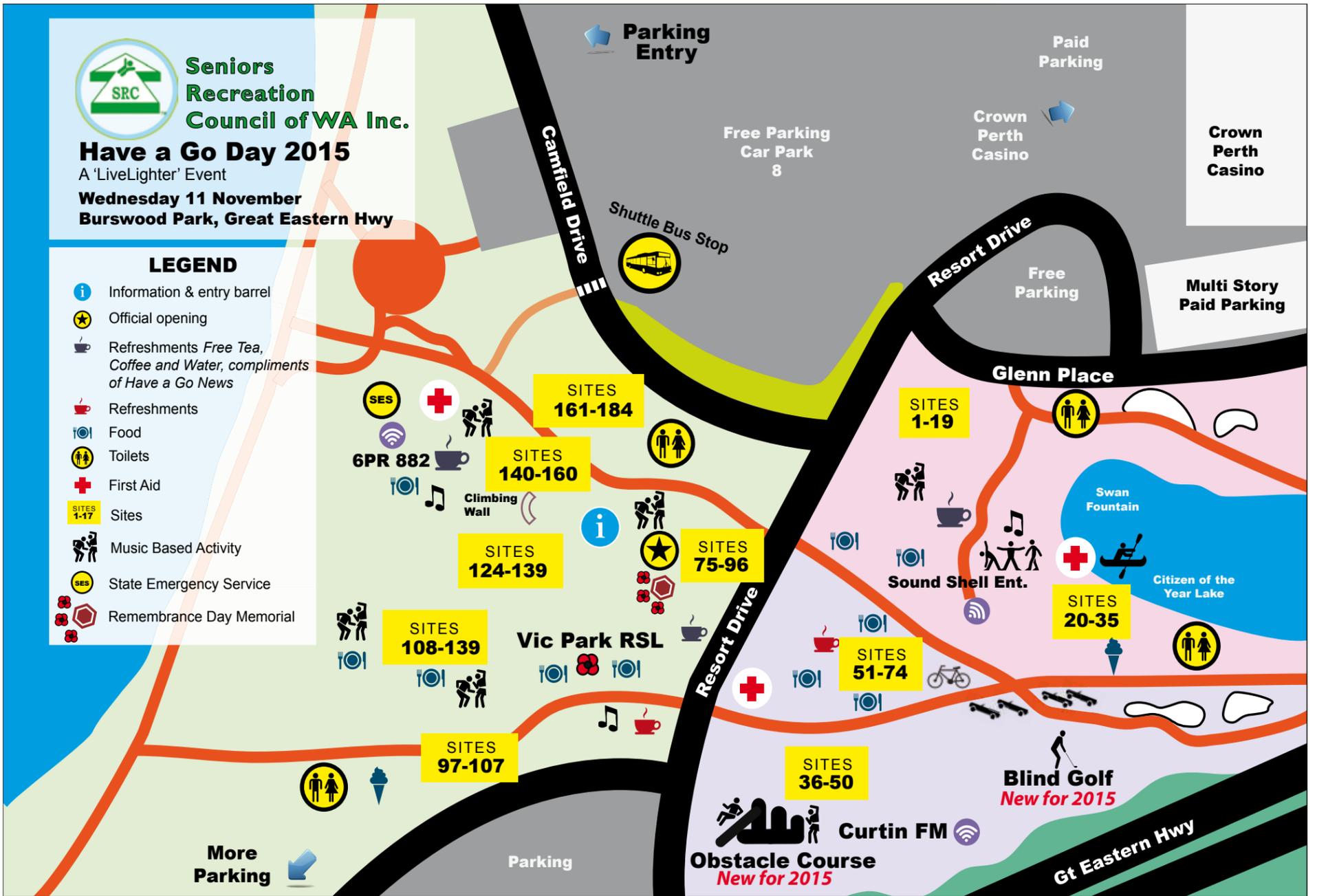
A 'LiveLighter' Event

Wednesday 11 November

Burswood Park, Great Eastern Hwy

LEGEND

- Information & entry barrel
- Official opening
- Refreshments Free Tea, Coffee and Water, compliments of Have a Go News
- Refreshments
- Food
- Toilets
- First Aid
- Sites
- Music Based Activity
- State Emergency Service
- Remembrance Day Memorial



Have a Go Day 2015 a LiveLighter Event Wednesday 11 November EVENT PARTICIPANTS with SITE NUMBERS

86	10th Light Horse Troop	1	Croquet Club Sorrento	104	Independent Living Centre of WA	31	Serendipity Coffins
141	882AM 6PR	88	Crown Perth	41	Inflatable Obstacle Course	140	SES Canning/South Perth
53	AC Mobility	40	Curtin FM 100.1	153	Information Booth DSR	101	Shelterbox Australia
62	Act-Belong-Commit	120	Cycle Touring Association of WA Inc	48	Injury Control Council of WA	36	Shoprider Pty Ltd
7	Advocare	15	Department of Aboriginal Affairs	120	Inner Wheel	185	Shuttle Bus Stop
61	African Word Ministries	164	Department of Commerce	35	Jim Sings Country	127	Silver Chain
130	Albany Entertainment Centre	128	Department of Health	100	Juniper	162	Sleep Australia
171	Alibabes Scrapping Hearts (Close to My Heart)	75	Department of Local Government and Communities	112	Just Better Care	62	Sleep Disorders Australia
146	Alpha Carers	176	Department Parks and Wildlife	142	Kings Tours and Travel	151	SolarisCare Foundation
91	Alzheimer's WA	15	Derbarl Yerrigan Health Service-Mens Checks	63	Laugh WA Inc	49	Sound for Life
2	APIA	15	Derbarl Yerrigan Health Service-Womens Checks	116	Lions Cancer Institute	179	South Care Inc
43	Arthritis & Osteoporosis WA	62	Diabetes WA	116	Lions Club International 201W1	154	Square Dance Society of WA
110	Assistance Dogs Australia	84	Doctor Home Visits	115	Lions Hearing Foundation	159	SRC Rest Marquee
175	Asthma Foundation WA	117	Drilldance WA	116	Lions Save Sight Foundation	130	State Theatre Centre of WA
141	Athol Wightman	116	Dryandra Woodland Village-Lions	72	Mad Tatters Morris	48	Stay On Your Feet WA
183	Aussie Redback Tours	15	DSR Aboriginal Sports	120	Maylands Autumn Club	102	Sterling First Projects
69	Australian Facetors Guild (Perth Group)	139	Duyfken 1606 Replica Foundation	116	McCusker Research Foundation	114	Stockland
42	Australian Feldenkrais Guild WA Division	123	El Caballo Lifestyle Village	37	MG Car Club of WA Inc	114	Stockland Affinity Retirement Village
39	Australian Hearing	35	ENTERTAINMENT - Sound Shell	5	Midland Men's Shed	130	Subiaco Arts Centre
62	Australian Historic Telephone Society	166	Esperanto League of WA Inc	174	Mobile Alert	35	Swinging Years Show
24	Australian Model Ship Society (Inc)	138	Event Cinemas Innaloo	149	National Archives of Australia	112	Taoist Tai Chi Society of Australia
182	Beehive Industries	12	Fab Shad Dancers	148	National Seniors Australia	95	Tech Savvy Seniors
178	Befriend Inc	23	Fair Maids of Perth	92	National Service Training WA Reunion	83	Teleton Speech & Hearing
141	Bel Canto Promotions	72	First Aid-Royal Life Saving Society-Site 1	30	Nordic Walking WA	94	Telstra Carousel
125	Bell Tower - Mobile Belfry	74	First Aid-Royal Life Saving Society-Site 2	24	North Coast Marine Modeller	79	Terry Bennetts
109	Belswan Lifestyle Estate	77	First Aid-Royal Life Saving Society-Site 3	128	Office of Public Advocate	31	The End of Life Care
136	Bethanie	6	Fitness 50 Club	156	Official Welcome	35	The Joys of the Women Italian Choir
117	Bibbulmun Track Foundation	133	FOOD: Bethanie Sausage Sizzle	7	Older People's Right Service	92	The Tin Club of WA
60	Bicycles for Humanity	6	FOOD: Chopin Patisserie	155	Oum Habibi Senior Dance Group	153	The West Australian
44	Bidet Supplies WA	113	FOOD: Dal Pizzaiolo	89	Over 50s Ballroom Dancing Club	11	Toilets
134	Big Bethanie Bake-Off	64	FOOD: Elegant Gloves Events and Services	59	Over 55 Cycling Club	25	Toilets
51	Bluesky Healthcare	4	FOOD: Gordons Food Van	71	Over 55 Walking Association	107	Toilets
168	Bonsai Society of WA (Inc)	124	FOOD: Healthy & Tasty Gozleme	159	PA Van	184	Toilets
150	Bowls WA	121	FOOD: Lions Club of Canning City	92	Peel Collectors Club	172	Total Denture Care
15	BreastScreen WA	111	FOOD: Murphy's Spuds	27	People Who Care Inc	165	Tourism Malaysia
126	British Ex-Services Association Inc	67	FOOD: Perth Coffee Express Site 1	120	Peripheral Neuropathy Support Group Inc	80	Trans WA
164	Building Commission	98	FOOD: Perth Coffee Express Site 2	169	Perth Male Voice Choir	80	Transperth
3	Burswood Park Tour Hosts	106	FOOD: The Ice Box	167	Perth PC Users Group	85	Traveljoy
50	Cancer Council-Sunsmart Van	16	FOOD: The Spud Wagon	130	Perth Theatre Trust	58	Trinity School for Seniors
23	Canoeing-DSR	28	FOOD: Tims Ice Creams	70	Petanque WA	54	University of the Third Age
23	Canoeing-UWA Sports Gold Group	64	FOOD: Tucker By Tim	92	Philatelic Society of WA	170	UWA Medicine & Pharmacology
119	Capital Community Radio	56	FOOD: Two Queens Woodfired Street Food	17	Planning for the Next Season	87	Victoria Park RSL Sub Branch
129	Caravan WA	82	FOOD: WA Spit Roasts	181	Playgroup WA	118	Villa Carlotta Travel
131	Carers WA	112	Freedom Fairies	163	PMH Foundation	62	Vintage Wireless & Gramophone Club WA
117	Carramar Evergreen Golf Club	66	Gemmological Assoc of Aust- WA Div	78	Pole Walking - SRCWA	79	VIP Hospitality Tent
108	Casey Australia Tours	31	Gift of Grace	34	Prime Movers (Inc)	161	Volunteer Task Force
153	Channel 7	57	Gliding Club of WA Cunderdin	144	Probus Association of WA	33	WA Bush Poets & Yarnspinnners Assn
9	Chum Taylor	158	Gosnells & Districts Woodturning Group	173	Prostate Cancer Foundation of Australia	128	WA Cancer & Palliative Care Network
122	Chung Wah Community & Aged Care	14	Hand Tool Preservation Society WA	103	Red Cross & Commonwealth Respite & Care Link Centre	52	WA Card Collectors Society
32	City of Subiaco	55	Handbells in Peel	8	Relationship Australia WA	8	WA Historical Bicycle Club Inc
99	City of Swan	156	Have a Go Day Official Walk	143	Repipete Pty Ltd	69	WA Lapidary & Rockhunting Club Inc
99	City of Swan Volunteer Resource Centre	141	Have a Go News	137	Retirees WA Inc	5	WA Men's Shed Association
145	Climbing Wall	180	Hearing Life	147	Rock n' Roll Record Collectors Club	35	WA Police Pipe Band
90	Cockburn Seniors Centre	18	Heart Foundation WA	93	Salvation Army	20	Water Tank - Drinking Water
117	Collectible Society of WA Inc	75	Heart Foundation WA Walk	152	Samsung Australia	97	Water Tank - Drinking Water
45	Come Out Camping Older Adults	130	His Majesty's Theatre	96	Scarboro Toyota	29	West Australian Miniature Assoc Inc
105	Commonwealth Respite & Carelink team	73	Hora Shalom Dances of Israel	21	Senior Living Today	132	West Coast Eagles
26	Conservation Volunteers Australia	19	Hospitality Tent	177	Seniors Card	157	West Coast Metal Detector Club
164	Consumer Protection	79	Have a Go News/Phoenix Insurance	38	Seniors Exergaming WA	38	Western Australian Blind Golf Association
46	Continence Advisory Service	141	Hospitality Tent Have a Go News/Channel 7	117	Seniors Line Dancing	117	Western Australian Genealogical Society
160	Cool Room-Auswest Cool Room Hire			47	Seniors Recreation Council of WA	47	Western Hearing Services
100	COTA WA			81	Seniors Recreation Council-Branches	81	Xbox Kinect Activities
120	Country Women's Association			77		65	Yoga with Cherry

Have a Go Day a LiveLighter Event	Health Checks Site No and Name	170	UWA Medicine & Pharmacology	37	MG Car Club of WA Inc
Wednesday 11 November 2015	91 Alzheimer's WA	Lest We Forget Site No and Name	149	National Archives of Australia	
ADDITIONAL ATTRACTIONS	39 Australian Hearing	62 Australian Historic Telephone Society	92 The Tin Club of WA		
	15 Derbarl Yerrigan Health Service	117 Collectible Society of WA Inc	87 Victoria Park RSL Sub Branch		
	180 Hearing Life	139 Duyfken 1606 Replica Foundation	62 Vintage Wireless & Gramophone Club WA		
	115 Lions Hearing Foundation	8 WA Historical Bicycle Club Inc			
	162 Sleep Australia	14 Hand Tool Preservation Society WA	86 10th Light Horse		



Doug Anthony AllStars return to Perth for live shows



Doug Anthony AllStars Near Death Experience © Shane Rozario

LEGENDARY international comedy trio the Doug Anthony AllStars (DAAS) return to Perth to premiere their scandalous new show *Near Death Experience*.

Paul McDermott and Tim Ferguson joined with long time collaborator and mentor Paul 'Flacco' Livingston for a 20-year reunion tour in 2014 and have been breaking box office records ever since.

Following a sold out 2015 Melbourne Comedy Festival season, the world's first comedy rock gods have begun preparations to take their reformation global in 2016, saying Perth is the ideal place to present their new show.

Near Death Experience will combine a new assortment of old faves with freshly concocted brilliance from three living legends of comedy.

Between McDermott hosting TV's *Room 101*, Livingston's latest book release, and

the unstoppable Ferguson (with his constant companion MS) co-writing (and directing a feature film, the trio is proving the ravages of time have only made them more fierce and fearless.

Speaking from Prague, McDermott said, "Death approaches. We have nothing to lose". Speaking from experience, Livingston said, "Death is coming, look busy!"

With their trademark bombardment of sex, violence and harmoniously sweet songs, DAAS revolutionised comedy in the '80s and '90s. Now, with almost a century of experience combined and no time to waste, their musical comedy is more wicked and dangerous than ever, leaving no socio, political or rolling stone unturned.

Experience the phenomenon of DAAS live in an unforgettable night of the outrageously funny mob-rule chaos that saw the group incite riots, ignite fires, silence the Spanish and get banned in Germany and Japan.

Doug Anthony AllStars will perform two shows at the Regal Theatre, Friday 23 October and Saturday 24 October.

For tickets or further information visit www.ticketek.com.au or call 132 849.

WIN WIN WIN

To be in the draw to win one of two double passes to see *Doug Anthony AllStars* on 23 October, email win@haveagonews.com.au and include the acronym DAAS in the subject line. Alternatively, address an envelope to DAAS Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse. Competition ends 19/10/15.



Sheena Easton live in concert

GRAMMY award winning artist Sheena Easton is an 80s music icon. She gained world-wide success for her song *Morning Train*, which catapulted her career world-wide with international hits including *For Your Eyes Only*, the theme song from the James Bond movie of the same name and *We've Got Tonight*, her duet with Kenny Rogers. She collaborated with Prince on the single *Sugar Walls* in 1984 and then again in 1987 with the world-wide hit *U Got The Look*.

Sheena Easton has sold more than 20 million records worldwide, received two Gram-

mys, and was the first – and still only – artist to have top five records on five major Billboard charts – pop, R&B, country, adult contemporary and dance.

In addition to her recording success, Sheena has appeared in film, theatre and television and continues to record and collaborate with various artists.

Catch Sheena Easton live in concert with special guest Cosima at Astor Theatre on Tuesday 24 November.

For tickets visit www.astortheatreperth.com or phone 9370 1777.

Gilbert and Sullivan Society presents a double bill

THE Gilbert and Sullivan Society presents a double bill: *Trial by Jury* and *Cox and Box*. Performing at the Subiaco Arts Centre this double bill of two short Savoy operas written between 1867 and 1874 is an extremely entertaining preview of the better known Gilbert and Sullivan operettas which were to come later.

The libretto for *Cox and Box* was written by FC Burnand, a well know comic author at the time. The musical score of a young Arthur Sullivan is a perfect complement to Burnand's farcical plot. Mr Cox is a hatter who works during the day (and is therefore home during the night) and Mr Box is a newspaper printer who works at night (and is consequently home during the day). The unscrupulous landlord has therefore decided to rent the same room to both of them (each

unbeknown to the other) and therefore collecting double rent. This works well until the day they come home at the same time – then the fun really starts.

Trial by Jury was the second collaboration of Sullivan with WS Gilbert and in about 40 minutes we meet the villain, Edwin, who has promised to marry the young Angelina and then left her in the lurch. The learned judge sings one of the most famous of the G&S patter songs which includes the line "she may very well pass for forty-three in the dusk with the light behind her". Like all G&S operettas it has a hilarious and happy ending.

The Subiaco Arts Centre is a perfect venue for this entertainment and it is great fun for all the family. Opens 14 October and runs to 17 October with bookings through Ticketek, call 132 849.

On the Silver Screen...



Miss you already

DREW BARRYMORE and Toni Collette star as Jess and Milly, who have been best friends since childhood. Their friendship is put to the test as Jess struggles to have a much longed-for baby, and Milly finds out she has breast cancer. *Miss you already* is a film that champions the resilience of its two strong and multifaceted leads. Also starring Dominic Cooper (*Captain America: The First Avenger*) and Paddy Considine (*Pride*) as the men in their lives, this is a heartening, poignant film, and a refreshing take on the ups and downs of close female friendship.

In cinemas 15 October

Bridge of Spies

Tom Hanks stars in Steven Spielberg's cold war spy thriller, which is the true story of James Donovan, an attorney who finds himself thrust into the center of the Cold War when the CIA sends him on the near-impossible mission to negotiate the release of a captured American U-2 pilot. Also stars Amy Ryan, Mark Rylance, Alan Alda.

In cinemas 22 October

WIN WIN WIN

To be in the draw to win one of ten in-season passes to the above movies simply send an envelope to *On the Silver Screen - C/- Have a Go News, PO Box 1042, West Leederville 6901*. Please include your name, address and phone number on the reverse side, or email win@haveagonews.com.au with *On the Silver Screen* in the subject line. Competition closes 31/10/15.

ART for ALL

- 12-18 Oct **TEMPT8** exhibition; 8 artists known as the Abstract Angels showcase their abstract, landscape and still life paintings.
- 19-25 October **Glorious Mud** exhibition; South of the River Potters Club
- 26 October - 1 November **Body Beautiful V**, Sunday Life Drawing Group
- 2-8 November **Just 4** group exhibition by Bev Johnson, Mary Lange, Marcia Morrow and Jenny Rawlinson
- 9-15 November **Celebration of Youth**; end of year exhibition by the children who attend Atwell Art classes

ATWELL GALLERY AT ATWELL ARTS CENTRE
Riverside location on bus route - Plenty of parking - air conditioned
586 Canning Hwy, (Cnr North Lake) Alfred Cove

Ph: 9330 2800 www.atwellarts.com

By arrangement with Dominic Ltd presents the moving comedy by Tim Firth

Calendar Girls

Directed by Dale James
Stirling Theatre, Morris Place, Innaloo
27, 28 Nov and 3, 4, 5, 10, 11, 12 Dec at 8pm
Matinees: 29 Nov and 6 Dec at 2pm

Tickets: \$22 full, \$20 conc, \$18 members*
Tickets available from Morris News 9440 1040 or www.trybooking.com/153659
*Bookings open 26/10/15

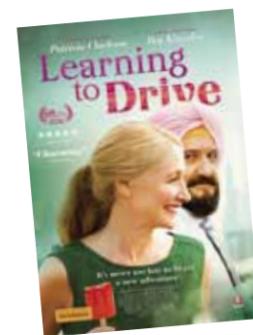
All Star Super Group & Jumping Jack Flash Rolling Stone Show

SATURDAY 7 NOVEMBER
Beverly Platform Theatre, 20 Vincent St, Beverley

TIME: Show starts 7.30pm, gates open 6pm
TICKETS: \$45, pre sale \$40, children under 15 half price
BOOKINGS: Contact Jenny on 0419 040 063 or visit www.beverlywa.com

Outdoor event, food and coffee available, licenced bar, strictly NO BYO, under 18s must be accompanied by parent/legal guardian.

It's never too late to begin a new adventure



PATRICIA Clarkson stars in *Learning to Drive*. She plays the character of Wendy, a fiery Manhattan author whose husband has just left her for another woman. Darwin (Ben Kingsley) is a soft-spoken taxi driver from India on the verge of an arranged marriage. As Wendy sets out to reclaim her independence, she runs into a barrier common to many lifelong New Yorkers – she's never learned to drive.

When Wendy hires Darwin to teach her, her unravelling life and his calm restraint seem like an awkward fit. But as he shows her how to take control of the wheel, and she coaches him on how to impress a woman, their unlikely friendship awakens them to the joy, humor, and love in starting life anew.

Learning to Drive screens in cinemas from 19 November.

WIN WIN WIN

To be in the draw to win one of 10 in season double passes to see *Learning to Drive*, email win@haveagonews.com.au and include the word drive in the subject line or address an envelope to *Learning to Drive Comp c/- Have a Go News Po Box 1042 West Leederville WA 6901* with your contact details on the reverse. Competition ends 8/11/15.

Christmas is in full swing at the Tivoli...

THE TIVOLI CHRISTMAS SHOW

Come and enjoy a fabulous evening filled with festive fun! Including traditional carols at the Tiv and music from country, rock, blues and pop it is party time for young and old alike.

FRIDAY EVENING SHOWS
Doors open 7.30pm for 8pm start
13, 20, 27 November and 4, 11 December

SUNDAY MATINEE SHOWS
Doors open 11.30am for 12noon start
8, 15, 22 November and 6, 13 December

TICKET PRICES
\$20 Adult, \$17 Pensioner, \$10 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.

BOOKINGS
Phone 9364 5463 (please leave a message)
Email tivolibookings@hotmail.com
Web www.tivoli.org.au

VENUE
Applecross District Hall
Kintail Road, Applecross (opposite The Raffles at Canning Bridge)

LIMITED SEATING AVAILABLE SOME SHOWS!

Call or email to be placed on mailing list for future shows

TIVOLETTES (Juniors: 6-16 year olds) Performances commence at 2pm on the last Sunday of each month (May to November) COST: Adult \$3 Child \$1.50
Tea, coffee, snacks and drinks available for purchase.

Check us out on:

PERTH THEATRE TRUST PROUDLY PRESENTS

Morning MELODIES

CONCERTS FOR THE YOUNG AT HEART! *Coming Up...*

CHRISTMAS CHORAL CONCERT
FEATURING SARA MACLIVER

TICKETS \$27
BOOK NOW AT TICKETEK 1300 795 012
In person at Venue Box office or Ticketek Agencies www.ticketek.com.au

His Majesty's Theatre, 825 Hay Street Perth 6000

*Service/delivery fees may apply
A credit/debit card processing fee will apply

WED 16 DEC AT 10.30AM

Everyone loves a Christmas carol. Welcome the season in with soprano Sara MacLiver and Australian vocal ensemble Voyces, who will perform stunning Christmas choral works to thrill Morning Melodies lovers.



BBC First British Film Festival



THE 2015 British Film Festival program will open nationally with the highly anticipated film *Youth*. Fresh from its premiere at Cannes Film Festival and starring veteran British actor Michael Caine, it is director Paolo Sorrentino's second English-language film and the follow-up to his Academy Award-winning film *The Great Beauty* (2013).

For more than 20 years, Fred Ballinger (Caine) has been going to a resort at the foot of the Alps in Switzerland. Now retired after decades of worldwide success conducting orchestras in London, New York and Venice, the composer is approached by a Buckingham Palace emissary (Alex MacQueen). The Queen is offering a knighthood, and wants him to conduct his most famous composition, *Simple Songs*. Fred refuses citing personal reasons. With a large ensemble cast populating the glorious location including Harvey Keitel, Rachel Weisz, Paul Dano, and Jane Fonda, *Youth* is at its essence a wry buddy comedy with wise reflections on life and regret.

And announcing the 2015 retrospective, *Love Actually* – a century of British romance which will feature 10 romantic gems representing each decade of the twentieth century including 1969's *Women In Love* newly remastered and direct from premiere screenings at the London Film Festival.

Presented by Palace, Luna Palace Cinemas and *The West Australian*, the BBC First British Film Festival returns for its third year with a standout selection of festival favourites and box office hits from the British Isles. BBC First is the home of premium, original British drama on Foxtel and Fetch TV and has come on board as naming sponsor for the first time in 2015.

Tim Christlieb, director of channels, BBC Worldwide Australia and New Zealand, said: "We are delighted to be coming on board as the naming sponsor of the BBC First British Film Festival. BBC First is all about showcasing world-renowned, award-winning British talent on both sides of the camera with stories that challenge, immerse and entertain, all with a uniquely British perspective so this is a natural fit for us."

The 2015 BBC First British Film Festival comes to Cinema Paradiso, Luna on SX and Windsor Cinema 28 October – 18 November. The festival opens nationally in October, for updates and more information, visit www.britishfilmfestival.com.au

WIN WIN WIN

To be in the draw to win one of 15 exclusive inseason double passes to the British Film Festival, email win@haveagonews.com.au and include the acronym BBC in the subject line. Alternatively, address an envelope to British Film Festival Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse. Competition ends 24/10/15.

Pantomime time: Dick Whittington

THIS new and original script by Gail Lowe, follows the adventures of Dick and his friends as they travel from London to Morocco in search of fame and fortune. It has a strong, comic story line and some entertaining new characters as well as the traditional favourites of Kitty, Sarah the cook, King Rat and the Sultan. There is the 'tomboyish' Alice, the man-chasing Maneeta, evil Esmerelda and of course Dick. A fun filled panto with many musical numbers from start to finish: a cat, a camel and lots of laughs, culminating in an exciting showdown in King Rat's lair.

Dick Whittington is directed by the very talented Rachel Vonk with her team of music directors Brendan Tobin and Amanda Minutillo and choreographer, Joanne Neesham.

Please book as soon as possible as these pantos always sell out quickly. For bookings contact Gwyne: 9255 1783 or trybooking.com/IOSJ. Tickets: Adults \$22, Conc/child \$20, Members \$18, Family 2ad+2ch \$70

Darlington Theatre Players: 20 November – 12 December, Fri, Sat, Wed. curtain up 7.30pm Sunday matinees 2pm.

Morning Melodies - Christmas choral concert

WELCOME the festive season with Australian vocal ensemble *Voyces*, who will perform a mix of traditional and modern carols.

There is no better way to spend a Wednesday morning than at Morning Melodies, presented by Perth Theatre Trust.

The show will be held at 10.30am on Wednesday 16 December at His Majesty's Theatre.

To book your tickets go to premier.ticketek.com.au/shows/Show.aspx?sh=CHORALCO15 or phone 1300 795 012 or book at the venue box office or any Ticketek agency.

LESLIE HINTON PRESENTS

10cc

Wed 28 October • Astor Theatre
Tickets:
www.astortheatreperth.com Phone 9370 1777
www.ticketek.com.au Phone 13 28 49

With more than 26 million albums sold worldwide, and hits like *I'm Not in Love*, *Rubber Bullets*, *The Things We Do for Love* and *Dreadlock Holiday*, 10cc is one of the greatest British Pop Art bands in the world leading the way with their original and innovative Pop and Rock Ballads.

www.lesliehintonentertainment.com • 9381 1966

St. Mary's Cathedral
CONCERT SERIES 2015

Music for
Winds Brass and Voice

Over 100 young musicians present a programme of works spanning five centuries of music - from Palestrina to Handel's majestic *Zadok the Priest* to John Rutter's exhilarating *Gloria*.

Presented St. Mary's Cathedral Choir, students from UWA School of Music and the Cathedral's magnificent pipe organ.

St Mary's Cathedral
 Victoria Square Perth
Tuesday 27 October
 7.30pm

Tickets \$25 (\$20 concession)
ticketsWA.com 6488 2440
 Also available at Cathedral Piety Stall

Supported by
 PRESS PUBLISHING BOWRA & ODEA THE UNIVERSITY OF WESTERN AUSTRALIA Atteris

Before the concert, enjoy the famous Miss Maud smorgasbord (5-7pm) at the special price of \$35 at Miss Maud Restaurant (Pier St, Perth) on presentation of concert ticket. Pre-booking essential!

Don't miss out on the magical Market Dance Show

IF YOU only go to one event this year, then this must be it... The Market Dance Show 2015. The show will include a selection of routines of performances by students and instructors from the Juan Rando Dance Academy who have been working hard to put together an amazing evening of Latin, Brazilian, African and Bollywood dancing.

Enjoy a welcome cocktail on arrival and food and drinks are available to purchase throughout the evening, (cash only). The show will be held on Saturday 24 October at St Hilda's Performing Arts Centre at 26 Bayview Terrace in Mosman Park.

Doors open at 5.30pm and show starts at 6.30pm. If you would like to purchase tickets please contact Nella on 9382 3235 or email: nella@jrda.com.au

Tom Collins Poetry Prize - enter now

THE Tom Collins Poetry Prize is an annual competition inaugurated by Fellowship of Australian Writers WA (FAWWA) in 1975 in memory of Australian author Joseph Furphy (1843 - 1912) who wrote as Tom Collins.

Closing Date: 15 December (entries must be postmarked by this date).

Number of Lines: Maximum 60 lines per poem.

Prizes: First \$1000, Second \$400, 4 x Highly Commended \$150, 4 x Commended (recognition only).

Entry Fee: \$10 for one poem, \$15 for two, \$20 for three (maximum of three poems per author).

To Enter: Simply click and download the Tom Collins Poetry Prize submission form media.wix.com/ugd/5ad191_b4941df5afbe442e9206db8259e64633.doc?dn=TCPP15%20entry%20form.doc and send in with a copy of your poetry submissions to FAWWA Competition Secretary, PO Box 6180 Swanbourne WA 6910 or Email to fellowshipaustralianwriterswa@gmail.com

www.marlootheatre.com.au

DARLINGTON THEATRE PLAYERS at MARLOO THEATRE GREENMOUNT

**FRI, SAT, WED 8PM
 SUN MATINEES 2PM**
**TIX: Adults \$22
 conc/ch \$20
 Members \$18
 Family 2ad + 2ch \$70**

**BOOKINGS: GWYNE 92551 1783
 or
 TRYBOOKING.COM/IOSJ
 12 NOV ~ 20 DEC**

A new exciting Panto by Gail Lowe. By arrangement with NODA Ltd UK

Crossing Over with John Edward

Live in Perth!!

See John Edward LIVE at the Riverside Theatre

November 10th 7:00pm

Tickets Available at johnedward.net and premier.ticketek.com.au

@psychicmediumje

*Reading not guaranteed

LESLIE HINTON PRESENTS

SHEENA EASTON
 with special guest COSIMA

Tue 24 November • Astor Theatre
Tickets: www.astortheatreperth.com Ph 9370 1777

Sheena Easton is a Grammy award winning '80s music icon, gaining world wide success for such songs as *Morning Train*, *For Your Eyes Only* (from James Bond), *We've Got Tonight* with Kenny Rogers, *Sugar Walls* with Prince and *U Got The Look*.

Selling over 20 million records and receiving 2 Grammys, she continues to record with various artists, in addition she has appeared in film, theatre and TV.

www.lesliehintonentertainment.com • 9381 1966



Please nominate a category for your advertisement.
Tick one box only.

- Travel companion
- Pen friend
- Seeking a friend
- Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered 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.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:
Please include two stamped (\$1.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

Seeking a Friend

AS A relatively newcomer to Perth, mature lady, 60s, seeking company of other ladies for outings, movies, tea, girl talk and interests. Have a partner. Live NOR in own home.
Reply Box 6832

AUSSIE male, 59, slim, healthy, fin sec. Likes to travel, walk, shows, seeking a nice lady.
Reply Box 6851

BUNBURY lady, 66, seeking genuine friendship, male or female. Interested in water sports, knee boarding etc. Must have recreation skipper's boat ticket and live in postcode 6230. I also like dancing, bootscooting, camping, fishing, bike riding and tennis.
Reply Box 6843

CARING active, lady 65 seeks a genuine friendship with a sincere, unattached, DTE gentleman, similar age. I enjoy the outdoors, homelife, travel, good conversation, sensitive. Life is better when you share it with another! Cuppa?
Reply Box 6831

FREO gent, 60 years, easy-going, loves dogs, disabilities, GSOH, DTE. WLTM female, 55+ with all of the above also. Enjoy 4WD, gardening, beach.
Reply Box 6854

GENT 60s, NS, GSOH, SD, seeks lady, any nationality, open age for discreet meetings, must be open minded. Time is passing. We must take chances and do what we want, don't be the one who said I wish I had. Armadale/Cannington area preferred. ALA.
Reply Box 6846

Visit *Have a Go News* online: www.haveagonews.com.au

GENT 60s, 180cm tall, UK/Australia, easygoing, presentable, well educated, VGSOH, WLTM special, compatible lady, 55-62, enjoy companionship, social activities, outdoors, travel, basically enjoying life, maybe relationship later, initially coffee would be nice, NOR.
Reply Box 6834

GENT 76, SD, NS, WLTM lady interested in travel in motorhome, intially once a month for two to three days, caravan club outings then extended travel. Widower WLTM lady with like interest. SOR. Likes reading, country music.
Reply Box 6855

IS THERE a lovely, retired, educated gentleman who would like to be a part time friend. I am slim, active, presentable, financial secure, NS. WLTM SOR, love meeting new people and seeing new places.
Reply Box 6829

LADY 60+ seeking just new friends, whoever enjoys life, weekends away, picnic, barbecue, theatre, live shows, dining in/out, red wine, play bridge, country drives, travel, camping, good conversation, GSOH, NOR, ALA.
Reply Box 6835

LADY 70s WLTM SOR man, NS, GSOH for social outings and friendship, 6210 area please fishing, bike riding and tennis.
Reply Box 6844

LADY in her 60s, WLTM gent with easygoing attitude and GSOH for outings, movies, maybe travel, perhaps future partner. I am slimmish, fit, active and adventurous who appreciates honesty and positivity in a person.
Reply Box 6849

LEAVE your comfort zone. Socialise with lovely singles group, 50s/60s, free, meets SOR to arrange outings north and south of the river. More men welcome to balance our group. Landline preferred.
Reply Box 6845

LOOKING for active gent, 70s/80s, own home and car. Enjoy a good woman. Wants life time partner not over night. I am fun-loving, sincere, NS, SD, only reply if sincere, social, honest and fun-loving.
Reply Box 6842

MALE 76, 5'8", Jewish, not English, 12 years in Australia. Seeking a friend to share life. Mandurah area. Vegetarian, industrial engineer, naturopath, NS, ND. Likes outings, music, dancing, reading, socialising.
Reply Box 6828

MATURE gent, Asian born, well presented, university educated, financially independent, easygoing, likes music, food, wine, travel, gardening, seeks 70+, honest, well presented lady for friendship, any nationality.
Reply Box 6833

MESSAGE for the gent with Russian parents who wrote to good woman (Reply Box 6763). Would love to talk but you forgot to include your phone number.
Reply Box 6841

SEEK and you shall find. Certainly I believe so because I am in search of a terrific you. A DTE man for a terrific me. Must be free of ties and determined to form a relationship if suitable. Therefore who knows must be you - age open. I'll be anxiously waiting to hear from you soon. Me; 70+.
Reply Box 6823

SINGLE lady 69, medium build. Interests are dining in/out, music, drives, travelling, socialising, GSOH, SD, DTE, TLC. WLTM NOR, like to meet gent same interests, honest, sincere with future relationship.
Reply Box 6848

WIDOW mature aged, English born, well educated, tall, slim, fit, community involved, GSOH, NS, SD, fin sec, own home SOR. Interests; travel, tv, movies, outings. Seeks intelligent, active, caring man, 75-85 for coffee, chat, companionship.
Reply Box 6853

Seeking a Partner

ALA GSOH, NS, ND, NG, WLTM. Lady widow, 68, looking for a man over 75, SOR, own home or farm. I am a retired nurse, kind, soft, caring, likes fishing, cooking, travel and walking.
Reply Box 6836

AUSSIE male, 49, tall, fit, educated, presentable, NS, SD, GSOH, enjoy travel, beach, movies, arts, music, theatre, nature. WLTM intelligent, happy lady, 55-65, respectful to pursue a good friendship.
Reply Box 6827

EASYGOING gent, good looking, 70s, GSOH, fin sec, dancing, travelling, seeks lady companion for good relationship, 65-75. Let's meet for coffee. Photo please. Nationality open. ALA.
Reply Box 6847

ENGLISH Australian lady, 66, attractive, refined, educated, medium build, ND, DTE, GSOH. WLTM unattached, sincere, caring gentleman, European or Australian, 65-72, prefer widower. My interests are walking, reading, gardening, country drives, socialising. Genuine replies only.
Reply Box 6852

GENT 68, creative, sensitive, caring, resourceful, GSOH, WLTM precious lady same age, fit, sensible, happy. See you soon.
Reply Box 6826

GENT 69, with mature young outlook with lots of interests. I'm sincere with GSOH, NS, NG, love gardening, music, dancing, camping, outdoors, presentable. I'm NOR. Love lady, 55-70 for a chat.
Reply Box 6837

GENT 70+, very active, retired widower, living in own home, has varied interests ie camping, caravanning, dining out, quiet nights at home, movies, live shows, loves travel, WLTM nice lady any age or nationality for a long term loving relationship. ALA.
Reply Box 6825

GENT 76, fit, happy, active, NS. Likes walking, movies, dancing, life in general. Seeking a lady, NS, fit for friendship relationship. SOR.
Reply Box 6824

GUY 63, fin sec, very neat in appearance, has own home. Presently caravan travelling, looking to settle in Mandurah, seeking similar lady. I enjoy travel, ballroom dancing, kayaking, affection, country drives, 'lounge hugging', showing love. NS.
Reply Box 6856

LADY WLTM gent, 65-70, NS/SD, retired, tall, slim/med, active, fit, sincere, not into mind games, casual flings. WLTM easygoing, tall, slim lady. My interests; walking, reading, travel in/out Australia, good company, conversation, quiet times, CBD.
Reply Box 6838

SPRING is the time for new beginnings, so many firsts to come with that new friend, lover. Lady WLTM gent 68+, who likes travel, caravanning, love and laughter, still enjoys living, GSOH, DTE, NS, SD, good conversation, various interests. Let's meet over coffee and chat. ALA.
Reply Box 6840

WELL presented 58, gent, no baggage, fit, intelligent, comfortably off. WLTM NS, SD lady.
Reply Box 6850

WITTY guy, 65, medium build, WLTM lady, 50-60. Loves music, singing, cooking, movies, short country drives, picnics and sometimes quiet nights. Ladies this man is happy, fun-loving and guarantees you unlimited happiness in life.
Reply Box 6839

Have a Go
NEWS

Join us online:

Friend to Friend: When replying to an entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042, West Leederville, WA 6901.
(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened.

Friend to Friend etiquette

- FRIENDLY tips for maximising your use of this free service;
- Use the grid, write your entry in ink using one space per word.
 - Your entry must fit into the 35 spaces of the grid - NO EXTENSION OF GRID IS PERMITTED.
 - Post the entry to Friend to Friend PO Box 1042, West Leederville WA 6901 by the 20th of the month preceding publication.
 - Your entry must be accompanied by two C5 envelopes (which measure 23x16cm and are obtainable from Australia Post) Each envelope must have \$1.40 postage. Please follow these instructions to guarantee your entry will be considered for publication.

Volunteer parking assistants wanted for Have a Go Day

This is a one day only event and is held at Burswood Park, next to Crown, Wednesday 11 November
All enquiries 9247 4645

SOLUTIONS CONTACT COLUMN
Below are people who think it's never too late to find love and will never stop trying. How about you?
9371 0380

- WOODLANDS LADY 66** Delightfully friendly, intel, well spoken, educated, of farming b/ground & still actively involved in her Wheatbelt property. Sks educated farmer/retired OK 65-75.
- ALEXANDER HEIGHTS LADY 59** Asian origin, no ties, indep, natural, happy, d.t.e & looking to meet sincere gent 60-80 for genuine, loving r/ship. Loves cooking, gardening, travel & quiet nights at home with a good movie.
- HILLARYS LADY 69** Sweet, friendly, compassionate and full of heart. Well travelled, loves a dinner out as well as going away in the caravan. Seeking like minded gent 65-75 w/similar interests.
- INNALOO LADY 65** Vibrant & youthful grn eyed blonde. Open minded, easy to talk to, intel w/ a sense of fun. Enj gd conversation, music & a bit of everything else. Sks gent who still has some spark in him 60-70.
- PERTH HILLS LADY 70** Farmers daughter, blue eyed brunette, vivacious, lively, worldly w/ a great sense of humour to match. Loves good conversation, a good laugh & trying new things. Sks honourable man 65-75 who still has a spring in his step.
- PEEL LADY 57** Attr, well grmd, friendly disposition & likes to help others. Likes to keep fit by walking, going to the beach & gardening. Would like to meet happy, funloving gent 55-65 happy to explore new things.
- DOUBLEVIEW GENT 75** Ret businessman, well grmd, honest, loyal & ready to give his all to finding happiness. Sks a lady 60-75 who is adventurous, secure in herself and ready to enjoy things as a couple.
- MIDLAND GENT 67** Intelligent, cheerful & easy going w/ good sense of humour & some old fashioned values. Enj local travel, gd music, cooking, the great outdoors. Sks lady who likes to get out there and gives things a go 60-70.
- MAIDA VALE GENT 67** Family minded gent, e/going & d.t.e. Likes to entertain friends, bushwalks, cooking & the occ weekend away. Sks active, caring lady 60-70 who is ready for a loving and meaningful r/ship.
- DUNCRAIG GENT 70** Delightful & charming, Brit born, 5'10", fit/active, sensitive & caring. Likes to paint, dance, cook, the outdoors & trying new things. Sks lady w/a happy disposition 60-75.

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Matching mature singles since 1995
Ask about our new "pay as you go" special

Visit *Have a Go News* online: www.haveagonews.com.au

Scene Socially.....



SCENE (1): THE WA Seniors Awards were held on the International Day of Older Persons on 1 October, a pre-award afternoon tea was hosted by Minister for Seniors Tony Simpson MLA for finalists and sponsors at Parliament House the day before.

SCENE (1): Seen at the event were top row from left: COTA WA CE Ken Marston, COTA WA board member Bettine Heathcote and Department of Local Government and Communities Susan Gallacher - 2014 WA Juniper Senior Champion of the Year Maureen Angus with her daughter Colleen Angus - Inter-generational award finalist Peter Hilgerndorf, Have a Go News journalist and Deborah Kirwan Media Award finalist Frank Smith with his wife Mary-Helen Smith - Crown Perth general manager - public relations Denise Cheir with Department of Local Government and Communities Craig Francis. Second row from left; COTA WA president Judy Hogben with Bettine Heathcote, Seniors Advocate finalist Associate Professor Christopher Eiherton-Bear and Juniper chief executive Vaughan Harding - Community Senior Volunteer finalist Don Watson with Minister for Seniors Tony Simpson and Community Senior Volunteer finalist Brother Olly Pickett



SCENE (2): THE turning of the sod took place at Bethanie's new development in Peel last month. The development is a partnership between Bethanie and PS Structures, the builder responsible for the \$18.5 million contract and will consist of 98 one and two bedroom apartments just minutes from the Mandurah Town Centre.

SCENE (2): Seen at the groundbreaking ceremony were (L to R) development coordinator, Bethanie, Jacob Hollenburgh, Bethanie CEO, Chris How, managing director, PS Structures Royle Godwin.



SCENE (3): CONGRATULATIONS to Dr. Ramesh Parthasarthy who was the overall winner of the Bethanie Medallion. Have a Go News was pleased to be one of the sponsors of this awards ceremony. The gala ceremony took place in late September at Bethanie Menora. Dr Parthasarthy has been the sole geriatrician in charge of the Sub-Acute Restorative Unit at Bunbury Hospital and also the provision of Aged Care Medical Care in the south west for the past four years. Dr Ramesh provides a service where there was none previously. Dr Ramesh was nominated by many individuals made up of patients, nurses industry peers and fellow medical practitioners. This is a testimony to the quality and appreciation of Dr Ramesh's work in regional WA.

SCENE (3): Seen at the event were: Ron Reddingius representing Have a Go News' Jennifer Merigan, Barry Honey, Former Seniors Minister Robyn McSweeney, Bethanie Medallion winner Dr Ramesh Parthasarthy and Bethanie CEO Chris How.



SCENE (4): THE Have a Go News State Singles 2015 were held on Tuesday 15 September at Alton Park Leisure Centre.

Have a Go News is a proud sponsor of WACBA, please direct all membership enquiries to Jean Sked 0413 974 293 or Barbara Price 9344 3215.

SCENE (4): Top row from left; Ladies first place Georgie Waghorn - Herald Avenue and ladies runner up - Margaret Motherwell - Herald Avenue. Second row from left; Men's first place - John McCance - Herald Avenue and men's runner up - George Heels - Rockingham Autumn Centre.



SCENE (5): THE Mandurah branch of the Seniors Recreation Council held their annual general meeting to promote recreation in the Peel region.

SCENE (5): Clockwise from top left; Tori Davis, Shire of Waroona, Rob Manning, Greenfields, Ronnie Beaton, Stay on Your Feet - The Waroona Girls, Sheila Panton, Cheryl Cicotosto and Meg Cooke - President SRC WA, Hugh Rogers and SRC Mandurah's Dorothy Best - Billie Gibson and SRC Mandurah's Jan McGlimm.

At the midnight hour: The power of positive thought



Jon Lewis

by Jon Lewis

CAN being positive become a habit without driving everyone crazy?

I took some calls the other morning regarding gratitude and appreciation.

One caller, Dennis, shared the story of how many things in his day had fallen over and he was then left with two choices. One was to fall over himself and give up, the other was to appreciate the good things still left standing. He found, by habit, to choose appreciation of the good things. We talked some more and started to explore the idea that a positive nature can protect us from troubling times. It's important to note this philosophy may not cure troubling times, however we can be sure it will help us through them.

Dennis had been exercising a positive nature over the past few months and found more often he was dealing with tough times more positively. So much so that he found more and more often he could greet a tough time with a smile. He also noted that the tough times seem to be less and less. Now there is no way to prove that being

positive can reduce problems in life however he felt the problems were becoming less obvious to him and the good things seemed to shine brighter and catch his attention.

I personally wonder how many times we worry and fret over a perceived problem perhaps even as simple as returning a phone call? I wonder what we think before opening up a letter? I also wonder what this does to our bodies healthwise? I do believe having a positive attitude is like a muscle that needs exercise.

To start, I would approach positive thinking with a few re-occurring events. For example when the phone rings I would assume it's good news. I would also answer it standing up if I can. Changing the mental with the physical reinforcing action is a great tool. Did you know, sometimes you can turn the potentially bad phone call around just by answering the phone with a very happy manner.

The nonprofit medical practice and medical research group the Mayo Clinic says positive thinking helps us with stress management and can even improve your health. I like the sound of that.

Jon Lewis can be heard on 6PR 882 AM, Monday to Friday from midnight to 5.30am.

Is your club looking for a quiz master? Jon is available as your quiz master. Text him on 0404 005 882 or email jon@haveaquiz.com

For more details, visit the website www.haveaquiz.com

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11 November 2015

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Tour Cost: A\$2500* which includes: while in China,
• Single room hotel accommodations;
• All onshore transport (domestic flights and meals);
• Admission charges to all scenic attractions
• Meeting of pre-selected ladies

*Tour cost does not include return airfare from Perth to China and China Visa fee.

Deadline: 5pm Monday 2 Nov 2015.

This is a small group tour and seats are strictly limited.

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Lake Joondalup 390/1140 WANNEROO RD, ASHBY



1
1
1
W/C 1

This one bedroom plus study home is in a lovely elevated position with views over the rooftops to distant greenery. Lounge, kitchen and bedroom are generously proportioned with ducted reverse-cycle air conditioning throughout. A private outdoor undercover entertainment area and a small easy care garden make this a delightful home.

To find out more, call 9404 5011 or lakejoondalup@nlv.com.au

Bridgewater 78/106 OAKLEIGH DRIVE, ERSKINE



2
0
1
W/C 2

This fantastic home has several unique special features such as a totally enclosed sun room (great for pets), brick paved large alfresco, reverse cycle air conditioning, garden shed, two queen sized bedrooms and a high raked ceiling to the living room. The kitchen enjoys a beautiful outlook to the park and access to the sun room is via the living room and master bedroom.

To find out more, call 9550 4882 or email bridgewater@nlv.com.au

Pineview 154/48 ASHLEY ROAD, TAPPING



1
0
1
W/C 1

This one bedroom home has been renovated inside and out to the highest standard. Split reverse cycle air conditioner will keep you perfectly temperate all year round. The living area is tiled for easy cleaning and the wood-look vinyl to kitchen is a nice touch. The kitchen has plenty of storage and bench space plus lovely bay windows. A beautiful outdoor entertaining area enjoys a sheltered section for the winter as well as plenty of sunny space.

To find out more, call 9404 5011 or pineview@nlv.com.au

Busselton 201/16 LEEUWIN BLVD, WEST BUSSELTON



2
0
1
W/C 2

This attractive Yelverton Design features two large bedrooms and study with bi-fold doors and a kitchen fit for a chef with plenty of cupboard and bench space. Other features include air-conditioning; a spacious lounge and dining; a semi-enclosed outdoor patio with a tall outside fence for absolute privacy. It is also north facing to catch the warm winter sun and includes solar roof panels.

To find out more, call 9752 6704 or busselton@nlv.com.au

Tuart Lakes 408/831 MANDURAH ROAD, BALDIVIS



3
0
2
W/C 2

This large three bedroom, two bathroom home is in a location that cannot be replicated—an elevated site alongside the park in the premium Tuart Lakes Lifestyle Resort. Includes a large, private, rear garden; reverse cycle air conditioning; large shed; large yard and an over-sized alfresco area. An immaculate property all-round.

To find out more, call 9523 5000 or tuartlakes@nlv.com.au

Hillview 152/597 KALAMUNDA ROAD, HIGH WYCOMBE



3
0
1
W/C 2

A well presented home, with nothing more to do. This lovely three-bed (or two-bed plus study) home ticks all the boxes with an ensuite bathroom; extra WC; air conditioning; solar panels; modern neutral fittings; easy care patio garden; and café blinds.

To find out more, call 646 7 3100 or hillview@nlv.com.au

Vibe 331/124 SIXTY EIGHT ROAD, BALDIVIS



1
0
1
W/C 1

The beautifully presented Camilla home offers an open living plan with raked ceilings and includes a reverse cycle air conditioning; extra-large shed; ample kitchen bench space; bathroom vanity; tiled living and wet areas for easy cleaning; low maintenance rear garden with alfresco. The most affordable home in the Village, this is absolute value for money with nothing left to do.

To find out more, call 9524 4400 or vibebaldivis@nlv.com.au

"They don't make you feel old, they make you feel younger."

Dave and Lynette moved into Tuart Lakes Lifestyle Resort, Rockingham in 2013 and they, like many others, are so glad they made the move.

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"It's nothing like a retirement village," adds Dave. "They don't make you feel old, they make you feel younger. With all the things that they've got that you can do - you can get involved with as much or as little as you like."

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