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VOLUME 22 NO.05 ISSUE NO. 248 NOVEMBER 2012

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- Heritage Corner
- Food & Wine
- Bendigo Bank Seniors Week Festival
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- Healthy Ageing

Competitions/Giveaways





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'Have a go' at an ocean swim



Members of The Melville Masters Club gather for a swim.
 From left to right; Pam Walker, Rowena Burch, Rhonda Maloney, Peter Clarke, Anne Hitchen, Nina Morrow, Greg Hitchen.

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by Wendy Holtom

IT'S THAT time of the year again for all keen ocean swimmers to get out their bathers and goggles and enter the BE ACTIVE Novice Ocean Swim which is conducted annually by the Fremantle Masters Swimming Club in conjunction with their Fremantle Ports Swim Thru over 1600 metres.

Both events will be held at South Beach, South Fremantle on Saturday 8 December 2012 commencing at 8.30am, although to register you will need to get there a bit earlier.

The novice event, which is sponsored by Healthway under their BE ACTIVE health message, gets underway around 8.45am after the start of the main event.

Participants in the BE ACTIVE Novice Ocean Swim are encouraged to see the start of the 1600 metre event which they may possibly aspire to enter, sometime in the future.

Swimmers of all abilities are encouraged to participate in the 400 metre novice ocean swim which is supported by *Have a Go News*.

This shorter event is particularly aimed at beginner ocean swimmers. However any interested adult swimmers are encouraged to enter and 'have a go' at swimming in the ocean, in this well supervised and non-competitive event.

The BE ACTIVE Novice Ocean Swim is not a race, although times will be provided if requested, and is ideal for swimmers who cannot yet manage the longer distances of

other open water swim events.

Most importantly it is a fun event, so participants can enjoy a leisurely swim at their own pace over the course that is supervised by surf life-savers.

Some keen participants do manage an extra lap of 400 metres.

Maybe you would like to try the swim with a friend or family member; it's much more fun swimming with a buddy.

Spot prizes for the BE ACTIVE Novice Ocean Swim will be awarded and you can also enjoy breakfast which can be paid for with your event registration.

Enter on-line through the Fremantle Ports Swim Thru webpage at www.fireofins.com.au or down-load the entry form from the 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 access 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 more than 45 are now enjoying the physical and mental benefits of swimming regularly at Masters Swimming clubs - so 'have a go' now.

Wendy Holtom is Executive Officer of Masters Swimming Western Australia, phone 9387 4400 or visit www.mswa.asn.au for further details.



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Grandparent's Favourite Clicks Competition



Babies and toddlers up to two years category
 Congratulations to Val and Colin Walpole of Butler whose photograph of six month old grandson Oliver is captioned: *Is it dinner-time yet - I'm starving?*



Two years to teens category
 Congratulations to Jo Hamlet of Donnybrook whose photograph of her three-year old granddaughter Savannah is captioned: *Dressing-up can be so tiring.*

HAVE YOU taken any photos of your grandchildren that you consider especially cute, amusing or unusual?

If so, to be in the draw to win \$50, enter our Grandparents Favourite Clicks Competition and send your favourite photographs to us either by post to Grandparents Favourite Flicks Comp, c/o *Have a Go News*, PO Box 1042, West Leederville 6901 or email hagncomps@haveagonews.com.au

There are two categories...one for Babies and Toddlers Aged Up To Two Years...and the other for

Grandchildren Aged from Two Years to the Teens.

Please send together with a descriptive caption, just one photograph in each category, which should be no larger than postcard size and taken in the previous 12 months. If emailing, keep the size to less than 3MB and mark in the subject area: Photocomp.

Do remember to include your name, address and phone number so that we can contact you.

As always, it is hard to choose a winner in each category. In our opinion, all the photos entered deserve a prize.

A cheque for \$50 will be sent to both winners. NB: If you require the photographs to be returned please send a stamped addressed envelope. No correspondence will be entered into regarding the winning shots.

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From the Editor's desk



HELLO everyone,

On Melbourne Cup Day, all of us here at *Have a Go News*, gathered in what we euphemistically call the 'summer house' at the rear of our office to enjoy a delightful and relaxing couple of hours to watch the race that stops the nation, imbibe a champagne or two, enjoy a delicious lunch - thanks Jen - and just relax and enjoy each other's company.

A Melbourne Cup lunch is not complete without a sweep which was ably organised by Pete Johnston, our sales team coordinator.

Congratulations to Pete's wife Jude who was the win-

ner with lucky Lisa from admin, taking both second and third prizes. A Melbourne Cup sweep is probably the only competition where the last horse also wins a prize and this was won by senior sales consultant Di.

On the day, Pete also organised a syndicate among us to invest in the \$110 million Lotto draw that night with each of us musing on what we would do with the winnings in the unlikely event that we won the big prize.

We all agreed that despite our newly found wealth, we would all continue to work at *Have a Go News* and discussed giving some sensational competition prizes to our dear readers.

The next day it was time for a reality check and sadly to shelve those dreams until the next big jackpot.

We all love working at the paper and the opportunity it gives us to interact with our community and meet such wonderful and inspiring people from all walks of life. Speaking of inspirational

people, Seniors Week is coming up with the peak event, Have a Go Day being held on Wednesday 14 November.

I have been at every Have a Go Day since 1992, but for the last two years I have been unable to attend due to other commitments (an annual conference held in the Eastern States).

However, this year, the stars have lined up, the conference dates have been moved and I am delighted to be able to enjoy the best seniors' event of the year.

I look forward to meeting up with readers on the day and would love you to visit our hospitality tent for a 'cuppa' and to say hello. See you then.

That's all from me this month.

Keep happy and healthy!

Judith Treby
 Editor@haveagonews.com.au

Like *Have a Go News*, Facebook or follow us on Twitter.

Diabetes WA lights up Bell Tower for World Diabetes Day

DIABETES WA will be lighting the Perth Bell Tower blue for World Diabetes Day on 14 November 2012.

Diabetes WA Chief Executive Officer, Mr Andrew Wagstaff, believes it is critical the impact diabetes has on the Western Australian community is continually highlighted.

"Diabetes is Australia's fastest growing chronic disease," said Mr Wagstaff.

"In Western Australia alone, there are more than 104,000 people diagnosed with diabetes. For every one of those, it is estimated there is another person at risk of having diabetes in the community who is unaware that they have the condition.

"Lighting the Perth Bell Tower on World Diabetes Day is a great way to remind the community about the tens of thousands of

people living with type 1 and type 2 diabetes every day.

"It also serves as a visual reminder of the advocacy and support services, educational programs and products that Diabetes WA provides people with diabetes and their families," concluded Mr Wagstaff.

If you know of someone who has diabetes, this occasion is an ideal opportunity to ask them if they have registered with the National Diabetes Services Scheme (NDSS). Registration allows access to reduced rates for products (including test strips, needles and pen needles) and services.

For more information about Diabetes WA, please visit www.diabeteswa.com.au or contact the Diabetes WA Information and Advice Line on 1300 136 588.

Christmas Candlelight Memorial Service

BEREAVED parents, relatives and friends are invited to attend the annual Candlelight memorial service of the Compassionate Friends Mandurah on Sunday 9 December 2012. It will be held this year at Christs Church Anglican Church in Sholl Street, Mandurah.

Please arrive at 6.30 for a 7pm start. Feel free to bring a small framed photograph of your loved one and a plate for a shared supper afterwards. Candles are provided.

For more information please contact The Compassionate Friends Mandurah on 9535 7761 or email tcfmandurah@bigpond.com

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 An evening with Sir Cliff Richard. See page 60.

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Researchers Annette Baudisch and Oskar Burger

by Frank Smith

GERMAN researchers, Oskar Burger, Annette Baudisch, and James Vaupel of the Max Planck Institute for Demographic Research in Ger-

Seventy-two is the new 30

many have calculated that the chance of dying (0.8 per cent) at 72 in a country like Australia is the same as that of dying at 30 in a hunter-gatherer society.

And that difference has been achieved in only four generations. Mortality at younger ages is now 200 times less than in previous generations. Moreover the death rate of hunter-gatherers was already low compared to that of other animal species.

In a paper *Human mortality improvement in evolutionary context* published online, the authors say the average mortality of hunter-gatherers is nearer to chimpanzees, our closest living relatives, than to humans in some industrialized countries.

In the three million years since chimpanzees and humans separated from a common ancestor, longevity increased by a decade every 1.3 million years, but in the past hundred years it increased dramatically – at the rate of three months for every year. This improvement is the result of lower mortality at all ages.

Scientists have been able to extend the lifespan of several organisms by selection for longevity, dietary restriction or mutations that affect the

endocrine system, but none of them increase lifespan as much as has occurred in modern humans.

Little or none of this longer lifespan is due to changes in human genotype, because little selection could have taken place in only four generations.

The authors says the changes must be largely due to changes in the environment, such as better nutrition, healthcare and particularly reducing the effect of infectious disease at a younger age.

Most theories of ageing suggest that late-life mortality is determined by genetic errors that occur during cell division. It is thought that these deleterious mutations progressively accumulate with age.

Dr Burger and his colleagues say this is difficult to reconcile with these observations of mortality. In fact the human genome appears to give humans a license to drastically reduce mortality by non-genetic change.

The ability of humans to prolonged life is unprecedented. The authors say it is difficult to predict when this improvement will stop.

Perhaps there is no upper limit to the length of time humans can live.

Computer use keeps seniors' brains in good working order



Professor Osvaldo Almeida

by Frank Smith

OLDER MEN who use a computer for email, browsing the Internet, word processing, games or social media have a 40 per cent lower risk of developing dementia than those who never or rarely use a computer.

That is the conclusion from an eight-year study by researchers at the University of Western Australia of more than 5500 men aged 65 to 85.

Professor Osvaldo Almeida, the lead author, is Research Director at the Centre for Health and Ageing.

"As the world's population ages, the number of people experiencing cognitive decline and dementia will increase to 50 million by 2025," he said. "But if our findings are correct, the increase in the number of cases of dementia over the next 40 years may not be as dramatic as is currently expected."

Previous studies have shown that exercising your brain by activities such as crosswords and computer games decreases your risk of dementia. However there has been no published study of the effect of long term computer use.

"So it got us thinking, with personal computer ownership on the increase, could it make a difference? We found that it did, and that there was a significant benefit," he said.

Computer users tended to be younger than non-users, have completed at least high school, and lead a more active social life. They are also less likely to show evidence of depression or poor physical health.

Computer use by seniors is growing rapidly. In Western Australia 47 per cent of over 60 year olds have a computer at home, compared to only 29 per cent six years ago. Others have access to a computer through libraries and some seniors' centres. More than 80 per cent of senior computer owners browsed the Internet or used email and chat sites. Half of them paid bills over the Internet.

The researchers found that the risk of dementia was up to 40 per cent lower among older computer users than non-users and that this was not due to differences in age, education, social isolation, depression, overall health or cognitive impairment.

There was also evidence that the more seniors used the computer the lower their risk of getting dementia.

Although no women participated in this study it is very likely that they too benefit from computer use, however computer use is less common amongst older women.

The researchers were not able to say if computer use prevents the disease process that leads to dementia or just delays the clinical onset of the disease.

Professor Almeida says older people should be encouraged to embrace computer technology as long as they understand the dangers of prolonged physical inactivity and the many advantages of a balanced, healthy and active lifestyle.

The research is part of Australia's longest-running longitudinal study of men's health and ageing. It has been following a group of more than 19,000 men since 1996.

The results were published in the journal *PLoS-One*.



Disability Services Minister Helen Morton congratulates Kim Collard on becoming the latest Count Me In Ambassador.

A BALLADONG Nyoongar man with a strong understanding of Aboriginal and disability sectors was recently appointed a Disability Services Commission Count Me In Ambassador.

Kim Collard was introduced as an ambassador during the launch of the commission's Reconciliation Action Plan 2012-2014 at the Constitutional Centre in West Perth.

Disability Services Minister Helen Morton said being a Count Me In Ambassador was an opportunity to speak out about the need for inclusion, participation and access for people with disability across all communities.

"Kim is passionate about raising awareness of disability within Aboriginal communities and wants to work closely with both Aboriginal and non-Aboriginal ambassadors to contribute to this

New ambassador to help Aboriginal communities

awareness," Mrs Morton said.

Mr Collard has a Bachelor of Applied Science in Aboriginal Community Management and Development, a Masters in Aboriginal Health Economics from Curtin University and is the director of an Aboriginal education and training consultancy.

The Minister said ambassadors were committed to promoting the State's Count

Me In vision across Western Australia - so that all people live in welcoming communities which facilitate citizenship, friendship, mutual support and a fair go for everyone.

Kim Collard is director of Kooya Consultancy. Contact number is 9296 0477.

* For more information visit <http://www.disability.wa.gov.au/countmein.html>

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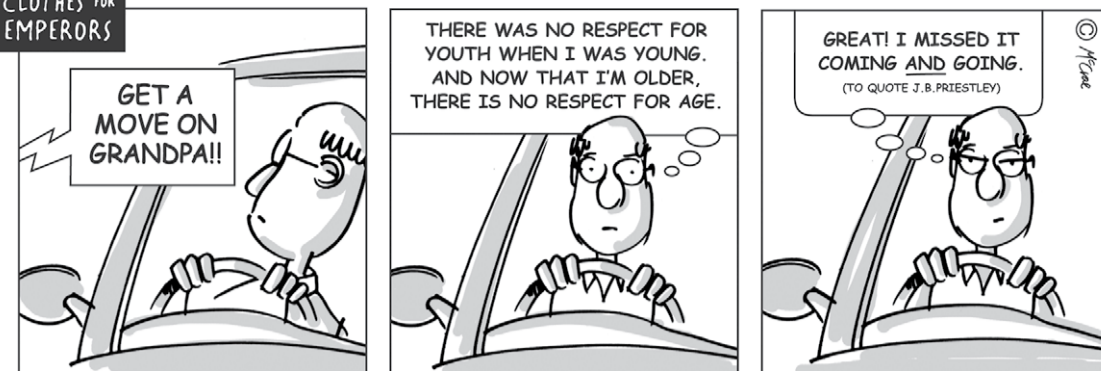
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Letters

Submissions may be edited for clarity and space.

I WANT to say how much easier it is to read and navigate the new internet format of *Have a Go News*. Please thank all involved; it is the best on-line newspaper I have come across so far. I look forward to "my paper" each month and being able to really read HAGN hot off the press without having to haunt the libraries and shopping centres looking for the paper. This has made me one very happy reader.

THANK you so much for putting our Photo Market details in *Have a Go News*, especially on page 2. This was fantastic. At the beginning of the month I waited patiently for *Have a Go News* to be delivered and when I did get a copy it contained a great collection of interesting articles and information. I really enjoyed this edition overall. Keep up the good work. Have a great week.

Kind regards,
Judith Wailes

Kind regards,
Kathryn

I HAVE just read the interesting article about Walk Over October and in particular the comments by Trevor Shilton and his advice, based on a United States study to take walks instead of using the car to make short trips to the shops and to get to public transport. I live in Perth Hills and would not consider walking from Stoneville to Mundaring to do the daily shopping, nor to Midland to catch a train. As for US health studies, one needs only "Google" Lipitor to read the number of confusing comments by doctors on possible side effects of this cholesterol lowering drug. It will scare you to death. I had a quintuple heart bypass 15 years ago and from then on [have] maintained average weight through a low-fat diet. I have kept my cholesterol to the prescribed level and exercised in a gym regularly. Two years ago I suddenly needed two stents because of a blocked artery. In hospital I confronted the doctors about why my artery became blocked after years of "correct living." Their answer was "we really don't know." I was informed that the latest think-

ing was that cholesterol was no longer the villain but that free radicals were now under suspicion. (I thought these caused cancer). So where are we to go from here? Often we read of recommendations by the medical profession worldwide about what to eat, what not to eat, to exercise, to cycle etc; yet my doctors had no answers. Has anybody done a study on how long the medical experts live? That would be interesting!

Keith Edwards

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THE GREATEST selection of beautiful Christmas cards for sale in aid of WA charities, is available at low prices in the Perth CBD. You can buy Christmas cards to support charities at The Combined Charities Card Shop of WA, Westpac Bank Ground Floor Foyer, 109 St George's Tee (Cnr William Street) Perth. Open (Mon-Fri) 10am 'til 3pm and open to 20 December. Your support will help in many ways. For more information, please call 6316 0428. Also available online at www.charitycardswa.org.au Proudly supported by Westpac Bank.

The Shop is run entirely by volunteers like Rita Sillitoe (pictured above) who works to support many of WA's best known charities.

Tuesday Veterans Golf Club has vacancies for golfers

The TV (Tuesday Veterans) Golf Club at Collier Park has vacancies for golfers who would like to join a friendly club which is now completing its 19th season. Teeing off early Tuesday mornings (18 holes) the club plays a variety of events each month which include Stroke play, Stableford, Parr and Putting while once a month they enjoy a fun game. Each week there are first, second and third prizes together with four flags on chosen greens. At the end of the golf year (end of November), the club champion is announced from the year's overall results together with the champions for each of the individual events played. The club has a handicap range of 16 to 36 with the average being 26. Go along as a visitor on a Tuesday morning and meet them; they will be pleased to see you. If you would like some more information then please contact Adrian 9450 5418, John 9310 6146 or Peter 9387 2593.

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Little and often is the drinking choice of retirement village residents



Enjoying a tippie

by Frank Smith

RETIREMENT village residents drink more often than seniors living elsewhere, but they don't go in for heavy drinking sessions. They drink less on each occasion than others of the same age group.

Those are the findings of a study by Drs Celia Wilkinson and Julie Dare of Edith Cowan University. They interviewed 42 residents between the ages of 65 and 74 and compared them to a similar aged group living in their own homes.

The study found that social groups in retirement villages self-moderate their levels of drinking.

"Our quantitative analysis showed no meaningful difference between the amounts of alcohol consumed by the two groups," Dr Wilkinson said.

"However, the qualitative results indicated that living in a retirement village increases the frequency of alcohol consumption due to greater opportunities such as proximity and community events, and the removal of constraints such as having

to drive home after drinking.

"Interestingly, the social group which drank together on a regular basis seemed to evolve upper and lower limits to their intake: enough to facilitate socialisation, but not enough to impair mobility or put them at risk."

Earlier this year, in a paper published in Psychological Science, University of Pittsburgh researchers found that moderate amounts of alcohol – consumed in a social setting – enhances positive emotions and social bonding and relieve negative emotions among those drinking.

They concluded that alcohol stimulates social bonding, increases the amount of time people spend talking to one another, and reduces displays of negative emotions.

In a long-term Canadian study of 5,400 middle-aged people, drinking alcohol in a consistent, responsible manner was linked to an overall improvement in health and well being. Subjects who kept their weekly consumption "sensible," also reported feeling happier and had fewer complaints compared to non-drinkers and former drinkers.

The researchers defined a sensible amount of alcohol as 21 standard (10g alcohol) drinks a week for men and 14 for women.

The Canadian researchers tracked health issues and subjects filled out questionnaires in order to quantify their overall emotional disposition. For example, the subjects reported how often they felt "so sad that nothing could cheer you up" and when "everything was an effort." The results were converted into a formula where 1.0 is perfectly healthy and 0.36 is high emotional disability.

Moderate drinkers scored best at an average score of 0.89, while former drinkers

ranked last at 0.74. Non-drinkers ranked at 0.78 and heavy drinkers at 0.86.

The researchers conclude that moderate alcohol consumption did not have a measurable deleterious effect over time.

The study was published in a recent issue of the Journal of Studies on Alcohol and Drugs.

Dr Dare said the ECU

study also raised questions about the effectiveness of safe drinking messages.

"Some participants believed that responsible drinking advertisements were more appropriate for a younger audience, and considered that in general, older drinkers had arrived at a drinking level that was appropriate for them," Dr Dare said.

"As such, they tended to view mainstream safe drinking campaigns as somewhat patronising."

Current Australian government recommendations are not more than two standard drinks per day and not more than four on any one occasion.

Editor's note: I'll drink to that.

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Consumer Protection applauds housing information kit



CONSUMER Protection has applauded the launch of a housing information kit which will assist disadvantaged West Australians to either buy or rent a home or find crisis accommodation.

The Housing Options Kit was compiled by East Perth-based Shelter WA, an independent community organisation which is committed to assisting low income earners in WA to obtain affordable and appropriate housing.

In launching the kit, Commissioner for Consumer Protection Anne Driscoll said organisations such as Shelter WA were vital in helping reduce homelessness in the community.

"With the cost of buying and renting homes in WA

increasing, it is important that consumers have the assistance and information available to help them make the right decisions to obtain accommodation that suits their short-term or long-term needs and circumstances," Ms Driscoll said.

The kit also covers areas such as crisis and supported accommodation as well as giving advice and tips on renting and purchasing a home.

"The kit clearly sets out all the options for home buyers and tenants to consider and is a valuable resource for those wishing to obtain low-cost housing or are in need of crisis accommodation. I commend the wonderful work being done by community groups such as Shelter WA who support the community and help to reduce homelessness in the State," the Commissioner said.

Consumers and tenants can download a copy of the Housing Options Kit

from the Shelter WA website: www.shelterwa.org.au – consumer advocates

and housing officers can call 9325 6660 to be sent a hard copy.

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French's Forum



Brian French

SOMETIMES I wonder how our politicians think!

The latest pronouncement by the Prime Minister is that we should be teaching our primary school children an Asian language. This is to encourage Australians of the future to be more 'au fait' with our neighbours.

Although I think it will help some children to become bilingual, I hope the need for all children to be skilled in the use of their mother tongue is not neglected by too much emphasis on the second language.

Moreover, let's hope it does not simply become another "gimmick" like the computer fiasco.

Talking of computers, I am probably another dinosaur who remembers the past when we did not have computers, video games etc and were simply taught the old fashioned way the basic

three Rs – reading 'riting and 'rithmetic.

Although it was tedious, the rote learning of arithmetic tables has stuck with me for 81 years, and I can still spell.

Discipline at school was always firm, but administered when necessary.

At my grammar school, the slipper across the backside was the form of punishment. I received this one day for forgetting to take my gas mask to school for checking, and it really hurt! (I did not forget the mask again).

I seem to be writing more about health issues lately, but the following information might be useful to readers because they are quite easy to adopt.

We are continuously being exhorted to change our diet and eat more vegetables and fruit: following are the results of yet another study.

A nutrient found in cruciferous vegetables from the brassica family which includes broccoli, cauliflower, cabbage and sprouts can kill cancer cells. Sulforaphane found at high levels in broccoli has been shown to destroy prostate tumours while leaving normal cells healthy. Most of these vegetables are reasonably

priced: so even if you don't like them much; it's worth including them in your diet.

Watercress is another green vegetable that has attracted research and apparently adding it to the diet helps to alleviate the advance of wrinkles. Eating 80g a day of this antioxidant vegetable can lead to fewer blemishes.

Nine out of 10 women volunteers who ate it for four weeks showed a visible improvement. Seven out of 11 saw a remarkable improvement in their wrinkles.

For we oldies this sounds quite encouraging.

So these greens will now be included in our weekly shopping list, and I'll give you a progress report in the coming months.

Editors' note: Mine too! Particularly the watercress!

But, taking in all the above, I will still continue to have a few crisps with a glass of red wine on a Friday or Saturday evening – after my healthy dinner of course.

We sponsor Samson, an 11 year old Rwandan boy, through World Vision.

Each year we receive an annual progress report which keeps us informed on his progress in education and health and his interests. Samson also sends us a per-

sonally written message. We really love hearing from him, and of course keep in touch on festival days such as Christmas, his birthday etc. It is heart warming to see him grow and develop and to be able for us to share his life.

On the radio this morning some young people were complaining about the way oldies drive. Their main moan was the way we hog the inside lane and that we will not exceed the speed limit to enable younger drivers to pass.

While I usually don't speed, I hate to admit it, but on Christmas Day last year I was caught in Booragoon, by one of the new speed detectors, doing 69kpm in a 60kpm limit.

Hopefully, we will not see the young "moaners" later splattered on a tree.

Editor's note: There are many speed changes on the Booragoon stretch of Leach Highway ranging through from 60 to 70 and 80.

I recently received from one of our Prime Mover friends (Mary B) some interesting facts which I would like to share with our readers:

In the month of December, 2012 will have five Saturdays, five Sundays and five Mondays. Apparently this happens once every 823 years.

Your tongue is the only muscle in your body that is attached at only one end.

People in nudist camps play volleyball more than any other sport (I person-

ally cannot confirm this).

Each year 2,000,000 smokers either quit smoking or die of tobacco related diseases.

Zero is the only number that cannot be represented by Roman numerals.

The tooth is the only part of the human body that cannot heal itself.

When a person dies, hearing is the last sense to go. The first sense lost is sight.

Tourists visiting Iceland should know that tipping in a restaurant is considered an insult.

If you are right-handed, you will tend to chew your food on the right side of your mouth. If you are left-handed, you will tend to chew your food on the left side of your mouth.

The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent.

Strawberries are the only fruit whose seeds grow on the outside.

The Mona Lisa has no eyebrows. In the Renaissance Era it was fashion to shave them off.

Afterthoughts... Did you celebrate Guy Fawkes Night?

We had 10 bags of lollies ready to hand out on Halloween Night and nobody called!

Well folks, that's it for this month so I'll sign off.

Have a safe and pleasant month.

Brian French
Email bfrench792010@hotmail.com

Are you ready to switch?

ON 16 APRIL 2013 free-to-air analog TV will be switched off in the Perth area and local MLA John Hyde wants to ensure that eligible people get assistance for the changeover to digital from the Federal Government.

"From 16 April only digital signals will be transmitted for free-to-air TV. People on some Centrelink payments who also have a functioning TV are eligible for the Household Assistance Scheme," said Mr Hyde.

The Household Assistance Scheme provides a package of assistance that includes free:

- Easy to use digital equipment
 - In-home installation and demonstration
 - 12 months aftercare support and equipment warranty
- If you can receive ABC2, ABC3 or SBS TWO you already have a TV capable of receiving digital broadcasts.

"The Scheme provides a safety net for people who cannot convert without assistance. An Australian Government engaged contractor will visit your home and help you get ready for the switch over by installing free digital equipment.

The installer will check your reception and if you need satellite TV all equipment will be installed free-of-charge," Mr Hyde said.

Eligible households must be on the full rate of an Age or Disability Support Pension, Carer Payment, Veterans' Affairs Service Pension or Veteran Affairs Income Support Supplement. Talking set-top boxes will also be available for people who receive an eligible pension and are legally blind, or are the carer of a child who is registered as legally blind.

"Don't wait until closer to the date, get in early so that your installation is carried out before switchover and you do not lose access to free-to-air TV," said Mr Hyde.

"Call 1800 556 443 or go to www.digitalready.gov.au for any queries you have about the switch over and your eligibility for this great Federal Government initiative," he said.

UWA joins Stanford University to offer free online courses

THE UNIVERSITY of Western Australia will offer free online courses in arts and science early next year with US Internet study pioneer Stanford University.

Ranked number two in the 2012 Academic Ranking of World Universities, Stanford has developed its own ground-breaking Class2Go software to host free public courses and online content.

The open-source software is free for public use, and UWA's Centre for Software Practice will join Stanford University to develop mobile versions of Class2Go for smartphones and tablets.

The Director of UWA's Centre for Software Practice,

Associate Professor David Glance, said Stanford had led the way in delivering online courses.

UWA Acting Vice-Chancellor Professor Bill Loudon said it made "absolute sense" for UWA to work with Stanford University to launch online and open courses in WA.

"The ability to offer free online education to the world is as important as making course content available to our own students," he said.

People participating in UWA's free online courses will receive certificates of completion.

For more information about UWA: www.uwa.edu.au

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New World War Two Gallery opens



Army Museum Kokoda Track display

LAST MONTH, the new World War II Gallery was opened at the Army Museum by the Governor of Western Australia, Malcolm McCusker, AC, CVO in the presence of many dignitaries who included the director of the Australian Army History Unit, Mr Roger Lee, the Member for Fremantle Melissa Park, MP, the Mayor of the City of Fremantle, Dr Brad Pettit, and former politician and Vietnam veteran Graham Edwards, AM.

Other guests included representatives of ex-service organisations and also Army service personnel who were represented by the Commander of the 13th Infantry brigade, Brigadier Steve Coggin.

Many members of the Army Museum of WA Foundation were also guests at the opening including Bill Jamieson and his wife Norma, both of whom are

Honorary Life Members of the Army Museum of WA Foundation.

This outstanding display covers the entire period of the Australian Army's commitment in the Second World War from the declaration of war in Europe in 1939 until the Japanese surrender in 1945.

Completed over a two year period at a cost of more than \$500,000, it is regarded as equal in its professional design and layout to any commercially constructed museum gallery in Australia.

The entire design was created by the volunteers of the Gallery Design Committee under the guidance of the Museum Curator, Mr Robert Mitchell.

Input was sought from the more than 120 volunteers who serve at the museum on a regular basis.

Hundreds of hours were spent by volunteers in as-

sembling the numerous displays and exhibits.

The campaigns highlighted range from the opening hours of the war in Europe, Greece and Crete, the Western Deserts (Tobruk and El Alamein) and on to Libya and Syria.

The impact of the war on the home front in Australia is also profiled as is the fighting in Malaya and the Battle for Singapore.

The tragic story of the independent forces based at Rabaul and on Ambon and in Portuguese Timor is followed by an impressive floor to ceiling diorama of the Kokoda Track and the fierce fighting that led to the ultimate victory in Papua and New Guinea.

The campaigns in the islands of the South West Pacific; along the north coast of New Guinea and on to Borneo are dramatically revealed, as are the activities of the secretive 'Z' Force.

The Second World War Gallery is a fitting tribute to the men and women of the Australian Army who served our nation and the British Empire against the Germans, Italians and the Japanese.

As the years pass, few Second World War veterans remain, but the gallery will serve to ensure that they will not be forgotten.

The new gallery complements the Post 1945 Gallery also located on the first floor of the Army Museum and covers the Australian Army's commitment from 1939 until the present day in Afghanistan.

Don't miss this superb display.

The Army Museum is open on Wednesday to Sundays from 11am to 4pm.

Tours can be arranged by contacting the museum.

The cost is: Adults: \$10

with children and concessions \$7.

Cost for a family of four – two adults and two children is \$20 and children under four are free.

All serving uniformed Defence Force members are

entitled to free admission to the museum upon presentation of their current ID card.

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Over 55 canoe club notes...

by Stan Wallin

OUR CLUB members had some interesting paddles last month.

These were at Bell's Rapids where canoers paddled from just below the rapids to Amiens Creek below Upper Swan Bridge.

Although the water level was low, members enjoyed the many small rapids they encountered along the river.

I heard that Daryl earned himself a 'duck' that day when he came off his 'fun boat'.

The monthly trip to Dwellingup had to be cancelled in October due to the very low water level.

The next big event was our annual trip to Mandurah where the club paddled around the river near the old

bridge and where they were entertained by a pod of dolphins, which frolicked around the canoes, diving around and under them to the delight of the paddlers.

After such an enjoyable morning, we then set off for Joy's and Glen's holiday home where we were provided with a lovely lunch.

I have lost count of how many attended that day, but it was more than 30.

We extend our thanks to both Joy and Glen for their generous hospitality on the day.

The most recent paddle was at Point Reserve Guildford where we enjoyed perfect weather and a very good roll-up of members.

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Top: Karen Majer
Right: Mini Basketware
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NPY Women's Council



by Karen Majer

EACH YEAR, at this time, most of us start to think about getting some of the Christmas shopping done early, but it can be hard to find inspiration.

My Christmas column over the last few years has suggested gift ideas that 'give twice' by supporting local businesses and producers, ethical suppliers or charities, or giving experiences such as a National Park family pass, rather than consumer goods.

This year I spent some time in central Australia including a visit to Uluru (Ayers Rock).

The Uluru - Kata Tjuta

National Park is home to the Walkatjara Gallery Shop which sells works from local Anangu artists as well as art from Desart member art centres located throughout central Australia.

There were many works there including wood craft, pictures, T-shirts and jewellery that would make great gifts.

My favourites were baskets and imaginative 'sculptures' woven by Aboriginal women from desert grasses (tjanpi), wool and raffia. Tjanpi (pronounced Dumpy). Desert Weavers' work is full of character and I was delighted when my husband chose a woven basket as my birthday present.

This gave me the idea for this year's 'sustainable presents' suggestions - arts and crafts that support local artists or ethical projects in disadvantaged communities overseas.

Here are a few ideas from my favourite places that will provide fun shopping expeditions or easy on-line ordering.

Tjanpi Desert Weavers, an ethical, not-for-profit social enterprise representing more than 400 Aboriginal women from 28 Central Australian communities, have an on-line gallery that showcases a selection of their work. You can search for functional basketware or quirky sculptures by artist

or price range and see photographs of the work before ordering (www.tjanpi.com.au). They are also available from Tunbridge Gallery in Margaret River, Lawrence Wilson Art Gallery, and Remedy in Fremantle and Leederville.

Local ceramic artist Njalikwa Chongwe makes and fires a range of beautiful and unusual low-fired Raku and high-fired stoneware ceramic pieces including bowls, cups, basins and tiles. They are sold at Zinongo Gallery, 47 Lefroy St, South Fremantle and can be ordered on-line at www.zinongo.com.au/.

Zinongo Pottery is also available at the Fremantle Art Centre, 1 Finnerty Street Fremantle, along with a gorgeous range of art, jewellery, ceramics, glass, wood, clothing, books and children's gifts. They also sell gift vouchers.

There are many community and locally-run art centres from Mundaring to Kwinana, Midland, Perth and in regional centres. Look for pieces from Western Australian designers and makers to support our local industry.

If photography is your love, you can find landscape and wildlife photographs ready-mounted in a variety of sizes and prices by some of our excellent local photographers. These make great presents to send overseas or for someone who has a 'special place'. For some-

thing different, check out Glen Cowans' UnderView contemporary underwater photography at his gallery at the Roundhouse, Fremantle or view and buy at <http://glencowans.com>.

To enable your shopping dollar to help those less fortunate, how about visiting the Oxfam Shop at 22 Queen Street, Fremantle or at 872 Hay Street (near Shafto Lane), Perth?

The Oxfam Shop supports fair trade which empowers disadvantaged communities by paying them fair and stable prices for their work, helping them to gain the skills they need to develop their business and giving them access to world markets. You can also order a huge variety of products on-line, including food, home-wares, jewellery, handbags, calendars and more (www.oxfamshop.org.au/retail_nearest/westernaustralia). Happy art-inspired shopping!

Sustainable hint of the month

One of the most wasteful Christmas habits is tearing off and crumpling up sheets of beautiful coloured wrapping paper. You can save money and waste by wrapping gifts in plain brown paper, tied with colourful raffia, or even better get creative with recycled magazine pages or pictures from old 2012 calendars. Or buy cards and wrapping paper from Oxfam or one of the other reputable charities.

Heritage Corner



by Ara Jansen

What: Perth Heritage Days 2012

When: 17 - 18 November

Where: all over the city

IF YOU'VE always wanted to explore Perth's heritage but never knew where to start, here's your chance. Perth Heritage Days 2012 will be a chance to learn all about our history within the City of Perth.

New events and behind the scenes peeks will mingle with much-loved favourites as this two-day event has something for everyone.

Among other events, the Governor of Western Australia and Mrs McCusker invite you to visit Government House and its beautiful gardens at the annual spring Open Day on 18 November between 11am and 3pm. Take a self-guided tour and explore the grand ballroom and wander through the majestic dining room.

There are lots to do and see including ballroom dancing display, music and cultural performances, an animal

farm and seed planting. A multi-cultural food fair will provide a gastronomic celebration of the many cultures living in the WA community and Devonshire teas will be served in the newly-appointed Supper Room.

Constructed in 1836, the Old Court House, now the Law Museum, was the most prominent building in the early days of the Swan River Colony. It's now central Perth's oldest standing building and unique to Australia as one of a very small number of law museums worldwide.

Visit the Law Museum in Supreme Court Gardens across the weekend and be one of the first to view their new exhibition Small Court House, Big Stories: The first 50 Years of Perth's oldest surviving building.

This exhibition shows artefacts relating to the law at the time of the Swan River settlement and examines the clash of laws between the British system of law and the existing Aboriginal system of law.

Expected to be one of the highlights of the festival, closing the weekend is the Diamond Jubilee Celebration Concert in the grounds of Government House. This family concert features the Fremantle Chamber Orchestra with musical director Mark Coughlan and guest soloists Sara Maccliver and Andrew Foote.

This concert of uplifting and celebratory music marks the Queen's Diamond Jubilee and will include songs performed at the Coronation in 1953, a number of great British favourites including *Land of Hope and Glory* and *Rule Britannia*, songs from popular West End shows and a touch of opera.

Bring your own picnic or purchase from the international food stalls in the grounds.

For more information and a program, go to www.heritageperth.com.au.

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OCEANIC MEDICAL IMAGING

Being Barker



Nigel Barker

NO SEX please we're British! Or should that read 'no sex please, you're old enough to know better'?

High Court Judge Michael Kirby speaking in Melbourne at a world congress on adult guardianship recently highlighted the issue of how difficult it is to accommodate the sexual desire of older people and even somewhat controversially suggesting that aged care facilities were actively discriminating against older

people by restricting opportunities for sexual intimacy with their partners.

Children of nursing home residents were quoted as being extremely uncomfortable with the thought that their parents or grandparents harboured any such thoughts along those lines.

There appears to be an unspoken prejudice if not structural barriers, in many aged care facilities, which actively discourage sexual intimacy for residents.

Now this may seem a little uncomfortable topic for discussion, particularly since I can recall being horrified at the thought that my parents who appeared to be very old at the time (they must have been in their late 30s) actually had sex to conceive me!

Not only that, I figured out that they must have had to do it three times as I had two sisters. But let's try to put my psychological trauma to one side for a moment and recognise that even in the most difficult of circumstances,

to quote Former High Court Judge Kirby, "the autonomy and dignity of the human individual, including in their sexual expression, survives... even into dementia."

Yes, it appears that the cat is out of the bag; older people do have sex.

Sorry kids but its true and as a baby boomer myself, I really don't want my parents or grandparents to feel like guilty adolescents sneaking off for a bit of nookie.

Equally I really don't want to know the details either but if growing older means for me that I am going to be denied the opportunity for sexual intimacy with my partner just because I am in aged care, or because society finds the thought repulsive, then I have another expression that many baby boomers will be familiar with and that's "Bad luck," or words to that effect.

We don't need constant exposure to sex in advertising, sex in supermarkets, in newspapers and other mainstream media to know that's it's a natural part of being human, a way of sharing the most intimate connection with our partners but equally

as baby boomers we don't need our children or grandchildren judging us either.

I realise that such comments will attract feedback from readers who feel that even writing about it here is unnecessary but if our sexual expression is to survive then we need to say to the architects that design aged care facilities and care givers that we value so highly, how about building into the design and training of staff, some appreciation of the fact that we are going to want to have dignity and sexual expression as we age and we are not prepared to be judged or be made to feel like naughty adolescents sneaking off behind the bike sheds, appealing though that may be to some.

Editor's note: Well said Nigel.

Nigel Barker is an independent business consultant helping businesses and government market to maturity and CEO of the Cystic Fibrosis Association of WA. Email nigel.barker@graduate.uwa.edu.au



Early colonial brooch - RWAHS Museum Collection

THE ROYAL Western Australian Historical Society (Inc.) and Portobello Antiques invite you to an Open Day at Stirling House, 49 Broadway, Nedlands on Sunday, 18 November

Early Australian Jewellery

2012 between 1pm and 5pm. At 2pm Steven and Judith Sher from Portobello Antiques will present a short history of early colonial jewellery. Steven will be pleased to assess your personal Australian jewellery on request. For further information call 9386 3841 or email histwest@git.com.au Entry is free.

Friendship Force of Perth recently holds special event

THE FRIENDSHIP Force of Perth recently held a special event; the dedication of their "Friendship Wall" on the East Perth foreshore.

More than 40 club members attended, including the Patron, Lord Mayor, Lisa Scaffidi who facilitated the proceedings.

The wall, built by the Perth Friendship Force, is located alongside the Friendship Grove where each year the club plants a tree to commemorate inbound exchanges from clubs around the world.

It is fitted with plaques represent-

ing the many clubs that Perth has hosted in the 11 years since its formation.

Friendship Force International is a worldwide group of clubs and individuals that cross barriers to promote global understanding by means of club "exchanges" where visiting groups are home hosted by their host club.

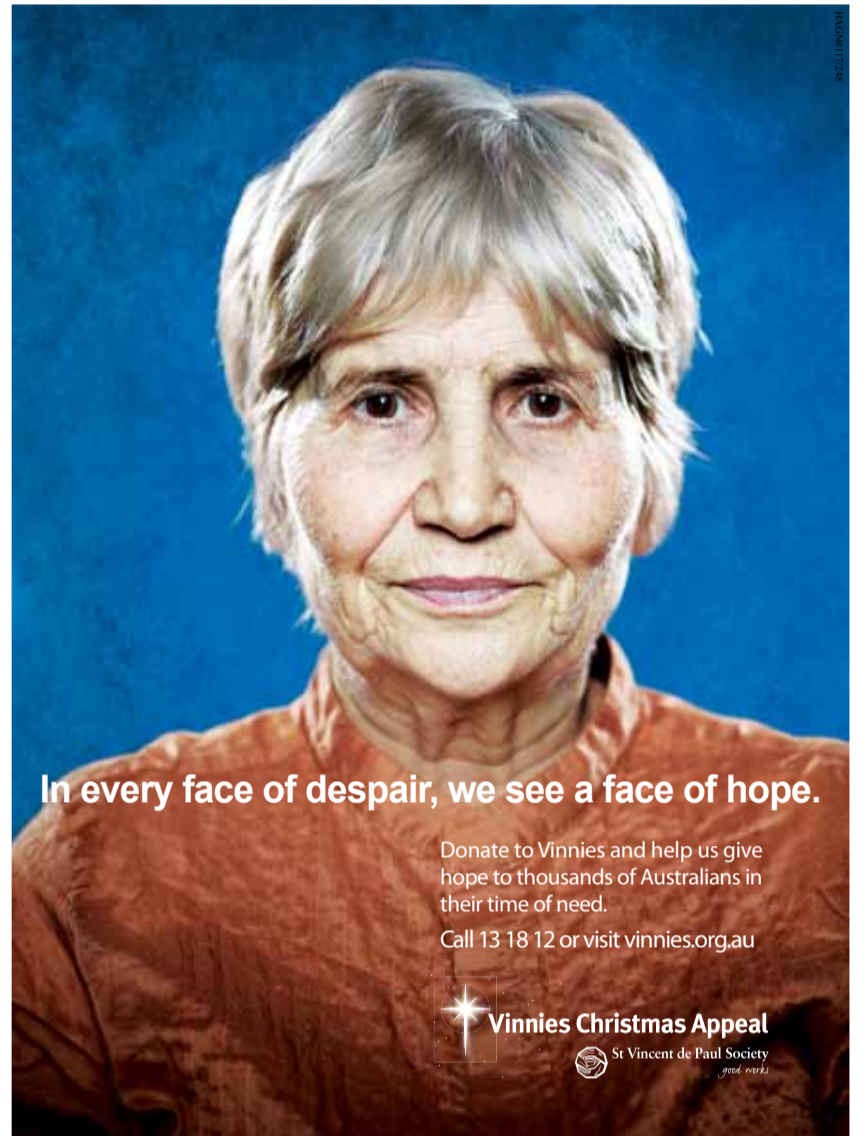
This year the Friendship Force of Perth has hosted clubs from New Zealand and Japan with another group from Taiwan expected this month.

A group from Perth participated in three exchanges earlier this year in the United States and in 2013 the club will visit three clubs in Brazil.

The Friendship Force of Perth welcomes new members who are keen to host "ambassadors" for a one week club exchange as well participating in outbound exchanges to many destinations around the world.

Worldwide, there are currently more than 300 clubs in 60 countries.

For more details contact the Membership Officer, Jean Holland on 9247 5913.



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Coins with Mickel Smits

A FIELD of Australian coin collecting I find most fascinating are tokens, particularly tradesman's tokens.

Tokens are a form of 'unofficial' currency which is redeemable at, for example, sporting clubs, amusement centres and business houses.

During the mid 1800s there was an acute shortage of the low denomination coinage, pennies and halfpennies throughout the Australian Colonies, especially NSW and Victoria where the populations were the largest. In fact, the availability of sufficient currency had up until

then been a constant problem since the establishment of the penal colony at Sydney Cove in 1788.

The First Fleet brought little currency with them; there was hardly much need.

In time, free settlers arrived.

Commerce of the day was principally conducted by barter, promissory notes and rum currency.

In 1880 a shipment of copper coins arrived from England; in 1813 a large quantity of Spanish-American dollars were purchased and transformed into the now famous

Holey Dollars and Dumps; then in 1825 a further shipment of English silver coins arrived. Foreign coins also formed part of the colonial currency as they were introduced by sea-faring traders passing through.

By the mid 1800s the population and commerce had progressively expanded but then exploded with the discovery of gold in Victoria in 1851. Consequently there was plenty of gold about but little copper coinage essential for small daily transactions. The authorities were caught out so local merchants took the initiative and began commissioning the production of principally penny, but also halfpenny, token coins that could not only be transacted in their stores but universally throughout the community.

Heaton and Sons of Birmingham, England who produced coins for England were commissioned by Melbourne grocers Annand and Smith to produce pennies.

In Sydney, the local medallist and die sinking firm, J.C. Thornthwaite, produced pennies and halfpennies for the tea and coffee merchants, Peek and Campbell. Then, back in Melbourne where the immediate need was greatest, the medallists Thomas

Stokes and W.J Taylor set about meeting the demand with imported machinery.

Over the forthcoming years almost 500 different copper tokens were mass produced for a vast array of merchants, including drapers, tailors, haberdashers, ironmongers, wine and spirit suppliers, booksellers, stationers, tobacconists, shoe and boot makers, coach builders, bakers, confectioners, wholesalers and importers, general stores, pawnbrokers, and even the medallists and die sinkers who produced them, also issued their own editions.

The tokens not only facilitated the need for small change, they also served as an advertising and marketing medium for the merchants who had their tokens designed to incorporate their trading name, address and type of business if not also images relating to their trade.

In WA only two businesses issued penny tokens. Ironically they were pawnbrokers, Alfred Davies of High St and John Henderson of Pakenham Street, who traded in Fremantle at a time when it was spelled 'Freemantle'.

The tokens were Davies' design, featured a black swan and are scarcer than

Henderson's tokens which portray an adaptation of the W.A coat of arms on one side and his building premises on the other.

Although frowned upon initially by the colonial authorities, the proliferation of tokens was tolerated as they evidently performed a valuable role in the thriving communities. However, they were eventually declared illegal in Victoria in 1863; NSW in 1868; and WA in 1878.

Today, their legacy stems from being a historically significant and interesting collection of numismatic memorabilia which provides an insight into Australia's first boom-time.

Renniks Publications recently released a marvellous catalogue of these tokens titled 'Australian and New Zealand Token Values'. (New Zealand also experienced a gold rush during which over 100 tokens were issued.)

This hard-back catalogue illustrates in full colour the more than 600 types and includes details of the merchants, dates of issue and a price guide according to condition and rarity, along with other information; it's worth a pretty penny for such collectors.

Help children stay safe this summer



AS SUMMER approaches, children all over Western Australia are looking forward to spending their holidays swimming in their backyard pools, community pools or at the beach.

This summer, more than 50,000 children across Western Australia are expected to enrol in VacSwim lessons.

This popular program, which is run by the Department of Education, has been teaching school-aged children to swim for more than 90 years.

To ensure VacSwim can meet the huge demand for swimming lessons, the Department needs to recruit more than 1,000 swimming instructors for the December and January programs. Casual positions are available at more than 200 venues across Western Australia.

VacSwim manager Les Lazarakis said they were looking for people who liked working with children and wanted to join a friendly team of instructors.

"Our VacSwim instructors enjoy a rewarding job, great pay rates and the flexibility to work mornings and/or afternoons, he said.

"Instructors who would like to continue teaching when school resumes also have the opportunity to work in our Intern Swimming program."

Swimming instructor Moira Cohen, who has been teaching VacSwim and Intern Swimming for 17 years, said she really enjoys teaching children to swim.

"It is very rewarding and I meet a lot of interesting people. Teaching keeps me active and the hours are family-friendly which is very important to me," she said.

To teach VacSwim or Intern Swimming, instructors need to have their AUSTSWIM Teacher of Swimming and Water Safety qualification. This can be obtained through AUSTSWIM or the Royal Lifesaving Society of WA.

Anyone interested in becoming a VacSwim or Intern Swimming instructor can apply online at www.det.wa.edu.au/swimming or call 9344 0999 for more information.

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A cracker of a concert!

TAKE a well-earned break from the Christmas rush and bustle – join Swan Harmony Singers in the lovely Edwardian interior of Midland Town Hall on Saturday 1 December for a program of pop and jazz favourites spiced with a few Christmas songs.

Sit back and relax to a selection of music harking back through the decades, ranging from The Carpenters and Bob Dylan to Eric Clapton and Billy Joel.

Remember the mellow tones of Nat King Cole? They'll be singing one of his songs too.

The concert starts at 2pm and a scrumptious afternoon tea will be served after the performance (cost included in the ticket price).

Tickets: adults \$15, concessions \$12, children under 10 free.

For advance bookings, call Chris on 9298 9529, or 0435 062 728.

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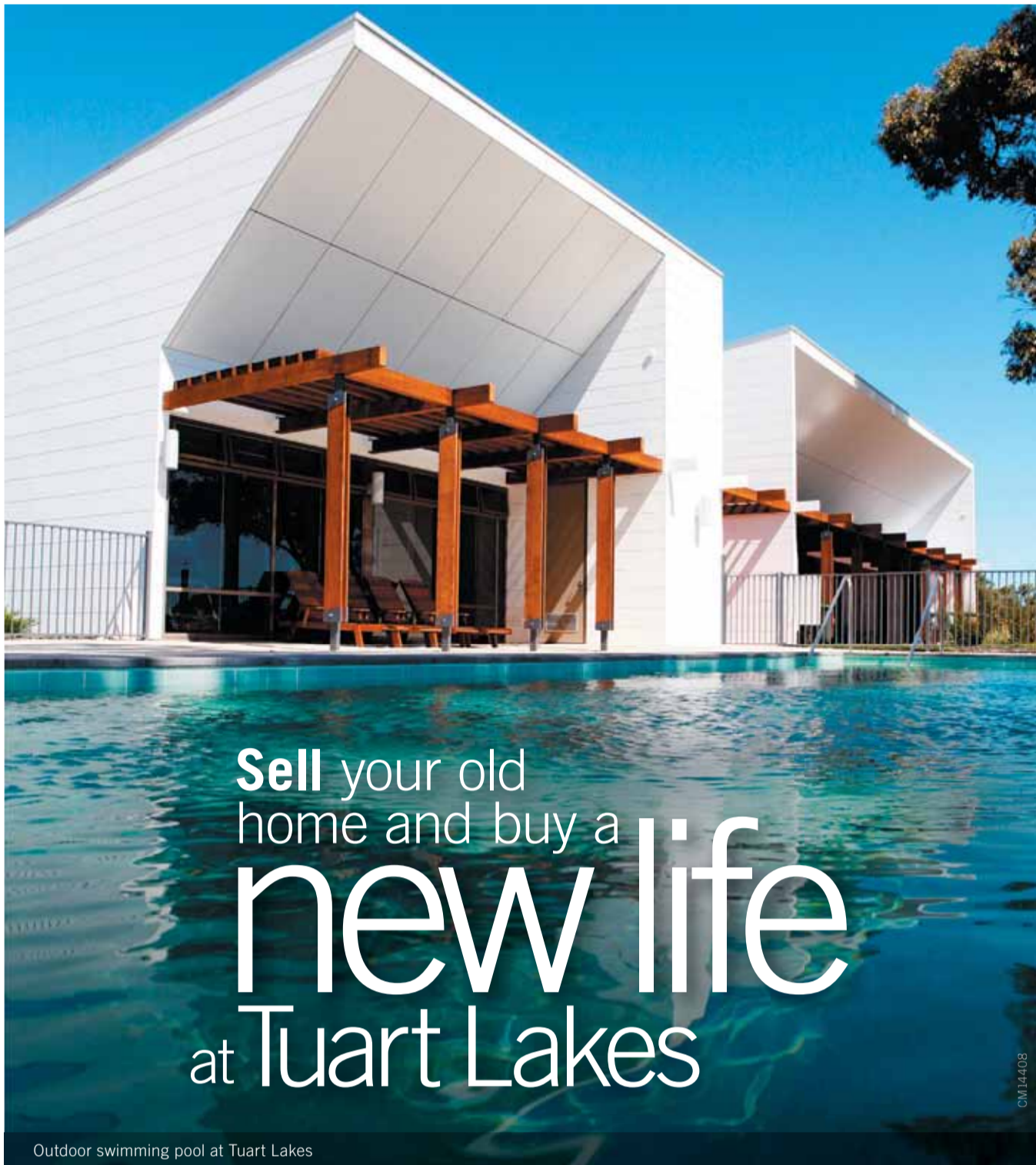


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more, all set in attractive, landscaped gardens. There's even parking for your caravan or boat. And each Lifestyle Village is a secure, gated community, with video surveillance for extra peace of mind, whether you're home or away.

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Now the kids have left, take the time and expense out of owning a home. Act now you'll never have to worry about what the property market is doing again. You can free up the funds tied up in your current house to invest or spend on enjoying life.

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 Book your seat at the next L GEN® Seminar at Crown Perth (Burswood) on the 10th November. Call 9221 9099 or register at nlv.com.au.

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Bowling green at Tuart Lakes

It is convenient to Rockingham's massive retail centre, the railway, the freeway, glistening beaches around Secret Harbour, and is just minutes from all of Mandurah's incredible recreational facilities.

With spacious, contemporary home designs, extraordinary facilities already in place and a planned \$8million Clubhouse precinct on the way, this innovative Village has already set a new benchmark in WA.



Architectural illustration of the Clubhouse at Tuart Lakes

Prior to the next stage of the facilities being constructed you can secure a very good price on a contemporary home and we'll waive the weekly fees until June 2013.

Tuart Lakes has been designed to be one of the best Villages in Australia and early buyers will benefit from the entry level prices before the balance of facilities are completed.



Cormorant design at display at Tuart Lakes

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To see the entire range of Villages and homes, please call **1300 45 55 65** or visit nlv.com.au

Tuart Lakes Lifestyle Village
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 9523 5000



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For a free information pack, fill in the form below and send to: National Lifestyle Villages, PO Box 6423 East Perth WA 6892

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Phone Email..... Age Group Over 45 Over 55 Over 65

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 1 Bedroom 2 Bedrooms 3 Bedrooms 1 Bathroom 2 Bathrooms 1 Toilet 2 Toilets

What price range would you prefer? (please tick)
 \$150,000 - \$250,000 \$250,001 - \$350,000 \$350,001 - \$450,000

Please tell us your hobbies?

Would you like to bring a pet? Yes No

Have a Go News/Tuart Lakes



Better golf with Burswood Park Public Golf Course



NO MATTER what your level of skill, now is a great time to get yourself or a group to the Burswood Park Public Golf Course.

In the last edition of *Have a Go News*, we looked at

warming up: this month we'll share our tips on how to find a good set-up position.

Set-up position

A good set-up position is fundamental to a success-

ful round of golf and if you are looking to improve your game, set-up is a good place to start. By correctly setting up before each swing you will feel more balanced and your shots will be delivered

with more power and control.

Here are a few points to consider when setting up before each swing:

1. Line up your body. Start by standing parallel to the ball.

2. Adjust your stance. Adjust your stance according to the club you are using. For a middle iron, your feet should be shoulder width apart; for a short iron, your stance should be about five centimetres narrower than shoulder width; and when using long irons and woods, your stance should be about five centimetres wider than shoulder width.

3. Consider the ball's position. Your position over the ball should also be adjusted according to the club you are using. When using a driver, the ball should be just inside or in line with your left heel; when playing short irons, position the ball in the centre of your stance; for middle irons, the ball should be left of centre and for long irons and woods, the ball should be a ball-length or two back of the driver ball position.

4. Remain balanced. Dis-

tribute your weight on the balls of your feet rather than your heels or toes.

5. Analyse your posture. Stand with your knees slightly flexed and in line with your ankles. Bend at your hips rather than your waist and straighten your back.

6. Hold your hands close to your body. Your hands (and the golf club) should hang about a palm's width away from you when you are playing a short or middle iron and a palm's length away when playing long irons and woods.

See how the difference of a good set-up position can help your golf game by applying these tips next time you enjoy a day on the course.

Lessons

If you are interested in learning more about golf, consider a lesson with a Burswood Park Golf Professional. Individual and group sessions are available.

To find out more, or make a booking, phone the Burswood Park Pro Shop on 9470 2992 or visit www.burswoodparkgolfcourse.com

Stamp Collecting

with Nigel Williams



Nigel Williams

by Brian Whittaker
Ph: 9325 7507

WITH NIGEL taking a well-earned rest this month I have been asked to keep you in touch with what is happening with stamps.

November is always the month when we think about writing Christmas cards and Australia Post has been preparing for you once more. By the time you read this the new Christmas stamps will be available at your Post Office.

Once more you need to remember that the 5 cent discount on the postage rate applies for cards under 20 grams provided that you buy standard sized cards. This also applies to your mail to the relatives and friends overseas. Don't expect to claim a discount on those large or square shaped beauties offered in so many of the stores at this time of year and don't forget to mark your envelope **CARD ONLY**... unless you want your friend to pay the deficiency plus a service fee of \$1.50.

Another thing to remember is that the better half is always rushing in to tear up the envelopes of the cards you receive. "Oh, they are already in the recycle bag," is the favourite response. Even an explanation that you need to check the address on the back of the envelope is readily ignored. You have to be smart or your lovely covers will go the way of many others before them.

It is amazingly difficult to find good examples of old Christmas card envelopes

that have served the correct postal service.

August 1975 saw the enormous increase in the cost of a standard letter rate from 10 cents to 18 cents, so Australia Post hit upon the Christmas Card concession to appease the unhappy public. The 15 cent stamp of shepherds viewing the crib was well received. The concession was not, at that time, extended to cards destined for overseas addresses.

By Christmas 1978 the letter rate had risen to 20 cents but the **CARD ONLY** rate remained at 15 cents. There was no standard letter rate stamp in the Christmas set that year. The 25 cent Virgin & Child stamp catered for non-standard envelopes. This made the 25 cent stamp appropriate for the larger Christmas cards. It is now quite a challenge for a collector to find either of these stamps still gracing their original envelopes.

In 1981, the concession increased to 6 cents and in 1983 it dropped back to only 3 cents but the concept of the **CARD ONLY** Christmas discount has continued. From 1999 onwards the Christmas concession was extended to international mail.

As we come to the end of 2012 it is appropriate to congratulate the Philatelic Society of Western Australia on serving the hobby for 100 years.

The society was created at a meeting of philatelists at the Palace Hotel, Perth on 5 December 1912. In recent years the Society which owns its own premises at Wellington Fair, Lord St, East Perth, offers members a choice of six or more meetings a month for differing branches of the hobby.

We will long remember the magnificent Centenary Exhibition hosted in May this year by PSWA at Claremont Showgrounds. It certainly was the finest display of our hobby ever to be staged in Western Australia, a credit to all who took part in its organisation.

Help wanted for Christmas appeal

THE EDEN Hill Church situated at 248 Morley Drive East, corner of Ivanhoe Street and Morley Drive seeks your help with their Christmas appeal for the homeless and the needy.

While they have enough gifts for women and girls at the moment, they would welcome new or recycled (unused) gifts for men and boys in good condition, such as belts, after-shave, diaries, torches and watches to distribute at their Christmas party to be held on 1 December 2012.

To donate please call Edna Ross on 0437 927 918 or email verastaves@iinet.net.au.

Seniors Double Dip Saltwater Aerobic & Exercise Program Registration in November

THE SENIORS Recreation Council of WA Inc. - Peel Branch (SRC) will take registrations for their **Seniors Double Dip Saltwater Aerobic & Exercise Program** at Town Beach, Mandurah Marina between 9am to 10am Tuesday 13 and Thursday 15 November 2012.

Seniors need to be 50 plus and able to swim to register for this group swim program which will commence on the 4 and 6 December at the Town Beach at 8am. The program will be for one hour with lifeguards in attendance.

"Double Dip" will be held from December 2012 to end of March 2013 at the cost of \$10 per person to register.

For more information, please call Jan on 9535 4749 or email dmc56456@bigpond.net.au

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Great deals at Crown Perth

Christmas buffet



FREE WITH FUN PACK!

Ride the Crown Bus from 26 November and you'll be treated to an all-you-can-eat Christmas buffet lunch at Carvers. Get a group together, and feast on all your festive favourites, desserts, endless soft drinks, tea, coffee and more.

Conditions apply, visit our website for details. Menu alternates daily. Carvers is an 18+ venue.



Viva la cash!



Visit Crown Perth on 16 or 23 November for your chance to win a share in \$20,000! There's \$2,000 to be won every hour from 8pm to midnight. Simply dine or play on Friday, 16 and 23 November, then be at the draws for your chance to win!

*Conditions apply, visit our website for details. You must be present to win.

20 CHANCES TO WIN

You'll have a ball



Australia's biggest bingo event is rolling into The Dome at Crown Perth on Saturday, 8 December.

There's a Hyundai i20 up for grabs plus huge cash prizes, and all proceeds go to Telethon. Doors open 9am, eyes down 11am. Don't miss out, get your tickets now at ticketek.com.au

Plus, get a group together and call our bus hosts to arrange a special pickup for you and your group*.

*Conditions apply, visit our website for details.



CROWN BUS Timetable

\$10 Fun Pack gives you:

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

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

5 to 30 November
Crown Club members who ride on the Crown Bus will receive \$5 worth of points with every Fun Pack purchased. Conditions apply, only available Monday to Friday from 6am to 2pm.

Northern routes

Alexander Heights (Wed & Fri)

	Time	Stop No.
Alexander Heights Shopping Centre, Mirrabooka Ave	9.13am	12503
Illawarra Cr before Kingfisher Ave, Ballajura	9.23am	15999
Beechboro Shopping Centre, Beechboro Rd North	9.38am	15845
Walter Rd East Before Grey St	9.44am	15738
Bassendean Station - Stand 1	9.50am	17722
Arrive Crown Perth	10.10am	
Depart Crown Perth	3.45pm	

Joondalup (Tues to Sun)

Joondalup Interchange - Stand 7	9.38am	17851
Coolibah Plaza	9.48am	18638
Warwick 8 Cinemas, Dorchester Ave	9.54am	18680
Stirling Interchange Bus Station - Stand 7	10.03am	11543
Arrive Crown Perth	10.20am	
Depart Crown Perth	3.30pm	

Quinns Rocks (Wed & Sun)

RAAFA Estate, Hughie Edwards Dr	9.28am	18178
Shenton Ave, Currabmine Marketplace	9.43am	17861
Whitfords City (Marmion Ave)	9.53am	18066
Karrinyup Shopping Centre (Karrinyup Bus Stop) - Stand 5	10.01am	11562
Innaloo Bus Stop, Odin Rd at Bunnings	10.08am	19212
Arrive Crown Perth	10.25am	
Depart Crown Perth	3.15pm	

Wanneroo (Tues & Thurs)

Wanneroo Central Shopping Centre	8.58am	12308
Newpark Shopping Centre, Templeton Cres after Marangaroo Dr	9.11am	
Australia Post Wanneroo Rd, Westminster	9.19am	12336
Mirrabooka Bus Station - Stand 11	9.28am	12544
Dianella Plaza Shopping Centre	9.36am	11596
Morley Bus Station - Stand 12	9.43am	11367
Arrive Crown Perth	10.05am	
Depart Crown Perth	3.45pm	

Eastern routes

High Wycombe (Wed & Sun)

Kalamunda Bus Station - Stand 1	8.45am	19365
High Wycombe Shopping Centre	9.03am	14048
Forrestfield Caravan Park	9.13am	14114
Forrestfield Forum (Church)	9.18am	13863
Bus Stop at Discovery Holiday Park	9.27am	13866
Belmont Forum (Wright St Bus Stop)	9.42am	11670
Arrive Crown Perth	9.55am	
Depart Crown Perth	3.30pm	

Swan View (Mon)

Darling Ridge Shopping Centre, Swan View	9.15am	14654
Midland Bus Station - Stand 7	9.28am	14625
Bayswater Park 'n' Ride Train Station	9.37am	16547
Maylands Shopping Centre	9.45am	11644
Arrive Crown Perth	9.55am	
Depart Crown Perth	3.30pm	

Southern routes

Armadale (Mon, Tues, Thurs & Fri)

Armadale Interchange - Stand 4	9.01am	13192
Champion Dr, opposite Coles	9.07am	13051
Kelmscott Interchange - Stand 4	9.13am	22035
Gosnells opposite Addie Mills Centre	9.21am	19107
Thornlie Shopping Centre	9.31am	20500
Carousel Shopping Centre	9.41am	10050
Park Centre Shopping Centre, East Victoria Park	9.48am	11726
Arrive Crown Perth	9.50am	
Depart Crown Perth	3.15pm	

Fremantle (7 days a week)

Fremantle Station - Stand 2	9.05am	10429
Corner Petra Street	9.17am	10295
Melville Shopping Centre	9.22am	10301
Myaree (Marmion Reserve Park 'n' Ride)	9.31am	10715
Booragoon Bus Station - Stand B4	9.38am	11134
Bus Stop after Como Hotel	9.53am	10335
Arrive Crown Perth	10.00am	
Depart Crown Perth	3.15pm	

Southern routes

Mandurah (Wed, Fri & Sun)

Falcon Oval (Tennis Court Car Park, Flame St)	8.26am	
Halls Head Central	8.33am	17017
Mary St (Car Park near Old Bridge)	8.45am	
Dudley Park Bowling Club (Club Car Park)	8.53am	
Mandurah Football Club	9.00am	17371
Silver Sands Shopping Centre (corner Mandurah Tce and Anstruther Rd)	9.04am	
Arrive Crown Perth	10.03am	
Depart Crown Perth	3.00pm	

Munster (Tues & Thurs)

Cockburn Central Station - Stand 6	9.16am	23630
Munster Stargate Shopping Centre, Rockingham Rd	9.31am	10640
Phoenix Shopping Centre opposite ANZ Bank, Rockingham Rd after Kent St	9.36am	10647
Waverly Rd, Coolbellup, opposite Coolbellup Hotel	9.46am	20324
Kardinya Park Shopping Centre, South St	9.57am	10489
Arrive Crown Perth	10.20am	
Depart Crown Perth	3.00pm	

Rockingham (7 days a week)

Before Warnbro Fair and Halliburton Ave, on Warnbro Sound Ave	8.59am	17296
Opposite Waikiki Village, Read St	9.05am	17304
Rockingham City Shopping Centre, Council Ave	9.10am	21225
Rockingham Interchange - Stand 7	9.15am	23788
Kwinana Hub Bus Station	9.27am	26360
Arrive Crown Perth	10.10am	
Depart Crown Perth	3.00pm	

Central routes

Wellington St (Mon & Tues)

Wellington St Station - Stand 17	10.30am	25068
Arrive Crown Perth	10.40am	
Depart Crown Perth	2.45pm	

Please ensure you follow parking rules near bus stops before boarding the bus.



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Become a Mondo Community Warrior

by Jennifer Merigan



Antonio Carluccio and Vince Garreffa

WHEN YOU give money to a charity, have you ever wondered how much of your donated dollar actually goes to the recipient?

Well Vince Garreffa, Michael Tamburri and Stefan Jenner did ponder on this, and to ensure that all money donated to charity does go to the recipient, they decided to start their own. The result was a commitment from these 'can do' Western Australian businessmen to assist those less fortunate in our community, and Mondo Community Warriors (MCW) was born.

One of the unique features of the charity is that every dollar donated will go to the recipient with no expenses taken out. Everyone associated with the charity, and this includes Radio 6PR's Graham Mabury, does it for love of the community.

Their first charity event kicked off with the delightful Godfather of Italian cuisine and world renowned cook Antonio Carluccio's Perth visit, which he made specifically to initiate the fundraising arm for Mondo Community Warriors (MCW).

In Sydney on a worldwide book tour, Antonio paid his own expenses to fly to Perth to attend the event.

"The Community is an important aspect and I am involved with a warrior program in the UK and would love to see this kick off as well," he said.

MCW held two functions at Government House featuring Antonio; an afternoon chat where guests sampled delicious recipes from his cookbooks and received fabulous goody bags worth well over the ticket price.

The evening event was a silver service dinner and featured Antonio being interviewed by Verity James who emceed both events. Attendees had the opportunity to hear Antonio's life story and sample recipes from his cookbooks, as well as book signings and photo opportunities with him.

MCW extends their thanks to everyone who contributed to the success of these events, particularly Odgen IFC.

The key differences of the charity will be in how the dollar given is used and the philosophy. The three businessmen plan to utilise their own business resources to ensure that this is achieved.

"We guarantee that 100 per cent of our donations will be returned to charity," said Vince Garreffa.

"At this stage we have about 31 grass root charities including LifeLine, Shopfront (help for the homeless and displaced in WA) and Manna Foods.

"We are looking for assistance in any way: if you can help sell our Butcher's Calendar (see page 15) then give us a call. If you want to organise a fundraiser for us, whether you are a corporate sponsor or local business, then get on board with us at Mondo Community Warriors. All donations are tax deductible and we really want local people to get on board to help local charity," said Vince.

Have a Go News is 'on board' and looks forward to assisting with fundraising and promotion.

If there is a small charity out there, which is looking for assistance, they can contact charity@mcw.org.au

But if you would like to get 'on board' by making a contribution or to volunteer then email info@mcw.org.au

Further information about the charity can be found at www.mcw.org.au

Antique & Collectables Fair in December

ON 29 DECEMBER and antique and collectable fair will be held from 9am - 3.15pm at the corner of Wharton Rd and Holmes St, Gosnells/Southern River.

The venue is wheelchair friendly and the café will be open to serve light refreshments.

\$4 entry. Accompanied child u/14 - free.

For more information, please call Tricia or Paul on 9398 2450 or email treasures@bigpond.com

BOOK REVIEW



by Quentin Smythe

New Age Nanas
by Doreen Rosenthal
and Susan Moore

WHEN YOU read this book please stand up and be counted: never again will you be thought of as an old fashioned grandmother. This book, *New Age Nanas*, tells you how to be a grandmother in the 21st century.

It was interesting to note that the authors interviewed more than 1205 Australian grandmothers, who ranged in age from 34 to 92 years, with an average age of 63.

Both authors are grandmothers and each has their own rich and diverse views of Australian grandmothers. One nana interviewed, expressed the joy and passion she felt on the birth of her granddaughter saying, "I fell absolutely head over heels in love and felt a sense of joy and wonder; it was instantaneous love, she just leapt into my heart".

The grandmothers interviewed were mostly well educated and many had studied beyond secondary school: 80 per cent were working and of that a third worked full time.

New Age Nanas is written in an engaging style and will provide you with lots of useful information on and insights into topics such as; feelings towards grandchildren, managing

changing relationships as they get older, conflicts and special issues faced by grandmothers.

Although I am a mere male, I have thoroughly enjoyed reading this book and I can say, "Nana's, you are an amazing lot".

My congratulations too, to the authors for writing so well about a topic dear to all our hearts.

This book is available at all good book stores. Price \$29.95.

WIN WIN WIN

We have five copies of New Age Nanas to give away. To be in the draw to win a copy, please send an envelope with your details on the back to New Age Nanas Comp, c/- Have a Go News, PO Box 1042, West Leederville WA 6901 or email hagncomps@haveagonews.com.au with New Age Nanas in the subject line.

Competition ends 15/11/12. Only over 45s eligible.



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Cooking with Embers

Oysters with a Mango and Mint Salsa



Ingredients

12 freshly shucked oysters
 1/2 mango finely diced
 1 shallot finely diced
 6 mint leaves finely sliced
 1 red chilli finely diced
 2tbs red wine vinegar
 splash of olive oil
 1tbs lemon juice
 salt & pepper

Method

Layout oysters on serving platter.
 Mix together all your ingredients and then add generous amount of salsa to each oyster

See HOME in WA each Saturday afternoon on Seven and GWN7 at 4.30pm.



INTO THE Retravision kitchen once again with West Coast Eagle, Andrew Embley.

This time Cooking With Embers features very little cooking, with a decadent dish, Freshly Shucked Oysters with Mango and Mint Salsa.

Whilst preparing this dish, Andrew let us in on his secret to a tidy kitchen - the Asko dishwasher.

A dishwasher uses much less water than washing dishes by hand with an output of just 14 litres per load. The Asko is one of the most energy efficient dishwashers in the world. Its power wash cycle is so efficient, it doesn't need a rinse cycle.

BOOK REVIEW



Sinning Across Spain
 by Ailsa Piper
 Reviewed by Pat Paleeya

WOULD YOU carry your friends' sins for 1,300 kilometres; sounds impossible doesn't it? But Ailsa Piper did just that offering to walk off their sins from Granada to Santiago de Compostela. Of course there was a price, and not only monetary. She discovers her own cache of questionable actions and so begins a journey of mild angst, great elation and

most importantly for Ailsa, self-discovery.

In the tradition of medieval believers who paid others to offload their sins at Holy places, her friends donated their sins in order to fund her quest.

In her book *Sinning Across Spain*, Ailsa Piper describes the journey, the people she meets, and the difficulties in deciding whether an action is or is not sinful.

Never mind her friends' sins, she had quite a tussle with her own, imagined or otherwise.

Herr T, a fellow traveller, quite enjoyed her company but Ailsa really craved a little solitude; lied to achieve this, then spent this time walking through beautiful olive groves agonising over her 'sin' of selfishness and the 'sin' of lying to Herr T.

There is also Amigo: now he caused the most upheaval and confusion for Ailsa when one of the seven deadlies (I'll whisper this) LUST almost claimed her.

This is a very different travel book that opens up much polemic on this complicated sinning business, and for that reason I would recommend this as a book club choice. Among the soul-searching there is joy, kindness and some really funny moments, coupled with moments of despair.

Ailsa Piper writes that a shepherd asked her how her walk had been, 'hard but beautiful' she replied, the shepherd grinned 'como la vida' he said 'hike life'. This book is the story of that hard but beautiful walk.

RRP is \$29.95 and the book is available online at www.mup.com.au.

Support your local butcher and Lifeline WA



YOU WILL wish you were hung, drawn and quartered if you miss out on a copy of Perth's meatiest butchers in the Butchers Calendar 2013.

Well known butcher and columnist for *Have a Go News* Vince Garreffa got together with a team of local butchers to produce this fabulous and fun Butcher's Calendar for 2013.

Vince, the owner of Mondos Butchers and well known in Perth as the Prince of Flesh, is the head of Mondo Community Warriors which he runs to assist charities in WA.

Now look out for the Prince of Flesh in the calendar as Vince is May's pin up butcher. You can find many more local butchers who

stripped off to raise funds for charity.

The calendar has been produced to help raise funds for Lifeline WA and Graham Maybury's Thirty Charities in Thirty Years.

Each month, not only do you see a picture of one of Perth's meatiest butchers but there are also fabulous recipes and most importantly when you buy the calendar 100 per cent of the profits go to great causes. Get your copy now from Mondos Butchers at 824 Beaufort Street in Inglewood or at any of your local butchers for \$15.

If you would like to sell the calendar for fundraising for your special group, contact Vince Garreffa on 0411 881 193.

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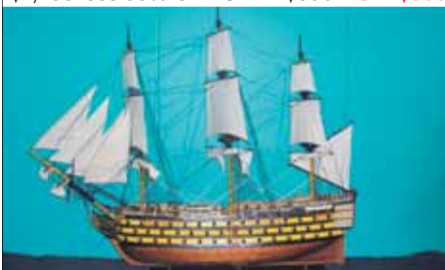
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Retirement village residents miss out on electricity rebate



National Seniors Project Officer, Rob Waite

by Frank Smith

RETIREMENT VILLAGE residents are likely to miss out on government benefits aimed at offsetting higher electricity costs.

The WA government has agreed to pay a cost of living allowance to Synergy and Horizon customers who are holders of a WA Seniors card, Commonwealth Seniors Health Card, a Cen-

trelink health care card or Department of Veteran's Affairs gold card.

The allowance will be nearly \$150 this financial year and \$200 in a full year. It will replace the existing supply charge rebate currently worth \$147 a year.

In multiple residences, lifestyle villages and strata units, where the electricity is supplied through one main electricity meter, each additional residence with a subsidiary meter is charged a supply charge.

Residents who provided their concession card details to Synergy, were automatically entitled to receive the payment. This was sent as a six monthly electronic funds transfer paid directly into

their bank account.

However this does not apply to the new cost of living allowance (CoLA).

Electricity retailers sell electricity to whole retirement villages, lifestyle villages and strata companies, which in most cases resell it to residents via sub-meters in individual units.

Synergy argues that retirement home residents are not its customers and retirement villages themselves are not eligible under the terms of the concession as they are commercial clients.

That means that around 21,000 pensioners will probably miss out.

Rob Waite National Seniors Project Officer has been actively pursuing this anom-

aly on behalf of both the National Seniors Association and the Western Australian Residential Complexes Residents Association.

The Hon Peter Collier, Minister for Energy, in a letter to Mr Waite said:

"...energy retailers have no control as to how retirement villages bill their residents for electricity (therefore) they are currently unable to provide concessions through this mechanism."

He suggested that retirement village managements could supply Seniors Card and Concession Card numbers to Synergy, which could then credit the relevant allowance to the village accounts.

It would then be up to the individual villages to pass on the savings to residents.

Mr Waite points out that all villages – by law – must have Residents' Committees that monitor the internal finances of each village.

"This is in effect, a self-auditing process to ensure against any misfeasance or fraud. This existing governance system prevents any imputation of impropriety on the part of operators of residential facilities," he said.

M Andrew Waddle, MLA for Forrestfield raised the matter in a grievance debate in the Legislative Assembly last month.

Replying on the behalf of the government Dr Mike Nahan, parliamentary secre-

tary to the Minister for Energy pointed out that not all electricity sold to retirement villages is used by residents.

Mr Waite said the Public Utilities Office is looking at ways of ensuring that pensioners in retirement homes do not miss out on CoLA payments.

He said retirement villages could themselves solve the problem by changing the metering system so that individual units were metered direct. However there would be some capital cost in making this change.

While the government dithers, some 20,000 pensioners are without any assistance with electricity cost that has increased by 67 per cent in the past two years.

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Novak Djokovic attached with a caption crediting him with being World's no 1.

THE BRAND new, state-of-the-art Perth Arena, promises a whole new level of comfort for spectators at the 25th anniversary Hyundai Hopman Cup in 2013.

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ing, ensuring patrons keep their cool during the hottest matches, even with the retractable roof open.

Tennis fans can enjoy watching the stars sweating it out on court from any of the 13,910 air-conditioned and cushioned stadium seats.

Other features include the Live Site, complete with a giant screen featuring all the tennis action, live entertainment, interactive Tennis Hot Shots demonstrations and Cardio Tennis bursts.

There will also be an outside practice court open where you can watch the stars warm up for their matches and also enjoy unrestricted spectator viewing around the Arena.

Why not take the grandchildren to the inaugural Hyundai Hopman Cup Kids' Day on Sunday 30 December where children 16 years and under receive a free silver reserve ticket when accompanied by a paying adult.

Also available is a Hopman Cup Membership which offers a range of benefits including launch tickets and access to the exclusive Members' Lounge.

2013 Hyundai Hopman Cup opens at the Perth Arena

You can take advantage of free public transport on all Transperth services included in the price of every ticket, on presentation of valid Hyundai Hopman Cup ticket or ticket stub.

Hyundai Hopman Cup Trophy Tour set to hit the road and engage tennis fans across the Hyundai Hopman Cup is the official mixed teams competition of the ITF. It will take place at the new Perth Arena from Saturday 29 December 2012 to Saturday 5 January 2013.

Tickets are now on sale through www.ticketek.com.au or by calling 1300 888 104.

WIN WIN WIN

To be in the draw to win one of three gold double passes to the Hyundai Hopman Cup, address an envelope to Hyundai Hopman Cup Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 and include your contact details on the back or email hagncomps@haveagone.com.au and include the word Hopman in the subject line. Competition ends 30/11/12. Only over 45s are eligible.

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John W, Benalla, VIC
18 Jan 2010

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

Paul E, Ormond
22 April 2008

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

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

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

Gordon M, Rochedale, QLD
4 December 2009

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- Pharmacy 777**
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- Health Kick Whitfords**
Shop 234, Whitford City Shopping Centre
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Shop 4, Kardinya Park S/C KARDINYA 6163
- Health Kick Spearwood**
Shop 7, Phoenix Shopping Centre,
254 Rockingham Rd, SPEARWOOD 6163
- Health Kick Rockingham**
Shop G81, Rockingham Shopping Centre,
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- Leda Community Pharmacy**
Shop 8 & 9 Leda S/C, Feilman Dve, LEDA 6170
- Wizard Warehouse Pharmacy**
Shop 12, 175-179 Mandurah Tee, MANDURAH 6210
- Health Kick Mandurah**
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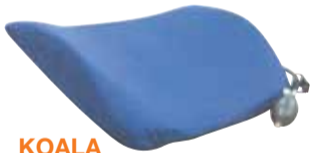
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Assists with stove top, washing machine /dishwasher knobs, turning on taps, locking /unlocking doors

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Extend your reach without stretching. Various lengths available.

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

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DIY. Simply screws into most existing plumbing.

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MIDLAND Sun Medical Equipment Centre Corner Ferguson St & Great Eastern Hwy **9374 0577**

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**

Photos for illustrative purposes only.

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

Rewarding seniors



Ken Marston

THE ANNUAL Seniors Awards ceremony will be held on 11 November this year. These awards celebrate the achievements of the awards finalists and winners who have done exceptional things in our community for the benefit of others.

We recognise and thank them through the awards, and their efforts are certainly remarkable, but we also recognise and thank those who were nominated but did not win an award, as well as the many unsung heroes whose work is often unknown, unseen and too often disregarded.

For me, attending the Seniors Awards ceremony is always humbling, inspiring and encouraging. The fine people who are recog-

nised today are wonderful role models.

We are frequently reminded of the bad things that happen in life and that can be depressing. We forget that there is far more goodwill, far more generosity and altruism, and far more kindness in this world than the reverse. The annual Seniors Awards give us the opportunity to reflect on the good things in life by highlighting the contribution that has been made to the community by so many people in so many ways.

At the annual Seniors Award ceremony, everyone is a winner!

Ken Marston
CEO

Concessions

ARE YOU receiving all the State Government concessions you are entitled to? Last year, COTA WA asked for a "one stop shop" for information on concessions, and Minister

McSweeney recently announced just that, so go to <http://www.concessions.wa.gov.au> and check what's available to seniors. Alternatively, ring the Seniors Card Centre on 6551 8800 or 1800 671 233 (country free call) between 8.30am - 4.30pm weekdays. If you have a speech or hearing impair-

ment, call the Seniors Card Hotline through the National Relay Service on free call 1800 555 677. You can also visit them on Level 2 of 140 William Street, corner of the Murray Street Mall directly above the Perth Underground Train Station (entry is from lifts in the arcade off Murray St Mall).



Have A Go Day

WEDNESDAY 14 November is a big day for seniors. COTA staff and volunteers are looking forward to seeing you all at our tent in Burswood Park on Have A Go Day. Come along and get a COTA show bag as well as a ticket to be in the draw to win a hamper in our free raffle which has been kindly sponsored by Renew Perfection – a complete renovation company specialising in bathroom, kitchen and laundry renovations. For details of Renew Perfection's services ring 9447 5541 or 0402 255 500.

Lifestyle Village and Caravan Residents



DO YOU own your home but rent a site in a lifestyle village or park home village? Do you rent a site and

a home long-term in a caravan park, holiday or leisure village? Then the Department of Commerce would like to hear from you!

A discussion paper has been released about the current laws and some of the issues you may be facing when living as a long-stay tenant in a residential park. The discussion paper is available online at: www.commerce.wa.gov.au/consultations or by calling 1300 30 40 54.

There are a number of

ways you can provide feedback during the review:

1. You can make a submission:
 2. You can fill out a survey:
 3. You can contact the Department and speak with an officer directly to outline your issues about long-stay tenancy laws:
 - Ms Dee da Silva, Senior Policy Officer on 9282 0622; or ...
 - Ms Sarah Hazell, Legal Policy Officer on 6364 3025
- The closing date is: 30 November 2012.

Refer COTA Membership to a friend or family member



WHY NOT introduce COTA Membership to a friend or family member and give them the opportunity to gain the many retail and Alliance Partner offers, benefits and savings

available to all COTA members! For details ring COTA Member Services go to www.cotamembership.org.au or phone on 1300 1400 50. Join COTA – the voice of seniors.

Living Longer in Augusta Margaret River



Shire President Councillor Ray Colyer, the Hon. Barry House MLC, recreation centre fitness supervisor, Kristi Head, COTA WA CEO, Ken Marston

SHIRE RESIDENTS welcomed the launch of Living Longer Living Stronger following the Margaret River Show on 20 October. Shire President Councillor Ray Colyer opened the proceedings and local Member of Parliament, the Hon Barry House MLC, officially launched the program in Margaret River. COTA WA CEO, Ken Marston, gave seniors a run down on the benefits of progressive strength training and recreation centre fitness supervisor, Kristi Head, gave details of when the program will be run in her centre.

Enthusiastic seniors recognised that exercise is something that all of us need and making the effort to go to a gym or recreation centre pays off in terms of wellbeing and quality of life. They also welcomed the social component of Living Longer Living Stronger as an important aspect of the program.

Up Coming Events

Making Informed Housing Decisions

- Tuesday 13 November
- Seminar at South Perth Learning Centre

Living Longer Living Stronger™ Excellence Awards Dinner

- Saturday 17 November
- The Esplanade Hotel, Fremantle

Modifying Your Home

- Monday 19 November
- Seminar at Cockburn Seniors Centre

Modifying Your Home

- Thursday 22 November
- Seminar at the office of Janet Woollard MP, Applecross

Making Informed Housing Decisions

- Monday 26 November
- Seminar at Halls Head Bowling Club

Downsizing - A Field Guide and Retirement Villages and Residential Parks

- Tuesday 27 November
- Seminars at Citiplace Community Centre, Perth




Modifying Your Home


- Wednesday 28 November
- Seminar at Old Courthouse, Midland



Keep up to date with what's happening for seniors in Perth by signing up to COTA WA's e-newsletter. It's simple! Just send your email address to admin@cotawa.org.au with a subject line saying - SIGN ME UP TO THE E_NEWS. Alternatively you can sign up at the COTA WA website at www.cotawa.org.au. Just click in the "Get Involved" section and follow the prompts.

Exercise for the over 50s



COTA

It's easy as 1, 2, 3...

STEP 1 - Contact COTA WA for your FREE information pack

STEP 2 - Gain a medical clearance from your GP


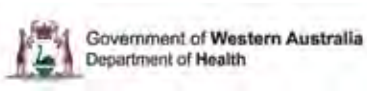
STEP 3 - Call your nearest provider to book in for your assessment

A safe, quality, evidence-based strength training program for the over 50s endorsed by the Council on the Ageing (COTA).



Proven benefits of Living Longer Living Stronger™

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- decreases arthritic inflammation
- improved heart conditioning
- effective anti-depressant

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Web: www.llswa.org.au

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Celebrating International Volunteer Day - 5 December 2012



(L to R) Rottnest voluntary guides, Steve Price, Sue Hounsom and John Carroll enjoying the Rottnest environment

What makes these three so happy? Why not join them and find out?

THE ROTTNEST Voluntary Guides Association (RVGA) is seeking new members to undertake guiding duties on Rottnest Island. The RVGA has been providing educational and information tours on Rottnest for 26 years to local, interstate, international visitors as well as school groups.

It plans to recruit another 25 voluntary guides in 2013 to complement the existing 240 Rottnest guides.

The Association conducts a train-

ing course for prospective guides each year. An information evening will be held at the Dalkeith Netherlands Bowling Club, Jutland Parade, Dalkeith on Tuesday 11 December commencing at 7.30pm. Come along and get your questions answered.

The training course starts in February and continues for one evening a week for 13 weeks and includes two weekends on Rottnest Island.

The course covers topics related to the colonial and military history

of Rottnest and all facets of the environment. A great deal of material is covered in the course, provided by able presenters and with the support of an expansive website for information, tour plans and research purposes. To find out more about the RVGA and how to join the association go to the RVGA's website www.rvga.asn.au or contact the training coordinator, Sue Hounsom by emailing training@rvga.asn.au or phoning 9448 8045 or 0432 259 530.

The value of volunteering

THE COMMUNITY Involvement Unit (CIU) provides community members in WA with opportunities to support, be involved in, and contribute to, the work of the Department of Environment and Conservation (DEC).

Volunteering enriches the community through the delivery of environmental, social, economic and health benefits to individuals, local groups, the state and the nation.

In 2011/12, 3,838 volunteers actively contributed more than 450,000 hours across WA to a diverse range of projects such as native animal rescue and rehabilitation, terrestrial and marine science programs, flora monitoring, endemic fauna preservation and recovery programs, national park conservation and maintenance, river guard-

ians, "Friends of" groups in regional parks, cane toad community programs, turtle tagging and litter picking.

Last year, DEC's Wildcare Helpline received nearly 7000 calls from members of the public and referred them to a network of 186 reptile removers, 82 Animal Control Agents or over 1900 wildlife rehabilitators. DEC also has links with seven major wildlife rehabilitation centres in the Perth area which receive in excess of 10,000 admissions annually.

They welcome anyone over the age of 16 – their eldest volunteer is 91. They feel honoured and proud to have so many dedicated and hard working volunteers. For more information please visit www.dec.wa.gov.au/community-and-education/volunteer-programs.html.

Searching for greatness

DO YOU have retail, merchandising, recruitment or supervisory skills?

Save the Children Op shops are currently being re-furnished and they would love some new staff to join them on this journey.

Whether you're 16 or 60 plus or anywhere in between, there's a place in

their team for you.

Bring your friends, your ideas and of course your skills and experience.

Save the Children want their shops to be great and to do this they need great teams. Moreover, they and their wonderful core of existing team members, with International Volunteers Day approaching, want to

tell everyone how much their support and commitment is valued.

Volunteering in their shops is fun, rewarding and flexible.

Why not go along and join them and be part of their greatness.

For further information contact Save the Children on 9267 3900.

Celebrating volunteering

INTERNATIONAL Volunteer Day (IVD) was established by the United Nations General Assembly in 1985. IVD is now celebrated worldwide with thousands of volunteers involved in a range of IVD initiatives including clean-up campaigns, conferences, exhibitions, morning teas and many other activities all aimed to highlight the role of volunteers in their communities.

Volunteering Australia supports IVD and encourages all volunteer based organisations to be involved and celebrate volunteering. Each year International Volunteer Day is celebrated on 5 December.

*Sourced from www.volunteeringaustralia.org

Vale Bill Johns - volunteer extraordinaire



Vale Bill Johns

WHEN Bill Johns died on Sunday, 9 September, 2012, at the age of 92 (he would have been 93 in December this year), the Roger May Machinery Museum at Pinjarra lost a valued member of their Sunday team.

Bill lived at Beddingfield, where after moving in he started gardening there and put up the flag daily.

Bill came down to the Museum on a Sunday for a six-hour tour of duty.

On occasions he even managed to persuade the young ladies at Beddingfield to take him to the Museum in their own time, at the end of their night shift.

Otherwise one of the other volun-

teers would pick him up on a Sunday morning and take him home as due to bad eyesight he was no longer able to drive.

He was always ready when his 'lift' arrived and keen to get to the Museum.

Bill thoroughly enjoyed his Sunday duty at the Roger May Machinery Museum.

He loved talking to people and people loved listening to him.

Bill will be sadly missed by those who had the pleasure to work with him, as a good friend, with a fund of stories and a brilliant Museum tour guide.

Vale Bill...

experience life

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Enrich the lives of **orangutans** in captivity.
Help rehabilitate **orangutans**.
Educate communities on **sustainable** living.
Do something **worthwhile** on your holiday.
Experience life!

Volunteer Holiday in Borneo

Find out more: 0410 634 018 www.sentirvida.com

Thank You Volunteers

The City of Stirling warmly thanks its volunteers for their invaluable contribution to its many essential programs and services.

Your dedication and giving freely of your time and skills are what makes the City of Stirling a vibrant, healthy and safe environment in which to live.

www.stirling.wa.gov.au | Tel: 9205 8555

THANK YOU!

The Department of Environment and Conservation would like to thank and congratulate its wonderful volunteers for their inspiring efforts in caring for WA's natural environment.

DEC is looking for enthusiastic, mature minded volunteers to help run the Wildcare Helpline, our telephone referral service. If you can spare a few hours a week we'd love to hear from you – please call 9334 0279 or visit www.dec.wa.gov.au for more information

Nulsen is one of WA's leading providers of services to people with severe and profound intellectual and physical disabilities.

For more than 50 years, Nulsen has been fortunate to receive the support of a dedicated group of volunteers who have run our Opportunity Shop.

If you or someone you know would like to lend a hand in any way, please contact us on **6253 4700**.

Volunteer Task Force has been supporting the community for over 40 years. We provide much needed service to frail elderly and younger people with a disability.

Our teams are enthusiastic, dedicated people from all age groups. Helping out as a volunteer can help improve your skills, social life and sense of belonging.

Make the difference today and call us to lend a hand in our gardening or social support team.

Weekdays or weekend opportunities available (in some areas)
PH: 9318 5700 www.volunteertaskforce.org.au



Celebrating International Volunteer Day - 5 December 2012



The definition of volunteering



A DEFINITION of formal volunteering is a critical reference for the sector. It protects the integrity of volunteering, and it also protects

volunteers by ensuring that the term volunteering and what is and is not intended when we use this word is widely understood.

The formal definition and principles of volunteering are the result of a national consultation undertaken in 1996 with a wide range of stakeholders including volunteers, personnel of not for profit organisations, policy makers and unions. They are enshrined in one of Volunteering Australia's foundation documents:

Definitions and Principles of Volunteering

Formal volunteering is an activity which takes place through not for profit organisations or projects and is undertaken:

- to be of benefit to the community and the volunteer
- of the volunteer's own free will and without coercion;
- for no financial payment; and
- in designated volunteer positions only.

Principles of Volunteering

- Volunteering benefits the community and the volunteer
- Volunteer work is unpaid;
- Volunteering is always a matter of choice;
- is not compulsorily undertaken to receive pensions or government allowances;
- is a legitimate way in which citizens can participate in the activities of their community;
- is a vehicle for individuals or groups to address human, environmental and social needs;
- is an activity performed in the not for profit sector only;
- is not a substitute for paid work;
- Volunteers do not replace paid workers nor constitute a threat to the job security of paid workers;
- Volunteering respects the rights, dignity and culture of others; and
- promotes human rights and equality.

*Sourced from www.volunteeringaustralia.org

Active Ageing in Rockingham



Volunteer Ann Hannan

by Frank Smith

THE CITY of Rockingham takes its seniors seriously, as part of its active ageing strategy.

The first consideration is safety for seniors with a dedicated project officer in Sharon Phillips.

Ms Philips says a safety program makes people more careful, and therefore less likely to become a victim.

The City offers senior cardholders a \$100 rebate on items bought to improve personal safety, such as a security screen or smoke detector.

They also give out free personal alarms and a tiny torch with LED light for the key ring so seniors are never left fumbling in the dark trying to get into their home.

Another community safety strategy is an intergenerational workshop.

She asked young people to take photographs of places around the city that illustrated safe and unsafe practises. The photos were then displayed in the library and at shopping centres and other public places in Rockingham.

Seniors can register with the City Safe Resource Centre. Those who do receive a 'Safety for Seniors' pack including a personal security alarm, home security check list, a phone link and notification of upcoming events in the active ageing lifestyle program.

The City's second string is social connection headed by Active Ageing Development Manager Julie McDonald.

The aim of the Rockingham Social Connector is to offer encouragement with individuals experiencing social isolation to acquire confidence and skills development to rejoin the community with the help of a team of trained staff and volunteers.

Four volunteers ring 350 people a month to check on their health and well-being and to have a chat. The volunteers look for problems and arrange a home visit or notify Silver Chain if anything appears to be amiss, such as getting an answering machine rather than a real person when they call.

Telephone volunteer Ann Hannan has been on call every Wednesday for over a year.

She gets a mixed reaction to her calls. "Some people are very lonely, others

love to talk, and often their families live away.

"One lady had ostracised her family. She had refused to speak to them for seven years. They weren't even allowed to knock on her door. I visited her and was able to bring the family back together. Now a daughter is back in her life just as she needs help.

"We also arranged home help and discovered that she had fractured her spine.

"We are able to identify specific needs. One man had been trying to get a wheelchair for his wife for 12 months. We were able to get it to her that day," she said.

Skilled callers can also provide early warning of possible dementia.

To get a call seniors either register themselves or are nominated by their families as wanting regular contact.

All people on the register received an invitation to a Christmas in July afternoon tea from the City and a Christmas function is planned for November. A primary school choir of 50 children will entertain the seniors.

The program's main problem is to identify people in need of the service.

The Social Connect Program is funded by the Social Innovation Grant Program of the WA Department for Communities.

In addition the City coordinate the largest Neighbourhood Watch program of any local government organisation in WA with over 250 volunteers, but the Social Connect program could use a few more volunteer callers.

- Accounting
- Advertising, Arts & Media
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- Engineering
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- Human Resources
- Insurance
- Mining
- Real Estate
- Retail & Consumer Products
- Sales
- Self Employment
- Sport & Recreation

Visit www.jobs4-me.com.au

Celebrating Thank a Volunteer Day on December 5!

The City of Nedlands thanks our volunteers for enriching our community daily with the invaluable services they provide. Our volunteers touch the lives of hundreds through their work with the Nedlands Library, Nedlands Community Care, Tresillian Community Centre, Youth Advisory Council, Access Working Group, and various committees and other working groups.

For further information on volunteering within the City of Nedlands, contact Kendal Shaber on 9273 3641 or kshaber@nedlands.wa.gov.au.

Want to give something back? 2-3 hours per week

CLAN WA Volunteers work with families to build positive and effective parent child relationships and stronger support networks.

"My volunteer assisted in many ways, mainly just to be a listening ear." said Janet from Kelmscott.

If you would like to enhance your skills, learn new ones whilst helping others, we would love to hear from you!

For details please call now on **9472 9144**
www.clanwa.com.au

VOLUNTEERS: EVERY ONE COUNTS International Volunteer Day 2012

Here at the Town of Bassendean we send our heartfelt thanks to those who volunteer in the community

To find out more about volunteering contact the TOWN OF BASSENDEAN'S VOLUNTEER CENTRE on 9377 2191



VOLUNTEERING

WE CAN'T DO IT WITHOUT YOU

Save the Children Op Shops. Changing the world for children most in need, one sale at a time.

We are looking for Supervisors and Team Members at our Scarborough, Tuart Hill, Mt Hawthorn, East Vic Park, Fremantle, Midland, Mosman Park and Myaree shops. Morning and Afternoon shifts available. For more information contact Elizabeth on 9267 3913 or email volunteer@savechildren.org.au

Get involved, lend a hand, make a difference.

Support for volunteers locally

- **Broome Volunteer Resource Centre**
Tel: 9193 6425 Fax: 9193 6475
Email: circlevrc@westnet.com.au
- **Busselton-Dunborough Volunteers**
Tel: 9754 2047 Fax: 9754 2047
Email: volunteers@westnet.com.au
- **Christmas Island Neighbourhood Centre**
Tel: 9164 7247 Fax: 9164 7249
Email: cinc@cinc.org.au
- **Cockburn Volunteer Resource Centre**
Tel: 9411 3490 Fax: 9411 3333
Email: volunteering@cockburn.wa.gov.au
- **Corrigin Community Resource Centre**
Tel: 9063 2778 Email: corrigin@wn.com.au
- **Esperance Volunteer Resource Centre**
Tel: 9072 0346 Fax: 9071 3629
Email: volunteer@esperance.wa.gov.au
- **Fremantle Volunteer Centre**
Tel: 9335 3394 Fax: 9430 8358
Email: fvc@fremantle.wa.gov.au
- **Geraldton/Centacare Volunteer Services**
Tel: 9921 1433 Fax: 9921 4358
Email: cvs@centacare.wn.com.au
- **Joondalup Volunteer Centre**
Tel: 9400 4734 or Freecall: 1800 678 114
Email volunteer@joondalup.wa.gov.au
- **Jurien Bay Community Resource Centre**
Tel: 9652 2425 Email: jurienbay@crc.net.au
- **Kalgoorlie Boulder Volunteer Centre**
Tel: 9022 3197 Fax: 9022 3570
Email: volunteers@kbvc.org.au
- **Koorda Community Resource Centre**
Tel: 9684 1081
Email: koordate@wn.com.au
- **Kwinana Volunteer Resource Centre**
Tel: 9419 1628
Email: Michele.Legge@kwinana.wa.gov.au
- **Manjimup Volunteer & Resource Centre**
Tel: 9777 2774 Fax: 08 9771 8354
Email: info@manjimup.org.au
- **Melville Volunteer Resource Centre**
Tel: 9364 0153 Fax: 9364 0285
Email: volunteering@melville.wa.gov.au
- **Nannup Volunteer Resource Centre**
Tel: 9756 3022 Fax: 08 9756 3090
Email: nannupvrc@westnet.com.au
- **Nedlands Volunteer Referral Centre**
Tel: 9273 3634 Fax: 9273 3643
Email: nedvolsservice@nedlands.wa.gov.au
- **Peel Volunteer Resource Centre**
Tel: 9581 1187 Fax: 9586 1187
Email: manager@peelvolunteer.org.au
- **Rockingham Volunteer Resource Centre**
Tel: 9591 2755 Fax: 9528 7209
Email: rvcrc@iinet.net.au
- **Subiaco Volunteer Hub**
Tel: 9237 9256 Fax: 9237 9200
Email: natashaa@subiaco.wa.gov.au
- **Swan Volunteers**
Tel: 9250 6421 Email: swanvolunteers@swan.wa.gov.au
- **Victoria Park**
Tel: 9311 8131 Fax: 08 9311 8181
Email: NTomkins@vicpark.wa.gov.au
- **Volunteer South West**
Tel: 9791 3214 Fax: 9791 7060
Email: volunteer.south.west@bigpond.com.au
- **Wickepin Volunteer Resource Centre**
Tel: 9888 1500 Fax: 9888 1588
Email: wickepinvrc@westnet.com.au

*This information was sourced from www.govolunteer.com.au

Style

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

ADVERTISING FEATURE



HI THERE everyone

Don't you just love the colour around in stores everywhere?

It's shaping up to be a glorious spring and summer.

With the warmer weather and Christmas coming up, there will be some really fun social days ahead. Nothing gets you more motivated than to get out there to enjoy life and times with friends, dressed up and/or wearing something new.

I hope that you have already spotted some gorgeous pieces to buy that compliment your basics and will give your wardrobe a fresh injection of life.

I have heard ladies say they wished there was more colour was out there; well now we have colour galore.

I have fallen in love, all over again, with orange. This colour seems to really suit my complexion, and when wearing orange, you receive compliments, I think that tells you it's working for you.

I love the acid yellow and chartreuse shades as well and while they may be a little 'out there' for some, there are colours in hues suitable for everyone.

After living and breathing black, I do love the new season's colours.

One of my clients told me recently that while she had a lot of black and grey which she would continue to wear; she would like to add colour to these pieces.

We bought some tops in hot pink and a deep turquoise, both of which colours look great with black or grey and particularly white.

With the addition of a few accessories to pull it all together, you can create an instant 'wow' factor.

Any of the plain basics in your wardrobe, be they black, white, navy or khaki, can be spruced up with the addition of any of the new season's colours.

And if you are daring; why not look around for some of the patterned palazzo pants available. The

wide legs and draw string waist worn with a stylish flat sandal is a great look and super comfortable.

They could be your statement piece, so keep the top plain and fairly fitted.

Some that I have seen around are made from a polyester mix. They would wash like a dream and need no ironing. Many ladies don't like wearing this fabric, particularly if you tend to feel the heat, but worn as pants, it could be quite comfortable.

If you don't feel confident yet to take the step to wear these colours, you can always introduce a bright colour into some new accessories.

Even resin bangles provide a bit of oomph.

Recently, I bought a wide cuff like orange bangle which I've worn much more than I thought I would; it seems to just add that finish to an outfit.

The colours available this season have influenced home-ware as well.

I love shopping at Target where they have fantastic home-wares at great prices which always feature fashion colours.

Why not update your alfresco dining area by buying crockery, glasses, and table linens in a new exciting colour. Carry the look into your kitchen by updating the tea towels and kitchen accessories. It'll give you a lift and inspire you to plan some entertaining.

I hope that this month that you will give some thought to Christmas and be super organised early in order to eliminate stress in December.

Last year I wrote suggesting some alternative ideas to Christmas Day entertaining.

I don't know about you but getting the family in one place at the one time is hard, especially now they're adults and have to be shared with in-laws.

I love a Christmas breakfast which I hosted last year, with fruit, pastries, smoked salmon croissants and of course bubbles. It was light and lovely.

I wake up at the crack of dawn on Christmas

Day and can't wait to begin.

Although you can't beat a family Christmas dinner with everyone there to enjoy, maybe a Christmas High Tea would be something different to consider.

Something else I thought of doing too that may interest you; I have had several calls from ladies expressing an interest in having a session with me, which is great and I always suggest that they may like to share the session with a friend and halve the cost.

I am also re-starting shopping tours, which I ran a few years ago. These would be in groups of up to six and I will arrange to meet everyone at their favourite centre.

The tours are fun, informative and I will be more than happy to answer any questions you may have, with the opportunity also for a bit of one on one time.

These tours can be designed completely around the specific needs of the group.

For example dressing for your body shape, mini wardrobe makeovers, new season-new look and special occasion wear.

For more information regarding this please call me on 0406 336 607.

Well that is all from me for now. I would love to hear from you if you are interested in a tour or a one-on-one session where it is "all about you." And so it should be, we are so very worth it.

This season spoil yourself.
All the best for a beautiful November!

Love

Zofia
xxx

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

Win a style session with Zofia

TO CELEBRATE Style in the pages of Have a Go News, one lucky reader has the opportunity to win an hour's style session with Zofia at your nearest shopping centre. To be in the draw simply put your details on the back of an envelope together with your phone number. Send to Zofia Competition c/o Have a Go News PO Box 1042 West Leederville 6901. Entries close 10/12/12 and only over 45s eligible.

3 in 1 Market @ Showgrounds this month

SERVING Perth's craft lovers since 1991, Treasured Craft Creations presents their 3 in 1 Market @ Showgrounds this month.

Come along to the two-day fair on Saturday 17 and Sunday 18 November from 9.30am to 4.30pm where you will be able to visit more than 300 stalls from across the three-way combined event at the Claremont Showgrounds.

The event comprises three individual fairs which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

Craft

The craft exhibitors offer a wide variety of unique and different quality handmade crafts for sale including jewellery, clothing for adults and children, fabric craft, woodwork, toys, pottery, homewares, patchwork, scrapbooking and much more. Enjoy a shopping experience where the person selling the product is the person who made it.

They also have a huge range of food products including delicious sauces, condiments, preserves, cakes, biscuits, chocolates and confectionery.

Craft stalls are situated inside the Robinson Pavilion.

Antiques & Collectables

This fair includes antique and collectable dealers selling their wares through more than 100 stallholders. Free antique valuations are also available

from 12pm to 3pm daily where customers can bring along a family heirloom.

Stalls are situated inside the Silver Jubilee Pavilion.

Polka Dot Vintage Market

If you have a passion for vintage and retro clothing and accessories, why not take a browse in the 3 in 1 Market's Polka Dot Vintage Market? Whether vintage, retro, pre-loved designer clothing and/or accessories, the fair's Polka Dot Vintage Market is

worth a look.

Admission to the 3 in 1 Market is \$6 with children less than 10 years admitted free.

There will also be a chance to be in the draw to win the \$2000 door prize: parking is free on the grounds.

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations.

For further information about the fair, phone 9457 9315 or visit www.treasuredcraftcreations.com.au

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) or email hagncomps@haveagonews.com.au and include the name Market in the subject line. Competition ends 13/11/12. Only over 45s are eligible.



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*Conditions Apply

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All over colour, style cut and blow dry \$99*

½ head foils (2 colours) style cut & blow dry \$130*

*Offer expires 07/12/12. Only valid on presentation of the coupon. Offer not valid on Saturdays.

Affinage Professional Salon

64 Walter Rd, Bedford Ph: 9271 1176 **haircon**



Community NOTEBOOK

OPEN GARDENS AUSTRALIA

Where: 22 Galena Place, Carine
When: 17 to 18 November, 2012
Time: 10am - 4.30pm
Entrance Fee: \$7 (part proceeds to Breast Cancer)
Tea/Coffee available (proceeds to the Parkinson Foundation)

CITIZEN ADVOCACY

Are you ready to change the world... for one person? A rewarding voluntary role awaits!
Call Roz or Di at Citizen Advocacy
Perth West 9322 5999 www.capw.org.au

CWA OF WA WILLETTON-LEEMING BRANCH

Branch meets every second Monday of each month 9.30am in the Ev Nicholls Room Administration Building at RAAFA (Royal Australian Air Force Building) Bull Creek Drive, Bull Creek
Contact: Sue 9358 4347 or Helen 9364 4738

NATIONAL SENIORS AUSTRALIA

Northern Districts Sunset Club meets at the Odin Tavern Second Monday of the month from 6.15pm to 8pm Meeting followed by guest speaker. Optional meal.
Contact Anne 9342 2977 or Sharron 9342 8363

MARKET DAY

Jacaranda Gardens Lifestyle Village 7 Clere Pass, Canning Vale
Sunday 18 November from 10am to 2.30pm
Craft, bric-a-brac, garden plants etc
Part proceeds to The Cancer Foundation
Refreshments available
Contact Kerry 9256 3368, Pat 9256 4114 or Eunice 9456 4745

WOMENS HEALTH WORKS

- Free Pap Smears on Fridays until June 2013 No cost with Medicare card.
- Parent Education and Support Program Gain resources from women who have recovered from eating disorders and may assist you in your recovery process
Sat 24 November, 9.30am to 3.30pm Lunch provided \$75 each or \$100 per couple
- Thyroid Awareness and Health Thyroid WA Support Group conducting a presentation followed by an open discussion and meeting Thursday 22 Nov 9.30am to 12.30pm Gold Coin donation
Bookings are essential
Womens Health Works Suite 6, Joondalup Lotteries House 70 Davidson Terrace Joondalup Ph 9300 1566

ANNUAL ART AND CRAFT EXHIBITION

12-15 November 9am-3pm
Free entry
Selection of works for sale.
Trinity School For Seniors
Main Hall, Trinity Arcade
72 St Georges Terrace, Perth

CROHNS/COLITIS SUPPORT GROUP

Crohns/Colitis Australia invites residents to their monthly meeting.
First Thursday of month at the Miller Bakehouse, corner Elvira and Baal Streets Palmyra
For more info phone 1800 138 029
Email info@crohnsandcolitis.com.au.

FREE SERVICE FOR SHOPPERS

This service available from Thursday to Saturday 10am-1pm at The Park Centre in Victoria Park

Helping mums with babies, seniors or anyone needing a hand taking shopping to their cars.
Service available outside the Australia Post entrance.

BEHIND THE MASK EXHIBITION

His Majesty's Theatre
40,000 catalogued items incl photographs, posters, press clippings and costumes are on display.
Admission is a gold coin or item of memorabilia.
Exhibition running until 13 December
Open Mon-Fri 10am-4pm
Downstairs at The Maj
Phone 9265 0900

NORTH SHORE CAKE DECORATION ASS.

Meets on the first Monday of each month
Seeking would like new members
Contact Janette Warren on 9405 3331

ANNIE'S ACTIVITIES

29 November
WASO Morning Concert
Wagner's The Ring
Cost: \$64
Contact Anne on 0408 912 642

CHRISTMAS LUNCH

17 December
Rod Evans Community Centre
Cost: \$35
Contact Anne on 0408 912 642

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

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

ADVERTISING FEATURE

Summer is Icumen In



by Frank Smith

AS THE warmer days arrive it is time to think of light refreshing wines.

The **Moscato wine** category has increased its sales by one third in the past year as drinkers shy away from high alcohol wines.

Grant Burge has released two lightly sparkling Moscatos that are low in alcohol and high in taste.

Moscato frizzante is pale gold with fine beads of bubbles while the Moscato Rosa

is fresh crimson hued with a flavour reminiscent of Turkish Delight. Both have clean acidity and are highly aromatic. Grant Burge says they designed to go with food including seafood and spicy Asian dishes.

Recommended retail priced is \$16.95 but look for discount down to around \$12/bottle.

Until 31 December, if you buy two or more bottles you will also get a \$20 Roses Only gift voucher. There's a winning combination for the

romantic at heart Moscato with flowers!

Our friends at **Forester Estate** near Yallingup have released two new 2012 vintage wines a **Semillon Sauvignon Blanc** and a **Cabernet Merlot** retailing around \$18-22.

The Semillon Sauvignon Blanc has aromas of pea pods, grass, lemon thyme and lime with underlying fruit characters. It has soft textured palate with a long herbaceous finish. The Cabernet Merlot has red, black

and blue fruit aromas with a cedar oak background and a long chocolaty finish.

Yering Station has released two new wines from the Yarra Valley – a 2011 **Little Yering Chardonnay** with clean citrus fruit supported by well integrated oak and balanced acidity and a **Little Yering Pinot Noir** with lifted red cherry fruit and gamey notes complemented by subtle vanillin oak and a great depth of fruit in the finish. Little Yering range is made from younger

wines than the more expensive Yering Station Range but is otherwise equivalent. Both are available at liquor stores for \$17 but look for discounts around \$14-15.

Katnook Estate in the Coonawarra has released three new wines. The **Katnook Founder's Block Sauvignon Blanc** shows varietal aromatics along with subtle richness and minerality typical of the region. Retail price up to \$18.

The **Katnook Founder Block Chardonnay Pinot Noir** sparkling is a bit out of our normal price range at up to \$25 but worth it for a special occasion. It has aromas of glace pears and soft quince with a fine mousse, light yeasty and a lingering finish.

Another wine from the **Wingara Wine Group** for people interested in unusual grape varieties is the **Vionta Albarino** imported from Spain. It has fruit aromas including tropical, green apple, banana and melon and a soft palate dominated by peach. The long finish is slightly bittersweet, the classic hallmark of Albarino. From \$25.

Citiplace Community Centre Christmas Party coming up

DON'T MISS the Citiplace Centre's Christmas party which is coming up on Thursday 15 December. Doors open at 10.30am.

There will be entertainment by Jim and Jan, a continuous raffle and two lucky door prizes.

The cost is \$25 per person and please do mention on booking any special dietary requirements.

Please book at reception on 9461 3550 or 9461 3551. All payments are to be made by 30 November, 2012.

Menu

Entrée: Leek and potato soup.

Main: Roast Turkey, ham and cranberry sauce and gravy served with seasonal vegetables.

Dessert: Choice of Christmas pudding and brandy sauce or Pavlova with raspberry coulis.

Bottomless tea, coffee and orange juice served with BYO welcome.

Local artisans at craft fair

A CRAFT FAIR is to be held at St Aidan's Church Clifton Street, Byford on 1 December from 9am to 2pm.

Twenty local artisans will be selling crafts ranging from glass artistry, pottery and a variety of other items; there will be a water colour artist in residence and an artist doing face painting.

Also available to buy will be good quality coffee, cakes and Devonshire teas, a plant, cake and market stall, plus many other displays.

For more information, please call Yvonne Lovegrove on 95251248 or email keith.lovegrove@bigpond.com

Export quality meat at low prices



THE BEEF Shed is making its mark on Perth by selling export quality meat at wholesale prices.

Meat is sourced from farms across Australia and quality is guaranteed.

Buy bulk and save from the range of beef, lamb, chicken, duck, prawns, deli meats and eggs.

Wander through the grand chiller (don't forget to bring your jacket) to select your meat which is then cut for you free of charge.

Customers can purchase a side of lamb and have it cut into a leg of lamb and around 30 chops for \$55 or a whole lamb for \$110.

And don't worry if you forget your esky – ice and foam eskys can be purchased for \$6.50.

Take advantage of these great specials and stock up for the festive season.

Keep up to date with their weekly specials.

The Beef Shed is open from Wednesday to Saturday from 9am to 5pm and Sunday from 9am to 4pm.

Phone 9249 2435 or drop into the outlet at 24 Pavers Circle in Malaga

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BONELESS CHICKEN BREASTS

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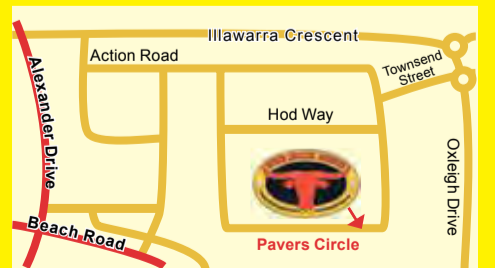
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FOOD & WINE

...eat, drink and be merry...

ADVERTISING FEATURE

Vince Garreffa's Chicken and Pinenut Filo Pie



PREPARE this Moroccan filling with pinenuts from Europe and filo from Australia to make a great pie. Fabulous fare as the weather warms up and easy to keep for leftovers.



Ingredients for 4 big eaters!

- 350g small diced skinless chicken thighs
- 4 cups of finely diced Spanish onion
- ½ cup pinenuts (toasted)
- 50g freshly chopped coriander
- 1 level teaspoon ginger powder
- 2 level teaspoons cinnamon powder
- 9 sheets filo pastry – 25cm x 40 cm size
- 100g melted salted butter
- 1 egg yolk
- 1 teaspoon of nutmeg
- 50 ml Extra Virgin Olive Oil (EVOO)
- Salt and Pepper
- 1 x 24cm spring form baking pan

Method:

IN A LARGE non-stick frypan, fry the onion with the EVOO until a little coloured. Add the chicken, ginger, cinnamon and salt and pepper to taste, stirring well. Then put a lid on the pan and cook at medium heat lifting the lid to stir every five minutes until the chicken is cooked through. Now remove the lid and stir and cook constantly till the mix is a little dry with no juices bubbling, and only oil in the bottom. Remove from the heat and add the fresh coriander and pinenuts, mixing well. Now cool the filling

while you prepare your filo.

With a pastry brush, paint the inside of your tin with melted butter, then lay one sheet of filo into the tin and paint it with melted butter, pushing it into the shape of the tin with the brush. Do also paint the filo that hangs out of the tin. Repeat this procedure with six sheets, criss-crossing each sheet and painting each one totally with the melted butter (melt more butter if you need to).

Now fill the cavity in the tin with the mixture and fold all the excess bits inwards to cover the top. Cut two filo

rounds the same size as the top of the tin and paint each of them and press on the top of the pie. Then cut the last sheet 3cm wider where possible and without painting it, lay it on top and poke the excess down the sides of the pie to hold everything together. Now paint the top with the egg yolk and sprinkle it with the nutmeg. Bake at 175°C for 45 minutes, then rest with the oven turned off and the oven door ajar for an extra 10-20 minutes. Cut into wedges and serve hot and yummy.

Tonight we dream of the "Kasbah"!

Letters to Vince Garreffa



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



The adorable Whistler's 40th anniversary tins make a fabulous gift for \$25.

WHISTLER'S is famous for its hand-made products and is WA's oldest confectionary company. You know you are supporting local business when you buy their products and you can be sure they are made fresh by second-generation owner Ian Sargent.

All the classics are available including brittles and slabs in every flavour with fruit or nuts, and unique signature products such as the big freckles, Turkish delight, choc nougat, choc pretzels, Brazil cluster, choc apricots and coconut rough.

They also have several new slab lines with exciting new flavours such as dark ginger and dark peanut.

It's that time of year to start shopping for your Christmas gifts and Whistler's have a range for every taste and budget.

Celebrating 40 years this year don't miss your opportunity to buy an exclusive tin with teddy and chocolates for the little ones in your life.

There is a huge festive range including the classic rocky road Christmas pudding.

Christmas wishes begin at Whistler's

If you are looking for a unique gift for your club or group members, Whistler's can assist you with colour co-ordinated gifts boxes of delicious products.

Don't forget that their factory outlet at 18 Hubert Street in Belmont is open for visits on Thursday and Fridays only from 9am to 5pm where you can taste and buy the selection of delicious products at wholesale prices.

Buses and groups of 20 or more are by appointment only – so give them a call to make a time.

Their friendly staff is there to make you very welcome.

The products can also be found at many IGA supermarkets and selected stores throughout WA.

Macarons

You can order delicious macarons from St Honore Maison who is located at Whistlers.

Please ensure you allow at least 24 hours for delivery of boxes of either 13 (\$25) or 4 (\$7.50).

These beautifully presented boxes make ideal gifts and can be tailor-made with your particular favourite flavour.

Call Alexandre on 0430 377 140 or visit the website at www.maisonsainthonore.com.au.

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

WIN WIN WIN

To be in the draw to win one of five fabulous Whistler's hampers valued at \$25 each simply send your entry in to Whistler's competition - c/- Have a Go News PO Box 1042 West Leederville 6901 or email hagncomps@haveagonews.com.au - subject Whistlers. Entries close 8/12/12 and only over 45s eligible.

Mediterranean Sun

THERE IS nothing like fine spring days to bolster one's enthusiasm for outdoor dining and the splendours of Mediterranean meals are so perfect for eating alfresco. Mediterranean food is lusty, full-bodied and straight from the heart; perhaps a touch like the inhabitants themselves of this sun-drenched corner of the world.

It almost seems a bit trite to try and define what the food, and indeed the people, of the Mediterranean are actually made up of. This deep blue abyss skirts the shores of Morocco, Turkey and Egypt as well as the more com-

monly associated lower regions of Italy and France, and in a way, sort of defies conventional labelling. Mediterranean food is grilled fish with harissa and black olives from Tunisia; it's a lush bowl of Spanish squid ink paella; it's Syria's muhammara - a capsicum and walnut dip laced with piquant pomegranate molasses.

The key qualities that weave their magic have less to do with country borders and more to do with long, hot summers, mild winters and an abundance of superb produce. Spanking fresh seafood, fragrant lemons and blood or-

anges, vine-ripened tomatoes, purple garlic, glossy chillies and first pressed extra virgin olive oils; all are typical ingredients to be slung into your basket on market day.

The essence of life doesn't seem to change too much despite the very different cultures of these countries that hem this binding expanse of water.

You sip your coffee in the sunny square; you have a chat, a bit of a gossip.

Life around the big, blue Mediterranean; it can't be beat!

You might as well join them!

See recipe below...



Ingredients

- 1 tblspn olive oil
- 300g cup mushrooms, finely chopped
- ¾ cup flat leaf parsley leaves
- 1 small red onion, chopped
- 2 garlic cloves, chopped
- 1 tspn ground coriander
- 1 tspn ground cumin
- ¼ tspn ground cinnamon
- 400g lamb mince
- Olive oil cooking spray
- Warm pita bread, yoghurt and tabouli, to serve

Lamb Kofta

Method

HEAT A LARGE non-stick frying pan over high heat until hot. Add oil and mushrooms and cook, stirring often, for 5 minutes or until mushrooms tender. Remove from heat. Set aside for 10 minutes. Drain excess liquid. Combine parsley, onion, garlic and spices in a food processor. Process until finely chopped. Add the mushrooms and mince, use the pulse button to process until well combined. Season with salt and pepper. Use wet hands to mould heaped tablespoons of mixture around eight metal skewers, squeezing the mixture tightly. Place on a tray. Cover and refrigerate for 30 minutes if time permits. Preheat barbecue plate on medium-high. Spray the skewers with oil, turning to coat all sides.

Barbecue for 10-15 minutes or until just cooked through. Serve with warm pita bread, yoghurt and tabouli.

Brought to you by Fresh Finesse Fresh Food Promotions - www.freshf.com.au

Preparation: 10 minutes
Cooking: 20 minutes
Serves: 4



RADISH: Radishes are an edible root vegetable related to turnips and mustard, which goes a long way to explaining their deliciously peppery bite. When selecting, look for roots that are a bright red and free of cracks or spots and green leaves that are fresh and crisp. Combine diced radish with avocado and lime juice for a differently spicy salsa.

CAULIFLOWER: Beautiful and well-priced cauliflowers from the south west have tight snowy white heads that are an excellent source of vitamin C, particularly when served raw. Try them broken into tiny florets as a substitute for cabbage in your favourite coleslaw recipe, or steam or grill and dress with a mixture of good extra virgin olive oil, mustard and fresh herbs.

LOCAL PURPLE GARLIC: New season dewy-skinned fresh garlic is available from selected stores for a few weeks. Purple garlic is easy to peel, has the taste of real garlic and, best of all, is WA grown. Roast whole bulbs and spread the creamy flesh over crisp golden vegetables or stud a piece of lamb with garlic slivers, to allow the flavour to permeate the meat.

EARLY STONEFRUIT: Be ready to catch the first waves of the season's stonefruit. Fragrant peaches and nectarines are starting to arrive and bringing with them the promise of long, warm days to come. Eat fresh or thinly slice and add to a spicy beef salad along with coriander, fresh mint and a dollop of sweet chilli sauce.

ROCKMELON: For a sweet, easily eaten snack, slice rockmelon into wedges, scoop out the seeds, then peel back some of the skin at each end to make a 'handle'. Chilled rockmelon is especially popular when served with coconut or ginger flavoured ice cream.

Recipe for One

Pear, Avocado and Rocket Bruschetta



Ingredients

- 4 slices sour dough bread
- 1 ripe avocado
- 1 ripe Packham pear, quartered, cored and sliced
- ½ cup baby rocket leaves
- 50g shaved parmesan
- Lemon wedges to serve

Method

LIGHTLY TOAST the sour dough bread if desired. Roughly mash ¼ of the avocado onto each slice and season with a pinch of salt. Top with slices of pear, rocket leaves and shaved parmesan. Grind over black pepper and serve with lemon wedges.

Preparation: 5 minutes
Cooking: nil
Serves: 2

Rod Evans Community Centre

is offering Gourmet dining...by Hartnell's Catering

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Three course lunch commencing 12 noon sharp *per person

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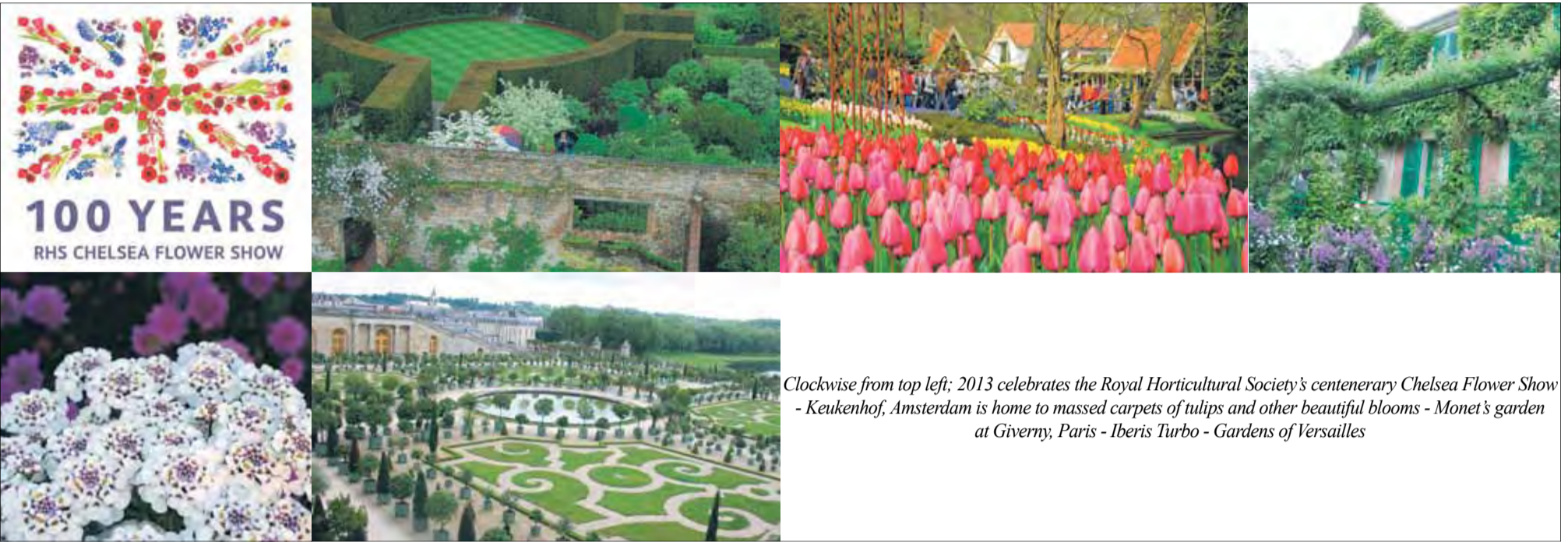




ADVERTISING FEATURE

with Colin Barlow

Celebrate 100 years of Chelsea with the 'Best of the Best of European gardens'



Clockwise from top left; 2013 celebrates the Royal Horticultural Society's centenary Chelsea Flower Show - Keukenhof, Amsterdam is home to massed carpets of tulips and other beautiful blooms - Monet's garden at Giverny, Paris - Iberis Turbo - Gardens of Versailles

NEXT May, join me on a relaxed tour that takes in the best of Europe's magnificent spring gardens and iconic horticultural events. From the 9 to 24 May 2013, I will be leading the 'Best of the Best Europe, Highlights of Europe in Spring' for Ross Garden Tours.

You can see the sights, enjoy the best hotels and sample the unique tastes of each country we visit. The tour is taken at a relaxed pace with four night stays at 5 star hotels located in the heart of each city. That gives you plenty of free time to visit museums, see shows, do some shopping and sample the unique cuisine of each region.

The tour begins in Amsterdam, Holland where we visit the over 300 year old former royal residence of the Dutch royal family, Het Loo Palace, where fountains and box parterres adorn the reconstructed 17th century gardens.

Keukenhof, just outside Amsterdam, home of the world's most beautiful flowering display of bulbs, is our next stop. Set beneath a canopy of flowering cherries, massed carpets of tulips, daffodils and hyacinths will be in full bloom creating a tapestry of vibrant colour. Next walk the pedway above the famous Aalsmeer Flower Market and watch the endless parade of colourful flowers pass below.

An afternoon guided tour of Amster-

dam and canal cruise is also included.

First class train travel from Amsterdam brings you into the heart of Paris.

Visit Monet's breathtaking garden at Giverny, the inspiration for his paintings. With its water garden and lake, covered with waterlilies and framed with weeping willows, this is one of my favourite places in the world.

The famous Japanese inspired bridge offers great photo opportunities.

Stroll through the flower garden Clos Nomand, now a museum, with its famous green shutters.

Next we go to the magnificent gardens of Versailles, first stopping at the Potager de Roi or 'Kitchen Garden of the King' where we ride the small train to the Grande and Petite Trianons before walking through the spectacular formal gardens and intimate bosquets. Options to view the palace are available.

Just south of Paris are the beautiful Potager gardens of Saint-Jean de Beauregard where the enclosed walled gardens house an ornamental vegetable garden divided by allees of roses and peonies.

The following morning, the high speed Eurostar train takes us into London where we stay for the completion of our tour.

Our first destination in England is one of the best known and admired gardens in the world, Sissinghurst, the home and

work of Vita Sackville-West and Harold Nicholson. This garden is a stunning collaboration between the two, who created many vistas and 'garden rooms' including the famous 'white garden'.

We then visit a lesser known but exquisite garden, the West Green Garden in Hampshire, home of renowned Australian gardener Marilyn Abbott. This lovingly restored 18th century garden includes beautiful lawned areas, herbaceous borders, lakes, woodland, water features and an ornamental vegetable garden.

Our grand finale is the prestigious 100th Chelsea Flower Show on 'Opening Day' in downtown London. Special tickets have been organized for RHS Members day so that you can avoid the crowded public days. We will view the spectacular floral displays in the grand pavilion, the courtyard gardens and the landscape show gardens from the worlds leading designers and see if Australia wins gold. Graham Ross who is there filming for Better Homes & Gardens TV will tell us about the highlight of this year's show and importance of Chelsea in the gardener's diary. The range of gardening products on show will also amaze you. This show is the world's best and one that you will never forget.

A farewell evening dinner concludes the tour but not the memories, which are

sure to last forever.

This is truly an inspiring spring celebration, European style.

So if you would like to join me on the tour or require any further information including the full itinerary go to www.rosstours.com or email travel@rosstours.co

Time to pick up some new plants!

This month there are lots of places to check out some old, some new and some rare plants for your garden. So take a look and talk to the growers and collectors, you may even find yourself becoming hooked.

• 24 to 25 November: The combined Western Australian Fern Society and WA Palm and Cycad Society Annual display and plant sale is on at the Cannington Exhibition Centre at the corner of Station Street and Albany Highway, Cannington. Light refreshments will be available. For Palm and Cycad enquiries call Karen Surace 9444 7233 or www.pacsoa.org.au/ branches and for enquiries regarding Ferns call Jill Watson on 9417 1274.

• 1 to 2 December: Come to the 13th annual show at the Gidgegannup Agricultural Hall at the Showgrounds in Toodyay just 20 minutes east of Midland. Free entry with door prize. There will be large selection of potted daylilies for sale including large blooming, spider shapes, doubles and small blooming varieties. A selection of tall

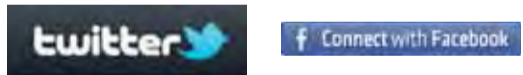
bearded iris, indoor plants in glass bowls as Christmas gifts and home decorations will also be available. For further information call Lena from the Gardens of Noble Falls during the evening on 9574 6808.

• 8 December: Try your luck in the very popular cherry pip spitting competition and enjoy fresh local cherries and the long table luncheon at the Manjimup Cherry Harmony Festival. This unique event showcases the Manjimup region through food, crafts and entertainment.

If you want to turbo charge your garden then the 'Patio Plant of the Year 2012' is the perfect choice. *Iberis sempervirens* x *gibraltarica* Masterpiece syn 'Turbo' or *Iberis* 'Turbo' for short is a perennial that will impress you with its stunning clusters of whirling white flowers. Flowering from late winter through into summer 'Turbo' will add a long lasting freshness and vigour to your garden and patio. Growing only to 30cm high and wide its compact form is ideal for mass plantings, pots, containers or for filling pockets of the garden with cool colour. 'Turbo' will grow in any well drained soil in full sun or partial shade and responds well to fertilizing in spring. 'Turbo' is available from all leading nurseries and garden centres, but be quick, looking this good it is certain to zoom off the shelves.

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Record dry winter leads to water crisis

STRESS ON WA's water supply has never been greater, and there are calls for the State Government to take action to deal with the water crisis.

Perth's rain harvesting expert Liza Joubert said it was time for the government to get serious about solving the problem and realise that excess water use by householders is the main issue.

"Saving water and has never been so important to Perth and the Government needs to reintroduce the rainwater tank rebate urgently," said Ms Joubert. "It really is the case that every drop counts – and consumers are at the front line of the battle to save our water supply," she said. "We can build more desalination plants, recycle our sewage and deal with wastewater, but that's tackling the problem in the wrong way. Householders need to realise that the buck stops with them – and we must curb demand."

"They play an important role in how water is used, so if they can better capture rain water, we will have a longer term solution to the problem."

"In most other states and in many countries around the world it is mandatory that rain water tanks are installed into new homes."

Ms Joubert said having a rainwater tank changes people's attitudes towards water use because:

• A rainwater tank allows consumers to see how much water they have collected.

• A rainwater tank allows householders to see how much water they have used.
• Householders have a visual and physical reminder of how they use water and the impact of that use.
• Creating a consciousness around usage and saving of money and water.
• Creating a feeling of doing the right thing by using a green eco friendly product.

"It's also possible to link your rain water tank to your laundry and toilets, saving up to 50 thousand litres of water next year."

Ms Joubert is a keen environmentalist and is actively involved in community gardens and projects creating public awareness and understanding the importance of water in Australia.

She is also a director of Perth based rain harvesting tank manufacturing and rain harvesting installation company Jo Jo Tanks and was recently nominated for the 40 under 40 awards by WA Business news.

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The Herero women of Damaraland in Northern Namibia traditionally wear Victorian style dresses.
See this story and more on Africa inside. Pic Frank Smith

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You will receive just one email between our publication dates to ensure you can take advantage of the many deals that come across our travel editor's desk during the month.

All readers who register will go in the draw to win a chocolate hamper from Whistler's Chocolates valued at more than \$70.

Send your email address to jen@haveagonews.com. au with the subject line Let's go Travelling Enews.



Travel editor Jennifer Merigan

CONGRATULATIONS to Mr and Mrs Tulloch from Thornlie who were the lucky winners of the Win a Holiday to Kuala Lumpur competition run in conjunction with Tourism Malaysia and Air Asia.

Thanks also to the many readers who entered the competition.

This month, we feature Africa in the pages of our travel feature where our journalist Frank Smith, will share with you stories of his recent, amazing five week adventure throughout Southern Africa.

Frank with his quick wit and turn of phrase has a knack of encapsulating well, new and interesting experiences. I know that, like me, you will enjoy reading his take on Africa.

November is always a busy month with the annual Bendigo Bank Seniors Week Festival being held from 11 to 18 November.

Our namesake event, Have a Go Day, will be held at Burswood Park on Wednesday 14 November from 8.30am to 3pm.

Come along and take advantage of the many enjoyable, interesting and informative activities and displays happening throughout the day.

We will be manning the hospitality tents which serve free tea, coffee and water to visitors and this year our chocolate wheel will be spun hourly with some great prizes available to be won. So do come along and say hi!

This month we will host our final Talking Travel session for the year with a little Christ-

mas party to celebrate the festive season. See page 29 for further details.

Also, don't forget to register for our new service for readers.

If you send me your email address, I will keep you updated, between publications of some of the travel specials that come across my desk throughout the month.

This is especially relevant to airline deals which usually are only available for a short time.

Have a Go News is your newspaper and I welcome readers to feel free to contact me about any travel issues or enquiries.

The paper is available in a digital format and readers can access the digital version on line at our website www.haveagonews.com.au - click the link to get your copy on your computer which also allows readers to 'hyperlink' which means you can click on a website and be taken to that site or when you click on an email address your mail program will automatically make a message for you. Isn't technology wonderful!

My contact details are on this page. Like *Have a Go News* on facebook or follow us on twitter to keep up to date daily.

Happy trails

Jennifer Merigan
Travel Editor

Short courses on travel

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11 October 2013	New Zealand North & South	21 Days	\$POA



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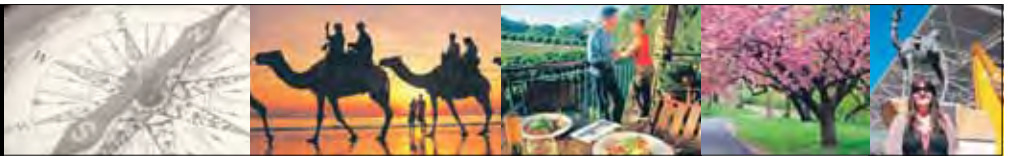
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ADVERTISING FEATURE



The history of cruising and ocean travel



An early liner, RMS Celtic, at the time the world's largest ship, was far less luxurious than today's cruise ships.
Picture Ian Boyle / Simplon Post Cards

by Chris Frame, Maritime Historian and Author

IT IS ALMOST impossible to imagine a world without cruise ships.

Today, there are hundreds of cruise ships that carry thousands of passengers to exotic and romantic destinations across the globe.

For the majority of human history the ship was a vessel designed purely for transport. Ships relied mostly on sails for propulsion and were largely at the mercy of the winds. This began to change with the first steamships built for ocean going travel.

The first purpose built transatlantic steamship was designed by famed architect and inventor Isambard Kingdom Brunel.

Great Western was launched in 1838 with the intention of operating steam powered transatlantic crossings for her owner, the Great Western Steamship Company.

The steamship, powered by coal, which created steam to drive two large paddle wheels, was designed

to complete the voyage using steam alone. She also carried auxiliary sails to provide extra power when the winds were favourable.

Her successful transatlantic crossings proved that steamships could successfully transit large bodies of ocean and began a race for supremacy on the North Atlantic between the powers in Britain, the United States, Germany and France.

As liners grew in size and speed over the following decades, steamship companies began to introduce new amenities for their passengers and began competing with each other for passengers by offering new luxuries previously unheard of at sea.

Ships became ever more powerful, with large reciprocating engines and turbines that drove up to four propellers and moved the ships at speeds of more than 30 knots (55 km/hr). In fact, the fastest ever ocean liner, United States, achieved a top speed of more than 40 knots (74 km/hr) during sea trials, a shipping speed

record that remains unbroken to this day!

As these great ships were the only reliable connection between continents (container ships having not yet been invented) they were also required to carry large amounts of cargo. Large holds forward and aft of the superstructure led to vast storage areas where all sorts of goods were carried. As such, their forward and aft deck areas were often cluttered with cranes and hatches to load and unload this valuable cargo when in port.

These ships were not designed for pleasure cruising, but rather for the transportation of people and cargo. Their interiors were divided into distinct areas and strictly segregated according to class. First and second class passengers enjoyed sweeping promenade decks, vast public rooms and cabins with portholes and, in some cases, a private bathroom. People travelling here rubbed shoulders with the elite and often shared this part of the ship with celebrities, billionaires and royalty.

Poorer passengers and immigrants, who were travelling in steerage (third class), were berthed in small spaces, sometimes with up to 10 people to a cabin. This was by far the most profitable and populous passenger class, and mass immigration to the United States drove a boom in transatlantic passenger travel.

Speed was of the essence, and the crossings were quick.

As with passengers on an aircraft today, those aboard the ocean liners wanted to get to their destination as fast as possible. Even those in first class preferred a speedy crossing. The trip was not a holiday but rather a necessity. It

was the only way to travel.

However, this changed in 1887 when The North Company (Scotland) launched the St. Sunniva. She is widely regarded as the world's first purpose built cruise ship. Very different from her transatlantic liner predecessors, St. Sunniva was built for pleasure voyages. One hundred passengers were berthed, all in first class, with no segregation onboard.

As St. Sunniva was designed for cruising, she had no cargo capacity, which freed up space aboard for passenger use, as the cranes, storage and machinery was not needed aboard the ship.

Furthermore, she was a much slower ship than the liners, as her voyages were long, pleasure trips, there was no rush.

She had a nice array of passenger amenities, such as a ladies' lounge and gentleman's smoking room and bar. The vast areas of uncluttered deck space were perfect for passengers to sunbathe and view the exotic cruising destinations that the ship visited during her voyage.

Those lucky enough to be able to take voyages aboard St. Sunniva were able to visit British, Baltic and Mediterranean destinations.

Other lines soon copied The North Company and commissioned their own cruise ships which opened up new destinations to the travelling public.

From this early start, cruise ships had a slow and gradual increase in popularity.

Next month's article will trace how the great transatlantic liners were used for cruising during hard financial times, as well as their eventual collapse with the rise of the jet aircraft, which in turn paved the way to the rise of the modern cruise ship.

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Meet, greet and party in the street...



It's partytime!

by Jeanette Woolerton

NOVEMBER is often a month of increased social activity for various reasons.

The weather is milder, spring racing carnivals are rife and we all look forward to Christmas with eager anticipation.

It seems fitting, therefore,

that this month plays host to the Social Inclusion Week, SIW which encourages communities to reconnect and be inclusive of all cultures, nationalities and the disadvantaged.

Initiated and launched in 2009 by Dr. Jonathon Welch AM, founder of the Choir of Hard Knocks (now

the Choir of Hope & Inspiration) this year's Social Inclusion Week will run from 24 November to 2 December nationwide.

"I believe Social Inclusion Week is one of the most important national initiatives for Australian society," Dr. Welch said.

"We live in a society today where 'fear' has replaced 'community' in many instances. People live in neighbourhoods and have never met their neighbours. They fear the change in the 'look' of their community."

SIW is about encouraging Australians to reconnect on a local level, to celebrate social diversity and help overcome the loneliness and isolation which is very real in many communities around the country."

SIW will see hundreds of events being planned by community groups and individuals around Australia.

"We are inviting communities and organisations around the country to hold their own National Street Party – and invite everyone along.

Already we have many street parties registered and it has been heartening to see how many community groups are coming on board this year. The key to their success is that these events are created by the community, for the community,"

Dr. Welch said.

"We are thrilled to have Jack Manning-Bancroft, the 2010 (Young NSW Australian of the Year and CEO of AIME Mentoring) together with David Wirrpanda, the 2009 Young WA Australian of the Year and creator of The David Wirrpanda Foundation, as our national ambassadors.

Both of these young men work tirelessly to bring Australian communities together. They are contributing significantly to social inclusion through their respective programs and their ongoing dialogue." Dr. Welch continues.

Everyone can get involved in Social Inclusion Week.

"How people get together isn't as important as why. Events vary from barbecues, pool parties and dog walks to council hosted resource information sessions. SIW's motto is "Get involved. Get connected!"

The goal is for communities to engage with one another in whatever way produces results." said Dr. Welch.

"All our organised events and details on how to register for the community hosted Street Parties are on the website at www.socialinclusionweek.com. I encourage everyone to visit the website to see how

to get involved to be a part of making Australia a more socially inclusive nation."

So how can we all become actively involved?

The answer to that question is relatively simple: you can either hold an event or attend an event.

One of the simplest ways in which to build a caring and inclusive community is to reach out to those around us.

The focus for Social Inclusion Week in 2012 is on Mental Health and Older Australians.

Here are some ideas on how to collaborate, connect and celebrate in your community from 24 November to 2 December:

- Put on a street party,
- Host a picnic in a park and invite people who may be isolated
- Have an 'open day' at your sporting club (or church or social club)
- Put on a community concert and involve people outside your friendship group
- Have a 'discussion forum' i.e.: get people talking about social inclusion.

For more ideas (or to register your event) please peruse the Social Inclusion website at <http://www.socialinclusionweek.com.au/>.

Your contribution is vital to eliminating social isolation and promoting a supportive, caring community for all Australian citizens.

Caravan Industry of Western Australia 50th Anniversary Gala Dinner

THE ASTRAL Room at Crown Perth was packed with key industry members from the Caravan, Camping and Tourism Industry recently to celebrate the Caravan Industry of Western Australia's 50th year Anniversary at a spectacular Gala Dinner.

The Hon. John McGrath MLA, Parliamentary Secretary to the Premier, and Minister for State welcomed guests, while MC Dean Clairs kept guests entertained throughout the evening by sharing some of his hilarious camping stories.

Among the 200 plus guests was the Honourable Michelle Roberts MLA, Shadow Minister for Tourism, Police, Road Safety and Crime Prevention, Mr Paul King, President of Tourism Council Western Australia, Mr John Longley, Chairperson of Experience Perth, Mr Chris Pye, Chairperson of Australia's Golden Outback, Mr Gavin Farrell, Chairperson of BIG4 and Mr Clive Johnson, Chairperson of Top Tourist Parks.

Not only did the evening allow guests to reminisce and catch up with old friends from the past 50 years, there were also Certificates of Appreciation awarded to previous CIAWA presidents for their valuable contributions to the Association and industry.

Guests bid on lots such as a Buddy Franklin Signed Boot, an ALI Glove and a signed Kiss Guitar in a silent auction which raised funds for CIAWA's charity partner the Royal Flying Doctor Service.

The evening finished with guests dancing the night away with the fabulous Darren Reid and the Soul City Groove.

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ADVERTISING FEATURE



Travel Snapshots... hot travel deals for readers

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Rejuvenate the mind, body and soul with this special escape to Mountain Whispers' boutique collection of four luxury properties in the world heritage Blue Mountains. Based on bookings for two couples, prices are \$204 per couple per night at Leura Rose, Strawberry Patch and The Gatsby and \$217 per couple per night at Varenna. Apart from complete seclusion, the 15 per cent discounted deal includes two nights' midweek accommodation (Monday to Thursday inclusive), two bottles of fine wine, hand-made award-winning Josophan chocolates, complimentary port, ingredients for a full gourmet breakfast, fresh flowers and a \$35 voucher to use towards an in-house chef (subject to availability). Prices for extra indulgences including anti-pasto platters, a full-body massage by the fireplace or dinner with an in-house chef start from \$75. Visit www.mountainwhispers.com.au Email indulge@mountainwhispers.com.au to book by 30 November for stays until 31 March 2013.

Vietnam Adventure Tour with Sapa

Selective Tours offer a 14 day Vietnam Adventure Tour with a mountain retreat in Sapa. This wonderful journey starts in the historical city of Hanoi, followed by a cruise on the stunning Halong Bay - one of the world's greatest natural wonders - to see thousands of limestone islands rising mystically from the water and explore caves and grottoes, before taking an overnight train to Sapa to experience a distinctly different side of Vietnam.

Land price starts from \$2429/per person, minimum two travellers and includes private English speaking guides, 1 night Halong Bay Cruise, 10 nights selected hotel accommodation, 2 overnight train journeys, 3 domestic flights, all transfers in a private vehicle, sightseeing, evening entertainment and associated entry fees.

Vietnam Airline has direct flights to Hanoi, price starts from \$1100 including taxes in low season.

For further information, please contact Selective Tours on 1300 760 208 or email to info@selectivetours.com Also, find more tours on the website: www.selectivetours.com

Turkey and the Greek Isles on Tauck and Windstar

Highlights include a hot air balloon flight over the "fairy chimneys" of Göreme and a private cooking class teaching the art of making Turkish coffee. Value inclusions allow for 11 nights in Turkey with Tauck, 7 nights in the Greek Isles with Windstar, two complimentary nights at Ceyen Intercontinental in Istanbul (valued at \$900), 47 meals and transfers throughout. Prices start from \$8520 and departures start from 28 April 2013. For Exceptional Experiences offers please contact Travel the World on 1300 918 411.

Rail travel at its cheapest in Europe

Rail Europe has launched its biggest ever ticket sales with up to 60 per cent discounts off selected routes across the continent this European fall.

The fall promotion encompasses both European rail passes and point-to-point tickets with discounts from 20 to 60 per cent off regular prices.

Rail Europe's Manager Australasia, Richard Leonard, says the promotion aims to further encourage travellers to travel by rail when visiting Europe this season.

Discounts for Rail Passes include 20 per cent off Eurail Global and Select Passes, France Rail Passes, the German Rail Pass, the BritRail and BritRail England Passes. The four day Swiss Pass is offering a 50 per cent discount based on two travellers.

European High-Speed trains including routes between Paris and Brussels, Amsterdam and Cologne are starting from only AU\$31 on Thalys, while services between Paris and Milan and Turin are starting from AU\$56. Eurostar services between London and Paris or Brussels are on sale from AU\$40 each way.

These offers are on for a limited time only and all point-to-point tickets will also be available as e-tickets. Visit www.raileurope.com.au for more details or speak to your preferred travel agent.

25 per cent off Melbourne's newest hotel

Be one of the first to experience The Ovolo, Melbourne's newest, luxury boutique hotel, located in the heart of Melbourne's restaurant and theatre district in Little Bourke Street. From here you can wander cobblestone laneways, home to many of Melbourne's bar, dining and shopping 'secrets', and experience some of the best art, music, cuisine and fashion in the world. Prices start from \$195 per room, per night, in a Studio room for up to two adults sharing including: free 'grab & go' continental breakfast; free mini bar items - water, juice, iced tea, sparkling water and beer; free 'loot' bar - chips, nuts, lollies, chocolate, mints; free WiFi, local calls and self-laundry facilities; taxes and fees. Valid for sale until 30 December 2012 or until sold out. Valid for travel until 31 March 2013. Terms and conditions apply. Visit zuji.com.au or call 1300 888 180 for more information.

Talking Travel with *Have a Go News*



let's go travelling

COME ALONG and join us for another session of Talking Travel.

Travelling and talking about travel is one of life's great pleasures.

Travel editor Jennifer Merigan will be holding the final session for the year at 2pm on Tuesday 27 November and looks forward to meeting you there.

These informal get-togethers give everyone the opportunity to talk about their travel experiences.

The sessions are free and everyone is made most welcome.

The November meeting will be a small Christmas gathering to celebrate the start of the festive season.

Time - 2pm - 4pm

Date - Tuesday 27 November 2012

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

Parking - is available in Edward Street and Pier Street.

Registrations are a must!

For bookings call 9227 8283 or email jen@haveagonews.com.au

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***6 NIGHTS FROM ONLY \$994 per person twin share**

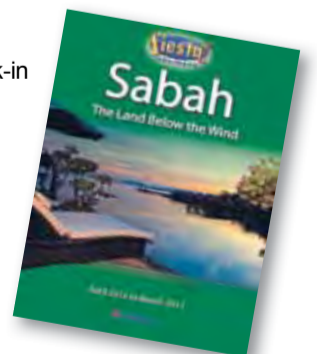
Conditions apply to travel dates and payment deadlines.

Things to do and see:

- International Golf Courses
- White Water Rafting
- Snorkelling and Diving
- Orang Utan and Proboscis Monkeys
- Island BBQ
- Shopping
- See the Birdlife
- Taste the finest food in Malaysia
- Ride the North Borneo Colonial Railway
- Seafood Dinner and cultural show
- See the Orchid Garden at Mount Kinabalu
- See the World War II Memorial at Ranau
- Trek the Rainforest
- Travel to Sandakan on the East Coast
- Or do nothing, but lay around the pool!

Price includes:

- Economy class airfare flying Malaysia Airlines Perth/Kota Kinabalu and return.
 - Current airline taxes and charges
 - 6 Nights accommodation at Pacific Sutera Resort in a Deluxe Golf View room
 - Complimentary early check-in and late check-out
 - Full daily breakfast
 - Airport transfers
- Not included:**
- Meals other than stated
 - Travel insurance
 - Alcohol
 - Telephone calls
 - Passport cost



Malaysia Airlines reintroduces their direct service on 10 December 2012 with one flight a week from Perth to Kota Kinabalu, Sabah, departing every Monday morning and returning from Kota Kinabalu on Sunday evening. Travel on the B737-800, equipped with 160 plush leather seats; 16 seats in Business class and 144 seats in Economy class. All seats are equipped with a personalised on demand inflight entertainment system and PED AC power supply for lap-tops and electronic equipment. Enjoy the award winning service onboard as you travel with Malaysia Airlines a 5 star carrier, with the World's Best Cabin Crew 2012, rated by Skytrax.



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travelling

let's go travelling



It's Showtime with Kings

and Excellence Awards. The staff are very professional and friendly and the spacious rooms are immaculate with well sized bathrooms and walk in showers.

Autumn is a lovely time to visit Adelaide making it our choice of city for this tour.

We often get requests for a tour to Sydney and the Opera House.

Following the success of the 2012 performance of *La Traviata* on Sydney Harbour, Opera Australia has announced the return of Handa Opera to Sydney Harbour in 2013 with a production of Bizet's famous and feisty opera *Carmen*.

The magical location for the opera will take your breath away. Audiences will be seated at the harbour's edge, looking across to the floating stage with the beautiful lights of Sydney as a backdrop.

April is one of my favourite months for visiting Sydney, with September the other. The weather is normally mild with cool mornings and evenings and sunny days. The air is fresh and I just love seeing the sun glisten on the water over the harbour.

Sydney is a big city with much to see, and sometimes you're not sure where to start.

We have put together an itinerary that offers more than just your regular city sights tour and trip out of town for the day. This will include with some refreshing and exciting opportunities such as a guided tour of the Opera House, Madame Tussaud's, dinner at the Sydney Tower Restaurant to take advantage of the 360 degree view of the city and of course, the opera. Our four day tour departs Perth on 6 April.

War Horse is based on the children's book by Michael Morpurgo and follows the emotional relationship between a young boy and his horse, and the horrors of the Western Front during World War One.

When I was in London last year my husband and I tried to see it but it was sold out. After London we flew to New York where it was also playing but it was sold out there too. I was really disappointed, but I ended up taking the family to see *Spiderman* on Broadway which was fabulous and my boys were captivated for the entire performance.

Following the sold out performances of *War Horse* in London and New York, I was thrilled to

learn that the critically acclaimed production by the London Theatre is coming live to Sydney in April 2013. What makes the show so unique is the life size "puppet" horses which will have you mesmerised in your seats: you'll be astounded with how real they appear.

Our three night tour departs Perth on 24 April. The maximum group size is 20 so if you are after a reason to get away for a few days, this is it.

A seemingly unlikely production that we have also chosen to see is *King Kong*, showing in Melbourne. This was announced only a few weeks ago and is set to be huge.

King Kong brings to life the city of New York set in the 1930s and will feature classic and dazzling new songs, opulent costumes and awe inspiring sets.

Our five day tour departs Perth on 5 August 2013 and will also include high tea at The Hotel Windsor, a visit to the National Gallery of Victoria's - Winter Masterpiece exhibition, lunch at Ripponlea Historic Mansion, dinner on board the historic Colonial Tramcar Restaurant and much more.

Melbourne in winter is wonderful. I experienced a few winters there during the six years I lived in Melbourne and worked at Qantas Holidays. It is a city that embraces the seasons and winter-time sets the scene for open-lit fires, coffee and cake, shows, dinners and a glass of wine. Other winter pastimes include walks along the river, kicking your feet through the piles of leaves in the Botanic Gardens, wearing gloves and scarves and warm showers.

This is a wonderful Melbourne winter getaway that incorporates an entertaining production.

All our tours include private car home pick-up and return, travel insurance (age loading additional). They are all escorted from Perth by an experienced Kings Tour manager.

For more information about these fabulous holiday opportunities, please call the friendly team at Kings Tours and Travel on 9380 6656 or 1800 677 760 or book on our website at www.kingstours.com.au.

Jenny Page Franceschi
Managing Director

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Have-a-Go NEWS

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BONUS US\$300 SHIPBOARD CREDIT PER STATEROOM

• **Mediterranean Grandeur 10 Day Cruise**
Monte Carlo/Sorrento/Amalfi/St Tropez/Cannes and more
Departs 23 June 2013 From \$2585 per person
BONUS US\$300 SHIPBOARD CREDIT PER STATEROOM

• **Baltic Odyssey 10 Day Cruise**
Stockholm/Helsinki/St.Petersburg/Tallinn/Gdansk/Berlin /Copenhagen
Departs 25 June 2013 From \$4825 per person

Testimonial:
"My wife and I, Josephine, cruised on Oceania Nautica on a previous holiday. The small ship ambience, meeting the most interesting people, great food with dining options contributed to making this one of our most memorable holidays."

*Conditions apply

George Booth

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INFORMATION SESSION
22 November
10am
RSVP 9382 5049



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With some truly amazing shows coming to Australia in 2013, why not take advantage of one of our packages with **HOME PICK UP AND RETURN AS WELL AS TRAVEL INSURANCE* INCLUDED**



warhorse

THE PRODUCTION IN SYDNEY

4 DAYS, WEDNESDAY 24 TO SATURDAY 27 APRIL 2013

After five successful years in London and one highly successful year on Broadway, War Horse is coming to Australia! Based on the beloved novel by Michael Morpurgo, War Horse is a powerfully moving and imaginative drama, filled with stirring music and magnificent artistry. Kings have arranged a short 3 night tour to Sydney with A-Reserve tickets to the show, free time to watch the Anzac Parade, a city sights tour and a full day tour to Manly and North Head. This 4 day tour also includes a city sights tour of Sydney, dinner at Sydney Tower Restaurant, a visit to Paddy's markets and some free time in Sydney to explore the city or do some shopping.

TOUR PRICE per person
Twin Share \$2100.00
Single Supplement \$420.00

carmen

ON SYDNEY HARBOUR

4 DAYS, SATURDAY 6 TO TUESDAY 9 APRIL 2013

Carmen tells the story of the naive soldier Don José who abandons his childhood sweetheart and deserts the army when he falls under the alluring gypsy's spell. When he loses her love to the dashing toreador Escamillo, the scene is set for jealousy and vengeance. Bizet's seductive melodies and fiery Spanish rhythms conjure a world of desire, defiance and doom, in some of the world's best loved music, including the Habanera, Seguidilla, Flower Song and Toreador Song. This awe-inspiring production by one of Australia's most daringly theatrical directors is coming to Sydney which will make for a unforgettable night under the stars. This 4 day tour will also include a guided tour of Sydney Opera House, a city sights tour including a visit to Madame Tussades and dinner at the Sydney Tower Restaurant to take advantage of 360 degree views of the city.

TOUR PRICE per person
Twin Share \$2275.00
Single Supplement \$300.00



DRIVING MISS DAISY

5 DAYS, MONDAY 27 TO FRIDAY 31 MAY 2013

Driving Miss Daisy is the charming, poignant and utterly compelling tale of the unlikely, long-lasting friendship that blossoms between a prickly, elderly Southern matriarch - played by legendary five-time Tony Award winner and three-time Academy Award nominee ANGELDA LANSBURY, and her kind-hearted chauffeur, Hoke - played by two-time Tony Award Dinner and Honorary Academy Award recipient JAMES EARL JONES. As the wheels turn and the decades roll by against a backdrop of prejudice, inequality and civil unrest, the pair slowly transcend their differences and ultimately grow to rely on each other far more than either of them ever expected. It's a sparkingly funny and irresistibly heart-warming production and with an unmissable stellar cast! This 4 night tour to Adelaide also includes Premium tickets to the show as well as a city sights tour with a visit to the Adelaide Zoo to see the pandas, entry to Carrick Hill, a lunch cruise on board the Spirit of the Coorong and a visit to McLaren Vale.

TOUR PRICE per person
Twin Share \$2290.00
Single Supplement \$350.00

melbourne INTERNATIONAL FLOWER & GARDEN SHOW

6 DAYS, TUESDAY 19 TO SUNDAY 24 MARCH 2013

The International Flower and Garden Show is a hallmark event for Victoria and the most prestigious of its kind in Australia. Over 300 exhibits are 'on show' representing horticulture, nurseries, landscape gardening, floristry and cut flowers together with their associated products and services. The show will simply take your breath away with the work of Australia's leading floral designers creating exquisite feature displays. This 6 day tour will also include dinner on board the historic Tramcar (a real highlight when visiting Melbourne), a visit to the Eureka Skydeck, High Tea at the Windsor, a full day shopping tour and free time in Melbourne.

TOUR PRICE per person
Twin Share \$2,490.00
Single Supplement \$450.00

KING KONG

and winter masterpieces

5 DAYS, MONDAY 5 TO FRIDAY 9 AUGUST 2013

KING KONG the production will take place in Melbourne next year. The show will feature a cast of 40 actors, singers, dancers and puppeteers who will bring to life the two opposing worlds of the story - 1930's New York City and Skull Island, the home of Kong. Featuring revamped 1930's Broadway classics and dazzling new songs from the world's best contemporary artists, as well as opulent costumes, awe inspiring sets and a creature who will fill the stage, KING KONG will be an unforgettable experience. This 5 day tour will also include high tea at The Hotel Windsor, the National Gallery of Victoria's - Winter Masterpiece exhibition, lunch at Ripponlea Historic Mansion, dinner on board the historic Colonial Tramcar Restaurant and much more!

TOUR PRICE per person
Twin Share \$2320.00
Single Supplement \$370.00



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GREAT BRITAIN

MONDAY 5 TO FRIDAY 30 AUGUST 2013

ITINERARY & SIGHTSEEING

DAY 1: PERTH ⇄ LONDON IFM

Relax and enjoy your private car pick-up from home and transfer to the airport for your flight to London via Singapore. On arrival you will be transferred to your centrally located accommodation. *Hotel: Thistle Marble Arch for 2 nights*

DAY 2: LONDON, DAY AT LEISURE B

We have specifically included a day at leisure so that you can settle in to the new time zone. We want you to be ready and looking forward to your tour ahead... so let's start it properly.

DAY 3: LONDON ⇄ STRATFORD B / SUPPER

After a warm welcome from your Tour Director, head for Oxford, 'City of Dreaming Spires'. Continue on through pretty Cotswold villages to Stratford, nestled beside the river Avon, where you visit the birthplace of William Shakespeare. Tonight enjoy a Welcome Reception and light informal meal. *Hotel: Alveston Manor*

DAY 4: MEDIEVAL YORK B / D

A leisurely drive brings you to the walled city of York. See the huge York Minster and stroll through the maze of cobbled streets to the crooked houses of the Shambles. *Hotel: Marriott*

DAY 5: THE LAKE DISTRICT & EDINBURGH B

Tour the beautiful Lake District and visit Wordsworth's grave in the village of Grasmere. Cross into Scotland and stop briefly at Gretna Green. Then it's on to the majestic Scottish capital. Tonight, attend the spectacular flood lit **Military Tattoo** at Edinburgh Castle. *Hotel: Royal Terrace/Roxburgh for 2 nights*

DAY 6: EDINBURGH SIGHTSEEING B

Take a guided tour inside historic Edinburgh Castle, home to the Honours of Scotland. Continue down the Royal Mile, past St Giles' Cathedral to the Queen's Holyroodhouse Palace. Then cross over to the 18th century New Town. The afternoon is at leisure.

DAY 7: ST. ANDREWS/THE HIGHLANDS B / D

Cross the Firth of Forth on your way to St Andrews – the home of golf. Continue over the River Tay into the Grampian Mountains. You pass Blair Athol Castle before reaching the sparkling Spey Valley. Your centrally located hotel overlooks the River Ness and up to Inverness Castle. *Hotel: Columba*

DAY 8: HIGHLANDS ⇄ WICK B / D

The morning, visit the Culloden Visitor Centre and battlefield, scene of the 1746 defeat of the Jacobites. Later drive via stately Inverness and along the shores of Loch Ness in search of the monster. Now follow the lovely coastal route north to Wick. *Hotel: Norseman for 2 nights*

DAY 9: ORKNEY ISLANDS EXCURSION B / D

Drive to John O'Groats, the most northerly town on the British mainland, where you board a ferry to the Orkney Islands. Enjoy a wee dram of the finest Highland Park Whisky at the Tomatin their distillery before visiting the village of Skara Brae, the Ring of Brodgar, Kirkwall and the Italian Chapel. Head back to the mainland for the evening.

DAY 10: ULLAPOOL & OVER THE SEA TO SKYE B / D

Relax and enjoy the pristine landscapes of lochs and mountains on your way to the fishing town of Ullapool. Then it's 'over the sea to Skye'. Admire the scenic splendour of the Cuillin Hills en route to your hotel in Portree. *Hotel: Tongadale*

DAY 11: LOCH LOMOND / GLASGOW B

Take in magnificent scenery as you pass Eilean Donan Castle and continue to Glencoe. Stop on the 'bonnie banks' of Loch Lomond before arriving in Glasgow. *Hotel: Marriott*

DAY 12: GLASGOW ⇄ LONDONDERRY B / D

Bid farewell to Scotland as you cross the Irish Sea, enjoying views of the Island of Arran on the way. Take the scenic Antrim coast road to the amazing rock formation known as the Giant's Causeway before reaching your hotel.

Hotel: Da Vincis

DAY 13: POTTERY, POETS & SPIRITED SLIGO B / D

Join a local guide to see Derry's Walls, the Guildhall and the city's cathedral. Cross the border to see O'Donnell's Castle in Donegal. Drive south to visit the Belleek Pottery Centre. Continue to the churchyard at Drumcliff, the last resting place of Irish poet WB Yeats. Then it's on to Sligo. *Hotel: Radisson Blu*

DAY 14: GALWAY ⇄ LIMERICK B

Take a scenic drive through the beautiful Connemara region to visit the famous marble factory. Continue on to Galway where you see St Nicholas Cathedral, the Spanish Arch and Eyre Square. Now for a visit to Bunratty Folk Park, where old Ireland comes to life! Stay tonight in Limerick, famous for rhymes, lace and Georgian houses. *Hotel: George Boutique Hotel*

DAY 15: LIMERICK ⇄ KILLARNEY B

An orientation tour shows you King John's Castle, St. Mary's Cathedral and the treaty stone. Now drive through the charming village of Adare into County Kerry. In Killarney, enjoy a ride on a famous jaunting car.

Hotel: Killarney Towers/Killarney Avenue for 2 nights

DAY 16: RING OF KERRY EXCURSION B / D

Experience the spectacular scenery of the Ring of Kerry. Tonight enjoy a selection of restaurants for your dining pleasure.

DAY 17: KILLARNEY ⇄ BLARNEY ⇄ WATERFORD B / D

Kiss the Stone of Eloquence at Blarney Castle. Enjoy an orientation tour of Cork seeing St Finbar's Cathedral before continuing along the coast to your hotel in Waterford. *Hotel: Dooleys*

DAY 18: WATERFORD ⇄ KILKENNY ⇄ DUBLIN B

Visit the Waterford Crystal showroom. Drive to Kilkenny to see the magnificent 13C castle. Continue to the fun-loving Irish capital, Dublin.

Hotel: Burlington for 2 nights

DAY 19: DUBLIN SIGHTSEEING B

Tour Dublin's elegant Georgian squares with a local guide. You also see the Irish President's home, O'Connell Street and Customs House. Then visit the Old Library of Trinity College to admire the 8th century Book of Kells. This afternoon you are at leisure.

DAY 20: DUBLIN ⇄ CHESTER B / D

Cross the Irish Sea and travel through North Wales, past Conwy Castle, to Chester. See the ruined Roman amphitheatre, city walls Tudor 'Rows' and cathedral. *Hotel: Queen*

DAY 21: THE WELSH MARCHES & CARDIFF B

Drive to the border town of Ludlow, rich in tragic royal history. Cross into Wales and continue south through pretty countryside to the Welsh capital, Cardiff. *Hotel: Radisson Blu*

DAY 22: BATH & EXETER B

Cross the soaring Severn Bridge to reach the beautiful city of Bath. Visit the Roman Baths and admire the glorious Georgian houses before moving on to the cathedral town of Exeter. *Hotel: Buckerell Lodge for 2 nights*

DAY 23: THE CORNISH COAST B / D

Enjoy a highlight cruise on the harbour then see the Barbican and Hoe. Cross the Tamar River to enter Cornwall - land of smugglers' coves and delightful fishing villages, to visit Looe. This evening enjoy a glass of wine with your Celebration Dinner

DAY 24: MYSTERIOUS GLASTONBURY & STONEHENGE B

Stop in Glastonbury, a town steeped in legend before crossing Salisbury Plain to visit the ancient stone circle of Stonehenge. This afternoon we arrive back in London and bid farewell to our local tour director before settling in for the night. *Hotel: Thistle Marble Arch for 1 night*

DAY 25/26: LONDON ⇄ PERTH B / IFM

After breakfast you will be transferred to the airport for your flights home. On arrival in Perth (Day 26) you will be transferred home ending a wonderful British holiday.

TOUR INCLUDES:

- Home pick up and return
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- Travel Insurance (age loading additional)
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- 22-day Britain and Ireland Tour featuring the Military Tattoo in Edinburgh
- 1-night post tour accommodation in London including breakfast
- 24 breakfasts, 1 Supper & 11 Dinners
- Arrival and departure transfers in London
- Luxury Coach travel with a maximum of 40 guests
- Local Tour Director and professional driver
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TOUR PRICE

PER PERSON TWIN SHARE

\$8,550.00*

Single Supplement \$1,320.00*

The above price includes \$920pp of air taxes which are subject to change.

Included insurance \$237pp which will be deducted if you choose to insure elsewhere.

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- Return airfares to New Zealand including taxes
- Meet & greet on arrival in New Zealand
- Return airport transfers in New Zealand
- EXCLUSIVE Bay of Islands Overnight Cruise
- 17 nights superior hotel accommodation with five 2 night stays
- Luxury Coach travel throughout the tour
- Professional Coach Captain and Tour Guide in New Zealand
- 16 dinners including 4 specialty dinners
- 3 lunches including a specialty lunch
- 19 breakfasts including 1 specialty breakfast
- 4 delicious morning/afternoon teas
- Over \$1150 worth of prepaid activities and attractions including 5 rail journeys - experience the Glenbrook Vintage Railway, the Coastal Pacific, the world famous TranzAlpine, The Taieri Gorge Limited and Plains Vintage Railway, plus relax with 5 cruises including TSS Earnslaw and the Milford Sound

- Return private car transfers from your home to Perth airport (including Mandurah)
- Early hotel check-in on arrival including breakfast
- Fully Comprehensive Travel Insurance (age loading additional)
- Eye Witness Travel Guide (one per household)
- The Kingston Flyer Steam Train Journey
- Pre tour get together

ITINERARY

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

DAY 1: Perth - Auckland

Today you will be transferred from your home to Perth Airport for your overnight flight to Auckland.

DAY 2: Arrive Auckland (B,D)

On arrival in Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel. You may like to take advantage of the discount coupons in your Optional Tours Directory. **Hotel Copthorne Hotel Harbourcity**

DAY 3: Auckland - Bay of Islands (B,D)

Depart Auckland and travel to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Enjoy a visit and informative talk at the Kauri Museum in Matakoho then pass through Whangarei to Paihia. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British. **Hotel Scenic Hotel Bay of Islands**

DAY 4: Bay of Islands Overnight Cruise (B,D)

After breakfast you are free to explore Paihia before boarding Ipiriri for your overnight Bay of Islands cruise. View spectacular landmarks, such as the Black Rocks and Urupukupuka Island before being anchored in a sheltered bay. The warm waters are home to an abundance of marine life such as dolphins, whales, seals and penguins. Tenders will ferry you to nearby islands as you learn of the rich history and ecology associated with this region. At sunset enjoy a buffet of local cuisine before retiring to your King Stateroom with sea views. **Overnight Bay of Islands Overnight Cruise**

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

After a unique overnight stay, start the day with a leisurely breakfast before you cruise back to Opuha Wharf mid-morning. Farewell the Bay of Islands and drive south via Whangarei, Wellsford and Warkworth to Auckland. Enjoy a short city tour and free time before transferring to your hotel. **Hotel Copthorne Hotel Harbourcity**



FOR MORE INFORMATION & A FULL COLOUR BROCHURE CONTACT

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ry Coach Holidays



DAY 6: Auckland - Rotorua (B,L,D)

Depart Auckland and travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside to Longlands Restaurant & Farm. Enjoy a delicious home cooked lunch hosted by a rural New Zealand family. Next, continue to Rotorua and visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.

Hotel Sudima Hotel Lake Rotorua (Superior Rooms. 2 nights)

DAY 7: Rotorua (B,SD)

Today begins with a Gondola ride to Cableway Restaurant where a buffet breakfast and spectacular views are on offer. Travel to the Agrodome where you see performing sheep, a shearing display and sheep dog trial. Enjoy some free time before travelling to Te Puia to see the boiling mud pools and awesome Geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

DAY 8: Rotorua - Wellington (B,D)

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and this afternoon visit Southward Car Museum, home to a comprehensive collection of veteran and vintage cars. Enjoy afternoon tea before continuing south along the Kapiti Coast to Wellington.

Hotel James Cook Grand Chancellor (2 nights)

DAY 9: Wellington (B)

Enjoy an extensive city tour in New Zealand's capital, Wellington. A highlight will be a guided tour of Te Papa, New Zealand's National Museum, with exhibits that embrace both Maori and European views. Enjoy free time at leisure this afternoon.

DAY 10: Wellington - Kaikoura (B,D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Travel through numerous tunnels and across several bridges before departing the train in Kaikoura. Experience a scenic flight (optional, weather permitting) to view the amazing whales this region is renowned for.

Hotel Donegal House

CLOCKWISE FROM TOP LEFT: The tour includes 5 breathtaking rail journeys plus The Kingston Flyer Steam Train Journey as an added bonus (Coastal Pacific pictured); Maori culture; the Skyline Gondola Rotorua offers spectacular views; enjoy an EXCLUSIVE overnight cruise on the state of the art catamaran, Ipihiri, and be surrounded by nature and immersed in history as you enjoy the extensive facilities on board.

DAY 11: Kaikoura - Canterbury (B,D)

A leisurely start this morning with time to enjoy the tranquil setting. Travel south through some of the finest farmland areas to Christchurch for an introductory city sights tour. A short drive through the Canterbury region brings you to your hotel.

Hotel Methven Resort

DAY 12: Canterbury - Franz Josef (B,D)

This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Board your coach and travel to Hokitika, famous for its greenstone before arriving at Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel Scenic Hotel Franz Josef Glacier

DAY 13: Franz Josef - Queenstown (B)

See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown, a year round resort situated on the shores of magical Lake Wakatipu. This evening is free and you may choose to dine at one of the many fine restaurants.

Hotel Mercure Queenstown Resort (Lakeview Rooms. 2 nights)

DAY 14: Queenstown (Free Day) (B,SD)

Today is a free day for you to explore Queenstown where there are many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. You will be treated to the best of New Zealand's high country cuisine in the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

DAY 15: Queenstown - Te Anau (B,D)

Travel to Arrowtown, an old gold mining village and visit the Lakes District Museum. Travel to Kingston to join the vintage steam train, The Kingston Flyer. Continue to Te Anau, the gateway to Fiordland. This evening cruise across Lake Te Anau to visit the Glow Worm Caves. Admire the incredible limestone caverns and mystery of the Glow Worm Grotto.

Hotel Distinction Luxmore (Deluxe Rooms. 2 nights)

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

Depart Te Anau for a fascinating drive to Milford Sound where you board your launch for a cruise on this magnificent fiord. See the spectacular Bowen Falls and towering Mitre Peak as you enjoy a picnic lunch onboard. This afternoon return to Te Anau where some free time is available.

DAY 17: Te Anau - Dunedin (B,SD)

Travel via Gore and Balclutha to Dunedin for an informative city tour including a visit to Olveston House, a prestigious historic home. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

Hotel Mercure Leisure Lodge (2 nights)

DAY 18: Dunedin (B,D)

Travel along the Otago Peninsula to Larnach Castle for a guided tour. Visit Glenfalloch Woodland Gardens, view the superb collection of flowers followed by a delightful morning tea. Return to the city for some free time before boarding The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail. On return to Dunedin's historic Edwardian Railway Station your coach will transfer you to your hotel.

DAY 19: Dunedin - Christchurch (B,SD)

Travel to Oamaru, famous for its limestone. After a true Victorian welcome, enjoy an informative update on this unique Precinct. Continue to The Plains Vintage Railway to experience a 'K'88 Steam Locomotive at work, view informative displays and enjoy a delightful afternoon tea before travelling to Christchurch. This evening enjoy a farewell dinner with your new found friends.

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DAY 20: Christchurch - Perth (B)

Time to say goodbye. You will be transferred to the airport for your flight to Perth after a memorable New Zealand Holiday. On arrival you will be transferred to your home.

Country Callers)

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London Calling...



Left to right; Jayson Mansaray - The Animals and Children Took to the Streets © East London Theatre Company 1927

by Jayson Mansaray

LAST YEAR, in my October 2011 column, I featured an

exhibition called Post Modernism: Style & Subversion, which promoted radical ideas associated with postmod-

ernism; an artistic rebellion against the status quo of the time. With that theme in mind,

this month, I hope to draw on the ideas contained in that exhibition to promote an alternative to the oversubscribed season's greetings.

With the months of November and December usually dedicated to Christmas advertising, Christmas songs and Christmas 'bloody' shopping, I will focus on an alternate to the norm; you might say a 'subversive London Calling Christmas.'

Be assured though, this isn't a 'Grinch that stole Christmas' situation and to lighten the mood I will start with a "spoon full of sugar" to help the medicine go down...

The Chocolate Festival returns to Southbank Centre for its ninth gastronomic celebration of all things chocolate from Friday 7 - Sunday 9 December. Some of the most high profile chocolatiers and pastry chefs in the world will

converge for tutored tasting sessions and chocolate seminars.

Paul Wayne Gregory, who specializes in innovative flavourings like caramel combined with sea salt, is one person whose products I will be seeking out. French chocolate company Valrhona will be hosting a Chocolate Afternoon Tea with treats like Dulcey pannacotta and crunchy spiced lollipops all served with Teas matched by the Rare Tea Company, or you can learn about 'Slow Chocolate' in a tutored tasting with 'Seventy%' who's mission statement reads: "we want to create an understanding of what fine chocolate should taste like and how it should be enjoyed" - I am so ready to learn and entry to the event is free!

For entertainment: first I look to innovative East London Theatre Company '1927' for *The Animals and Children Took to the Streets*. Set in a fictitious social housing block called Bayou Mansions on the edge of 'a' big city, child pirates go on a rampage reclaiming the city from the middle classes. Eerily the story echoes the company's own home in East London which has seen massive gentrification as the 'cool' push real estate prices up and the

London Calling

Olympic developments further compound the social pressure.

The innovation lies in how the company weaves live music performance, film and animation to add colour and candour to the narrative capitalising on a method called 'video mapping' which is transforming objects and shapes into a projection by creating a virtual model of the surface. The method has seen huge proliferation in performance art with even the likes of pop sensation Beyonce using it in live shows. The Guardian newspaper called it, "A jaw-droppingly clever and gloriously subversive parable" fitting in nicely with the flavour of this month's column.

Playing at the National's Lyttelton Theatre 12 December 2012 - 10 January 2013, ticket prices vary with standing tickets starting as low as £5 so I recommend you check the website: nationaltheatre.org.uk.

And back by popular demand at the Camden Roundhouse (my old stomping ground) is *Fuerzabruta* from 27 December. Created and directed by Diqei James this postmodernist performance show which originated in Buenos Aires, capitalises on fantastic visual effects and is described as a 360-degree performance (perhaps why the Roundhouse is its London home).

So far I have only been privy to preview clips and I am still trying to make heads of the spectacle; one feature is a now iconic image of a man bursting full throttle through a series of moving walls and that is just part of the visual madness that makes up the show. Tickets Thurs 27 and Fri 28 December: £30, Sun & Tues - Thurs: £35 Fri and Sat: £39.50, and do note it is a standing show.

Just two spectacular theatre features for you this month both of which I am very, very excited about.

And for art, I head to the Victoria & Albert Museum exhibition: *Light from the Middle East*, the first major museum exhibition of Middle Eastern (ME) Contemporary photography, possibly a response to what is seen as the under-representation of ME photography in UK collections.

The exhibition has more than 90 artists such as Abbas who is credited with some of the most evocative images of the Iranian revolution ('78-

'79). Or the daring Mehraneh Atashi who defied women being forbidden inside the zourkhaneh (all-male Iranian gymnasium) gaining member's trust and cleverly using reflection to insert her own image into the photographs. Gender politics do take centre stage in some artist's works but there seems to be an underlying responsibility to reflect on the devastation that war causes.

Newsha Tavakolian's *Mothers of Martyrs* is a haunting reminder as she captures elderly mothers with framed pictures of their sons killed in the Iran-Iraq war ('80-'88).

And being an occasional 'scenester' in London's hangouts a favourite of mine is Hassan Hajjaj who after graduating from London's fashion and music scene moved back to Morocco and cultivated a style that mixes street culture with European stereotypes of the North African world. For striking portraiture and Technicolor Youssef Nabil's contemporary images reflecting the golden age of Egyptian cinema in the 1940s and 50s (known as 'Hollywood on the Nile') are haunting and glamorous. Part of the exhibition is aimed at demonstrating how "photography can be used as a powerful tool for recording people, places and events" something all us mere mortals could perhaps be mindful of when we shy from the camera or forget to document how quickly the young grow older.

And in closing: last month I espoused the virtues of *Loserville* a new West End play at the Garrick Theatre which I can best describe as a cross between TV series *Glee* and *The Big Bang Theory* but set on stage in the 70s. It was a clever camp show with plenty of era specific jokes and issues: for instance the female lead wants to be the first woman on the moon but is scorned causing her to quote Germaine Greer. The choreography was sensational and perhaps partly in homage to a TV programme, the performers show the opening and closing credits on stage. Most enjoyable was the *Star Wars* references throughout and somewhat clichéd *Star Trek* quotes. All in all an enjoyable watch with great performances from the cast - *Loserville* really isn't such a bad place.

What to know more about London? ...then email Jayson@haveagonews.com.au with the subject "London Calling."

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ADVERTISING FEATURE



Herero woman and children

Victorian style in the Desert

by Frank Smith

THE HERERO women of Damaraland in northern Namibia traditionally wear voluminous Victorian style dresses. This stems from the time when Namibia was a German Colony.

The hausfrau of Otto von Bismarck's day did not approve of the acres of bare skin and especially bare breasts of Herero women. Those who worked for Germans after the disastrous German-Herero war of 1904 adopted conservative dress styles to please their employers.

More than 75 per cent of Herero

were killed in a genocidal war.

The ladies deck themselves out in voluminous Victorian-style dresses, complete with horn-shaped headgear and for more than a century they have fiercely protected their dress as a crucial part of their cultural identity.

The long dresses are heavy and reflect the style of the Victorian period with numerous petticoats worn to add fullness to their skirts. The dresses are hand-sewn by the women, who add their own personal style and flair.

Wearing the dresses often symbolizes a woman's place in the society.

The outfits are regarded as proper dress for traditional married women.

By wearing the long dress, a newly married woman shows her in-laws that she is willing to take up the responsibilities of a wife.

The hats worn by Herero women represent the horns of cattle, which are the symbol of wealth to the Herero.

The women showed no sign of being bothered by wearing the outfits, even in Namibia's hot dry semi-desert climate. However one selling dolls at a roadside stall in the Brandenburg Mountains admitted

she did not dress like that at home.

The Herero and Himba people are a pastoral, cattle-breeding tribe who migrated to Namibia several centuries ago. Around 150 years ago, the two groups split and Herero settled in towns and villages while the Himba continued with a pastoral lifestyle.

The traditional Herero live in the north of the country in the Kunene region and the Damaraland area.

Herero women take enormous pride in their outfits and have also developed a sideline in making and selling dolls wearing exact replicas of the dresses to tourists.

Nature raw in tooth and claw



A Wildebeest at Etosha National Park

by Frank Smith

ETOSHA NATIONAL Park in northern Namibia has almost the whole range of large African game from five tonne bull elephants to tiny dik-dik antelopes. This includes 114 mammals, 340 birds, 100 reptiles, 16 amphibians and one fish species.

The park, declared in 1907, is a 4,800 square km depression which fills with water only rarely, and is surrounded by semi-arid savannah. Vast herds of animals graze in the grasslands and go to one of the several waterholes to drink.

These also attract predators – lions, leopards, cheetahs, hyenas and jackals.

On our first day we saw mountain zebras, ostriches, elephants and giraffes.

When the elephants came down to drink the other animals kept a safe distance. The giraffes spend much of their time watching from on high; when they drink they spread their legs in an ungainly fashion so their long necks can

reach the water.

The following morning we were woken early by a lion's roar, which at first we thought was a rhino.

At dawn we travelled into the park on our safari vehicle spotting herds of zebras, the omnipresent springboks, giraffes, distant elephants, oryx, ground squirrel, mongoose, and various birds.

We saw three lions hiding in the undergrowth and later move to shade across the road. A pride of seven mature lions and lionesses crossed the road not five metres from our vehicle.

We came across more herds of elephants, some with young at foot and others consisting of bachelor groups of bulls.

And yes, elephants do have good memories. One bull, offended by a visitor in a Toyota has taken to charging whenever he saw a Toyota, but ignores other makes of vehicle.

After a siesta we returned for an evening drive, seeing more zebras, impala and wildebeests.

At a waterhole an adolescent bull elephant, in "must" (season), walked towards us in the vehicle. We were told to keep very quiet. As we did so the elephant pondered his next move. He decided to turn away only five metres from our safari wagon. Adolescents in "must" are highly unpredictable and could easily have upended our vehicle.

At the same waterhole we witnessed a fierce fight between two male zebras. They are vicious with their kicking and biting at opponent's necks and not letting go. You can feel the pain by just watching them.

The following day we left Okaukuejo for Namutoni on the eastern side of the salt pan. There we saw secretary birds, more giraffes including young foals, hartebeests (antelopes with heads resembling horses), more lions, kudu, hyena, bustards, more elephants and yet more giraffes in burnt scrub.

Our guide spotted two adult cheetahs that appeared

to be doing very little. Oblivious to them were a small group of springbok working their way through the dry grass. Once they wandered within 50 metres, the cheetahs changed to hunt mode. One became the stalker while the other kept back. Then there was a sudden burst of speed as the stalker rushed at the springbok. Within seconds the springbok was downed by the first cheetah and the second came in to finish the kill.

Cheetahs, unlike other cats, hunt during the daytime. They are built for short bursts of high speed, but are unable to defend themselves against other predators. Consequently, when they kill they go for internal organs which are higher in fat and progress onto the haunch, eating as much as they can, as quickly as they can, before the lions or hyenas arrive.

Half an hour later we found a female leopard under a tree not more than three metres from the safari wagon.

Later that evening we found a couple of mature lions relaxing (totally) around the waterhole while the giraffes stood by with worried expressions, not daring to drink in case the lions fancied another meal.

We have all seen African animals in the zoo, but it is not until you have seen them in the wild, up close, doing their thing, that you realise the might and beauty of the beasts.

Frank Smith travelled with Jenman Safaris through Greenlife Africa.

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The risk versus benefit of vaccination needs to be carefully assessed and can depend on itinerary, medical history and age.

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Other common activities in Africa with related health issues include walking safaris and tick bites, altitude sickness climbing Mounts Kenya and Kilimanjaro and schistosomiasis (Bilharzia) from swimming in lakes.

Since medical care in Africa can be quite variable it is also often recommended to be self-sufficient and carry medication with you.

When it comes to staying healthy on your trip to Africa a visit to a travel health specialist for careful discussion of your travel plans, medical history and vaccine requirements is highly advisable and in some instances a must.

Dr David Rutherford
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The Himba people

by Frank Smith

IT CAN BE embarrassing to gawp at people in a native village. But, there is no need when it is the last traditional tribe in Namibia, the Ova-Himba.

The Himba people live in a village near Kamanjab in northern Namibia in the same way as their ancestors have done for thousands of years, but they also charge a fee for gawping. It was a strange experience

Living the "traditional life" in Namibia

– viewing and photographing people as if they were in a zoo. But it has economic benefits to the tribe – they use the funds to educate the children – at some loss of dignity.

The village consists of around 30 women and about one dozen men with children of all ages. They live in a dozen or so huts which are arranged in a circle with a central livestock corral.

The pre-school children made the most of the visitors by insisting on being picked up; swung between adult arms and generally being made a fuss of.

One of the Himba urchins took to clinging onto my walking stick and rubbing ochre off onto my trousers!

The hairstyle indicates age

and social status. Children have two plaits of braided hair. Older unmarried girls wear a forward pointing plait over the face.

Married women coat themselves with a mixture of red ochre and butterfat, which is said to symbolise the richness of soil and blood and probably acts as a sun block. Their hair is in plaits reinforced with fat and sometimes plastic hair extensions. They wear animal skins around the waist and beaded anklets to protect their legs from animal bites.

Single men wear one plait backwards to their necks, while married men wear a turban of many ochre and butterfat soaked plaits.

Both married and unmarried women care for the chil-

dren, often unrelated to them. Women do most of the labour intensive work such as water carrying and house building, while men and boys tend the animals.

Each family occupies a thatched hut with mud walls and a ramshackle wooden door. Internally the hut is divided into a left (male) and right (female and children) side although women may enter the male side.

Each hut has only one wooden pillow, which is often a family heirloom. The male traditionally sleeps on her husband's arm. The purpose of the elevated pillow is to make it easier to hear at night – important in the case of attacks on livestock.

One young lady showed us her daily toilet ritual. She first smoked herself with camphor causing her to sweat, next she rubbed on butter mixed with another herb and finally, ochre.

Only young babies are bathed in water – ochre mixed with butter is normally used for cleansing.

A Himba man may have several wives – each with a separate hut and cattle. Our guide felt one wife was best – a departure from tradition.

The tribe's economy is based on cattle and goats. Calves and goats are kept in a corral over night while the cows are sent out to graze. Come morning the goats are sent out to graze and the cows rush into the corral to feed their calves. Cows generally have one

calf and four teats but the calf can only manage one teat at a time, so the Himba women milk the other teats into a plastic bucket and hence into gourds for human food.

The Himba worship a single god Mukuru. Each family has its own ancestral fire, which is kept by the fire-keeper. The fire-keeper approaches the ancestral fire every seven to eight days in order to communicate with Mukuru and the ancestors on behalf of his family. Mukuru only blesses and never curses, but the ancestors do both.

Because of the harsh desert climate in the region where they live and their seclusion from outside influences, the Himba have managed to maintain much of their traditional lifestyle.

Elephant Paradise

by Frank Smith

ONE OF Africa's 'must sees' is Chobe National Park, named for a river which rises in Angola, crosses the Caprivi strip in Namibia and eventually joins the Zambezi in Zimbabwe.

Chobe is the oldest National Park in Botswana. The 1.7 million hectare park is home to 100,000 elephants not to mention countless hippopotamuses, crocodiles, giraffes, Cape buffaloes, antelopes and many species of birds. It is also the most visited Park, probably because it is a bare 65km from Victoria Falls.

Crossing the border into

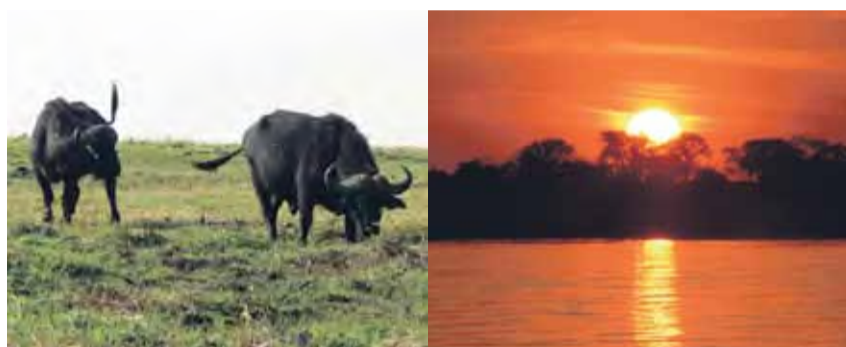
the Park from Namibia was an eye-opener. Immigration and customs officials were not only polite and efficient they actually seemed pleased to see you.

The Chobe elephant population is the densest in Africa and is probably the largest single surviving elephant population. Since 1990 numbers have built up from only a few thousand.

The elephants living on the verdant floodplains of the Chobe are spoilt in comparison to the desert elephants of Namibia.

The best way to see elephants and hippos is on a river cruise. We saw elephants in small herds grazing on lush buffalo grass and then swimming across the river as night fell and they headed home. Sometimes only the tips of their trunks – acting as snorkels – and part of their backs were showing above the water line.

Elephants living here are Kalahari elephants, the largest in size of all known elephant populations. They have short and rather brittle tusks, perhaps due to calcium deficiency



Cape Buffaloes and spectacular sunsets are among Chobe National Park's many attractions

in the soils.

The large numbers of elephants, each weighing up to five tonnes cause considerable damage to the woodlands of mahogany, teak and other hardwoods. In fact, the elephant concentration is so high throughout Chobe that culls have been considered, but are too controversial and have thus far been rejected.

During the dry season, the elephants stay close to the Chobe and Linyanti Rivers. When the rainy season starts they migrate 200 kilometres to the southeast stretch of the park. Their distribution zone

however outreaches the park and spreads to north-western Zimbabwe.

Chobe is also home to thousands of hippos, although you can't see more than their eyes and ears above the river surface for much of the time. But get too close and they surface rapidly enough to upset a small boat.

More people are killed by hippos than by any other animal in Africa each year, even though hippos are strict vegetarians.

We saw hippos out of the water grazing on the island vegetation and small birds perching on their backs cleaning off parasites and leeches.

Away from the river most of the trees were leafless and looked dead, although they will spring to life when the rains come. Notable were the bottle shaped baobabs, related to the baobab trees found in WA's Kimberley.

The park is also a birder's paradise. There are large numbers of carmine bee-eaters in season. When the river is in flood spoonbills, ibis, various species of stork, duck and other waterfowl flock to the area.

Finally the sunset over the river in the dry season is spectacular. It is worth the trip to see it alone.

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ADVERTISING FEATURE



On the trail of adventure



Dr Elizabeth (Libby) Sakker

by Karen Majer

'I ALWAYS like talking about my adventures,' Dr Elizabeth (Libby) Sakker said, pulling a camp chair into the shade of a desert oak.

Around us the spinifex and mallee of the Gibson Desert shimmered as we

sheltered to eat lunch.

Arranged on the ground were sprigs of plants, notebooks and plant presses.

The retired 75-year old biologist and science teacher had spent the morning 'scribing' for the botanical component of an expedition in the Rawlinson Ranges in Central Australia mounted by the volunteer-based Desert Discovery organisation.

Deserts are a familiar environment for Libby. 'I've done seven camel treks with Andrew Harper's Outback Camels and Desert Expeditions, mainly in the Simpson Desert,' she said. 'And this is my fourth Desert Discovery trip. I don't know why I love deserts so much when I'm a marine biologist! I think it's the open space, wilderness. Out here I can appreciate the immensity and beauty of Australia. And the nights, all the stars and constellations; I love hearing the Aboriginal stories of dark places between the stars.'

It was on a Desert Discovery trip in

2006 that Libby met cameleer John Wilkinson who now, at 91, is still exploring the desert and a keen member of the current expedition. 'Wilko' talked about being a cameleer and soon after I joined a trip,' she told me. 'I love going out with the camels. They walk silently, are so intelligent and being trained animals their damage to the pristine environment can be kept to a minimum. The camels carry the water, food and swags and we walk about 150 kilometres through the dunes, stopping to do pitfall trapping and other ecological work. We sleep out in swags under the stars. Sometimes it's so cold that you have to break the ice off the swag in the morning! You challenge yourself.'

Challenge is something Libby clearly relishes, travelling alone in her Subaru Forester in a convoy of serious off-road vehicles. She carries minimal clothing and equipment. 'I find there are lots of things we don't really need. I like to imagine what it was like for the

early explorers.'

It's not just deserts that attract this adventurous spirit. She reels off her recent travel exploits all around the world - three trips to Antarctica, visiting the Arctic in winter to see the northern lights and sleeping in an ice-hotel, exploring Madagascar and catching a cargo ship to Thursday Island. Many of her Australian trips entail volunteering, including annual flora and fauna surveys in the Blue Mountains, weeding on Lord Howe Island, and regular bush regeneration in the Cumberland State Forest.

'My normal week is very full,' she said, in what was clearly a gross understatement.

'I visit my 97 year old friend on Mondays, and I volunteer for the University of Sydney Chancellor's Committee, mostly helping with fund-raising, and at the Australian Museum doing 'front of house' activities and tours. I recently did a 10 - day course in Winton, Queensland at the "Australian Age of Dinosaurs" and

was delighted to receive a certificate as an honorary technician in dinosaur preparation. In between travels, I relocate cars across Australia, camping in out of the way places so I can enjoy the environment. Recently I gave my 400th donation of plasma to the Red Cross Blood Bank. Now 450 is my new target! The Blood Bank always needs more donors.'

It's hard to believe that Libby has packed almost all this travel into the past eight years. What drives this amazing mother of four and grandmother of seven to keep up the hectic pace?

'I love travelling,' she said simply. 'And I always come back to Australia and go out into the country. There's still so much to see.'

Libby had a last word for me and those like me who are a little faint-hearted about the more challenging adventures. 'It's a chance to test yourself, see if you can do this. Sometimes fear sits on your shoulder and tells you not to, but you brush it off. I just want to live life.'

New products for summer



ONE OF the most innovative new products on the Engel range is now even more powerful.

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Engel have recently introduced a new product, the Engel Battery Box - Portable; a flexible 12 volt power which makes portable power so simple. It can fit any type of car or marine battery and is portable, allowing it to be switched from vehicle to boat to van or camper trailer or tent.

The standout feature of The Engel Smart Battery Box is the Time Tracker Battery Management Screen. This screen gives you current battery condition, percentage of battery capacity available, number of hours till battery reaches full charge, the current stage of the charging cycle, battery type selection and set up details.

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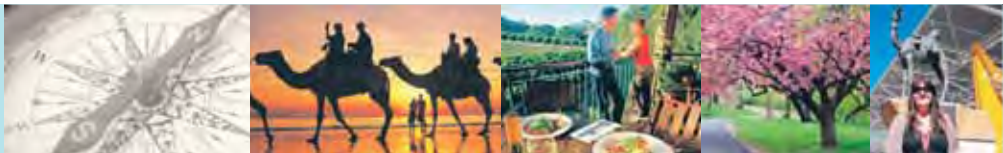
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The vast local knowledge of Trafalgar's Travel Directors brings a new dimension to every sightseeing experience as they show guests the magic of Europe through the eyes of an insider. Then there are Trafalgar's Local Experts who join you for a more in-depth look into a specialized area of interest in certain destinations. Like Philip Coppell

in Liverpool, England, who's the Local Expert on The Beatles and shares all the places connected to them, including The Cavern, The Barbers Shop and more.

Another of these special sightseeing features is Trafalgar's Unique Insights, which give guests a deeper sense of the local culture with visits to places distinctive to a particular locality. In Rome, for example, you may get to climb the step-less spiral staircase designed by famous architect Donato Bramante in a part of the Vatican not open to the public.

Authentic dining

One of the best things about travelling to Europe is sampling the traditional foods of each region and Trafalgar gives you the chance to do just that with truly immersive dining experiences they call Be My Guest. These exclusive events at more than 40 unique venues all over Europe let you savour authentic local fare as the invited guests of your hosts – something you could never do travelling on your own.

Join the Martin family for dinner at their Spanish hacienda as they share stories of their olive mill and passion for producing award-winning olive oil. At the Wood family's working farm in Scotland, guests are

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For information and bookings call George Booth at Travel Tree on 9381 9644.



Cape Town - A European City in Africa



Table Mountain Summit

by Frank Smith

CAPE TOWN is an enigma. It is a lively city nestling under the shadow of Table Mountain and is set out to attract and entertain tourists. But there are enormous contrasts in wealth. The freeway from the airport is lined with 'informal settlements' a euphemism for shantytowns. However many tumbledown slum shacks have electricity and even satellite dishes.

There have been massive changes in the 20 years since the end of apartheid but most blacks remain poor. Nonetheless there are a growing number of comfortably off blacks who have disposable income and enjoy spending it. It is rare to go into an upmarket bar in Cape Town without seeing at least a few black faces amongst the customers.

By South African standards Cape Town is a safe city, but most middle class houses are surrounded by razor wire and a warning that home invasions will be met with an armed response. Some enterprising youngsters make money by guarding your car when you leave it in the streets and the central business district is a no go area at night. On the other hand the restaurant and entertainment areas are safe to walk through.

The first thing a casual visitor to South Africa notices is that wine and restaurant prices cheap, even though they include 14 per cent Value Added Tax (VAT). This

can be partially explained by lower labour costs and the relatively high prices of the Australian dollar compared to the rand.

The best way to see the city is on one of the hop-on hop-off buses. And the premier tourist destination is Table Mountain.

The Mountain is often covered by a 'tablecloth' of cloud, but when it is clear the views are magnificent. The cable car rotates as it ascends giving everyone an opportunity to enjoy the panorama over the city.

The flat summit is covered in various walking trails, remnant vegetation and wildlife. Most interesting was the dassie, a rabbit-sized furry animal surprisingly related to elephants.

The premier tourist destination is the Victoria and Alfred Waterfront development, formerly the port area and now a restaurant and souvenir Mecca. The city centre is compact and an intriguing mixture of Cape Dutch and Victorian architecture amongst modern office blocks.

The wine tour is a must-do. Most of South Africa's premium wines are made not far from the Cape in Winelands, centred on Paarl and Stellenbosch. The tour took in three wineries. One, Vergendego, dated from 1773, featured historical tours and even duck walks in addition to wine tasting.

Huguenots (protestant refugees from France) settled in the Winelands and contrib-

uted much to the quality of food and wine. The Dutch East India Company, however, cleverly prevented the spread of the French tongue by intentionally settling the French apart from each other.

Another must-do tour is along the beautiful coast to the Cape of Good Hope. In parts of the National Park we had to keep doors and windows locked for fear of baboons. They have mastered the art of opening car doors and snatching backpacks to search for food. Apparently they have learnt that bags of souvenirs contain nothing edible and leave them alone.

On the way back, the tour visited a colony of African penguins, getting close up and personal with elevated walkways.

Finally, the tour arrived at Kirstenbosch Botanical Gardens, in a fantastic setting under Table Mountain. This is a highlight for gardeners as many Australian garden species, not to mention weeds, originated in South Africa. There were also some remnant yellow-wood trees, which turned out to be members of the Podocarpus family and have been largely replaced in the Cape Province by faster-growing Australian eucalypts.

Cape Town is definitely worth a visit, although for tourists wanting the flavour of Africa it is atypical.

In the words of our guide: "Cape Town is a European city transported magically to South Africa."

Take a boat trip into China's past

THE QUIANT Chinese village of Zhouzhuang may not command the same attention as nearby Shanghai, but the town's very presence and preservation as the country's oldest water town provides today's visitors with the chance to delve into a historically significant past.

A leisurely small boat trip along the tight canals which cut through this tiny settlement opens up another chapter in a travel book that has many stories to tell in the People's Republic.

Zhouzhuang – pronounced "Jow Jong" and known as Zhenfang Lane in ancient times - is appealing for its traditional tile-roofed houses and nearby small lakes as well as the canals and arched bridges.

Zhouzhuang is one of a number of fascinating highlights in the series of group tours from Helen Wong's Tours China 2012-2013 program.

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Fabulous Leeuwin Estate Concert Package coming up in February

LEEWIN Estate is delighted to present iconic American singer, songwriter and pianist, Carole King (pictured left) who will perform at the 2013 Leeuwin Concert on Saturday, 9 February, 2013.

Renowned for her charm, connection with the audience and expressive piano playing, Carole King creates a uniquely intimate musical experience, drawing from her time-

less and extensive songbook of classic hits.

Her era-defining album, *Tapestry*, remains one of music's best selling albums of all-time, with more than 25 million copies sold worldwide.

As well, the album, which included the Billboard Hot 100 number one hits *It's Too Late* and *I Feel the Earth Move*, received four Grammy Awards in 1972, including Album of

the Year.

In 2003, *Tapestry* was ranked number 36 in Rolling Stone magazine's list of the 500 greatest albums of all time. It remained the best-selling album by a female artist for a quarter of a century and King went on to amass three other platinum and seven gold albums. Her previous Australian concerts in 2006, for the Living Room Tour and 2010 with

James Taylor for the Troubadour Reunion Tour received outstanding critical acclaim.

Funseeker Tours are one of only a few tour operators who have tickets for the Saturday night concert and are providing a fully inclusive package ex Perth and return on the 9 and 10 February.

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



Horse drawn machinery will feature at the Beverley Harvest Festival

THE COMMUNITY of Beverley is gearing up for the Beverley Harvest Festival to be held at Avondale Discovery Farm on

Family fun on the farm in Beverley

Sunday 25 November 2012.

Harvest is an exciting time of year, when farmers gather the fruits of their year's toil. Regardless of the season, harvest goes ahead and we would like to share some of those processes with people from all walks of life.

There will be something to interest each family member. Farm animals for the young and young at heart can be seen there and vintage machinery in action for those old enough to remember.

There will also be music and dancing for folk with a cultural leaning, country craft stalls for the shopaholics, and Devonshire teas for those who want to sit and soak up the rural atmosphere.

The Harvest Festival features a working display of harvesting techniques from early days right through to the present. With hand operated machines, horse drawn machinery, vintage tractors and then a modern 40' front header (complete with GPS, climate control and surround sound system), will all be operating in the paddock harvesting a wheat crop with local farmers providing

an interpretation of the processes. This activity will be complemented by displays of the "value adding" and end product, including local produce tastings.

Other attractions on the day are rural book sales, working dogs, shearing, farrier, vintage tractor parade, stationary engines, rides, and free farm tours.

Major sponsors of Avondale events include the National Trust of Australia (WA), Beverley Shire, Healthways Go for 2&5, Events Corp, and the Water Corporation, with many other local and private organisations contributing.

Beverley Harvest Festival is held at Avondale Discovery Farm, six kilometres west of Beverley. It is a pleasant country drive 1½ hours from Midland.

Entry is \$10 adults, \$5 concession and children under 12 free.

For more information phone Dina 9646 1004 or email dina.blennard@ntwa.com.au



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Looking for that short break

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Travel through Victoria via Gippsland including Sale in the LaTrobe Valley to Lakes Entrance and enjoy a lakes cruise and two nights accommodation. The journey continues through the picturesque high country and rich heritage of Beechworth and surrounding regions. Highlight of the tour is 'Opera in the Alps' featuring Marina Prior and Kane Alexander. Relax in your reserved seat under the stars and enjoy an evening of classical favourites.

All inclusive fare: Ex Perth
\$2,765 per person twin share. \$695 single supplement.

The Kimberley



11 days. Departs: July 25.
Broome to Darwin

Fares from: p.p.t.s. (includes air fares)
Ex Perth \$4,495
Single supplement \$930

11 days. Departs: June 12.
Darwin to Broome

Fares from: p.p.t.s. (includes air fares)
Ex Perth \$4,495
Single supplement \$930

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Welcome to your guide to Seniors Recreation Council's Have a Go Day in BURSWOOD PARK - Wednesday 14 November 2012



Seniors Recreation Council Have a Go Day 2012 PROGRAMME HIGHLIGHTS



Theme for 2012 50th Anniversary of MGB's

- 8.30am Day commences
- 9am Music based activities commence
- 9.25am Official opening - Olympic Statues, site 66
by His Excellency Mr Malcolm McCusker, AC, CVO, QC Governor of WA & Mrs McCusker.
Accompanied by Police Pipe Band
Welcome to Country, Vivian & Mort Hansen
- 10am Silver Threads Band - Concert - Sound Shell, site 22
- 10.40am WA Bush Poets & Yarn Spinners - Sound Shell
- 10.50am Progressive Axemen wood chopping demonstration, site 140
- 11am Jim Drysdale - Sing-a-long - Sound Shell
- 11.30am Prime Movers, exercise to music - Sound Shell
- 12noon The Entertainers - Sound Shell
- 12noon Progressive Axemen wood chopping demonstration, site 140
- 12.30pm WA Bush Poets & Yarn Spinners - Sound Shell
- 12.50pm Jim Drysdale - Sing-a-long - Sound Shell
- 1.10pm The Entertainers - Sound Shell
- 1.20pm Progressive Axemen wood chopping demonstration, site 140
- 1.30pm Prime Movers, exercise to music - Sound Shell
- 1.50pm MAJOR PRIZE DRAW, Site 66
- 2pm Police Pipe Band - Concert - Sound Shell
- 2.20pm Progressive Axemen wood chopping demonstration, Site 140

Welcome to Have a Go Day



Hugh Rogers

A WARM WELCOME is extended to all to come along to Have a Go Day 2012 on Wednesday 14 November to enjoy an action packed and exciting over 45s event at beautiful Burswood Park. While the programme begins at 8.30am, everyone is welcome to attend the official opening at 9.25am by Have a Go Day patron, His Excellency Malcolm McCusker AC CVO QC Governor of WA at Site 66. This year there will be many new events including a display of the iconic British MGB sports cars, which in 2012 celebrates its 50th anniversary and can be viewed at Sites 104 and 126. You can also pick up a form there to vote for your favourite car.

For those who love music and dance, there will be 25 music based activities to see or try, including two new dance groups. The progressive axemen will give wood chopping ex-

hibitions, and you can thrill to the marching beat of the fabulous WA Police Pipe Band which will feature at the opening ceremony.

Also in attendance will be personalities from media outlets such as Channel 7, Radio stations 882 6PR and Curtin FM 100.1. They look forward to meeting you and saying 'hello'.

You can also be in the draw to win the major prize donated by Crown Perth to the value of \$1500. To enter, pick up an entry form from the Crown Perth marquee which is located at Site 80.

Entry forms for the second prize, a \$500 Coles Myer Voucher, donated by Kings Tours and Travel and *Have a Go News* are available at Site 111. All entries are free.

As in other years, free tea, coffee and water will be available all day at the hospitality tents located at sites 212, 111 and 155.

Don't miss 'having a go' at *Have a Go News*' chocolate wheel and perhaps win a prize. The wheel will be spun at Site 111 on the hour from 9am and 10am and then at half hourly intervals until the final spin at 2pm.

It's all part of the fun of the fair.

I look forward to seeing you there.

Hugh Rogers,
President,
Seniors Recreation Council
of WA Inc

SRC Have a Go Day 2012 MUSIC BASED ACTIVITIES

- **Athol Wightman**
10am, 11am, 12noon,
1pm, 2pm
Site 111
- **Chiball - Peel**
11.10am, 1.10pm
Site 71
- **Cockburn Seniors Line Dancing**
10.20am, 11.20am,
12.20pm, 1.30pm
Site 12
- **Fab Shad Dancers**
10am, 11am, 12noon,
1.10pm
Site 9
- **Friends In Yoga**
9am, 10.20am, 11.10am,
12.10pm, 12.50pm, 2pm
Site 50
- **Geocaching SRC**
10.30am, 11.30am,
12.30pm, 1.30pm
Site 67
- **Hora Shalom Dances of Israel**
10am, 11am
Site 82
- **Jim Drysdale - Sing-a-Long**
11am, (30 minute slot)
12.50pm (20 minute slot)
Site 22
- **Konga Gosnells Womens**
9am, 10.20am,
12.50pm, 2pm
Site 153
- **Marching (WA)**
11.30am, 12.30pm
Site 145a
- **Oum Habibi Dance Group**
9am, 10.30am, 11.30am,
12.30pm, 1.30pm, 2.20pm
Site 122
- **Over 50's Ballroom Dancing Inc**
9am, 10.30am, 11.30am,
12.30pm, 1.30pm, 2.20pm
Site 81
- **Perth Male Voice Choir**
9am, 10am, 10.40am,
11.40am, 12.30pm, 1.20pm
Site 59
- **Polewalking SRC**
10am, 11.30am, 12pm,
12.50pm, 2pm
Site 71
- **Prime Movers Inc**
11.30am, 1.30pm
(30 minute slots)
Site 33
- **Progressive Axemen's Association**
10.50am, 12noon, 1.20pm,
2.20pm (30 minutes slots)
Site 140
- **Rose & Wattle-English Country Dance**
9am, 10.40am, 11.40am,
12.40pm, 1.30pm.
Site 87

- **Seniors Line Dancing**
10am, 11am, 12.10pm,
1pm, 2pm
Site 106
- **Silver Threads**
10am for 30 minute concert
Site 22
- **Sing and Swing**
12noon, 1pm, 2pm
Site 82
- **Square Dancing Society**

- of WA
10am, 10.50am, 12noon,
12.50pm, 2pm
Site 123
- **Taoist Tai Chi Society of Australia**
9am, 10.20am, 11.10am,
12.10pm, 12.50pm, 2pm
Site 56
- **The Entertainers**
12noon, (30 minute slot)

- 1.10pm (20 minute slot)
Site 31
- **WA Bush Poets & Yarn Spinners**
9am, 10.40am, 12.30pm
Site 32
- **WA Feldenkrais Guild**
10am, 10.50am, 11.40am,
12.30pm, 1.20pm, 2.10pm
Site 63
- **WA Police Pipe Band**

- 2pm for 40 minute concert
Site 22
- **Zumba Gold Fitness**
9am, 10.40am, 11.40am,
12.40pm, 2pm
Site 10

Please note that demonstration times are 20 minutes per session unless otherwise noted.

PARLIAMENT HOUSE of Western Australia

FREE Seniors Week Tours

12 - 16 November 2012
FREE tours during Seniors Week
Each tour will run for one hour
Two sessions daily
Mon-Fri 10.30am & 1.30pm

For free Group tours on all other dates phone 9222 7259

Keep your mind & body active

Come see us at
Have a Go Day
Wednesday
14 November 2012
Burswood Park

Use Senior's Week to visit the Centre to 'have a go'.
Learn exciting new facts about our Universe! Entry only \$6 per head (normal price \$12)

- Enjoy a tour with our guides (subject to availability)
- Stunning wildflowers in bloom • Bushwalks
- Cafe serving delicious food • Gift Shop

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No bookings required unless for groups of approx 20 or more.

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Email: soundforlife@westnet.com.au
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Welcome to your guide to Seniors Recreation Council's Have a Go Day in BURSWOOD PARK - Wednesday 14 November 2012



SRC Have a Go Day 2012 ACTIVITIES

Site	Activity
99	10th Light Horse Bunbury Troop Inc
38	AIM over 50's Archery Group (INC)
111	Athol Wightman
148	Australian Model Ship Society
129	Bonsai Society of W.A.
118	Bowls WA
88	Camera Electronic - Advice & studio setup
24	Canoeing
71	Chiball
30	City of Perth, Lions - intro to Skype
150	Climbing Wall
36	Collier Park Seniors Golf Club
19	Croquet Club Sorrento
80	Crown Perth
9	Fab Shad Dancers
50	Friends In Yoga
67	Geocaching SRC
49	Gliding Club of WA - Simulator
147	Golf WA
111	Have a Go News - Chocolate wheel
82	Hora Shalom - Dances of Isreal
153	Konga - Gosnells Womens Health Svc
145	Marching WA
35	Men of the Trees
14	Midland Mens Shed
121	MGB's people's choice
62	Mineralogical Society of Western Australia
69	Nintendo Wii SRC
148	North Coast Marine Modellers Inc
144	Nyoongar Sports Assn.
122	Oum Habibi Dance Group
81	Over 50's Ballroom Dancing Inc
3	Parkinson's Centre (ParkC) ECU
59	Perth Male Voice Choir
132	Perth PCUsers Group
65	Petanque WA
89	Photographic Competition/ WA Camera Club
71	Pole Walking SRC
33	Prime Movers Inc
140	Progressive Axemen's Association of WA Inc
149	Recfishwest
87	Rose & Wattle English Country Dance
157	Scrapbooking - Stampin Up
106	Seniors Line Dance
22	Silver Threads Band
22	Sing-a-Long - Jim Drysdale
82	Sing and Swing
123	Square Dancing Society of WA
56	Taoist Tai Chi Society of Australia
69	Tech Savvy Seniors
142	Tennis West
31	The Entertainers
29	The Society for Creative Anachronism
61	Trinity School for Seniors
152	UWA Sports Over 50's Paddling
32	WA Bush Poets & Yarn Spinners Assn
63	WA Feldenkrais Guild
62	WA Lapidary & Rockhunting Club Inc
22	WA Police Pipe Band
3	West Australian Participant Pool
124	West Coast Metal Detector Club
125	Woodturners Association of WA
69	Xbox Kinect activities SRC
10	Zumba Gold Fitness
Healthchecks	
101	Lions Hearing Foundation
102	Lions Save Sight Foundation
145	Mens Health Checks NMPH
85	Skin Check WA - Skin cancer checks
46	Sound for Life

Visit THE SWAN BELLS

Drop by our stall on Have a Go Day and pick up a discount voucher to visit us!

Check out our Love Locks where you can lock your love with family members.

Have a chat to our friendly staff and find out more about all the great activities at The Bell Tower!

SENIORS CONCESSIONS AVAILABLE

Barrack Square
Riverside Drive
Perth
Ph: 6210 0444
OPEN daily from 10AM

Connecting Seniors

AC-CENT Mandurah and the City of Mandurah are proudly hosting a community focused expo that encourages community and service organisations relevant to seniors to participate and exhibit. The focus will be on supporting and encouraging health and wellbeing. Participants will be encouraged to participate in 'have a go' sessions and be pro-active about collecting information to better their own health and wellbeing.

Location: Ac-cent Mandurah, 41 Ormsby Terrace, Mandurah,
Date: Friday 16 November
Time: 9am to 4pm
Cost: Free

For enquiries phone Jenni Bestwick 9550 3797 or email jenni.bestwick@mandurah.wa.gov.au.

The Peel (Mandurah) Branch of Association of Self Funded Retirees meets at Halls Head Bowling & Recreation Centre at Sticks Boulevard Erskine (Mandurah) on the fourth Monday of each month
Next meeting: 26 November with guest speaker from Fire/First Aid and Housing
Morning tea \$2
Visitors and guests are welcome
For further details phone Faye 9535 2681 or 0407 986 937

'Direct from the USA' the world famous Glenn Miller Orchestra is coming to Perth 16 and 17 November

882 6PR and *Have a Go News* give readers the chance to win double passes to see The Glenn Miller Orchestra live at Crown Perth.

To be included in the hourly draw for a double pass to the Saturday 17 November concert, simply fill out the coupon and drop it off at the 6PR Broadcast van located at stand 156 before 2.45pm on Have a Go Day.

Winners will be drawn on the hour and there are five doubles up for grabs with the first draw at around 10am.

NAME:

CONTACT NUMBER:

ADDRESS:

You can book at Ticketek on 132 849 for the concert of unforgettable music from the 40's... Starring the Glenn Miller Orchestra, the Broadway Swing Dancers and the Moonlight Serenade Singers.

**Seniors Recreation Council of WA Inc
Rockingham Branch**

Christmas Concert

**Wednesday 5 December 2012
2pm to 4pm**

Gary Holland Community Centre
19 Kent Street, Rockingham

Performing Artists
The Entertainers

Tickets available from

- ★ Lesley 9593 2419
- ★ Noble Real Estate 9592 2222
- ★ Aqua Jetty at Seniors' Programmes

NO DOOR SALES

\$10pp

afternoon tea provided

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their future

Making it better ... a bequest to Princess Margaret Hospital Foundation will help ensure the best available health care for future generations.

For more information contact
Anne Smith tel (08) 9489 1189
pmhfoundation.com



See it for yourself.

Discover Lend Lease at our stand during 'Have A Go' Day.

There's plenty to see when you visit a Lend Lease retirement village. Come and visit our stand at the 'Have A Go' Day, chat with our friendly staff and residents about our villages and discover what it means to call a Lend Lease community home.

To help celebrate **Seniors Week** we will be holding **Open Days** at our villages throughout November. Why not drop by and take a personal tour to experience the ultimate retirement lifestyle. With a range of **free events, guided tours** and **refreshments** be sure to bring family and friends!

To **RSVP** your attendance or find out more please call **1300 669 233**.

Parkland Villas Ellenbrook

Sat 10th Nov, 10.30am to 2pm

Tours: 11am and 1pm

25 The Parkway, Ellenbrook

Parkland Villas Woodlands

Sat 10th Nov, 10am to 1pm

Tour: 10.45am

52 Liege Street, Woodlands

Parkland Villas Booragoon

Sat 17th Nov, 10am to 2pm

Tours: 10.30am and 1pm

510 Marmion Street, Booragoon

The Pines

Sat 17th Nov, 10.30am to 2.30pm

Tour: 11.30am

21 Ponte Vecchio Boulevard, Ellenbrook

Timberside Villas

Sat 17th Nov, 10am to 12.30pm

Tour: 11am

10 Timbercrest Rise, Woodvale

Parkland Villas Mandurah

Thurs 15th Nov, 10am to 1pm

Tour: 11am

2 Hungerford Avenue, Mandurah

Harbourside Village Mindarie

Sun 18th Nov, 1.15pm to 4pm

Tours: 1.30pm and 2.30pm

7 Honiara Way, Mindarie

Lakeside Village

Sun 11th Nov, 10am to 2pm

Tours: 10am and 1pm

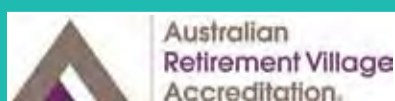
14 Lewington Gardens, Bibra Lake

Homestay Village

Sun 18th Nov, 10am to 3pm

Tours: 11am and 1.30pm

267 Wharf Street, Queens Park



lendleaseseniorliving.com.au

Lend Lease

Welcome to your guide to Seniors Recreation Council's Have a Go Day in BURSWOOD PARK - Wednesday 14 November 2012

SRC Have a Go Day 2012 EXHIBITORS

- | | | | | |
|---|--|---|--|---|
| <p>10th Light Horse Bunbury Troop
882AM 6PR
Aboriginal Health Council of WA
Act-Belong-Commit - Curtin Uni
Advocare
AIM Over 50 Archery Group Inc
Alzheimers Aust WA
Ambulatory Care - NMPH
APIA
Arthritis & Osteoporosis WA
Athol Wightman
Auscare Staffing Agency
Austin Owners Club WA
Australia - Britain Society
Australian Hearing
Australian Model Ship Society
Australian Super
Belswan Lifestyle Estate
Bendigo Bank
Beyond Blue
Bonsai Society of WA
Bowls WA
Breastscreen
British Pensions in Australia
Burswood Park Board
Bus Preservation Society of WA Inc
Camera Electronic
Cancer Council of WA - Sunsmart Van
Canoeing DSR
Caravan Industry Association WA Inc
Carealot
Casey Tours
Chiball - SRC Peel Branch
City of Gosnells
City of Perth - Lions
City of Subiaco
Climbing Wall (Armadale PCYC)
Collier Park Seniors Golf Club
Come Out Camping Older Adults
Conservation Volunteers
Continence Advisory Service of WA
Cool Room - Auswest Coolroom Hire
COTA and Department of Commerce
Country Women's Association of WA</p> | <p>Crown Perth
Curtin FM 100.1
Department for Communities
Derbarl Yerrigan Health Service
Diabetes WA
Dryandra Woodland Village - Lions
DSR Indigenous Sports
ENTERTAINMENT - Sound Shell
Esperanto League of WA Inc.
Exergaming - Nintendo Wii/ Xbox Kinect
Fab Shad Dancers
First Aid - Royal Life Saving Society
First Aid - Royal Life Saving Society
First Aid - Royal Life Saving Society
FOOD: Chopin Patisserie
FOOD: Fresh Finesse
FOOD: Gordon's Food Van
FOOD: Healthy & Tasty Kebab
FOOD: Kernal Corn
FOOD: Lions Club, Canning City, Sausage Sizzle
FOOD: Murphy's Spuds
FOOD: Perth Coffee Express
FOOD: Seafood Van
FOOD: Soft Serve White Cruiser
FOOD: Soft Serve White Cruiser
FOOD: The Shamrock
FOOD: The Spud Wagon
FOOD: You Try My Thai
Friends in YOGA
Geocaching - SRC
Glaucoma Australia
Gliding Club of WA - Simulator Golf WA
Gosnells Women's Health Service - Konga demo
Gravity Discovery Centre
Hainsworth Lifeball Group
Have a Go News
Health Consumers Council
Hearing Life
Heart Foundation
Heritage Perth
His Majesty's Theatre (AEG Ogden PERTH)
Historic Commercial Vehicle Club of WA</p> | <p>Hora Shalom Dances of Israel
Hospitality Tent Have a Go News/ 882AM 6PR
Hospitality Tent Have a Go News/ Channel 7
Hospitality Tent Have a Go News/ Phoenix Insurance
Independent Living Centre
Independent Living Centre - Respite & Carelink Centre
Information Booth
Injury Control Council of WA
Jim Drysdale - Entertainment
Joondalup Men's Shed
Kings Tours & travel
Land Sailing Clubs of WA
Lend Lease Retirement Living
Lions Cancer Institute
Lions Christmas Cakes/Lions Mints
Lions Club International 201W1
Lions Hearing Foundation
Lions Save Sight Foundation
Marching (WA)
Masters Swimming Western Australia
Maylands Autumn Club Inc
McCusker Foundation
Men of the Trees
Meniere's Australia (WA)
Mens Health Checks - NMPH
MG Car Club of WA Inc
MGB display - MG Car Club of WA Inc
Midland Men's Shed Inc
Mineralogical Society of Western Australia
Museum of Performing Arts
National Seniors Australia
National Stroke Foundation
Neurological Council of WA
Niagara Therapy
North Coast Marine Modelers Inc
Nyoongar Sports Association
Official Opening
Older Peoples Rights Service
Oum Habibi Seniors Belly Dancers
Over 50's Ballroom Dancing Inc
Over 55 Cycling Club
Over 55 Walking Association Inc
PA Van</p> | <p>Park Home Owners Assn. WA Inc
Parkinson's Centre (ParkC) ECU
Peel Collectors Club
People Who Care
Peripheral Neuropathy
Support Group Inc
Perth Concert Hall
Perth Male Voice Choir
Perth PC Users Group
Petanque WA Inc
Philatelic Society of Western Australia
Photographic Competition/WA Camera Club
Playgroup WA
PMH Foundation
Pole Walking - SRC
Prime Movers Inc
Probus Association of WA
Progressive Axemen's Association of WA Inc
Recfishwest
Red Cross
Retirees WA Inc
Rock 'N' Roll Record Collectors Club of WA
Rose and Wattle English Country Dance
Rotary International
Scarborough Toyota
School Volunteer Program
Seniors Card Centre
Seniors Line Dance
Seniors Recreation Council - Branches
Seniors Recreation Council of WA Inc.
Shuttle Bus Stop
Silver Threads Band
Sing and Swing
Skin Check WA - Skin Cancer checks
Sleep Disorders Australia
Solariscare Foundation
Sorrento Croquet Club
Sound for Life
Southsiders Prostate Cancer Support Group
Square Dance Society of WA
SRC Rest Marquee
Stampin Up
State Theatre Centre
Stockland
Subiaco Arts Centre</p> | <p>Taoist Tai Chi Society of Australia
Tech Savvy Seniors
Technology Assisting Disability WA
Tennis Seniors WA
Tennis West
The Bell Tower
The Entertainers
The Salvation Army
The Society for Creative Anachronism
Tin Collectors Club
Torchbearers For Legacy WA
Tourism Malaysia
Tracmack
Transperth
Traveljoy
Trinity School for Seniors
Uniting Church Homes
University of the Third Age
UWA Sport & Recreation Association
Villa Holiday your Way
Vintage Caravans
Vintage Wireless & Gramophone Club of WA
VIP Hospitality Tent
Volunteer Task Force
WA Assn. of Polish Women Inc
WA Bush Poets & Yarnspinnners Assn.
WA Camera Club
WA Cervical Cancer Prevention
WA Classic Speedway Assn
WA Feldenkrais Guild
WA Historical Cycle Club Inc
WA Lapidary & Rockhunting Club Inc
WA Police Pipe Band
Warwick Lifeball Group
Water Corporation GWRT
Water Tank - drinking water
Wavecrest Village
West Australian Card Collectors Society Inc
West Australian Participant Pool
West Coast Metal Detector Club
Western Australian Genealogical Society
Wisdom Activities
Woodturners Association of Western Australia
Yorgum Aboriginal Corporation
Zumba Gold</p> |
|---|--|---|--|---|

We're losing the battle of the bulge!

AN ALARMING new report from the Australian Institute of Health and Welfare has revealed the extent of the health crisis facing our nation. The key findings paint a grim picture of the average Aussie as an inactive, overweight adult who doesn't eat enough fruit and vegetables. The report found that 61 per cent of Australian adults have a Body Mass Index (BMI) above 25, putting them in the overweight or obese categories. "We all know what we need to do in order to lead a healthier lifestyle. The problem is that, for some reason, we're ignoring our better judgement," said Maurice Swanson, CEO of the Heart Foundation (WA Division). "Eat more fruit and veg, cut back on foods high in sugar, salt and saturated fat and move your body more - these are simple things [to do]. We need to make a concerted effort to achieve a healthier weight." The statistics also suggest that 60 per cent of us also have a "grabb-

able gut", putting us at a higher risk of developing serious diseases. "A waist circumference over 94cm (for men) and 80cm (for women) is an indicator that you could be carrying too much 'toxic fat' - the type of fat which surrounds our organs and has strong links to heart disease, type 2 diabetes and some cancers," Mr Swanson explained. Recently, LiveLighter launched a free Meal and Activity Planner to help Western Australians establish healthier habits and work to reduce their weight. "We hope this useful tool will provide some extra support for those wanting to 'LiveLighter'. However, if your BMI is over 40, you should consider going to your doctor or health professional for some expert advice about the best way to achieve a healthier weight," Mr Swanson continued. For more healthy lifestyle information, or to register for the free LiveLighter Meal and Activity Planner, visit www.livelighter.com.au

Are you an older person receiving support services to live independently at home?

Or perhaps you care for someone who does? If you're not satisfied with the standard of service you or someone you care for is receiving, Advocare can help you understand your rights and find a resolution. Advocare works statewide and provides a free, professional and confidential advocacy service

Come and see us on Have a Go Day 14 November or for more information please call 9479 7566 or 1800 655 566 (Country Callers).

Advocare incorporated

hacc
Home and Community Care

Seniors Recreation Council of WA Inc presents a Bendigo Bank Seniors Week 2012 and Be Active Event

Have a Go Day Wednesday 14 November 2012

Burswood Park 8.30am to 3.00pm Great Eastern Highway, Burswood



Official opening 9.25am

His Excellency Malcolm McCusker AC, CVO, QC Governor of Western Australia

Free activities and information day for over 45s promoting clubs/groups, senior and commercial agencies

SPONSORS



All enquiries contact Seniors Recreation Council of WA Phone 9492 9773 www.srcwa.asn.au

EVENTS FOCUS

Have a Go News' Bendigo Bank Seniors Week Festival 2012



Social connector grant to help Rockingham community

A NEW PROGRAM to help connect those who are socially isolated is being trialed at Bethanie Rockingham. Based on a Canadian program the Rockingham Social Connector Pilot Program will help those living in social isolation to develop a social network, contribute to and be part of the community.

The project will be implemented under a partnership between Bethanie and the City of Rockingham and will see funds from the grant used to train staff, coordinate the pilot program, monitor and evaluate its success.

There is no cost to the people who are assisted under the pilot, as this will be funded from the grant.

Staff at Bethanie Rockingham will be trained in the community connector role and will work with a number of people and families to rebuild a social network for the individual and to empower him/her to believe they can contribute and be part of the community. Once the network has been established the intensity of the worker's involvement will move to a maintenance role.

The pilot project will then be evaluated to determine its effectiveness in promoting social inclusion, reducing isolation and contributing to the health and wellbeing of the participants.

The criteria for participants to be involved are that they must live with in the City of Rockingham and be over 18 years of age.

Grants for the program came from the Disability Services Commission, and the Department for Communities.

Wendy Hibell, Regional Manager of Bethanie Community Metro South in Rockingham said she was excited to be involved in the pilot program which will involve up to five other agencies.

"I see first hand the benefits the grants provide to our community and this is just one example of service providers working together with various government departments to better the lives of people in our community, said Ms Hibell.

If you live in the Rockingham area and would like to participate in the program contact Bethanie on 1300 883 893.

Villa will be at Have a Go Day



VISIT the friendly Villa staff at Site 105 for a bit of fun as well as an informative look at their extensive holidays and various ranges of destinations on offer for travellers.

Prizes, giveaways and travel information sessions will be available for you and your fellow seniors as you enjoy what Have a Go Day has to offer! Find the sausage sizzle and you have found Villa!

Take the opportunity to talk to their experienced tour leaders and coach staff along with Villa's helpful travel coordinators. You will be able to learn more about the new styles of holidays for Villa travellers on offer as well as guest speakers on hand to share their knowledge.

Villa will be taking bookings for tours and sharing the latest news about the Probus Exclusive tour - Road to Rendezvous 2013 in a mini theatre where you can sit and enjoy an informative presentation from Villa.

Villa is also inviting you to a free event to present their

collection of European bound holidays: Magnificent Europe - the British Isles and the Mediterranean!

Explore the patchwork of nations and discover momentous history:

- London, the Chelsea Flower Show and Ireland
- European River Cruising Budapest to Amsterdam
- Grand Voyage Scandinavia and Russia Cruise
- Mediterranean Collectors Cruise Italy to Turkey

Villa will be hosting special guest speakers from Globus - their British Isles specialist, TAUCK - European River cruising professionals, and Holland America - Villa's ocean going partner. They will be on hand to answer all your questions about your next European holiday with them.

Please join Villa for morning tea at Woodvale Reception Centre on Tuesday 13 November from 9.45am to 12.30pm. RSVP is essential for catering to travel@villa.com.au or Free-Call 1800 066 272.

Memories are made of this!



President of the Society of Women Writers WA, Helen Iles

WOULD you like to write your life story for your family, or for publication, but don't know where to begin?

On Saturday 17 November during the Bendigo Bank Seniors Week Festival 2012, the Society of Women Writers WA is hosting an event, titled Memories are Made of This, at Citiplace Community Centre, Perth Railway Station Concourse.

From 9am to 9.45am, inspirational guest speaker, World War II Veteran, Arthur Leggett will speak about his autobiography, *Don't Cry For Me*, which outlines his life from his early years growing up in Manly NSW and the WA Goldfields prior to enlisting in the Army. Arthur was captured in Crete, and spent four years in German POW camps before being marched across the Alps during winter, prior to liberation. He will also talk about the process of writing his memoirs.

Helen Iles, award winning author and poet, will then conduct two workshops:

- 1). Writing Your Memoirs, 10am to 1pm
- 2). Setting Up Your Book/Photo Restoration, 1.30 to 4.30pm

Helen, the President of the Society of Women Writers WA, is also the Editor of Line-

len Press, a publishing house that produces Memoirs. She will use some of the books previously published as examples. She says, 'These workshops will help you explore creative ways of structuring your memoir. The second workshop will help you prepare your book for publication.'

Participants are encouraged to bring an old photograph for restoration to the second workshop, to see how it can be enhanced and restored on the computer. Helen will show you how to do this.

Not interested in writing lengthy memoirs?

Perhaps you would like to write short stories instead?

Anne Summers, novelist and short story writer will show you how to manipulate language, hone your crafting

skills and edit your piece, in her workshop, Writing the Very Short Story, from 2pm to 4pm. The very short story is to story writing what Haiku is to poetry.

Over their lifetimes, seniors accumulate a treasure chest of wisdom, knowledge, experience and skills. Don't allow those gems to be lost to future generations. Learn how to record them professionally.

Men and women are encouraged to attend. Each workshop costs \$30 for members of the Society, or \$40 for non-members. Seniors Card holders will be charged only \$15 per workshop. Morning and afternoon tea will be provided.

For more information, call 0415 840 031, email sw-wofwa@gmail.com or check the website: www.swwofwa.com

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The revolutionary TV Voice Pro uses a patented speech clarification system that optimises the clarity of words by focusing on the speech frequencies. This technology together with state-of-the-art wireless transmission enables a better speech to noise ratio than even the world's most advanced hearing aids. The result? The user can hear every television program with ultimate clarity, at the volume they prefer, with no affect to the television audio for others in the room.

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It's simple to use, is guaranteed to work with any TV set, and is a fraction of the cost of purchasing a hearing aid. With up to 120dB of volume, it works for those with a mild or even severe level of hearing loss. TV Voice Pro completely recharges itself when placed in its holder, so there is no need to change batteries.

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EVENTS FOCUS

Have a Go News' Bendigo Bank Seniors Week Festival 2012



Bankwest welcomes WA seniors with tea, muffins and artworks



Enjoy a "cuppa" and some sweet treats

SENIORS ACROSS WA have the opportunity to participate in an exciting and entirely Western Australian artistic experience at Bankwest's new home.

The iconic WA-based financial institution is pleased to invite WA seniors to its new headquarters, Bankwest Place, to view the 2012 Bank-

west Contemporary Art Prize Exhibition and enjoy a cup of tea and some sweet treats.

After sipping tea and eating muffins at the Bankwest Art Gallery, seniors will also be able to vote for their favourite artwork in the 2012 Bankwest Contemporary Art Prize People's Choice Award, and be in the running to win

one of three \$250 Bankwest Savings Accounts just by voting.

Bankwest Managing Director, Rob De Luca said the Bank had a proud history of supporting seniors in WA.

"High Tea in the Tower was always an extremely popular annual event for seniors at our old home," Mr De Luca said.

"The move to Bankwest Place means seniors can experience something new and vibrant from the Bank while attending the opening day of the exhibition and critiquing the artworks submitted for the 2012 Bankwest Contemporary Art Prize."

Mr De Luca was pleased to have seniors involved in awarding this year's People's Choice Award, which carries a \$5,000 prize, to be announced at a later date.

Seniors are invited for tea on Thursday 15 November between 10am and 3pm at Bankwest Place, located at Bankwest Art Gallery on the mezzanine level of Bankwest Place, 300 Murray Street, Perth.

Admission is free, so no RSVP required.

The 2012 Bankwest Contemporary Art Prize Exhibition will be held from 15 November 2012 - 10 February 2013.

Gallery hours: 9am-5pm, Monday-Friday. Admission is free.

Visit BPiA at Have a Go Day

ON THE 14 November BPiA will be at Have a Go Day - stand number 135

Chairman Jim Tilley will be visiting us from NSW and will be available there to discuss any pension problems with you and to explain how to ensure you receive your full entitlement to the UK pension.

We look forward to meeting as many of you as possible on that day.

The following day on the 15 November we have arranged to meet at about 11.30 am at a central city location (hopefully next to the main railway station).

As places for this event will be limited, would those readers who are interested in meeting us, including members, please contact Mike Goodall on 6364 0859 to book a place.

Since my last report there has been

considerable activity by MPs and Government Ministers.

Amanda Rishworth MP for Kingston South Australia has been asking questions in the House of Representatives and 'putting a resolution before the house'.

Senator Rachel Siewert, a Western Australian Senator for the Greens has also been following up with Jenny Macklin the Minister for Families, Community Services and Indigenous Affairs following Ms Macklin's recent visit to the UK where she met with the Honourable Iain Duncan Smith MP, Secretary of State for Works and Pensions. Ms Macklin has confirmed that "she made her feelings on the indexation issue clear to him and Iain Duncan Smith agreed to an official level of dia-

logue with Australia including options for pension indexation.

Ms Macklin's department will follow-up on this with officials from the United Kingdom Department of Work and Pensions".

While this is a very positive move on behalf of our Government we have yet to receive confirmation of a timetable or schedule for this follow-up and discussions.

Anyone who has any queries about how to receive a UK pension and their full entitlement is welcome to contact either Mike Goodall the local BPiA coordinator in Western Australia on 6364 0859 or call the free phone number 1300 308 353. www.bpia.org.

Mike Goodall

The City of Armadale celebrates Seniors Week Festival

THE CITY of Armadale will be hosting a week full of events, programs and activities as part of the Bendigo Bank Seniors Week Festival 2012.

It will celebrate this national event to acknowledge the contributions of seniors in the local community.

Armadale Mayor Henry Zelones said the City has a range of fantastic free activities lined-up this year in celebration of Bendigo Bank Seniors Week Festival 2012.

"The week kicks off with a STAR Fitness showcase at the Armadale

Arena, showcasing the importance of exercise for seniors.

"The Positive Ageing Expo will be held on the following day with entertainment, lots of information and a variety of displays on show at the Greendale Centre.

"On Wednesday join in the Armadale Ramble as we take a guided walk through historic sites around the Armadale CBD.

"On Thursday you can learn about your family history at Birtwistle Local Studies Library or see what

resources are on offer at Armadale Library.

"And to finish off the week take an interactive tour through Bert Tyler Museum and Armadale Outpost Telegraph Centre" said Mayor Zelones.

The Bendigo Bank Seniors Week Festival 2012 is proudly supported by the City of Armadale, Dale Cottages, Southside Care, Lotterywest, Department for Communities and COTA.

For more information visit www.armadale.wa.gov.au or call 9399 0642.

Kilts and bagpipes flock to Minnawarra Park

WESTERN AUSTRALIA'S largest Scots-themed event is on again at Armadale's beautiful Minnawarra Park on Sunday 18 November, from 11am to 5pm.

Every year thousands of people from across Perth come to Minnawarra Park to enjoy the music, dancing, food, craft and sport that reflects much of Scottish culture.

Crowd favourites will include the strong men competitions, highland and country dancing and the hotly contested pipe band competitions.

Kids will love the entertainment and drama of the Medieval Fair which will include mock battles, interactive storytelling and pony rides.

Taking centre stage this year will be Dave Hyams and the Miles To Go Band, The Ferryman and Celtic rock-band Highlander.

Armadale Mayor Henry Zelones said the Highland Gathering is one of the City's largest events.

"People from all over WA come to Armadale for this event. Minnawarra Park becomes a sea of tartan as many wear kilts and their family colours to celebrate their Scottish ancestry.

"This year's event is set to be better than ever with fantastic Celtic entertainment on show, traditional food and drinks available for everyone to try and a fantastic Medieval Fair that will keep the whole family amused" said Mayor Zelones.

For more information on the Highland Gathering visit www.armadale.wa.gov.au

FUNERALS

Some of the larger funeral homes are charging \$7500 or more for a cremation and between 10 and \$12,000 for a burial. Senior Citizens Funeral Service charge \$4600 and \$6600 for the same service. Why the difference you may ask. Answer; overheads. The bigger the company, the higher the overheads, the more you pay. Choose a family owned business and West Australian owned, choose Senior Citizens Funeral Service and save.

SENIOR CITIZENS FUNERAL SERVICE

Seniors supporting seniors

24 hours all areas

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Seniors Week Talks

Exit Strategies for Seniors - your guide to Wills, EPAs and getting your affairs in order.

As part of Seniors Week, the Public Trustee is holding free community education talks to help you make informed choices about your Will, Enduring Powers and the administration of Deceased Estates.

- Want to know who can challenge your Will?
- What about choosing an executor and some of the problems an executor might face?
- Or appointing an attorney, guardian or a trustee?
- And what really happens if you die without a Will?

SEATS ARE LIMITED.

To register telephone 1300 746 116 or email public.trustee@justice.wa.gov.au

Tuesday 13 November 2012
Public Trustee
553 Hay Street Perth
10:30am to 12pm

Thursday 15 November 2012
Public Trustee
553 Hay Street Perth
10:30am to 12pm

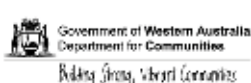
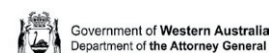
Thursday 15 November 2012
Bunbury Regional Library,
Parkfield St Bunbury
10:30am - 12pm



Public Trustee

553 Hay St Perth, WA 6000 | www.publictrustee.wa.gov.au

Wills • Deceased Estate Administration • WA Will Bank • Enduring Power of Attorney • Trust Management • Executor Assist • Private Administrator Support



FREE Active Ageing Seniors Expo 2012

A FREE community event for seniors.

Free Cuppa

Giveaways

Free Gifts

Information

Join us for a **FREE** cuppa while you browse the Exhibition Displays with information on hearing, custom footwear, gardening, housing options, aged care, community groups and more.

FREE gifts and giveaways.

Thursday 15 November 2012 from 10am - 1pm
Gary Holland Community Centre, 19 Kent Street, Rockingham

Catching the bus? Bus Route 550, 551 and 555 all stop near the Garry Holland Community Centre. For up-to-date timetable and bus route information call the Transperth Infoline on **13 62 13**.

If you have mobility or respiratory problems it is recommended you get dropped off at the front of the Centre.

For more information phone 9528 0407 or email: sue.heal@rockingham.wa.gov.au kirstie.pink@rockingham.wa.gov.au

WIN WIN WIN
Enjoy an evening with **Sir Cliff Richard...**
See page 60





EVENTS FOCUS

Have a Go News' Bendigo Bank Seniors Week Festival 2012



New walking program for people with dementia a winner for the heart and brain

PEOPLE with dementia and their carers will have the support of a new walking program to improve both heart and brain health, thanks to an initiative announced by ACH Group and the Heart Foundation as part of National Dementia Awareness Week.

Leading aged care provider ACH Group, along with the National Heart Foundation of Australia, has been successful in securing funding from the Alzheimer's Australia National Quality Dementia Care Initiative (NQDIC) to establish the Heart Foundation Walking 'Active Body Active Brain' project.

The win will see the two not-for-profits work together to expand the already successful Heart Foundation Walking program, with 15 pilot groups being developed in early 2013.

ACH Group's Dementia Learning and Development Unit Manager, Lenore de la Perrelle, said ACH Group has previously run a successful pilot program to establish walking groups for people with dementia and the partnership with the Heart Foundation will build upon this.

"Research shows that eating well, being physically active, maintaining an

active social life and keeping mentally stimulated are some of the best things you can do to try to reduce your risk of developing dementia," according to Ms de la Perrelle.

"Being active also helps reduce symptoms in those already living with the disease, so there are obvious reasons for developing walking programs specifically for people with dementia.

"We're very excited about the potential benefits for people with dementia and their carers and very grateful to Alzheimer's Australia for the opportunity."

Heart Foundation's Director of Cardiovascular Health, Dr Robert Grenfell said Heart Foundation Walking recognises the value that physical activity has in reducing the risk of not only heart disease, but also dementia.

"We're pleased to be working with ACH Group to gain a better understanding of how our walking groups can meet the needs of that people with dementia," Dr Grenfell said.

"We want to ensure that the program moves from short term project to long term lifestyle change.

"With a participant retention rate of over 90 per

cent after six months, Heart Foundation Walking is in a unique position to make a real difference to the lives of people with dementia and their carers."

Those interested in joining an existing Heart Foundation Walking group now can call 1300 36 27 87 or visit www.heartfoundation.org.au/walking for more information.

For further information or comment, please contact ACH Group - Jani Baker on 8159 3647 or 0488 972 341 - Heart Foundation - Emma Bourke, PR Project Manager, 0411 310 997

About ACH Group
At ACH Group believes growing older is akin to turning a new page and with it comes a sense of great anticipation and optimism.

Their focus on innovation and services that respond to changing needs reflects the desire to shift the way the community thinks about older people.

ACH Group's 1700 specialist staff and hundreds of volunteers share their belief that older people should be valued and respected, connected to their communities and in control of their lives. This mindset drives every action to empower older people, to support them to lead a good life and con-

tinue to make a contribution to family, community and society.

About Heart Foundation Walking

Heart Foundation Walking is Australia's only truly national network of free walking group and is one of the most successful community-based activity programs in Australia.

The Heart Foundation began its first group walking program in 1995 in Queensland before expanding out to New South Wales and South Australia. It became a National program for the Heart Foundation in December 2007.

Heart Foundation Walking has helped more than 65,000 Australians walk their way to better health since the program began in 1995.

It now has around 20,000 active Heart Foundation Walking members, in more than 1,200 groups across Australia stepping out each week towards better heart health.

Heart Foundation Walking has been made possible thanks to partnership and support from the Medibank Community Fund, the Australian Government as well as state support from the ACT Government and QLD Government.

The Holly Wood Tuesday Morning Show - Farewell Kurt! Welcome the Chantelles



Bernard Carney (centre) - joining in the fun with The Chantelles

by Michelle Davies

THE CHANTElLES - two sisters, Glenys and Joan, and seemingly ageless, have been singing together for 50 years.

We were fortunate to have them entertain us with favourite hits from the swinging 60s girl groups.

Their performance was quite nostalgic and captivated the audience, especially during the last number, when they cajoled our coordinator, Bernard - ever the showman and who didn't mind at all, into wearing a lovely sparkling white gown.

The Chantelles also present karaoke and dance music, and their cabaret show is very entertaining. To book them or for more information, call 9242 7368 or email [www.alexdamon@hotmail.com](mailto:alexdamon@hotmail.com)

The Perth Town Hall is kept running smoothly by three

there when needed.

A keen motorbike rider, Kurt was delighted to be given a little Teddy Bear sitting on a motorbike, complete with crash helmet and goggles, a farewell card and a collection from The Holly Wood Tuesday Morning Show audience.

Thank you, Kurt!

The Holly Wood Tuesday Morning Show is a free community service sponsored by the City of Perth and *Have a Go News*. It is held in the Perth Town Hall, corner Barrack and Hay Streets, every Tuesday from 11am to 12 noon. Tea and coffee is available from 10am to 10.45am - no later. Please come along and join us.

For enquiries and information on guests or artists contact 9461 3145.

FREE workshops for Grandparents of children 0-6 years
Grand Expectations
 Thursday 15 November
 Two hour sessions at 10am and 7pm
 275 Abernethy Rd, Cloverdale

To make a booking, please visit www.ngala.com.au and choose parenting workshops.

PeelSeniorNet at Seniors' Expo in November



PEELSENIORNET Computing Group in Mandurah WA which will be taking part in the Seniors' Expo on 16 November, 2012 at Ac-cent, Ormsby Terrace, Mandurah.

The group is for the over 50s who delight in using computers and other electronic gadgets and are always willing to improve the knowledge of the association as well as teaching others at the regular classes at Ac-cent.

There is a general meeting every four weeks attended by speakers who are geared towards enriching everyone's all round computer knowledge as well as answering questions from the audience.

The yearly fee is \$20 for singles, \$30 for couples and there are regular socials at attractive places in and around Mandurah.

Members are attracted from the Shires of Murray, Serpentine, Boddington and Waroona.

All visitors to the Expo are encouraged to visit the stand, have a chat with members and are welcome to take away publicity material and a newsletter.

For any information please check the website: www.peelsenors.net or ring 9535 1609, 9592 7785 or 9534 7173.

Bendigo Bank Seniors Week Festival 2012
 11-18 November

COTA Australia is the leading national organisation advocating for the rights, needs and interests of over 50s in Australia.

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LIVING LONGER LIVING STRONGER
 COTA

Living Longer Living Stronger™ Excellence Awards Dinner

2012 sees the FOURTH Annual Living Longer Living Stronger™ Excellence Awards Dinner which will recognise the achievements of LLS Providers and their participants.

Saturday, 17 November 2012
 Pre-dinner drinks from 7pm
 Esplanade Hotel, corner Marine Terrace & Essex Street, Fremantle
 MASTER OF CEREMONIES: *Seven Perth's* Natalia Cooper
 DRESS: Cocktail Attire
 Entertainment by DJ Rudy, a mix of the best music from today and years gone by!
 TICKET PRICE: \$110 per person or \$950 for tables of 10

To RSVP call Nicole on **9321 2133**
 Limited ticket sales and they're selling fast!



Have a Go News' Bendigo Bank Seniors Week Festival 2012



SRC Jottings

Seniors Recreation Council's Annual General Meeting

SRC HELD its Annual General Meeting at the end of September. The meeting was attended by members of the Board, accredited volunteers and SRC mentors. The Annual report was distributed giving all attendees an opportunity to find out what SRC State office and the branches have done in the past 12 months.

Board appointments: I was privileged to be re-elected State President for three years, Phil Paddon was re-elected Vice President for two years and Derek Lewington was re-elected Accredited Volunteer Representative for two years.

Branch Presidents reported on the activities conducted in their branches; it is pleasing to note how busy and active our regional branches have become.

SRC Have a Go Day 2012 a Be Active Event, 14 November in Burswood Park

SRC would like to thank its media supporters for the wonderful promotion of Have a Go Day 2012. In the October issue of *Have a Go News*, the front page story was about Have a Go Day 2012, featuring the MGB sports cars which are celebrating their 50th Anniversary, and double page lift-out which comprehensively

detailed the day's events and activities. The information provided has sparked many phone calls and a great deal of interest in the day.

Other media supporters this year are Channel 7 with TV advertising, 882AM 6PR with talkback interviews, radio advertisements, website promotion, onsite broadcasting on the day and Curtin Radio with advertising and onsite broadcasting on the day.

Have a Go Day would also not be possible without the combined support and partnership of all its sponsors which include: Burswood Park Board, Crown Perth, Lotterywest, *Have a Go News*, Channel 7, Healthway, Department of Sport and Recreation, Department for Communities, Auscare, 882AM 6PR, Phoenix Insurance, Curtin fm 100.1, PACE BM, Kings Tours and Travel, Sizzlers and Scarborough Toyota.

Have a Go Day events will also be held in Toodyay and Albany on 14 November.

The Toodyay Have a Go Day, organised by the Avon Branch of SRC in conjunction with Toodyay & Districts Community Bank will be held at Toodyay Show Grounds 10am to 3pm. A wide variety of activities and information sites will be available.

The Albany Have a Go Day, organised by the Albany

Over 50s Recreation Association and supported by Seniors Recreation Council of WA Inc will be held at the Albany Show Grounds.

Be Active Aged Care Games - Margaret River, Serpentine/Jarrahdale and Joondalup Events.

Over the past month SRC has held three Be Active Aged Care Games in the regions of South West Capes (Margaret River), Peel (Serpentine/Jarrahdale) and Joondalup. All games were very successful with the participants enjoying a day of activity and fun. The Aged Care Games would not be possible without the assistance of a large team of volunteers.

Following are the results of the Margaret River games: The winning team with 266 points was Cape Care Ray Village; second place with 232 points went to the Leeuwin Legends from Augusta with third place awarded to William Carey Court with 212 points. The Best Presented Team was the Leeuwin Legends. Congratulations to all the winners and participants.

Thanks to Terry Barter and all the volunteers and supporters at the Margaret River games: you made the event a day to remember.

Results of the Serpentine/Jarrahdale games: The winning team with 335 points was McNamara Mexicanas,

second place with 293 points went to Amana Can Cans, and third place was awarded to Coolibah Total Caring 2 with 276 points. The Best Presented Team was McNamara Mexicanas. Congratulations to all the winners and participants.

Thanks to Jan McGlenn and her team of volunteers and supporters including Alcoa volunteers who assisted in the set up and helped the participants during the games; they did a great job.

Results of the Joondalup games: The winning team with 294 points was Vivian Bullwinkel Lodge, second place with 260 points went to Barrisdale Lodge, and third place with 252 points was awarded to Bethanie Beachside 1. The Best Presented Team plaque was won by Barrisdale Lodge, congratulations to all the winners and participants.

SRC would like to thank Martin Yates who photographed each event and compiled a video and photographic DVD of the games. Each Aged Care Facility will receive a copy as a memento of the event.

Hugh Rogers
President
Seniors Recreation Council Inc

Savings with your WA Seniors Card are everywhere.

- Fishing licence
- Public transport
- Energy rebate
- Water savings
- Optical
- Cost of living rebates

With your free WA Seniors Card you can enjoy up to \$1450 worth of State Government concessions and rebates a year plus fantastic discounts on a wide range of everyday products and services.

If you're aged 60 or over and working 25 hours a week or less, apply for a WA Seniors Card now.

You can pick up an application form from your local post office, telephone 6551 8800 or logon to seniorscard.wa.gov.au

Members, look out for your Discount Directory

Government of Western Australia
Department for Communities

Ngala meets grandparents' Grand Expectations



TO CELEBRATE WA Seniors Week, Ngala sponsored by Bendigo Bank, will be rolling out two free education workshop sessions specific to grandparents. Grand Expectations is geared towards keeping grandparents of babies and young children up to six years old, updated on child development information and parenting techniques.

The workshop will explore the role grandparents play in supporting their grandchildren's early brain development in areas including relationships, sleep, nutrition, and behaviour. "Grandparents play a very important and influential role in their grandchildren's lives, making it essential that strong positive relationships are established with both their children and grandchildren.

As the workshop explores children's behavioural patterns, it can provide practical techniques to grandparents in enhancing their grandchildren's early development," Ms Julie Holschier, Ngala Education Coordinator said.

The Grand Expectations sessions will provide grandparents with the opportunity to discuss and reflect on their role as grandparents, as well as gain valuable advice and tips from experienced Ngala parenting education practitioners.

Two free Grand Expectations sessions will be held in Belmont as a Seniors Week initiative on 15 November at 10am and 7pm.

To make a booking, please visit www.ngala.com.au and choose parenting workshops.

Gary Lynn presents... The Swinging Years



would like to book him for a performance or buy his new CD *The Swinging Years* then call him on 9206 1362 or 0437 052 629 or visit his website at www.garylynn.net

WIN WIN WIN

To be in the draw to win one of five Gary Lynn, *The Swinging Years* CDs, send an envelope your name, address and phone number on the back to KeyDrop - C/Have a Go News, PO Box 1042, West Leederville 6901 or by email to hagncomps@haveagonews.com.au. Only over 45s eligible and competition closes 08/12/12.

WELL KNOWN local performer Gary Lynn has produced a new CD called *The Swinging Years* which features some of the all time classic songs including *New York, New York*, *I've Got You Under My Skin*, *Girl from Ipanema* and lots more swing favourites.

Gary is available for bookings for shows where he can perform a variety of songs including tributes to Frank Sinatra and friends.

If your club or group





EVENTS FOCUS

Have a Go News' Bendigo Bank Seniors Week Festival 2012



British Ex-Services Association Inc welcomes new members

THE BRITISH Ex-Services Association Inc is a not for profit group of British ex-servicemen and women who meet once a month, and have regular social outings, often in the daytime.

Their monthly meeting is held at Citiplace Community Centre, upper level, Perth Railway Station on the fourth Tuesday each month at 1.30pm.

Visitors are most welcome. Membership is open to all ex-service people who have served in HM Forces at any time. Associate membership is open to partners and relatives of former British service men or women.

For further information, please contact Ann Page on 9291 6670 or by email to: british.ex@bigpond.com.au.

Two important events coming up in November, at which

any former member of HM Forces is most welcome, are:
 Sunday 11 November 2012 at 12 noon: Remembrance Day Parade and Service at 12.30 pm in St George's Cathedral, Perth.

Afterwards there will be a luncheon for members at the My Place Restaurant, Pier Street Perth starting at 1.30 pm. Lunch will cost approx \$25 – blackboard menu.

For lunch bookings contact Eric Heath on 9291 8962. Saturday 17 November 2012 from 12noon-3.30pm: BESA Annual Luncheon and Dance at the RAAF Association Club Bullcreek. Cost per head \$30. This cost includes a three course meal, pre lunch drinks, dancing, and a big raffle.

For tickets, please contact Ann Page on 9291 6670 or Eric Heath on 9291 8962.

What's on at the Gravity Discovery Centre?

Senior's Week
 11-18 November 2012
 TO CELEBRATE Senior's Week the Centre is offering all senior's half price entry.
 Seniors are encouraged "to have a

go" and participate in activities that perhaps they may not normally do. A free certificate will be presented for a successful climb of the leaning tower. The Centre also has a display and

information stand at Have a Go Day on Wednesday 14 November 2012 at Burswood. This event offers free activities and an information day for the over 45s – see you there!

Seniors' week event: Seniors Fayre in Forrestfield

A SENIORS Fayre is coming up at the Woodlupine Community Centre Forrestfield on Tuesday 13 November 2012. Doors open 10am.

Some of the attractions at the Fayre will be sales of work, bring and buy, arts, crafts, produce, raffles, school choirs, vintage cars, refreshments, plus entertainment with Jaye Yates and Kristy Mollica who is MC for the day!

An Antique Road Show will be there too. Bring out those antiques handed down from your Auntie and discover their value free! Bookings are imperative. Call Nita on 9454 6569.

Nedlands Croquet Club invites you to come along and 'have a go'

NEDLANDS Croquet Club welcomes seniors to come along and "have a go" on Thursday 15 November between 1pm to 4pm.

Coaching, equipment and Devonshire Tea supplied. For your comfort, please wear flat shoes and bring a hat.

For more details contact Barbara on 9385 8990 or Helen on 9386 1711.

Have a Go Day 2012 Wednesday 14 November at Burswood Park

KINGSWAY COURT

A BRIGHTWATER COMMUNITY

Come and Visit Kingsway Court

Beautiful homes for sale in this well established, elegant, Over 55s Community.

Open on Saturday 24th and Sunday 25th November at 2pm.

View our Community Centre as well as a selection of homes of varying design and size from \$395,000 to \$525,000.

Floor plans of all homes for sale can be viewed on our website.

Meet our sales consultant Dianne Englehardt at the Community Centre at 2pm, 6 Countess Link, Madeley. Or contact Dianne on 9302 5912 for an appointment.

www.kingswaycourt.com.au



ADVERTISEMENT

Happy Seniors Week from Tony Solin

Thank you for your important contributions to our community

Tony Solin Liberal Candidate for Mandurah



Office. 2/69 Pinjarra Road,
 Mandurah WA 6210
Phone. 9581 3658

tony.solin@wa.liberal.org.au
www.tonysolin.com.au



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PROPERTY & FINANCE

ADVERTISING FEATURE



Ravenswood River Estate - close to perfect



SITUATED beside the Murray River and the famous Ravenswood River Hotel is the exclusive Ravenswood River Estate where premier home sites are set in landscaped parklands, across the road from the Murray River.

The estate comprises 97 home sites ranging in size from 301 sqm to 518 sqm.

Home sites and house and land packages are priced from \$119,000 and \$299,000 respectively with some great designs to accommodate boats and caravans.

If you are looking for a relaxed lifestyle this has it all in a small boutique estate, Ravenswood is taking shape as a vibrant, attractive village that has great appeal for couples and families", said Mr. Mark Hay of Mark Hay Realty Group.

"The location opposite the river offers tranquil living and being so close to the water, river or offshore fishing and boating opportunities are within easy access as is golf and surfing. It's a perfect base to visit the treasures of the South West," he said.

"All lots within the estate are certified 'A class home sites' which means they are build-ready and fully serviced, saving buyers up to \$10,000 in site work costs alone."

Ravenswood River Estate located at the corner of Lloyd Avenue and Nancarrow Way Ravenswood, is less than two kilometers from the entry of the extended Kwinana Freeway and only 45 minutes from Perth.

With more than 30 per cent of the project now sporting brand new homes, there has been some very strong interest shown from active retirees who prefer to live in a community environment without the constraints of shared ownership, strata titles, fees and other problems commonly experienced in retirement housing.

For more information, visit www.ravenswoodriverestate.com.au, visit the sales office on Lloyd Avenue Ravenswood (open Sat - Sun 1 - 4pm) or call Mark Hay Realty Group on 9225 7000.



Recent significant changes to Australia's tax system

YOU MAY be aware of recent significant changes to Australia's tax system and the extra benefits available from the Australian Government as part of the Household Assistance Package.

This targeted assistance and tax cuts provide additional help with everyday expenses for seniors, families and parents, and individuals.

Since 1 July 2012, around 500 of Australia's top producers of carbon pay a carbon price. The Australian Government is using more than 50 per cent of the money raised to help millions of Australians who need help the most with ongoing assistance, tax cuts, or both, with the rest going towards supporting jobs in the most affected industries and building a clean energy future.

Understanding how the tax system changes and also

how the ongoing assistance works will help people to plan their budgets.

Since 1 July 2012, all taxpayers earning less than \$80,000 got a tax cut.

The tax-free threshold has more than tripled, from \$6,000 to \$18,200, which means that many more Australians earning lower incomes - whether from employment or investments - will not be required to pay any tax this financial year.

Senior Supplement recipients will also be eligible for additional ongoing support - the Clean Energy Supplement - paid in arrears from June next year with their quarterly payments.

Some self-funded retirees do not pay tax because of tax concessions available for some types of superannuation income for people aged 60 and over.

If you have superan-

nuation income and do not receive the Seniors Supplement or another Government payment, you may be eligible to receive the \$300 Low Income Supplement.

To be eligible your adjusted taxable income, including any tax free superannuation payments, must be below \$30,000 for singles or \$45,000 combined for couples - or \$60,000 if you have a dependent child. The Low Income Supplement is based on income in the previous financial year - not current income. You can find a self assessment tool to determine your eligibility at www.humanservices.gov.au/customer/services/centrelink/low-income-supplement.

To check on your entitlements under the Household Assistance Package, visit www.australia.gov.au/householdassistance for more information.

Private estate on the edge of the Swan Valley provides best of both worlds

WATER'S Edge Private Estate's location has it all. Not only is it situated on the doorstep of the picturesque Swan Valley and nestled on the banks of Blackadder Creek in Viveash, it is also just minutes from the thriving Midland retail precinct and only 10 minutes from the Perth airport.

The private estate is already home to a wide range of residents - from families with young children to retirees, who enjoy the natural setting yet nearby convenience of major retail, entertainment and services.

However, sales agent for Water's Edge, Mr Matthew Smith, said the development held strong appeal to many downsizers due to its price, location and range of community facilities.

"Viveash is fast becoming an in demand area. With wineries and restaurants of the Swan Valley so close and the new Midland Health Campus under construction nearby, we are seeing smart buyers getting into the area now."

Water's Edge is being built by leading WA property group Pindan and features a 25 metre pool, spas, gym, steam room, barbecue area and a children's playground.

"We have found that people love the fact that they have access to such great communal facilities, yet live in a low maintenance, lock up and leave home," Mr Smith said.

Stage 4 of the estate is selling quickly, with prices of the three bedroom homes starting from \$399,500.

For further information on the villas and townhouses available at Water's Edge, contact Matthew Smith on 0430 766 360 or visit www.watersedgeviveash.com.au

See the best in retirement living this Seniors Week



NINE of Lend Lease's retirement communities across Western Australia will be throwing open their doors to the wider community during November as part of 2012 Seniors Week.

To celebrate the week, all Lend Lease villages are holding Open Days with a variety of activities planned to give local seniors a chance to have a look around, meet some of the residents and see the facilities on offer.

"The Open Days promise to be a lot of fun and for those considering retirement living it's a great chance to have a look around and meet some of our residents," said Damian Gallivan, Lend Lease's Western Australian Regional Sales Manager.

"Retirement living options have changed dramatically in recent years and while retirement was once seen as a time to do less and less, now it's seen as a time to do more of the things you always wanted to do but never had time for. Our commu-

nities offer a range of lifestyle choices and we're encouraging everyone to come along and see firsthand what's on offer."

Visitors to Parkland Villas Woodlands - located at 52-54 Liege Street, Woodlands - will have the opportunity to view the village's refurbished facilities and latest apartment designs on offer to the public.

The village is hosting its Open Day on Saturday, 10 November where the public can view floor plans for the village's upgraded independent living apartments.

There are 11 one bedroom and three two bedroom apartments currently available for sale, priced from \$299,000. Apartments include split system air-conditioning, stone bench tops and stainless steel appliances.

The nine Lend Lease retirement villages located throughout Western Australia - all offer premier facilities, a range of lifestyle options, unique charm and community spirit.

A full list of the Open Day events is below. For those who can't make the Open Days, Lend Lease will also be part of the Have a Go Day at the Burswood on 14 November.

For more information about any of Lend Lease's communities, please visit www.lendlease-seniorliving.com.au or call 1800 550 550.

What's On

WHAT: Harbourside Village Mindarie Open Day
WHEN: Sunday, 18 November from 1.15pm
WHERE: 7 Honiara Way, Mindarie Keys

WHAT: Homestay Village Open Day
WHEN: Sunday, 18 November from 10am
WHERE: 267 Wharf Street, Queens Park

WHAT: Lakeside Village Open Day
WHEN: Sunday, 11 November from 10am
WHERE: 14 Lewington Gardens, Bibra Lake

WHAT: Parkland Villas Booragoon Open Day
WHEN: Saturday, 17 November from 10am
WHERE: 510 Marmion Street, Booragoon

WHAT: Parkland Villas Ellenbrook Open Day
WHEN: Saturday, 10 November from 10.30am
WHERE: 25 The Parkway, Ellenbrook

WHAT: Parkland Villas Mandurah Open Day
WHEN: Thursday, 15 November from 10am
WHERE: 2 Hungerford Avenue, Mandurah

WHAT: Parkland Villas Woodlands Open Day
WHEN: Saturday, 10 November from 10am
WHERE: 52 Liege Street, Woodlands

WHAT: The Pines Open Day
WHEN: Saturday, 17 November from 10.30am
WHERE: 21 Ponte Vecchio Boulevard, Ellenbrook

WHAT: Timberside Villas Open Day
WHEN: Saturday, 17 November from 10am
WHERE: 10 Timbercrest Rise, Woodvale

ROSEMOUNT VILLAGE



A great place to live

Great location, beautiful gardens
1 & 2 bedroom apartments and cottages
available now from **\$195,000**

- Friendly club and lounge rooms
- Resort style pool and BBQ area
- Village Centre complete with beautiful library
- Hairdressing salon
- Village bus for shopping sprees
- Gorgeous dining room for those extra meals

Life here is easy

Rosemount Retirement Centre, Dianella Drive, Dianella

Contact Tricia Smith 0411 694 880 to view
PEARD & ASSOCIATES 9447 0011
tricia.smith@peard.com.au

"The secret..."

...to getting ahead, is getting started

RBS Morgans is driven to provide clients with personalised and professional wealth creation solutions, through comprehensive financial planning and investment management.

Our Perth office provides:

- Strategic financial planning strategies detailing Income, Investment, Debt, Insurance, Retirement (Superannuation) and Estate Planning
- Ongoing management and advice for SMSFs, Family Trusts and Company Entities
- Tax Planning for Transition To Retirement (TTR)
- Pensions and Allocated Pensions
- Full service Stockbroking



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www.astutewheel.com.au/10229/client-room-1

To discuss your options and/or book a complimentary appointment with **David Pusey** Authorised Representative 401587
PH: 6462 1956 E: david.pusey@rbsmorgans.com



Mandurah Gardens Estate offers 2 and 3 bedroom homes for the over 55s. It is located on Pinjarra Road, close to Centro Mandurah, bus service and medical facilities within a 5km radius. The Estate has beautiful parklands and the tranquil setting of the Serpentine River flowing through the village.



FOR SALE

"It is the best time to buy and this is the best value in town."

Prices range from **\$175,000 to \$220,000!**

Lifetime lease available

- Quality 2 and 3 Bedrooms
- Come and join us for the relaxed lifestyle and safe, secure environment.

445 PINJARRA RD, COODANUP Phone: 9586 8080



"Retire without worry"
and live comfortably in a great Perth location

safe...
secure
comfortable...
affordable

\$205,000
AND YOURS FROM JUST
(NO STAMP DUTY OR TAXES)

CALL: 9384 5481 VISIT lislevillages.com.au

Lisle Villages You deserve it...
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PROPERTY & FINANCE

ADVERTISING FEATURE



Account-based pensions - the basics



RBS Morgans' David Pusey

YOUR DECISION about where and how your money is invested in superannuation could increase your income in a number of ways.

By rolling your superannuation money into a pension income stream at or after retirement, you can:

- generate more tax-effective income;
- receive more generous Centrelink treatment;
- have the flexibility to decide how your assets will be left to your beneficiaries.

Account-based pensions are the most common form of superannuation pension used.

Overview

Account-based pensions ('ABPs') replace allocated pensions from 1 July 2007, following the introduction of the 'Simpler Super' rules, and are defined by the following:

- The pensioner has an individual account whereby payments are made at least annually.
- The pension cannot be commuted unless the minimum annual payment has been made or there is sufficient left in the account to pay the minimum.

- There is no maximum amount that can be paid out apart from whatever the account balance is at that time.

- The minimum payment is calculated by multiplying the account balance by the percentage factor based on the pensioner's age at the time.

- There is no tax on investment earnings within the pension fund.

- The pension fund is not liable for capital gains tax if investments are realised.

- Imputation credits received from franked dividends are fully returned as surplus to the pension fund.

Superannuation and Retirement

An account-based pension is specifically derived from superannuation money. The pension income is paid from the balance of the money remaining in the person's superannuation fund each year until it runs out. Payments can commence when the pensioner meets a condition of release to access benefits; that is, full retirement after reaching preservation age, ceasing an employment arrangement after age 60, inability to work due to invalidity, or reaching age 65 regardless of work status (for most people).

Transition to Retirement Pensions

Under the "Transition to Retirement" rules, a person who has reached preservation age can still access their superannuation in the form of a non-commutable income stream without having to meet the "full retirement" condition of release.

A transition to retirement pension is effectively an account-based pension with restrictions; that is, lump sum withdrawals are not permitted. In addition, the individual can only draw up to a maximum of 10 per cent of the account balance (calculated at the start of each financial year).

The Bucket (Cash) Strategy

It has been a general practice for advisers to recommend their pensioner clients retain at least 18 months to two years worth of pension payments in cash. However, during this current market uncertainty pensioners should consider holding at least three to four years of income payments in cash. This should provide ample time to reflect on current markets and to ensure there is no need to draw down on capital to fund superannuation pension payments. In particular, it avoids having to sell down quality assets during low market periods.

Centrelink

Regardless of whether you are under or over pension age, as soon as a pension is commenced from superannuation, the value of the assets is assessed under Centrelink's Assets Test. However, superannuation pensions receive favourable treatment under the Income Test. A "deductible amount" calculated in accordance with Centrelink rules reduces the actual amount counted as income for testing purposes. The deeming rules do not apply to

these pensions.

Estate Planning

On death of the pensioner the account-based pension can continue automatically to an eligible beneficiary if it had been established at commencement as a reversionary pension. Alternatively, the pension can be paid as a lump sum death benefit or as a discretionary death benefit pension to a nominated superannuation beneficiary or beneficiaries.

(Superannuation pension funds do not come under the scope of a Will. Death benefits can only be paid to a person's dependants as defined under superannuation law. Your adviser can provide more information on appropriate estate planning strategies.)

To speak with David Pusey at RBS Morgans Perth call 6462 1956 or email david.pusey@rbsmorgans.com

RBS Morgans Limited
ABN 49 010 669 726. AFSL 235410.

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Park Home estate set in 17 acres of beautiful parkland



MANDURAH Garden's Estate is a complete Park Home estate of the highest quality set in 17 acres of beautiful parkland on a southern boundary of the Serpentine River.

Established since 1997 the estate offers the very best in modern affordable retirement living.

Active 55 plus retirees can own their own home on the Estate which includes a safe, secure environment, a large modern club house and heated swimming pool.

Other features and facilities available are; an arts and craft centre, outdoor and indoor bowls, pool tables, a library, a well equipped communal workshop, lock up caravan park-

ing bays and security entrance.

Within the estate are specially designed barbecue and rest areas set in tranquil parkland.

A lifetime lease is provided and a legal residential agreement is supplied.

Pensioner rental assistance is available to those who qualify through Centrelink and Veteran's Affairs. Full details regarding this are available on request.

Each home is installed with medic / emergency call buttons, monitored 24 hours a day direct to full time qualified managers.

The Estate has a very active social club and offers a happy, healthy lifestyle without the need to travel, should that be your choice.

Residents who wish to travel can do so with the knowledge and peace of mind that their home and contents are safe in their absence.

The estate is close to all essential services such as Mandurah Shopping Forum, medical, dental facilities, public transport and more...

The homes, which are of the highest quality in design, appearance and construction, are from the Fleetwood Range with a choice of two or three bedrooms.

For more information, please see ad in this feature.

Step up to The Rise at Greenmount

IT WAS a sunny day in Greenmount when The Rise held an Open Day on 28 October 2012.

On the day, selling agents, a representative from the building company and off course the proud residents were on-site and available to consult the several interested parties.

With only eight exclusive home sites available for sale, interest in the exclusive over-55s estate is high. For those looking to downsize without compromise, The Rise offers the perfect answer.

The exclusive home sites are available with two or three bedroom designs, high ceilings, stone bench tops, timber floors or porcelain tiles and will be fully finished inside and out leaving nothing to do but move in.

Come along on Saturday from 11.30am to 12.30pm for an inspection of the exclusive estate at 6 Greenmount Rise, Greenmount.

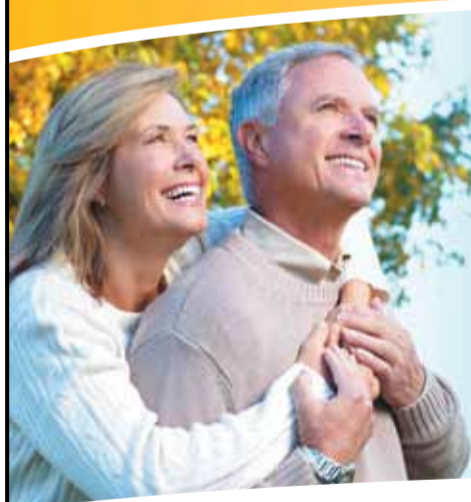
House and land packages are available from just \$399,000.

For more information, please contact Seniors Own Real Estate representative Robyn Craig on 0418 464 269 or 9243 1366.

HOUSE & LAND
from \$399,000
OR LAND ONLY OPTION



OPEN
SATURDAYS
11.30AM TO 12.30PM



Downsize without compromise

If you've decided on a more manageable lifestyle, The Rise at Greenmount has everything to offer.

The Rise is an elevated new over-55s estate comprising 19 private homes in a secure, gated community with a landscaped park, gazebo, fruit trees and an outdoor kitchen area as its centrepiece. If you're seeking an alternative to the large family home on a large block, but don't

want all the compromises that go with the typical "downsizer", then The Rise at Greenmount is the answer. There are just a handful of exclusive home sites still available, all offered with two or three-bedroom designs. The homes feature high ceilings, stone bench tops, timber floors or porcelain

tiles and will be fully finished inside and out, leaving nothing to do but move in. Beautifully elevated, the estate enjoys views of Greenmount National Park and is nestled in a warm, inviting community where residents take pride in their street. The Rise is located just minutes from Midland

Gate Shopping Centre and the new public and private St John of God Hospitals underway. So if it's time to downsize without compromise, then why not come along for a viewing on Saturday? To ask questions or simply get more information, please contact Robyn Craig on 0418 464 269.



Choice of house and land packages with a range of specifications from \$399,000

Robyn Craig 0418 464 269 or 9243 1366
www.seniorsown.com.au

Open Saturdays 11.30am - 12.30pm
6 Greenmount Rise, Greenmount

Has Bedding Superstore owner finally lost his mind?

It's Outrageous - Crazy Bedding Superstore Owner Has Gone SO Crazy With Discounts His Wife Is Threatening To Put Him In A Straight Jacket!



SAVE UP to 60%

Crazy Discount Prices This Month Only!

"You're crazy!" my wife screamed across the crowded store...

...when she saw the deals I was putting together for our next bedding sale. "Sweetheart, can we talk about this in private? - we have customers?", I said with embarrassment. "I don't care".

You're out of your tiny-British-mind!! People are going to take us to the cleaners", she yelled. "We'll lose everything."

After reassuring our customers that everything was going to be okay, I managed to drag my wife to the back room to explain. "It's just for one month, my love. And it's only a test. If it doesn't work, we won't do it again", I told her.

Still upset, she called me a lunatic, bonkers, crackpot, nutty, psycho Englishman (plus a few other words too colourful to repeat here).

Thinking I could convince her with logic, I went through each deal one by one. I started with our orthopaedic range. "Honey, we have quite a bit of stock on this line, and we did buy well...so why don't we pass these savings onto our customers and give them xx% off? And because they're saving so much on a mattress, they might buy other things too like pillows, sheets and even other bedroom furniture."

Seeing she still wasn't convinced I told her about our Latex Pillow Top Range. "Darling I know we hardly make anything on these mattresses but customers love them. Please, for just one month, can't we let them go at 67% off?"

"And sweetheart, you know how good our memory foam mattresses are - a must-have for people with bad backs. If we discount them by 55% just for this month, I think a lot more people will be able to afford them."

I think I had worn her down. With a frustrated sigh she stormed out saying, "Just this month. But if it doesn't work, I'm putting you in a straight jacket."

I love my wife. And I know she loves me. She just worries sometimes about the crazy ideas I come up with. And the crazy deals I give customers. She's a gem - truly. She has to be to put with me. So, if you've been thinking about getting a new mattress or bedroom furniture, come down this month and save up to 69%. I'd really appreciate it because if this one month sale is not successful there's no way my wife will let me do it again. So come this November, save up to 69%... and save me from having to wear a straight jacket!

SAVE UP to 50% OFF Single & Queen Mattresses

	Normally	Save	Now
Queen	\$399	\$200	\$199
Single	\$199	\$70	\$129

These orthopaedic beds are especially designed to give you a level of flexibility and help ensure your spine is held in a natural, neutral and comfortable position enabling for restful sleep and a feeling of well being the following morning.



Remember, The Sleep Council states that "A good quality mattress is as important as diet and exercise" when it comes to feeling good." So ensuring you buy a new bed which supports your back is a critical decision. **Five year guarantee.**

SAVE UP to 66% on Bedroom Suites Aspen 4 piece suite

Was \$3796 Save \$2497 Now \$1299

Grab a great saving and set your bedroom up in style with this Queen four piece Bedroom Suite which includes; 2 x 3 drawer bedside tables and a 5 drawer tallboy.



But hurry as there are only 6 left!

SAVE UP to 67% on Queen Latex Pillow Top Mattresses

	Normally	Save	Now
Latex Pillowtop Mattress	\$1499	\$1005	\$499

Over the last 20 years, everyone has been raving about latex mattresses because of their extreme levels of comfort: relieving your body's pressure points and improving circulation. When you lie on a good latex bed like this one, you will feel as if you have died and gone to heaven because it gives total support and hugs your body.



ADJUSTABLE BED

	Save	Now
King	\$2500	\$5999
Queen	\$2398	\$4999
Long Single	\$1000	\$2949
King Single	\$1200	\$2999



Australian made latex core mattress with aqua cool gel for amazing comfort all year round. Cool in summer. 10 year guarantee. German made electric motors five year guarantee.

Why use an adjustable bed?

Adjustable beds have many great health and wellbeing benefits which include being able to transform an adjustable bed system. Adjustable beds help to relieve and assist the following ailments and injuries: back pain, circulation, snoring, breathing, asthma, tension, acid reflux, sleep, fibromyalgia, insomnia.

These ailments and injuries are not just confined to the elderly but many young and middle aged adults who also require adjustable bedding to assist them with their health issues. Come in store to try one out.

50% OFF Single, Double, Queen and King Single Bed frames

	Normally	Save	Now
King Single	\$449	\$225	\$224
Queen	\$499	\$250	\$249
Double	\$479	\$240	\$239
Single	\$439	\$320	\$219

These sturdy bed frames are some of the strongest steel frames on the market. Easy to assemble, they fit together in minutes. What's more, they'll set a harmonious atmosphere in your bedroom.



Desperate Business owner pleads... Buy my Beds... Save My Marriage!!

My wife just gave me an ultimatum. She said, "Make this one-month sale a success or I'm putting you in a straight jacket." She also said, "Try this sort of prank again and our marriage may be on the line."

So please help me out. I promise to give you an incredible deal - save up to 69% on mattresses, beds and bedroom furniture. This November only.

No sale is worth risking my marriage... Or having to wear a straight jacket... So these crazy prices are for this month only. Come during November and save up to 69% on mattresses, beds and bedroom furniture.

Greg Case

30 NIGHT COMFORT GUARANTEE: You'll love your bed or we'll exchange it for FREE

That's quite a bold promise, but it's true. Listen, we know how difficult it can be to choose the right bed for you. And there's nothing worse than purchasing a bed and lying on it for a couple of nights, only to find out that you don't feel comfortable. And that's why we take so much time with you in the store to make sure you get the right bed for you. And if we fail to deliver on our promise, just bring it back to us within 30 days, and we'll exchange it for free.

I believe in business we should treat others how we would like to be treated. And that's why I'm being so generous with this guarantee. It's also why I am making the following guarantee for this month only: If you can find any other comparable bed at a better price than the specials we have on offer, just bring in their flyer and we'll beat it by 10%. However you'll need to hurry because with crazy prices like these, this stock won't last for long.

Many more in store and UP to 69% OFF in November

This is just a sample of the products offered at our 'One-Month -Crazy-Price- Sale'. There are many more to choose from. Come this month and save up to 69%.

Sale ends Friday 30 November 4pm

BEDDING SUPERSTORE

The Bedroom Specialists

**16 Forrest Road, ARMADALE PH 9497 1111
86 Erindale Road, BALCATT A PH 9344 2244**

Crazy Bedding Superstore owner is determined to make this sale a success so he can save his marriage and avoid having to wear a straight jacket. Come this November and save up to 69% on mattresses, beds and bedroom furniture. OPENING HOURS: Monday to Friday: 9am to 5pm - Thursday and Saturday 9am to 5pm - Sunday 11am to 5pm

healthy ageing - AGED CARE

ADVERTISING FEATURE

Creating enabling environments for people with dementia



ALZHEIMER'S Australia WA, in partnership with the University of Wollongong, has launched an Australian-first project aimed at translating research into best-practice design guidelines for dementia care environments including residential care and the home environment.

According to Mr Burton, General Manager at Alzheimer's Australia WA, the project aims to make a real difference to the quality and accessibility of built environments for people with dementia.

"People with dementia face a number of issues that influence how they see, feel and respond to the built environment," Mr Burton said.

"This could be due to their short term memory loss leading to disorientation in time and place as well as their impaired perception causing difficulty in defining objects and spaces."

"A well designed physical environ-

ment can play a major factor in assisting with these 'disabilities' of dementia."

Professor Fleming, Director of the NSW/ACT Dementia Training Study Centre based in the University of Wollongong, described the project as a bold initiative that will make it much easier for managers of health and aged care services to access the information they need to guide the development of built environments that help people with dementia lead full lives.

To support families to adapt their home the project provides a range of information, advice, ideas and education on how to make simple, low cost changes that will make a significant difference to the independence, safety and wellbeing of the person they care for.

The DEEP website - www.enablin-gvironments.com.au has a room by room tour that shows many changes that can be made to the home. It also provides a forum to ask questions to an expert in dementia design as well as downloadable resources.

The project has a well stocked design library at Alzheimer's Australia WA headquarters in Shenton Park and a demonstration room showing assistive technology and design ideas.

The DEEP team will be running the first "Adapting Your Home" workshop for family carers and friends on 30 November and bookings can be made by contacting Alzheimer's Australia WA on 9388 2800.

The importance of cleansing



Eric before and after

WOULD YOU like to lose weight, sleep better, have more energy, think clearer or feel and look healthy again?

To gain these benefits Cleanse for Life offers a gentle program, from Isagenix, to achieve these results.

Eric from Mandurah lost 100lbs using Isagenix's unique natural nutritional cleansing technology.

About a week before his 69th birthday he had achieved his aim.

"I feel like it was my 49th [birthday]. I'd reduced my body fat by 16 per cent and my visceral fat by 15 per cent. I weighed 87.6kg (192lbs) with a loss of 46.4kg (102lbs) and I felt great!" said Eric.

Eric became healthy and made the 46kg (100lb) weight loss without dieting, hunger or enduring the pain of heavy exercise but whilst still enjoying life. He even cancelled a knee replacement because his results meant that he no longer needed the surgery.

Enjoying a clearer mind, heaps of energy and better sleep, Eric benefited from this cleansing program by getting a clean bill of health by his doctor. "I'm like a teenager again on the inside...and I can now buy clothes "OFF THE RACK"... something I haven't been able to do for my whole adult life." Eric said.

If you'd like further information about Eric's weight loss achievement contact Cleanse for Life. See ad in this feature.

Get active in 2013...



THE ACTIVE Ageing in Peel calendar is on sale now for \$3 each at selected venues in the Peel Region.

The calendar is in large print with space allocated in which to write appointments and notes, etc.

Also included is health and sport information, emergency numbers and various special

events shown by the month with a 2014 calendar included on the last page.

The calendars can be purchased at a special Seniors Recreation Council (SRC) Peel Branch table at the following locations: Bunnings Friday 2, 8 and 9 November - Spud Shed, Saturday 3 and Tuesday 6 November - Centro Halls Head on the 6 and 13 November and will be available at Ac-cent in November and December.

They can also be ordered by contacting 9535 4749 or email dmc56456@bigpond.net.au



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healthy ageing - AGED CARE

ADVERTISING FEATURE



Professor Diane Gibson Dean of the Health Faculty, University of Canberra

by Frank Smith

SPEAKING at the Human Rights of Older Persons Symposium organised by COTA WA last month, Professor Diane Gibson Dean of the Health Faculty, University of Canberra said seniors have the same rights

Seniors have the same rights to health care as younger people

to health care as younger people.

But the health care system discriminates against seniors in two ways.

Firstly health professionals often discourage older people from having expensive treatment on the grounds that they won't live to enjoy the benefit for long.

"Your rights are adversely impacted as you get older," she said. "There may be no intention to discriminate but assumptions are made on the basis of inadequate knowledge."

"Older is relative. It is a way of saying them, not us."

"Half of us will live to over 84, so denying treatment to a 70 year old means they miss out on 14 years or more of quality life."

She said men with prostate cancer were often told they would have to live and die with the disease. But modern treatment could improve their well-being considerably.

Older women were often refused breast reconstruction surgery on the same basis. But this was denying their right to feel good about themselves sexually.

The health care profession often stereotyped older people.

"Baby boomers won't put up with this treatment," she said.

"It is important for doctors to speak at your level. Talking down will not result in suitable treatment."

Secondly older people are often excluded from trials. Therefore there is little evidence of the efficacy of treatment on older people. Nearly half the clinical trials Professor Gibson surveyed excluded participants on the basis of age.

"Half the time there is no justification for this," she said.

Because of this age discrimination evidence based treatment is not available. As a result older versions of 'flu vaccine were

given to older people because the modern vaccine had only been tested on the young.

"Do younger people have more right to resources? Is it more important to save a life at 20 than 60?" she asked.

Women live longer than men but no one values a female life more than a male, she said.

However she said it was reasonable not to carry out heroic treatment on people in the 90s or older.

Most problems are not about the use of resources. Some older people stay longer in hospital than younger, but only 92 of 617 studies showed any difference and in 32 studies the difference was less than five per cent.

"Younger people cost the health system more for the same disease. There is more image taking, more testing and more expensive prostheses are used for younger patients. On the other hand older people

require more nursing."

Follow up radiotherapy after cancer treatment is less often carried out on older people in Australia. But this doesn't happen in US because Medicare cuts in at 65 and radiotherapy is funded.

She said most people's ideas about seniors were based on their grandparents. In the 1950s female life expectancy was 69 and men only 65.

Health professionals trained in the 70s have the same perception.

"The reality is that your grandparents are probably going to live for several years. Concepts of healthy, positive, productive ageing are not yet worked into the system."

Professor Gibson called for a fair go for seniors.

"Treatment should be an individual choice. More people are living longer and most are not keen to die soon," she said.

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For more serious conditions, such as rheumatoid arthritis, diabetes, lymphoedema, post-polio etc., Perth Surgical Shoemakers highly skilled team are able to offer 'custom-made' solutions as well as modifications and appliances to improve stability

and gait.
"We are continually reminded of the difference our services make to the lives of so many of our customers" commented podiatrist and owner Andries van Tonder.
Renovations are also in progress to offer customers ease of access and comfort in a warm, welcoming environment.
"We invite anyone with concerns about their feet or footwear to telephone or call into our Wembley based store where our experienced team will be on hand to offer advice and assistance," said Mr. van Tonder.
Call 9387 5507 or visit the store at 342a and 342c Cambridge Street, Wembley (entrance Alexander St) or view their website www.wembleyshoes.com.au
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New Amaroo housing in Albany

AMAROO Village has been providing independent living and residential aged care for more than 40 years with aged care facilities in Gosnells and independent living in Gosnells, Denmark and Albany for over 55s.

built in 1970.
The development has now grown to a village of 335 with one, two and three bedroom independent living units - (204 resident funded and 102 rental units).
There are also a 83 low care residential care and a 92 place high care facilities.
The development in Denmark commenced following an approach from the Denmark Shire Council in 2004 to provide housing for seniors so that they did not need to leave the

local community.
The first residents in the village took up occupancy in April 2007 in a 36 unit development with both two and three bedroom units (32 resident funded units and 4 rental units in a joint venture with the Department of Housing). Amaroo also manages the adjacent Lionsville development which comprises 26 rental units.
The new development in Albany is from land purchased and planning commenced in 2007.
The construction of the first stage comprising of two and three bedroom units (nine units) has recently been completed with the first resident having recently taken up occupancy.
This development also includes a village clubhouse with future development to expand the village to 50 plus units.
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ADVERTISING FEATURE



Healthy hints



by Jeanette Woolerton

Seventy two is the new 30 ACCORDING to a 2002 study of the world's wealthiest nations, life expectancy at birth has been increasing steadily at a rate of three months each year since 1840. That is a remarkable pattern, for a trait that is so complicated and dependent on so many variables.

In prior attempts to put those trends into perspective, scientists have compared life expectancies at one time and place to life expectancies at the same place a generation or two ago. Researchers wanted to get a deeper, more evolutionary perspective in order to better understand the underlying biology of what determines how long we live.

For further details on this fascinating study, please peruse:

<http://www.abc.net.au/science/articles/2012/10/16/3611772.htm>

Does longer life mean shorter childhood?

We may be living longer, but is childhood compromised by modern living conditions?

According to a recent study by the American

Academy of Pediatrics (AAP), the answer to that query may be a resounding, 'Yes!'

Research found that boys in the United States are reaching puberty some six months to two years earlier than a few decades ago, which also reflects the trend in girls.

The study authors suggest more research should now be done to find out why this is happening.

Plenty of published evidence shows that girls are reaching puberty earlier and this is now generally accepted.

However, until now, there has not been as much research on whether today's boys are also showing a similar tendency. This new study is extremely thought provoking... Please see <http://www.medicalnewstoday.com/articles/251762.php> for further details.

Live and let live

It comes as no surprise that, according to a study of ageing in England (that followed thousands of people aged 50 and more for a decade) seniors who enjoy life, live longer.

The study also reveals some key concerns about our ageing population, particularly those surrounding social isolation.

Previous reports have shown close links between social engagement, healthy ageing, and longevity.

For an educational perspective at health, wealth and welfare please see <http://www.medicalnewstoday.com/articles/251761.php>

Victorious vegans

"Let food be thy medicine and medicine be thy food." - Hippocrates

In an age where we are unwittingly subjected to an onslaught of chemical additives in our foods, this quote is more important than ever.

We live in a society that rewards innovation, claims to strive towards better human health and provides access to a wide range of culinary delights. However, the types of foods that are becoming more prevalent globally really do very little for good human health.

Recent studies into nutritional genomics suggest that stopping the progression of chronic disease and cancer is as simple as changing your eating habits.

Numerous studies over the last few decades have clearly shown that people whose diets include a large intake of plant foods tend to have a lower risk of chronic disease.

Plants have bioactive compounds that play an important role in controlling genetic and biological factors that contribute toward the development of chronic disease.

Plant-based foods are also rich in antioxidants which mop up free radicals that damage cells and cause chronic inflammation.

Please peruse this link and see how really easy it is to be green!

<http://www.medicalnewstoday.com/articles/251689.php>



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range of breathing problems. How does it work?

The device saturates the ambient air with a salt aerosol, whilst removing airborne pollutants through its specially designed filter. The salt particles are small enough to be inhaled deep into the sinuses and lungs, where they may help to clear mucous and reduce inflammation.

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build-up. Since using Salin Plus, I sleep well, breathe easily with no coughing and my general health has improved greatly. As an extra bonus, my husband does not snore anymore" said Elissa, Perth

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For more information, please see ad in this feature.

New! Armadale Weight Watchers

THURSDAYS 7 pm at the Armadale Community and Family Centre, 101 Challis Road, Seville Grove
\$15 to join, \$5 per week
This is a very friendly and supportive group, set up by Cindy who lost 65 kilos and has kept it off.
For more information phone Cindy 0424 729 814.

Easy breezy toilet hygiene

Some of these health conditions are debilitating and make it difficult to maintain good toilet hygiene.

However, thanks to the fully-featured YOYO electronic bidets you can say goodbye to difficulties in using the toilet. The bidets provide a gentle stream of warm water to clean after toileting with a simple push of a button.

A built-in warm air dryer also helps dry washed and sensitive areas without the need to use allergen-filled toilet paper.

Other features include; a heated-seat option for those cold early mornings and UV sterilisation to

kill germs in the toilet to reduce the risk of infections.

YOYO electronic bidets are easily installed by replacing your existing toilet seat and usually done in a few minutes.

YOYO electronic bidets are now available in Western Australia exclusively from Synergist Healthcare at a very affordable price. They have 20 years experience in the bidet industry and now manufacture high quality and reliable bidets specifically for the Australian market.

For more information or to purchase, call Synergist Healthcare on 9342 4488.

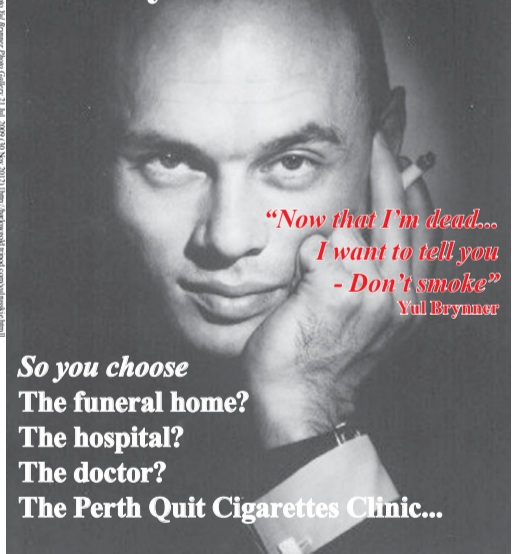


ADVANCES in science have helped to increase the life expectancy of many Australians.

Consequently, there are more older people living with multiple health conditions such as arthritis, osteoporosis, reduced mobility and incontinence.

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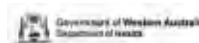
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- Please contact PNML Living Longer Living Stronger™ Program Manager Ben Horgan on 9208 9546 or benh@pnml.com.au for more information or simply ask your GP.





healthy living

ADVERTISING FEATURE



Jemma Aldridge

OSTEOPOROSIS is sometimes confused with the term osteoarthritis: sometimes they both present simultaneously, however each is very different.

Osteoporosis is a condition in which the bones become fragile and brittle, leading to a higher risk of fracture (breaks or cracks) than in normal bone. Osteoarthritis is a term that refers to the wear and tear of the cartilage which covers the bones at joints.

Osteoporosis occurs when bone loses minerals, such as calcium, more quickly than the

body can replace them, leading to a loss of bone thickness (bone mass or density). As a result, bones become thinner and less dense, so that even a minor bump or fall can cause a fracture of the bone.

Any bone can be affected by osteoporosis, but the most common sites are the bones in the hip, spine, wrist, ribs, pelvis and upper arm. Osteoporosis usually has no sign or symptoms until a fracture occurs - this is why it is often called the 'silent disease'.

Fractures due to osteoporosis (osteoporotic fractures) can lead to changes in posture (stooping posture), muscle weakness, loss of height and bone deformity of the spine. Fractures can lead to chronic pain, disability, loss of independence and

even premature death.

The cascade effect
Unfortunately 50 per cent of people with one fracture due to osteoporosis will have another. The risk of future fractures rises with each new fracture.

The 'cascade effect' means that women whom have suffered a fracture in their spine are more than four times more likely to have another fracture within the next year, compared to women who have never had an osteoporotic fracture.

People who have two or more osteoporotic fractures are up to nine times more likely to have another fracture, rising to 11 times greater risk for people who have had three or more fractures, compared to someone who has not had one.

One in two women and one in three men aged more than 60

years will have an osteoporotic fracture in Australia.

Two thirds of fractures of the spine are not identified or treated, even though they cause most pain and loss of independence. Sometimes people just consider their pains and stooped posture to be due to old age and arthritis. However for many people, osteoporotic fractures can be prevented, or at least your risk of having fractures can be reduced.

Who gets osteoporosis?

Osteoporosis affects men and women. Women are at a greater risk of developing osteoporosis than men, mainly due to the rapid decline in oestrogen levels after menopause. Oestrogen is an important hormone for maintaining healthy bones. When oestrogen levels decrease, the bones lose calcium at a much faster rate.

Men also lose bone as they age, but generally their bone mass stays adequate until much later in life.

Are you at risk?

Family history - is there any family history of osteoporosis?

Medical history - Certain conditions and medications can increase your risk

- Corticosteroid use - asthma treatment
- Rheumatoid arthritis
- Over-active thyroid or parathyroid glands
- Celiac disease and chronic gut diseases.
- Chronic liver or kidney disease.

The following symptoms may also indicate an increased risk of osteoporosis.

For men:

- Impotence
- Lack of libido
- Low testosterone levels

For women:

If your period has stopped for six - 12 months (excluding pregnancy, menopause or hysterectomy).

If you experience early menopause

- Your lifestyle
- Smoking
- Excessive alcohol consumption
- Diet lacking in calcium
- Lack of sunlight exposure, causing Vitamin D deficiency
- Sedentary lifestyle over many years

Thanks for reading.

Jemma Aldridge (Physiotherapist)

NB: Please note that the information in this article is of a general nature. It is not specific advice to any individual. Readers should consult their general practitioner or other health professional for an assessment and specific advice with regard to their particular condition.

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Caroline's Cream helps the skin recover and recuperate from symptoms associated with skin conditions such as: eczema, psoriasis and dermatitis.

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Caroline's Cream is an aroma-friendly, fast penetrating moisturizer which soothes, protects and rehydrates the skin. It can also be used as an all over every day moisturizer, including on the face, and will leave your skin feeling richly moisturised.

The cream has an immediate soothing effect on dry, itchy and irritated skin and can also be used by those without skin problems to help keep the skin the hydrated and healthy.

Caroline's Cream offers long lasting hydration and is suitable for all skin types.

It helps break the cycle of skin conditions by treating and relieving the symptoms of skin conditions such as eczema, dermatitis and psoriasis. Caroline's Cream can be used as often as desired and consistent use will bring best results.

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To be in the draw to win one of 10 Caroline's Cream prize packs containing one 100g Travel Tube and Caroline's 500ml All-Purpose Wash - address an envelope to Caroline's Cream Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the back, or email hugncmps@haveagoneews.com.au and include the words Caroline's Cream in the subject line. Only over 45s are eligible. Competition ends 10/12/12.

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Caroline's Wash is an all in one shampoo, conditioner, makeup remover, shaving agent, face and body wash developed by Caroline Monet the creator of 'Caroline's Cream'.

Made from natural ingredients Caroline's Wash is a luxuriant, aroma-friendly and user-friendly product that cleanses, soothes, softens and protects dry, itchy and inflamed skin.

The wash effectively cleans the hair and body while replacing much needed oils and nutrients to re-hydrate and nourish the skin. The hair is left shiny, healthy and conditioned and the skin feeling incredibly soft, supple and revitalized.

Suitable for all ages and skin types, including those with soap sensitive skin Caroline's Wash is also nut, dairy, fragrance, paraben and sulphate free and offers a convenient, gentle and easy-to-use natural alternative to soap based products.

It is based on the same formula as Caroline's Cream and is a unique, simple and inexpensive way for the whole family to help maintain the health of their hair and skin.

Caroline's All-Purpose Wash - 500ml -

Health of older women in the spotlight

by Josephine Allison

WITH the increase in life expectancy for men and women, the health of older women is in the spotlight.

Many women aged over 70 are unsure about the need to continue having mammograms and pap smears but the medical profession says it is generally an individual decision.

BreastScreen WA says screening mammograms do not cure cancer or prevent cancer from developing in the future, nor are they 100 per cent accurate. But in women aged 50 to 69 years, screening mammography

is the best way of detecting unsuspected cancer at an early stage as more than 75 per cent of breast cancers are diagnosed in women over 50.

Once a woman turns 70, she is no longer sent a reminder letter to have a mammogram. However she can ring BreastScreen WA on 13 20 50 for an appointment.

BreastScreen WA is Western Australia's only accredited free screening mammography service and is targeted specifically at women without symptoms aged 50 to 69 years where the evidence shows screening has the greatest potential to prevent

mortality from breast cancer. Women aged 40 to 49 and 70 years or over, who have no breast symptoms, are also eligible for free screening.

Regular screening mammograms every two years helps detect any unusual changes at an early stage.

With pap smears, after a woman turns 70, a doctor may advise there is no longer a need to have one if previous tests were normal.

But this this is an individual decision. An American study suggests with women having a longer life expectancy, they should consider continuing regular pap smears beyond 70.

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Advanced Prostate Cancer	Allan	0418 919 212



Pets Corner... ...for all pets great and small

ADVERTISING FEATURE



Cats of the month



Clockwise from top: Ginger and Midnight - Chleo and Persia
Photos by Alma Sarhan Photography

Midnight and Ginger
AT JUST one year of age, brothers Midnight and Ginger are barely older than a kitten, which likely made the departure from their previous home even tougher.

These two gentle young lads had to make way for a human addition to the family. While black-coated Midnight loves playing the quiet observer, aptly named Gin-

ger is very inquisitive and cuddly.

Because they have just celebrated their first birthday, Midnight and Ginger can be adopted for a special price of only \$120.

The package includes sterilisations, microchips, flea and worm treatments and vaccinations for both.

Persia

A cat with a heart as big as the once great empire she was named after deserves a fitting home.

Because it's taken her a while to find that home, this is now the second time Persia has been named Cat of the Week.

She came to Cat Haven in June after her owners moved out of their home and left her behind.

Luckily, a neighbour left out food for the seven-year-old, eventually taking her in and caring for her.

But the Good Samaritan was unable to afford her upkeep, and when one of Persia's teeth became infected, she asked Cat Haven for help.

Cat Haven's vets quickly removed the tooth and provided Persia with a quiet place to recover.

She quickly got better, revealing her gentle and lov-

ing personality once the pain had subsided.

Persia has since captivated both her foster carers and shelter staff with her piercing blue eyes, one of which is partly yellow.

She would suit a quiet household with no other cats or children.

Chleo

Chleo is a five-year-old who is independent and loves her creature comforts.

The champagne-and-white stunner came to Cat Haven in July after her owner packed up and

moved interstate.

After more than a month at the shelter, Chleo went into foster care, where she's been since.

Very gentle and loves being cuddled, Chleo would suit a quiet household where she is the only animal.

To arrange a meeting with Chleo, please ring 9442 3600.

To meet Midnight, Ginger, Persia or Chleo please visit Cat Haven at 23 Lennox Street in Shenton Park or ring 9442 3600 for more information.

A true friend leaves paw prints on your heart...

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The Dogs' Refuge Home WA has a no-kill policy and relies solely on community support for funding.



Open day at RSPCA

THE RSPCA Open Day will be held on Sunday, 18 November from 10am to 2pm at the RSPCA Headquarters located at 108 Malaga Drive, Malaga.

Go behind the scenes at the Shelter, meet RSPCA inspectors, listen to information on animal care tips and products.

Special guest at the day will be Santa. Entertainment for the kids, food and drinks will also be available.

Admission for the day is \$2 for adults, car and entry: \$10. Free entry for kids.

For more information check out www.rspcawa.asn.au

Beware of snakes seeking sun

WITH THE arrival of spring, snakes are posing a greater threat to pets as the warmer weather and dryer conditions put an end to their winter hibernation.

Australia's peak veterinary body, the Australian Veterinary Association (AVA) is urging pet owners to take precautions to prevent deadly encounters with snakes when venturing outside with their furry friends.

Dr David Neck, President of AVA's small animal special interest group said that snakes tend to be their most active towards the end of the day.

"Snake bites tend to occur in the late afternoon or early evening. Snakes also tend to be attracted to rodents and rubbish to hide under.

"Dog owners should avoid snake prone areas, particularly if they are walking their dog at the end of the day. Snakes can also venture into backyards and over the spring and summer months, even city dogs and cats can be at risk."

Dr Neck said it is important for pet owners to be aware of the signs of a snake bite as owners may not actually see their dog or

cat being bitten.

"Symptoms can vary with different snakes but sudden onset of seizures, vomiting, weakness in the limbs and inability to move may be observed. Soon after the symptoms occur, the animal may collapse with severely laboured breathing," Dr Neck said.

Although snake bites can be deadly, rapid treatment with the appropriate anti-venom can be very effective if done quickly.

"If you spot any of these symptoms in your pet, quickly call the nearest veterinarian so that they can be prepared for your arrival at the veterinary hospital with the right treatment," he said.



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Going away?



What about your pets and home?

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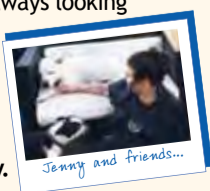


Call Jenny Hodder on 0400 611 840
Email: jenny@westcoastpetstayz.com.au
Visit us online: www.westcoastpetstayz.com.au

I want to be a sitter?

If YOU want to join the West Coast Pet Stayz team as a pet and house sitter we promise you will make new four legged friends for life. We are always looking for retired or part time workers.

For more information contact Jenny.



Be a Claus for a Cause in the Santa Fun Run



VARIETY - the Children's Charity of Western Australia is calling for folks to sign up to be part of their annual Santa Fun Run.

Now in its third successful year this annual 4km fun run will take place on Sunday 25 November where thousands of Santa Claus' are expected to take over the streets of Fremantle.

In 2011 more than 1,200 Santa's were a 'Claus for a Cause', raising \$40,000 for WA kids in need.

This year Variety WA is aiming to raise even more funds.

The Variety Santa Fun Run Ambassador for 2012, Australian Olympian Geoff Huegill, who will participate in the NSW event said, "Christmas is a time for us to be together. My beautiful daughter Mila is, without doubt, the best thing I've ever done.

"I'm looking forward to participating in the 2012 Variety Santa Fun Run to support Australian children in need who are not as fortunate.

"I believe that Australians are defined by our 'never give up' attitude and our willingness to pitch in and help someone in need... I'm excited to be supporting the event and can't wait to see everyone dressed up as Santa running through the streets."

Kids aged up to five years old will run for free in 2012, and will be given their own Variety Santa hat.

Registration for children aged 6-12 years has also been discounted to just \$5 and includes a full Santa suit: adult entry is just \$40 including a full Santa suit.

As a fundraising event, Variety WA encourages all participants to consider taking up the challenge to raise donations to help WA children in need.

Through generous support, Variety - the Children's Charity of Western Australia can help even more kids in need to live, laugh and learn.

For more information check out www.varietysantafunrun.com.au

Have a Go News concert

Christmas Extravaganza

Christmas Extravaganza will be a show not to be missed. Helping to celebrate the spirit of Christmas will be a collection of talented performers.

Wednesday 12 December
Burswood Theatre
12.30pm to 2.45pm
Show and Lunch \$30
Show only \$20

Please fill in your details, cut out and send to:
Marlene Robins, Unit 4, 14 Elsie Street,
Watermans Bay, WA 6020

No. OF TICKETS

- Show and Lunch \$30 _____
 Show only \$20 _____

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*Please attention payment payable to Marlene Robins

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Concept Media will be listed on your credit card charge)

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Address: _____

Contact numbers: _____

Email address: _____

Signature: _____

Resort style clubhouse launched at Bethanie Beachside in Yanchep

Advertorial
CONSTRUCTION commenced in November 2011 on the Clubhouse and its facilities that will form the backbone of Bethanie Beachside Lifestyle Village life and provide a hub of activities for Village residents.

The Beachside Lifestyle Village Clubhouse is over 1,000 square metres offering village residents a heated outdoor swimming pool, computer access with broadband internet, gymnasium, library, bar, theatre room, communal meal area, kitchen for resident use, hair salon, functions room, café, medical consulting room, craft and activities room and Bowling Green.

Bethanie Beachside Lifestyle Village Manager, Diane Argent comments, "We are so pleased to officially open this Clubhouse. It is going to have a really positive impact on the lives of residents, initiating all sorts of social activities and the increased lifestyle factors will also make living at Beachside even more desirable."

Bethanie Beachside Lifestyle Village offers residents the chance to live right between a crystal coastline and one of

WA's oldest and most remarkable national parks, Yanchep National Park - rich in natural beauty, native flora and fauna and fascinating history.

Self care or independent living units are designed to provide an attractive and practical alternative to living in the general community. The villas offer comfortable accommodation for one or two people.

The villas provide the independence and flexibility of a private home with the additional advantage of a 24 hour monitored duress system. Other special features unique to Bethanie include double lock up garages that link into the villas - for security, safety and to reduce physical stress, landscaped garden, letterbox and a clothesline.

For residents who are not able or interested in upkeep of gardens, a service is available to assist, and an environmentally friendly roof storm water run off system goes into a soak well to reduce waste.

Bethanie Beachside villas are available from \$394,000 and viewings are available on Sunday's from 1pm - 4pm, or by calling 1300 555 465 to book an appointment.

Winners from July and August 2012 editions of *Have a Go News*

July 2012 edition, #244
Grandparents Photo Competition
Bronwyn Pozzocco
Helen Yee/Hean P'ing

Enjoy the Journey (Book)
Patricia Nash
M Hickling

King's Gold (Book)
Jean E Robinson
Harry Simpson

Sony Music Australia
Doris Day: With a Smile and a Song (CD)
Neville Rosen, Sue Campbell, Eve Spencer, Gary Wilson, Lesley Walker

Burswood Entertainment Complex
21 x \$150 vouchers
Karen Cook, Chris Forbes, Sointu Windsor, Pam Wood, Carol Wilson, Maureen Fletcher, John Tuffin, Trish Clarke, Kok Foo Chang, Jamie Levett, Cynthia Limargana, Neil Williams, Lym Patchett, Al Small, B L Smith, Joan Tracy, Shirley Chamberlain, Jean Dia, Sharon Fanning, Robert Tana, Robyn Kynaston

Sizzler
\$50 voucher
Kathleen Greenham

Lighthouse Beach Resort Bunbury
Accommodation package.
Brian Sorrell

Style Session with Zofia
Chris Dyson

Warwick Sewing Centre
Five x three by three hour sessions
F Daniele, M Highman, Margaret Robinson, Diana Thomas, Faye Ryan

Divalicious - Opera Rocks
Mary T Grace, Franca Rowe, Patricia Nash, Vicki Miller,

Refresh
Four gifts packs
(\$132.33 RRP per pack)
Linda Brooks, Rosemarie Moralee, Oriana Cuffe, Charles K P Chow,

Deckchair Theatre
The Fremantle Candidate
Winners; Frank Gidley, Jean Sutcliffe

Blue Room Theatre
The Cat in the Box
Margaret Briggs, Ann Stedul, Allan Wooldridge

Imperial Ice Stars
The Nutcracker on Ice
Jillian Neale, Violet Shields, John Connolly

August 2012 edition, #245
Grandparents Photo Competition
Irene Pinesi
Judy Harper

A Mother's Song (BOOK)
Gayle Kinsella, Barry O'Brien, Bee Addis, Maggie Bright

Doha Gift Packs
Patricia Burgess
V Holmes

Style Session with Zofia
V Robinson

Eco-flo
Lynette Downes, Warren Miller, Julie Smith, Lyn Allison, Alice Halliday, Rob Armstrong, Robert Hall, June McMullen, Ray Aylmore, Helen Gray, Warwick Williams, Christopher Addis

Grace Knight
Keep Cool Fool CD
Liz Lansdell
Nola Cox
Joanne Retzlaff
John Connolly
Tad Krysiak

The Tenors (CD)
Heather Herrimen
Mary Kenny
June Rogers
Mrs J Bird
Joy Hutchings

WASO
Arabian Nights
Ray Miles
Dorothy Trueland

Tom Burlinson
Margaret Stretton
Angela Gorman
Joyce Moore
Peter Brooks

Gosnells All Saints Players
All Singing, All Dancing
Ron Waterhouse
Rosemarie Froeschle
Merran Clark
Marie Moloney

Sexual deception and diplomatic secrecy!



DAVID HENRY Hwang's award-winning play *M. Butterfly* interweaves Puccini's *Madame Butterfly* in its background music score and story-structure with the compelling story of a disgraced French diplomat.

Rene Gallimard has a 20 year affair with the fascinating Song Liling, a Chinese opera star who personifies Gallimard's fantasy vision of submissive, exotic oriental sexuality.

She is to him, the 'perfect woman,' yet this Chinese butterfly of his passions is ultimately revealed to be far more than she seems. He is imprisoned for passing diplomatic secrets to her.

This highly original, imaginative piece of theatrical writing explores the perceptions of stereotyped relationships, both romantic and cultural, between East and West, and men and women.

The play contains adult themes, sexual references and some discreet nudity.

Season dates:

7.30pm Wednesday - Saturday, 14 - 17 November

Venue: Dolphin Theatre, UWA
Tickets: \$35 full, \$25 concession, \$20 per ticket for groups of ten or more
Bookings: www.grads.org.au or email bookings: bookings@grads.org.au

WIN WIN WIN

To be in the draw to win a double pass to the above performance, the first three callers to Have a Go News, 9227 8283 between 9am and 5pm who correctly name the venue where the opera is to be performed will win a double pass. Only over 45s eligible. Competition closes 13/11/12.

Our journey to Bethanie!



"We had been considering selling the big family home, it all required too much maintenance, and we wanted to downsize.

A family situation a few years ago escalated the need to move. We heard that Lifestyle Villages were fun, active places to live, while also giving the security of a safe community; so we started looking at a number of villages.

We visited eight villages from a variety of providers, but the Bethanie Villages really stood out. We were impressed by the fact that Bethanie had not only retirement villages, but also community care services as well as aged care facilities, so we felt Bethanie were a good choice for our later years.

We met with the local sales agent, Sue and quickly felt comfortable. We didn't want to have any pressure to buy, or a hard sales pitch. Sue was fantastic. She explained all the details in simple language, including outlining for us the terms and conditions of the DMF, or deferred management fee. It really wasn't as complicated as we thought it would be!

We signed up and moved into our beautiful new villa which we absolutely love. The village has an amazing community spirit, we have made so many new friends, and the Bethanie Management is always there to help us out with anything we need.

We also enjoy the peace of mind, knowing we have a 24 hour emergency duress system and access to transport should we need it, and being able to bring our dog and bird with us meant our villa felt like home straight away!

Living at Bethanie is fantastic! We've now been here nearly 6 years and still have no regrets - just wish we'd made the move earlier!"

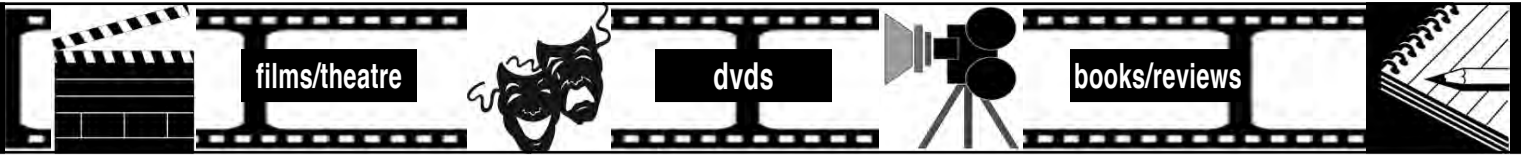
Colin & Chris Edwards

To join Chris & Colin at Bethanie or to find out about any Bethanie service options available, call us today on: **1300 883 893** or visit: **www.bethanie.com.au**



Bethanie

Arts



International singing sensation Celtic Thunder returns to Perth

by Ara Jansen



Celtic Thunder

IT'S A fair way away from his native Ireland, but Keith Harkin feels rather at home in the city of angels.

One of the five vocalists for international singing sensation Celtic Thunder, the musician has made his home in Los Angeles for the last few years and lives on an old yacht which he's restored. The city life puts the surf right on his doorstep, when he's actually there to enjoy it.

"I really have sea in my veins," says the 26-year-old singer who was born in Derry in Northern Ireland. "I try and surf everyday I have off or go fishing. Plus the water is much warmer than off the coast of Ireland where we look like Michelin men surfing."

Since forming in 2008, Celtic Thunder have sold more than two million albums, half a million concert

tickets and their official YouTube channel Thunder Tube has received more than 28 million views in four years. This year they are Universal Music Australia's highest selling artist on DVD.

Celtic Thunder are five diverse performers who are each a powerhouse in both their solo and ensemble songs. The group is backed by the dynamic Celtic Thunder Band with their eye-catching choreography and dramatic lighting, staged within a setting that mimics ancient depictions of Celtic lore.

The Celtic Thunder 2013 tour – which finishes in Perth – will feature the band's popular playlist including their own take on rock ballads and modern pop classics, plus plenty of stirring Irish tunes.

"I think we might even be recording a new album before we come to Australia. We do tend to put one out every year, which what we do with our non-touring time."

Keith will be doubly busy as he is also slipping in solo concert dates to support his soon to be released solo album which he recorded in Los Angeles under the watchful eye of uber-producer David Foster, who has guided the careers of artists like Josh Groban and Michael Buble as well as just completing work on the new Rod Stewart album.

Celtic Thunder performs at Perth Arena on 16 February. Tickets from Ticketek.

WIN WIN WIN

To be in the draw to win one of three Celtic Thunder prize packs of a double pass, CD and DVD, address an envelope to Celtic Thunder Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details or email hagncomps@haveagonews.com.au and include the word Celtic in the subject line. Only over 45s are eligible. Competition ends 30/11/12.

Robot & Frank



SET IN the near future, retired cat burglar Frank, has two grown kids who are concerned that he can no longer live alone.

They are tempted to place him in a nursing home until Frank's son chooses a different option. Against the old man's wishes, he buys Frank a walking, talking humanoid robot programmed to improve his physical and mental health.

What follows is an often hilarious and heartwarming story about finding friends and family in the most unexpected places. *Robot & Frank* features an award winning cast including Academy Award® nominee Frank Langella, James Marsden, Liv Tyler and Academy Award® winner Susan Sarandon.

Robot & Frank screens in cinemas from 15 November.

WIN WIN WIN

To be in the draw to win one of 15 in-season doubles to Robot & Frank, phone Have a Go News on 9227 8283 during business hours (Monday to Friday 9am to 5pm) or email hagncomps@haveagonews.com.au and include the name of the film in the subject line. Only over 45s are eligible. Competition ends 20/11/12.



Swan Festival of Lights 2012 - Celebrating Deepavali together

COINCIDING with the Indian celebration of Deepavali (Diwali), the 2012 Swan Festival of Lights is set to take Perth once again, on a multicultural journey of the senses.

This year, the festival returns presenting a number of national and international performances and mouth-watering vegetarian cuisine prepared by Annalakshmi, as well as exhibiting unique handicrafts.

What's more, the SmokeFree WA Workshop Series featuring workshops and demonstrations on music, dance, art and cooking, as well as

family friendly activities, will add to the Festival's overall cultural experience.

Featuring at this year's festival is the stunning Temple of Fine Arts dance drama production Vishwa Vinayaka (pictured left) which explores the mythological magnificence of Lord Ganesha through dramatic projections, contemporary and classical Indian dances.

Another highlight is Damaru, an enthralling orchestral masterpiece, fusing a brilliant amalgamation of world music and percussion.

With an impressive line-up of Chinese, Spanish, African dance, and glitzy Bollywood multicultural performing groups; the festival performances will undoubtedly be an experience not to be missed.

Swan Festival of Lights will be held at Supreme Court Gardens Perth from 9 to 13 November.

Vegetarian cuisine will be available from 4.30pm and performances from 6.30pm.

Entry is free www.sfol.com.au Smoke and Alcohol Free Event

A Wet And Windy Night

MARLOO Production, *A Wet and Windy Night* is a farce by Declan Cleary with all the twists and misunderstandings of the genre. Phil is having an affair with his gay lover Sam and his wife Terri is having an affair with Robin.

Both couples arrive at Phil and Terri's cottage unbeknown to each other. Robin and Terri arrive soaking wet and Terri has left Robin's suitcase at

the office. Robin is forced to improvise and adopts a female disguise introducing himself as Robyn.

If you're not confused, bewildered and helpless with laughter by the end of the play then you haven't been paying attention.

Marloo is well-known for the quality of its productions and this is no exception.

Only the second time produced (the first in Plumpton, Sussex in the UK) *A Wet and Windy Night* is sure to lighten your hearts and bring a

smile to your face.

Saucy without a single swear word, cheeky with no nudity, although with lots of underwear and cross-dressing, this is the very epitome of enjoyable English farce.

The season opens on the 23 November and finishes on the 8 December with two matinees on the 25 November and 2 December.

Tickets are \$18, \$16 and \$14 for members. Bookings may be made on 9255 1783.

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A Christmas pantomime for the whole family

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Sir Cliff Richard returns to Perth in 2013

AS PART of a hit-packed *Still Reelin' And A-Rockin'* national tour, Sir Cliff Richard OBE, with global record sales beyond 250 million and a ceaseless performance schedule spanning the 54 years of his career, is set to return to Perth in 2013.

The tour, staged in February 2013, will see Cliff perform around the country finishing with an outdoor concert at the stunning Sandalford Estate, Swan Valley on Saturday 23 February, as part of the Summer Live concert series 2012/13.

Celebrating his 54th anniversary in the music business this year, Cliff Ri-

chard is indisputably Britain's all-time greatest hit-maker – the ultimate pop star! No other UK band or solo artist is even close to equalling his 123 single hits.

As the sixties got underway Cliff was dominating the airwaves with such indelible hits as *Living Doll*, *Please Don't Tease*, *Bachelor Boy*, *Lucky Lips*, *When The Girl In Your Arms Is The Girl In Your Heart*, *Don't Talk To Him*, *Do You Want To Dance*, *On The Beach* and many more.

In the seventies he continued as a primary chart force with hits such as *Devil Woman*, *We Don't Talk Anymore*

and *Carrie* then into the eighties with *Dreamin'*, *Wired For Sound*, *Daddy's Home*, *Living Doll* (with the *Young Ones* TV cast) and *Some People*.

Australia was reminded of those hits in 2003 when our leg of his *Wanted* tour saw him play to around 100,000 people in arenas, domes and wineries; then again in early 2010 when he marked the Reunion Tour of the venerable Shad-ows.

Do not miss Cliff Richard's *Still Reelin' and A-Rockin'* Perth tour date, Satur-day 23 February, 2013.

Tickets are now on sale through Tick-etek.com.au or 132 849.

WIN WIN WIN - LAST CHANCE

To be in the draw to win one of four double passes to see Cliff Richard perform on 23 February at Sandalford Estate, email hagncomps@haveagonews.com.au and include the words *Cliff Richard* in the subject line or address an envelope to Cliff Richard Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the back. Only over 45s are eligible. Competition ends 30/11/12.

*Details provided will be used by Zaccaria for marketing purposes.

Live music, laughs and plenty of audience participation



tures of strong-willed Little Red Riding Hood as she sets out from the happy village of Much Binding By The Sea, to deliver a basket of goodies to her dear old granny. Shad-owed by the lovelorn Hugh, she journeys deep into the forest where she encounters the wily wolf and his not-so-wily offiders, Slobber and Drool.

Did Little Red Riding Hood pay enough attention in school or will the cunning wolf outwit her? And will Hugh leave our hero-

ine to face her peril alone, or will he finally face his fears?

Directed by Ian Toyne, *Little Red Riding Hood*, has a fantastic cast including well known favourites Igor Sas (*Ship to Shore*, *Lockie Leonard*) and Monica Maine (*Lockie Leonard*). Proudly presented by the Multiple Sclerosis Society of Western Australia, *Little Red Riding Hood* promises to be great entertainment for the whole family.

Subiaco Arts Centre 7 - 18 December Bookings through Tick-etek.

WIN WIN WIN

To be in the draw to win one of 10 double passes to see *Little Red Riding Hood*, address an envelope to Little Red Riding Hood Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 and include your contact details on the back or email hagncomps@haveagonews.com.au and include the words *little red* in the subject line. Only over 45s are eligible. Competition ends 25/11/12.

IN THE classic pantomime tradition, follow the adven-

Kate Hindle pays tribute to Little Pattie



Beccy Cole, Kate Hindle and Little Pattie

KATE Hindle, a 16-year-old country singer from Collie, will be performing a tribute to Little Pattie (Patricia Amphlett) at the Tam-

worth Country Music Festi-val on 22 January 2013.

Little Pattie, a 60s surf pop singer from Sydney and who Kate recently had

the privilege of speaking to by phone will meet on 1 December when Little Pattie performs for the Summer of 69' tour at Crown Perth.

Kate said "It has been such a great experience to talk to Little Pattie and it is a memory that will stick with me always".

Little Pattie has heard Kate sing on air and now has two of her albums.

Kate describes Little Pattie as a kind hearted and lovely lady who is always up for a chat.

A few months ago Kate contacted Little Pattie by

email to get her permission to present a Little Patty trib-ute to ensure that her music is passed down through the generations. Little Pattie agreed and has taken an inter-est in what Kate is doing.

A few days later Kate was again in contact with Little Pattie.

Kate says, "Little Pattie is a great role model and I can't wait to meet her. The first time I spoke to her I couldn't believe it was really her!"

This has been a great experience for Kate; our country singer is getting around.

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CNR MENDS ST/MILL POINT RD, SOUTH PERTH (opposite Windsor Hotel)

Plaza Suite

BY NEIL SIMON

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Directed by Susie Conte

30 November and 1, 6, 7, 8, 12, 13, 14, 15 December at 8pm
Matinee: Sunday 9 December at 2pm
TICKETS \$20/\$15

BOOKINGS: 9367 8719 or oldmilltheatre@iinet.net.au
www.oldmilltheatre.com.au

ART for ALL in 2012

- 7-11 November **Articulate - The Artist's Story**
- 12-25 November **The Pictured Word**
- 14 November, 12-2pm **Lunchtime in the Gallery: - featuring WA Novelist Rosanne Dingli**
- 16 November, 10am-3pm **Discover Your Inner Artist - a free Bendigo Bank Seniors Week Festival event**

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Six remarkable decades

THE *QUEEN'S Diamond Decades*, a unique six part series tells the story of the Queen over six remarkable decades.

The last 60 years has been a period of unprecedented and often turbulent global change, all under the watchful eye of the Queen.

There have been 11 British prime ministers since 1952 but only one Queen Elizabeth II. She is the only sovereign to match Queen Victoria in reaching the pinnacle of a Diamond Jubilee.

Diamond Decades unearths rare and previously unseen archive film not just of the Royal Family, but key moments in British and World history. And of course the final episode culminates with last year's Royal Wedding, when for once the Queen plays a supporting role.

Each episode reveals intimate film of Elizabeth as a young girl, a wife, mother and grandmother – for the first time offering a complete history of the Queen and her family.

This DVD is available now.

WIN WIN WIN

To be in the draw to win one of five copies of *The Queen's Diamond Decades*, address an envelope to *Diamond Decades* comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on back or email hagncomps@haveagonews.com.au and include the name of the six part series in the subject line. Only over 45s are eligible. Competition ends 30/11/12.

The Ash Girl - a rich folk tale

ENTER A WORLD of mythical proportions with a fairy in the mirror, a handsome prince, brave field mice, and a stepmother with only the best of intentions.

Olivier and New York drama Critic's Award winner, British playwright Timberlake Wertenbaker has written an expansive adaptation of the Brothers Grimm version of Cinderella.

This exciting Australian premiere production that is Harbour Theatre's final season for 2012, is being brought to life by the award winning directorial team of Peter Kirkwood and Nicola Bond whose previous directing credits include the Harbour Theatre smash hits *Ladies Day & Ladies Down Under*, *Oliver Twist*, *Sleeping Beauty*, *Dracula*, *Jane Eyre* and *Wuthering Heights* to name but a few.

The story of Cinderella

has never been so strongly conceived!

The Ash Girl is a rich folk tale with hints of allegory, myth and fantasy.

There's still a slipper, a prince and a wish-granting fairy, but the journey to the Royal Ball is fraught with danger.

Only when she finds the strength to confront the monsters lurking in the forest, and in her heart, will Ash Girl regain her missing happiness.

Best director award winner Kirkwood and Bond say, "The monsters that *The Ash Girl* must confront in order to find happiness are those which lurk inside all of us and these days particularly young people making this story a fable for our times".

Nicole Miller (from South Fremantle) is delighted to have been chosen to play the part of *The Ash Girl* from more than 40 auditionees.

The show plays at Harbour Theatre on 30 November, 1, 5, 7, 8, 12, 14, and 15 December at 8pm with matinees on Sunday 2 and 9 December at 2pm.

Bookings through Ticketek – www.ticketek.com.au

For further information on this and other Harbour Theatre productions as well as membership enquiries visit www.harbourtheatre.org.au

WIN WIN WIN

To be in the draw to win one of five double passes to see *The Ash Girl*, address an envelope to Harbour Theatre Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse or email hagncomps@haveagonews.com.au and include the name of the play in the subject line. Only over 45s are eligible. Competition ends 25/11/12.

HARBOUR THEATRE - FREMANTLE'S ONLY AND ORIGINAL COMMUNITY THEATRE SINCE 1963 PRESENTS BY ARRANGEMENT WITH ORIGIN™ THEATRICAL

THE AUSTRALIAN PREMIERE OF
TIMBERLAKE WERTENBAKER'S

The Ash Girl

Directed by Nicola Bond and Peter Kirkwood

Enter a world of mythical proportions with a fairy in the mirror, a wise old owl, a handsome prince, brave mice, mean step sisters and a stepmother with only the best of intentions! Relive the wonder and fear that Cinderella stories so often gloss over!

30 Nov, 1, 2, 5, 7, 8, 12, 14 and 15 Dec @ 8pm
Matinees: 2 & 9 Dec @ 2pm
TICKETS: \$24.50 full/\$22.50 conc/\$19.50 f/t student or child under 15
BOOKINGS: Ticketek www.ticketek.com
MEMBERS BOOKINGS: 9433 6260 or tickets@harbourtheatre.org.au
Harbour Theatre, 70 Adelaide St, Fremantle (opposite Woolworths)
For further information and membership enquiries visit www.harbourtheatre.org.au

Darlington Theatre Players Inc. Marboe Theatre Marboe Road GYERMOUNT

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Men's Sheds sharing



SHARING the Knowledge was the theme of the WA Men's Shed conference co-hosted by the Mosman Park and Fremantle Men's Sheds and held at the new Mosman Park Community Men's Shed on 3 and 4 October.

Men's Shed Association, which organised the conference.

Representatives of the four major political parties, Liberal, WA Nationals, Labor and Greens attended and all added their support to the concept of men's sheds.

The contribution that the sheds make to the well-being of men and to the wider community was emphasised by several speakers, including Julian Krieg from Regional Men's Health, Professor Barry Golding from the University of Ballarat and David Helmers from the Australian Men's Shed Association.

There were tips on how to establish and sustain a shed, where to obtain funding, safety and duty of care, plus insurance.

Several challenging topics were also tackled including, engaging schools, mentoring youth, engaging younger men, the role of wom-

en and men's health.

Presentations were made by representatives from sheds from around the state including those located in Bridgetown, Joondalup, Narrogin, Mosman Park, Donnybrook, Toodyay, Fremantle, Kalamunda, Subiaco, Esperance and Mukinbudin, which organised the first WA conference in 2009.

The 170 delegates were also able to obtain information from a trade exhibition plus displays from several sheds.

Men's Sheds were first established in Australia about 20 years ago, but are now in several other countries, in particular, Ireland and New Zealand.

There are more than 130 sheds in WA that are either already operating or being planned.

To see the location and contact details of all WA sheds visit <http://wamsa.org.au/mapofwashed.html>

Safe chemical free way to clean

Advertorial

ONE OF THE most difficult homeowner jobs is cleaning tiles and grout. Yet, try as we might, our grout lines in particular don't look much better than they did before and it's time to call in a professional.

Tile-grout cleaning is such a challenge is because most of the cleaning chemicals we use leave a sticky residue, which attracts dirt.

When washing the tile floor, we clean up the dirt, but in the process, we move that dirt onto the sticky residue in the grout.

It is very difficult and time-consuming to constantly rinse the floor with clean water several times during the floor-cleaning process so that the chemical residue and dirt don't build up.

Finally a safe and effective cleaning solution is

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Eco Grout Clean's dirt extracting cleaning solution with powerful equipment designed specifically for tile and grout cleaning ensures your tiles and grout receive the best cleaning result possible. It is non-toxic to human and aquatic life, readily biodegradable, free of petroleum compounds, is designed to perform well without using hot water and is also free of bleach, phosphates, heavy metals, caustics and other toxic and hazardous chemicals.

For more information, please call Romeo De Maria on 0468 382 921, email info@ecogroutclean.com.au or visit www.ecogroutclean.com.au

Love my Honda, love the savings



Advertorial

THERE HAS never been a better time to invest in Australia's most popular selling camping generator the Honda EU20i with savings of \$200*. The price drop applies to all purchases of Honda's whisper-quiet EU10i and EU20i generators effective 1 July 2012.

Honda Power Equipment National Sales Manager, Ray Briffa, said the price drop offer would enable more people to enjoy the quality and reliability of the premium Honda brand.

"We're giving customers the power to save on their generator purchase and expect the offer to spark a lot of interest," Mr Briffa said.

Now retailing at \$1299 (save \$170*), the EU10i produces up to eight hours of continuous power, generating 8 amp/12 volt DC with maximum AC output of 1kVA.

Its powerful counterpart - the EU20i - now retails for \$1899 (save \$200*), producing up to 15 continuous operating hours, generating 8 amp/12 volt DC with

maximum AC output of 2kVA.

Mr Briffa said opportunities to acquire premium Honda generators at this price were few and far between. He encouraged people to be quick to avoid disappointment.

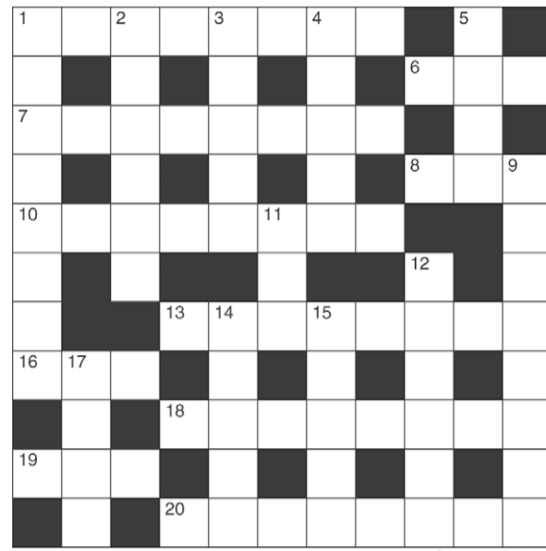
"Honda generators are renowned for their quality and this is due in no small part to their advanced four-stroke engines, which produce strong performance and fewer emissions," he said.

"Honda engines also provide superior fuel efficiency and emit significantly less carbon and noise than most of their two-stroke counterparts."

For more information or dealer locations, phone 1300 1 HONDA or visit www.honda.com.au

Have a Go News DOUBLETAKE 55#

Tackle either set of these clues - you can even mix and match them, because the solutions are the same for both sets



© Lovatts Puzzles

CRYPTIC CLUES

Across

1. Each stanza of poetry is twisted (8)
6. Conserve traffic chaos (3)
7. Eli veers around and takes acting position (8)
8. Call for repeat service (3)
10. Supervises abroad, I hear (8)
13. Difficult to wear out tools (8)
16. Fall behind in village (3)
18. Disturb solitary supporter of blue blood (8)
19. Rod is in Cabaret (3)
20. Grave concerns are addressed here (8)

Down

1. Own no pearls, sadly (8)
2. Tumbled like oats? (6)
3. We're repairing small pitchers (5)
4. Speech swayed by shoe leather (5)
5. Shock from day's broadcast (4)
9. Records attempt at Bayeux, for instance (8)
11. Go astray in ferry (3)
12. See Annie about a dog (6)
14. On top of some prefab oven (5)
15. Hang loose, Dr Monkey! (5)
17. No knockout for koalas, unfortunately (4)

STRAIGHT CLUES

Across

1. Contradictory (8)
6. Unrehearsed music, ... session (3)
7. Alleviates (8)
8. Allow (3)
10. Is in charge of (8)
13. Computer equipment (8)
16. Plane travel fatigue, jet ... (3)
18. Monarchist (8)
19. Without exception, ... none (3)
20. Burial ground (8)

Down

1. Intimate (8)
2. Flattened, ... out (6)
3. Washstand jugs (5)
4. Elvis hit, Blue ... Shoes (5)
5. Stunned state (4)
9. Classic Carole King album (8)
11. To ... is human (3)
12. Eyetooth (6)
14. Superior to (5)
15. Curtain (5)
17. Woel! (4)

DOUBLETAKE #55 CROSSWORD SOLUTION WILL APPEAR IN THE DECEMBER 2012 ISSUE of Have a Go News



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DOUBLETAKE #54 CROSSWORD SOLUTION FOR #247 OCTOBER 2012

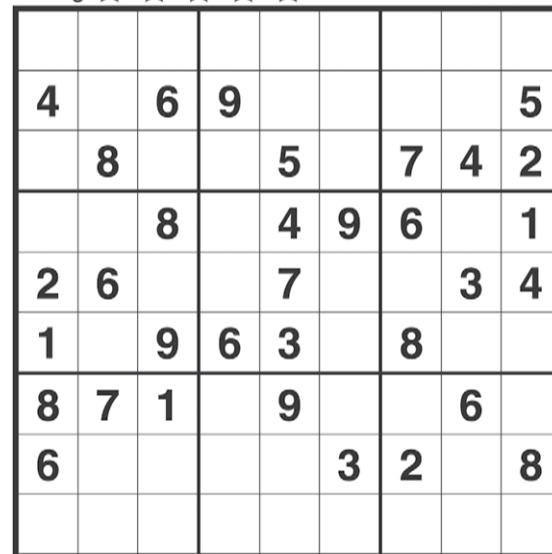


For information on Lovatts crossword and puzzle magazines including news, tutorials and subscriptions, visit www.lovattspuzzles.com
Play online games puzzles with a chance to win prizes at www.youplay.com
Order Lovatts syndicated puzzles for your own publication, website or other platform from www.puzzlexperts.com

SUDOKU

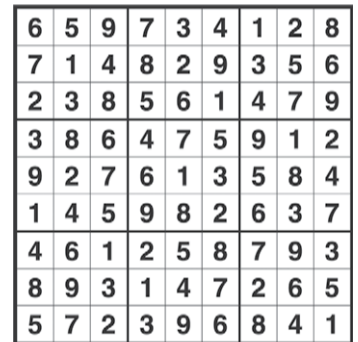
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆



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SOLUTION WILL APPEAR IN THE DECEMBER 2012 ISSUE OF Have a Go News



SUDOKU PUZZLE SOLUTION FOR #247 OCTOBER 2012

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To pick up some great bargains and your copy of
Have a Go News, visit **Fresh Provisions**,
 77 Walcott Street, Mt Lawley

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.

Please tick this box if you DO NOT wish to receive information relative to **Have a Go News Activities.**

Friend to Friend

FREE

For over 45's only.



STOP: Please read new instructions carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend PO Box 1093, West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$1.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post.

Entries not accompanied by the correct sized envelopes will not be considered for publication.

Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

Seeking a Friend

60 HEALTHY, compassionate, GSOH, lady, NS, ND, loves music, movies, concerts, walks, social, family orientated. WLTM similar age man who is honest, DTE, respectable and sincere.

Reply Box 5404

ACTIVE, fit, 64, looks after appearance, looking for same in gentleman, DTE, SOR, SD, TLC, enjoy most things in life, too many to write about. Not afraid to 'have a go' as you never know.

Reply Box 5406

ARE you out there? That very special gent who would like to spend time with DTE, easygoing, NS, SD, caring, active lady and enjoy outings, walks, maybe travel and sharing good times. ALA.

Reply Box 5407

ARE YOU really serious about friendship? Perhaps relationship? Because if you are, I WLTM you. I am a modest, DTE lady in my late 60s, easygoing, GSOH, romantic. What else do you want? Well, get to know me. Meet me for a cup of coffee and who knows may be attraction, compatibility? Have-a-go!

Reply Box 5399

ATHLETIC gent, 57, WLTM an enthusiastic and open minded lady in good health.

Reply Box 5390

ATTRACTIVE lady, 70, WLTM an easygoing, smart, retired gent, SOR. I am fit, healthy, unattached, English and enjoy walking, beach, country drives, dining in/out, movies etc. Let's meet to get to know each other. ALA.

Reply Box 5396

AUSTRALIAN lady, 60, slim to medium build, genuine, good hearted, DTE, honest, caring. Enjoys simple things in life. WLTM gent, 55-62, GSOH, good hearted, kind, caring, NS, SD, friendship, outings, living SOR area.

Reply Box 5384

ENGLISH Aussie lady, 71, WLTM a caring gentleman for friendship, companionship, similar age with GSOH, DTE, SD, NG. I enjoy most things in life. Let's meet for coffee and chat, Midland area.

Reply Box 5398

EURO lady, 76, wanted; friends, ladies, gents, not to feel lonely, not smoking, just meeting, talking about everything in Perth city, speaking several languages.

Reply Box 5380

GENT widower, 73 WLTM lady for friendship/relationship, NS, SD, fin sec, sincere, slim, medium build, no ties. Me; SOR, average height, build, healthy, fit, NS, SD, DTE, honest. Like walking, country drives, nights away, share expenses. Let's meet.

Reply Box 5412

HAPPY healthy, active, optimistic, adventurous, grey nomad. WLTM practical, DTE companion with farming background to share the experience. Age open, male or female, meet first in Perth. Prefer ND, NS, NG.

Reply Box 5403

HAPPY positive, 6' Aussie guy, young 70, slim, active, NS, NG, SD. WLTM and attractive, young 60+ lady who is relaxed, with a positive attitude, slim with curves, likes cuddles, bbqs and beach. ALA.

Reply Box 5410

LADY 50, attractive with many interests, 5'10 1/2", tall, refined, confident, independent in more ways than two, GSOH, WLTM gent with similar attributes for mutually pleasing friendship, ALA, photo appreciated.

Reply Box 5394

LADY 58, who enjoys many things in life WLTM a genuine guy for friendship/relationship. Let's meet for a coffee and chat. There's nothing to lose.

Reply Box 5397

LADY 67, to share company, cuddles, talks, social drinks, travel, generally being together, enjoying each other's company, life gets lonely. Life is so short, we need to enjoy it. I am NS, SD, FS. Let's try.

Reply Box 5378

Friend to Friend

LADY 70, SOR, WLTM sincere gent, friendship only. I love all types of music, especially Country, Lee Kernaghan and Dwight Yoakam, dining out, movies at home, drives, watching dvds at home. I am 5'5", med build.

Reply Box 5391

LADY 72, NOR, WLTM gent, NS, for company, outings, meet for coffee. Likes country music, see what happens from there.

Reply Box 5386

MIDDLE aged professional business man who has travelled and lived all over the world, needs lady friend who is computer literate. Please be so kind to supply landline phone number.

Reply Box 5387

SNOWFLAKES falling lightly, moonlight shining brightly, soon twill be Christmas. WLTM lady, small, medium build, 58 to 63, GSOH, fun loving to share time throughout festive season. Me; tall, slim build guy, no hang ups.

Reply Box 5393

TAKE my hand and see where it leads us. WLTM gent, 65-72, who is genuine, caring, honest, NS, SD, loves all that life has to offer. Me; 1942 model, in good working condition, GSOH. I know you are out there. Can't wait to meet you. Chat over coffee. ALA.

Reply Box 5379

TALL anglo-Australian, mature adult, male. He seeks brown-eyed Chinese she; cultured, slimish, mature adult. No ties, drinks tea, financials not central. He; sensitive, sharp eye, bit deaf, view life's loving, kindness. Write first, more on CV.

Reply Box 5401

WIDOW, 75, NS, SD, GSOH, happy go lucky, healthy, fit. WLTM gent same outlook for friendship, outings, travel, 6024 area. Like someone to make me laugh. TLC.

Reply Box 5405

WIDOWED 70+, Italian origin, family minded, homely, easygoing, medium build, needing friend, attractive, slim lady, medium build, honest, sincere, no ties essential, GSOH, ND, SD, NS, TLC, DTE, 60-70, SOR.

Reply Box 5392

Seeking a Partner

ACTIVE gent ex UK, post-code 6112, 70s. WLTM lady for friendship/relationship, SD, NS, SOR, DTE, enjoy outdoors, walking, gardening, quiet nights together at home, with GSOH and TLC, share good times, meet for coffee.

Reply Box 5388

ACTIVE professional, Asian lady, 52. WLTM self respecting, neat, tidy, happy natured gentleman, NS, ND, SD, NG, up to 60s. I enjoy outdoors, movies, picnics, travel, keeping fit, healthy, eating in/out. If you live NOR and have similar interests, please reply.

Reply Box 5385

EUROPEAN Australian lady in late 50s, warm, caring, well travelled, GSOH, NS, NOR, enjoys dining in/out, travelling, music, gardening, reading, swimming, walks on the beach. WLTM kind, genuine gent for companionship.

Reply Box 5409

GENT 60+, fit and active, enjoys bush and beach, w/e away, dining out, quiet nights at home. WLTM nice lady, slim to medium build for long term loving relationship with plenty of physical TLC, any area, any nationality. ALA.

Reply Box 5377

GENT aussie, 60, honest, loving, reliable. Likes movies, picnics, dining in/out, quiet nights, walks. WLTM lady 55-62, who enjoys same and more. If you are interested let's meet for coffee and see what happens.

Reply Box 5376

GENT Aust, presentable and genuine, 5'10" tall, slim build with several interests plus nice hobby farm in Mandurah area. Seeking nice lady SOR, around late 60s for real partner for sure. ALA.

Reply Box 5395

GENT caring, slim, fit, well educated, easygoing, enjoys walking, beach, movies, music, tv, quiet times at home. WLTM slim lady, 45-55, NS, NG, who desires to enjoy all life's pleasures.

Reply Box 5411

GUY seeks tall, slim lady for lasting friendship and occasional outings. I am tall, medium build, healthy, caring and easygoing, 68, city or country areas.

Reply Box 5381

HAPPY active, slim, Australian lady, NS, enjoys most of what life offers. Likes; music, singing, art, travel, caravanning, gardening, entertaining, Mandurah area. WLTM NS, kind, caring, fit and happy gent, 68+ for long term relationship.

Reply Box 5382

LADY 61, blonde, med build, NS, SD, loves open fires, camping, day trips, picnics, movies. WLTM gentleman 58-70, must be caring, affectionate, genuine and seeking soulmate. Photo please, if possible, SOR.

Reply Box 5402

MILLIONAIRE presentable, 57, looking for an Aussie lady to share happy times, travel and good conversation.

Reply Box 5389

TALL slim widower, very easy to live with. WLTM slim widow, 70s, with or without caravan for trip around Australia or short trips or just stay at home and enjoy each others company. Permanent partner. I am FS, NG, NS. Please reply with phone number. Not allergic to cats or dogs.

Reply Box 5400

YOUNG 76, Collie gentleman, seeking ND, NS, woman, 60s/70s, who enjoys buswalking, cycling, nationality open. Must be honest and good natured.

Reply Box 5383

Seeking a Travel Companion

SENIOR lady seeks similar companion to share cabin and cost, 15 day sea cruise, Fremantle, Singapore, 15/03/13, see voyager of the seas. Enjoys good health, shipboard activities, tours, meeting new friends, NS, SD.

Reply Box 5408

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 1093, West Leederville, WA 6901.

(example only)

Send your reply on a single sheet of paper. Place 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.

A most happy Friend to Friender shares his story...

THERE is so much to be said about being on ones' own. Some aspects of the single life are good and some aren't. If you are on your own and wish to alter the situation, there are very few solutions.

While there is the 'pub' scene, being a non-drinker has the tendency to restrict the opportunity to mingle and enjoy what the pub scene offers.

So following almost three years spent searching and being disappointed, I asked around for advice on how to go about meeting that 'special lady'.

A few of my mates told me of success stories from advertising in various newspapers and publications.

So taking this advice, I spent a lot of time and effort in the unproductive search for a companion.

Some companion services charge (heaps) for the service, which I responded to in the various publications.

This did open the door to meetings at many different locations.

Some comments to make recognition of each other easier included, "I will wear a pink dress so you will know me." "Or, you carry a newspaper" - that sort of thing.

Only those who have done this more than once will really appreciate the situation.

By and large, I had very little success with this type of arrangement and felt that maybe, just maybe, it was me being too fussy.

Now, to return to the saga...

A female friend, whom I had met through the pages of *Have a Go News*, convinced me that according to statistics she had assembled, there were approximately seven ladies to every man, looking for that special friendship.

This information was encouraging. I really wanted to know where 'my' lady was hiding.

Sharing this information recently with *Have a Go News'* general manager, he threw down a challenge.

He bet me that if I placed an 'ad' in the *Friend to Friend* section of his paper, a positive result would follow.

I accepted his challenge and as a direct consequence, have met a most delightful companion with whom I believe I can look forward to sharing many happy times. My wish is that she feels the same. This will be proved by the passing of time, I guess.

When my lady responded to my advertisement, we first talked on the phone and made arrangements to meet.

So that I would know her, she would wear a blue skirt.

Well, I arrived on time at the appointed meeting place and I couldn't see a lady in a blue skirt. It was raining heavily and I noticed a woman in brown slacks peering out into the rain, so I struck up a conversation with her and we agreed that the rain was too heavy to sit outside, so we shared a nearby seat.

The conversation progressed into a pleasant chat and a cuppa, during which we both confessed that we were there to meet someone.

The lady admitted that she was supposed to be wearing a blue skirt...

In all, on behalf of my lady and myself, I wish to thank *Have a Go News* for their *Friend to Friend* segment which has literally brought hundreds of people, in a similar situation as ours, together.

To all those who are still searching I hope you find what I have found.

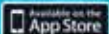
A safe & secure connection service for the over 40s

Have a Go News and Contact-me.com.au offer all readers a **100% FREE membership**. Easy sign up! Looking for Friendship, Travel partner, Sports partner or more, try it now. Full access all areas 100% FREE!! Register online now www.contact-me.com.au/quickregistration

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*App is compatible with iPhone 3GS, iPhone 4, iPhone 4S, iPhone 5, iPod touch (3rd generation), iPod touch (4th generation), iPod touch (5th generation) and iPad. Requires iOS 4.3 or later.



Scene Socially

At the midnight hour: Don't be shy about being shy



SCENE (1): The inaugural Mondo Community Warriors charity event at Government House where the godfather of Italian cuisine Antonio Carluccio on a special visit to Perth kicked off fundraising for this exceptional charity.

SCENE (1): Above from left; The man himself Antonio Carluccio with Have a Go News' Jen Merigan - Seen there were Angela Lacopetta, Radio 6PR's Jon Lewis and Rose Cipriano - The pasta rolling competition was a great success when the chefs took on the housewives and the housewives won - Government House has never seen a crowd rolling pasta down like this... Left from left: Nick Jon and Jill Green - Bob and Daphne Lear.



Jon Lewis

LIKE MOST people, I'm a bit shy about striking up a conversation with a stranger, and more particularly in a crowded train travelling on the London Underground.

This changed a few years back when, feeling tired from my London adventure, and with little else to do on the train journey, I found myself taking a quick look at the pages of a book being read by my fellow passenger, a young lady. The outcome of my curiosity then took on a life of its own.

Cheekily, I read a page, or two of her book, and as she turned the pages, it seemed natural, 'in my opinion' to keep on reading.

What surprised and interested me and also to my good fortune, was that we seemed to be reading at the same pace. We both reached the end of the page at the same time.

And, while I knew what the book was about, I didn't know its title; I guess it could have been called, 'Don't be shy about being shy', as this chance incident presented me with the opportunity to strike up a conversation with its owner.

So, caught up in the moment and abandoning the 'no speaking culture' on a train, I said "hello".

She turned to me, and as we exchanged pleasantries stared with disbelief at my 6PR jacket and then looked up into my face exclaiming, "Where did you get that?"

Would you believe; the lady in question had lived in Perth and although we hadn't met personally here, we had many of the same friends, one of whom I had met at an internet cafe in Venice just the day before. Unbelievably, this lady was going to a party my friend had organised on that very

night. (Hmmm... where was my invite?) Moreover, like me, the lady worked in radio!

Wow, how amazing was that... and how glad I was that encouraged and inspired by my interest in her book, I overcame my shyness to open a conversation.

I wondered what other friendships and liaisons I might be missing or that may be out there yet to be discovered just because at times I am shy!

Some years later, sitting in the 6PR studio with Graham Mabury along with his guests from GROW* I was reminded of how debilitating shyness can be.

Andrew and Tony were the guests, and it was the former who addressed the issue entitled, "Don't be shy about being shy".

These gentlemen inspired me to write this for you.

There is so much out there to be enjoyed and cherished. A shy person has every right to enjoy it all.

Reflecting back, who would have thought that such a positive outcome could come from saying a shy "hello" to a passenger on the London Underground?

Perhaps we could call it the 'new shy' and give the new shy a try?

All the best

Jon Lewis

*GROW is a national organization that provides a peer supported program for growth and personal development to people with a mental illness and those people experiencing difficulty in coping with life's challenges.

GROW is free to join and you don't need a referral or diagnosis.

Australia Wide Freecall: 1800 558 268

"Now Number One After Midnight"

Jon Lewis can be heard on 6PR 882 AM, from midnight to 5am on Friday and Saturday nights. Catch his Let's Go Travel Show from 5am Sunday mornings. Is your club looking for a quiz-master? Jon is available as your Quiz Master - and he's good. Call or text him on 0404 005 882.

For more details, visit the website www.haveaquiz.com



SCENE (2): Bethanie launched their Social Connector program in the City of Rockingham last month specifically for residents of the Rockingham community.

SCENE (2): Seen at the launch were Hon Lynn MacLaren MLC and Rockingham Mayor Barry Sammels - Bethanie Group's Regional Manager of Bethanie Community Metro South Wendy Hibell with CEO Stephen Besci - Community First representatives Jorgen Mackie with Darren Whiffler.



SCENE (3): Bethanie Beachside launched their new club house at the resort style Lifestyle Village in Yanchep recently were residents and members of the Yanchep community gathered for the opening.

SCENE (3): Top from left: Seen enjoying the new facilities were Kerryn Monger, Peter Maiden and Lesley Maiden - Trevor and Angie Wilkerson with Norm and Kim Smith - Sue and Dave Bird with Julie and John Hewitt - Left Michael and Elinor Kaufman.



Christmas Extravaganza



CHRISTMAS Extravaganza 2012 will be a show not to be missed. In other years we showcased artists used during the year but only having one this year I have made a few changes. Helping to celebrate the spirit of Christmas will be our special favourites; the Italian Tensors, with our amazing violinist Henrik, our piano maestro, Milton Quackenbush, Father Christmas and a few new faces and a couple of old ones.

See you there to celebrate the Christ-

mas season 2011 and bring your voices to sing-a-long Carols. Christmas Extravaganza will be held at Crown Theatre, Wednesday 12 December from 12.30pm to 2.45pm.

Tickets are \$20 per person or \$30 for show and lunch.

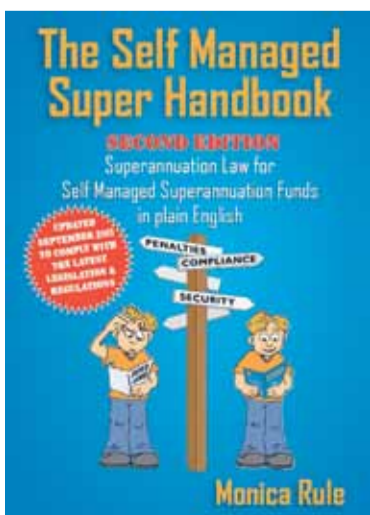
See you there to celebrate the Christmas season 2012.

For further information phone Marlene (pictured left) on 9246 1577 or 0419 278 184.

WIN WIN WIN

To be in the draw to win one of 10 double passes to Christmas Extravaganza, address an envelope to Christmas Extravaganza Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 and include your contact details on the reverse or email hagncomps@haveagonews.com.au and include the word Christmas in the subject line. Only over 45s are eligible. Competition ends 30/11/12.

Heavy penalties for Self Managed Superannuation Trustees



With the rise in popularity of Self Managed Superannuation Funds (SMSFs), trustees are being caught out with massive penalties for non-compliance with the law.

"The problem," says Monica Rule, "is that many trustees have a complete lack of knowledge about their responsibilities and the superannuation law."

Monica Rule has more than 16 years experience in the superannuation industry dealing with accountants, auditors, and fund trustees. She comes across non-complying funds on a daily basis. "Non-compliance is a serious issue because the fund could potentially lose half its assets, wiping out the trustees' dream of a happy retirement" says Monica.

As trustees have total control of their SMSFs, the biggest area of non-compliance is loans made by the SMSF to members. Not only do the loans need

to be repaid, but they need to be repaid with interest at commercial rates. "Many trustees think that because they have control of the SMSF that they can use funds in the SMSF as additional funds for their immediate needs," says Monica. "The principle behind an SMSF is that it is for a trustee's retirement and funds and assets within the fund have to be 'quarantined' away from day-to-day expenses." "I have seen many trustees get into trouble financially because they have borrowed money from their SMSF thinking that they could borrow this money with no interest," says Monica.

Help for trustees, however, is at hand.

Monica has written a book "The Self Managed Super Handbook - Superannuation Law for Self Managed Superannuation Funds in Plain English", to help Trustees comply with

the Superannuation Law. The book is unique because it only deals with compliance with the law. "I don't go into investment strategies like other books on SMSFs do, my main concern is that trustees protect their fund's assets by complying with the law," says Monica. The book is written in plain English and provides links to Taxation Office documents and case law. Monica says, "The easiest way for trustees to learn is to look at case studies to see how the law applies to real-life situations. My book is aimed at giving vital compliance information to trustees without being too 'heavy'."

While trustees may feel that with the expert advice of their SMSF advisor or accountant is sufficient Monica disagrees. "It's very important that trustees have some understanding of their obligations," says Monica. "At the end of the day, they are the ones

held accountable by the Taxation Office not their accountant. At the very least they should have a working knowledge of their obligations so that they can make informed choices based on the advice of their advisors," says Monica.

The Self Managed Super Handbook can be bought in hard copy or electronic format at www.sunshinepress.com.au.

WIN WIN WIN

To be in the draw to win one of five copies of Monica Rule's Self Managed Super Handbook, address an envelope to Self Managed Super Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the back or email hagncomps@haveagonews.com.au and include the word super in the subject line. Competition ends 30/11/12. Only over 45s are eligible.

TRUSTEES Pay the Price for Non-compliance with Superannuation Law

Farmer gets his life back

"Hearing aids are as much about how well they are programmed as they are about the standard of technology itself. I know from years of painful experience with my hearing aids spending most of the time in the top drawer, that it's very important to choose the audiologist fitting the hearing aid before settling on any hearing aid. And that's the reason I've followed Brad Hutchinson to his new practice in Fitzgerald Street, North Perth."

...it's very important to choose the audiologist fitting the hearing aid before settling on any hearing aid.

"I'm sure you all remember my story. I'm Lindsay Olman, a farmer from Mullewa. Through years of exposure to noisy machinery, a lightning strike, and several episodes of ill health, my hearing was poor and I was continually in trouble with family over my hearing status. Most people

in the community were probably just too polite to point out to me that I wasn't hearing very well. I had been pretty active in local community affairs, but I had to give all that away because I couldn't tell what people were saying, particularly in groups or at meetings. It all sounded like 'chook speak' to me.

For the past few years I've been wearing top-of-the-line hearing aids fitted by Brad Hutchinson and I'm right back in the thick of things, really enjoying life. These hearing aids have allowed me to participate in discussions, even when there is a significant amount of background noise. People are really surprised when I show them my hearing aids, which I'm pretty proud of, because they are practically invisible and most people can't see I'm wearing them.

My advice to anyone who really needs or wants to hear and join in on life, is to make an appointment for a trial of Brad's hearing aids. Where others failed to help me in the past, these aids really work, I love them, and I'm grateful to have my life back."

Lindsay Olman



Farmer Lindsay Olman with Audiologist Brad Hutchinson (BSc PGradDipAud MAudSA(CC))

At Brad Hutchinson Hearing, we believe that hearing aids are about preserving quality in your life. We do everything in our power to see that you hear as well as today's best hearing technology can provide.



Photo: Starkey Laboratories

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