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VOLUME 23 NO. 05 ISSUE NO. 260 NOVEMBER 2013

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- Let's Go Travelling - Margaret River Gourmet Escape plus much more
- Bendigo Bank Seniors Week Festival

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Night Train to Lisbon
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LiveLighter Novice Ocean Swim is on again



Members of the Claremont Masters Swimming Club enjoy...Fun, Fitness and Friendship

by Wendy Holtom

THE ANNUAL LiveLighter Novice Ocean Swim over 400 metres will be conducted once again by the volunteer members of Fremantle Masters Swimming Club on Saturday 14 December at South Beach, South Fremantle.

This novice event, sponsored by Healthway under their LiveLighter health message, gets underway around 8.45am after the start of the Fremantle Ports Swim Thru which covers 1600 metres. Participants in the LiveLighter Novice Ocean Swim are encouraged to watch the start of the longer event as something to possibly aspire to in the future.

The LiveLighter Novice Ocean Swim is supported by *Have a Go News* and is a short, well supervised and non-competitive event which 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.

The LiveLighter Novice Ocean Swim is not a race and is ideal for swimmers who cannot yet manage the longer distances of other open water swim events.

Most importantly it is a fun event, so participants can enjoy a leisurely swim, at their own pace, which is supervised by surf life-savers and supportive Fremantle Masters' members.

Some keen participants even manage an extra lap of 400 metres, so why not have a go and encourage a friend or family member to join you; it's much more fun swimming with a buddy.

Spot prizes will be presented to some lucky swimmers.

On the morning, you can also enjoy a barbecue breakfast put on by the local Fremantle Ports

Swim Club which available at a low cost.

Enter on-line through the Fremantle Ports Swim Thru webpage at www.freofins.com.au or via 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 for contact details of a club near you and give them a call to find out when, where and how you can visit as a guest.

You don't need to be good swimmer to join a Masters Swimming Club, our clubs cater for all ability levels.

Many adults aged 45 and over are now enjoying the physical and mental benefits of swimming regularly at Masters Swimming clubs - so 'have a go' now.

For more information call me at Masters Swimming on 9387 4400.

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Micklemas Fayre

COME ALONG to the Micklemas Fayre at Thomson Brook Estate Winery (situated 5kms. from Donnybrook on the Boy-up Brook Road) on Saturday 30 November between 9am and 4pm. At the Fayre you will find great ideas for Christmas gifts made by local crafts' people, market stalls, antiques and collectables. There will also be a sausage sizzle, Devonshire teas and musical entertainment. The cellar door will be open. For more information, please call Ann 0429 866 030.



Judith Treby

HELLO Everyone,
With the Bendigo Bank Seniors Week now upon us, readers can all look forward to enjoying a diversity of events planned for you to ensure the week is not only

From the Editor's desk

one of fun and entertainment, but also informative. All of these elements can be found at the one location at the peak event of the week, Have a Go Day, to be held at beautiful Burswood Park on Wednesday 13 November. While access to the grounds is available from 8.30am, the day will be formally launched at 9.30pm by the Minister for Seniors, the Hon. Tony Simpson. In last month's issue of *Have a Go News*, we pub-

lished full details of activities available there including a map of the grounds. Maps and programmes are also available at the event for your information. During the day, do call in to see us and say hello at one of *Have a Go News*' three hospitality tents where you can enjoy a complimentary tea or coffee and have a chat. We look forward to meeting you. Leading up to Christmas, many groups, clubs and

organisation have worked hard to plan innovative fun events and entertainment. At the Micklemas Fayre, details listed below, you may find a bargain to add to your Christmas gift list. That's all from me this month. Keep healthy and happy.
Judith Treby
editor@haveagonews.com.au
Like us on Facebook or follow us on Twitter...

Ideal Christmas gift - Road to Hanging Rock

PERTH writer Barbara Gurney's debut novel *Road to Hanging Rock* will be released in Gosnells as part of National Novel Writing Month (NaNoWriMo) 2013. *Road to Hanging Rock* is an exciting and mysterious novel mostly set in the background of Hanging Rock, a rural tourist attraction in the Macedon Ranges, central Victoria.

It tells the story of Michael and Rebecca who experience the rock's supernatural pull in different ways. As they attempt to unravel the synchronicity of their episodes, they are drawn to each other. It is a riveting mystery offering an insight into what became of the two girls, Miranda and Marion, who went missing from Joan Lindsay's original story, *Picnic at Hanging Rock*.

Road to Hanging Rock will be published by Perth-based Jasper Books, a division of Cate Rocchi Communications. The event will be held on 30 November 2013 at Lyal Richardson Hall, Agonis Centre, Albany Highway, Gosnells from 10.30am - 11.30am. To RSVP for the free event, please call 9391 6000.

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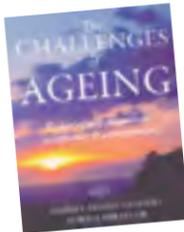
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BOOK REVIEW



The Challenges of Ageing
Review by Quentin Smythe

AUTHORS MARIA Car-

men Navarro and Norma Mirafior have combined to publish *The Challenges of Ageing*, a book that may be of interest to many of our readers. Both extraordinary women of their time, Maria Carmen Navarro is a graduate from London's City University and Norma Mirafior earned her philosophy degree from the University of Santo Tomas. The book is divided into six chapters, each of which covers relevant issues including information on self-awareness, acceptance and contentment. For some of us, as we grow older, life may seem to present challenges that can

be both confusing and disturbing. Be assured you are not alone, as there are millions in your age bracket experiencing the same feelings. It is interesting to note that countries within the EU, the United Kingdom, USA, Japan and Australia are among those where the ageing population is growing exponentially. A United Nations study on this subject estimates that the number of older persons worldwide tripled in the 50 year period to the year 2000. This figure is set to more than triple again by the year 2050. While there is an immense volume of reports on this subject, far from being

yet another statistical study, *The Challenges of Ageing*, provides a handy guide to coping with perceived or real difficulties as time rolls on. The book, no doubt, will give you an invaluable insight and appreciation of some of the processes of the ageing phenomenon. It can be kept as a handy reference and comparison to your own life's journey into old age. *The Challenges of Ageing* can be ordered online from the mediasters website at www.mediasters.com.sg or by emailing them at mediamaster@singnet.com.sg or mediam@bigpond.com, and is available at leading bookstores including Dymocks, Boffins and online at Booktopia RRP\$24.95.

WIN WIN WIN

To be in the draw to win a copy of the book, address and envelope to *The Challenges of Ageing Comp*, c/o *Have a Go News*, PO Box 1042, West Leederville WA 6901 with your details on the back or email win@haveagonews.com.au with the word *Challenges* in the subject line. Only over 45s eligible. Competition ends 15/12/13.

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An interesting journey from the operatic world to the musical stage



South Pacific cast members, from left to right; Christine Anu, Gyton Grantley, Teddy Tahu Rhodes and Lisa McCune

by Josephine Allison

TEDDY Tahu Rhodes says it has been an interesting journey from the operatic world to the musical stage of *South Pacific* which opens its Perth season this month. "I think it's certainly been a challenge for me as an opera singer coming into musicals," Rhodes says. "The singing side is not a chal-

lenge but everything else, the dialogue, the feeling comfortable in a straight acting role...it's been an amazing journey. "But when I look at when I started over a year ago to where I am now, I see it so differently. All the things you worry about when you go on stage for the first time such as the dialogue and how you should

say this and that.

"Then after a while, you rock into a routine and you end up being in the show or in the moment. Once you get into that place, it feels a lot more comfortable."

"I have family in Perth, a brother and sister and nieces and nephews so I have plenty to keep me occupied outside," Rhodes says in a telephone interview from

Sydney where he is appearing in encore performances of the show at the Opera House.

Rhodes says he is looking forward to returning to Perth after being here earlier this year with the opera *Don Giovanni*.

The Opera Australia production of the Rodgers and Hammerstein musical opening at the Crown on 10

November sees Rhodes as Emile, four-time Gold Logie award-winning actress Lisa McCune as Nellie, award-winning actor and singer Mitchell Butel (Billis) and Christine Anu (Bloody Mary).

South Pacific, first staged in 1949, is set on an island during World War II and is based on James Michener's novel *Tales of the South Pacific*. It centres on the romance of a French plantation owner and a US Navy nurse and her struggle to accept his mixed-race children but a lot more also happens against a backdrop of familiar, wonderful songs which have remained popular down the years.

Taking on the role of Emile in *South Pacific* could be regarded as a markedly different step in the illustrious career of New Zealand born Rhodes who has established an international reputation on both the opera stage and concert platform, appearing with leading United States and European opera companies. Most recently he was honoured with a Green Room award for Best Male Artist in a leading role for his performance of *Don Giovanni* for Opera Australia.

Rhodes says *South Pacific* did eight weeks in Sydney and last year 10 weeks in Melbourne, clocking up 200 shows with eight performances a week.

"Four weeks in Perth is a good run at the Crown which I'm told is a great venue. *South Pacific* is visually beautiful with great music and performers. The men and women in the ensemble are just fantastic."

Rhodes says *South Pacific* is a feel-good story with enough in it to make it quite deep.

"I have never actually watched the movie of *South Pacific* but I've seen clips and saw the Broadway production about three years ago which won seven Tony Awards."

He says *South Pacific* is an American story.

"It's interesting because sometimes the language can be quite grating but the subject matter is timeless as is the love story. But the love story is not the main part of it - it's one of three separate lines."

Rhodes says he is bringing a different slant to the role of Emile.

"I'm a fairly well brought up South Islander boy from New Zealand. I don't have the European class, there's a little more rawness to me."

"Emile is just a man making his way in life, living on an island and forced to be

there in circumstances which made him leave his own land.

"My perspective is he is a strong man...that's the way I tend to look at him."

South Pacific plays at the Crown Theatre from 10 November to 6 December.

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Noranda Tennis Club hosts Kuala Lumpur Tennis Club

THE NORANDA Tennis Club hosted a visit by the KTMB Kuala Lumpur Tennis Club during October which included a tour of Fremantle.

Tour leader Mr Abdullah Marzuki retired Secretary General of the Malaysian School Sports Council and his team and supporters were welcomed by President Mr Don Butler and games commenced at 8.30am until 12noon on 19 October.

Lunch was held in the Morley Noranda Sports Club followed by the presentation of trophies.

Mr Jason Robinson owner of Essprezzo Cafe Noranda, the club's sponsor, presented the inaugural trophy to the winning team KTMB Tennis Club. Mrs Sue Ahmet of Noranda Tennis Club won the ladies individual trophy and Mr. Patrick De Cock of KTMB won the men's trophy.

A variety of ages played tennis with three generations of the Kettell family, Marilyn, son Allistair and grandson Tim Allen.

A farewell BBQ was held at the Kettell family home in the evening and proved to be a great success building friendships between the two countries. Members of the club hope to travel to Malaysia next year to bring back the trophy.

Frank and Marilyn Kettell met Abdullah in 1979 when Frank was Secretary of the Junior Soccer Association of WA and took a team of U/15s to play in Malaysia. They have been friends since then and said it was great to be involved once again on a reciprocal arrangement, only this time with tennis.

Anyone wishing to play mixed tennis on Tuesday and Thursday 8.30am - 10.45am please contact Marilyn on 9276 5213.





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BOOK REVIEW



The Prospecting Party
by Jeffrey Trudgian
Reviewed by Pat Paleyva

MATT CLEMENTS has prospered well playing the stock market. Riding on his success he ventures into mining exploration dreaming of greater achievements. Unbeknown to him there are disgruntled past clients who blame him for their losses on the stock market.

Kieran Ryan lost everything; his money, job, wife and has just been released from jail for killing Clements' boss in a botched attempt to kill Clements. That was 20 years ago, and as a borderline sociopath Ryan will stop at nothing in his bitter vendetta for revenge.

Tony Radzinni blames Clements for the ruin of his father who lost his life savings and superannuation through investing in Clements Company. Radzinni has connections with a drug cartel and arranges for cocaine to be planted at Clements mining

camp at Truganza Well, he then anonymously tips off the police anticipating Clements downfall.

Blackmail, murder, cunning and guile are rife throughout this novel, various characters good and bad maintain the tension and suspense which never wavers. At times the phraseology is a little naive which lends a charming originality to this well thought out plot. The author has perceptiveness and understanding of the human psyche which helped to create his rounded and believable characters.

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Government of **Western Australia**
Department of **Local Government and Communities**

Is your community age friendly?

PLANNING for an ageing population is an area of growing concern and activity for the community.

The WA state government is leading the way through promoting an 'age friendly communities' planning approach. The model is based on a framework developed by the World Health Organisation to better meet the needs of seniors in local communities.

An age-friendly community is one which recognises and respects older people and promotes opportunities to improve quality of life as people age.

The Department of Local Government and Communities supports local governments to make their communities more age-friendly.

At least 27 local governments in Western Australia have formally adopted the age-friendly community model and already around one-third of seniors live in age-friendly communities.

The age-friendly approach is based on the principles that an individual's choice, rights and dignity are fundamental; ageing well is a lifelong journey; and ageing in place benefits everyone.

It is good for seniors and their communities to have opportunities to stay connected, to have a say in services that affect them and

to remain mentally and physically active.

The age-friendly model includes consulting with seniors to determine their needs at a local level in areas such as health and wellbeing, transport, housing, access to information, participation and the built environment. Planning can then take place that responds to the needs of older people in the community.

An 'Integrated Planning and Reporting Framework' has been introduced by the WA Government as part of the local government reform program.

Local governments are required to use the framework to develop a Strategic Community Plan that reflects longer term priorities for the community and to review their plan regularly.

The framework requires local governments to consult with the community to identify their aspirations and needs for the future and then to resource activities to address these needs.

By including planning for seniors in the Strategic Community Plan for each local government, age friendly priorities can become a key part of Council business.

The Department of Local Government and Communities is supporting local governments to develop their strategic plans in accordance with the planning framework.

'Walk Betty, don't run!' - Betty Jones turns 103!

by Michelle Davies

LAST YEAR, when I told my newsagent I wanted to buy a birthday card for a friend, he asked, "how old?" to which I answered 103.

Surely, everyone eventually turns 103!

Not so, the newsagent assured me.

So I settled for a pretty three year olds' card and just added '10' before the three. That did the trick.

My friend, Betty Jones, was very amused by her birthday card.

Betty was born in London on 29 December 1909. The matriarch, who holds a very special place in our hearts, celebrated her 103rd birthday surrounded by a beautiful, loving and happy family. Her children, grandchildren, great grandchildren and many friends were all there. What a joy to feel the love in the room, and what a wonderful women to inspire that love.

At her primary school, Bedford Road Boarding School, in Bootle, Betty was on the swimming team where they learnt breaststroke, backstroke and side stroke - and earned herself a three-penny bit for swimming the length of the pool. Later, in 1930, she won the Championship in her firm's inaugural swimming club and received a silver cup.

Wendy Holtom, Executive Officer, Masters Swimming WA (www.mswa.asn.au) is right when she talks of the mental and physical benefits of swimming. A member of Masters Swimming WA at Terry Tyzak Pool, Inglewood for many years, Betty kept up her swimming, and holds 10 State and 10 National records in both freestyle and breaststroke in the 80-84, 85-89, 90-94, 95-99 age groups.

Betty has always tried to live her life by the motto, "Always look on the bright side of life, and don't dwell on sorrow". At 96, according to Betty, she just got "too tired for swimming and the water was too wet!"

Betty's 104th birthday will soon be here, and, hopefully, I will be invited to a very special birthday for a very special lady.

For more information about Masters Swimming WA, contact Wendy Holtom Executive Officer www.mswa.asn.au

Swim regularly for fitness and health and social activities - mental and physical benefits of swimming and 'have a go'.

BPIA update

by Mike Goodall

BY THE time this report is published we will already know the outcome of our latest phase of our campaign to have the UK State Pension

up-rated on an annual basis for all expats in Australia (and other countries).

On Tuesday 29 October the UK Parliament received the reports from the Committee stage of the bill and then it will have its third reading. It is during this third reading that there will be an amendment to the bill (already recorded for debate) proposing to have Clause 20 (the part containing the pension freezing legislation) completely removed.

As an organisation, we have written to all MPs who we know have supported us over the last three years re-

questing that they vote for the amendment as we only need 38 MPs to 'cross the house' to win. Of course some of these MPs signed up while they were in opposition. Now that they are in the Governing Party they could well (like the Pensions Minister Steve Webb) have changed their views. Coupled with the fact that the UK Government are still claiming that they are 'hard up', we know that we face an uphill battle.

Our members have been writing to the MPs in the constituency where they last lived in the UK and asking for their support on 29 October. Many MPs have written to Steve Webb the pensions Minister who has been replying with

a standard letter. If you have received one of these letters please get in touch with me as we have a response that you can send back to your MP to dispel the myths that are being quoted by Steve Webb. One point that is often raised by Britain is that Australia pulled out of a bilateral agreement with the UK. However they never say why. The Australian High Commissioner has supplied the answer as follows:

The Australian High Commissioner said, "In 2000 the Australian government served notice on the UK that it was terminating the social security agreement because of the UK's continued refusal to include

indexation provisions and the agreement was subsequently terminated on 1 March 2001.

The termination of the agreement is not the reason the UK does not index expat pensions in Australia, rather it is UK legislation. Australia indexes its pensions paid to Australian pensioners living in the UK"

This month we will again have a booth at "Have a Go Day" at Burswood Park and we look forward to welcoming you all to visit us at booth No 160 on Wednesday 13 November. It is important that those of you who have older children 45+ that you contact us on their behalf because the new Pensions Bill mentioned above will eventually pass through the UK parliament and will affect all of them. If they are working in Australia it is imperative that they start planning now for their retirement and for the payment of a small annual amount they are able to receive a wonderful return on their investment. Where else can you get a return of 28 per cent on a cash investment?

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

e-mail:- mikegoodall@btconnect.com



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Don't stop thinking about tomorrow



Delegates from the recent National Seniors Australia WA State Convention, clockwise from left; WA Seniors Minister, Tony Simpson - Dr Carmen Lawrence - Michael O'Neill - David Carvosso - Alannah MacTiernan

by Josephine Allison

THE State Government will honour an election pledge to introduce the Grandcarers Support Scheme, an annual payment to help grandparents involved in the full-time care of their grandchildren, WA Seniors Minister Tony Simpson announced recently.

The annual payment, to help with extra costs such as school uniforms, was planned for January in time for the new school year, Mr Simpson told 250 delegates at the two-day National Seniors Australia WA State Convention: "Don't Stop Thinking about Tomorrow."

"The scheme will give an annual payment to grandparents who are not foster carers receiving financial aid from the government."

A big number of older Australians provided unpaid care to family members, often their own grandchildren, Mr Simpson said.

"Increasingly, many grandparents are taking on the role of primary carer for their children's children. While this role can be rewarding and emotionally fulfilling for grandparents, it can also be challenging."

Mr Simpson was responding to a convention delegate who asked if any government aid for grandparents caring full-time for their grandchildren was planned. Often, grandparents took on the role of carer because the children's parents had drug or other social problems, she said.

Mr Simpson said he would look at the Centrelink implications for people receiving the payment.

On the Seniors Card, Mr Simpson said rules had recently changed so that more people aged over 60 who are working could qualify.

Eligibility for the Seniors Card had increased to allow seniors to now work 25 hours a week, averaged over a year. This made it available to an extra 20,000 WA seniors.

Also, the State Government

has now changed the law so that drivers no longer needed medical checks to renew their driver's licence at 75 and 78 years of age.

On health, Mr Simpson said higher funding for services provided by the Silver Chain Nursing Association was helping more people access hospital-at-home care.

The Department of Local Government and Communities has produced an Age-Friendly Homes kit to help older people stay in their

homes for longer.

The kit includes checklists and resources to enable the assessment of homes and ensure they meet the needs of older people.

"We sometimes hear about older people experiencing break-ins and home invasions but the reality is these are quite rare," Mr Simpson said.

"Rates of violent crime against older people have actually come down and, sadly, older people may be more at risk of abuse from friends and

family members than from strangers.

"The publication "Help Stop Elder Abuse" booklet and brochure enables older people and their families to understand this distressing trend.

"Financial and emotional abuse are often hidden and can be difficult to identify. There are services to help older people who experience these difficulties and these can be found in the booklet and brochure."

The ageing population created challenges to governments and services but it also opened up many opportunities, Mr Simpson said.

"Overall, Western Australian seniors report increased rates of happiness in recent years. Research shows that our seniors have an average mental functioning score higher than the general population."

Opening the convention, Winthrop Professor Dr Carmen Lawrence, School of Psychology, University of WA, said apart from the main aims, the National Seniors website should also "provide advice and guidance to the following generations to ensure strong communities and a good quality of life for all Australians."

The NSW bushfires had revealed the importance of people banding together to volunteer, Dr Lawrence said.

"We are social animals who like to be with other people; the sense of belonging can't be over estimated."

Globally, democracy was

on the rise and political freedom more widespread than ever before, Dr Lawrence said.

"But many people around the world are still mired in severe poverty. Researchers generally agree inequality among Australians is also increasing.

"During our parents' and grandparents' lives, our national institutions were being crafted out of a pragmatic realisation that government ac-

tion was needed to reduce the glaring inequalities Australians faced at federation and to share the wealth and benefits of productivity.

"Today, the wealthiest 20 per cent of Australians own 61 per cent of the nation's wealth, the poorest 20 per cent own just one per cent.

Although the income disparities are less marked, they too have been growing.

"While we are collectively

wealthier than we have ever been, that wealth is spread less evenly than in the 60s and 70s. We are now one of the most unequal developed countries, keeping company with the United States and Britain."

Other speakers at the convention included Telethon Adventurers chairman Rick Parish, former Wimbledon tennis champion Rev Dr Margaret Court and retired political journalist Peter Kennedy.

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French's Forum



Brian French

You may recall the illusion involving a circle of motor cars surrounding his car which was performing wheelies in the middle of the circle. Unexpectedly, his car then appears outside that circle.

With no space between the circling cars for him to get his car out, the only way to do so, as I could see, was for him to airlift it out which, of course, was impossible.

Any suggested solutions? Back to earth, it was good to see the warmth he expressed for his grandmother (his grandfather fairly recently passed away – much to his evident sadness).

When we are young, on the uphill journey of our

lives, the accumulation of wealth is something to which many of us aspire and see as an important element to our happiness and wellbeing.

We may not all achieve our aims, and in the process be a trifle envious of some of those who are more successful than ourselves.

However, as we grow older, passing through the natural transition of life, we move from the uphill slope over the top and on to the downward gradient.

At my age of 82 I am certainly on the latter, but for the next 20 years, I hope to make the downward path a gentle slide.

Now, I am far more concerned about my health, rather than wealth, a far more appropriate ambition I would say at my age.

As we grow older, we need to address the essentials needed to encourage a healthy lifestyle such as a good diet and regular exercise and activity without being "over the top" in our choice.

The problem with changing the diet is that most of the things we are advised to forego are those I particu-

larly enjoy.

I love lashings of butter on my bread and toast, but the healthy alternative would be to eat less saturated fat.

When I was a young boy during the war, the rationing of both butter and margarine ensured we did not over spread our bread. So when rationing ended, it was one of the things I ate in abundance to make up for previous shortages.

Although I do like both vegetables and fruit, I also find it difficult to achieve the recommended 5 + 2 fruit and vegetable combo.

As far as exercise is concerned, clearly ageing joints do dictate what we can do.

In my young days I participated in many physical activities, such as cricket, tennis, badminton and, more especially rugby union.

Unfortunately, my knees now tell me that I cannot do any of those wonderful sports, and even long walks are quite an effort.

So, what can I do?

Well, I participate in Prime Movers classes and go walking in the local recreation centre's swimming pool.

For my brain exercises, I am a crossword addict, and, of course, I write this column for *Have a Go News*. The latter is certainly brain taxing – just trying to keep it interesting for readers every month, but I hope I can achieve this most of the time.

Anyway, just reflect on the ways you can enjoy the downward slope of your lives. At least it will keep your brain active.

I recently read the advertising feature "Teeth" in *The West Australian* and in particular the article written by our dentist, Dr Peter Duke of Western Smiles in Mirrabooka, entitled "Dental treatment of the Elderly". I have complete confidence in Peter, and the information in his article is certainly worth heeding.

While I will not repeat the whole article here, with Peter's approval, I'll pass on to you some of his advice.

Firstly, he says that more of the older population have their own teeth than previous generations; but dental problems are among the most common health problems experienced by older adults with the over 65s who have their natural teeth, having more tooth decay than any other age group. (I know I need to visit Peter more fre-

quently now).

Diet plays an important part in good dental health, and with proper care, he suggests we should be able to keep our own teeth for our whole lifetime. (I hope so!).

In the article, Peter also identifies some oral health issues to be aware of including:

Dry Mouth – caused by a lack of saliva. He tells us NOT to suck sugary sweets for this.

Root Surface Decay – As we age our gums can recede exposing areas which are prone to decay. The remedy is to visit a hygienist regularly and reduce sugar intake.

The most important recommendation is to brush your teeth twice a day with fluoride toothpaste, especially at bedtime.

The article also shows some pretty horrible things that can happen to your teeth. Can I suggest you pay careful attention to your oral hygiene and visit your dentist regularly and thank you Peter Duke for your enlightening advice.

Now to finish my column here are a few pearls of wisdom from children on sea creatures and the ocean.

This is a picture of an octopus. It has eight testicles. (Kelly aged 6).

Oysters' balls are called pearls

(Jerry aged 6).
If you are surrounded by ocean you are an island. If you don't have ocean all round you, you are incontinent.

(Mike aged 7).
Sharks are ugly and mean and have big teeth, just like Emily Richardson. She's not my friend any more.

(Kylie aged 6).
Some fish are dangerous. Jellyfish can sting. Electric eels can give you a shock. They have to live in caves under the sea where I think they have to plug themselves in to chargers.

(Christopher aged 7).
When you go swimming in the ocean it is very cold, and it makes my Willy small. (Kevin aged 6).

On vacation my Mum went water skiing. She fell off when she was going very fast. She says she won't do it again because water fired right up her big fat ass.

(Julie aged 7).

That's all folks – just one more article, then it's Christmas.

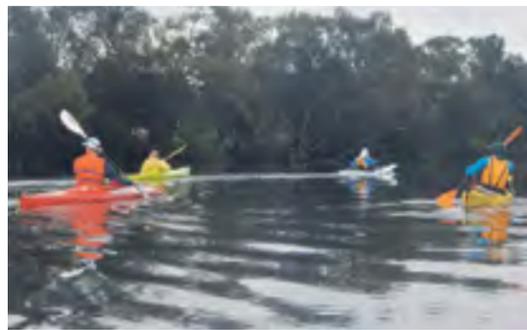
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Brian French
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Smooth waters for Leisure Paddlers 45 Plus members

ANOTHER GREAT paddle was enjoyed recently by club members.

In an extremely light breeze and overcast conditions paddlers set off from Clarkson Reserve, Maylands, canoeing through

smooth waters towards East Perth.

These conditions remained until approximately one kilometre from the Banks Reserve destination, when the breeze picked up slightly and showers threatened from the direction of Perth City.

Fortunately the rain did not eventuate and paddlers comfortably enjoyed morning tea.

After morning tea the group headed a little further downstream to Windan Bridge before turning around and heading back to the start. The return paddle was very similar to the downstream one and as a bonus the sun came out in time for everyone to enjoy a

rain free lunch.

Visit the website www.leisurepaddlers45.org for an insight of club activities and fun.

If you would like to join the club for exercise as well as fun please ring Bill or Anne on 9446 2848 or 0412 219 254.

You need your own sit on or sit in kayak but if you haven't got one, don't worry as it is easy to learn to paddle. Club members will point you in the right direction as to where to get the best advice and help to select one.

Leisure Paddlers 45 Plus meets every Tuesday morning at 20 different locations around the metro area, so it is never boring.

Something To Singabout!

HIT NUMBERS from the movies will be among a selection of timeless favourites when Swan Harmony Singers take the stage at the Midland Town Hall on the afternoon of Sunday 1 December to present a concert of pop and jazz music,

spiced with Christmas flavour.

The program will be *Singing in the Rain*, *Moon River* (from *Breakfast at Tiffany's*), *Bella Notte* (*Lady and the Tramp*), and *There You'll Be* (*Pearl Harbour*), along with such classic melodies as *I've Got You Under My Skin*, *Fly Me To The Moon* and *Strangers in the Night*.

The choir considers itself fortunate to have as musical director the talented and versatile Richard Braham – pianist, keyboardist and flautist. Richard not only conducts a number of Perth choral groups, teaches music, has co-authored books on flute-playing, but has also performed or recorded overseas for some of the most sought-after artists in the music industry.

The performance starts at 2pm, and will be followed by a scrumptious afternoon tea and refreshments.

Tickets (which include the cost of tea and refreshments) are: adults \$18, concessions \$15, (children under 10 free).

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Music makes the heart get better



Professor Marina Delijanin Ilic

by Frank Smith

MUSIC is the medicine of the breaking heart, said Leigh Hunt, the 18th Century English critic, essayist, poet and writer. And that is proving literally true.

A new study by Professor Marina Delijanin Ilic from the Institute of Cardiology, University of Nis, Serbia has found that listening to music is good for a sick heart.

She reported at last month's European Society of Cardiology's annual congress in Amsterdam, that music aided the recovery of patients with heart disease.

Professor Ilic and her team divided 74 people with

coronary artery disease at random into three groups. Two groups took exercise classes for three weeks with one group also asked to listen to any music of their choosing for half an hour a day. A third group did not take part in any exercise, but simply listened to music. All received normal community care.

Coronary artery disease results in an inadequate supply of blood to the heart muscle. It is the most common cause of death in Australia and a major cause of disability, with many people reporting problems or needing assistance with daily activities.

The group that listened

to music and exercised improved their exercise capacity by nearly 40 per cent and also showed significant, positive changes in heart function.

Meanwhile, the group who just exercised improved their capacity by 30 per cent and the group that didn't exercise at all, only listened to music, still improved their function by 20 per cent.

"In cardiovascular disease the endothelium (inner lining of blood vessels) loses its normal function," Professor Ilic said. "The study evaluated the effects of treatment on endothelial function through changes of circulating blood markers of endothelial function."

In vascular diseases, endothelial dysfunction results in an imbalance between vasodilating and vasoconstricting substances produced by (or acting on) the endothelium and a key event in the development of arteriosclerosis (hardening of the arteries).

"Nitric oxide derived from the endothelium is necessary to maintain an adequate vascular response. Therefore correction of endothelial dysfunction has become a goal of therapy."

In healthy people en-

dothelial cells are involved in blood clotting, sticking of blood platelets, adhesion, immune function and control of both the volume and electrolyte content of the spaces within and between the blood vessels.

"Exercise training has been shown to improve endothelial function and is the cornerstone of a multifaceted programme of cardiovascular rehabilitation," said Professor Ilic.

"However, little is known about the role of music in cardiovascular rehabilitation or the effects of listening to favourite music on endothelial function."

"Listening to joyful music for 30 minutes resulted in improved endothelial function. The vascular health benefits of music may be due to endorphins or endorphin like compounds released from the brain when we hear music we like."

"The combination of music and exercise training led to the most improvement in endothelial function. Improvements in endothelial function resulted in significant improvements in exercise capacity."

"When we listen to music we like, endorphins are released from the brain and this improves our vascular

health," she said. "There is no 'best music' for everyone - what matters is what the person likes and makes them happy."

Maurice Swanson, Heart Foundation Executive Director in WA says it is difficult to draw conclusions

of the effect of music on the heart due to the lack of a control group and the small number of patients in the study. Further research is needed to confirm these findings.

"We recommend that all patients who have a heart at-

tack or heart surgery attend a cardiac rehabilitation program that includes physical activity and education.

"If people want to listen to their favourite music each day as well, then that could also be beneficial to your well-being," he said.



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REGISTRATIONS are now open for the fourth annual Variety Santa Fun Run.

Thousands are expected to pound the pavement in their Santa suits and turn Fremantle into a sea of red on Sunday, 1 December 2013.

Variety - the Children's Charity of Western Australia is call-

Be a Claus for a cause!

ing on people of all ages and abilities to take part in this 4km festive fun run with a difference.

In 2012 more than 1,600 Santas were a 'Claus for a Cause', raising in excess of \$45,000 for WA kids in need.

This year, Variety WA is hoping to raise \$100,000 towards the Variety Freedom Program, giving children the gift of mobility and freedom this Christmas.

The event will run nationally with Variety offices in Queensland, New South Wales, South Australia, the Northern Territory, Tasmania and Victoria also holding their own events on the same day.

Kids aged between 0-5 years old can enter for FREE in 2013, and will be given their own Variety Santa hat.

Registration for children aged 6-12 years is just \$5, including a full Santa suit and adult entry is \$40 including a full Santa suit.

For more information or to register check out www.variety-santafunrun.com.au.

Invite to UWA Historical Society lecture

THE UNIVERSITY of Western Australia Historical Society invites you to its fifth Annual lecture with guest Emeritus Professor Reg Appleyard, AM on Tuesday 26 November at 4pm for tea and cake before a 5pm start in the Junior Common Room, Ground Floor, St George's College, Mounts Bay Road, Crawley.

UWA had a very different economics department in the 1960s, 70s and 80s. Join us at St George's College to find out why.

Associate Professor of Economics Paul McLeod will chair a fireside presentation with Professor Appleyard's colleagues: Dr Rony Gabbay, Associate Professor Abu Siddique, Mr Mel Davies OAM, Dr Robin Ghosh and A.R. Krishnan.

Reg originally studied economics in the Faculty of Arts at UWA and later obtained MA and PhD degrees from Duke University. He returned to Australia and in 1967 was appointed founda-

tion Chair of Economic History at UWA. Seventeen of his 25 years at UWA were as department head.

But the location did not keep him from perusing his interest in global migration issues.

The establishment of Japanese Studies and Middle East Studies in Economics, The Centre for Migration and Development Studies, the internationalization of economics at UWA.

Professor Appleyard's colleagues will talk openly about their experiences and how Reg's interest and links to the outside world shaped the department.

Reg Appleyard was the inaugural President of UWAHS. This annual lecture is a joint venture between Convocation and the UWA Historical Society.

The cost is free, but seats are limited.

Register your interest by Tuesday 19 November to Fran Pesich, UWAHS President on 0417 178 275

or email fran.pesich@uwa.edu.au, UWA Historical Society, www.uwa.edu.au/uwahs

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Karen Majer

by Karen Majer

WHILE AUSTRALIA experienced its hottest September on record, as well as rewriting the records for the hottest 12 month period, the world waited for the Intergovernmental Panel on Climate Change (IPCC) to release the first part of its 5th Assessment Report. The

What does the latest climate science mean for us?

Report, compiling the latest knowledge on the science of climate change, is an astonishing six year feat of international cooperation. Authored by 209 lead authors, 50 review editors from 39 countries, and by more than 600 contributing authors from 32 countries, with feedback from many hundreds of reviewers, it represents an authoritative summary of the scientific peer-reviewed literature relating to climate science, global warming and future trends.

The jury is in. What did it conclude?

The IPCC says, "Warming of the climate system is unequivocal, and since the 1950s many of the observed changes are unprecedented over decades to millennia.

The atmosphere and ocean have warmed, the amounts of snow and ice have diminished, sea level has risen, and the concentrations of greenhouse gases have increased.

"Human influence on the climate system is clear. This is evident from the increasing greenhouse gas concentrations in the atmosphere, positive radiative forcing, observed warming, and understanding of the climate system."

This isn't really news – scientists have been telling us this for years – but the degree of certainty and the accuracy of modelling have increased since the IPCC's previous reports.

So what does all this mean for us?

Our changing climate is no longer a matter of opinion. We're already experiencing the changes – a marked drying trend in south west WA, increased duration and frequency of heatwaves and climate records broken again and again in recent years. Sea level is creeping up and waters around Australia are becoming warmer and more acidic.

The IPCC says continued emissions of greenhouse gases will cause further warming and changes in all components of the climate system, and limiting climate change will require substantial and sustained reductions of greenhouse gas emissions.

The focus now must be to minimise and cope with damage to our environment, lifestyle and economy. Think renewable energy, moving away from coal and other fossil fuels, and adapting to

a warmer, drier climate with more extreme events.

Here again science has a lot to teach us.

Researchers across our agencies and research institutions are delving into a range of issues including climate modelling, oceanography, coastal stability, energy sources, water supplies, town planning, forestry, agriculture, tourism, health, biodiversity, bushfire risk, natural disaster management, insurance and liability.

New research results are coming out daily and the role of the newly-constituted community-funded Climate Council as an independent source of information will be vital.

There is everything to be gained by sensible research-based planning.

In the words of Ban Ki-moon, UN Secretary General, speaking from Geneva, "...you have used the best science to fight the world's biggest problem.

"The heat is on; now we must act."

Sustainable hint of the month

Ask your local council and political representatives what they are doing. We can all help by making our voices heard for the future.

Find out more: IPCC Climate Change 2013: The Physical Science Basis www.ipcc.ch/news_and_events/docs/ar5/ar5_wg1_headlines.pdf

Global warming 'unequivocal' and 'unprecedented' – IPCC <http://theconversation.com/global-warming-unequivocal-and-unprecedented-ipcc-18711>.

COTA WA winners of the 2013 Living Longer Living Stronger™ Excellence Awards



COTA WA's Ken Marston and Bob Kucera with Marie Carter from Moora Health and Fitness, winner "Most Outstanding Achievement by a Regional Participant"

COTA WA would like to congratulate all finalists and winners of the 2013 Living Longer Living Stronger™ Excellence Awards.

These awards recognise the outstanding achievements of providers, instructors and participants in our highly regarded progressive strength training program for people over 50.

The 2013 winners were announced at the Living Longer Living Stronger™ Excellence Awards dinner on 19 October, hosted by the eloquent Verity James.

This year there was an outstanding field of nominees and it was a tough job for the panel to select the finalists and winners in each category. In making their selections, the judging panel looked not only at physical benefits, but also at the aspects of social inclusion, health education and community involvement that form the core aims of the program.

The winners were:
Most Outstanding Re-

gional Provider; Mt Barker Recreation Centre

Most Outstanding Metropolitan Provider; Riverton Leisureplex

Most Outstanding Regional Instructor Helen Powley, Denmark Recreation Centre

Most Outstanding Metropolitan Instructor James Hales, Riverton Leisureplex

Most Outstanding Achievement by a Regional Participant was awarded to Marie Carter from Moora Health and Fitness.

Three months after starting Living Longer Living Stronger™, Marie approached her instructor and shared her ambition of walking from Subiaco to New Norcia in five days.

After diligently following her training plan for a further four months, she walked 160 kilometres, with the first two days in rain. Her amazing results are a confirmation of the possibilities of what can be achieved within the programme with the right attitude.

Most Outstanding Achievement by a Metropolitan Participant went to Robert (Bob) Howe from Melville Recreation Centre.

Bob has been with the program for a number of years. After an unfortunate run-in with a car that left him in hospital for five weeks with multiple fractures and other health complications, Bob was determined to make a full recovery and as soon as he was cleared by his doctors was back in the gym working to rebuild his muscle and strength. He has fully recovered from his injuries, and continues to inspire all around him with his diligence and positive attitude.

Merredin Squash and Bold Park Aquatic Centre received Gold Awards for serving their seniors for five continuous years.

A special Innovation Award was also made to Angela Williams of Perth North Metro Medicare Local in recognition of her central role in creating a new, state of the art service in Osborne Park.

Guest speaker Professor Robert Newton extolled the benefits of exercise and strength training. And the indications are that all of the Living Longer Living Stronger™ participants are winners as they achieve fantastic benefits from participating in the program as strength training builds muscle mass and increases bone density to improve strength, balance, gait, flexibility and coordination.

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Entertainment at El Caballo Resort

<p>SATURDAY 30 NOVEMBER, 2013</p> <p>ABBASALUTELY</p> <p>Abbasalutely has arrived! Be mesmerized as Abbasalutely present their tribute to Abba for their Perth fans! Be tantalized by Abbasalutely's amazing vocal talent and Abbafied by their commitment to the songs, the look, the moves, the Abbasalutely! experience.</p> <div style="background-color: #e91e63; color: white; padding: 5px;"> <p>SHOW \$49 PER PERSON</p> <p>BUFFET DINNER \$29 PER PERSON</p> </div>	<p>SATURDAY 14 DECEMBER, 2013</p> <p>CHRISTMAS DINNER & DANCE</p> <p>Celebrate Christmas at El Caballo Resort this year with music by Nett & The Repeaters, five piece band.</p> <div style="background-color: #e91e63; color: white; padding: 5px;"> <p>DINNER & SHOW \$59 PER PERSON</p> </div>	<p>NEW YEARS EVE 31 DECEMBER, 2013</p> <p>The FABFOUR - Beatles Tribute</p> <p>The FABFOUR have been keeping the magic of the Beatles alive since 1992. This show has thrilled audiences across Australia and Asia time and time again.</p> <div style="background-color: #e91e63; color: white; padding: 5px;"> <p>DON'T MISS THIS GREAT SHOW! BOOK EARLY TO AVOID DISAPPOINTMENT</p> <p>SHOW \$59 PER PERSON</p> <p>BUFFET DINNER \$29 PER PERSON</p> </div>	<p>SATURDAY 8 FEBRUARY, 2014</p> <p>The Perth Hills and Wheatbelt Band</p> <p>Swing and dance to the sounds of The Great Glen Miller Orchestra with the Perth Hills and Wheatbelt Band, following their successful tour in Sydney Opera House and Hawaii they have now return to present this amazing swing and dance night at El Caballo Resort.</p> <div style="background-color: #e91e63; color: white; padding: 5px;"> <p>DINNER & SHOW \$49 PER PERSON</p> </div>
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A Great Night Out!

KEEP THIS ON THE FRIDGE!

Have a Go News Christmas Concert

Christmas Concert will be a show not to be missed. Helping to celebrate the spirit of Christmas will be a collection of talented performers.

Thursday 12 December
Crown Theatre
12.30pm to 2.45pm
Show and Lunch \$32.50
Show only \$22.50

Please fill in your details, cut out and send to:
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Watermans Bay, WA 6020

No. OF TICKETS

- Show and Lunch \$32.50 _____
- Show only \$22.50 _____

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*Please attention payment payable to **Marlene Robins**

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Name: _____

Address: _____

Contact numbers: _____

Email address: _____

Signature: _____

It's on again - The Have a Go News Christmas Concert



Clockwise from left; Milton Quackenbush - Katie Hindle - Terry Bennetts and the Italian Musicantes

THIS year's Christmas concert jointly presented by the Seniors Recreation Council and Have a Go News will be held from 12.30pm to 2.45pm on Thursday 12 December 2013 at the Crown Theatre, Burswood.

This will be the Christmas concert which we have come to expect, with performances by the Italian Musicantes, Amber Reed, a special performance by the Spirit of the Streets Choir, A Country Christmas performed by Terry Bennetts, Katie Hindle and Keith Lethbridge and the final performance in Perth of our special pianist extraordinaire Milton Quackenbush.

Milton is leaving us for sunny Queensland and if you enjoy his music, then you must be at the concert to see him for the last time.

Perth needs to give him a great farewell. The cost for the show only is \$22.50 and with lunch included \$32.50

Enquiries: Marlene 9246 1577.
Bookings: Marlene Robins U414 Elsie Street Watermans Bay 6020.

Coins with Mickel Smits

THIS CHRISTMAS give a gift of money. Not money from your savings account but those coins and maybe notes you've collected one way or another through time and have hidden-away in a box in a drawer somewhere.

Over the years I've been shown thousands upon thousands of such boxes brought in by folk who are curious as to whether there is anything valuable amongst them.

Inside there may be old Aussie halfpennies (look out for 1915 and 1923), pennies (1925, 1930 and 1946 are the good ones), silver pre-decimal coins from threepences to florins and almost always there'll be a selection of the various commemorative 50 cent, dollar and from more recent years, the special issue 20 cents coins.

Often there will also be foreign coins handed down through the family some of which may even be more than 100 years old. These could be from Europe, Asia and America, or quite likely from England as so many generations of Englishmen migrated to the down-under colony where English coins were used as the regular currency before we introduced our own in 1910.

To our shores all and sundry came and amongst their effects they may have brought their small 'treasure chest' of coins.

Other foreign coins we find in these hoardings are what we typically call contemporary coins (from the last 50 or so years) that were purposely tucked away as souvenirs or collector's pieces following a trip overseas or, just simply some loose change leftover and put in the box.

Rarely do we find rare and therefore valuable coins in these 'treasure chests'. Even to find something scarce is unusual. Scarce and rare coins are few and far between so the odds of finding them in what might be more appro-

priately called an 'accumulation' as opposed to a serious collection is inherently very slim.

Now of course you never know, one could be lucky, and so when someone comes in to show me what they have I'll take the time and rummage through just in case because, after all, scarce and rare coins are what I wish to buy. Usually it doesn't take too much time to check, and usually we're not so lucky.

What advice do I then offer?

It can vary, but more than often when their coins are essentially of sentimental-and-interest value I'll regularly suggest they might pass them on to a deserving member of the family or friends who they think would appreciate them. Preferably to give them to a youngster is ideal because you'll be encouraging them to take-up a marvellous hobby which hopefully will from time to time distract them from their all too consuming computer and mobile phone 'activities'. What a bonus! I'll further suggest they might buy a reasonably priced coin album in which to properly and better store the coins - having an album will motivate a budding collector to continue and add more coins to the collection.

It's astounding how many grandparents put together collections for their grandchildren. They find special issue coins in their change which they keep and think how nice and worthwhile in many ways it would be to give their grandchildren a collection of one of each type. They might also include examples of the old pre-decimal coins, have some old one and two dollar notes, maybe pounds, coins from the old country, etc. While they understand and appreciate they're not giving them something which is valuable per se, they nevertheless have a lot of fun finding and putting it together, are stimulated by the history and stories behind the coins and effectively, and most importantly, have something they can share with their grandchildren.

What more could you ask for?

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Entertainment at El Caballo Resort

El Caballo Resort proudly presents:

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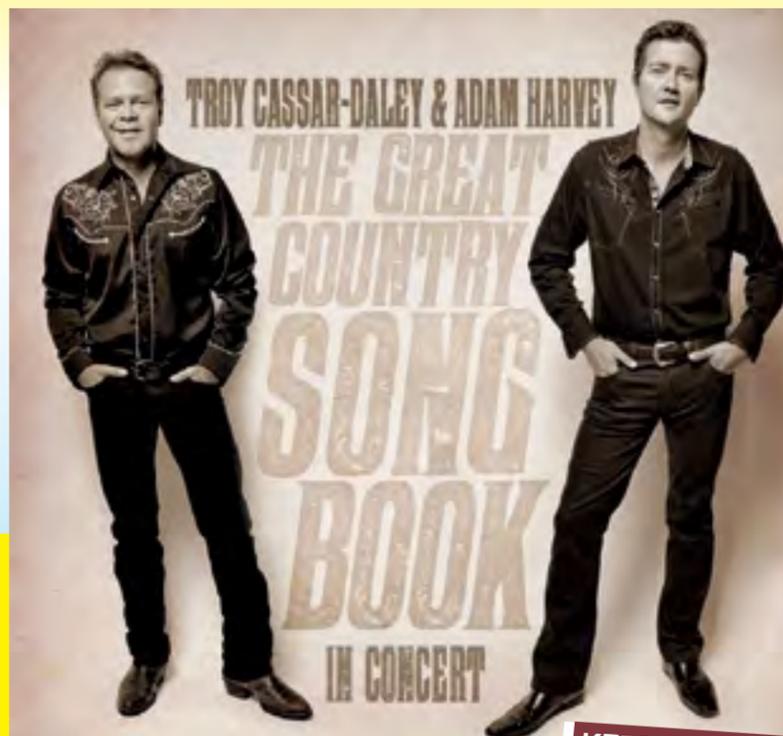
Saturday 8 March 2014 - Gates open from 5pm

THE BIG CONCERT UNDER THE STARS!



Audiences can look forward to hearing Troy and Adam perform songs such as "He Stopped Loving Her Today", "Behind Closed Doors", "You're My Best Friend".

The Great Country Songbook was released on 14 June and jumped to the top of the ARIA album charts, debuting at #1 on the Country Album charts.



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Thematic Stamp Collecting

Subjects can be almost anything under the sun – from architecture to zoology and anything in between.

Birds on stamps is a popular theme but so many countries have issued so many stamps with birds on them it would be an almost impossible task to collect all of them.

One could narrow the scope of the subject a bit by choosing to collect only owls or eagles or a specific family of birds like waders.

Some of the more popular subjects include scouts, Red Cross, Olympics, sports, music, art, space, theatre, waterfalls or animals.

Again one could collect stamps specific animals, for example lions, antelope, cats or animals from one country.

When choosing a subject try to choose one which is fairly limited, but which can tell a story with a beginning, a middle and an end.

One of my first thematic collections was on the sport of Fencing. This was

a fairly limited subject but I managed to find stamps depicting the story of the development of the sword from Roman times through the Medieval Age and eventually to the sport of fencing as it is today.

I am currently collecting mushrooms or fungi on stamps, some of which are illustrated left.

Thematic collecting involves all philatelic material such as covers, postal stationery such as airletters, pictorial envelopes and post cards; special datestamps, postal slogans and meter marks.

Where to find your material?

A stamp club is the place to start where one can find approval books or circuit sheets. Clubs have regular auctions where stamps can be bought inexpensively and one can exchange with others with similar collecting interests.

Stanley Gibbons and others have published lists for thematic collectors and the Internet is a valuable tool.

Happy collecting!

by Libby McGill

HAVE you decided that you would like to start collecting stamps?

Have you also been somewhat discouraged when you have thumbed through the catalogue of your chosen country to realise just how many stamps most countries have issued?

One answer to this problem is collect stamps with a particular theme or subject.



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Annual Australia Day Swim is on again



The Australia Day Swim returns for 2014 at Scarborough Beach

THE ANNUAL 2km Australia Day Swim is on again at Scarborough Beach in 2014.

The event is always a great way to start Australia Day celebrations – for swimmers, spectators and volunteers. An added attraction this year is a breakfast barbecue to be run by the Scarborough Surf Club.

Event organiser Carine Masters Swimming expects around 300 or more swimmers to take part in the 2014 swim, which runs from 8am on Australia Day, Sunday, 26 January.

“Competitors tell us they

really enjoy the Australia Day Swim,” says Carine Masters spokesperson Kerry Hodson. “It’s fabulously colourful to watch too.”

“We really enjoy seeing how many families come down to the beach to bar-rack for mums and dads, brothers and sisters, and also a good many grandparents. We expect we will have swimmers in every age group between 15 and probably beyond 80 years old,” Kerry says.

She says water safety is organised in cooperation with the Scarborough Surf Club, whose members will

be on the water during the event. “Water safety is always paramount”, she says.

Prizes are awarded for the first, second and third male and female swimmers. Age group prizes are awarded similarly. As well as being a fundraiser for Carine Masters, Huntingtons WA is also a beneficiary of the Australia Day Swim.

Event details:

Australia Day Swim, Scarborough Beach in front of the surf club.

Sunday, 8am, 26 January 2014.

Competitors please register before the event at www.carinemastersswimming.org.au.

Cost: \$30 for Masters Swimmers \$35 for non-Masters Swimmers to cover the cost of insurance.

Compulsory marshalling for competitors on the day from 6.30am until 7.30am.

A limited number of late entries will be available at the venue before 7.30am.

Breakfast barbecue will be run by Scarborough Surf Club during the morning.

Fun for all at Nedlands Affinity Club

THE NEDLANDS Affinity Club was created to provide seniors with activities that enhance wellbeing and enable engagement within the community.

The Nedlands Affinity Club is hosting Affinity Serendipity, a Seniors Week event on Wednesday 13 November from 11am – 3.30pm in the Dalkeith Hall, Waratah Ave, Dalkeith.

Enjoy the benefits of Laughter Yoga, Tai Chi, ballroom dancing and join in with the Waratah Community Singers.

A light lunch, afternoon tea and lucky spot prizes included.

Entry by Gold Coin donation!

To register, please phone Patricia on 9386 9803 or email pjamieson@nedlands.wa.gov.au for catering.



2013 50c Fine Silver Proof and Uncirculated Coins

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

These special 50 cent coins will be available in either fine silver or cupro-nickel and signify the next



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Hugh Rogers

**SRCWA in Action
Regional Achievement &
Community Awards**

Congratulations to Jan McGlenn, SRCWA Peel Branch President and the Peel Branch team for winning the Prime Super Community of the Year Award 2013 at the Regional Achievement & Community Awards on Friday 18 October. It was wonderful to see the SRCWA Peel Branch's wide variety of programs being recognised for their contribution to the community. Jan and the Peel Branch were presented with a certificate, a trophy and a cheque for \$2000 from Prime Super.

Seniors Week Awards 2013

SRCWA is a finalist in the Seniors Week Awards 2013 in the Active Ageing Leadership Award category. The winners will be announced at a luncheon on 10 November which launches Seniors Week.

LiveLighter Aged Care Games Peel Region

Seniors Recreation Council of WA conducted the Peel LiveLighter Aged Care Games on Tuesday 8 October at the Murray District Leisure Centre. What a fantastic day it was with more than 160 seniors in care excited by the opportunity to spend the day taking part in specifically designed activities. The games were all played with enthusiasm and in particular a special game played just by carers drew lots of laughter. The teams

this year made an extra effort to decorate their area and dress team members in colourful uniforms which ranged from depictions of an outback Aussie to carnival clowns and everything in between.

The volunteers set up the playing area, did the scoring and assisted the participants throughout the day. A big thank you to all the volunteers from ALCOA, SRCWA Peel Branch of and SRCWA State Office for their invaluable contribution.

A presentation of the Champion of Champions trophy was made on behalf of the City of Fremantle to RAAFA McNamara Lodge the team with the highest overall score from the 2012/13 round of games. Congratulations RAAFA McNamara Lodge.

The LiveLighter Aged Care Games were opened by Murray Shire President Councillor Wally Barrett who commented on the presentation and excellent organisation of the games.

The delicious lunch, a sumptuous feast, was provided for the volunteers. A special mention and thanks to LiveLighter Healthway and ALCOA for their generous support.

The entertainment was provided by Elly's Dancers from the Pinjarra Swing & Sway group and vocalist Peter who entertained everyone during the lunch break.

Congratulations to Coolibah Total Caring 1 for taking out first place with 331 points. They received Gold medals and the Perpetual Trophy. Coolibah Total Caring 2 came second with 316 and received Silver medals. Third place was awarded to McNamara Jolly Swagmans with 277 points who received Bronze medals. Also congratulations to Gracford Hostel for winning

the Best Presented Team Plaque. The oldest participant at 103 years young was Mary Powell from Gracford Hostel.

Healthy Living Expo at Hilllarys Yacht Club

Seniors Recreation Council of WA supported the City of Wanneroo at their Healthy Living Expo held on 10 October at the Hilllarys Yacht Club.

The day, which commenced with morning tea was opened by Tracey Roberts, City of Wanneroo Mayor or followed by informative presentations from David Beard, a Health and Fitness expert and SRCWA's Executive Officer Dawn Yates.

Activities provided by SRCWA volunteers were Seniors Exergaming WA, seated hockey, seated passball, beanbag toss, skittles and carpet golf. All the participants took part in at least one or every activity which they said were enjoyable.

The most popular activities were Exergaming and seated hockey.

Following an enjoyable light lunch of sandwiches, wraps, quiche and fruit there were more presentations and activities including yoga and cooking demonstrations.

LiveLighter Seniors Activity/Information Day - Armadale Arena

On 16 October SRCWA held a LiveLighter Seniors Activity/Information Day in partnership with City of Armadale and LiveLighter Healthway.

More than 135 participants took part in the activities which started with Benchwarmers and warm up activities from Nyoongar Sports Assn. followed by Exergaming, carpet bowls, seated hockey, beanbag toss, skittles, carpet golf and quilts.

Static displays were manned by Breast Screen,

Aboriginal Legal Service, City of Armadale, Seniors Recreation Council of WA, Independent Living and Just Better Care.

Participants from Armadale area, People Who Care, Town of Bassendean, Mirambeena, Southside Care and Dale Cottages were treated to morning tea and a light lunch. It was great to see a combination of Indigenous and non Indigenous participants enjoying the event.

Have a Go Day 2013, a LiveLighter Event, Wednesday 13 November

Seniors Recreation Council of WA's flagship event, Have a Go Day is almost upon us and this year we are looking forward to exploring technology based activities alongside the other active and static sites that will be available on the day.

In keeping with the theme 'Seniors Embracing Technology' we are very

excited to announce that in the Tech Savvy Seniors tent at site 75, Telstra will be giving away a 16 gig iPad to one lucky visitor on the day. Other technology prizes are also being given away from this site. Also if you visit site 74 Seniors Exergaming WA and have a go at Exergaming you can go into the draw to win an Xbox Kinect.

Many sites this year have free raffles with a wide variety of prizes and if you visit the Have a Go News Hospitality tent at site 134 you could win a prize on their chocolate wheel drawn every half hour from 10am and don't forget the free major prize raffle, entry forms and barrel at site 145.

This year Have a Go Day has more than 210 sites filled by everything relating to over 45s and we have a waiting list for site holders who were unable to get into the event.

The October issue of *Have a Go News* contained the Seniors Week liftout which featured a full two page spread on Have a Go Day and all its attractions. Thank you to *Have a Go News* for the fantastic support and promotion they have given this year's event.

Seniors Recreation Council of WA would like to acknowledge its sponsors and partners of this event, listed below, as without their support Have a Go Day would not be possible: Burswood Park Board, Crown Perth, Lotterywest, *Have a Go News*, Channel 7, LiveLighter Healthway, Dept of Sport & Recreation and Dept of Local Government & Communities, 882am 6PR, Telstra, Phoenix Insurance Brokers, Kings Tours & Travel, Curtin fm 100.1, Sizzler, Scarborough Toyota and PACE BM.

With 17 new homes under construction and a fully developed range of resident amenities our Belswan villages look forward to their biggest year yet. Now is your chance to join a harmonious community in either Pinjarra or Mandurah.



Brian and Dianne
Belswan Pinjarra has everything we wanted - we just love it.



Margaret
I've lived here for 8 years, everyone is so friendly and happy.



Elizabeth and Alan
The well designed homes and peace and quiet appealed to us.

Discuss your lifestyle options with Kathleen O'Hare at Have-A-Go Day exhibitor stand 100. Check out our new house plans and we will give you a comprehensive info pack to take home.

Lovegrove Street, Pinjarra, opposite Bowling Club
1300 055 055 | www.belswan.com.au
or call Kathleen on 0408 516 840



DonateLife is looking for good counsel

THE ORGAN and tissue donation agency believes in community consultation.

The decision has now been made to give the customer focus it has always been committed to a stronger say in how the agency interacts with its consumers - donor and transplant families, potential donors, organisations committed to promotion of the services and staff in hospitals and many more.

DonateLife WA coordinates all organ and tissue donor activities across the state. These include promoting community awareness of organ and tissue donation coordinating, organ and tissue donation processes, which provide new lives for recipients, and providing compassionate and appropriate support to donor families.

Keith Everson of Kingsley is a keen promoter of organ and tissue donation. So keen that he stands outside railway stations, with his distinctive bike, all over the metropolitan area, talking it up and handing out registration brochures. He's not interested in sitting on councils but is representative of the enthusiastic support that many in the community feel about the subject. He's pictured with his trusty steed.

DonateLife WA is part of a national network, coordinated by the Australian Organ and Tissue Authority.

After updating the terms of reference, DonateLife is now actively seeking council members from the community and calling for expressions of interest through a formal process. The organisation is hoping for a mix of cultures, experiences and age groups.

The Community Advisory Council will offer community involvement in decision making about the delivery of DonateLife health services in Western Australia.

Among other things, consumer representatives will be asked to engage and consult widely with the community and relevant consumer organisations to provide independent advice and input on organ and tissue donation issues. They will also help to make a substantial contribution to the future direction of service planning and service delivery within DonateLife WA.

Meetings will be held bi-monthly at a time and date to suit the majority of the council.

Those interested should contact DonateLife by Friday 15 November for an Expression of Interest form and background information by contacting the office at donatelife@health.wa.gov.au or 9222 0222. Please identify yourself as a *Have a Go News* reader.

The completed form and supporting material should be returned by 22 November, for shortlisting.

A life-time spent restoring and mending discarded items

by Josephine Allison

MERV Thompson has spent a life-time restoring and mending items which many people might consign to the scrap heap.

The energetic 83-year-old is busy preparing for the Have a Go Day on

Wednesday, 13 November, at Burswood Park when he and several members of the WA Historical Cycle Club will display various items of interest to young and old.

"We'll be operating from Lot 12 where members will display early bicycles, go-karts and other memorabil-

ia," Merv said.

Of special interest will be an ingeniously built go-kart Merv put together using the base of an ironing board and wheels from a golf buggy. Another of his go-karts is made from an old rubbish bin and timber bolted together.

Other club members will show a big collection of various bikes, penny farthings and tricycles.

"We get a lot of satisfaction meeting people and talking about the items on display," Merv said. "It's so important for parents to get their children away from the television and computer and see what life is all about."

"I see potential is almost anything that has been discarded. Part of the fun is building something."

Merv, of Como, has restored two veteran Studebaker cars which sparked his interest in old bikes. He unearthed a badly damaged penny farthing in an antique shop, restored it and rode it from South Perth, across the Narrows to Fremantle and back for charity.

Merv, who retired in

1985 as head of the building department at Leederville Tech, is also interested in restoring gramophones and phonographs. He is a member of various other local clubs and several overseas clubs. He has a wife, Dawn, three sons, numerous grandchildren and a great grandchild.

Life is busy for this innovative man who is always on the lookout for something he can restore.

The WA Historical Cycle Club meets 7.30pm on the third Monday of the month (except December) at 6 Hickey Street, Ardross at the bottom of Wireless Hill.

Meet club members at Lot 12, Burswood Park on Wednesday, 13 November.

For more details on the club, visit the WA Historical Cycle Club website.



Merv Thompson and his restored go-kart



882 6PR and Have a Go News give readers the chance to win one of five double passes to see the long awaited return of UK's legendary group...

The Hollies presented in association with 6PR at the Crown Theatre.

To be in the running for a double pass to the Friday 7 February concert, simply fill out the coupon and drop it off at the 6PR Broadcast site located at stand 79 before 3pm on Have a Go Day.



NAME:

CONTACT NUMBER:

ADDRESS:

You can book at Ticketek on 132 849 for The Hollies 7 and 8 February 2014 Crown Theatre

Where to now?



Denis Martin

SOMETIMES I wonder what it is that sets us off on these fits of adventure that wind up being major parts of the experience called life.

Some 15 years ago, one of my best friends said "One day I'm going over to check out the Flinders Ranges". I got excited and instantly said, "When you're going, let me know and I'll come with you - I have not yet driven the Nullabor".

Right now, I'm writing this article from a camping

ground at the entry point to the Flinders Ranges.

It's not that we're a bit slow in getting things done, it's just that many other adventures and travels present themselves and add another chapter to our book of life.

We are ready to go, we've compared notes, vehicles, camper vans, times available and our level of interest and so, collectively, we said "let's go!"

We cleaned up the toughest bit of all - getting out of the city - and then over the hills, through Coolgardie, Norseman, Balladonia, etc, and on to the longest straight road in Australia and then, the Nullabor Plain.

Signs advise us to look out for camels, emus, kangaroos, wombats, cattle, horses etc,

but they don't mention Japanese visitors on pushbikes, people walking across the desert, an individual pushing a pram, fundraising runners, solar powered cars and miscellaneous other stuff - it's busy out there.

We saw so many deceased wombats that I think they can probably take them off the signs now; there can't be many left. The wedge tailed eagles sit defiantly on their freshly acquired 'road kill' as if to say "Do not disturb, it's lunchtime!"

Also, I think South Aussie crows are smaller than ours!

For the sporting enthusiast, the vast expanse of white line viewing can be pleasantly interrupted if you care to have a crack at the 'world's longest golf course' between Kalgo-

orlie and Ceduna - visually it's probably less pleasing than The Vines but each hole provides a greater challenge.

An un-invited, and quite severe hail storm kept us on our toes at our second road side camp and now I'm the proud owner of a 'dimple roofed' Avan - it's good to be a bit different.

Now we are setting up for a few days at Rawnsley Park Station, a good start point to start exploring the Flinders Ranges.

It's becoming quite obvious that I'm not going to squeeze all of this adventure into this one article so I think I will keep you in suspense and tell you more in part two next month. That seems logical on the basis that I haven't finished the trip yet.

Cheers for now.

Denis

Enlarged Prostate?



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- Frequent urination
- Painful urination
- A weak stream
- Constantly feeling that your bladder isn't empty

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

John W, Benalla, VIC
18 Jan 2010

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

Paul E, Ormond
22 April 2008

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

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

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

Gordon M, Rochedale, QLD
4 December 2009

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200 Karrinyup Road, KARRINYUP, 6018

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

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

Shop T101, Lakeside Joondalup S/C
JOONDALUP 6027

243 Great Eastern Hwy, MIDLAND 6056

Shop 50 - 53 Dianella Plaza Shopping Centre
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Shop 160 Belmont Ave, BELMONT 6104

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If you're not a member, it's free and easy to join.

Conditions apply, visit crownperth.com.au for more. Junction Grill is an 18+ venue. *Crown Club member price. \$17.95 for non-members.



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Until Friday, 29 November

All Crown Club members can enjoy a fun day out at Crown with a friend for just \$5 each!* Simply present this coupon and your Crown Club cards to the Bus Hosts when you arrive on the Crown Bus and you'll get two Fun Packs for the price of one.

*Conditions apply. Only available for metropolitan routes. Valid for two people travelling together on the Crown Bus. Both passengers must be Crown Club members and present this voucher to redeem this offer. This offer is not available for Group Buses or on Melbourne Cup day on 5 November 2013 or Have a Go Day on 13 November 2013.



CUT THIS OUT



\$10 Fun Pack gives you:

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

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

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

Eastern Routes	time	stop no.
High Wycombe (Wed & Sun)		
Kalamunda Bus Station - Stand 1	9.03am	13964
High Wycombe Shopping Centre	9.14am	14048
Forrestfield Caravan Park	9.23am	14114
Forrestfield Forum (Church)	9.25am	26122
Bus Stop at Discovery Holiday Park	9.27am	13866
Belmont Forum (Wright St Bus Stop)	9.42am	11670
Arrive Crown Perth	10am	
Depart Crown Perth	3.30pm	
Swan View (Mon)		
Darling Ridge Shopping Centre, Swan View	9.18am	14654
Midland Station - Stand 7	9.31am	14625
Bassendean Station	9.37am	17722
Bayswater Station	9.43am	16547
Maylands Shopping Centre	9.51am	11644
Arrive Crown Perth	10am	
Depart Crown Perth	3.30pm	
Southern Routes		
Armadale (Mon, Tues, Thurs & Fri)		
Armadale Interchange - Stand 4	9.01am	13192
Champion Dr, opposite Coles	9.07am	13051
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	10am	
Depart Crown Perth	3.15pm	
Mandurah South (Wed, Fri & Sun)		
Corner of Old Coast Rd & Princeton Drive Car Park	8.38am	
Falcon Oval (Tennis Court Car Park, Flame St)	8.43am	
Halls Head Central	8.51am	17017
Mary St (Car Park near Old Bridge)	9.01am	
Dudley Park Bowling Club (Club Car Park)	9.08am	
Arrive Crown Perth	10.03am	
Depart Crown Perth	3pm	

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

Please ensure you follow the parking rules when departing for Crown Perth. Arrival times should be only taken as a rough indication.
To avoid missing your bus, please be available at the departure area prior to the time stated on the timetable.



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Have a Go News' Bendigo Bank Seniors Week Festival 2013

FOCUS



ADVERTISING FEATURE

Art in the afternoon during Seniors Week...



Walker Evans (American, 1903-1975)
Girl in Fulton Street, New York 1929
Gelatin silver print
7 1/2 x 4 5/8" (19.1 x 11.7 cm)
The Museum of Modern Art, New York
Gift of the photographer

imagined for the very special price of \$11. The normal exhibition entry price is \$17 for concession and \$19 for adults.

This offer will be valid for any sessions from 12pm - 4pm from Sunday 10/11 through Sunday 17/11 (during Seniors Week). Please note, the exhibition is open 10am to 5pm (closed Tuesdays), but the \$11 entry is valid from midday onwards. Tickets are available at the AGWA Box Office.

Van Gogh, Dali and Beyond features over 130 works by more than 90 artists who have all contributed to the transformation of modern art in the 20th century. There are works by Dali, Picasso, Cézanne, Matisse, Richter, Toulouse-Lautrec among works by many other respected artists.

Most of the works have never been seen in Perth or Australia before, and the exhibition is receiving wonderful reviews.

It's a very different experience to Picasso to Warhol and Picturing New York; the first two exhibitions were presented as part of the three-year MoMA Series. AGWA hopes this offer affords more people the opportunity to view before it closes on 2 December.

Don't miss this wonderful opportunity to see world-class art in WA.

THE ART Gallery of WA offers all seniors during Bendigo Bank Seniors Week the opportunity to view the

current exhibition from *The Museum of Modern Art, New York - Van Gogh, Dali and Beyond: The World Re-*

Free resources help seniors get online

THE INTERNET is a valuable tool for older Australians, helping them learn and engage in exciting new technology. With just a click they can video-call loved ones in faraway places, research a hobby or get in touch with long-lost friends.

However, too many seniors are missing out on the benefits of the internet, with research showing that 63 per cent of people aged over 65 are not online.

The Australian Government offers a number of free tools and resources to help older people get online and make the most of the internet - safely and confidently.

The Digital Hubs program provides free digital literacy training to people in 40 communities across Australia, with both one-on-one and group sessions available.

Manager of the Victoria Park Digital Hub program, Izzy Abuleela, says many seniors are attending sessions to

learn internet and social media skills. Other popular classes include how to send emails and attachments, cyber security, and iPad and Microsoft Surface training.

"We have several clients who after participating in our sessions have successfully booked an online holiday and accommodation for the first time," Izzy says.

"Many are now engaged in buying and selling on Gumtree and eBay and are more inclined to make purchases online as a result of our reskilling workshops."

If you prefer to learn at home, the Internet Basics website is a free training resource for beginners, featuring simple instructions and easy-to-follow videos that can help you learn about computer terminology and how to protect your personal information.

The website features four sections that focus on different areas: what you

can do online, how to get started, staying safe and connecting to the internet.

President of the Australian Seniors Computer Clubs Association, Nan Bosler, says older Australians should take advantage of the benefits of the internet.

"Older Australians are sensible so it is easy to understand why we are hesitant using something we don't understand, but this is the age of digital communications and older Australians who don't make use of the internet are finding themselves disadvantaged," Nan says. "Besides, the internet is too good to miss!"

To find out where your nearest Digital Hub is, please contact 1800 025 145. The Internet Basics website is available at www.internetbasics.gov.au. If you need a hand using the website, simply visit a Digital Hub and ask a trainer for assistance, visit your local library, or ask a relative or friend for help.

Record your life story with Family Voices

DON'T let your life story just disappear.

One of the most individual and valuable things we will ever possess is our personal life story. After all, we have invested all our time and energy creating it.

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Family Voices would like to help you record and save 'your story' exactly the way you would like it told... in your own words... your own voice.

Your life story can be recorded professionally and presented beautifully, for retelling now or any time in the future.

*Ron and Angela at Family Voices have recorded hundreds of remarkable stories, just like yours, all over Australia.

A professional, inspirational and caring couple Ron and Angela can be trusted with recording your most precious asset... your very own life story.

Have a chat with them soon.

For more information call 0488 770 096 or email, starshuttle333@gmail.com

*A little about Ron and Angela.

Because of their distinguished backgrounds in radio documentary, writing, management, and personal communications, between 2008 and 2011, Ron and Angela were entrusted with interviewing and recording stories for "Radio on the Trains", a living taste of life in Australia on the famous Indian Pacific and Ghan.

To achieve this 'world-first' event meant travelling Australia wide, recording the stories of cyclone survivors, outback artists, farmers, scientists, miners, didgeridoo players and pioneers, to mention just a few.

With Ron's already awarded career in radio story telling... his documentaries have been broadcast on ABC (Australia), BBC (UK), Radio France and Radio New Zealand.

You're in good hands, all the way!

Lots to SEE and DO in GINGIN for Seniors Week



***SPECIAL: Receive 20% OFF for Seniors Week 10-17 November 2013 'GREAT CHRISTMAS GIFT IDEA'**
NORMAL PRICES: \$45 Seniors \$33 Children 6-16yrs
NOW ONLY \$36 Seniors \$26.40 Children 6-16yrs
Check web for more details at www.ginginobservatory.com.au
*Not to be used in conjunction with any other discounted events.
ONLY 1 per senior - Advertisement has to be shown as proof when booking in.

Bookings are essential for our events
Phone 9575 7740 or email stars@ginginobservatory.com

Celebrate Bendigo Bank Senior's Week at the Gravity Discovery Centre 10 - 17 November 2013



FREE certificate when you climb the tower

Use Senior's Week to 'have a go' and learn exciting new facts about our Universe
Entry only \$7.25 per head (normal entry price \$14.50 for Seniors)

- Enjoy a tour with our guides (subject to availability)
- Stunning wildflowers in bloom • Bushwalks
- Cafe serving delicious food • Gift Shop

Tel: 9575 7577 Email bookings@gravitycentre.com.au www.gravitycentre.com.au
1098 Military Road, West Gingin 6503 1 hour north of Perth
No bookings required unless for groups of approx 20 or more.

Visit Have a Go News online:
www.haveagonews.com.au

City of Nedlands
nedlands.wa.gov.au
Nedlands Affinity Club
Ballroom Dancing
Tai Chi
Laughter Yoga
Waratah Community Singers
Dalkeith Hall, Waratah Ave, Dalkeith
Entry by Gold Coin Donation
Affinity Serendipity is a Seniors Week event showcasing samples of activities which enhance wellbeing and community engagement.
You are invited to take part in these activities. A light lunch and afternoon tea will be provided. Plus fun and lucky spot prizes.
To register phone Patricia 9386 9803 or email pjamieson@nedlands.wa.gov.au for catering

Channel Seven Station Tours

CHANNEL Seven invites you on a behind-the-scenes look with a tour of the studio including the news and weather sets. Morning or afternoon tea included.

Time: 9.30am and 1.15pm

Date: Wednesday 13 November

Cost: Admission is free, but bookings are essential

Venue: Channel Seven Perth, off Dianella Drive, Dianella

Contact: Sharon Neates

Tel: 9344 0616

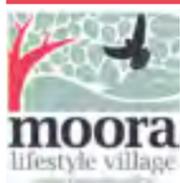
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Still Me

A Photography Exhibition by Christine Gosfield

20 photographic portraits of each individual's unique life

Exhibition runs during Seniors Week Festival
Wednesday 13 to Monday 18 November 2013

Official opening 11am Wednesday 13 November

Gallery opening hours:
Wednesday, Thursday and Monday 11am-4pm
Friday to Sunday 10am-4pm

Address:
Kidogo Arthouse
Bathers Beach

For more info call
City of Fremantle
9432 9999
www.fremantle.wa.gov.au

Interviews conducted by Fremantle City Library Local History Collection

Remember when you gave something new a go?



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

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

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

Lakeside Village

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

Timberside Villas

Date: Sunday 10th November
Time: 10am–2pm **Tour:** 10am
10 Timbercrest Rise, Woodvale

Parkland Villas Ellenbrook

Date: Sunday 10th November
Time: 11am–3pm **Tours:** 11.30am, 1.30pm
25 The Parkway, Ellenbrook

Harbourside Village Mindarie

Date: Sunday 10th November
Time: 1pm–4.30pm **Tours:** 1.30pm, 2.30pm
7 Honiara Way, Mindarie

Parkland Villas Mandurah

Date: Thursday 14th November
Time: 10am–2pm **Tour:** 10am
2 Hungerford Avenue, Mandurah

Parkland Villas Woodlands

Date: Saturday 16th November
Time: 10am to 1pm **Tour:** 10.45am
52 Liege Street, Woodlands

Parkland Villas Booragoon

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

The Pines

Date: Saturday 16th November
Time: 10am–2pm **Tour:** 10.30am
21 Ponte Vecchio Boulevard, Ellenbrook

Homestay Village

Date: Saturday 16th November
Time: 11am–3pm **Tours:** 11.30am, 1.30pm
267 Wharf Street, Queens Park



www.retirementbylendlease.com.au

Lend Lease



Ken Bennett Tennis Classic a winner for PMH Foundation



Bob Stevenson with granddaughter Ayda

LIFE SINCE retirement is anything but slow-paced for Swanbourne's Bob Stevenson, who juggles his tertiary studies in computer science with his passion for fundraising as the coordinator of the beloved Ken Bennett Tennis Classic fundraiser for Princess Margaret Hospital Foundation.

The Classic, which is held every year at Royal Kings Park Tennis Club, was founded by its namesake Ken Bennett in 1997 to raise money for WA kids at PMH, after his twin grandchildren were born 10 weeks premature and needed emergency care at the hospital.

After his grandchildren made a full recovery, Ken combined his love of tennis with his passion for fundraising for PMH Foundation – and so the Ken Bennett Tennis Classic was born.

Next year will be the Classic's 14th birthday, and while the tournament's founder has since stepped back from organising the event, Bob has risen to the challenge as the event coordinator for the last four years.

Bob said the tournament had taken on an even greater personal meaning since his young granddaughter received life-saving treatment at PMH last year.

While holidaying in the South West last Sep-

tember, his two-year-old granddaughter Ayda became unwell, prompting her parents to take her to the local GP and then Busselton Hospital, where events took a terrifying turn when Ayda's body started to shut down.

With the toddler on life support, the Royal Flying Doctor Service evacuated Ayda to PMH, after being diverted to Rottnest when the RFDS plane was unable to land in Perth during a shocking thunderstorm.

"We thought we'd lose her, she was hovering between life and death at PMH for 10 days," Bob said.

"But this story has a happy ending, because thanks to the wonderful staff at PMH, Ayda came good and doesn't appear to have any long-term effects from her illness.

"That's where I think it's an interesting twist in karma for me personally; I started coordinating the Ken Bennett Classic just to help keep Ken's good work going, and now I'm in exactly the same situation as Ken was when he started the tournament.

"So I'll keep organising it until I can't do it anymore. Raising money for PMH Foundation is a way of saying 'thanks'."

As the next Ken Bennett Tennis Classic ap-

proaches in early 2014, Bob is putting his studies to good use building a new website for the event – and has grand plans for the tournament already.

"Last year we raised more than \$4000 for PMH Foundation, and next year we'll be aiming to beat that target," he said.

"The tournament is a mixed doubles format and is always a great fun day with good tennis to suit all standards.

PMH Foundation chief executive Denys Pearce said long-standing partnership between the Ken Bennett Classic and the Foundation was incredibly strong, with Perth's tennis lovers raising thousands of dollars for PMH Foundation over the years.

"The support PMH Foundation has received thanks to the Ken Bennett Tennis Classic over the years has been tremendous," he said.

Since its inception in 1998, PMH Foundation has been the conduit for over \$50 million in financial support to PMH. This incredible generosity has helped to fund life-saving research, specialist staff, vital equipment, complementary services and capital projects.

Visit PMH Foundation at Have a Go Day 2013 a LiveLighter Event Site 120.

Where to go when you've gotta' go ...

AS THE WEATHER begins to improve, our thoughts turn to the open road and the prospect of having no worries but that of indulging our next idle pleasure.

But for an estimated 4.8 million Australians imperatives like finding the next toilet can take precedence over all other trifles.

For the one in four Australians over the age of 15 affected by incontinence, knowing the location of the next toilet can have a huge impact on their holiday experience.

Young families on holidays too, will appreciate knowing the location of the next toilet stop.

Thanks to the National Public Toilet Map (the Toilet Map) Australians can find

the location of more than 16,000 public and private toilets around the country.

The Toilet Map is available online, as a smart phone app or on mobile phones with internet browsers. It includes information such as opening hours, baby change room facilities and disability access.

Users can browse, search by postcode, town or region or enter their starting and end addresses and get the location of every toilet along the way.

The Toilet Map, funded by the Department of Health and Ageing, is supported by the Continence Foundation of Australia.

The Continence Foundation's chief executive officer Barry Cahill said most people were unaware incontinence was

one of the biggest health issues affecting Australians - more prevalent than asthma, anxiety disorders and arthritis.

"Unfortunately most people don't seek help or advice for their incontinence, but an estimated 60 to 70 per cent of people affected can be better managed or cured," Mr Cahill said.

The Continence Foundation of Australia is the peak national organisation working to improve the quality of life of all Australians affected by incontinence.

For more information go to www.continence.org.au or call the National Continence Helpline on 1800 330 066 staffed by continence nurse advisors who provide free confidential advice, information and referrals.

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Check out www.micaddy.com.au for product information and videos.

Or to purchase direct, contact Rex on 6262 5293 or 0418 833 329.

Visit MiCaddy at Have a Go Day 2013 a LiveLighter Event Site 49.



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Have a Go News' Bendigo Bank Seniors Week Festival 2013

FOCUS



ADVERTISING FEATURE

'Change of the guard' on the Duyfken Board



Mr John Longley AM CitWA

JUST TO UPDATE readers, recently Mr Graeme Cocks chairman of the Duyfken Foundation and involved with The Dove since the early nineties decided to call it a day. Mr John Longley AM CitWA was elected as his successor by the Foundation's board.

Mr Longley paid tribute to Mr Cocks' extensive involvement in the Duyfken project.

"Thanks to Graeme's tireless and ongoing contributions, Western Australia now has a working, full-scale tribute to the most significant vessel in Australia's his-

tory – the first known European ship to make landfall on Australian shores," Mr Longley said.

The Duyfken Replica has become a significant museum and tourist attraction overseas and around Australia. Such is its significance, that the Duyfken is now a part of the National Curriculum.

"Graeme was involved in the very early stages of the project. He was one of the first members of the Friends of the Duyfken," John said. "He helped set up the Duyfken Foundation and was an advisor to the board and di-

rector of the project from its inception in the early nineties until 2002, when he became a member of the board.

"Following the launch of the ship in 1999, he was project director for the ship's major journeys, including those that took the ship to the Netherlands, the United Kingdom, Portugal, South Africa, Sri Lanka, Mauritius, Indonesia and Papua New Guinea.

"And as chairman of the Duyfken Foundation for the past 10 years, he has shown great leadership, guiding the project safely through some heavy seas. His experience

will be missed but his contribution is enduring."

One of WA's most celebrated sailing sportsmen, Mr Longley brings to the position a wealth of experience in sailing and tall ship projects.

He has also had extensive experience with the Duyfken project and has been on the Foundation's board since 2005, most recently as deputy chairman. An ideal candidate for the position, Mr Longley's experience in major maritime projects spans 40 years.

In 1983 he was project manager and a crew member of Australia's successful challenge for the America's Cup in Alan Bond's Australia II and later became chief executive officer of the HM Bark Endeavour Foundation. His current project is director manager for the 2013 IKA Kiteracing Oceanic Championships in 2013 and chairs the Perth Region Tourism Organisation.

Duyfken Foundation members will be at Have a Go Day.

If readers would like to find out more about getting involved, the Duyfken 1606 Foundation will have a booth at Have a Go Day on the 13 November. They'll give you all the information on how you can become a social and active member of the Duyfken family.

If you can't visit them on the day then visit www.duyfken.com.



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Have a Go News' Bendigo Bank Seniors Week Festival 2013

ADVERTISING FEATURE

Live well with dementia



Dr Cameron Camp

by Frank Smith

DEMENTIA is not a disease – it is a disability, says Dr Cameron Camp, Director of the Centre for Applied Research in Dementia, in the United States.

“As with all disabilities we need to provide aids to help sufferers overcome their disability.”

Dr Camp calls these cognitive ramps, which like wheelchair ramps, help patients overcome their disability.

“It is important to design the envi-

ronment to support those living with dementia.

“For example one facility uses names of dishes on paper backed with Velcro so those who are unable to speak can make food choices.

“We should focus on abilities, not disabilities and design environments in which dementia patients can operate unaided and undertake meaningful activities.”

He says the principles Dr Maria Montessori defined for early childhood education applies equally well to dementia. These are:

1. respect
2. dignity
3. equality

Patients should be allowed to make their own choices whenever possible. Making choices is part of independence, from which flows respect and dignity.

“Everything you do for me you take from me,” said Maria Montessori. “The greatest source of discouragement is the conviction that one is unable to do something.”

Dr Camp was in Perth last month to conduct a workshop on communi-

cating with dementia patients run by Alzheimer’s WA.

“I train families and caregivers with skills they can use to help sufferers in their day-to-day living,” he said.

Carers and families relationship with people living with dementia has no doubt changed, but you can still maintain the special bond and connect in meaningful ways.

They may forget your name, shared experiences and interests you both enjoyed. They may even have changed their personality; however, despite dementia, they are still a person.

It is important to focus on the person they are now and respect what they are dealing with.

Engaging visits are an important part of the person’s life, regardless of whether they are living at home or in residential care. They may not be able to remember the details of the interaction, or that you visited at all, what is important is what they experience in that moment of being with you.

There is no ‘right’ or ‘wrong’ way to do activities. If the person is happy afterwards, it was a good activity and a good visit. If they are not, the

activity may need to be changed, or replaced.

Dr Camp said dementia describes the symptoms of Alzheimer’s, the most common cause. Dementia is also caused by hypertension linked to mini strokes and Lewy Body disease.

“They have different causes but all show memory loss. Dementia may also affect language, movement, reasoning or personality.

“People vary widely in their changes of personality. Some just cruise along as before, others become less inhibited or more creative. Others become more of what they were before. People may change in either direction.

“People tend to lose their most recently acquired abilities first. If English is their second language they often revert back to their original language,” he said.

Alzheimer’s Australia has developed a guide, which contains a range of ideas and suggestions on how to maintain this connection.

For further information visit www.fightdementia.org.au or ring the dementia help line on 1300 100 500.

Celebrate Bendigo Bank Seniors Week with bake-offs, fitness fun and even some ‘monkeying’ around

IN PERTH during November there will be bake-offs, fitness fun and even some ‘monkeying’ around to celebrate the 2013 WA Seniors Week Festival, proudly supported by Bendigo Bank.

Bendigo Bank State Manager Simone Ellul said the Bank had once again come

onboard as naming rights sponsor of the festival, which is running from 10 to 17 November.

“Seniors Week presents a positive image of getting older, and promotes an active approach to ageing,” Ms Ellul said.

“Bendigo Bank is proud

to support an initiative that helps promote inclusive, well-connected and strong communities.”

Bendigo Bank Seniors Week Festival will again open with the annual WA Seniors Awards on November 10 at the State Reception Centre.

Other highlights of the festival include the Seniors Recreation Council Be Active Have a Go Day at Burswood Park, and a Grandparents Day at Perth Zoo.

Ms Ellul said Bendigo

Bank and Community Bank® branches across the state were also holding their own Seniors Week activities.

“Gingin Community Bank® Branch is holding a Seniors Week Luncheon and Bayswater and Noranda Community Bank® branches will host their popular Seniors Week Concert,” she said.

“Plus this year, Bendigo Bank is running a special wealth promotion, where seniors can book in a free wealth consultation and go

in the draw to win a Financial Planning Statement of Advice to the value of \$3000.

“This special offer is running throughout November, and is part of the Bank’s ongoing commitment to building successful customers and successful communities.”

For more information about the seniors week activities near you, pop into your local Bendigo Bank branch, or visit www.communities.wa.gov.au.

Bendigo Bank supports seniors’ celebration.

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Diabetes WA CookSmart and ShopSmart sessions

prepare tasty and healthy, low GI snacks and meals and provides the opportunity to taste test a variety of healthy products.

ShopSmart session
Tuesday 26 November at Foodworks, East Fremantle

During this two hour supermarket tour, a diabetes educator demonstrates how to decipher and analyse food labels in order to make healthy choices for every day meals.

All sessions are free to Diabetes WA members and NDSS registrants and \$20 for all others.

Bookings can be made by calling 9325 7699 or emailing bookings@diabeteswa.com.au.

CookSmart sessions
Thursday 14 November in Belmont
Monday 18 November in Subiaco

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Photos for illustrative purposes only.

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

ADVERTISING FEATURE

Vince Garreffa's Blueberry Pork Chops



I RECENTLY enjoyed a blueberry picking adventure in Margaret River. Its great fun you should try it. After a week of eating them every which way I started to look for how I could cook them with meat. I found a version of this recipe and had to try it. Its fabulous! Do try it while fresh blueberries are still available. Blueberries are an excellent addition to your diet in the fight against Alzheimer's disease.

Ingredients for 2
2 thick pork chops
Seasoned flour
Extra Virgin Olive Oil (EVOO)
Butter
White wine
100ml honey
300gms blueberries
Two tablespoons breadcrumbs

Method
PUREE the blueberries, honey and breadcrumbs to a fine texture and set to one side.
Dip your pork chops into seasoned flour then put 3 tablespoons of EVOO and 2 tablespoons of butter in a hot pan and fry the pork chops at a medium heat for 5 minutes each side. Now put 100ml white wine into pan around the pork chops and put a lid on pan for two minutes. Take off the heat and place pork chops in a shallow roasting pan. Spoon the blueberry mixture over the chops and bake at 180°C for 10 minutes then serve.

Stonefruit stunners

LUSCIOUS peaches, nectarines, apricots and plums let us know that summer is well and truly on the way and these sweet and juicy stonefruit are begging to be served up fresh to eat by hand, or in a range of seasonal dishes. With a selection this good, getting your two to three serves of fruit each day will be a breeze.

Stonefruit are not only beautiful as a snack throughout the day, they are perfect for including in sweet and savoury dishes, fruit salads and cheese platters. Brush your favourite with honey or brown sugar syrup and grill until hot and golden to serve with frozen yoghurt or low-fat ice-cream. Add sliced peaches to stuffing mixture for a moist, fruity roast chicken or make an apricot sauce for baking tender lamb chops.

Peaches are the fuzzy fruit that appeal to most, but not so many of us are keen on the skin. Whether you can sink your teeth into one straight from the fruit bowl or you take the time to de-fuzz your peaches, that succulent flesh is in a league of its own and finding a perfect peach is pure bliss for the tastebuds. For a large part of the year we are forced to use tinned varieties because stonefruit are extremely seasonal but don't miss out now

the real stuff is on offer! Peak season extends until March.

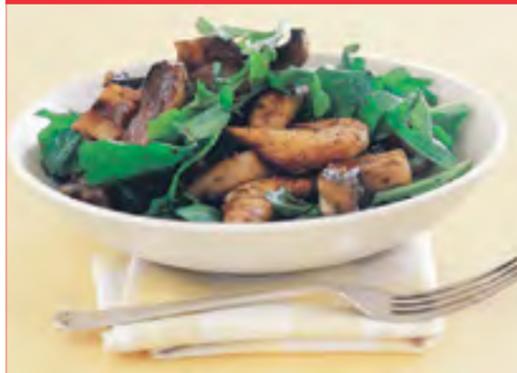
Nectarines are the fuzz-free peaches. Ripe nectarines have an unmistakable fruity aroma that can beckon us from the other side of a room. Like all stonefruit, they are fat free and a good source of Vitamins A and C, powerful antioxidants. Nectarines are in season from now until March and are very well suited to turkey and pork dishes, ideal fare for the Christmas period.

Fresh apricots and plums are a cheese platter's best friends. Sweet and slightly acidic, they make the perfect accompaniments to firm and soft cheeses alike and combine well with nuts and dried fruits. During the year it is not uncommon to see dried apricots included but go for fresh while they are available, from now until January. Plums should have a longer season, available until April.

Whichever is your favourite, there will be a luscious stonefruit to suit all tastes over our long summer. Treat your family to a combination of peaches, plums, apricots and nectarines, either fresh or included into an evening meal. Give these fruity recipes a whirl...

Fresh Finesse: www.freshf.com.au

Balsamic Mushroom, Chicken and Rocket Salad



Preparation: 10 minutes+
Cooking: 10 minutes
Serves: 4

Ingredients
4 (about 100g each) flat mushrooms, thickly sliced
500 g chicken tenderloins, thickly sliced
1/2 cup olive oil (plus extra for greasing)
2 tblspn balsamic vinegar
2 cloves garlic, crushed
2 tblspn sweet chilli sauce
Salt and freshly ground black pepper, to taste
1 bunch rocket, trimmed, washed and dried

Method
PLACE the mushrooms and chicken into a large bowl. To make the marinade, combine the oil, balsamic vinegar, garlic, sweet chilli sauce, salt and pepper in a screw-top jar. Shake well.
Pour the marinade over the mushrooms and chicken and toss gently to combine.

Cover with plastic wrap and refrigerate for 30 minutes. Lightly grease a barbecue plate with oil and preheat on medium. Spoon the mushroom and chicken mixture onto the barbecue plate and cook, tossing frequently for 6 minutes or until the chicken is cooked through. Remove to a large bowl to cool for 10 minutes. Gently toss the rocket leaves through the mushrooms and chicken. Spoon onto serving plates and serve immediately.
Tip: For a more pronounced chilli flavour, add a finely chopped bird's eye chilli to the marinade.

Recipe for One Chicken, Kaffir Lime and Apricot Skewers



Preparation: 15 minutes
Cooking: 10 minutes
Serves: 4

Ingredients
4 kaffir lime leaves
100 g chicken thigh fillets, cut into 3cm cubes
2 apricots, halved with stones removed
1 spring onion
1/2 lime, cut into quarters
1/2 tablespoon sweet chilli sauce

Method
SOAK 2 bamboo skewers in cold water for 15 minutes.
Thread kaffir lime leaves, chicken, spring onions, apricots and lime wedges onto skewers.
Cook skewers on a lightly oiled barbecue grill until tender, brush with sweet chilli sauce in the last 5 minutes of cooking.

Recipe courtesy of Summerfruit Australia

What's Fresh



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.

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. Apricots are early season treats, and worth snapping up as the season is traditionally short in Perth.

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.

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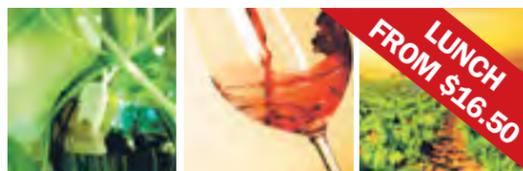
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Wine from cool places



by Frank Smith

LAST MONTH was a red-

letter month for the Australian wine industry when wine drinking exceeded beer

for the first time. The total amount of alcohol also fell suggesting that for most peo-

ple responsible drinking is becoming the norm.

Waipara Valley Pinot Noir 2012 comes from the Christchurch district of New Zealand's South Island. Like most Pinot it is of lightish hue with a bright, fresh style. The aroma is of lifted red fruits, earth and spice characters and good acidity. Soft and silky initially, the wine flows through to a firm yet smooth and persistent structure of dark fruit, dried spice and leather aftertaste that lingers on. RRP is \$21.99 but look for less than \$20 at discount liquor stores.

We also tasted four recently released white wines from Grant Burge Wines grown in the Burge Family's Barossa and Eden Valley properties.

Grant claims these wines are amongst his best ever.

"Mild summer days and cool vintage nights are the grape growers and winemaker's friend. It doesn't happen nearly enough that we get there perfect conditions," he said.

The result is a quartet of exceptionally fine white wines that don't cost the earth.

The **2012 East Argyle Pinot Gris** is lemon green in colour with aromas of white peach, almond, green apple and cinnamon cr me. The palate is full of finely textured lychee, pear and soft melon fruit with hints of honeycomb and nectarine from the small portion fermented in seasoned French oak. The overall structure of the wine has a fine varietal texture with refreshing acidity and great length on the finish. RRP \$23.95

The **2012 Kraft Sauvignon Blanc** is light green in colour and displays vibrant aromas of lime, green peppercorn, passionfruit and melon. The palate is clean and crisp with zesty, concentrated flavours of citrus peel, lychee and refreshing ripe grapefruit. All of this is perfectly balanced with a fine, mineral acidity providing a long, rich finish. RRP \$23.95

The **2012 Summers Chardonnay** is pale gold in colour, with complex aromas of citrus, white peach, nectarine and nuances of roasted almonds. The palate is finely balanced, with a creamy texture courtesy of the time on lees all supported by a backbone of acidity, which combines to create an excellent length of flavour. This wine is a classic example of cool cli-

mate Chardonnay with subtle usage playing nothing more than a supporting role yet imparting depth, complexity and mid palate structure. RRP \$27.45

The **2012 Thorn Riesling** is pale green in colour with an elegant bouquet of fresh limes, citrus and hints of apple blossom. The ripe, flavour-some palate is very indicative of the vintage. Rich and supple fresh limes and citrus are all prominent on the palate, all perfectly balanced with a natural acidity and minerality giving a long, lingering finish. This wine drinks exceptionally well young, but will also reward 6-10 years of careful cellaring. RRP\$27.45.

As usual, look for discounted prices around \$16-18/bottle while the wine glut lasts.

Letters to Vince Garreffa

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



2013 Mondo Cooking Class!

Monday 2 December, 2013

Roasting your Christmas meats - plus 'designer' hams

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

6.30pm to 9.30pm

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

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

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

Visit the Mondo Spring Markets



Mondo's Vince Garreffa

VISIT and discover! Sample and buy!

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

Available there are New Norcia breads, gluten free cakes, homemade preserves, chilli products, fresh organic fruit and veg-

etables, honey, jams, cupcakes, macarons and many other gourmet products and treats to tempt you.

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

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

Part proceeds of sales goes to LIFELINE!

The caf e will be set up, so bring along some friends to have a coffee, or hot chocolate at Mena's caf e bar plus pop into Mondo's while you are there for your meat

... and you can have a famous roast meat sandwich too.

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



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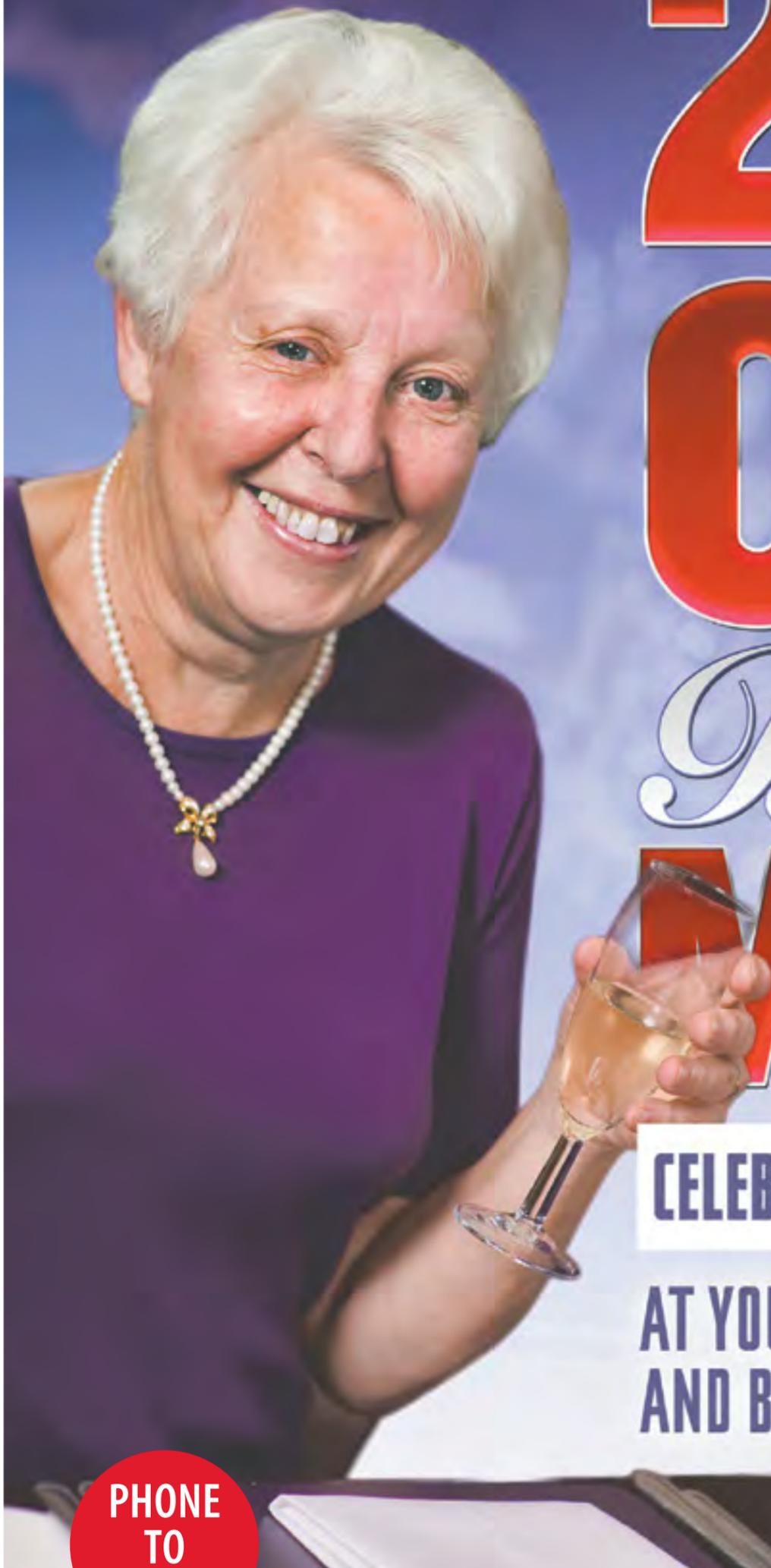


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travelling

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Jennifer Merigan in China

OUR TALKING Travel group celebrates the end of the year with our final session on Tuesday 19 November from 2-4pm.

We have asked some members of the travel industry to join us for our final event and look forward to seeing you on the day.

If you would like to join us, please call the office on 9227 8283 or email me to reserve a place.

I'm counting down to my departure for Europe on 1 December and I look forward to sharing the joy of Christmas in Switzerland with some features on the Christmas markets there.

Travelling through Europe by train is one of the more enjoyable transportation options available and with Rail Europe we will feature some incredible journeys which you can plan yourself.

With the year coming to a close, we will have some excellent holiday reading for you

in coming editions.

I love receiving postcards from you, so if you are travelling, feel free to send me a postcard or an email with a pic of your adventures. I look forward to sharing them with our readers.

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

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

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

The paper is also available on line at our website www.haveagonews.com.au and here you can also see various videos of our travels.

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

Happy trails

Jennifer Merigan
Travel Editor

let's go travelling

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



The Gourmet Village at Margaret River Gourmet Escape

wine and be a part of masterclasses, wine tastings, intimate Q&As, cooking demonstrations and see the international food and wine stars appearing across the weekend.

With 52 wineries, 17 restaurants and more than 100 producers, the Gourmet Village will be a food and wine hub like no other.

With such a jam-packed weekend, tickets are expected to sell out so early purchase is recommended to avoid disappointment.

Key features and highlights include:

Siemens Chef's Theatre

See world-class chefs such as Alex Atala and Julien Royer, Luke Dale-Roberts and Mark Best as well as other Australian favourites including Tet-suya Wakuda, Siemens' brand ambassador Adam D'Sylva, Matt Stone and Hadleigh Troy as they cook up a storm shar-

ing the secrets of their favourite dishes, skills and tips. The Siemens Chef's Theatre will also house panel discussions and Q&A's with leading culinary figures Heston Blumenthal, Harold McGee and Joost Bakker.

For those keen for the best seat in the house, take to the stage as part of the 'Table of Eight', sitting up close and personal with the chefs.

Chef's Skillery presented by Foxel's LifeStyle FOOD Channel - NEW for 2013

A line up of Gourmet Escape's international and Australian chefs will demonstrate and share tricks of the trade during these skillery sessions including an intimate Q&A session with the audience. See chefs such as Guillaume Brahimi, Sat Bains, Rick Stein and Darren Robertson showcase their skills, which have put them at the top of their game.

Premium Wine Tastings - NEW for 2013

For avid wine appreciators, these premium tastings held in the exclusive Leeuwin Estate art gallery will be facilitated by lauded international wine talent including Master of Wine Lisa Perrotti-Brown and Gourmet Traveller WINE editor Judy Sarris and writer Nick Stock. Guests will be offered special and old vintage releases.

*Grand Cabernet Gallery Tasting - Margaret River is Australia's premier source of world-class cabernet sauvignon. The Leeuwin Estate gallery houses a collection of the region's most acclaimed cabernet producers and in this tasting guests will savour the best recent and older vintages. \$80 per person. 2pm on Saturday and Sunday.

*Gold Class Chardonnay - Chardonnay is the varietal for which Australia has become

world renowned as a leading wine producing nation. There are many celebrated Chardonnay regions within Australia, yet Margaret River is the region that demonstrates consistency in quality. Guests will join some of the region's most talented producers in exploring a collection of this highly praised wine. \$45 per person. 3.30pm on Saturday and Sunday.

Breville Thought Lab - NEW for 2013

Cocktails and coffee are two of life's best sips. Here you will learn how to master latte art, with coffee guru Phil McKnight, so your Sunday morning coffee will never look boring again. 2012 Masterchef finalist Julia Taylor will also take you through some of her favourite freshly squeezed juice cocktails. The Breville Thought Lab will get the creative juices flowing so your drinks at home will take on a new and im-

proved look and taste. Granny's Kitchen Kids Cooking Classes - NEW for 2013

Welcome to home economics without the boring exams. Granny's Kitchen is all about learning how to cook things just like Nanna does. Hosted by Rebecca Sullivan, author of 'Like Grandma Used to Make' and founder of Dirty Girl Kitchen and The Granny Skills Movement, this year's kids area will be an interactive home economics room where kids can learn how to use basic kitchen utensils like graters, beaters and knives as well as how to cook and bake with the Gourmet Escape chefs, cooks, farmers and producers. Suitable for kids aged 5-12, parents must stay with their children but can sit back and enjoy a glass of wine. There will be 4 sessions per day but get in quick as these classes tend to fill quickly.

Chef's Table in association with Gourmet Traveller

Get up close and personal with the Gourmet Escape chefs at intimate Q&A sessions where guests can be inspired, seek advice or just hear first hand about international

influences and current trends. Ask Rick Stein if you really do need to throw away mussels that haven't opened; what started Miles Irving's passion for foraging; or how George Calombaris juggles his TV career and his growing restaurant empire. Join in the conversation over a glass of wine. Bookings not necessary - first come first served.

From Paddock to Plate with Kitchen HQ

Showcasing the stunning produce of WA, From Paddock to Plate will feature the region's leading chefs preparing and cooking with fresh local produce. Hosted by journalist and author Louise FitzRoy, this interactive experience will take you into the hearts of Australian farmers, allowing you to meet these home-grown heroes and gain a deeper understanding of the importance of supporting local, sustainable produce and the provenance of ingredients. A not to be missed feature on why sourcing local and seasonal is indisputably the best way to cook and eat. Bookings not required. First come, first served.

continued on page 53

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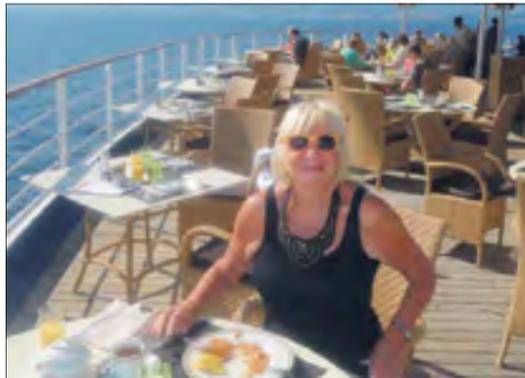
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let's go travelling

ADVERTISING FEATURE

Ann Rickard visits Istanbul before cruising Turkey and Greece



Top; Ann Rickard relaxes poolside, some of the stunning scenery seen while cruising, below ship barbecues are a great fun activity onboard

the bar for martinis in the evening and there is no stress about who will pick up the tab. Treat your new mates to an extravagant Italian dinner at La Terrazza restaurant and offer them late-night brandies in The Panorama Lounge without thought of the cost.

When Silversea says everything is included it means it: gourmet food and premium wines; 24 hour room service; Bulgari and Salvatore Ferragamo products in the marble bathroom; hourly lively activities; free state-room movies, and service that is as ubiquitous as it is friendly from a bevy of crew that almost out-numbers the passenger list.

Rarely in life will you be so profusely pampered.

Spread your body on a padded sunlounge by the pool and within seconds a smiling face is coming at you to ensure you are not thirsty or hungry, even if it has been just minutes since you waddled up from the bountiful breakfast buffet.

Whether it's a gin and tonic at 11 in the morning (go on, you're on holiday) or a hamburger and fries at two o'clock the next morning (perfect for soaking up champagne), it will be with you before you've had time to contemplate it.

Our cruise took us around Turkey (Kusadasi and Marmaris) and the Greek Islands (Santorini, Patmos, Mykonos) - some of the most desirable ports in the world but Silver Spirit's lure was so strong, we actually rushed our on-shore visits. When there is free-flowing champagne and the cossetting arms of

a smiling butler waiting for you, even dazzling Santorini struggles to compete.

Then there was the Turkish Bath House in Marmaris. As much as we loved being soaped and massaged by swarthy men wearing nothing but wet towels (just one shore excursion on offer), our thoughts kept straying back to the myriad indulgences waiting for us back on board Silver Spirit.

The only downside to such extravagance is the disembarking at the end and the thought of going home without a butler in sight.

Full details of all Silversea ships and itineraries with your local travel agent or visit: silversea.com

On board Silver Spirit:

Fitness aficionados will love the gym and personal trainer available every day.

Foodies will love -

Afternoon high tea; cooking demonstrations, grand dinners.

Couples will love -

Dinner a deux in Le Champagne by Relais & Châteaux where master chefs create seasonally inspired menus.

Hedonists will love -

Facials and body therapies at the spa.

Everyone will love -

The barbecue dinner on the decks under the stars where a whole suckling pig presides over a surfeit of sublime food.

Epicureans will love -

Everything, especially the martini making class.

Adventurers will love the number of shore excursions which cater for all tastes.

The writer was a guest of Silversea.

More on: silversea.com
annrickard.com

by Ann Rickard

AFTER A TANTALISING taste of life on board a Silversea vessel on a three day mini cruise in Australia a few years ago, we were up for a bigger deal. So off to Istanbul to board Silver Spirit for a cruise of Turkey and the Greek Islands. We deserved it. As do you.

We spent a few days in Istanbul enjoying its long history and diverse culture. The glittering riches in the Topkapi Palace were the perfect prequel before a luxury cruise. If we couldn't have a palace filled with priceless treasures, we could at least feel like royalty on board the floating palace that is Sil-

ver Spirit.

We knew things are going to be good when we were offered a glass of French bubbles during the on-board check-in.

When our personal butler knocked quietly on the door of our state-room moments after we'd settled and asked what we would like our mini bar stocked with, what to answer but: "An endless supply of French champagne please."

We felt no apprehension at this outrageous request. There was going to be no bar bill at the end of this cruise.

Silversea Cruise Line has an all-inclusive policy. Make new friends by the pool, arrange to meet at

Rediscover the south west...



Forests and rivers cruising In November

Home pick-up and return with a stay in Denmark for four nights.

Cruise the wonderful rivers and admire beautiful forests in our stunning South West.

The first cruise is with WOW cruises in Walpole then the group travels to Albany to board the Kalgan River Queen.

Both cruises are filled with informative commentary and wonderful scenery.

Other visits include Balinup, Mt Barker and Williams Woolshed.

Cape to Cape Christmas in December

Once again you will enjoy

home pick-up and return from a stay on beautiful Geographe Bay in Busselton for four nights.

Take the Busselton Jetty Train and see the underwater observatory.

Enjoy a huge Christmas lunch with full bar service, visits to Meelup Beach, Vasse Virgin Olive Oil, Margaret River Silk Road and great scenic coastal vistas.

Remember it is cooler down South!

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

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Conditions apply, subject to availability, must be booked and paid in full by 31 December '13. Block out dates do apply over Darwin Cup.

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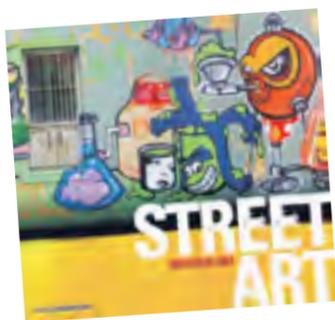
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travelling

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Street Art: Melbourne



Author Lou Chamberlain and Street Art: Melbourne

by Jeanette Woolerton

IT IS no secret that street art has become a major tourist attraction for Melbourne.

Strolling along inner city laneways in the Victorian capital is akin to attending an innovative and consistently evolving exhibition.

Some view street art as one of the most expressive and spontaneous forms of art available to the general public.

While others view it as nothing more than vandalism, the majority argue that it is

one of the most important art movements of our time.

It is an open-air visual conversation, which is often topical, witty and provocative.

Melbourne has long been renowned for its thriving street art scene.

The monochromatic concrete of the city becomes infinitely brighter when touched by the hands of intrepid artists working throughout the night.

The piece may be as large as a billboard or as small and covert as a mouse, but finding the hidden gem is part of the

attraction.

Due to its transient nature, street art is constantly evolving and refreshing.

New artists, styles and crews are taking to the city's walls and dedicated photographers or 'spotters', like Street Art: Melbourne author, Lou Chamberlain, are essential in documenting this dynamic art form.

Street Art: Melbourne documents some of the best work of the last eight years.

From sprayed to paste-ups, stencils to yarn bombing, Lou

has roamed the streets to capture, with her trusty camera, what many of us miss.

She has trawled through thousands upon thousands of her photos to carefully select the most interesting, loved and historically relevant for publication.

Works from artists such as Banksy, Herakut, Twoone and Will Coles grace the pages in full colour and gritty glory.

The book has become a visual record of many artworks that no longer exist, culminating in a pictorial reference of historical significance. Its glossy pages open your eyes to a new world and allow you view the city from an entirely different perspective, that of the artists which reside within its heart.

The author, Lou Chamberlain, is an artist, author and arts educator.

Lou has been teaching and writing about art and artists for children and young adults for 20 years and has created artists' books for the last 10 years.

Her interest in street art has been fuelled by living and working in Melbourne, with its vibrant and ever-changing street art scene. She has also researched and prepared photo-documentation of the street art of Rio de Janeiro and Valparaíso.

The photographs in this book were taken between May 2005 and March 2013.

The beauty of such work is that you can enjoy the spectacular works all year round, rain, hail or shine, from anywhere in Australia without having to leave your lounge room.

Celebrate the spectacular street culture by gracing your coffee table with Street Art: Melbourne by Lou Chamberlain.

For further information on Street Art: Melbourne, please contact Rosalind McClintock rosalingmclintock@gmail.com or 0413 342 218.

We're dreaming of a white Christmas



The Christmas markets in Switzerland

PICTURE a vision of snowcapped villages, the gathering of family and friends around a beautifully decorated Christmas tree by the fireplace, sipping on mulled wine and feasting on the heartiest of dishes.

Everyone is happily laughing, while carols are

played well into the night.

Presents are swapped against the stunning backdrop of snowfall and twinkling fairy lights.

These typically fairytale-like images (thank you Hollywood) that Christmas usually conjures up are, in fact, pretty real in the dreamland that is Switzerland.

However, the fairytale-like Christmas scene there is rather special. This jolly season is a time when the country's four different cultures (French, German, Italian and Romansch) amalgamate to put on one of the world's most incredible celebrations involving traditional festivities, song and dance, food, vibrant markets and quirky games.

Cities and villages around Switzerland transform into a winter wonderland with beautiful decorations, the air filled with the smell of Christmas cooking and its people playing to the same celebratory beat.

Indeed, a visit to Switzerland in winter is like stepping into your childhood memory of a Christmas fairytale. It's pure magic. We will share this festive magic with you in the December issue, stay tuned.

Stunning Swiss luggage



TO GEAR up for all things Swiss in coming editions,

we celebrate the ingenuity of Swiss company Victorinox and their new range of suitcases.

Victorinox, the producers of the world famous Swiss Army knife, have now released the Spectra, 2.0 range of luggage.

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ITINERARY

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

DAY 1: Perth - Auckland

Today you will be transferred from your home to Perth Airport for your overnight flight to Auckland.

DAY 2: Arrive Auckland (B,D)

On arrival in Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel. You may like to take advantage of the discount coupons in your Optional Tours Directory.
Hotel Copthorne Hotel Harbourcity

DAY 3: Auckland - Bay of Islands (B,D)

Depart Auckland and travel to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Enjoy a visit and informative talk at the Kauri Museum in Matakoho then pass through Whangarei to Paihia. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.
Hotel Scenic Hotel Bay of Islands

DAY 4: Bay of Islands Overnight Cruise (B,D)

After breakfast you are free to explore Paihia before boarding Ipipiri, your overnight Bay of Islands cruise. View spectacular landmarks, such as the Black Rocks and Urupukapuka Island before being anchored in a sheltered bay. The warm waters are home to an abundance of marine life such as dolphins, whales, seals and penguins. Tenders will ferry you to nearby islands as you learn of the rich history and ecology associated with this region. At sunset enjoy a buffet of local cuisine before retiring to your King Stateroom with sea views.
Overnight Bay of Islands Overnight Cruise

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

After a unique overnight stay, start the day with a leisurely breakfast before you cruise back to Opuha Wharf mid-morning. Farewell the Bay of Islands and drive south via Whangarei, Wellsford and Warkworth to Auckland. Enjoy a short city tour and free time before transferring to your hotel.
Hotel Copthorne Hotel Harbourcity

DAY 6: Auckland - Rotorua (B,L,D)

Depart Auckland and travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside to Longlands Farm & Restaurant. Enjoy a delicious home cooked lunch hosted by a rural New Zealand family. Next, continue to Rotorua and visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.
Hotel Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

DAY 7: Rotorua (B,SD)

Today begins with a Gondola ride to Cableway Restaurant where a buffet breakfast and spectacular views are on offer. Travel to the Agrodome where you see performing sheep, a shearing display and sheep dog trial. Enjoy some free time before travelling to Te Puia to see the boiling mud pools and awesome Geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

DAY 8: Rotorua - Wellington (B,D)

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and this afternoon visit Southward Car Museum, home to a comprehensive collection of veteran and vintage cars. Enjoy afternoon tea before continuing south along the Kapiti Coast to Wellington.
Hotel James Cook Grand Chancellor (2 nights)

DAY 9: Wellington (B)

Enjoy an extensive city tour in New Zealand's capital, Wellington. A highlight will be a guided tour of Te Papa, New Zealand's National Museum, with exhibits that embrace both Maori and European views. Enjoy free time at leisure this afternoon.

DAY 10: Wellington - Kaikoura (B,D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal

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Hotel Donegal House

DAY 11: Kaikoura - Canterbury (B,D)

A leisurely start this morning with time to enjoy the tranquil setting. Travel south through some of the finest farmland areas to Christchurch for an introductory city sights tour. A short drive through the Canterbury region brings you to your hotel.

Hotel Methven Resort

DAY 12: Canterbury - Franz Josef (B,L,D)

This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Pass through the Otira Tunnel and continue through lush beech forest, skirt lakes and follow rivers as you enjoy a boxed lunch onboard. Your journey concludes at Greymouth. Travel to Hokitika, famous for its Greenstone before arriving at Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel Scenic Hotel Franz Josef Glacier

DAY 13: Franz Josef - Queenstown (B)

See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown, a year round resort situated on the shores of magical Lake Wakatipu. This evening is free to dine at one of the many fine restaurants.

Hotel Mercure Queenstown Resort (Lakeview Room. 2 nights)

DAY 14: Queenstown (Free Day) (B,SD)

Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back and relax, as you are treated to the best of New Zealand's high country cuisine in the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

DAY 15: Queenstown - Te Anau (B,D)

This morning travel to Arrowtown, an old gold mining village and visit the Lakes District Museum. Continue to Te Anau, the gateway to the Fiordland. Enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves where you admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto.

Hotel Distinction Luxmore (Deluxe Room. 2 nights)

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

Depart Te Anau for a fascinating drive to Milford Sound where you board your launch for a cruise on this magnificent fiord. See the spectacular Bowen Falls and towering Mitre Peak as you enjoy a picnic lunch onboard. This afternoon return to Te Anau.

DAY 17: Te Anau - Dunedin (B,SD)

Travel via Gore and Balclutha to Dunedin for an informative city tour including a visit to Olveston House, a prestigious historic home. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

Hotel Mercure Leisure Lodge (2 nights)

DAY 18: Dunedin (B,D)

Travel along the Otago Peninsula to Larnach Castle for a guided tour. Visit Glenfalloch Woodland Gardens, view the superb collection of flowers followed by a delightful morning tea. Return to the city for some free time before boarding The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail. On return to Dunedin's historic Edwardian Railway Station your coach will transfer you to your hotel.

DAY 19: Dunedin - Christchurch (B,SD)

Travel to Oamaru, famous for its limestone. After a true Victorian welcome, enjoy an informative update on this unique Precinct. Continue to The Plains Vintage Railway to experience a 'K'88 Steam Locomotive at work, view informative displays and enjoy a delightful afternoon tea before travelling to Christchurch. This evening enjoy a farewell dinner with your new found friends.

Hotel Sudima Hotel Christchurch Airport

DAY 20: Christchurch - Perth (B)

Time to say goodbye. You will be transferred to the airport for your flight to Perth after a memorable New Zealand Holiday. On arrival you will be transferred to your home.



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Country Callers)

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London calling - Art and the history of injustice

making a big noise.

On show until the 16 November at the Stephen Friedman Gallery, near London's swanky Saville Row, is Kehinde Wiley's latest series, *The World Stage: Jamaica*.

Kehinde is a New York-based portrait painter who has found great influence from the old masters like Peter Paul Rubens (a favourite of mine) who portrayed the British elite in grand portraits. Kehinde has used this same format to illustrate former colonial countries as strong, striking and uniquely beautiful.

For this series, his seventh, he has gone to Trench Town, Jamaica using street casting to find subjects as well as dancehalls and nightclubs. The result is bright strong and imposing images of real life people in all their urban glory.

Using the same regal positioning and stances of the rich and powerful of 17th and 18th century portraits, the proud culture of Jamaica is resplendent in the medium of her former colonial power.

Based in the middle of Mayfair, one of London's most affluent areas, Jamaica gets a 'World Stage' and this can only be attributed to Stephen Friedman himself who is warily considered a bit of a maverick in the antiquated art world. Entry to the gallery is free and is open Tuesday - Friday 10am - 6pm Saturday 11am - 5pm.

This month's theatre was inspired by a night out with friends.

At well past bedtime, dancing in a nightclub to what Americans call EDM (electronic dance music), we met some New Yorkers who were in town to perform in a musical, *The Scottsboro Boys* at the Young Vic theatre; also proving that behaving like a reprobate can sometimes be inspirational.

The Scottsboro Boys is written by acclaimed songwriters John Kander and Fred Ebb (Kander and Ebb), whose credits include *Chicago* and Frank Sinatra's classic song *New York New York*.

The musical tells the story

of nine black men, the Scottsboro boys, who reportedly got into a fight with a group of white men on a train. They were arrested and subsequently charged with the rape onboard of two white women, Ruby Bates and Victoria Price.

Set in 1930s America, when race relations were poor, after the Scottsboro boys were indicted they only narrowly escaped being lynched by the Ku Klux Klan.

Due to the bias of an all white jury, their case was dubbed the 'Alabama frame-up' by progressive groups like the communist party. This and the lack of legal defence provided eventually led to a Supreme Court ruling that the defendants were denied their right to due process.

What followed was years of legal wrangling, with most of the boys serving long sentences and it was only this year that Alabama Governor Robert Bentley signed the Scottsboro Boys Act exonerating them.

When researching the story, Kander and Ebb found many media references to how much the trials and the way the boys were presented to the media, resembled a minstrel show. In 19th century America, the minstrel show, performed by white people in 'blackface' (pre civil war), was a hugely popular entertainment format using skits, songs and dance to characterise black Americans in a negative light.

Kander and Webb have cleverly borrowed this format to tell the story of the Scottsboro boys, using something that once lampooned the African American to illustrate the farcical nature of this particular miscarriage of justice.

Staying true to the minstrel format there are three lead characters: the Interlocutor (Julian Glover) resembling something of the Kentucky Fried Chicken Colonel and the comic duo Mr Tambo and Mr Bones (Colman Domingo and Forrest McClendon) named after their respective instruments.

These guys generate a lot of laughs; it's slapstick comedy at its best. At one point Mr Bones says, "I thought you had acting experience?" to which Mr Tambo replies "I said my leg was in a cast" and so on.

As well as narrating, they also play the key characters; Mr Tambo as the boy's defense lawyer Mr Johnny Walker in a comic look at the legal representation the boys were initially afforded and Mr Bones as 'Samuel Leibowitz the Jewish lawyer who represented the boys for the subsequent retrials.

In real life he risked death threats from the Ku Klux Klan and all for no money.

Mr Bones as the bow-legged swaggering county sheriff is hilarious and shows the versatility of these actors.

The nine Scottsboro boys are also a revelation, communicating anguish and pain as well as humour too. This

duplicity is best displayed by James T Lane playing Ozie Powell and Ruby Bates and Christian Dante White who plays Charles Weems and Victoria Price. The two 'victims' are crucial to the story as Ruby Bates eventually recounted her statement that the nine Scottsboro boys raped her which is illustrated in the song *Never Too Late*.

The closing scene is a brilliant nod to the civil rights movement. Rosa Parks is portrayed sitting on a bus and refusing to give up her seat to a white male passenger. This act of bravery in 1955 set the wheels in motion for the Supreme Court ruling that Alabama's segregation laws were unconstitutional. A supporter and campaigner Parks met her husband at one of the rallies for the Scottsboro Boys and interestingly, just this year, President Barack Obama posthumously made her the first African American woman to have a statue in National Statuary Hall.

Clearly there is a strong theme of racial injustice here, but for every bit of uncomfortable truth, there is five times as much humour and excitement. Performances are Monday to Saturday with matinees on Wednesday and Saturdays Tickets start at £10. *The Scottsboro Boys* are in town, and London Calling is certainly glad to have them.

What to know something about London? The Email: JaysonMansaray@gmail.com with the subject "London Calling".

Clockwise from top: *The Scottsboro Boys* Richard Hubert Smith - Jayson Mansaray - Kehinde Wiley. Image courtesy of the artist and Stephen Friedman Gallery, London

by Jayson Mansaray

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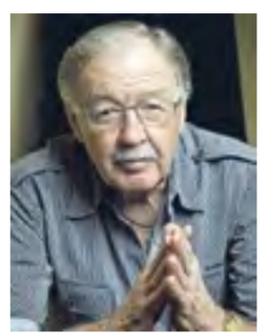
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ADVERTISING FEATURE



Queen Victoria, Mauretania Suite

by Chris Frame

CUNARD'S QUEEN Victoria entered service in late 2007 and was the first 'Queen' in the lines history to be designed primarily for cruising. While the ship is of the Vista-Class design (which owes its origins to a design created by sister line, Holland America), Queen Victoria is no ordinary cruise ship.

With a strengthened hull, allowing her to operate direct transatlantic crossings, Cunard made a number of significant changes to Queen Victoria in order to offer a truly British experience in a ship that has an onboard atmosphere equal to the grand ocean liners that came before her. Changes included lengthening the ship, allowing for a ballroom to be included in the design, as well as the creation of a West End style theatre.

At just over 90,000 tons, 294m long and 34m wide, Queen Victoria is a large ship; bigger than any of the ocean liners of yesteryear. Though much smaller than the giant Oasis of the Seas (225,000 tons), the size of Queen Victoria allows her to transit the Panama Canal while still offering enough space for her 2,014 passengers to experience a number of interesting and exciting areas aboard.

On boarding Queen Victoria, you'll enter the Grand Lobby, which is a multi-deck space. While many ships offer grand atriums, Cunard have taken a different approach with this ship. Terraced decks overlook the grand staircase, which is dominated by a large bas-relief of the Queen Victoria at sea. The sweeping staircases and subtle lighting, (complete with an impressive chandelier) make for a

truly stunning area. It sets the tone for the rest of the ship perfectly.

Off the Grand Lobby are a number of key areas that passengers will interact with.

On Deck One, the purser's office (shipboard reception), tour and travel office and computer centre can be found. These areas are the 'business-end' of the ship, where you can book tours, check your statement, pay a bill, send postcards and letters, surf the web or send emails to loved ones at home.

On the next level up you'll find the very popular library. A two-story room, this space has thousands of books that you can borrow during the cruise. The library is a quiet space and is decorated like a classic library with extensive woodwork. A spiral staircase links the two levels and is topped by a stained glass dome. Full time librarians oversee the library and can help you if you need a hand to find a good book.

On the opposite side to the library is the very popular Café Carinthia. This bar is open day and night, and offers a variety of drinks. Full time baristas are on hand to offer a selection of coffee and specialty drinks, while bartenders can shake up your favorite cocktail at a moment's notice. There are views of the ocean from comfortable seating thanks to large, floor to ceiling windows. At night, live music from the string quartet or pianist makes the room's at-

mosphere come alive.

Forward of Café Carinthia is the Queens Room.

This signature room, first introduced aboard the famous QE2, is the reason Cunard opted to lengthen Queen Victoria. It's the ship's ballroom and is the heart of life aboard any Cunard ship. Two stories tall and lit by two enormous chandeliers, the Queens Room has a proper wooden dance floor and bandstand allowing it to be transformed into the perfect venue for after dinner dancing.

However, the Queens Room is used constantly throughout the day for dance lessons, fencing classes, lectures, art auctions and of course Cunard's famous afternoon tea; served daily to the sound of the ship's harpist, by waiters wearing white gloves.

For nighttime entertainment, there's a large casino as well as the Golden Lion Pub, where drinks are served and pub-style entertainment offered. Quizzes, live bands and watching live sporting matches (on the large plasma TVs) are popular pastimes here.

Forward of the Golden Lion Pub is the Royal Court Theatre.

Decorated in a Victorian theme and complete with box seating, this venue has the appearance of a West End theatre. Enrichment lectures, cooking demonstrations and movies are shown here during the day. At night, the venue transforms into an

elegant show lounge where live acts are performed. One popular show is 'Victoriana' - specifically created for Queen Victoria - which takes you on a journey into the Victorian Era through song and dance.

Just aft of the Royal Court Theatre, on Deck Three, is the shopping promenade.

You could spend hours here looking through all manner of specialty items. Jewellery, watches, designer clothing and even souvenirs are found here.

Another popular spot is the bottle shop, where duty free alcohol is available at a fraction of the cost we pay at home. In fact, during one voyage aboard Queen Victoria in Australian waters, the shops sold out of spirits.

If shopping has worn you out, you can head high atop the ship, just above the bridge. Here you'll find the Stiners Spa and Beauty Salon. Spa treatments (including a large thalassotherapy pool) are offered here. There are hairdressers, a barber, beauticians, masseuses and even a dentist, physiotherapist and a podiatrist.

If a beauty treatment isn't your style, one deck up is the Commodore Club.

With sweeping views over the bow of the ship, this quiet lounge offers draught beer and a wide array of wines from the ships extensive cellar.

The nightclub is found just aft of the Commodore Club. It overlooks one of two large outdoor swim-

ming pools on the ship's top deck. There's ample deck space for sun bathing or simply watching the ocean. For the sporty passenger there is a tennis courts, driving range, shuffleboard and even a giant chessboard.

One of the most memorable parts of a Cunard cruise is the dining experience.

In the evenings, formality is still maintained aboard Queen Victoria, which means dressing for dinner is a mandatory if you plan to dine in the main restaurants.

There are three formal dining rooms aboard, which coincide with your cabin grade, while those wishing to stay casual can enjoy the alfresco restaurant.

The Queens Grill is the most formal restaurant aboard the ship. It is reserved for passengers in 'Q' grade accommodation. Its twin; the Princess Grill; is for the slightly more affordable (though still very exclusive) 'P' grade cabins.

These restaurants are set atop the ship, with sweeping ocean views. Passengers here are encouraged to order 'off menu' and can dine at any time during the evening.

The vast majority of passengers aboard Queen Victoria will dine in the Britannia Restaurant. Set at the aft end of Deck Two and Three, this large restaurant is modelled on the dining car aboard the Orient Express, albeit in a grand scale.

Two seatings are offered; the early (6.15pm) and

late (8:30pm), which you can choose at the time you book your cruise. There are extensive menu selections and an impressive wine list, which will please most people. The restaurant offers impressive views over the stern of the vessel, allowing you to see the ship's wake.

The grandness of Queen Victoria would be meaningless without a happy and proud crew. More than 1,000 people work aboard this ship, a large percentage of them Cunard veterans who previously worked aboard QE2.

Queen Victoria's crew, with a strong sense of pride for the job they do, is a very happy group, which makes for a happy ship, enhancing the experience for the passengers. This means that the beautiful Queen Victoria is a perfect holiday destination for travellers, particularly Australians who will appreciate the friendly atmosphere, along with the fun and excitement of the evening formality.

Did you know? Queen Victoria returns to Australia in March 2014 visiting Brisbane and Sydney.

Nautical Glossary:
Aft: Towards the back of the ship.

Bow: The front most part of the ship.

Stern: The back most part of the ship.

Tons: Refers to Gross Registered Tons, a measurement of a ship's size.

Wake: The disturbed water left behind the ship.

A Perth-fect Singapore holiday!



IN PERTH last month, the rapidly-growing airline Scoot announced the launch of its flights from Perth to Singapore.

Starting 13 December you can fly five times a week to vibrant Singapore on Scoot's wide-body Boeing 777-200, offering the most spacious cabin of any low cost airline.

Singapore is South East Asia's hottest leisure destination, with its pulsating entertainment scene, Universal Studios, the iconic Marina Bay Sands and some of the

world's best dining and shopping.

In addition, as one of the world's premier air hubs, Singapore offers connections to a huge range of cities in Asia and beyond - including fares from Perth to more than 46 cities offered by Scoot and its partner airlines.

Said Campbell Wilson, Scoot's CEO, "Scoot's inauguration of flights between Perth and Singapore is great news for Western Australians, Singaporeans and all of us at Scoot [with] unbeatable value airfares, the empowerment of choice, a heritage of safety and reliability and, of course, our unique attitude - Scootitude. We're excited to be flying to Perth and, with such fantastic launch fares on offer, there's no better time to 'get outta here' with Scoot."

To celebrate the launch of their route from Perth to Singapore, Scoot is offering a promotional fare of just A\$88 (that's one-way, taxes included).

Tickets are available now at www.flyscot.com

Wondering Wok



Enjoy a cooking class on a Wondering Wok tour

EARLIER in the year Travel Editor Jen Merigan joined Pauline Lynch's Wondering Wok Tours of Northbridge.

Pauline specialises in bringing the delights of Northbridge's China Town to those who would love to know more about the food and dining experiences offered in

the area.

It's a great tour and highlights the many options for improving your knowledge about Asian cuisine.

With her wealth of knowledge of the cuisine of our closest neighbours, Pauline has designed a Wondering Wok Tour of Singapore to introduce the delights of their delicious food to visitors.

This fully escorted and personalised tour will include accommodation at the Peninsular Excelsior for seven nights, a cooking class in a Singaporean home, the famous food safari around the island and tours to markets, and ethnic quarters, and a champagne brunch at one of Singapore's iconic hotels.

The tour also includes welcome and farewell dinners, daily breakfast at various locations, dim sum lunch, and of course some time to shop.

Discover the melting pot of Asia with Pauline who will show you a side of Singapore you have not seen before.

The tour departs 12 July 2014 with a cost of \$2240 twin share; bookings can be made by calling Carine Travel Bug on 9246 7277.



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

Visit the Melbourne International Flower and Garden Show

as well as the stunning gardens of Ballarat, Mornington Peninsula and the Dandenong Ranges.

Highlights include Ballarat Botanical Gardens, Paul Bangay's 'Stonefields', Daylesford, Phillip Johnson's Olinda garden, Heronswood gardens and Queen Victoria Market.

22 March to 29 March, 2014

Explore the magnificent gardens of England, Italy and France

including the Chelsea Flower Show in London.

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

20 May to 9 June, 2014

Take a unique and exciting fully escorted tour

KINGS TOURS and Travel has a unique and exciting fully escorted tour departing in August next year to visit the world Famous Singapore Garden Festival.

This itinerary has been handpicked and created to ensure you get to do and see what this amazing city and stunning festival has to offer.

The Singapore Gardens festival will be held at The Gardens on The Bay in Singapore.

Following is an overview of some of the things that you can expect from the Garden Festival.

As Asia's biggest flower and garden show, the fifth Singapore Garden Festival will return on 16 to 24 August 2014. This nine-day festival brings a record number of talented florists, horticulturists and landscape and garden designers from all

over the world under one roof, to showcase their masterpieces. This year, for the first time, the event will be held at the spectacular Gardens by the Bay.

Full of colour, creativity and floral beauty covering over two hectares, the Singapore Garden Festival is a spectacular show, offering a unique botanical experience and a visual feast for all to enjoy, no matter whether you are a serious gardener or hobbyist.

In 2012, more than 39 designers from 19 countries demonstrated their impressive garden creations in the festival, highlights including Landscape and Fantasy Gardens, Singapore Orchid Show, Balcony Gardens and Floral Windows to the World.

With even more exhibits organised for 2014, the Singapore Garden Festival

is a great opportunity to enjoy the many wonderful and fascinating displays on offer and is sure to leave you inspired and enthralled.

Kings Tours and Travel have also included some spare time for you to shop at the huge shopping centres such as Raffles City, Vivo City and Bugis Junction just to mention a few. There are many more for you to choose from and the opportunity to visit all your favourite shops.

The must do's they have included are:

- Singapore Sights Tour
- Unforgettable High Tea at The Raffles
- Breakfast at the Famous Singapore Zoo
- Jurong Bird Park

And a welcome and farewell dinner too.

So as you can see everything has been thought of to make this a perfect holiday

especially for you.

Don't forget Kings Tours and Travel does have that point of difference and do give you a special reason to book with them. Following are just some of highlights of the services you can expect.

- Private Car Home pick-up and return
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• Pre-tour get togethers for international tours

• Morning tea tour reunions

• Professional and conscientious office staff

• Full time Business Development Manager available for guest speaking and functions

Clients come back time and time again and Kings get to know them on a personal basis.

Their Tag Line is: 'You'll be treated like royalty on a King's Tour' and they put first your comfort, your safety, your time and most of all your enjoyment.

Kings Tours and Travel provide a unique and personalised service to all their clients

Call them today on 9380 5566.

Cascade Tours Christmas Tour

SPEND CHRISTMAS with Cascade Tours and join in the fun and games and free raffles offered on board their luxury touring coach.

Travellers will be picked up at the door and taken to Wellington Street to meet fellow travellers before boarding the coach, which departs from Perth at 9.30 on the 24 December.

You will then travel south to Donnybrook for a delicious lunch.

The first and second nights are spent at the Gloucester Motel in Pemberton with morning tea provided each day.

On Christmas day an "all you can eat" Christmas lunch will be served at the Gloucester Motel fol-

lowed by a visit to the 100 year old forest, sightseeing in Pemberton and Christmas presents. A light dinner of food platters will be served at night.

On the third morning the coach travels to Albany where it will stop at "the toffee shop" which is also a Cidery. Lunch will be in Denmark. There, you can purchase lunch at the famous Denmark Bakery or at one of the lovely cafes in town. You will then enjoy three nights at the Le Grande Motel in Albany.

Tourist areas of interest to visit include the Old Fortress, Whale World, Mount Romance, Mt Adelaide and much more.

On the sixth day, the tour says goodbye to Al-

bany and travels on to Kojoonup, with a stopover at Beauforts, the unique collectables shop. Lunch will be at the Williams Woolshed.

Upon arrival back in Perth, transport will be awaiting the happy travellers to return them to their homes.

Dinner, bed and breakfast are included in this fabulous tour. Lunches are provided on three of the days.

Cascade Tours, with 20 years experience in the coach industry, which includes providing seniors day tours, are proud of their friendly, professional and caring service.

See this feature for more details.

Gallipoli or Western Front tours for Anzac Day



THESE DAYS, we can all be at the ANZAC Day Dawn Service held at the ANZAC Cove, even if we are only just watching it from home on the television.

But to actually be standing at the ANZAC site at Gal-

lipoli for this ceremony is a spine-tingling experience.

The build up is tremendous. Buses crawl past the site from midnight, spilling out hundreds of Australians and New Zealanders, who have come to Turkey for this

very special day to honour our ANZACs. World War Two veterans, often with their families, along with Brits and Turkish people all converge on this small area of beach throughout the night.

By 5am, the first light of dawn starts to show the hills of Gallipoli in dark profile. The sandy prominence nicknamed the "Sphinx" by the Diggers in 1915, towers above the grassy hillsides covered by hundreds of Australians and New Zealanders, many wrapped in their National flags and all clutching programs for the service.

The atmosphere is contagious.

Soon the whole ANZAC

site resonates with Aussie accents singing those old favourites like "There's a Track Winding Back" and "Click go the Shears".

And it is surprising how many of the young people know all the words.

Made Easy Tours (a Brisbane based company) has been taking travellers to Gallipoli for ANZAC Day for the past 19 years and offers various tours to Turkey and the Western Front.

For more details and our 2014 Battlefields Brochure call 1800 673 337 or visit www.madeeasytours.com.au.

Made Easy Tours - Celebrating 20 years in Travel!

Revolutionary camper changes the outdoor adventure and camping scene



PERTH OUTDOOR enthusiast and innovative developer Jakkie Joubert said he is passionate about showcasing products on how travelling should be a fun and family time without the hassle.

"I love camping and travelling. In my most recent journey - I travelled the Canning stock route with my father who is 67 years old, and I found that pitching and packing up camp daily was troublesome at his age plus wasted precious time," said

Mr. Joubert.

"Camping should be about family, friends, being in nature enjoying the great outdoors and not about what gear, how much will it cost, or will I or the vehicle be able to cope with the towing. Having a camper to cater for ease and flexibility brings the focus back to what is really important when camping," he said.

Camping can be like a home away from home. When I designed my camper I valued the following must have features and camping "luxuries" - good comfy beds, toilet, fully equipped kitchen, freezer, storage, shower, battery backup and the time it took to pitch.

In the past two years I designed this camper with my dad's age and capabilities in mind: is the bedding suited for a more advanced age, will he be able to manage everything himself, plus being a family man I also catered for the needs of my own family of four.

The biggest accomplishment with developing and building the camper is the fact that it pitches completely in 50 seconds.

Some of the innovative patents and niche features the Quick Pitch Camper showcases are

1: no need to buy a new car to tow or do modifications with your exhausting ute to enjoy this ute top camper

2: the drop down, fully equipped kitchen - basin, stove, freezer, table and pantry

3: the folding arm with extension is similar to having a shower at home with curtain, shower head and hot and cold water, vanity, cabinet and mirror.

"I am super excited to begin a community of camping lovers and to share stories around the camp fires and on-line of great Australian travels and photos," Mr Joubert said.

For the ultimate camping experience call 1300 136 964 or visit www.quickpitchcampers.com.au

MADE EASY Tours

Celebrating 20 Years in Travel

You don't have to wait till 2015 to answer the call! Yes we are excepting registrations for the ANZAC Centenary at Gallipoli in 2015. But you don't have to wait till then before you set foot on that hallowed ground. You can beat the crowds and avoid the uncertainties by attending next year's ANZAC Day services at Gallipoli or at Villers-Bretonneux in France.

Join one of our Fully Escorted Tours to...

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5 days \$1,495

Following our ANZACS

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Priced from just \$2240pp (twin share)!

Relax and let your tour guide, Pauline, show you a different side of Singapore while you taste your way through the "Melting Pot of Asia".

Email: info@wanderingwoktours.com.au for a brochure or more information or phone Carine Travel Bug (9246 7277) to book your tour.
Visit www.wanderingwok.com.au for details

All prices are per person, twin share and land only. Contact us for a copy of our 2014 Battlefields Brochure which has other options.

We also organise Personalised Tours to the Western Front, departing any day and from Amiens, a 50 minute train ride from Paris.
Tours range from 3 to 5 days, covering the Somme, Flanders and Normandy.

For more information phone 1800 673 337
www.madeeasytours.com.au
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Struth

IN his continuing search for the more weird, wacky and wondrous in the world of travel, David Ellis says train buffs searching out that mystery or historic piece of railway paraphernalia, still seek ways today to (illegally) slip down to an abandoned rail platform under New York's swish Waldorf Astoria Hotel.

Because down there they find themselves in what is still officially part of the Grand Central Rail Terminal - and at a platform a three-quarter-century old rail baggage car that for decades was wrongly thought to be the one-time armoured personal carriage of President Franklin D Roosevelt.

Platform 61 was built in 1913, abandoned only a few years later as surplus to need, and when the Waldorf Astoria was built above it in 1931, re-opened for use by wealthy VIP guests who - as was the fashion at the time - owned their own luxury rail carriages.

The wheelchair-bound President Roosevelt, who had polio in his later years, used Platform 61 in October 1941 to get into the hotel, complete with his armoured motorcar that was taken by special car-elevator up to street level.

The custom-made Roosevelt carriage was built with two centimetre thick armour-plate on floors and sides, 7.5 centimetre thick bullet-proof glass windows, and even had machine-gun ports; it is now displayed at the Gold Coast Railroad Museum in Miami, Florida - putting a lie to the myth that it lies rusting-away under the Waldorf Astoria.

let's go travelling

ADVERTISING FEATURE

Enjoy free travel with South West Coach Lines



durah and the South West including Bunbury, Busselton, Dunsborough and Margaret River. They offer WA seniors discounted travel all year round.

Seniors can book their complimentary travel by visiting one of South West Coach Lines booking centres in Perth, Bunbury of Busselton or phoning 9753 7700. Timetables and further information is available at south-westcoachlines.com.au.

"The West Australian Government has supported Seniors Week every year for the past 28 years. In 2013, the Bendigo Bank Seniors Week Festival aims to recognise and thank seniors for their contributions to the community, challenge negative stereotypes of ageing and engage younger seniors in festival activities."

Department of Local Government and Communities

"As a long time passenger and a regular traveller to the South West the best thing about Southwest Coachlines is that they are always there. I never have to worry about the bus being cancelled and I can always rely on the service and courteous drivers. My seniors discount makes every trip affordable and easy."

Betty Clifton (Busselton)

Terms and conditions - Valid for WA Senior Card holders only: Valid for travel during WA Seniors Week 2013 (Sunday 10 November to Sunday 17 November, inclusive). All travellers must present valid WA Seniors Card at time of booking and when travelling or upon request. Valid for direct bookings only and subject to availability. Standard conditions of carriage apply.

TO CELEBRATE WA Seniors Week Festival 2013 10 – 17 November 2013, South West Coach Lines is offering free travel to WA Seniors on its award winning express services and Crown Day Tour for the duration of the week.

Seniors can travel in five star comfort and enjoy all the entertainment offered on board including new internet access and individual multi-channel entertainment systems with new release movies, music and local commentary.

Tinted panoramic touring windows ensure all travellers can take in the amazing scenery and highlights of the remarkable south west region. All of the oversized leather seats can recline and are fitted with footrests. Restroom facilities can also be found on-board.

South West Coach Lines' luxury coaches travel six times a day between Perth, Man-

Discover amazing Albany

A CITY SURROUNDED by nature, Albany marks the spot where the first European settlers set foot in Western Australia. The vibrant whaling, convict and settler histories, combined with coastal landscapes, award-winning beaches and fresh locally-grown produce make Albany a truly unique place.

Albany is known as the hub of the Great Southern, nestled between acclaimed wineries and some of the most rugged and awe-inspiring coastlines in Australia. It is home to several impressive formations including The Gap, Natural Bridge and the affectionately named Dog Rock. The Ellen Cove Boardwalk gives way to breathtaking views over King George Sound and our iconic Middleton Beach.

While you're here, make sure you sample a little (or a lot) of Albany's renowned seafood, fresh produce and wine. Check out our famous weekly farmers markets, and head to Emu Point to sample some of WA's best oysters.

Albany will welcome an influx of visitors starting 23 November this year as Western Australia's only host port for the Clipper Round the World Yacht Race. Albany will be showcased to an international audience, and the 12 70-foot Clipper yachts carrying over 300 international crew will be an exciting visual spectacle, especially as they depart King George Sound on 3 December.



The Gap, Torndirrup National Park near Albany © Tourism WA

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Going Fishing - Off Season



Skippy and King George, the perfect off-season fish

by Mike Roennfeldt

RIGHT NOW, those of us who live in the West Coast Bioregion (Kalbarri to east of Augusta) are in the middle of the demersal fishing off season. We can't catch all the big demersal species such as snapper, dhufish, baldchin etc from 15 October to 15 December inclusive.

It's a good time to sort through both fishing and boat gear and do any of the little maintenance jobs that need it...servicing the outboard, checking trailer bearings, checking rods for cracked or broken guides, servicing reels and topping up or replacing line. I've never been terribly good at that sort of thing myself... I'd rather be fishing.

The off-season fishing options for those who would normally be out chasing dhuiies and the like include King George whiting and skippy and both species are not only fun to catch but they taste great too. Everyone loves the taste of King George but fresh fillets of skippy probably don't attract the accolades they deserve. Simply pan fried with salt, pepper and lemon juice, skippy fillets have a delicious clean taste. The secret is having them fresh. They aren't nearly so good after freezing.

Luckily, these two prime off-season species can often be caught in the same sort of area. The places to look for are sand holes in amongst patches of seagrass and reef. The best spots seem to be decent size sand holes, say 10-20m square, or smaller holes linked to other patches of sand by sandy channels. Fish on the sand close to the edges of the reef or weed, but not so close that your bait is continually being taken by wrasse and the like. Ideal baits are squid and raw prawns, threaded on a hook around No.1 size and fished 40-50cm behind a running bean or ball sinker.

Both skippy and KGs respond well to berley and a handful of chook pellets scattered out the back of the boat every 20-30 minutes will do the trick if there are any fish about. While most successful anglers who concentrate on this sort of fishing will anchor up, there are those who prefer to drift for King George. Once again, the best drifts are those that will have your baits bouncing along on the sand just off a reef or weed edge in around 7-15m of water. You can catch them in shallower and deeper water, but the fish are spookier if the water is too shallow and it gets harder to make out the bottom as the depth increases.

The fights from both species are quite distinctive. A skippy is all energy, vigorously tearing around, causing the rod tip to buck violently, while a KG is more given to power dives back to the bottom. The bite from a skippy can be quite subtle, but not always. A KG, on the other hand, tends to suck the bait in and it doesn't hurt to give a little line before lifting the rod firmly.

Looking for a caravan?

THE home of new Retreat, Lotus, River and Chief caravans; Luxury RVs ensure that people receive outstanding service and value when purchasing a caravan.

Also offering affordable pre-owned caravans, the business deals directly with the client, providing quality vans that will satisfy everyone's needs.

Whether planning to travel or just going on a short journey with family, Luxury RVs are the people to speak with. Wayne Cashin and staff offer a professional service and are backed with many years of experience in the caravan industry throughout Australia.

Conveniently located on the outskirts of Mandurah, Luxury RVs is the place to visit when looking for a caravan and offer a range of both new and pre-owned caravans. The business will also be at the Perth 4WD and Adventure Show at McCallum Park 9 – 11 November.

The biggest of its kind in Australia, the show attracts up to 30,000 visitors each year, covering 80,000 square meters of exhibition space at McCallum Park.

It is a one stop one-stop event for outdoor enthusiasts to find all the products, information, advice and en-

tertainment they need to get equipped for their next adventure.

Luxury RVs encourage people to visit its caravan exhibition at the show.

For more information on what Luxury RVs have to offer call 9535 5507 or visit the business premises at 583 Pinjarra Road, Barragup.

READ US ONLINE: www.haveagonews.com.au

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Levelling ramp chocks

- Used in conjunction with leveling ramps

XPLC9570

RRP \$16.99 pr

Total RRP \$66.98

The LOT \$49.99

SAVE \$16.99

Heavy duty 8" Swing up

- Solid poly wheel
- 678kg capacity
- Side winder

DPSE0506

RRP \$89.99
\$74.99

SAVE \$15

10" Swing up

- Pneumatic wheel
- 225kg capacity

DPSE0505

RRP \$99.99
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HUGE RANGE OF PRODUCTS

Hi Lift jack

- 48" lift height
- 1050kg capacity
- 130-1060mm lift range

XPLJ0048

RRP \$119
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SAVE \$20

Hi-Lift Jack

- Huge 60" lift height
- 1050kg capacity
- 130-1325mm lift range

XPLJ0060

RRP \$139
\$119

SAVE \$20

Camping clothes line

- Tough aluminium construction
- Light weight & sturdy design
- Includes carry bag

XPLC0102

RRP \$49.99
\$34.99

SAVE \$15

Stabiliser stands

- Screw type stands keep caravan secure & stable
- Reduces movement & rocking

XPLC0001

RRP \$39.99
\$29.99 pr

SAVE \$10

ATOMIC Inverter generator

- 700 watt • Maximum Output: 800 watt
- Super quiet 4 stroke petrol engine • Compact and light weight • Power overload protection
- Produces high quality digital sine-wave power that is safe to use with lights, computers, T.V, phone charges and electrical appliances • Weight: 8.5kg
- Dimensions: 395(L) x 209(W) x 355(H) mm
- Noise: 58dB at 7m (full load) • Fuel Capacity: 2.1L

ATMG0700

RRP \$359
\$299

SAVE \$60

Rectangular vehicle awning

- 2.6 x 2m
- Includes fittings
- Provides instant shade to passenger side of vehicle

XPLC1001

RRP \$279

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BUY ANY CFX FRIDGE/FREEZER & RECEIVE A SPRING SPECIAL PACK FREE

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CFX-50	\$1,299	Spring Special Pack	Over \$300
CFX-65	\$1,449	Spring Special Pack	Over \$300
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YAMG2400

RRP \$2479
\$2179

SAVE \$300

GREAT FOR CARAVAN AIRCONS

Cape style vehicle awning

- 2.65 x 2.5m
- Pull out cape style shades passenger side & rear of vehicle
- Includes fittings

XPLC1002

RRP \$699

Power Rating: 2400 W FEATURES

- Brushless alternator
- Inverter voltage regulator
- Auto decompressor
- Electronic circuit breaker system
- Fuel level gauge
- Oil level warning system
- Pilot lamp
- Noise level suppressor
- Economy idle system (always on)

Also available protective cover \$85 YAMH2400

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Ph 9258 5444
Fx 9258 5488
cannington@malz.com.au

COCKBURN
87 Armadale Road
Ph 9414 9099
Fx 9414 9399
cockburn@malz.com.au

MIDLAND
Cnr Lloyd & Clayton St
Ph 9250 3233
Fx 9250 2344
midland@malz.com.au

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Celebrate

International Volunteer Day
Thursday 5 December 2013



Volunteering WA red ribbon being signed at launch

International Volunteer Day to be celebrated in December

INTERNATIONAL Volunteer Day was established by the United Nations General Assembly in 1985 and is now celebrated worldwide.

This year, on 5 December 2013, thousands of Western Australian volunteers will come together to recognise the important role of volunteers in their communities. It is an opportunity for the community to say – thanks! Thanks to our volunteers for their time, thanks for their compassion, generosity and dedication, thanks for their enormous contribution and for volunteering and to commemorate the 25th Anniversary of Volunteering WA.

Since starting, Western Australia's peak body for volunteering Volunteering WA has expanded to represent thousands of volunteer involving organisations and 35 Volunteer Resource Centres and Hubs across the state.

Volunteering WA is to be recognised as the lead organisation representing and advocating for volunteering in this

state, and delivering a broad range of services, programs, training and resources through their 567 volunteers involving member organisations serving WA's 600,000 plus volunteers.

To celebrate this milestone year, a red ribbon has been travelling the state collecting signatures of volunteers. On International Volunteer Day, this long ribbon will be wrapped around Government House.

Everyone is encouraged to take the opportunity to celebrate and to take a moment to appreciate the work and generosity of the extraordinary volunteers who contribute so much in so many ways to the betterment of our lives, and the lives of others.

On 5 December, join Volunteering WA to celebrate International Volunteer Day and the 25th Anniversary of Volunteering WA, by remembering to say 'thank you' to all volunteers.

For more information or to locate your local Volunteer Resource Centre, visit www.volunteering.wa.com.au.

Care and friendship shine through



Juniper volunteer Barrie Thomsett enjoys giving his spare time to help others

Telstra technical assistant is one of 500 volunteers helping Juniper provide accommodation, care, respite and support services in the metropolitan area and in regional WA.

Many individuals gain great satisfaction from knowing the difference volunteer work is making to the lives of older people, Juniper Chief Executive Vaughan Harding said.

"Volunteering is a fantastic way to contribute, to do something different and develop your skills and make new friends," Mr Harding said.

Juniper's volunteering options are very flexible and there are opportunities for many people including driving, gardening, companionship and assisting with individual or group activities.

And the time commitment is also accommodating: some volunteers are able to provide just one hour a week.

All potential volunteers receive assessment and orientation, and training as required.

If you feel you can contribute, contact Volunteer Coordinator Fran Rafferty on 9240 0314 or email volunteering@juniper.org.au.

For more information, visit juniper.org.au.

TIME HAS not stopped Juniper volunteer Barrie Thomsett from making a difference at Juniper, one of Western Australia's leading providers of residential retirement living, support and aged care services to more than 4,000 older Western Australians.

Rogaining, a sport involving long distance cross country navigation, plus competitive cycling kept Barrie highly active and fit for many

years until back pain got the better of him.

Upon retirement he also found he had a lot of time on his hands and volunteering has given him a new focus.

"I definitely recommend volunteering. It's a great way to connect with people and get out and about rather than sitting at home," Barrie said. "I like the flexibility and volunteer work keeps me active."

The 73-year-old former

New additions for Volunteering Australia

VOLUNTEERING Australia has proudly announced the appointment of Matt Rutter to the position of VA Board President. VA would also like to thank outgoing president, Paul Lynch, for his support and efforts on behalf of the organisation.

Joining Matt on the the 2013/2014 Board are:

- Tim Jackson
- Jane Hayden (new member)
- Valerie Hoogstad
- Robyn Rose
- Michelle Ewington (new member)
- Andrew Coghlan

Ross Wiseman
Kevin Thompson

Visit the Volunteering Australia website for more information about their Board members.

Volunteering WA also sends congratulations to Matt, who is also the Volunteering WA Chair, and special thanks to Paul for all the work he has done in his capacity as both VA Chair and Volunteering WA board member.

All Volunteering WA projects are located within the main office in West Perth, except the Joondalup Volunteer Resource Centre.

City West Lotteries House
2 Delhi Street, West Perth
Phone 9482 4333

The Joondalup Volunteer Resource Centre is located within the Joondalup Public Library on the corner of Boas Avenue and Lakeside Drive. The Centre operates Tuesday, Wednesday and Thursday 9.30am -2.30pm (during the school terms) and open on Wednesday 9.30-2.30 during school holidays.
Phone: 9400 4734
<http://volunteeringwa.org.au>

Volunteers Positions at the City of Belmont

The City of Belmont is looking for Volunteers to assist with providing important Community Services to its residents.

The City is committed to encouraging you as a Citizen and a Volunteer to be a partner in service development, working together in providing a service to support seniors. The City aims to provide the necessary support to aged members of the community to enable them to remain in their own homes for as long as possible.

Currently there are vacancies in the following areas:

Volunteer Activities Assistant: To assist with the preparation the Day Centre's activities that encourage adults, including the frail aged and younger people with a disability, to achieve independence, whilst maintaining their dignity and self-esteem.

Volunteer Community Transport Driver: To provide transport to frail aged and younger people with a disability, so that they can attend medical appointments, social outings and other scheduled appointments.

If you would like any further information in regards to Volunteering at the City of Belmont, please contact the City's Community Development Department on 9477 7141, or email community.development@belmont.wa.gov.au

IMAGE 101250

There's care...
and there's MercyCare

Volunteers

MercyCare is recruiting volunteers for our Residential and Community Aged Care programs in Wembley.

About the role

We are looking for volunteers who are interested in working with seniors and who can commit to one morning or afternoon per week, Monday to Friday. Applicants should enjoy socialising with aged people and be willing and able to assist with activities and outings, such as bingo, bowls, arts and crafts, driving, excursions, meals, and song and music sessions.

To be successful you will need to be empathetic towards the elderly and their families, have good listening and communications skills, be patient, reliable and flexible and have a willingness to learn.

To discuss further contact Anne
P 9442 3491 M 0403 368 778
E award@mercyare.com.au
W www.mercyare.com.au



IMAGE 101250

City of Stirling seeks volunteers

EACH YEAR, the National Volunteer Week recognises the great work of community-minded people across the country who give up their own time to help others.

The City of Stirling would like to thank its dedicated group of volunteers who continue to make a huge difference to the lives of frail-aged residents and people with disabilities. Without the tireless efforts of these volunteers, the City would find it extremely difficult to offer its current 200-plus services to the community.

Volunteers help the City deliver a range of services that enable residents to stay in their homes including providing transport to medical appointments, one to one shopping, mobile library, meals on wheels delivery and social outings to name just a few.

The City is enormously grateful for the time and energy that volunteers dedicate to supporting others in the community and would like to acknowledge their generous efforts in supporting City of

Stirling programs. If you are interested in making a difference and would like to become a volunteer, please call the City's Volunteer Coordinator on 9205 8555.

The City welcomes your interest in volunteering and will strive to offer you a wide range of rewarding opportunities to suit your interests, availability and skills.

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 Kelmescott.

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

IMAGE 101250



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
pnhfoundation.com



City of Nedlands

Volunteer Resource Centre

Presents

Thank You Day
to Volunteers!

5 December 2013

The City of Nedlands warmly thanks those who volunteer in the community. Your dedication and generosity with your time and skills are what make the City of Nedlands a vibrant, healthy and safe environment in which to live.

Interested in volunteering?

To find out more about organisations and the volunteer opportunities they offer and how you can get involved contact the Nedlands Volunteer Resource Centre

on 9273 3640 or email volunteering@nedlands.wa.gov.au



IMAGE 101250

Celebrate

International Volunteer Day Thursday 5 December 2013



There are a number of Volunteer Resource Centres throughout Western Australia. Please see the list for contact details of your nearest centre.

This list was sourced from www.volunteeringwa.org.au

Albany and Regional Volunteer Service
The GWN Building
Unit 3
57-59 Lockyer Avenue
Albany WA 6330
t: 9841 3588
w: www.arvs.org.au
e: volinfo@arvs.org.au

Armadale Volunteer Service
City of Armadale
7 Orchard Avenue
Armadale WA 6992
t: 9399 0629
e: volunteering@armadale.wa.gov.au
w: www.armadale.wa.gov.au/your_community/volunteers

Bassendean Volunteer Resource/Referral Centre
50 Old Perth Road
Bassendean WA 6934
t: 9377 2191
e: sdesilva@bassendean.wa.gov.au
w: www.bassendean.wa.gov.au/4_facilities/volunteer-centre.html

Broome Volunteer

Resource Centre
Frederick & Weld Street
Broome WA 6275
t: 9193 6425
e: penny.parker@broomecircle.org.au

Busselton-Dunsborough Volunteers Busselton Community Resource Centre
Suite 5b
21 Cammilleri Street
Busselton WA 6280
t: 9754 2047
w: www.bdvolunteers.org.au
e: volunteers@westnet.com.au

"Volunteer Christmas Island"

Christmas Island Neighbourhood Centre
Neighbourhood Centre
Murray Road, Poon Saan
Christmas Island WA 6798
t: 9164 7247
e: cinc@cinc.org.cx

Cockburn Volunteer Resource Centre
Cockburn Seniors Centre
9 Coleville Crescent
Bibra Lake DC WA 6965
t: 9411 3490
e: volunteering@cockburn.wa.gov.au
w: <http://volunteering.cockburn.wa.gov.au>

Corrigin Community Resource Centre
55 Larke Crescent
Corrigin WA 6375
t: 9063 2778
w: www.corrigin.crc.net.au

Esperance Volunteer Resource Centre
Unit 6

Charles Wilson Arcade
Dempster Street
Esperance WA 6450
t: 9072 0346
w: www.volunteeringesperance.org.au
e: volunteer@esperance.wa.gov.au

Fremantle Volunteer Centre
The Meeting Place
245 South Terrace
South Fremantle WA 6162
t: 9335 3394
e: fvc@fremantle.wa.gov.au

Geraldton / Centacare Volunteer Services
3 Maitland Street
Geraldton WA 6530
t: 9921 1433
w: www.centacaregeraldton.org.au/volunteering
e: cvs@centacaregeraldton.org.au

Gosnells e Volunteer Referral Service
PO Box 662
Gosnells WA 6990
t: 9397 3123
e: volunteering@gosnells.wa.gov.au
w: www.gosnells.wa.gov.au

Joondalup Volunteer Resource Centre
Joondalup Public Library
Boas Avenue Joondalup 6027
t: 9400 4734
e: volunteer@joondalup.wa.gov.au

Jurien Bay Community Resource Centre
Bashford Street
Jurien Bay WA 6516
e: jurienbay@crc.net.au
w: www.jurienbay.crc.net.au

Kalgoorlie Boulder Volunteer Centre
Shop 7
Market Arcade
272 Hannan Street
Kalgoorlie WA 6430
t: 9022 3197
e: coordinator@kbvc.org.au
w: www.kbvc.org.au

Koorda Community Resource Centre
43 Railway Street
Koorda WA 6475
e: Koorda@crc.net.au

Kwinana Volunteer Resource Centre
Kwinana Public Library
Hutchins Cove
Kwinana WA 6966
t: 9419 1628
w: <http://kwinana.wa.gov.au/Your-Community/Volunteer-Services.aspx>
e: bronya.wickland@kwinana.wa.gov.au

Manjimup Volunteer & Resource Centre
45 Rose Street
Manjimup WA 6258
t: 9777 2774
w: www.manjimup.org.au
e: community@manjimup.org.au

Melville Volunteer Resource Centre
City of Melville
10 Almondbury Road
BOORAGOON WA 6154
t: 9364 0153
e: volunteering@melville.wa.gov.au
w: www.melvillecity.com.au/itswhatido

Murdoch Volunteer Hub
t: 9360 6307
e: volunteering@the-guild.com.au

Nannup Volunteer Resource Centre
10 Warren Road
Nannup WA 6275
t: 9756 3022
e: nannupvrc@westnet.com.au
w: www.nannupvc.websyde.com.au/site.cfm

Nedlands Volunteer Referral Centre
60-64 Stirling Hwy
Nedlands WA 6009
t: 9273 3640
e: nedvolservice@nedlands.wa.gov.au
w: <http://www.nedlands.wa.gov.au>

Peel Volunteer Resource Centre
Suite 12
Lotteries House
7 Anzac Place
Mandurah WA 6210
t: 9581 1187
e: manager@peelvolunteer.org.au
w: www.peelvolunteer.org.au

Subiaco Volunteer Hub Subiaco Library
237 Rokeby Road
(cnr Bagot & Rokeby Rds)
Subiaco WA 6008
t: 9237 9256
e: rebeccaW@subiaco.wa.gov.au
w: www.subiaco.wa.gov.au

Volunteer South West
Lotteries House
99 Victoria Street
Bunbury, WA 6230
t: 9791 3214
e: admin.volunteer@bigpond.com
w: www.volunteersouthwest.org.au

Swan Volunteer Centre
Old Midland Court House
Helena Street
Midland WA 6056
t: 9278 9687
w: www.swanvolunteers.com.au

UWA Student Guild Volunteer Hub
t: 6488 5891
e: volunteering@guild.uwa.edu.au
Victoria Park
PO Box Locked Bag 437
Victoria Park WA 6970
t: 9311 8131
e: admin@vicpark.wa.gov.au
w: www.victoriapark.wa.gov.au

West Perth Volunteer Resource Centre
City West Lotteries House
2 Delhi Street
West Perth WA 6005
t: 9482 4333
e: info@volunteeringwa.org.au
w: www.volunteeringwa.org.au

Wickepin Community Resource Centre
24 Wogolin Road
Wickepin WA 6370
t: 9888 1500
e: wickepinvrc@westnet.com.au

Yanchep/Wanneroo Volunteer Hub
Locked bag 1
Wanneroo WA 6946
t: 9405 5935
e: glenda.bignell@wanneroo.wa.gov.au
w: www.wanneroo.wa.gov.au/Residents/Volunteers

THANK YOU

Hellenic Community Aged Care relies on a dedicated group of individual volunteers and community associations in support of our residents.

Sincere thanks from the residents. If you are interested in volunteering for our residents please give us a call.

Hellenic Community Aged Care
2 Hellenic Dve, Dianella 6059
PH 9376 5830
FAX 9376 5839 www.hcwa.org



The friendly Guides at the Round House will help you understand the history of the Round House and its importance to the State, they will point out places of interest from the gun deck where their 1 o'clock gun is situated and fired.

Entrance to the Round House is by gold coin donation.

T: 9336 6897 F: 9336 6800 E: fvhga@iinet.net.au



IN NEED OF VOLUNTEERS - BECOME A VOLUNTEER HERITAGE GUIDE IN FREMANTLE
The guides welcome visitors to the Round House, the oldest public building in the State, and provide them with information and a history of the site. Relevant training and information is provided.

Volunteer with People Who Care and you can help Granny Smith

We provide support for the elderly and people with disabilities who are living independently in the community.

Every person has the power to change someone's life for the better.

Whether you help with the gardening, changing a light bulb, driving to and from medical appointments, assisting with shopping, attending outings, working in the Op Shop or making a new friend - all your efforts count towards enriching someone's everyday physical and emotional wellbeing.

To apply for **People Who Care** services or volunteer please call **9379 1944**.
48 James Street, Guildford WA 6055



Can you help
Granny
Smith?

People Who Care
www.peoplewhocare.org.au

"We are committed to realising a caring community where people who are able, look after those in need."
Volunteer a little time and make a big difference



Volunteer Centre Celebrates Decade

In celebration of International Volunteer Day, the Melville Volunteer Resource Centre (MVRC) would like to thank everyone who has contributed to the success of the centre since its establishment in 2003.

In September 2013, the MVRC celebrated ten years of working in the community, connecting individuals who want to volunteer and the organisations that need them.

From our humble beginnings in 2003 where we assisted 71 volunteers, we have grown to assisting 1,900 volunteers so far this year, providing support for over 170 community organisations in the City of Melville.

For more information about volunteering and to find a position that suits you, please call MVRC on **9364 0153** or visit www.melvillecity.com.au/volunteering.

WANTED: Local Gardening Volunteers



Any time given is greatly appreciated, just one hour makes a difference. The MS Society values all volunteers and appreciates any time given. Without volunteers the MS Society wouldn't be able to operate as efficiently as it does.

CALL DAWN FOR FURTHER INFO: 9365 4897



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

Time To Help?

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

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

Thank you



healthy ageing - AGED CARE

ADVERTISING FEATURE

Health News



by Jeanette Woolerton

Lupus legends
RESEARCHERS have recently discovered a molecule that is crucial to cleaning up dead cells in mice, which they hope could shed light on autoimmune diseases such

as lupus in humans.

Dr Terry Means (an assistant professor of medicine at Harvard Medical School) and colleagues report their findings today in Nature Immunology.

Cells undergoing apoptosis (programmed cell death) are normally cleaned up and removed by immune system cells.

But in diseases such as lupus, clearance of so-called 'apoptotic cells' can go awry. A build up of dead cells can trigger the immune system to start making antibodies against them, as well as other parts of the healthy body.

Antibodies then become deposited in healthy tissue,

which leads to inflammation and other undesirable symptoms.

Means and colleagues noticed that in the worm *Caenorhabditis elegans* a receptor called CED-1 mediates dead cell removal and in mammals there was a related receptor called SCARF1, so they wondered whether SCARF1 might be involved in producing symptoms of lupus.

For further information on this topic, please refer to: <http://www.abc.net.au/science/articles/2013/07/29/3810995.htm>

Shine on!

Finally, physical proof of

the healing powers of the 'light within'.

For those of you who suffer Type 1 diabetes or have Pernicious anaemia, managing injections, sometimes daily, would be part of your routine. This is certainly no enviable lifestyle.

However, thanks to the ongoing discoveries in modern science and medicine, there may be relief from the discomfort of a daily injection.

Scientists are now hoping to treat such chronic diseases via implants powered by nothing more than light-triggered engineered cells.

The implants could also monitor toxins in the body in real time, providing long-term health data, by either warning you to take your

heart meds or even administering the meds themselves.

The technology, reported in the journal Nature Photonics, consists of transparent polymer implants. Each implant has genetically modified cells that activate in response to light, and could be programmed to release chemicals.

Please refer to <http://www.abc.net.au/science/articles/2013/10/21/3873523.htm> for further details.

The temperament test

The number of children diagnosed with autism in Australia has risen over the last five years and there is significant research currently conducted to ascertain precisely why this phenomenon is occurring.

Could it be that in the past,

the number of autistic girls was overlooked?

There are several signs that may indicate a greater or lesser degree of autism in an individual.

According to researchers, lack of cuddliness and a fixation with textures, sounds and smells in children under two years of age could be signs of autism.

It is believed that such patterns in temperament could be used to help detect the disorder earlier and tailor treatment, giving behavioural interventions a better chance of success.

Psychologist Dr Sally Clifford of Charles Sturt University and colleagues, report their findings in the Journal of Autism and Developmental Disorders.

"We're hoping that by studying temperament, you can come up with some ways of individualising an intervention based on temperament," says Clifford.

While symptoms of autism emerge during infancy, diagnosis is not usually made until a child is aged three or four and researchers are keen to detect the condition and intervene earlier.

"The earlier you intervene, the better the outcome so there's a window of opportunity that's going to get you the best prognosis," says Clifford.

For further information on this topic, please refer to: <http://www.abc.net.au/science/articles/2011/10/24/3346524.htm?topic=health>

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PH: 9450 6233 www.southcare.org.au
Email: enquiries@southcare.org.au

Gone are the days of the thunder box!

DEPENDING how old you are you might remember the outhouse at the end of the garden path in the backyard where, as a child, going to the toilet at night time was a scary mission.

Toilet paper was the local newspaper and once a week at 4 am we were often woken up when the dunny man changed the drum.

Toilet hygiene has increased in leaps and bounds.

Now we all have a toilet inside our house that flushes at the touch of a button, putting the good old dunny man out of a job.

Toilet paper is available in so many types, from single ply scratchy sheets to the triple ply ultra soft luxury scented rolls and now even moisturised wipes.

But as far apart as the old newspaper was to our luxury scented toilet rolls is toilet paper to the Bidet toilet seat.

Did you know that this marvellous automatic toilet seat is available in Australia?

With just the press of a button the bidet toilet seat provides a gentle stream of warm water that cleans you thoroughly. Then press the air dryer button and the bidet will dry you without having to use any toilet paper, leaving you feeling so fresh and clean. And it replaces your existing toilet seat.

The Coway and Hyundai Bidet toilet seats are available exclusively from THE BIDET SHOP. There are more than 11 models to choose from, to suit all requirements and budgets. There is even a Bidet toilet seat that automatically opens the lid for you and then closes it when you are finished. (This feature may save many a marriage).

THE BIDET SHOP is now exclusively stocking Bidet Toilet Suites.

Phone in store for more information on any of the bathroom products on 1800 243 387 or visit www.thebidetshop.com.au or www.luxurybidets.com.au



Ulika professional massage

EXPERIENCED, professional ASIA full-body massage is available.

Ulika Professional Massage provides traditional ASIA full body oil/deep-tissue massage as well as foot massage.

Their professionally trained staff members, including many who have successfully completed courses in remedial therapies, with the diploma of proficiency, will guarantee you with an exceptional relaxation experience.

This includes help with back pain, headaches, carpal tunnel syndrome etc and release of your muscles if you have problems participating in any sport and wish to improve your performance - or just want to have a good massage.

Opening Hours: Six days, from 5pm. (Or you can come by at any time during trading hours) at 238 Walter Rd West Morley.

*Plenty of nearby parking available.

Advocare incorporated

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 Wednesday 13 November or for more information please call 9479 7566 or 1800 655 566 (Country Callers).

hacc
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www.hallprior.com.au

Have a Go NEWS

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Busselton	Neil	0409 533 248
Denmark	Ron	0439 945 304
Fremantle	Margaret	0419 195 549
Geraldton	Terry	0437 626 425
Gosnells	Allan	0418 919 212
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ADVERTISING FEATURE

Acute and chronic lower back pain!



Jemma Aldridge

IT IS UNLIKELY that throughout a person's lifetime they will have a pain-free existence; life is full of unexpected circumstances and it is impossible to guard oneself from all of them.

Obviously everyone chooses a different lifestyle which is coupled by family, work and leisure activities.

At some stage in your life it is likely that you will experience a period of acute or chronic pain due to activities in which you have participated.

Acute pain is severe in nature and lasts for a short period of time; two days to six weeks.

Chronic pain is less severe in nature, longer lasting and more disabling over periods greater than three months.

Now pain can be experienced in any body part or in multiple areas at one time but this article focuses on the lower back, as it is the area that is most commonly affected by pain. Acute back pain is one of the most frequent reasons why we visit the doctor, physiotherapist or other

health professional seeking relief.

The most common presentation is non-specific lower back pain associated with decreased lower back movements secondary to pain and a significant change in ability to perform normal activities of daily living. It is important to have a physiotherapy assessment as soon as your pain persists longer than one day, as acute lower back pain has a very high recovery rate if treated early. Approximately 90 per cent of clients with acute lower back pain recover within two weeks; however recurrence is reported in 20-60 per cent of clients.

So why do you think it would be important to have an assessment of your acute lower back pain?

Well the reason is we need to distinguish a serious injury from a non serious musculoskeletal cause. Most of the time (90 per cent of cases) pain is caused by injury to muscles, ligaments and joints. However there are other nasty problems that can cause acute periods of lower back pain such as infections, cancers and nerve related problems.

If your acute lower back pain is not assessed or treated, often it can lead onto the development of chronic lower back pain which will have a longer lasting effect on your body,

mind and general wellbeing.

Effective physiotherapy management of acute lower back pain includes:

- Staying active and avoiding bed rest for extended periods
 - Spinal manipulative therapy to correct a joint related problem.
- Non effective management would be:
- Bed rest longer than two days
 - Passive modalities such as massage alone.

During the period of acute pain paracetamol (panamax, panadeine) has been proposed as first line drug therapy. It is considered relatively safe and does not produce side-effects such as stomach upsets and addiction to the drug. In older people paracetamol is the best option to avoid side-effects of stronger medications.

Effective physiotherapy management of chronic lower back pain includes:

- Exercises to strengthen the abdominal and back muscles or what we call the core muscles. These muscles are stabilizers of the spine and provide support. Clients who have chronic lower back pain tend to have weakened core stabilizer muscles, the exercises are designed to improve strength and support to reduce pain, improve posture and your ability to perform activities of daily living.

• **Behavioural therapy** - Counselling technique used by psychologists. Therapy is based around helping you understand, manage and change your thoughts and actions. It is very effective with anxiety and depression associated with chronic lower back pain.

• **Multidisciplinary rehabilitation** - includes exercise, education and behavioural therapy so you understand the rehabilitation process and have an active role in your recovery.

• **Work or home based visit from a therapist** to assess for issues relating to what you do at work or home that may be contributing to your chronic lower back pain

• **Spinal manipulative therapy**

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.

Change your lips for life...



as more people started using the product it became apparent that it not only treated eczema and dermatitis, but a wide variety of other skin conditions, one of which was the cold sore virus.

"It took a couple of years to find the time to develop the formula and in August 2009 I finally perfected my magic potion. The remarkable thing was that not only was the balm more effective, it also appeared to break the cycle of the herpes A and B virus completely in less than 24 hours as well as giving relief to the symptoms."

And as people who suffer from cold sores will attest, anything to stop the tingling in its tracks is a Godsend.

Caroline's Lip Balm is suitable for all ages including babies and once you've used it, your lips won't let you be without it.

Caroline's Skincare products are available from pharmacies, health food stores, health-care practitioners, hairdressing salons, and podiatrists throughout Australia.

RRP - \$14.95

See www.carolineskincare.com

WIN WIN WIN

To be in the draw to win a tube of Caroline's Lip Balm valued at \$14.95 simply email win@haveagonews.com.au with Lip Balm as the subject line or send an envelope to Caroline's Lip Balm - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the back. Only over 45s eligible and competition closes 30/11/13.

THE LATEST product in the Caroline's Skincare range has just been launched and will help to change the way you look after your lips.

Specially formulated for extremely dry, irritated, flaky, split and chapped lips, as well as eczema, dermatitis and psoriasis, Caroline's Lip Balm also has had extraordinary results in helping to soothe and prevent cold sores.

Keeping true to the Caroline's Skincare philosophy, Caroline's Lip Balm is an all-natural product and contains healing ingredients that not only repair the lips but soften, nourish and restore moisture; and it tastes lovely.

It was only through the incredible success of Caroline Monet's iconic product, Caroline's Cream in inadvertently treating cold sores that she set to work on creating a balm that would be even more effective.

"I knew firsthand that my cream would cure eczema as it had cured my own condition, but

Every day is an opportunity to beat cancer



and ageing, so the chance of being diagnosed with cancer increases as we get older. Finally, we are more actively looking for cancer, through early detection and screening programs. All these factors lead to an increase in diagnosis.

If you or a loved one is experiencing cancer visit www.cancerwa.asn.au or call the Cancer Council Helpline on 13 11 20 for cancer information and support services.

As a not for profit, non-government organisation they rely on the generosity of the community of Western Australia to fund the programs and services. There are many ways you can help to support Cancer Council WA. Have you considered including a gift in your Will to Cancer Council WA? It's a powerful way to give a gift that will touch countless lives.

For information on how to include a gift in your Will, visit www.cancerwa.asn.au/wills

THE CANCER Council Western Australia, understand that a cancer diagnosis can have an enormous impact on you and your family. That's why they offer a wide range of practical and emotional support, professional services and information and are your compass through cancer. With more West Australians being diagnosed with cancer than ever before (more than 11,600 in 2011), early detection through na-

tional screening programs is important because some cancers are more effectively treated when found in their early stages.

Why are more people being diagnosed with cancer?

First, there are more people living in WA - the population of WA is now almost 2.5 million. Also we are now living longer (on average) which means the population is getting older. There is a correlation between cancer

Prostate health problems - a thing of the past?

Advertorial
ONE IN THREE men over 50 has benign pros-

tatic hyperplasia (BPH) commonly known as an enlarged prostate. This number rises to nearly 80 per cent of men when they reach 70.

While BPH is not fatal, it can cause a lot of pain and inconvenience.

Common symptoms are frequent and painful urination, and for some, sexual performance is affected.

It is no wonder that we have reached epidemic proportions, yet so few men talk openly about it.

For those who have approached their doctors for advice, more often than not, an effective treatment is quickly and conveniently made available.

Surgery is usually the last-resort due to the unpleasant side-effects that can occur such as incontinence and impotence.

Most cases can be adequately treated with orally taken over-the-counter medication such as the popular Magnus Shield, developed and distributed by Graminex Australia.

According to Mr. Indra, spokesperson for Graminex Australia, men in general do tend to be tight-lipped about their current condition.

"It's normal for men to feel uncomfortable talking about their prostate and their symptoms (of BPH). That's okay, we understand," says Indra, who does his best to personally answer questions from individual callers.

He has spoken to many concerned wives whose husbands are reluctant to acknowledge the issue.

The key to this problem, he believes is to slowly encourage a culture where men should not feel ashamed to talk about their medical condition, especially if it concerns their "personal equipment".

For enquiries about joining a prostate support group, visit www.magnusprime.com for more information.

For enquires about Magnus Shield, please call 1300 760 627.

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NEW STUDY SEEKING PEOPLE with TYPE 2 DIABETES and HEART DISEASE

To further understand the efficacy and safety of a new diabetes treatment under development, the School of Medicine & Pharmacology at Fremantle Hospital is seeking people with type 2 diabetes and heart disease to take part in a clinical study.

Patients included in the study will receive comprehensive care via regular health checks and medical testing, access to free study medication and blood glucose testing equipment as well as compensation for their travel and parking.

To join the study you must:

- be over the age of 50
- have type 2 diabetes and heart disease
- be able to attend 17 clinic visits and answer 9 phone contacts over a three-year period

For more information with no obligation, please call the diabetes study team:

Michelle England
Phone: 9431 3230 or 0427 347 984

Approval for this study has been given by the South Metropolitan Area Health Service Human Research Ethics Committee.

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Final version 1.0 - 02-May-2013 - AU English (FRE)

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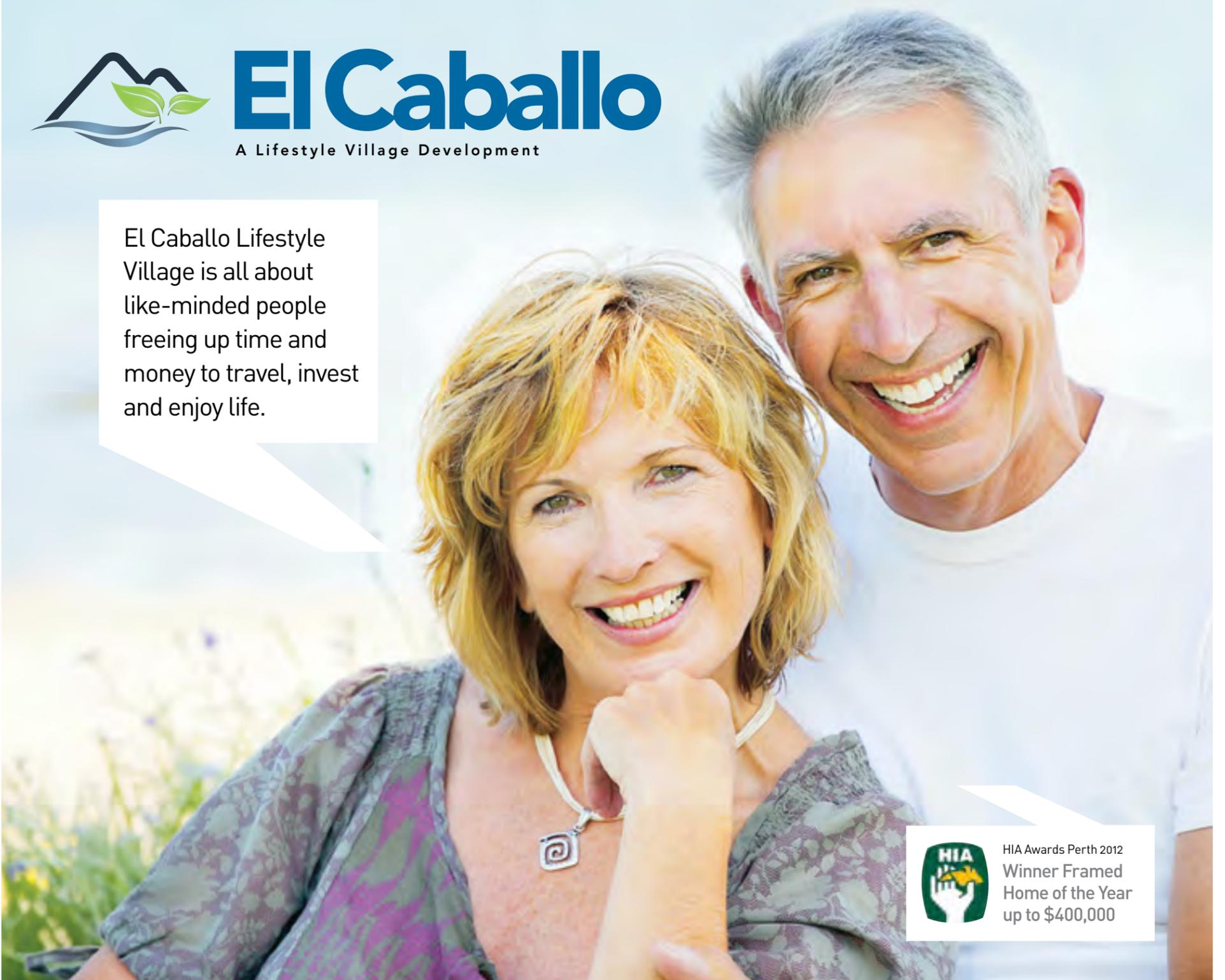
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Downsizing

ADVERTISING FEATURE



**Have a Go Day 2013 a LiveLighter event
- Burswood Park 13 November
See page 18 for details**

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Purchase one of these amazing beachside-lifestyle villas from just \$299,000 (two-bed, two-bath) to \$399,000 (three-bed, two-bath, double-garage), before this luxury retirement lifestyle option is gone.

The fantastic Community Centre, with kitchen, dining, lounge, library, pool, spa, gym and hairdressers is now under construction.

Amazingly, buyers will pay no stamp duty and one, low, weekly fee covers all your building insurance, rates and water-use costs.

Plus, you'll receive a monitored 24-hour emergency call service, 19 TV channels, and high-speed ADSL to each pet-friendly villa.

Purchase one of the remaining 5, Stage 1 villas and we'll also pay all your electricity charges for twelve months and contribute \$5,000 towards the purchase of electrical goods, quality curtains or blinds of your choice.

For all the exciting details call Ken Hamilton on 0409 207 815 or 9652 0400.



BC_RSLW016_IMG125290

Apartment living



The Clubhouse at Bethanie on the Park set up for a function

IF YOU'RE looking to downsize but don't want to be far from the city you might want to look at living in the suburb of Menora. The tiny inner northern suburb, located next to Mount Lawley, is only a 15 minute drive from the city centre. It's also close to trains, buses and being so central, taxis are affordable too.

Bethanie on the Park on Plantation Street is just one of the many retirement villages available in Menora.

However this is village with a bit of a difference – it offers low-rise apartment living with a view of the beautiful Yokine Reserve.

Apartments here are offered in one or two bedroom designs. Each design includes a balcony to take in the views, as well as a living area, meals area, launderette and full kitchen.

There are only three of these unique apartments left, with prices starting at just \$335,000. Living at Bethanie on the Park on Plantation Street comes with full access to the Bethanie clubhouse and a team who manage the village fulltime.

For details call Bethanie on 1300 883 893 and tell them you read about the offer in *Have a Go News*.

New service for Perth over 55s



Custom designed homes for Perth's 55 plus

OVER 55 PERTH building brokers and consultants represent and protect all Perth over 55s who are looking to build their new home.

The company provides a range of services including custom home design, locating land, tender and assess-

ment and construction supervision.

How do their services work?

They custom design your home and then tender your design out to selected quality builders. This ensures a competitive process.

Prices can vary up to 10 per cent for

the exact same design and specifications. They then evaluate and assess each tender.

Once you have chosen the builder, the company supervises the construction from start to finish, right up until you receive the keys to your home.

Each client will save an average of between 5 to 10 per cent on building costs.

They also custom design each home applying adaptable and visitable features, which are the most important part of custom home design, as the fittings and fixtures enable full usability and functionality of the internal and external areas to give you enjoyable day to day living.

For more information call 1300 135 215, visit www.over55perth.com or see the ad on page 7.

A stylish Granny Flat with all the extras for under \$90,000



Picture for illustrative purposes only



Whether you're downsizing or need extra space for your family, building a granny flat is now so easy, versatile and cost effective. At Granny Flat Innovations, a dedicated team work with you on every detail from start to finish to deliver a quality building in the quickest timeframe. There are many offering granny flats but it makes sense to build with a company backed by an award winning builder like Summit Home Improvements. All you'll need to do is move in.

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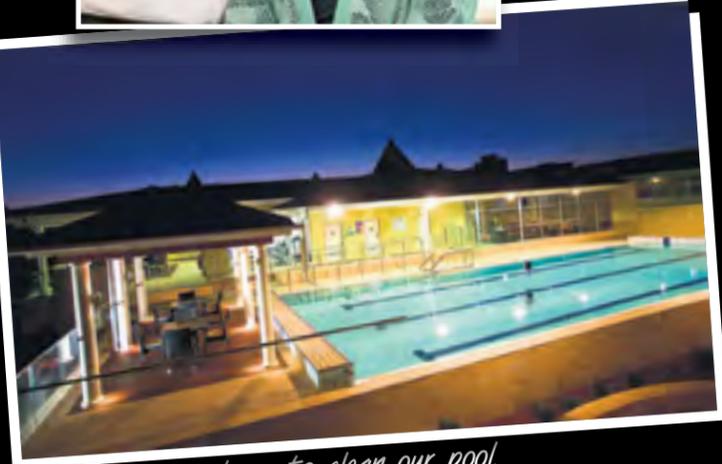
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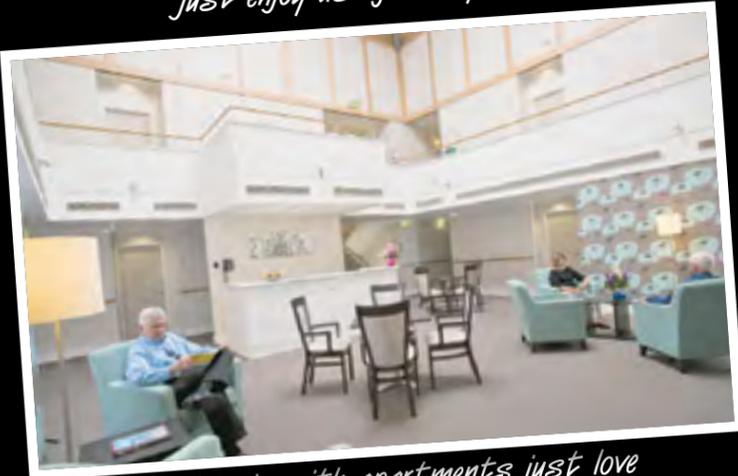
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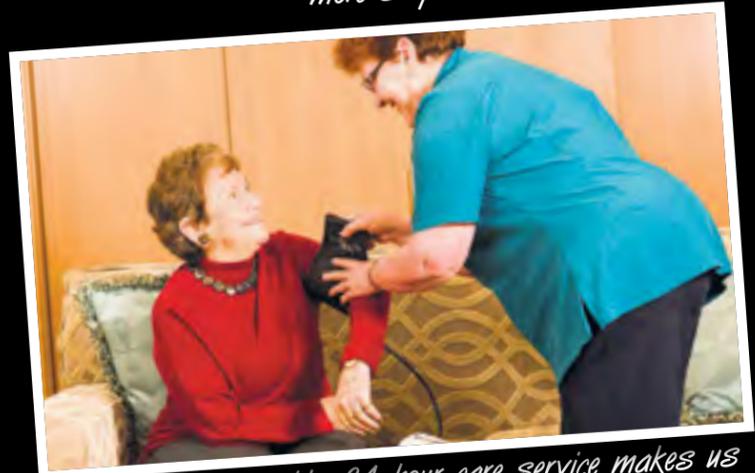
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...with more time to improve my game and relax with new friends...



...we've had to settle for a bigger, newer, more stylish kitchen...



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Downsizing

ADVERTISING FEATURE



Baby boomers lead retirement living changes

RETIREMENT living has changed dramatically from 20 years ago and baby boomers are the key to shaping how West Australians view retirement living.

The retirement age used to be around 65 but today, more people in their fifties are choosing to enjoy their life, money and freedom while they can.

And while some people are retiring early, others are working for longer – choosing not to ‘retire’ but undertake work part-time or in a volunteer capacity.

Baby Boomers, those born between 1946-1961, are redefining what it means to be retired and where to live in retirement.

Traditionally, retirement was seen as a time to do less and less. These days, it’s seen as a time to do more of the things you always wanted to, but never had time.

With an increasingly discerning demographic seeking the freedom to choose a lifestyle that fits their needs and preferences, retirement living choices have changed considerably in recent years.

Facilities like indoor heated pools, spas, fully equipped gyms and business centres are now a standard requirement

for lots of retirees, with many seeking retirement communities which enable them to be as active and involved as they choose.

Lend Lease Regional Manager, Retirement, Damian Gallivan said a lot of myths surrounded retirement living and Lend Lease villages aimed to debunk people’s common perception of what a retirement village is.

“Retirement villages are an independent living option. You buy the right to live in a retirement village under various types of contracts. This is different to aged care where you receive full care and the fees are regulated by Government.” Mr Gallivan said.

If you want to spend less time on maintenance activities and more time doing the things you enjoy, a retirement village may be a good option for you.

“We have 55 year olds in some of our retirement villages, choosing a low-maintenance lifestyle that allows them to socialise with other retirees,” Mr Gallivan said.

“Retirement isn’t what you think it is and we encourage all retirees, or those thinking about retirement, to come and visit a village to see for themselves.”

Lend Lease operates nine retirement villages across Western Australia.

A leading international property and infrastructure group, it is listed on the Australian Securities Exchange. With circa 18,000 employees worldwide, Lend Lease’s capabilities span the property value chain.

They have operated in Western Australia for more than 30 years and manage over \$1bn in assets in the state. They have been involved in commercial, retail and residential projects for clients such as ANZ, Commonwealth Bank, National Australia Bank and Telstra.

Lend Lease recently completed the Bankwest office fit out in Raine Square.

Major projects include Alkimos Beach, the largest and most significant coastal development north of Perth in the last 50 years that will ultimately be home to a new community of up to 55,000 people. Lend Lease is also proud to be master developer for Waterbank, a \$1billion development that will see an area of the Swan River regenerated and leave a positive legacy for all West Australians. They also own and manage a portfolio of nine retirement villages and have a strong retail presence in WA including ownership and management interests in Lakeside Joondalup, Southlands Boulevard and Armadale Shopping City.

When is it the right time to downsize?



Beautifully furnished bedroom

THE MOST common remark heard at Willow Creek Mews, Mandurah’s latest life-stage retirement village is, ‘We should have done it earlier,’ says Stephen May director of Mayco Properties. “Especially when they are buying a modern, well designed and attractive home at around half the price of similar lifestyle homes.”

“And it is showing in sales. Willow Creek Mews means our buyers can have it all, including plenty of spare cash from the sale of their existing home to enjoy their leisure time.”

“Our programme allows purchasers to offset the high ingoing and exit costs associated with re-

tirement villages so buyers can move into a brand new home tailored to the over 55s market complete with European appliances, open plan living areas, fitted carpets and window treatments included.

“We don’t have tennis courts or bowling greens so with our weekly levies being the lowest in the area, it allows us to utilise our resources wisely to give our residents the best of both worlds.”

Mr May says, “The City of Mandurah provide fantastic recreation facilities already, from libraries, swimming pools and bowling greens, to an outstanding foreshore, so why duplicate them.”

“Willow Creek Mews has been designed to provide community, convenience and a spacious new home with the latest technological advantages relating to acoustics, energy efficiency and sustainability.

“Our villas are either one bedroom, or one bedroom with an extra-large study which can double as a spare bedroom, all specifically designed for ‘aging in place’ and finished to an exceptionally high standard,” said Mr May.

“As well as a great community, Willow Creek Mews offers attractive landscaped gardens, a resident’s recreation centre, security, and a link-up with a local age care service provider which will supply a host of care packages as the residents grow older.”

Stage one has sold out, Stage Two is 50 per cent sold out, but priced from only \$126,000, they will not last long.

A new display villa is situated at Legend Crescent, Greenfields and will open on Saturdays, 11am to 3pm in mid-November.

For more information, please contact Stephen May on 0419 042 300 or visit www.willowcreekmews.com

Secure your meter box

HERE are some good reasons why people should call Meterbox Security today.

Locking the meter box is recommended by Western Power, Alinta Gas, Police, RAC and all insurance companies.

The meter box houses the fuses that protect the power supply to the security lights, cordless phone, computer and in some cases the alarm system.

The thieves can switch off the power or remove the fuses just to see if people are home or if there is an active alarm system installed.

Don’t rely on security system batteries as the use by date is often overlooked and they will fail when needed (alarms need to be serviced every two to three years).

Thieves would rather break into a property that is obviously not secured, including the meter box.

Reputable security companies always include the services of Meterbox Security in an insurance quote.

Peter Lynch has been securing meter boxes for 23 years and he is a licenced security agent and consultant

The company uses only Western Power and Alinta Gas master keyed cam locks and the viewing window is an unbreakable and a fully patented product invented by the owner of the business Peter Lynch.

Call Peter today on 92471299 or 0419 991 915 or go to www.meterboxsecurity.com.au

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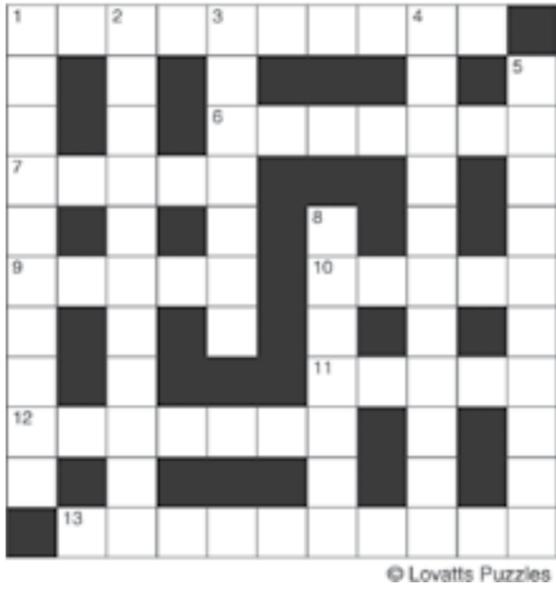
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Have a Go News DOUBLETAKE CROSSWORD

Tackle either set of these clues - you can even mix and match them, because the solutions are the same for both sets



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DOUBLETAKE CROSSWORD SOLUTION WILL APPEAR IN THE DECEMBER 2013 ISSUE OF Have a Go News

CRYPTIC CLUES

- Across**
1. Bold undertaking, to come in and lever up (10)
 6. Jumper, for instance, let heat out (7)
 7. Ruth's surgery is painful (5)
 9. Posed with an archfiend (5)
 10. Reportedly owes own pure air (5)
 11. Aspect of second degree, in fact (5)
 12. Part of TV series is so deep I become confused (7)
 13. Aging teachers produce classic works (3,7)

- Down**
1. Aphids seem extraordinarily stressed (10)
 2. Terror Tory! Al sounds very protective of his patch! (11)
 3. Causes change to beginning of seasons (7)
 4. Holy man and community spirit manage to make medical tool (11)
 5. Fee rebates processed for well-fed yeomen (10)
 8. Funds supplied by throat clearers, apparently (7)

STRAIGHT CLUES

- Across**
1. Star Trek starship (10)
 6. Track & field performer (7)
 7. Feels sore (5)
 9. The Devil (5)
 10. Atmospheric layer (5)
 11. Gem side (5)
 12. Incident (7)
 13. Great painters (3,7)

- Down**
1. Accentuated (10)
 2. Of land (11)
 3. Thinks logically (7)
 4. Doctor's listening instrument (11)
 5. Tower of London guards (10)
 8. Treasury (7)

DOUBLETAKE CROSSWORD SOLUTION FOR #259 OCTOBER 2013

5	6	7	1	8	9	3	2	4
4	9	8	2	3	5	6	7	1
2	1	3	6	7	4	5	9	8
3	8	1	4	5	2	7	6	9
7	4	2	3	9	6	1	8	5
9	5	6	7	1	8	2	4	3
6	2	5	8	4	3	9	1	7
8	7	9	5	6	1	4	3	2
1	3	4	9	2	7	8	5	6



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SUDOKU PUZZLE SOLUTION FOR #259 OCTOBER 2013

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

						5	9	
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		5	6	2	7	1		
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6	9		1		3	7		
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8	3							

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SUDOKU SOLUTION WILL APPEAR IN THE DECEMBER 2013 ISSUE OF Have a Go News

Enjoy spring at Whistler's in the Swan Valley



SPRING is the perfect time to visit the Swan Valley.

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

The new Whistler's experience in the valley is the perfect place to take the grand children. With its beautiful shaded grassed outdoor area complete with sand pit, chalk boards and plenty of space, it is a great spot for the kids to enjoy.

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

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

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

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

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

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

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

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

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

WIN WIN WIN

To be in the draw to win one of five fabulous Whistler's hampers valued at \$25 each simply send an envelope to Whistler's Competition - c/- Have a Go News PO Box 1042 West Leederville 6901 with your details on the back or email win@haveagonews.com.au - subject Whistlers. Entries close 8/12/13 and only over 45s eligible.



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Together let's save WA's fruit growers!



Clockwise from left; Mediterranean fruit fly - home grown produce has contributed to the incidence of fruit fly in WA - Various brands of traps will help lure fruit fly - The Bird Nest fern and other discoveries may be found at the Western Australian Fern Society and WA Palm and Cycad Society annual plant sale and show

THE FRUIT growing industry in Western Australia is currently at a crossroads from which there may be no return for many local growers and the industry as a whole.

Crop losses from the devastating Mediterranean fruit fly have increased dramatically over the last couple of years with the decreased use and impending withdrawal of Fenthion.

Some growers have al-

ready ceased operation and if this continues local produce at the supermarket will cost much more due to decreased supply and there will be an increased reliance on imported produce, which is not subjected to the stringent testing procedures of local produce.

The increase in home gardeners growing fruit in their gardens along with abandoned trees have contributed to the increase in fruit fly

strike in the orchards.

A lack of knowledge and effective and easy to use methods have made control difficult and expensive for home gardeners.

So now I am working in conjunction with Brett Del-simone, spokesperson of the Hills Orchard Improvement Group, to fight for government and industry change and to educate the public on how to best tackle this ma-

ajor concern. This is the time for all of us to do something about it.

So what can you do? There are a number of methods and products which when combined can have a big impact and help to reduce Mediterranean fruit fly numbers. Most of these can be purchased from garden centres, nurseries, hardware stores and some supermarkets.

Traps

These can be bought or homemade and are important for monitoring the numbers of flies. Many imitate pheromones to attract and kill the flies and should be hung around 1.5 metres off the ground on the northern side of the tree. Ideally trapping should commence at the end of winter/early spring. It is estimated traps catch only 10 per cent of the population so this is only part of the control.

Cera Trap: This is an effective trap that releases a series of volatile compounds, mostly amines and organic acids to attract adult flies, mainly females.

Go Natural Insecttrap: This is a non-toxic yellow sticky trap with an attractant to lure flies.

On-Guard fruit fly trap: Another yellow sticky trap with a protective cage for stopping leaves sticking to the trap.

Homemade: Follow the directions at <http://www.hoig.org.au/media/1797/Garden-Note.pdf> for details on making your own traps.

Baiting

These are normally applied as a splash bait or as a band/spot spray on the trunk, branches or lower foliage of the trees or plants. Again this is best applied at around 1.5 metres high. These need to be re-applied each week or sooner if there has been rain.

Eco-Naturaleure, Natures Way Fruit Fly Control and Amgrow Organix Fruit Fly Control: All of these products contain Spinosad which is a naturally occurring insecticide derived from a naturally occurring beneficial soil bacteria.

The baits also contain sugar and proteins to attract fruit flies. A coarse spray or paint brush are the best ways of applying these baits, as fine mists are not effective. Non-target trees can also be baited to reduce fly numbers.

Hygiene

A number of simple hygiene measures can make a huge impact in breaking the fruit fly breeding cycle. These include stopping the eggs developing into maggots and stopping any infested fruit from falling onto the ground where the maggots then burrow under the soil and pupate before emerging as adult flies. Some measures include:

- Picking up fallen fruit from the ground.
- Removing 'stung' or 'fly infested' fruit from the tree. To avoid the eggs developing into maggots and adult flies you can dispose of the fruit by either:
 - 'Solarising' the fruit by placing them in a tightly sealed plastic bag and then placing it in the sun for a couple of days. The heat from the sun will kill the eggs and larvae.
 - Freezing the fruit for at least one day will also kill the eggs and maggots.
 - Boiling the fruit.
 - Feed the fruit to pigs or poultry. Allowing chickens to forage around the base of fruit trees will reduce pupae numbers.
 - Never dispose of untreated fruit in the rubbish bin or

compost.

• Removal of fruit trees that are infested or are no longer cared for. Trees that have grown to unmanageable heights should be pruned back to enable easier control.

Physical Barriers

Physical barriers can eliminate the need to spray by protecting the whole tree, but may also be used in conjunction with them. Options include:

Netting: Netting should have a weave less than 1.8mm to prevent fruit fly. Options to create a physical barrier include mosquito/fly netting, flyscreen and shade-cloth. Always secure the netting at ground level so that the fruit fly cannot access the fruit trees from gaps underneath and to also stop the wind blowing netting around. 50mm irrigation pipe over star pickets makes a good framework for the netting. Local manufacturers include Commercial Netmakers go to netmakers@bigpond.com for further information.

Exclusion Bags: Cloth or waxed paper exclusion bags can be used on individual fruits or bunches of fruit to form a barrier that prevents fruit fly access. These must be securely attached at the stem end.

So make a difference and do your bit so that we can all enjoy Western Australian fresh fruit for many years to come. Every bit counts and even if you don't have fruit trees, hang a trap in your trees to help reduce the population. Don't forget fruit fly will also attack your tomatoes and vegies so be active and 'Let's save WA's fruit growing industry'.

For updates go to www.hoig.org.au and join the action.

Be quick if you don't want to miss out on seeing Europe's Best Gardens

My European gardening tour from 4-23 May 2014 to see 'Europe's Best Gardens' is filling fast, so book now if you don't want to miss out. Join me and fellow travellers from all around Australia as we tiptoe through Amsterdam, stroll through Paris and breeze into London with the Chelsea Flower Show. For the full itinerary go to www.rosstours/europe or contact Royce Green from Ross Garden Tours on 1300 233 200 or email travel@rosstours.co.

Grow your friendship group

Why not check out what your local gardening club has on offer at www.horticulturalcouncil.com.au/members or explore some Open Gardens, it's a great place to meet new friends!

• **13 November:** Why not take a friend or meet some like minded gardening friends at The Capel and Districts Garden Club's "Friendship Day" to be held in the idyllic surrounds of Julia's Garden, Goodwood Road in Capel. The garden owner Evelyn Taylor is providing personal-ised guided tours of the gardens as well as the opportunity to explore the gardens at your own pace. Bob Melville of Melville Nurseries will be providing a talk and answering questions. There will be roses from Melville Nurseries and exotic trees from Boreham Valley Nursery for sale, along with a plant and produce swap for those who wish to participate. Refreshments are available and for further information contact Janet Wells on 9753 2268.

• **16 to 17 November:** The Cannington Exhibition Centre on the corner of Station Street and Albany Highway, Cannington is again the location for the combined Western Australian Fern Society and WA Palm and Cycad Society annual plant sale and show. The show is open daily from 9am to 4pm. For Fern enquiries call Jill Watson on 9417 1274 or for enquiries on Palm and Cycad call Karen Surace on 9444 7233.

• **29 to 20 November:** The Wanneroo Agricultural Society show is the state's largest regional agricultural show and will showcase agricultural and horticultural competitions, animals, hobbies, arts, crafts and lots more. For more details go to www.wannerooshow.com

• **6 to 7 December:** The 99th annual Osborne Park Show is open on Friday from 6pm and Saturday from 10am until late each day. Held at the Robinson Reserve, Royal Street in Osborne Park the show features displays of local produce, animals and livestock, carnival attractions and a firework display at around 9pm each night. Call Warren Bettridge on 0417 173 737 or go to www.opas.org.au for information.

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Lots of prizes to win while watching Channel 7's Home in WA

AS THE year comes to a close, our friends at Home in WA have some great prizes up for grabs. If you love golf then don't miss the segment on the QOD electronic golf trolley which airs on 23 November. This Australian designed trolley has just taken out the prestigious Golf Europe Product Award in Germany and judged best in the world. You have two opportunities to win the QOD trolley, one in this paper and one by watching Home in WA. The festive season is fast approaching and Colin Barlow has some fabulous tips for gardening over Christmas and a selection of Seasonal hampers to give away. So don't miss the Home in WA on Channel 7 and GWN7 every Saturday afternoon at 4.30pm. You can keep up to date by liking Home in WA on Facebook.



Easier and more enjoyable golf with QOD - the smarter golf trolley



THE AUSTRALIAN owned and designed QOD, the world's smallest electronic golf trolley launched in Europe just over a year ago has received the prestigious Golf Europe Product Award for Trolleys 2013 in Germany.

Judged by a panel of experts including some of the most respected names in golf - along with top European golf players and editors - QOD beat major brands across the award evaluation criteria to take home the title.

The trolleys were judged on their functionality, degree of innovation, user friendliness and comfort, design and style, trend character and the cost-benefit ratio.

Sydney based Collin Hiss, Managing Director of QOD, says the trolley is the result of seven years of detailed research, design and development.

"As a newcomer into the Golf Europe Product Awards, it was a complete shock that our product surpassed the extremely high standards and quality set by and observed in the other European entries," says Collin.

"We are proud and honoured to have received the award for trolley of the year 2013.

"This win is a testament to our team's skills and continued commitment to deliver the world's most efficient compact electronic golf trolley with the aim of making every golfer's life easier."

QOD takes only a few seconds to assemble so golfers can go from car to course in less than a minute. Powered by the lightest lithium-ion batteries of its kind, Collin says QOD is a single piece of modular construction with three key factors in mind - simplicity, compactability and reliability.

Collin explains, "Golf is a walking game. The lightweight of the trolley allows golfers to enjoy and benefit from the walk without having to lug their often heavy golf bags around.

"My doctor often suggested that I walk the golf course instead of riding in a golf cart, so this is essentially what the doctor ordered."

Currently, golfers in more than 10 countries across Europe, the Americas, Asia and Australia are enjoying the benefits of the QOD innovation.

Australian elite amateur golfer, Jordan Zunic, has been using the QOD electronic trolley and its previous model for more than two years now. During that time, he had also provided valuable input and feedback to the QOD team on

the trolley's functionality and design.

"Having to constantly travel for tournaments, QOD is just magnificent. The size of it is great and it's light. And the lithium battery it uses is equally as light and lasts 36 holes, which is very convenient for me when I have two games in one day," says Jordan.

"People are always impressed when I show them how small it folds up to and how easy it is to travel with, it's great," he says, "And when I'm not using it, my dad uses it, too. We all love the QOD."

WIN WIN WIN

To be in the draw to win a QOD golf trolley valued at more than \$1300 tell us the name of the Australian Amateur golfer who uses the QOD. Send your answer and details by email to win@haveagonews.com.au with QOD in the subject line or send an envelope to QOD Golf Trolley - C/- Have a Go News - PO Box 1042, West Leederville 6901 with the answer and your name, address and phone number on the back. Only over 45s eligible and competition closes 30/01/14. *Entrant details will be provided to QOD.

Don't miss the 3 in 1 Market @ Showgrounds



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 16 and Sunday 17 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.

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 confectionary. Craft stalls are situated inside the Robinson Pavilion. 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.

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.treasured-craftcreations.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 13/11/13. Only over 45s are eligible.

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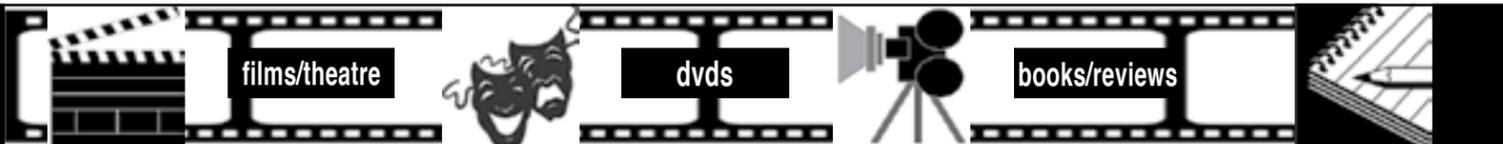
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Arts



Mozart's Choral Masterpieces at Perth Concert Hall



St George's Cathedral Consort
© Russell Barton

AS PART of its 2013 Concert Series, St George's Cathedral is proud to present Mozart's 'Mass in C Minor' and 'Requiem' on Tuesday 3 December at 7.30pm.

Come and hear the child prodigy's most mature choral works in the near-perfect acoustical environment of Perth Concert Hall, performed with panache and finesse by the talented Cathedral musicians.

The 'Great' C Minor Mass is full of pomp and solemnity and contrasts well with the dark and brooding beauty of the ever popular Requiem.

"The musical life of the Cathedral, under the direction of Organist and Choirmaster Joseph Nolan, has achieved unprecedented

heights of excellence," said Dr John Shepherd, Dean of Perth.

"This year's Concert Series has consolidated the reputation of the Cathedral as a centre for fine music."

"Small wonder that music comprises a critical and effective component of the Cathedral's mission, and that it is with pride that we offer such a wonderful array of performances. Music is an essential element within the life of the Cathedral. It is a necessity, not a luxury. Music of quality, in the context of worship, does not entertain or divert. It reveals."

The performance will be conducted by Joseph Nolan and will feature the St George's Cathedral Consort alongside leading musicians in Australia: Sara Macliver, Fiona Campbell, Robert Macfarlane, Robert Hofmann, and Paul Wright with The Musicians' Table.

WIN WIN WIN

To be in the draw to win a double pass to St George's Cathedral's Tuesday 3 December concert, email win@haveagonews.com.au and include the word Mozart in the subject line or address an envelope to St George's Comp 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 25/11/13.

It's going to be a Dickens of a Christmas



Dickens of a Christmas cast members

IN 2012, A WONDERFUL group of performers and musicians came together to volunteer their time and talents to raise funds for those in need.

The performance of celebrating the life of

Charles Dickens was a sell-out and raised funds that helped make Christmas a little happier for people experiencing homelessness. Given his extraordinary philanthropic spirit and concern

for those in need, Dickens would certainly have approved.

Following the enormous success of the inaugural event and in the 201st year since the birth of Charles Dickens, *A Dickens of a Christmas* featuring carols, music and lots of audience participation, will be performed at 7.30pm on Monday 16 December at St Georges Cathedral, Perth.

All the stars of last year's event will return including the talented and popular actress Jenny Davis.

Joining Jenny and Anthony Howes will be well-

known artists from opera, the concert platform and musical theatre.

Much-loved Christmas carols and music will be performed by Ronald Macqueen, Courtney Pitman, Erin Hutchinson, Katherine and Justin Freind, Graeme Napier and Stewart Smith at the organ.

TICKETS: \$20 adults and \$10 all concessions.

For more information or to book contact the Cathedral office on 9325 5766 or email info@perthcathedral.org

This December, celebrate and share the spirit of Christmas with *A Dickens of a Christmas*.

Take your grandkids: Magic of original Peter Pan soars to life



Andre Victor is Smee the pirate in Peter Pan at Roleystone Theatre

PIRATES, Indians, mermaids, sword fights, crocodiles and fairies will come together this November and December as Roleystone Theatre brings the original stage version of Peter Pan to life.

Written by JM Barrie and directed by Paul Treasure, the play follows the storyline as featured in the film *Finding Nev-*

erland - all versions of Peter Pan spring from this account.

"If anything, it's possibly a little bit more gruesome than we're used to, just like a good kids' story should be," Treasure said.

"The story's an absolute classic and frequently performed but very rarely in this original version.

"It gives us a good chance to see if it still holds up more than 100 years later.

"The theatre was looking for a good show that would use a lot of kids and this seemed to be the perfect one."

Involved in theatre since 1989, Treasure has appeared in more than 100 productions, from Aristophanes' *Lysistrata* through to Andrew Lloyd Webber's *By Jeeves*, with Marloo, Roleystone, Blak Yak (note: no C in Blak), KADS, Kwinana, Garrick, Park, Pit and Acorn

Theatres and the Mandurah Performing Arts Centre.

He has been nominated three times for best director at the annual Finley Awards for *The Sound of Music*, *Little Women* and *The Importance of Being Earnest* and has also won awards for his acting roles.

Treasure is also president of the Independent Theatre Association, an organisation that promotes the performing arts and builds community participation in live theatre.

Peter Pan plays at 8pm 22, 27, 29, 30 November, 4, 6 and 7 December with 2pm matinees 23 and 30 November.

Tickets are \$16, \$12 concession - book on 9397 5730 or at www.roleystonetheatre.com.au.

Roleystone Theatre is located at 587 Brookton Highway, Roleystone, opposite the Croyden Road junction.

ART for ALL

- 13 November Lunchtime in the Gallery 12-2pm with The Extraordinary Mind's Jan Cross
- 4 - 17 November Celebrating Our Backyard
- 20 - 24 November Access Housing's Tenant Art Exhibition
- 25 November - 1 December Celebration of Youth
- 2 - 24 December Christmas Bazaar

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Burswood: Carols in the Park

BURSWOOD Park Board proudly presents on Sunday 8 December 2013, the 20th annual Carols in the Park on the Burswood Park foreshore, off Resort Drive, Burswood.

Entertainment commences at 6.30pm, with the special Christmas story and carols concert from 7.30pm. Bring a picnic and blanket, and purchase a song book and candle for a gold coin donation.

All proceeds to the chaplaincy of Kent Street Senior High School and Riding for the Disabled.

For more information, visit www.burswoodpark.wa.gov.au or phone 9361 4475.

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15, 22, 29 November and 6, 13 December

SUNDAY MATINEE SHOWS
Doors open 11.30am for 12noon start
10, 17 November and 1, 8, 15 December

TICKET PRICES
\$18 Adults, \$15 Pensioner, \$8 Child
Ticket includes chicken and chips meal at intermission, tea and coffee. Soft drinks, crisps and sweets are available for purchase at the kiosk. BYO wine, beer, drinking glasses and nibbles.

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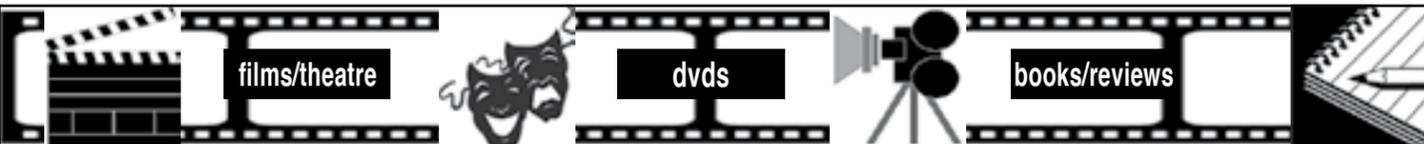
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Call or email to be placed on mailing list for future shows

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TIVOLETTES (Juniors: 6-16 year olds) All shows commence at 2pm on a Sunday
SHOW DATES: 27 October and 24 November
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Arts



The TEN Tenors - Live At The Quarry



THE EVER popular West Australian summer concert series, *Live At The Quarry* opens its seventh annual season at the Quarry Amphitheatre on 27 November, with the sensational rock-opera ensemble, The TEN Tenors. Amidst incredible international

success, this Australian troupe has become known as one of the hardest working touring acts. Performing an average of 250 shows per year across seven continents, they have sold more than 3.5 million concert tickets and hold four

gold and two platinum CDs, as well as two gold and one platinum DVD. Additionally a third concert has also been announced for 29 November.

Also performing at the Quarry Amphitheatre on 13 December is one of Australia's most beloved, respected and admired indigenous performers, Archie Roach. This timeless singer, songwriter and guitarist inspires all who see and hear him perform.

On 12 March, 2014, following a sold out national 'Fan's First' tour earlier this year and an extensive national album tour in support of his brilliant new record, "The Beginning And The End of Everything", Josh Pyke will perform an intimate solo show at the Quarry Amphitheatre.

Josh has become one of Australia's most beloved and recognisable singer/songwriters thanks to his ability to craft intelligent pop music with uniquely Australian influences and experience.

In 2014 Kate Miller-Heidke returns to perform at the picturesque amphitheatre on 21 and 22 March. Kate is one of the most talked about performers in Australian music. Her-

alded as one of the ultimate acts to catch live, rarely has an artist left fans and reviewers alike so consistently awestruck. Kate has just announced the release of her fourth and first independently released album 'O Vertigo!'

Don't miss Kate Miller Heidke, The TEN Tenors or the rest of the sensational line-up of Aussie talent - Live At The Quarry

Bring a picnic to enjoy with family and friends at the venue where high-end entertainment is guaranteed and value-for-money. BYO is just how we roll.

Tickets for the additional shows on sale now from ticketmaster.com.au and 136 100.

WIN WIN WIN

To be in the draw to win a double pass to see *The Ten Tenors Live At The Quarry* on either **Thursday 28 or Friday 29 November**, email win@haveagonews.com.au and include the word **ten** in the subject line or address an envelope to **Live At The Quarry Comp. c/- Have a Go News PO Box 1041 West Leederville WA 6901** with your contact details on the back. **Competition ends 20/11/13. Only over 45s are eligible.**

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by DAVID TRISTRAM

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Directed by

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TICKETS: \$25.50 full/\$23.50 conc/\$20.50 student

(Transaction fees apply)

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29, 30 Nov and 4, 6, 7, 11, 13 & 14 Dec @ 8pm

Matinees: Sunday 1 & 8 Dec @ 2pm

Harbour Theatre, 70 Adelaide St, Fremantle (opposite Woolworths)
For further information and membership enquiries visit www.harbourtheatre.org.au



Left to right; Naomi Watts and Robin Wright - James Gandolfini and Julia Louis-Dreyfus

Enough Said
A DIVORCED and single parent, Eva (Julia Louis-Dreyfus) spends her days enjoying work as a masseuse but dreading her daughter's impending departure for college. While at a party she meets Albert (James Gandolfini), a sweet, funny and like-minded man also facing an empty nest. As their

romance blossoms, Eva befriends Marianne (Catherine Keener), her new massage client. Marianne is a beautiful poet who seems "almost perfect" except for one fault: she spends much of her time complaining about her ex-husband's annoying habits. Suddenly it all comes together as Eva realizes that Albert is Marianne's ex and

finds herself doubting her own relationship with Albert as she learns the "truth" about him from Marianne.

Directed by Nicole Holofcener and also starring Toni Collette.

In Cinemas 14 November.

Adoration

A fearless portrait of love, lust and the power of friend-

On the Silver Screen

ship, *Adoration* tells the story of Lil (Naomi Watts) and Roz (Robin Wright), two lifelong friends living in a tranquil Australian seaside town, who embark on separate, passionate affairs that will change them forever. Adapted from a Doris Lessing novel by Academy Award winner Christopher Hampton (*Atonement*) and directed by Anne Fontaine (*Coco Before Chanel*), *Adoration*, radiating with a sweltering sensuality, is a provocative, sexy and captivating film.

"A fascinating film! A rare exploration of the female psyche! Anne Fontaine's study of two women trying to fight back against the incoming tide of time is an in-

credibly provocative piece of work, featuring a brave and vulnerable performance by Naomi Watts and a career-high from Robin Wright."

The Guardian
In Cinemas 21 November.

WIN WIN WIN

To be in the draw to win a double pass to *Enough Said* or *Adoration*, email win@haveagonews.com.au and include the name of the film in the subject line, or call the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am and 5pm) and leave your details. Only over 45s are eligible. Competition ends 15/11/13.



7.30PM TUESDAY 3 DECEMBER
Perth Concert Hall

Joseph Nolan - Conductor

Sara MacIver - Soprano

Fiona Campbell - Mezzo

Robert Macfarlane - Tenor

Robert Hofmann - Bass

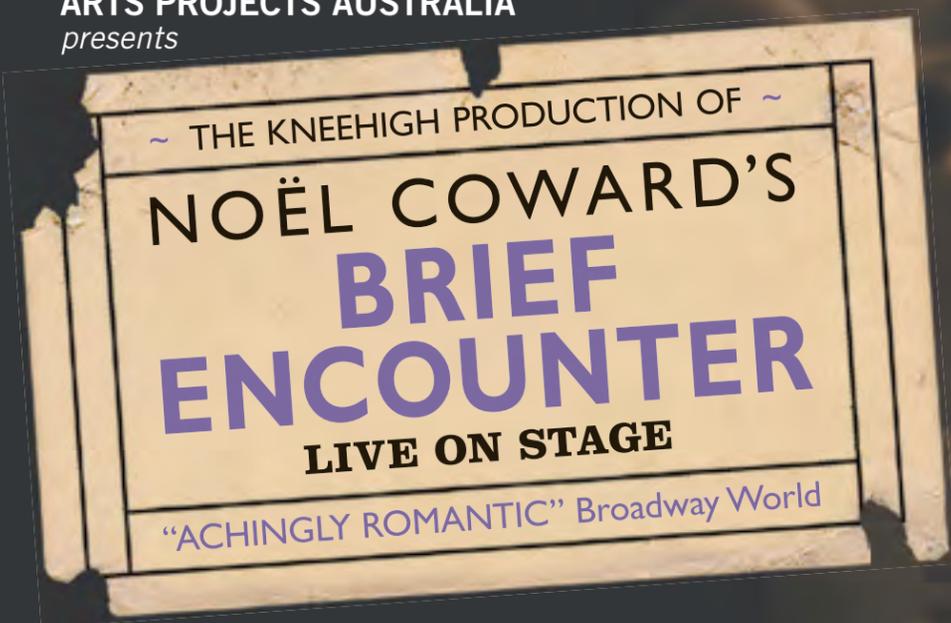
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Image from the original UK production: Simon Turtle

Arts

films/theatre

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Perth audiences are in for a treat with WA Ballet's *Peter Pan*

Enjoy the WA Ballet's *Peter Pan* at His Majesty's Theatre from 22 November until 15 December

by Josephine Allison

THERE is a special Perth-New Zealand link behind the WA Ballet production of JM Barrie's beloved children's classic of *Peter Pan* which opens at His Majesty's Theatre this month.

The ballet was originally choreographed by Christchurch based Russell Kerr who studied Barrie's book and the 1953 Disney film closely before adapting it for the stage, according to Craig Lord-Sole, now a WA Ballet staging director.

South Australian born Lord-Sole was a member of the Royal New Zealand Ballet from 1996 to 2007 and toured nationally with *Peter Pan* as one of the pirates. Toby Behan, one of the original Peter Pans in New Zealand, worked as a staging director with the WA Ballet production.

"*Peter Pan* was a big success in New Zealand," Lord-Sole said. "I was working out the other day it clocked up around 150 shows after its first season premiered in Wellington in 1999. It has toured the country three times since then."

Peter Pan has been hailed as a "grand serving of dance with lashings of colour

and vibrancy, dollops of robust dance and layers of smooth timing. A constant stream of humour bubbles through the piece."

James Barrie is purported to have been inspired to create the Peter character after the death of his 13-year-old brother. He realised that while he was growing older his brother would always remain the same.

WA Ballet artistic director Aurelien Scannella says Perth audiences are in for a treat with *Peter Pan*.

"This is a ballet with, perhaps, less dance than *Giselle* or *Swan Lake* but there is a lot of acting involved and dancers skills are used as well.

"The entire company of 36 dancers is taking part with several dancers cast as *Peter Pan* and there is Tinkerbell, the Darling family consisting of Wendy, John and Michael, Captain Hook, Tiger Lily and a host of pirates, Indians, lost boys, mermaids and a ticking crocodile - it's a great end-of-year ballet."

The ballet opens in a children's nursery in London, then moves to a fantasy world filled with intriguing characters.

The Edwardian picture-book inspired

sets and costumes transported to WA from New Zealand are by the late Kristian Fredrikson who was prolific in Australia and New Zealand with his set and costume design for ballet and opera. Music is by Christchurch composer Philip Norman and the WA Philharmonic Orchestra.

Now in his 80s, Russell Kerr is regarded as a consummate professional who has held many key positions in New Zealand dance. His teaching and choreographic skills provide a continuing source of inspiration and he still teaches and choreographs.

Lord-Sole, who has worked with the WA Ballet for the past five years, says there is a lot of scene movement in *Peter Pan*, so that there is always something happening. He promises a "big climatic scene" towards the end which audiences will enjoy.

Special matinee performances on Sundays and family twilight performances at 6.30pm have been introduced. Other family activities are also planned.

Peter Pan plays at His Majesty's Theatre with the WA Philharmonic Orchestra from 22 November to 15 December.

Celebrate life with The Graham Wood Trio + 2 at the Remembrance CD launch



sitting here making music as I make my way toward a full recovery from what should have been a terminal illness".

Entry: Table seating Adult \$15, Table seating Student/Membership \$12, Bar standing \$10.

Bookings essential on: www.ellingtonjazz.com.au/index.php/schedule/month/11/show/2867 or by calling 9228 1088.

For more details go to www.grahamwood.com.au or www.perthinternationaljazz-festival.com.au

Associate Professor Graham Wood (PhD) is the Director of Music at the Western Australian Academy of Performing Arts (WAAPA). His research into performing arts medicine and performance wellness has been published internationally.

Graham is the founder, co-owner and Artistic Director of The Ellington Jazz Club, as well as founder and Artistic Director for the Perth International Jazz Festival.

He was nominated for the 2013 Western Australian of the Year Award in the Arts Category and has also been nominated for a 2013 Golden WAMi by the Western Australian Music Industry Association. He performed on the 2013 Best Australian Jazz Vocal Album entitled "The Song That Sings You Here" with New Yorkers Chris McNulty and Paul Bollenback.

THE LAUNCH of the Graham Wood Trio + 2 CD will be held at 7pm on Thursday 28 November 2013 at The Ellington Jazz Club, 191 Beaufort Street, Perth.

The *Remembrance* CD, which will be available for sale on the night for \$20, is a combination of original material and arrangements of Jazz standards.

The original material was written in Perth and New York in 2012 before entering the studio in November 2012. The performers include Graham Wood on piano, Jamie Oehlers (saxophone), Simon Jeans (guitar), Sam Anning (bass) and Ben Vanderwal (drums).

"This is a CD that I'm really proud to release. It is a combination of meticulously planned and composed original tunes, arrangements of some standards that I've been playing and developing for

many years, combined with some of the best musicians in the world (seriously!), said Graham.

At the end of a very tough 2013, Graham has not only survived cancer but managed to release his fifth CD - *The Graham Wood Trio + 2 Remembrance*.

The CD is dedicated to Wood's father who passed away in 2011 and the title track *Remembrance* was written as a requiem for him.

However it was Wood himself who nearly lost his life in 2013 after diagnosis, surgery and recovery from a very rare and aggressive cancer called Cholangiocarcinoma.

Fortunately he survived the procedure and after eight weeks in hospital and three months recovering at home, he has now been given the opportunity to plan for the future.

"All I know is that I'm the luckiest guy in the world to be



Jeremy Irons

RAIMUND GREGORIUS (Jeremy Irons), affectionately called 'Mundus' by his students, is a high-school Latin teacher and an expert in ancient languages. His life is transformed following a mysterious encounter on

the old Kirchenfeld Bridge in the beautiful Swiss city of Bern with a young Portuguese woman, whom he manages to save from jumping to her death in the icy waters below.

Raimund is intrigued, but

Night Train to Lisbon

the woman disappears, leaving behind her coat, in which he discovers a book by a Portuguese doctor called Amadeu de Prado, that contains a train ticket. He spontaneously decides to use it, setting off on an adventurous journey to Lisbon.

While looking for the author, Raimund revisits a dark chapter in the country's history and unveils a tragic love triangle. He is drawn into a mysterious puzzle where the stakes are extremely high, riddled with political and emotional intrigue. Ultimately his journey transcends time and space, touching on

matters of history, philosophy, and medicine, encountering love and evolving into a liberating search for the true meaning of life.

WIN WIN WIN

To be in the draw to win a double pass to *Night Train to Lisbon*, email win@haveagonews.com.au and include the name of the film in the subject line or address an envelope to *Night Train to Lisbon Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901* and include your contact details on the back. Only over 45s are eligible. Competition ends 30/11/13.

All I Want for Christmas...



Tod Johnston and Trudy Dunn

CHRISTMAS WAS always special for brother and sister, Tod Johnston and Trudy Dunn, children of acclaimed Australian musical theatre greats Jill Perryman and Kevan Johnston, who grew up in a home where Christmas meant an abundance of good food, good music and good company.

Singing songs made famous by Bing Crosby, Frank Sinatra and Michael Bubl , join Tod and Trudy as they bring their

own brand of 'family' festive spirit to His Majesty's Theatre for this special Christmas 'Morning Melodies', *All I Want For Christmas* with musical direction by Sue Bluck.

You may even win yourself a fabulous Christmas door prize!

All I Want For Christmas
Wednesday 18 December
10.30am (approximately one hour duration)
His Majesty's Theatre, 825 Hay St, Perth

Tickets: \$27* per show / \$66* Season Ticket (all three shows) includes morning tea.

Book at Venue Box office or Ticketek Agencies or telephone 1300 795 012 or online www.ticketek.com.au.

*Transaction fees may apply. A credit/debit card processing fee will apply.

WIN WIN WIN

To be in the draw to win a double pass, email win@haveagonews.com.au and include the word *Christmas* in the subject line or address an envelope to *Morning Melodies Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your contact details on the reverse. Only over 45s are eligible. Competition ends 30/11/13.

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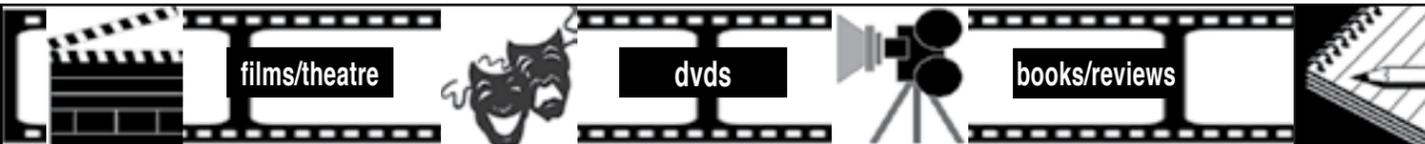


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Arts



Assassinations, massacres and big breasted women...



FROM the weird and wonderful to the strange but true – get ready to experience the very best of Mexican cinema and culture as the 8th Annual Hola Mexico Film Festival returns to Perth this month.

From 14-20 November the festival will be screening in Perth with 10 fea-

ture films, four documentaries and a special opening night celebration.

The event is more than just a film festival, striving to take Australians on a journey to Mexico, with tastes of culture, entertainment and food, while the silver screen gives audiences a glimpse into Mexico's heart and soul.

International festival director Samuel Douek says, "I think Australian audiences connect really well with Mexican cinema, and fans will be right at home with this year's program."

The 2013 festival will open with the already announced *Nosotros Los Nobles* (We are the Nobles), the surprise Mexican comedy blockbuster of the year and number one box office hit in Mexico cinema's history.

Other highlights include *La Vida Breve Y Precocoz De Sabina Rivas* (The Precocious and Brief Life of Sabina Rivas), which was nominated for 11 Ariel Awards - Mexico's equivalent of the Academy Awards. The film is based on the novel *La Mara*.

Tlatelolco, Verano Del 68 (Tlate-

lolco, Summer Of 68) is a Love Story set against the backdrop of real events that took place in the lead up to the 1968 Olympic Games in Mexico, where the government opened fire on student protesters; an event which Douek refers to as "one of the blackest moments in history of Mexico" and names as one of the must see festival screenings.

But these strong themes aren't all that the festival will have to offer say Douek "There's a lot of good dramas, but I think it's important we don't only paint the dark, bad and ugly Mexico. The opening night film is a beautiful comedy that paints Mexico in a different light."

Filmgoers have the option to purchase single tickets or all-inclusive tickets that will also provide access to the opening and closing night after parties, with Mexican beers, nibbles and live entertainment. Tickets are on sale now from https://lunapalace.com.au/index.php?cin=online&choice=select_fest&id=11 www.holamexicoff.com facebook.com/holamexicoAU

[@holamexicoau](http://www.youtube.com/holamexicoff)

Full price: \$17, Concession: \$13.50
SOL's Opening Night Fiesta: Full \$45 includes Sol Beer, Tequila, and Mexican Food.

Silver Pass (5 sessions): Full \$65 (excludes opening night and special events).

Gold Pass (10 sessions): \$125 (excludes opening night and special events).

Student Group bookings: Minimum 10 students: \$10 plus one complimentary ticket for a teacher (11 tickets for \$100). Bookings are to be paid in full 24hrs prior to the screening and are available for any film except opening and closing night films.

WIN WIN WIN

To be in the draw to win a double pass to a film showing in the *Hola Mexico Film Festival*, ring *Have a Go News* on 9227 8283 and leave your details, or email win@haveagonews.com.au with the word *Hola* in the subject line. Only over 45s eligible. Competition ends 13/11/13.



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Snow White AND THE SEVEN DWARFS

Directed by Neroli Burton
Musical Director Katherine Freund
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MATINEES:
30 Nov and 1, 7, 8 Dec at 2pm
TICKETS: \$30 full, \$25 conc, \$20 child (up to 10yrs), \$90 family (2 adults + 2 children)

BOOKINGS: 9367 8719 or oldmilltheatre@iinet.net.au
www.oldmilltheatre.com.au



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Miss Fisher's Murder Mysteries: Series 2 Volume 1 CDs to win

THE SECOND series of *Miss Fisher's Murder Mysteries* builds on the meticulously constructed world of series one as it follows the independent, glamorous and unflappable leading lady detective Phryne Fisher (Essie Davis).

This lush take on the traditional crime drama explores the fascinating and varied subcultures of 1920s between-the-wars Melbourne.

From the shadowy lanes of the city to the halls of academia, from high-class brothels to haute couture, Phryne defends the innocent and juggles admirers with

her usual panache, all the while keeping up her delicious dance around Detective Jack Robinson.

WIN WIN WIN

To be in the draw to win a copy of *Miss Fisher's Murder Mysteries: Series 2 Volume 1 CD*, sent an envelope to *Miss Fisher's Murder Mysteries Comp, c/o Have a Go News, PO Box 1042, West Leederville, 6901* or email win@haveagonews.com.au and include the words *Miss Fisher* in the subject line. Only over 45s eligible. Comp ends 30 November, 2013.



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Style

ADVERTISING FEATURE

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



HI EVERYONE,

Well spring has definitely sprung and so have all the fashions in store.

I do hope that you have had the chance to take a look around and challenge yourself to try on some bold new styles, colours or prints that may be out of your comfort zone. I have just returned from a short holiday and I wanted to see what inspiration I could take from it.

It's always a lovely feeling to be in a relaxed mode, on vacation and to wear things that are comfy, light and colourful or in white.

I love holidays and the preparation and packing for them.

You will need to include sleepwear, daywear and some things that can be dressed up for wear after sunset. Also include a hat, some accessories and a couple of different pairs of shoes including flats and perhaps some heels.

This is what I call a micro wardrobe.

When I take a client shopping for the season, generally, my aim is to show a woman how to shop to cover holiday wear options for both day and night outings including leisure wear.

Of course this can be tailored to

an individual's budget.

Even though I went away with just an overnight bag, I surprised myself and packed too much. Interestingly, at times, I wore the same thing twice.

For this summer's wardrobe I would recommend the following:

- A pair of white linen trousers.
- Two T-shirts or tanks in coral or a shade of chartreuse.
- A pair of printed wide leg pants in a silk like fabric to mix and match with the T-shirts or tanks.
- A maxi dress, print or plain to wear only with flats, which can be dressed up for day or night.
- A wide brimmed hat in a natural tone.
- A floaty white shirt; great for over the tanks.
- Some gorgeous flats in a metallic tone of gold, silver or bronze. They instantly add glamour and dress up even the most casual outfit.
- A new bathing suit, in either a print or plain fabric.
- A kaftan; great over your bathing suit or shorts or linen pants.
- A new bag that is roomy and of boho design; this suits a summer look perfectly.

Don't forget to get some new make-up also, a new lipstick or

gloss, blush and tinted moisturiser.

Perhaps consider a bronzer or even a fake tan.

These items are available everywhere and provide an instant update for your new season's look.

As we are now in November it's a good time, as I mentioned in last month's column, to make sure that this month you get organised for Christmas so you can relax in December when everything and everyone seems a little crazy.

Put your plans in place including planning the menu, how you want to set your table, decorate the tree and what colour theme you wish to choose for this year.

Who says it always has to be about red, green and gold. White and silver are lovely as is metallic sage green, bronze and gold.

Apart from your ornaments with a special history or sentimental value, you can bin others and try something bold, fresh and modern.

Carry those new colours into the gift wrapping, cards, table decorations and flowers. This is something you could have so much fun with.

Why not have a merry happy tropical Christmas? We certainly have the weather for it.

My favourite gift giving tips would be to know your recipient's interests and passions. The best gifts are small and thoughtful, such as a book that someone has said they have particularly wanted to read.

The best gifts to receive are always the little things we would never think to buy for ourselves.

Well I wish you a very happy month ahead with lots of plans and projects that keep you busy.

I love November; apart from it being my birthday month (big 50 for me). I love the climatic sense of a year drawing to its pinnacle.

Don't stress... life is always just another opportunity to make today more fun than yesterday.

Chat again soon,

Love

Zofia xxx

All clothing and accessories pictured are available now at Sussan and sandals from Hobbs.

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.



Enjoy bold new styles, colours and prints this spring...

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 10/12/13 and only over 45s eligible.

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Where to GO? What to DO?

ADVERTISING FEATURE

David Tristram's Ghost Writer

BEING dead has never been so funny!

Bringing together a great ensemble, Harbour Theatre and award winning directors Peter Kirkwood and Nicola Bond have teamed up for *Ghost Writer*, a comedy "whodunit" by David Tristram, author of *The Secret Lives of Henry* and *Alice and The Opposite Sex*.

Edward Pinfold (played by actor, writer, and film-maker Christopher Kenworthy) was once a promising young playwright.

Since the tragic death a year ago of his actress wife, Ruby (Meredith Hunter), he has lost the ability to write: in fact, he has lost the ability to do almost anything but drink. Unable to face the empti-

ness of his own home, he has moved into the attic room of one of his oldest actor friends, Alex (Andy Markland).

To find out what really happened the fateful night that Ruby died, Edward must reunite with her old acting colleagues, Hedley (Norm Heath) and Frances (Ann Speicher) while his best friend Alex looks on in bemusement, and potential love interest Glenda (Grace Hitchin) gets progressively drunk.

What happens next is a bit hard to swallow... and certainly uproariously funny. We join the story on the first anniversary of Ruby's death. A night of surprises, revelations, ghostly apparitions and un-

expected creativity lies ahead.

Ghost Writer plays at Harbour Theatre, 70 Adelaide St Fremantle (opposite Woolworths) on 29, 30 November and 4, 6, 7, 11, 13 and 14 December at 8pm with matinees on 1 and 8 December at 2pm.

Bookings on 9255 3336 or www.TAZTix.com.au.

\$25.50 Full/\$23.50 Conc/\$20.50 F/T Student or child < 15yo.

For a really great time out in Fremantle why not have a meal before the show at Clancy's Fish Pub, just a short stroll from the theatre. Just ask for your Harbour Theatre Meal Deal.

A pantomime based on the traditional story

STIRLING PLAYERS' final season for 2013 is a pantomime based on the traditional story.

After enduring centuries of bone-free cupboards, *Old Mother Hubbard* has decided that she and her dog deserve a break, so she arranges for her daughter Polly to marry the very rich, though very unpleasant, Duke Ferdinand.

Polly, however, is in love with Dick, the poor woodchopper's son, so they run away to seek their fortune.

Unfortunately, they fall into the clutches of the Witch Hepzibah who, having been beaten in her quest to become the Queen and General Panjandrum of the Witches, Warlocks and Miscellaneous Monstrosities Union by the much younger Little Witch Barbie, now seeks a pure, young maiden as a key ingredient in her cunning plan to regain her lost youth.

Performance dates: 29 and 30 November, 5, 6, 7, 12, 13 and 14 at 8 pm December; matinees 1 and 8 at 2 pm December.

Bookings open Monday, 28 October from Morris News on 9440 1040.

Tickets \$20 Full, \$18 Concessions, \$15 Members, \$15 Children under 12, \$60 Family (2 Adults, 2 Children).

Writing workshop and more...

KATE Cantrell is a Brisbane-based writer, editor, and researcher.

In 2011, she was short-listed in the National Grand Final of the Australia and New Zealand 3 Minute Thesis Competition for her thoughts on women's travel writing.

In 2010, she was runner up in the John Marsden Prize for Young Australian Writers. In 2009, she won the Bradt Travel Writing Award in London for her travel story, *Somewhere There is Colour*. Her work has featured on ABC Radio National and at the Bris-

bane Writers Festival.

Kate is a lecturer in the school of creative writing and literary studies at Queensland University of Technology. She is also the current editor of *Rex: An Annual Journal of New Writing* (www.rexappeal.com.au) (www.katecantrell.com.au).

Meet Kate at these events:

Writing Workshop: Cutting to the Chase: How to 'Get to the Point' in Your Writing.

Have a story you're working on and want to make it a prize-winner?

Want to know how to make your words make IMPACT? This is the workshop for you. Saturday 16 November, 1-4pm.

Free Mentorship for two KSP-members.

Email an expression of interest to kspf@iinet.net.au

KSP Writers' Groups, between 4 - 30 November, various times (see website)

3-course Literary Dinner with readings from Kate Cantrell. Tuesday 26 November, 7am-9pm at KSP.

For costs and details on each event, please phone 9294 1872 or visit http://www.kspf.iinet.net.au/

A special charity performance for the Organ Donation and Transplant Foundation of WA (ODAT)

OLD MILL Theatre presents *Snow White and The Seven Dwarfs* on Wednesday 27 November 2013 - 7:30pm at the Old Mill Theatre, Cnr Mends St and Mill Point Rd South Perth

Tickets \$25 Adult \$20 Students/concessions

Includes:

- Complimentary Champagne on arrival
- Delicious Canapés at intermission
- Meet and Greet with cast members
- Opportunity for your child to have a professional photo with cast members

Licensed Bar • Raffles • Door Prize

ODAT; helping to raise vital funds for organ and tissue donation community awareness and education programs and serving to enhance the quality of life of West Australians in need of life saving transplantation.

For further information or bookings contact odatwa@bigpond.com or 0412 912 929.

Dance for Dala

COME CELEBRATE and help these worthy causes at a fundraising dance for Jewels Future Orphanage and slum school, Burma on Saturday 23 November 7.30 till midnight at the Beckenham Community Hall, Lot 55 Streatham Street Beckenham.

\$15 admission: music by Hot, Hot, Hot, prizes and food for sale.

For more information, please contact Sabrina 9398 3232.

The Gourmet Village at Margaret River Gourmet Escape

continued from page 24
Gourmet Traveller WINE Theatre

Unleash your inner sommelier with Gourmet Traveller WINE editor Judy Sarris and writer Nick Stock as they are joined by wine experts such as Master of Wine Lisa Perrotti-Brown and wine writers Ch'ng Poh Tiong, Stephen Brook at these educational and interactive wine sessions. Meet the region's top winemakers whilst tasting and critiquing an array of signature blends and emerging labels from the Margaret River Wine Region and the broader WA area. There will be four sessions per day, available on a first come first served basis.

In addition, the Gourmet Village will showcase tasting dishes using local produce from some of the region's leading restaurants including Leeuwin Estate, Voyager Estate, Must Wine Bar, Cullens Wines and Capel Vale Winery & Restaurant. Wash it all down at the Rekorderlig Cider Bar or the Pourhouse Craft Beer Bar.

Gourmet Village hours: 11am-5.30pm on Saturday 23 and 11am-5pm on Sunday 24 November.

Tickets to the Gourmet Village are now on sale and start from \$38. For further ticketing options please visit www.gourmetescape.com.au

** Please note the Gourmet Village at Leeuwin Estate Winery will have its own currency to make a day at the festival fun, easy and as cashless as possible. The Gourmet Escape Money (GEM) is simple to purchase and to use. Famous for its exceptional food and wine, Margaret River is the only wine region in Australia that boasts beautiful

beaches, spectacular tall tree forests, cave systems, incredible surfing, whale watching and wildflowers, making it an extraordinary holiday destination.

For more information on holidaying in Western Australia, visit www.westernaustralia.com.

For event information: www.gourmetescape.com.au

FLY OVER TODAY TO THE RAAFA AVIATION HERITAGE MUSEUM
Bullcreek Drive, Bullcreek W.A.
BIGGER THEN EVER - MORE DISPLAYS
MORE AEROPLANES - MORE FUN
Call 9311 4470 for information



ENTRANCE FEES - Adults \$10 • Children \$5
Students & Pensioners \$7.50 • Family \$25
Come and see our fully restored WWII Lancaster Bomber!

Our museum is housed in two huge pavilions and contains a magnificent display of 30 civilian and military aircraft, aero engines, models and aviation memorabilia. The Museum is open to the public seven days a week between 10am and 4pm.
Take a unique Inside Tour of the Lancaster Bomber, only \$100. Please book a week in advance.

Patsy Durack's Rose Gardens



Over 1000 bushes in the grounds of the old Archbishop's holiday home

- Devonshire Teas
- Gift Shop

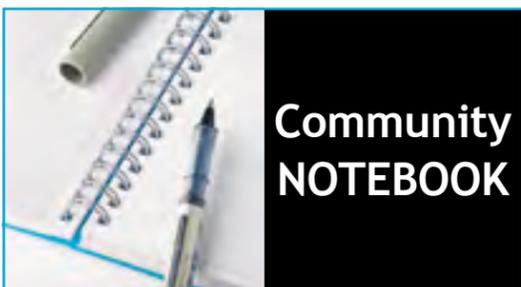
Opening hours:
Sunday 10am-4.30pm
Monday to Saturday by appointment

Patsy Durack's Rose Gardens
33 Parke Rd, Gooseberry Hill
Tel 9293 2719
patsy@patsydurackrosegardens.com
www.patsydurackrosegardens.com

Army Museum of Western Australia



NOW OPEN New World War II Gallery.
A must see historical exhibition along with the other five galleries.
Open Wednesdays to Sunday, 11am to 4pm
Group and School tours welcome.
Galleries have disabled access.
Army Museum of WA
Artillery Barracks, Burt Street, Fremantle
Admission: Adults \$10, Children/Seniors \$7, Family (2+2) \$20
Contact: 9430 2535 www.armymuseumwa.com.au



Community NOTEBOOK

VOLUNTEERS WANTED

The Combined Charities Card Shop needs volunteers to help sell Christmas cards in Central Perth Bank. 10am-3pm weekdays
Ph 6316 0428 Email charitycardswa@aol.com.au

OSBORNE PARK SHOW

Robinson Reserve, Royal Street
Friday 6 December 6pm-10.30pm and Saturday 7 Dec 10am-10.30pm
Fireworks at 9pm each evening.
Various admission fees.

YORK OLD TIME DANCE GROUP

Theme "Mad Hatters Tea Party"
30 November 8pm to 11.55pm
York Town Hall
Contact Kay or Helen 9574 2371 or 9641 2540

FIRST WAVE VIEW CLUB

Meets at the Kingsley Tavern
First Monday of the month at 7pm.
Join us for fun and friendship
Ph Pam 9309 5689 or 0400 216 832

LIDDELOW EXHIBITION & CRAFT SALE

22 to 23 November
7 Cooper Street, Kenwick
10am-4pm
Art, mosaics, pottery, woodturning and more.
Light refreshments available.
Free event
Ph Joy 9459 7228

WORM FARMING WORKSHOP

10 December from 6pm-8pm
Piney Lakes Environmental Centre
Email penelope.musgrove@melville.wa.gov.au
Phone 9364 0790

WEMBLEY ENTERTAINERS ANNUAL CONCERT

Sunday 17 November
2pm
Admission \$10
Much loved and well known classics.
Scarborough Church of Christ, Huntress Road, Gwelup.
Connie Booth 9349 9941

CHRISTMAS STREET MALL

24 November 2013
4pm-8pm
Craft stalls, activities for kids and more.
Between Mint and Dane Streets on Albany Hwy.
Cost free.
Contact Neighborhood Enrichment at 9311 8114

CHRISTMAS STREET PARTY

Stirling Terrace, Toodyay
6 December 2013
5pm-9pm
Children's entertainment and street stalls.

FAMILY HISTORY FOR BEGINNERS

Sat 16 Nov
2pm-4.30pm
Cost \$20
Theatrette, Wanneroo Library & Cultural Centre
3 Rocca Way, Wanneroo
Bookings essential 9405 5920.

BEYOND MATURITY BLUES

Anxiety, depression and older people.
Free information sessions for seniors groups.
Limited number of sessions still available until the end of December.
Ph Marlene at COTA 9321 2133 to book.

SOUTHERN RIVER PROGRESS ASSOCIATION DANCE

Held on the first and third Saturday of the month
8pm to 11pm.
Members \$6 Non Members \$7
Plate of supper to share. BYO Drinks.
Eng 9490 2183.

RADIO CONTROLLED MODEL BOATS

The Australian Model Ship Club
Ranford Lake Canning Vale
The Club sails Sundays 9am to 12noon. All welcome.
Models powered electrically, steam or sail.
Bob Gilbert 0401 677 792 or 9271 6726
John Naunton 9354 3936

WITHERS COMMUNITY LIBRARY - BUNBURY

Withers refurbished library re-opens 21 November with a family fun day on 30 November of that same month.
Withers Community Library, Hudson Rd, Withers
Debra 97927195

CRAFT MARKET & MENS SHED OPEN DAY

Sunday 24 November
Open 10am to 4pm. Gold coin donation
Local and mens shed craft will be on sale
MPCMS is adjacent to Tom Perrot Reserve off McCabe Street, Mosman Park

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

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.**



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

ACTIVE healthy, sincere, clean, gent, 75, NS, SD, own means. Enjoy life, travel, Australia, nature, birdlife, wildflowers, photography, entertaining, sport, easy listening music, traditional jazz, WLTM lady similar interests, 60s-70s, ALA.

Reply Box 5915

ACTIVE lady in 60s seeking to meet sincere NS gent for friendship and possible relationship. I am DTE, NS, SD, GSOH, living NOR who enjoys walking, movies, outings, travel and considered good company ALA.

Reply Box 5913

ACTIVE mature couple, GSOH, DTE, seeks open minded couple for casual fun times and friendship, outings, preferably, NOR but can travel. Lets meet for coffee. Discretion assured. ALA. 55+.

Reply Box 5914

ACTIVE widow mid 70s. WLTM active, gent for outings and friendship. Let's meet for coffee and a chat.

Reply Box 5928

ACTIVE widow, 72, would be nice to meet gent to enjoy coffee, movie, dining out, life is getting shorter by the minute! Live NOR, medium build, like walking, gym, NS, NG, SD. Let's get together for a coffee, chat and a laugh. Hope to hear from you soon.

Reply Box 5935

ADVENTUROUS slim, independent lady seeks social life, shared interests, travel, affection, harmony, respect, differences with honest, warm hearted, intelligently realistic, healthy lifestyle, positive minded man, 65-75, not into footy! Any area ok. Genuinely single? Let's meet soon. ALA.

Reply Box 5897

APETITE, sincere, easygoing, slim, happy lady with many interests, WLTM gent, 70-75 with similar likes, GSOH, good company, conversation, fin sec, long term, if compatible. NOR.

Reply Box 5900

ATTRACTIVE widow WLTM tall gent, 67-72. I like movies, dancing, travel, boating, caravanning, happy natured, bubbly, fin sec, love life. If you would like to spend twilight years with a loving, caring person and similar interests let's meet. ALA.

Reply Box 5917

Visit *Have a Go News* online: www.haveagonews.com.au

ATTRACTION? Certainly the truth is that love is all that I need and I would like to meet you to unlock my heart but you must be sincere without ties. Age: 55 plus. I am DTE, single lady, TLC, I love cooking, gardening, travelling. I'd like to meet you soon to enjoy your company.

Reply Box 5945

AUSSIE gent SOR, GSOH, SD, NS, WLTM Asian lady, 40-50. I'm 68, active, friendly, like walking down the beach and eating out. ALA.

Reply Box 5926

AUSSIE lady, 63, educated, WLTM educated, DTE, honest, caring, compassionate gentleman, SD, various interests, music, dancing. Genuine replies. No players. First time ad.

Reply Box 5944

AUSTRALIAN widow, 62, WLTM gent 60-65, must be genuine, NS, SD, GSOH for friendship and possible relationship. ALA. Let's meet for coffee.

Reply Box 5912

BRIAN you answered my ad (FTF 5820) in the *Have a Go News* September edition but didn't leave a contact number. You sound nice. I would like to meet you. Your age 72.

Reply Box 5907

CARING active, NOR, fun lady, NS, SD, values, interesting conversation, enjoys variety. Interests and activities include travel, concerts, music, dining out, mahjong and more. Seeking romantic, sincere, 60s, 70s, gent involved in life and interested in friendship/relationship. ALA.

Reply Box 5899

CHRISTIAN lady, caring, loving, sincere, genuine, Asian, widow, 70, WLTM sincere genuine gentleman for longterm relationship or companion. Only genuine replies.

Reply Box 5942

ENGLISH Aussie lady 60+ attractive, slim, blonde, refined, feminine, educated, ND, DTE, GSOH, WLTM gent 60-70, engineer, builder, farmer or doctor, any area for relationship. I like music, gardening, walking, reading, city and country life.

Reply Box 5934

ENGLISH lady Christian, slim, 71 years young, looking for someone genuine, active, easygoing, enjoys a laugh, to share life with, NS, SD, NOR, Morley area. I enjoy walking, bowling, fishing, let's meet for a coffee.

Reply Box 5902

GENT 57 fit, healthy, active, NS, who enjoys walking, travel, movies, life in general seeking a NS lady.

Reply Box 5920

GENT 65 180cm, presentable, intelligent, educated, relaxed manner, adult children, fin secure, NOR. WLTM attractive, compatible lady, 55-62, slim, NS, SD, view travel companion, social activities, friendship, initially genuine replies only, please.

Reply Box 5916

GENT 74, engaged, a newcomer to Mandurah area, 10 years in Australia, seeking good people to build a circle of friends. Vegetarian, NS, ND, retired industrial engineer and a naturopath. Enjoys reading, dancing, socialising, outings.

Reply Box 5937

GENT 76, slim. Needs a youngish lady to walk with along the beach in Broome or any beach you can dream, feel young and have a need for love and companionship, GSOH, NS, SD, Fremantle.

Reply Box 5918

GENT just retired from overseas seeking company of dark skinned lady, mature student. I am NS, ND, NG, 6' tall, slim, medium build, stable, enjoy music, movies, GSOH, walks, laughter, happy times with good company.

Reply Box 5948

GENT seeks Asian looking lady with good heart, happy and a good friend, when we meet we will find out more about each other. Hope to see you soon. Take care.

Reply Box 5923

GENTLEMAN retired, professional, divorced, early 70s, NS, NG, SD, NOR, sincere, kind, compassionate, caring, environmentally and health conscious, many varied interests, Italian Australian ethnicity, seeks appropriate lady, not taller than 5'4", slim/average, NOR, ALA.

Reply Box 5941

GOOD looking Italian gent, retired, fin sec, GSOH, single, NS, SD, own home, seeking lady friend for companionship, age, nationality open. Let's meet for coffee and chat. Photo if possible.

Reply Box 5903

GUY 59, fit, tall, active, into music, animals (dogs), gardening, all sports, good food. Seeking buxom lady, 50-60, slight physical disability ok. GSOH, NS, SD, DTE, SOR. If all ok and genuine, please respond.

Reply Box 5938

HAPPY attractive, romantic, caring, GSOH, DTE, lady late 60s. WLTM tall, fun loving intelligent gent SOR to share companionship, be best friends, later maybe more. I like travel, movies, dancing, caravanning, boating, holding hands, cuddles, dining out, quiet nights home, laughs, fin sec, but missing that someone special. Photo please. ALA.

Reply Box 5927

LADY 53, looking for a 55-60 year old partner. Likes two and a half year old pet dog. I live in the Mt Pleasant area.

Reply Box 5911

LADY 58 GSOH, NS, SD, loves life, WLTM articulate gent, 57-64, GSOH, kind, NS, SD, to share good times, hiking, movies and other outings and travel. Friends, possible, relationship, SOR.

Reply Box 5932

LADY in her 60s, fin sec, slim, active, outgoing, WLTM genuine gent with GSOH, DTE, NS, SD, for friendship, possible relationship down the track and spend happy times together. I know you are out there. Let's meet for coffee.

Reply Box 5930

OUTGOING lady 60s, loves life, loves 4WD, worldly traveller. WLTM sincere, honest, tall gentleman, 58-65 with the same interests, ALA.

Reply Box 5925

OVER 60s, social group looking for new people to join us for outings, trips away, dust those cobwebs away now that spring is here, time to live and make new friends, no fees. We are SOR.

Reply Box 5910

TALL sincere lady, 62, loves life, the countryside, travel, WLTM sincere, tall, 6'1" plus, honest, gentleman, 57-66 with similar interests, ALA.

Reply Box 5922

Visit *Have a Go News* online: www.haveagonews.com.au

THIS lover of Australia's photographic, scenic beauty, art, classical music, opera, jazz and gardening is a romantic, warm hearted, youthful, colourful widow, 75, slim, 5'6", who, WLTM sensitive, creative, cultured, poetic, TLC, gentleman. Financial status unimportant.

Reply Box 5933

TONY bus 310. Lady from Boans would like to say hello. Just done another cruise. It would be nice to catch up with you and your wife.

Reply Box 5904

WIDOWER late 60s, fit, active, NS, SD, easygoing, lives NOR, WLTM lady late 50s, mid 60s, unattached, NS, SD, enjoys watching sport, movies, drives, walks and homelife for friendship, leading to happy relationship. ALA.

Reply Box 5943

WOULD like contact with unattached lady to mid 60s. If compatible, winters away with me, a little overweight but working on it, wicked sense of humour, no medical problems. Not a writer but will try.

Reply Box 5929

WOULD you like to feel that spark again? Happy, slim, active lady WLTM kind, funny, sincere man, 60s-70s for fun and company. Varied interests include films, AFL, music, travel, walking, nature. Let's meet.

Reply Box 5906



ASIAN lady, mid 50s, sincere, trustworthy, loyal, petite, WLTM gentleman, 57-65, caring, SD, active and is looking for a genuine relationship, if suited. Friends first. If it's you, would love to meet you for coffee.

Reply Box 5947

ATHLETIC male, 57, wishes to meet a lady to share good times and a long happy life.

Reply Box 5931

ATTRACTIVE Asian lady 50s, professional, well dressed, tall, slim, NS, NOR, likes travelling, walking, music, gardening, dining out and healthy lifestyle. WLTM easygoing, kind, caring, refined gent who is wise and humble. Friendship first. Photo appreciated.

Reply Box 5905

AUSSIE gent genuine, presentable, slim, 5'10" tall, several interests, seeking nice lady with similar build in late 60s, for sincere partner for life in Mandurah and all surrounding areas. ALA.

Reply Box 5898

AUSSIE lady, 66, slim, NS, SD, spiritual, enjoys gardening, walking, nature, picnics, family, caravanning, WLTM tall, caring, sincere, gent, 65-70, NS, SD for friendship, possible relationship, prefer Mandurah Rockingham area.

Reply Box 5946

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 in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened.

ENGLISH Australian lady 1948 vintage, looking to meet gent 1946 to 1949, honest, caring, good hearted, own home. Likes travelling overseas, intelligent, good education, all round person, loves animals, beach, driving, eating out, movies, peaceful.

Reply Box 5901

GENT 62, medium build, active, retired, lives Mandurah, likes swimming, cycling, cooking, wildlife, travel, weekends away, like to meet NS, active female under 65 for relationship. ALA.

Reply Box 5940

GENT 68, NS, SD, GSOH, DTE, fin sec, WLTM that special lady, slim to med build, 64-71 with similar interests, 60s, music, beach, walking, caravanning, country drives, dining out, movies, let's meet over a coffee.

Reply Box 5921

GENT 71, tall and many interests, endeavors to remain reasonably active. Resides Albany. WLTM presentable, DTE lady also fin sec, NS, ND, GSOH to share these latter years together and distance not an issue for right lady.

Reply Box 5924

GENT 74 fit, healthy, active, NS, enjoys walking, beach, movies, life in general, seeks lady NS for friendship, possible relationship, SOR.

Reply Box 5896

I AM 65 years old, widow, Sri Lankan Australian Citizen, Roman Catholic, 5' tall, tan skin. Looking for a partner, 60-70, little dark skinned, handsome gentleman who can support me with anything. I don't drive. ND, NS, TLC, WLTM.

Reply Box 5936

I KNOW I am worthy of love because I am a pretty good bet. Asian lady, 60s, a trophy for my age. Good conversationalist, unassuming, positive attitude with easy laugh. Seeks someone similar late 50s/60s.

Reply Box 5909

LADY slim, 5'6" (168cm) tall, enjoys good company, red wine, watching SBS, ABC, reading, quiet times. Wine/dine in/out, travel in/out Australia, WLTM tall, fit, active, NS, SD, 60+, guy to enjoy companionship, love, laughter, going places, doing things together, explore future.

Reply Box 5908



EUROPEAN lady 75, NS, SD, WLTM male or female companion for travel, Australia or overseas. ALA.

Reply Box 5938

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.....



SCENE (1):
At the launch were top row from right; Judith Treby with Rita Pasqualini - Dita Jevons and Gloria Lorenz - Debra Reineke, Jiri Jelinek, Jaime Reid, and Steven Roth.
Second row from left; Graeme Watson and Lisa Schreiber - Denise Cahill, Tanya Macnaughton and Tanya Kay - Diana de Vos with Jayne Smeulders.

SCENE (1): WA Ballet entranced the audience at the recent launch of the 2014 season, with an excerpt from *The Mercury Project, Mercury*, moving as one...the result of a collaboration between artistic director Aurelien Scannella and acclaimed artist, Emma Hack that sees the dancers painted silver and akin to mercury, merging together to appear as one. Aurelian's programme for 2014 begins with *Radio and Juliet: Ballet At The Quarry* in February followed by *Giselle* in May, *La Fille Mal Gardée* in September and *Snow White and the Seven Dwarfs* performed through November to December.



SCENE (2): Aurelio Costarella - A 30 year retrospective was launched at WA Museum in November to celebrate WA's world renowned fashion designer and his 30 year history of fashion. No one captures femininity quite like Costarella and his designs are now seen on catwalks and red carpets all over the world. The retrospective can be seen on display at WA Museum until February.

SCENE (2): At the launch were clockwise from top left Ulli Broeze and Sue Summers - Olivia, Kim and Ines Ledger - Shane Colquhoun, Olwyn Williams and Leigh Cathcart - Mara Prichard and Anthony von Leonhardi.

At the midnight hour



Jon Lewis

DO YOU really know what you should be grateful for? Recently, my wife Gloria and I spent a day at the beach.

There, we relished the perfect blue sky and the warm blue water and the feel of the soft and silky sand between our toes.

Ready for home, we walked back from a wonderful time at the beach to the car park where I noticed and admired the sleek, shiny, pristine lines of a black 4WD Porsche.

The occupants were enjoying an ice-cream while they looked out over the perfect ocean view.

There would have been nothing wrong with this beautiful scenario if it had not been for where they chose to park; in the only distinctively blue painted bay in the car park which in fact was barely dry from a repaint earlier that day.

These bays are reserved for ACROD card holders...

The Australian Council of Rehabilitation Organizations on Disability (ACROD) and now the National Disability Services Limited identifies their bays by painting them blue.

The good people at ACROD Parking Program issue ACROD cards to Western Australians with significant mobility restrictions to enable them to more easily access community facilities - and my mum has one.

This scenario made me wonder how grateful the occupants were? They had a super car, company and ice creams. For what they

had you think any parking bay would be fine and yet they wanted more, and they were prepared to deprive to achieve it.

As I looked, I wondered how quickly the couple would move on the arrival of an ACROD card holder.

I wondered what attitude the driver might adopt as she was pressured to give up the 'borrowed' view.

It would be a shame if someone whose mobility was restricted assumed that the two in the Porsche had a right to be there... that is, they held an ACROD card...

Do you think the driver would take umbrage at a gentle 'pap' of the horn to move them along?

It is likely that the ACROD driver would incorrectly assume they were a fellow entitled card holder and drive on.

This is a lot to consider... so here is how I summed it up for me...

Anytime I can't find a parking spot and notice an empty blue painted bay, tantalising close to where I want to be, I feel grateful.

Grateful I have two working legs, grateful I have eyes to see, and grateful I have a car to drive that gives me the opportunity to realise how grateful I am.

I guess if I had a sleek black Porsche, a friend and an ice cream, I'd be grateful for that too. Wouldn't you?

What are you grateful for?

All the best

Jon Lewis

"Now Number One After Midnight"

Jon Lewis can be heard on 6PR 882 AM, from midnight to 5am on Friday and Saturday nights. Catch his *Let's Go Travel Show* from 5am Sunday mornings. Is your club looking for a quizmaster? Jon is available as your Quiz Master - and he's good. Call or text him on 0404 005 882.

For more details, visit the website www.have-a-go-quiz.com



Those Were the Days: Australia in the Sixties

Aboriginal recognition and the changing social patterns, and the new frontiers in Western Australia, Northern Territory and Queensland, with the mineral boom and new towns appearing in the desert.

The kaleidoscopic images are in both colour and black-and-white and are juxtaposed to emphasise the differences that emerged during this exciting decade of change. This is a beautifully designed hard cover book that combines rich photography with nostalgic historical information about the decade.

The book would make for a perfect gift for Christmas. (Exisle Publishing, RRP \$39.99)

WIN WIN WIN
To be in the draw to win a copy of *Those Were the Days: Australia in the Sixties* email win@haveagonews.com.au and include the word *Sixties* in the subject line or address an envelope to *Those Were the Days: Australia in the Sixties Comp, c/o Have a Go News, PO Box 1042, West Leederville with your full details on the back. Only over 45s eligible. Comp ends 30/11/13.*

Country/Rockers Dance Nights - Baby Boomers Christmas

DRESS to shine and win a prize at the Glitter & Sparkle Party to be held from 8pm to Midnight on Saturday 14 December, 2013 at the RSL Hall, 22 Leake Street, Belmont.

Dance to music by: Flames
There will be a dance competition, lucky ticket, raffle and more...

Entry: \$15 pp.
For tickets/table bookings call Linda: 9354 3899
BYO snacks and nibbles
Drinks at club rates - No BYO
Best wishes for a very happy and safe Christmas and New Year 2014.

Friendships and relationships only work when there is give and take.

by Ron and Elizabeth Morrison

THIS PHOTOGRAPHIC coffee table book recalls Australian life in the 1960s: the Vietnam War and the conscription lottery; the Swinging Sixties, the loss of a Prime Minister by drowning; the excitement of Kings Cross; the building of the iconic Opera House; the advent of decimal currency;

BY SPECIAL ARRANGEMENT WITH ORIGIN THEATRICAL
Directed by Matthew Randall and Brendan Ellis

Old Mother Hubbard

a pantomime by Tony Nicholls

29, 30 November and 5, 6, 7, 12, 13, 14 December at 8pm
Matinees: 1, 8 December at 2pm

Tickets: \$20 full, \$18 concession, \$15 members, \$15 child u12, \$60 family (2 adults + 2 children)

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Sharpe Ave, Karratha WA 6714

Pharmacy 777 Applecross
777 Canning Highway
Applecross WA 6153

Pharmacy 777 Maylands
Shop 3
Maylands Park Shopping Centre
238 Guildford Rd, Maylands WA 6051

Pharmacy 777, Hilton
300 South Street
Hilton WA 6163

Pharmacy 777, Whitford City
Shop 42
Westfield Whitford City
Hillarys WA 6025



Friendlies, High Wycombe
530 Kalamunda Rd
High Wycombe WA 6057

Friendlies, Subiaco
136-142 Rokeby Rd
Subiaco WA 6008

Friendlies, Maddington
Westfield Street
Maddington WA 6109

Friendlies, Mandurah
10 Sholl Street
Mandurah WA 6210

Mosman Drive-in Chemist
590 Stirling Highway
Mosman Park WA 6012

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Rebates available from most health funds

'If I'd known the impact my hearing loss was having on those around me...

Hello, my name is Jeff Peek and I am the owner of Auto1 in Midland, WA. It took me a lot longer to commit to hearing aids than it should have – about 10 years in fact. My wife Joanne and my kids, Chris and Jess, had to repeat themselves about three times for me to get what they were saying, and even then no-one quite knew that what I heard was right. It was really tiring just trying to listen. I'd given up working on the front counter at my Auto1 shop because customers needed to spell out what they wanted, and sometimes they weren't quite as forgiving of my hearing loss as my family. In business meetings, I'd have to catch up on decisions taken without my input – all because I wasn't able to effectively participate in the discussion. This was very frustrating.

I'd lost my hearing over many years working on cab-less heavy earthmoving machinery and through my involvement in motor sports, of course all without wearing hearing protection. And I simply didn't realise what a heavy toll this was taking on those around me.

I'd have to catch up on decisions taken without my input – all because I wasn't able to effectively participate in the discussion. This was very frustrating.

I'd been for a hearing test previously, but didn't feel comfortable at the outcome. But on the day I went for a test at Brad Hutchinson Hearing, audiologist Melanie Atkinson won my trust and fitted my new hearing aids. I went back to the shop where my family was astonished at my newfound hearing. I was speaking quietly and I could easily hear their conversation. Joanne and Chris knew immediately that I'd had



Jeff Peek, owner of Auto1, Midland with Audiologists Melanie Atkinson (BSc MCLinAud MAudSA (CCP)) and Brad Hutchinson (BSc PGradDipAud MAudSA(CC))

hearing aids fitted. In their delight, they called a staff meeting to test the reaction, with some of the staff saying that they liked it better when I couldn't hear. It worried them that I was speaking so quietly.

Now I'm a very proactive member at Auto1 brand meetings, participating fully in business decision making, and this is really positive for me. My family is particularly encouraged by my new hearing status. If I'd known the impact my inability to hear well had on my family, I might have acted sooner. Melanie made getting fitted with hearing aids really painless and I'm wearing my aids often for up to 16 hours a day. I wouldn't be without them, even at loud Formula 1 meetings. I'm very happy that I went to Brad Hutchinson Hearing and believe without a doubt it is very important to choose your audiologist before choosing your hearing aid. **Jeff Peek**



Photo: Starkey Laboratories

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**ICING
TRIUMPH
FOR CHARITY
PAGE 4**



**CELEBRATING
THE GALLANTRY
OF YOUTH
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**Please don't judge us
- parents speak out**

The parents of BB (otherwise known as the Boy-in-the-Bed) are concerned at their portrayal as bad parents after recent stories have emerged about their fun-loving, carefree lifestyle at the expense of leaving their son out to fend for himself. This was after their decision to down-size and move to a National Lifestyle Village.

Betty and Donald Vacanza were criticized by some readers for leaving their son on the council pick-up verge still asleep in his bed after he failed to wake up while they were doing a big spring-clean in preparation for their exciting new lifestyle.

The Vacanza's have been impossible to get hold of for comment in recent months due to a newfound freedom of holidays abroad, and constant commitments with leisure pursuits like aqua aerobics, bus trips to Crown Perth and hobby-shop activities.

A Journey news correspondent was finally able to track them down after a tip-off they were having a wine and cheese night with their neighbours last Friday.

"We just adore our son, just like any other parent would," said a clearly troubled, but looking suitably post-holiday-relaxed, Mrs Vacanza of the accusations.

"Believe me, it was a really difficult decision to sell our family home and move here, but we know with all our hearts we have made the right decision - both for us and our son.

"Whenever he visits, he is made very welcome by our friends and we see him more now than we did when he lived at home. Isn't that ironic?"

BB is still living in a caravan and is carving out a successful career in carpentry under the guidance of his mentor - the man who

offered him employment late last year.

"We've seen some really positive changes in our son. He spends less time on that my-face thingo he used to be glued to, and has almost saved enough to buy a second-hand ute... geez this red is good isn't it darling... we must visit the vineyard sometime..." said Mr Vacanza, also sporting a proper post-holiday glow (or perhaps it was the wine?).

Residents at the National Lifestyle Village where the Vacanza's are residing have also defended claims about them.

Those interviewed at the wine and cheese night sang their praises saying they considered the Vacanza's life-long friends, even after knowing them for just a few months. "We plan on spending many fun times with this endearing couple, for many years to come," said one of the guests who

identified with their situation.

"We too decided to make the difficult decision to sell many of our possessions and downsize from the family home in the suburbs, but seriously, we can't believe we lived with so much clutter.

"Clean uncluttered home, equals a clean uncluttered mind for us. It works a treat!" the friend continued.

"I actually enjoy cleaning for the first time in 40 years ---- it takes just 45 minutes from top-to-toe and then I'm off to meet the girls at the tennis court ---- I just wish we had done it sooner!"

Disclaimer: All information in this story is based on fiction. No one was hurt or injured during the filming of the boy in the bed.

WELCOME

“I wanted to talk about one of the more important parts of our business this issue...our culture”

NLV's managing director, John Wood



Since being back in the NLV driver's seat, each day I am reminded of the pace of business and the many operating and strategic issues that need to be addressed – and it's relentless!

What I have also noticed however, is how important it is to dedicate a large portion of my time on the company's culture...who we are, what we stand for, how we want to interact with each other, and how we want to treat our clients and stakeholders.

In my opinion, quizzing staff and managers about what our culture means to them is one of the more important areas I should be spending my time. Inevitably, this is the area of the business that can, and will, set us apart and it's something we can rely upon to help guide us and assist the business and people to perform well.

Culture is a difficult topic to articulate because it's more about 'what you do' and 'how you act', not what you say, that makes all the difference. Having been involved in NLV since its infancy, its growing pains and now its teenage years, I've watched it mature in a way that has a life all of its own. One thing that is clear however is that when the business and people within it move or act in a way that is inconsistent with its culture, challenges emerge. This I feel is indicative of the business growing and attracting new people without educating them on how important our 'culture' is to us.

It is easy to make the mistake of attracting people who are not a good fit with the company's culture and therefore it is my hope and desire that we spend the necessary time and energy cementing our culture in coming weeks, months, and years to attract people who are aligned with it.

NLV's leadership group has a significant influence over the energy of the business and whether staff are encouraged to care about our culture or not. Our priorities influence the strength of the company's culture. Many years ago we spent a lot of time talking about our vision and values. We enlisted the help from specialists to help guide us through a process to work out who we were and what we stood for.

From this, it became very clear to us that as a group of people we were passionate about one thing... 'enriching people's lives'.

This statement was adopted as our vision, and to support that vision we developed a framework and a slogan which described what we did. Quite simply we realised our business objective was 'creating communities with sustainable growth while enriching people's lives'.

Given that we foster long-term relationships with the land we develop and the people who share the land with us, it forced us to dive deep into how we wanted to deliver our vision and what framework we needed to rely upon on each day to influence the various decisions we made.

We did this by looking separately at our social commitment, our economic responsibility and our environmental stance. And because we were not only developing communities, but operating and managing communities for 60 years, we really needed a fourth platform which included our governance and guidance practices. This influences the relationship of the three core platforms and how we communicate our governance principles.

We obviously have a social commitment because we build communities where likeminded people want to share time, share resources, share facilities and live in harmony. We also have an economic responsibility to provide a sustainable and affordable financial platform that accommodates our customers. We also require a successful business model for the long term so that future owners can deliver on promises made, and importantly, to ensure people will enjoy the same benefits into the future as those living in our communities today.

Having moved from a family business into a corporate structure, I've found that paying attention to culture has become even more important.

We will always need to attract investors and maintain a sound financial model, but equally, we need to have the ability to attract our clients and provide an affordable solution which underpins being competitive in the marketplace.

Although I didn't start out with adopting an environmental stance or even have a green predisposition, taking a long-term approach in everything we did, and realising that we were a custodian over the land, meant many of the decisions we were making were long-term ones and as

it turns out, these happened to be better decisions for the planet.

For example, if we were building a community to sell, we might invest in cheap infrastructure for the reticulation system and create a short-term solution but contribute to a long term problem. We could sell the land off and no one would be the wiser. However, if we plan on holding onto a community in the long-term, it makes sense to invest more capital into a sub-surface irrigation system which means the long-term operating costs are much lower, making it far easier to deliver a more affordable solution to the clients who seek to live in the community in the long-term.

There are hundreds of small decisions that we've made along the way, each of which have become an environmental, financial, or social benefit which have been influenced by our culture. I think that's significantly influenced the number of awards NLV has won.

It's a lot easier for our staff to make decisions on a daily basis when our visions and values are clear to them. Moreover, it's easier to empower staff to make their own decisions with less reliance on senior managers to make decisions for them. With a strong vision and values culture in place, most decisions will be aligned to achieving our goal of creating communities with sustainable growth, while enriching lives.

In business it's really easy to get caught up in doing just the day to day tasks, and we can easily forget how we want to do them or how we want to interact with each other whilst doing them. It has been really rewarding spending time on our visions and values and

I've noticed how quickly people's eyes light up when we discuss them. Their smiles widen, and suddenly people are at work for different reasons other than just to pay the mortgage.

In my view, this is the difference between what pumps the life blood into an organisation and whether people go the extra mile for their colleagues or our customers.

John Wood

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To register interest in any of National Lifestyle Villages' new communities, please call 1300 45 55 65.

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LOCAL NEWS



Image courtesy of the St Vinnies CEO Sleepout WA

Roughing it for one wintry night is a way of life for some

When NLV staff suggested managing director John Wood take part in the St Vinnies CEO Sleepout in June, he jumped at the opportunity.

The national event is now one of the most powerful fundraising activities in the country which seeks to encourage both sides of Federal government to commit to halving homelessness in Australia by 2020.

For one wintry night on June 20, around 100 CEOs and executives huddled together on the WACA grounds in East Perth with nothing more than a sleeping bag and a cardboard box for shelter to experience a taste of homelessness in WA.

Soup and bread was served for dinner, and breakfast consisted on coffee and a bread roll.

For John, it was the very least he could do.

"I'm lucky I'm only doing this for one night," said Mr Wood.

"Sadly, this is what many struggling Australians endure on a daily basis and with winter upon us, they will likely experience dreadfully cold, wet conditions, lack of food, safety and shelter," he said.

It was a humbling experience for Mr Wood who, thanks to the generosity of Lifestylers, staff, family and friends, raised in excess of \$4,700 for the charity. Western Australia's collective tally reached well over \$ 1.1million and Australia-wide the charity raised well over \$5million.

"I just want to say a big thank to all of you for supporting me during my sleep out," said Mr Wood in the week following his endeavours.

"I was fortunate to meet a number of homeless people last night who have had the support of Vinnies.

"The stories are truly scary, amazing and shattering all in one, and I can assure you that the money you donated is being deployed in a very much needed part of our

community.

"It is great to support those organisations that are not waiting for government to fix it and are at the coal-face of what is actually going on. I listened to the story of a lady who had to leave her rental home of three years due to the lease coming to an end. As of last night she and her six kids aged from three to 14 have not had a home.

"Sometimes showering at the beach was a real challenge for the older kids who felt embarrassed and shameful. At first they wouldn't do it but as their mum explained, after a while they preferred to be clean rather than too proud and just had to suck it up!

"This was just one of the better stories I heard last night and I found it a privilege to represent those who were kind enough to donate in support of the sleep out," he said.

For more information visit ceosleepout.org.au.



HILLVIEW CELEBRATES SLEEPING OUT WITH OTHERS

NLV Lifestylers took part in an inter-village fundraising competition to embrace the St Vincent de Paul's CEO Sleepout event.

It was a close call with each village donating handsomely and enthusiastically – a collective total exceeding \$2,000.

Hillview Lifestyle Village accrued the most donations and in return, John Wood offered to cook an open-house barbecue and give a short presentation on July 18.

Lunch was a feast of kebabs, lamb chops and sausages with a spread of coleslaw, potato and green salad, fresh rolls and finished off with a banquet of cakes.

John gave an inspirational account of his evening at the WACA, particularly the people he met who have benefited so greatly from the initiative's generosity.

Lifestyler, Syd Moir (with John Wood) did a sterling job tending to the barbecue.

Tuart Lakes preliminary round runner-up Gail Collins made divine red velvet cupcakes (below) and inset, Ros McAullay's winning cupcake houses.



ICING ON THE CAKE FOR CHARITY

As the buses rolled through the gate, the social club ladies (including a handful of chaps) at Pineview Lifestyle Village hurried about putting the final touches together for the arrival of 100 guests to celebrate the warmly anticipated NLV My Cupcakes Rules grand final luncheon which raised \$1,000 for Down Syndrome WA.

Lifestylers and judges, including John Wood, Simon Willson, Regina Neumann, Monique Parker, Liz Nolan, Brigitte Doohan, Brian Ensell and Heather Bush, had already enjoyed two weeks of preliminary judging at various villages around the metro area before the grand finalists were hand-picked for their decidedly delicious creations.

Tuart Lakes Lifestyle Village was host to the first combined-round which included a team of entrants, plus another entrant and a team of supporters from Vibe Baldivis Lifestyle Village.

Preliminary round winner, Ros McAullay from Tuart Lakes Lifestyle Village made a marked impression with her innovative cupcake houses with tempered chocolate roofs, and Kerry Marriner, a new-comer to Vibe Baldivis Lifestyle Village, won the round for her heavenly pink-iced vanilla cupcakes which were "melt-in-the-mouth delicious" according to the judges.

And so next it was off to Lake Joondalup Lifestyle Village where Lifestyler Christine Fallon won the round for her chocolate cupcakes, and Pineview's Lyn Gathercole blew-the-socks-off the judges with her spiced orange and almond cupcakes which she preceded to make for 100 hungry mouths at the grand final event – an extraordinary feat in itself. Runner up for Pineview was Irene Brady whose caramel cupcakes put a special smile on the judges faces too.

"Beautiful presentation with a moist caramel sponge," they said.

Bridgewater Lifestyle Village is where the preliminary rounds finished up and it was a close end with Gina Forlicz just a half point behind Pat Coyne who rolled out her amazing lemon iced vanilla cupcakes.

"A divine lemon flavour," said one judge. "Beautiful, colourful and delicate," said another.

Pat kindly requested that Mrs Forlicz take her place for the grand finals – a generous offer which eventually

paid dividends!

Head judge, John Wood, said across-the-board, the caliber of entries was exceedingly good.

"The amount of effort Lifestylers put into their cupcakes was incredible, right down to the innovative cupcake designs, like Ros McAullay's 'cappuccino cup', cupcakes decorated with imitation froth icing and marshmallows and her mini NLV village made of tempered chocolate and cake houses," he said.

But it was Bridgewater's Gina Forlicz who won the grand prize of a KitchenAid mixer, valued at around \$799 for her Swiss meringue butter cream and macadamia nut and white chocolate cupcakes. The judges were most impressed with the quality of her icing and, when combined with the white chocolate and nuts in the sponge, was a winning combination.

Vibe Baldivis' Kerry Marriner was awarded runner up for her exquisitely decorated berry coulis cupcakes – again, the judges couldn't fault her meticulous decorating skills.

In amongst all the excitement was young Jessica Jalawadi, representing Down Syndrome WA and one of the My Cupcake Rules judges. She was joined by John Wood, Liz Nolan (NLV's cupcake expert), Arena Dunn (ex-MasterChef contestant) and Tim Rix (Lake Joondalup's maintenance support).

Ms Jalawadi took her judging role seriously, pondering over each mouth-full and giving very considered scores to the cakes.

A giant cheque for \$1,000 was presented to Jess and her mum Julie who were grateful for the opportunity to participate.

"Down Syndrome is an often over-looked charity and it's important we support the work these people do in providing a better life for those affected by or living with Down Syndrome," said Mr Wood.

DSWA executive officer, Cathy Donovan, said Down Syndrome WA was delighted to be involved.

"What a fun event, and a great opportunity for Jessica Jalawadi to be invited onto the judging panel. I know that Jessica was very keen to do a good job and did her homework on what makes a good cupcake. I'm sure the tasting part was a joy!



(L-R) Pineview's Margaret Havey, Margaret Phenna and Irene Brady dispense Lyn Gathercole's 100 cupcakes at the grand final event.



Bridgewater's Kerry Castle and Pat Lees marvel at Pat Coyle's cakes at the preliminary round.



Vibe's Kerry Marriner won the preliminary round with these stunning cakes.

“Taking part in a community event such as this, and playing an important role as well, is a wonderful experience for a young person with Down syndrome, and I’m sure that Jessica gained from the experience.

“Down Syndrome WA has provided support and information to people with Down syndrome, families and the community for over 27 years, but receives no government funding. We rely on memberships, fundraising and donations to continue to run our programs,” she said.

“We were delighted to receive the donation from NLVs’ cupcake event which will go towards our ‘Aim High’ program. Aim High is a skills development and social program for young adults, and it is fitting that Jessica is a member of the South Perth Aim High club and will be a beneficiary of the donation.”

Many from other villages who attended the grand final commented on how beautifully presented the Pineview Lifestyle Village was, and how enjoyable it was to meet and mingle with new Lifestylers.

National Lifestyle Villages would like to thank the social clubs at Tuart Lakes, Lake Joondalup, Pineview and Bridgewater Lifestyle Villages for putting in their time, effort and wonderful catering at each of the judging events.

And most importantly, thank you to all the bold entrants who gave it a go for charity:

<i>Tuart Lakes Lifestyle Village</i>	Joy Tadier
Heather Gangell	Eileen Gilliland
Ann McCormack	Doreen Vanschelven
Gail Collins	Pat Coyne
Pat Quinn	<i>Lake Joondalup Lifestyle Village</i>
Ros McAullay	Christine Fallon
Maxine Maughan	<i>Pineview Lifestyle Village</i>
<i>Baldivis Lifestyle Village</i>	Lyn Gathercole
Kerry Marriner	Irene Brady
<i>Bridgewater Lifestyle Village</i>	Jane Farrell
Gina Forlicz	

Keep an eye out for the next NLV intervillage 2014 fundraising event. Ideas are welcome by contacting us at info@nlv.com.au



Judges, Monique Parker, John Wood and Simon Willson tuck into Heather Gangell's cupcakes at the Tuart Lakes preliminary round.

Gina Forlicz's White Chocolate and Macadamia Nut Cupcakes



Grand final winner, Gina Forlicz was speechless!

Ingredients:

- Sponge**
- 225g unsalted butter, softened
 - 225g caster sugar
 - 225g self raising flour
 - 1 teaspoon baking powder
 - 4 eggs
 - 1 teaspoon vanilla essence
 - 100g white chocolate chips
 - 100g macadamia nuts, chopped
- Icing**
- 200g white chocolate chips
 - 5 tablespoons milk
 - 175g icing sugar, sieved

Method

1. Preheat oven to 175 degrees celsius.
 2. Place 18 paper baking cases in cupcake tins.
 3. Combine all the cupcake ingredients except chocolate chips in a large bowl and beat with an electric whisk until smooth and pale about 2 - 3 minutes.
 4. Stir in the chocolate chips.
 5. Spoon the batter into the cases.
 6. Bake for 20 minutes.
 7. Remove tins from the oven and cool for 5 minutes.
 8. Then remove cupcakes and cool on a rack.
- Icing** (this is not Gina's winning icing – it is a trade secret...)
1. Melt the chocolate and milk in a medium bowl over a pan of simmering water - stirring frequently.
 2. Remove from the heat and beat the icing sugar until smooth.
 3. Spread over the cupcakes.

“I changed the topping for the finals, and did a Swiss meringue butter-cream icing instead – but this is a secret recipe!”

RITA - QUEEN OF ARTS

Lake Joondalup Lifestyle Village Lifestyler, Rita Hewitson-Cowan (below right) was one of the first residents at the popular northern village when she moved in, in 2001.

"For nine months I was the only resident in-situ along Fairy Wren Loop. In fact Mr (John) Wood kindly organised for my house to be cleaned because of the shale and sand blowing across from the stock pile in the corner which eventually became stage four," she says.

"Then NLV pulled down the previous land owner's house and machinery shed. This was to make way for an unexpected explosion of would-be buyers wishing to move to this brilliant concept and lifestyle. Then another 13 houses became stage four and more lovely people moved in!"

Mrs Hewitson-Cowan is passionate about art and for nine years, has been running an art group for absolute beginners. Everyone is welcome says Mrs Hewitson-Cowan, who runs the group every Thursday morning. She has also sat on the Liaison committee three times.

She is also a volunteer for the St Vincent de Paul Society and the many Wanneroo Shire Gallery art exhibitions, which she says, keep her young.

"I have programmed my brain to live until I am 94, so I need to keep the body and grey matter working! I highly recommend voluntary work. You might not get financial reward but you do see life!" she says.

"My main love is being the president of the Wanneroo Joondalup Art Society Inc (WJAS). It is hectic at the moment as WJAS Inc is putting on its annual exhibition. This has been held for some 32 years - many of those years have been at The Sorrento Surf Life Saving Club."

Mrs Hewitson-Cowan encourages anyone who is artistically inclined to become a member of the Wanneroo Joondalup Art Society Inc.

"It is a wonderful friendly society with a great reputation," she says.

Keen to get the most out of life, Mrs Hewitson-Cowan also started a friendship group which is held on Monday afternoons at the village.

"We laugh, joke and tell stories around the table. Topics such as, 'How did you meet your hubby' often pop up. Then we all bring in wedding pics --- it's great camaraderie.

"I am chief joke teller (never too rude!) and whenever possible we go on day trips too."

Forty five paintings were sold at the recent Wanneroo / Joondalup Art Society Inc exhibition which was held on September 13 until September 15 - including one of Rita's own creations.

Stay tuned for the next one scheduled for May 23 to May 25, 2014. For more information, contact Rita on rita.hewitsoncowan345@gmail.com.

Would-be-artists can contact the Wanneroo/Joondalup Art Society Inc on 0412151937 for membership enquiries.



Busselton's hip 'n' happening movers and shakers



Busselton's Movers and Shakers at work.

There's a new community group at Busselton Lifestyle Village and it's bound to make a positive impact with Lifestylers. The recently formed Movers and Shakers Project Team was established in August to complement the village's two existing community groups, the Social Club and the Village Liaison Committee.

Village manager, Graham Alp said the group, which was put forward by Village Liaison Committee president, Bob Logan, was formed to develop and manage community based projects within the village to their completion, using skills

within the community.

"The projects provide an opportunity for Lifestylers to take ownership. It will greatly enhance a feeling of belonging within a caring community through participation, while improving the village amenity," said Mr Alp.

"As we speak some ladies in the village have made curtains for the stage area and pool table covers within the Clubhouse.

"A workshop committee of five men and one lady promote workshops and activities to encourage use of the hobby workshop which will increase the enjoyment and value to the community from this facility," he said.

Lifestyler, Norbert Van Heerwaarden has been appointed the official Movers and Shakers Project Team co-ordinator for a two year tenure and the first project for consideration is a community barbecue area.

"A skills survey is being conducted to learn more about the wealth of talent, skills and experience of Lifestylers within the village," said Mr Alp.



Arlene Goddard (centre), surrounded by her special friends - Lara Lifestylers.

Birthday wishes to an adored village friend

Lakeside Lara Lifestyle Village sales consultant, Arlene Goddard is adored by the many Lifestylers she has guided from signing-up and moving-in, right the way through to forming close friendships at the Geelong-based village, so on Sunday August 18, the team decided to throw her a surprise 60th birthday party just before she jetted off to Perth with her partner Don for more celebrations with family and friends - and most importantly, her daughter's wedding.

A large number of Lifestylers are around the same age as Arlene, but many say the

nature and culture that is alive throughout the village makes them feel much younger. One Lifestyler was quoted as saying 60 is the new 40 and judging by the energy throughout the village, this is most definitely the reality.

Arlene was presented with a hand-signed birthday card from all the Lifestylers, chocolates and a bottle of sparkling wine, together with a heart-warming presentation which had Arlene a tad on the teary side.

She is a true asset to the village.

BRIDGEWATER'S JOYOUS FESTIVE CELEBRATIONS

It was all about reconnecting with friends, tucking into some seriously good food and enjoying the sounds of the Village choir, One Voice, at Bridgewater Lifestyle Village's Christmas in July event on the 27th of the month.

The clubhouse was wall-to-wall with guests as they indulged in mulled-wine, roast turkey and potatoes with all the trimmings, a very well received cauliflower cheese, rounded off with rum-balls 'de excellence', Christmas cake and a



Guests, Bev Stanley & Betty Mann.



Bridgewater's One Voice in action.

cheese board.

The highlight of the night was the secret Santa moment where guests each brought along a secret present and placed it under the Christmas tree in exchange for another.

Christmas quiz winner, Bev Stanley won hands-down with her cryptic knowledge of traditional Christmas carols such as 'Walking Through a Winter Wonderland' disguised as 'Perambulating Through a December Solstice Fantasy'.

MENS-SHED ALL WELCOME



Keen to expand his network in the city of Albany, Oyster Harbour Lifestyle Village Lifestyler, Kevin Richardson (above with wife Lyn and cat Molly) decided to join the local men's shed at Centennial Park's McCormack Pavilion.

Now, almost two years on, he has been appointed chairman of the group which, with around 70 members, prides itself on offering a valuable community service.

"I've been living in Albany for only seven years, so I really wanted to increase the number of people I knew in the town and be part of rewarding community projects," says Mr Richardson.

The group meets every Saturday morning, but regular outings are also a big part of the membership benefits.

"We've been on many social outings. In fact, tomorrow we are visiting another men's shed in the area," he says.

Mr Richardson says members join the group for all sorts of reasons.

"It gets people out into a different environment and because not all of us are local, it enables us to meet new people. Here

at the village, we have several Lifestylers interested in joining. I think because we downsize (when we move to an NLV), many of us don't have the room for a workshop," he says.

"We've been making benches for the crematorium, a notice board for the Senior Citizens, the cemetery asked us to recondition some wooden crosses - we've made possum boxes, budgie boxes, flower boxes..."

Although the group specialises mainly in woodwork, Mr Richardson hopes metal work will become part of the new shed when the existing one is demolished in 2015.

"We are frantically trying to secure a grant for a new men's shed before the existing one is knocked down as part of the oval upgrade," says Mr Richardson, who, with his members, will open the new shed seven days a week and provide opportunities for welding.

"We have three female members too, so it's not just limited to blokes!" he says.

To find out more, contact Kevin on 0417 940 440.

BACK FROM THE BRINK



John Wood with Oyster Harbour's "Derrick Dolittle" aboard the Oyster Lake Charters Service.

National Lifestyle Villages is noted among industry circles for its sustainability focus - not only for its home designs but the master-planning of its villages and Oyster Harbour Lifestyle Village in Albany is a rehabilitation project at its finest.

In a previous life, the 18 hectare site which sits adjacent to picturesque Bayonet Head, posed as a caravan park that failed to remain viable. Over a two decade period, the land deteriorated significantly. Infested with a weed burden and used as a green-waste and rubbish dump, it was an unsightly mess.

Since acquiring the site, NLV has applied extensive water, wetland and weed management plans and strategies which are designed to be rolled-out in various stages over many years. According to village development manager, Andrew Miller, a vegetation rehabilitation program for the east of the lake, introduction of native species to eradicate wetland weed growth and assist in the control of mosquitoes and urban water conservation management to monitor surface run-off, will be applied.

"Eradicating all noxious weeds and trees off site will be followed by a revegetation program using endemic species," said Mr Miller.

"The ecology and diverse local bird-life in the area, part of which has been deemed 'high conservation', will likely prosper thanks to NLV's eco-management program.

"The built-up parts of the development will be buffered from the natural wetlands by use of open filtration swales and the planting of reeds and sedge grasses as natural filtration for run-off water," he continued.

NLV's aim is to improve the water-quality

in its own wetlands as well as the water-quality moving off-site and into the greater Oyster Harbour system.

The village will also include the proposal of a community educational 'Friends of Oyster Harbour Lake' initiative which will include a weed control management plan and be represented by the Lifestylers. This will not only empower the Lifestylers in preserving the lake, but become a dynamic and flexible group.

Mr Miller says the original land-owners will be respectfully honoured by the installation of interpretive signage to illustrate mythological stories intended to educate and enrich the lives of those living at the village.

Housing too, considers sustainability as a major focus. The passive-solar designed modular homes are 6-star rated and delivered fully finished (equipped with solar heat pump, all fittings, fixtures, flooring and window treatments) within a 12 week turn-key. The homes are built to the highest environmentally-sensitive standards and intended to protect the delicate wetland areas. In most cases, homes offer up to 30 percent savings in utility costs.

Because the homes are built off-site, there is very little disturbance and a minor footprint to the surrounding environment during installation.

Mr Miller sums it up perfectly..."It's paradise down here!"

Big bucks raised at Pineview's Biggest Morning Tea



Denise Reece takes a sip.

Pineview Lifestyle Village's Biggest Morning Tea fundraiser last May was a huge success, raising \$2,600 for the cancer charity in just under two hours.

What started out as a wet and wild day, turned out to be a beauty, deterring no one in the village. Perhaps it was due in part to the mountain of raffle gifts waiting to be won on the day, not to mention the array of treats for devouring over tea and coffee.

Lifestyler and event coordinator, Denise Reece spends around six months leading up to the event collecting prizes which she stock-piles at her house until the event.

Kind donations came from Lotterywest; Liquorland Wanneroo; Edgewater Liquor; Hotlocks; Priceline Wanneroo; Friendlies Wanneroo; Chippy's Cafe; Ceramica Ocean Keys; Auto One Wanneroo; Repco Wanneroo; Elixir Cafe; Carramar Cafe; Baker's Delight Carramar; Florist, Drovers Pastoral Co; Garden Glow; Pet Professionals Wanneroo; Sisters IGA Joondalup; Cindy's Hairdressing; Rebecca's Books; Podiatrist; Physiotherapist; Grill'd Joondalup and The Coffee Club Joondalup.

SEMINAR HIGHLIGHTS GREEN ETHOS



Crown Perth was abuzz with high energy and enthusiasm at NLV's L GEN seminar on July 10 to yet another full-house and a bunch of eager performers (with hidden talents it seems...).

Keen to warm-up the crowd, NLV's managing director, John Wood, encouraged a handful of guests to hop on stage and perform air-guitar antics to a roaring, thigh-slapping audience.

The performers gave it their all which set the scene for an information-packed few hours with presentations from First National Real Estate's principal, Rob Druitt, Garvan Northbridge's certified financial advisor, Nada Maticcevic and John Wood.

As always, a highlight was the presentation from NLV's consulting architect Richard Hammond (above) who stressed the importance of building sustainable villages where native flora and fauna can flourish for the benefit of residents.

Mr Hammond explained the methodology behind master-planning each village to ensure a comfortable and enjoyable place to live. Retaining as many existing trees as possible, building a social streetscape and a central meeting place for Lifestylers were just some of the key elements of an NLV design.

Lifestylers from Bridgewater, Tuart Lakes and Hillview Lifestyle Villages gave honest accounts of their experiences living with like-minded individuals and how they came to their decisions to move into an NLV community.

Special thanks to Jan and Allen Isaac (Bridgewater), Glen Sugars (Tuart Lakes) and Terry and Carmela Izzard (Hillview).

The Isaac's said they wished they'd moved in sooner, Ms Sugar's said she felt younger since moving in and the Izzard's said that the village's clever, inward-facing design meant that traffic noise (from nearby Kalamunda Road) was not an issue.

Guests were also informed about a possible over-65s development with special guest, Bill Marshall - NLV's over-65s chief executive.

NLV will be hosting an L GEN Seminar Roadshow across a number of its National Lifestyle Villages communities.

Go to page 13 for more information.

Bonfire warms up the Great Southern night



Around 80 Lifestylers and special guests huddled around a bonfire, sipped mulled wine and hot chocolate and tucked into a sausage sizzle while kids roasted marshmallows at Oyster Harbour Lifestyle Village's Winter Solstice event on June 19 - just before the southern hemisphere's shortest day.

Village development manager, Andy Miller squirreled away a big pile of dead Sydney Wattle tree debris from the previous summer which was now perfectly dry after 12 months out of the ground.

"I couldn't think of a better way to get rid of a big pile of weeds but to have a huge bonfire night!" said Mr Miller.

"We set up lighting towers and marquees down near the lake and invited a local musician to come along and play for the evening. The morning weather was wet, cold and very windy but at 3pm the wind dropped and the rain disappeared to leave us with a perfect night - someone must have been looking out for us!

"When we lit the bonfire there was a solid column of sparks going straight up and not a breath of wind. It was warm about 20 meters away!

"The fire was still smoldering right through to mid-July, but burnt really well for a full two days after the 19th," he said.



HELLO POSSUMS!

Lindsay Strange, the son of Vibe Baldivis Lifestyle Village Lifestyler, Val Strange took this photo in March 2013 as he was leaving the village after dropping his mum back home after a family night out.

Possums usually live in tree hollows, are highly territorial and don't relocate easily, which is why many city dwellers experience possums seeking shelter in their roofs.

This is not likely the case at Vibe Baldivis with its abundance of native trees and open space - the ideal possum environment.

It is possible to make friends with a possum in the city.

By providing a possum house encourages a possum to stay and claim your yard as its territory.

The possum will then discourage other possums from moving into your roof and yard. By making friends with a possum, you can help to conserve the species and learn about their way of life at the same time.

DEAR EDITOR



We received the following email from a reader on August 30 regarding Basil the cat (above left), the stray who was saved at Tuart Lakes Lifestyle Village.

Basil's new owner, Tuart Lakes Lifestyle Village sales consultant, Robyn Walton, has been overwhelmed with feedback from readers who are thrilled that Basil has found a safe and lovable home. Basil is seen here with Robyn's 11 year old ginger cat, Charlie (above right), who was also saved from a life of stray-hood.

Dear Editor

Thank you for printing the article about Basil in *The Journey* [Robyn's feline treasure, winter 2013 edition, page 4]. It

really made my day to read about how Mike had told Robyn about the kitten. His life could have turned out very differently but for these two kind-hearted people. Cats have such a lot of bad publicity and to read such a good story and know he will live in a cat enclosure safe from harm and causing no damage to wildlife is truly a wonderful outcome.

I am not old enough to move into one of your villages yet but knowing you are able to have pets and chooks and vegetable plots, I will certainly be looking at living there in the future.

All the best

Mary Saunders

Hillview's family Christmas

Hillview Lifestyle Village Lifestylers celebrated Christmas Eve and Christmas in July in one long celebration.

The Three Muscateers (Alison Quinn, Paula Drew and Angela Shilling) put on the Christmas Eve event resplendent with Santa, a Christmas tree, the Virgin Mary and even a Lifestyler dressed in pajamas in readiness for Christmas day.

The spread included ham with cranberry sauce, Christmas pudding, mince pies and all kinds of festive fair. The following evening (July 5) was another full house, including Lifestyler friends and relatives and a meal prepared by Lifestyler, Kerry Penno and her team.

Christmas decorations, great music and of course entertainment by Jim Clarysse on the bagpipes was enjoyed by everyone.

Lifestylers were heard remarking on what a delight it was to celebrate Christmas in July on a chilly winter's evening.

The tables were beautifully set and decorated and the stage setting was very bright and cheerful. Lifestyler, Sue Sinden sold raffle tickets and thanks are extended to everyone who was involved in making the evening most memorable.



L-R: Lindsay Clark, John Shilling (Christmas tree), George Harwood and Bill Drew.



THE GREAT LARA SCONE-OFF!

Lara Lifestyle Village Lifestyler, Ian "self-praising flour" Thomas is known amongst his contemporaries as the World Scone Champion, so when it was announced that the village would hold a Great Scone Challenge, Mr Thomas naturally jumped at the opportunity to make his famous lemonade scones.

The challenge took place on the evening of Saturday September 14 attracting 10 competitors and over 35 spectators who crammed into the Acland display home.

Judges, Arlene Goddard (Lara sales consultant) and her partner, Don Gibson were given the enviable task of critiquing the lovingly made scones, awarding Rhonda

Ferwerda (right) with the winning title of Grand Scone Champion, Angela Dickson (left) came in second and Mr 'self-praising flour' himself, Ian Thomas (middle), came in third.

Organisers wished to thank Mr Thomas in particular for being the impetus for the event and taking all the

playful jibes so graciously about his beloved scones. It was so successful, that the event will become an annual celebration at the village.

Each received a Coles/Myer voucher and kicked up their heels with the rest of the party at the conclusion of judging.



SOCIAL LIFE

MIMING THEIR WAY TO THE TOP

The Hillview Lifestyle Village mime nights, courtesy of the Hillview Entertainment Group are attracting crowds in their droves and they're coming from all over to place.

Around 150 Lifestylers from Hillview, Lake Joondalup, Vibe Baldivis and special guests from Riverside Gardens Lifestyle Village attended two mime nights in August. There were 20 brilliant acts over three hours which guaranteed roars of laughter and much anticipation for the next one!



BLACK & WHITE BALL

Lake Joondalup Lifestyle Village's sold-out Black and White Ball on June 29 was once again, a thoroughly enjoyable evening.

Managing director - John Wood, general manager, village services - Simon Willson and area manager, north - Shula Murphy, assisted with serving the delicious three course meal for around 180 people, lovingly made by the social club.



John Wood & Jenny Halliday



Cindy & Kevin Morrison



Murray Dearle & Jenny Halliday



Joy Greenhalgh & Jennifer Beazley

CHRISTMAS IN JULY



Oyster Harbour Lifestyle Village Lifestylers celebrated a visit by John Wood, the unveiling of the new clubhouse design and stage two of the development via a Christmas in July afternoon tea. Seventy people gathered together for mulled wine, tea and coffee, a mixture of turkey and ham sandwiches, fruit mince pies and white Christmas. A raffle raised \$127 for the Social Club and those present were most impressed with the plans ahead for the village's recreational facility which will overlook the lake.

MY CUPCAKE RULES



Downs Syndrome WA's Jessica Jalawadi with Lyn Gathercole, Ros McAullay and Christine Fallon.



Bridgewater preliminary round judges and entrants.



Kerry Marriner's runner-up grand final cakes.



Jess (front) with (L-R) Ros McAullay, Gina Forlicz, John Wood, Kerry Marriner and Lyn Gathercole.

LOCAL PEOPLE

FIVE MINUTES OF FAME

With Lifestyler Heather Walker, Lara Lifestyle Village



How long have you lived at Lara Lifestyle Village?

Twelve months this September past.

And what do you enjoy most about living there?

Security and lifestyle and we have a new social-life these days.

Tell us about a significant milestone in your life?

When Barry and I moved to Queensland to live and work which we both enjoyed. Even though it was only for eight years, it was nice to be back in Victoria again.

What's a hobby you're passionate about?

Photography and being outdoors as I come from a very sports-orientated family.

Tell us about your favourite travel destination

A toss-of-the-coin between the trip on the Ghan which was very relaxing and in July this year we went to Disneyland which was just magical.

Who are five people you'd like to have over for a barbeque (living or passed)

Our five children (partners of course and the grandchildren, 15 of them) all together which would be great as they all live in different states.

What inspires you?

The work ethic of Arlene Goddard (Lara Lifestyle Village sales consultant) from day one of this very large development for Lifestylers in Victoria. It has been a great achievement for her as we've seen the village grow.

Your favourite all time movie?

It would have to be Mamma Mia!

What music are you listening to now?

Damien Leith and a good friend, Don Gibson.

Beer, wine or other?

A rare wine on a special occasion or otherwise just boring old water!

Sweet or savoury?

Savoury

Describe your perfect weekend

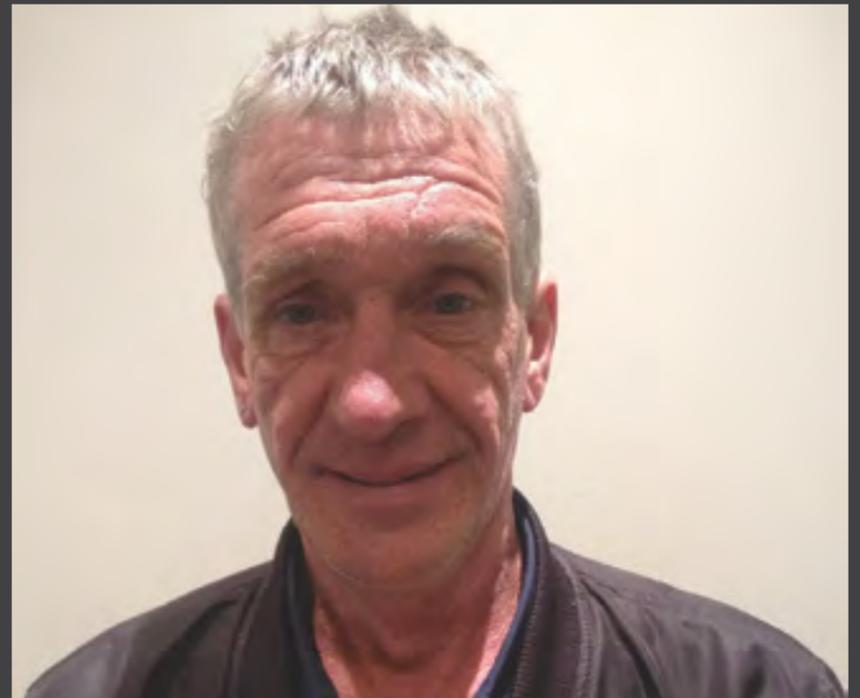
Catching up with friends that I do not see often enough.

What we also found out about Heather:

My most memorable experience was playing in a netball grand-final with my daughter who was also in the same team then going-on to win the premiership. This was just before I retired at the age of 40. Also, becoming a life member of an amateur athletic club (Geelong Guild) after competing in athletics and then later in administration for a very long time.

IN THE SPOTLIGHT

Meet Neil Dodding, maintenance manager at Pineview Lifestyle Village.



How long have you been the maintenance manager at Pineview Lifestyle Village Neil?

Since 2005

What is it that you enjoy most about your job at Pineview Lifestyle Village?

Interacting with people

How would you best describe yourself in three words?

Honest, reliable, hard-working

What makes you smile?

A good joke

What are five foods you love to indulge in?

Curry, roast beef, spaghetti bolognese and seafood.

If you won Lotto, what's the first thing you'd do?

Buy a house.

Describe your perfect weekend

Camping with the kids.

Favourite holiday destination

Esperance

Who are five famous people you'd invite over for dinner if you had the chance (living or passed).

David Bowie, Jimmy Hendrix, Bono, Winston Churchill and Lou Reed

If you were a rock star, who would you like emulate?

Bono

Favourite all-time movie

Gone with the Wind

Famous last words...

That's it!

OUR MOST GLORIOUS YOUTH



Eric Cooper doing what he does best - let the music play on!



Des Clarke, circa 1964, on top of the Ashby Building, Belfast.

In this edition of The Journey, we've shined the light on a couple of Lifestylers who kindly shared stories from their most glorious youth. If you would like to write to us (or nominate a fellow Lifestyler) with your own story, please contact us, together with a photo taken in your hey-day, at info@nlv.com.au.

Eric Charles Cooper

Let the music play on!

1929 saw the Stock Market crash, prices fall and the great depression begin, but in a quiet suburb of Bristol, England on Sunday September 15 of that year Mildred and Percy Cooper celebrated the long awaited birth of their son.

Eric Cooper attended the local primary and secondary schools and left school at fourteen for his first job at the Bristol Aeroplane Company. He also joined the Works Brass Band and began learning the trumpet. Just before his 16th birthday he enlisted in the Band of the Worcestershire Regiment where he stayed for the next 27 years.

His first overseas posting was to Luneburg Western Germany followed by Berlin and then Gottingen. After a few weeks in England the band boarded a troopship bound for Singapore and Malaya, which was, because of the emergency, to become his first experience of active service. En route, he passed through the Suez Canal, and visited Aden and Colombo.

After four years stationed on Salisbury Plain the regiment was posted to Jamaica. The headquarters was in Kingston and companies were stationed in Belize, British Guiana, Nassau and Bermuda.

The Band was very fortunate in visiting each company periodically travelling by Royal Navy ships HMS Troubridge, Ulster and Vidal. By this time Eric had attained the rank Warrant Officer, married and had five children.

After three years in the West Indies the Regiment was back to England and then posted to Gibraltar. It was here that Eric applied, and was accepted, for Deputy Director of Music to the Royal Brunei

Malay Regiment for his last five years of military service.

As part of Adventure Training Eric organised a team of Brunei bandsmen to go by hovercraft to the neighbouring state of Sabah where they climbed the 13,435 feet of Mount Kinabalu.

During his service in Brunei, he prepared the Sultan's Band to tour the U.K. performing in London at the Royal Tournament and the Edinburgh Tattoo. This was recognised by the Sultan and Eric was given a special award. The following year he went with the band to perform at the Royal Sydney Show.

In 1972 he emigrated with his family to Australia where he taught in the Education Department and conducted bands in St Stephens School, Perth College and Scotch College.

When asked by local musicians to form a dance band he declined at first - until he met the piano player Irene, with whom he fell in love and soon after married.

He formed his own concert band in 1987 and with Irene, performed in Disneyland and Los Angeles in 1990.

They also had their own cabaret band and for 20 years they played at all the pubs and country bookings and at many notable events - too many to mention.

Eric and Irene are now both retired and live in Pineview Lifestyle Village but are still making music for the Lifestylers.

When they first moved in they formed the Pineview Players, a musical theatrical group, and later the Pineview Ragtime Band and recently, as disc jockeys, have performed for countless dances, birthdays, dinners and even a wedding.

If music be the food of love- play on!

Des Clarke

From Belfast to Busselton

Des Clarke lives at Busselton Lifestyle Village. He was born in 1942 just across from Queen's Ashby Institute on Stranmillis Road in Belfast. As a young boy, he watched the building being constructed over the site where he buried his pet tortoise. The same site his father had owned before the decision was made to build the Ashby.

Des attended St Malachy's College, Belfast and spent his latter teenage summer holidays attending mechanical workshops at the Royal Engineering Naval College at Manadon, Plymouth.

This experience provided a solid foundation for his engineering degree at Queen's. He recalls his days under the tutelage of one of the most eminent local academics of the time, the late Sir Bernard Crossland who used his MK1 Jaguar to explain mechanical engineering theories.

Mr Clarke says Queen's gave him the best training in how to seek information, assess it and make appropriate decisions on any applicable challenges in his professional career.

Following graduation in 1968, Des emigrated to Australia, initially working for the Royal Australian Navy as investigations engineer, responsible for evaluation and design of improvements to plant and services on Garden Island Dockyard in Sydney.

Des procured several prestigious project engineering roles in the manufacturing industry in Eastern Australia, advancing rapidly to the role of resident project manager with Avon Products Pty Ltd, Sydney, where he maintained total Australian responsibility for design,

construction and commissioning of a fully automated 9000 pallet location high-rise warehouse, together with pilot plant simulation, design and construction of a complex industrial effluent treatment plant.

In 1981 Des became the owner-operator of a small DIY business called Beckenham Hardware in Perth. During this time he initiated and developed Advantage Hardware, (later to become Hardware Magic) a buying group of some 70 independent stores. He remained as its chairman until the decision to sell in 1990.

Des then decided to put his knowledge of the small business arena to use in a number of development roles in the Department of Industry, Commerce and Trade, in South Western Australia, helping guide, support and grow small businesses and local industry.

Now enjoying retirement and spending time with his two children and grandchildren, Des lives at Busselton Lifestyle Village and enjoys regular trips back to Northern Ireland.

He has chosen to support the future work of researchers at Queen's Centre for Cancer Research and Cell Biology in memory of his late wife, through a legacy gift. Des says, "I hope there is an opportunity for the Cancer Research Centre and my old faculty of Engineering to combine their research and innovation skills to develop a simple and effective pain management system to alleviate the pain associated with cancer."

Some content courtesy of the Lanyon Society newsletter.

WHAT'S ON

Sunday November 10 Bridgewater Lifestyle Village

Market Day

Tel: 08 9550 4882, email: bridgewater@nlv.com.au

Thursday November 7 Vibe Baldivis Lifestyle Village

Wine & cheese afternoon

3-5pm

Vibe Baldivis Clubhouse

Enjoy a glass of wine while getting to know some of the Vibe Baldivis Lifestylers. Display village will be open for tours.

RSVP before Tuesday, November 5 Nancy Ansara, tel: 0439 914 466, email: vibebaldivis@nlv.com.au

Saturday November 2 Bridgewater Lifestyle Village

L-GEN seminar

Registration is from 9.15am. Seminars run from 9:30am-11:30am.

Seats are limited and RSVP is essential. Call 1300 45 55 65 or RSVP at nlv.com.au/seminar

Saturday November 9 & Sunday November 10 Retirement Expo

Belmont Park Racecourse

Goodwood Parade Burswood

10am to 4pm

Saturday November 16 Tuart Lakes Lifestyle Village

L-GEN seminar

Registration is from 9.15am. Seminars run from 9:30am-11:30am.

Seats are limited and RSVP is essential.

Call 1300 45 55 65 or RSVP at nlv.com.au/seminar

Wednesday November 20 Lara Lifestyle Village

Lara Bowling Club presentation

Contact Arlene Goddard, tel: 0438 151 781, email: lakesidelara@nlv.com.au

Thursday November 21 Busselton Lifestyle Village

Busselton's Best Kept Secret

10.30 am - 12.00pm

Join us for a village tour followed by coffee & cake with the Lifestylers.

RSVP to Linda Sunderland or Lyn Sinclair before November 19, email: busselton@nlv.com.au, tel: 9752 6702

Saturday 23 November Vibe Baldivis Lifestyle Village

Vibe Baldivis Lifestyle Village is hosting the Oyster Harbour Lifestyle Village L-GEN seminar

Registration is from 9.15am. Seminars run from 9:30am-11:30am.

Seats are limited and RSVP is essential. Call 1300 45 55 65 or RSVP at nlv.com.au/seminar

Saturday November 23 Lakeside Lara Lifestyle Village

Christmas market at St Laurence Park

Contact Arlene Goddard, tel: 0438 151 781, email: lakesidelara@nlv.com.au

Sunday November 24 Hillview Lifestyle Village

Hillview Lifestyle Village is hosting the Helena Valley Lifestyle Village L-GEN seminar.

Registration is from 9.15am. Seminars run from 9:30am-11:30am.

Seats are limited and RSVP is essential. Call 1300 45 55 65 or RSVP at nlv.com.au/seminar

Sunday November 24 Helena Valley Lifestyle Village

Helena Valley Display Village opening

1pm to 4pm

Come along and enjoy a sausage sizzle, lunch & view the brand new display homes.

Call 1300 87 55 65

Saturday November 30 Busselton Lifestyle Village

L-GEN seminar

Registration is from 9.15am. Seminars run from 9:30am-11:30am.

Seats are limited and RSVP is essential. Call 1300 45 55 65 or RSVP at nlv.com.au/seminar

Tuesday December 3 Lara Lifestyle Village

"Get into the Christmas spirit" - morning tea

Lara Lifestyle Village

RSVP Arlene Goddard before Friday 29 November, tel: 0438 151 781, email: lakesidelara@nlv.com.au

Wednesday December 4 Busselton Lifestyle Village

Do some real pre-Christmas shopping!

Mix & Mingle, enjoy fruit mice pies and fruit cake before making one of the best decisions of your life! "The Time is Right!"

10.30 - 1.00pm

RSVP to Linda Sunderland or Lyn Sinclair before December 2, tel: 9752 6702, email: busselton@nlv.com.au

Saturday December 7 Oyster Harbour Lifestyle Village

L-GEN seminar

Registration is from 9.15am. Seminars run from 9:30am-11:30am.

Seats are limited and RSVP is essential. Call 1300 45 55 65 or RSVP at nlv.com.au/seminar

Saturday December 7 Vibe Baldivis Lifestyle Village

Cake and coffee

10am- 11.30am

Vibe Baldivis Clubhouse

Enjoy a tour of the village and display homes followed by morning tea in the clubhouse.

RSVP to Nancy Ansara before Friday, December 6, email: vibebaldivis@nlv.com.au, tel: 0439 914 466

Sunday January 19 Bridgewater Lifestyle Village

Progressive Lunch

12.30 - 2.30pm

Bridgewater Lifestyle Village Clubhouse

RSVP to Regina Neumann before Friday, January 17, email: bridgewater@nlv.com.au, tel: 08 9550 4882

WINE TALK



Sparkling wine has long been associated with success and festivity. It's the wine for winners whether that be at the Formula One racetrack or at Flemington during the Spring Carnival. Bottles of bubbles are also popped with gay abandon at birthdays, weddings, gala openings and ship launchings.

Champagne and its international equivalents are the toastmasters' wines, chock full of cheer and hope while sommeliers often recommend a sparkling to cleanse and tease the palate prior to fine dining.

Commercial production of sparkling wine in Australia began in the 1880s with Hans Irvine at his Great Western winery, subsequently to become part of the Seppelt empire. But along with still table wines, our sparklings entered a long period of hibernation during the 20th century until the wine renaissance of the 1970s.

Actually, sparklings lagged behind table wines and it was well into the 80s before we could glimpse the huge potential

to be realised. The two drivers of our progression to producing world class sparklings were the sufficient planting of the Champagne grapes pinot noir and chardonnay and the location of ideal cool climate sites so essential to imitating or emulating the French original.

The following are most of our most dependable sparkling labels.

Arras

From the company that was once Hardy's and is now part of the Accolade Wine Group, anything under this label is superb, make no mistake about it.

Brown Brothers

Sparkling wine has emerged as a dynamic new dimension to the Browns' already impressive portfolio. Apart from the mainstream styles, also try the lighter Prosecco.

Clover Hill

The huge success of this Taltarni brand is largely due to excellent fruit grown in

north-east Tasmania. Invariably delivers the goods.

Grant Burge

As is the case with his table wines, Burge manages to pack plenty of flavour into his bubbles without sacrificing elegance or finesse. The man's a marvel.

Jacob's Creek Trilogy

A reliable choice at a bargain price, versatile, widely available and eminently quaffable.

Seppelt

Apart from the high quality whites under this banner, Seppelt deserves special mention for its sparkling Shiraz, a truly delicious spin on an old Aussie formula.

Yellowglen

An outstanding label offering excellent value at all price points. A wide range of sparkling styles on offer.

By wine-writer, Paddy Kandler

HEALTH



Melanoma, or skin cancer, is one of the most prevalent cancers in Australia. Not surprising considering our sunny climate and love of the outdoors.

Sadly, for people in their 60s and 70s (most notably, the baby boomers), the incidence of developing skin cancer is rising at an exponential rate.

Cast back to the 1970s and tanning was seen very differently to how it is today. There were no sun-smart campaigns, a low incidence of skin cancer clinics and very little education on the dangers of sun exposure. For those basking in the sun during the 1930s, 40s, 50s and 60s, it was just as ambiguous.

Instead, wearing a bronze glow and slathering on the coconut oil was considered the norm; returning home from vacation with a full-body tan was a badge of honour, but most disturbingly, getting burnt, to the point of blistering and peeling, was nothing to be 'too' alarmed

about, aside from major inconvenience and discomfort.

Sadly, years of enduring negligent sun-smart behavior in the earlier years has taken its toll and it's costing the country millions.

Medical experts suggest people most at risk (ie, fair-skinned individuals or those who have spent a significant amount of time in the sun or sun-beds) to self check, from head-to-toe, at least once a month.

A yearly check up is not enough. Over 95 per cent of skin cancers can be successfully treated if found early.

Follow the self-check check-list courtesy of Sun Smart (sunsmart.com.au), below:

- Find a room with good light and a full-length mirror. You are on your own so you need a hand-held mirror to check difficult-to-see areas. Undress completely and start examining your skin, body-part by body-part, until you have checked over your whole body

- Remember to check your whole face including lips, nose, mouth and ears

- Look over your scalp closely. Part your hair using a comb to check each section

- Use a hand-held mirror to check behind your ears and back of your neck

Check your chest and torso

- Raise your arms and check your right and left side

- Women should lift each breast to view the underside

- Turn your back to the full length mirror to check the back of your shoulders, upper back, upper arms, and lower back.

Check your arms and hands

- Look at both the palms and backs of your hands

- Check between your fingers and under your fingernails

- Then check your wrists and front and back for your forearms

- Stand in front of the full length mirror and from the elbow up, scan all sides of your upper and underarms.

Check your legs, buttocks and feet

- Again, use the two mirrors to check your buttocks and backs of both of your legs – thighs and lower legs

- Turn and face the front of the mirror and check the front and sides of both legs, ankles, tops of feet, between toes and under the toe nails

- Use the hand held mirror to check your genitals

- Check the soles of your feet.

Make an appointment to see your doctor

- If you see anything on the skin that you do not think was there before

- If you see anything on the skin that has changed in size shape or colour

- If you are concerned about anything you have noticed.

DIABETES IS MORE PREVALENT THAN YOU THINK

Diabetes is Australia's fastest growing chronic disease with around 275 people across the nation developing the condition every day.

In Western Australia alone, there are now more than 107,000 people diagnosed with diabetes. For every person diagnosed with type 2 diabetes, it is estimated that there is another person who is not diagnosed. If left undiagnosed, or unable to achieve target ranges, it can lead to being at risk of heart attack, stroke, kidney failure, blindness, amputation and erectile dysfunction.

The good news is that type 2 diabetes can be prevented through positive lifestyle changes. In fact, the risk of developing type 2 diabetes can be reduced by up to 60 per cent by maintaining a healthy weight, being physically

active and following a healthy eating plan.

So, who is at risk? Industry body, Diabetes WA says the following attributes need to be taken into consideration when assessing a person's risk of developing type 2 diabetes:

- Being over 40 years of age
- Having a parent, brother or sister with diabetes
- Having had gestational diabetes when pregnant
- Being over 18 years and of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent
- Being of Asian, Middle Eastern, North African or Southern European descent
- Having pre-diabetes
- Having heart disease or having had a stroke
- Having polycystic ovary syndrome
- Taking medication for a mental health condition
- Having high blood pressure and/or taking blood pressure medication
- Being overweight - waist measurement over 80cm for women and 94cm for men
- Doing little to no physical activity
- Smoking tobacco

Preventing type 2 diabetes is essentially about adopting

the right lifestyle habits. At all NLV villages there is a vast range of fitness activities on offer, so there's no excuses for not getting active! Diabetes WA says it's important we find at least 30 minutes a day to partake in something physical, whether it's a brisk walk, a cycle, a swim or a team sport. Exercise not only helps with weight management, but it encourages better sleep, better mood, higher energy levels and lowered stress.

Food is medicine

Combined with a healthy diet, the likelihood of developing type 2 diabetes is significantly lowered. Most NLV villages are proud custodians of flourishing vege gardens – a great start in encouraging healthy eating with fresh and seasonal produce.

Enjoy a wide variety of nutritious foods, including:

- Plenty of vegetables, legumes and fruits
- Plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Lean meat, fish, poultry and/or alternatives
- Milks, yoghurts, cheeses and/or their alternatives, mostly reduced-fat varieties
- Plenty of water

To find out more, or to take the online diabetes test, visit diabeteswa.com.au.

TRAVEL

AROUND THE WORLD IN 60 DAYS



Valerie with a local in Tahiti.

Vibe Baldivis Lifestyle Village Lifestyler, Valerie Mather shares her epic round-the-world journey – a trip she booked on a whim and ended up sharing with a very special friend.

Our journey really started around 12 months ago, the end of May 2012.

My friend and now partner, Rod and I had not yet met. Although he had been in the Vibe Baldivis Lifestyle Village since early April, he'd taken time to settle in and had kept a fairly low profile, just going to work and caring for himself.

I, on the other hand, was exhausted with a single-handed, intense, difficult and extremely emotional crisis to care for my two very senior, frail parents. I felt I needed to be alone to see to their needs and I was buckling under the weight of it all.

So it was on that very ordinary day, on an errand to get milk and bread that I walked into a Flight Centre in the Baldivis Shopping Centre.

The dream I'd held for 10 years and the weariness from the caring situation I was in, stopped me in the past, but next thing I knew, I was booking an 18-day cruise from Sydney to Tahiti and Hawaii via New Zealand, for April 2013.

I then realised Hawaii is a US state and my only daughter lives in the USA with her husband and my eldest granddaughter, so I figured, I might as well book a round-the-world airline ticket and go visit her – which I did!

Fast-forward to early August 2012.

On my regular early evening walk around the perimeters of the Vibe Baldivis Lifestyle Village, I came across a tall, good looking fella deeply engrossed in washing his little red car. The local roads were covered in limestone and gravel dirt from trucking activities. Remembering I'd seen this man once before at a quiz night in July, I stopped to say hello. The rest as they say is history.

Our friendship blossomed (albeit very quietly for several months).

We were having a coffee one morning when I told him of my travel booking; Rod was surprised and said, "that's a long time to be away", and I replied, "why don't you come with me?"

Now, over a year later, I guess that was a bit of a serious invite to consider, but consider it Rod did!

He got his passport in order, applied for and was granted his long-service leave and together we went back to the Flight Centre and dual-booked all my original bookings!

We were to travel by plane, ship, train and bus. Our itinerary had us fly to Sydney in late April 2013 and board the cruise-ship, 'Radiance of the Seas' the next day. The cruise took us to the North and South Islands of New Zealand, then out into the beautiful Pacific Ocean en-route for the French Polynesian Islands, Tahiti, then onto Hawaii over a restful and sumptuous 18 days.

Rod had never cruised before, but after a few days he got his sea-legs. We both have a certificate for crossing the equator and the international dateline and we had a great time together sailing in the paths of Captain Cook. Tahiti was a bit of a surprise as it's quite third-world for most of its usual residents, only in travel brochures does real exotica appear.

We disembarked in Hawaii at the end of a totally enjoyable



Valerie and Rod in Montana, USA.

cruise. We encountered the usual customs international-drill madness at Honolulu airport, then flew to Seattle on US mainland to start our two week visit to the US.

Seattle turned on bright sunny weather for us and we enjoyed a pleasant two days before catching the USA Amtrack cross-country train, a three day journey south of the US/Canadian border.

Twenty four hours later Rod and I found ourselves on the platform at Whitefish, Montana, to be greeted by my only daughter, Yvette, whom I hadn't seen for a few years.

It was a tearful and happy reunion for both of us and a new family experience for Rod. We had such a great two weeks in Big Sky Country, Montana. My family took us sight-seeing into the mountains, complete with snow and rushing ice-melt streams. The days were sunny and the local township was very hospitable, with good food and quirky, cowboy country people. All too soon it was time to board the Amtrack train again with our next stop

being Chicago.

We enjoyed more delightful weather during the two days we were in Chicago. We saw the city sights from the back of a 'pony and trap' and discovered a restaurant in Macy's department store near our hotel. This was the rest-stop before the long-haul flight to London via Dublin – over 11 hours.

Drizzly rain greeted us in London, the weather decidedly cooler than the US however in our three days in London we walked and looked and absorbed as much as we could, including a half-day tour of the city.

The palace was forthcoming with an elaborate changing of the guards ceremony, along with uniformed marches outside the gates.

We then entered our last three weeks of travel and boarded the Eurostar high-speed train to Paris. High-speed it was. Two-and-a-half hours later we were in Paris!

How long I had waited for this moment?...a lifetime it seemed.

It is impossible to tell our French journey in a few words. Our aim was to experience the country, culture, language, food, arts, religious beliefs and the people and their lives in the short time we had.

Our answer was a six-day on-off French rail pass. Rod and I spent three days in Paris, taking in first tourist sites, the Eiffel Tower, the River Seine, the Avenue des Champs-Élysées, the Arc De Triomphe as well as the shops. The city is classic as I'd imagined it to be.

We then boarded a train south to Aix end Provence and Marseilles on the Mediterranean Sea, staying four days in this area.

Over the next week, we travelled by train to Bordeaux, Nantes, Rennes, then by bus to historic Mont St Michel on the French coast of the English Channel and back to Paris.

We spent the last four days of our epic round-the-world trip taking in art at the Louvre, especially the Mona Lisa; hundreds of years of worship and ceremony in the Notre Dame Cathedral, the banks of the Seine and the French people, always the people.

Our around-the-world-in-60-days ended when Rod and I arrived safely back in Perth on Qatar Airlines after over 18 hours of flying, weary and safe and totally amazed with the journey.

We enjoyed our travels together so much we are now planning more for the future!



AN INDIAN OASIS

Hillview Lifestyle Village Lifestyler, Grace Merrells recently visited an orphanage, medical clinic and school which is owned by her friends in the Andhra Pradesh Province of India and for whom she raises money to assist in the running and maintenance of the complex. Here, she shares her story...

My visit to India was a challenge to all my western senses and sensibilities. There were lots of people everywhere, all manner of transport, rubbish, dust, unfinished concrete houses, palm leaf huts and gaudy temples and statues of Ghandi. Yet the green, open spaces of the rice and sugarcane fields are beautiful, punctuated as they were by field workers bent over the rice, palm trees and young lads guiding herds of buffalo.

In towns and cities there was so much beauty concealed by dirt and decay. There were pretty, spiral staircases, amazing decorative panels and some almost Chinese-style tiled roofs between lines of brightly coloured mini shops lining the roads.

The orphanage is like an oasis of joy, tranquility, cleanliness and attractively painted surfaces in the challenging, potentially dangerous sea of dust, rubbish and decay that surrounds it. My friends, Arthur and Shanti, have run the children's home, free clinic and free school across the road since the mid-1980s, this being their home and where I spent 10 days with them.

Clinics and cashew factory

Arthur is a medical doctor and came to the village as director of what was then a mission run by people from Sweden. He has since become the owner and director but no longer has support from Sweden. I saw him working in one of his leper clinics, spent a little time visiting the school, met with local people he works with and even had a visit to a cashew factory.

Such factories are very dangerous places to work and I was very surprised to find that until recently, children were allowed to work in such environments using an open furnace, steps with no safety rails and piles of cashew nuts being cracked open by hand, using just a hammer.

Since my visit I have been raising money for the orphanage, the free school and the free clinic. So far, with the help

of generous support from a Western Australian charity called Orphan Aid and the generous donations of my work colleagues, church friends and Hillview neighbours, I have been able to send them enough money for a new water supply to be provided for the school, clinic and home because their only well was dry; roof repairs are almost complete on the main hall, the girl's dormitory and the kitchen. The roofs, which were badly damaged in last year's storms, are already protecting the children from the storms this year.

This work relies on donations and the sale of crochet made by handicapped ladies in the village. It is supplemented by a small amount of rice, promised and sometimes provided by the Government, the sale of extra fruit and vegetables from the gardens and occasionally part of a valuable tree growing in the home compound.

There are six school teachers, two caretakers, two home workers, 27 children and my friends, Arthur and Shanti, all living on a budget about the size of an average Australian fortnightly salary.

If the whole budget could be funded on an ongoing basis the medical clinic could employ two nurses and expand their services in the local area to help people in this isolated rural village who cannot afford to pay for doctors or medicines.

Also one of Arthur's daughters could then reduce her giving from 50 per cent of her total wage and spend a little more on her own growing family. There could once again be vocational training in the school and help for the people of the village who currently have no hope of escaping generational debt and poverty.

I never wanted to go to India but having been there once I want to go back and see all the advances made through the generosity of the people here in Western Australia.



Water is now available at the school, the orphanage and the clinic thanks to Grace Merrells and her network, and Australian charity, Orphan Aid.



The community's only well was completely dry before funding came available for a new water supply.



Bali escape

When word was out in the village that last year’s small group was returning to Bali for another holiday, there was a flurry of exclamations, “Ooh yes please, me too!”

“And so the group grew to 20,” said Bridgewater Lifestyle Village Lifestyler and willing participant in the Bridgewater pilgrimage to Bali, Jan Isaac.

“The great effort made by those who organised it is testament to what it means to be living in a community where doing for others is still alive and very well,” said Mrs Isaac.

“So many people have now been to this great little isle in the sun, it barely needs mentioning some of the things one does in Bali. Early morning excursions along the beach, sharing breakfast together for those who rise early enough, braving the near empty markets to haggle for those items we so think we need, sharing meals in local warungs, wandering down to the supermarket or money changer then hailing a taxi along the busy roadway when one is too hot and tired to make it back to the cool sanctuary of our room...plus some of us went off exploring further afield to Ubud, boat and elephant rides and even a side trip for others to Singapore,” she said.

“The emphasis at all times was to feel free to either join-in or not and just relax and enjoy - which we did with gusto!”



Enjoying the evening buffet.

UNDER THE TUSCAN SUN

Busselton Lifestyle Villages’ resident illustrator, Jenny Warr (left), made her dreams come true when she travelled to Tuscany in May this year.

The tour for a group of seven South West artists was organised locally by John Garde.

John and his artist wife Su own Tinkahill Gallery in Dunsborough. They give lessons there, as they did on the trip.

Jenny’s favourite experience was, “seeing the real Botticelli painting called The Birth of Venus at the Uffizi Gallery—it gives me goose bumps just thinking about it”. She also got goose bumps because the weather was unseasonably cold—too chilly for much outdoor sketching.

Now back to reality—Jenny’s at work in Geographe Gallery & Picture Framers in Fig Tree Lane and also working on her new collection of paintings.



Correction: We thought we were a cosmopolitan, well travelled lot at NLV, but clearly not. In the last issue of The Journey we prefaced Dawn Hudson Taylor’s Antarctic story with polar bears and penguins. Dawn informed us that polar bears do not in fact live in Antarctica, so clearly we need to watch more Discovery Channel in our spare-time. Apologies Dawn!

Correction: On page 13 of the last issue of The Journey, story entitled, Antarctic and other destinations, the couple mentioned were Hillview Lifestylers, Kerry Penno and Ken Inns, not Ken and Kerry Kenworthy.

YOUR FINANCE

Is two better than one?

By Ken Edwards, Certified Financial Planner, Garvan Northbridge Financial Planning.



It is often said that two can live as cheaply as one. I was reminded of this after attending one of the recent National Lifestyle Villages seminars where a few Lifestylers explained how they had found romance and a partner after moving into a village.

It sounds wonderful. One house to upkeep instead of two, less waste due to cooking for two instead of one, someone to share the household chores and, not to mention, lots of love thrown in as well.

But, beside the upside, there are a few practicalities one has to consider before bedding down together. I refer here to how each partner may be affected if one or

both are receiving a Centrelink pension or benefit.

I think of one of my clients, Colin. Colin and his wife were eagerly looking forward to retirement having made great plans on what they were going to do. Tragically, Colin's wife was killed in a car accident close to the big day. Colin and his dreams were, of course, shattered and he took time to recover so I was delighted when, two years later, an obviously happy Colin told me that a new lady, Susan, had entered his life.

A few months later they decided to marry and asked us to look at how this would affect them financially. Whilst Colin and his previous wife had accumulated good assets, Susan, who had not been so fortunate, was primarily living off a disability pension (\$20,826 per annum including supplements). We pointed out that, once they married, Centrelink would review Susan's benefit and their combined assets would be taken into account when assessing her benefit.

We calculated that Susan's disability pension would reduce to \$7,000 per annum (a drop of \$13,826 per annum) because of Colin's assets. Obviously, this was a big issue but one that Susan had to accept and one they both needed to plan around when budgeting for their ongoing living expenses.

By the way, whilst we are talking about assets in these examples, some recipients' age pension will be assessed based on their income.

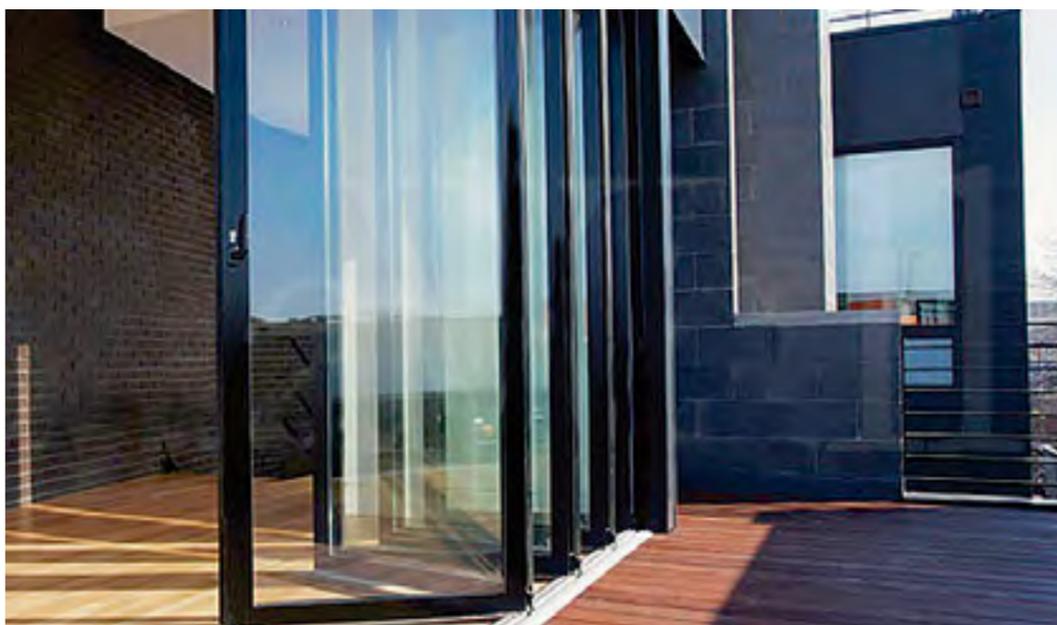
It is not only couples who have different levels of assets who may be affected. For example, a couple with joint countable assets of less than \$279,000 would still receive the full age pension if assessed under the asset test but whilst the full single age pension, including supplements, is \$20,826 pa, the full age pension for each member of a couple is \$15,844. Combined they would receive \$9,956 PA less when they live together.

A more likely scenario is that when two individuals combine their holdings, they would not receive the full age pension. For a couple to receive the full age pension, their combined assets must not exceed \$279,000. If their assets exceed \$1,092,000 then they would receive no age pension.

There may be a temporary solution to this, as long as the Centrelink benefit is assessed on the asset test and not the income test, but not one that we can necessarily recommend. That is, if one is of Age Pension age, to find a younger partner, one at least, under age 65. I leave you to ponder the benefits or otherwise of this but, from a financial planning viewpoint, there may be strategies that can be employed that could maximise the age pension benefit of the older person before the younger one reaches pensionable age.

And that is where we can help; everyone is in a different situation so we tailor strategies to the individual situation. Advising on how to get more age pension is only one of the ways we may be able to help you get the most of your retirement and to be able to do the things you want.

Please note that whilst the information is based on real case studies, the names and circumstances have been changed to protect privacy. Any advice in this publication is of a general nature and has not been tailored to individual circumstances. Please seek personal advice prior to acting on this information. Ken Edwards, Goldkey Holdings Pty Ltd ABN 20 009 302 694 are authorized representatives of GWM Adviser Services Limited ABN 96 002 071 74, 105-153 Miller Street, North Sydney, NSW 2060 trading as Garvan Financial Planning, an Australian services licensee and a member of the national group of companies.



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PROPERTY

HILLVIEW CELEBRATES FINAL KID ON THE BLOCK

Hillview Lifestyle Village is now officially complete after the final home owned by Lifestyler, Denise Cull, was placed upon its footings on Tuesday July 30, 2013.

Now fully complete with 273 homes and a stunning clubhouse, Lifestylers recently took a moment to reflect on the journey from getting the award-winning village to where it is today.

The first house to arrive at Hillview Lifestyle Village on June 6, 2006 was number 23 – a designated display home, followed by number 62 delivered on June 18 and later occupied by the village’s first Lifestylers, Brenda and Gordon Tompsett who still enjoy the village today.

It wasn’t long before the Tompsett’s had neighbours, but the village was still very much a building site. Because the boundary wall had not been constructed, NLV employed a security officer to patrol the area during the night which continued for several months. Many patiently contended with dust and noise from construction machinery as roads were built and the village started to take shape and as each new home was delivered, Lifestylers remember being asked to vacate their homes for a short time in order to address the company’s safety requirements.

An original house on the property (which had been badly vandalized) with a neglected swimming pool was carefully restored it into what it is today – the village’s Family Centre.

By the end of 2007, the bowling green and courts had been laid ready for years of enjoyment to come. The clubhouse was still in construction, so most of the village’s activities were held at the Family Centre.

After much anticipation the clubhouse and administration building opened for use towards the end of October 2008 and each year the village celebrates this special milestone.

The village green and mini-golf areas now occupy the site where the original sales and administration offices were located and today, the village is a thriving and active community with a wonderful camaraderie and energetic spirit.

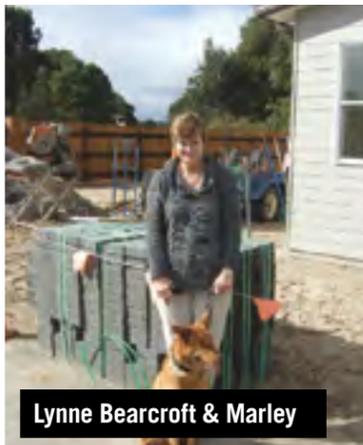


Inset, Gordon & Brenda Tompsett and their home before road construction.



House no. 204 is carefully positioned into place on July 30, 2013.

Happy client, happy village



Lynne Bearcroft & Marley

A letter from a very satisfied customer at Oyster Harbour Lifestyle Village proves NLV is on the right track, even when things don’t go according to plan.

Hello John,

I would like to share with you my experience of moving into my new home here at the Oyster Harbour (Lifestyle) Village.

I am sure you receive lots of letters and emails from people with complaints but I feel I need to let you, and others know of my experiences.

From the very beginning of my dealings with NLV here, and that was with Ian Skalko (former sales

consultant), the client service I have been given has been excellent.

Ian kept me informed of new things that were happening at all times, even before I signed up for my home, making courtesy calls, and was always available for any inquiry, he was great.

I decided on the Pegasus and drove up to Baldvis to look at the show home and loved what I saw. Once I had signed up I was very excited waiting for my home to come down, and Andy (village development manager) and Lindy (sales consultant) were great, making sure I had all the information I needed.

When the home arrived I was there to watch it being lifted in and I was even more excited!

When I had a chance to look through the home I noticed there were some things that were different to what I had seen in the show-home and was a bit disappointed. I spoke with Andy about them and he was understanding and immediately sent emails and made phone calls regarding these problems.

Within a very short time he had things sorted-out and plans put into place for my concerns. As the house was near completion the roof line was totally different to what I was expecting and again I spoke with Andy and Lindy about this as I really was not happy about it.

Once again Andy was onto it and a solution was found and worked out. Both Andy and Lindy have been wonderful and helpful in every way, and I must also mention Peter Moir and Chris Elson (both NLV and Ecofit Homes contractors) too. Both men have also been great helping-out whenever asked. Making the decision to sell your home and come into a lifestyle village can at times be a bit daunting, but because of Andy and Lindy and not forgetting Peter and Chris, there has been no stress at all. Their friendly manner and helpfulness has made all the difference, it’s been great.

Sometimes you see the wrong people in the wrong jobs, but not here, the people you have working here are for sure the right people, and I know I am not alone here in thinking that. I love living here and am very happy.

So a big thank-you to you and your staff!

Kind regards,

Lynne Bearcroft

Over 65s village shaping up

Thank you to everyone who took a moment to complete NLV’s over 65s retirement village survey in the winter edition of The Journey. The results were incredibly valuable and have been taken on board.

Already much preliminary work is in progress to ensure the village ticks all the

right boxes for its residents and thanks to your responses, we are confident we’re heading in the right direction.

Watch this space for more information in the next edition of The Journey or contact info@nlv.com.au to be the first to receive project updates.

HELENA VALLEY TREE-CHANGE – “I AM ONE HAPPY LIFESTYLER!”



Ann & Ken Moore.

Helena Valley Lifestyle Village Lifestyler, Ann Moore, shares with *The Journey* her experiences of convincing her husband Ken to take the plunge and discover a whole new tree-change lifestyle in a part of Perth they both love.

Back in 2011, I wanted to look at an alternative lifestyle for ourselves, but mainly for me.

My husband of nine years was a keen golfer. He'd play twice a week or more if he could find someone to play with. He was also involved with Masonic Lodge, a Rotarian group that met once a week, and we also belonged to a caravan club.

So basically, he had all of his time organised.

I didn't want to be left on our property should anything happen to Ken. I had done so for 12 years earlier and although my son and family lived on the same acreage, the kids were never home and I wanted the security of a gated village.

What I wanted was the social aspect without doing lots of kilometres, as well as a gym and pool and social interaction with people our own age.

Living on over 20 acres in the Hills for almost the entire time since 1965, the pinecones, honky nuts and fires were becoming increasingly frustrating.

I started looking at retirement homes but as we have eight children between us and most of them around the hills, we didn't want to head to a sea-change. During our visits to National Lifestyle Village properties around Rockingham and Baldivis we were told the company was looking at Helena Valley – from there I knew we had found home!

Ken, a typical male, who had it all on his door step, was a little reluctant, but as we plodded over the grounds of Helena Valley, he was soon convinced.

So off we went to our first meeting surrounded by similar Lifestylers - some we knew - some we got to know.

Picking our lot, Ken wanted a corner block... “No problem” said Richard Hammond (NLV's architect)... “but we will have to make adjustments”...and so they did!

Having picked the Mahogany (home) - which should have another name now because it is nothing like it was when we started, we are ecstatic with the outcome.

Moving in on July 13 (whilst Ken was north fishing - oh yeah, he's a busy man!) I took down boxes and moved in during the day, going home to Parkerville each night until he came home and then we spent our first night there.

I think we were the third to move in and quickly introduced ourselves and set up pre-dinner times with our new found Lifestylers.

It's been four weeks now (at time of writing), and it's still a work in progress, but we have had so much fun already, watching houses being moved in, gardens being established, internets installed, al frescos and sheds being built, some being painted and of course our clubhouse going up.

I think some of our friends thought we were mad, leaving an obviously perfect Hills lifestyle, and downsizing to a small unit (which it is not!) until they come looking and their first words are “WOW not so small after all and how gorgeous!”

Ken and I are delighted with our house and can't wait to meet all the others that are coming into our village.

The future prospect of growing a wonderful vegetable garden for all to use and eat from, a men's shed to keep the guys out of our hair, a fabulous family centre to take the kids to, and our own special swimming pool and gymnasium, bowling green etc...is too exciting to contemplate.

I am one happy Lifestyler!

Ann and Ken Moore

You've got mail...

It's always a pleasure receiving complementary emails from Lifestylers, like the one below to Oyster Harbour Lifestyle Village sales consultant, Lindy Burton...

From: Mary Victor

Sent: Thursday, 22 August 2013 12:23 PM

To: Lindy Burton

Subject: Water bill

Hi Lindy

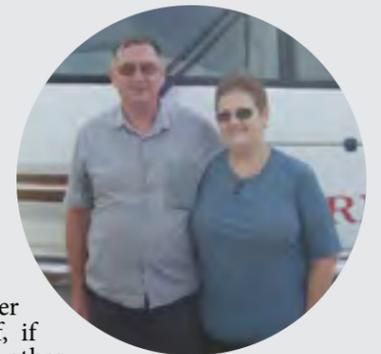
Thank you for running around for us and checking our water meter etc. as well as checking with other NLV-ers, as a comparison.

There's always a willing sales rep or staff member to check on things on the Lifestyler's behalf, if they are away etc. also re-directing mail etc. In other words, the 'luv' [sic] continues after the sale, not just until settlement date, as it does in general real estate. Just a thought - if it's too late to add, then please take it on board Lindy, as not only our thanks for what you are doing for us, but a recommendation for any future Lifestyler prospects.

Regards,

Mary Victor (with husband, Kevin, above)

Oyster Harbour Lifestyle Village



At Hobson's we can now offer our decorating consultant Kerry Demasson to come out and help you with all your furniture requirements and decorating needs. We have a huge range of Furniture, Manchester and stunning giftware to suit all budgets.

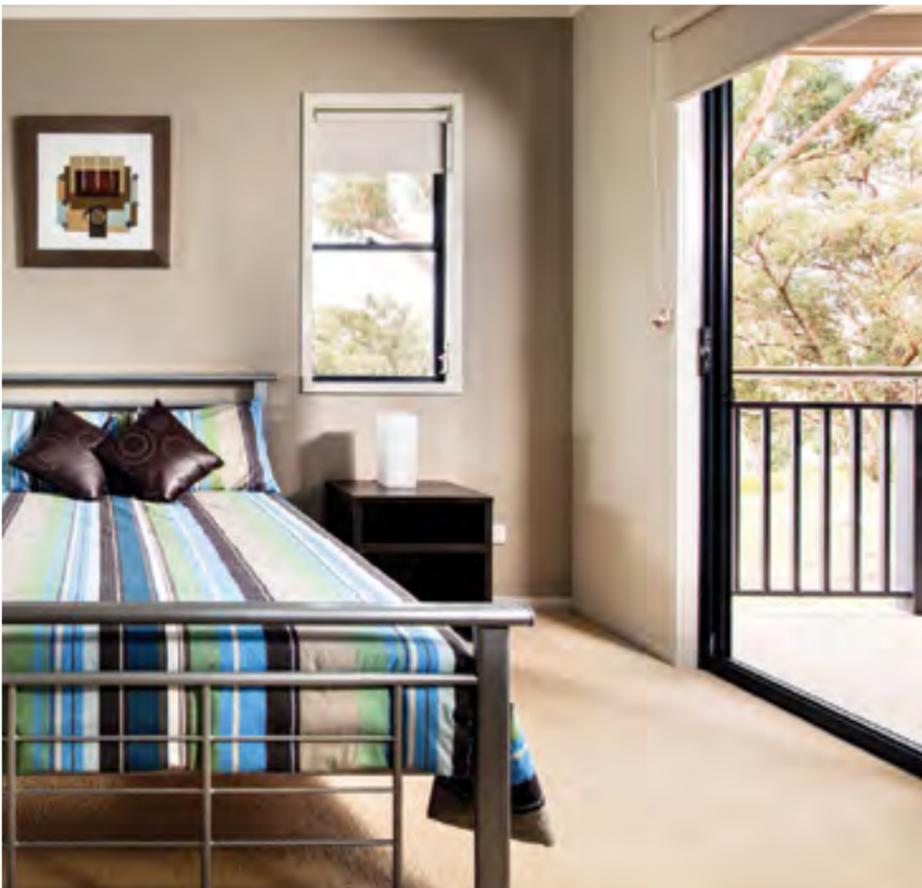
Our consultant Ron can also help you with Alfresco blinds, window treatments and all flooring requirements.

Call Kerry at Hobson's Furniture on 9752 1599.

How can I help you today?



The Journey gets to the bottom of NLV's new and improved Customer Service system with client services manager Marie Palmer.



Q: Tell me about the new and improved Customer Service system

A: It is very exciting, we have designed a system which makes ordering your new home as easy as ordering a new car. We've termed it 'Fast Track' as it's quick and easy.

Q: Tell me more about 'Fast Track'

A: 'Fast Track' is an addition to our already existing co-pilot system enabling clients to choose from pre-selected designer ranges – it's a tick box system which means making choices is simple and stress-free.

Q: 'Co-pilot system' what's that?

A: The co-pilot system is where a discount is offered for building one of our base designs rather than opting to customise. We've made this decision easy for our clients too, our entire range of home designs have been created by architects and interior designers to ensure that the designs are appealing, affordable and sustainable, so there's absolutely no real need to customise.

Q: Can you expand on "designer" ranges?

A: Yes, we offer a choice of both external and internal colour schemes which have been created by interior designers. The schemes are neutral to enable clients to add their own splash of colour and décor finesse. The beauty here is that should a change of theme be the flavour of the day then it's just a case of changing the decorator items in the home, no need to remove any fixtures or fittings to gain a whole new look. This is also useful when it's time to sell as the décor will suit everyone.

Q: Tell me more about the ranges

A: We have a Silver range and a Platinum range. Both are available across all our villages with Silver being the popular range and Platinum an upgrade at all villages except for the premium sites; Tuart Lakes and Helena Valley Residential Resort, these clients can choose from either range.

Q: How many schemes in total

A: Twelve External: 6 Silver and 6 Platinum

Seven Internal: 4 Silver and 3 Platinum Colour Boards

Q: What's included in the internal colour scheme selections?

A: The internal schemes include tile selections, cabinetry and bench tops etc. but we also include the floor coverings, internal painting and window treatments.

Q: And the externals?

A: All the paint and Colorbond colours, including a feature wall colour if required. Also, remember that we offer a turnkey product so even the landscaping and reticulation is included --- all you need to do is move in.

Q: Where do I go and what do I do next?

A: All our villages are equipped with the new Customer Service System and there's always a friendly voice on the phone if you have any questions.

The images above and left are of NLV's new innovative Eagle home which will be launched on November 16 at Tuart Lakes Lifestyle Village. The home has three split levels and is designed to accommodate sloping sites and built upon stilts. The Eagle homes will over-look a stunning central park facility with passive recreational activity stations, abundant trees and an infinity pool. The three-bedroom Eagle home offers considerably larger bedrooms, bathrooms and living areas compared to NLV's traditional designs. To find out more about this stunning home or to attend the official opening, call 1300 45 55 65 or visit nlv.com.au.

Century 21 Real Estate director, MARK BURGESS celebrates spring...



So what does this mean for the real estate market?

Firstly, I'd like to say thank you to those who contacted me from my last entry in *The Journey*. I'm so pleased you read my article and I'm glad that I was able to answer your real estate queries. I trust the decision making around your home, the market and timing is now a bit clearer.

And a special hello to Vic and Elaine. I'm so glad you gave me the opportunity to sell your home in the suburbs. I trust the move into your new NLV home has you thoroughly enjoying village life. You were both really wonderful people to work with and I wish you well in your new beginnings.

So, spring is here. Everyone says it's the best time to sell, so should you list your property for sale now?

Well my answer to this is that good properties sell at any time of the year, but the benefits of spring is that the days are nicer allowing you to present the home and garden at its best and likewise, these conditions give buyers more comfort to get out and inspect your home and others.

The footy is now finished so there is no excuse for buyers to sit in front of the TV on a weekend because really, there is not much that's too exciting on the television these days, and many people like to buy and be settled in their new home to enjoy Christmas and show off their new abode so yes, spring can see an upturn of activity.

The last three months have been really busy and then it slows up a bit, then it's busy again, but overall it is good, with still more buyers out there than sellers, enabling good market conditions to work with. So if you are thinking of selling this spring, you will get numbers through your home as the buyers are out there looking.

I also think the uncertainty of who will govern our country had held people back somewhat, so now that it has been decided who will run our country, this is another factor that could contribute to more activity this spring. Money is so cheap to borrow and in general, some upward movement in price is evident, so now is a good time to buy, and hence sell.

Since I last wrote, stock levels have increased a little (9100 for sale at time of writing) giving buyers a little more choice, but there is still not enough properties to satisfy demand.

I regularly speak with the NLV sales team and their villages have been selling well, so maybe it's a good time to revisit one of the villages to see some of the new homes on offer and check out what changes have occurred since you were last there. It's always a good chance for a nice coffee as well.

Other changes that can help you to sell your property are that good agents are now working much harder for you. As mentioned, stock is still in low supply, so agents are working longer hours to get a great result for you. Buyers enquire at all times of the day and night. It's not unusual to get a 10pm or 11pm enquiry from one of the many industry websites we utilise, and a quick response to these prospects to organise an inspection, keeps them 'hot' for that property.

In fact, web based enquiry has increased remarkably over the last few years and from many and varied a location. We have recently received enquiries from Singapore, Canada and even good old St Kilda in Melbourne, so when you decide to sell your property, especially with an agent that has worldwide offices, you can be assured

that you are truly exposed to a global market, and when working with our office, this base internet exposure is at no cost to the seller.

In fact, we are offering some specials if you sell your property through our Century 21 Residential Solutions office this spring. One of these specials is free video exposure of your home on our web pages.

Recent statistics have shown that video marketing creates much more interest from prospective buyers as opposed to just picture exposure on the web, so to have both mediums gives you a distinct advantage of securing multiple enquiries and multiple interests is what we are trying to achieve as this creates competition for your home.

So, feel free to call us for this special offer, plus other specials we can discuss with you that will be suitable for your individual home, as each property offers different benefits to work with.

In signing off, again I thank you for this opportunity to give you some real estate snippets and like my offer from the article in the last edition of NLV's *The Journey*, we are always available to discuss your real estate queries, with no obligation at all, so we look forward to hearing from you.

Mark Burgess
Century 21 Residential Solutions
Direct line: 9489 5303
Mobile: 0419 428 095

CURRENT HOME LISTINGS

BRIDGEWATER
 Tel: 08 9550 4882
 Email: Bridgewater@nlv.com.au

236 Myrtle Drive



This pristine home has all the features of a stylish modern home offering two extra-large bedrooms, one bathroom and two toilets. There are massive living areas with bamboo flooring and air-conditioning to living area and main bedroom. With an extra 1.5m in length and width, this home is one of the biggest in the village. The outside living area has an extra-large shed and carport, see-through café blinds, big front verandah and lots, lots more.

\$329,000
 Bed 2 Bath 1 Study 0 WC 2

72 Jacksonia Way



Looking for a generous 2 bedroom home with an entry and separate WC? A well appointed kitchen, ample linen storage, R/C A/C unit, SHWS, rain water tank and power panels complete the picture surrounding this very safe & secure location in the village.

\$250,000
 Bed 2 Bath 1 Study 0 WC 1

160 Banksia Way



Features include but not limited to extra 5 solar panels for electricity; extra solar pergola. Sprawling high ceilings which provide space and large windows which allow the light to filter through the home. Established and well maintained gardens both front and back. The specially designed home has extra space (both width and length) which presents a real life

example of a home where a good design principle has been applied. Situated close to the clubhouse you are within walking distance to public transport and all local conveniences.

\$335,000
 Bed 2 Bath 2 Study 1 WC 2

150 Grevillea Way



Here is an impressive statement in design and attention-to-detail which has created a lifestyle that will be the envy of all...plus you are located just a short stroll to the estuary walking track. Situated in an enviable position in the village with all its benefits right at your doorstep, this very impressive contemporary styled residence is a gem. Offering two great queen-size bedrooms portraying an essence of luxury, large open-plan living with R/C air-con, impressive kitchen with archway at entrance and serving hatch in the middle, bathroom with toilet and separate toilet in large laundry. Even the window treatments are finished in style. A well designed outdoor area creates a room for relaxing outside. With the extra solar panels on the roof you won't have to worry about electricity bills. This home truly offers a lifestyle that dreams are made of.

\$335,000
 Bed 2 Bath 1 Study 1 WC 2

93 Banksia Way



Immaculate inside and out - come see! This beautifully presented 2 bedroom (plus study) home has one bathroom and 2 toilets. You will be impressed by the cathedral ceilings in the spacious open plan living area. An impressive kitchen features a gas cook top and oven, and plenty of bench and cupboard space. The master bedroom in this home has large built in robes and is situated at the rear of the home. Additional features include a large patio with café blinds, under cover parking for 2 cars, solar hot water system, rain water tank and solar panels for electricity. For an inspection please call

Regina now on 0409 955 505.

\$288,000
 Bed 2 Bath 1 Study 1 WC 2

153 Sapphire Way



Freshly renovated including lovely Brushbox laminated timber floors throughout. This 2 generous bedroom, with ceiling light fans, home with spacious study also boasts a lounge separate from the kitchen through the inviting front entry hall. Sit back whilst you enjoy the benefit of almost 7 more years of maximum energy credits from 8 solar panels. A reverse cycle A/C to the main living area, some tinted windows, window blinds and very private outdoor area completes the ambience.

\$340,000
 Bed 2 Bath 1 Study 1 WC 2

162 Myrtle Drive



Tidy, roomy and easy care. This popular "Orchid" design has a generous bedroom and living area with neutral carpets. R/C A/C and ceiling fans will keep you warm & cool whilst the solar hot water service, power panels and rain water tank will keep your bills to a minimum while you enjoy the easy care north facing outdoor area. What more do you need?

\$210,000
 Bed 1 Bath 1 Study 0 WC 1

202 Myrtle Drive



One of a kind. Arguably one of the largest homes in the village boasting a welcoming galley kitchen, generous lounge, his & hers robes in the master bedroom, two bathroom - one with a bath, separate toilet

and a study full of shelves. A ducted evap A/C is complemented by a R/C A/C and the owner has devised a clever way to fit the pop top in! Don't miss this unique opportunity close to the heart of the village.

\$350,000
 Bed 2 Bath 2 Study 1 WC 2

222 Myrtle Drive



Feel comfortable in this generous kitchen with an electric ceramic cook top and oven, there's even enough space to fit a big fridge! The décor throughout is neutral down to the easy care laminated timber flooring in the living area & passage and you can feel safe with security doors throughout. His & Hers Sheds, R/C A/C unit, SHWS, rain water tank, and 6 Power Panels add to energy savings whilst you relax in the private garden retreat that can be fully enclosed.

\$330,000
 Bed 2 Bath 2 Study 1 WC 2

OYSTER HARBOUR
 Tel: 08 9844 0000
 Email: Oysterharbour@nlv.com.au

24 Bonito Street



A unique opportunity exists to purchase an established home in the much sought-after Oyster Harbour village. For anyone wanting a peaceful existence this location ticks all of the boxes. Tranquil lake setting and a short walk to the stunning Oyster Harbour, the home for sale is the very popular Bryde. With two generous bedrooms and a study/3rd bedroom/separate dining the home design is very versatile. Kitchen includes induction cooktop and second WC is fitted with half hand basin.

\$309,000
 Bed 2 Bath 1 Study 1 WC 2

16 Harlequin Close



Easy-care design decorated in light neutral colour schemes for a bright, cheerful and open appeal. Two-car under-cover parking. Enclosed rear patio (roll down blinds) with beautifully maintained gardens for year round outdoor living space. Many extras include upgraded insulation and heaps of power points throughout.

\$320,000

Bed 3 Bath 2 Study 0 WC 2

BUSSELTON

Tel: 08 9753 6703

Email: Busselton@nlv.com.au

75 Naturaliste Circle West



This custom Yallingup B design features spacious open living area, with modern kitchen. Upgrades include parquet flooring to the kitchen and dining room area and reverse-cycle air-conditioning. The back patio is semi-enclosed to create a wonderful addition to the entertaining area. Blinds to the front verandah also provide additional privacy. Quiet location close to Clubhouse, indoor pool and gym.

\$320,000

Bed 3 Bath 2 Study 0 WC 2

158 Geographe Loop West



Stylish décor – nothing to spend, it's all been done for you. This lovely Fairlawn retreat is in a quiet, secluded location. There are two bedrooms with built-in robes, lounge, dining, 1 W/C. The house is equipped with solar panels, window tinting, Daikin split system air conditioner, rainwater tank and outdoor blinds for the gabled carport. There is a sheltered patio and garden at the rear of the property. The yard is fully fenced and gated for your furry friend.

\$259,000

Bed 2 Bath 1 Study 0 WC 1

126 Naturaliste Circle East



Sussex design has it all. Open-plan kitchen, lounge and dining with raked ceilings. Features bay window in kitchen and air-conditioning in lounge. Bedroom opens onto very private rear patio which is enclosed with blinds as is the front verandah. This home is perfect for a single or couple who love to lock up and travel.

\$220,000

Bed 1 Bath 1 Study 0 WC 1

104 Naturaliste Circle East



Beautifully presented Yallingup design home. Features main bedroom with large ensuite, 2 minor bedrooms plus 2nd bathroom. Open-plan living, dining and kitchen with raked ceiling. Floating timber floors to bedroom and lounge room. Gable carport and patio. Very private location ready for you to move in.

\$355,000

Bed 3 Bath 2 Study 0 WC 2

185 Geographe Loop East



Relax in complete style and comfort in this modern Boranup design home. Featuring main bedroom with ensuite, second double bedroom with built-in-robies plus separate study. Reverse-cycle airconditioning, chef's kitchen with plenty of bench space and a dish-washer. Spacious patio area with reticulated gardens.

\$349,000

Bed 2 Bath 2 Study 1 WC 2

19 Bussell Street



Amazing corner location, overlooking the bowling green. This Karrdiade design is

now available. Main bedroom plus study or second bedroom, 1 w/c. This home also includes solar panels, gas heater, air conditioner, gabel patio/ carport. A must come and inspect.

\$215,000

Bed 1 Bath 1 Study 1 WC 1

44 Flinders Way



The excellent value Boranup design home feature spacious open-plan living, 2 bedrooms, study, 2 bathroom & 2 w/c. Private north-facing patio, solar panels and 2x3 shed. Enjoy the relaxing atmosphere with our "resort style facilities"

\$330,000

Bed 2 Bath 2 Study 1 WC 2

229 Baudin Street



Fairlawn design, custom-built in a fabulous location; quiet cul-de-sac. This home has two bedrooms, lounge, dining, bathroom/ laundry combined, 1 W/C. Lots of potential for those who love outdoor living, plus the space to create that new veggie patch and herb garden. Inspect today, "change your lifestyle tomorrow"

\$225,000

Bed 2 Bath 1 Study 0 WC 1

HILLVIEW

Tel: 08 9467 3108

Email: Hillview@nlv.com.au

27 Avalon Circle



Spacious two-bedroom home, one-bathroom and two WCs with enclosed private large rear entertainment area. A short walk to village clubhouse facilities.

\$325,000

Bed 2 Bath 1 Study 0 WC 2

198 Brookside Drive



Lovely 2 bedroom, 1 bathroom and 1 WC tastefully decorated home including air con, large shed, landscaped low-maintenance back garden with patio, plus much more.

\$330,000

Bed 2 Bath 1 Study 0 WC 1

122 Millbrook Ave



Lovely 2 bed, 1 bath, air cond home with solar panels to minimize power bills. Well worth a look!

\$320,000

Bed 2 Bath 1 Study 0 WC 1

145 Carmel Lane



Lovely home in a quiet location adjoining the village orchard; offers great living. Close to the family centre and short walk to clubhouse facilities.

\$320,000

Bed 2 Bath 1 Study 0 WC 1

209 Ridge Hill Drive



This lovely home is close to the village facilities with many extras. Make an appointment now to view.

\$370,000

Bed 2 Bath 1 Study 1 WC 2

212 Ridge Hill Drive



lovely good sized home.
\$330,000
 Bed 2 Bath 1 Study 1 WC 1

PINEVIEW
 Tel: 08 9404 5011
 Email: Pineview@nlv.com.au

This popular home design is in good condition close to village facilities and is great value for money. Priced to sell - make an appointment to view now!

\$363,000

Bed 2 Bath 1 Study 1 WC 2

LAKE JOONDALUP
 Tel: 08 9404 5011
 Email: Lakejoondalup@nlv.com.au

150 Pelican Way



This two bedroom plus study home is in a super location close to the clubhouse. It has the advantage of ducted A/C, generous sized rooms and an excellent kitchen. The good sized undercover entertainment area is a relaxing additional space.

\$328,000

Bed 2 Bath 1 Study 0 WC 1

372 Wattle Bird View



This two bedroom home is in an excellent location with a high outlook and only a short walk to the clubhouse and facilities. What makes it very special is the fabulous renovations to the home including a new modern kitchen, easy care timber style flooring throughout, and a terrific and private garden completes the picture.

\$278,000

Bed 2 Bath 1 Study 0 WC 1

502 Silver Gull Court



This two bedroom plus study and sunroom home is beautifully presented and benefits from ducted A/C. Two separate undercover entertainment areas help make this a

207 Cedar Larch Lane



This two bedroom plus study home is situated in a quiet and relaxed part of the village. The home is very well appointed with solar electrics, 2 x R/C split A/C's, spacious lounge/dining/kitchen, easy care flooring and an excellent outside entertainment area adds to the ambiance. A large 4m x 2m shed is ideal for additional storage or handyman use.

\$315,000

Bed 2 Bath 1 Study 1 WC 1

25 Western White Lane



This superb two bedroom home with study, sunroom and much more is as well presented as is possible. Timber floors, two types of A/C, large main bedroom, great kitchen, terrific outside garden and entertainment area; in fact this home has everything to make it a super buy.

\$355,000

Bed 2 Bath 1 Study 1 WC 1

121 Radiata Avenue



This one bedroom plus study home is situated close to all the amenities, the family centre is a 1 minute walk and the clubhouse with indoor pool, just a 2 minute walk. The home has R/C split A/C, easy-care flooring, very manageable rear garden and an excellent outdoor entertainment area.

\$238,000

Bed 1 Bath 1 Study 1 WC 1

126 Gregson Avenue



This two bedroom home has everything. Ducted A/C, timber style flooring, generous main bedroom with fitted robes, great outdoor area, very well maintained throughout and only a short walk over to the clubhouse and family centre

\$280,000

Bed 2 Bath 1 Study 0 WC 1

138 Golden Larch Drive



This two bedroom home plus study and sunroom also has a lovely entertainment area and garden. Two cars easily fit in the carport, solar electrics make the two split A/C's very economical to run.

\$330,000

Bed 2 Bath 1 Study 1 WC 1

142 Cedar Avenue



This two bedroom home has the space of a 2 bed plus study, it has been carefully fitted out as new with large cooks kitchen, large dining, generous bedrooms and bathroom. The entertainment area is set up for entertaining; it has blinds, insulation and is very spacious.

\$365,000

Bed 2 Bath 1 Study 0 WC 2

187 Golden Larch Drive



This two bedroom home overlooks beautiful bushland. The home is in immaculate condition and has the benefit of a split R/C A/C, and timber effect flooring throughout. The outside entertainment area is a lovely indoor/outdoor room that opens onto the garden.

\$310,000
 Bed 2 Bath 1 Study 0 WC 1

TUART LAKES
 Tel: 08 9523 5000
 Email: Tuartlakes@nlv.com.au

413 Lealholm Drive



With exceptional fittings throughout. Serenely presented featuring a generous kitchen with a glass splashback, Asko & Neff appliances and raised bench tops. This generous home has two bedrooms plus a study nook and two full-bathrooms with grab rails. Additional features include warm cork flooring, reverse-cycle air-conditioning, sliding stackers to living area and raked ceilings in the living room. The home has covered parking for two cars, a storeroom, quality awnings and security locks. All set high up in our Premium Plus location adjacent to a permanent park!

\$409,000

Bed 2 Bath 2 Study 1 WC 2

13 Stirling Boulevard



This beautifully-presented home features a well-sized open-plan kitchen, dining and lounge area, two bedrooms with built in robes, semi en-suite, two toilets and gorgeous bamboo flooring. The functional kitchen has an electric oven, gas hotplates and plenty of cupboards. Additional features include reverse cycle air-conditioning and raked ceilings in the living room. The home has covered parking for two cars, a storeroom under the main roof, awnings to westerly windows and alfresco which boasts an awesome outlook.

\$360,000

Bed 2 Bath 1 Study 0 WC 2

219 Brimdeva Drive



As new, this striking home has a fabulous layout which provides a perfect relaxed living solution. The open plan living is

an impressive size and glass sliding doors in the dining area open out to a beautiful patio that would suit the most social of butterflies. A central kitchen has plenty of cupboards and bench space and a dishwasher. Additional features include split system air-conditioning, high ceilings throughout the home, storage shed, and double carport under the main roof. With a lovely warm and inviting feeling this could be your next home-sweet-home.

\$325,000

Bed 2 Bath 1 Study 0 WC 2

414 Lealholm Drive



You will love sitting on the private front patio of this beautiful home which overlooks a lovely quiet park. The well-equipped kitchen overlooks the spacious living and dining rooms. There are fans in the living area and bedroom plus reverse-cycle air-conditioning. The bedroom is a large room with plenty of built in robes. A bright & light bathroom has a large shower and vanity with cupboards for storage. You will also love the fantastic bamboo timber floors throughout the entry and living areas. Cleverly designed and presented in excellent condition there is a great balance between living and bedroom accommodation. Outside, the home has undercover parking for 4 cars or a boat and/or caravan. A small storage shed is situated in the rear yard which is mostly paved for low maintenance.

\$290,000

Bed 1 Bath 1 Study 0 WC 1

432 Gilmore Drive



Situated opposite a lovely park, you can look down the valley and across to all the tree tops from the front patio of this gorgeous home. This is a great place to relax. A second patio is situated at the side of the home behind the carport. Additional features include high ceilings throughout, split-system air-conditioning, privacy screens to both patios and tinted windows. This delightful home is also very close to the fabulous facilities within the village.

\$339,000

Bed 2 Bath 1 Study 0 WC 1

244 Brimdeva Drive



This well presented 3 bedroom home is sure to impress you. The large living room with cathedral ceilings has large glass doors opening out to an east facing patio. A beautiful dining room next to the impressive kitchen is a great place to entertain. The kitchen features an island bench, electric oven and dish washer. The home also features reverse-cycle air-conditioning, gas instantaneous hot water system, solar panels for electricity and very low maintenance gardens front and back plus a double carport.

\$365,000

Bed 3 Bath 2 Study 0 WC 2

VIBE BALDIVIS
Tel: 08 9524 4403
Email: Vibebaldivis@nlv.com.au

202 Keplar Way



A lovely Camilla Mix design which is located across the road from Central Park.

Its angled carport at the front of this home gives the resident a private outdoor area to relax in. Must see.

\$139,000

Bed 1 Bath 1 Study 0 WC 1

201 Keplar Way



This Cumberland design is close to all amenities. Features include gas bayonet, vinyl wrap kitchen cupboards, 2 x reverse cycle A/C, 3 fans, enclosed patio with café blinds, paved walkway to back patio and security door. The bathroom has also been upgraded with a hand held rose and heat lamp. Packed full of extras and with neutral colors, you can not go past value for money with this property. Gorgeous presentation.

Book a appointment to see this home, it will not last.

\$199,000

Bed 1 Bath 1 Study 0 WC 1

80 Mina Court



Comfortable one bedroom, combined bathroom/ laundry home with well-sized lounge and dining at the head of a cul-de-sac. Views to the boundary tree-belt and close to all amenities. A spacious site with front patio, separate garage, paved side-yard with shed and clothes line. This home has full kitchen with large pantry, bedroom with mirror robe doors, air conditioning, and heat/light/fan to bathroom.

\$162,000

Bed 1 Bath 1 Study 0 WC 1

11 Arison Drive



This home is located on a corner site, surrounded by Vibe's beautiful veggie garden on one side and bushland on the other. This home includes café blinds, extra storage in the patio and reverse cycle in the lounge.

\$227,000

Bed 1 Bath 1 Study 1 WC 1

75 Arison Drive



This home has 1 bed, combined kitchen/ lounge and 1 bath/ W/C. Extras include 2m x 2m shed, extended brick paving to wider patio and carport. New carpet has been installed and this home is ready to move into today. At this price it will not last so make an appointment today to view.

\$150,000

Bed 1 Bath 1 Study 1 WC 1

26 Pataro Lane



This home is located close to all the amenities at Vibe including the clubhouse, swimming pool and work shop. With reverse cycle airconditioning and solar panels, all your summer cooling costs will be paid for. With vinyl flooring throughout, carpets to the study and bedrooms, and neutral colors of this home are not one to be missed.

\$285,000

Bed 2 Bath 1 Study 1 WC 1

Erskine Mandurah, WA

Bridgewater on Oakleigh Dr

Call Regina Neumann **9550 4880**

Bridgewater@nlv.com.au

Busselton, WA

Leeuwin Blvd, West Busselton

Call Lyn Sinclair &

Linda Sunderland **9752 6703**

Busselton@nlv.com.au

High Wycombe, WA

Kalamunda Rd, High Wycombe

Call Basil Mackie **6467 3108**

Hillview@nlv.com.au

Ashby, WA

Lake Joondalup on Wanneroo Rd

Call Jake Jackson **9404 5011**

Lakejoondalup@nlv.com.au

Albany, WA

Oyster Harbour at Bayonet Head

Alison Parade.

Call Lindy Burton **9844 0000**

Oysterharbour@nlv.com.au

Tapping, WA

Pineview on Ashley Rd

Call Jake Jackson **9404 5011**

Pineview@nlv.com.au

Rockingham, WA

Tuart Lakes on Mandurah Rd

Call Robyn Walton **9523 5000**

Tuartlakes@nlv.com.au

Baldivis, WA

Vibe on Sixty Eight Rd

Call Nancy Ansara **9524 4403**

Vibebaldivis@nlv.com.au

Helena Valley, WA

Helena Valley Rd, Helena Valley

Call Christine Keeble **0403 188 123** or

Richard Nowland **0400 219 691**

Lara (Geelong), VIC

Lakeside on Watt St, Lara

Call Arlene Goddard **1300 45 55 65**

Lara@nlv.com.au

General enquiries call

1300 45 55 65 or info@nlv.com.au

It's the best location for you

- Located at some of Australia's most sought after addresses
- Each Village is situated conveniently close to amenities and leisure facilities



Tuart Lakes National Lifestyle Village

Rockingham Established 2010

Located on Mandurah Rd in Baldvis, Tuart Lakes Lifestyle Village sits on an impressive elevated site overlooking Lake Walyungup and Lake Cooloongup, just minutes from the shops, services and facilities of Rockingham and Baldvis City Centres. Easy access to the Kwinana Freeway connects you to Perth, Mandurah and the South West. And of course, pristine beaches are only 10 minutes away.

This amazing Village occupies over 24 hectares with mature Tuart and Marri trees, retained and protected to create mini parks and habitats for birds throughout. An exciting selection of innovative homes has been designed to take advantage of the site's undulation and views of the salt lakes which make for a spectacular sight at sunset.

Rockingham, WA
831 Mandurah Rd, Baldvis
Call 08 9523 5000
tuartlakes@nlv.com.au



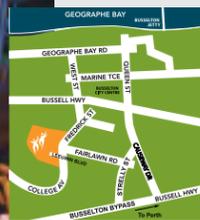
Bridgewater National Lifestyle Village

Erskine Established 2004

A park-like 40 acres on the Peel Inlet in Erskine, Bridgewater Lifestyle Village is just four minutes drive south of the bustling City Centre of Mandurah. The area has long been acknowledged as one of the healthiest, safest and best places in the world to live. Its Mediterranean climate is perfect for outdoor activities, the beaches are beautiful and conditions are perfect for fishing, golfing, tennis and more.

Bridgewater Lifestyle Village features outstanding resort-style facilities within a friendly community. This amazing site is graced throughout by beautiful mature Tuart and Marri trees, which have been retained and protected to create mini parks and habitats for birds.

Erskine Mandurah, WA
106 Oakleigh Dr, Erskine
Call 08 9550 4880
bridgewater@nlv.com.au



Busselton National Lifestyle Village

West Busselton Established 2006

Enjoy the relaxing atmosphere and convenience of living 2km from central Busselton. The beach, golf course and the natural splendours of Geographe Bay are all on your doorstep. Beyond this, the famous vineyards of Margaret River and popular surf beaches of Cape Naturaliste are at your disposal.

it, with resort facilities to suit everyone and a busy social calendar for those who wish to join in. Beautiful Peppermint trees feature across the serene park-like 7.9ha site, shading the clubhouse and providing a cool green amphitheatre.

Busselton Lifestyle Village has a laid-back holiday feel to

Busselton, WA
16 Leeuwin Boulevard,
West Busselton
Call 08 9752 6703
busselton@nlv.com.au



Helena Valley National Lifestyle Village

Helena Valley Established 2012

Make the move to the picturesque and undulating district of Helena Valley, just 20kms to the east of Perth. Within walking distance from the main shopping area on Helena Valley Road, this Village provides a breathtaking country setting that's conveniently close to the amenities of Midland.

picturesque foothills, designed with private entertaining areas.

Helena Valley Lifestyle Village offers a relaxed, country atmosphere amid a gentle undulating landscape set in the

Helena Valley, WA
2340 Helena Valley Rd, Helena Valley
Enquire now on 1300 87 5565
helenavalley@nlv.com.au



Hillview National Lifestyle Village

High Wycombe Established 2007

Enjoy the best of community, city and country living, less than 16km from the centre of Perth. Relax in the idyllic rural setting of High Wycombe that's conveniently close to the amenities of Midland Gate, Belmont Forum and Forrestfield Shopping Centres. Public transport is also close by to take you where you want to go.

security of living in a friendly, gated community. Situated in beautifully landscaped grounds, the Village boasts a wide range of resort facilities and a multi-million dollar clubhouse.

As one of our more established Villages, all homesites are now sold. However established homes do come up for sale at times, though they don't stay on the market for very long.

Like all National Lifestyle Villages, Hillview provides the

High Wycombe, WA
597 Kalamunda Road, High Wycombe
Call 08 6467 3108
hillview@nlv.com.au



Lake Joondalup National Lifestyle Village
Ashby Established 2001

Lake Joondalup Lifestyle Village is situated in WA's northern metro suburb of Ashby, close to the City of Joondalup, with all its shopping, dining and entertainment options. This, coupled with the abundance of nearby parks, beaches, and leisure facilities, including a world-class golf course, make Joondalup a popular lifestyle choice.

The Clubhouse is slightly elevated above the Village and boasts a beautiful outdoor limestone amphitheatre.

As one of our more established Villages, all homesites are now sold. However established homes do come up for sale at times, though they don't stay on the market for very long.

Ashby, WA
1140 Wanneroo Road, Ashby
Call 08 9404 5011
lakejoondalup@nlv.com.au



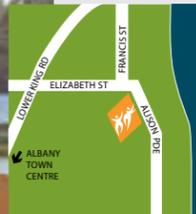
Lara National Lifestyle Village, Victoria
Lara Established 2012

Still peacefully rural, Lakeside Lara is located within one of Victoria's more prosperous and developing regions. The Village is situated just two minutes from Lara's handy town centre, with all the shops and services you could need. It's only 15km from Geelong's major facilities and an easy 50 minute drive to Melbourne's Central Business District.

to parklands and the serene Lake Serendip where some 150 species of birds make their homes. For keen golfers, Elcho Park Golf Club is also nearby.

Lara, VIC
40 Watt Street, Lara, Victoria
Call 1300 45 55 65
lakesidelara@nlv.com.au

Lakeside Lara is situated in a tranquil country setting, close



Oyster Harbour National Lifestyle Village
Albany Established 2011

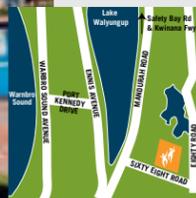
On the picturesque coast of WA's South-West, is the perfect location for your home by the sea. Oyster Harbour Lifestyle Village is situated on Bayonet Head, close to all the activity and boat-launching facilities of the Harbour and only 10 minutes drive from the City of Albany.

a vibrant and growing community in a picturesque setting, surrounded by stunning natural features.

There is no doubt, Oyster Harbour Lifestyle Village, set around a beautiful lake, is our most prized location.

Albany, WA
20 Alison Pde, Bayonet Head
Call 08 9844 0000
oysterharbour@nlv.com.au

Blending the elements of Village life, social activity, resort-style facilities, security and affordability, Oyster Harbour is



Vibe National Lifestyle Village
Baldvis Established 2008

Vibe Lifestyle Village offers a picturesque rural setting uniquely surrounded by tall native trees, just minutes from the conveniences of Rockingham and Baldvis City Centres. The stunning coastline and world-class golf course are not far away.

love in this sought-after Village that combines rural beauty with resort-style facilities.

Baldvis, WA
124 Sixty Eight Road, Baldvis
Call 08 9524 4403
vibebaldvis@nlv.com.au

Vibe offers the perfect balance of community living and private, personal space. Spend more time doing the things you



Pineview National Lifestyle Village
Tapping Established 2004

Pineview Lifestyle Village is located in WA's flourishing northern metro suburb of Tapping, between Wanneroo and Joondalup, only 35 minutes drive from the city. The area is home to world-class golf courses, Lake Joondalup Nature Reserve and 17kms of pristine coastline which makes for great fishing, swimming and sailing.

Pineview Lifestyle Village offers a very active, social lifestyle, with events and get-togethers happening on a daily basis.

As one of our more established Villages, all homesites are now sold. However established homes do come up for sale at times, though they don't stay on the market for very long.

Tapping, WA
48 Ashley Road, Tapping
Call 08 9404 5011
pineview@nlv.com.au



COMPUTER WHIZZ



Bridgewater Lifestyle Village Lifestyler, Michael Binns guides us through the complicated labyrinth of computers in a language we can understand.

Like many Lifestylers I have been using a home computer since they were first introduced way back in the 1980s and the 'Internet' from the early 1990s. How things have changed since then!

Windows started with its first 'easy-to-use' program called Windows 95 and from there we have had regular upgrades - '98', '2000', 'Vista', 'XP', 7 and finally Windows 8 which is the current one in use.

Now, let us have a look at what is available at the moment.

There are three ways you can go (excluding smart phones which in my opinion do not replace computers). There is the 'Desk Top PC', the 'Laptop' and the 'Tablet' (which is sometimes referred to as an 'i-Pad').

First, let us look at the Desk Top PC, which is a strange name to call it, as the 'CPU' (Central Processing Unit) usually sits on the floor either under or alongside your desk. These models have distinct advantages over the other two in that they usually operate faster and have larger memories. Also with these you can select a greater range of screen sizes.

The lap-tops are much smaller and of course portable. I would say that these are perfect for anyone who just wants to use them for email and internet, plus spread sheets, letter writing and of course photographs.

The 'tablet' is even smaller still and good for email and internet, it also has a touch screen and an 'on screen key board' for typing.

Here are a few tips when considering the purchase of a new computer.

- 1: If you go for a desktop PC, I would recommend that you buy a 'digital TV' which can be used as a computer screen, the TV is much cheaper to buy. For instance a 26" computer screen could be approximately \$400 - \$500, whereas a TV would only cost about \$300, plus of course you can use it to watch TV.
- 2: A good quality desktop PC including a keyboard, mouse and speakers would range from say \$800 to \$1,200, whereas a laptop with similar features would be as high as \$2,000.
- 3: A reasonable price for an acceptable laptop is approximately \$800. There are cheaper ones of course, but please stick to the well-known brand names.
- 4: A tablet can be purchased from \$300 - \$1,000 but of course is very limited in what it can do. Basically it is much like a large smart phone but without the capability of making phone calls.
- 5: Both laptops and tablets have built in cameras, both for video and still photography. These are quite useful and the quality these days is excellent.
- 6: You can in fact buy a laptop which has a detachable screen so it can also be used as a tablet.

7: I must warn you about a laptop or tablet that uses Windows RT. No one knows what the RT stands for but I have tried one and it is extremely limited in what it can do. It will send and receive emails plus you can get onto the internet. There are also some 'APPS' available but that's all. Anyone who buys one of these will be very disappointed and frustrated.

I would like to bring up the subject of the word "APPS" (short for 'Application Software'). When you first turn on a Windows 8 computer, the screen will be full of 'Icons' called 'APPS', these basically are simply 'short cuts' which of course have been available for years and anyone with a computer will know what I mean. There are hundreds of 'apps' available and although some are very useful, most of them are, in my opinion, a waste of time. They are mostly used by the younger generation as they are the 'Games & Challenger' types.

However there are some very useful ones such as a 'GPS' (Global Positioning System) – useful if you are travelling) and Skype. These don't always come with the computer that you buy, however they can always be either downloaded or purchased. By the way 'Skype' is a free download and most useful if you would like to set up a 'video phone' connection with friends. A video call from Australia to England doesn't cost you anything and it is good to be able to see one another whilst you chat.

I have found quite a few useful 'APPS' which are good to have at your fingertips (ie. on the screen) and here are a few of them: -

Amazon - this is where you can purchase a variety of goods on-line at huge discounts. Others are, cooking recipes, encyclopaedia, news and media, sport results, travel, maps, weather and financial markets. Also don't forget to include all your regular shortcuts such as 'Internet', 'Email', 'Word' and 'Spread sheets' etc. My favourite is "Windows Media Player", I use this constantly to play music and very rarely do I play any individual CD's. I have simply copied them on onto my computer and set up a sort of 'Juke Box' where I can select who or what type of music I would like to listen to. I have made up various 'playlists' which I select depending on what mood I'm in, or what time of day it is.

At the beginning of this article I mentioned that I have had several computers over the past 30 years and naturally upgraded the operating system with each one. However the longest system I used was Windows XP which I really liked, so when I upgraded to Windows 8, I found it to be very intimidating. However after a few weeks it all seemed to fall into place and I really do feel that it is a far superior system to Windows XP.

Finally, in this article I have tried to give you an insight into the home computers and what I personally like about them, I hope it has been of some help.

GARDENING GURU



Garden transformation shape villages

Lifestylers and NLV staff have been busy getting their hands dirty since June in preparation for the Inter Village Gardening Competition which produced some stunning results – all of which were unveiled on August 30. The concept was the brainchild of Pineview Lifestyle Village gardener, Malcolm Jefferies who at a village forum event requested a garden makeover for the benefit of the Lifestylers. Mr Jefferies said he felt it was important for people living in the village to have an opportunity to express their views and personalities through gardening.

The idea was appreciated and so well received by the Lifestylers, NLV decided to extend the concept across all the villages and their teams.

“Our NLV village staff are experienced and are always up for a challenge and they took on this project with great enthusiasm,” said NLV’s general manager, village services, Simon Willson.

“Malcolm’s idea was for an area of garden next to the memorial flagpole to be turned into a memorial garden in memory of the Anzacs and the battles they fought in. All the colours and plants used in the project signify these events and the area has been completely transformed.

“The garden has received a lot of positive comment from the Lifestylers and was the impetus for the competition across all the villages,” Mr Willson continued.

Each village was armed with the task to beautify a plot within their community and as the pictures show, the results were sensational.

Hillview Lifestyle Village was voted best garden make-over by a vote of hands at the NLV One Team (team-building) event.

Adopting a Japanese, Zen-like theme, Hillview’s ‘Peace and Tranquility’ garden (above) is in a secluded area close to the clubhouse. Fittingly, a Japanese-inspired lunch was served after the opening ceremony in October with proud Lifestylers, John Wood and contributors present.

Those involved in its transformation included NLV village services staff, Karen Mills, Barry Grove, Hui Chen, Mark Anderson and Sue Williams and Lifestylers, Anne and Mac McCormack, Jim Clarysse, John Wallis, Tony Patti and Margaret Maisey.

Thank you to each and every Lifestyler and staff member across all the villages who donated their time and creativity into this wonderful initiative for the enjoyment of others.





GRUBBY GARDENING REAPS REWARDS IN SPRING

Bridgewater Lifestyle Village Lifestyler and gardening devotee, Kerry Castle, shares her thoughts on the therapeutic ritual of pottering around in the dirt.



Grubby gardener, Ann Gray.



Kerry Castle, holding the white tea-cup, with her fellow Grubby Gardeners.

My name is Kerry Castle and I have been the coordinator of the Grubby Gardeners at Bridgewater Lifestyle Village for the past five years. I love to garden and in particular, growing vegetables. To me this provides food for the soul, relaxation and the opportunity to be involved with like-minded Lifestylers out in the open air and lovely surroundings with lots of laughter and friendship.

My first involvement in the village's gardening group was in the middle of 2007 after moving to the village in October 2006. My husband had gone back to full-time work and with time on my hands and a lifetime interest in gardening and food it was inevitable that I became involved in what was then just a small group that had been allocated a plot on the back fence of the village in which to grow vegetables.

Unfortunately over the next couple of years, and as the village began to grow, we were forced to shift a couple of times before ultimately ending up pretty much back where we began. This all took its toll on the output from the garden but in early 2010 we were settled at last and are now

able to pay our way so to speak.

With NLV's generous donation of a donga (transportable home) which had been used as an office and lunch room by the site workers, we now had a clubroom which was promptly dubbed the "grubby cubby" and despite being in pretty poor condition we set about with lots of enthusiasm and ingenuity to transform it into what is seen today.

This was all achieved using recycled materials and with the untiring help of many volunteer Lifestylers, some of whom were not even in the gardening group but were more than happy to help out with a project that was designed to be for the benefit of all the Lifestylers.

We also have "The Patch" which is predominately for the production of vegetables, compost and mulch while the "home garden" is a vegetable/flower garden combined with a number of seating areas to provide a quiet space for reflection and enjoyment for all Lifestylers.

We also encompass "the orchard" with 100-odd fruit trees and a very productive

chicken-run with the fruit and eggs along with the vegetables being sold for a nominal cost to the Lifestylers. It would be remiss of me not to mention here the untiring efforts put in by Andy Cope (the patch), Clem Herrmann (the chicken run) and Lin Hoskins (the orchard) along with their band of helpers.

Our cubby has gradually been converted from the original donga to something we can all be proud of with a fridge, air-conditioner, bookshelves (for our ever growing library), tables and chairs along with the usual tea and coffee making requirements all generously donated by the Lifestylers. Our group has many talented and enthusiastic gardeners and helpers who give me great support and inspiration in keeping the Grubby Gardeners a successful family.

Many of our group has also been actively involved in various gardening and maintenance activities around the village including the establishment of "The Oasis" alfresco area, the "Village Green" and the ongoing creation of a nature walk by the entrance to the village.

So, spring is here --- my beautiful sweet peas tell me so. They are just wonderful and Brigitte, our village administrator just loves it when I take her a bunch to perfume her office.

We have a long list of summer vegetables in with salad greens, cucumbers, tomatoes, broad beans, common spuds, artichokes, beetroot, beans, stone fruit, passion fruit and the list goes on.

All we need to do now is keep it well mulched, not over water and provide shade for delicate plants.

Finally I believe the secret to a good garden is the enthusiasm of the gardener and the quality of the soil which in our case comes from the use of our chicken manure, composted garden waste and worm castings.

The gardening gives me great peace even though some of our projects are quite demanding but in the end I enjoy the satisfaction from what we have achieved.

Bridgewater's quiet achievers

CEO John Wood received a heart-warming letter from Bridgewater Lifestyle Village Lifestyler Robyne Green recently – but what made it even more endearing was the fact that she highlighted the often over-looked gardening and maintenance team. Here's what she wrote...

Date: 6th August, 2013

TO: MR JOHN WOOD, MANAGEMENT AND STAFF, BRIDGEWATER LIFESTYLE VILLAGE

RE: COMPLIMENT TO LIFESTYLE GARDENERS/MAINTENANCE WORKERS

When I first came to look at the village, I made up my mind that I wasn't interested, due to the fact that the gardens looked unkempt. I made mention of this to the sales representative, Robyn Walton who of course, defended my comment and elaborated further.

Still, I went away not interested in purchasing a home based on the gardens.

Due to a little pushing by Robyn I returned to the village and the gardens looked slightly better, but I was still not happy with the overall look of the gardens.

To cut a long story short, I ended up purchasing a block and building.

From the beginning until now, the gardens are looking absolutely beautiful, which in the main, is due to the Lifestyle garden/maintenance workers.

Additionally, I find the workers friendly, helpful, patient and have a great sense of humour (which is sometimes black humour) and they make me laugh. As I live at the end of the village I can't help but notice how hard they work, non-stop, in all sorts of weather, keeping their humour together. One has to admit it would take a lot of patience with all the different personalities within the village! They do not do anything more for me than anyone else in the village, and are friendly and helpful to everyone that I have come across.

I must include the comment that I used to make my telephone calls and conduct my business from my front porch. One day, after the boys joint decision, they knocked on my door to see if I was alright, as they had not seen me about for some time and were concerned that I was ok. I was absolutely astounded with their care, and won't forget this.

I hope in some way management can make some recognition to them, and a big thank-you from this Lifestyler. They are already aware that I appreciate them immensely.

There is no doubt, that the workers' personalities affect the village on the whole. Thank-you for taking the time to read this letter of "compliment".

Kind regards,

Robyne Green



Back row (L-R): Cameron Ogden, Phil Thompson, Robyne Green, Visu Kariyiyawasam Haputhantri, Brigitte Doohan & Reece Price. Front row, (L-R): Robert Martin & Graham Deering.

Correction: In the last issue of The Journey, page 28, in the story titled, Leni takes heart in the garden – the owner of the tree was Lake Joondalup Lifestyler, Trish Bell, not Marianne Cordrey as mentioned in the story. Our apologies to both ladies.

ARC DE TRIOMPHE TRIUMPH

NLV loves a good recycle story to complement its 'reduce-reuse-recycle' philosophy.

A sad old marked-down passion fruit plant bought for just \$1 from a local hardware store has taken on a new lease of life thanks to the tender hands of Hillview Lifestyle Village Lifestyler, Trish Harwood and the Geriatric Gardeners Ink team. Back in the day, it grew vigorously over an ornamental arch rescued by Lifestyler Dennis Daniels from the recycle bin. The plant was so gutsy, it produced abundant tennis-ball sized fruit which began to weigh the arch down and eventually topple over from a gust of wind.

PLC president, John Wallis came to the rescue and offered his assistance with miraculous pipe bending, installing and fitting into what is now affectionately known as the Arc de Triomphe and the lovely passion fruit plant lives on baring fruit for all to enjoy this summer.



COOKING CORNER

Baking champions



WA has just enjoyed the Royal Show season, so what better way to celebrate this popular spring event by featuring recipes from previous award-winning baking entrants.

These two stunning books, A Pound of Flour and Blue Ribbon Recipes published by Hub & Spoke Publishing, not only depict some mouth-watering cakes and slices, but lovely stories around the baking winners from both the Perth Royal Show and the Sydney Royal Easter Show. Editor Pam Casellas has compiled this book beautifully which is bound to become a coffee-table or kitchen-shelf favourite.

Visit hubandspokepublishing.com.au for more information.

NLV and The Journey are giving one lucky reader the opportunity to win a copy each of A Pound of Flour and Blue Ribbon Recipes, valued at \$100.

Simply email your full name, address and phone numbers to info@nlv.com.au and write Cooking Corner Competition in the subject line before December 31, 2013.

Prize will be drawn on January 6, 2014, 5pm WST.

FESTIVE TIPS!

Christmas is merely weeks away, so here are some nifty tips to keep calm on the day - and most importantly, have fun!

- Serve jugs of drinks...campari and soda or lemonade and orange juice. People can help themselves;
- Prepare and peel vegetables the night before and store in water;
- Set the table the night before so the morning can be enjoyed!
- Get in early for seafood. Kailis is open for 24 hours before Christmas Day;
- Get your iPod playlist ready well in advance. Music will enhance the ambiance and provide some catchy tunes for "cutting a rug" later;
- Jamie Oliver makes an incredible "Christmas butter" with cranberries and herbs for roasting the turkey. Go to jamieliver.com/recipes. Make this the day before;



FUNKY MAIL

We were overwhelmed by the number of entries that we received from our last competition in the winter edition of The Journey. One entry however stood out from the crowd. We loved this funky, psychedelic envelope from our Sunbeam AVIVA pressure cooker competition winner, Mrs C Roberts of Toodyay.

Congratulations Mrs Roberts. Enjoy the many benefits of this wonderful appliance and thank you for enjoying The Journey.



Cherry Ripe Slice

By Nicole Hunt

Taken from Blue Ribbon Recipes

Base

- ¾ cup self-raising flour
- ¾ cup coconut
- ¾ cup brown sugar
- 90g butter

Preheat oven to 180C. Grease 18x27cm slice pan. Combine dry ingredients and make a well in the centre. Melt butter, pour in and mix until well combined. Press into base of pan and bake for 10 to 12 minutes or until cooked through, then set aside to cool.

Filling

- 200g glace cherries
- ¾ cup sweetened condensed milk
- 2 cups desiccated coconut
- 30g cophia

Chop cherries well. Mix condensed milk through the cherries and coconut then add melted cophia to bind ingredients. Spread over cooled biscuit base.

Topping

- 150g chocolate
- 30g cophia

Gently melt the chocolate (dark or milk according to preference) and cophia together and pour over the cherry coconut layer. Allow to set then slice into squares.



AMERCIAN FRUIT CAKE

Serve this delicious cake during the festive season. Visitors will love its kaleidoscope of colours and the rich candied fruit and nut flavours with their cuppa...or something a little stronger!

By Wailyn Mar

Taken from Blue Ribbon Recipes

90g pitted dates
 90g pitted prunes
 90g glace pineapple
 90g glace apricots
 90g red glace cherries
 90g sultanas
 125g seeded raisins
 90g blanched almonds
 125g shelled brazil nuts
 60g butter, softened
 1/3 cup soft brown sugar
 2 eggs
 ¼ teaspoon vanilla
 1 cup plain flour
 ½ teaspoon baking powder
 2 tablespoons rum
 half cup of combined fruit and nut mixture extra, for topping

Heat oven to 150C. Grease and line 10x20x8cm loaf pan. Halve dates and prunes, chop the pineapple and apricots into fairly large pieces, leaving remaining fruit and nuts whole. Cream butter and sugar till light and fluffy, then add eggs and vanilla, combining well. Fold in sifted flour and baking powder, and stir in rum, beating to a smooth batter. Add the fruit and nuts. Mix thoroughly, ensuring ingredients are well combined. Spoon mixture evenly into pan. Press down firmly. Arrange additional fruit and nuts over top. Bake approximately 1 ¾ to 2 hours, or until golden brown and firm to the touch. Allow to cool slightly in tin before turning out. When cool, store wrapped in greaseproof paper and foil.

Margaret Holdman's Wholemeal Date Slice



Taken from A Pound of Flour

Filling

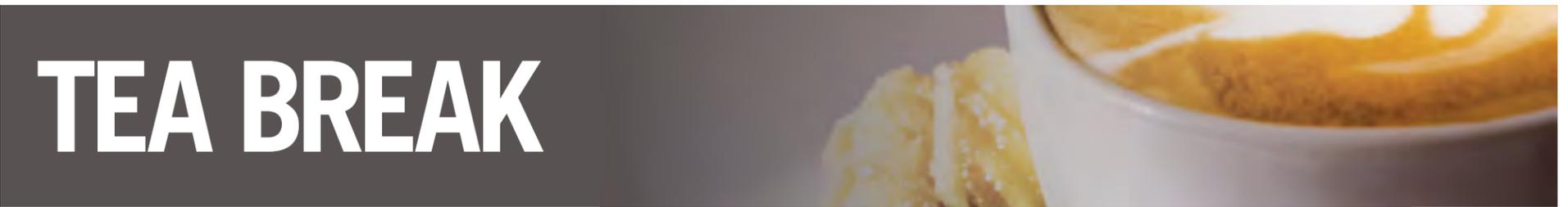
500 g dates, chopped
 ¾ cup water
 2 tablespoons grated lemon rind
 2 tablespoons lemon juice

Pastry

1 ½ cups wholemeal plain flour
 1 ½ cups wholemeal self-raising flour
 155 g butter
 1 tablespoon honey
 1/3 cup milk
 1 egg, lightly beaten

Combine all the ingredients for the filling and cook until thick and smooth. Cool to room temperature.

Grease a 19x29 cm lamington tin. Sift the dry ingredients for the pastry and rub in the butter. Add enough combined egg, honey and milk to make the ingredients cling. Knead gently until smooth, cover and refrigerate for 30 minutes. Divide dough in half. Roll one half to cover the base of the tin and spread with cold filling. Cover with the remaining rolled-out pastry. Glaze with milk and sprinkle with sugar. Bake in a moderately hot oven for 25 minutes.



TEA BREAK

YOUR STARS

ARIES
March 21 - April 19
Character traits: Active, demanding, determined, effective, ambitious

The winter season somehow gave you permission to indulge in everything naughty, yummy and delightfully decadent dear Ram, so you're feeling inspired to get fit and look utterly fabulous so you can show off to all your admiring friends. Never one to do things by halves, be careful not to pull a hammy or slip a disc with your new-found vigor on the dance floor.

TAURUS
April 20 - May 20
Character traits: Security, subtle strength, appreciation, instruction, patience

Pamplona has well and truly passed thank heavens I hear you sigh. No more annoying tourists and ridiculously narrow streets to navigate in the middle of stinking hot Spain. How on earth did you get there you must be wondering? Now it's time to point your fancy hoofs in the direction where 'you' want to go. Go forth and conquer you mighty beast.

GEMINI
May 21 - June 20
Character traits: Communication, indecision, inquisitive, intelligent, changeable

New beginnings abound young twin-powered friend, and you're basking in all its glory with maximum aplomb. Who cares if everyone else is still poking their heads reluctantly out of hibernation, you are ready to rock 'n roll and will take no prisoners. Go forth and celebrate. Dance like no one's watching and sing at the top of your lungs in the shower.

CANCER
June 21 - July 22
Character traits: Emotion, diplomatic, intensity, impulsive, selective

You have spent much time nurturing a loved one these past few months, and if anyone is the consummate giver, it's you dear Cancer. Your efforts will be rewarded with much gratification and perhaps a cheeky surprise to make you unclench your choppy claws and relax for the first time in a long time. The squally swell is over.

LEO
July 23 - August 22
Character traits: Ruling, warmth, generosity, faithful, initiative

Restless lions, you are about to embark on something amazing and you're champing at the bit to get the wheels in motion. Could it be a new job, a world trip, a wild new romance? No flies or pesky little birds will irritate you this spring as you brush them aside with your mighty paws and single-mindedly take a walk on the spontaneous side of life.

VIRGO
August 23 - September 22
Character traits: Analyzing, practical, reflective, observation, thoughtful

You are feeling terrific this spring after putting in some serious hard-yards over the cooler months. Despite driving everyone to the point of insanity with perfectionism and over-analysing, your success has been dependent on it. Good on you wondrous Virgo - gloat proudly in your five minutes of fame before retreating back to the grind-stone.

LIBRA
September 23 - October 22
Character traits: Balance, justice, truth, beauty, perfection

Life is so divine at the moment. Could it be the cherry blossoms in bloom or the morning dew dancing delicately across the buds of spring? Whatever you are doing, (or not doing perhaps?), it's working Libra. Stay in this moment, because the coming months are looking like a balancing act of frenetic activity and blissful Zen.

SCORPIO
October 23 - November 21
Character traits: Transient, self-willed, purposeful, unyielding

Crack open the red and celebrate the end of winter little arachnid one. You've been spending a lot of time on your own, whether in the company of others, or quite literally on your Pat Malone. But alas, this is all about to end as you brush off your coat and contact those you really like spending time with. Life's too short for boring conversation and inferior quality cocktails.

SAGITTARIUS
November 22 - December 21
Character traits: Philosophical, motion, experimentation, optimism

Party time is upon us and you're lining up your arrow for a perfect shot on the fun-train. Don't hold back as you unleash your summery energy and impart it onto others around you. Many will admire your open-minded outlook on the world and may join you on your next big adventure to somewhere remote and likely without proper toilets. Get those vaccines sorted ASAP.

CAPRICORN
December 22 - January 19
Character traits: Determination, dominance, persevering, practical, willful

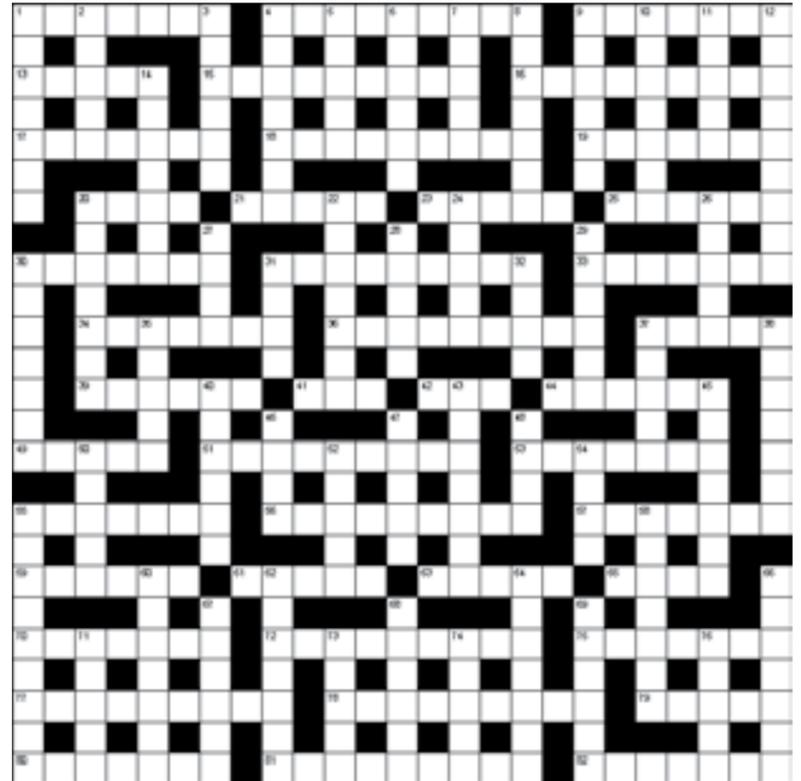
You've slipped under the radar of late you hard-working goat, but that's not to say you haven't been making progress behind the scenes. Like the phoenix rising, you are in the middle of planning a great return from the ashes. Stand proud upon your delicate little hoofs, flash those devilish eyes and prepare for a comeback of goatly proportions - just don't eat everything at the buffet.

AQUARIUS
January 20 - February 18
Character traits: Knowledge, humanitarian, serious, insightful, duplicitous

Why has everyone been so critical? Once again, you've been misunderstood by the world, but don't worry. Those poo-pooing your motives are just not as complex or emotionally mature as you are. Stick to your guns and do what you believe in worldly Aquarius. Eventually they'll appreciate your way of thinking...in the next millennium perhaps?

PISCES
February 19 - March 20
Character traits: Fluctuation, depth, imagination, reactive, indecisive

Go with the flow? Bar humbug to that. You're tired of being the flow-meister aquatic creature. This festive season, you're looking to change direction and go upstream for a better look of what you might have missed earlier this year - and this time you're doing it properly, no matter how many trout pass your direction. It's well worth the effort as time will tell. A juicy salmon is on the horizon.



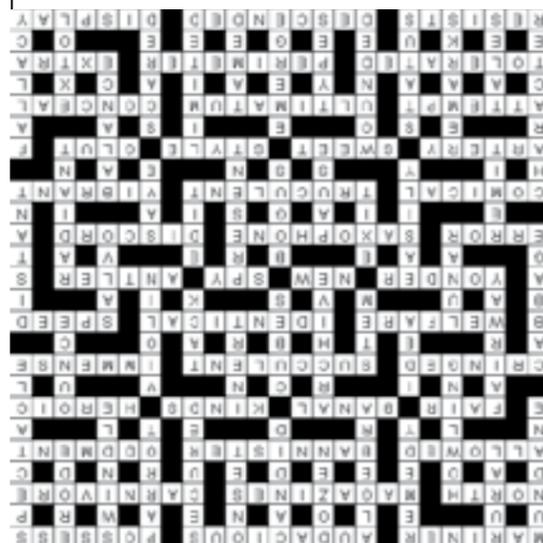
ACROSS

- 1. Seafarer (7)
- 4. Intrepid (9)
- 9. Own (7)
- 13. Direction (5)
- 15. Periodic publications (9)
- 16. Meat eater (9)
- 17. Permitted (7)
- 18. Part of a staircase (9)
- 19. Peculiarity (7)
- 20. Impartial (4)
- 21. Hackneyed (5)
- 23. Varieties (5)
- 25. Epic (6)
- 30. Covered (7)
- 31. Juicy (9)
- 33. Huge (7)
- 34. Benefit (7)
- 36. Exactly the same (9)
- 37. Velocity (5)
- 39. Distant but visible (6)
- 41. Novel (3)
- 42. Secret agent (3)
- 44. Deciduous horn (6)
- 49. Mistake (5)
- 51. Musical instrument (9)
- 53. Disagreement (7)
- 55. Funny (7)
- 56. Aggressively hostile (6)
- 57. Vivacious (7)
- 59. Blood vessel (6)
- 61. Confectionery (5)
- 63. Mode (5)
- 65. Surfeit (4)
- 70. Try (7)
- 72. Final demand (9)
- 75. Hide (7)
- 77. Endured (9)
- 78. Circumference (9)
- 79. Additional (5)
- 80. Withstands (7)
- 81. Moved downward (9)
- 82. Show (7)

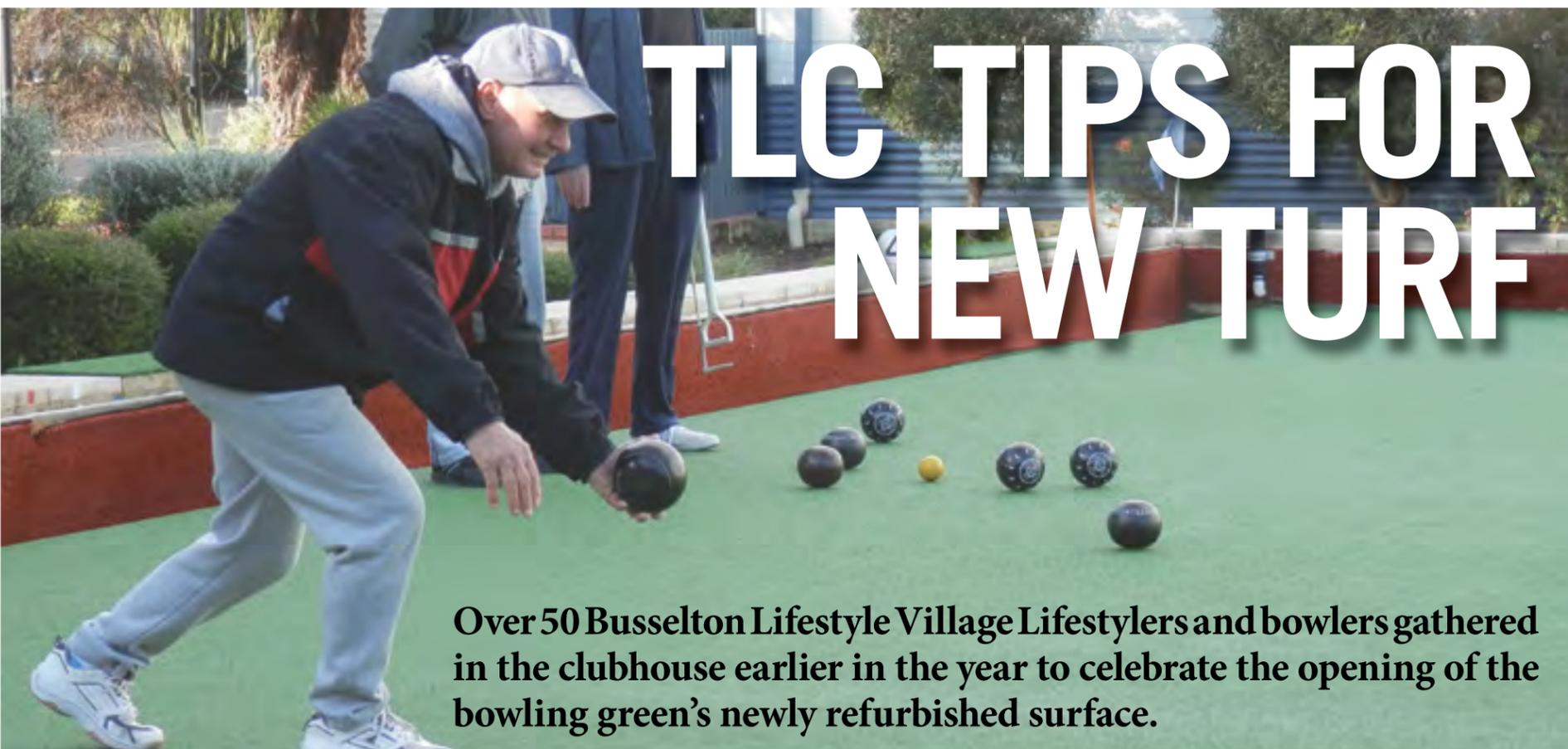
GIANT CROSSWORD

DOWN

- 1. Unremarkable (7)
- 2. Characteristic of country life (5)
- 3. Cure (6)
- 4. Mathematics (7)
- 5. Twelve (5)
- 6. Frank (6)
- 7. Beginning (5)
- 8. Made safe (7)
- 9. Tropical bird (6)
- 10. Con (7)
- 11. Wear away (5)
- 12. Notable or unusual sight (9)
- 14. Wailing (7)
- 20. Part of a golf course (7)
- 22. Historical store of information (7)
- 24. Inactive (5)
- 26. Unit of weight (5)
- 27. Notion (4)
- 28. Six-sided figures (8)
- 29. Stringed instrument (6)
- 30. Vegetable (7)
- 31. Part of a plant (4)
- 32. Drawing pin (4)
- 35. Relating to the moon (5)
- 37. Fussilade (5)
- 38. Remote (7)
- 40. Without difficulty (6)
- 43. Gift (7)
- 45. Beaming (7)
- 46. Way out (4)
- 47. Fraudulent (5)
- 48. Redact (4)
- 50. Send payment (5)
- 52. Temporary inactivity (5)
- 54. Rescue from danger (4)
- 55. Persona (9)
- 58. State of equilibrium (7)
- 60. Comments (7)
- 62. Injured (7)
- 64. Restricted (7)
- 66. Misconception (7)
- 67. Standing (6)
- 68. Come out into view (6)
- 69. Frightened (6)
- 71. Stories (5)
- 73. Sorts (5)
- 74. Domesticated (5)
- 76. Praise (5)



SPORT



TLC TIPS FOR NEW TURF

Over 50 Busselton Lifestyle Village Lifestylers and bowlers gathered in the clubhouse earlier in the year to celebrate the opening of the bowling green's newly refurbished surface.

Called "Ultra Plush", the new surface is made by using the latest technology, is very costly and has around 25 per cent more body than the green's previous turf.

In order to preserve it for years to come, Lifestylers were advised to treat it with tender loving care.

Lifestylers Kevin Hogg, Frank Priest and Dennis Mitchell all presented tips to the audience and a fixed stance was outlined by Dennis and demonstrated by Frank.

Throwing or dumping bowls is apparently a no-go-zone. Instead, bowls must be put down carefully, as low as possible.

Bowlers were advised to remove any pieces of blue metal and loose turf tufts should they emerge from the surface.

On the advice of Ian Penlington from Busselton Bowling Club the new surface has been marked out by volunteers with four greens to accommodate the club's growing population.

Finally the audience viewed a video to improve their game. It was none other than Playing Like A Champion featuring Australian champion bowlers whose consistency was the envy of all and is apparently due largely to "practice, practice, practice!"

Pineview's darting champions

Did you know there is a darts club at Pineview Lifestyle Village? Formed seven years ago, there are about 20 registered players – a mixture of men and women who meet every Wednesday night at a room solely dedicated (and built by the Lifestylers) to the pointy sport.

The club plays competitively against Hillview, Vibe Baldivis and Tuart Lakes Lifestyle Villages during a busy calendar year which includes a four-round home-and-away competition between all four villages.

Some games are played on a Saturday and some on a Tuesday. The 12 games are spread from March to September, finishing up with the grand final which was won by none other than Pineview Lifestyle Village.

Throughout the year, other competitions include singles, doubles, and an open class for anyone living in the village. There is also the Champion of Champions



competition which takes the best from each village for a play off to find each village champion.

Pineview Lifestyle Village Lifestyler, Brian Hall took out the crown this year. Jean Wilson is the club's president, organiser, run-arounder, secretary and gofer, "and also a darn good sort" according to his compatriots. Ted Bird is treasurer and Brian Hall is captain.

When The Journey asked the players to provide some interesting information about the club, the resounding response was, "We are all interesting!"

Hillview almighty



The inter-village bowling teams gather for a group-shot. Hillview's winning team is wearing the light blue polo-shirts.

It might have been hampered by rain and storm-clouds, but this didn't stop the show from going on for the final event of the National Lifestyle Villages Intervillage Bowls competition at Hillview Lifestyle Village in early October.

Leading up to the day, Hillview Red and Blue, Lake Joondalup and Bridgewater 1 were joined by two new teams, Vibe Baldivis and Bridgewater 2 for the season's first of 10 home-and-away games in May.

As the storm clouds passed on grand-final day, eager bowlers got on hand and knee to mop up rainy puddles.

Host village, Hillview, won the game winning on all rinks 36/22 and 6/0 points.

Results: Dianne Jackson defeated Irene Kerr 10/9, Roger Hetherington defeated Alvin Jaques 11/7 and Bruce Bond defeated Les Coyne 15/6.

A beautiful cold meat and salad lunch and some well-deserved beer and wine was enjoyed after the competition followed by

a trophy presentation by NLV's general manager, village services, Simon Willson.

Hillview's bowling group captain, Bruce Bond said Tuart Lakes Lifestyle Village had indicated its interest in joining next year's competition and if Pineview could be persuaded it would mean eight teams for the group.

"We will play seven games; two in May and September and one each in June, July, and August with the final to be held in October. Lake Joondalup will be organising the competition next year," he said.

Hillview Bowls acknowledged fellow Lifestylers, Betty Trew, Ros Savory, Kay Barrows, Christine Anderson, Sheila Grout and Sandie Brandis for preparing and serving a magnificent lunch.

The village also offered its gratitude to National Lifestyle Villages for sponsoring the lunch and Apia Insurance for sponsoring the 12 individual player trophies.