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VOLUME 25 NO. 04 ISSUE NO. 284 NOVEMBER 2015

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 - International Volunteer Day



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Ocean swimming... come and have a go



Fremantle Fins after training for the Fremantle Ports Swim Thru

by Wendy Holtom

MORE than 90 years after its inception, the Fremantle Ports Swim Thru continues to be one of the most popular events on the annual open water swim calendar.

It's not just top swimmers among the 200+ participants who take part in the event. Each year, members of the Fremantle Fins Masters Swimming Club, who organise the swim at South Beach, actively encourage first-time open water swimmers to have a go at the 400m LiveLighter Novice Swim.

Fremantle Ports Swim Thru coordinator Alan de Lacy said the novice event is a friendly and fun introduction to open water swimming.

"The LiveLighter Novice Swim is a safe, non-competitive event, which means anyone who has

ever wanted to give open water swimming a try can do so with confidence," he said.

"Not only that, it's a great, healthy way to spend a Saturday morning. There is nothing more invigorating or good for the soul than a swim in saltwater.

"We encourage everyone to come down and give the swim a crack. We guarantee you'll be glad you did."

First held in 1922, the Fremantle Ports Swim Thru was the first ocean swimming race in WA and was won by tiny 14-year-old Maisie Boyle, the only female winner to date.

The swim was held on and off until 1960 and then once, in 1990, until it was resurrected in 2003.

This year, the Fremantle Ports Swim Thru takes place on Saturday, 12 December, and along with the LiveLighter Novice Swim, features a 1600m race

and corporate challenge for teams.

Proceeds from the event will once again support the Fremantle Street Doctor and St Patrick's Community Support Centre. Since 2003, the swim has raised more than \$45,000 for the two charities.

"The Fremantle Ports Swim Thru generates a really wonderful atmosphere with clubs and swimmers coming from all across Perth to take part," Mr de Lacy said.

"Thanks to the generous support of our many local sponsors, there are also some fantastic prizes on offer."

For more information on the 2015 Fremantle Ports Swim Thru visit the Fremantle Fins website: www.freofins.com. If seeking more information on a Masters Swimming Club in your local area visit www.mswa.asn.au.

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Judith Treby

THANK YOU to the many readers who have sent in their best wishes for Judith, I am sorry to report that she will be on extended sick leave and again we wish her all the best and I will keep readers updated on her progress.

November is a busy month with Seniors Week taking place from 8 -15 November, we look forward to seeing many of our readers at *Have a Go Day*, a Liveliest event on the 11 November.

Congratulations to Juniper for winning Excellence in Clinical Training at WA's Health Excellence Awards held in October. The Simulation Centre utilises ground breaking training techniques to prepare WA's aged care professionals for the future.

In partnership with Curtin University, the Juniper Simulation Centre sees more than 500 health science students and Juniper staff through its doors each year.

Bicycles for Humanity contacted us this month. We featured them in our pages in our July 2013 issue, and they are pleased to announce they are holding an open day from 11am on Sunday 22 November at the Jack Williamson Oval in Middle Swan. Please RSVP to the email below if you are planning to attend.

They have some great

From the editor's desk

things to celebrate including the opening of the new bike shed, a new volunteer amenities room and a new shade roof over the work area.

Their 10th container load of bikes is ready to ship to Africa and they are also helping at home with a 20ft container load of BMX bikes being shipped to Broome and the Western Desert community.

If you would like to find out more about Bicycles for Humanity then email perth@bicyclesforhumanity.com

The Perth Basket Brigade is holding *A Very Merry Rocking Christmas Show* at the Osborne Park Bowling Club on Sunday 6 December at 12.30pm.

Entertainers include Leigh Alderslea, Margot Morgan and Jason Dohrmann who look forward to entertaining

people with all the Christmas hits. Part proceeds of the concert go to the Perth Basket Brigade.

Tickets are from \$20 for the show only or \$40 for a meal and the show.

Bookings can be made with Leigh on 0404 606 095 or www.trybooking.com/164177

Don't forget if you have missed something in an earlier issue you can refer back to our digital back issues section on our website at www.haveagonews.com.au/new/back-issues

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

Jennifer Merigan
Acting Editor
editor@haveagonews.com.au

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SEE and try on the latest summer sun and driving sleeves at the Slinky Sleeves stall at the new, exciting Markets on Rokeby in Subiaco from weekend 7 - 8 November through to Christmas. Open from 9am - 4pm, the markets offer more than 100 stalls along the Rokeby Road mall from Hay Street to Bagot Road.

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Percy keeps having a go...

PERCY Kotkis, 76 year old Perth insurance specialist, successfully completed his fourth MACA Ride to Conquer Cancer last month.

Percy was the oldest competitor of the event which raises funds for the Harry Perkins Institute of Medical Research.

Percy takes on the gruelling event every year because he wants to challenge himself and support a great cause. The event is the largest cycling fundraiser in

Western Australia.

"I'm proud to say that I have been a part of every MACA Ride to Conquer Cancer so far and I've just signed up for my fifth ride next year," Percy said.

"I wanted to challenge myself for a great cause, and I also want to encourage other senior Western Australians to participate in events like this. All anyone needs regardless of their age is motivation, a bike and a helmet."

Letters to the Editor

Submissions may be edited for clarity and space.

DEAR editor

GOOD article on Australia Post in the October issue but you are wearing pink glasses because you have fallen for CEO Ahmed Fahour's spin. He creams 5 million a year for a civil service job with no responsibility.

My friends in Germany pay €80cents or \$A1.25 for a postcard stamp to Australia.

I have to pay \$A2.85 to send a postcard to Germany. This is evil and inefficient.

Post shops are bad as they steal business from newsagents and other retailers while we have to wait in line for postal business.

Sincerely

G. Jank

DEAR editor

I READ with interest Mickel Smits article on postcards in the September issue.

I have been travelling and housesitting in Australia for over six years and send lots of postcards to family and friends.

I also have a penpal in Ireland who I have been writing to for 48 years. We met in 2006 when I visited Ireland and still continue to write to each other, we don't use phone calls or modern technology.

Regards

Pam Druitt
Augusta

DEAR editor

I am hoping we can increase the number of copies of *Have a Go News* which we receive at the Bull Creek library.

It is a very popular paper and we run out quickly, if you could at least double the quantity we get now that would be great.

Barry Holland
Bull Creek Library

Magazines needed for Royal Perth Hospital

THE FRIENDS of RPH distribute magazines throughout the hospital and they are once again in need of more reading material for patients.

Women's magazines should be not more than six months old. There is no such time limit for general or men's magazines. *National Geographic*, *Australian Geographic*, *Reader's Digest* and *Time* are popular, to name a few, but all will be accepted.

If you live within a 25km radius of CBD, they can collect them from people. Call Margaret at 9224 1683 on a Monday or Wednesday morning before 11.30am.

The Friends of RPH wish to take the opportunity to wish everyone a safe and happy festive season.

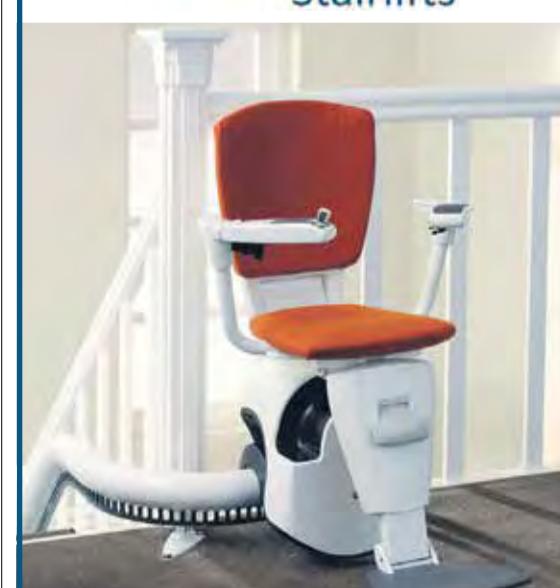
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An illustrious dancing life while helping her son achieve fame



Kay and Robert Gilkison

by Adam Penn

THE Gilkison name is well known as the WA dancing family who achieved fame locally, nationally and throughout the world. Born on the 5 March 1939, Kay is the eldest of the five children of Sam and Ronnie Gilkison, two of the founding members of the dancing industry in WA.

Being born into a dancing family, Kay was 14 when she was apprenticed into her dancing career. It was against her father's wishes who dearly wanted her to have a career in anything but dancing. Kay however was determined to embark upon her chosen career, watching her father and finally wearing him down, so that he allowed her to take it on.

Kay started her dance career with classes from her father on her 14th birthday in the Gilkison Ballroom in Irwin Street. Sam, a drill sergeant in the British Army, now implemented similar techniques towards his eldest daughter's studies. Kay achieved her first associate diplomas with the Australian Institute Of Dancing (AID) by her 16th birthday.

There was absolutely "no time for sitting" Sam would say, whenever Kay arrived at the studio, handing her a technique book to study, or charts of the latest steps and/or dances, suggesting she work them out by herself, until she understood them completely. Kay always accepted the challenge and within no time at all, had proven to her father that she really was a teacher in the making.

Kay competed for a short time, partnered firstly by Peter Whitton, then by Ken

Olliver, and later winning a pro/am competition with Ron Pashley.

Through the late 1950s, Kay decided to opt out of a competitive career, preferring to focus her energies on social dance, management commitments and voluntary duties, along with working closely with her father for a number of years on Channel 7 and choreographing for variety programs for Channels 9 and 2. She became a qualified adjudicator by age 18 and started touring throughout the country in this new role. Within a year, she was also travelling throughout South East Asia, adjudicating at major Asian championships.

In 1962 Kay married Ken Olliver in South Perth, both continuing with their

respective and joint dancing and competitive careers. Moving to Tasmania, where Ken's family were involved in hospitality, Kay became involved with choreography for Tasmania's Channel 6, before the exciting addition to their family with the birth of their son Jason on the 27 March 1966. Jason was destined to follow in his parent's and grandparent's footsteps, taking his style of dance around the world, captivating audiences with his champion partner Perth girl Peta Roby.

Soon after the family moved to Melbourne, where the Olliver family had a property breeding Arabian horses. Along with living on the stud, Kay worked beside Australian greats in dance, such as Mickey Powell, for whom she examined regularly, Dorothy Gladstone and Jack Keating, Ethel Philp and Bob Wrightson, all of whom she was examined by throughout her early career.

Having started her dancing under the syllabus of the Australian Institute Of Dancing, Kay joined the West Australian Dance Masters Association (now DMIA) on returning to WA. Sam Gilkison was a founding member and secretary. Soon she would take on the portfolio of secretary herself, holding the office for 12 years, before returning to the AID executive.

One of WA's foremost dance championships, the Festival Of Perth championship, was co-organised and

produced by Kay alongside her father, being the first official booking at the new Perth Entertainment Centre in Wellington Street.

Along with increasing responsibilities within the industry and her young family, Kay, and two of her brothers David and Robert, took on more duties in the family business, Gilkison Dance Studio, in the Young Australia League building in Irwin Street. While actively training her son Jason and partner Peta and coaching numerous other champion couples, Kay took on the role of senior teacher and coach of the school with David and Robert, jointly taking the management reigns on Sam's retirement.

Kay has held the presidential portfolio of AID for more than five years, and, after almost 60 years in the industry, continues to teach, both within the school and at primary schools in the metropolitan area. She delights in teaching the smallest future champions and social dancers, all the while continuing to examine and adjudicate in WA.

Her pride is tangible in recognition of the remarkable achievements of her protégé, her only son Jason, who has proudly taken the name Gilkison all over the world on stage, television and the big screen.

Anyone with historic photos or stories for Adam Penn's 'dance' series can contact Adam at tophat97@optus.com.au or mobile 0412 361 917.

Agatha Christie's Partners in Crime



SET in 1950s Britain, *Agatha Christie's Partners in Crime* stars David Walliams (Little Britain)

and Jessica Raine (*Call the Midwife*, *Wolf Hall*) and directed by Edward Hall (*Downton Abbey*, *Kingdom*). The drama sees the beekeeping couple stumble into a world of murder, undercover agents and cold war conspiracy. Tuppence is a woman who sees adventure round every corner, throwing herself head first into every mystery with passion and fervour, determined to get to the truth no matter what it takes, much to the dismay of her more cautious hus-

band, Tommy. Released on DVD mid November.

WIN WIN WIN

To be in the draw to win one of five *Agatha Christie's Partners in Crime* DVD simply email win@haveagonews.com.au with Agatha in the subject line or send an envelope to Agatha - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side.

Competition closes 30/11/15.

Absolutely Anything

WIN WIN WIN

To be in the draw to win one of five double passes to the film *Absolutely Anything* simply send an email to win@haveagonews.com.au with the subject line Anything or call the office on 9227 8283 during business hours to enter. Please include your name, address and phone number. Competition closes 19/11/15.



IT'S COMEDY magic when Simon Pegg teams up with the voices of the Monty Python team to remind us to be careful what you wish for in *Absolutely Anything*. Unbeknown to school teacher Neil Clarke (Pegg), a group of eccentric aliens decide to place the fate of humanity in his hands. In order to determine if they should destroy the Earth or not, the aliens endow Neil with the ability to make *Absolutely Anything* he wishes for happen. Once Neil real-

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LADY 63 bubbly, attractive & cheeky side, pos-outlook, gardening, w/away, travel. Seeks refined gent 58-70, someone with spark to spend time with.

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

LADY 61 young, s-employed, very attractive, 1/ hair, blue eyes, curvy, enjoys o/seas travel, w/away and caravanning. R-dinners, good coffee, animals, fishing, decorating, ocean and country. Seeking a gent 55-70 with gt passion, character and a forever mate.

LADY 45 Nurse, v attractive, slim, 1/brown hair, sweet and sensitive, DTE. Enjoys yoga, outdoors, dinners, south west, environmental concerns. Seeking country guy, 40-52 tradie. Tattoos ok. View long term.

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

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Brian French

WE HAVE just returned from a 10 - night cruise to New Caledonia on the *Diamond Princess* from Sydney. The service on board was excellent, but there were more than 3,000 passengers which sometimes made finding seats in the bars a bit difficult. The weather, unfortunately, was not accommodating, and we had to miss two of the planned stops. However, this enabled us to have two nights in Noumea which

French's Forum

we enjoyed. Embarkation and disembarkation were expertly managed, and although we prefer smaller ships like the *Dawn Princess*, we certainly enjoyed our rest.

The number of centenarians living in UK has quadrupled in the last 30 years, and I think this will be similar in Australia due to improvement in diet, medical care, housing and, perhaps, a reduction in smoking. Yet back pain is still a significant problem in both countries, and chiropractors advise us to sit up straight, do not remain seated for more than 30 minutes and walk every day.

I'm not sure that I adhere to these sensible recommendations and watch too much TV in the evening – more than 30 minutes at a time. Maybe I need to get out of my chair more frequently to make the tea and coffee. There are men in the UK who have inspired the writing of a book entitled *Dull Men of UK*. It features 40 men with staggeringly boring hobbies, but all seem very contented with their lives.

Among them is a grandfather aged 87 who has a diary noting details of each time he has mowed the lawn since 1984. There is a 66-year-old who has spent 30 years collecting more than 20,000 milk bottles, and another who has collected more than 7,500 British beer cans in 40 years.

I suppose it's simply a case of what turns you on. I have mentioned elsewhere how people are living longer, but cancer is still a serious threat. However, there is a breast cancer drug that extends survival which is available in UK NHS. I do not know if it's here in Australia. (fingers crossed)

Do you enjoy celebrating birthdays? I'm sure most children will say loud and clearly--yes. As I have become older I am quite happy to ignore my birthdays, and parties are a bit of a pain.

Teeth. We all have them for at least part of our lives, but not all of us take proper care of them. I have noticed how much whiter they are in the younger generation which I envy. Dental hygienists have offered us the following advice that readers may find helpful.

The last brush at night is the most important because we lose the protective and washing effects during sleep. Plaque bacteria left

on the teeth thrive in this environment, damaging gums and teeth. Spit– don't rinse. Fluoride toothpastes protect the teeth from acid attack and continues to work after brushing.

Who are the most generous members of the family? Well, you may be surprised to know that it's the mum-in-law, or so we are told by the researchers GE Capital Direct. They are followed by brothers and dads, and most of them say it was the easiest option rather than giving presents.

Poncho, the green-winged macaw is celebrating its 90 birthday making it the oldest parrot in the world. He has also starred in a number of Hollywood films, but he refuses to give autographs.

There is a fascinating film going the rounds which I thoroughly recommend to readers. It is titled *The Walk in 3D*. You might like to read my synopsis. *The Walk* is the true story about a man, his high-wire, and an unrelenting, unimaginable and impossible dream.

Philippe Petit (expertly played by Joseph Gordon-Levitt) has a dream of walking the high-wire from one World Trade Centre to the other, known as the Twin Towers. It is a fun, tense and exhilarating journey, incredibly enhanced by 3D viewing. This technology breathes scary heights and thrilling hire-wire tricks to life guaranteed to keep you engaged for the full 123-minutes. Palms sweat, hearts race and eyes often gaze away from the real life emotions felt when walking

and balancing 1350 ft-high above the ground.

The Walk prioritises and appropriately focuses on the "coup" – the story, planning and drama of fulfilling Petit's dream to cross this enormous cavernous gap known as the void. And, although Gordon-Levitt narrates as Petit throughout the movie, authenticity is not lost and the movie itself has strong credibility and accurately portrays many of the events that factually took place along this bumpy rollercoaster of a ride.

I felt that the end of the movie paid tribute to the Twin Towers as much as to the man who walked across them. Petit, by performing this truly implausible act is credited as "giving them a soul" – referring to the Twin Towers, which at that stage had not been officially opened nor publicly recognised. *The Walk* brought the Twin Towers into their limelight and to the attention of New Yorkers who are often characterised as being too busy in their own lives to notice anything or anyone else.

New Yorkers were happy to notice Philippe Petit on that day and so began the world's love affair with the Twin Towers. I give it a strong and bold four out of five stars. It is PG rated, which allows seniors to juniors to enjoy the thrill of *The Walk* together.

Have a pleasant and safe month.

Brian French
Email:
b french792010@hotmail.com

A big surprise at the Holly Wood Tuesday Morning Show

Callie Scanlan
by Michelle Davies

Callie is a classically trained pianist, who joined a rock n' roll band in Kalgoorlie and has been rocking it up ever since. Now we know.

Callie brought out the best from that grand piano, playing with such confidence, singing some of her favourite rock n' roll songs, *Kiss an Angel Each Morning*, *Mississippi, Summer Time*, *Hot Stuff, Baby!*, *Bobby McGee*, *Motherless Child*, mixed in with the classics *Toccata* by Bach and Tchaikovsky's *Swan Lake*. Callie's last song, *Tutti Fruitti*, bought the house down.

Great work, Callie.

Please join us every Tuesday from 11am to 12 noon at the historic Perth Town Hall. Tea and coffee is available until 10.45am. For enquiries and information on guests or artists contact 9461 3145.

Churchlands Choral Society Concert

CHURCHLANDS Choral Society is preparing for its spring concert – *Noël d'Amour* – with musical director Kate Oliver. The concert, themed 'A Time for Love and Friendship', will be an appealing mix of popular love songs and unusual Christmas songs.

Accompanied by Matthew Dixon and joined by soloists David Penco, Timothy McNamara, Brianna Louwen and Kate Oliver (again) the choir will be singing English, Latin and German songs from the 14th to 20th centuries.

The concert is being held at 2.30pm on Sunday 22 November in the Beasley Auditorium at Perth Modern School in Roberts Road, Subiaco. Kate Oliver's talents may also be heard at her free graduation recital at 6:30pm on Thursday 19 November at WAAPA Auditorium.

The audience is invited to join the choir after the performance for afternoon tea served by the Red Cross who will appreciate a gold coin donation.

Contact Colleen on 9446 4402 or email tickets@ccs.joli.com.au for tickets (\$20 adult and \$15 concession).

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Meeting the needs of carers and maintaining relationships

by Rhonda Parker

ON the last count, there were 2.7 million carers in Australia. What that means is around one in nine of you are carers and more than 20,000 carers will read this edition of *Have a Go News* alone. Alzheimer's Australia WA takes its hat off to the kind, dedicated and committed paid and unpaid carers without whom our society would not be able to cope.

With dementia, there are anywhere up to 1,000,000 carers nationally. For the 70 per cent of people living with dementia in the community around 42 per cent of carers are the spouse/partner of the care recipient and 44 per cent are the son or daughter.

These caring family members are there in the time of need, but often lose out as a result of their commitment. The evidence suggests family carers are not always given the support and care they themselves deserve. As an example of this, a consumer of ours in his 60s was diagnosed with dementia; very soon afterwards his wife of 40 years had to quit her job to act as a full time carer because he was struggling to cope in the house

alone. In the early days, family and friends committed their continuing support and love. As symptoms persisted much of this commitment reduced to the point of almost no contact at all. Our couple became progressively socially isolated over time and now say they live quite a lonely existence, made worse by the challenges of the disease.

Family carers can live a lonely life, become housebound because of the lack of mobility of their loved one or the stigma experienced when they go out. They may experience financial stress because the carer roles affect their ability to earn, and have health issues themselves because of the intensity of the new role for which they have no training.

There are many things carers need, but perhaps the most important is for friends to continue to be there for them and learn how they can help. The family group or the social circle is a huge part of what makes most of us happy as human beings.

It seems extraordinary then that dementia, disability or a host of other life challenges can cause a fundamental break up of these structures as friends

struggle to cope with the change.

I have a theory on the main cause of the breakdown of family and friend support structures in dementia. When someone has dementia, family and friends often don't know how to handle it. Somewhere between the stigma of dementia and our awkwardness with not understanding the disease and how to interact with the person with it, we often withdraw.

A significant factor with dementia is that communication changes. As humans we communicate in very specific learnt ways with people we know and love and we form a bond based very much on what happens in this communication. Sadly, we struggle to change if our traditional communications are disrupted, as they are with dementia.

Breaking with our traditional communications is a challenge that is too big for some. I think it's mostly that we haven't learnt or understood how we can continue to be a friend that brings joy and meaning into the lives of those we love when the communication channels require adaption.

It is true that communication will

change in different ways for different people with dementia. However, this does not have to be a barrier to your relationship. Don't believe that these changes will mean all communication is over. You can communicate, you just need some help to understand how you can do that. Remember that a person with dementia may not remember what you have said, but they will always remember how you make them feel. Remember also that as you learn to understand dementia, your interaction with the person with dementia will support the carer as well.

Many resources are available to help with communication and AAWA offers free courses for family and friends. If you are reluctant, think of this. If you were to have communication challenges in the future, would you hope that people would try to find ways to continue their relationship with you? Or would you be happy to see what many carers and people with dementia see, which is the steady decline of most social interaction.

Instead of avoiding someone, please go to fightdementia.com.au to get help with better communication or ring our office on 9388 2800 for information.



CEO of Alzheimer's Australia WA Ltd,
Rhonda Parker

Fancy a paddle? Join Leisure Paddlers



LEISURE Paddlers, a very relaxed paddling group, is seeking new members, both male and female, to join the club.

The group paddles each Tuesday morning, setting off from different tranquil locations on the Swan River each week, with the occasional ocean paddle.

The general routine is to meet at a predetermined spot and paddle up or down the river for about an hour. They then pull ashore to have morning tea on the banks of the river.

The group then set off on the return paddle back to the start point, travelling around 10 km to 12 km all up.

Although preferred, new members do not need previous paddling experience, but a reasonable level of fitness. They do need a kayak or surf ski style of craft.

Leisure Paddlers is a registered club and safety of the members is a priority.

Although the paddlers paddle all year round, there is no commitment to turn up each week, with some members away for weeks at a time on extended travel.

If you enjoy nature and a healthy activity, with good fun and social benefits, contact them for further information:

Bill Quinn Schofield – 0412 219 254 or David Knowles – 0412 195 402.

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Community minded group tackle litter on Byford's highways and byways



THE 'Byford Bag Ladies and Lads' are a group of energetic, community spirited people who meet every Sunday morning for two hours to pick up litter on the roads leading in and out of Byford. The group is a familiar site in their neighbourhood and, as well as the South West Highway, they have cleaned

up more than 90km of other roads surrounding Byford, removing thousands of bags of litter from the environment.

Since 2011, some of the group members have been removing roadside litter, as part of the Keep Australia Beautiful (KAB) Adopt-a-Spot program and, along with another 575 registered groups across Western Australia, have benefited from the resources and support provided through the program.

Registered 'Adopters' agree to look after a site for at least two years and KAB WA provides clean-up tools and bags, an adoption certificate, volunteer insurance and safety information, at no cost.

Adopt-a-Spot co-ordinator Maureen Maher says the 'Byford Bag Ladies and Lads' and their inspiring leader, Colleen Rankin embody the 'have-a-go' ethic.

"When others complain of litter ruining the view, this group and others like them are getting out in the community, taking action and making a difference" said Ms Maher. "Besides beautifying their neighbourhoods, group members are great advocates for KAB and are always ready to accept new members and encourage others to get involved."

"Keep Australia Beautiful values the personal action of groups like the 'Byford Bag Ladies and Lads' who not only give up their time every week to be a regular presence on the roadside but do so with great community spirit and pride in keeping the local environment clean and safe for all."

Group leader Colleen Rankin says there are great rewards for participating.

"I'm hooked on picking up roadside litter and get great satisfaction from seeing our filthy roadsides converted to neat piles of orange bags. I also enjoy enhancing and developing bushland in local reserves and on roadsides with this great bunch of people," she said.

According to the latest National Litter Index, Western Australia still has a significant litter problem. While significant gains have been achieved with the reduction in litter levels by item and by volume over the last five years, the litter problem in Western Australia continues to be greater in magnitude than a number of other states. By item, litter in WA is almost twice (1.92) times that of Victoria and 1.3 times that of the ACT. By volume litter in WA is three times that of Victoria and 3.6 times that of the Northern Territory.

Ms Maher says the program is an easy way for community members not only to reduce litter, but contribute to a healthier, safer and cleaner environment.

"Many people feel frustrated by litter and feel they can do nothing about it. Adopting a favourite spot is a practical way to get involved in the community and be part of the solution."

For more information or to register your interest, visit www.kabc.wa.gov.au, call 6467 5339 or email adoptaspot@kabc.wa.gov.au

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stock up for a siege. The result is often a rubbish bin of leftovers as we struggle to use up the last of the ham and wilting salad vegetables. The Food Wise Campaign has some challenging information that's worth considering as we shop for the Christmas feast. Australians discard up to 20 per cent of the food they purchase. Each year Australians send four million tonnes of food to landfill. That's \$8 billion worth of fresh food, leftovers, packaged and long-life products, drinks, frozen food and takeaways.

to the compost not the rubbish bin.

For some, Christmas can be a lonely time because they are without extended family or are orphans of geography with relatives elsewhere. This is a time of year to think about newly-arrived immigrants or single neighbours – an invitation into your home for a Christmas meal could mean a lot. I live in the south west and my sons juggle family commitments with us and in-laws, so often our celebration is on Christmas Eve or when they drive down from Perth after Christmas. In recent years we've been gathering with friends for an informal celebration on the day. My favourite was a shared picnic of cold turkey, salad and bubbly on the bank of the Margaret River with several kayaks to head off in. Shady trees, old clothes, the dogs romping, no washing up – bliss.

Decorations can be simple – a bunch of red bottlebrush for me this year. If you are crafty you can find many websites with ideas for home-made decorations, wrappings and presents.

Getting caught up in the mad shopping rush is a particular trap of the season, along with worry about finding just the right thing within the budget. Remember the old jokes about socks? My favourite presents these days are something to eat, a garden plant that will keep on giving pleasure, or an experience – for example outdoor film tickets. Apart from breaking away from what I believe is over-the-top consumerism that has overtaken the celebration, these gifts can avoid the wrapping trap of plastic, foil and gift wrap that quickly end up in a ripped-up pile on floor.

Keep it simple, relax and enjoy the countdown.

Counting down to Christmas



Karen Majer

by Karen Majer

ABOUT this time of year the countdown starts – the number of days until Christmas. For the littlies this means how many sleeps before Santa arrives but for older family members it is more likely to be a race to get everything organised. Food, decorations, presents, cards –

and sometimes I have wished for Christmas in a tent on the beach with a turkey sandwich. In the spirit of simplifying life and trying to avoid some of the traps of commercial advertising, I've been taking things easier and cutting costs over the past few years. I started by making my own cards using a favourite photo from the year. At first I bought art paper but realised that the cost could be reduced by buying packs of cheap cards from last year that turn up in Op Shops. Stick the photo over the not-so-good Santa picture and it's done. I've received a few re-used cards from friends with a white label stuck over last year's message. Cheapskate? No way – great recycling! I've noticed that more and more people are emailing their greetings with news and photos. This may seem less personal but cuts costs enormously – no cards and postage.

Next the food. Our society places much emphasis on the festive fare and some people

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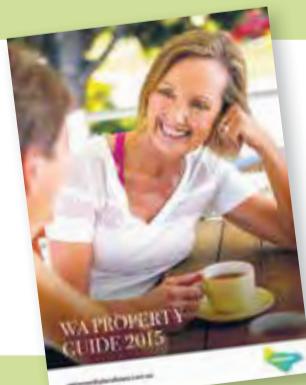


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WED 11 NOV	Parkland Villas Mandurah 2 Hungerford Ave, Halls Head Ploughman's Lunch, Talk & Tour 9:30am – 2pm	WED 18 NOV	Lakeside Village 14 Lewington Gdns, Bibra Lake Ploughman's Lunch, Talk & Tours 11am – 2pm
SAT 14 NOV	Parkland Villas Woodlands 52 Liege Street, Woodlands Open Day – BBQ & Tours 10am – 2pm	SAT 21 NOV	Homestay Village 267 Wharf Street, Queens Park Open Day – BBQ & Tours 11am – 2pm
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Dates/Times subject to change – refer to website. Photographic depictions are for presentation purposes only may not have been taken at a village. 09/2015

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In celebration of the event, Australia issued its fourth and

last pre-decimal commemorative coin, the Royal Visit florin (two shillings). It is a beautiful silver coin of simple yet symbolic design featuring a British lion and Australian kangaroo proudly and stoically standing side-by-side. It was designed by William Leslie Bowles, an illustrious Melbourne-based sculptor of Irish descent whose work included amongst many others, sculptures for the Australian War Memorial. Sadly, he died at the age of 69 of coronary vascular disease while the Queen was actually on tour. Two million coins were released and so it was not a limited edition and as is the case with special releases which capture collectors and regular folk's attention, many were souvenired and hence it is still comparatively easy to find today.

There is a degree of fatal irony regarding the cause of Bowles' death in that the Queen's own father also died

of a blood clot in the heart. He died in 1952 just one week after he had farewelled his princess daughter, Elizabeth, who had embarked on a tour to Australia via Kenya. Because of his ill-health the young princess had been sent in his place, in fact, the king had intended to tour Australia and New Zealand in 1949 but was unable to for the same reason and so the tour was rescheduled for 1952 but even by then his health had not improved sufficiently so Elizabeth was sent, only to reach Kenya and then have to return home upon receiving the tragic news of her father's passing.

Following her coronation in 1953, the Queen embarked on a six-month royal tour. She and Prince Philip travelled aboard the royal yacht, SS Gothic, visiting Bermuda, Jamaica, Fiji, Tonga, New Zealand, Australia, Cocos Island, Ceylon, Aden, Uganda, Malta and Gibraltar. Following their arrival in Sydney from New Zealand on 3 February 1954, the couple flew (which was somewhat adventurous to do back then) to Queensland on the 13th, Canberra on the 22nd, then returning to Sydney where they re-embarked the Gothic and travelled to Melbourne arriving on the

1 March. On the 10th they sailed to Tasmania arriving two days later where she spent six days, two of which were free of engagements. Then on to South Australia from which she departed by air on the 26th for Perth via Kalgoorlie.

On arriving in Perth she was greeted at the airport by tens of thousands of people including children which was significant because the city had been gripped by a polio epidemic with handfuls of children being diagnosed each day whereby the total for that month alone was 191. The city rose to the occasion with most of its building's contours lined with light bulbs. A parade of the city was held with the royals also attending civic receptions in Northam, York, Bunbury and Albany. They dined at Parliament House, danced at a ball at UWA, enjoyed an evening at Gloucester Park and laid a wreath and planted two eucalypts at Kings Park War Memorial which now stand at least 30 metres tall. The final event of their Australian visit was an official reception at Government House. Before departing from Fremantle on the Gothic, a choir of 250 girls sang *Waltzing Matilda* following which Prime Minister Robert Menzies called for the crowd of 30,000 to farewell them with three cheers.

By the end of their tour the Queen had apparently lost a few kilos which goes to show how hard she worked to meet, greet and please her subjects far and wide. In terms of performance, I'd suggest she would have made some of today's rock stars look like wimps. Three cheers!...may she rock on.

Email
smits@westnet.com.au

Black Swan stages an electrifying rock musical with a difference



Next to Normal's
Rachael Beck and Brendan Hanson

Black Swan State Theatre Company presents
Next to Normal

Music by Tom Kitt, Book and Lyrics by Brian Yorke, 7 - 22 November

NEXT TO NORMAL is a Pulitzer and Tony Award-winning rock musical that has enthralled audiences on Broadway and is a first for Perth.

Meet Diana Goodman, loving wife and mother who wants nothing more than for her husband Dan and their two children to

get along like one big happy family. But in a seemingly perfect suburban neighbourhood, their struggles, like most families, are anything but normal. They test and mock each other at every turn - but how are they meant to cope when one of them suffers from hallucinations?

Filled with music, fun and pathos, this play revolutionised the genre and is the most critically acclaimed musical since *Rent*.

Featuring songs like *My Psychopharmacologist and I, Didn't I See This Movie?*, and *Superboy and The Invisible Girl* – this world-class production is the prescription you need for the ultimate in contemporary music entertainment.

Next to Normal is presented through special arrangement with Hal Leonard Australia Pty Ltd on behalf of Music Theatre International.

WARNING: Contains strobe lighting, coarse language, simulated drug taking and sexual references. Book @ ticketek.com.au or 1300 795 012 or Ticketek outlets.

Groups 8+ 1300 364 001

WIN WIN WIN

To be in the draw to win one of five double passes to the first preview on Saturday 14 November, be among the first five callers to phone the Have a Go News office during normal business hours (Monday to Friday between 9am- 5pm) on 9227 8283. Competition ends 11/11/15.

Margaret lights up Hooray for Hollywood at the Windsor Cinema

WIN WIN WIN

To be in the draw to win one of five passes to the Hollywood Retro Film festival simply send an envelope to Hollywood Retro - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Or email win@haveagonews.com.au with Holly Retro in the subject line, please include your details. Competition closes 26/11/15.



Wrath, *The Maltese Falcon*, Citizen Kane, Casablanca and more.

"I'm so excited to announce the first ever Hollywood Retro Film Festival. Many of the 22 films haven't been seen in a cinema in decades and will look terrific in HD digital," Margaret said.

The films include classics from the 1930s to 1960s.

For the full program visit www.lunapalace.com.au or contact the Windsor for group bookings on 9386 3554.



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POPULAR movie presenter and commentator Margaret Pomeranz (pictured above) presents the Hollywood Retro Film Festival at the Windsor Cinema from 26 November to 16 December.

Films being presented include *It Happened One Night*, *Camille*, *Gone with the Wind*, *The Grapes of*

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John W, Benalla, VIC
18 Jan 2010

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

Paul E, Ormond
22 April 2008

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

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

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

Gordon M, Rochedale, QLD
4 December 2009

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[Health Kick Mandurah](#)

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100 St Georges Terrace, PERTH 6000

445 Cambridge Street, FLOREAT 6014

207 Main St, OSBORNE PARK 6017

Shop G93, Karrinyup Shopping Centre

200 Karrinyup Road, KARRINYUP, 6018

Shop 42, Whitford City Shopping Centre

Whitfords Ave, HILLARYS 6025

Shop 234, Whitford City Shopping Centre

Whitfords Avenue, HILLARYS 6025

Shop T101, Lakeside Joondalup S/C

JOONDALUP 6027

243 Great Eastern Hwy, MIDLAND 6056

Shop 17, Centre Point Shopping Centre

Great Eastern Highway, MIDLAND 6056

Shop 50 - 53 Dianella Plaza Shopping Centre

DIANELLA 6059

Shop 15, 35 Sanderson Road, LESMURDIE WA 6076

16A Chapman Rd, ST JAMES 6102

Shop 82B Belmont Forum Shopping Centre

BELMONT WA 6104

Shop 5 & 6, Cnr Belmont & Kenwick Rd

KENWICK 6107

32 Selby St, THORNLEY 6108

Unit 1 / 42 Rostrata Ave, WILLETTON 6155

Shop 10B, Melville Plaza Shopping Centre

390 Canning Highway, MELVILLE 6156

Shop 4, Kardinya Park S/C KARDINYA 6163

Shop 7, Phoenix Shopping Centre,

254 Rockingham Rd, SPEARWOOD 6163

Shop G81, Rockingham Shopping Centre,

1 Council Avenue, ROCKINGHAM 6168

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

Shop 12, 175-179 Mandurah Tce, MANDURAH 6210

Shop 78, Mandurah Forum, MANDURAH 6210

55 Forrest Ave, BUNBURY 6230

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Seniors Recreation Council Update

CHRISTMAS VARIETY CONCERT

SRCWA presents a Christmas Variety Concert on 14 December at the Morley Sport and Recreation Centre, 12.30pm to 4.30pm. Cost \$25pp including refreshments, places are limited and there will be no door sales please contact the SRCWA office on 9492 9773 to book your tickets.

Featuring: Laura Downing, Terry Bennetts, Evan Platshinda, Ginger Cox, Kate Hindle and the musicantes.

This promises to be an afternoon full of fun and entertainment with raffle prizes and much more.

An advertisement with full concert details is included on this page.

LIVELIGHTER AGED CARE GAMES SOUTHWEST CAES BRANCH

ON 25 SEPTEMBER SRCWA held the Southwest Capes LiveLighter Aged Care Games in the Margaret River Cultural Centre.

The winners were William Carey Court with 281 points, second place went to Augusta HACC with 216 points and third place went to Ellenvale Aged Care with 209 points and best presented team was awarded to Mirrambeena, the oldest participant was Kim McEown.

Congratulations to the Southwest Capes Branch volunteers who not only set up the hall but also provided morning tea and a delicious lunch for all participants.

LIVELIGHTER AGED CARE GAMES PEEL BRANCH

THE PEEL LiveLighter Aged Care Games were held on Tuesday 13 October at the Waroona Recreation and Aquatic Centre. What a fantastic day it was with more than 240 seniors in care excited by the opportunity to spend the day taking part in specifically designed activities. The teams this year made an extra effort to decorate their area and dress team members in colourful outfits/uniforms which ranged from nuns, priests and bishops, gypsies, Bollywood, Vikings and many more.

The volunteers on the day put together the playing area, scored and assisted the participants throughout the day. A big thank you to all the volunteers from ALCOA, Peel Branch of SRCWA and SRCWA State Office.

A special mention and thanks to LiveLighter Healthway, ALCOA and Shire of Waroona for their generous support of the games.

Congratulation to Amana Angels - Wearne House for taking out first place with 261 points and Brightwater The Cove who came second with 254 points and Mandurah Social Centre who came third with 253 points. Congratulations to Care Options for winning the best presented team plaque. The oldest participant was Bill Taylor who is 99 years young.

LIVELIGHTER ACTIVITY/INFORMATION DAY, COOROW

ON 22 OCTOBER the SRCWA Mid West Branch held an activity/information day in Coorow which was attended by 50 people from around the Mid West region. Presentations included information on activities to keep you active and diabetes prevention including healthy eating habits.

Activities included carpet bowls, shuttle ball, cup and ball catching, darts, Xbox Kinect activities and pole walking. Thank you to Betty O'Callaghan OBE and the Mid West Branch for a great day.

SRCWA ROCKINGHAM BRANCH CHRISTMAS CONCERT

SRCWA Rockingham Branch presents a Christmas Concert on 8 December at the Gary Holland Community Centre from 2pm to 4pm. Cost \$10pp including refreshments.

Contact Frances: 9592 7651 or Noble Real Estate: 9592 2222 to book your tickets.

Entertainment by "The Entertainers".

This promises to be an afternoon of fun and entertainment including raffle prizes.

HAVE A GO DAY 2015

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

Have a Go Day is SRCWA's flagship event and it is almost here, this year Have a Go Day falls on Remembrance Day. The Official welcome at 10.30am will include the Ode and Still and participation by Minister Tony Simpson MLA, Victoria Park RSL sub group, 10th Light Horse Kelmscott/Pinjarra Group, WA Police Pipe Band and bugler for the Last Post, Ms Maeve Lander.

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 141 you could win a prize on their chocolate wheel, don't forget the free major prize raffle, entry forms and barrel at site 153.

The October issue of *Have a Go News* contained the Seniors Week liftout and the front cover story plus a two page spread on Have a Go Day with all its attractions. Thank you to *Have a Go News* for the fantastic support and promotion.

Thank you also to Channel 7, Home in WA, 882AM 6PR and Curtin fm 100.1.

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



Hugh Rogers,
Seniors Recreation Council
State President

Keeping things in perspective at Australia Post

by Mickel Smits

LAST month we discussed Australia Post's application to the ACCC to increase the basic postal rate to \$1 for a standard letter. In response I received a couple of emails (not letters), one from an Australia Post employee who works in their process improvement division, the other from a *Have a Go News* reader who I gather is of German descent by virtue of his name.

Our *Have a Go News* reader thought the article was good but was concerned I'd fallen for the spin from Australia Post's CEO, Ahmed Fahour, that the postal authority's bid for the increase was justified. He was also somewhat scathing of Mr Fahour "creaming 5 million a year for a civil service job with no responsibility" and that "post

shops were bad as they steal business from newsagents and other retailers while we wait in line for postal business". And he felt it was "evil and inefficient" that he had to pay \$2.85 to send a postcard to his resident German friends who are only charged the equivalent of \$1.25 to send one in return.

The Australia Post employee "thoroughly enjoyed" the article while saying "it is refreshing to see some easy to digest figures in regards to our CSOs (Community Service Obligations) which shows why the increase is necessary and wish that content like this would make it in the mainstream media, rather than the usual Australia Post bashing that goes on when an increase like this occurs".

When I wrote the piece I endeavoured to take a prag-

matic approach to the issue because, after all, the writing is on the wall that mail volumes are ever diminishing yet postal authorities the world over are still required to provide their communities much the same service as in bygone years, and at a modest cost. It is also in the nature of my character to give-a-fair-go, consider different perspectives and reconcile from there - I feel both the responses I received have valid outlooks so let's consider a little further.

It's never savoury having to cop an increase particularly when they're governmentally induced and even more so if it's a fixed cost of living, all of which we can together vouch, has been pandemic in recent years...isn't it funny, though not, when times get tough, fixed costs unrelentingly continue to rise while wage growth declines and discretionary spending prices are reduced in an effort to woo whatever disposable income we may have left over.

Yes, Mr Fahour earns far too much money for most of us to believe let alone accept but when he tells us that's the market-rate for a CEO in control of an enterprise turning over almost \$6 billion then who are we to argue when we know of it to be evidently true elsewhere - as with rising costs, we've been condi-

tioned to resign ourselves to them and relent but even still, deep down, us oldies do so begrudgingly because we remember the days when public servants could rise to the top jobs by way of long-term service, through which time, hands-on knowledge and experience was acquired and for which one ascended and was rewarded, but not excessively so - it's my guess there's even resentment within his own organisation on this basis but in having said that, he seems a personable character with one AP employee once telling me he's "really out there".

He must be doing something right because he's managed to hold onto his job for six years and is in fact the planet's highest paid postal worker, earning even more than the CEO of the world's largest postal and logistics organisation, Deutsche Post DHL, which turns over \$90 billion a year, employs something like 450,000 workers (vs AP: 32,000) in more than 200 countries, delivers about 65 million letters (vs AP: 12 million+) a day in Germany alone, and makes a profit which Australia Post failed to do last financial year, the first time in more than 30 years.

Germans pay the equivalent of \$1 to send a standard letter which is something Mr Fahour could rightly point

out, likewise, Deutsche Post has closed down in excess of 20,000 post offices and instead developed a network of agencies stationed within various businesses including banks, convenience stores and even in private residences in remoter areas. Another thing Mr Fahour will tell us is that Deutsche Post began liberalising their postal service in 1989 which became fully privatised in 2000 when its shares were floated on the stock market however 21 per cent are still owned by the government through the state bank, KfW.

In the period 1998 to 2003, Deutsche Post expanded its European and international operations through acquisitions of large logistics companies in Holland, Switzerland, England and notably the US where it gained ownership of Global Mail, Airborne Express and DHL International, which were then amalgamated under the umbrella company, Deutsche Post DHL. With such a massive network in place, no doubt running at incomparable German efficiency, is probably why they can get those postcards to Australia for just \$1.25; pretty amazing really.

Email
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Have-a-Go NEWS
Rossmoyne residents
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H-030-014/APAC/30MAY2014

Cdiffense
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Camille Gibson, Study Coordinator, Vaccine Trials Group 9340 8542

Seniors Recreation Council of WA

* Christmas VARIETY CONCERT *

Kate Hindle Muscantes Laura Downing

presented for your enjoyment by
Phil Paddon and Red Dog Music

Monday 14 December

12.30pm - 4.30pm

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

Special guest multi-talented balladeer and yodeller **Laura Downing** from Queensland.

Band of Mates **Terry Bennetts, Evan Platshinda** and **Ginger Cox** talented guitarists and country balladeers

Local crowd favourite **Kate Hindle**, a Collie lass studying at WAAPA

Muscantes, a group of Italian Operatic Entertainers

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Seniors Recreation Council WA 9492 9773

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Former Australian Women's Army base threatened



Ugo De Marchi and Digger Cleak

by Josephine Allison

IT SEEMS a world away now, but 70 years ago an area of land off Hope Road in Bibra Lake was the busy base for the Australian Women's Army Service during World War II. Local residents are now fighting to preserve the site planned to be part of the State Government's Roe Highway stage 8 freight link.

Bibra Lake Residents Association president Christine Cooper, who is heading the campaign to save the site, said it was used during World War II as the regimental headquarters and the 66AA Battery stationed there with around 200 women living in tent accommodation.

A petition to the State Government calls on it to overturn the decision to build the Roe Highway extension, saying it will have a devastating impact on the communities and environments of North Lake, Bibra Lake and Coolbellup including the Beelar wetland. The City of Cockburn considers the wetland the jewel in the crown of Cockburn, while local residents describe it as the Kings Park of the south.

Premier Colin Barnett has said the site does not extend far enough to affect the Roe 8 and the six-lane highway will go ahead.

Ms Cooper said she found out about the site at a meeting with some Coobellup residents she attended as association president to discuss the Roe 8-Perth freight link.

"Ugo De Marchi, who grew up in the area, mentioned the World War II site was where the highway was planned to be built; nobody else knew about it. Mr De Marchi provided me with excerpts from Eileen (Reilly) Tucker's book, *We Answered the Call*, which tells interesting stories about the women stationed at Bibra Lake, having to deal with snakes and bushfires.

"I followed up by going to the site and finding the remnants of toilets, a shower block and paths, still there after 70 years. The City of Cockburn had an independent historical consultant assess the site and council later voted to approve it for a high level of heritage listing. It has also taken a further step in applying for an emergency heritage listing at a national level as it believes that the site may be the only one of its kind left untouched in Australia."

An excerpt from Tucker's book says, "although the bush site was known as Bibra Lake the AWAS claim they never saw anything that

looked like a lake. There is a lake – quite large, at the junction of Forrest and North Lake Roads but it is unlikely that the roads were of first class standard in the area during the war years... only a bush track."

"They were well and truly in the bush, surrounded by paperbarks, eucalyptus, Christmas trees and banksia. The bright orange bunches of flowers on the Christmas tree are unique to the West. They were intrigued by the many unusual and beautiful wildflowers that bloomed profusely in the spring."

Ms Cooper said she had researched libraries and websites to seek as much information as possible, and had not found any other heritage listed AWAS campsites listed anywhere else in Australia.

"There are war memorials and a fountain in Victoria but no whole AWAS camp sites appear to be left or remembered so this is extremely significant and needs to be preserved."

Have a Go News visited the site with Mr De Marchi and City of Cockburn RSL president Digger Cleak (the RSL is supporting the campaign). Remnants of a shower block and toilets can be seen amid the bushland.

Mr De Marchi said as a child he could remember searchlights in the area beaming on a plane. He could also see other spotlights lighting up towards Melville, Bibra Lake and Spearwood.

An advertisement in the *Sunday Times* of 15 September 1945 lists a big range of buildings and implements from the Bibra Lake site for sale.

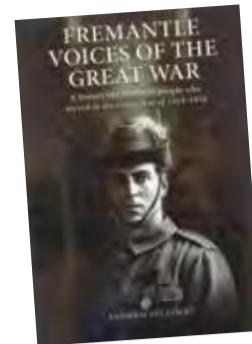
Ms Cooper is spearheading a campaign to unearth stories from women who served at Bibra Lake and their families.

"It is these stories and memories that will be so important for future generations so they can understand the contribution made by these young women. The girls had enlisted to help defend our country and were fully trained in the use of weapons, searchlights and plane spotting and would have used these skills if necessary."

The daughters of two women who served at Bibra Lake have come forward with information, not knowing their mothers were good friends during the war.

Ms Cooper would like to hear from anyone who has stories and photos from their mothers and relatives based at Bibra Lake. She can be contacted on 0405 113 294 or email: bibalakera@gmail.com.

Book review



our country, this cannot be called war, it is nothing but murder'. Herbert Dunn writes that he had gravel in his eyes after an explosion nearby and doctors cleaned them out and he went back to the front line where part of the trench was blown in on him 'altogether I was blown up three times and buried twice'.

Fremantle Voices is packed with graphic accounts of the wretchedness and desolation felt by those so far from home. The rats 'as big as horses', the mud, the stinging, biting, cold that had strong men weeping, were the lesser of the evils that befell them.

After a hundred years these letters and diaries reach out to us 'Lest we forget.' A very moving and well researched book, it is set out chronologically from enlistment to the end of the war. A great read.

The book is available through New Edition bookshop, The Army Museum of WA shop, the Royal WA Historical Society bookshop, Imprimatur books or directly through Andrew - fremantleww1@hotmail.com or 0417 296 009. The cost is \$50.

WIN WIN WIN

We have one copy to give away. To enter please write to 'Fremantle Voices' Competition, Have a Go News, PO Box 1042, West Leederville WA 6901, or email win@haveagonews.com.au with Fremantle in the subject line. Don't forget to write your name, address and telephone number on the back of an envelope. Closes 30/11/15.

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A millinery class for war widows, 1919

FOR many ANZACs, the horrors of war didn't end when they returned home. Ongoing health problems – both physical and mental – often meant unemployment, disability and pain. The intimate details of such difficulties are preserved in more than 600,000 World War I repatriation records, held by the National Archives of Australia.

They document the medical care, welfare services and pensions provided by the Repatriation Department – now known as the Department of Veterans' Affairs. Very few of the files have been viewed since their official use.

To mark the centenary of World War I, the

National Archives has begun a \$3.4 million project to describe and digitise many of the records, ensuring greater public access.

"These records really show the ongoing impact of the war on individuals, their families and the nation as a whole," said David Fricker, director-general of the National Archives. "I believe the release of these records will be seen as a major contribution to social history research in Australia."

"In a staged program, our plan is to describe as many as possible in our online database, RecordSearch, making them much easier to discover. At the same time our staff will repackage them in archival materials to ensure their ongoing preservation. This stage aims to digitise 5000 of these repatriation records, notably of the men and women who left Australia from Albany in November 1914 as part of the first convoy, and returned home again."

"More than 2300 have already been digitised and are available online by searching under the person's name or service number."

To find out more, and search for your own family's digger, visit the Archives Discovering Anzacs website at <http://discoveringanzacs.naa.gov.au>.



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Heritage Corner 150th Anniversary Royal Perth Yacht Club



*Left to right; Western Australia's oldest yacht club, The Royal Perth Yacht Club
 - Circa 1870, view of the clubhouse after there had been further reclamation of the Esplanade*

AS WESTERN Australia moves into summer, thoughts of yachting and other waters sports come to mind. This year WA's oldest yacht club, the Royal Perth Yacht Club celebrates its 150th anniversary – which makes it the third oldest in Australia.

Some early club minutes show its formation came about in 1865; however the first recorded sailing race in the Swan River Colony took place in 1841. It was a modest regatta created by a group of sailors to celebrate Foundation Day and it wasn't really a great success because, in those days, rowing was the favoured water sport.

The first rowing club in the Swan River colony, the West Australian Rowing Club, was established in 1868 and is now the last remaining boat shed on the city foreshore. It is the most beautiful wooden building located next to Barrack Square and the Bell Tower.

Despite this rather lack-lustre beginning, yachting activities and the regattas continued. They included yacht races and gig rowing races, gigs being narrow 'clinker-built ships' boats. It also featured duck hunts which were very popular with the public. The regattas were run by the committee which eventually formed the core of the Perth Yacht Club.

In 1873 plans were made for the construction of a boathouse and moorings. By the late 1870s, the fortunes of the club were beginning to improve and in 1880 a jetty was built at the club's original location: the foot of William Street. At that time the state's population was

a mere 49,000.

The original clubhouse was opened in 1889 near the jetty. It was not an overly celebrated event, with neither the press, nor the club's own minutes recording much of a mention.

In 1890, on the recommendation of the then Governor Sir Frederic Napier Broome, the club received the title and prefix of Royal from Queen Victoria. At the same time the Lords of the Admiralty granted the club the Royal Warrant to fly an un-defaced blue ensign. A general meeting was held in 1891 and a unanimous decision was made to dispense with the old blue PYC Burgee, and adopt a new one. The same design seen today was the one chosen. It features a white burgee or triangular flag bearing a red St Georges Cross and is emblazoned with a St Edwards crown in the upper canton.

By the 1920s sailing was established and clubs could not only be found in Perth, but also Fremantle, Albany, Esperance and Geraldton. It was at this time that the clubhouse was extended and the club formed the Royal Australian Naval Volunteer Reserve in Western Australia.

By 1938 consideration was being given to move the club to a better location. This was not greeted all that warmly from some members who rather enjoyed popping into the clubhouse from the city at lunch time for a swift one. World War II put a stop to the move temporarily, however it eventually moved to its current site on Crawley Bay in 1953.

Royal Perth Yacht Club has a long reputation for producing champions and staging major international events. Famous members who have gone on to international status include John Bertrand, Peter Gilmour, Iain Murray, Colin Beashel and lone-circumnavigator Jon Sanders. In more recent times the list includes Sebastian Destremau who is one of the three top ranked Australian match racers, David Dicks who holds the record for the youngest solo circumnavigation, and Noel Robbins who has won a Gold Medal for Australia in the Paralympics.

The Swan River has provided much to the people of Western Australia. Heritage Perth's last event for the 2015 Walk and Talk Series acknowledges the important role the Swan River has played in our lives. It has not always been a locale of water sports. Throughout its history the river has been the lifeblood of the area. For the past 40,000 years the Noongar people have used it as a food source and early European settlers as a freeway.

Historian Sue Graham Taylor will be giving a talk on Wednesday 25 November that traces the history of our beautiful Swan River. Located at the Burt Hall, St George's Cathedral, the talk will run from 12.30pm to 1.30pm. It is FREE, however bookings are essential.

For more information about Heritage Perth visit www.heritageperth.com and follow them on Facebook www.facebook.com/HeritagePerth or twitter.com/heritgeperth

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	Night	5:30 pm	Australia Gold v Czech Republic
Monday 4 January	Day	10:00 am	Ukraine v USA
	Night	5:30 pm	Great Britain v France
Tuesday 5 January	Day	10:00 am	Czech Republic v Ukraine
	Night	5:30 pm	Australia Gold v USA
Wednesday 6 January	Day	10:00 am	France v Germany
	Night	5:30 pm	Australia Green v Great Britain
Thursday 7 January	Day	10:00 am	Australia Gold v Ukraine
	Night	5:30 pm	Czech Republic v USA
Friday 8 January	Day	10:00 am	Great Britain v Germany
	Night	5:30 pm	Australia Green v France
Saturday 9 January	Twilight	3:30 pm	Winner Group A v Winner Group B

PETER BROWN

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*This schedule is provisional only and subject to change.

3-9 JAN 2016



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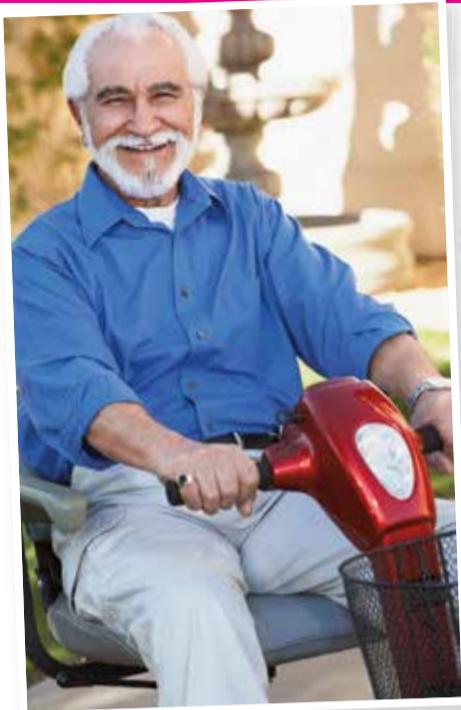
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FOOD & WINE

ADVERTISING FEATURE

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

Marinade ramps up the flavour



Add lashings of flavour with various spices and herbs to your next marinade

by Noelene Swain

MARINADE: A liquid mixture, usually of vinegar or wine and oil with various spices and herbs, in which meat, fowl, fish, or vegetables are soaked before cooking.

A fruity olive oil, fresh herbs and a good spike of lemon are the only introductions you need to the wonderful technique of marinating. Combine, immerse meat, soak for a couple of hours and you've got a succulent joint or fillet imbued with another layer of subtle flavour.

Of course, this is just your starting point. Once you're hooked on this simple method of adding lashings of flavour you won't be able to stop your-

self marinating nearly everything with nearly anything you can get your mitts on. With a few key points and classic techniques up your sleeve, you'll be able to effectively experiment with a whole host of interesting flavours, often most happily sourced from your own garden or the back of the pantry.

Marinades contain oil to lubricate, an acid such as vinegar or lemon juice to tenderise, and seasonings to flavour. Your timings depend on the type and weight of the food being marinated; as a general rule of thumb, the longer the food is left in a marinade the more flavour it absorbs, however excessive marinating can produce meat that is overpow-

eringly flavoured and soft in texture.

A rough guide is chicken (boneless) one to two hours, chicken (bone-in) one hour to overnight, beef, lamb or pork four hours to overnight and vegetables 30 to 60 minutes. The one you need to be particularly careful with is fish and seafood, which really only needs to be soaked for 10 to a maximum of 30 minutes, depending on thickness. Any longer and the acidity of the marinade will start to break down its delicate texture and cause it to become mushy.

Use glass, ceramic or plastic bowls or trays. Heavy-duty sealable plastic food storage bags are also good choices. Do not use metal containers for marinating food as the acidic mixture may react with the metal.

The marinade does not need to wholly cover the food. As a rule of thumb, allow $\frac{1}{4}$ to $\frac{1}{2}$ cup marinade for every 500g-1kg of food. Turn the meat a few times throughout the marinating process to ensure even coverage.

If you are planning to marinate for a short period, prepare the marinade a couple of hours ahead of time and refrigerate so the flavours mingle better. Reserve a portion of marinade to baste the meat with before immersing raw meat in the mixture. For safety reasons, always discard marinade in which raw meat has been soaking. Also remember to pat meat dry prior to grilling; excess marinade will cause the meat to stew.

An understanding of individual marinade ingredients and the various functions they perform is helpful in creating your own marinades from scratch. All marinades for grilling must contain a good proportion of oil to add moisture, however naturally fattier cuts of meat or oilier fish will need less. Oil selection is very much dependent on the type of recipe; think robustly scented virgin olive oils for Mediterranean styled dishes or blended peanut and sesame oils for a more Asian-inspired flavour. Fresh herbs, garlic, chilli and other seasonings can be added to oils and left to infuse for a couple of days for a more intense taste.

Acids are the next building block of a classic marinade, acting as a wonderful tenderiser and adding a piquant lift to whatever is soaked in it. Vinegar, be it white, red, sherry or Chinese black, and the members of the citrus family are fabulous acidic agents.

Yoghurt and buttermilk are also sufficiently tart and ensure moisture is retained in the meat.

Herbs, spices, wine and a cornucopia of other seasonings are next in line, and this is where you can really use your imagination and all those

spices that have been languishing at the back of the rack for far too long. Always remember to season liberally with salt and pepper as they help highlight the sensations of other flavours.

Robust flavours like rosemary, thyme, red wine, fresh mint, juniper berries and studs of locally grown garlic marry wonderfully with beef, lamb and game. Hoisin, char siu, all-spice, teriyaki, coriander, honey, mirin, rice vinegar and ginger work fantastically for more Asian influenced essence.

Chicken, pork and fish love the slightly lighter but no less intense stylings of turmeric, ras-el-hanout, dill, basil, fennel seeds, oregano, lemon juice, verjuice, lime, coconut and cumin. The key is to start with some classic marinade combinations and develop an understanding of what particular flavours and techniques suit your style and taste buds, moving on to more adventurous concoctions. A good starting point is any one of these simple dishes that allow a well-composed marinade to shine.

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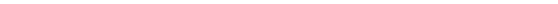
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FOOD & WINE

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

ADVERTISING FEATURE

*Vince Garreffa's*

Beef and vegetable rissoles

GOOD reliable mince has saved many a family budget. When you stretch the volume of mince with vegetables, not only does it go further and tastes great but it's also extra healthy. Beef up your veggies soon.

Ingredients for four to six people:

1 kg minced beef
1 cup eggplant diced small
1 cup red onion small diced
1 cup grated carrot
150gm diced fetta cheese (small cubes 1cm x 1cm x 1cm)
1 big tablespoon Dijon mustard
2 eggs beaten
WA organic lake salt to taste
EVOO – Extra virgin olive oil
Plain flour

Method

First fry the onion and the eggplant in a little EVOO until they are not only cooked but well caramelised and coloured, then drain on lots of absorbent paper to remove moisture and oil.

Next in a large bowl mix all ingredients except eggs and plain flour. Mix it gently and then add the eggs and mix gently again. If the

mix is too sloppy to turn into tennis ball sized rissoles then start to add sifted plain flour, a little at a time. Mix all the ingredients well. The mix is right when your rissole can stay in a ball shape without sinking like a burger. Place rissoles on a baking tray and drizzle with EVOO and then bake at 175°C for 30 to 40 minutes until cooked through.

Serve hot or cold with salad, hot vegetables or mashed potatoes.

Buon Appetito!

Ed's note – these are the most delicious rissoles!



*Letters to...
Vince Garreffa*



IF YOU want a particular recipe of mine, don't hesitate to drop me a line at *Have a Go News*.

Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au.

Please include your telephone number so I can call you!

Music makes the wine taste good



by Frank Smith

HERE'S an idea for your next party. Choose wine to fit the music or music to fit the wine.

Dr Adrian North, now head of psychology at Curtin University, studied combined drinking wine and listening to various types of music. In one experiment he recruited 125 men and 125 women to drink Chilean Cabernet and Chilean Chardonnay while listening to four types of music.

The music ranged from powerful and heavy to mellow and soft, played briefly while participants tasted the wines. The choice of music had a measurable impact on tasters' impression of the wine; when lively music was playing, the

group overwhelmingly found the wine to be lively, and when powerful music was playing, the wine seemed powerful as well. When the music was mellow and soft, the participants found the same qualities in their glasses.

Here's some wines to sip while listening to your favourite music.

Jacob's Creek Reserve Limestone Coast Shiraz 2014. The colour is deep crimson with purple hues, the nose shows fresh blackberry, plum and liquorice aromas with cedar and vanilla from oak. The palate is full bodied with plum and spice flavours complemented with light vanilla and lavender notes. A wine to go with cheese and red meat.

RRP \$19.95.
For those who prefer organic food

and wine the Findley family of Mudgee NSW made the decision in 2009 to go organic and create a high-quality bottle at a reasonable price. The first organic vintage was in 2013. Their property has since grown to be the largest organic growing vineyard in the region. They say growing organic vines creates a closer relationship with the terroir and environment.

Bill Byron Wines Organic Shiraz Cabernet Merlot 2013. This blend is dark red colour. It combines the spicy plum berry of Shiraz with the structure of Cabernet Sauvignon and the velvety softness of Merlot. The blend combines flavours of ripe blueberries and blackberries with a touch of chocolate. There are hints of oak maturation, to soften the strong natural tannins and give notes of vanilla and spice. It provides great flavour and a great drinking experience. RRP \$22.95

Angullong Pinot Grigio 2015 Pale straw in colour it displays aromas of apple skin and pear with attractive spice and stone fruit adding complexity. The palate is vibrant with cool climate flavours of pear and apple flesh with fresh, crisp finish. This wine pairs well with Asian dishes or chicken. RRP \$19.95.

Richard Hamilton The Hills Pinot Grigio 2015 This wine from the Adelaide Hills is light straw yellow in colour with a delicate bouquet of nectarine and peach with hint of ginger. Palate silky with soft acidity and persistent flavour. A good match for seafood or as an aperitif. RRP \$20

To market, to market - enjoy Inglewood's local markets

THE INGLEWOOD Night Markets are held every Monday from 6 - 9.30pm from Dundas Road to Sixth Avenue

along Beaufort Street. There's a plethora of fabulous stalls including food vans, fresh produce and arts and crafts. These

markets run until March 2016.

Mondos Butchers at 824 Beaufort Street, Inglewood is running Saturday mini

-markets from 8am to 12noon. Come along and enjoy Essenza coffee, New Norcia baked goods and lots of local food artisans.



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FOOD & WINE

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

ADVERTISING FEATURE

Brunch with T



by Tahlia Merigan

THIS month my brunch partner was my best friend Taylah and I let her choose our café for the month.

Taylah has bright yellow hair and we're probably an odd pair but we love each other to bits and she chose...

Sapore Espresso Bar
4/275 Belmont Avenue
(corner Fulham Street),
Belmont.

Open 7am - 4pm weekdays, 8am - 4pm weekends.

I think she chose *Sapore* in Belmont so we could go op shopping afterwards but we've heard good things about it and wanted to give all areas around Perth a go. *Sapore* is near Belmont Forum and Reading Cinemas. We arrived at about 10.30am on a Friday and it was still very busy. It is order at the counter and they don't offer seniors card discount.

We chose a table by the window for some privacy. Taylah and I are pretty similar in what we order for brunch so I made sure we got different things. The menu has a big selection and

is very reasonably priced. They also have an amazing cabinet of sweets.

They are a big café and have plenty of seats and I really liked the artwork they have on their walls. For drinks we were keen to try and share one of their famous milkshakes so we chose the choc-peanut butter (\$8.50) (pictured below) it was amazing in flavour, presentation and was nice and it was cold when it came out.

Taylah got a coffee (\$4) which, she said was good and I ordered my usual tea – this time peppermint (\$4.20). After being spoilt with the cuteness of presentation in vintage style cups at Finlay, here they use standard catering white cups.

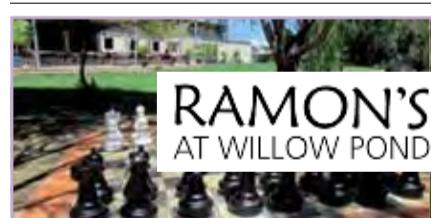
The tea and coffee were perfect temperature and mine wasn't over brewed which is always something to be happy about. The only improvement that could be made was the cup and teapot had tea stains and could have been cleaned more thoroughly.

The food was brought out before it was ready but they were very apologetic about it. Taylah had the mushroom bruschetta and added a poached egg (\$19.50) which was very good as they used truffle oil and an assortment of mushrooms. The bread was perfectly toasted and the added poached egg was perfect.

I ordered the corn fritters with poached eggs (\$17.50) and I always like adding things to customise my brunch. I added mushrooms and potato rosti (\$8).



If you have any questions or suggestions feel free to email me on tahlia@haveagonews.com.au



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Bottom layer - Tuna, olive and sundried tomato finger sandwiches and traditional cucumber sandwiches
Beverages - includes a pot of loose leaf tea

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Community NOTEBOOK



ROTARY JACARANDA FESTIVAL

Saturday 21 November
Applecross Village Shopping Centre
A variety of food stalls, entertainment, children's activities etc.

MANDURAH HERITAGE DAY

21 November, 10am-3pm
Family fun day celebrating Mandurah's rich heritage. Interactive and exciting.
Mandurah Community Museum 9550 3680

ROCKINGHAM COMMUNITY FAIR

Sunday 22 November
Rockingham Village Green
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20 November - 18 December
Friday nights 5.30pm-9pm
Central Walk, Joondalup.
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Sat 28 November 11am-5.30pm
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KALGOORLIE – BOULDER SAINT BARBARA'S FESTIVAL

Thursday 3 December, 5pm to Sat 5 December 3pm
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www.stbars.com.au 9021 2466

CHRISTMAS CAROLS AND EVENTS

CAROLS BY CANDLELIGHT BAYSWATER
Sat 19 December
Halliday Park, Coode St
Childrens activities 5pm-7pm. Carols at 7pm

SCARBOROUGH BEACH CHRISTMAS CAROLS

7pm with fireworks display
Scarborough Beach Amphitheatre

CAROLS IN THE PARK CLOVERDALE

11 December 6pm-9pm
Faulkner Park

NORANDA CHRISTMAS FESTIVAL

Sun 29 Nov 11am-3pm
Noranda Shopping Centre Car Park

CAROLS BY CANDLELIGHT ROCKINGHAM

Sat 5 Dec 4pm-8pm
Churchill Park Rockingham Foreshore

COMMUNITY CHRISTMAS PAGEANT MANDURAH

Tues 8 Dec 6pm then fireworks 8.30pm
Eastern Foreshore Mandurah Tce

CAROLS BY CANDLELIGHT CANNINGTON

Sat 12 December
Civic Amphitheatre, Albany Hwy 7.30pm (approx 45-60 min show)

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

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WE WELCOME people to join us for the final Talking Travel for 2015.

This is an informal group where people can come along and share their experiences on destinations, tours and how to save money while travelling.

So come along and chat about travel with like minded people all who love talking about travelling as much as getting out there.

Registration a must for catering and numbers.

Date – Tuesday 1 December

Time 2pm-4pm

Topic – Final for 2015 – travel wish lists, guest speaker

Cost – FREE

Location – rear of 137 Edward Street, Perth.

Email – jen@haveagonews.com.au

Call – 9227 8283

Join us online:



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From prices depend on availability of the airline component of the package.

Please call Mandarin World Tours on 1300 842 688 or contact your local travel agent for more information.



Jen Merigan

THERE IS a new direct bus service to the Perth International Airport. Route 380 runs between the Esplanade Busport and T1 and T2 and this service will run half hourly seven days a week and hourly at night.

The route 380 is named after the world's largest passenger airline – a cute move from Transperth. The cost will be \$4.50 from the city (\$3.38 with a smartrider) and takes around 40 minutes.

This is a great step forward for Perth and will encourage more international visitors as well as be a great convenience for locals.

Transperth still operates bus routes 37 and 40

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

to the domestic airport T3 and T4.

The State Government has announced that it is planning to spend \$20 million to develop an innovative tourism precinct in the Kalbarri National Park. Two 100 metre skywalks will project beyond the Murchison River Gorge and funding will also seal the Loop/Z Bend Road and redevelop the Z Bend and Meanarra Hill tourist sites.

Construction will begin in 2016 and the facilities are expected to open in 2017.

It's great to see investment in our tourist areas especially in the Coral Coast region which last year received almost 371,000 visitors.

I am pleased to report that the Antony Gormley statues which were considered stolen, in fact were taken away for maintenance.

Apparently the Art Gallery of WA removed them but the Menzies Shire was unaware. Maybe a little better communication is

required on someone's behalf but it is pleasing to know they are in safe hands.

Thanks to the many readers who entered our Win a Trip to Bali competition, the lucky winner is announced in this section on page 24.

Our last Talking Travel for the year will be held on Tuesday 1 December and we look forward to seeing people at our final session.

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

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

Happy trails.

Jennifer Merigan
Travel Editor



Don't miss the Rail Europe year-end promotions

TO CELEBRATE its 20th anniversary, Rail Europe has released some promotions to add further value to travellers' rail itineraries during their visit to Europe in the coming months and next year.

Travellers exploring more than one country around Europe can enjoy the 20 per cent discount off

their Eurail Select or Global Passes for bookings made by 31 December. Passes must be used by 31 March 2016. Prices start from \$152 for the Eurail Select Pass (for four adjoining countries) and \$404 / for the Eurail Global Pass (covering 28 countries).

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gional and one country passes by 31 December will be able to take advantage of the discounted 2015 prices, while enjoying an extra free travel day. Passes must be validated within six months from the date of issue.

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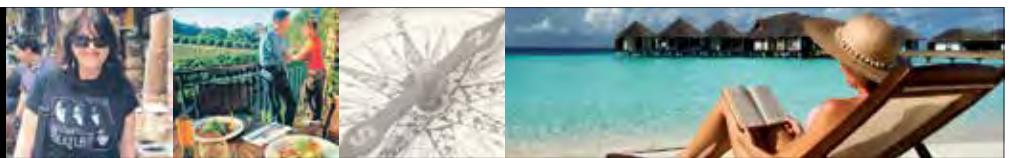
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ADVERTISING FEATURE



Ray Mustey - reaching great heights on the great Himalaya trail



Ray Mustey with one of the locals along the trek - camping in the snow - Ray at one of the points along the trek

by Brad Elborough

FOR RAY Mustey's 70th birthday, next January, he's planning on conquering Mera Peak – a 6476m sub-section of the Himalayas.

For most people, that's as close to the challenging mountain trek and climb as they'd get – planning it.

But having trekked some of the toughest terrain in the world, including in Nepal four times already, it's just a matter of when for Ray.

His most recent effort was the 1700km traverse, eight consecutive treks, known as the Great Himalaya Trek.

At 68, he completed the 152 day Great Himalaya Trail – The Full Traverse – with World Expeditions which begins in the far east of Nepal and traverses the country to the high plateaus on the Tibetan border in the far west.

"People often ask why take on a challenging Trek at my age and I reply that so many people use age as a barrier not to do something," Ray said.

"In life you have two choices, to be either old or be young. Me? I am still young. The young side does whatever."

He trains hard though. For the Great Himalaya Trail, that consisted of many 10km walks, runs up mountain slopes and bike riding.

He usually gets stuck into a rigid fitness regime about seven months before the big event and rarely allows a day go by without doing something.

But the one part of his body that he insists on keeping in tip top shape year around, regardless of what stage of his preparation for a trek he is in, is his mind.

"To be honest, I have done talks in Melbourne, Sydney and Perth and also on radio and I tell people that the mental side is key," he said.

"You have to be in the right

frame of mind. If you lose that, it can bother you. Some people are put off by the way the locals live when on a trek. It upsets them.

"I have a policy, that no matter what, I put myself in their world; I don't judge their world.

"It helps to learn a bit more about their culture too."

Ray said having the right mindset also includes believing in yourself and having a positive attitude about training and the upcoming journey.

It's a tried and tested formula – physical and mental toughness. As well as Nepal, including Base Camp, Ray has trekked in Australia, completing the Larapinta Trail, Jatbula Trail, the Tasmania Overland Track and Walls of Jerusalem. And in Europe he has trekked the Pyrenees in France and Mont Blanc in Switzerland.

He also has a cycling trip

scheduled for March, where he'll spend 15 days in Vietnam working his way from Hanoi to Ho Chi Minh, "as a warm up for Nepal".

Ray has always kept pretty fit, having been pretty active during his working days in the construction industry. But he had to retrain himself to walk.

Previously, he thought walking was a means of getting from point "A" to point "B" and be the first one there.

But he realised that it would be pointless to continue that mindset when you're preparing so hard and paying so much money to get to some of the most beautiful places on the planet.

"I had to retrain my walking style to be more relaxed and to be at a more steady pace, because of the distance," he said.

"That way you get to see the scenery.

"I'm asked if I would do any of them again and I say

yep. Because they would be different. The landscape would be different, the weather and I would probably go at a different time of the year."

Ray says the Himalayas are an artist's dream; not that he claims to be an artist.

He still appreciates the ever changing scenery though and took more than 8500 photos over the 21 weeks of the Great Himalaya Trail.

Chatting to Ray gives you a sense that trekking iconic mountain ranges such as the Himalayas, is easy – and at times it is.

However, he's quick to point out that it can be challenging, but that's why he loves it.

Mountain climbing, mountaineering, staying healthy, being cautious about the food he's eating – is all needed to be paid due respect.

"I didn't realise there would be challenges of all sorts; and there were chal-

lenges most days," he said.

"That's what makes the trek so interesting; challenges were a big plus for me.

"I kept in light training when I got home; keeping my mind active as well.

"It's tough coming straight back to reality.

"I flew out of Nepal on a Sunday and the following week I was at my son's wedding.

"I went from walking around the mountains for five months to having to wear a bloody suit and tie.

"When I come home, I need to find something to do – fitness and maintaining a mindset.

"I can't just sit down and say that's it."

The Great Himalaya Trail consists of eight consecutive treks and covers 1700km. The trek takes 152 days and is offered by World Expeditions.

Visit www.worldexpeditions.com.au.

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A touch of Paris comes to Melbourne with this year's French festival Paris to Provence



From left to right; Jeanette Woolerton - the French Festival comes to Melbourne

by Jeanette Woolerton

MELBOURNE is currently blissfully balmy and the atmosphere, electric, as Melbourne's highly anticipated yearly French festival, Paris to Provence, is about to start.

Celebrating its sixth year, this French foray will take place from 20 - 22 November.

Held in the National Trust's iconic Como House and Garden in South Yarra, visitors will be mesmerised by the magical transformation of the gardens into a direct replica of a French village.

This sentient experience allows people to smell, touch and taste all that embodies France, while the vibrant surroundings emulate an exuberant French village atmosphere.

Spanning three executive days, people will become immersed in the culture and glorious food, and wine.

This year's entertainment includes a French photography contest and a French bulldog fancy dress party. Children can enjoy a garden workshop in the Grand Ballroom, art classes, colouring in Paris on large, expansive murals, ballet classes, French story time, playing with lavender play dough and visit an animal

nursery. Mini easels will also be set up in the courtyard for the budding impressionists to whip up a masterpiece.

Though the majority of the activities are free, people may need to book early as there is limited space for each workshop/activity.

Adults can participate in art classes too, which the festival offers in partnership with Art Soup Melbourne. The class will cost \$25 to cover materials and you'll be able to keep your masterpiece, of course.

There are so many activities to select from, as well as prizes to be won. Examples of these include cooking demonstrations, presentations in the grand ballroom, chefs masterclasses, cultural demonstrations, escargot eating race, croissant tossing and the Notre Dame 3D puzzle reconstruction.

Roaming performers will entertain and there will also be a curated French open air market that's seriously impressive. If people need a bit of a rest before they carry on with enjoying the festivities, head to the French television marquee and relax on a beanbag while watching some French style television.

On 21 June, the concert of *Fete de la Musique* from Paris and a selection

of family programs will be screening all day on the large screen.

Ever wondered how it all began? Laura Ranci, the founder of the festival, explains all in an interview with Sandi Sieger (from Onya Magazine) at <http://www.paristoprovence.com.au/#!event-schedule/czpl>

This is possibly one of the most romantic, stimulating, inspiring and unforgettable festivals that Melbourne has to offer. Planning and organisation of the event has been faultless to date, the theme is undoubtedly spectacular and event extremely successful in every aspect.

People can acquire their entry tickets and tickets to other workshops from <http://www.paristoprovence.com.au/>. Prices are as follows: Adults: \$15.50,

Children 6-16: \$5, children five and under: Free. National Trust Members or seniors: \$15.50 for three-day entry. People can also email: info@paristoprovence.com.au to enter the photography contest or French bulldog dress-up party.

This little slice of France is exceptionally beautiful in Victoria during the spring season.

See you there.

Joanna's the big winner of a trip to Bali with Best Western Bali and Garuda Indonesia

CONGRATULATIONS to Joanna Alcock from Alkimos who was the lucky winner of the trip for two to Bali staying at the Best Western Kuta Beach and flying Garuda Indonesia.

Located in the heart of Kuta, Best Western Kuta Beach is only 50 metres away from famous Kuta Beach and one of the highlights of the property is its roof top swimming pool with magnificent views.

Garuda Indonesia is a full-service international airline that prides itself on the Garuda Indonesia Experience, a service concept based on Indonesia's rich cultural heritage.

After winning the title of The World's Best Regional Airline in 2012, The World's Best Economy Class in 2013 and The World's Best Cabin Crew in 2014 and 2015, Garuda Indonesia has now reached the highest distinction of becoming one of only seven five-star airlines in the world as awarded by Skytrax in 2015.

Tour France's many memorable sights next year with APT



Provence Notre Dame

If you have ever wanted to visit France in luxury, and enjoy the very best of the wine regions, in excellent company, this tour departing Perth on 20 April 2016 could be for you.

APT, a most experienced river cruising company in the Europe region, has designed the ultimate chateau and wine experience in the

Bordeaux and Rhone region with their extensive 18-day itinerary.

APT is well known for the inclusive features 44 meals (breakfast, lunch and dinners), complimentary beverages on cruise, gala welcome and farewell dinners shore excursions, chateau dinners and even a night at the Moulin Rouge.

George Booth, of Travel Tree, who has previously escorted Europe River Cruise tours, will lead a tour from Perth to Perth departing 20 April 2016.

After two nights in Paris the group will travel by rail to the Bordeaux region to join the Ama Dolce to visit Cadillac, Blaye, Saint-Emilion, Lilbourne and Bordeaux that include chateau visits, wine tastings and underground cellar visits.

After Bordeaux there will

be a coach transfer from Bordeaux to Arles to join the river cruiser Ama Cello to cruise the Rhone with olive farm visit, Palace of the Popes, see the truffles dogs at work, gourmet feast in Belleville Beaujolais region, a tour of Grignan Castle, shop in Lyon and more.

River cruising utilising the two luxury River vessels for 14 nights has a price starting from \$13,395 per person with fly free benefits on certain grades and bonus offers. An interested persons morning tea will be held at a Shenton Park Coffee Shop: 10am Thursday 19 November for those interested in obtaining more details of the cruise tour.

Phone George Booth on 9339 7381 or 0419 942 754 for details on this France tour or to attend the interested persons morning.

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ADVERTISING FEATURE

Korea and WA extend hand of friendship on the Bibbulmun Track



The Jeju Olle walking trail, Jeju, South Korea

A FRIENDSHIP Ceremony will be held at Shelley Beach Lookout, Shelley Beach Road on Sunday 29 November at 9.30am. (50 minute drive from Albany. From Lower Denmark Road follow Cosy Corner Road to waypoint, then turn left onto Shelley Beach Road. NB this is a gravel road.)

There will be an optional walk along the track from Shelley Beach Lookout to Cosy Corner (7km one-way). If people do not wish to do a return walk please advise and

Sample the delights of Australia with Aussie Redback Tours

AUSSIE Redback Tours is a Perth based tour operator that provides value for money tours of Australia. It runs day tours from Perth, extended tours all over Australia and art tours for artists and photographers.

Both Sharon Kersting and Renata Wright have more than 17 years' experience in the tourism sector and want to be able to show people the sights of Australia's scenic country. All tours include accommodation, most meals, and many side attractions, such as boat cruises, helicopter rides, flights to and from destinations where needed. They are passionate about their country and the love and knowledge they have for it is evident in their tours.

Although their tours are for everyone, they are especially suitable for seniors. Having worked for one of Perth's older companies, Sharon now knows what her loyal customers want - value for money - less travelling time in the coach and more attractions and time to enjoy them. As Sharon says "and

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Next year Uniworld will introduce themed cruises to its collection, offering a series of once-in-a-lifetime experiences exclusive to the guests on select itineraries and departures. The new Monarch

Collection provides insider access to Europe's rich aristocratic heritage including

– a visit to Artstettan Castle hosted by Princess Anita van Hohenberg, a descendant of the Habsburg emperors and a behind-the-scenes views of Vienna's Spanish Riding School, and its Lipizzaner stallions.

For foodies, Uniworld's new Connoisseur Collection on select departures in France, allows guests to discover why UNESCO declared French cuisine a 'world intangible heritage' with unique onshore excursions and onboard activities. Guests will visit the famous La Couronne restaurant, where Julia Child had her first French meal, search for 'black diamonds' at a local truffle farm and enjoy an onboard wine and Valrhona

chocolate pairing.

Uniworld also caters to a number of travel groups, including multi-generational travellers and solo travellers. Following the increased demand for multi-generational travellers, Uniworld has expanded its popular family-friendly program, with nearly triple the number of itineraries and departure dates available this season. Children between the ages of four and 17 years receive a 50 per cent discount. Single supplement waivers are also available on

select 2015 and 2016 departures for those who are travelling alone.

Travel with Me, specialise in solo travel providing travellers with a number of great options for travelling alone, including no or low cost single supplements, escorted tours for solo travellers, and a travel buddy matching service. Contact Travel with Me on 08 6555 6520 or visit in store at their new premises in Mandurah for more information on Uniworld's solo traveller options.

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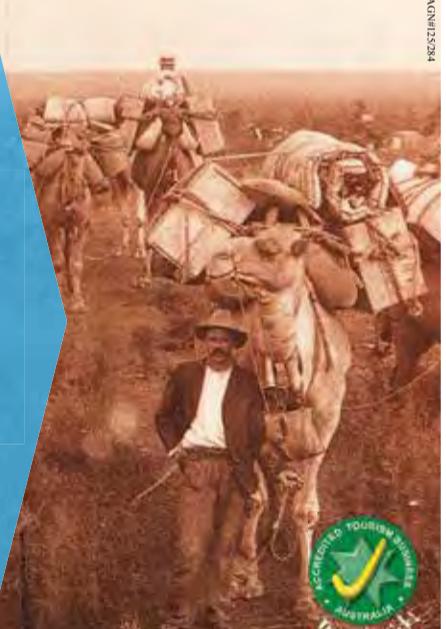


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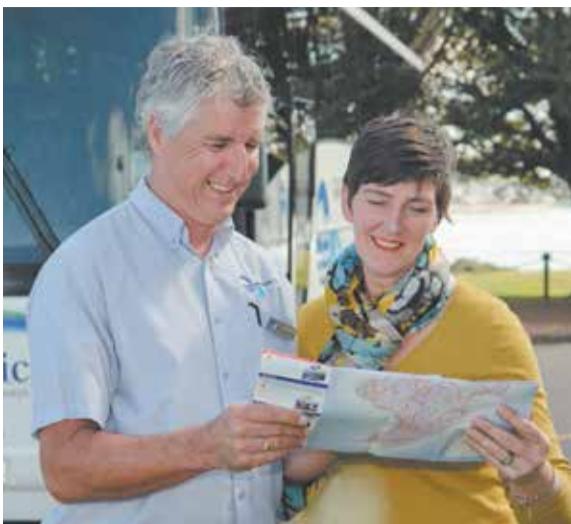


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SPECIAL DEPARTURE 9 March 2016

>> 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 Rendezvous Grand Hotel Auckland

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

Today enjoy an Auckland city sights tour before travelling to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Continue through Whangarei to the Bay of Islands. This afternoon enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.
Hotel Scenic Hotel Bay of Islands (2 nights)

DAY 4: Bay of Islands (B)

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins. The remainder of the day is at leisure. Choose from the many optional activities available. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

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

Farewell the Bay of Islands and drive south via Whangarei and Dargaville to Matakohe where you will enjoy a visit and informative talk at the Kauri Museum. Continue to Auckland's north shore for some time at leisure. Why not take a stroll to the nearby beach for views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.
Hotel Spencer on Byron

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

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

Hotel Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

DAY 7: Rotorua (B,SD)

Today begins with a Gondola ride and breakfast at Skyline Rotorua. There is also time for a luge ride! Next stop is the Agrodome for an action packed hour of farming entertainment and education that's unlike anything you've seen before. Enjoy some free time this afternoon before travelling to Te Puia to see the boiling mud pools and awesome Geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

DAY 8: Rotorua - Wellington (B,D)

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and this afternoon visit Southward Car Museum, home to a comprehensive collection of veteran and vintage cars. Continue south along the Kapiti Coast to Wellington.

Hotel James Cook Hotel Grand Chancellor (2 nights)

DAY 9: Wellington (B)

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



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DAY 10: Wellington - Kaikoura (B,D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Travel through numerous tunnels and across several bridges before departing the train in Kaikoura.

Hotel Donegal House

DAY 11: Kaikoura - Christchurch (B,D)

A leisurely start this morning with time to enjoy the tranquil setting. Travel south through some of the finest farmland areas to the garden city of Christchurch for an introductory city sights tour.

Hotel The Quality Hotel Elms

DAY 12: Christchurch - Arthur's Pass - Franz Josef (B,D)

This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Board your coach and travel to Hokitika, famous for its Greenstone before arriving at Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel Scenic Hotel Franz Josef Glacier (Douglas Wing)

DAY 13: Franz Josef - Queenstown (B)

See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving

into picturesque Queenstown, a year round resort situated on the shores of magical Lake Wakatipu. This evening is free to dine at one of the many fine restaurants.

Hotel Mercure Queenstown Resort (Lakeview Room. 2 nights)

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

Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbecue dinner which the chef will prepare in front of you at the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

DAY 15: Queenstown - Milford Sound Overnight Cruise (B,D)

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

Overnight Milford Mariner

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

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

Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau. This afternoon enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves where you will admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto.

Hotel Distinction Luxmore (Deluxe Room)

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

Travel via Gore and Balclutha to Dunedin to board 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.

Hotel Scenic Hotel Dunedin City (2 nights)

DAY 18: Dunedin (B,SD)

Today travel along the Otago Peninsula to Larnach Castle for a guided tour. Next visit Glenfalloch Restaurant for a delightful morning tea. Return to the city for an informative tour before some free time to explore at leisure. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

DAY 19: Dunedin - Christchurch (B,SD)

This morning visit Olveston House, a prestigious historic home before travelling to Oamaru, famous for its limestone. 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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*Prices valid ex Perth and includes prepaid taxes from \$135, correct at time of print. Prices and taxes are subject to change. **Private car transfers arranged by Kings Tours & Travel and are provided within the Perth Metropolitan area including Mandurah. Early hotel check-in and breakfast included in itinerary. Travel Insurance recommended. Jacket & Cap is one per person. One Travel Guide per household. Diary is one per person. Pre tour get together is subject to minimum numbers, for more information ask your consultant at time of booking.

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Going fishing - brushing up on techniques for the local fishing season in WA



Giant herring action in the Swan

by Mike Roennfeldt

THIS is probably my favourite time of year for fishing. There's usually so much of what I enjoy these days on offer, particularly in the river, but also along the beaches and in southern estuaries.

In the Swan and Canning, flathead, and to a lesser extent flounder, are out over the shallow banks in late spring and early summer. Wandering with a light spinning or fly outfit on a warm morning is a delight. I don't keep the fish I catch in the local rivers but I usually have plenty of fun catching and releasing flatties in less than a metre of water. There are usually numbers of small fish but enough in the 45-60cm range to make things interesting.

My favourite lure for the job is an RMG Scorpion 52, which can be retrieved at depths from 60cm to over a metre depending on how high I hold the rod tip. The

trick is to keep it near the bottom without fouling the hooks on weed and debris. If I'm fishing over a clean sand bottom, I don't mind the lure digging its way along the sand and in this case I opt for a very slow and occasionally twitchy retrieve. The same technique also works on yellowfin whiting but I've had more success down in the Peel-Harvey system than I have in the Swan-Canning on this species.

Perhaps the most exciting prospect in the Swan at this time is the mercurial giant herring, a long, slender predatory fish that is no relation to the ubiquitous Australian herring that gets caught in huge numbers along our south and lower west coasts pretty much all year round. The giant herring is a superb fighter, given to long fast runs and spectacular above surface acrobatics.

They are a bit elusive though and often turn up when you least expect them. A fast

worked Halco Twisty lure in sizes around 20-30g will catch them, but for really visual excitement you can't beat the experience of hooking a big one on a surface popper. A Halco Roosta 80 is the perfect size for this job and it casts beautifully on 4-6kg spin gear. Giant herring are not a great eating proposition though and pretty much all of them are released to fight another day.

This is also the time for hordes of small tailor to take up residence in the lower reaches of the Swan and they are often relatively easy to find if you have a small boat or kayak. Early morning and late afternoon are best and trolling a small lure around between Claremont and Fremantle should see you find a few. When they are up and feeding on or near the surface it usually attracts the attention of sea birds, so it pays to keep your eyes open. Cast a 15-20g Twisty into the action zone and a hookup is almost certain.

The many joys of a visit to Kalbarri are awaiting the discerning senior traveller



KALBARRI Edge Resort this season is offering a number of great packages which include free breakfast and many other features to make people's stay in Kalbarri a relaxing and refreshing one. Trans WA coaches arrive from Perth and Geraldton every Monday, Wednes-

day and Friday. With the package, the Edge Resort mini bus will provide free transfers to and from the bus station in town. The resort is only 200 metres from town and foreshore so once settled in people can explore the shops and foreshore within a short distance. If people don't

come up on TransWA coaches and take advantage of their pensioner free pass they can drive themselves and still take advantage of plenty of choice in the multi-night stay specials.

The best new package on offer is the \$66.50 DEAL (per person – per

night twin share) which includes free upgrade to king bed spa suite, breakfast daily, mini bus transfers, free dessert when having dinner at Edge restaurant and even a welcome drink upon arrival to start the Kalbarri holiday off on the right foot.

If people are travelling alone Kalbarri Edge will still look after them in their best spa suite and single supplement on this deal is just \$60 (total \$126.50 per night) with all the free additions and upgrades still provided.

FREE courtesy coach transfers to and from Rainbow Jungle the local and famous parrot habitat are also available during a stay. Just see reception to organise this. Choose a room upstairs with a view or downstairs for easy access. A special treat is a king bed (or twin king singles) spa suite which has a separate lounge area and also a private balcony with outdoor dining area and barbecue. Kalbarri is great for outdoor dining on warm, mild evenings. The resort is rated four stars and people will be pleasantly surprised with all the resort features and

quality room amenities.

There is, of course, heaps more to do in Kalbarri so if possible people should stay at least five or six nights. Enjoy walking on the beach and the scenic trails down towards the coastal gorges. Treat yourself to a scenic flight to Monkey Mia or out to the incredible Abrolhos islands. Meander through the shops with a difference around town. Take a boat ride on the Reef Walker boat or the River Queen up the river. Pelican feeding daily down on the foreshore is a must one morning during a stay and then enjoy a latte, flat white or chai on the way back to the resort...or just relax on a private balcony and enjoy the Kalbarri sunshine and gentle sea breezes.

All in all people won't do better than these current seniors' packages and specials. Free call the resort on 1800 286 155 to book or email on info@kalbarriedge.com.au, for details and prices on all seniors packages go to www.kalbarriedge.com.au and click on the specials tab. At Kalbarri Edge the promise is one thing "Kalbarri...you'll love it".

Embark on the trip of a lifetime with the Jewels of Spain and Portugal tour



AU REVOIR Travel is delighted to invite people to join it on our fully escorted 'Jewels of Spain and Portugal' tour including a unique Douro River Cruise departing Perth in September 2016.

Indulge your passion for food, history and art as you discover the warmth of Portugal and Spain offering a rich and varied culture with unexpected architectural, geographical and gastronomic delights. From amazing Barcelona with its tree-lined boulevards to its medieval Gothic Quarter through to vibrant Madrid with its famous museums, flamenco dancers and authentic tapas bars.

All Insight Vacations itineraries are expertly designed for smaller groups. Each tour includes the services of an experienced tour director who acts as 'travelling concierge' and signature experiences that provide a unique and revealing look into history and culture of each destination. The Jewels of Spain and Portugal escorted journey is no exception.

This tour includes such highlights as two nights in Granada with a visit to the exquisite Alhambra Palace built as a citadel by the Moors in the 13th century. We also stop at the Caves of Nerja a series of grottoes so large they are a popular venue for concerts. Enjoy seven nights in one of Spain's most charming jewels, Andalucia with white washed villages crowned with castles.

This unique escorted journey is complemented with one of Europe's best kept secrets, the dramatic Douro River Valley. Travellers will join Uniworld's Boutique all-inclusive luxury cruise ship the chic Queen Isabel. A perfectly paced cruise/tour that blends captivating cities picturesque villages and unparalleled scenic cruising.

Travel onwards from Douro River to Porto where the river meets the Atlantic Ocean. Famous for the birthplace of Henry the Navigator, here you will find classic cafes, fine wine and much more. Travel through the beautiful countryside to Lisbon, en route stopping in Coimbra, the birthplace of six of Portugal's kings. This exciting tour is priced from \$13,500 per person based on twin share accommodation.

For your detailed itinerary and further information please contact Jane or the girls at Au Revoir Travel Mt Lawley on 9242 3339 or email info@au-revoir-travel.com.



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Albany gears up for a royal visit and round the world yacht race



Clipper yachts in King George Sound
© Amazing Albany

ROYAL visitors Prince Charles and Camilla, Duchess of Cornwall will mark the centenary of Gallipoli with a visit to the National ANZAC Centre in Albany on the afternoon of 14 November.

The National ANZAC Centre honours the ANZAC story. Set within Albany Heritage Park, using multi-media and interactive technologies, the centre offers visitors a deeply personal connection with the ANZAC experience. With content developed by the WA Museum and Australian War Memorial, the key phases and events of World War I are told through the voices of the ANZACs themselves.

Recognising the 'NZ' in ANZAC, it is

both an Australian and New Zealand story.

Albany Mayor Dennis Wellington said he believed that the royal couple would celebrate Prince Charles's 67th birthday in Cottesloe before a fleeting visit to Albany on the afternoon of 14 November.

This will be the first royal visit to Albany since Prince Charles visited in 1979 during a celebratory tour of the State for its sesquicentenary. Previously Queen Elizabeth II commemorated the 150th anniversary of the first British settlement in Albany in March 1977.

The Round the World Clipper race is an endurance test like no other. It's a record breaking 40,000 nautical mile yacht race on identical 70-foot ocean racing yachts. Divided into eight legs and with 14 to 16 individual races, Albany will be the destination finish of the third leg.

The yachts leave Cape of Good Hope and tack towards the 40th parallel into the Roaring Forties and to the Southern Ocean.

Albany will be waiting to greet these mariners at the end of the third leg and the yachts are expected to reach landfall from about 22 November. The yachts are scheduled to restart the race on 1 December.

It's a great sight to behold as the yachts come into King George Sound and the crews love meeting locals and tourists alike.

Club 55's Mandurah Christmas lights cruise and day tours



YES, it is certainly that time of year again and Club 55 is doing its annual pilgrimage to check out the spectacular Mandurah Christmas lights on the canals. It has several dates available departing from various locations around Perth. On 8 December it is combining the Mandurah Christmas pageant and fireworks.

Membership for the Club 55 Travel Club is free and all are welcome to enjoy some fantastic days out with day tours starting from as little as \$29 per person.

Club 55's new tour brochures have just been released and are available online or by contacting the office. The group brochure has more than 80 exciting day tours specifically put together for the over 55s.

With more than 25 years experience providing great

days out for Perth's seniors, Chris Hadland from Club 55 Travel is available for a coffee and a chat to discuss any group's 2016 outings program. Take advantage of the club's price freeze, book a 2016 group outing before

1 December and get them at 2015 prices. See our advertisement on page 5.

Please book online at www.club55.com.au

or telephone Tanya on 1300 653696. Hurry last seats selling now.

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GREAT SOUTHERN let's go travelling

Explore and enjoy the top 10 things to do in the Great Southern

THERE is so much to do and see in WA's Great Southern. Here are 10 top tips to follow when next visiting this beautiful area.

1. Enjoy a beach day at the beautiful Green's Pool and lose yourself at Elephant Rocks, near Denmark.

2. Hike one of Western Australia's highest peaks, Bluff Knoll, for spectacular views, located in the Stirling Range National Park.

3. Marvel at the ocean's force at The Gap and Natural Bridge in Torndirrup National Park, near Albany.

4. Attend the Albany Farmers' Market on Saturday morning to fill a picnic basket with delicious treats.

5. Discover the whaling heritage of Albany, plus WA's flora and fauna at Discovery Bay.

6. Check out the largest sheep sale yards every Wednesday morning in Katanning.

7. Climb The Granite Skywalk in The Porongorup National Park for awesome 360 degree views of the countryside.

8. Drive the Scotsdale Road tourist drive, stopping regularly to taste produce and wines, near Denmark.

9. Spot the endangered malleefowl which lives in the mallee trees near Ongerup.

10. Visit Kodja Place in Kojonup and learn how the stories of settlers, aborigines and migrants intertwine.

For more information on the Great Southern visit http://www.australiassouthwest.com/Explore_Australias_South_West/Great_Southern



The Gap, Torndirrup National Park near Albany
© Tourism Western Australia

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STAGE 3 COMMENCING 2016



let's gotravelling

Kimberley cravings - celebrating Shinju, the annual pearl festival



From left to right; Safari tent at Cygnet Bay - camels on Cable Beach - Japanese cemetery - flying off into the sunset - pedicab with Schmicko

by Carmen Jenner

IT'S EASY to spot my ride when I land at Broome's International Airport. The pedicab

and Schmicko's appropriately tropical shirt gives it away. His name derives from his former life as a tradie (hence the "o") and because he always does

a good job. He's full of tales about his beloved town as we whizz past old homesteads with lattice windows in Brunswick red and green.

We make a pit-stop at the Japanese Cemetery, one of the largest Japanese cemeteries not related to war, and the final resting place of hundreds of Japanese, many who died as a result of the dangerous work carried out for the pearling industry. Most came from the Japanese village of Tarji (Broome's sister city) to seek their fortune in the pearling industry as a result of the decline in the whaling industry. They didn't know what the decompression sickness known as the bends were back

then and it was a one size fits all for the clunky dive suits; I shudder at their doomed fate.

The Chinese and Muslim cemeteries are next door and set the tone for Broome's multiculturalism, aka Broome creole, instigated by the pearling industry which also attracted Malays, Timorese, Filipinos, Europeans and the indigenous, who were often kidnapped and forced into slave labour. No wonder the town has a wild west reputation as the streets were once lined with saloons, bars, brothels and opium dens constructed from tin, which was cyclone resistant and one of the few materials they had access to because

it was easy to transport.

The following day Kerry Bennett, owner of Instyle Adventures, collects me from my spacious apartment at the Oaks Broome and we delve further into Broome's intriguing past punctuated with a visit to Cygnet Pearl's showroom in town. Like any self-respecting lady living in Broome, Kerry is already wearing her pearls because if you don't wear them regularly they lose their lustre; sounds like a perfectly reasonable excuse for glamour. I'm offered a strand to borrow for tonight's Sunset Long Table dinner on Cable Beach for Shinju, the annual festival of the pearl. Given it can take up to 10 years to collect enough pearls of the same characteristics for just one strand, I suspect they cost more than my car. I decide the best place to keep them safe is around my neck.

Sammy the Dragon is in full swing when we arrive at the Saturday Broome Courthouse Markets; he only comes to life during Shinju much like Chinese New Year Local (a prerequisite) produce, crafts and transient art galleries are interspersed in between boab trees. The Kimberley hues of turquoise and red pindan are ever present in the works of art inspired by the landscape, especially at Gantheaume Point, which is next on the itinerary. Adjoining Cable Beach, the red cliffs offer spectacular views of the coastline and it's also the home of Broome's first spa

named Anastasia's Pool where the high tides create a whirlpool effect in the carved-out rock. We conclude our tour with a late lunch at Matso's Brewery, which is an institution and distributes its ales, lagers, ciders and ginger beers Australia-wide.

Pedicab and 4WD aren't the only way to explore the region. It doesn't get any more quintessential than a camel ride at sunset on Cable Beach, although a ride on a Harley-Trike certainly gets your motor running. Or board a hovercraft for a glide over the mudflaps and dinosaur footprints or a spectacular flight in a light aircraft over the horizontal falls 200km north to Cape Leveque.

Along with the crocodile cautions, the beach at Cape Leveque ought to come with a warning because reality will hurt just a little more when thinking back to this divine tip of the Dampier Peninsula.

Extend your stay at a variety of camping and accommodation options at the Aboriginal owned wilderness camp. Splash out on a deluxe safari tent with uninterrupted Indian Ocean views at Kooljaman at Cape Leveque, and order the Bush Butler service so you never have to leave your tent. Soften the blow of having to retch yourself off the beach at the alfresco Raugi's Café which uses ingredients forged locally like Kakadu plum and indigenous herbs.

Nearby is Australia's oldest operating pearl farm Cygnet Bay Pearls. What began as a small family business in unchartered territory, Dean

Brown arrived in 1946 with a dream and was the first non-Japanese to learn how to culture pearls. He's equally famous for cultivating the world's largest perfectly round South Sea pearl. His humble bark hut still stands, and 70 years later Cygnet Bay Pearls is a third generation global company.

You may be overcome once again with that overwhelming feeling of not wanting to leave. The good news is you don't have to. Sleep off a music session, languid meal or pearl meat degustation (also available at Cable Beach Club) at Shell @ Cygnet Bay in a tranquil en-suited safari tent or cottage. In fact this is an excellent spot to base yourself when visiting indigenous communities, getting up close and personal with the horizontal waterfalls by boat, or joining a Giant Tides Tour formed by two-metre waterfalls over the reefs during high tide.

The flight back to Broome offers the kinds of views to cause a deluge of jealous invoking social media posts. Whale watching is still technically on my bucket list, however I was blessed to witness a breaching whale just after take-off. Shame the photo was blurry in my excitement.

Carmen Jenner was a guest of Australia's Northwest Tourism, Shinju Matsuri, Oaks Broome, Virgin Airlines, King Leopold Air, Shinju Matsuri Pedicab Co Broome WA, Instyle Adventures and Cygnet Bay Pearls.

www.australiasnorthwest.com; www.shinjumatsuri.com.au

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Turquoise Coast Visitor Centre

Municipality of Dandaragan

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Discover the garden delights of Europe with gardening expert Deryn Thorpe



Deryn Thorpe

JOIN West Australian Deryn Thorpe, renowned gardening expert, writer and presenter, on a tour of the magnificent gardens of Italy, England and France. Deryn has worked as a journalist for more than 30 years and writes a weekly gardening column, as well as presenting on *Greenfingers* television show on Channel 7.

As a popular speaker at garden clubs and the WA expert for *Your Garden* magazine, there is no better-qualified person to guide you through the glorious gardens of Italy, England and France.

Highlights of Travelrite International's 2016 garden tour include the famed Chelsea Flower Show in London; Le Jardin Exotique d'Eze, set amongst the ruins of an ancient castle overlooking the Mediterranean sea on the French Riviera; the stunning

grounds of Villa Ephrussi de Rothschild near Nice; the beautiful Renaissance garden of Villa Lante in Umbria; the UNESCO World Heritage listed garden of Villa d'Este near Rome; the unique gardens of Giardino e Rovine di Ninfa, rambling through the ruins of a medieval town near Sorrento; and La Mortella, the famous garden located on the spectacular island of Ischia.

Priced at \$9,995 per person twin share, this 22-day round trip departs on 9 May, 2016 and includes return economy air travel from Perth to Europe, accommodation, sightseeing tours and the spectacular gardens of London, Nice, Florence, Rome and Sorrento.

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

Mandurah canal Christmas lights for a cause



THE Christmas lights are not just a competition for the

Mandurah canal residents as to who can put on the best

Christmas lights display. Most residents do so to raise money for the Rotary Club of Mandurah who distribute the donations to local charities.

There is a floating wishing well that people cruising around enjoying the lights can throw coins into and make a wish. Last year more than \$18,000 was raised. Since the wishing well started more than \$70,000 has

bene raised. All of Mandurah Cruises and Mandurah Dolphin Tours vessels stop at the floating wishing well during every Christmas lights cruise so that passengers can make a donation and wish.

If people would like to experience the Mandurah Canals annual Christmas lights with Mandurah Ferry Cruises contact 9581 1242.

GET READY Perth – Australia's first ever pop-up waterpark will be open this summer just 4km from the city at Belmont Park Racecourse.

Xscape at the City is unlike any major attraction this city has seen before, introducing a whole new level of fun for Perth.

Featuring a thrilling combination of slides, rides, and activities, the main attraction will be the tallest water slide of its kind in the world – a twin lane 23m high slide that's 110m in length and almost 13 storeys tall.

There'll be rides and activities for kids of all ages and all level of thrill seekers.

What a great place to take the grandchildren this summer.

The park will operate from November until April 2016.

Town of Victoria Park CEO Anthony Vuleta

said his team was excited about Xscape at the City being in the Town of Victoria Park.

discovering our wonderful parks, foreshore, places to eat and great shopping options."

Stay connected with Xscape at the City's latest news at www.xscapeatthecity.com.au or find us on Facebook facebook.com/XscapeAtTheCity.



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Mar-Apr: Wyndham (reverse) 11 days from \$3,300.



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Step back in time with *The Palace of the Stars*



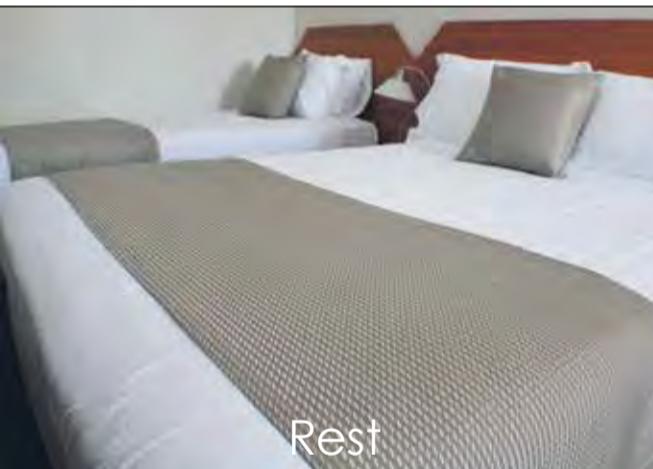
STEP back in time with Karina McRobert's *The Palace of the Stars* which will take the reader on a journey back to York in 1904.

Following last month's book review we have three copies of this book to give away.

If you would like a copy of the book contact Equilibrium Books - www.equilibriumbooks.com or directly from the author by emailing leela5chelandra@westnet.com.au

WIN WIN WIN
To be in the draw to win one of three

*copies of *The Palace of the Stars* simply email win@haveagonews.com.au with Palace in the subject line or write to Palace of the Stars C/Have a Go News PO Box 1042 West Leederville 6901. Don't forget to list your details. Competition closes 30/11/15.*



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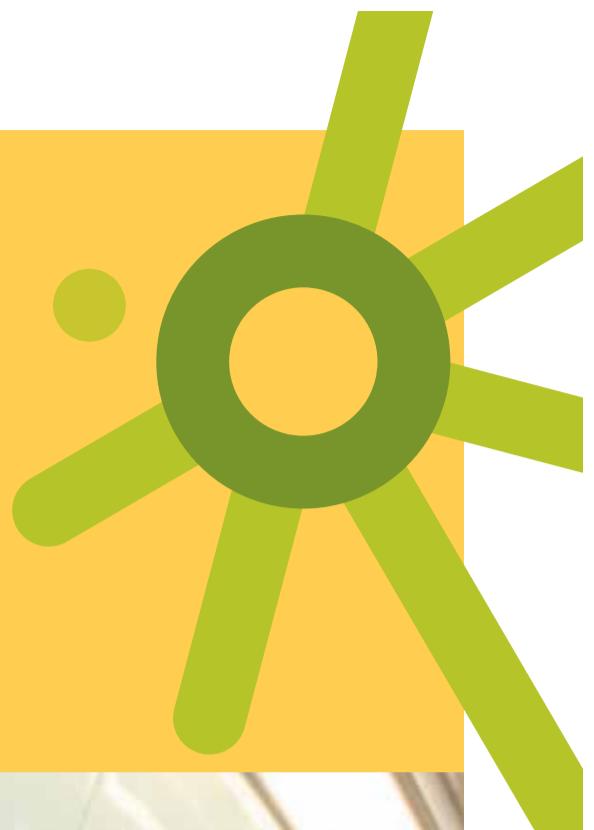
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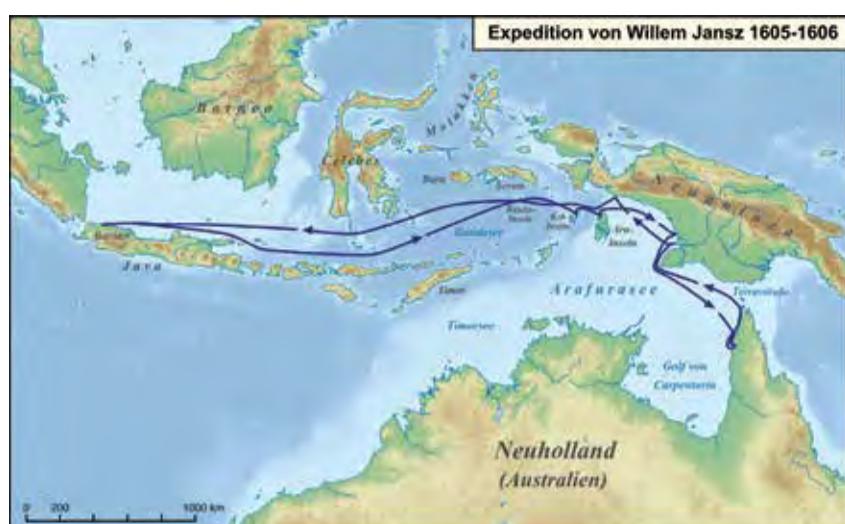


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Tales of the *Duyfken* - Willem Janszoon and the Dutch explorers



Sources: 1606 An Epic Adventure Evan McHugh Wikipedia

FOR those following the Tales of the *Duyfken*, you will recall in last month's *Have a Go News* that the

crew of *Duyfken* had sighted land after a couple of challenging months sailing eastward through the shoals and

islands of Indonesia. These waters were uncharted at the time and so these skilled mariners relied on the keen

eyes of the crewman who had been sent aloft the mast to look for changes in the water colour, a sure sign that potential obstacles lay ahead.

At the time of sighting land again the crew of *Duyfken* were quite unaware that they had come across a new continent. To them the land mass that lay before them was simply an extension of New Guinea. This was understandable as they had no knowledge of the stretch of water between New Guinea and the tip of Cape York, the strait we know today as Torres Strait.

As history would have it, the ship's log and the charts of this voyage were lost, although in the 1670s copies of the original chart were made giving some sense to the scope of Janszoon's expedi-

tion. This chart also reveals to us the point at which the crew of *Duyfken* made their first landfall, the mouth of the Pennefather River, an area some 150km south of the tip of the Cape York Peninsula.

And they knew they were not alone. Smoke in the distance suggested that this land was inhabited, by who they were yet to know. Ashore what the crew discovered was unimpressive. Their mission was to look for opportunities to trade...spices and gold being the order of the day. What they found was swampy and infertile land that offered no commercial value...and yet today this same area offers up mining treasures in the form of bauxite, the raw material for aluminium.

The voyage progressed southward, with Janszoon and the *Duyfken* crew charting some 350km of coastline. They put names to Vliege Bay (now known as Albatross Bay), Dubbel Rev (meaning Double River) and Cabo Keerweer (Cape Turn-about).

It was here at Cape Keerweer that the *Duyfken* crew encountered the local Wik people, an Aboriginal community that to this day still tell the stories of the Dutch visit in 1606, stories that have been passed down through the elders.

As the stories go this encounter did not go well... "if the Dutchmen had behaved properly, we would not have killed them...but they took our wives". Lives were lost on both sides. Not the best of

beginnings for Europeans in this new land.

With little in the way of tradable product, and locals that were less than impressed with the Dutch arrival, it was time for *Duyfken* to retrace her steps and set sail for Banda, still not aware that they had set foot on a new continent.

This would soon change...

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



Live well at home for longer, with Silver Chain

DID YOU know that within 30 years, Australia will have 1.2 million more people aged 85 and older*?

The ageing population and the Federal Government's aged care reforms addressing the challenge means aged care providers must rethink how they deliver care. Silver Chain is committed to the principles of Ageing Well and Wellness. It understands the importance of living the best life at home. It has been supporting people to do just that for more than 110 years.

What is Ageing Well?

Ageing Well is a new way of working that shapes the way Silver Chain designs and delivers its services, enabling people to live well at home, for longer. People are placed at the centre of everything Silver chain does.

"Silver Chain believes each client is an individual with their own story to tell. We put you at the centre of our services; as your needs and goals change, we support you to live the life you choose," Silver Chain general manager, Home Support Service, Anne-Marie Cox, said.

What is Wellness?

Wellness is a way of working that helps people stay in control of their own life and continue to do what they are able.

One of the ways we achieve this is by working in partnership with people, their carers and families to plan what support they require to maintain independence and work towards personal goals.

Live the best life at home

"Our holistic approach to supporting people empowers and enhances their independence by building on capabilities and strengths in all aspects of life. That way we can help people restore physical, functional and social health," Anne-Marie said. "Which are all factors known to contribute to the overall quality of life."

Silver Chain can support people on their journey through life. It offers a wide range of services from basic domestic assistance



Live the best life at home with Silver Chain



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Regis Day Therapy Open Day

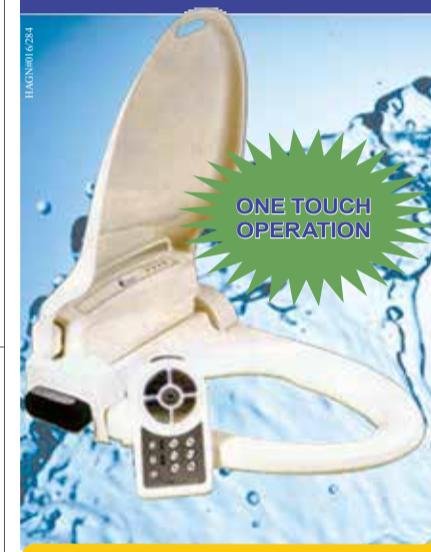


Come see the wonderful therapy programs Regis offers at our Nedlands facility. Celebrating Seniors Week, Regis Day Therapy will have demonstrations, free trials including 'Have A Go Brain Fitness', 'Balance Gym' and 'Art Lessons', as well as a morning tea on Monday 9 November from 9am till midday.

We provide professional allied health services, physiotherapy, occupational therapy and podiatry to enhance participants' physical and emotional wellbeing, and promote independence. So come Have A Go!

For catering and further information please contact Beryl Ferrari on 9380 5211 by 4 November 2015

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Keen to volunteer for Parks and Wildlife?



Did you know that the Department of Parks and Wildlife manages more than 200 volunteer projects across Western Australia?

On behalf of the people of WA, the department works with the community to protect and conserve the State's parks, wildlife, forests and other natural assets. Individuals, volunteers, community groups, schools and businesses all contribute to a vast range of important environmental and conservation programs across the State.

Volunteer projects include the Wildcare Helpline and associated wildlife rehabilitation programs, campground hosting at some of our most popular national parks, flora and fauna monitoring, or volunteering at the WA Herbarium.



For more information on volunteering for the Department of Parks and Wildlife visit www.dpaw.wa.gov.au/get-involved.



Tales from the Over 55 Canoe Club



by George Gouttef

WHEN a person joins the Over 55 Canoe Club it leads

to friendships, acquisition of new skills, greater self-confidence, improved fitness and just possibly to some

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DAY 1 Depart Perth and travel to Pinjarra for morning tea, picnic lunch by the dam in Harvey, scenic drive through the beautiful Ferguson Valley with a visit to Gromesville.

Stop off in Donnybrook for an afternoon break before continuing to Manjimup.

DAY 2 Pemberton and the natural swimming pool for morning tea, some free time in town. Back to Manjimup for a picnic lunch in the park and free time to shop, visit the Timber Museum, visit to the Cherry Farm, sample cherries, purchase 1kg up to 5kg boxes.

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

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undreamed of extracurricular activities or experiences.

Here are two examples of the extracurricular:

Shortly after the 2015 Avon Descent, six very adventurous club members, now known as the Avon Six, decided to have a go and paddle the first 50 plus kilometres of the Avon River from Northam Weir to Posselt's Ford, over a three day period. Like the much younger Avon Descenders they shot rapids, portaged around Extracts Weir and survived the tea trees downstream from Toodyay. This was a great first time effort for a group whose age range tops out somewhere over 70.

This expedition was very successful in no small part due to meticulous planning, well-practiced paddling skills and a support vehicle.

The second example of extracurricular activity was the adrenaline pumping experience of club members Ken and Adrian when paddling in King George Sound, Albany while on a recent holiday trip. They were paddling some distance apart when they spotted a whale and her calf not far ahead. The whale submerged, passed below Ken's kayak and surfaced very close to Adrian's craft. Fortunately there was no capsize but for just a fleeting moment Adrian may have wondered what it would be like to spend three days inside a whale. A great tale for the grandchildren.

The selection of venues for the regular Thursday club paddles has been dictated by the changing of the seasons and the below average rainfall. August saw the last of this year's moving water paddles with one session on the upper Canning River from Maddington to Wilson and another on the Upper Swan from Bells Rapids to Baskerville.

Now that flatwater paddling is the order of the day, a different venue is selected for each week's paddle because as we all know variety is the spice of life. For example, one week it was paddling from point Walter to HMAS Leeuwin at East Fremantle and return. Another week it was from Woodbridge downstream to the Helena River and then some distance up the Helena River before returning to Woodbridge. Rumour has it that there are a number of interesting, first time, flat water paddling locations planned for the weeks ahead – watch this space.

For further information visit our web site, www.over55canooclub.org.au or telephone club president Peter on 9409 3813.



Learning and sharing through U3A



U3A President Peter Alcock with U3A North Coast member Glenda Batten

THE UNIVERSITY of the Third Age (U3A) continues to grow from strength to strength as it heads towards its 30th birthday next year.

As more West Australians take early retirement, not-for-profit seniors' organisations, such as the University of the Third Age (U3A), are experiencing a membership boom.

"Not surprisingly, Perth's baby boomers and other retirees are looking for interesting and stimulating outlets to replace the careers they have left behind," says U3A president Peter Alcock.

"With our commitment to ongoing learning and knowledge-sharing, U3A fits the bill perfectly. Our membership also includes a fair percentage of recent migrants who have chosen to retire to Perth."

Because of its expanding membership, U3A North Coast recently moved from Warwick to larger premises at Hamersley, while U3A Wanneroo was launched, bringing the

number of metropolitan branches (regions) to 10.

U3A was launched in France in 1972 and now has millions of members world-wide. It is a university in name only. It has no entry requirements and no examinations. It is a network of community-based groups with members (men and women) meeting in a friendly local environment to learn and share their knowledge and ideas.

There is no limit to the subjects explored and discussed. Topics range from history, travel, books, music, world and current events to photography, geology, creative writing and crosswords... and so much more.

There is keen social interaction between the regions, with regular, well-researched day-time presentations given by members as well as guest speakers.

There are also regular outings and affiliated special interest groups such as photography and gardening groups and coffee clubs.

Members are also encouraged to join the U3A choir and film-making groups.

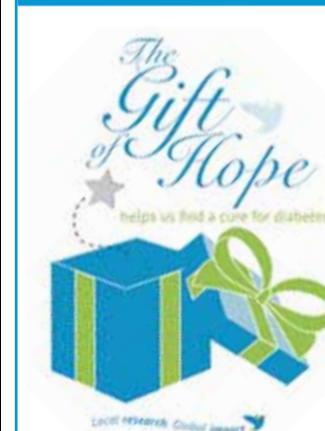
In addition, U3A runs regular, inexpensive city courses at Central Perth venues, offering a wide range of subjects over several weeks.

These may include art appreciation, philosophy, film appreciation, computer know-how, Australian and international literature and politics. Topics are constantly revised in line with members' interests.

Next year marks the 30th anniversary of U3A's introduction to Perth through the University of Western Australia. To mark the occasion, the combined membership of Perth's metropolitan Regions and associated country branches are planning a variety of celebrations throughout the year.

For further information about U3A, visit www.u3auwa.org, phone the U3A office on 6488 1857 for an information pack; or write to the University of the Third Age, University of Western Australia (M421) Crawley WA 6009.

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Have a Go News SENIORS WEEK 2015 ROUND UP



Seniors Week Events - LATE LISTINGS

8 to 15 November Metropolitan

Breaking stereotypes about ageing
A documentary style photography exhibition shattering ageing stereotypes
Bankwest Tower Foyer
108 St Georges Tce, Perth
9am - 5pm
Free

Sunday 8 November Metropolitan

The Seniors Week Lunch of the Western Australia Sri Lankan Association Victoria Park Bowling Club 18 Kent Street, Victoria Park 11am
WA Sri Lankan Assoc. (WASLA) Senior members: free members
\$12 Non member, Seniors over 65 - \$12 per head
Non members u65 - \$15 per head
The day's program will include a presentation by Legal Aid of W.A. / ZUMBA demonstration and sing-a-long after lunch, and a sumptuous buffet lunch/sweets
Strictly bookings only - Phone Vicki: 9378 2028

Monday 9 November Metropolitan

Claremont Golf Day
Enjoy a day of golf in the serenity of Lake Claremont Golf Course. Groups of two to four people can enjoy the 9 hole golf course and relax afterwards.
Lake Claremont Golf Course
7 Lapsley Rd Claremont
9am to 1pm
Cost: Free (light lunch included)
Limited places call 9285 4395

Regional Living Longer Living Stronger

Margaret River Recreation Centre, Wallcliffe Rd
1.30pm - 2.30pm
Cost: \$7.50 per session
Bring - water bottle and towel
Wear - comfortable clothing and footwear

Tuesday 10 November Metropolitan

Yoga in Claremont
Stretch your mind and body with yoga instructor Sheila. Learn about balance, physiology and your current health in this two hour interactive class.
Twisting Fish Yoga Studio
19 Avion Way Claremont
1.30pm - 3.30pm
Cost: Free
Call 9285 4395

Regional Living Longer Living Stronger

Augusta Recreation Centre
Augusta Civic Park
Allnutt Terrace Augusta
8.30am - 9.30am
Cost: \$7.50
Bring - water bottle and towel
Wear - comfortable clothing and footwear

Storytime _ Grandparents welcome

Grandparents are encouraged to come with their grandchildren and join in on stories, rhymes, songs and craft. Grandparents who want to share a rhyme or song from their childhood during the session are most welcome.
10.15am for 10.30am start - 10.30am-11.30am
Margaret River Library
Fearn Avenue Margaret River
Cost: Free
Includes stories, singalong, craft and refreshments

Monday 9 November Metropolitan

RSVP 9 Nov - 9780 5600 or amrlibrary@amrshire.wa.gov.au

Super Movers

Margaret River Recreation Centre
Wallcliffe Rd
10.30am - 11.30am
Cost - \$11.20
Bring - water bottle and towel
Wear - comfortable clothing and footwear

Wednesday 11 November Metropolitan

Remembrance Day
Join in on the 97th anniversary of Armistice Day that ended the First World War. As a community, join us to observe one minute silence in memory of those who have served and sacrificed for Australia.

Claremont War Memorial
Corner Bay View Terrace and Stirling Hwy
10.30am - 11.30am

One minute silence at 11am
Cost: free

Twilight River Cruise

Sail the Swan River in a twilight cruise not to forget, enjoy a glass of champagne and canapés before you set off on a magical sail. Upon return enjoy a buffet dinner at the Claremont Yacht Club.
Claremont Yacht Club
4 Victoria Avenue Claremont
5.30pm - 8pm

sail to commence at 6pm dinner from 7pm
Cost: \$10

Places are limited
Call 9285 4395 - priority given to Claremont residents

Thursday 12 November Metropolitan

Build your Balance
Rod Evans Centre
10.15am - 11.45am
Celebrate Seniors Week at the Rod Evans Community Centre

with a beginners Tai Chi session, light morning tea and motivational guest speaker. Morning tea provided. If you would like to stay for a three-course lunch after the event (\$15), please call the centre. Supported by the City of Perth, Stay On Your Feet and Act Belong Commit.

FREE | perth.wa.gov.au/
rodevanscentre 9461 3920

Heart Foundation - Claremont Cruisers

Hit the pavement with the Claremont Cruisers and enjoy a brisk walk around Lake Claremont. Relax afterwards with a light morning tea and coffee at Lake Espresso Café. 7.30am - 9.30am

Cost: Free
Meet at Lake Espresso Café at Claremont Golf Course - 7 Lapsley Rd Claremont
Call 9285 4395 to register

Yoga in Claremont

Stretch your mind and body with yoga instructor Sheila. Learn about balance, physiology and your current health in this two hour interactive class.
Twisting Fish Yoga Studio
19 Avion Way Claremont
1.30pm - 3.30pm

Cost - Free
Call 9285 4395

Regional Living Longer Living Stronger

Augusta Recreation Centre
Augusta Civic Park
Allnutt Terrace Augusta
8.30am - 9.30am

Cost: \$7.50

Bring - water bottle and towel

Wear - comfortable clothing and footwear

Seniors Morning Tea

Come and celebrate Seniors Week at the library
10.30am - 11.30am
Margaret River Library

Cost: Free

Includes - morning tea, complementary hand massages and 10 min info session on library services.
RSVP to 9780 5600

Friday 13 November Metropolitan

Grand Storytime
Bring your grand kids to a

special "Grand Storytime" at the Claremont Community Hub & Library. Morning tea provided.

Claremont Community Hub & Library
327 Stirling Hwy Claremont
10.30am - 11.30am
Cost: Free
Call 9285 4395 to register

Regional Living Longer Living Stronger

1.30pm - 2.30pm
Margaret River Recreation Centre Wallcliffe Rd
Cost \$7.50 per session
Bring - water bottle and towel
Wear - comfortable clothing and footwear.

Spot the DIFFERENCE THE DIFFERENCE is you.

Join the thousands of volunteers already participating in the Keep Australia Beautiful Adopt-a-spot program and get free gloves, bags and tools to assist your clean-up efforts. You can participate as an individual, school, community, business or family group.

It's easy to adopt a spot and make a difference to your environment. Register now and help create cleaner and safer communities.

I love seeing the difference half an hour roaming the streets with my pick-up stick can make! The Adopt-a-Spot program helps us take responsibility for the things we can do something about; rather than expecting someone else to do it.
Kerry, Volunteer

To register visit www.kabc.wa.gov.au or call 6467 5339

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Come and have a go at Par 3 Indoor Golf



THE Simulation Centre is an entertainment and training facility using state of the art simulators of a range of games.

Ever dreamed of a world where air-conditioning, golf and world class courses lay at your doorstep? Well dream no more.

Par 3 Indoor Golf consists of four golf booths or simulators and people can choose

to play from almost any golf course around the world such as Pebble Beach, Banff Springs and Spyglass. There are also mini games like smash the windows of a mansion, hit golf balls through field goals, and the driving range to practice a swing.

On the driving range people are given a comprehensive data analysis of what they are doing wrong so they

can correct their swing accordingly.

If people thought previously that they had to spend hours at the driving range guessing what you were doing wrong, then think again, it is like having a wizard strapped to their shoulder.

There are also virtual leagues worldwide so people can be playing their mates on the same course from the other side of the world.

To add to the fun try your hand at baseball, tee ball, ice hockey, cricket, soccer, basketball, rugby and NFL on the simulators. Zombie Dodgeball and Carnival Games are also very popular. These simulator games are extremely well-liked by coaches for training and kids looking for fun. Not to mention the adults getting into the action quite regularly.

Dreamed to be the best race car driver? Par 3 Indoor Golf is complemented by

its latest addition of two full motion car simulators. Race World Class Tracks such as Bathurst in your selected V8 or Phillip Island in the Red Bull F1.

Catch a 9D Movie Ride at Par 3 Indoor Golf. Using advanced seat movements and synchronised effects, you'll experience the full-blown action of animation cinema. There are heaps of movies to choose from including family-friendly films, scary slasher specials and more. This is really good fun.

The licensed bar and cafe is open Tuesday to Sunday – serving light meals and cold drinks – grab a bite to eat with friends.

Par 3 Indoor Golf is by far one of Perth's premier fun locations for your next outing, family day or social get-together. Par 3 Indoor Golf is a destination for fun, and an awesome venue for the grandkids during the school holidays as well. Enquiries can be made on 6258 5935 or view www.par3indoorgolf.com.au

WIN WIN WIN

To be in the draw to win a one-hour of golf simulation inclusive club hire for a group of four players at Par 3 Indoor Golf email wina@haveagone.ws.com.au and include the word indoor in the subject line. Alternatively, address an envelope to Par 3 Indoor Golf Competition c/- Have A Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Competition ends 6/12/15.

Put a spring in your step

IMPROVE your wellbeing and energy through the Integrated Listening System.

It is now the third year of providing the Integrated Listening System (ILS) to adults. Science has finally caught up. The concept of using sound therapy to improve well-being has been recognised in the most recent book by Norman Doidge *The Brain's Way of Healing*.

In his chapter *A Bridge of Sound*, Norman Doidge spoke about an interview with Dr Ron Minson, founder of the ILS. He reported that the modified music delivered through bone and air conduction headphones was very effective as a form of energy to the brain.

As we age we experience hearing loss especially in the high frequencies. When we hear high frequency music we are energised and our mood is lifted. Consequently Gillian Baker and Jean Loth, directors of Sound for Life, felt that the Integrated Listening System would support ageing by feeding the brain with modified music with a bias towards high frequency music. The comments from the

Antibiotic Awareness Week highlights proper antibiotic use
 ANTIBIOTIC Awareness Week will take place from 16–22 November and is endorsed by the World Health Organisation, acknowledging the global importance of this growing public health issue.

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

A global action plan to tackle the growing problem of antibiotic resistance was endorsed at the 68th World Health Assembly in Geneva, Switzerland in May.

Australia's First National Antimicrobial Resistance Strategy 2015–19 was released in June

people who have done the ILS as a home programme or as a clinic based programme have validated this but there have been so many more benefits noted.

- This is what clients found:
- Changes in energy levels.
- They found it easier to stay in the conversation with others.
- There was less anxiety.
- They felt that they were thinking faster.
- They had more confidence.
- Improved memory was noted at work and at home.
- They could find their way around strange shopping centres better.
- They could 'hear' better. We know that we can't change hearing but we certainly changed listening.
- Improved balance and mobility.

The best comment that has motivated ILS to go the extra mile was from an 85 year old client who said, "I don't know why but I wake up every morning feeling happy."

Come and visit ILS at *Have A Go Day* and have a listen to this specialised brain integration program or contact them to register for one of their free information sessions. They will happily show you the not-so-secret path to energise the brain.

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

If people all handle antibiotics with care, together they can make a difference and change the future. For more information about Antibiotic Awareness Week 2015, visit www.nps.org.au/antibioticawarenessweek or www.safetyandquality.gov.au/



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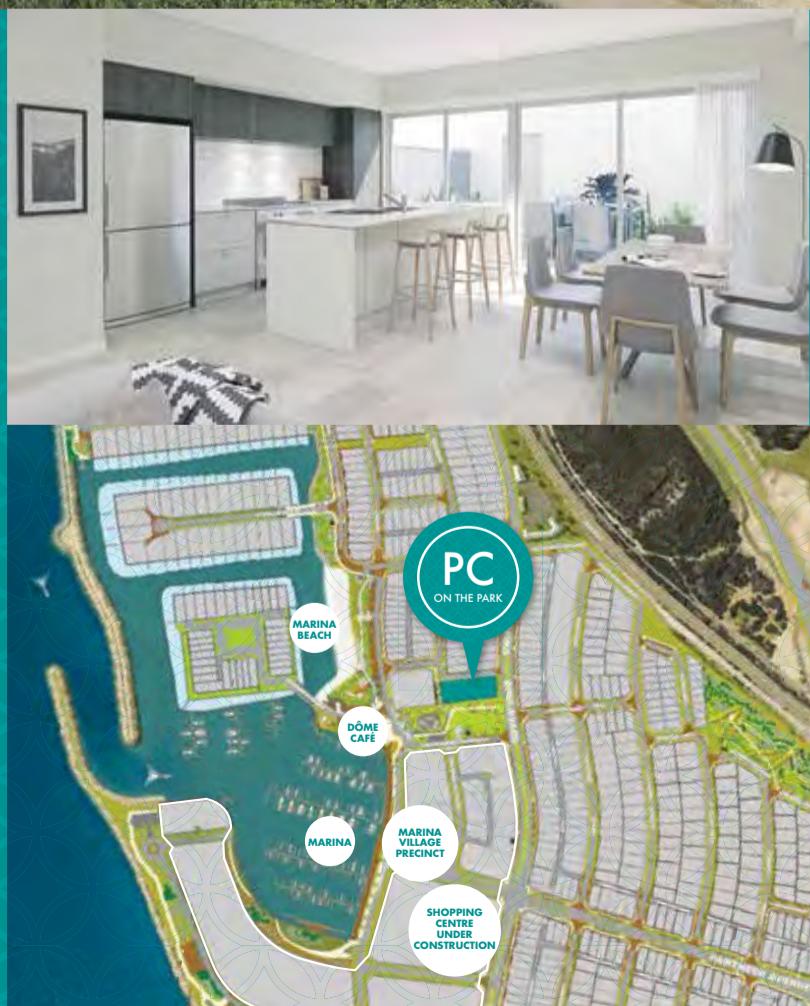
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Downsizing

ADVERTISING FEATURE



Downsizing does not mean downgrading



by Frank Smith

MOST downsizers want to move into a smaller, more manageable house as they age, but that does not necessarily mean a cheaper house. Some people simultaneously downsize and upgrade.

In 2011 the Australian House and Urban Research Institute (AHURI) surveyed 2700 older people who had moved house at least once since turning 50.

They found that 43 per cent of survey respondents had downsized. Around half had downsized or moved only once since turning 50 years of age, and a little under a third had moved more than twice.

Downsizers tended to be older, female, single, living in one-person households, retired and dependent upon either superannuation or the Age Pension for their income. Compared to other movers, they were more likely to move into retirement villages, multi-unit or single storey dwellings and they were more likely to move locally rather than go further afield.

The most common reason for downsizing was a desire for a change in lifestyle, retirement, children leaving home, financial gain and physical factors such as inability to maintain the home and/or garden. Financial difficulty figured in relatively few cases.

Around one quarter of respondents experienced difficulty in the process of downsizing, or moving without downsizing. The key difficulties were limited availability of suitable housing, its cost and affordability, and the suitability of its

location.

The two main motivations for downsizing are to make life easier, and to release capital tied up in a valuable house for living expenses.

Centrelink assets test discourages pensioners from moving into a less expensive property because as their assets are released their pension is reduced.

Some financial planners are suggesting older people with some assets in addition to the family home might be better to consider moving into a more expensive property.

National Seniors give an example of Judith and Beatrice, two single 70-year-old retirees who both own their own home, have \$300,000 of non-home assets and who, under the new rules to come into effect in 2017, will receive an annual age pension of \$18,460.

Judith decides to sell her home for \$500,000 and downsize into a smaller home costing \$300,000. This transaction increases her total assets to \$500,000.

Beatrice sells her home for \$400,000 and buys a larger home for \$500,000, using some of her non-home assets, which therefore are reduced to \$200,000.

Neither Judith or Beatrice's overall wealth changes after these transactions, but under the age pension asset test, Judith will lose her entire pension, while Beatrice will get an increase of almost \$4000 a year.

That doesn't make sense.

The AHURI suggested possible policy interventions to address difficulties faced by downsizers, such as specialised services to assist older people in the moving and downsizing process. This might include forward planning for housing and care needs, financial advice and assistance in the moving process.

Downsizers could also benefit from improved information about housing choices and the practical aspects of downsizing, for example from the Senior's Housing Centre.

Most importantly the financial disincentives to downsizing, including stamp duty and Age Pension eligibility need to be addressed, they say.

Parkside living at its finest at Coogee next year



A NEW town home development in Port Coogee is setting the benchmark for contemporary, coastal design. Priced from just \$693,000, Frasers Property Australia's PC on the Park features a mix of two and three bedroom, two-storey homes located less than 80 metres from the Port Coogee Marina.

Taking inspiration from Cubist architectural language, the town homes feature striking geometric shapes that address the surrounding environment and blend in with the vibrant marina precinct.

Frasers Property Australia WA general manager Tony Perrin said the vision of the project was to create a development which offered an alternative to apartment living.

"We have created a conventional two storey dwelling with more living areas than an apartment for less than \$750,000 but with spacious open-plan living, private courtyards and balconies for outdoor living with uninterrupted marina and parkside views," Mr Perrin said.

"Our customers have expressed a desire for modern, spacious and functional homes so we have incorporated lots of contemporary timber and stone elements."

"We also provide upgrade packages, giving buyers the chance to purchase upgrades and choose between a number of interior finishes. Customers also benefit from our integrated design and construction delivery platform with a 12 month defect warranty period and a single point of contact during the construction process to ensure a simple, stress free way to buy, build and move into their new home."

"Incorporation of sustainable design principles is an integral part of designing every dwelling and these town homes imbed passive solar design, natural ventilation and natural light penetration principles resulting in a NatHERS energy rating of 9.5 stars, ensuring long term living benefits for residents."

The homes provide a low maintenance beachside lifestyle close to the marina and future shopping precinct. A real alternative to apartment living makes the homes ideal for empty nesters, downsizers and professional couples alike.

Construction at PC on the Park is expected to start in early 2016, with homes ready for occupation before Christmas. With more than 170 customer registrations for this development, interest has been very strong.

When complete, the nearby Marina Village will offer waterfront dining, retail and entertainment options including the Port Coogee Village Shopping Centre currently under construction.

The estate offers residents the opportunity to relax by the beach and make the most of the facilities on offer including manicured parks and gardens, barbecue areas, water playgrounds, public art and cycle-friendly walking trails.

For more information please call 13 38 38 or visit www.portcoogee.com.au.

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NEWS

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Downsizing

ADVERTISING FEATURE



The need to downsize

by Anne Osbourne

I WILL not mince words... growing old can be a painful process and unfortunately for many of the elderly, aches and pains become a part of life.

We are now encouraged to keep fit and local gyms are becoming a popular place for seniors to pull weights and stretch out. But apart from the physical aches, there are also many emotional stresses to contend

with. These stresses include downsizing.

Now, anyone who has ever had to downsize will know exactly what I am talking about.

'Stuff' that we have collected over many years and grown to love, has to go and choosing which, is no mean feat. Yes, it has to go to that 'great stuff collector in the sky' and quickly, before we change our minds.

We offer our 'stuff' to our children who usually scoff at our treasures. Ap-

parently they don't realise that this 'stuff' might be worth something in years to come. Oh well, that's their headache.

Talking of headaches, a big one for me was downsizing the wardrobe. Lovely skirts and tops bought many moons ago and which no longer fit have been sitting in the wardrobe waiting for me to lose weight. Needless to say, that has never happened... so out they go to the Op Shop.

Large items of furniture have to be replaced by smaller pieces to fit in my new one bedroom unit.

But the biggest heartache of all was getting rid of hundreds of my beloved books and four bookcases.

I have been an avid reader since I was a small child. And as an eight-year-old, I spent my Christmas days reading my new books.

So you will understand the emptiness I felt when my beloved books were given away. I just hope that the people who received them enjoyed and cared for them as much as I did.

My downsizing happened when my husband died and I moved to be closer to my son and his family. Despite the downsizing, I have never regretted the decision to Have a Go and start a new life in a new town and a new home.

British pensions update - government changes

by Mike Goodall

IN addition to being the regional co-ordinator in WA for British Pensions in Australia (BPiA) I have recently been elected a director of the International Consortium of British Pensioners (ICBP) which is the organisation spearheading the campaign for pension parity.

However since the UK general election the All Party Parliamentary Group (APPG) has been reformed under the chairmanship of Sir Roger Gale (Conservative) with Yasmin Qureshi (Labour), Ian Blackford (Scottish National Party SNP) and Lord German as vice chairs. It has become one of the largest APPG lobby groups in the UK Parliament and new members are continually joining, with many of the new SNP members taking a great interest because if Scotland did gain independence their pensioners could also become frozen.

In addition a new early day motion (EDM 363) has been raised and we are asking all UK expat pensioners to write to the MP in the constituency where they last voted in the UK to ask that they both sign the EDM and also join the APPG.

To date it has 68 signatures which includes Jeremy Corbyn who wanted to sign before he became leader of the

Labour opposition party. He has been a long term opponent of this inequality. There are 35 signatures from SNP MP's out of the total of 55 SNP MP's in Westminster.

The new Minister for Pensions is Baroness Ros Altmann. Before she became a member of the government she was a strong supporter of our campaign. However we are aware that she has already been 'got at' by the bureaucrats in the Department of Work and Pensions and the Treasury, as she has written saying some of the same rubbish that Steve Webb the former Pensions Minister said when he was in office. Steve Webb was a strong supporter in 2004 before he became the Minister famously quoting that: "The British Government are riding on the backs of the Australian taxpayer".

It is a fact that if we could achieve our goal of pension parity the Australian Government (via Centrelink) would benefit by over \$1 billion over the next four years. This is in addition to the extra money (another \$1 billion or more) that UK expat pensioners would have to spend in Australia and help improve our economy.

We have written to Australian Government ministers to try and stimulate some activity from them. In June

BPiA chairman Jim Tilley met with Scott Morrison to discuss our campaign. However governments change very rapidly these days and since the June meeting Scott Morrison has been replaced by Christian Porter MP for Pearce.

I have met with Mr Porter several times since he was elected to discuss both 410 retirement visas and BPiA matters with him. However since his appointment as Minister for Social Services he has been on maternity leave and I have been unable to meet with him. I will endeavour to meet with him as soon as possible as it is important to our campaign that we have the backing of the Australian government. Our chairman is also waiting to hear from the PM, Malcolm Turnbull.

Unfortunately due to personal circumstances BPiA will not be attending the *Have a Go Day* on 11 November but we will be at the Rockingham Seniors Expo.

Anyone who would like to discuss the above or any other aspects of their UK State Pensions is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPiA's Coordinator in Western Australian on (08) 6364 0859 email: mikegoodall@btconnect.com

Remote controlled bidet - new single button function

Advertorial

EVERYTHING on The Bidet Shop's bestselling remote-controlled Coway Bidet Toilet Seat can be operated automatically with just the push of a button.

The remote-controlled Coway BA08 Healthcare Range includes features and functions that customers have asked for, and occupational therapists prefer.

The most requested feature – of a single button operation to provide a full cycle warm water wash and warm air dry is now a reality, along with large easy-to-see raised buttons which incorporate Braille print for the visually impaired.

Plus there is now a multi-function remote holder that can be positioned on either side of the bidet or on the wall.

At The Bidet Shop, we have gone the extra mile to ensure our elderly and disabled customers are able to get the clean they need

with functions and accessories that assist them.

One of the many benefits our new special remote wall holder is that it isolates all other bidet function buttons and only allows the auto button to be operated, making the Coway Health Care Bidet the most recommended bidet by healthcare professionals.

A new accessory to The Bidet Shop is the extra-large waterproof remote control, which can be operated with a foot or elbow.

At The Bidet Shop we offer a seven day per week support line to all of our customers, we provide in-house training and have our own dedicated OT Support Team.

It is now possible for many older people, and those with a disability or ailments, to efficiently and effectively clean themselves without relying on a carer or family member to assist them, helping to restore their dignity and self-esteem.

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Don't miss this opportunity to have your own modern apartment at an affordable price.

Call Harry on 6250 0016 to arrange an obligation free tour of the village. Let Harry update you with the latest news and views on retirement living.

Save up to \$15,000 on a new display home in Baldivis.

Baldivis is booming! Don't wait, act now and live close to Rockingham's retail centre, glistening beaches, train station and freeway entrance. Save up to \$15,000 on display homes at Vibe Baldivis Lifestyle Village and Tuart Lakes Lifestyle Resort for a limited time only.

Your new lifestyle is ready and waiting! Choose from one of 17 brand new display homes and start enjoying the resort-style facilities on your doorstep immediately. You could be settled in by Christmas—and our present to you is no council rates, no stamp duty and no corporate or legal fees.



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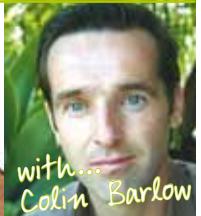
OFFER IS AVAILABLE ONLY ON DISPLAY HOMES BUILT AT TUART LAKES LIFESTYLE RESORT AND VIBE BALDIVIS LIFESTYLE VILLAGE. MOVE IN BEFORE JANUARY 31. PRICE CURRENT AT TIME OF PRINT.



GREAT

ADVERTISING FEATURE

HOME & GARDENING



with... Colin Barlow

Bush Tucker bonanza for WA home gardening enthusiasts

by Colin Barlow

GROWING edible plants at home has become very popular with homeowners growing their own veggies, herbs and fruit. But did you know that there is a range of 'Bush Tucker' plants that are also becoming increasingly popular in both home and school gardens?

Many of the Bush Tucker plants that are grown in Australia are local indigenous plants that were first used by the local Aboriginal people prior to the settlement of Australia by Europeans.

Although many of the

plants were used for food and drink, many of them were also used medicinally or to make fires, torches, twine, implements or other resources.

Plants used for their edible fruit and seeds include: Macadamia, Dianella, Quandong, Desert lime, Maroon bush, Emu plum, Australian bluebell, Red-eyed wattle.

Plants used to produce drinks or sweet nectar include: Bottlebrush, Marri, Banksia, Hakea, Grass tree, WA Christmas tree, Scarlet runner.

Plants used for their edible roots, leaves and stems in-

clude: coastal sword sedge, coastal pigface, Warrigal greens, milkmaids, bulrush, bloodroot, twining fringe lily.

Before preparing any bush tucker food, always check first with a reputable and experienced person some species e.g. Zamia palm can cause serious illness if not prepared correctly. This interest and resurgence has resulted in the release of a new range of edible Bush Tucker plants from around Australia. This year there will only be limited numbers, so get in quickly to your local garden centre if you want to

try them out. The Native Black Plum *Diospyros australis* is an attractive small to medium tree growing from four to 10 metres high and four to seven metres wide. This rainforest tree enjoys moist soil and grows in full sun to part shade and will even tolerate heavy shade. Like other rainforest trees it benefits with protection from the wind and hot afternoon sun. Black plum has glossy green leaves with a prominent yellow mid vein and yellow/green underneath. From October through until December small creamy/yellow flowers are borne in profusion and followed by 10-15mm black shiny fruits that ripen in autumn.

The

plum pine *Podocarpus elatus* or Illawara plum as it is sometimes known, is a slow growing tree between eight to 12 metres high and four to seven metres wide. The plum pine produces unusual rich plum-like fruits that have two segments incorporating a hard dark seed, and a large edible fleshy and seedless, purple-black modified stalk.

The fleshy fruit can be eaten either fresh or used for cooking, jams and jellies. Plum pines are suited for use in preserves, sauces, muffins, cheesecakes and fruit compotes. The sauces

made from the fleshy fruits make a perfect topping for meat, vegetables and pizza or as a satay dipping sauce. Try them with chilli and garlic for an unusual combination.

Tecticornia lepidosperma is a native succulent or known as WA samphire or sea asparagus. The shoots and stems are best used raw and are crunchy in texture, which gives a salty fresh burst of flavour similar to asparagus. WA samphire can be blanched or sautéed and is a good source of calcium, iron and vitamin A. This species is easy to grow and has a low watering requirement.

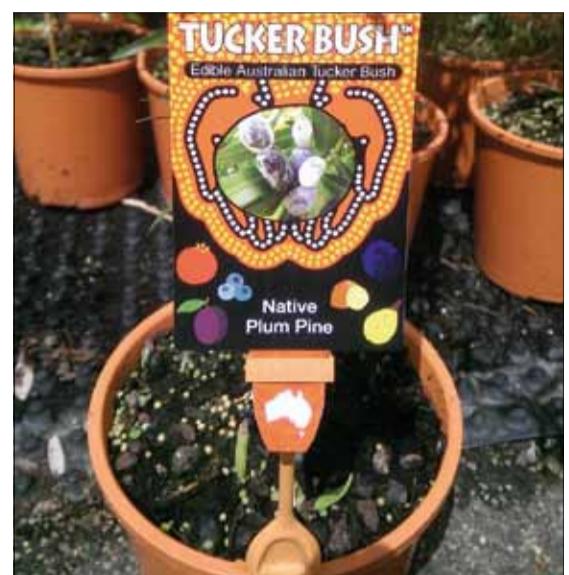
Shady days

Do you have a shady spot in the garden that needs attention? Or do you require some plants suitable for growing around a pool? If you do why not take a look at the amazing range of ferns and palms and get some tips from the growers at the annual plant sale.

21 November: The Western Australian Fern Society and WA Palm and Cycad Society combined annual plant sale and show is on at the Cannington Exhibition Centre on the corner of Station Street and Albany Highway, Cannington.

The show is open daily from 9am to 4pm. For further information call Ray Chester on 9313 1736.

13-14 November: The



Top; Bush Tucker plant Below, from left; WA Fern Society - WA Palm and Cycad Society

Albany Horticultural Society show is set to bloom at the Centennial Oval showgrounds, 156 Lockyer Avenue, Albany. Call 9841 4003 for the latest news.

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STEM CELL TECHNOLOGY

Humans believe that ageing is inevitable – at GEN-X we disagree

No doubt you've heard of stem cells but don't know much about them. The rigorous debate surrounding stem cells has much to do with their proven restorative qualities evidenced in thousands of medical success stories globally. But what are they exactly? Put simply, stem cells are our body's built-in repair system helping us to heal from injury and illness.

We have about 200 different kinds of cells in our bodies that are organ specific, but stem cells are different. They're able to change into other types of cells helping a range of organs and tissues to recover from trauma. This means that when our bone marrow releases stem cells they automatically target the damaged areas, in turn releasing growth factors to repair the tissue. For this reason stem cells are considered to be highly regenerative. In fact our own adult stem cells are the core essence to life and good health, and provide the platform for many cumulative health benefits.

Did you know that from about the age of 26-27 years old the body gradually stops producing stem cells? Our body's reserves gradually decrease, and our reduced ability to efficiently repair damaged tissue leads to aging. It's not surprising then that medi-



Stem cells are our body's built-in repair system helping us to heal from injury and illness

cal science today uses stem cells to enhance our general well-being with broad and proven benefits. In fact, GEN-X treatment programs are designed specifically to combat the challenges faced by reduced energy and endurance, compromised immune systems, fatigue and focus issues, poor post exercise recovery, post operative recovery, illness and injury as well as natural weight loss, muscle gain and overall health maintenance.

Scientific research shows stem cell release rates from the bone marrow drops at an astonishing rate as we age. By the time we're 65 years old, the release rate has dropped by more than 80% leaving only 20% of active stem cells circulating in the bloodstream. The good news is it's never too late to start reversing these statistics. It's now possible to activate our own adult stem cells

with a revolutionary stem cell programme. Gen-X's cutting-edge treatment programs designed by a team of bio-chemists, scientists and health experts, provide advanced immune response, cellular repair and renewal.

With a working knowledge of the unique, regenerative quality of stem cells, and with access to highly sophisticated technology, doctors today can also offer life-changing relief to patients suffering from a vast range of conditions and diseases. Using methods that stimulate adult stem cells from the bone marrow, muscle and tissue into the bloodstream, stem cells migrate to areas where they are most needed. This vital, life-sustaining process helps improve, maintain and preserve health and well-being throughout an entire lifetime.

If you'd like to know and understand the benefits of stem cell treatments for your health, and improve your quality of life, give us a call today. Places are limited.

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The first 50 callers will receive a complimentary 'Dummies Guide to Stemcells' publication ABSOLUTELY FREE!



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ADVERTISING FEATURE

There are many ways these days to tackle an ongoing pain in the head

by Jemma Aldridge



Jemma Aldridge

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neck in a downward looking position (reading or typing) for an extended period this could make the pain worse.

So how can neck pain cause a headache? This can happen because the nerves in the upper part of the neck are connected to the nerves in the head and face. Stiffness or tightness in the neck could cause a nerve to be compressed and refer pain to the head.

There are other causes of headaches as this diagram below shows, causes such as TMJ joint pain which can come from the temporo-mandibular joint (TMJ) which is where the jaw joins with the head, sinus caused headache,

cluster headaches, neck pain and migraine.

Headaches that are caused by neck problems have the following signs:

- Headaches and neck pain occur together
- Headaches with dizziness and light-headedness
- Headaches worsened by neck movements
- Headaches on the same side of your head as sore neck
- Headaches eased by pressure to the base of your head
- Persistent headaches with no medical cause.

How can a physiotherapist help? As neck problems have caused the headache, physiotherapists can treat the neck

problems with many forms of treatment to relieve the pain:

Joint mobilisation-gently working to release tight joints and muscles.

- Joint manipulation-carefully reducing joint problems
- Neck exercises-to maintain full range of movement in the neck
- Posture correction and advice on preventing problems Relaxation techniques:

• Massage

• Avoidance of aggravating factors.

While physiotherapists can use their knowledge and healing hands to help correct a problem it is actually the person experiencing the head-

ache that makes the greatest difference. You can follow these healthy guidelines to keep your neck healthy and reduce the risk of headaches returning.

- Avoid working continuously with your head in a downward position such as on the computer. Change your position every hour and stretch your arms and neck muscles
- Sleep with a supportive pillow- not too soft, not too high.
- Exercise at least three times a week for 30 minutes to maintain flexibility and strength in your body especially in the upper body
- Reduce your stress, try to relax more and avoid tense

shoulders and clenching the teeth.

- Maintain a good sitting and standing posture avoiding a poking chin hold your shoulders back and your body firm with your head level and the chin tucked in.

Reference: Australian Physiotherapy Association

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.

WA search on for best 'personal' diet to protect against diabetes



Diabetes Research WA executive director, Sheri Westlund and leading researcher Grant Morahan

A NEW WA research project has its sights set on uncovering the type of diet that works best to protect people against type 2 diabetes based on their specific genotype.

Leading WA diabetes researcher Grant Morahan – who will present an overview of his team's latest work at a Diabetes Research WA public seminar on Friday 13 November ahead of World Diabetes Day – said the study aimed to help people choose their ideal diet to help reduce their chances of developing type 2 diabetes.

"Everyone knows there are so many diets around and the message from the people behind these diets is usually that theirs is good for everyone,

one, but that's very unlikely to be the case," said Professor Morahan.

"This study aims to find the best match of diet to genes, in terms of healthy outcomes.

"We will find what genes interact with specific diets to cause type 2 diabetes. This will eventually allow us to say what is the best diet for individual people and help them navigate the maze of diet information out there to best protect themselves against type 2 diabetes."

The project will involve researchers from China and the US as well as those from WA's Centre for Diabetes Research.

Professor Morahan said

the study would be done using The Gene Mine resource, which was created by the Centre and harnesses the power of the entire mouse genome for accelerating medical research discoveries.

"If you were to do a human study into this, it would take millions of dollars and thousands of participants and would need to be done over 20 to 30 years," he said.

"Using the incredible power of The Gene Mine, we think it can be done in five years, so the ability of this resource to fast-track studies is huge."

Diabetes Research WA executive director Sheri Westlund described the study as particularly important.

"Research has proven diet and exercise are crucial factors in many cases of type 2 diabetes so to take this knowledge to the next level and personalise diet advice based on the genes you have, would be very powerful."

"With 1.7 million Australians estimated to have diabetes and up to 85 per cent of those people having type 2, research like this could have a phenomenal impact on the health of our nation," she said.

To attend Diabetes Research WA's lunchtime seminar Diabetes: Extraordinary Steps to the Future in Subiaco, RSVP to info@diabetesresearchwa.com.au or call 9224 1006.

Diabetes Research WA has now raised and distributed more than \$4.6 million for diabetes research in WA. Visit www.diabetesresearchwa.com.au for more info.

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ADVERTISING FEATURE



Jeanette Woolerton

by Jeanette Woolerton

Holy moly

A RECENT study suggests the amount of moles found on your right arm could indicate the amount you have on your entire body, as well as your risk of developing melanoma.

Published in the British Journal of Dermatology, the study looked at the data from 3,594 healthy, female twins between January 1995 and December 2003. Each set of twins had a skin examination performed which identified their skin type, hair, eye colour, as well as the amount of freckles and moles they had on 17 different parts of the body.

According to the report, the

Moles give an interesting blueprint into our skin health and keeping it safe

results found that the number of moles on a person's right arm (especially above the elbow) was most predictive of their total number of moles on their body.

Females with seven moles on their right arm were nine times more likely to have more than 50 moles on their entire body. And, more interestingly, females with more than eleven moles were more likely to have over one hundred spread across their body. According to medical doctors, that high incidence of moles on the body is, in itself, a strong predictor of melanoma risk.

Other areas that were also considered high predictive regions included women's legs and the back area for men.

"The findings could have a significant impact for primary care, allowing [general practitioners] to more accurately estimate the total number of moles in a patient extremely quickly via an easily accessible body part," the

researchers stated.

While this is great breakthrough research, more is needed to make definitive results. However, if people are ever in doubt as to the way their skin or mole might look always consult a doctor and remember to slip, slop, slap!

Reefer Madness?

While slip, slop, slap is recommended, it is worth considering which sunscreen is most effective, non-toxic and safe for the environment as well as us? Most sunscreens contain a combination of ingredients for effective protection against damaging ultraviolet rays (the deeply-penetrating UVA and the shorter-wave UVB).

However, with recent findings indicating the chemicals in sunscreen are killing our coral reefs, is a physical, organic alternative better? The short answer is 'yes' – non chemical sunscreens are better for our bodies and our environment.

There are fundamental

differences between the two main types of sunscreens: physical and chemical. A chemical sunscreen is absorbed by the skin. Sunlight is deactivated or degraded after contact with the organic chemicals contained in the sunscreen. Chemical sunscreens typically contain a range of ingredients like benzene, aminobenzoic acid and cinnamates that, together, protect against UVA and UVB.

A physical block, in contrast, sits on the skin's surface and contains inorganic compounds like titanium dioxide or zinc oxide that are not absorbed into the skin. In this case, light is either absorbed into sunblock material or reflected away from the skin, similar to a mirror or aluminum foil. Ingredients in physical sunblocks protect against both UVA and UVB and, because they are not absorbed into the skin, they are nonirritating and nonallergenic.

The ideal sunscreen would be a physical block using titanium dioxide or zinc oxide.

Titanium dioxide or zinc oxide. Titanium dioxide is derived from titanium, a highly reflective white chalky mineral. In addition to being nonirritating and nonallergenic, titanium dioxide is non-comedogenic, meaning that it doesn't produce or aggravate acne. The Food and Drug Administration, in its monograph on sunscreens, lists it as one of the most effective active ingredients for sun protection. Zinc oxide also provides physical protection from damaging rays, absorbing primarily UVA light rather than scattering or reflecting it. It is also a mild antimicrobial and wound healing substance and is considered to be non-comedogenic.

So, before people slip, slop, slap, please check that the sunscreen is non toxic, chemical free and that it contains titanium dioxide or zinc oxide.

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ANTENNAE

Many hearts, one voice, the War Widows' Guild story



Iris Rowcliff, left, author Melinda Tognini and Hazel Donald

by Josephine Allison

WHEN author Melinda Tognini saw a small newspaper advertisement for someone to write a book about Western Australia's war widows she thought it would

be a two-year project, fitted around family and study.

Eight years later she has completed the book, *Many Hearts, One Voice*, about a little-known group of courageous women who formed the War Widows' Guild to

fight for public expression of their loss, subsidised aged-nursing care and affordable housing. They also battled to have their pensions recognised as compensation for their husbands' lives.

It has been a labour of love for Melinda who is now firm friends with many of the war widows who fought so hard and long for recognition and a decent pension.

"A friend sent me the advertisement for a writer in November 2007," she said. "I was later accepted to write the book and did the first half as a Masters degree in writing at Edith Cowan University. But I gradually realised the project would be much bigger, given I wanted to include the women's personal stories and also a broader historical context."

"I placed an advertisement for information in the *Can You Help* column of *The West Australian* and received a lot of interest from that, including children of founding members. It was lovely to have ongoing contact with them. The ladies meet every Monday morning so I spoke to many informally."

Typical of the women Melinda met and are included in the book are Hazel Donald, Guild president from 2003-2007 and World War II widow Iris Rowcliff, 93, OAM who served as president from 1995 to 1997.

Hazel Donald came to WA from Victoria after spending 20 years in the army.

As Melinda says in her book: "Hazel Donald, on the other hand, was excited about the redevelopment (Forsyth Gardens, Mt Lawley) as it precipitated her return to Perth after 20 years away."

"She became a war widow in 1996 when her husband Bill died of cancer, but had her own lengthy military record. Hazel was at school when her brothers embarked for the Second World War and the women's services disbanded when the conflict ended.

"But in 1951 the Korean War loomed and women were once again needed to relieve the men."

Influenced by a childhood surrounded by khaki and a desire to drive a truck eighteen-year-old Hazel signed up for four years as part of the second intake on 4 February.

"Her friends thought she was mad, but she never regretted her decision. Four years' service extended to twenty-four, and she rose through the ranks to Lieutenant Colonel."

Iris Rowcliff had her application for a war widow's pension rejected twice despite the fact that husband Jim went to war a fit man, and spent much of his early return years in hospital.

As Melinda recounts in her book, Iris was refused a pension but was urged to reapply.

"Months later Iris still had not reapplied for the war widows' pension. Finally Vi Smiles told her, 'Get up and get a form; we're going to help you fill it in.' After listening to Iris's story, the Legacy volunteer (known as a legatee) Joe Burton told her, 'you'll have no problems. You'll have it in six weeks.' True to his word, Iris soon received a war widow's pension, more than 10 years after her husband's death."

Iris went on to become the

Guild's fourth state president but stated she would remain so for only two years although a further year was permitted under new guidelines.

Melinda travelled to Canberra to carry out research for her book at the National Library and National Archives, as well as visiting former executive committee member Doreen Taylor in Tasmania. She also accompanied (at her own expense) a group of Guild women on a pilgrimage to Gallipoli in 2008.

"The war widows in the context of the day were ahead of their time, possessing a great courage and willingness to stand up for themselves," she said. "They didn't accept their lot and were prepared to fight. The more I researched, I concluded these were an amazing group of women with stories to be told."

Melinda is excited about the release of her book which has a foreword by former Governor-General Dame Quentin Bryce who was national patron of the War Widows' Guild of Australia from 2008-2014.

Born in Perth, Melinda Tognini spent her teenage years in the Northern Territory. She returned to Perth and studied to become a teacher before starting a writing career. She is passionate about telling invisible stories and empowering others to find their voice. She is married with two children.

Many Hearts, One Voice, The Story of the War Widows' Guild in Western Australia (Fremantle Press, \$32.99) was launched by WA Governor Kerry Sanderson on 1 November.

Handmade crafts, antiques and collectables plus more...

COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 14 and Sunday 15 November from 9.30am to 4.30pm where people can visit more than 300 indoor market 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.

Handmade Crafts



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, home-wares, 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 wide range of food products including delicious sauces, condiments, preserves, cakes, biscuits, chocolates and confectionary.

Craft stalls are situated inside the Robinson Pavilion.

Antiques and Collectables

This fair includes antique and collectable dealers selling their wares through more than 100 stallholders. Free antique valuations are also available from 12pm to 3pm daily where customers can bring along a family heirloom.

Stalls are situated inside the Silver Jubilee Pavilion.

Polka Dot Vintage Market

People with a passion for vintage and retro clothing and accessories, can 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 \$7 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.

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

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

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) or email win@haveagonews.com.au and include the word market in the subject line. Competition ends 11/11/15.

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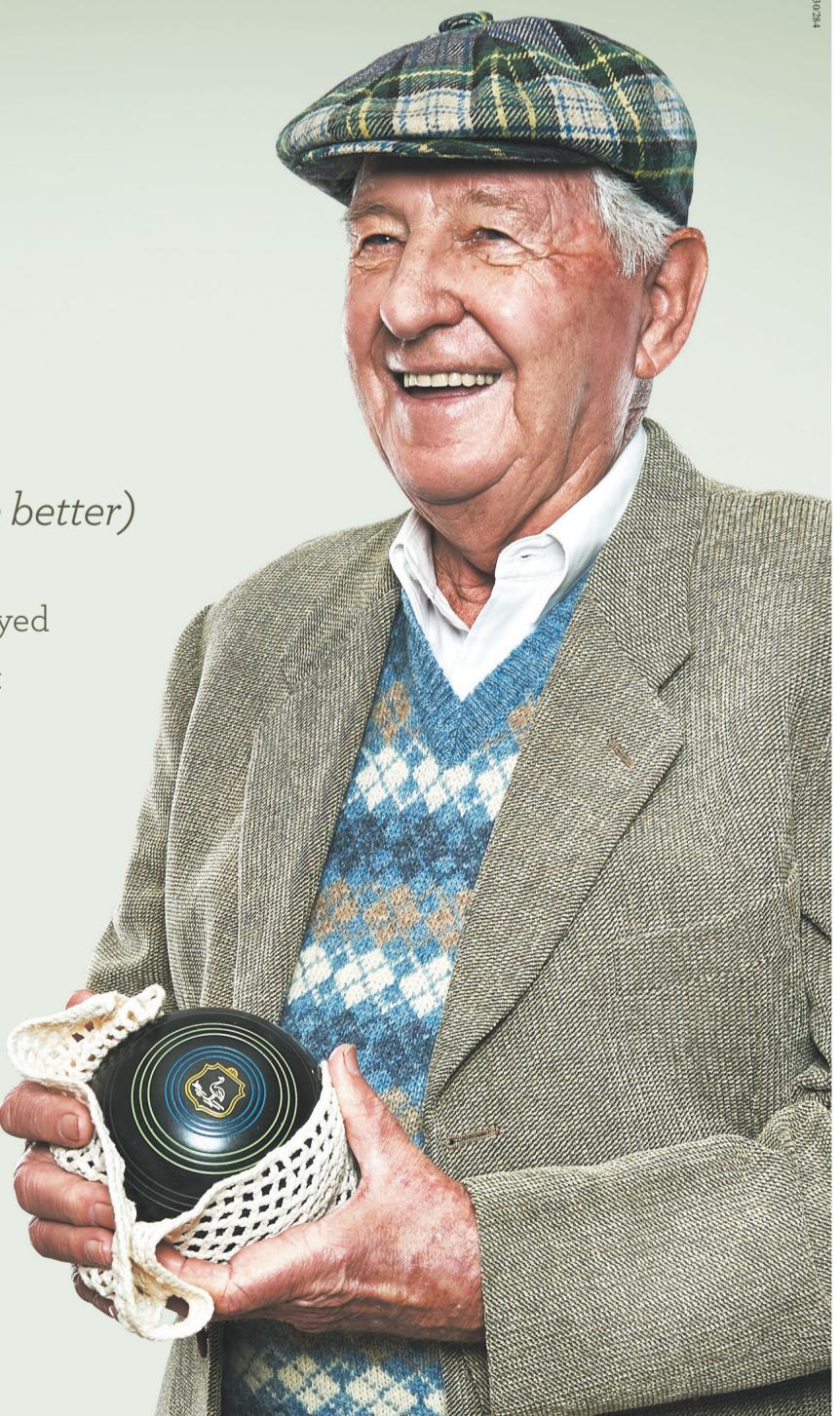
He likes some friendly competition (the friendlier, the better)

When Jack moved to Bethanie, several years ago, he'd never played a game of bowls. Now, he's a serious player (and on the putt putt course too). It's been a great way to make friends. They've given him some handy tips on his game, while he's been giving some charming banter, now and then. And while they're serious about their bowls, they're even more serious about having fun.

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International Volunteer Day Saturday 5 December 2015



Volunteer extraordinaire
Ron Hancock

Ron gladdens hearts, sets voices soaring as a Bethanie volunteer

MEET one of Bethanie's dedicated volunteers, Ron Hancock. Ron is a gifted musician who uses his talents to entertain Bethanie residents with his skills on the piano. Ron has been a volunteer at Bethanie for many years and first started work at Bethanie Warwick in 2003.

Bethanie manager, Joanne Douglas, says, "Residents of all ages relate to and en-

joy music. Ron plays the piano during the week and for church services and understands the power of the piano and music."

"Ron has supported people with different cognitive disabilities and witnessed how music sparks memory and a sense of wellbeing. When Ron plays, all of our residents remember the songs/hymns, singalongs, engage and partake in the services. Our Bethanie residents love the 'live' music."

"Music can be a purposeful activity where just walking in and playing the piano can draw the crowds. Music allows the residents to express themselves, to recall memories, feelings,

improves moods and stimulates conversation – it goes far beyond just listening."

"Residents have shown a significant improvement in their demeanour when Ron plays and many of the residents mention their enjoyment up to a week later. Ron has a definitive passion for improving the wellbeing of residents in aged care, and through connecting our residents with music, Ron is making a significant difference to improving the wellbeing of Bethanie residents."

If you, like Ron, would like to make a difference in our seniors lives or to learn more about becoming a Bethanie volunteer, call 131 151 or visit Bethanie.com.au.

Say thank you to the volunteers in the WA community



Government House © Heritage Perth

INTERNATIONAL Volunteer Day (IVD) is celebrated each year on 5 December and was established by the United Nations General Assembly in 1985.

IVD provides volunteer organisations and individual volunteers with the opportunity

to raise the public awareness of their contributions to economic and social development at local, national and international levels.

Online bookings will open soon, if you would like to attend the party then keep an eye on Volunteering WA's website at <https://volunteeringwa.org.au/news/international-volunteer-day-date-saver>



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We would like to say a resounding THANK YOU for your hard work, selfless efforts, dedication, wonderful smiles, generosity of spirit and for helping to make the 2015 IGA Perth Royal Show a huge success.

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CITY OF BELMONT CALL FOR VOLUNTEERS

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 support to 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.

The City recognises its volunteers through two annual functions, awards and activities, and training throughout the year.

Current vacancies are:

Volunteer Community Transport Driver: 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 7448, or email community.development@belmont.wa.gov.au



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To sign up call 131 151 or visit bethanie.com.au/careers



Thank you!



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Ron Hancock,
Bethanie Volunteer



Are you interested in volunteering?

Did you know that the Melville Volunteer Resource Centre (MVRC) can match you with volunteering opportunities in your area?

Never underestimate your ability to make someone else's life better – Greg Louganis

If you're already volunteering, share photos of how you're making a difference with #MVRC

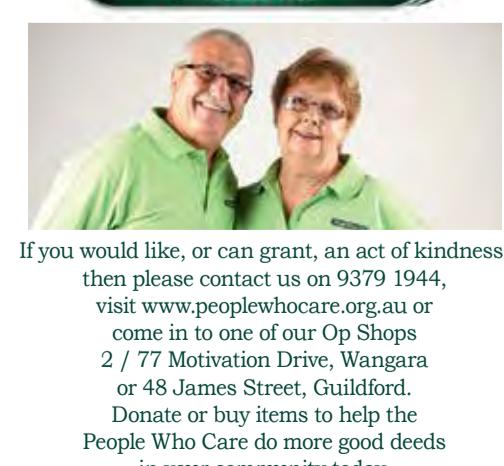
To find out more, call 9364 0662, email volunteering@melville.wa.gov.au or visit www.melvillecity.com.au/volunteering

Thank you to all the wonderful volunteers at People Who Care who have helped us grant so many wishes in the community with their continued acts of kindness.

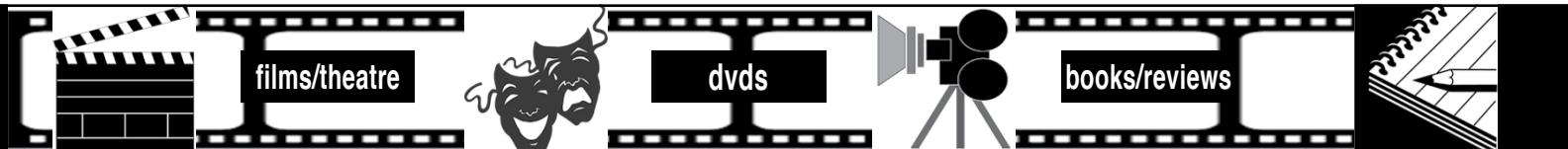
"When people care for you they can straighten out your soul." – Langston Hughes

People Who Care

If you would like, or can grant, an act of kindness, then please contact us on 9379 1944, visit www.peoplewhocare.org.au or come in to one of our Op Shops 2 / 77 Motivation Drive, Wangara or 48 James Street, Guildford. Donate or buy items to help the People Who Care do more good deeds in your community today.



Arts



Black Swan State Theatre Company's Program for 2016



Clockwise from left; Black Swan State Theatre Company's artistic director Kate Cherry - *Girl Shut Your Mouth*, part of Black Swan's double bill *Loaded*, kick starts BSSTC's 2016 season - *Joan Lindsay's novel Picnic at Hanging Rock* is brought to the stage by Black Swan in April 2016 © Photographs Robert Frith

by Josephine Allison

IT seemed quite fitting for WA Academy of Performing Arts music theatre graduate Megan Kozak to emerge from a fake cake at the colourful grand finale of Black Swan State Theatre Company's launch of its 2016 program. Kozak will play Monica Lewinsky in the company's forthcoming show, *Clinch on the Musical*, next August.

The near-capacity audience at Heath Ledger Theatre was treated to a comprehensive rundown of next year's program including *Clinton the Musical*. The cake act was a double play on re-enacting the famous Marilyn Monroe scene, Kozak singing *Happy Birthday* to company chairman Mark Barnaba (no, it wasn't his birthday) and to celebrate the company's 25th anniversary in 2016.

Company general manager Natalie Jenkins said the company faced a different economic climate compared with

12 months ago, however Mark Barnaba said the company was in the best shape it had ever been. Special tribute was paid to company founding patron Janet Holmes à Court.

Artistic director Kate Cherry then gave a rundown on next year's program, starting with *Loaded*, a double bill of new plays: *Girl Shut Your Mouth* and *Tonsils-Tweezers* at Studio Underground in January – February, part of the FringeWorld Festival. Emerging young playwrights Gita Bezard and Will O'Mahoney will offer intriguing insights into the lengths some people will go for friendship and the chance of a new life.

In April, the much-acclaimed *Picnic at Hanging Rock* will see Tom Wright's adaption of the Joan Lindsay novel directed by award-winning director and former Black Swan associate director Matthew Lutton. Audiences will revisit the drama made into a film by Peter Weir in 1975 involving a group of

schoolgirls and their teachers who go on a picnic at Hanging Rock, Victoria, with four of their number disappearing forever.

In May, Kate Cherry will direct *Angels in America Part 1*. Set in 1985 New York city the ground-breaking drama follows Prior Walter, a young gay man diagnosed with AIDS and abandoned by his lover. He is visited in a dream by an angel that brands him a prophet and tasks him with saving humanity from themselves.

Acclaimed WA playwright and 2013 Emerging Writers Group prize winner Nathaniel Moncrieff has written the world premiere of *A Perfect Specimen* opening underground in June. A heart-wrenching true tale of Julia Pastrana and Theodore Lent who makes his wife the star attraction of his travelling freak show.

In an international first for the company in July and the highlight of the company's 25th year, Black Swan joins with

the National Theatre of China in *The Caucasian Chalk Circle* (based on an old Chinese fable, the *Circle of Chalk*) directed by Dr Wang Xiaoying with artists from the National Theatre of China. It is an engaging parable about motherhood, ownership and identity with a focus on the indigenous cultures of China and Australia.

Clinton the Musical focuses on one of America's most influential and divisive presidents with two distinctly different personalities. The show had a sell-out system off Broadway and is well-timed in the lead up to the US election year.

The 2016 program ends in October when popular WA actor and director Jenny Davis returns to the stage in Moliere's satirical *Tartuffe the Hypocrite* and a supposed man of the cloth. Orgon is a wealthy man trying to come to terms with middle age when he meets Tartuffe and his life takes a dramatic change.

On the Silver Screen...



Freeheld

BASED on an inspiring true story, *Freeheld* stars Julianne Moore and Ellen Page as a couple who, in their darkest hour, take on the biggest fight of their

lives – for equal rights. Featuring powerful, intimate performances from Moore and Page, *Freeheld* is a moving love story and a stirring tribute to the quest for justice and equality. Also stars Steve Carell.

In cinemas 5 November.

He Named me Malala

He Named me Malala (PG) in cinemas 12 November – opens exclusively at Luna SX and Luna Leederville. The documentary feature film is an intimate portrait of Malala Yousafzai, who was wounded when Taliban gunmen opened fire on her and her friends'

school bus in Pakistan's Swat Valley.

The then 15-year-old teenager, who had been targeted for speaking out on behalf of girls' education in her region of Swat Valley in Pakistan, was shot in the head.

An educational activist in Pakistan, Yousafzai has since emerged as a leading campaigner for the rights of children worldwide. In December 2014, she became the youngest-ever Nobel Peace Prize Laureate.

In cinemas 12 November.

Love the Coopers

In this heartwarming

comedy, four generations of the Cooper family come together for their annual Christmas Eve celebration. As the evening unfolds, a series of unexpected visitors and surprising revelations turn the night upside down, leading to a rediscovery of family bonds and the spirit of holiday. As four generations of the clan brace for yet another Christmas Eve dinner together, they do their best to conceal the decidedly less than perfect aspects of their lives in this hilarious and heartwarming ensemble comedy starring Diane Keaton, Alan Arkin, John Goodman, Marisa Tomei, Amanda Seyfried, Olivia Wilde, June Squibb, Ed Helms, Anthony Mackie and Jake Lacy.

In cinemas 26 November.

WIN WIN WIN

To be in the draw to win one of 10 in-season passes to the above movies simply email win@haveagone.ws.com.au with *Silver Screen* in the subject line or send an envelope to *Silver Screen* C/- Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 26/11/15.

99 Homes

IN THIS timely thriller, hard-working single father Dennis Nash (Andrew Garfield) and his mother (Academy Award nominee Laura Dern) are cruelly evicted from their home.

Desperate to get his house back, Nash goes to work for the wealthy and ruthless businessman Rick Carver (Academy Award nominee Michael Shannon) – the very man who repossessed Nash's home. It is a deal-with-the-devil that comes with an increasingly high cost – on Carver's orders, Nash must evict families from their homes; in return, Nash is promised a lifestyle of wealth and glamour. As Nash falls



WIN WIN WIN

To be in the draw to win one of ten doubles passes to *99 Homes* simply send an envelope to *99 Homes* C/- Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side or email win@haveagone.ws.com.au with *99 Homes* in the subject line. Closes 20/11/15.

Join us online

Have-a-Go NEWS

Crossing Over with John Edward

Live in Perth!!

See John Edward LIVE at the Riverside Theatre

November 10th

7:00pm

Tickets Available at johnedward.net and premier.ticketek.com.au

*Reading not guaranteed

@psychicmediumje

DARLINGTON THEATRE PLAYERS at MARLOO THEATRE GREENMOUNT

FRI, SAT, WED 7.30PM SUN MATINEES 2PM
TIX: Adults \$22 conc/ch \$20 Members \$18 Family 2ad + 2ch \$70

BOOKINGS: GWYNE 9255 1783 or TRYBOOKING.COM/IOSJ

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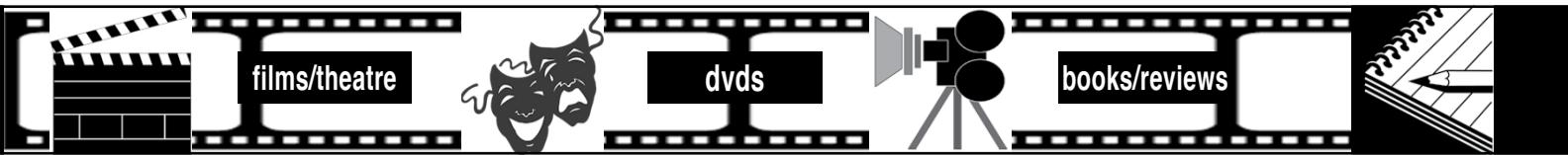
20 NOV ~ 12 DEC

Dick Whittington

A new exciting pantomime by Gail Lowe

By arrangement with NODA Ltd UK

Arts



WA Opera 2016 - The year of premieres



WEST Australian Opera's 2016 season will deliver an exhilarating program transporting audiences on a flight of adventure with classic operas and a new Australian work. West Australian Opera has a commitment to nurturing Australian artists and each production will highlight Australian artists, locally and nationally or Australian artists working on international stages.

The year will commence with Puccini's comedy *Gianni Schicchi* for the City of Perth's annual *Opera in the Park*. This year *Opera in the Park* will be held in Langley Park on Saturday 6 February. Conducted by West Australian Opera's artistic director, Brad Cohen, this is the first time *Gianni Schicchi* has been presented.

The autumn program will debut the award winning new Australian work, *The Riders*, based on the novel by West Australian author, Tim Winton. This new Australian production showcases the talent of West Australian award winning composer Iain Grandage. The production, commissioned and presented by Victorian Opera in 2015, won the APRA Vocal/Choral Work of the Year at the Art Music Awards and promises to be visual spectacular paying homage to our Australian cultural landscape.

The Elixir of Love by Donizetti is the Simon Phillips' production and boasts a strong Australian theme with warm colour hues of the outback and rustic corrugated iron structures.

"This production is a new take on the comic opera classic which audiences will find charming and we are proud to present Simon's production for the first time in our theatre," said Brad Cohen.

Later in the year, in the spring season, they present the new Opera Conference production of *The Pearlfishers*, directed by Michael Gow and conducted by Brad Cohen.

"We are proud to present the 2016 season in a year of firsts that includes *Gianni Schicchi* (new to the company's repertoire), *The Riders* (a new Australian work), *Elixir of Love* (a new to Perth production) and *The Pearlfishers* (a new production). We hope to enrich the cultural landscape of WA and shine the spotlight on Australian talent. We are committed to the investment of artists through our Wesfarmers Mentored Artist Program and we are grateful to our principal partner Wesfarmers Arts for their continued support which directly enables the company to present and produce opera in this state," said Carolyn Chard, general manager West Australian Opera.

Subscriptions and single tickets are on sale from 11 November.

Suite Française



diers sets up a garrison. Soldiers taking up residence in the villagers' own homes.

Lucile initially tries to ignore Bruno von Falk the handsome and refined German officer staying with them. But soon, a powerful love draws them together and leads them into the tragedy of war.

Released by Roadshow Entertainment – available now on DVD \$29.95 MA15+

WIN WIN WIN
To be in the draw to win one of six Suite Française DVD's valued at \$29.95 each simply send an envelope to Suite Française competition – C/- Have a Go News – PO Box 1042, West Leederville 6901. Or email win@haveagonews.com.au and included Suite in the subject line. Please include your name, address and phone number on the reverse side. Competition closes 30/11/15.

BASED on the best-selling work of Irène Némirovsky, *Suite Française* stars Michelle Williams, Kristin Scott Thomas and Margot Robbie.

France 1940 – the first days of the occupation. Beautiful Lucile Angellier is trapped in a stifled existence with her controlling mother-in-law as they both await news of her husband: now a prisoner of war.

Life in small town France starts to change, first as Parisian refugees pour through, then when a regiment of German sol-

Special symphony summer sounds in community orchestra concert



Raymond Yong and Lucas O'Brien

THE Metropolitan Symphony Orchestra, also known as MetSO, is one of Perth's leading community orchestras. Established in 1977, the orchestra has performed regularly ever since, providing a musical home for keen amateur musicians covering an age range from 17 to 70s.

The next concert will be held at 3pm on Sunday 29 November, at the John Inverarity Music and Drama Centre, Hale School, Unwin Avenue, Wembley Downs. Starting with a performance of Sibelius's popular piece, *Finlandia*, a performance of Glazunov's *Violin Concerto* by soloist Lucas O'Brien will follow.

This is one of Glazunov's most popular compositions and was written in 1904. The concert will conclude with a performance of Tchaikovsky's *Second Symphony*.

Lucas O'Brien began studying the violin at the age of three. He has a Bachelor of Music Performance (Violin) from the Australian Institute of Music in Sydney and the Victorian College of the Arts in Melbourne and won the 2005 Athenaeum Club Prize for Chamber Music.

At this concert MetSO takes great pleasure in introducing Raymond Yong as conductor. Raymond was born in Malaysia, emigrating to Australia at the age of two.

He received his initial musical training in Perth, performing regularly in public piano recitals from an early age. Raymond went on to study conducting at the University of Melbourne and received further training in the Symphony Australia Young Conductors Development program.

Tickets will be available at the door. Bookings are available by phone (call Andrea on 0435 174 550) or online (<http://www.trybooking.com/Event/EventListin-gURL.aspx?aid=10540>). The regular price of entry (\$25 adult, \$20 concession, group tickets available) also includes afternoon tea.

More information about the Metropolitan Symphony Orchestra is available at <http://www.metso.asn.au>.

WIN WIN WIN

To be in the draw to win one of five double passes to Metso's November concert simply email win@haveagonews.com.au with Metso in the subject line or call the office during business hours on 9227 8283 Competition closes 22/11/15.

Cinderella - One glass slipper and live happily ever after



AS the excitement of Christmas hangs in the air, the curtain will be raised this November at His Majesty's Theatre when West Australian Ballet presents the timeless family classic, *Cinderella*.

Set in the resplendent '30s, *Cinderella* is a tale of romance, jealousy and enchantment. Cinderella's down-trodden life as a servant to her selfish and vain stepsisters changes on the evening of the palace ball, when her fairy godmother appears and casts a spell that will transform her life forever.

Choreographed by WAB Principal Dancer Jayne Smeulders, *Cinderella* premiered in 2011 with sold-out seasons in both Perth and Canberra. Smeulders has masterfully created a ballet that captivates the whole family:

"It's definitely a real fairy-tale and has that magical look to it. It's very much a family-oriented show. There's nothing out of the box about it and I'm happy with that," she says.

Set to Sergei Prokofiev's evocative score, performed by West Australian Philharmonic Orchestra, this beautiful production shines.

His Majesty's Theatre 20 November - 13 December.

Tickets \$22 - \$108 available from Ticketek 1300 795 012 or waballet.com.au.

Write a sonnet to celebrate Shakespeare's 400th anniversary...

WILLIAM Shakespeare was born on 23 April, 1564 and died on his 52nd birthday in 1616.

This makes next year, 2016, the 400th anniversary of his death. Shakespeare lovers all over the world will commemorate it.

Here in WA, the Shakespeare Club of Western Australia is sponsoring a sonnet-writing competition: Write your own sonnet.

They invite all poets, amateur and professional, experienced or first-timers, to exercise their imaginations in a 14-line poem in the

Shakespearean style. The competition is open to secondary students and adults.

Writers may choose any theme with a Western Australian link. Your sonnet can be comic, serious, satirical, romantic – or what you will.

Prizes will be awarded in both categories.

First: \$300; second: \$200; third: \$100.

All information relating to competition rules and guidelines is available at www.writingwa.org/articles/5962-sonnet-competition

Simply enter this address and follow the prompts for competition rules and entry forms.

Calendar Girls

WHEN Annie's husband John dies of leukaemia, she and best friend Chris resolve to raise money for a new settee in the local hospital waiting room. They manage to persuade four fellow Women's Institute members to pose nude with them for an alternative calendar, with a little help from hospital porter and amateur photographer Lawrence.

The news of the women's charitable venture spreads like wildfire, and hordes of press soon descend on the small village of Knapeley in the Yorkshire Dales. The calendar is a success, but Chris and Annie's friendship is put to the test under the strain of their new-found fame.

Based on the true story of eleven Women's Institute members who posed nude for a calendar to raise money for the Leukaemia Research Fund.

Directed by Dale James, *Calendar Girls* will be performed at Stirling Theatre 27, 28 November and 3, 4, 5, 10, 11, 12 December at 8pm. Matinee performances on 28 November and 6 December @ 2pm.

Tickets: Adults: \$25 Concession: \$22 Members: \$20 Bookings: Morris News 9440 1040 and trybooking.com/153659

WIN WIN WIN

To be in the draw to win a double pass to the Stirling Players' Calendar Girls, email win@haveagonews.com.au and include the word calendar in the subject line. Alternatively, address an envelope to Stirling Players Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Competition ends 20/11/15.

A comedy by Derek Benfield

Anyone For Breakfast?
A Comedy by Derek Benfield, Directed by Tina Barker

TALENTED local actors are coming to Harbour Theatre in December for their hilarious Christmas comedy *Anyone For Breakfast?*

Jane's husband Roger (Alan Morris).

However, all does not go according to plan as Shirley's husband Gilbert (Jarrod Butterly) arrives home unexpectedly with the object of his affections, Helga (Mona Ashfar) who just happens to be a very Lufthansa air hostess.

In this merry comedy of complications and confrontations, the scene is set for an evening and morning of crazy misunderstandings and mistaken identities as the guilty parties in question try desperately to keep their romantic secrets secret.

No stranger to comedy herself, critically acclaimed actor and director Tina Barker (*April in Paris*) says "Comedy is a very serious business and none more so than farce. I

am thrilled to have assembled such a talented cast who are working very hard. The script is crammed with laugh out loud lines, delivered flawlessly by a skilled cast perfectly tuned to the genre of comedy."

This is a fast moving roller coaster of a comedy that will keep audiences in stitches – the very best way to start the festive season and possibly the funniest play you will see all year.

Anyone For Breakfast? plays at Harbour Theatre @ Camelot on December 4, 5, 7, 9, 11, 12 7.30pm with matinees on 6, 12 and 13 December 2pm.

Bookings – 9255 3336 or www.taztix.com.au Tickets: \$25.50 full/\$23.50 conc/\$20.50 F/T student or child < 15yo

WIN WIN WIN
To be in the draw to win a double pass to the Stirling Players' Calendar Girls, email win@haveagonews.com.au and include the word calendar in the subject line. Alternatively, address an envelope to Stirling Players Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Competition ends 20/11/15.

ART for ALL

• 9-15 November
Celebration of Youth; end of year exhibition by the children who attend Atwell Art classes

• 24 November - 18 December
Christmas Bazaar; special gifts created by MCAA members

ATWELL GALLERY AT ATWELL ARTS CENTRE
Riverside location on bus route - Plenty of parking - air conditioned

586 Canning Hwy, (Chr North Lake) Alfred Cove

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*Proceeds to the Atwell House Restoration Fund

Anyone for Breakfast?
Directed by Tina Barker

4, 5, 7, 9, 11, 12 December @ 7.30pm
Matinees; 6, 12, 13 December @ 2pm

HARBOUR THEATRE INC
@ Camelot, Mosman Park

*BOOKINGS: 9255 3336 or www.taztix.com.au
\$25.50 F \$23.50 conc \$20.50 f/t student or child u15 yrs
*Ticket fees apply

Find us at Camelot, 16 Lochee St, Mosman Park
For further information visit www.harbourtheatre.org.au

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ALA: All letters answered DTE: Down to earth

GSOH: Good sense of humour ND: Non drinker

SD: Social drinker NG: Non gambler

NS: Non smoker NOR: North of River

SOR: South of River TLC: Tender loving care

WLTM: Would like to meet

**Each person may submit
an entry every month.****STOP: Please read new instructions carefully**
Write your advertisement in the grid below. Please print clearly in ink using only one square per word.Send the completed coupon to:
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Reply Box entry:**
Please include two stamped (\$1.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Name Address

Postcode

Phone I am over 45 years of age

(Signature)

Seeking a Friend

ACTIVE male, 59, healthy, adventurous, kind and secure, looking for a happy, healthy woman.

Reply Box 6869

ALBANY lady early 70s WLTM gent; fin sec as I am NS, mild SD, GSOH, living Albany/Denmark/Mt Barker area. My interests include dancing (learning), music, gardening, social outings, fishing. View caring, long term relationship.

Reply Box 6894

ALBANY widow 70s, WLTM gent. Enjoys dancing, outdoors, gardening, family, dining in/out, enjoys cooking. Let's meet for coffee or a chat over lunch.

Reply Box 6880

ATTRACTIVE lady, 70+, postcode 6163, medium build, UK born, unattached, sincere, caring, WLTM genuine, easy going gent, 70+ to enjoy outings, walking, country drives, good conversation, dining in/out and shared interests.

Reply Box 6862

BRUNETTE slim, happy, young minded, lady, genuine. WLTM gent approx 75+ with similar interests, GSOH as companion, friend. Enjoy music, friends, family, life in general, celebration time. NOR.

Reply Box 6882

BUNBURY lady 66, seeking genuine friendship male or female. Interested in water sports, kneeboarding etc. Must have recreation skippers boat ticket also I like dancing, bootscooting, camping, tennis, bikeriding, fishing, crabbing. I've got the boat.

Reply Box 6878

CHRISTMAS gift wish - gentleman, 68-78, NS, SD, warm, honest and ready to care and share again. Enjoy music, travel, theatre. Have you enthusiasm for life? Be my best friend/lover for fun under the Christmas tree.

Reply Box 6895

EASYGOING gent is looking for a lady, 65-75, with a GSOH to go on some outings together. What I am really looking for is a good friend to spend some time with. I like country and western music and barbecues. I live SOR. Would like to get together over a coffee.

Reply Box 6887

EMPLOYMENT: Hire a friend to shop, assist with travel, outings, compassionate, genuine, could live in part-time or travel. Good character, good company, police clearance. Good references.

Reply Box 6889

EUROPEAN lady, slim, fit, mid 60s, NS, ND, NG, GSOH with lots of interests, NOR. WLTM easygoing, friendly companion for outings, walks, concerts, movies, country drives etc.

Reply Box 6873

GENT 68, creative, sensitive, caring, inventive, GSOH. WLTM lady over 55, fit, sensible, happy. Life is full of surprises.

Reply Box 6875

GENT 70+, retired widower, own home. Various interests; camping, caravanning, travel, Australia and overseas, dining in/out, movies, live shows, quiet nights at home. WLTM nice lady any age or nationality for a long term loving relationship. ALA.

Reply Box 6865

GENT early 70s, fit with ties, looking for a nice quiet lady to be my lover for discreet intimate occasions and happy long term relationship daytime only. We can meet at a cafe first.

Reply Box 6860

GENT English-born, naturalised Australian approx 50 years, easygoing, 75, seeks lady of similar age. Likes dancing, walking and drives. For possible relationship. Interests; dogs, dining out, travel, staying in. Lives SOR, Rockingham area. WLTM for coffee or chat.

Reply Box 6864

LADIES stars twinkling brightly, moon shining lightly, soon to be Christmas, would enjoy sharing Christmas cheer with lady slim to medium build, 60s, NS, VG-SOH with gent, SOH, NS, tall, slim to medium build.

Reply Box 6891

LADY 60s, European background, slim, well groomed, educated, fin sec, SOR, lots of interests. WLTM confident gentleman. Enjoys socialising, good company, laughs, movies, dancing, friendship first. Genuine replies please. Want to chat?

Reply Box 6867

LADY 60+, seeking friends, male or female, for camping in 2016 in and around WA. Must have your own tent, caravan or campertrailer. Will negotiate camping plans.

Reply Box 6886

LADY early 70s WLTM single gent, living Albany, Denmark, Mt Barker area. NS, mild occasional SD or ND, fin sec (as I am), caring nature, I am medium build, 5' 2.5", tall, seek gent taller, view caring relationship.

Reply Box 6861

LEAVE your comfort zone. Socialise with lovely singles group, 50s-60s, free, meets SOR to arrange outings north and south of the river. More men welcome to balance our group. Landline preferred.

Reply Box 6872

MAN 78, 5'3", GSOH, own home, SOR, likes driving, bootscooting, meals out, WLTM female, 68 to 74, slim, attractive, SD, NS, TLC, meet for coffee and chat, ALA.

Reply Box 6863

NOR widower, early 70s, NS, SD, fit, healthy, GSOH, WLTM med/slim, attractive lady. Interests; keeping fit, travel, sports, dining in/out, family, meet for coffee and chat.

Reply Box 6881

PETITE Aussie widow, 74, WLTM genuine gent with GSOH, caring, honest, NS. I like music, outings, home life, socialising, a partner to do these things with would be nice. Meet for coffee SOR.

Reply Box 6858

SEEKING dance partner, 63, lady, 170cm, NS, SD, NOR, WLTM friend. I am looking at this as an opportunity to find a dance partner and to have a great friendship.

Reply Box 6888

WIDOW 68, highly educated, professional, SOR, NS, ND, very DTE and compassionate. Loves coffee, movies, classical music. Seeks honest, reliable, caring man similar age and interests for friendship.

Reply Box 6879

GENT SD, NS, NG, WLTM nice lady, slim to medium build, for outings, travel when you are ready. I live SOR near Freo. Please only respond if you are genuine. No time wasters or baggage. ALA. Let's enjoy life while we still can. Nationality open.

Reply Box 6884

IF YOU have been there and done that you are in for a surprise as you have not done it with me. By that I mean travel, watching a sunset, lots of love and laughter. This lady WLTM gent 68-73 who wants to live life again. GSOH DTE, NS, SD, genuine, honest, caring, ALA.

Reply Box 6883

LADY 70s, WLTM in written context, nice ladies and gents, GSOH, love music of diverse types, mainly country, write in a wide range of general family oriented stories about children. I am from the country.

Reply Box 6859

LADY Australian, postcode 6163, seeking gent's company to share the simple things in life together. Outings if you're not older than 67, DTE, genuine, caring person, NS. Would like to hear from you.

Reply Box 6871

LADY tall, slim, 168cm, WLTM gent, 65+, NS, genuine, not into mind games, casual affairs, rather looking for that special lady to share love, laughter, each others company doing whatever takes our fancy, travel etc.

Reply Box 6885

LOOKING for Mr Right, is that you? I am 62, lady, NS, SD, NG, family oriented and a very caring person. Do you fit the bill?

Reply Box 6857

WELL presented gent, 58, no baggage, fit, intelligent, comfortably off, WLTM NS, SD lady.

Reply Box 6868

Seeking a Travel Companion**DISCOVER** America by road. Avoid single supplement. Leaving from Adelaide 9/9/16, 25 days. Call John 9307 8688 and have a chat.

Reply Box 6893

GENT 65 ex UK seeking intelligent, attractive lady, 54-62, travel companion, especially very reasonably priced, cruises ex Singapore/Fremantle. But open to other travel ideas. Must be easygoing, NOR preferred. Benefits; companionship, less expensive, escort.

Reply Box 6892

Do you need a companion or friend?**Don't be lonely over winter or in 2015. Let****Have a Go News****help you through our Friend to Friend page.****Get writing and send****in your coupon.****Friend to Friend:
When replying to an entry...**

To reply to the advertisements in *Friend to Friend* nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100

c/- Friend to Friend,

PO Box 1042, West Leederville, WA 6901.

(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm).

No greeting cards or bulky items.

All replies will be forwarded at the end of each month.

All replies are strictly confidential and are not opened.



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Ask about our new "pay as you go" special

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www.haveagonews.com.au

Reply Box 6884

Scene Socially.....



SCENE (1): Bethanie Waters held an information seminar in late October about the Astor cruise ship which is ported in WA over the summer season. Veteran cruise aficionado Ann Hope was on hand with Bicton Travel's Barry Downs to share their knowledge about the ship with Bicton residents and offer attendees some generous cruise specials. Seen at the event were:

SCENE (1): Top row from left: John Grey, Maureen Grey and Shirley Martin - Bill and Olwyn Underwood - Sharon Fussell and Vi Rew - Lila Tangaris and June Fairclough. Second row from left: Anne Hope and Barry Downs - Robyn Smith, Vi Rew, Anne Street, Dorris Staltari and Lyn Hainsworth - Pat Howard, Doris Staltari and Frank Staltari.



SCENE (2): Western Australian Carpet Bowls held the annual Seniors Recreation Council tournament on 20 October at Altone Park Leisure Centre.

SCENE (2): From left to right: First, Nollamara Autumn Club, Emil Prlenda, Dawn Ribbons, Gavin Daye, Nicola Del Borrelle - Second, Carramar Seniors, Allen Maddocks, Ann Maddocks, Russell Nossiter, Trish Nossiter - Third, Maylands, David Weeks, Mark Studders, Joan Towns and David Langley.



SCENE (3): Have a Go News visited the Australian model ship society recently to see some of their marine masterpieces. We will tell you more about the society in a future issue. For more information call Bob on 9271 6776.

SCENE (3): Bob Gilbert (model ship builder) and Eugene Pasket

Crossing Over with John Edward



Psychic medium
John Edward

THE WORLD'S foremost psychic medium, John Edward returns to Australia for a national tour in November.

Psychic medium John Edward has captivated audiences' worldwide on his TV shows *Crossing*

Over and Cross Country. He is the world's foremost psychic medium and author of numerous critically acclaimed *New York Times* best sellers. Australian fans have embraced John since his first tour. The feeling is mutual – he loves Australia and doesn't need an excuse to keep coming back. John returns to Australia in November for a national tour. See him connect with the other side. There will be question and answer sessions and messages from loved ones on the other side and more.

John Edward has brought a fresh, honest and thought provoking attitude to the world of psychic phenomena. As a medium, author and lecturer, he has, over the last three decades, helped thousands with his uncanny ability to predict future events and communicate with those who have crossed over to the other side. Deeply compelling, often startling and occasionally humorous, John's down-to-earth approach has earned him a vast and loyal following.

Born and raised on Long Island, NY, John exhibited psychic abilities from an extremely early age, and was deemed special by many in his family. The fact that he would uncannily know family

In 2000, John pioneered the psychic phenomena genre with the television program *Crossing Over with John Edward* on the Syfy network. It was the first television show syndicated worldwide devoted to psychic mediumship and would go on to run for four seasons. John followed up the success of *Crossing Over with John Edward* with another television program, *John Edward Cross Country*, which debuted on the WE network in 2006 and ran for three seasons.

John's broad appeal has led to numerous tours of the USA, Canada, Australia, the UK and Ireland, a weekend takeover at Sirius Satellite Radio and expert appearances on *Oprah*, *Dr. Phil*, the *Kardashian* programs and *Dr. Oz*. He continues to be an in-demand guest on radio programs around the world.

Anyone attending a John Edward seminar should anticipate and feel as if they are part of a large crossing over television gallery. There will be question and answer sessions, a guided meditation and messages from the other side. No one attending a seminar is guaranteed a reading.

The *Crossing Over with John Edward* national tour returns November, stopping in Perth, Tuesday 10 November, Perth Convention and Exhibition Centre.

For bookings or further information visit www.ticketek.com.au

At the midnight hour: Jokes to make you laugh out loud



Jon Lewis

by Jon Lewis

big night and arriving to work only to have thirty students to coerce into an education... so on go the sunglasses as they are all invited to draw pictures of clouds. Also double play of words her students/ pupils were of high intelligence and impossibly her eyes rated some kind of stupefying light.

Not all jokes need such a laborious explanation and they followed...

What do you call an igloo without a toilet? An ig. What did Adam say to Eve the day before Christmas? It is Christmas, Eve.

What is the best Christmas present in the world? A broken drum... you can it beat it.

Which famous playwright was terrified of Christmas? Noel Coward

And on it went as we became sillier and sillier with more and more laughter, until finally...*what do you get if you cross Santa with a duck? A Christmas quacker.*

I decided on my after midnight radio show to share some laughter. As comedy suits all levels I decided to start at the bottom and work up with my lovable Christmas cracker jokes.

I can imagine any of these comedic lines endlessly printed on little bits of paper and rolled in Christmas crackers were ever designed to do much more than make us smile, and smile we do.

It is a wonderful place to start, with a smile, and laughter is a wonderful progression to celebrate and share.

Jokes are a good way to defuse the situation too when used calculatingly... My mum enquired if I was sharing my prized toys with my dear darling wife? I shared some of these jokes and mum quickly changed the subject (anything to get me to stop.)

If you have some more fun little jokes please do let me know and I promise to laugh at all jokes supplied Ho, ho, ho... ha, ha, ah....

Jon Lewis can be heard on 6PR 882 AM, Monday to Friday from midnight to 5.30am.

Is your club looking for a quiz master? Jon is available as your quiz master. Text him on 0404 005 882 or email jon@havequiz.com. For more details, visit the website www.havequiz.com

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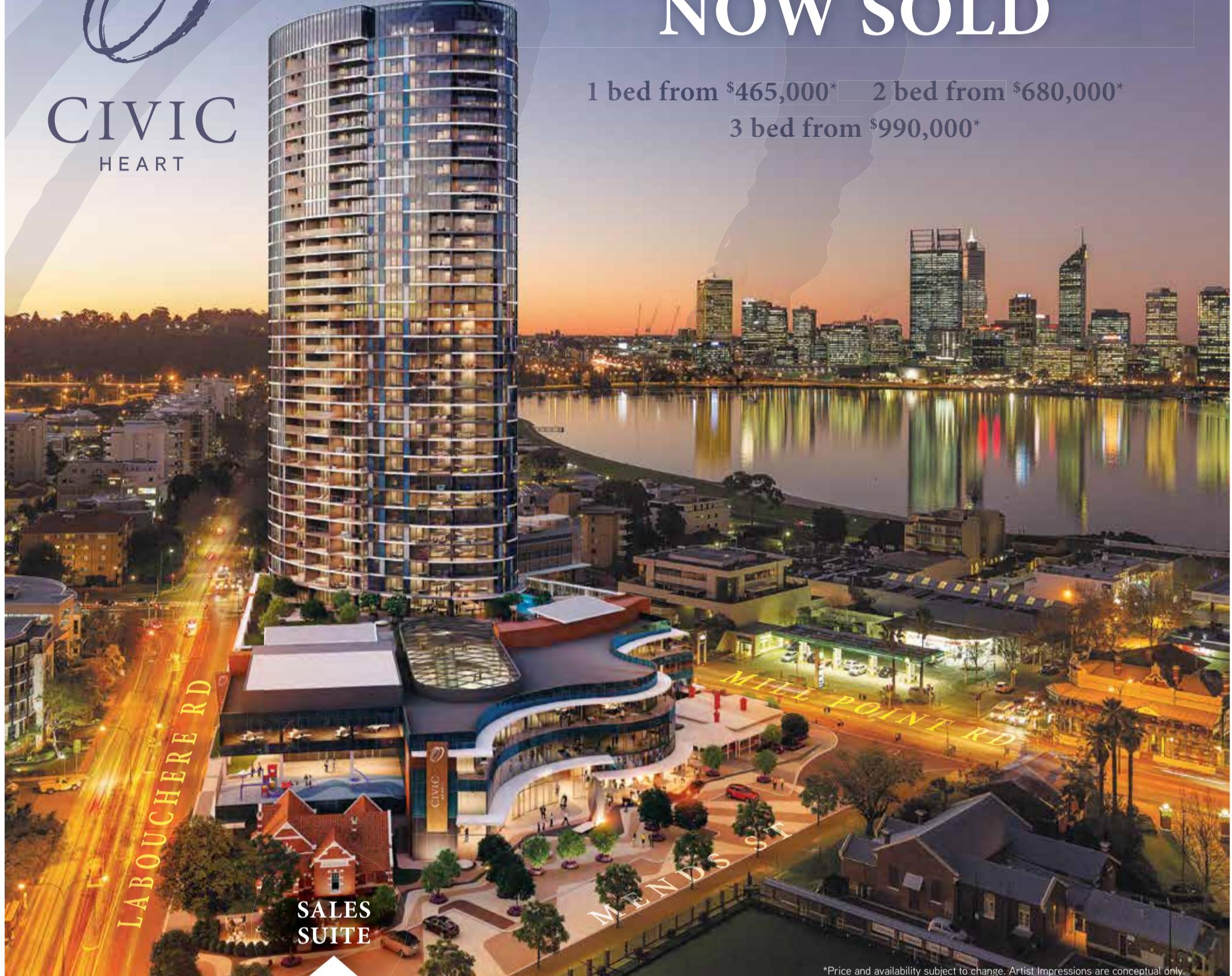


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