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Have a Go NEWS

FREE MONTHLY

LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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One of our favourite cooks heads west



Julie Goodwin © Steve Brown

by Allen Newton

OLDER Australians are waving goodbye to the days of meat and three veg and becoming increasingly adventurous in their approach to food, says Julie Goodwin, Australia's first winner of TV cooking show *MasterChef*.

Goodwin, who will be visiting WA in April for food and wine festival Taste Great Southern, says that while a few of her Nan's generation

might still be set in their food habits, her parents who are in their 70s, along with their friends, are excited by new foods and new restaurants opening up.

"They all like to cook. Aged care institutions need to catch up because in a few years people my parents' age are going to be in aged care and they will not want pureed slop or Irish stew," she says.

"They are going to want Thai curry and

fresh bread.

"To assume that older Australians aren't interested in good food isn't necessarily true."

And while Goodwin says new studies which tell you what you should eat and what you shouldn't often seem to contradict themselves, the fresher the food is and the closer to nature it is, the better it is.

That is something she says all Australians can identify with.

"It's the additives and

the chemicals from the processes that we put our food through that create problems," she says.

Goodwin is looking forward to visiting Albany and Denmark to discover the region's local produce and sample Great Southern wines as part of Taste Great Southern, which runs from 26 March to 5 April.

She will be attending the Women of the Region Dinner on Thursday, 26 March, Denmark Night

Markets on Friday, 27 March, the Shop Local/ Eat Local Albany Farmers Market on Saturday, 28 March, and later that day Dinner by the Lake at the Lake House, Denmark.

Goodwin won the first series of *MasterChef Australia* in 2009 and has since appeared in a weekly cooking segment on Channel 9's *Today*, a contest on *The 7pm Project* to have Goodwin cook at a family's house, and hosted *Home Cooked! With Julie Goodwin* on the Nine Network.

She also appeared on the 2015 season of *I'm a Celebrity Get Me Out of Here* and has written several cookbooks: *Our Family Table*, *Heart of the Home*, *Gather*, *20/20 Meals* and *Julie Goodwin's Essential Cookbook*.

Goodwin's own food tastes have expanded in the years since *MasterChef*, but her favourite foods still revolve around fresh produce.

"I've certainly been exposed to a lot of different things," she says.

"Before *MasterChef* I was running a business with my husband and raising a family of three boys, doing the sport thing and the work thing and the homework thing, so we didn't eat out all that much.

"So I've definitely been exposed to a whole lot more of the world than I was, but in terms of my food philosophy, how I like to cook - that hasn't changed.

"It has to be tasty, there has to be plenty and it has to be served and received in a spirit of love and celebration."

She says sea urchins and chicken feet haven't made it to her list of food favourites.

"When I write recipes one of my criteria is that I have to be able to get hold of the ingredients I'm writing about, because if I can't, it's frustrating for readers.

"I don't think you can get sea urchins on the Central Coast of NSW where I live, you'd have to order them in specially.
continued on page 5



IN THIS ISSUE



let's go travelling

- Steve Collins' Swiss train sojourn
- Marquesas Island
- Jo Allison's visit to Albert Facey Homestead, Wickiepin
- Holistic fishing...



Have a Go News' Jo Allison interviews author Penelope Janu



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From the editor's desk



Above; Jennifer McLaughlin and Jo Allison in Wickepin; Jennifer Merigan

HAPPY New Year! It was so lovely to have a break over the festive season and have some time to recharge the batteries. I had the pleasure of a visit from our *London Calling* columnist Jayson Mansaray and we enjoyed a lovely family Christmas. On the first anniversary of my Dad's death, who was co-founder of this paper, we undertook my parents' final wishes and

spread their ashes at City Beach. It was a peaceful and meaningful way to say goodbye to them as the rhythm of the ocean made me think about the rhythm of life and how we are only here for a fraction of time. I reflected on the fact that every day is important and how we should try to make the best of moments especially those with family and friends. It also made me realise that the journey of life is one of good times and bad, sorrow and happiness and that striving to be happy every day is impossible. I believe the best thing that one can achieve is a contentment in how you manage your emotions and behaviour on a daily basis. My hope for this year is for *Have a Go News* to bring readers inspiration to help them achieve their

goals with stories to encourage you to age with pride, good health and to live the best life you can. This month Josephine Allison has interviewed Jenny Davis about her new stage production which is an adaption of Albert Facey's book *A Fortunate Life*. Jo travelled to Wickepin to visit Albert Facey Homestead to give readers a perspective on the history of this famous Western Australian. While in Wickepin Jo met local resident Jennifer McLaughlin and is pictured above in front of the residents' photo board in Wickepin's main street. We thought this was a lovely way for local people to become involved in the life of the town. See more about on Jenny Davis's production on page 30 and on the town of Wickepin in the travel section.

Fringe World Festival starts on 17 January and the city comes alive with a plethora of shows. There is something for every taste. We will have loads of information on our website and some of our favourite picks from the many shows which will be happening. There will also be competitions to win some tickets.

If you or anyone you know needs some help with Centrelink or a legal issue, don't forget to utilise the free Question and Answer facility we provide with the Department of Human Services and from lawyer Raymond Tan, just email us at info@haveagonews.com.au

For those who enjoy what we feature in the hard copy paper, we also offer daily updates on our website of information that we can't include in the paper. For those on Facebook join us at the *Have a Go News* page where we have a lot of fun on a daily basis.

Don't forget you can receive the digital version of the paper to your inbox on the day of publication. Sign up at readers@haveagonews.com.au

Enjoy the first month of 2020. Jennifer Merigan Editor jen@haveagonews.com.au www.haveagonews.com.au

Ageing research snippet

Exercise remains important as we get older

A NEW study conducted by Seoul National University analysed data from more than one million people aged 60 and over about their levels of exercise. It revealed that people who had increased their levels of activity from continuously inactive to moderately or vigorously active three to four times a week lowered their risk of heart attack and stroke by 11 per cent. People with disabilities also benefited from increasing their activity levels, reducing their risk of cardiovascular events by 16 per cent. The researchers defined moderate physical activity as 30 minutes or more per day of dancing, gardening, or brisk walking. Twenty minutes or more of running, fast cycling, or aerobic exercise daily counted as vigorous exercise. The research suggests that while older adults may find it difficult to engage in regular physical activity, it is necessary to be more physically active for cardiovascular health, and this is also true for people with disabilities and chronic health conditions. The findings make the case that physical activity should become a significant, daily priority for older adults. Get out and have a go!

Have a Go News Quick Quiz

1. Which brewery is on Fremantle's cappuccino strip?
 2. Meekatharra is in which WA region?
 3. Actress Elsa Pataky is married to actor Chris (whom?)
 4. Which WA billionaire distributes Caterpillar machinery?
 5. Bill Gates' wife is named?
 6. South Perth ferries travel to which street in South Perth?
 7. Perth's population is 1.7m, 2.2m or 2.7m?
 8. Sandover Medal winner Lachlan Delahunty played for which WAFL team?
 9. Australia's US Ambassador is whom?
 10. Australia's 2017 Foreign Affairs Minister from WA was whom?
- See page 52 for answers

Urban slang

TEA: means to gossip - if you "spill tea" about someone you're talking behind their back.

Word of the month

Jocund (adjective)
HAVING a lust for life, possessing a positive attitude and desire to live life to the fullest.

Great West Aussies - Did you know?

GRAHAM Marsh was a world-great golfer and a state schoolboy cricketer (1957-8) and, at age 61 had five wins on the seniors' tour, placing him highest on the 2004 money list.

Funny historical fact

IN FLORENCE in the 15th century it was illegal for women to wear but-tens.

Quote of the month

THE energy of the mind is the essence of life. Aristotle

"Life continues as it always has, except with a bit of help."

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Albert Facey's wonderful life story comes to the stage, cinema style



Left to right; Albert Facey - Jenny Davis OAM - A Fortunate Life plays at Midland Ace Cinema 20 February with final screening 23 March at Orana Cinemas Geraldton - Albany local production house Green Man Media onsite at Albert Facey Homestead, located in Wickiepin

by Josephine Allison

ALBERT Facey's inspiring life story has such an important place in the lives of many Western Australians that bringing it to the stage in a cinema setting was a special challenge for the people behind emerging theatre company Theatre 180.

A *Fortunate Life* is an autobiographical book by Albert Facey published in 1981 which chronicles his early life in WA, his experiences as a private during the Gallipoli campaign of World War 1 and his return to civilian life. His story is a favourite among readers throughout the world and continues to be studied in schools.

Early last year writer-director-actor Jenny Davis and actor-director Stuart Halusz set about writing the stage adaptation of *A Fortunate Life*, using live actors and audiovisual projections evoking the pioneering spirit of the bush and the challenges and triumphs of country life through two world wars and their aftermath.

As Facey's story unfolds, actors evoke distinct natural environments, historic events and the daily grind of farmers, settlers and city dwellers throughout 20th century Western Australia.

The live performance starting next month will be held in cinemas in Midland, Albany, Busselton and Geraldton. The cast consists of Rebecca Davis, Michael Abercromby and Benj D'Addario. The landmark theatrical tour breaks new ground for cinema owner and composer Ron Siemiginowski, of Orana Productions who was executive producer of recent smash hit *Mimma, a Musical of War*

and *Friendship*.

Siemiginowski, Adrian Gaspari and Josephine Hayes, of Albany production house Green Man Media, have established Cinemastage, a new platform for live entertainment. As the financial backer for *A Fortunate Life*, Siemiginowski has a passion for quality live entertainment and shares Halusz's vision of bringing great stories, well told, to life.

Writer Jenny Davis says: "Theatre 180 feels fortunate to be doing the project as its first main production. *A Fortunate Life* has meant so much to Stuart; we started looking at it in early last year and it grew from there."

"Fremantle Press held the literary rights with more than one million copies of the book sold worldwide. Everyone says they love the story and Facey's town of Wickiepin was very keen on the idea. We hope to take the production there with a screen and backdrop for images and to other small towns in the wheatbelt which don't have much theatre."

"It's a very mobile

production and we also aim to head up north. We started a workshop last year with 10 actors which were whittled down to three, a small show means it is easier to travel. The transportable stage has to cater for various cinemas with backdrops used in a theatrical way.

"Actors wear basic costumes such as a hat, shawl and apron which they don as the story

unfolds. Ron Siemiginowski has written the music and the theme song, composed by Craig Skelton, is sung by Courtney Murphy, of *Australian Idol*."

Davis says condensing 80 plus years of Facey's life into a 90-minute production was a challenge, highlighting Facey's hope, fortitude, courage, integrity, ingenuity, persistence, modesty and traits and placing hu-

manity centre stage.

"We chose moments from the story to illustrate Facey's character traits and what experiences formed them. There was a television series in the 1980s and a play by a Sydney writer, but Facey's life is being looked at differently now."

The writers worked closely with Facey's family including granddaughter Christine Harling who has some of

Facey's memorabilia. Harling, a nurse, says her grandparents taught her life is about helping others.

Theatre 180 evolved from Agelink Theatre, a 25-year success story creating theatre from oral histories founded by Jenny Davis OAM and has added main stage theatre and education pillars for the future.

A Fortunate Life plays at Midland Ace Cinema

20 - 22 February, 24 - 29 February and 3 - 4 March. Orana Cinemas Albany 6 - 7 March, 9 - 11 March; Orana Cinemas Busselton 13 - 14 March, 16 - 18 March; Orana Cinemas Geraldton 20 - 21 March and 23 March.

Purchase tickets online at www.afortunatelife.com.au/buy-ticket or at participating cinema box offices.

See travel story on Wickiepin on page 30.

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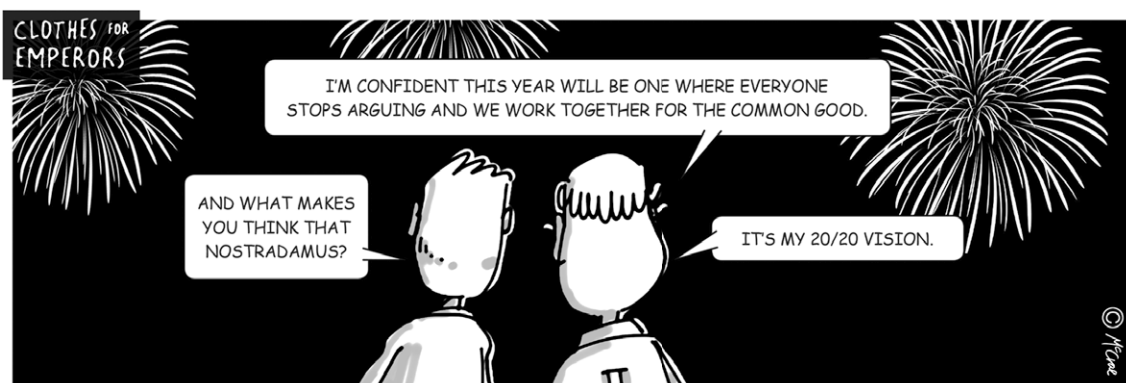
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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
I WOULD be very grateful if you published this poem I wrote several years ago.
The Light
Red, yellow, orange and white,
the lady dances in colours so bright
She starts with little steps so silent you don't hear
She ignites all your senses and fills you with fear
You can't help but follow as she darts with delay

When you stretch out your hand she takes your breath away
Something so beautiful so shining and bright
You dare to close inside the bright lights
If you do dare to follow you will soon discover
You can no longer see, no longer swallow
She pushes forward never to look back
The land behind her is a carpet of black

No animals or trees are left in her wake
Deep down in your soul you know you're too late
She holds you in arms as your mind goes dark
You go back to the beginning to that very first spark
Red and yellow, orange and white, all you can see is that very bright light.
Fire!

Merolynne McCarthy Yanchep

Dear Editor,
I WOULD like to ask Hank Jongen the following question regarding the Age Pension.

One of the qualifications for the age pension is being a resident for at least 10 years prior to application but is this merely 'residency' or is the period of qualification taken from the time of the grant of permanent residency?

In my wife's case, when also looking at her age, the difference is one year for qualification.

Regards

Paul and Shirley Fenton

Dear Paul and Shirley,
TO be eligible for Age Pension, you need to have been an Australian resident for a minimum of 10 years in total, and for at least five of these years, there must be no break in your residence. This means you could have 10 years continuous, or a total of 10 years over

a number of periods, where one of these periods is at least five cumulative years.

You're considered an Australian resident if you live in Australia and are either an Australian citizen, a permanent residence visa holder, or a protected Special Category visa holder. Time spent living in Australia prior to becoming a permanent resident is not counted towards the 10-year qualification period.

If you previously lived in a country that has a social security agreement with Australia, you may be eligible for an age pension with less than 10 years residence.

Unless you're overseas and covered by a social security agreement, you will need to be in Australia at the time you lodge a claim for Age Pension.

Sincerely,

Hank Jongen
General Manager
Department of Human Services

It's time to get smart about your diabetes

PEOPLE love setting goals for the New Year, with resolutions ranging from the wallet to the waistline.

Unfortunately, many of these resolutions become empty promises. Carly Luff (pictured right), credentialled diabetes educator from Diabetes WA, gives her advice for setting goals related to diabetes management.

"If you are setting a goal you don't really want

to achieve, it is unlikely that you will succeed," says Carly, "It is important to break goals down, so you have a realistic plan for them."

Carly suggests using the SMARTER model for goal setting:

Specific – make sure your goals are detailed and specific. "I'll eat better" just won't work!

Monitor – testing blood glucoses levels, cholesterol and blood pressure all provide feedback to how you are going with your diabetes management. If your goals are around exercise or healthy eating, why not try counting steps or keeping a food diary?

Actions – there are tasks you need to achieve to work towards your goal. These may be physical, or just simple self-talk to remind yourself of your goal.



Realistic – make sure your goals are challenging enough so you get a sense of achievement but not so hard that you set yourself up to fail.

Time limited – make sure you give yourself time to achieve your goal.

Expect problems – expecting problems means you can create contingency plans for when things go wrong.

Review – reviewing your actions means you can see what has

been successful and what needs to change to achieve your goal.

For more information about setting goals, try Diabetes WA's free 'Smarts' workshops. The 'Smarts' are two three-hour group sessions to help people set goals for their diabetes management.

To find a workshop near you, please call Diabetes WA on 1300 001 880 or visit diabeteswa.com.au.

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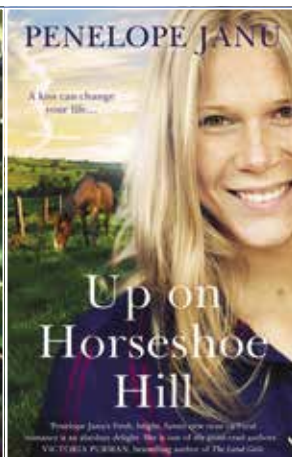
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New writing career sets Penelope Janu on a different, exciting path



Penelope Janu - *Up on Horseshoe Hill* is Janu's fourth full-length novel

by Josephine Allison

AUTHOR Penelope Janu has given up her life as a lawyer to concentrate on a relatively new career as a writer of fiction and romance. But many years of legal experience have stood her in good stead, she told *Have a Go News*. "I have been really busy writing over the past few years. I am not really practising as a lawyer now, although I write a monthly legal advice writers column as a member of Romance Writers of Australia. I was still teaching law until the start of last year, but I haven't the time and I have another book deadline for this coming year."

"I have three daughter solicitors so I am passing on the baton. I have

six children, four girls and two boys aged from 30 to 22. As far as the legal world goes, I am leaving it to the girls and taking a back seat."

Penelope's latest book, *Up on Horseshoe Hill* released late last year, has already been well received. Set in central west NSW, the main character, Jemima, is a farrier. She has suffered a lot of grief and loss in her earlier life. The book is about new beginnings and part of that is a romance with a vet Finn Blackwood who is fascinated with Jemima's need for a solitary existence.

The book is Penelope's fourth full-length novel for HarperCollins and she has also written a novella. In 2018 she was a finalist in the Australian Ro-

mance Readers Awards.

"I always read for years, mainly women's fiction and romance," Penelope says. "I'm in my late 50s, finished school, went to university and then I had a career and children. I didn't think I could have writing as a career, working in the law for such a long time."

"In my academic career I always loved writing about lengthy legal problems and people would ask me to run an eye over their writing which I always liked. Everything now is on the computer, in the old days I studied old land titles and discovered stories with a legal aspect."

"I was in my late 40s when I thought, if I don't start writing I will never do it."

Penelope says she has been lucky to engage a prominent publisher. Daughter Tamsin is also a writer and had her first children's book published at 22.

"When she was picked up by a publisher, I thought only a family could have so much luck. Tamsin and I bounce off each other and collaborate on things, we understand when things are going well or not so well."

Penelope likes to research her books by exploring regional towns. As a teenager she rode horses competitively for many years while living on a small property in Victoria.

"When I had the children we were living on the outskirts of Sydney but we went on farm holidays to stations and towns. I love that aspect, because you get to see a different side of life. Nothing is more exciting than getting into the car and heading into the country."

Husband Peter is also a lawyer. He and Penelope met at law school and they married at 19.

Penelope has a big interest in social justice issues and the environment. Her first novel, *In at the Deep End*, touched on teaching global regulation of climate change.

"Even compared with

a few years ago, we are now so much more aware of climate issues."

She is busy finishing off her latest book set in rural NSW, with a working title, *Starting From Scratch*, which, she says, could change.

"The publisher often

says they definitely like the title but other times it can be different. This book has environmental and animal conservation themes."

Apart from writing, Penelope and her husband like tackling international long walks and traversed

Mont Blanc for 300km in 2018. In September they are set to do a 200km walk in Ireland. Penelope also aims to write a book set in the Shetland Islands.

Up on Horseshoe Hill, \$29.99 (HarperCollins) is available now.

One of our favourite cooks heads west



Julie Goodwin
© Steve Brown

by Allen Newton
continued from
front cover

"I like people to have success with the recipes I write."

Between her cooking school and her work on radio, along with appearances and writing, her life is hectic.

"My boys are grown up now, but still the best part of my week is when we get around the dinner table together."

"It is a juggle and it's probably not sustainable long term, but I have been doing it for a few years now and I'll figure it out one day," she laughs.

Her main activities now are focused around the kitchen with lots of events and private functions.

Like many visiting chefs to Taste Great Southern before her, Goodwin is looking forward to working with one of the region's signature ingredients, marron, an ingredient she hasn't used a lot.

While she loves the cooking part of visiting different regions it's the conversations she has along the way which helps her learn about the place she is in and reveal the produce and what's in season.

"Being face to face with people and answering questions and asking questions about where people are from and what are their favourite things to cook, is what I love. Cooking for me comes back to family and sharing and celebrating."

"I do love to be able to open up to questions because that way you know what you are talking about is what people are interested in hearing. Interacting with people is my favourite bit."

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Perth couple having whale of a time discovering giants of the deep



Wade and Robyn Hughes

by Lee Tate

PERTH couple Robyn and Wade Hughes have dived, descended and drifted on the world's great oceans to capture unrivalled images of whales.

From the exotic Azores archipelago in the mid-Atlantic to the sea-life brimming waters off the Pacific Ocean island of Tonga, the couple immersed themselves in a 15-year mission to watch and photograph whales in their natural habitat.

Their adventures have led to a unique, coffee table photo book, *Looking for Whales*, showing Cetacean characteristics in a new light. The artistic photos are black-and-white – except one, to illustrate the reddish colour of a giant octopus.

To enter their watery workspaces, Robyn and Wade kit-out themselves with wetsuits, masks, snorkels, fins and their Canon cameras.

"We don't use scuba tanks because streams of bubbles would distract the whales," says Robyn.

Wade, 71, and Robyn, 67, have both battled and beaten cancer. They are undeterred from using annual holiday getaways to monitor the giants of the deep. That has continued years into their retirement.

The book, where art meets nature, serves to showcase Cetacean characteristics in images that Wade and Robyn share freely with scientists, universities, marine biologists and biology students, schools and environmental groups.

Over coffee near their ocean-side apartment, south of Fremantle, Wade tells me: "If we can create images that appeal visually but are also useful from a scientific standpoint, then we are very pleased with ourselves."

The multiple award-winning nature photographers haven't sought

sponsors or freebies and pursue their elite-level whale-watching by applying to various countries for permits to swim and photograph whales.

They then engage a local boat with skipper and, usually, a marine biologist.

"We're learning from each other all the time," says Wade.

Robyn says: "We're typically out on the ocean at 7am and back in shore about 4pm. They are long days."

Robyn spends time photographing in the water, plus hours in the boat, camera ready at her side, scanning the sea for tell-tale signs of surfacing whales.

Wade dives deep to focus on the underwater images, holding his breath for two minutes.

Are they ever frightened out there in the deep blue?

"We're conscious of predators in the water. We know they are there but it's just a privilege to be joining whales in their natural environment," says Robyn.

The couple decided on the book after encouragement from various quarters following a successful exhibition of their photographs, *Looking for Whales*, in Fremantle in 2017.

Their photographs depict humpbacks, sperm whales, fin whales, orcas and false orcas in their life and migration cycles. The couple have sighted a rare blue whale, the world's largest-ever creature.

"But they move so fast, they're very difficult to photograph," says Robyn.

Wade took up underwater photography in the 1960s. The former wool classer had a corporate career in Australia, the US and the Middle East. He is a Fellow of the Royal Geographical Society and a member of the Explorers Club of New York.

British-born, Wade grew up in Adelaide but, after coming to Perth for a national spearfishing competition, was attracted by WA's natural beauty.

A multiple Australian Geographic Nature Photographer of the Year finalist, he won the 2016 award for the year's best animal portrait. In 2017 Britain's Natural History Museum selected his humpback whale entry in the year's Best 100 photographs. A whale image of Wade's was commended in the Underwater Category, Nature Photographer of 2019.

Perth-born Robyn, a former bank manager, began diving in the 1980s. When snorkeling off Carnac Island, a sea lion surfaced, rolled on its back and blew a big bubble, as if showing-off – Robyn was captivated.

She has gone on to win awards as a wildlife and documentary photographer, travelling to nearly 60 countries.

Wade says: "When we're out with the whales, we're not wanting to engage with them. We keep our boat well away and swim to the whales. We prefer whales to be enjoying and doing what whales do. We want to record how they normally behave."

The couple know the best places and times to dive with whales and choose late June when heading to the Azores. It's summer there and the

couple are just ahead of a government-imposed July-August ban on whale-diving.

Being 40km out to sea in varying conditions doesn't daunt the adventure-seeking Hughes.

"On cold, rough and murky days it's not particularly pleasant," says Robyn. "But then there are the days when the sea is a 'reckitt' or cobalt blue. It's so beautiful out there."

Wade adds that for long periods in the boats they compete to make up nature-related poems which they are not permitted to write down.

"You have to compose them in your head and then recite them. It keeps us occupied," smiles Wade.

Then, from the depths, might come some movement or noises of groaning whales.

On one trip, this became a crescendo when about 50 whales were embroiled in a drama near the boat, crashing into each other and ceaselessly thrashing the water with their flukes.

Wade, camera in hand, slipped over the side and captured images of a new-born calf that came so close, Wayne had to move away.

"In the distant future, I see myself as a wrinkled old man, still diving with whales," says Wade.

And Robyn?

"All going well, we'll be heading to the Azores next June. We're certainly planning so."

Looking for Whales. Hardback, 112 pages. RRP \$39.95. Published by Halstead Press.

Commemoration plaque at Perth Boys High School building in Northbridge

DECEMBER 18 marked 60 years since students left Perth Boys High School for the last time. The school at James Street had its beginnings in May 1895 when a contract was let to

construct Perth Boys and Girls Schools. The new Perth Boys and Girls school building was officially opened by the Minister for Education Mr (later Sir) Edward Wittenoom in Jan-

uary 1897. The building catered for 500 boys on the ground floor and 500 girls on the upper floor.

This is the reason the building has two entrances. Girls entering

from the north side and boys entering by the western entrance.

In 1936 the girls transferred to a new school at East Perth and the entire building was used by the Boys School. In 1947 the Perth Boys School became the Perth Boys High School until the last intake of 200 students in 1957.

Since 1959 the building has been used by a variety of organisations – Perth Technical College, TAFE and now the Perth Institute of Contemporary Arts. It now includes a café, performing space, gallery space and administration offices.

For ten years a small committee has been organising reunions for ex-students. However, it became apparent that nothing on the historical building indicates the part it played in educating many students, some who have become leaders and successful businessmen within Western Australia.



Left; Unveiling the plaque Vince Baker (left) and Ian Laurance (right)

Below; A group of ex-students



At the last reunion held at the school former students voted to pay for the installation of a suitable plaque

on the building. Having gained the necessary approvals a group of about 50 gathered to witness the unveiling of the plaque on Tuesday 10 December. They then gathered in the PICA cafe to chat about the good times at school, the various teachers and occasional punishment meted out.

After welcoming those attending Ian Laurance (committee chair) said it was pleasing to have received total cooperation and

enthusiasm from PICA staff to make the occasion happen. He then invited Vince Baker one of the final students to assist in displaying the plaque to the assembled group.

Vince said that being involved with the committee work had given him a much better appreciation of the building, education and students than when attending back in the late 50s.

The plaque is located on the eastern entrance wall.

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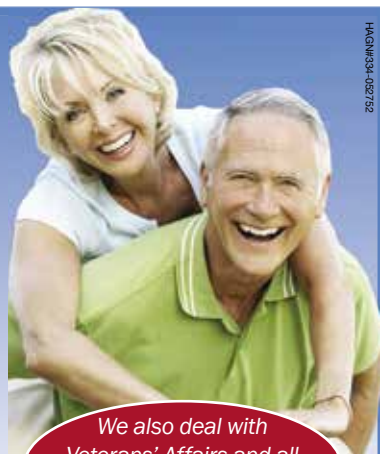
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Where Opinions Matter - the world of advertising and promotion is tough



Lee Tate

by Lee Tate

HAVING trouble getting publicity for your group or association? You're not Robinson Crusoe. Charities, not-for-profits and all manner of associations and support groups have a tough time getting their messages through and raising public awareness, attracting new members, winning more funding or selling their products.

It's been getting progressively tougher over the decades. It's a great shame, therefore, that so much money and effort is wasted in misdirected and inefficient publicity, advertising campaigns and failed promos.

Most of them aren't campaigns at all but outdated, worn-out practices, usually passed-on in a group. With these organisations are in danger of turning-off potential customers and sponsors.

A typical, true case is a not-for-profit mental health organisation. They have dedicated,

well-trained people going about their usual business supporting sufferers and carers.

At the same time, they need to remind governments and their agencies, potential sponsors and volunteers, medicos and the public of their work – of their very existence. Widespread recognition of their work will provide support for their work, ambitions and growth.

It's not as easy as it used to be for any group. Nowhere near it. New organisations are coming into health and other areas all the time. All are well-intentioned but are adding to the intense competition for recognition, acknowledgement, support and funding.

In WA, they are up against the State's biggie – Telethon – that attracts so many millions of dollars. There's only a certain amount of money in the charity pool.

Thanks to the explosion of new media, public awareness is no longer created by one big advertisement in a major newspaper. New media is a many-headed animal and they all need feeding and organisations need to be feeding them, if they want to maximise their reach to the public.

Obviously, promotion and advertising costs need to be spread carefully.

Going back to the mental health organisation example, some groups run a single advert within their industry's annual newspaper supplement. They feel this will show they are part of the health industry – "we can't afford to be left out". And that's their main promo for the year.

But this one-off chance at recognition in a supplement packed with pages of adverts is akin to tossing a stone into the sea and creating, at best, a tiny ripple.

Big organisations, of course, can afford to be in annual supplements and, as part of a marketing strategy over the year, this does bring them recognition from the public, sponsors, governments and potential new supporters, members and sponsors.

But this should be just part of a wider, sensibly-managed campaign that spreads their messages widely, like the roots of a tree.

Most organisations would be better to have smaller, more regular promos throughout each year. These can include traditional adverts, but there's also the option of having profile stories – case studies – written by journalists or someone good with words. Perhaps capable staff writers.

The idea is to attract attention with a profile photo story that looks like a newspaper story, of people directly affected, outlining key issues. Because it's a paid advertisement, unlike a news story, you can add all your contact details at the bottom. Every good picture does tell a story.

The key to effective marketing is targeting. Amazing, then, how little effort goes into working out who the target is and where best to advertise or seek publicity.

Good marketers compile lists of potential targets for their promos, narrow them down and check their accuracy – perhaps contacting names on their lists just to confirm details of people, titles and addresses. They may then follow-up to see whether their material has been received by the correct people. And perhaps elicit responses there and then.

Targeting is key when chasing new members, funding, support or just recognition. Have a Go News, for example, is clearly suited to directly reaching seniors as well as government and its agencies, corporate decision-makers and the public – through advertising, news stories and features.

With consumer products, where immediate sales or quick response

is sought – perhaps a special on beach towels or concert tickets – radio advertising works, assuming that the appropriate demographic is chosen: AM-band or PM-band, music or talk radio.

For small, poorly-funded groups and charities, punchy flyers can be directed liberally and cheaply to target areas of interest: Community and council noticeboards, companies, other community organisations and letterboxes. Promos are best kept

to a manageable size. By doing it bit-by-bit, you can follow-up each little step of your campaign. If they didn't hit the target, work out why and change tactics.

Planting seeds is just the start. Neglected plants, as we know,

wither and die.

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Tenth anniversary of the WA Women's Hall of Fame

AS part of the celebrations for the centenary of International Women's Day, the WA Women's Hall of Fame was launched in 2011.

The Perth UN Women's Chapter closed in 2012, however the Hall of Fame continued under the stewardship of the Collaboration of International Women's Day until 2017, when the WA Women's Hall of Fame Inc was established.

The Hall of Fame is an incredible record of the diversity in life for women around our state. It celebrates the social, economic, cultural and political achievements of women, reflecting on how far we have come, and how far we still must go to realise gender equality.

Have a Go News co-founder and editor Judith Treby was posthumously inducted into the Hall of Fame in 2017.

The Hon. Simone McGurk, MLA, Minister for Women's Interest applauded the women saying: "since the inaugural Women's Hall of Fame in 2011, we've

celebrated high-profile businesswomen, elders, teachers, carers and trailblazers, who have fought for equal rights and equal opportunity.

"These women are powerful role-models for women and girls in our community and have rightfully earned our admiration.

"They motivate us, advocate for us and encourage us to do better and to strive for more."

Chair, WA Women's Hall of Fame, Fiona Reid, encourages everyone to join the 10th Anniversary celebration by nominating a woman they know for the 2020 WA Women's

Hall of Fame.

Categories include; community, business, health, education, the arts, culture, STEM and sport.

Nominations accepted until 5pm, Thursday 6 February and the process is simple – visit www.wawomenshalloffame.com.au/nominations.htm



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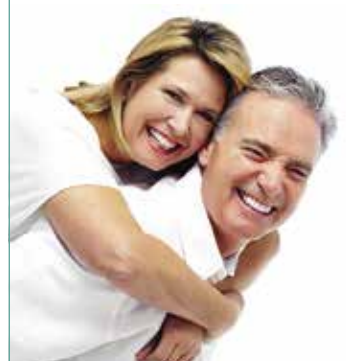
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Getting the daily exercise you need without really trying



150 minutes of exercise per week keeps you fit

by Frank Smith

RESEARCH has shown that seniors gain considerable health and longevity benefits from regular exercise, but not everybody enjoys regular visits to a gym. For some, sweaty muscle-bound bodies of younger participants

is a deterrent, for others it is the time and money spent travelling to the gym. Moreover the times available to seniors might not be all that convenient and the formality of exercise classes is not for everybody. But never fear, there are other ways of getting the minimum 150 min-

utes of exercise/week we need to keep fit. And best of all it need not cost you any money. It is called incidental exercise and is a opportunity to do physical activity with zero time commitment. Professor Anne-Marie Hill of Curtin University has some suggestions: "Activities that are fantastic exercise include dancing of any kind, swimming, walking along the beach regularly, bushwalks, bike riding on safe trails and going to the local swimming pool. "Also, things like cleaning your own car, gardening regularly, house cleaning, and helping your family and those of your friends who can't do it themselves to do all these things. "You can also volunteer to join friends

groups working on parks, bush areas and reserves – keeping them weeded and maintaining river fronts. "Don't forget other sporting things – taking up older persons Aussie rules footy if you used to play or walking football, playing bowls, social tennis and table tennis is really great and there is Tai chi for flexibility. Also regularly volunteering at community events, for example car park marshalling duties. "If you have family or friends and are prepared to get a working with children form (not an onerous task) you could help at little athletics and sporting clubs. "Finally, if you are not doing these things because you don't like going out much, then spend a few dollars on small

hand dumbbell weights or stretchy bands to use at home and do 30 minutes each day for arms and legs, ride a stationary exercise bike or walk on a treadmill. "If you did 30 minutes a day watching TV on an exercise bike you would be marvellously fitter." She said stationary bikes and treadmills are available for sale on Gumtree and are not expensive. Other suggestions include golf (without a buggy) walking the dog, mopping and vacuuming, carrying things, such as small children and groceries and climbing stairs rather than take the lift. "We don't think of vacuuming as a form of exercise, but ultimately you're lifting things, you're moving things,

you're moving around the house. It is a type of movement... a cardio exercise that also involves stretching, reaching and bending." Dr Elissa Burton, senior research fellow at Curtin University adds: Sydney University's LiFE program gets participants to change how they perform daily tasks to incorporate strength and balance activities into daily living. For example squatting to get things that are at floor level and stretching up on tiptoes to reach items at high levels. This helps build calf and ankle strength. LiFE participants embed these activities into their daily tasks and routines so that the changes become a habit that improve their balance and strength.

Other suggestions for incidental exercise include: Park at the far end of the car park, when shopping and walk briskly to the shops. Take the stair not the lift in department stores and while waiting at the checkout, balance on one foot for a few seconds, then the other. Each time gradually build up the length of time you can balance. Then when you unload your shopping, strengthen your arms by lifting heavier items, such as milk bottles a few times before you put them away. Finally sex is also exercise. However, Professor Kevin Netto of Curtin University says as a form of exercise it doesn't happen often enough or for long enough to make a difference. Sorry.

Have a Go News is a drop-off point for Lids for Kids



HAVE a Go News is pleased to announce that we have become a drop-off point to recycle

plastic lids for Lids for Kids. This project, which was the brainchild of Canberra man Tim Miller, has already seen thousands of lids donated and processed in the eastern states. The plastic is going to create furniture and items for the community. The WA chapter is currently looking into funding to be able to setup their own system and buy/make the equipment needed to

turn these lids into products that help kids with disabilities and challenges. The lids suitable for donation are from milk, juice, water and cool drinks plastic bottles and they must be cleaned and the inserts removed. Donations can be made at the Have a Go News office at 137 Edward Street, Perth. Office hours are Monday to Friday 9am to 5pm. Lids for Kids are al-

ways looking for more collection points to collect the lids, town coordinators to be able to collect the lids from the collection points in their area and wash, dry, sort and count the lids and also places to store these lids until they can recycle them. To find out more about Lids for Kids in WA email wa@lids4kids.com.au or visit their Facebook page – Lids for Kids – Western Australia.

Go backstage at the Perth Concert Hall

PERTH Concert Hall conducts regular backstage tours of the venue. These tours include visits to backstage, on stage, into the dressing rooms and behind the organ. The next tours will be held on Tuesday 21 January, Friday 24 January, Monday 3 February and Wednesday 12 February. Each session runs for about 30 minutes and tours will run at 10.15am and 11.15am. Entry is by gold coin donation. To book, just email info@perthconcerthall.com.au stating what day and time you would like to attend, groups are welcome by previous arrangement.

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Funeral insurance is often poor value for the consumer



15 per cent of West Australians pre-pay their funeral

by Frank Smith

DEATH and the subsequent need for a funeral is one of life's few certainties. People often take out funeral insurance to be certain that their surviving partner does not have to worry about the expense when they die. However, Invocare, Australia's largest funeral provider, has found that insurance can cost consumers up to \$33,000 more than alternative ways of paying for a funeral.

Consumer advocate, Choice also found that you can easily end up paying more in premiums than the value of the funeral cover. Usually premiums rise annually and it may become difficult to afford them as you get older and are on a fixed income. But if you stop paying your premium, you'll no longer be covered and in most cases won't receive a refund.

same funeral," said Michael Hamilton, general manager Preneed at InvoCare. Funeral insurance makes up nearly 10 per cent of funeral purchases by the over 55s, while around 15 per cent of people in WA pre-purchase their funeral. Australian Securities and Investment Commission's Money Smart program says unlike taking out insurance for a car accident which is an unknown event, we all know that we will die sometime. Because you don't know when you are going to die, you need to think about whether you can afford to pay premiums for funeral insurance for the next 10, 20 or more years. ASIC says prepaid services allow you to buy your funeral at today's prices avoiding inflation, hefty premiums and complicated application and claiming processes that are often built into insurance policies. Choice says pre-paid funerals, funeral bonds and life insurance or a simple savings account are usually a better choice. With the pre-paid option the services you pay for are covered when you die, regardless of how much they cost at the time and some prepaid services allow you to pay by instalments. Mr Hamilton said a straightforward funeral could cost around \$6,500. The same funeral in 2044, (25 years later), is expected to be over \$15,000 due to inflation. Choice says another alternative is life insurance. This can be taken out as a stand-alone policy, or through your superannuation fund. You can choose the cover amount to provide for your dependents as well as your funeral costs. Alternatively you could just open a special savings account and let your relatives know that these savings were made to cover your funeral. "While prepaid funerals offer financial benefits, it's a concern for family that is driving Australians to plan their final goodbye and to make the process easier when they are gone," said Mr Hamilton. Prepayment allows you to specify what funeral arrangements you want and prevents unscrupulous funeral directors upselling unnecessary add-ons to the recently bereaved. Most advisers tell you to get quotes from three funeral directors when someone dies, but most of us are too much in shock to do that, so end up with the first funeral director we speak to. An alternative is to visit a comparison website: www.gatheredhere.com.au/. They will even tell you how to avoid having a funeral at all by having a no service, no attendance cremation. That leaves more money to spend on the wake.

Resolutions to improve your health and well being and kick off 2020



by Danielle Wrench
General manager,
Alzheimer's WA

HAPPY New Year and welcome to 2020. The New Year just starting is a great time for new beginnings and to put into place those sometimes elusive

New Year's resolutions. For me the New Year will (hopefully) bring with it many new foster dogs to train, love and find forever homes for. There are new beginnings for our organisation too, as we welcome new chief executive officer Maria Davison to the team. It is at this time of year that many people vow to become healthier; to eat better, to exercise more, to stop smoking or to cut down on alcohol (particularly after an overindulgent festive season). These are all valiant resolutions to make, especially as they will all contribute towards reducing your risk of developing life limiting or terminal illnesses – including reducing your risk of developing dementia by as much as 30 per cent. Dementia is the second-leading cause of death in Australia, and is expected to become the leading cause of death of all Australians sometime this decade. With no cure for dementia and limited treatment options, now more than ever is the time to seriously consider what risk reduction options you can implement



to delay the onset of dementia. Secondly, physical exercise has a positive effect on your risk of heart disease or stroke, blood pressure, type 2 diabetes and obesity – all of which are risk factors for developing dementia. What types of exercise are best? The recommended types of activity are aerobic, strength training or a combination of both. Aerobic exercise is anything that gets you breathing harder and increases your heart rate such as brisk walking, cycling, swimming or dancing. Strength training could use resistance bands or weights. Look at combining some moderate-intensity activities (ones that make you breath harder) with some high-intensity ones (where you can't easily talk while doing them). For those who find it hard to fit scheduled exercise into their busy day, there is hope. Any kind of physical activity is better than doing nothing and there are plenty of ways to incorporate incidental exercise into your everyday life. Take the stairs instead of the escalator, park in the far corner of the car park, clean the car by hand, get involved with the grandkids' sport, or possibly my favourite – foster a dog and enjoy the benefits of daily walks along with the unconditional love of a canine companion. Incidental exercise does add up quickly. As with anything in life, make it enjoyable and it will naturally become part of your lifestyle. Find out more by calling 1300 66 77 88 or emailing support@alzheimer.org.au. You can also search our website, alzheimer.org.au.

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Hank Jongen

Accessing myGov when you are travelling around the world

by **Hank Jongen, general manager, Department of Human Services**

IF you're planning to travel overseas soon, then there's no doubting the size of your to-do list

before you hit the skies. Between working out who will water the plants and feed the dog, organising visas and immuni-

sations, and researching travel insurance, there's a lot to consider and tick

off the list before you can comfortably recline in your plane seat. It's easy to get caught up in the hustle and bustle of planning travel, so make sure you get your myGov account set up before you go, in case you need to keep in touch with us along the way.

If you plan to access myGov overseas using your mobile or tablet device and you normally sign in to your account using a SMS code that we send to you, then you have a few options.

To continue receiving text messages, you can either take your registered mobile phone with you overseas and set up mobile roaming with your Australian phone provider, or you can connect with a network compatible to your phone provider. However, the cost of using your phone overseas for calls and texts can quickly add up. Another option is to use our myGov code

generator app, which provides you with a code to sign in to your myGov account, rather than receiving an SMS. You should use the myGov Code Generator app if you won't be able to receive text messages overseas.

Before you travel overseas, download the myGov code generator app from either the App Store or Google Play, depending on your device, and set it up.

It's also a good idea to create a back-up to your preferred sign-in option, in case you run into any difficulties logging in to your myGov account. Your back-up will let you sign in to your account if you can't use the app. Simply jump into your 'Account Settings', select the mobile number, then 'Sign in Options', and turn on 'answer a secret question'. The myGov code generator will stay on as well.

When you want to access myGov while away,

simply open the myGov code generator app on your mobile device to get the access code, and then use this code to log into the myGov website. You won't need wifi or internet access to use the app itself. However, you will still require wifi or internet access to open the myGov website on an internet browser, whether using your phone or tablet device, or a computer.

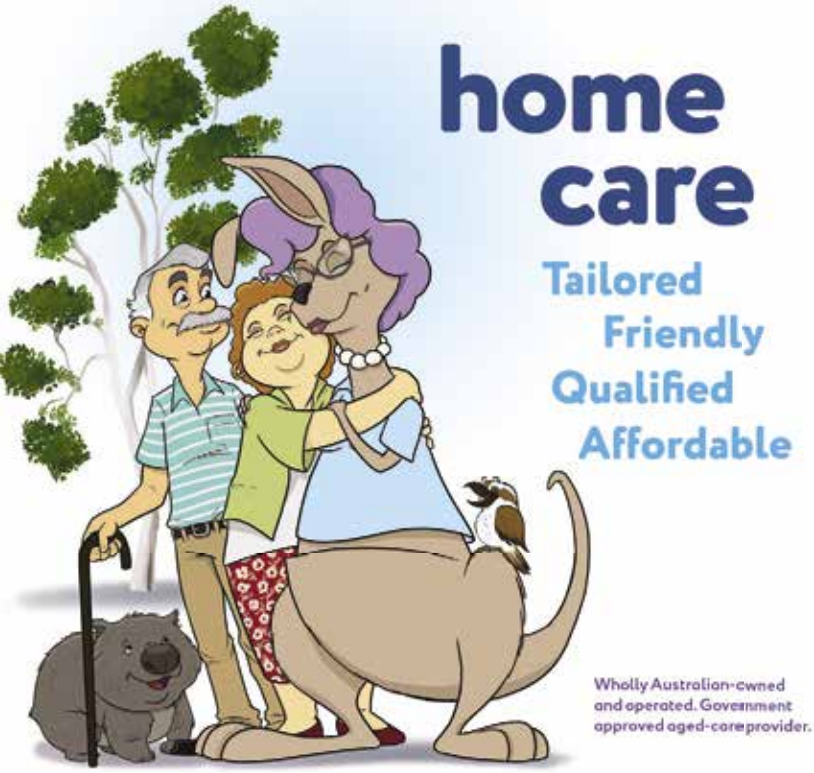
But of course – the most important thing to add to your to do list is to tell us if you're going overseas. The rules for travelling outside Australia vary according to the type of payment or concession card you receive. You should first visit humanservices.gov.au/paymentsoverseas to check if your payments may be affected and what you need to do before you go.

If you receive age pension, then you generally don't need to tell us if you're travelling

overseas for less than six weeks. However, it's important to let us know if you'll be travelling for longer than six weeks, as your supplements and concessions will start to reduce and/or stop. You can notify us of your travel through your Centrelink online account on myGov, calling the older Australians line, or visiting us at a service centre.

Similarly, if you're due to report your and/or your partner's earnings on the day of or after you leave Australia, you should report on the business day before you go to avoid any delays receiving your payment. This also applies if you will be receiving employment income, including leave payments, while overseas.

Until next time. If you have a question you would like answered, don't hesitate to write to us and we will pass it on – email info@haveagone.ws.com.au with Hank in the subject line.



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First meeting in 2020 of National Seniors northern branch

FIONA Bush will be the speaker at the February meeting of the Northern Districts branch of National Senior's Australia.

Their first meeting of the year on 10 February will hear Ms Bush talking about John Forrest National Park.

The meeting begins at 6.30pm followed by the speaker and finishes at 8pm. There is the option of having a meal at the pub afterwards. The branch also have a social event each month and anyone over 50 is welcome.

Monthly meetings are held on the second Monday of each month at the Mighty Quinn Tavern in Tuart Hill from 6.30pm to 8pm and interested people are welcome to come along.

For more details contact Ann on 9342 2977.

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It's the new year - time to consider whether you need a will or an update



Ray Tan

by Raymond Tan, lawyer and public notary – Tan and Tan Lawyers.

YOU cannot take it with you, but what you leave behind may inflict conflict and heartache on the ones you love. So the question inevitably asked is:

Do I need a will or do I have to update my existing will?

The saying goes that there is nothing more certain than death and taxes. You never know when your time will be up.

When Steve Irwin was stung and died, the number of queries on estate planning rose substan-

tially at my firm. Abraham Lincoln, Bob Marley, Jimi Hendrix, Prince, John Denver and Pablo Picasso are some of the celebrities who died without wills. Can you imagine the fight over their estates?

Some legal issues that may arise for your beneficiaries if there is no will or the will is not valid are:

If you die without a will, all your money and possessions (your estate) will be distributed according to strict legal rules and regulations. These rules are called the laws of intestacy. In many cases, the intestacy laws distribute an estate in a way the deceased would not have wanted, sometimes with disastrous consequences.

Anyone whose circumstances have changed – perhaps through marriage, the birth of children, divorce, remarriage or the death of a close relative – should make a new will.

If you get married, any will you made when single or divorced is automatically revoked (cancelled). There are some exceptions to this, but it is always advisable to make a new will after marriage.

So what do you do? Do you rush in to see your lawyer and get one done immediately? No, do not rush in. Have some thought on the following questions first.

Who will be my trustee? This should be a person you trust to manage your estate. He or she will be able to sell your properties and deal with your money. The trustee should be financially savvy and not disappear with your money.

Who will look after my young children? Remember the episode of *Everyone Loves Raymond* and how he wanted to appoint his friend and wife as guardian of his children.

His friend's answer

was: "What, and deal with your crazy family?"

Raymond had to also deal with the chagrin of his parents and Robert at not being chosen.

Who do I leave my properties to? Yes, where do your millions go? How do I distribute it? Does that son who cheated me and never visited me get anything?

Do I use a testamentary trust will? This is a specialised will that has added protection for the beneficiaries and also tax saving consequences.

Tan's ten good reasons to have a will:

1. A will lessens the pain felt by your loved ones at a most difficult time.
2. The guardianship of young children who survive can be made known instead of having relatives argue as to who takes care of your children.
3. A will prevents bitter family battles. This is especially important if there has been a second

marriage. Having one family fight over your assets is bad enough. Can you imagine two families squabbling?

4. A will simplifies the legal process. The process of unfreezing the deceased's estate can be complicated and costly.

5. A will names who gets your assets. If you do not name your beneficiaries, the law has a fixed formula for distribution of assets. That formula may not be as you intended.

6. A will prevents confusion. Let your family know what your wishes are. Do you wish to be cremated and have your ashes scattered to the four corners of the wind?

7. A will hopefully helps the family business. Upon death, all assets of the deceased are frozen. Businesses may have a vacuum in management that ultimately leads to the business operating at a loss and a resultant loss of the family home.

8. A will minimises the

legal costs of settling the deceased's estate.

9. A will should eliminate the cost for an administrator's bond. A bond is sometimes required by the courts before they will allow the deceased estate to be dealt with.

10. A will allows you to tell that wayward child why he or she will not get anything.

To cut a long story short...

We acted recently for a mother whose son had died in a car accident. The driver of the car was the son's girlfriend. No one knew how long the son and this girlfriend had been dating or whether they were in a de facto relationship.

The son did not have a will and left properties jointly owned with the mother and also in his own name.

Immediately after the funeral, the girlfriend claimed she was in a de facto relationship with the son. Under the Admin-

istration Act 1903, a de facto partner is entitled to a substantial portion of the estate.

Can you imagine the angst of the mother in having to deal with the girlfriend's claim? The mother's words to me were: "She killed my son, and now she is coming after our properties?"

The problem was that there was no will and there was no way anyone could ascertain whether the girlfriend could prove the de facto relationship was genuine.

The mother had to swallow a bitter pill and settle the matter out of court.

Lesson to be taken: Make sure you have a will.

Readers can contact Mr Tan through Have a Go News via email info@haveagonews.com.au with Legal Advice in the subject line or direct at ray@tanandtanlawyers.com where he offers free legal advice for general queries.

Have a go in the water and join a swimming club this year...



by Samantha Parrotte, communications officer – Masters Swimming WA

MASTERS Swimming WA registrations are officially opened for 2020, so it's time to hop in the pool.

Swimming can offer a number of health benefits, including improving blood pressure and muscle tone, while still being a low impact sport. It is the perfect sport to avoid injuries while keeping active.

There are 33 clubs throughout Western Australia, including clubs at most metropoli-

tan and regional pools with an exciting new addition at Bridgetown. Head to our website to find the club that is a perfect fit for you.

Masters Swimming WA embodies fitness, friendship and fun which can be found in each of our clubs. They offer various social activities from coffee catch ups to weekends away, so it is a great way to meet new people and expand your social circle.

Our exciting open water swim series known as LiveLighter WOW Swims, hosts swims in lakes, rivers, and oceans.

There are still a number of open water

swims coming up for the season, including the Australia Day Swim in Mandurah, the City of Joondalup Mullaloo Mile on 29 February, and the Coogee Jetty to Jetty on 8 March.

If you are unsure about whether the swim club environment is for you, each club offers free trials of up to four weeks where you can 'have a go' free of charge. If you're still unsure at the end of the trial, there is no obligation to sign up.

Head to www.mswa.asn.au to find out more information or sign up to a club today.

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Make the world happy in 2020 - ways to help the environment



Karen Majer

by Karen Majer

A BRIGHT poster caught my eye at our local shopping centre this week. Titled "Ways to keep the world happy", it was part

of an exhibition by year three students from the primary school.

This child had good advice on several topics – put rubbish in the bin, save water, don't cut down trees – but the one that resonated most with me was 'Don't kill bugs. Instead of using poisons to kill pests, use a fly swat, trap a spider or any bug in a bag.'

Good advice. I try not to use insecticides after witnessing the terrible sight of a white-breasted robin die from eating insects that scuttled out of

a crack under a window sill sprayed to remove spiders.

There's more that we can do, though, to help our little bugs. While some insects can be annoying, we can't live without them.

A recent article in *The Conversation* cited growing concern about pressures on Australia's insect populations following studies reporting alarming declines in insect numbers in the northern hemisphere. Habitat loss, insecticide use, climate change, bushfires and

drought are among potential causes of drops in insect numbers and species extinctions. A recent research review found that globally more than 40 per cent of insect species are threatened with extinction over the next few decades. While we can't directly extrapolate that to Australia, it's a worrying trend that needs attention.

Bees are of special concern, with pathogens and parasites adding to their woes. Bees and other insect pollinators play a vital role in pollinating agricultural crops – without bees

many of our food crops would fail.

It's not just our food at risk. Many animals depend on insects for their survival because they feed on insects or because their food sources, including nuts, berries, seeds and fruits, rely on insect pollination. Pollination of flowering plants is the basis for ecosystems that support the whole wonderful complexity of bird and animal life. In fact, the planet would cease to support most life without the services insects provide.

So what can we do apart from ditching the fly spray? An insect-friendly garden with a variety of plants flowering throughout the year and some structural diversity – trees, shrubs and groundcover – makes for an attractive environment for birds as well as the little critters. A natural patch in the garden or a native garden verge with a bit of dead wood provides habitat. I let my fruit tree area go untended over spring and it became a riot of nasturtiums, poppies and buzzing. Buying organic fruit

and vegetables supports growers who shun insecticides.

Young people these days are at the forefront of environmental awareness and calls for climate action to protect the world they will inherit. I, for one, back them in asking our community and politicians to take stronger action on "ways to keep the world happy".

Find out more: theconversation.com/scientists-fear-insect-populations-are-shrinking-here-are-six-ways-to-help-128213.

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Designing for green homes and buildings

The speaker at the next meeting of WA Self Funded Retirees Association (SFRA) is Todd Mason of Green Gateway, an organisation that recognises homes and other buildings to be amongst the greatest consumers of energy.

All classes of buildings therefore need to be made more energy efficient if environmental challenges are

to be adequately and efficiently addressed in the future.

Todd who is now based in Perth will cover in particular the green building industry, introducing Australia to the most up to date solutions developed in Europe and the USA.

Each month on the second Friday SFRA holds a meeting at 10

am, which features guest speakers on topics of interest to retirees. The next meeting is on Friday 14 February. Meetings are held at Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors are always most welcome. For more information please contact Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

UK expats need up-to-date facts to claim UK pension



Mike Goodall

by Mike Goodall

THE year 2019 finished positively for us with Boris Johnson (BoJo) being elected as the UK Prime Minister with a large enough majority to drive legislation through Parliament. January will see how he progresses his promise to get BREXIT done by the 31 January.

Whichever way it goes it will initiate discussions between the UK and Australia on both trade, social security and immigration deals. That is the time for

Australia to start demanding that the UK, as part of these potential agreements, treats all UK expat pensioners the same way by guaranteeing that they will pay pension increases worldwide.

In 2019 they made agreements with five countries that, in the case of a 'no deal' BREXIT they will continue to pay annual increases, at least for the next three years. This is despite them telling Australia that they would not make any new agreements with any other country.

If you haven't done so recently, contact your Federal MP and ask that this issue is raised in Cabinet. This is the best opportunity that we have had to get the UK to make an agreement. If you would like any information to pass on to your MP please contact me.

BoJo, when he was the UK Foreign Minister, told Julie Bishop that he was a

'lone voice in the cabinet' for pensions unfreezing. The writing on the wall is more positive than it has been despite the Conservative Party not including any reference to pensions unfreezing in its manifesto.

It is always a difficult time when we lose a loved one. If they were in receipt of a UK State Pension you must notify the International Pension Centre (IPC) as soon as possible. They have a dedicated team who are most understanding and can be contacted on 0011 44 191 218 7777 and press button 2. The information that you will require is your partner's National Insurance (NI) number and their personal details. This can be found on most correspondence from the IPC. If you are in receipt of a UK State Pension you will have to give your NI number too.

Depending upon your date of birth this will affect

your future entitlement. Mention that you would like a review of your entitlements. If you are single person keep this note in your pension documents so that your next of kin will find it, as making any over payments back to the UK can be very difficult due to fluctuating exchange rates.

Many of you will be planning your next visits to the UK. However, while flights are much better value, I have noticed that in the last two years the cost of car hire has almost doubled. While part of this rise can be attributed to currency exchange rates, it doesn't account for the whole story. Early bird rates are now nearly as high as late booking rates and the rates are still increasing. There is a company in Sydney who do special rates for Expat Pensioners, if you are interested in contacting them give me a call.

Also, while you are in the UK (and currently the EU) don't forget to claim your pension increases. This has to be done not more than four weeks before you arrive in the UK and less than four weeks after you arrive, so effectively you have an eight-week window in which to register your claim.

UK Expats born before 6 June 1954 reach State Pension Age on or before 6 January 2020. Those born between 6 June 1954 and 5 July 1954 will be eligible to claim their UK State Pensions from 6 March 2020.

Anyone who would like to discuss the above in greater detail or to understand their options regarding their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikegoodall@btconnect.com



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Harbourside Village
7 Honiara Way, Mindarie

Parkland Villas Mandurah
2 Hungerford Avenue, Halls Head

The Pines
21 Ponte Vecchio Boulevard, Ellenbrook

**Saturday 15 February
11am – 2pm**

Homestay Village
267 Wharf Street, Queens Park

Lakeside Village
14 Lewington Gardens, Bibra Lake

Parkland Villas Booragoon
510 Marmion Street, Booragoon

Parkland Villas Ellenbrook
25 The Parkway, Ellenbrook

Parkland Villas Woodlands
52 Liege Street, Woodlands

Timberside Villas
10 Timbercrest Rise, Woodvale



*Information about the services and facilities provided in the village is correct at the time of printing but may change as the needs of residents change. Photographs are for illustrative purposes. Prices correct at time of printing but subject to change. December 2019. Published by Lendlease RL Realty (WA) Pty Ltd ABN 24 102 637 829.

 **lendlease**

Enjoying the holiday season with the grandies...



Rick Steele
by Rick Steele

HOLIDAYS are one of the best things that God ever invented. That is, if you're lucky enough to get one. He said work six days and take one off, on me.

String a few days off together and before you know it, some of the grandies are sharing my scintillating personality and my bank balance.

On the way to the movies, at the seaside resort, we pass the local airport where a few vintage planes are on display. A

tiger moth takes off, a twin engine navy plane lands, and a small single prop yellow Cessna ascends to the heavens while a helicopter makes its noisy landing near to our car.

Warning... Warning... Up Above...

A small plane, so old that it's got an outside toilet, splutters, coughs and stalls.

Quickly the pilot ejects with a parachute... the crowd below cheers, "Hooray!"

But the parachute doesn't open... the crowd moans together in unison a loud, "Ohhhh!"

But he has a spare. "Hooray!" But that doesn't open! "Ohhhh!"

But there's a large haystack right underneath him. "Hooray!"

But there's a pitchfork in the haystack! "Ohhhh!"

He's missed the pitchfork! "Hooray!"

He missed the haystack! "Ohhhh!"

Seems to me, as the new year begins, that 2019 had shades of hit and miss for a lot of people I know. The old, two steps forward and one step back trick. We lost some wonderful people in our local music community. All of them talented, and so individual in their own way.

RIP Norma Kelly, Queen of country music for several years. Ronnie Parker, renowned drummer for the rock and blues scene. Paul Gioia, excellent keyboardist, songwriter, arranger and purveyor of fine Gospel music. Gary Cox, a Geordie from Newcastle who brought his special talent on guitar to Perth and shared with us all.

Of course they were some of ours. You all no doubt lost loved ones,

friends, and acquaintances. Please don't mention the blood sweat and tears, the lotto, along with the bloody footy team!

When the grandies and I got to the movie theatre, we began the popcorn, choc bomb, Fanta, Coke routine and settled in for fun times. No cartoons these days, just advertisements and straight in.

Danny Devito featured early and pronounced several times that getting old really sucks. Over the kid's heads, but direct into mine with my arthritis playing up. Got through the movie OK with grandma spilling her popcorn, and the kid next door having a chuck, (chunder); but he made it out the door. Onya Kid!

As the film came towards its ending and the music reached crescendo, Devito changed his tune and informed us that get-

ting old was something to be grateful for and a privileged time to show your love and reflect on your achievements and the friendships you've made.

And of course, the alternative is not that grand.

So with that in mind, go forth into 2020 and have an exhilarating year full of love and understanding and hopefully a holiday to ease the burden of modern life.

My grandfather, the grocer, had a customer who wanted to buy Rinso washing powder to wash his pet Parrot.

"Don't use that stuff, it could kill him," he said.

Next week he came in and pronounced the bird deceased.

"I told you Rinso would kill him," Grandpa said.

"It wasn't the Rinso, it was when I put 'im through the wringer!"

Cheers dears.

Be proactive, its better...



Jon Lewis
by Jon Lewis

LAST year I had the misfortune to discover one of my beloved teeth was in poor repair.

If only I had participated in my regular dental appointments, this may not have happened. Moaning, now, was not going to help me. With only a naive hope that my tooth could be saved I decided to act as fast as I could. I called up every dentist and periodontist that I could think of for advice.

And... they advised me.

First I learnt the humble and wise lesson that I share with you.

Be proactive! In teeth it means more than the difference between regular flossing and brushing. It means having regular check-ups to make sure you are doing the pre-mentioned correctly. It means asking if this is still the best way to clean your teeth? Are there now improved ways?

Yes, there are better ways and they don't cost any more money.

Did you know a healthy tooth has a value? It's around \$7000, as that is the cost of the replacement... which, structurally, is inferior to the original.

Did you know that regular dental check-ups are completely free with most health-care funds?

Did you know that, like me, if you are scared... the medical professional can treat you differently. Pain free!

I pause to wonder where else in health can I be proactive?

Also, how do you know what you don't know... easy, ask experts for advice.

We are so lucky that there are these wonderful people who choose to spend many, many years of their lives studying to be the best they can be and then pass it on to us.

Being proactive is a lot easier and cheaper than studying for many, many years.

My tooth? I did get some positive news. A thorough treatment from a fine periodontist has led me to believe if I remain vigilant my tooth and I can have many more happy new years together.

Could this be a New Year's resolution?

I wish I had been proactive last year, but then hindsight is 2020.

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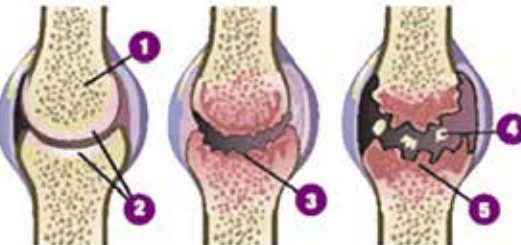


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Advertorial Adult stem cells



Evolution of Osteoarthritis
Diagram; 1. Bone, 2. Cartilage, 3. Thinning of cartilage
4. Cartilage remnants 5. Destruction of cartilage
© doctorramey.com



ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection, but also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other destroying the cartilage. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

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Seniors Recreation Council Jottings



WELCOME to 2020 I hope everyone had a wonderful break over Christmas and New year and I look forward to an exciting year for all WA seniors.

Seniors Recreation Council of WA gratefully acknowledges the invaluable support of a major grant from Lotterywest towards Have a Go Day 2019, a LiveLighter Event in Burswood Park. The grant was presented by Hon Mick Murray MLA. Lotterywest supports local community organisations and events via income from Lotterywest sales. Keep the money in WA and support local events and organisations by purchasing lottery tickets from your official Lotterywest outlet.

Great Southern Aged Care Games

The LiveLighter Aged Care Games in Great Southern were held on Thursday 28 November at the Albany Leisure and Aquatic Centre.

A huge vote of thanks to our vice-president Phil Paddon and his wife Pat who made the trip from Perth to facilitate the games with assistance from a variety of volunteers. Five teams took part in a range of games which have been modified especially for seniors in care. It was great to have the facilities staff who enthusiastically support the participants and theme their teams for the day. The teams were very competitive on the day and there was also lots of laughter, cheering and shaking of hands amongst the teams. Phil Paddon welcomed the teams and introduced City of Albany Deputy Mayor Greg Stocks to open the Great Southern LiveLighter Aged Care Games. Entertainment was provided by The 2 Premiers who provided a medley of songs throughout the event. In third place was Denmark Health Service Blue Wrens, second place Bethel Aged Care and in first place Walpole Stars. Best dressed team was Bethel Vikings our oldest competitor on the day Yvonne McVeigh who is 99 years young.

SRCWA Rockingham Branch Christmas Concert.

On Wednesday 4 December, SRCWA Rockingham branch held their 2019 Christmas Concert at the Gary Holland Community Centre, a full house was treated to an afternoon of Christmas carols and entertainment. During the concert the audience enjoyed a delightful afternoon tea and had great fun winning all the raffle prizes.

Congratulations to Valma Sulc and the Rockingham branch committee and volunteers for an excellent Christmas concert.

Tech Savvy Seniors, Be Connected Seniors Tech Expo

The TSS Be Connected Seniors Tech Expo was an excellent and exciting event where 76 seniors (participants) were invited to *try!thing* at the expo on Friday 18 October 2019, as part of the world wide movement *Get on Line Week* 14-20 October courtesy of a grant from the Good Things Foundation, the Expo was officially opened by Hon Pierre Yang MLC.

There were 12 exhibitors on hand to help and advise those in attendance, they included: Tels-tru, Camera Electronic, Trails WA, SRCWA TSS Be Connected station, Independent Living Centre WA, Consumer Protection WA, Guardian Safety Pendants, NBN Australia, Robot Buddy, Have a Go News, Silver Chain Group VR, Wikimedia Australia and BankWest.

Each exhibitor gave a short presentation on their products and services and how they help seniors in their day to day life. A \$100 gift card was presented to one lucky participant at the event.

People were treated to a healthy and delicious lunch as well as tea coffee and water at the event.

Our grateful thanks go to the organisations and government departments who supported this event which helped introduce and encouraged the participants to the wonders of being online.

Key Diary Dates for 2020

3 to 8 February SRCWA Annual Seniors Camp at Quaranup

3 June Annual Seniors Ball, Astral Ballroom, Crown Perth.

25 March Rockingham Have a Go Day, a LiveLighter Event, Mike Barnett Sports Centre

8 to 15 November WA Seniors Week

11 November Have a Go Day, a LiveLighter Event, Burswood Park, Great Eastern Hwy, Burswood

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



SRC President, Hugh Rogers

TV Talk with Lee Tate - Do TV networks turn up the promos?



Lee Tate

YOU'D swear that TV commercials are louder than the programs, wouldn't you?

Yet, to a novice like me, it doesn't seem possible that sound levels coming through the same broadcast system can differ. But plenty of people claim it does and have been complaining about it for years.

Looking at the background to this conundrum, the files show that media watchdog the Australian Communications and Media Authority investigated it - after

a complaint from an episode of Weekend Today.

According to the complainant (some years back): "During morning shows, *A Current Affair* and *News at 6*, they deliberately increase audio to uncomfortable levels for advertising and their program promotions, simply because they know there is no moderation control by the governing bodies. This is not acceptable and please don't bang on about averaging algorithms coming into play."

It was revealed that all TV content passed through two phases, serving as safety checks to ensure sound compliance. Eventually, ACMA ruled that Nine did not breach the Code.

Networks must comply with the requirements of Free TV's Operational Practice Notes 48 (Audio Levels and

Loudness) and 59 (Measurement and Management of Loudness in Soundtracks for Television Broadcasting).

These aim to prevent 'excessively noisy or strident content' and sets out guidelines for measuring and matching the loudness of programs and advertisements, to avoid excessive contrasts in loudness.

Yet it's also been reported that certain companies and marketers get around the rules by making the volume spike in certain parts of the commercial.

And the US has had the Commercial Advertisement Loudness Mitigation (CALM) Act since 2012, to stop broadcasters from battering viewers' eardrums.

In Australia, a news teams investigation showed the audio levels of an ad break differed -

but only slightly to those of a news bulletin.

It was also reported that an advert blasting the maximum allowable loudness could play after a quiet section of a show, a jarring contrast that could still be within the rules.

Another fascinating side to TV advertising sound is the commercial jingle which can, annoyingly, get into the grey matter of the poor, long-suffering viewer who hums and sings it relentlessly.

But some TV jingles are loved by us. In 1971 this happened with a song written for a Coke advertisement. It was then re-recorded as pop single *I'd Like to Teach the World to Sing (In Perfect Harmony)* by the *New Seekers*, a huge hit.

A catchy song by Paul Williams for a bank commercial was lengthened and recorded by The Carpenters. It was the magic *We've Only Just Begun*.

TV adverts now regularly "steal" hit songs (but pay a hefty price for the rights). This started in 1985 when a Burger King TV advert used the original recording of Aretha Franklin's song *Freeway of Love*.

Then in 1987, Nike used the original recording of The Beatles' song *Revolution* in its TV promo for athletes shoes.

Closer to home, WA's Johnny Young's timeless hit, *The Real Thing*, has been used for promos by a string of corporations as well as WA's tourism authority.

The last time I heard any of these hits on TV commercials, they didn't aggravate or sound louder than the programs they interrupted. Good music never does.

End of season paddling for canoe club...



From left to right; Mt Henry Bridge in the heat - Cityscape from Shelley

by Jeremy Haslam

SUMMER arrived with a bang, but the Over 55 Canoe Club members were not worried because as many meals as paddles were being planned for the last few weeks of the season.

Food? This is a recurrent theme for the club

because the members enjoy paddling, good company, and food in that order, or almost that order.

Back to the paddles: the third week of November saw the club paddling from Point Walter downstream (first negotiating the Black-wall Reach sandbar in

shallow water). Various motor boats and the Rottneest ferry provided a chance to practice surfing skills (of a modest nature) before having a chance to ogle the beautiful yachts at East Fremantle and Swan Yacht clubs. After morning tea at John Tonkin Reserve it was back to negotiate the sandbar again, but this time the tide was further out, so some walking was required.

The following week, paddles were left behind and the club gathered for the traditional end-of-season lunch. This was held at the Riverside in Woodbridge (very appropriate) enabling club members to look down on the river instead of up from it. At this event the Duckmaster had the chance to hand

out awards to those who took unscheduled swims during the year. Among the denials, general ribbing, and much laughter the Duckmaster made his awards to about a dozen kayakers who in the words of our hon secretary: put a little extra into their paddling experience over the season. It was an event of great camaraderie with members and partners enjoying a good meal in good company.

The last paddle of the year definitely joined the list of "the hottest on record" events that seem to be gripping the country this season. Predicted to be 38°, some preferred to stay at home, but seventeen brave souls donned protective gear and turned up at Shelley Beach for

a paddle down to Deep-water Point. Temperatures were indeed high, but the easterly blowing down the water did take the edge off the heat a bit. Lunch was had under shady trees and so the 2019 season on the river was over.

But there was business still to do and the event involved food. So naturally there was a good turnout for the AGM where the necessary business was despatched, not without some humour. Then a light lunch while being entertained by the *Dusty Windowsills* playing a wonderful mixture of Scottish and Irish tunes and songs. One of the musos is an active paddler with the club. Thanks as usual to the Ascot Kayak Club for the use of their wonderful facilities.

The Over 55 Canoe Club can be contacted via the president, Iris, on 9310 1841 or the secretary Dale, on 9418 1216.



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Get involved with free Crown Life events this January at Groove Bar & Lounge in the Casino.

Tuesday 14 January Line Dancing, 1pm – 2pm
Thursday 16 January Ballroom Dancing, 6pm – 7pm
Monday 20 January Zumba Gold, 1pm – 2pm
Tuesday 28 January Hot Hula 1pm – 2pm
Thursday 30 January Ballroom Dancing, 6pm – 7pm

See crownperth.com.au for the full schedule.

Event dates and times may change without notice and are subject to availability.



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Crown Rewards members can enjoy convenient transport to and from Crown, a delicious buffet lunch at Carvers and bonus vouchers for just \$10.

Visit crownperth.com.au for the full timetable.



Conditions apply, see crownperth.com.au. Images for illustration purposes only. Fun Pack \$10 for Crown Rewards members and \$15 for non-members. Must arrive on the Crown Bus and purchase a Fun Pack. Valid on day of purchase only.

LIVE A LITTLE BRIGHTER

The man behind Perth’s world class comedy lounge



Left to right; John McAllister with some of his comedians - Mickey J, Comedian of the Year 2019 Andrew Wolfe and John

by Brad Elborough
DID you hear the one

about the Englishman who walked into a comedy club for the first time

at the age of 35? Twenty years later, he had packed in his career as a plasterer to promote a comedy night and now runs his own club. While this story started out sounding like a classic joke, what John McAllister has done for comedy in WA, since arriving from the south of England 30 years ago, is no laughing matter. And his introduction to it came very late. “I had never been in a comedy club until I was 35. I didn’t know it existed beyond Billy Connolly on TV,” John said. “I loved it so much that I wanted to get involved. I wanted to be a comedian. “I did what everyone does, hung around the scene for a few months until I plucked up enough courage to do an open mic night.” John couldn’t quite cut the mustard delivering one-liners, but he clearly knows what is needed to



provide a place for other comics to ply their craft. While plastering by day, he was soon helping run a club at night and quickly progressed to running a regular Thursday night. Now he has his own venue, the Comedy Lounge and is even looking at a joint venture with international promoters – a comedy exchange concept where up-and-comers can try their hand in front of a different audience. The Comedy Lounge has been open for just over two years and John says it is respected, internationally, not just in Australia. “I can guarantee we’re in the top five clubs in the world; we could be top three,” he says. “I have travelled to the best and I know; we’re the gold class of the comedy clubs.” It’s designed for stand up. It seats 150 people and is intimate. That lim-

its who they can have on their card though, with the likes of Jim Jefferies and Carl Barron able to pack out RAC Arena. But at the Comedy Lounge, up-and-coming talent such as Sons of Fred, Andrew Wolfe and Jon Pinder are regularly leaving audiences in stitches. And the household names do drop in to the venue for a look. “We’ve had Jim Jefferies, Dave Hughes, Arj Barker, Tom Gleeson and Russell Peters, one of the biggest in the world,” John bragged. “Jim dropped in to our venue once and ended up doing a whole hour, totally for nothing. The audience came to an open mic session and he turned up.” The Comedy Lounge does offer a variety of opportunities for a night of laughs, including family-friendly evenings and open mic sessions for those wanting to have a

go themselves. John said that comedy is like wine; people like a variety. “You might feel like a powerful red one day and then the next a light SSB. That’s what audiences are looking for,” he said. And while it is a tough thing to do, he encourages anyone with an inkling to have a go at standup comedy, believing age is no barrier. A regular act at the Comedy Lounge is a 60-year-old woman. “Some people wouldn’t dream of going to a family show – they want people to be offensive. The family show isn’t directed at kids, but it’s suitable if mum or dad want to bring the kids with them.” Swearing is a regular part of acts though. Comedy is one of the last areas in life that still accepts political incorrectness. But in some places, even that is under attack, with comedians facing law suits because they have offended someone. John hopes that doesn’t spread to Australia, but admits there is a fine line between being funny and being offensive. “It would be sad if the last bastion of free speech, stand-up comedy, becomes sanitised,” he said. “Comedians are a mirror of what the world is. A good comedian doesn’t need to be racist, but a really good one can make anything funny. A wise one would chose not to

do it.” Johns says that the reactions to jokes tell what audiences think – and that’s often a great censor. John’s wife Jane took some convincing to open a club. But when others in the industry did something to upset Jane, she gave her husband the green light. He didn’t give her time to change her mind before he’d committed. But two years in and he admits that the balance between work and life is not great. “My wife works on the door and does the admin, pays wages, does bookwork; she’s the business brain and I am the visionary,” he said. “We live and breathe it, like a restaurateur, you can’t stop. But I love it; it doesn’t seem like work. “I don’t have the energy I had when I was 25, but we have good staff. “Brendan Maloney is the booker of the venue and looks after 99 per cent of the people there. “He is organised; I am very unorganised. When I was running it there was supposed to be three acts and eight would show up.” “I can’t run this operation with my management skills. “But as I tell people, if I were a billionaire, I wouldn’t be doing anything different.” www.comedylounge.com.au. Where: upstairs, 413 Murray Street, Perth.

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Tips for grandparents when babysitting...



MORE than a third of grandparents provide informal childcare for working parents. Looking after grandkids is a time when grandpar-

ents can draw on their rich experiences of parenthood and enjoy quality family time. However, the responsibility can sometimes leave grandparents in tricky situations, with parenting styles differing from one generation to the next.

Here's some tips for making childcare a positive experience and maintaining family harmony:

- Be upfront about your needs and understand those of the parents so there are no unwelcome surprises or unmet expectations. Setting boundaries around things like the number of hours and days of the week you are available, and the meals you provide can help things run smoothly.
- All parents will have their own views on things like how much TV time or outside play is best for their child. Finding out what these are and respecting those views from the outset will give your grandchildren a consistent message and avoid potential conflict.
- If you feel your grandchildren need discipline while in your care, check with their parents first about what they would do.
- Think about whether you might need to make some changes to your home before children arrive so it's safe for young exploring children. Make sure things such as dangerous chemicals and sharp or breakable objects are well out of reach.
- You can also have a lot of fun with your grandchildren and become more active by exploring the world together. You can engage their creativity through arts and crafts, cooking or building things. Listen to their stories and share your own.
- There may be times when you feel the need for practical or emotional support yourself. The maternal child health nurses at www.pregnancybirthbaby.org.au are there for grandparents too.

For more information about how to access support, setting boundaries and maintaining a healthy life balance visit www.pregnancybirthbaby.org.au grandparents.

Nan and Pop's big day out...

GRANDPARENTS who are on duty during the school holidays should consider Spare Parts Puppet Theatre. They offer Nan and Pop free seats and they can also enjoy a cuppa after the show.

Book your grandchild in for Thursday 16 January at the 10am session of Spare Parts Puppet Theatre's *The Little Prince*. This show is adapted by Simon Clarke from the book by Antoine de Saint-Exupéry.

Tickets can be purchased by heading to Spare Parts Puppet Theatre website www.sppt.asn.au or calling 9335 5044.



Dinosaurs stomp into Fremantle



Dinosaur egg and kids Courtesy WA Museum

DID you know there are dinosaurs in Fremantle? And they're coming out just to meet people for

the school holidays.

WA Shipwrecks Museum, in association with the City of Fremantle, is

part of a free dinosaur experience called *Dinosaurs Come Alive*.

Explore Fremantle and find the 10 dinosaurs popping up for the next few weeks at various outdoor sites across the city.

Outside the WA Shipwrecks Museum in Cliff Street you'll meet a Pteranodon, a six-metre wide flying reptile and close relative to the dinosaur.

Inside the Shipwrecks Museum is the Dinosaur Activity Zone with free crafts including making a dinosaur mobile or creating a Stegosaurus model.

People will be able to step into a dinosaur footprint and see how your feet compare, put together a dinosaur jigsaw, dress-up in a dinosaur tail and take a photo inside a not-so-small replica dinosaur egg. Or just curl up in the reading nook and let the dinosaur storybooks lead them on an adventure.

Dinosaurs Come Alive runs from 2 January to 2 February from 10am to 2pm at the Storehouse, WA Shipwrecks Museum, Cliff Street, Fremantle. It's suitable for ages three and up and is free to enter. Bookings required only for groups of 10 or more on 1300 134 081.

Start your dinosaur journey at museum. wa.gov.au/museums/shipwrecks/dinosaur-activity-zone

COMMUNITY NOTEBOOK

LEEDERVILLE TENNIS CLUB

Welcome players of all ages and abilities. Social tennis Wednesday 7.30pm, Thursday 9am & Saturday 1.30pm
139 Bourke St Leederville
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BALLAJURA SENIOR CITIZENS ASSOCIATION

Meets at South Ballajura Community Centre Tuesdays, Thursdays and Fridays 9am to 4pm. Contact Margaret 9249 2396 or 0418 918 425 Office 9249 7800. New members welcome.

THE JOYS OF THE WOMEN ITALIAN CHOIR

Seeking new members and a musical director. Friendly group of ladies. No auditions required. Contact Silvana 0423 135 591

AUSTRALIA DAY CELEBRATIONS SUNDAY 26 JANUARY

TOWN OF COTTESLOE

8am-10am
Main lawn, Cottesloe Civic Centre
9285 5000

CITY OF MANDURAH

7am-11.30am
Eastern Foreshore Mandurah Terrace. No fireworks on Australia Day. Alcohol and smoke free event. Dogs prohibited at City events.

CITY OF SOUTH PERTH

Morning ceremony 8am-9.30am, breakfast 9.30am-10.30am
Sir James Mitchell Park
South Perth

CITY OF COCKBURN

8am-midday
Coogee Beach Reserve
Powell Rd Coogee

TOWN OF CAMBRIDGE

8.30am-12.30pm
Free barbecue breakfast supplied by the Lions Club of Floreat
Perry Lakes Reserves

SHIRE OF TOODYAY

7.30am-10am
Duidgee Park
6 Harper Rd Toodyay

KALBARRI AUSTRALIA DAY FIREWORKS

8am-9pm
Market and food stalls, fireworks start at 8pm
Kalbarri Foreshore

2020 BUNBURY SKYFEST AUSTRALIA DAY CELEBRATIONS

6.30am-9.30am APEX barbecue breakfast
8.30pm-9pm Fireworks display - FREE
Held at Bicentennial Square and the Graham Bicknell Music Shell
Live music, free activities rides and more.

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

classes AND courses

ADVERTISING FEATURE

Let the ladies take the wheel... Australia's only all women ride sharing service



SHEBAH is Australia's first and only all-women rideshare service, driven by women for all women and children. You can catch a Shebah

all over Australia, whenever you need that extra reassurance and feeling of safety. Catching a Shebah means sitting in the front seat, knowing you'll get a friendly driver that is on-time and puts safety first. All drivers have a working-with-children and police check. Child seats are available for younger passengers. There is also a preferred driver feature so travellers can select their most familiar driver, providing peace of mind to many parents and older travellers. Passengers can't stop talking about their positive experiences with Shebah. "If I could give [my driver] 110 stars I would, she is the most wonderful driver and I can't say enough great things

about her," says Val Talyz, from Perth. So whether you're travelling to catch an early morning flight, getting the kids to and from after school activities or getting home from a summer barbecue, Shebah will get you there and back safely. To avoid any last minute stress, you can book your Shebah up to 30 days in advance. Download the Shebah app and book a trip today, see page 12 for details on how to download.

Get fit and have fun when the Prime Movers classes recommence

PRIME Movers Inc is a not-for-profit organisation which holds low impact classes for the active over 50s. They have more than 5000 members and 80 classes a week from Quinns Rock in the north to Mandurah in the south. Our Instructors are all fully trained and accredited. New classes are starting in Medina on Wednesdays and

Kelmscott on Thursdays. Prime Movers aim is to provide exercise programs which promote health, fitness and wellbeing in a social atmosphere with music being an integral part. Classes are structured to suit both male and female, including a warm up, stretching, low impact aerobics, muscle work and finishing with a

relaxation segment. Through exercise comes increased flexibility and stamina and improved posture and coordination. Visitors are welcome to come to one of their classes and experience the program. Please wear comfortable clothing, lace up joggers and bring a bottle of water. The annual membership is

\$17 with a class fee of \$3 and visitors are welcome to try a class for \$4. Classes recommence on Monday, 3 February throughout the Perth region. A full list is available on the website. For more enquiries visit the website www.primemovers-exercise.com.au or telephone between 9 – 5pm Monday to Friday on 0444 560 037.

Croquet - the nastiest game played by the nicest people

CROQUET can be played competitively or socially and, unlike most other sports, is not segregated by gender. It is a great game couples can share. It's tactical, a combination of snooker and chess, with the advantage of being able to whack a ball – hard. Croquet players tend to be intelligent, positive think-

ers with a good sense of humour. People need that when their opponent sends their nicely placed hoop shot thundering away across the court. Or worse, jumping it and taking the hoop. And it's great exercise too. Forrest Park Croquet Club play social croquet four times a week, hold

evening and weekend tournaments with other clubs, host state tournaments, and enjoy sun-downers and the like in their spacious 1950s clubroom.

Members range in age from 30s to 80s, and don't imagine those 80s are a pushover. On the competitive side, four of their members are in the WA State Squad. The

club caters for all levels. Come and have a go. See the advertisement for the next intro course to be held February-March. Contact janinemchardy@yahoo.com.au.

FORREST PARK CROQUET CLUB
MT LAWLEY

INTRODUCTION TO GOLF CROQUET
4 WEEK COURSE

Wednesdays at 6.30pm
February 19th & 26th
March 4th & 11th

First 2 nights FREE
\$20 payable on 3rd night

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*Available only to new 18+ female members, who sign up to a minimum 12-month Curves Fitness (RRP \$89p/m) membership, at participating clubs. Total min. cost \$1069 (12-month Fitness and discounted joining fee). Individual results may vary. Offer valid until 29/2/20. Standard membership and health conditions apply. Not valid in conjunction with any other offer, no cash value and cannot be refunded or exchanged. Visit <https://curves.com/promotional-terms-and-conditions> for T&C's. Club instructions: Select 2020Join148 © 2020 Curves. All Rights Reserved

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Easy-to-learn dance steps
Great music | Low impact | FUN!
Only \$8 per class!

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Wednesdays | 9:30am - 10:30am
Fridays | 10:30am - 11:30am

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Ph: 9249 8558
reception@wastageschool.com.au

Unit 6/2 Mulgill Rd, Malaga

Cake decorating classes...

Parent & child* Valentines Cake Pop 9 Feb 12.30pm-3pm \$120 *child 8-14yrs	Basic Cake Making & Decorating 1 Feb -30 Mar 6-8pm Duration 6 weeks \$280pp	Fault Line Cake 23 Feb 12.30pm-3.30pm \$165pp
Basic Piping Class 26 Feb -18 Mar 6-8pm Wednesday night \$120pp	Stripped Butter Iced Cake 21 Mar 12.30pm-3.30pm \$125pp	Piped Rose Cupcakes 7 Mar 12.30pm-3.30pm \$95pp

Bookings are essential phone 9418 5929
MY DELICIOUS CAKES & DECORATING
4/3 La Fayette Boulevard, Bibra Lake
www.mydeliciouscakes.com.au

PRIME MOVERS INC
Fitness and exercise for the over 50s

'Join Prime Movers'
Our classes for 2020 recommence throughout the greater Perth area the week starting **Monday 3 February**. Start the year on the right foot and come along and give it a try and enjoy our friendship and camaraderie for both men and women.

Over 5,000 members
More than 80 classes a week
Classes include stretching, low impact exercise and muscle work
Instructors are trained by health and fitness professionals
Annual membership \$17 with a class fee of \$3
Visitors are welcome to try a class for \$4

Phone 0444 560 037
between 9-5pm Monday to Friday
www.primemovers-exercise.com.au

Let's GO MOTORING

ADVERTISING FEATURE



Let's go Motoring - Do you really need a sports utility vehicle?



Left to right; Tony McManus - Volvo S 60
- Volvo S 60's cabin is stunning - Nissan X-Trail N-Trek



by Tony McManus, Host, Saturday Night Show, 6PR Perth.

IT'S a question worth pondering if you are contemplating a new motor car in 2020.

Australia's preoccupation with small, medium and large Sports Utility Vehicles (SUV) has been well documented. For many it makes no sense. Parking in tiny shopping centre car bays is an eternal frustration. Inconsiderate people will open doors into your prized SUV. If you are like me that will exasperate your obsessive com-

pulsive disorder. There will be people reading now who have not ever known the joy of a smart sports sedan. They are missing out on a fantastic driving and ownership experience.

Following the demise of Australian motor manufacturing, the choices are many, from all the usual suspects: Lexus, Audi, Benz, Mazda, Genesis, Subaru and Jaguar. However, one that may slip under your radar is Volvo S 60 R Design.

From the moment you slide behind the wheel it just works. The seductive sweeping lines, the silhouette

and overall minimalist design speak volumes. It reminds you of a favourite pair of Levis not worn for 25 years. But when you realise you still fit into them, it gladdens your heart and you skip with joy. No, really!

The Swedish mint cabin is stunning; the large screen, impressive tech will provide hours of fun; even before going for a drive. The leather seating, both sporting and luxurious, provides a commanding view, creating a certain self-assuredness. You'll know you've made a great decision; you're not part of the herd mentality.

Many of us have forgotten the joy of a sports sedan. But the cool kids in the neighbourhood are having a rethink. And they are right to do so. For those forlorn about the expiration of Commodore, Volvo S 60 is a serious option. Who would have thought? The silky smooth Volvo 2-litre engine, all wheel drive, superb leather seating and design, plus renowned safety features provide immense confidence. The sound system is gorgeous. If you love cosy; you'll not be disappointed. A test drive will not dissatisfy. The Volvo S 60 is more than just

transport. It's an experience. And it resonates each time you jump behind the wheel. Not something you can say about the plethora of SUV's on our WA roads.

If you dive into your super; you can own one from around \$64,990. Plenty of bang for buck; then build from there.

And then there is Nissan X-Trail; N-Trek (pictured) from \$38,700. All-four wheel drive from \$40,700, sensible, confident, fantastic Bose sound system. Your choice; but remember life is short.

Find the code letters to make up the secret word and win a \$200 voucher...

FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles gift voucher.

There are 11 advertisements in this issue which contain a blue circled letter for the Ad Words promotion.

Find the 11 letters to make up the word

and then send your entry in to be in the draw to win.

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

1. Deposit Bond Australia
2. Hetherington Funerals
3. Diabetes WA

4. Stay Sharp
5. Seniors Discount Dental
6. Alchera Living
7. Bombora Resort
8. Aussie Redback Tours
9. Walridge Country Estate
10. AGL
11. Atwell Arts

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 5/2/20.

Congratulations to Rick Williams, of Swan View, our November 2019 winner.

Join our online community



READ US ONLINE

Visit www.haveagonews.com.au

Exclusive stories published daily, competitions and movie reviews



Have a Go News provides mature Western Australians with quality lifestyle information for them to live a healthy and fulfilling life

Receive the Have a Go News E-edition direct to your inbox...

We now offer readers the service to deliver the 'E' edition of *Have a Go News* directly to your inbox each month. It's free.

*Be the first to read the news, enter our competitions and get up-to-date on new information.

To register, please email readers@haveagonews.com.au

*Conditions apply. May also include offers and promotions throughout the month.

travelling

let's go travelling

JANUARY 2020

• Albert Facey Homestead, Wickepin • Marquesas Island • Fishing

*Have a Go News' travel liftout
...for the mature traveller*

Steve Collins loves trains and discovered much about picturesque Switzerland on a recent sojourn. Pictured above is one of the spectacular views of the Alps he captured on his rail trip around this beautiful country. Read more on page 25

ESCORTED TOUR

17 DAY HIGHLIGHTS OF NEW ZEALAND DEPARTS: 15 MARCH 2020 (DEFINITE DEPARTURE)

Inclusions:

- Return airfares from Perth
- Personalised Meet & Greet on arrival
- Return airport transfers in New Zealand
- 48 seat modern coach travel, 2 door access, restroom, reclining seats and panoramic windows
- Professional Coach Captain & Tour Guide
- 16 nights in 3.5 star hotel accommodation
- 5 two night stays
- Hotel Portage
- 4 cruises
- All sightseeing and pre-paid attractions
- Comprehensive documentation pack

Attractions: Haggis Ceremony, Larnach Castle, Milford Sound Cruise & Lunch, Cruise Lake Wakatipu on the TSS Earnslaw, Lake District Museum, TransAlpine Rail Journey, Cruise on the Interislander Ferry, Te Papa - NZ's National Museum, Skyline Rotorua Gondola & Luge Ride, Agrodome, Thermal mud pools & geysers, Traditional Maori Hangi & Concert, Dolphin/Hole in the Rock Cruise, Kauri Museum, City sights tours of Christchurch, Dunedin, Wellington & Auckland.

Meals: 16 cooked breakfasts including a specialty breakfast: Stratosfare Restaurant - Rotarua, 12 sumptuous dinners including 3 specialty dinners: Haggis Ceremony - Dunedin, Walter Peak Homestead - Queenstown, Maori Hangi & Concert - Rotarua, 1 picnic lunch, 1 delicious Devonshire Tea: Larnach Castle.

**PRICES FROM: \$6164 PER PERSON TWIN SHARE
\$7824 PER PERSON SINGLE**

RAIL HOLIDAYS

QUEENSLAND ISLAND RAIL ADVENTURE - 12 NIGHTS DEPARTS: FRIDAY

Package Includes:

- Economy airfare from Perth to Brisbane
- 2 nights in Brisbane
- Rail travel on Rockhampton Tilt train from Brisbane to Maryborough West in Business Seat
- 3 night Fraser Island package including transfers, ferry, accommodation & tour
- Overnight rail travel on Spirit of Queensland train from Maryborough West to Townsville in Rail Bed (includes meals and non-alcoholic drinks)
- 3 night Magnetic Island package including ferry, car hire and accommodation
- Rail travel on Spirit of Queensland train from Townsville to Cairns in Premium Economy Seat
- 3 nights in Cairns
- Economy airfare from Cairns to Perth.

**PRICES FROM: \$2910 PER PERSON TWIN SHARE
\$4160 PER PERSON SINGLE**

3 CITIES 3 TRAINS - 12 NIGHTS DEPARTS: SUNDAYS

Package Includes:

- 3 night rail journey on the Indian Pacific from Perth to Sydney in Gold Cabin (includes meals, drinks & off train excursions)
- 3 nights in Sydney
- Sydney Harbour - Premium Harbour Story Cruise
- Rail travel on XPT Train from Sydney to Melbourne in First Class Seat
- 3 nights in Melbourne • Full day Puffing Billy Steam Train & Wine Country tour
- Rail travel on The Overland from Melbourne to Adelaide in Red Premium Seat (Includes meals and non-alcoholic drinks)
- 3 nights in Adelaide • Half day Adelaide Highlights Tour
- Full day Barossa Food & Wine Experience tour
- One way economy airfare from Adelaide to Perth

**PRICES FROM: \$4790 PER PERSON TWIN SHARE
\$5410 PER PERSON SINGLE**

RAIL & SAIL HOLIDAYS

EXPERIENCE THE EAST COAST - 16 NIGHTS DEPARTS: 22 OCTOBER 2020

Package Includes:

- 6 night cruise on Sapphire Princess from Fremantle to Melbourne visiting Adelaide (includes meals & onboard entertainment)
- 4 nights in Melbourne
- Full day Marvellous Mornington Peninsula tour
- Full day Yarra Valley Gourmet Food & Wine tour
- Rail travel on XPT Train from Melbourne to Sydney in First Class Seat
- 3 nights in Sydney
- Captain Cook - Captains Dinner Cruise on Sydney Harbour
- 3 night rail journey on the Indian Pacific from Sydney to Perth in a Gold Cabin (includes meals, drinks & off train excursions)

**PRICES FROM: \$5949 PER PERSON TWIN SHARE
\$7799 PER PERSON SINGLE**

ADELAIDE RAIL & SAIL - 10 NIGHTS

DEPARTS: 4 NOVEMBER 2020

Package Includes:

- 5 night cruise on the Sea Princess from Fremantle to Adelaide visiting Margaret River and Albany (includes meals & onboard entertainment)
- Private transfer from Adelaide Cruise Terminal to your hotel
- 3 nights accommodation in Adelaide
- Full day Barossa & Hahndorf Highlights Tour
- Full day Victor Harbor & McLaren Vale Highlights Tour
- Private transfer from your hotel in Adelaide to Parklands Rail Terminal
- 2 night rail journey on the Indian Pacific from Adelaide to Perth in a Gold Cabin (includes meals, drinks & off train excursions)

**PRICES FROM: \$3759 PER PERSON TWIN SHARE
\$4339 PER PERSON SINGLE**

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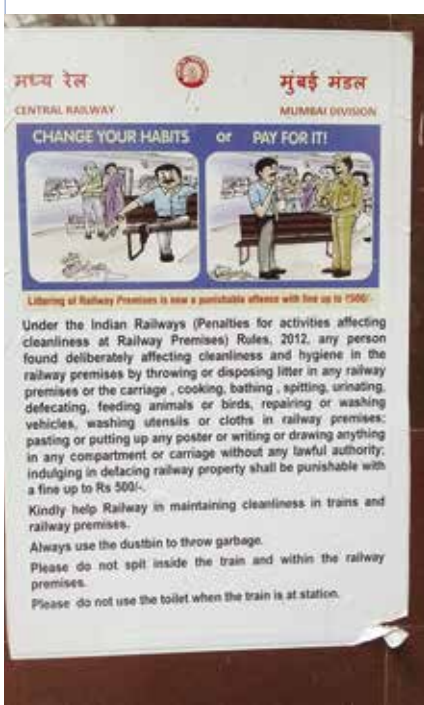
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let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



Clockwise from left; Have a Go News' reader Philip Hoy's photos from his travels - Jennifer Merigan

MY wish for 2020 is for rain and lots of it across our wide brown land. Our hearts go out to the many people who have been affected by bushfires across the country. It is a tragedy that so many homes, businesses, people and wildlife have been lost. Reports are coming in of insurance claims already exceeding \$700 million dollars with many more to come. It's devastating for everyone and especially for those in areas which rely on tourism as a major source of income. One of the best ways we can support people in those affected areas is once the fires have gone out and it's safe to return, think about planning a trip to some of the destinations. That will help to again put money back into these local economies.

★★★★

I hope this year brings you the opportunity to travel to the destinations that you are itching to see. This month in our pages Steve Collins files a story about his rail trip through

Switzerland, Mary Carroll visits the Marquesas Islands. Closer to home Josephine Allison makes a visit to Albert Facey's house in Wickiepin and Lee Tate discovers more about Fremantle.

★★★★

CMV's ship *Vasco de Gama* has arrived into Perth and I know many people will be taking the opportunity to enjoy some of the cruises from our home port of Fremantle. I look forward to hearing about people's travel aboard for her first season.

★★★★

A report called the OAG Punctuality League index looks at 57.7 million flight records using full-year data from 2019 about airline punctuality. Garuda Airlines was the most punctual airline in 2019, with Qantas coming in 18th. Well done Garuda, I have flown with them several times to Bali and have really enjoyed the service.

★★★★

Avid reader Philip Hoy from

Booragoon emailed me some very funny signs (pictured left) which he photographed from his recent 17-day cruise aboard the ship *Azamara* which left from Singapore in December visiting Indonesia, Sri Lanka, India, Muscat in Oman and Dubai. Thanks for taking the time to email us Philip.

★★★★

If you have a travel issue, would like to send in a photo from a recent holiday or share some information, don't hesitate to contact me on my email. Our website also has great travel information which is updated regularly and I encourage you to take a moment to visit it at www.haveagoneews.com.au

Happy trails

Jennifer Merigan
Travel Editor



See the best of South Australia with Adelaide and Murray River combo packages on sale

DISCOVER the best of beautiful South Australia with SeaLink and Captain Cook Cruises' eight, nine or 12-day Adelaide, and Murray River packages.

Tours include three nights' superior room

accommodation at the Mercure Grosvenor Hotel, Adelaide, a full day Ultimate Adelaide and Hahndorf tour, visiting Haigh's Chocolate factory, St Peter's Cathedral, Adelaide Oval and Mt Lofty Summit. Pending

ing recovery from bushfires an added two day Best of Kangaroo Island tour is available to see the fascinating wildlife, spectacular coastal scenery and stunning landscapes and a three, four or seven-night Murray Princess Cruise.

While on Kangaroo Island guests stay at the Aurora Ozone Hotel in Kingscote, with breakfast and lunch on both touring days. Over the two days visit Emu Ridge Eucalyptus Dis-

tillery, Kangaroo Island Wildlife Park, Seal Bay, Raptor Domain, Cliford's Honey Farm, Hanson Bay Wildlife Sanctuary and Flinders Chase National Park to witness nature's breath-taking creations - Remarkable Rocks and Admirals Arch.

Then guests head to Mannum to board the grand *PS Murray Princess* paddlewheeler for a three, four or seven-night cruise.

Each day features ex-

citing day trips to historic ports, sacred Aboriginal sites, a woolshed, native wildlife shelter, guided nature walks and tastings onboard or at a vineyard cellar door.

On-board, enjoy a range of delicious three course and buffet meals, join the captain for a general inspection of the wheelhouse, participate in a lively quiz, play some bocce on the riverbank, relax with some fishing off the ship or simply sit back



and admire the towering limestone cliffs and breathtaking and ever-changing river scenery.

For further information and pricing visit www.murrayprincess.com.au or www.sealink.com.au

WIN a \$200 shopping voucher with *Have a Go News'* Ad Words. See page 22 for details.

WHERE TO 2020?



Mauritius Super Deal

Luxury Resort - Breakfasts & Dinners

8 days from **\$3555*** ex Per

→ Includes Airfares ex Australia

Zimbabwe Value Safari

Victoria Falls - Hwange National Park
Luxury Accommodation

12 days from **\$7549*** ex Per

→ Includes Airfares ex Australia

Discover Sarawak

Kuching - Longhouse - Orang Utans - Bako National Park - Mulu National Park

12 days from **\$2949*** ex Per

→ Includes Airfares ex Australia

Highlights of South America

Lima - Cusco - Sacred Valley - Machu Picchu
Puno - Lima - Iguassu Falls
Buenos Aires - Rio de Janeiro

16 days from **\$8449*** ex Per

→ Includes Airfares ex Australia

Uzbekistan & Tajikistan

Tashkent - Khiva - Bukhara - Samarkand
Panjakent - Dushanbe

12 days from **\$3034*** ex Tashkent

* Includes Airfares. Airport taxes, cruise taxes and fuel surcharges where applicable, are included and subject to alteration. Contact us for prices ex other Australian cities. Tour prices are based on per person twin share and are subject to availability. Terms and conditions apply, contact us for details.

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WANNADOO TOURS

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Thursday 6 February \$85

• **FEBRUARY MYSTERY TOUR**
Monday 10 February \$99

• **JALBROOK WINE, WOMEN & SONG**
Friday 21 February - Sunday 23 February
3 days/2 nights
\$995 pp double/twin
\$130 single supplement

• **SENIOR MOMENTS 2**
Thursday 26 March
Show \$110

We have pick up points in Mandurah, Rockingham, Kwinana and Willetton and offer complimentary home transfers on all of our extended tours.



Wannadoo Tours

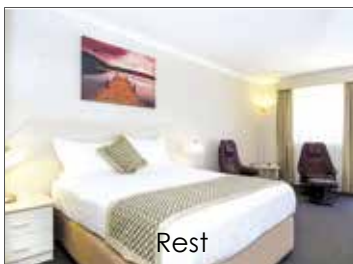
Wannadoo Tours group brochure is still current and has over 80 tours to choose from. We would love your group to join us in 2020.

Our new individual tour brochure for 2020 will be available soon.

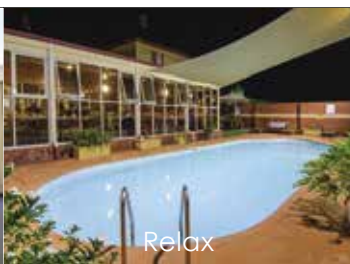
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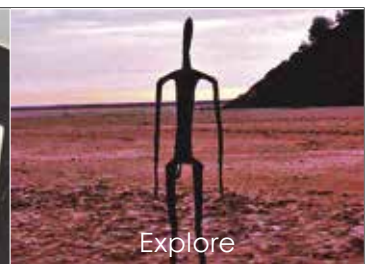
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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

The world's slowest express train - discovering the delights of Switzerland by rail



Left to right; Boarding for Montreux - Montreux - Inside Chaplin Mansion - Glacier Express

by Steve Collins

CONTINUING my Grand Rail Tour of Switzerland which I began in the September 2019 edition, I caught the Golden Pass train to Montreux at Interlaken railway station.

Switzerland is the water catchment for Europe. It is this glacial melt which feeds many of the great rivers of Europe.

From Interlaken we passed the Thunersee, an impressive alpine lake in the Bernese Obeland with many small towns clinging to its shores. Views from the train were mesmerising.

At the town of Spiez we headed inland towards Gstaad and soon began climbing and enjoying stunning mountain scenery. Gstaad is an upscale resort town that is apparently favoured by royalty and celebrities.

The cities in Switzerland are not massive and are contained and orderly. Zurich, Switzerland's biggest city, has a population just broaching 800,000 people. Also, the architecture remains stubbornly Swiss, there are no garish McDonalds' buildings here to destroy the ambience.

We were now located in the French speaking part of Switzerland, with the only obvious change being that signage and train announcements

were now in French instead of German.

As we approached Montreux we caught glimpses of Lake Geneva, and its French shoreline, far below us. This final section of the trip proved to be the most interesting as we began the steep descent to our destination.

The track zigzags down the mountain in a series of long gradients. The train passes many tiny villages and vineyards clinging to the mountain side. At times the lake disappears from view before stunningly revealing itself again for another magnificent glimpse.

From these upper heights you can truly appreciate the grandeur of Lake Geneva. Montreux is, by far the biggest city you can see clearly. Lausanne can be seen in the distance, but Geneva, at the other end of the lake, is hidden behind the mountains.

Montreux is startlingly different from Luzern, where I had started my journey, as it features French architecture, which is less stark than the German style. A lovely esplanade abuts Lake Geneva and the views here are splendid, particularly of the snow-covered massifs on the French side of the lake.

The cog railway up to Rochers-de-Naye, was

closed due to track maintenance. So I used my Swiss Travel Pass and caught the train to the nearby town of Vevey, then hopped on a local bus for the journey up the hill to visit Chaplin's World, the mansion in which Charles Chaplin spent the last two of decades of his life.

In 1952 Chaplin was banned from returning to the United States, where he lived, because he was considered to be a communist. So, he bought Manoir de Ban in the hills about Vevey and settled down with his fourth and last, wife Oona. He was very fecund, siring eight children over the next eighteen years.

Chaplin's World is divided into two distinct attractions. One is the family home, which is very interesting and explores both his professional and family life. The home is brought to life with many life-size wax models of Chaplin, his family and friends, which included Albert Einstein.

The second is a film studio which recreates many of the scenes from his popular movies and encourages visitors to don costumes or hold props to participate in many of the scenes. I enjoyed the comedy of Chaplin, and his contemporaries such as Laurel and Hardy, Harold Lloyd and Buster Keaton who are also featured.

Returning to Vevey I boarded the Lake Geneva paddle steamer for a relaxing trip back to Montreux.

Next morning I was on an early train to the town of Brig, one hour and 45 minutes away.

At Brig, our group boarded the Glacier Express, the slowest express train in the world. What's more, we were privileged to experience the brand new Extravagance Class just prior to it being introduced for the first time. This carriage has guaranteed window seats, WiFi, audio guide, booklet, lunch and wines included, plus its own

cocktail bar. This remarkable train route links the Alpine resorts of Zermatt and St. Moritz.

After leaving Brig, we noticed a dramatic change of scenery as the train began to climb to above the snow line. The train crosses the river Rhone a few minutes after departure and continues its way east into the Upper Rhone valley. It passes through 91 tunnels and crosses 291 bridges on the complete trip. The Oberalp Pass and the 400-metre deep Rhine Gorge are just a few of the many highlights of this route.

The panoramic car gave great views of both sides and above the train. The scenery was amazingly picturesque, almost overwhelmingly brilliant.

The Oberalp Pass, at 2,033 metres, is the highest point on the route of the Glacier Express. To the south is Lake Toma (2,345 metres), the source of the River Rhine.

Even at this height, mountains towered over us on both sides of the train. Deep snow was banked up beside the tracks. Often, we would be traversing a steep slope with the train travelling inside a sloping,

open-sided structure designed to protect us from avalanches.

The Oberalp Pass railway station is at the base of the Oberalp ski area. The station is owned and run by the Matterhorn Gotthard railway, which runs additional narrow gauge trains throughout the mountains to popular ski areas.

As we began to descend to our final destination, Switzerland's oldest town, Chur, we gradually dropped down below the snow line into the dramatic Rhine River Gorge.

continued on page 26

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Fishing in the rivers - it's time to take a holistic view and throw your fish back



It's been some years since I've kept a fish from the Swan

by Mike Roennfeldt

YOU only have to read national fishing magazines or watch eastern states based fishing videos to realise the range of fishing opportunities available on this side of the country is rather limited in comparison. We can only envy the freshwater opportunities over there. Apart from the geography that gives the eastern half a much greater number of water courses, lakes and dams, it seems like they have made better use of what they have.

The often-brilliant impoundment fishing for native species such as Australian bass, Murray cod, golden perch, silver perch and barramundi has come about because authorities responsible for a fair number of water impoundments have generally taken a holistic view of the value of a water resource to the community.

The one shining light over here in WA, in terms of creating an exciting new fishery, is Lake Kununurra. This magnificent 55km long waterway was stocked with barramundi a few years ago and reports indicate that the magical experience of catching a metre-plus barra is now a very real possibility for those trying their luck up there.

But there are issues with the marine side of things as well. Our shortage of mountains, rivers and estuaries also means we don't have much in the way of ecosystems that support the proliferation of inshore fish stocks.

Don't get me wrong, we do have some spectacular pockets of fishing, but usually only for just limited periods during the year. The main reason our

quality of fishing looks okay is that we have a relatively small population enjoying the resource.

So, if we want our recreational fishing to continue as a quality experience, we need careful management, not just from regulatory authorities, but from ourselves as the users. Happily, almost all of the 10 per cent of the fishermen who catch 90 per cent of the fish realise this. Most of them did so 20 years or more ago, but there are still a few dinosaurs who see a localised aggregation of fish as an opportunity to go over the top.

Fishing for the future is pretty much a commonsense thing. It doesn't mean you can't fish for a feed, but it does mean you shouldn't put undue pressure on finite stocks. The Swan River is a perfect example of a place that needs to be fished conservatively. It provides quality fishing through most of the year, but the catches are rarely prolific. It's more a place that rewards those who understand the target species and chase them specifically.

I have no real problem with people keeping a mullet or a couple of tailor from the Swan/Canning but it's a different story with black bream, flathead and flounder. Fish like bream stay in the river, so their vulnerability to over-exploitation in the middle of suburbia is obvious.

It's been years since I kept a fish I've caught in the Swan/Canning. Like many others, I've had a huge amount of enjoyment from the light tackle fishing to be had there in the spring and summer months and if forgoing a delicious meal or two means that enjoyment can continue, I'm happy to do my bit.

The world's slowest express train - discovering the delights of Switzerland by rail **by Steve Collins** continued from page 25



Left to right; Station at Oberalp Pass and colourful gardens Vevey

Over many centuries the River Rhine has carved a path through the tough bedrock. The result is one of Switzerland's most impressive natural spectacles. The landscape looked very dramatic as the Rhine River carved its way deep into the white rocks, accentuated by the wild waters tumbling aggressively below.

This ravine soon widened into a wide, valley that was dotted with pretty farmhouses and fields with clusters of small villages welcoming us back to civilisation.

Steve Collins travelled as a guest of Swiss Tourism.

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Discovering the magic of the South Pacific's Marquesas Islands



Left to right; Stone Tiki - Island feast

by Mary Carroll

CLIMBING uphill through dense rainforest in high humidity, over boulders and tree roots to visit ancient sacred sites and petroglyphs of the revered Tiki, may not be on everyone's holiday list, but it's one of many memorable experiences on these wild and remote island groups.

Situated around 1400 km NE of Tahiti and just south of the equator, the 12 volcanic islands (only six are inhabited) are different from the usual Pacific islands of coconut palms fringing sandy beaches.

Instead, soaring majestic mountains seem to rise quite suddenly from the wave-washed rugged coastline. Silhouetted against the tropical sky, razor-sharp peaks appear like the battlements of an ancient castle, only to plunge into the deepest ravines and valleys below. Narrow dirt tracks make the islands attractive to cyclists, hikers and horse riding, along with the incredible scenery that everyone enjoys.

The Marquesas Islands

are believed to have been formed by an upsurge of magma less than five million years ago. Two waves of human settlement came fairly close together from possibly Taiwan or the Philippines. Settling in Tonga and Samoa initially, these early Polynesians made their way East, eventually landing in the Marquesas group around 900 – 1000 AD. Some anthropologists and linguists believe these seafarers may have arrived in the Pacific, over 2000 years ago. Research continues and theories abound; like all Polynesians, they share many common beliefs, customs, traditions, even biology.

The Spaniard, Alvaro de Mendano charted these surprise discoveries in 1595 and named them after his patron Marques de Mendoza of Peru. The Spanish also introduced horses on the islands. Captain Cook admired the islands during a voyage in 1774 and the Scottish novelist Robert Louis Stephenson paid them a visit in 1888. Several notable people over time have called in including the Norwegian of Kon Tiki fame

Thor Heyerdahl, who lived on the island of Fatu-Hiva with his wife for a year and the French painter Paul Gauguin who along with the Belgian singer Jacques Brel, are both buried in the Calvary Cemetery on the island of Hiva Oa. A museum depicting their life and times can be visited on the same island. Copies of Gauguin's post-impressionist art including some of his famous paintings, are in a gallery dedicated to him.

On our walks we observed luscious guava, papaya, mango, banana, breadfruit and citrus fruits, all growing wild among the rainforest trees and all introduced over the centuries by seafarers, explorers and whalers. Breadfruit is a mainstay of the islanders along with hunting, shellfish and growing introduced vegetables. Wild pigs, goats, fish and chicken add to a varied diet.

Many Marquesan traditions and cultures were practised up until the missionaries arrived around the late 1800s. The revered Mana is the power and knowledge and was considered to be found in

the head that was always buried separately from the rest of the body – even the head of their enemy. The Tiki protected them from evil spirits and Tabu was as the word implies something that was forbidden. Many warring tribes existed on each island and we witnessed displays of warlike Haka by muscular young men sporting body tattoos, grass skirts and pig tusk necklaces. The women danced a gentle form of the hula. The Marquesan people do not have a written language but their family history and identity are told on their many body tattoos. The language they speak is Austronesian.

Arriving at an island village is a leisurely pleasure. The women and girls drift by with flowers in their hair on the unhurried streets, men may be playing ukuleles under shade from the penetrating sun and the many gift stalls sell lovely handmade treasures like bone Tikis, pearl-shell turtle necklaces, bead necklaces, pretty hand-painted pareos (beach sarongs) and on the island of Ua Pou, attractive, polished

volcanic items made of the very rare Flower Stone can be purchased. Tapa is bark cloth made mainly from the banyan tree. When dried in the sun it becomes paper-like and is used for ink drawings.

The well-presented museum of Tetuma on Ua Huka island gave an important insight into early Marquesan life with burial and family huts assembled, war clubs and cudgels, Tikis, photos and the traditional dugout canoe with outriggers. Ancient myths and legends were recounted by a guide. All Polynesians share an amazing knowledge of the sea, the currents, winds, waves and signs of land and sea birds.

Island feasts were a treat, whether a table groaning with tropical fruit, decorative flowers, chicken and pork dishes

including the delectable raw fish steeped in lime juice and coconut or a wonderful earthen pit, the uno filled with fish, pork, goat meat, chicken and tropical fruit, layered and slow-cooked under cover of banana leaves. Uncovering this feast was a ceremonial occasion as the banana leaves were slowly removed to the clicking of many phones and cameras as the steaming aromas filled the air.

The Marquesas Islands have had marked population losses over the years through contact with the missionaries, whalers, seafarers and explorers who brought with them deadly European diseases like measles and influenza to name two. The missionaries outlawed cannibalism and head-hunting and improved living conditions for the islanders over time.

They also forbade the practice of tattooing which in fairly recent times has become re-established. Substantial churches were built with impressive interiors in island designs and all appear to be well attended. The islanders converted to Christianity, leaving their pagan days well behind, while still revering those days of old in their songs and customs.

The French Government administers the Marquesas Islands from Tahiti via Taiohae on the main island of Nuku Hiva. Diesel fuel is shipped in from Tahiti and supplies the generators and vehicles on the islands. Copra from coconut is in turn shipped to Tahiti where it's refined into coconut oil. Flights from Tahiti regularly service the islands plus cruise ships visit, including the *Aranui 5* and the *Paul Gauguin*.

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Inspiring Albert Facey's legacy lives in the town of Wickepin



Josephine Allison and Jennifer McLaughlin outside Albert Facey Homestead; the lounge room; Jo Allison in a bedroom Pictures: Peter Allison

by Josephine Allison

WHEN you tour Albert Facey homestead, located in Wickepin's main street, you can't help but marvel at the man and his life, the hardships he endured and the indomitable spirit which saw him have an optimistic view on the world. Those strengths were the basis of his book *A Fortunate Life* published in 1981.

Facey died aged 87 in 1982 only nine months after his book was published to widespread acclaim as a classic of Australian literature. His spirit lives on and this is apparent in his home where he lived with his family until the Great Depression.

Facey was born in Maidstone, Victoria. His father died on the WA Goldfields in 1896 when Albert was two and his mother left for WA to care for her older children who had accompanied their father, leaving Albert and her younger children in the care of their grandmother.

When his grandfather died in 1898, the grandmother, Jane Carr, moved with Albert and his three siblings to Kalgoorlie. Albert started his working life around 1902, aged eight and hardly ever lived with his family again.

He was never able to attend school but managed to teach himself to read and write as a

teenager. He endured an arduous life working on farms in WA. He joined the AIF on 4 January 1915 and travelled to Egypt as an infantryman with the 11th Battalion. He was wounded at Gallipoli and invalided back to Australia on 31 October 1915.

He married Evelyn Mary Gibson in Bunbury on 24 August 1916 and the couple had seven children, born between 1919 and 1939. The family lived at Victoria Park before returning with their children to farm at Wickepin from 1922 to 1934.

The home, which was relocated to Wogolin Road from outside the town in 2000, typifies modest houses of the

day surrounded by a wide veranda on four sides, small rooms, Coolgardie safe, home-made furniture and out-house.

The lounge room displays family pictures on the fireplace wall. There are kerosene and tilly lamps throughout, a treadle sewing machine and a wind-up gramophone which belonged to Albert.

A great example of furniture from the era is a black desk with gelignite boxes from the Collie coalfields used as drawers. There is an elegant bed in the first bedroom with kerosene tin packing cases used as shelves. The washstand was the main washing amenity of the day with

the obligatory night potty under the bed.

The kitchen has a Metters stove with a small fire box and oven beneath. A small cupboard, used for food storage, was made vermin proof with wire mesh covering. The second bedroom has hessian walls.

A board outside the house proclaims Albert Facey as a drover, boxer, soldier, farmer, tram driver and later writer. He took great enjoyment from his life, a life that was far from fortunate.

Albert Facey built the homestead on his farm at Norman's Lake, after the existing home was destroyed by fire. In 1947 Harry and Ellie

Read and their family took up the farm and lived in the homestead until 1967.

In 1985 the Wickepin tourist committee leased the homestead from the Reads and restored it to its original character. In 1987 the Reads eldest son James and wife Paula took over the management of the homestead as a private venue, winning the Sir David Brand tourism award in the heritage and cultural section in 1990.

In 1991 the White family of Nepowie purchased the property and continued to manage the homestead. In 1999 they generously donated the homestead to the Shire of Wickepin.

The homestead has been the centre of the town ever since, attracting tourists year-round who exclaim over the rooms and the heritage items inside.

Wickepin was a special place for Albert Facey even though he had to work hard.

"Mr Adams gave me a job wheat-lumping at the Wickepin railway yard. He employed two other men.

"Our wages were one penny for every bag of what that we lumped... it was very hard work the farmers around Wickepin had had a bumper harvest, (1913)"

A meticulously kept garden surrounds the homestead and you can sense the local residents' pride and admiration for a special man who never let adversity get him down.

Wickepin, is about 214 km south-east of Perth, and around two hours, 30 minutes' drive. It covers an area of nearly 200,000ha and includes the towns of Wickepin, Yealering, Harrismith and Tincurrin. Albert Facey homestead is open from 10am to 4pm seven days a week apart from December to February when it opens Friday, Saturday and Sunday only.

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ADVERTISING FEATURE



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Plan to enjoy a taste of the Great Southern during autumn



Julie Goodwin will be at the Albany Farmers Market.
Picture: Frances Andrijich

TASTE Great Southern 2020 food and wine festival will be held from 26 March to 5 April.

It will be the 16th year of the festival and will again be staged over the two weekends leading

into Easter.

Event director, Richard Campbell from CMS Events, said consideration had been given to changing the dates of the festival in 2020, but after consultation with the community and stakeholders it has been decided to remain with the lead up to Easter for the next two years.

The 2019 Taste Great Southern was acclaimed as a success in exposing the region's diversity, with many small boutique events, long table dinners and larger events.

The event is designed to support the promotion of food, wine and tourism, providing benefits for all businesses and communities in the Great Southern region, boosting the immediate and long-term visitation and economic impact.

Mr Campbell said the 2019 event brought in more than \$800,000 to the region and was up 12 per cent over the previous year.

It also attracted nearly 2000 visitors from outside the region.

The 2019 headline chef, *MasterChef* winner and SBS television presenter, Adam Liaw, proved popular and others including Bali-based Chris Salans, Anna Gare and Paul Iskov were supported by a host of other local talent.

"Julie Goodwin will be coming to the festival and we will focus on highlighting the local talent we have in some of the outstanding chefs around the Great Southern and that focus on local talent and amazing local produce this year," he said.

It is planned to hold up to 30 events centred around Albany, Denmark, Mt Barker, Porongurup, Frankland River, Katanning, Kojonup and other centres with an added focus on more mid-week events.

Added to the beautiful produce of the region is a backdrop of extraordinary scenic beauty.

Tourism Minister Paul Palasia said the State Govern-

ment was pleased to support Taste Great Southern until 2021, through Tourism WA's Regional Events Program.

"It's fantastic to see this event grow into one of the State's top food and wine festivals," he said.

"The festival helps to showcase this region's amazing world-class produce, including fresh seafood, meats, seasonal fruits and vegetables, and award-winning local wines.

"Importantly, it also attracts around 1,500 visitors to the region, which provides a boost to local businesses, tourism services and accommodation providers.

"Supporting regional events, in particular food and wine events, is a key part of the State Government's plan to increase visitors to WA and encourage them to stay longer and do more while they're here."

Details of events can be found www.tastegreatsouthern.com.au

Try something different this year and discover the wonderful Swan River



FOR the past 40 years, Captain Cook Cruises, Perth's premier cruise company, has been providing picturesque cruises to visitors and Perth locals alike from the magnificent vantage point of the Swan River. Guests can select from a range of tours taking in beautiful scenic views and providing easy access to Perth City, Fremantle and the Swan Valley.

Captain Cook Cruises offer several daily cruises between Perth and Fremantle, with captain's commentary and a café on board. Guests can spend the day discovering, or simply stay on board for a delightful return journey with gourmet lunch options also available.

For the wine enthusiast, the Swan Valley Gourmet Wine Cruise is an elegant full day experience heading

upstream to the Swan Valley to indulge in a day experiencing wines from the award winning region, along with an all-inclusive lunch and tour of a winery for a deeper appreciation of the wine making process.

Along with additional lunch, dinner and twilight cruises to choose from, there really is an option to suit everyone. To rediscover the Swan River is to discover the true beauty and essence of the city. Simply put, a trip to Perth is not complete without a visit to Captain Cook Cruises.

With cruises from 90 minutes to all day wine cruises, prices start from only \$30.

Contact Captain Cook Cruises on 9325 3341 or www.captaincookcruises.com.au

New tours for 2020



ALL day tours are popular, so this year Aussie Redback Tours will be giving back the cost of their fare to one lucky traveller on each day tour. That's right - your fare back! Aussie Redback Tours will be placing all travellers' names into the hat and drawing the lucky winner on the day, so don't miss your chance to have a day out on Aussie Redback Tours.

They have 16 fantastic day tours planned for 2020, so if you're looking for a great day out in the Western Australian countryside call them today on 1300 662 026.

Aussie Redback Tours also have several new tours this year, such as Bridgetown - Denmark - Albany (five days) which also includes a full day at the Boyup Brook Country Music festival; Nullarbor - Port Lincoln - Flinders Ranges (10 days); Kangaroo Island (six days); The Great Ocean Road (seven days); and again by popular demand The Great Central Road (13 days) which takes in the magical scenery of the red centre areas of Australia.

All tours are accommodated, and airfares are included in your fare along with many side attractions. The tours are at an easy pace, so you the passenger get the most out of your holiday. Aussie Redback Tours don't travel long days in the bus, they actually have shorter traveling days than most, as after all people come to see the sights, not watch them whiz past while looking out the window. Aussie Redback Tours want their guests to enjoy our country and explore its many attractions.

Their new 2020 brochure is out now, with many more extended tours for traveller's enjoyment. If you would like one, please call 1300 662 026 and they will post it out. People can also go to their website www.aussieredbacktours.com.au and download it from there. Sharon and her team hope to see some new faces this year, so call them today.

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6 DAYS > Wed 11 to Mon 16 Mar 2020

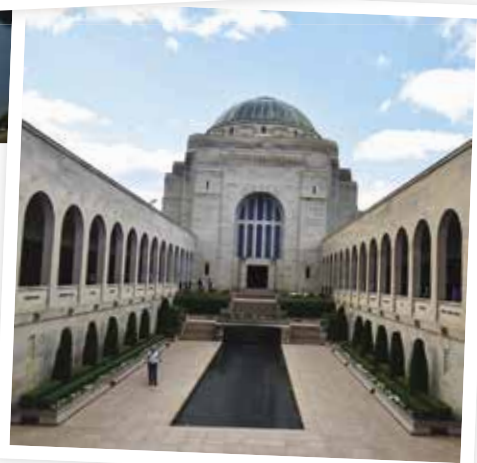
March is the month to be in Canberra! From the first bursts of autumn colour to world-class exhibitions and events, there is no better time to explore our Nation's Capital. View the breathtaking celebration of colour and beauty of the Canberra Balloon Spectacular and enjoy a wonderful range of must-do experiences that our National Capital offers on this six-day tour.

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5 DAYS > Thu 26 to Mon 30 Mar 2020

See bursting blooms in the exquisite Heritage Listed Royal Exhibition Building and Carlton Gardens and celebrate the great outdoors at the Melbourne International Flower and Garden Show. Then sit back in your premium seat at Flemington and let the magic of Cirque Du Soleil – Kurios unfold before your eyes.

Highlights

- Melbourne International Flower and Garden Show entry
- Premium seats
- Cirque Du Soleil Kurios
- Old Melbourne Gaol guided experience
- Queen Victoria Market
- St Kilda Botanical Gardens
- Dinner at Crown Casino

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Highlights

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- Historic dinner cruise, Hobart
- Bruny Island touring
- Wall in the Wilderness carving
- Cataract Gorge cruise, Launceston
- West Coast Wilderness Railway
- Gordon River cruise, Strahan
- Brickendon Estate
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Blackwood Rhapsody returns to Bridgetown this summer



Acoustic feel-good blues Blackwood Valley duo, The Riders

BRIDGETOWN has built a reputation as Western Australia's winter capital with its Fridgefest and it has also earned a place for itself on the state's music scene.

As well as Blues at Bridgetown, which since

1993 has been attracting big acts to the town, it has become a haven for artists, authors and musicians.

Many of those musicians are involved in *Blackwood Rhapsody*, an event that has become an annual pic-

nic on the banks of the Blackwood River with entertainment from an eclectic group of musicians.

The BYO picnic concert for all ages will be held from 5.30pm on Saturday 8 February, in the grounds of National

Trust property, Bridge-dale House.

This year's headline act is Bridgetown girl Emily Barker, who now lives in the UK, where she has forged a reputation as an award-winning singer-songwriter. She is best known for writing and performing the theme to BBC crime drama *Wallander*, which stars Kenneth Branagh.

The audience will be treated to some brand new music from an album recorded in November with her UK band in Pembrokeshire, Wales and set for release later in 2020.

She'll be accompanied by Lukas Drinkwater from the UK on double bass and electric bass, and WA musicians Luke Dux on electric guitar and Caleb Quartermaine on drums.

They will also perform songs from Barker's *Dear River* album, some of which was in-

spired by the Blackwood River.

This will be the third annual Blackwood Rhapsody concert organised by local community group the *Jubilee Singers* who will be performing from their varied repertoire on the night.

Other performers will include:

Formidable Vegetable with front man Charlie Mgee who have become a favourite on the Australian and international festival circuits.

Denmark band *Rastatrix* playing funky reggae with a twist, with fun and inspiring original and classic songs of love, revolution and freedom.

The Riders, a Blackwood Valley duo who have been playing their own brand of acoustic feel-good blues in pubs, wineries, beer gardens, festivals and private shows around the southwest of WA for 22 years.

The *All Stars* with

Ashley Arbuckle on violin, Sally Boud on viola, Geoff Bougault on clarinet and Dave Bardsley on piano performing music including the classic tango Jealousy.

Visitors are invited to bring along a picnic and drinks to enjoy with family and friends on the lawns at Bridge-dale. Proceeds will go towards St Vincent de Paul Society. The concert starts at 5.30pm.

Bridgetown is around a three-hour drive south of Perth. For people wanting to make a weekend of the event a wide range of accommodation is available in Bridgetown including a number within easy walking distance:

Nelsons, with three levels of accommodation is on the main street of Bridgetown.

Ford House is a retreat set in exquisite grounds with luxurious facilities.

Tweed Valley Lodge

is an RAC rated four-star adult retreat offering luxury self-contained accommodation in a tranquil setting on the banks of the Blackwood River.

Bridgetown Valley Lodge has eight rooms including one for disabled people, all with ensuite.

Belvedere, a historic B&B, built in 1893, has one room available.

Tickets for *Blackwood Rhapsody* are \$40 for adults, \$20 for junior aged 12 to 16 and free for children under 12 are available from www.trybooking.com/book/event?eid=554442.

WIN WIN WIN

We have three double passes available for some lucky readers to win to the Blackwood Rhapsody on 8/2/20. To be in the draw simply email win@haveagonews.com.au with Blackwood in the subject line. Closes 30/1/20.

Cocoa campers head to Bunbury in their quest for low cost fun getaways



Holberry House gardens, Nannup © www.holberryhouse.com.au

by Rose Hope

I AWOKE in Bunbury to the bugle sound of magpies as they caroled in the dawn of a brand-new day.

Upon rising I made

my way to the cafeteria where I joined the breakfast line. First stop was the toaster. One of those gadgets that you dump bread in one side and it spits toast out the other. Imagine my luck when

I spotted two golden brown slices of toasty bread and not a soul nearby. Quickly I nabbed 'em and headed for bacon, eggs and baked beans, where gentleman Rob was busily loading a

mountain of the stuff on his plate.

I promptly stuck eggs and bacon on my toast and that was when Rob said: "Well now I'll go back and get my toast."

It was at that stage I decided that I'd better make myself scarce. So, I crept out of the joint. Casting a furtive glance over my shoulder I saw gentleman Rob standing by the toaster scratching his head in utter bewilderment. Back at my table I salivated as I took a bite of my lovely grainy health-giving toast and promptly lost half my back tooth.

Which just goes to show that the saying crime doesn't pay is quite true.

I wandered off to join craft lessons, whereby hook or by crook, mostly by crook, under the direction of our long-suffering craft instructor Irish

whose expression clearly said: "we have one in every class!" I was producing a beanie, which to put it kindly, was promising to turn out quite unique.

But before I could get there, suddenly a curtain of water fell from the heavens while the sun shone brilliantly. Rain pelted down on massive shrubs which melded into each other all heavily laden with spring flowers. White, pink, yellow blossoms mixed in with red bottle brush densely carpeted under a canopy of eucalyptus trees. The raindrops clung to the leaves glistening like diamonds and the air held the perfumes of the bush. The faint scent of eucalyptus trees and leaf mould mingled with that of the while shrub. It was an utterly surreal moment in time.

Our bush walk scheduled for the afternoon

was canceled due to a snake having bit a dog. The dog died and we were told not to go off paths unless we wanted to join the dog. Instead we took a walk to the small shopping centre of Dalzellup, supposedly 10 minutes away where three quarters of an hour later we stumbled gasping upon a café and had coffee and cakes.

On day three of our escape Ganaway Tours took us to the delightful countryside that abounds the magical townships of Nannup, Balingup, Bridgetown and Donnybrook. At Nannup some of the group explored the gardens of Holberry House, a unique guesthouse set in acres of lush gardens where resident ducks enjoy paddling in a stream. Other folk retreated to a café nearby for coffee and cake.

This is a region of extreme beauty. These towns have attracted artistic people and their wares are showcased in charming little boutiques.

In the evenings we played cards and games and had a tippie or two. We had our usual concert and happy hour. Just another successful Cocoa Club (Come Out Camping Older Adults) camp.

For pure fun you can't beat the Cocoa Club, we don't use tents and we have several camps per year, fully catered for at a reasonable cost, plus days out and may of our mob arrange getaways to all sorts of exotic places throughout the year.

For more information contact Judy Hampson on 0450 735 415 and join the throng of people who like to travel in a low-cost situation with a fun group.

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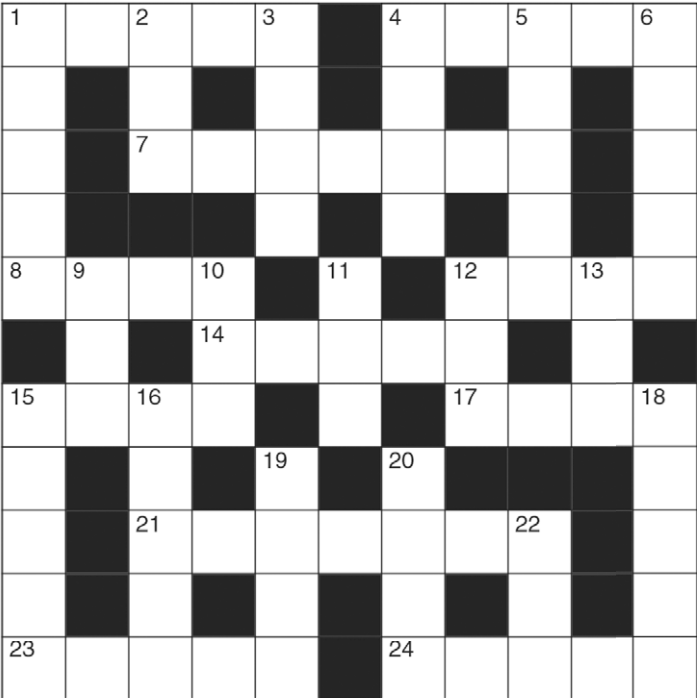


CROSSWORD

CRYPTIC CLUES

- Across
- 1. Keys in categories (5)
 - 4. Notices pimples (5)
 - 7. Rod used to get a good reception (7)
 - 8. Epic tale set in Algiers again (4)
 - 12. Go steady with fruit (4)
 - 14. End in peace as expected (5)
 - 15. Team sighed audibly (4)
 - 17. Leon comes back for Christmas (4)
 - 21. Makes a difference to a mature non-professional (7)
 - 23. Cancel in the middle of camera set-up (5)
 - 24. Partridge loses part of sharp crest (5)

- Down
- 1. Sad to mistreat ugly amphibians (5)
 - 2. It's round and green, looks sweet in the garden (3)
 - 3. Stage scenes for groups of people (4)
 - 4. Dispatched cent as verbally requested (4)
 - 5. Written in memos - "A kasbah for Honshu city" (5)
 - 6. Twenty in total (5)
 - 9. Mr Baba is some goalie! (3)
 - 10. A church expert (3)
 - 11. Flying fox found in birdbath (3)
 - 12. Oddly enough, doesn't study (3)
 - 13. Golf starts with this letter (3)
 - 15. Tony's car even included alarm (5)
 - 16. Turbulent situation that often precedes queen (5)
 - 18. Not all knowledge is on the shelf (5)
 - 19. One hundred at the start of short, wide street to see grotto (4)
 - 20. Engineers read Beloved (4)
 - 22. Ruby is embarrassed (3)



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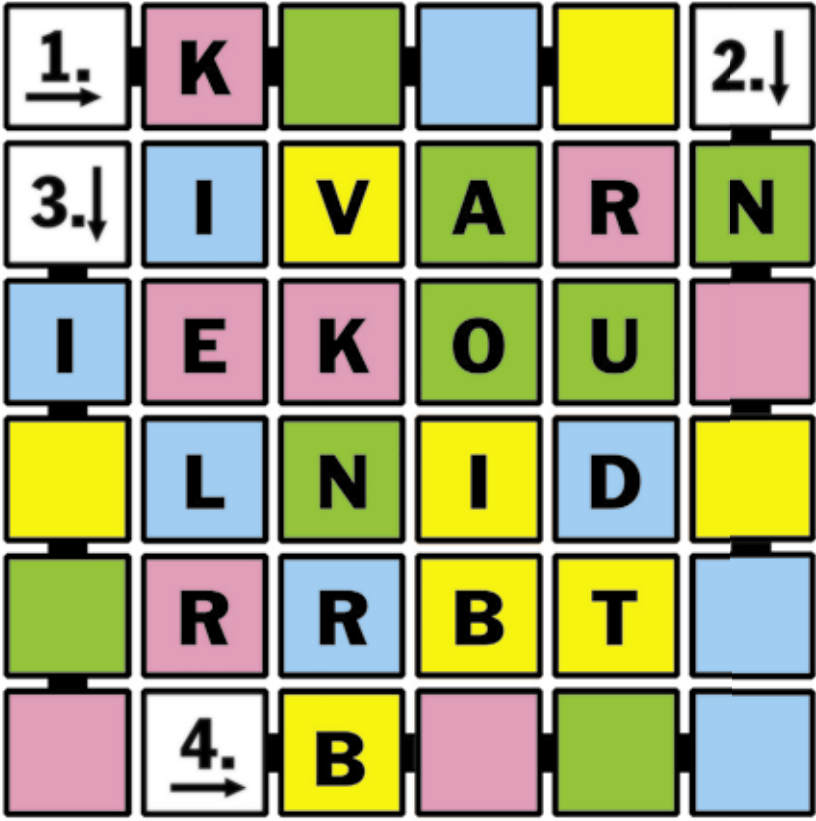
STRAIGHT CLUES

- Across
- 1. Kinds (5)
 - 4. Leopard's markings (5)
 - 7. Insect feeler (7)
 - 8. Lengthy story (4)
 - 12. Sticky ... pudding (4)
 - 14. Stop (5)
 - 15. Support, ... with (4)
 - 17. Sir ... Coward (4)
 - 21. Unpaid sportsman (7)
 - 23. Remove completely (5)
 - 24. Narrow hilltop (5)
- Down
- 1. Frog relatives (5)
 - 2. Whistle ball (3)
 - 3. Solidifies (4)
 - 4. Mailed (4)
 - 5. Japanese seaport (5)
 - 6. Take revenge, settle the ... (5)
 - 9. Boxer, Muhammad ... (3)
 - 10. Top pilot (3)
 - 11. Flutter (one's eyelids) (3)
 - 12. Lion's home (3)
 - 13. Arrange, ... up (3)
 - 15. Frighten (5)
 - 16. Theatrical piece (5)
 - 18. Cliff projection (5)
 - 19. Collapse, ... in (4)
 - 20. Expensive (4)
 - 22. In debt, in the ... (3)

#334 January edition puzzle solutions on page 52

SQUARE SHUFFLE

Take one letter from each colour to make up 4 four-letter words that are all boys names. We have given you the first letter to get you started. Every letter must be used once only.

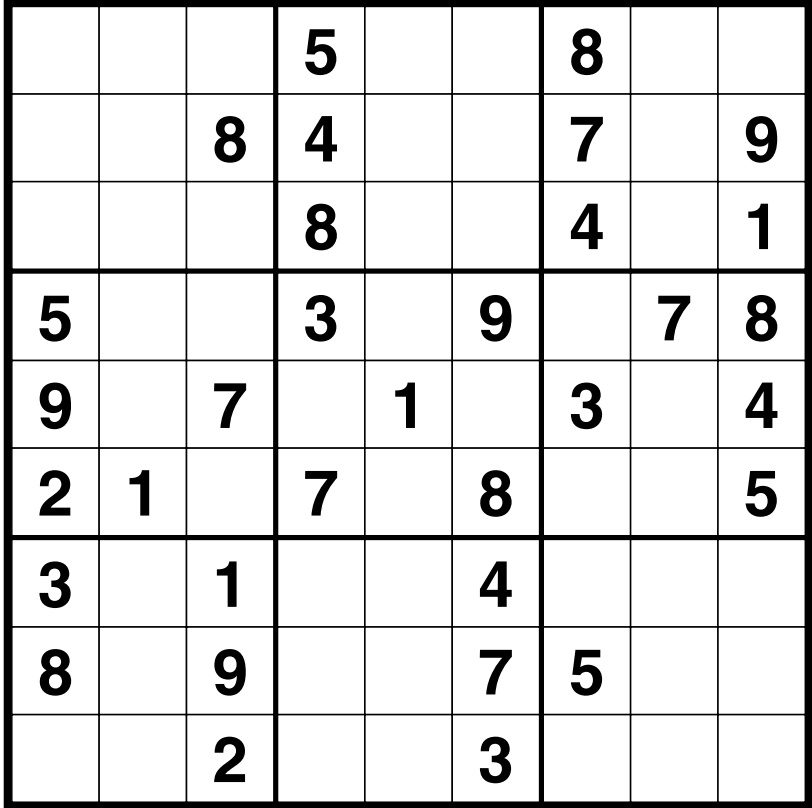


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SUDOKU

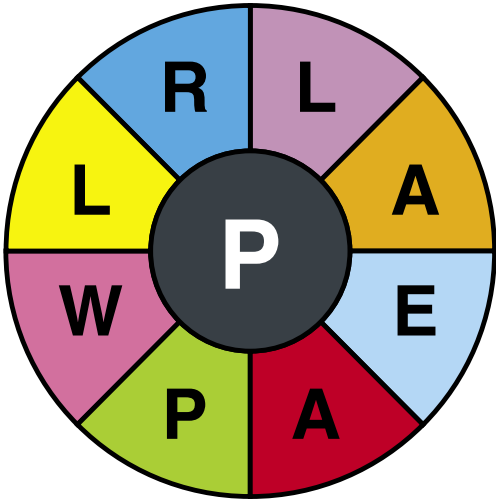
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆



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Wheel Words



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Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

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Getting 20/20 vision when making your retirement plans...



Is downsizing apart of your retireemnt plan?

by Lee Tate

MANY retirees, if they had 20/20 vision, would have put vastly more thought into their retirement and downsizing plans. Many haven't planned at all, having just a see-how-it-comes approach.

In the year 2020, times have changed like never before and retirement possibilities abound. Communications have improved, so seniors are more aware of opportunities, support systems and options that are available.

Governments, local councils, social and care groups, church-based organisations and employers are all conscious of the needs and demands of seniors.

And, of course, there's a massive money-churn-

ing industry embracing retirement living and downsizing. From smaller houses and retirement villages to armies of service providers, the choices are like nothing in previous history.

Heading into retirement should no longer be merely a case of making some adjustments to the lifestyle you have been living. To make the best of it, to capitalise on the best on offer, requires fresh eyes and attitudes.

The downsize decision is made – hopefully well ahead of time. Key decisions need to be made but further decisions and adjustments will need to follow as circumstances unfold during the journey.

Priority goes to choice of home, area, lifestyle and available services.

Many people take the decision to move and

then try to fit their existing lifestyle and belongings into the new home.

More preferable is a wide-eyed approach, treating retirement and downsizing as a great adventure that, sure, is going to take time, energy and consultation, but that will be rewarded with an exciting, fresh and suitable chapter in your post-working years.

To choose a smaller, compact home and then install your existing furniture, wall hangings and long-held chattels is probably not the correct decision.

How out of place will that big, old lounge suite look in the new abode? Does the colour scheme of the new place really match the things you have brought?

The tough part can be giving-up favourite furniture pieces, especially when you know you'll get very little for them from second-hand furniture outlets. And replacements aren't cheap.

But it's probably time to bite the bullet. Your old belongings have served you well over the years; they have given you value and served their time.

Why move all that stuff with you and then realise after all the packing effort and removal costs that it doesn't really suit at all

and now you've got to get rid of it?

Good luck on Gumtree getting you good prices.

Hopefully, in your home selling and buying process, there's enough budgeted for replacement furniture and hangings and house painting, if needed.

Downsizing generally means you will have fewer rooms to furnish and decorate so you won't be needing as much furniture, either.

And how many bedrooms do you really need in retirement? You are not responsible in your senior years for keeping a spare room or rooms for an occasional family visitor. If you haven't got the room, they can work something else out.

Of course, people with the funds and different mentality might like the luxury of spare rooms but it is a pretty price to pay to furnish, clean and maintain occasionally-used spaces.

These days, most people in retirement want a study for computer and files. Can the study serve the purpose as an occasional bedroom, perhaps with a sofa bed arrangement? Or roll-out beds or stretches when needed?

These are hard-decision times. Retirement is for you. Retirement for you means others need to work around you, your budget and your circumstances and to a certain extent, many of your traditional obligations are relieved.

You can only afford

what you can afford. You can only keep putting into your home the energy that you can reasonably be expected to expel.

Some retirees, facing the decision to buy a smaller home, will pay a little above the property's market price. They are really set on the chosen property and it's what they want and decide they need for happy retirement years.

Provided they can afford it, they can shrug off the extra price paid. After all, it's planned to be their happy home for their remaining years on earth and re-sale won't be an issue for them after they've gone. Given its likely to be some years ahead and the nuances of the property market, the home may gain value by the time it is sold or acquired by heirs.

Some decisions might be going against the grain. But life has moved-on. This is your retirement, your life.

How much time each year do you expect to be in the house? Many retirees spend months in their caravans or travelling and the home doesn't occupy the same focus. Do you want, and are you able to maintain, your large garden if you are absent for months in the year?

Will you be absent in summer's sizzling heat when gardens are gasping and pots need daily water? How much space do you need in your retirement home without a

large garden?

What toys do you have and which ones will genuinely get used post-move? Yes the fishing tinnie has served you well but do you genuinely believe you can justify the space it's going to take up? Could you sell it and hire a boat at times you need it? Would a bicycle suit you?

Where will you park your caravan at the new place? Do you really need to get a place with enough caravan parking space? A relative or friend may be happy to provide parking space or, costs allowing, it could be parked at a storage facility. Weigh-up the storage costs against what it will cost to seek a bigger property with enough space for van and/or boat.

Your car may no longer suit your pre-downsizing needs. But keeping a 4WD when you are no longer towing is probably more economical than offloading it and lashing-out a smaller car. Fuel price differences between big and small cars aren't great enough alone to force a changeover.

The fresh look at retirement moving will require acceptance that you are probably needing to change doctors, dentists and various services including favourite shops. Most likely, it won't be easy giving up familiar faces and territories but outcomes usually provide ups with the downs. It helps to be ready, and patient, with it.

Leisure is going to be different, too. On the bright side, you will have new areas to investigate. You also have the opportunity to make new friends, perhaps through joining clubs and associations. It comes down to the personalities there, so don't rush in to join. Make a few visits before signing-on.

Through their websites, most councils keep residents up-to-date with clubs, associations and community activities, so it's not as hard as it once was to slip into the mood and the feel of new territory.

Pets are a crucial issue for many people including retirees. Seniors are usually fully aware of the need, when set to move, to inquire about rules on keeping pets. Regulations on pet ownership everywhere seem to be more relaxed but of course they need sniffing out in advance.

Finally, there might be a stigma felt about moving to a smaller home, cheaper region or giving up what you have enjoyed during your working years. Goodbye McMansion, perhaps.

But make no apologies. You're not going without. You've had things – bigger house, better suburb, more toys – when you wanted and used them.

Now, you are proudly making choices that suit retirement. That suit your budget, suit your new outlook and suit all your circumstances.

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A contemporary and affordable solution to retiring

FOR many people, making the decision to retire and rethink their living situation can be tough.

Selling and leaving the family home to downsize is a big step, as is the ongoing financial commitment of a retirement village, and the thought of uprooting and leaving an area you have loved living in for decades.

Building a granny flat can be the answer, as there is so much more to a granny flat than the name suggests.

Granny flats offer a versatile and affordable living choice for a range of buyers, from retirees wanting to downsize to those wanting their ageing parents to be close to family for a flexible, multi-generational living arrangement.

A granny flat is a downsizing option that allows you to build a brand new, smaller residence for a much lesser cost rather than selling and buying something new.

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- Is an opportunity to build on your own block without making a big move
- Gives you a brand new custom home with the floorplan and design you want
- Live in the luxury of a brand new home, as opposed to a unit or retirement village residence that has previously been lived in
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Summit Granny Flat clients Eric and Linda, said they couldn't be happier with their granny flat.

"It's like a brand new home which was delivered on time, on budget and altogether it was a very pleasant experience," said Eric and Linda.

To find out more, call 6365 2920 or visit summithomes.com.au/build/granny-flats/

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Retire in Style



Time to prepare the canvas for designing the space in your home



Bring about that sense of joy in your surroundings...some stunning looks Zofia has spotted

by Zofia St James

"WRITE it down, when I have perished: Here is everything I have cherished; That these walls

should glow with beauty, spurred my lagging soul to duty. That there should be gladness here, that keeps me toiling year by year... every thought and

every act were to keep this home intact." Edgar A. Guest.

I AM so excited for this year and determined to make it the best year of

my life. The past two decades grew, taught and shaped me to want to be the happiest person I can be and now I want to open my eyes every morning and be aware of what I can do, create, celebrate and liberally apply beauty to each day. My hope and wish are for the same for everyone reading this, as it is up to us to make the most of and take as much joy as possible from each day.

As you know I just love the life that's lived between home walls. I love feeling the vibe of the homes of people. I always love to see my home through other peo-

ple's reaction to it because you then see what you are creating with new eyes. So it's with fresh eyes and a very clear vision of this year that I want to proceed. I like to inspire you to approach your home with a burning determination to action what it is you would love to accomplish and to bring about that sense of joy in your surroundings.

Even as I am writing this column, I am making a little mental list of my own chores. You have to prepare the canvas before you start to paint it. Let's get order happening firstly then decide what's to be done and

draw up our 'Desire to Acquire' list.

I have to admit to being a procrastinator... I know, believe it or not. However in writing my column every month I do feel a sense of accountability and living up to the message I preach.

I also know that after years pass living in the same property the novelty of newness wears off. Stuff seems to breed and accumulate and looms large as the need to cull is realised. But just as we know the joy that comes after a tooth scale and clean, the discomfort will be worth it.

Get your list done and set to work... yes Zofia... you too. Now for the fun stuff. Shopping, retail therapy, spending money. Words that are music to a woman's ears and words that can make a grown man cry.

It costs nothing to dream, desire, research and make a list, or in my case create a vision board of anything or everything you love, want, dream about and want to have in your life.

I think we have some ideas always floating about, but write them down and define exactly what you want and need.

Never underestimate the power of a makeover, it brings out something deep within that you have always seen. So seeing it happen and making it happen is one of the most empowering feelings you'll ever experience.

You can imagine the immense feeling of satisfaction my role as a fashion and interior stylist brings as a facilitator helping people realise their dreams.

This year I want it to be about making as many of our dreams come true as possible. For as we know, life is short and we deserve to be able to create the lifestyle we desire.

After the fabulous year that was 2019 when I had the pleasure of meeting the beautiful clients I worked with, I look forward to meeting and assisting you. Dream away and have a wonderful month ahead. Pictured above are a few of the beautiful things I am dreaming about.

Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofia.james@hotmail.com

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Retire in Style



Sailing into retirement after a sporting life on the water



Rob O'Sullivan

by Josephine Allison

CHAMPION yachtsman Rob O'Sullivan has sailed into retirement with as much style and grace as on the days he was involved in competing on the water.

Regarded as one of Western Australia's most accomplished yachtsmen, Rob started sailing at Maylands Yacht Club aged 12.

"I did very well," he said. "In those days Australians were only just beginning to make their mark in the sporting world and thus helping them in this situation was very important. So arranging my annual leave around sailing competitions was made easier.

"I started working in the public service and completed a diploma of legal studies, which enabled me to have a successful career at the Department of Land – Landgate. Also, my father, Laurie, was a carpenter-builder and I completed an apprenticeship under him.

"This gave me many building opportunities which have been well used throughout my life. I

have built more than 40 boats, including all boats I used in my sailing career and small boats called Mudlarks for each of my three daughters.

"The early yachts I built were made from bending wood around chines and later on I used flat panels over the chines."

Rod, married with daughters and five grandchildren, says he would love to pass on his sailing skills and passion to his grandchildren.

"But in today's world there are so many choices of other, less expensive sports.

"Sailing is not as popular as it was when I was young. My sailing career was very competitive and required dedication and discipline.

"My family life was and still is wonderful and sailing provided us with many holidays travelling to Australian and state championships and regattas all over the country.

"But sometimes it was hard on family life too. These days sportsmen and women have managers who cater for all aspects of their life.

"Sailing provided me with many opportunities to travel the world and also taught me about passion,

dedication, discipline, hard work and the importance of a positive mind set."

Rob won the world moth class championship in Stockholm in 1973-74. As a result, he won the Walter Lindrum, Lindy award. He was also named the WA Sport Federation's Sports Star of the Year.

In 1975 he was runner-up in Okinawa, Japan, and in 1977-78 he won the world open moth class championship at Manly in Brisbane. He again won the Walter Lindrum award and WA Sports Star of the Year title in 1978-79.

Rob retired from his desk job at 59 and says he was fortunate to have many building skills.

"I've done a lot of renovations and building for family and friends, although at the moment I am enjoying spending much time with my darling mother who, at 94, recently entered a nursing home.

"I also enjoy being needed by my children and grandchildren. These days I still spend much time on the water, fishing, crabbing and crayfishing. The water still provides us with many family holidays and lots of fun. I am very grateful for the many opportunities that my sailing career provided."

Payment delays after leaving a retirement village are the next topic for reform

SECOND phase of consultation on proposed changes to retirement village laws in WA will look at the time it takes for former residents to receive their exit entitlements.

Currently, in some extreme cases, residents who move out of retirement villages have reported having to wait up to four years before they receive funds owing to them, often causing serious financial hardship and distress.

Commissioner for Consumer Protection, David Hillyard, said seniors in this position have pressing needs such as funding a move into aged care which can be quite urgent.

"The public consultation on this issue will consider whether there needs to be a time limit placed on

the payment of exit entitlements to former residents. Consumer Protection is seeking the views of industry, residents and the community," Mr Hillyard said.

"Refurbishment costs when residents move out is another contentious issue with claims that the residents are being required to pay for works that upgrade the residence rather than simply make the unit marketable. The consultation will consider whether refurbishment provisions should be clarified so that a departing resident need only reinstate the unit to its original condition.

"The proposed reforms to the Retirement Villages Act also deal with problems being experienced with reserve funds and capital works fund-

ing, with residents often complaining that not enough money is set aside for long term capital works needed to maintain their village."

Other issues raised include whether residents should have the power to approve operating budgets, giving them more power over the village costs that they pay, as well as establishing additional conduct obligations on village operators and managers and greater clarification of who is responsible under the legislation for the operation of the village.

"At the heart of these issues is considering whether residents should have more control, or at least more say, in the running of their retirement village with the obligations of operators being made clearer," the Com-

missioner said.

Future topics for consultation will look at different aspects of the retirement village legislation:

- Better identification of retirement villages – identifying when the legislation applies and when it does not, including options for a public database;
- Village development, sales and memorials – including issues relating to wait list and holding fees, memorials and processes for land to be excised from village land;
- Village re-development, termination of scheme and new village models. This will include multi-site villages, statutory charge provisions and the process for terminating a retirement village scheme; and
- Compliance and enforcement - in-

cluding moving the Retirement Village Code to the Act and the creation of new offences.

A consultation paper will be released for each topic, giving all interested parties an opportunity to comment.

Those interested can view or download the Consultation Regulatory Impact Statement – 2 (CRIS 2) from the www.commerce.wa.gov.au/node/8845. Submissions can be emailed to consultations@dmirs.wa.gov.au or sent by post:

Retirement Villages' Consultation
Consumer Protection
Locked Bag 100, East Perth WA 6892.

Submissions close on 13 March 2020.

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Retire in Style



Ray and Lin Colley are living their retirement dream in the south west



Ray and Lin Colley, retiring in style

by Jennifer Merigan

ONE of the pleasures of working at this paper is meeting so many interesting people and hearing about their dreams and adventures. Last year I met and featured in our pages Ray and Lin Colley whose mission for retirement was to be debt free, stress free and

downsized. After selling their house and putting everything in storage they kicked off their retirement by spending 18 months caravanning around Australia. Prior to their grey nomad adventure, they also put a deposit on a home at National Lifestyle Villages' Vantage at Vasse which was under

construction at the time. Ray and Lin contacted me again recently to share with readers how happy they were and that they felt they were living their retirement dream. They have been settled in Vasse for more than eight months now and said they have achieved their goals of being debt free, stress free and are now living surrounded by friendly country people in a beautiful environment. I had a chat to them via internet and they both looked 10 years younger and have slipped into their new lifestyle seamlessly. "We love the location, it's walking distance to Coles, shops, medical facilities and the Vasse area is growing," said Ray and Lin. "Our village is located 17 minutes from Cowaramup and 24 minutes from Margaret River. We are not that far from Perth and we can easily drive up or friends come down to visit us.

"We also love the community of the village and we have formed a close bond with the other residents and have little get togethers now and again," Ray and Lin said. "Village Life feels better for us, we have a smaller house, it's lovely, it's cosy and everyone is here for each other. It's support from like-minded people which you don't get in a normal neighbourhood. "We have gone from a 4 x 2 house to a 2 x 1 and it's been liberating, and we haven't missed anything – we now have what we need or absolutely love," they said. "The house is perfect for us, it came ready to live in, painted, tiled and with the gardens established, it was a turn-key experience – everything was done, and we just moved straight in," said Ray and Lin. The homes at Vantage at Vasse have a six-star energy rating and are easy to heat and cool. When you buy into an

NLV property residents own the house and buy a 60-year-lease on the land. Ray said when he's 128 he will have to renegotiate. During our call Ray and Lin introduced me to Paul Skuse who also made the move to Busselton to take up the role of sales and community relationships consultant at Vantage on Vasse. He came out of retirement to take on the job because he felt that NLV do retirement living right. Paul said that the thing about living in an NLV property is that it encourages activity and active ageing is happy ageing. "If you are about to retire and you want to put a bit more money in the bank, sell your home and come into a village, it's a lifestyle which provides a lot of advantages," he said. "There are three things that we believe are what people love the most about living here and they are the sense of commu-

nity – everybody watches out for each other but is not in each other's pocket; security is very strong with the community gated, and the third thing is the lifestyle," said Paul. The club house at Vantage is scheduled to be complete by Christmas and that will include a cinema, four lane bowling green, gym, indoor heated spa, pool, library, community lounge area and gardens. Lin says that in the meantime she is using the pool and the gym at the neighbouring NLV property which is 10 minutes away and she goes five or six times per week. Ray says he goes for an hour's walk every morning through the beautiful walkways around the village and utilises the public exercise equipment across the road. "What's not to love?" they both say. "It's the lifestyle we are loving – on Friday we

have lunch at the Goose and then come back for a sundowner at the village. "On Sunday we go to the Farmers Market, then go and try some wines in the Ferguson Valley and have a lunch in one of the pubs and that's our Sunday." For Ray and Lin it's a mix of living the life of a foodie enjoying great food and wine and combining this with lots of exercise. This retirement lifestyle is paying off for them. They plan to travel more again in a few years' time, but they are enjoying the lifestyle at Vasse so much they will wait. "What we planned for our retirement is everything we expected and more – we haven't got one single regret," said Ray and Lin. For anyone who would like to find out more about the Vantage at Vasse contact Paul Skuse on 0459 867 412 or email pauls@vantageatvasse.com.au

Why not improve your hygiene, ditch the loo paper and install a bidet...

"AS a health conscious person and personal hygiene being high on my list I always wanted a bidet in my bathroom, but I got a quote from a plumber a while ago and I was shocked by the price," said Ms Nash. Then Ms Nash's luck changed when she discovered The Bidet Shop ad in this news-

paper a few months ago, offering Coway Bidet Toilet seat that just replaces her existing toilet seat that can be installed in just a few minutes and for much less. She contacted The Bidet Shop and spoke to one of the very helpful staff who explained how the bidet worked and its other features

such as a heated seat and soft closing lid. Ms Nash said, "The bidet is wonderful because it just replaces my existing toilet seat and automatically cleans me without the need of toilet paper". How it works is quite simple. With just the push of a button the bidet toilet seat auto-

matically sprays a jet of warm water and then dries you off with a gentle stream of warm air. Ms Nash ordered one and her new bidet arrived in the mail a few days later. Have a Go News readers may qualify to have their Bidet fully funded. Please call 08 6315 4252 to ask how.



Fun, friends and family!

Whether you are north or south of the river, your loved ones can stay close and become part of a safe and secure community at Springfields Village or Kingsley Lakeside Village, while retaining independence. Surrounded by instant friends with everything needed for a fun and active life, and the choice of location means you can visit with your loved ones regularly. There's always something to do, and plenty of shops and amenities nearby. Enjoy socialising in the cosy lounge, join in on group activities, take a dip in the pool or simply relax with a cup of tea and book. Call 08 9592 8188 and join in the fun.

Retire in Style



Dying intestate can be a grave mistake

JOIN the Public Trustee for a free wills information seminar. The Public Trustee will be heading back to the south west to host the next series of free community education talks in Busselton, Pemberton and Collie.

The talks will aim to educate the public about the importance of writing and safely storing their wills and planning for the future administration of their financial affairs and estates.

The sessions will be presented by Public Trustee Director, Etta Palumbo, and will also provide advice and understanding around executor duties and the deceased estate administrative process, as well as other helpful information such as having an Enduring Power of Attor-

ney and Enduring Power of Guardianship in place, and safeguarding against financial or other form of elder abuse in later life.

While most people know they need to write a will, according to research conducted by the Public Trustee, 49 per cent of West Australians have never made a will and a further 34 per cent of the local population acknowledge that their will is not up-to-date.

Without a legal will there is potential for the law to step in and decide where your assets go, possibly favouring relatives you don't like.

Major life changes such as the birth of a baby, marriage, death of a family member, a medical crisis or buying a home are often triggers

for writing a will, however, Ms Palumbo says there is no better time than now to start planning for the future.

"Create a will now while there is no pressure and give yourself peace of mind that your loved ones will be protected. If someone passes away without a will, it can cause unnecessary stress for family members at an already emotional time and may result in assets being distributed against your wishes," says Ms Palumbo.

"Writing a will can be easy and is cost-effective compared to dying intestate and, at the Public Trustee, we try to ensure that all West Australians have access to information and services to help them through the

process," she said.

The seminars will include light refreshments on arrival and all attendees will receive a take-home information pack.

Busselton - Tuesday 18 February 5.30pm to 7pm or Wednesday 19 February 10.30am to 12pm at the City of Busselton, Undalup Room.




Pemberton - Wednesday 19 February 5.30pm to 7pm at the Pemberton Sports Club.

Collie - Thursday 20 February 10.30am to 12pm at the Collie Public Library.

Bookings for these events are essential. Book early to avoid disappointment as they fill up quickly.


They can be made at www.trybooking.com/BGTRM or phone 1300 746 116.

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Demolition paves the way for Mount Pleasant apartments

DEMOLITION at 3-5 Wren Street, Mount Pleasant has taken place to make way for the Sanctuary apartments development.

Sales have continued to perform strongly, with the project more than 50 per cent sold. In fact, Sanctuary was announced as Perth's Best-Selling Apartment Project in the third quarter of 2019, according to Urbis' latest report.

Sanctuary is a premium collection of 47 luxuriously appointed house-sized residences to be built by Mercedes Construction, part of the Zorzi Group, one of Perth's

most respected and prestigious luxury home builders since 1956.

The development is popular among local owner occupiers and downsizers alike, with majority of Sanctuary purchasers being over 50 years of age. On offer are one, two, three and four bedroom apartments that are nearly one and half times larger than typical apartments on the market.

Shortly after the developer, DevelopWise, announced their free stamp duty offer, \$3 million worth of Sanctuary apartments were snapped up by local buyers in just

one week and another \$3.7 million were sold the following week. Sanctuary Mount Pleasant is now more than 50 per cent sold.

Construction is anticipated to commence in April 2020 with an estimated completion date of late 2021. One bed start from \$450K, two bed from \$725K, three bed from \$995K and four bed from \$1.5m.

For more information, please visit www.SanctuaryMountPleasant.com.au or contact John Woon at 0421 595 481 or john@developwise.com.au

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Retire in Style



It's time to get out and have a go during retirement...



Exercise session at Hoppers Crossing in VIC (Wyndham City Council)

by Frank Smith

ONLY 25 per cent of older people meet Australia's physical activity and sedentary behaviour guidelines. These recommend that older people should be active on most, preferably all, days every week. Doing some physical activity, even a little bit, is

better than doing none. To help address this issue, National Ageing Research Institute (NARI) researchers have been experimenting with outdoor playgrounds – Seniors Exercise Parks – designed to encourage and provide opportunities for older adults to engage in physical activity and

social interaction. The seniors exercise park utilises outdoor exercise equipment which incorporates multiple stations specifically designed for older people to improve strength, balance, joint movements, mobility and function. It also includes unstable surfaces which challenge

balance, enhance joint proprioception (sense of movement) and promote core strength.

Project leader Associate Professor Pazit Levinger says the playground can be used by young and old alike.

The seniors exercise parks resemble preschooler's playgrounds – but minus the swings and slippery dips.

Instead, they feature things like moveable balancing platforms and equipment that mimics movements required for daily functions, like reaching up to get something from a cupboard or sitting and standing up from a toilet.

"The equipment can be used by everyone, but what's nice about it is that it's specifically designed for older people, to specifically target those physical aspects that deteriorate over time," she says.

"It's heavily focused on coordination, balance,

strength, joint motion, movement, mobility. The equipment offers specific exercises that are really relevant for older people in terms of their daily functionality."

A study published in 2017 in the *Journal of Aging Health* showed that people who exercised at a seniors playground twice a week for 18 weeks improved muscle strength, balance, and physical function. As a result the team expanded the program.

Associate Professor Levinger and her team have designed a new project, titled the ENJOY project to measure the effects of sustained engagement in physical activity on mental health, social and physical outcomes of older people using seniors exercise parks in Victoria.

This study will involve 100 participants over a 12-month period. During that time researchers will collect data on health-

care, physical gains, mental health and socialisation.

There will be three months of structured, supervised sessions and after that participants will have the option of exercising independently if they choose.

Participants are encouraged to begin a general warm up before using the exercise stations. This could include five minutes of walking around the park.

They are advised to take two to three minutes rest after each exercise station.

Associate Professor Levinger says having the exercise parks outdoors is good because being outside is associated with benefits to mental health.

Each exercise session is followed by morning tea where participants can interact and make new friends.

"We will also evaluate the health cost utilisations at the end of the

trial to examine the economic impact of participation in such physical activity. This may provide important information for government in terms of further investment in that area," she says.

She says outdoor adult exercise centres are quite common in Europe, China and the US but Australia has been a bit slow on the uptake.

"We are also currently working with the community to build capacity and engagement. We have trained over 100 allied health professionals as well as ENJOY Senior champions (ambassadors). We hope to expand our work in the future to create additional age friendly sites in Victoria and WA.

Senior exercise parks are currently available in WA at Mandurah, City of South Perth at Neil McDougall Park in Como and the Jo Wheatley Play Space at Beaton Park on the Nedlands Esplanade.

Is your New Year resolution to be more active, and keep your brain tuned?

DO you need something that is fun and interesting enough for you to want to keep coming back to?

Maybe you'd also like a great variety of lively music to enjoy as well?

Modern square dancing is all about walking and moving to the instructions of a caller.

They start with simple easy to follow moves and gradually introduce more and more moves and before you know it, you're hooked.

Men love these fun instructions and treat them like 'military' commands easily followed and return with enthusiasm for more lessons.

All these instructions are in English so once

you have mastered them you are able to square dance anywhere in the world.

There is a whole new world out there to discover. Modern square dance is said to be fun and friendship set to music and is a wonderful way of improving your health and well being while enjoying the many lifelong friendships

made along the way. Singles and partners are always welcome and you can round up more friends to try it with you.

To find out where beginners classes are starting, phone Janice on 0410 818 732. Or check out a local club at WWW.SQUAREDANCE.ORG.AU

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New Year garden - the ultimate garden checklist...



From left to right; Keep fig trees healthy with a complete fertiliser - vegetable patches need more care in summer - keep your garden cooler with mulch - good sprinkler maintenance is essential

by Colin Barlow

MOST New Year resolutions don't last a month, with many not even lasting the first two weeks. If your garden is in need of some tender loving care after the intense early summer heatwave, or if your body needs a makeover or detox after the excesses of the Christmas and the New Year holiday periods, then you need to stick to a plan that is achievable.

So, I have come up with a summer garden

dening plan for West Australian gardens to help them improve and recover. You may even become a little fitter and stress free yourself, by spending more time outside in some restful and healthy green space.

My tips to resolve your garden problems and help it to prosper this summer are:

Lawns

Check that your sprinklers are working properly. Many lawns still have scorched brown patches from the in-

tense heatwave earlier in summer. Cut around your sprinkler heads with an old steak knife or bulb planter to stop the grass from preventing them from popping up. Spray the sprinkler heads with pop-up lube, WD40 or CRC to ensure that they work correctly. You may need to remove the sprinkler heads and flush or replace them or the filters if they are blocked or damaged.

Apply a liquid or granular soil wetting agent such as Everydrop, Grosorb, Waterwise, Ezi-Wet or Wettasoil in the early morning or late afternoon. Water it in thoroughly with a hose to avoid burning the foliage and then turn on your sprinklers afterwards to help wash it in deeper.

If games of backyard cricket and visiting cars parked on your verge have left your lawn looking a little worse for wear, then now is the time to do something about it. Compacted areas prevent air and water penetrating the soil. Aerate with either an aerator/corer or a garden fork to ensure good lawn growth.

Increase the cutting height on your lawnmower and allow the grass to grow a little longer in summer. This helps your lawn withstand drought better and keeps it cooler.

Cover bare patches and encourage strong healthy growth with a specific lawn fertiliser such as Powerfeed LawnFeed, Bailey's Brilliance, Scotts Lawn Builder All Purpose,

Richgro Extra Green and Munns Golf Course Green.

Vegetable Patch



Summer is hard in the vegetable patch so try using 30-50 per cent shade cloth to protect your crops or covering with fruit fly netting to reduce the sun's heat and also help keep out birds, fruit fly and caterpillars.

Heat-loving vegies for planting now include tomatoes, basil, zucchini, eggplant, capsicum, chillies and cucumber.

Continue to feed your vegies every two weeks with an organic-based fertiliser. This will improve the overall soil structure by feeding the soil micro-organisms and the plants at the same. Organic options include Scotts Pure Organic Liquid Plant Food, Yates Dynamic Lifter Plus, Powerfeed and Charlie Carp.

Add some compost, soil conditioner or manures mixed with a handful of Bentonite clay to the surface of the soil to improve its water and

nutrient holding capacity. Place a layer of lupin mulch or pea straw on top to help control weeds and to keep plant roots cool.

Keep a look out for powdery mildew during hot humid conditions on watermelons, rockmelons, cucumbers, zucchini, pumpkins and squash. For severe problems spray with copper oxychloride, Eco Fungicide or mancozeb; just remove badly affected leaves for smaller outbreaks.

Fruit

Feed all tropical and Mediterranean fruit such as avocado, mangoes, guava, passionfruit, paw paw, citrus and fig trees with a complete fertiliser to encourage vigorous healthy growth. Apply every six to 12 weeks.

Protect your trees by baiting for the control of fruit fly with the Ceratrap, Eco Naturale, Natures Way Fruit Fly Killer and Richgro Naturally Based Fruit Fly Spray right up until harvest. Alternatively net the whole tree with fruit fly netting to ensure complete control.

Garden

Mulch your garden beds to keep them cooler and reduce water loss with a 5 to 10cm layer of coarse organic mulch such as pine bark.

Apply a wetting agent to your whole garden

during a period of cooler weather. Wash the wetting agent off the plant leaves and water in well to encourage a deeper root system and reduce run-off.

Set up a misting system on your patio to keep it cooler by up to 5°C and make it more suitable for your container plants. Newly planted and moisture sensitive plants like Hydrangeas can also be protected from extreme heat with an application of an anti-transparent such as Droughtshield.

Apply a seaweed solution to your whole garden every fortnight throughout summer. This will help to reduce stress from drought, heat and pest and disease attack.

If your plants are sunburnt, avoid cutting them back hard until autumn.

Indoor Plants

Summer is the perfect time to pot up quick growing tropical plants. Always use a premium potting mix or one specially designed for indoor plants.

Wipe the leaves with a moist clean sponge soaked in water to keep them looking good. You can even wash them outside with a gentle hose.

If fungus gnats are a problem, drench the potting mix with Neem oil to control the larvae and use yellow sticky traps for controlling the adults.

Keep your plants away from uncovered north-facing windows to avoid scorched foliage.

Use a small spray bottle to apply a fine mist to your plants to increase humidity, reduce transpiration and deter spider mite. Pebble or gravel trays filled with water to just below the top of the stones can also be used and are perfect for ferns and Cyclamen.

If you are going away on holidays, most plants will survive for one week if positioned in a spot away from direct sunlight. Water them well just before you go. For longer periods make sure that someone will come in and water your plants while you are away. Alternatively, place them in the bathtub with the plug in and an old towel at the bottom of the bath. Fill with water, so that it just covers the towel. Place your indoor plants on top of the saturated towel and they will soak up the water keeping them happy for one to two weeks.

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Ending loneliness through the gift of time - a great new year resolution



Baptistcare volunteer, Jun Cowan

THERE'S often a spotlight on loneliness during the festive period, but sadly some West Australian seniors experience social isolation and a lack of companionship all year round.

Even living in a vibrant residential aged care

setting doesn't guarantee that elderly people will find it easy to mix or make meaningful connections with others.

Leading aged care provider, Baptistcare, is tackling the issue of loneliness among their residents by building an

amazing intergenerational volunteer community.

Through the gift of their time, visitors ranging from kindergarten students to retirees in their 80s are adding diversity and richness to life in its 11 metropolitan and regional residential care facilities with everything from iPad lessons and pet therapy to board game sessions and arm-chair golf.

Chief executive officer, Russell Bricknell, said there are many reasons why family and friends are unable to visit aged care residents regularly, leaving them craving conversations and friendship.

"Our volunteers play a

hugely important role in keeping residents motivated, connected to their communities and feeling happy and positive," he said.

"But they all tell me it's a win-win situation, because it gives them such a sense of purpose and fulfilment, especially for those volunteers who have retired from the workforce."

Mr Bricknell said you don't need any formal qualifications to become a Baptistcare volunteer, only a desire to help others.

"A good volunteer is someone who has genuine empathy, good communication and listening skills and a bit of spare time," he said.

"We've experienced an increase in male residents in the past few years, so we are particularly interested in getting more men to volunteer."

Male volunteer, Jun Cowan, has made some great mates at Baptistcare Gracewood Residential Care in Salters Point through his fortnightly Men's Group and Friday barbecue and bowling sessions.

"There aren't too many men around and they're not really interested in crochet clubs or anything like that," laughs Jun.

"I think there's a lot to be learned by just talking to people who are elderly and wise and have gone through a lot of

life experience.

"I'm not really doing a lot, just having a chat and catching up with them now and then, but it's really invaluable."

If one of your New

Year's resolutions is to give back to the community, why not become a Baptistcare volunteer?

Find out more at www.baptistcare.com.au/volunteering

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SENIORS Discount Dental is a Joondalup based dental surgery which focuses on seniors and provides discounts, bonuses and free treatment for seniors.

The clinic opened in 2017 and has been very busy since its inception.

Seniors have very specific needs and areas of concern when it comes to their oral health, so this practice has filled a need that has previously been overlooked.

While many specialised practices exist, from children's dental to periodontal clinics and the like, this is the first of its kind - a practice specifically tailored to seniors.

Owned by Jo Carnevale and supported

by a team consisting of family members and additional dentists and staff, they offer everything from general dental to dentures and even anti-snoring guards.

While Lee and Jo Carnevale have been in dentistry for more than 30 years in Perth this is the first clinic they have offered specifically for Perth seniors. Jo's husband, Lee is a denture specialist and has been making dentures since he was 15. Now almost 50, that's an awful lot of dentures.

When asked why they have tailored the clinic in this way Jo said: "My parents are both seniors and unfortunately due to ill health over many years they still don't own

their own home.

"They are both on a pension and I can tell you they really struggle at times to make ends meet.

"So I understand first hand how even a small saving on vital health treatments like dentistry can effect their day to day lives.

"This made us decide as a family to reduce our profits and give back to seniors in our community," she said.

Seniors Discount Dental is open 24/7 for emergency denture repairs and Monday to Friday for all general dental. They are located on Grand Boulevard with free parking on site.

Call 9300 2332 for further details.

Treat yourself to a new year diet and nutrition makeover



Ann Roberts

NEW Year resolutions often include goals for weight loss, improved fitness and healthier eating. Generally by mid-January, action on these resolutions has faltered if not entirely vanished.

Ann, of Inches Away consulting, is a nutritionist, registered nurse, mental health practitioner and life coach who assist clients to succeed in reaching their goals - goals such as sus-

tainable weight loss or removing dysfunctional eating patterns like binge or comfort eating.

The focus of Inches Away, through its wellness and weight loss programs, is on diet and nutrition to repair and support all of the body's systems - to enable optimal health, rejuvenation of cells and increased vitality. Through diet, cellular longevity can be en-

hanced, inflammation reduced and gastrointestinal issues improved. The gut-brain axis is supported too.

Motivational coaching is incorporated into programs to assist clients to adopt new eating patterns, jettison problematic dietary patterns or stay the course with weight loss goals.

Programs are tailored to meet an individual's needs, preferences and

circumstances and desired health outcomes. Programs include full body composition analysis and pathology referrals if required.

Contact Ann for a free no-obligation chat about what Inches Away can do for you and make your New Year resolution a reality.

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New research shows taking your meds at bedtime nearly halves heart problems



UWA's Professor Markus Schlaich and patient Agnes Johnson

by Frank Smith

A SIMPLE change in the time when people with hypertension take blood pressure reducing medication can cut their risk of heart attacks, stroke, heart failure or blocked arteries by 45 per cent. Moreover, the change will cost neither patients nor the healthcare system a cent.

The study led by Professor Ramón Hermida, director of the Bioengineering and Chronobiolo-

gy Labs at the University of Vigo, Spain, followed over 19,000 patients over six years. Participants were randomised into two groups, one taking their pills in the morning and other at bedtime.

The bedtime group's risk of death from any heart or blood vessel problems was reduced by 66 per cent, the risk of a heart attack (myocardial infarction) was reduced by 44 per cent, the need to unblock arteries by 40

per cent, heart failure by 42 per cent, and stroke by 49 per cent.

Professor Christopher Reid of Curtin University said it was a big effect and out of the box.

"I'd be delighted if I got that big an effect in one of my studies."

"It is surprising, but plausible and it is not inconsistent with previous studies."

He said it is a well-done study with a good mix of men and women. Although the authors agree

there is a need for it to be replicated with other ethnic groups.

"The study supports our previous understanding of the importance of night time blood pressure. Most strokes occur in the early morning.

"Evening blood pressure medication could be good strategy to reduce the risk of strokes," he said.

"There is a case for an international collaborative study of the effect of timing medication," said Professor Reid.

ease were at greater risk of having elevated blood pressure.

Professor Schlaich said the results were alarming.

"Even though effective treatments for this condition are widely available, only half of the people affected by it are being treated, and of those treated only 60 per cent are having their blood pressure adequately controlled," he said.

"This tells us that the majority of people who have high blood pressure may have never had it measured and are unaware of their condition."

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food & WINE

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

ADVERTISING FEATURE

Steve Mills is joining the fight against dementia with his favourite cake included in *Recipes to Remember*



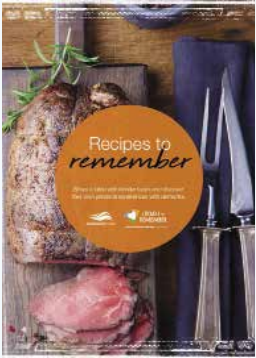
YOU butter believe it! Community Vision has cooked up Perth's newest recipe book for charity called *Recipes to Remember*, bringing together much-loved recipes from celebrities who have all generously shared their amazing entrées, favourite roast dishes or dreamy desserts, as well as their personal experiences with dementia. Radio 6PR host Steve Mills says that since both his parents have entered care facilities, he has encountered numerous families who are dealing with a relative living with dementia. "It never ceases to amaze me how they continue to love and respect these family members unconditionally. "At the same time, I despair that this disease affects more and more people and I pray for a cure happens soon. "For those on this journey I wish you love, understanding and support."

Steve Mills' chocolate roasted beetroot cake recipe

Ingredients
Whisk together the following in a bowl
250g roasted beetroot which has been pureed
3 lightly whisked eggs
½ teaspoon vanilla bean paste
250ml vegetable oil
300g caster sugar
30g finely grated dark chocolate
Sift together in another bowl
125g plain flour
125g self raising flour
1 ½ teaspoon bicarb soda
¼ teaspoon salt



Method
TO roast the beets give them at least 45 minutes in the oven wrapped in their own blanket of foil which helps them steam a little and then puree. Combine both bowls then pour batter into a greased cake tin, I used a 24" round one but you could easily use a smaller one which the cake will then rise higher. Bake in a 180°C oven for at least 40 minutes, possibly more. It's cooked when the skewer comes out clean. Ice with your favourite icing. I use 100grams of dark chocolate melted slowly in a small saucepan. Then slowly pour about 80ml of cream and whip it with about 125grams of marscarpone.



THE Roast to Remember fundraising campaign encourages people to get friends, family and neighbours together for a special roast dinner and raise funds, simply go online and donate, or purchase the new recipe book *Recipes to Remember*. To find out more or purchase a copy visit www.aoroasttoremember.com.au

WIN WIN WIN
We have two copies of *Recipes to Remember* cookbooks to giveaway to a lucky reader. To be in the draw simply email win@haveagone.com.au with remember in the subject line or write to Recipes to Remember c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 7/2/20.

Cooking with Gas - recipes brought to you each month by AGL the proud partners of **Have a Go News**.
AGL - It's gas, plus a whole lot more.

Knife and fork talk with the Dining Divas



Cucina Italia Restaurant's delicious lasagne and salad

by Pat Paleeya

COVENTRY Village at Morley was the place of choice this month as there are many eateries to choose from. But first this Diva (I am on my tod this month) thought that a quick visit to the Galleria was on the cards.

There were hordes of frenzied, frazzled shoppers inside, it was nudging 42° outside and there was Bing warbling on about a White Christmas. Consequently my goodwill to all men was severely affected - I needed peace and quiet and a great big dollop of

comfort food. Risking brain fry I walked over to Coventry Village, hot and hungry and found my haven. Cucina Italia Restaurant was offering a \$14.95 lunch special so in I popped. I sat like Jack Horner in an airy cool dining area that is quite large and very clean. A couple of Chesterfields here and there invited a sprawl, but I behaved myself. I ordered lasagne and

salad. The lasagne was served in a deep oval ramekin and was easily enough for two people. It was delicious, just like mumma would make, rich, but not overly so, the cheese topping was thick and creamy and nicely browned. The ground beef and tomato sauce married together perfectly with the pasta. The accompanying salad of leafy greens, cucumber and cherry tomatoes was fresh and

not drowned in dressing. Leaving the restaurant sated and happy (humming White Christmas) I knew that I would be back. There is a new \$13.95 lunch special offering 12 choices, Monday to Friday 11am-3pm. Cucina Italia Restaurant, Coventry Village, 7/243 - 253 Walter Road, Morley 9275 0297
3 forks
Open daily
www.cucinaitalia.com.au.
Phone: 9276 5471.

Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend

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ADVERTISING FEATURE

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

Sweet nothings - some treats to kick off the new year without feeling guilty

by Noelene Swain

SWEET dishes often create feelings of guilt. When we tuck into a sweet food or dessert, we usually delight in the flavour but agonise over the kilojoule content. This of course, can be true for many desserts – especially those cooked or served with full fat products such as margarine, butter or cream. However, nowadays, we can choose low or reduced fat dairy products to include in our desserts. For example,

low fat yoghurt, skim milk and reduced fat ricotta cheese.

With today's emphasis on healthy eating, is there room in the diet for our sweet tooth? For lovers of desserts there is good news, as we can whip up tempting desserts that will satisfy even the most discerning diner and still acknowledge the principles of good nutrition.

So what is the secret? A good start to a healthy dessert is a base of fruits or vegetables. Not only do fruits and vegetables contribute fla-

vour and sweetness, they also add valuable vitamins, minerals and fibre. Choosing fruits and vegetables at the peak of their season ensure great value for money, quality and freshness.

Reducing the fat content of desserts does not mean jeopardising flavour. Replace cream with yogurt or ricotta cheese. A ricotta fruit whip made by adding pureed fruit to ricotta cheese and beating until smooth is a very tasty topping for desserts. There really is something

about a swirl of cream to finish any dessert, so why not replace cream with ricotta whip?

And what better sweet and nutritious foods to include than fresh or dried fruit? Apples and pears have always traditionally been an essential ingredient in many desserts. WA grown fruit is a great choice to include in your favourite pie or crumble recipe. Other sweet WA fruit ideas for desserts are citrus fruit, grapes, kiwifruit and strawberries.

All of these fruits have their own

special flavours, colours and textures. With combinations of them you can make a simple dessert into something memorable – just by balancing the colour, texture and flavour of the ingredients. Remember to keep the fat content to a minimum and the fruit content to a maximum and you can enjoy a delicious, tempting dessert without the need to feel guilty.

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

Cherry, nectarine and peach crumble

Preparation: 20 mins;
cooking: 30 mins; serves: 4



40 fresh cherries, pips removed
2 nectarines, stoned and quartered
4 peaches, stoned and quartered
1/3 cup castor sugar
1/3 cup rolled oats
1 tablespoon butter, melted
2 tablespoons desiccated coconut
MIX cherries, nectarines and peaches together and place in a medium sized ceramic dish.
Combine sugar, coconut, butter and rolled oats. Mix well. Sprinkle crumble mixture over fruit. Cook in a 180°C oven for approximately 30 minutes or until the top is crunchy and golden brown. Serve with yoghurt, ice cream or custard.

An easy to bake light and delicious cherry cake

Preparation: 10 mins;
cooking: 40 mins; serves: 4



A DELICIOUS and easy to make cherry cake that can be adapted to suit any fresh or tinned fruit.

250ml milk
75g butter
3 eggs
100g sugar
250g self raising flour sifted
25-30 fresh cherries pitted

Preheat oven to 180°C, grease (or line with baking paper) a 20x25 cm (8x10") baking dish (or similar) and set aside.

Pit your cherries. Heat the butter and milk in a small pan until the butter has just melted and milk is just warm. Whisk eggs, sugar and milk in a large bowl. Gradually stir in sifted flour until well combined. Spread batter into tray and top with cherries. Bake for 35-40 min or until skewer comes out clean. Leave to cool before slicing.

Fresh grapes and citrus with ginger syrup

Preparation: 15 minutes
+ marinating; cooking: nil;
serves: 4

2 Valencia oranges
1 tablespoon ginger syrup from preserved ginger
1 tablespoon castor sugar
2 tablespoon kirsch or Grand Marnier
500g red grapes, washed
2 tablespoon preserved ginger, cut into thin strips

WORKING on a plate to preserve the juice, carefully cut segments of orange and grapefruit out by slicing close to the membrane. Try squeezing remaining membranes over fruit to extract all of the juice.

Sprinkle ginger syrup, castor sugar and kirsch over citrus fruit. Cover and leave to marinate for at least one hour. Place citrus fruit and juices into a serving bowl, add grapes and strips of preserved ginger. Serve with low-fat yogurt or whipped ricotta.

Cherry ricotta layered parfaits

Preparation: 20 mins; chilling: 2 hours;
serves: 6



1 1/2 cups granita biscuit crumbs
6 tablespoon butter, melted
450g ricotta cheese
3 tablespoon honey
1 teaspoon vanilla extract
2 teaspoon lemon zest, divided
500g fresh strawberries, hulled and chopped
1-2 teaspoon fresh mint, minced
2 cups fresh cherries, pips removed
1 tablespoon sugar
1 tablespoon water

MIX melted butter and biscuit crumbs together. Spoon into the bottom of mason jars and gently pack down in the bottom of the jars.

In a mixing bowl, add ricotta, honey, vanilla and one teaspoon lemon zest. Mix with electric beater until ricotta is whipped and everything is combined. Divide between jars.

Place cherries, water and sugar in a small saucepan and poach lightly to dissolve the sugar and soften cherries. Allow to cool. Divide evenly between the serving jars.

Chill well. Serve with a sprig of fresh mint.

Parfaits may be served right away or assembled, covered and refrigerated for up to four to five hours. Instead of ricotta, plain non-fat yogurt can be used.

What's fresh from WA in the market place in January

Nectarines: Plentiful supplies of these summer favourites are now arriving in store and the prices are very affordable. Luscious yellow fresh varieties are sweet and juicy eating – perfect for snacking, freshly sliced on your morning cereal or as fruity sorbet, you really only need to puree and freeze. Pile them high in the fruit bowl and they will disappear as if by magic.

Cherries: Summer brings the joy of Christmas, beach holidays and sweet summer cherries. Be warned, the local season is short, so buy up and enjoy when you see them in store. A handful adds a touch of elegance and flavour to fruity summer desserts – or loads of fun for kids competing at pip spitting in the back yard.

Eggplant: Locally-grown eggplants are plentiful now. Best grilled or

barbecued, you can easily create an impressive dish for your next barbecue by layering with good-quality fetta, fresh rocket and a dressing of finely chopped chilli, roast and ground cumin seeds, mint, lemon juice and extra virgin olive oil.

Flat Mushrooms: Summer barbecues are perfect to get creative with richly flavoured flat mushrooms. Available as either white or velvety brown varieties, the flavour is full and robust, so not only are they good for boosting your Vitamin D and lowering your risk of cancer, they taste superb. Grill them whole on the barbecue with your choice of flavour or mince finely and blend with your traditional minced meat recipes in burgers, bolognaise or meatloaf. You can swap minced mushrooms for minced meat for a lower calorie and fuller flavour result.

Steak Diane - Vince's adults-only recipe



Right; Steak Diane
Above; Vince Garreffa



- 50g butter
- 3 tablespoons of finely chopped onion
- 1 teaspoon finely chopped garlic
- 100ml cognac or brandy
- 1 tablespoon of worcestershire sauce
- 50ml cream
- 1 tablespoon flatleaf chopped parsley
- Oyster or field mushrooms

Method

Put your special salt and fresh pepper on the steaks and press them into the flesh. Now melt your butter in a pan and add the olive oil and stir together. Put your steaks in when there is a good sizzle. Cook for two minutes on each side to achieve a good colour on the steaks. Remove the steaks and place on a warm plate and cover.

Now, quickly add your onion to the hot pan and stir, then your garlic and stir. Next add the Worcestershire sauce, cream

and parsley, then stir. Now quickly put your oyster mushrooms and steaks into your sauce and turn to coat them in your sauce. Finally add the cognac or brandy to the pan tilting it near the naked gas flame so it will catch fire. The flames are romantic but you can be burned or singe your hair if you are not careful. Its now ready to serve to your loved one.

I hope you showered and shaved before you started this adventure.

This recipe was inspired by a conversation with chef rockstar Neal Jackson about romantic meals that work.

Buon Appetito!

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am – 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

by Vincenzo Garreffa

LADIES, if you have a headache don't cook this dish for your partner. Gentlemen, if you have a one track mind like me, this is the dish that you cook for someone who loves you on those special occasions. All of the research, feedback and experience that I have received tells me that you will get laid before you do the dishes and if you are

good the dishes can be done the next day.

This dish was supposedly named after the Roman goddess Diana – the goddess of the moon. Ain't love grand?

Ingredients for two

- Two tenderloin steaks butterflied 1 1/2 cm thick and weighing 150g each
- WA Lake Salt
- Freshly cracked pepper
- 3 tablespoons of olive oil

IF YOU want a particular recipe of Vince's, don't hesitate to drop a line to *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 phone number.

What's on at St Patrick's Anglican Church Mt Lawley



9am Monday to Friday
Morning Prayer

10.15am each Sunday
Regular services of Holy Communion

Kids Program

Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.

Kids Program runs during school terms

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ADVERTISING FEATURE

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Brunch with T - Have a Go columnists brunching together to kick off the new year



T's spoon ratings

Five spoons	- excellent food and service - you must go!
Four spoons	- overall good food and service well worth a visit!
Three spoons	- reasonably good food and service but could make some improvements.
Two spoons	- food and service needs improvement.
One spoon	- would not recommend.



Clockwise from left; Tahlia Merigan and Jayson Mansaray - gado gado - croissant royale - smashed avo with bacon - Chinta Cafe - high tea setup - espresso martinis - rainbow juice



by Tahlia Merigan

WE were very chuffed to enjoy a visit from our *London Calling* columnist, Jayson Mansaray, who spent Christmas and New Year with us. To celebrate his last days in Perth he asked to go somewhere funky for brunch and we decided to make a visit to Chinta café in North Perth for our first brunch visit for 2020. Their motto is, “Love

hasa Indonesia) does not make the world go round... it makes the ride worthwhile” and that was certainly apt as I enjoyed brunch with Jayson, our editor Jen and her partner Ron. Chinta is located in an old garage in Scarborough Beach Road and the atmosphere is eclectic. They are renowned for their high teas along with the all-day breakfast and brunch menus. It is fully licensed and just has a ‘je ne sais quoi’ atmosphere with gorgeous red umbrellas adorning the alfresco area, lovely china and glassware and lots of indoor plants. The place was humming when we arrived about 10.30am without a booking, although we didn’t have to wait too long for a table. Even

though it was very busy and the line at the door kept growing, the staff were warm, welcoming and accommodating. They offer a large all-day brunch menu which includes all the traditional favourites and a large Asian fusion selection of dishes. As this was a celebration brunch we decided against the coffee and ordered espresso martinis (\$15) instead which were delicious and gave our celebration a kick start. Jen also ordered a fresh rainbow juice (\$8) which was freshly pressed strawberries, pineapple, mandarin and apple. I chose the croissant royale with smoked salmon (\$24) which was a flaky croissant layered with poached eggs, brie, spinach, Hollandaise

sauce and some of the most delicious smoked salmon I have tasted on my brunch journey. Jayson ordered the gado-gado (\$19) which came with an array of vegetables including sweet potato, beans, bean shoots, red cabbage, tempeh, spiced coconut and poached egg with a serving of spicy peanut sauce. The serving size was generous and the fresh crunchy vegetables with the spicy sauce made it the perfect summery brunch dish. Ron ordered the smashed avo with bacon (\$25.50). He said he’s not a millennial so can happily order this dish without fear of missing out on a house. It was a refreshing summer dish with the room temperature avocado served on toasted

seeded sourdough, filled with poached eggs, and complemented by walnut pesto, feta cheese, coriander, lime and a little chilli. He said the crunchy bacon just topped off the dish and it was a delicious start to the day. Jen ordered the nasi goreng and added the side order of chicken satay (\$26). It was picture perfect presentation and reminded us all of eating this delicious dish in Indonesia. All the little things build to making the dish sing with crunchy deep-fried shallots, fresh chilli and lemon, a small jar of ketchup manis (sweet thick soy sauce), a very crunchy large prawn cracker and a delicious serving of fried rice topped with a fried egg. There’s something on

the menu for every taste and they offer a large selection of juices, shakes, coffee and tea as well as alcohol. The serving sizes are more than generous and each dish we had was tasty, beautifully presented and made us smile on arrival to the table. I always believe if the service and food is good when a restaurant is busy then you are on to a good thing. We watched the detail in which the table next to us was set up for the high tea by the staff and decided we must return to try one of those too. Chinta also has a little shop at the back which sells a variety of wares, we found these gorgeous books which make wonderful gifts for parents and grandpar-

ents that allow the person to record details of their life. We all decided that Chinta should receive high marks for a funky, delicious and fun experience. Pop it on your list of lovely places to brunch in 2020. **4.5 spoons.** Chinta Café, 29 Scarborough Beach Road, North Perth www.chintacafe.com, Phone 9444 7939 Open 7 days per week 7am to 3pm, Coffee and cake until 4.30pm. Booking advisable.



Sparkling reds and rosés add to the celebrations for Australia Day and beyond...

by Frank Smith

WHILE traditionally Christmas features chicken and turkey, Australia Day tends to be a bit more red meaty. So here are a few delicate sparkling rosés ideal as appetisers or to go with seafood and

some robust sparkling reds which match well with game birds and red meats. **Jacob's Creek Trilogy Cuvée Rosé** is a pink sparkling made from the traditional trio of Chardonnay, Pinot Noir and Pinot Meunier. The bouquet

has aromas of red currants and fresh strawberries, coupled with mild citrus and yeast. The palate shows lively fruit flavours of raspberry, strawberry and red apples supported by fresh citrus notes. The wine combines crisp acidity and creamy textures leading to a long lasting finish. RRP \$18.

Azahara Sparkling Rosé is made from traditional varieties Chardonnay and Pinot Noir in Victoria. The wine is salmon coloured with pale pink hues. The nose is aromatic and fruity with red berries, orchard fruits hints of honey and brioche. The palate is light stylish and refreshing with red berries, fresh pear and white flowers complemented by soft smooth acidity. RRP \$15.

Yellowtail Bubbles sparkling rosé wine is a no nonsense pink sparkling wine that offers affordable bubbles. It is fresh and spritzzy with aromas of red cherry, sweet spice and a hint of tropical fruits, a dash of lime



juice and a hint of fresh cut flowers. The palate is a zesty fruit basket of lemon, lime and citrus. The fine bubbles create a fresh and creamy mouth feel with a light and crisp finish. RRP \$10. **Jane Brook Sparkling Rosé** is made with Malbec and Cabernet Sauvignon grapes grown in Margaret River and vinified in the traditional champagne method. It is disgorged early to preserve its youthful, vibrant flavour and bright red colour. The aromas are of




fresh cranberries, sarsaparilla and violets, while the palate is fresh and delicate with balanced fruit sweetness and a long clean aftertaste RRP \$28. **The Black Bead Sparkling Shiraz 2018** is made by Wise Wines in the Margaret River region. It is a deep red wine with pink moose. The nose displays aromas of fruits with an underlying layer of mocha. The palate is rich with a hit of forest fruits, ripe plums, a layer of spice and a cocoa bean



finish. The bead is firm and long lasting resulting in a full bodied wine with a luscious but dry finish. RRP \$30. **Flying Fish Cove Sparkling Shiraz** is bright garnet in colour with aromas of vibrant and juicy plum and a palate of blackberry and spice touches. A fine abundant bead offers delicate bubbles, complexity and a lick of sweetness. Made in the traditional method in the Margaret River GI, the wine is fermented in the bottle and aged on

lees for nine months prior to release. RRP \$34. **The Great Eastern Sparkling Shiraz** This is a rich and powerful sparkling red wine from the Adelaide Hills. The bouquet is bursting with red fruits, raspberry liquorice and dark chocolate. An elegant palate features juicy plum, mocha oak, fine grained tannins and a persistent bead. The wine is matured in French oak for two years followed by a further two years in bottles to develop complexity. RRP \$35.

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*Only available to residential customers in WA where AGL operates.





The original *Gipsy Kings* return to Perth after a five-year hiatus



WORLD renowned flamenco, rock and pop musicians, *The Gipsy Kings*, featuring Nicolas Reyes and Tonino Baliardo, the original songwriters and guitarists on hits such as Bamboleo, Volare, Djobi Djoba and Bem Bem Maria are returning to tour Perth this April.

Over the years *The Gipsy Kings* – whose members hail from the gypsy settlements in Aries and Montpellier in the south of France – have included singers and guitarists from the Reyes (Canut, Nicolas, Pablo and Patchai) and Baliardo families (Diego, Paco and Tonino).

Lead singer Nicolas Reyes is the son of famed Flamenco singer Jose Reyes, who, with Manitas de Plata, sold millions of records in the 1960s and 70s.

Along with Tonino Baliardo, Nicolas Reyes now holds the torch and continues *The Gipsy Kings* long family tradition.

The band's vigorous guitar

work and passionate vocals are the trademarks of an indigenous musical tradition known as rumba flamenca.

The band, which captured the world's imagination 25 years ago, went platinum with their self-titled debut album and became a genuine world music phenomenon around the world with the hit Bamboleo. They went on to sell more than 14 million albums worldwide and their compilation *The Best of Gipsy Kings* was in

the charts for over a year. Since then, the band have gone on to perform live in every corner of the globe.

In their native Gipsy language, gitane, they introduced listeners to a unique, irresistible blend of traditional flamenco styles with Western pop and Latin rhythms.

Don't miss their performance on Saturday 18 April at the Riverside Theatre at Perth Convention and Exhibition Centre. See advert on this page for booking details.

A moving story of kindness



TOM Hanks portrays beloved American children's TV icon, Mister Rogers, in *A Beautiful Day in the Neighbourhood*, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

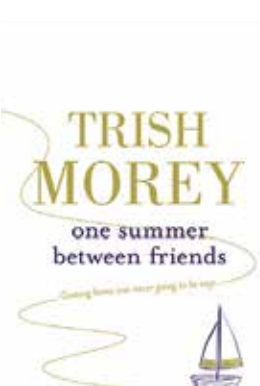
After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned to write a profile of Fred Rogers, he overcomes his scepticism, learning about empathy, kindness, and decency from America's most beloved neighbour.

In cinemas 23 January.

WIN WIN WIN

Thanks to Sony Pictures we have 10 double passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with *Neighbour* in the subject line or call the office during business hours on 9227 8283. Closes 23/1/20.

Some great summer reading...



One Summer between Friends by Trish Morey

A COMPELLING and ultimately uplifting story about motherhood and the power of women's friendships.

Set against the tropical backdrop of Lord



Last Bridge Before Home by Lily Malone

Howe Island, Trish's new novel is about three women, once the best of friends, coming to grips with repairing their bonds after deep betrayals are revealed.

Published by Mira Harper Collins RRP \$29.95.

Last Bridge Before Home by Lily Malone

With her trademark fresh and funny tone, Lily Malone returns with the third book in her Bridge series which is set in south west WA. This book focuses on the last brother and the trials and tribulations about finding his love.

Published by Mira Harper Collins RRP \$29.95.

WIN WIN WIN

To be in the draw to win a copy of both books simply email win@haveagonews.com.au with Harper in the subject line or write to Harper Collins Books. c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/1/20.

A fantastic fairy tale of a film



THE Peanut Butter Falcon is an adventure story set in the world of a modern Mark Twain that begins when Zak, a young man with Down syndrome, runs away from the nursing home where he lives to chase his dream of becoming a professional wrestler by attending the wrestling school, the Salt Water Redneck.

Through circumstances beyond their control Tyler, a small-time outlaw on the run, becomes Zak's unlikely coach and ally.

Together they wind through deltas, elude capture, drink whisky, find God, catch fish, and convince Eleanor, a kind nursing home employee with a story of her own, to join them on their journey.

In cinemas 30 January.

WIN WIN WIN

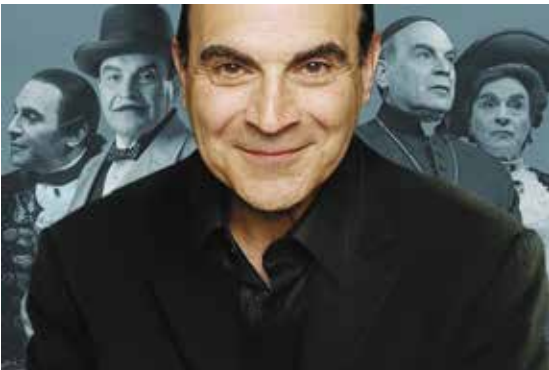
To be in the draw to win a double pass to *The Peanut Butter Falcon* simply email win@haveagonews.com.au with *Peanut* in the subject line or write to *Peanut Butter Falcon* c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 27/1/20.

THE GIPSY KINGS

FEATURING
Nicolas Reyes & Tonino Baliardo

SATURDAY 18 APRIL @ 8PM
RIVERSIDE THEATRE
Perth Convention and Exhibition Centre
BOOKINGS: Ticketek 132 849

See David Suchet live at Perth Concert Hall



FOR more than 25 years David Suchet captivated millions of people worldwide as Agatha Christie's *Poirot*. He will visit Perth in January with a very special performance at the Perth Concert Hall.

This unique live stage show will highlight the actor behind the detective and the many faces he has portrayed on stage and screen with a career spanning five decades.

Join David Suchet in conversation – the man and the actor at

the Perth Concert Hall on Saturday 18 January 2020 for two performances at 2pm and 7.30pm.

Bookings www.perthconcerthall.com.au

WIN WIN WIN

To celebrate David Suchet's visit to Perth we have four double passes to the 2pm show for a lucky reader to win. To be in the draw simply email win@haveagonews.com.au with Suchet in the subject line or call the office during business hours on 9227 8283. Competition closes 16/1/20.

A movie based on a true story



BASED on real events, *A Hidden Life* is the story on an unsung hero, Franz Jägerstätter, who refused to fight for the Nazis during World War II.

When the Austrian peasant farmer is faced with the threat of execution for treason, it is his unwavering faith and his love for his wife Fani and children that keeps his spirit alive.

In selected cinemas 30 January.

WIN WIN WIN

To be in the draw to win a double pass to *A Hidden Life* simply email win@haveagonews.com.au with *Hidden* in the subject line or write to *A Hidden Life* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 29/1/20.

#334 January edition PUZZLES Solutions

4	9	6	5	7	1	8	3	2
1	2	8	4	3	6	7	5	9
7	3	5	8	9	2	4	6	1
5	6	4	3	2	9	1	7	8
9	8	7	6	1	5	3	2	4
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Have a Go News Quiz Page 2:

1. Monk. 2. Gascoyne. 3. Hemsworth. 4. Kerry Stokes.
5. Melinda. 6. Coode St. 7. 2.2 million. 8. Subiaco. 9. Joe Hockey.
10. Julie Bishop.

Square Shuffle:

Kurt, Neil, Ivor, Brad.

Wheel Words:

Per, Leap, Pale, Pall, Palp, Papa, Pare, Pawl, Peal, Pear, Plea, Prep, Rape, Reap, Warp, Wrap, Apple, Lapel, Palea, Paler, Papal, Papaw, Paper, Pearl, Appeal, Appear, Paella, Palpal, Rappel, Apparel.
9-letter word: WALLPAPER.



WASO excels with an imaginative, innovative program for 2020



© Rebecca Mansell

by Josephine Allison

MUSIC lovers are in for a treat this year with the West Australian Symphony Orchestra's season. From honouring Beethoven to Summer Classics this month and a free Christmas Symphony in Langley Park there is something for everyone.

A highlight of this year's season is a special salute to Ludwig van Beethoven on the 250th anniversary of his birth. There will be special performances of the ground-breaking

composer's greatest works while celebrating his legacy.

Homage to Beethoven starts on 28 February and 1 March at Perth Concert Hall with *Fidelio*, Beethoven's only opera, which blazes with heroism. Asher Fisch conducts WASO with the WA Opera Chorus and WASO Chorus. *Fidelio* is presented as a hallmark work of the 2020 Perth Festival.

Morning Symphony Series on 5 March will feature *Absolute Beethoven*, a thrilling classical journey with Ludovic

Morlot conductor.

Beethoven's *Pastoral Symphony* plus Britten's *Guide to the Orchestra* will be a musical highlight of World Environment Day on 5 June with a second performance on 6 June.

In March on 6-7 will see *Absolute Beethoven* with the Australian String Quartet under conductor Ludovic Morlot. Of all Beethoven's symphonies, his seventh is the most thrilling and more than 200 years since its premiere, its driving momentum pulses with red-blooded vitality.

Beethoven's *Missa Solemnis*, an unrivalled dramatic masterpiece, will be performed on 12-13 June. Asher Fisch leads an all-star cast of soloists and two choirs through this beautiful score.

Fisch, with Behzod Abduraimov on piano, will conduct Beethoven: *The Piano Concertos*, five extraordinary concertos in one week on 24, 27 and

29 November.

Other highlights of the WASO year include *Naked Classics* at the Perth Concert Hall on 23 April, *Playing with Fire*, 13 August *Fantastic Symphonies* and 15 October *The Great Outdoors*. Great music, a relaxed atmosphere and entertaining highlights from the presenters and the full force of WASO, all in about an hour.

The MSA Master Series features Asher Fisch, Mozart and Bruckner's exquisite lyricism and raw power on 20 and 21 March with WASO concertmaster Laurence Jackson and principal viola Daniel Schmitt. Grammy award-winning violinist Gil Shaham plays Brahms and Dvorak and a world premiere 3-4 July featuring talented young Perth composer Olivia Davies.

Helicopters cut through the mist in *Platoon* and Gene Kelly creates steam in *An American in Paris* in a

reunion between Asher Fisch and Latvian violinist Baiba Skride on 21 - 22 August. Acclaimed Scottish pianist Steven Osborne makes his much-anticipated WASO debut with Ravel's *piano concerto* on 4-5 September, followed by *Brahms' Fourth Symphony*.

Elgar's Cello Concerto plus *Mahler's First Symphony* will be performed on 9 - 10 October with Asher Fisch conducting *Love, Lust and Death*, the *Rite of Spring* on 20 - 21 November.

The MACA Limited Classic Series begins with *Dances with Daphnis*, plus Liszt's Second Piano Concerto on 13 - 14 March, Tchaikovsky's *Pathétique plus Bin Huan* plays Mozart on 17 - 18 April with Rachmaninov's *Second Piano Concerto* and *Expansive wonder of Sibelius* on 26 - 27 June.

Mozart's *Madigan Concerto* with Petrenko Shostakovich is per-

formed on 31 July and 1 August. *Infinite Variations*, the Asher Fisch Discovery Concert on 28 - 29 August will see Fisch take audiences through an illuminating guide of ideas and concepts with piano and full orchestra. *Carmina Burana*, plus *Dances with Devils* will open on 2 - 3 October with the season ending on 13 - 14 November with Bruch's *Violin Concerto* plus *Bohemian Homelands*.

Highlights of the Morning Symphony Series include Tchaikovsky's *Pathétique* on 16 April and *Bohemian Homelands* under conductor Hendrik Vestmann on 12 November.

Special events through the year include Bach's *Easter Oratorio* and *Durufle Requiem* on 8 April, *Eumeralla*, a war requiem for peace on 10 July, *The Best of Rodgers and Hammerstein* on 3 - 4 April and last *Night of the Proms*, a classical spectacular

on 24 and 26 July.

Piano pop maverick Ben Folds with WASO returns with all his hits on 16 - 17 March and *Comic-Con* in concert *Let the Games Begin* conducted by Christopher Dragon brings a different note on 8 August.

Harry Potter and the *Order of the Phoenix* in Concert with Nicholas Buc conductor plays at the Perth Convention and Exhibition Centre 29 - 30 May and *Star Wars Return of the Jedi* in Concert opens at the same venue on 6 - 7 November.

Dreams of Air and Flight, *Cast your eyes to the skies*, a soaring concert for the whole family plays at 1pm and 3pm 15 August at the Perth Concert Hall.

There is something for everyone in this innovative, imaginative season. Not only the classics but the popular genre are catered for by WASO which supports top performers and emerging talent alike.



This film will hit you like a big Bombshell

STARRING Academy Award winners Charlize Theron and Nicole Kidman and Academy Award nominees Margot Robbie and John Lithgow, this film is based on the real scandal.

Bombshell is a revealing look inside the most powerful and controversial media empire of all time; and the explosive story of the women who brought down

the infamous man who created it. Directed by Emmy Award winners Jay Roach and Charles Randolph, who wrote the script.

Bombshell also stars Emmy Award winners Kate McKinnon and Mark Duplass, Golden Globe nominees Connie Britton and Malcolm McDowell, Emmy Award nominee Rob Delaney and Academy Award winner Alli-

son Janney.

Bombshell drops in cinemas 16 January.

WIN WIN WIN

To be in the draw to win a double simply email win@haveagonews.com.au with *Bombshell* in the subject line or call the hotline on 9227 8283 during business hours. Competition closes 18/1/20.

Piano virtuoso debuts in Perth



YOUNGEST winner of the International Chopin Competition, Yundi Li, is coming to Perth. Hailed by more than 10 million fans worldwide as the most flamboyant, original, and talented virtuoso on the planet, pianist Yundi is a true virtuoso with nearly 20 million followers in China alone.

After a sold-out tour in Auckland, Brisbane, Sydney and Melbourne in 2018, he will return this February with his *Sonata World Tour*.

Yundi embarks on an exploration of Chopin, Schubert and Rachmaninov with five exclusive headline dates. This will be his Perth debut and is a once in a lifetime opportunity to listen Yundi's music live.

Yundi Li will play at the Perth Concert Hall on Tuesday 4 February 2020. Bookings www.perthconcerthall.com.au or call 9231 9999.

WIN WIN WIN

To be in the draw to win a double pass to Yundi Li's concert on Tuesday 4 February, simply email win@haveagonews.com.au or call the office during business hours on 9227 8283. Closes 30/1/20.

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★★★★ "Something more than a movie. It feels like an answered prayer." WASHINGTON POST

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PG

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Friend to Friend

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☐ Pen friend

☐ Wishing to contact

☐ Seeking a friend

☐ Seeking a partner

Abbreviations used in *Friend to Friend*

ALA: All letters answered

GSOH: Good sense of humour

SD: Social drinker

NS: Non smoker

SOR: South of River

WLTM: Would like to meet

DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care

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Postcode

Phone

I am over 45 years of age

(Signature)

Each person may submit
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Write your advertisement in the grid below. Please
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Reply Box entry:
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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.

Seeking a Friend

ACTIVE gent, 65 with ties, kind, compassionate, fit, Australian born Chinese. WLTM like minded women discreetly. I am fin secure, looking forward to meeting over tea or coffee. ALA, south eastern suburb, NS, ND, NG, DTE, GSOH.
Reply Box 8463

AUSSIE gent 70s, own home, fin secure, NS, SD, GSOH, planning trip to Bali or Cebu, would like Indonesian Phillipina lady to accompany, prefer on-going friendship, will pay airfare, accomm if compatible. ALA.
Reply Box 8470

BEING alone is not all its made out to be, hence this letter. Oriental lady 1950 vintage, warm/cheerful personality, appreciates simplicity and positive outlook in life. Easy to look at. WLTM someone 65 plus.
Reply Box 8455

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THE HILLS LADY 73 very pretty green eyed brunette, funloving, feminine, refined & d.t.earth. Enj reading, garden, music, dancing, art & attends church. Sk kind, openminded man of gd character 68-78.

ELLENBROOK LADY 67 relaxed, e/going, personable, indep & strength in character, likes good reads, walks, gym, cooking good food, keen gardener who likes growing things. Sk countryminded gent 66-76.

LYNWOOD LADY 70 cute, perky, slim, petite blue eyed blonde, fit, active, honest, indep, positive & very easy to talk to. Sk healthy, happy, self respecting man 68-78.

BROOKDALE LADY 71 slim, petite, blue eyed blonde, English, intelligent, outgoing, pract. Catholic, loves to dance, the garden, holidays & good conversation about anything. SK lively gent w/ some intellect 68-75.

MANDURAH GENT 70 retired professional, 175cm, trim, d.t.earth, adaptable, good conversationlist, is physically fit & active w/young o/look. Sk sincere lady similar 63-73 any area SOR.

FREMANTLE GENT 73 retired professional, trim, well grmd/well spoken, tidy & orgnaised, sociable, very physically fit, well travelled, has a love of music, enjoy family/friends. Sk lady 65-74.

MT LAWLEY GENT 78 very young o/look, gd old fashioned manners. Wid,175cm, fit, well grmd, lovely sincere nature, enj computer, carpentry, fishing, walks, socialising & travel to sunny places. Sk kind, funloving lady 70-80.

ARMADALE GENT 72 trim, well grmd/well mannered, Englishman, happy in retirement, likes to keep busy & enj road trips to beautiful places. Sk lady 65-75 to share new & happy experiences.

SOLUTIONS

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*conditions apply

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COUNTRY lady 69, looking for gentleman, 70-75, GSOH, NS, SD, love music, dining out, caravanning, having coffee, movies, concerts and getting to know each other. Also likes fishing and garden-ing.
Reply Box 8460

GENT 61, WLTM a nice lady. I am presentable, intelligent and fin sec. Please write your phone number.
Reply Box 8451

GENT 70s, own home, secure, lives in Mandurah. WLTM a lady, GSOH, DTE, SD, enjoy country and western, 60s, 70s music, for outings and friendship, WLTM for coffee.
Reply Box 8462

GENT 80, NOR, widower with new lease of life, appreciate fit, happy, independent lady to enjoy coffee and sightseeing around Perth. Not into sport, clubs, travel, just coffees, walks, talks, two, mornings a week.
Reply Box 8453

GENT 80 widower, solid build, fin sec, easygoing, presents well, enjoys movies, walkings, AFL, tennis, dining in/out. WLTM attractive, caring, honest, slim build lady, 70 to 78, to share long term friendship, if compatible, SOR, NS, ND, postcode 6164, metro area, nationality open.
Reply Box 8456

GENT UK/Australian 70, 180cm, presentable, educated, GSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks intelligent, attractive, compatible, easygoing lady, to mid 60s, all travel modes, destinations considered. Northern suburbs. Coffee?
Reply Box 8465

LADY 55+, NOR, intelligent, slim, attractive, enjoys dancing, music, keeping fit, dining out, ND, NS, DTE, youthful, WLTM gent, DTE, TLC, NS, SD, presentable, fin sec, friendship, view to relationship. ALA.
Reply Box 8459

LADY 70 WLTM gentleman to share next 30 years together, explore travel especially Australia, enjoy usual social activities together, friendship, leading to possible relationship. It's never too late. Just a phone call to say hi.
Reply Box 8466

LADY postcode 6330, well presented, slim, 5'8", fit, vibrant, very active, 69, young, fin sec, loves walking, barbecues, dancing, occasional dining, ALA, SD, NS, NG. WLTM tall man with same interests.
Reply Box 8458

LADY would like 70s travel companion, maybe river cruise, African safari, happy nature, next winter maybe, elsewhere, who knows. Interested? ALA. Can discuss over coffee.
Reply Box 8471

MATURE widower, sincere, caring, GSOH, NS, NG, SD, fin sec, fit and healthy, enjoys cycling, walking, gardening, reading, handyman, WLTM lady, up to 80 with similar interests for companionship and outings, prefer 6210 area.
Reply Box 8469

UK LADY WLTM gent 80s, spend time together, cinema, dining in/out, day trips, music, walks, travel, postcode 6065, NOR, SD, NS, NG, ALA, TLC.
Reply Box 8467

Seeking a Partner

ALBANY lady, 73, fit, healthy, likes beach, fishing, caravanning, music, reading, cooking, walking, garden, travel overseas, NS, SD, GSOH, NG, DTE, affectionate to share and care for in what time we have left. ALA.
Reply Box 8450

ATTRACTIVE English lady 71, size 14, well presented, feminine, educated, fin secure, own home, postcode 6107. Enjoys music, reading, walking, socialising, ND, VGSOH, WLTM genuine gentleman, 66-73, (not separated) for long term permanent relationship, metro or York, Beverley and Hills areas. ALA.
Reply Box 8464

AUSSIE gent 65, fit and active, well groomed, young outlook, sociable, fun to be with, GSOH, enjoys movies, dining out, music, NS, SD, WLTM lady similar interests.
Reply Box 8461

CHRISTIAN widow, fin sec, professionally active, lives southern metro, loves quality music, and movies, plans occasional overseas travel, NS, ND, WLTM happy natured Christian man 65-75, no ties, similar values and interests, desiring permanent relationship.
Reply Box 8452

GENT 61 lives NOR, tall, fin sec, GSOH, SD, NS, likes movies, football, cricket, dancing, bike riding, dining out, barbecues, spending time with friends, travelling. WLTM genuine lady between 55-68, view to friendship/relationship.
Reply Box 8449

I HAVE never done this. I thought I needed some TLC. I am a divorced guy, 70 going on 40. I have a GSOH. I like dining out, love to talk, love music, movies, country drives. I enjoy romance and a little bit old fashioned but I am switched on with what's going on. I would like to meet you so be brave.
Reply Box 8457

Seeking a Travel Companion

ENGLISH gent mid 70s, WLTM a genuine lady who is into country drives, movies, 60s music, travel, cruising. I am NS, NG, SD, GSOH, NOR, possible permanent partner, genuine replies only please.
Reply Box 8468

Wishing to Contact

REACHING out to adopted daughter Nicole. She will be 40 this year. WLTM birth mother Joanne. Both last seen Perth area some years ago. Wishing reconciliation. Your father Michael Grant living NOR with Val. Retired.
Reply Box 8454

WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 22 for details.

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eg. Reply Box 4100
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(example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14 x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope. No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

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SCENE SOCIALLY



SCENE (1): LEGACY held their annual *Christmas Jingle* in early December at the South of Perth Yacht Club. The event is an opportunity for more than 300 widows of ex-servicemen who are supported by Legacy to get together to enjoy Christmas festivities. The lunch was attended by the Governor of Western Australia The Honourable Kim Beazley AC and emceed by 6PR's Steve Mills. It was a lovely afternoon with the crowd enjoying a delicious lunch along with fabulous entertainment from the WA Army Band.

SCENE (1): Top row, from left to right; Governor of Western Australia The Honourable Kim Beazley AC with 6PR's Steve Mills - Peter Velterop, Vivian Blycha and JB Burridge - Audrey Long and Joan Grimshaw - Trish Lau, Xiaoxia Masel and Molly Greenwood - Mike Redwell and Marlene Robins. Second row, from left to right; Jen Merigan and Andrew Brandham - Peter Emmett and Peter King - Georgina Hall and Ian Craig - Ron Reddingius and Peter Heeney



SCENE (2): THE launch of nominations for the WA Women's Hall of Fame was held in the Aboriginal Gallery at Parliament House in early December. This year sees the award program which honours Western Australian women celebrate its 10th anniversary. It's a great opportunity to recognise women in our community for their commitment to their field with nominations open until 6 February, find out more on page 7.

SCENE (2): Top row from left to right; Danae Gibson, Carmen Braidwood, Bec Jones and Telana Kruger - Zonta Club of Perth's Carole Theobald and secretary, WA Women's Hall of Fame Julie Ham - IGO Sam Retallack, 2018 Inductee Suzy Urbaniak, Auspire's Morgan Lewis and Chevron's Jacquie Butterworth. Second row; Founder Claremont Therapeutic Riding Centre and 2019 Inductee M'Liss Henry with Lotterywest's Susan Hunt.



SCENE (3): THE final *Holly Wood Tuesday Morning Show* for 2019 saw the Perth Town Hall filled to capacity as the audience got into the Christmas spirit and was entertained by the cast from the Tivoli Theatre performing their Christmas show. It was a lovely morning hosted, by coordinator Bernard Carney and encapsulated the spirit of Christmas with more than \$2500 donated to charities from funds raised over the year. Recipients included Spirit of the Streets Choir, Manna, Wheelchairs for Kids, Red Cross and Zonta. The *Holly Wood Tuesday Morning Show* will return on Tuesday 11 February 2020 at 11am and the first three shows will be held at Burt Hall in St Georges Terrace opposite the Treasury Building. The show is free and all our welcome.

SCENE (3): Above; The Tivoli Club entertainers Below; Christmas revelry with a full house in the Perth Town Hall

Retirees group meets weekly

MORLEY and Beechboro branch of Retirees WA meet on Wednesdays at 9.30am at the Beechboro Library in Benara Road. All people are welcome to come along for fun, companionship and outings. For more information contact Carolyn on 9378 3326.

Have a go at ten pin bowling

EVERY Tuesday morning the Over 55s Keague of ten pin bowlers gathers at Zone Bowling in Cannington from 12noon to 2pm. There are more than eight teams and they would love to welcome more people to join them. No experience is necessary and the first game is free. If you would like to have a go, call Grace on 6293 1823.

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SCENE (4): PHIL Paddon and Terry Bennetts Music presented the Christmas Variety Concert on Wednesday 4 December at Morley Sport and Recreation Centre. More than 200 people enjoyed this annual concert which included entertainment from *Band of Mates*, Laura Downing, Kingsley Day and Phil Rego, Cobber Lethbridge and the popular opera performers *Musicantes*. Afternoon tea was included in the ticket price and everyone got into the Christmas spirit with the fabulous afternoon of entertainment.

SCENE (4): From left to right; Laura Downing and Santa (Phil Paddon) - Marilyn Martin and Beth Barningham - Phil Rego (the drummer for the concert), grandmother Pat Sinclair, and Phil's wife Cass Rego - Beth Green and Laura Downing - Ginger Cox, Marie Cox and Vicky Fong

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