



LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN PRINT POST 100022543 VOLUME 29 NO. 07 ISSUE NO. 335 FEBRUARY 2020

Dedicated matchmakers helping you to meet genuine, suitable partners. Forget 'online' dating! Be matched safely and personally by people who care. See Friend to Friend page for

SOLUTIONS 9371 0380

Proud partner AGL - It's gas, plus a whole lot more

let's go travelling Cape Tribulation, Queensland • Global wheelchair travel • Tahitian dreaming • Free wheeling in Fremantle • Lee Tate chills out in

Have a Go News' Jo Allison interviews artist-author Philippa **Nikulinsky**

Busselton



- Classes & Courses
- Where opinions matter
- Food & Wine - reviews, recipes and more

COMPETITIONS/GIVEAWAYS

Ad Words - \$200 Shopping voucher French Film Festival Lunch for two at Chef & Co FILMS - Emma, The Call of the Wild BOOKS - The Wisdom Years, The Lawson Sisters, The Daughter of Victory Lights, The Boundary Fence



😭 🥣 👩 Visit www.haveagonews.com.au

SUPPORTING SENIORS' RECREATION



Established 1991 - Celebrating 29 years in 2020



Dental implants are a higly effective way to replace single or multiple teeth.



Single implant, fully restored with ceramic crown from ONLY \$3700

Carillon City Dental are also currently offering fully supported implant dentures from \$5500 and All-On-Four™ solutions from \$16,000

Book for a FREE consultation 60a/678 Hay St, Perth 9322 5340 www.carilloncitydental.com.au

Michael Thomson looks back on 40 years



Michael Thomson inside Channel Nine Studios in Perth

by Josephine Allison

IT was four o'clock on a dark Kimberley morning when new Channel Nine reporter Michael Thomson made his first live cross to Sydney with his big story on Kimberley killer Joseph Schwab. The German tourist murdered five people in the top end of the Northern Territory and WA in June 1987 and the hunt was on to catch him.

Now, as he looks back on 40 years as a news reporter and presenter, Thomson says his live cross to big television names George Negus and Liz Hayes on the Today show, was fraught with nerves and he hadn't slept much that night.

"It was my first big network story and my first live cross," he recalls. "We were outside the Telecom building in Kununurra because in those days we would plug into the telephone lines with the help of a technician.

"My heart was beating so

loudly I thought they would hear me through the microphone. I was not good at switching off then. Negus and Hayes were big names and this was a massive

national story. "The first thing we did when we landed in Kununurra was to hear there was a vigilante in town. We called a cab and told the driver we were looking for him and he said: "that's me," pulling the vehicle over and displaying a double barrel shotgun, saying, this is how I'm going to get rid of him.

"After the story aired on Channel Nine, the police confiscated the gun, but that was my first big network story."

These days Thomson leads no less a thrilling life, presenting the Channel Nine news in Perth each weeknight in his clear, precise, reassuring voice (he has received WA Clear Speech Awards on several occasions). It's a list of stories good and bad but Thomson finds it as exhilarating and exciting as the first day he joined Channel Nine after seven years in print media with the now defunct Daily News.

"When I was going through school I thought I might become a lawyer, because as people who know me know I like talking. I studied law at the University of WA but probably didn't study hard enough and my sister suggested journalism and I have always loved sport.

"I ended up with a cadetship on the Daily News after someone dropped out and I did all the cadet things courts, crime and council rounds, moving into sport relatively quickly and then shadowing the police roundsman for

Thomson says though he enjoyed print he always thought television would be exciting so after covering the America's Cup he accepted a job with Nine and has never regretted it.

He spent three years as a crime reporter, then got back into sport and presented it for a long

period. He covered the Olympic Games in Atlanta and Sydney, and the 1994 Commonwealth Games in Canada. He has also covered AFL grand finals, the Australian Grand Prix and Sheffield Shield and One Day cricket.

Two years ago, Thomson was offered the top gig of Channel Nine's 6pm weeknight news pre-

"I was shocked but thought what a great opportunity. We live in such a different world to when I started which seems a long time ago, but in other ways it doesn't.

"When I started, there was no mobile phones, no computers, laptops, Gopros, dashcams or social media, security cameras are everywhere. The biggest difference by a long way is access to vision has changed hugely. Rightly or wrongly people have an insatiable appetite to record everything they do, especially the new generation.

continued on page 17



WHATEVER YOUR RESIDENTIAL AGED CARE NEEDS AND CIRCUMSTANCES, we've got you covered

- Permanent, short-term and day respite
- Wellness centre
- Gymnasium (including personal trainer)
- Leisure and lifestyle services (including onsite cinema, café and hair salon)
- Concierge services



From the editor's desk



Jennifer Merigan

IT SEEMS every time vou tune in to the news there is another disaster. political discourse or depressing content. I hope that you find a reprieve in our pages with some good news and positive information to keep you happy and healthy.

This year we celebrate our 29th year of publishing and for me I clock up my 22nd year of working here. I was chatting with a colleague the other day talking about the regular monthly spot I do on Ra-dio 6PR on a Saturday night which I started in 1998 with Peter Dean.

I remember having sweaty palms and feeling very nervous but now after hundreds of spots it seems it is just a regular part of my life. It reminded me of how quickly the

vears go past and how the world has changed in those 22 years. I am very proud that this newspaper is still loved and well received in these changina times.

I thank our small team who work hard to get this paper out each month. We love delivering good news stories featuring interesting people and information which encourage people to age actively as well as giving them a voice in the community. Please do support our advertisers as we receive no financial support from government and it is our advertisers that allow us to bring you this paper each month.

I was having a conversation with some people recently who asked me to include more activities for working people in the paper. This month I have added a feature about the many social clubs, events and dances which happen around town in the evening. I will be providing information about these on a monthly basis

Join us online: www.haveagonews.com.au

Rockingham branch of the Senior's Recreation Council is holding their annual Have a Go Day at the Mike Barnett Sports Centre on Wednesday 25 March. This is a new date and venue for the event, and we encourage people who live in and around Rockingham to mark their diaries for this free day which showcases a variety of activities, clubs, groups and information.

The Holly Wood Tuesday Morning Show returns for 2020 and for February they will be running the show at Burt Hall. See page 10 for the program and further details.

Our Question and Answer service for the Department of Human Services generates a lot of response and this is available for readers to use. Lawyer Raymond Tan also offers his services for basic legal advice. If you have a question email us at info@ haveagonews.com.au.

*** We are really enjoying developing the Have a Go News' website further and updating it on a daily basis with information we can't get into the paper and now we are featuring various videos. We have a load of information about Fringe Festival and we also have added trailers for all the new movies coming to the cinema too. We don't do celebrity news or fake stories so take a moment to visit.

For those on Facebook join us at the Have a Go News page where we have a lot of fun on a daily basis with extra giveaways and information.

Any interested people can sign up to receive the digital version of the paper to your inbox on the day of publication, it's a replica of the hard copy version. Email readers@ haveagonews.com.au

I hope you enjoy this month's edition and you stay healthy and happy.

> Jennifer Merigan **Editor**

jen@haveagonews.com.au www.haveagonews.com.au

Ageing research snippet

Extra virgin olive oil in your diet may protect against various dementias... DUE to its monounsaturated fatty acids, or "good" fats, extra virgin olive oil is recognised for its ability to lower the risk of heart disease and high cholesterol.

Several recent medical studies have suggested that extra virgin olive oil also has neuroprotective and cognitive benefits.

A 2012 study of mice found that the oil improves rodents' learning and performance in memory tests.

New research on mice found that adopting a diet rich in extra virgin olive oil may prevent the toxic accumulation of the protein tau, which is a hallmark of multiple types of dementia.

The extra virgin olive oil intervention improved autophagy - brain cells' ability to eliminate toxic waste - and helped maintain the integrity of the rodents' synapses, which are the connections between neurons.

It's another great reason to add olive oil into your diet...

Have a Go News Quick Quiz

- 1. The WA Current is warm or cold?
- 2. Which ocean is south of Perth?
- 3. What place was named after the Dutch galleon used in mapping S-W WA in 1622?
- 4. How many gazette islands are off WA? (300, 500
- 5. Cocos Islands are how far from Perth? (800, 1,200
- 6. Bungle Bungles are in which WA region?
- 7. WA is over how many square kms? (2.5m, 2.6m or 2.8m).
- 8. Which State has the longest coastline? (WA or Qld). 9. How long is WA's coastline? (12,889, 13,889 or 14,
- 10. Who named Fremantle? (Captain...?) See answers on page 42.

Quote of

the month

ONE must give value

to their existence by

behaving as if one's

existence were a work

Friedrich Nietzsche

GUCCI: means to be

Urban slang

cool, fresh or exciting.

Word of the month

Logomachy

Noun - an argument about words example - logomachy guides my approach to debating politics.

Logomach comes from the Greek roots logos, meaning "word" or "speech," and machesthai, meaning "to fight," and it entered English in the mid-1500s.

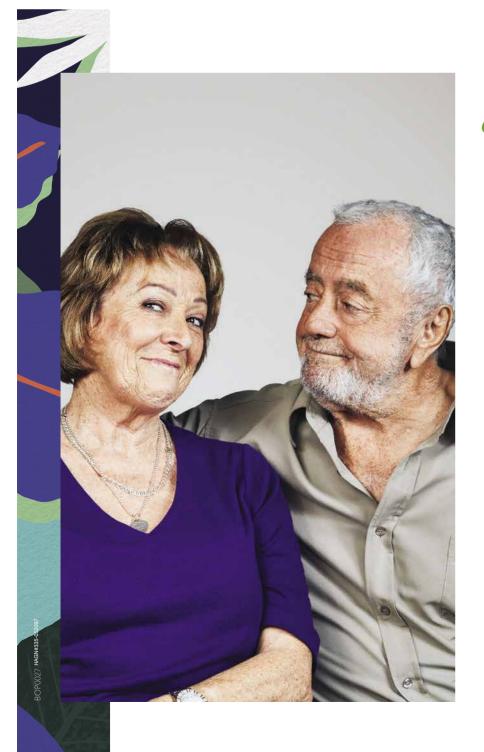
Great West Aussies - Did you know?

GOLF left-hander, Nick O'Hern was among the leaders on the world circuit in the 2000s. He was runner-up in the Australian Opens of 1999, 2005 and 2007. At 39 in 2010, he had three top-10 finishes in the US and then received a knee ligament transplant.

Funny historical fact

OUR division of minutes and hours into units of 60 comes from the sexagesimal numeral system which was first devised by the Sumerians in the 2nd Century BC

UPDATED DAILY



"We've got a long way to go before we're old."

Sue, 67 and Don, 81 Bethanie Residents and Life Experts



Home Care Retirement Villages Serviced Apartments **Aged Care Homes**

Call 131 151 anytime. bethanie.com.au

Tom Burlinson swings back to Perth with a new show honouring composers



Tom Burlinson

by Josephine Allison

MUCH loved Australian singer and entertainer Burlinson never Tom does things by halves when it comes to preparing for his stage shows. His new show, Swinging the Great Standards, a celebration of the great composers and lyricists of the 20th century, involved lots of research to bring the composers to life for audiences.

"I'm really looking forward to visiting Perth,"

Burlinson says from the Gold Coast before heading back home to Sydney. "This show is a celebration of the great composers and lyricists such as George Gershwin, Irving Berlin, Jerome Kern. Cole Porter, Rodgers and Hart and Harold Arlen. Songs by these men that have been performed and recorded over the years and be-

come standards. "Later on I move to songs that are a bit more modern; it takes time for

a song to become a standard and many people record it in different versions and interpretations. We have several songs recorded in the 60s such as Johnny Mercer and Henry Mancini's Moon River and On a Clear Day, What a Wonderful World, For Once in My Life. The most modern song we do is the last one, which is a real showstopper but

70s." "We have one great song after another from The Way You Look Tonight, Blue Skies, Night and Day, How Deep is the Ocean, As Time Goes By, Something's Got to Give and Stormy Weather.

I'm leaving that as a sur-

prise. It was written in the

Burlinson has done his homework for the show, researching the great composers and lyricists.

"I provide information on how the song came to be written, what was happening in the composer's life at the time; things I find interesting that help to illustrate the background of the song and the lives of these areat men who created these things and to personalise them.

"We might think Irving Berlin and George Gershwin were geniuses but they were also men living their lives. Some of the things I have found out about them helps il-

lustrate their art through their work. I did the research months before, trying to choose things that are interesting for people.

"The hard part is cutting it down, these men were so prolific. There are so many wonderful songs, I had to cut Gershwin down to three, with three from Berlin, a counle from Cole Porter and Rodgers and Hart. I have tried to pick my favourites or some of the best known ones

"We have some beautiful arrangements, combining the big band with something extra with an eight-strong section. That was something that was a big part of Frank Sinatra's repertoire after he collaborated with Nelson Riddle in the 50s - that combination of big band swing, the strings and those arrangements.'

Of course, Burlinson is well known for his love of Sinatra. His flawless interpretations of the legendary entertainer in concert including Simply Sinatra and Sinatra at the Sands (which he performed in Perth in 2015) have received widespread acclaim. His film and television roles include the early film classic *The Man* from Snowy River as Jim Craig where he found he had a natural affinity for horses

In an unforgiving in-

\$59

\$79

dustry, versatile Burlinson has never faltered, last year taking on the actingsinging role of lawyer Billy Flynn in the Sydney and Brisbane productions of the musical Chicago with Natalie Bassingthwaigte, Alinta Chidzey and Casey

Donovan. "I did rehearsals, then the show eight times a week in the second half of the year. Jason Donovan was contracted to take over my role in Melbourne."

Next is a tour of Latin Serenity, an exploration of Antonio Carlos Jobim and some of the great writers of Bossa Nova with Burlinson music, collaborating with virtuoso Spanish guitarist Jim Pennell

"It's all about preparing for new shows and getting out there and trying to make a living in show business," he says. "At the end of 2019 I celebrated 43 years as a show business professional. I feel fortunate to be in that position and to be able to continue creating and being given opportunities in Australia."

Burlinson and wife Mandy have three children, Mia 21, Guy 19 and Ricky 12 who is about to start high school.

"I'm still home quite a lot though Chicago took me away for a few weeks. I like to unwind at home. we are lucky to live close



to the beach and that is how I try and start my day. It gives me a wakeup to say hello to the world. I also try to keep fit which is important."

Tom Burlinson and his 20-piece orchestra perform Swingin' the Great Standards Burswood Theatre Crown 7.30pm Friday, 13 March.

WANTED TO BUY

Old china, Shelley, Royal Doulton, silver, metal figurines, old jewellery, pearls, opals, small furniture, crsytal, decanters, pocket watches, fountain pens, old lace plus any items of interest.

CALL 0419 277 333

Featuring a large variety of native reptiles and other Australian wildlife with more than 70 different species on display including snakes, lizards, turtles, frogs, fruit bats, kangaroos, dingoes, emus, tawny frogmouths, parrots, bustards and many more.

Open daily from 10am to 4pm closed Wednesdays (except school holidays), Christmas, Boxing and New Year's days 308 South West Hwy, Wungong PH: 9399 6927

Open the door for fun...

OPEN DOOR gang meet on the first and third Thursdays of the month from 9.30am to 11.30am at the Maylands Baptist Church hall.

They offer a variety of activities including carpet bowls, board games, singalongs, seed thought and much more.

Morning tea is provided, and there is no charge for people to come and join the fun.

The Maylands Church is located at 102, 7th Avenue, corner Coode Street, Maylands.

Inquiries, David and Shirley Dean on 0497 070

Join us online: www.haveagonews.com.au



Mandurah Pirate Boat Cruise Mar \$69 Apr Number 1 Pumping Station \$69 May **Busselton Jetty & Observatory** \$99 May **Moondyne Joe Festival \$50**

Choose from more than 80 GROUP DAY TOURS - from \$35 per person *min only 18 passenge

BROCHURES - BOOKINGS or FREE Membership visit www.club55.com.au

Buckland Hill Tunnels

Xmas in July @ Stringybark

PHONE 1300 653 696 Monday to Friday 9am to 2pm

Museum to hold fundraiser



L-R; Artist Roy Bolton, museum volunteer Eleanor Kay and museum development officer Nicholas Reynolds

FRIENDS of the Mandurah Community Museum will again be holding a fundraising raffle with proceeds raised used to enhance the museum collections and displays with the installation of new showcases for exhibits.

The Friends of the Museum is a group of volunteers and members passionate about preserving and promoting the history of Mandurah and surrounds.

Local photographer Roy Bolton has generously donated a framed colour image of the Old Mandurah Bridge valued at \$500 for the prize.

Tickets are priced at \$2 each and are now on sale. The draw will be held on 15 April and results will be published in the Mandurah Mail. Tickets can be purchased at the museum.

The Mandurah Community Museum is open Tuesday to Sunday and there are a number of interesting activities and exhibitions. Contact the museum on 9550 3683 for further information.



display homes that we will lease back for 6 months after completion. You maintain ownership at all times

WE WILL DO THIS AT VIRTUALLY COST PRICE WITH OUR NEW "GRID FRAME" BUILDING SYSTEM.

NO GIMMICKS! NO HIDDEN COSTS!



FREE SEMINAR 19 FEB 6.30PM Ashby Hotel, Ashby Light refreshments Please book <u>0482</u> 773 570 griddc@outlook.com

ENGAGE YOUR BRAIN: JOIN U3A

U3A provides interesting activities and events through our ten friendly supportive groups across the Perth metropolitan area.



Learn Laugh Live

MENTION THIS AD TO RECEIVE:

Visit us at u3auwa.org or call 0468 781 857



PRODUCTS OF

PRICES YOU

WON'T LOOSE

SLEEP EVER!

Thought

provokina

seminars;

groups:

lectures and

Two semesters of

courses per year; Special interest

Social activities





MASSAGE AT AFFORDABLE

7 year warranty on electric motor

Fitted with German OKIN motors

· Many preset positions for head and

PRICES

TV, ZG, Anti snore

Head and foot massage

10 year warranty on frame

MATTRESS BED & MATTRESS

King Split

\$199 \$1799 \$1699

SlumberCare (2) GREAT MATTRESS TO GO WITH ADJUSTABLE BEDS

Made in Perth by Slumbercare 10 year guarantee

Zoned pocket spring

· Gel infused memory foam in comfort layer

SLIMLINE ADJUSTABLE BED AND MATTRESS PACKAGE

Head and foot raise

• The queen spilt and king split base will sit on top of your existing bed You can keep your exisiting bed

• 10 year warranty on frame

6 year warrantly on mattress and motor

Queen Spilt \$3299 King Spilt \$3399



Beds 4 U - Malaga 2/643 Marshall Road | 9249 8449 Open Mon to Sun

Beds 4 U - Maddington Central Burslem Drive Attfield Street | 0414 040 644 Open Mon to Sun

www.beds4u.com.au Beds4u Perth Find us on **1**

Food & Wine • Club News • Healthy Living • Downsizing Healthy Ageing ● Let's Go Travelling ● Arts/Reviews ● Scene Socially

Copy & Advertisement Deadline – 25th of the month prior to publication

The Have a Go News MARCH edition will be published on Monday 9/3/20



Have a Go News was founded in 1991 by Judith Treby (Dec) and **Quentin Smythe (Dec)**

Index



1-20 Early General News and columns

21-35 Let's Go Travelling

36 **Puzzles** 37 Classes

& Courses 38 Wills & Estate 40-41 Downsizing

Let's go Motoring 42-43 44-46 Healthy Living 47 Great Home & Gardening

48-51 Food & Wine 52 Friend to Friend

53-54 55

Arts Scene Socially Publishers: Street address:

Tel:

Fax:

Editor

137 Edward Street Perth WA 6000 Postal address: PO Box 1042 West Leederville WA 6901 Website:

Concept Media

www.haveagonews.com.au (08) 9227 8283 (08) 9227 8293

Jennifer Merigan

/Travel Editor Please address all correspondence to the Editor Email the editor/travel editor: jen@haveagonews.com.au

Email to production: production@haveagonews.com.au

Australian Community Media Printers

Assistant Editor Tahlia Merigan Journalists Josephine Allison

Frank Smith **Brad Elborough** Lee Tate

Columnists Karen Majer Mike Roennfeldt

Tahlia Merigan **Hugh Rogers** Vince Garreffa

Suyin Boehm Production Graphic Artist

Advertising sales: Direct Line: Email:

Contributors

(08) 9227 8283 advertising@haveagonews.com.au

Noelene Swain

Features Manager Tammy Scott

Sales Account Managers Deb Smith

Sue Uphill

The attention of advertisers is drawn to the Competition and Consumer Act 2010 and the provisions in the Act which apply to advertising. Warranty & Indemnity: Advertisers and/ or advertising agencies upon and by lodging material with the publisher for publication or authorising or approving of the publications of any material INDEMNIFY the Publisher, its servants and agents against all liability claim or proceedings whatsoever arising from the publication and without limiting the generality of the foregoing so indemnify each of them in relation to defamation, slander of title, breach of copyright, infringement of trademarks or names or publication titles, unfair competition or trade practices, royalties or violations of rights of privacy and WARRANT that the material complies with all relevant laws and regularights of privacy and WARRANT that the material complies with all relevant laws and regulations and that its publication will not give rise to any rights against its servants or agents. All advertising material submitted for publication will be accepted only on the understanding that the material provided is not in contravention of any provision of the Competition and Consumer Act 2010 and Trade Descriptions and False Advertisements Act (W.A.) and the publisher may rely on that understanding. Although every care is taken the Publisher shall not be liable for clerical or printers' errors or their consequences however caused and no responsibility can be accepted by the Publisher where publication is delayed or prevented by factors beyond the control of the publishers. The Publisher reserves the right in its absolute discretion to alter in whole or in part or to withdraw from publication any advertisement. No advertisement understaken by a client shall be reliant on supporting editorial. All editorial No advertisement undertaken by a client shall be reliant on supporting editorial. All editoria submissions shall be used at the Editor's discretion. All editorial submissions published ir this newspaper remains the property of the publishers and cannot be reproduced without

written authority. The editorial views expressed in this publication are not necessarily those of the publishers



Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor.

MANY clubs or institutions use technology to keep their members informed

Some people (young or not so young) grasp technology and cope well with it, but others find it a burden.

Unfortunately, sometimes computer literate people try to push their skills on to those who are not so skilled.

Recently I received an email with an attachment, consisting of a magazine intended to communicate with members of an association with similar interests. It was 34 pages long.

It was far too long. Reading and absorbing the information on the screen, was an almost impossible task. Referring to any part of the email required staring at the computer for a considerable time, if one did not print it.

And if you print it out you do not save paper.

I wrote to the association concerned about the problem, stressing the fact that while I could use a computer and was able to print content, many people would be disadvantaged.

I requested a hard copy, which happily I did receive.

I believe that most recipients of the magazine would gladly pay the small amount involved.

I know I am not the only person finding situations like this.

Emails, are a very good means of sending short messages. They are not meant for magazine length items, full of information, which are to be read and retained.

Name withheld by request for reasons of privacy.

Dear Editor,

I HAVE been reading the January issue of Have a Go News and noticed that I can email with questions regarding Centrelink.

I work three days at the moment and think I'm close to retirement. So I am putting together paperwork to apply for the pension.

Do I need a birth certificate or is an extract birth certificate enough?

Can you apply for a Commonwealth Seniors Card while still working?

Also I have made a will years ago while in the country, will I need to make a new one with my current address?

It is a very straight forward will. Regards

Christine McIntyre

Dear Editor,

WITH the recently passed Voluntarily Assisted Dying laws I have a concern.

I agree, we should have a choice. But Voluntarily Assisted Dying is basically taking one's own life, is it not a case of suicide just worded differently?

Life insurance companies will not, I believe, pay out on suicide. Will they pay out on Voluntarily Assisted Dying? Or will they claim that as the person took their own life, it was suicide?

John Johnson

Ed's note – I don't think they will pay out but we will ask the question...

Dear Editor,

Re: Lets Go Motoring - Have a Go News January 2020

I HAVE just read the above and would like to answer Tony McManus' question: "Do you really need an SUV?

Our answer is yes, we love our SUV. It is easier for us oldies to get in and out of, the seats are just the right height. Having tried a car

one feels as if you are sitting near the road and is a struggle to get

If we go out to pick up large item or a long one we can lower the rear seats and, if necessary take out the privacy cover and get it in

The medium SUV we have is no larger than a normal car and is just as fuel efficient. We are not interested in getting from 0 to 100 km/ hr in even seven seconds; we love the practicality. It still has all the mod cons that cars have with the added benefit of the more usable room. I would not have a car again.

This is the second time Tony has disparaged SUV's and asked a similar question.

David Laws Hamerslev

WANTED TO BUY

Antiques and Collectibles Deceased Estate Specialists - Estate Sales conducted

We are looking to purchase

- old paintings Royal Doulton • Shelley China • Australian pottery • Wembley Ware • medals and badges • stamps, coins and banknotes • postcards • vintage handbags • costume jewellery
- militaria old advertising
- fountain pens vintage cameras • sewing memorabilia
- We buy anything old and interesting as long as we don't

have to feed or water it!

Call NICK 0498 009 880 or **SALLY 0407 672 878** for FREE consultation

HOME CLEARING ASSISTANCE

- ✓ Houses cleared
- ✓ Downsizing help
- ✓ Deceased estate specialists, all handled with discretion and compassion
- ✓ Garage/sheds cleared
- ✓ Office clearances
- ✓ Rentals cleared

✓ Moving out clean-ups Servicing north and south of the river

HOUSE **CLEARING** SPECIALISTS 7



Tell us what YOU need

Dear Editor,

IN the effort for all of us to use less plastic I would like to encourage people to return to using wooden clothes pegs to hang out their washing.

would suggest that we return to using the style which were shaped as a V and just clipped on to the clothesline with no

metal springs.

Every small effort we can make to reduce the use of plastic

We have banned the use of plastic bags so why can't we do the same thing for plastic clothes pegs?

> **Neville Skeats** Orelia

Dear Editor,

THANK you very much for the tickets to see Little Women. I really appreciate it.

My friend Claire and I are driving down to Perth to go and see this movie. Kind regards



Find the secret word to win...

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 adver-

tisements in this issue contain 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.

- Beas4u
- 2. Foothills Denture Clinic
- 3. Atwell Arts
- 4. Retliving.com
- 5. Leederville Cameras 6. Aussie Redback
- Tours 7. Kalbarri Palm Resort
- 8. Benara Fresh Food Market
- 9. Chef & Co

10. Seniors Moments 2 11. Guide Dogs WA

Entrants can enter via email win@haveagon ews.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 29/2/20.

Congratulations Shirley Suckling, of Melville, our December 2019 winner.

CAVERSHAM WILDLIFE PARK THE

FARM SHOW 1pm & 3pm





Phone 9248 1984 Email sales@cavershamwildlife.com.a







Philippa's wonderful artwork brings WA flora to life



Philippa Nikulinsky in her studio

by Josephine Allison

INTERNATIONALLY renowned Perth artist Philippa Nikulinsky's fascination with land regeneration after bushfire seems timely in the face of raging fires which swept the country in recent months. This affinity is shown in her recently released book, Nikulinsky Unfolded Xanthorrhoea which takes people on a walk through the Great Victoria Desert before and after a fire.

This is no ordinary book, it can be unrolled concertina-style which reveals Xanthorrhoea in its many moods. It is

the result of a visit to the Great Victoria Spring, about 200km east of Kalgoorlie in mid 2017 by Philippa and husband Alex.

"The spring was dry, but in the surrounding area, the grass tree Xanthorroea thorntonii was particularly picturesque," she says in an introduction. "Where the fire hadn't reached, the old leaves of Xanthorrohea skirts draped down to the ground. Pairs of trees grew together with their skirts joined as if for dancing - how many years had they lived intertwined in this pose?

"I needed a way to de-

pict this landscape. Not just a single image, but as a story. Back in my studio, I painted on and on until the seven-metre

beginning and no end."

The original roll is on show at Philippa's studio

roll of Japanese kozo pa-

per ran out, to show an

unfolding of time, with no

"I call it rolling out of time, done as a concertina book which opens out to about 4.5 metres but folds up into a neat package. It's easily posted and a lovely size, I'm thrilled with it," she says.

People view it and say: "isn't it terrific." One bookshop opened it out along one of the shelves to achieve the complete impact

From her many journeys around WA, Philippa has produced six books, as well as 22 years of cover illustrations for *Landscope* magazine. She also keeps copious diaries detailing what she has seen.

In 2016 she was made a Member of the Order of Australia (AM) for her significant service to the visual arts. Last year she was conferred a degree of Doctor of Letters by the University of WA coinciding with a threemonth survey exhibition of 50 years at the Lawrence Wilson Art Gallery.

Accompanying the exhibition, was a book, Nikulinsky Naturally, An Artist's Life, edited by Ted Snell and later taken up by Fremantle Press. The book has a foldout cover depicting budgerigars seeking water from Mount Clare Station in the Gascoyne and the Great Sandy Desert.

"I've always wanted to do a painting of budgies but it is boring having them sitting on a branch so this is much more exciting. My granddaughter Anna, helped with the work." Ted Snell says: "The reality of Philippa Nikulinsky's life is that every day, when not in the field searching for new plants and seeking new environments to document, she is working in a lofty, well-lit studio at the bottom of her garden."

In 2011 the Queen and Duke of Edinburgh visited Perth for the meeting of Commonwealth Heads of Government (CHOGM). During the visit, then Premier Colin Barnett presented the Queen with a gift of Philippa's limited edition publication, Wildflowers of the Eastern Goldfields of Western Australia.

Her collection of work, Cape Arid, includes paintings by husband Alex and is held at the COMO The Treasury Hotel in Perth. In 2016 Prince Charles opened the hotel and was presented with a work from the series.

Philippa took scrolls to Toodyay after the fires to encourage locals devastated by their black bush.

"Bushfire and plant regeneration after fire is an ongoing topic of my work," she says.

Born in Kalgoorlie, Philippa is the mother of four grownup sons and has 11 grandchildren and two great grandchildren.

She says it's a wonder-

ful life. But she is hoping for quieter times this year, after a busy time last year with her retrospective exhibition.

"I am watching the weather, and we are hoping to head to the Pilbara and Gascovne."

Philippa Nikulinsky's work gives new hope for bush regeneration after fire. She says: "Fire is not devastation. It is a new beginning."

Nikulinsky Unfolded Xanthorrhoea (Fremantle Press), \$35, and Nikulinsky Naturally An Artist's Life (Fremantle Press), \$39.95, are also available from good book shops.



Reclaim your spare room with our Wall Beds







Comfortable and clever

Do away with the spare bed that dominates the available space in your spare room.

A wall bed transforms your spare room into a usable room that can still comfortably accommodate guests and provide them with a proper mattress for a comfortable night's sleep.

Quick and easy to use

Our wall beds have been designed so you can leave your bedding on the bed while it is folded closed. Simply lower your bed and it is ready to use in seconds!



Double Wall Bed from \$2,970* Queen Wall Bed from \$3,140*

*price includes supply and installation of bed

Contact Rob on 0413 818 478 or rob@homeconverters.com.au to arrange to view our wall bed on display

Get out and about and have a go... there's lots going on to entertain people



by Jennifer Merigan

I HAVE had many requests from readers to include more evening activities for people who are still working.

There are lots of social clubs, dances and bands playing around town all targeted at the

mature demographic.

Each month we will be providing a regular list of some great local events which provide low cost entertainment and an opportunity to expand your social life while getting out and about.

Ōn Sunday 29 March there will be an extravaganza of local music at the Charles Hotel from 2pm to 7pm to raise money to produce a documentary about Perth's music scene in the 1950s, '60s and '70s. Come along to the aptly named Stepback gig which will be hosted by much loved personalities Jenny Seaton and Gary Carvolth. The lineup of live music includes Johnny Young and the Strangers, The Troupadores, The Statesmen and many other entertainers. It's going to be a great afternoon of rock and roll. Tickets for this

seven-hour afternoon of music are \$50 and bookings can be made through Trybooking just visit www.trybook ing.com and type in Stepback.

The Charles Hotel is also home to the Perth Blues Club and they run a regular Tuesday night gig with live music from some fabulous artists including our columnist Rick Steele. It is a great place to make new friends and hear some good music. Doors open at 7pm.

The Western Social Club run events on a weekly basis for singles and couples over 40. They offer a variety of events at various venues. On 22 February they are having a night of music and dancing at the Gosnells Bowls Club

with live band *Menzies*. On 29 February they have a house party in Noranda with a DJ. On 7 March they return to the Gosnells Bowling Club with live band Sway. On 14 March they will host another house party in Huntingdale. Tickets for their events are \$15 for non-members and \$10 members. Find out more by calling club president Sue Faulds on 0400 775

There are loads of dances which happen around town and many offer lessons beforehand. On Thursday nights a social dance is held at the Bayswater Bowling Club called B-Side Bop. They run a short introductory dance class from 6.30pm to 7pm and then have the social dance from 7pm to 8.30pm. They play music

from the 1930s to 1960s which is a mix of big band swing, soul, rockabilly, rhythm'n'blues and rock'n'roll. It's bit different to the standard social dance night designed for one specific dance style. They encourage everyone to come along with any level of dance experience level and welcome singles and couples. For more information contact bside bopperth@gmail.com

Every Sunday afternoon the Fremantle Jazz Club runs a program of modern and mainstream jazz from 3pm to 6pm at the Navy Club on Level 2, 64 High Street in Fremantle. It's a great afternoon for jazz lovers and they hold regular special events featuring well known artists. Find out more by emailing info@

jazzfremantle.com.au

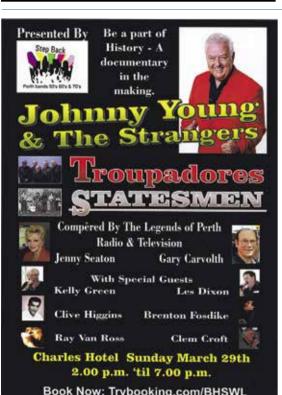
For our Bunbury readers the Bunbury Rock and Roll Club will hold a Valentine's Day dance on Friday 14 February. Enjoy great music from duo Best Friends. Andrea has a fantastic voice and belts out a medley of favourite rock and roll songs. It will be a fantastic evening of dance at the Commercial Club in Bunbury. For more information contact bunburyrocknroll club@gmail.com or call 0438 766 735.

Organisers are welcome to send in their events for us to list. Please remember we are a monthly newspaper and we like to ensure readers have a good lead time. Email info@haveagonews. com.au with details.

TO

Furniture, China, Books, Records, Tools, Coins, Bank Notes, Watches, Toys, Costume Jewellery, Tobacco Tins, Enamel Signs and **all collections bought**. Lic No. 1115

Jones of Guildford PH: 9378 2065 Police Cleared & Licensed - OPEN 7 DAYS





Release product now available. SAFE, EFFECTIVE and AFFORDABLE

FREE TALK by leading expert Perth 25 February, 7pm Albany 27 February, 7pm **Venues TBA**



CLINIC

To book or for information on the product call Sandra 0412 479 156

Repair and Regenerate your body with Stem Cell Nutrition

Enjoy a free barbecue in the burbs



JOIN Nine News and 6PR for a barbeque in the burbs every Thursday afternoon this February, 3pm

6PR's Oliver Peterson will be broadcasting Perth Live from 3pm, and Nine News' Scherri-Lee Biggs will be presenting the weather at 4pm and 6pm.

There'll be fun for the whole family including a free community sausage

Thursday, 13 February - Baldivis, Steel Tree Reserve, 59 Arpenteur

Thursday, 20 February - Ellenbrook, Sports Hub, 107 Verbana

Thursday 27 February - TBA check the Have a Go News Facebook page for details.





Claremont Court 42 Gugeri Street Parking at Front Door,

Opposite Claremont Train Station

Front factoning

P: 9322 2907 E: fourseasonsperth@iinet.net.au www.fourseasonslingerie.com.au OPEN: Mon-Fri 9.30am - 5pm. Sat 9.30am - 4pm. CLOSED: Sun and Public Holidays.



for an appointment

Shop 4, 16 The Avenue Midland www.foothillsdenture.com.gu

50% OFF

THURSDAY 20 - THURSDAY 27 FEBRUARY

WOODVALE BOULEVARD CHEMIST corner Whitfords Avenue & Trappers Drive, Woodvale 9309 5113

DISCOUNT IS OFF <u>ORIGINAL PRICE ONLY</u>, NO FURTHER DISCOUNTS APPLY

To fix your pantry, Call Brett Gaffin. The Inner Drawer Specialist at Easy Access Kitchens.

Make your kitchen DON'T CHANGE YOUR DOORS BUILT IN CORNER PANTRY PANTRY-MICROWAVE



blum 65kg drawer runners & Guarantee our drawers YOUR FOOD & PLATES RIGHT OUT TO SEE THEM will make your life easier.





DEEP DRAWERS NARROW PANTRY



Great Scott! Canning Highway will rock as it becomes the highway to hell



Left to right; Perth International Arts Festival's artistic director, lain Grandage Bon Scott statue Fremantle



by Lee Tate

BON Scott, one of the biggest noises in modern music, would surely have been impressed with an entire stretch of highway being closed to accommodate a hellfor-leather, mobile rock concert.

Especially since it's Canning Highway, his old stamping ground and the inspiration for Highway to Hell, AC/ DC's blockbuster 1979

Singers, bands and performing artists from around the world have happily climbed aboard for the event on the highway that will become the world's longest stage.

More than 100,000

onlookers are expected to line Canning Highway on 1 March to celebrate Bon and AC/DC's mindblowing, ear-shattering hits that sold more than 200 million albums

worldwide. The tribute to Fremantle-raised Bon, who drank himself to death in 1980, is a masterstroke by Perth International Arts Festival's artistic director, lain Grandage.

The festival's first home-grown director, South Fremantle's lain recalls, as a young man in the 1980s with checkshirt and mullet haircut, listening to AC/DC on the radio of his Escort panel van as he drove up Canning Highway to Perth Concert Hall to play his cello with the WA Symphony Orches-

He told me: "When mentioned someone the Canning Highway-Bon Scott connection and I watched AC/DC on Rage doing It's a Long Way to the Top, I thought: What if we got some trucks and celebrities travelling down Canning Highway?"

Bon is remembered in a film clip performing with the band on the back of a truck.

The seed was planted, Bon's family approved (without involvement) and the process began to have the highway closed, the entertainers locked-in and the red tape tackled. The State Government gave the green light.

extravaganza, from Applecross to Fremantle, will fall on the 40th anniversary of Bon's ashes burial in Fremantle Cemetery.

"It's great to be able to present this event south of the river and celebrate the totality of Perth, not just in the city or around the Western suburbs," lain said.

Onlookers can grab spots along the highway or focus on a few designated mini-concert areas including outside Bon's old drinking hole, Palmyra's Leopold Ho-

the 10-km Along stretch of highway will come 10 flatbed trucks at walking pace, spaced well apart, with performers on the back belting out AC/DC hits. The WA Police Pipe Band will add the highland pipe flavor favoured by Scots-born Scott.

There'll also be roving performances of a variety of acts.

"It's a free event and many people will be able to watch and walk home," laughed lain.

The line-up ranges from Aussie rock to Finnish folk with multicultural acts including the Japanese female rock trio Shonen Knife and Finnish bluegrass band Steve 'n' Seagulls.

There'll be big bands and artists as diverse as Pigram Brothers, Amyl and the Sniffers and Perth Symphony Orchestra. Performers will also lead The world's largest karaoke rendition of AC/DC's Highway to Hell.

While Scottish-born, hard-drinking, ex-prisrabble-rousing and raucous Scott was hardly a model citizen in his youth, the like-able lad boosted modern music and changed cultures. He has been

saluted in life and death.

In 2004, Bon was rated by Classic Rock as the "Greatest Frontman of All Time" and, by Hit Parader, was ranked fifth greatest heavy metal vocalists of

In 2008, Bon's bronze statue was unveiled at Fremantle Fishing Boat Harbour and Fremantle artist Bevan Honey painted Bon's grinning likeness in phosphorescent green under Freo's new bridge.

AC/DC was fourth of the "100 Greatest Artists of Hard Rock", seventh "Greatest Heavy Metal Band of All Time by MTV and 72nd in the Rolling Stone list of the 100 Greatest Artists of All Time.

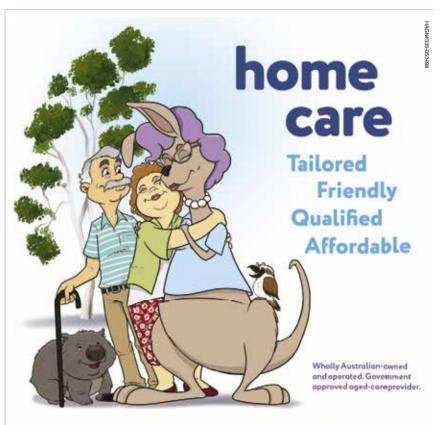
When Melbourne named ACDC Lane (without the /) in its CBD, Lord Mayor John said: "As the song says, there is a highway to hell, but this is a laneway to heaven. Let us rock."

In 2006, Kirriemuir, Scotland, where Bon spent several youthful years, held a service for Bon and unveiled a

Caithness stone slab. A life-sized bronze statue of Bon was also unveiled there by ex-AC/ DC bass player Mark Evans in 2016. Kirriemuir also hosts an annual "Bonfest" festival.

Bon's grave is the most visited grave in Australia, listed on the National Trust's classified heritage places. In 2006, to mark his 60th birthday, the Metropolitan Cemeteries Board added a Bon Scott Arch and Memorial Entrance

Perth Festival 2020 runs from 7 February to 1 March. www.perthfes tival.com.au/whats-on/



Professional, friendly and affordable in-home aged care tailored to your needs. Qualified nurses and trained health specialists.

Pearl can provide the Cognitive Stimulation Therapy, a dementia specific program as the leading dementia therapy available today.

Book a free care meeting today.

1300 688 118 pearlhomecare.com.au

KAWAI

UNIVERSITY



AMAZING PRICES ON KAWAI

UPRIGHT & GRAND PIANOS

Reunion...

A REUNION is being held for all former staff who worked for Kmart from 1969 to 2004. It will be held at the Merrywell Restaurant at Crown Perth on Monday 1 April at 11.30am.

All former staff are invited to come along and catch up with work colleagues. The organisers look forward to seeing as many people there as possible.

Please RSVP Monday 16 March to George Drew: 0448 317 569 georgeg drew@hotmail. com; Norm Young: 0408 094 000 nwy@ iinet.net.com or Martin Egan: 0487 320 700 martinegan@big pond.com





onwards 'make a lantern' for the passing parade

ATWELL GALLERY AT ATWELL ARTS CENTRE

586 Canning Hwy, (Cnr North Lake) Alfred Cove

Ph: 9330 2800 www.atwellarts.com

rside location on bus route - Plenty of parking - air conditioned







Or just \$94 with Seniors Card! PLUS seniors receive 10% OFF everything from fillings to dentures



snadenspianos.com.au



161 Stirling Highway, Nedlands WA Please call Edward Cranfield

Snadens Pianos

on (08) 9386 7955

Where opinions matter - is it time to re-ignite the Australian republican debate?



Lee Tate

by Lee Tate

THERE is no better time to salute Queen Elizabeth, even for those of us who line-up as Republican Aussies. Being a republican sounds so revolutionary, so divisive. Yet we don't belong to any revolutionary movement. It doesn't mean we don't love and respect the Queen for the work she's done everywhere, the records she's set and the Commonwealth's durability.

After all, Her Majesty has been in our lives from the days we stood to attention before the start of the movies for God Save the Queen, hands loyally by our sides.

Every day at school, our framed sovereign watched over us as we scribbled away and opened our books at our desks.

We have, undeniably, been blessed to live in the modern Elizabethan era. The first Elizabethan era in 1558 - 1603 is described by historians as "the golden age in English history as England experienced peace and prosperity while the arts flourished."

Yet the modern Elizabeth has outlasted and outdone them all, notwithstanding latter-day media pressure, including being the most scrutinized and probed of all sovereigns and probably of all people, for her entire life.

Not to mention the Windsors run of scandals, new directions and Prince Harry.

No, Queen Elizabeth

Il has created her own "golden age in English history".

This elegant woman, born on born 21 April 1926 to King George VI and (another) Queen Elizabeth, privately-educated at home and mother-of-four has been, this month, on the throne for 68 eventful years through war, peace and turmoil.

So as the sun sets on

this golden age, isn't this also the best time for Australia to move on? Australia, surely, will be none-the-worse for turning republic. Britain, and even the royals, won't object or even mind. The Queen has said it's a matter for Australians. Prince Charles feels the same. We aren't becoming an enemy.

When we move out of home, we don't lose our love and respect for our parents. We don't lose the golden years of our youth. We keep contact for the rest of our lives and relish our memories. We evolve as nature intended. Birds leaving the

The Commonwealth has endured in the modern era. At the Commonwealth Games on the Gold Coast a couple of years ago, only 16 of the 53 member nations of the Commonwealth had the British monarch as their head of State. Two-thirds are republics.

Athletes from India, Singapore and South Africa – among the world's great republics – joined happily with the other competing nations. Independent Canada keeps strong ties and affection with the monarchy and the modern royals.

Queen Elizabeth has led the way for royal families everywhere, set the highest standards, maintained traditions and broken ground. Her Majesty has helped keep nations together, steered a difficult course in spite of family indiscretions and laid solid foundations for future monarchs.

Britain's royals have enthralled the world for generations, sold a billion glossies and continuously top the list of UK premier tourist attractions – money-spinners for the nation.

A slimmer, less-formal, modern monarchy is probably ahead. Forget damehoods and knighthoods and drastically reduce the hangers-on, including obscure royal

family members and their entire attendant

staffs.

Australia is not the place it was when a beautiful, dedicated young woman found herself on the British throne in 1952. The Commonwealth now serves a purpose based on friendship rather than entitlement or privilege.

Australia won't be any the worse for turning republic. Surely in this great, wealthy, highachieving nation we can find inspiring Australian leaders for Heads of

While the sun is setting on the Elizabethan golden era in Britain, in Australia the sun is just rising.

What do you think? – email info@haveagone ws.com.au with your opinion.

Support the Advertisers



Fitness, friendship and fun is the catch cry of Masters Swimming WA



Claremont Masters swimmer, Paul Blackbeard

by Samantha Parrotte, communications and events coordinator, Masters Swimming

CLAREMONT Masters Swimmer, Paul Blackbeard, has been swimming since he was nine years old and is the current national record holder in his age group for all records from 100m to 1500m.

He started swimming through the encouragement of his diver dad, who insisted that Paul learn to swim before trying diving.

However, Paul never got to the diving stage and has been swimming ever since. He is now in his 60s and has swum in many international championships, resulting in numerous world titles and records.

Swimming in both open water and pool competitions; he loves the variety that the two different environments offer.

Paul says the open water swims often have: "something wonderful to experience in the water, plus the fact that by 11am you have finished to enjoy the rest of the day."

have finished to enjoy the rest of the day."
While pools offer: "easier flow in training"
and the ability to "catch up with friends
during the interval break."

Masters Swimming WA have opened 2020 memberships which provide a fun and relaxed environment to make friends while keeping fit and healthy.

There are members of all ages at the clubs and skill levels, ranging from beginner to advanced.

Just like Paul, you can explore your love of swimming at a club that suits you, so be sure to check the Masters Swimming WA website at www.mswa.asn.au to find your perfect club.

Got your home care package approval?

Let's have a chat – over a cuppa and cake on us.

If you've received your Home Care Package approval, have a chat with your local Baptistcare consultant.

We can help you take the next steps, answer all your questions and design a personalised package just for you. Plus, you'll enjoy no set up or exit fees with Baptistcare.

We can catch up at your favourite local café, or we can visit you at home – just let us know where to meet and enjoy a cuppa and cake on us.

Get in touch today 1300 660 640

baptistcare.com.au/approval





Everyone craves connection so show how much you care



Maria Davison

by Maria Davison, **Chief Executive Officer,** Alzheimer's WA

IT is February already and Valentine's Day is just around the corner. No matter your personal view of Valentine's Day: whether it is an opportunity for you to express your feelings for another person, or whether you view it as excessive commercialisation, Valentine's Day is a timely reminder to think about the relationships in your life and how you connect with the people you love.

Everyone craves connection. It's an essential part of being human. No matter their age or background, people find solace in seeking the companionship of other people. The idea behind celebrating a day to show you care for another human being has a lot of merit to it. Think of it as a prompt for you to connect with the people you value the most. Not just on this one day, but on every day of the year.

Finding the time to make genuine connections with others can often take a back seat to other more urgent distractions in everyday life. However, connecting regularly with other people is good for your health - all the more reason to put some time and effort into how you connect with the people around you.

One way to improve your connections with those closest to you is to pay attention to what is important to them, and show you value the relationship by acknowledging and celebrating this regularly - not just on special occasions just as Valentine's Day, anniversaries or birthdays.

This is also a valuable way to connect with a family member or friend who is living with dementia. Although it can be difficult to see, a person with dementia can still feel a full range of emotions. Often the part of the brain that processes emotions is one of the last to be affected by dementia. Even if they are unable to communicate

those emotions to you, they can still experience feeling happy, sad, content, concerned, scared or in love.

A person with dementia and their family members will often experience a loss of connection with others after a diagnosis. Dementia can be confronting to friends or other family members who don't understand what it means and how it impacts the person living with it. Consequently the person with dementia and their family can end up losing friendships and social connections at a time when they need that support the most.

Connecting with a person with dementia can seem difficult, but it does not have to be. Connection does not always require verbal communication. It can

be as simple as spending some time sitting together, holding hands or looking at photographs. Listening to music is also an enjoyable way to spend time together. If the person doesn't have easy access to music, a wonderful way to show how much you care for them is to put together a playlist with their favourite songs. If you know a family member or friend with dementia who enjoys going out for coffee, but finds regular cafés too noisy or is concerned how others may perceive them, you could try visiting a Memory Café - a safe space especially for people living with dementia and their family and

friends. In the spirit of Valentine's Day, make connecting with your loved ones a priority this month.

See page 44 for more Healthy Living...



Sharing the facts



Jon Lewis

by Jon Lewis

LISTENING to some great talk-back phone calls on 6PR early one morning, I began to wonder about opinions.

Whose opinion is right or correct? Whose opinion should or should not be allowed? Even whether an opinion deserves respect or not? I am sure this list could go on... can you think of more?

Where do we go when an esteemed person makes a demand, which I feel is really just an opinion? Do we trust that they have thought it through? Do we consider their qualifications or their popularity? For instance, if a local figure says we need a train or bus, do we trust that they are well versed in people flow? Do we assume they would not have said such a thing unless they had truly sought advice of experts and scholars?

Could it be simpler than that... am I in full agreement if the opinion is the same as mine?

Also where do we stand on changing our opinions? I think it's unfairly called back-flipping. As I see it, it takes great deal of courage and clarity from a person who is prepared to make such a change.

Here is another point... facts? Yes I did indeed decide to follow that word with a question mark. I was awoken to the idea that one person's facts can be different to another.

You would think a fact is an indisputable point that cannot be argued, a thing that is known or proved to be true. However, facts are challenged all the time. Also, that fact may not be the most helpful information. It's a fact that seven is the most popular favourite number. However, that does not mean that most people search out the number seven.

In fact, most people don't much think about favourite numbers, if at all. So, which is the fact... seven or that people don't much care for favourite num-

In hearing opinions on air I do wonder how we are supposed to work through the varying ideas and even how much or how little people truly care about it. You may have a very strong opinion on one action and yet really not care very much if it takes place, as long as you don't have to do it.

I like to simplify an opinion down to the basics. What was the original selection criteria or intention? Do recent circumstances and opinions change that?

For example, currently there is the loudly shouted renaming of a sports stadium. I would ask first. For what reason was a name selected and what has changed to make that choice now in error?

Honestly, at the end of it all... as long as everyone is healthy and we can share a seat on the bus it has got to be good, hasn't it? In my opinion.

All the best.







For a limited time only. get a \$15,000 Bonus on especially selected apartments at The Reserve.



Large two and three bedroom apartments



Indoor swimming pool Fully-fitted gymnasium



Secure parking and storage



Social Centre/Club

Short walk to shops, cafes and medical services



Alchera's Office (08) 9314 5884 thereserve.net.au



Convenience and Companionship: Top features to look for in an Over 55's Village

When it comes to the 'ideal' retirement plan, there are plenty of versions out there - from unique travel experiences to prize-winning lawns, golfing indefinitely, or toasting sunsets. It does seem, however, there are handful of things that much of the over 55's population is actively looking for when it comes to accommodation. These must-have features are setting the bar for Over 55's villages very high indeed.

In a 2019 survey actioned by Southern Cross Austereo (SCA), it was clear that most baby boomers are not only seeking resort-style facilities but neighbours that share common values and have the potential to become future friends.

Key motivator for many people to move into an over 55's community is social engagement - they're looking for like-minded people, a connection with their neighbours, and a positive community culture.

SCA's survey asked participants what they were looking for regarding communal facilities. The outcome showed that swimming pools, access to nearby health care facilities and cafes were top of the wish list. Alchera Living's new Over 55's development, The Reserve, delivers these in spades with all this and more adjoining their already well-stablished village, Weeronga.

"We have been overwhelmed by the positive feedback from residents and prospective residents when it comes to the new indoor heated swimming pool, gymnasium facilities and Social Centre/Club House,' said Alchera Living's CEO, Mr Alan Marshall, "...these features, paired with the local shopping strip and medical centres within a short walk plus nearby recreation and entertainment venues and the close proximity to Fiona Stanley Hospital, have made Weeronga a highly sought-after

Another key feature being sought is security, with gated communities such as Weeronga proving highly desirable. We are conscious that residents want to feel safe where they live, The Reserve is a prime example of how secure parking and storage, intercoms and more, can help provide peace of mind".

"It is great to see the genuine companionship amongst our residents in our newly upgraded Social Centre/Club House at Weeronga. This facility has been a popular feature amongst Weeronga residents for morning teas, activity groups and other social occasions", said Mr Marshall

Eligible applicants can secure a new apartment at The Reserve from just \$440,000 (with a \$15,000 Sizzling Summer Deal* Bonus available for a limited time). Each apartment has its own secure storeroom and car bay/s. These fabulous homes are flanked by Winnacott Reserve, shops, cafes, health centres, library, recreation clubs and more, whilst also hosting an indoor swimming pool, Social Centre/Club House, multiple BBQ facilities, and fully equipped gymnasium.

To organise an obligation-free private viewing of The Reserve, including two display apartments, call Alchera Living on 9314 5884 or visit www.thereserve.net.au.

Source: SCA Research, 2019

*Terms and conditions apply, see website for details.

Working in retirement - how the work bonus operates when claiming your pension



Hank Jongen

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

RETIREMENT can often feel like a lifetime coming. But once you actually get there, it can be both exciting and a little bit daunting. It's a major life adjustment, and particularly so if you've spent decades in the workforce.

It's never too early to start planning for retirement, including considering if you'll work past pension age. If you'd like to keep a foot in the door with your current job or pick up new work in the future, but you're not sure what this means for your Centrelink pension, then the good news is you may benefit from Work Bonus.

Work Bonus is an incentive for pensioners to work past retirement age. It allows you to earn more from working each fortnight before your pension payment rate

starts to reduce. To be eligible for Work Bonus, you must be of Age Pension age (currently 66 years) and receiving either Age Pen-Carer Payment, Disability Support Pension, Widow B Pension, Wife Pension, or Bereavement Allowance.

So how does it work? Work Bonus allows you to earn up to \$300 a fortnight from employment without it affecting your pension rate

If you earn less than \$300 in a fortnight, any leftover Work Bonus will accrue in your Work Bonus balance. For instance, if you earn \$0 in a fortnight, we'll add the full \$300 to your Work Bonus balance. We'll stop adding to your Work Bonus balance once it reaches a maximum of \$7,800.

You can use your Work Bonus balance to offset higher future earnings. For instance, if you earn more than \$300 in a fortnight, we'll use the first \$300 of your Work Bonus to reduce your income, and then use any Work Bonus balance you have to reduce the remaining income.

After you've completely used up your Work Bonus balance, you'll start to be credited again with up to \$300 of Work Bonus each fortnight.

Work Bonus applies

Kelly Green has had a

tremendous career in

TV and cabaret, and will

entertain everyone with

a lively show of great

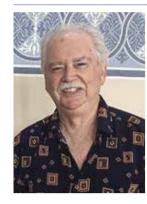
to income received from working for an employer or from self-employment. If you're self-employed, you need to be actively participating in your own employment, meaning you're doing work that involves effort, such as bookkeeping, cleaning duties, lawn mowing, or even driving an Uber.

If you're thinking of taking up some work, you don't need to apply for Work Bonus. We'll apply the Work Bonus to your income test automatically if you meet ments. However, if you're self-employed, it's best to speak with us first so we can determine how you will need to report your income.

For more information about Work Bonus, visit humanservices.gov.au/ workbonus.

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.



The *Holly Wood Tuesday Morning Show* on again in 2020

COME along and join the throng at the Holly Wood Tuesday Morning Show. This is a free show held every Tuesday from 11am to 12noon. Please note the February shows will be held at Burt Hall next to St George's Cathedral. Compéred by Ber-

nard Carney (pictured left) everyone is made welcome at this long running show in the city.

Entry is from 10.30am with tea and coffee available for a gold coin donation. After the show head down to Citiplace Community Centre situated on the upper level of the City Railway Station complex which offers seniors a range of lowcost refreshments and services in a warm, friendly environment.

Here's the show program for the February and March

February 11: Burt Hall - Silver Threads Brass Band

The extremely pop-Threads ular Silver Band perform around 50 shows a year for schools, seniors groups, service clubs, arts and civic events in both metropolitan and country locations. They will entertain with a fun participatory show to start the year off with a

February 18: Burt Hall Kelly Green personality rock and roll classics and wonderful nostalgic ballads. February 25: Burt Hall Les Meade Les Meade is the ultimate

professional performer listing TV appearances, Festival Records recordings and countless live performances at all levels among his credits. He is affectionately known as Perth's Dean Martin.

March is multicultural month as the shows return to the Perth Town Hall.

March 3: The Dutch **Singers**

The Dutch Singers motto is service through friendship and singing, and they will entertain people with their wonderful multicultural and well known songs in beautiful traditional cos-

March 10: Chat with Have a Go News' editor Jennifer Merigan and then The Swiss Yodellers

The Swiss Yodellers of WA will introduce us to Swiss Culture, costume, and Alpine folk music using such traditional instruments as alpenhorn and pan pipes. Get ready to climb every mountain.

March 17: St Patrick's Day with Sean Roche

All the way from County Cork, fine Irish singer Sean Roche will entertain everyone with jokes, songs and stories from the "Old Country". Wear something green

and join in the fun. March 24: Kavisha Mazzella

Beautiful singer Kavisha Mazzella (AM), founder of the Italian Women's Choir, will present some wonderful Italian songs and stories from her rich family tra-

March 31: Chat with media personality and host Verity James and then it's Perth Scottish Fiddlers

They play traditional and contemporary music from a variety of styles within the Scottish fiddling idiom, including beautiful airs, elegant strathspeys, energetic jigs and fast and furious reels. The group's musical arrangements are their own, adding an Australian flavour.

Tan and Tan Lawyers will help protect your interests and save you money

simple or complex

Enduring Power of Attorney

Enduring Power of Guardianship

Their expert lawyers can handle everything from **Elder Abuse**, Estate Planning, Divorce Disputes, Commercial Contracts and more. Call now 9221 2888 - don't risk not having a Will.



The Westralian Unit 6/78 Terrace Rd, East Perth Visit www.tanandtanlawyers.com

FED UP WITH THE BANKS

please email us at: invest@retliving.com website: retliving.com

Upcoming guest speakers for retirees

AIR represents the interests of both fully and partly self-funded retirees to government at all levels - they are completely apolitical and seek to improve and maintain the position of Australian retirees.

The membership consists of people who derive at least a portion of their income from independent means, however, at least half of the members rely on the age pension

for a substantial part of their income. Each month they hold a meeting which includes a guest speaker.

The next speaker will be the program coordinator from the Keep Watch Program for the Royal Life Saving Society WA Inc. Among other lifesaving issues the speaker will cover water safety for both adults and children. This is a critically important subject with many grandparents caring for their children while parents are working. AIR meets at 9.30am on Thursday 19 March.

The April meeting guest will be Peter Katsambanis MLA Member for Hillarys and the Shadow Minister for Police, Road Safety and Industrial Relations. Start compiling your questions now around any issue of WA Government as Peter would love to hear people's views. The meeting will be on 16 April.

The meetings are held at the Fleur Freame Pavilion at the corner of Marmion Avenue and Forrest Road in Padbury (entrance off Forrest Road).

All AIR members and any interested guests are welcome and there will be tea or coffee and biscuits provided. Cost \$4 per person including raffle.

For further information please contact Mike Goodall on 08 6364 0859 or e-mail pnsair@gmail.com





Stylish villas and apartments NOW LEASING

Be part of a friendly, welcoming community at an Acacia Living retirement village in the sought-

u



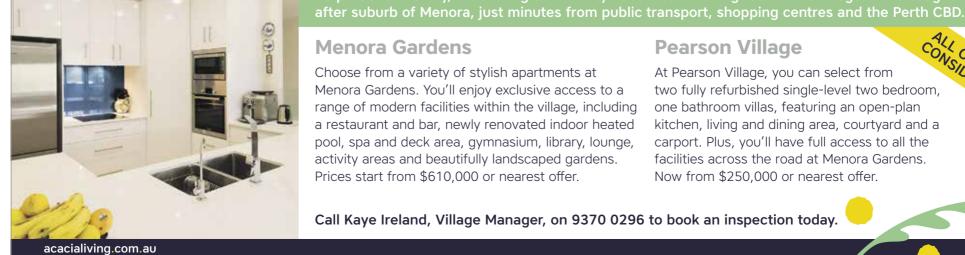
Choose from a variety of stylish apartments at Menora Gardens. You'll enjoy exclusive access to a range of modern facilities within the village, including a restaurant and bar, newly renovated indoor heated pool, spa and deck area, gymnasium, library, lounge, activity areas and beautifully landscaped gardens. Prices start from \$610,000 or nearest offer.

Pearson Village

At Pearson Village, you can select from two fully refurbished single-level two bedroom, one bathroom villas, featuring an open-plan kitchen, living and dining area, courtyard and a carport. Plus, you'll have full access to all the facilities across the road at Menora Gardens. Now from \$250,000 or nearest offer.

Call Kaye Ireland, Village Manager, on 9370 0296 to book an inspection today.





What can we do about bushfires and the confusion about climate change



Karen Majer

by Karen Majer

BUSHFIRE disasters across Australia made for a grim start to 2020. Some of my friends can't bear to watch and have turned away from news broadcasts. Others are following the devastating and heart-warming stories of communities coming together. Some are confused – what on earth is happening and how can we deal with it?

Among a roller-coaster of feelings, I've found a few things stand out. Like most people, I'm feeling gratitude for the bravery and dedication of fire-fighters and other

volunteers and enormous distress for the people, livestock and wildlife - in some cases whole ecosystems - impacted. I'm frustrated, at times angry, that the situation should have come to this when predictions of events such as this unfolding have been so clear for so long. Hopefulness is there too, as I see how people are coming together to find a path through this crisis and to demand ac-

The greenhouse effect was predicted as far back as 1896, when Swedish scientist Svante Arrhenius suggested that increasing emissions of CO2 from burning fossil fuels could lead to a global warming. The first climate model was developed in 1938.

In Australia, an inaugural Greenhouse Conference hosted by Monash University in 1987 marked increasing recognition of the need for action. The meeting was convened

as part of a Federal Government response to escalating global awareness of the impending danger.

Fast forward past many conferences, improved modelling of predictions and international agreements to the 2008 Garnaut Report. Economist Ross Garnaut was tasked by the Australian Government to examine the impacts of climate change on the Australian economy and "to recommend medium to long term policies and policy frameworks to improve the prospects of sustainable prosperity".

Garnaut warned that bushfire seasons would progressively "start earlier, end slightly later and generally be more intense. This effect increases over time but should be directly observable by 2020."

So here we are in 2020, seeing the predictions play out on the ground. A Facebook post said 'Gosh the news is de-

pressing at the moment, so sad what's happening to our country. If only someone had warned us about this in 1987, 1992, 2008... so we could have been prepared and, you know, avoided it.'

With twelve years and solid evidence mounting up, why aren't we a world leader in addressing the causes of climate change? Why aren't we better prepared for the consequences? How could communities find themselves without appropriate shelters, petrol and food reserves?

Climate change has become a political football rather than a national issue. Media empires have spread misinformation, publishing 'climate denial' opinions to equally 'balance' news reporting, when a factual balance would be something like 0.03 per cent of air time to the deniers.

People can't be blamed for feeling confused. For me it's simple. We trust

science when it comes to putting our lives in the hands of doctors or getting on a plane so why wouldn't we trust the overwhelming consensus of climate scientists when it comes to protecting ourselves and the environment?

So what now? You are possibly already donating to the bushfire appeals. In our own State, we need to be prepared as individuals and communities to be resilient in the face of inevitably more frequent climate-related disasters. Make a plan. I have a list of everything I would take in an emergency - a bag packed with medications and other necessities, and our important documents in one briefcase. Think what you would need if you were cut off from power for a few days or had to leave your home at short notice.

Ask your local council about their emergency planning and whether they have a climate change adaptation plan and check out whether you have a transition group near you and what activities you might get in-

volved in.

Get informed about the actions that can be taken to both mitigate and adapt to changing climate. Talk to your family, friends and neighbours. Tell your politicians that it's time to step up on renewable energy, forest conservation, climate adaptation and ecosystem protection, and take advantage of the

economic opportunities

of innovation.

Above all, take care in the rest of the hot weather this summer, look out for your pets and friends, and remember to put water out for the birds that share your garden. We're all in this together.

Find out more:

Your bushfire plan www.dfes.wa.gov.au/ safetyinformation/fire/ bushfire/

Find a transition group transitionaustralia.net/

Garnaut report www. rossgarnaut.com.au/cli mate-change/



Web: https://ebikewa.com.au

Save to recycle your plastic lids and help WA kids



HAVE A GO NEWS is now a drop-off point to recycle plastic lids for Lids for Kids. Thank you to the many people who have already dropped off loads of lids.

The WA chapter will be setting up their own system to make equipment needed to turn these lids into products that help kids with disabilities and challenges.

The lids suitable for donation are from from milk, juice, water and cool drinks plastic bottles and they must be cleaned and the inserts removed.

Please do not include other items. We only need the lids.

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 always looking for more collection points to collect the lids and town coordinators to collect the lids from the collection points in their area and wash, dry, sort and count the lids. 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.





Share in a warm and welcoming community.

Whether you prefer to live north or south of the river, you can become part of a safe and secure community at Springfields Village or Kingsley Lakeside Village. You'll be surrounded by instant friends with everything you need for a fun and active life, and the choice of location means you can still stay close to loved ones.

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.



17-21 Hefron St, Rockingham springfieldsvillage.com.au



50 Woodlake Retreat, Kingsley kingsleylakesidevillage.com.au

Kick away the blues and come along to the Perth Blues Club Festival



by Rick Steele

"BIG rivers start from small streams!" Sounds like a quote from Confucius, and I like to reference him when I use this phrase, even though I made it up myself.

The years gone have taught me to think big, dream big, but begin small

The Perth Blues Club

began as Garage Band Night at the Civic Hotel, about 1982 and then became, Beat the Blues Show at the Hastings Bar, (which then became

the Indy bar).

1991 the Blues Club began with some small meetings and initial gigs with nine or ten people. Within two years we had grown to a membership of more than 300 and



Left to right; Eugene Hideaway Bridges and Rick Steele

were hosting international acts like Charlie Musselwhite, Johnny Johnston and the best national Ozzy acts.

These days, with the boom over and all of us 30 years older with debts and taxes, things have changed. It is near, but not impossible to find volunteers these days.

"You want me to put in 20 hours a week for nothing!"

In spite of this, I have managed to persuade members of our committee to agree to host the first Perth International Blues Festival – Thursday 26 March to Thursday 2 April.

The inaugural festival is designed to appeal to all ages, as blues music generally does, and to feature artists from six nations. The USA, NZ, Singapore, Ireland, Australia and Italy will all be represented. I am especially excited to be bringing Cristiano Maramotti from Gualtieri Italy to Perth, with the help of the Italian Consulate.

Cristiano Maramotti has played at concerts in Italy and elsewhere in Europe, with names like Oasis, Counting Crows and Chemical Brothers. He has done recordings sessions with Vinnie Colaiuta and Sting, James Brown, plus the *Buena Vista Social Club*.

Eugene Hideaway Bridges, originally from Texas, tours the world constantly playing the blues. He will perform his award-winning show in his favourite city and blues club in Australia. Both of these major acts will be supported by the wealth of international acts who now have made Perth their home.

I've planned a trip to

Margaret River, a river cruise on the *Decoy*, and a free, all ages concert at the Common in View Road, North Perth on Saturday 28 March billed as a carnival atmosphere with street party. Our favourite North Perth haunt, the Rosemount will host Garden Party Blues and an eclectic

Allstar Concert, while the Hotel Charles, the home of the Perth Blues Club, will light up with our international stars.

The timing of this festival has been chosen carefully. After y'all have had yer fill of breasts, derrières, circus acts and the like at the Fringe and Perth's proper Festival with the opera, ballet and classics concludes, you can all relax and let your hair down.

The Perth International Blues Festival is planned for the week before Easter which, in the future, lends us to access some of the big names making their way to Byron Bay. That festival now rivals the biggest in the world.

We have no ambitions to be the biggest, but rather the most picturesque, friendly, boutique and accessible party in ne West.

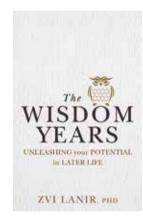
The weather should be just about perfect in late March and hopefully my garden will have recovered. At the moment it reminds me of me ol' mate's head. We used to call him, "Desert head!" Now that it's February, and the kids are back at school, and I've broken all of my new year resolutions, it doesn't help my blues, when I wake up and the birds are singing Leonard Cohen songs.

A bloke walks into a book shop and asks the attendant: "Excuse me, do you have a new book for men with a small period"

"I'll have to go and look," she says; "I'm not sure if it's in yet."

"Yeah, that's it!" He says, "I'll take one." Cheers dears.

New book argues for a radical rethink of out-dated ideas on later life



The Wisdom Years – Unleashing your Potential in Later Life...
Zvi Lanir PhD, published by Exisle Publishing
Reviewed by Pat Paleeya

WHAT is old age? Do you accept the 'old' label that society has imposed on people once they reach retirement age and beyond?

Zvi Lanir challenges that concept in this brilliant book charting his personal journey towards the wisdom years beginning at 67 years old to his 80s.

How many people do you know

who seem older or younger than their chronological age?

Zvi asserts that how we function physically and cognitively affects the quality of our life expectancy.

Changing the mindset that many people embrace when they reach retirement age can result in a much longer, happier stage of life.

In his introduction he writes that his true age was a mystery to him, not yet old, but no longer young. He calls this the hidden age or functional age as it encompasses and reflects the physical, intellectual, mental and social abilities which determine the quality of life.

The book is divided into three parts, the first documents his own journey and his personal growth. The second deals with the theoretical perspectives and his research on the subject, not too academic or stuffy. I read it, understood it and learned from it.

The third part sums everything up very nicely, thank you Zvi, his advice is invaluable in explaining how readers can experience this new stage of life to the full.

e to the full. If you are of a certain age or mindset this book could change your life. His credentials are worth listing but Google does it better.

The book sells for \$29.99 and is available at all good bookstores or online at exislepublishing.com/prod uct/the-wisdom-years/

WIN WIN WIN

To be in the draw to win a copy of the Wisdom Years simply email win@haveagonews.com.au with Wisdom in the subject line or write to The Wisdom Years c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 7/3/20.



O/O FEES* &
O/O SELLING
O/O FEES

Now you can buy your own home at Helena Valley Lifestyle Village and pay 0% exit fees when you leave. Yes, that's right 0%! Ask us how!



2340 Helena Valley Road, Helena Valley Call Richard Nowland on 0400 219 691 or Mark Emberson on 0404 852 272

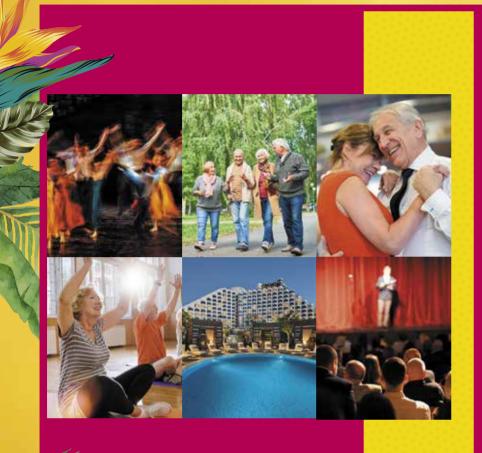
e helenavalley@nlv.com.au
f facebook.com/helenavalleylifestyle







BIGGER, BRIGHTER AND MORE FUN THIS FEBRUARY





FREE MID-WEEK EVENTS

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

Monday 10 February Zumba Gold, 1pm - 2pm Thursday 13 February Ballroom Dancing, 6pm - 7pm Tuesday 18 February Hot Hula, 1pm - 2pm Friday 21 February Quiz Hour, 1pm - 2pm Thursday 27 February Ballroom Dancing, 1pm - 2pm

See crownperth.com.au for the full schedule.

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



SUMMER MEALS UNDER \$20

Enjoy poached skin on Atlantic Salmon with crispy summer greens and yuzu miso dressing for just \$19.50 at Market & Co. Or enjoy a range of meals under \$20 for lunch and dinner at Junction Grill or 88 Noodle Bar every day.

Visit crownperth.com.au to view the full menus.



Market



Available daily for a limited time. Surcharge of 10% applies on Public Holidays. Not to be used in conjunction



FOR JUST \$10

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

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

xciting new venue and new date for Rockingham Have a Go Day



AGE is no barrier to getting out and about and *Have a Go Day* – a Live-Lighter event in Rockingham is the perfect opportunity to enjoy a fabulous free day out.

Everyone is invited to come along to the new venue at Mike Barnett Sports Centre on Wednesday 25 March from 10am to 2pm for this fabulous day out, organised by the Seniors Recreation Council of WA Rockingham branch.

Have a Go Days importantly remind people that age is no barrier to being active, learning new things, joining a club, making new friends and having fun.

Try one of more of the many activities, visit displays and enjoy the entertainment at the event which is specifically designed for older adults.

Mayor of Rockingham, Barry Sammels will officially open the event and there will be myriad activities to try including dancing, carpet bowls, pole walking, carpet golf, air soccer, chair yoga and heart sports.

A group of physiotherapists will be on hand to offer people advice and Silver Chain will demonstrate their Virtual Reality headsets which offer people an amazing technological experience.

Cycling Without Age will be offering rides around the venue on their specially built and piloted trishaws.

There is free tea, coffee, water, biscuits and a sausage sizzle available for all attendees.

With more than 100 displays, activities and entertainment, there is something for everyone and it's free!

Mark your diary now for Wednesday 25 March at the Mike Barnett Sports Centre, corner of Dixon Road and Goddard Street in Rockingham from 10am to 2pm at the Mike Barnett Centre – see you there!

Guest speakers and camaraderie...

EVERSLEY Ruth Mortlock, author of Downsizing a Life: finding a home after three score years and ten will be the first speaker of the Association of Independent Retirees (AIR), Perth branch new year program.

The meeting of the year will take place on Friday 21 February.

The March meeting will take place on Friday 20 March with a speaker from DevelopmentWA addressing the issues of suburban sprawl and infill.

The aim of the AIR is to protect and advance the interests of retirees who wholly or partly fund their own retirement. They meet on the third Friday of each month from 10 am to noon at the Cambridge Bowling Club, Howtree Place, off Chandler Avenue West, Flo-

Besides the meeting and morning tea they have guest speakers. Over the year the speakers have embraced many interesting topics related to finance, travel, health, community and special interests of members.

Visitors are most welcome. Enquiries can be addressed to Graeme (gralin@iinet.net.au) or Margaret (marghw@iinet.net.au)

Four Seasons moves to Claremont



Anne Manor, owner Terri Thornton and Fran Holdsworth look forward to welcoming Have a Go News readers to their new shop in Claremont

MOVING premises after 50 years in the same location was not an easy task for the owners and staff of one of our muchloved shops - Four Sea-

Owner Terri Thornton

said their efforts were rewarded when a gentleman knocked on the door in the middle of

"Is this the real Four Seasons? The one owned by Mrs Four Season's." Terri was delighted. She said: "yes and

moving day and asked:

Gabrielle O'Connor." He about faced to head home saying: "my wife will be ever so de-

is my mother

lighted." "At that moment I thought what a wonderful connection Gabrielle and her business Four Seasons Lingerie and Swimwear had made on the Perth community,"

Four Seasons opened its doors as Perth's first corsetry and undergar-ment shop in 1965 and has always called the city home until January this year. Its new Claremont location is still owned by the family of Gabrielle.

They may have left significant memories behind but her daughters Terri Thornton and Caroline Martino have made sure the handwritten customer fitting cards have travelled, as well as the wonderful staff and the same excellent service in lingerie, swimwear and

post-surgical breastcare. Four Seasons' personalised fitting service cares for women with many different needs, including general bra fittings – with a large range of non-underwire options for comfort. Front fastening bras and posture bras for comfort, support and ease of dressing and post-surgical fittings, specialising in mastectomy breastcare. They also offer a large range of swimwear (fashion for travelling and chlorine-resistant for ex-

ercise). Changes are inevitable but the personalised service provided to each and every one of their valued customers will remain at the forefront of this family business.

The new location at 42 Gugeri Street, Claremont now has parking available at the front door and is located directly across from the Claremont train station. There is also wheelchair and mobility scooter access to the door.

A retail success story that will continue to look after women and their lingerie and swimwear reauirements.

Eds Note - it's never been more important for us to support local shops and we encourage readers to patronise Four Seasons who have been in our pages since we started in 1991.





NEW VENUE:

Mike Barnett Sports Centre Corner of Dixon Rd & Goddard St, Rockingham 10am to 2pm

Active ageing is the key to healthy ageing and there is a myriad of clubs and groups to join. Find out more by coming along to Rockingham's Have a Go Day which showcases activities, information, music, dancing and more. Enjoy complimentary tea, coffee, water, biscuits and a sausage sizzle.

For info please contact: Valma 9527 6660 or Carole 0412 715 173













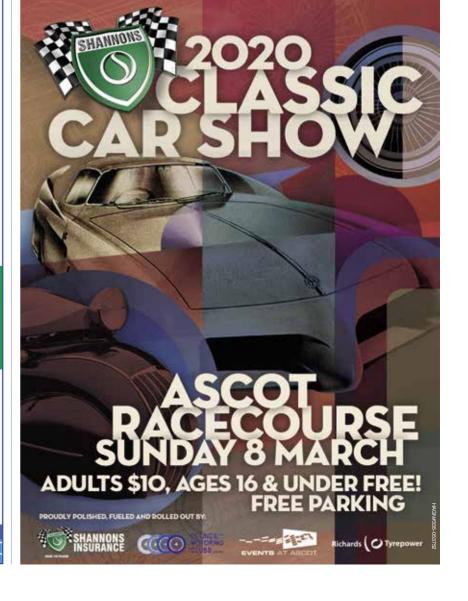














Supported by City of Rockingham, Have a Go News LiveLighter Healthway, Telstra, Kennards Hire, Simply Swin IGA - Chelmsford Ave, Dept of Local Governm

Sport & Cultural Industry & Dept of Communities









One of the greatest parts of getting older is knowing who you are; what excites you, and what brings you joy. Our villages are for people who want the freedom to enjoy life their way. Choose your favourite location and do what makes you happy, from swimming or social bowls to pottering at home in a safe village environment. We're also proud to announce three finance options, so you can pay the way that feels right for you. For more information, visit our website or come and take a wander through your local village.



Contact us today | 1300 88 98 35 | sales@arcadiagroup.com.au | arcadiawaters.com.au

BICTON | GERALDTON | MADDINGTON | MANDURAH | SWANBOURNE

Become a mentor - make a difference in the life of young people in Butler



RAISE, Australian Youth Mentoring Foundation, is currently recruiting volunteers from the local community to mentor young people in its best-practice programs running at Butler College.

The mentoring programs run March to September, excluding school holidays. Raise matches a student put forward by the school with a trusted adult in the community who has received free Raise mentor training.

The program at Butler College runs on Thursday from 10.10 am to 12.10 pm.

Raise's early intervention program proves the difference a mentor makes to a young person. Statistically significant outcomes demonstrating Raise's impact include increased confidence, ability to set goals, improved coping skills, hope for the future at school and beyond and identifying trusted adults to ask for help.

Could you or someone you know volunteer your time to ensure young people in your community feel heard, valued and supported?

Raise requires people to be available for two hours a week during school hours and to commit every week to a young person for the whole program. Volunteers need to complete free online training modules plus attend seven hours free face-to-face training.

In order to ensure the success of the programs, Raise is seeking 15 volunteers to mentor from the Butler community. Raise understands that it takes a village to raise a child - join the Raise village and help the young people flourish.

Raise is the Youth Mentoring Foundation, empowering young people in Australia to become resilient, capable and connected by demonstrating the difference a mentor makes. Visit www.raise.org.au/volunteer to



Dr Richard Walley performing with the Perth Symphony Orchestra

THE Inspiring Australians Launch breakfast took place on Tuesday 21 January with more than 300 guests attending including Have a Go News. The event is organised in partnership with the City of Perth, Reconciliation WA and Auspire that presented a number of inspirational speakers including Nyoongar Whadjuk leader Dr Richard Walley OAM who welcomed everyone to country and the Honourable Kim Beazley AC Governor of Western Australia who delivered his Australia Day address. The event farewelled the Western Australian contingent for the 2020 Australian of the Year awards. Congratulations to Professor John Newnham who was awarded the national Senior Australian of the Year for 2020 at the award ceremony in Canberra for his work in obstetrics and preventing early term births.

Celebrating inspirational Australians | Awesome WA, 1001 Fair Dinkum Facts



Lee Tate

"A WONDERFUL book", said Premier Mark Mc-Gowan.

Awesome WA, 1001 Fair Dinkum Facts about Western Australia revealed by journalist Lee Tate is a great gift and here's a taste:

- Xantippe, is Australia's only town beginning with X.
- Platypus, koala and kookaburra are not

indigenous to WA.

- · In a hollow tree, a scientist once identified 283 jaws of six native mammal species.
- In floods, one tree housed 500 frogs, 10 skinks, four bluetongues, two snakes and three goannas.
- · WA has the worldstrongest wind gust; world's whitest beach, world's shortest ferry

ride and diamond-studded termite mounds.

 And a town's name is deliberately spelt backwards.

Awesome WA from Have a Go News for \$25 plus postage. Phone 9227 8283, see coupon below or collect at 137 Edward Street. Perth. office hours. It is a slim volume, cheap to post interstate or overseas.

Literary classic starring Harrison Ford comes to the screen



ADAPTED from the beloved literary classic by Jack London, The Call of the Wild vividly brings to the screen the story of Buck, a big-hearted dog whose blissful domestic life is turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon during the Gold Rush of the 1890s.

As the newest rookie on a mail deliverv dog sled team - and later its leader Buck experiences the adventure of a lifetime, ultimately finding his true place in the world and becoming his own

Directed by Chris Sanders (co-director How to Train Your Dragon, The Croods) and starring Harrison Ford, Dan Stevens, Omar Sy, Karen Gillan, Bradley Whitford and Colin Woodell, this classic story is sure to delight.

In cinemas 20 February WIN WIN WIN

We have five family passes to give away to some lucky readers. To be in the draw simply email win@ haveagonews.com.au with Wild in the subject line or call the office during business hours on 9227 8283. Closes 20/2/20.

Stories about Western Australia in two books



Name: Address:

Phone: Signature:

Awesome WA, 1001 Fair Dinkum Facts about Western Australia **Journalist Lee Tate has** compiled this book about the weird and wonderful of Western Australia.

Email:



Living Histories: Stories from the Swinging 60s a collection of stories from Western **Australians who** have recorded a snapshot of their lives from the 1960s.

ORDER		Prices	Quantity
Awesome WA, 1001 Fair Dinkum Facts about Western Australia		1 book \$25	x \$25 (inc gst)
Living Histories Stories from th		1 book \$20	x 20 (inc gst)
POSTAGE: & HANDLING	1 x Awesome WA \$6 2-3 x Awesome WA \$8 4-6 x Awesome WA \$15 1 x Living Histories \$6		
		Total	\$

METHOD OF PAYMENT:

☐ Cash ☐ Cheque ☐ Money Order ☐ Credit Card ☐ VISA ☐ Masterc	arc
--	-----

Post completed form to Have a Go News PO Box 1042 West Leederville WA 6901 Books can be purchased from the office Monday to Friday 9am-5pm. For further information contact Have a Go News on accounts@haveagonews.com.au or 9227 8283.

Have a Go News is published by Concept Media - ABN 97 425 866 519 ACN 069904221 Website www.haveagonews.com.au 137 Edward Street, Perth WA 6000 Postal address: PO Box 1042, West Leederville WA 6901

KEEP UP TO DATE DAILY with your favourite newspaper



READ US ONLINE **EXCLUSIVE** content and competitions

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



What happens as an attorney under an EPA



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

IF you have agreed to be appointed as an attorney under the Enduring Power of Attorney (EPA) Act, your appointment will only take effect after a declaration is obtained from the State Administrative Tribunal (SAT) stating that the donor (the person who appointed you) is incapable of making decisions for themself.

The SAT then makes an order that you are now legally the attorney for the donor.

So what are your duties as an attorney under an EPA? They are set out in Section 107 of the Guardianship and Administration Act 1990.

They include exercising your power with reasonable diligence to protect the interests of the donor. So, you cannot take money from the donor's account and go on a shopping spree.

Keeping accurate records and accounts of all your dealings and transactions. If you fail to keep proper records, you may be prosecuted and fined.

Informing the SAT if you become a bankrupt.

Making an application to SAT if you wish to be removed or cease to act when the donor has lost capacity to make decisions.

It is advisable to discuss your proposed actions with the donor if they are still able to provide a view or opinion even if they have lost capacity. For example, if you think you should move the donor to a nursing home, you may still wish to bring them to a few of the proposed homes to see their reac-

Sometimes, you may also wish to discuss your proposed course of action with other family members of the donor.

Once you are appointed, it is best to check that you have obtained all the financial information relevant to the donor. You should also check what expenses the donor has, so as to make sure they are managed properly.

If you are unsure as to what needs to be done for your donor, speak to a lawyer for advice. An application may need to be made to SAT for directions if you are uncertain as to whether your proposed action is proper.

Do not forget, Wills Week is in March 2020.

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





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

Down to your last beans...

A FREE budgeting course is being held which is designed to assist people gain control over their finances.

People from all walks of life and financial position can benefit from it, learning to prepare a budget and putting a structure in place to assist them in sticking to their budget.

The upcoming course is a one-day course being held on Saturday 7 March 9.30am to 3.45pm at the Lake Gwelup Christian Church, 82 Huntriss Road, Gwelup

To book a place call 0421 669 632 or email cap@ lgcc.org.au

continued from front cover

Michael Thomson looks back on 40 years

by Josephine Allison



Michael Thomson reporting on the road for Nine News - whale rescue in Augusta in 1986

"People have dashcams because when driving they want to record everything they are driving to see, that has become a massive news tool... car crashes, bushfires, people driving through intersections at speed, train near misses, people having accidents...

One thing that has always been the same is the joy of being able to tell the story and meet still done stories on many years ago, it's really quite

These days, Thomson, the father of three grownup sons Sam 34, James 31 and David 29, says he is reasonably good at switching off.

"You get to see a slice of life that most people don't, vou become a more worldly person and get to meet good people, famous people and some unsavoury ones, but that's part of the job."

A keen outdoors person, he and wife Yarni like nothing better than travelling around WA camping and fishing. For their Christmas break, the couple, their sons and partners went to Exmouth for some family time.

Thomson aims for a run and swim at his local beach five days a week before he starts work at Channel Nine studios in Perth, about 300 metres from where he started his working life as a cadet journalist all those years ago.

"Forty years? I don't think we can take ourselves too seriously so I won't dwell on it too much. I've been lucky, I have the best job in the world, Channel Nine have been fantastic, I always come to work excited and really genuinely

don't know what is going to happen next. "I'm really enjoying reading the news and I want to keep on doing it."



To help we've created this simple guide

Visit your GP to ask for an ACAT referral

Or call us and we can request the referral for you. (ACAT - Aged Care Assessment Team)

Step 2. Have your ACAT assessment at home

You will be contacted by the ACAT to arrange to visit you and work out the amount of help you may need.

Step 3. Complete an Income Assessment with DHS

Call us on 1300 26 26 26 and we will mail the form to you.

Step 4. Wait for three letters

- 1. ACAT letter approving your care level.
- 2. DHS letter with your income assessment.
- 3. Home Care Package Assignment letter this may take 6 to 36 months.

Step 5. Got all the letters? Get moving!

You have 56 days to organise your services.

Step 6. Compare service providers

With your letters in hand - call your preferred providers to compare services and costs, and hopefully we're one of them.

Step 7. Select a service provider and sign up

Your services can start immediately.

If you find yourself stuck, call the team at Amana Living. Leonie and Andrea have helped hundreds of people get their entitlements.

It's an obligation-free service.

Call us anytime during office hours.

Amana Living is the aged care agency for the Anglican diocese of Perth, and has been providing quality care in WA for over 50 years.

1300 26 26 26

amanaliving.com.au





SRCWA Rockingham branch, Have a Go Day, a LiveLighter Event

ON Wednesday 25 March, Seniors Recreation Council of WA's Rockingham branch is conducting a Have a Go Day at a NEW venue - Mike Barnett Sports Centre, corner Dixon Road and Goddard Street, Rockingham from 10am to 2pm. This FREE event will showcase club/groups, not-for-profit agencies and commercial entities which have a senior focus in Rockingham and surrounding areas. There will be a wide variety of activities to 'have a go" at along with many static displays. If you are a club, group, community organisation or business and would like to attend on the day please contact Carole Overington email: srcwarockingham@gmail.com or phone 0412 715 173 for further details. This event is sponsored by City of Rockingham, Have a Go News, LiveLighter Healthway, Telstra, Kennards Hire, Simply Swing, IGA - Chelmsford Ave, Dept of Local Government, Sport & Cultural Industry and Dept of Communities.

Tech Savvy Seniors,

Don't Get Ripped Off – Scams Workshop

Seniors Recreation Council of WA in partnership with NBN are conducting a FREE SCAMS information session on Wednesday 19 February at the Stirling Community Centre Scarborough Hall. Light afternoon tea will be provided compliments of NBN. Scams are a growing concern for seniors and there seems to be a new one every week. Come along and find out how you can take steps to protect yourself. For catering purposes registration is essential - please phone Martin on 9492 9774 (if you are unable to speak to Martin please leave a message and he will return your call.) If you would like to be put on the Tech Savvy mailing list call Martin on the above number.

Add Life to Your Years 21st Edition

Seniors Recreation Council of WA is now calling for all clubs/groups offering meetings and activities for seniors to contact the SRCWA office on 9492 9773 to request a new entry or update form so that your club/group can be included in this directory for older adults. The listing in the book is provided FREE of charge and when the books are available, they are also distributed to people for free

SRCWA Annual Seniors Ball 2020

The theme for this year's Annual Seniors Ball will be High Society and it will be held in the Astral Ballroom, Crown Perth on Wednesday 3 June, 1pm to 4.30pm. A three-course afternoon tea is provided along with entertainment. The live band Satin Doll will play all the dance favourites along with and a floorshow, tickets cost \$37.50pp. There will be a door prize and many other prizes donated by Crown Perth and Have a Go News. To book your tickets or for further information call 9492 9773. This event is proudly sponsored by Crown Perth and Have a Go News.

Pole Walking

Pole Walking is an easy, efficient and low stress activity that engages the whole body in a total workout by using hiking or trekking poles. Users benefit from a greater increase in muscle endurance and toning in shoulders, back, chest, upper arms and abdominals. The poles provide stability and add more "spring" into steps as they push along and help to reduce stress in the knees and other joints. It loosens up tensions in neck and shoulders which is beneficial for those who sit in one position most of the day. Posture improves with the correct technique and arm motion and it is up to 40 per cent more effective than regular walking. Oxygen intake increases significantly, and heart rate is five to 17 beats more per minute compared to when regular walking. To organise an individual or group demonstration call the SRC office on 9492 9773.

Key Diary Dates for 2020

Annual Seniors Ball, High Society 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 Highway, Burswood

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



TV Talk with Lee Tate - reminiscing on some of our favourites



Lee Tate

OK viewers, sing along... Who's the leader of the club that's made for you M-I-C-K-É-Y and me? M-O-U-S-E.

Hey there, hi there, ho there. You're as welcome as can be. M-I-C-K-E-Y M-O-U-S-E.

Hands-up all those who were schoolkids in the mid-fifties and midsixties who wanted to be a mouseketeer.

The Mickey Mouse Club (MMC) was, of course, huge, helping to sell millions of television sets from America to Argentina and Australia. Airing from 1955 to 1996, for most of us MMC was essential viewing.

MMC was also an inspiration for Johnny Young's YTT – Young Talent Time – which became Australia's longest-running, continuous television series.

WA-raised Johnny, created, who steered and hosted the heavily-gonged YTT, told me: "I loved Micky Mouse Club. As with MMC, when I started YTT, I looked for a family of young entertainers to appeal to the whole family. It was not just a kids' show."

YTT was popular with young audiences and a hit with parents and grandparents. Johnny wanted his show to be called The Young Generation but TV execs pushed for YTT.

"We were focused on family entertainment and kids being brilliant," Johnny said.

While MCC gave us Annette Funicello, YTT gave us, among others, Tina

TV networks have attempted to copy the familv-friendly formula since. but with nowhere near the success of these YTT and MMC.

Meanwhile, whatever happened to Annette Funicello? We last recall seeing her in a bikini in the hit movie Beach Party with Frankie Avalon in the sixties. Annette was a child performer at age 12 and carved out a singing career with singles including O Dio Mio, Tall Paul and Pineapple Princess.

All corny, homely, loveable stuff!

Annette, who was born in 1942, married twice, to Glen Holt from 1986 to 2013 and to Jack Gilardi from 1965 to 1981. She had three kids: Gina, Jack and Jason.

In 1992, Annette announced she had multiple sclerosis and died of complications from the disease in 2013, at age

MMC was revived three times, from 1977 to 1979 as The New Mickey Mouse Club, from 1989

to 1996 as The All-New Mickey Mouse Club and as late as 2017 as Club Mickey Mouse on social media.

Remember Jimmy who hosted the Mickey Mouse Club as Head Mouseketeer. Jimmy (Dodd), who was also a songwriter, often provided short segments encouraging young viewers to make the right moral choices. These little homilies became known as 'Doddisms'.

And who remembers the Big Mouseketeer, Roy? Roy Williams was a Disney staff artist and he's the one whose idea it was to put Mickey and Minnie ears on the mouseketeers.

Bet you've been wondering for years who did

It's time to make new friends while walking your way to good health



OVER 55 Walking Association of WA (OFFWA) morning walks have been in recess since mid-November but members are presently enjoying fortnightly twilight walks at Burswood.

Members gather at 5.30pm

near the outdoor cinema and walk along the river path to the new stadium or even across the Matagarup Bridge.

If you would like to join them for the final two walks, they will be held on Tuesday 11 February and Tuesday 25 February at 5.30pm.

Bring along a folding chair, a light meal and a drink.

For those who would are thinking about joining the club this is a good way of checking it out.

The first of the new season of morning walks commences with registration day on Tuesday the 10 March at 10 am. For an annual fee of \$10 you get a name badge and a card showing details of the walks for the

In case you cannot make it on 10 March, here are details of the first four morning walks for 2020.

Tuesday 10 March. Lake Monger Recreation Club, Gregory Street, Wembley.

Tuesday 17 March. Shelley Foreshore. Beatrice Avenue. Shellev

Tuesday 24 March. Trigg

- Clarko Reserve (end of Kar-

rinyup Road), Trigg.` **Tuesday 31 March.** Burswood. Grass area near Outdoor Cinema.

For any queries, please call president Shirley or visit the comprehensive website at www.over55walkingassocia tion.org.au

The members of OFFWA hope people can join them. They remind interested people to bring along a folding chair, light lunch and a drink.

You are assured of a warm welcome.

UK Pension updates for expats as UK exits EU



Mike Goodall

by Mike Goodall

BY the time that you are reading this BREXIT will have happened and the negotiations on trade deals and other intercountry arrangements will have begun.

We will have a very interesting few years ahead while these negotiations continue. Let us hope that our Australian Federal politicians use every possible negotiating opportunity to persuade the UK to end their pensions freezing policy.

Australian pensions are paid out of direct taxation. That means the Australian tax payer is making up some of the shortfall from the UK pensions and effectively subsidising the UK Government to the amount of over \$200 million every five years. The other major pen-

sions news out of the UK is that the groups representing women born in or after the 50s who were unfairly treated by increases to the state pension age between 2010 and 2020, been granted leave to appeal a High Court decision. Some 3.8 million women born in the 1950s have fought a campaign against the state pension age increases from age 60 to initially age 65 and now increasing to age 66 from 6 October 2020.

The campaigners are claiming that millions of women born in the 1950s have been pushed into financial hardship due to being being unable to adequately plan for their retirement. They say that the changes were implemented too quickly and were inadequately communicated. Many were not even aware that the changes that affected them were taking place until they applied for their pensions.

In the original High Court hearing barrister Government claimed that the Government had no responsibility to notify those affected because they, as the public, should be aware of changes that affect their lives.

During the BREXIT negotiations the UK wrote to all UK expat pensioners in Europe

advising them that in the event of a 'No Deal' BREXIT their pension uprating would still continue for three years. So, the UK Government are writing about the good news but not the bad news! Or could they have learnt a lesson?

A date for the hearing has yet to be fixed but it will take place no later than 25 February 2021.

The government has also agreed to nominate a representative for a UK Convention on the Elimination of all Forms of Discrimination against Women. I wonder if freezing their pensions so that they don't receive the increases they paid for can also be considered as discrimination.

Thank you for all the requests for information on pension increases and car hire while visiting the UK for current

member that you should telephone, not write to them as writing creates a paper trail a mile long and wastes a lot of time. You will still be bet-

pensioners. Please re-

ter off maximising your UK State Pension, even though this may result in a slightly smaller Australian Pension.

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

Anyone who would like to discuss the their options regarding their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mike cgoodall@btconnect.

ETIRE W



- Retirement Planning
- Family Wealth Management
- Estate Planning
- Aged Care Advice

Upcoming 2020 Seminars:

- 12 Feb, Retirement Planning
- Zig Zag Cultural Centre, Kalamunda 19 Feb, Retirement Planning, Hyatt Perth
- 11 March, Aged Care

Zig Zag Cultural Centre, Kalamunda

For seminar registrations: Email reception@kpfp.com.au or nhone 9293 3855

www.kpfinancialplanning.com.au Offices in West Perth and Kalamunda



GDKP Pty Ltd ABN (61 606 192 769) trading as KP Financial Planning is a Corporate Authorised Representative (1237882) of Matrix Planning Solutions Limited ABN (45 087 470 200), AFSL and ACL No. 238256

AMMPT Western Region (Inc.)





CLASSICS OF THE SILVER SCREEN

2020 Film Program presents for your pleasure

Wonderful Life

starring Cliff Richard and Susan Hampshire **Monday 24 February** Live organ music before the show

Admission; Members \$6 Seniors \$9 Public \$11 Grand Cygnet Cinema, Preston Street, Como

Ph 9367 1663 Doors open 9.15am Screening starts 10am

Email: waregion@ammpt.asn.au or write to The Secretary, PO Box 5147 Dalkeith WA 6009 Preserving the rich heritage of Western Australia's Moving Image Industries

TREAT A FRIEND! Bring this advert, and a friend, to any of our 2020 film screenings, for FREE ADMISSION for your friend.

OVER 55s RETIREMENT VILLAGES CURRENTLY AVAILABLE

1300 26 26 26 amanaliving.com.au



LOVE THE WAY YOU LIVE!

Amana Living offers small and welcoming villages in 17 convenient locations throughout WA.

Our villages are full of life and community spirit, with new friends to make and plenty to keep you active. Whether it's a coastal resort you're looking for or country living, we've got a home for you.





2 & 3 Bedroom Villas from \$449,000

This intimate village is located in Perth's leafy northern coastal suburb of Duncraig. The boutique villas offer a sanctuary, while the village is conveniently located close to public transport, parklands, Hillarys Boat Harbour and a short drive to Whitford Shopping Centre

Facilities include a clubhouse, gated security, swimming pool, lounge/dining areas and kitchen facilities.

Contact Sandra on 0448 915 968
TOUR TIMES: Wednesdays 11am - 1pm

KARRINYUP Moline Village



Apartments from \$179,000 2 & 3 Bedroom Villas from \$550,000

A social and community-minded village surrounded by parklands, playing fields and nature reserves. Moline Village is within easy reach of the popular Karrinyup Shopping Centre and local transport, and a short drive to Scarborough and Trigg Beach.

Facilities include a swimming pool, mini golf, library, village shop, hairdressers and beautician.

Contact Sandra on 0448 915 968
TOUR TIMES: Tuesdays & Thursdays 11am - 1pm

MANDURAH Meadow Springs Village



Villas and Apartments from \$210,000

Meadow Springs Village is ideal for the sports enthusiast, with direct access to Meadow Springs Golf and Country Club and close to beaches. The village is within walking distance of a Shopping Centre and Medical Centre, and just minutes from Mandurah town centre.

Facilities include a heated swimming pool and spa, bowling green, library, gym and clubhouse.

Contact Pauline on 0438 009 214 TOUR TIMES: Tuesdays & Fridays 11am - 1pm

AUSTRALIND Treendale Village



3 Bedroom Deluxe Houses from \$359,000

A resort-style village located just north of Bunbury, boasting wide streets, detached homes, and a high quality leisure centre. This village offers a lock-up and leave lifestyle with secure caravan and boat storage.

Facilities include a swimming pool, spa, gym, theatre room, bowling green, games area, and a residents' workshop.

Contact Jo on 0417 061 573
TOUR TIMES: Tuesdays & Fridays 9am - 1pm

MOSMAN PARK Dorothy Genders Village



1 & 2 Bedroom Units from \$196,000

Dorothy Genders Village is in an attractive quiet location between river and sea.

Just a few minutes from the Swan River on one side and 4kms from the coast on the other, residents enjoy a healthy and relaxed lifestyle.

Local shops are a 10 minute stroll away and can be reached by public transport.

Contact Laura on 0459 819 169

SALTER POINT Peter Arney Village



2/3 Bedroom Villa from \$599,000

Villa in small group of 6 located on the banks of Canning River.

2 spacious bedrooms, study, semi-ensuite bathroom, Chef's Kitchen, stone bench top, plenty of storage, large pantry, full swing corner pull out cabinets.

Double garage with extra storage and low maintenance gardens.

Contact Sandra on 0448 915 968

The joy of owning a telescope and discovering more about the skies





Learning how to use a telescope opens up the skies

by David Nicolson

OWNING a telescope literally opens a whole new universe for you to enjoy. It takes you outside, helps you understand and appreciate the heavens, you get to play with some amazing gear and you will be able to impress your friends and relatives with your new found knowledge and what you can show them up above.

Telescopes come in all shapes and sizes with prices ranging from a few hundred dollars to many thousands for the top end stuff. Quality telescopes have never been easier to afford and with the advent of computerised instruments, minimal knowl-

edge is required to start observing in style. The latest gear can be controlled by your smart phone which will allow you to find and track virtually any known celestial body. The icing on the cake is that special holders are now available to allow you to take astro-photographs with your smart phone attached to the 'scope.

Once you have made the decision to enter this world, the question is what will be the best telescope for you? Having some knowledge on the different types of scopes available will make that choice a lot easier.

Telescopes come in two parts, the telescope, or more correctly, the optical tube and the mount, the thing the optical tube is mounted on. Both parts are equally important. The optical tube is of course the part which captures the light and presents the resulting image to the observer via an eye piece. The size and type of tube will determine the sorts of objects you will be able to see. Simplistically, the bigger the better.

The other part of the combination is the mount. This has to be sturdy enough to carry the optical tube with the minimum of vibration. The mount also determines how the telescope operates.

Since the Earth rotates once every 24 hours, the objects in the

night sky will appear to move, thus making it difficult to keep track of any celestial body. A telescope pointed at the moon for example will have the image move out of the eye piece in a few minutes. This problem can be solved by using an instrument with either manual, motor or computer guidance. A telescope with guidance will track your selected object for an extended period of time and is essential for astro photography. There are some basic procedures for setting up telescopes to take advantage of their particular tracking method but these are not difficult to learn. Your telescope supplier, books, Youtube and astronomy

clubs are all places readily available to help you get setup. Computerised mounts with a data base of thousands of objects offer the easiest way to get up and running with the minimum of knowledge. These mounts are of course a little more expensive but they certainly make the experience easier and hence more enjoyable.

So much for the mounts, what about the most interesting part, the actual telescope?

Telescopes come in two basic flavours, the refractor and the reflector. The refractor is the oldest and probably the most recognisable form of telescope. It consists of a long tube with a lens at one end and an

eyepiece at the other. The entry level for this type of 'scope usually has a lens size of 60 to 80mm diameter, this is known as the aperture. The larger the aperture the more light will be captured thus enabling you to see fainter objects. With telescopes of this size you will get great views of the moon, be able to discern the rings of Saturn, see the four Galilean moons of Jupiter and much more.

The cost of making quality lenses rapidly increases with aperture size, therefore enthusiastic amateurs go for reflectors since it is easier to manufacture mirrors than glass lenses. Here the mirror collects the light and focuses it through an eye piece to present the image to the observer. Apertures up to 200mm (about eight inches) are now quite affordable and matched with a suitable mount will offer spectacular images of the night sky.

Reflector 'scopes come in two basic configurations, the Newtonian and the Cassegrain. The Newtonian is the simplest and cheapest. Here the primary mirror reflects the light back to a centrally mounted secondary mirror which in turn directs the light to an eye piece mounted on the side of the optical tube. This style of instrument is a favourite of the entry level amateur and the seasoned observer alike. They probably offer the 'best bang for buck' of all the telescopes.

The Cassegrain type is characterised by orientating the secondary mirror to reflect the image through a hole in the primary mirror. So the eye piece is located at the back of the 'scope'. Amazingly this apparent obstruction to the light path presents no significant detriment to the viewed object. Cassegrain telescopes come two main flavours, the Schmidt and the Maksutov, commonly known as a MAK. Because of the more complex optics these are more expensive than the equivalent aperture Newtonian, but due to their folded optics, are much more compact, making them easier to transport to your favourite viewing site.

There is much more to learn about buying a telescope to meet your needs and budget but hopefully this has given an overview of the types and terminology. Buying a good telescope will last you for years whereas buying a poor instrument is a just waste of money.

To find out more about purchasing a telescope contact Frank at Leederville Cameras on 9242 1855 or email service@ leedervillecameras.com.



FREE LensPen Cleaning Pen (Valued at \$20) with any Optics Purchase



201 Oxford St, Leederville



(08) 9242 1855



www.leedervillecameras.com.au















David Attenborough described Cape Tribulation as a living museum and this month Jean Hudson spends some time in far north Queensland discovering for herself the delights of this tropical sanctuary with its mix of beaches and rainforest. See more on page 23. Photo Jean Hudson

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 Porterage
- 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, TranzAlpine Cruise Lake Wakatipu on the 155 Earnslaw, Lake District Museum, Harlz-Aphrie 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

- · 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
- · 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
 Singhts 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)
- + A 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
 Gainght 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

let's go travelling travel







Jennifer Merigan

THIS month in our travel pages Jean Hudson visits Cape Tribulation in Far North Queensland and this is the featured photo on the front cover of this section. Lee Tate checks out Busselton and meanders around Fremantle and Michael Osborne cruises the South Pacific. We also have a great guide to holidaying with dogs in WA and David Nicolson shares tips on travelling with a wheelchair.

The outbreak of the

coronavirus has certainly messed up travel plans and will have some lasting effects on worldwide travel, with flights from China ceasing for the time being. Fingers crossed that the quarantine processes will stop the virus in its tracks. At the time of printing we had no reported cases in WA. It's such a shame for local tourism operators in WA with visitor numbers coming in at the highest on record and of course many of those people come from China. I ask readers if you can please plan a trip in WA, this will make a big difference to the many small businesses who will be affected from the drop in overseas visitors.

For those sports lovers visiting Melbourne, put the Australian Sports Museum at the Melbourne Cricket Ground on your list of places to visit. It has had a \$17 million makeover and will reopen to the public on Saturday 29 February with a variety of interactive and unique exhibits.

I recently found some

information about business class upgrades that is worth sharing for those who would prefer to turn left, rather than right without paying the full fare. Many airlines offer upgrades at check in for much less than the normal cost, pending on availability. Air New Žealand offer a set cost upgrade, it's about \$1000 to upgrade to business from Perth to Auckland and about \$500 for premium economy. Virgin Australia offer a lottery and purchase upgrades at check-in self serve kiosks. Many US based airlines will offer paid upgrades for domestic flights and Qantas do

too, along with KLM and British Airways. Ask at check-in if upgrades are available.

And just a reminder about travel insurance don't leave home without it. If you have had a pre-existing illness contact the insurer to make sure you are covered completely prior to taking out your policy. I spotted some information from Southern Cross Travel Insurance listing some of the largest medical claims they paid from 2018 to 2019. The highest claim was for \$187,000 when a 65-year-old customer took a fall on a hike in

Machu Pichu in Peru and had to have surgery on their fractured femur and endured other health issues during recovery. Another Australian fell ill on a cruise holiday in Canada with sepsis and renal failure and their medical claim was \$147,000. A 45-year-old Australian was hospitalised in the US for dizziness and vertigo caused by an inner ear problem and this claim cost \$88,000. The top five most expensive countries for medical bills are the USA, Canada, Peru, Greece and Indonesia. This is a reminder for travellers to make sure you have compreeven when you make a 'little' visit to Bali.

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 jen@haveagonews.com. au. Our website also has a selection of great travel information which is updated regularly, visit www.haveagonews.

Happy trails.



Holidaying in Western Australia will support local jobs and communities

WESTERN Australians are encouraged to book their next holiday in their own state to support tourism businesses and local communities facing challenges from the perception of bushfire devastation, coronavirus and unfair commissions from overseas booking platforms.

Tourism Council WA CEO Evan Hall said while WA tourism businesses were not at the epicentre of bushfire devastation or the coronavirus, widespread media coverage could significantly affect international interest in travelling to WA.

"A recent survey revealed 67 per cent of tourism businesses report an impact on their business as a result of the widespread media coverage of the bushfires, despite limited direct impact on WA businesses," Mr Hall said.

"WA tourism businesses were already reporting cancellations arising from the Chinese government's suspension of outbound group travel, as well as cancellations from independent Chinese travellers relating to coronavirus, prior to the Federal Government's decision to halt entry to Australia by Chinese visitors

'Western Australians can support the communities and jobs which depend on tourism by choosing to holiday within the State during Easter and the next school holidays. With the cost of overseas holidays growing eight per cent last year and the low Australian dollar, now is a perfect time to Holiday in WA.'

The campaign encourages people to book directly with local tourism businesses, rather than through booking platforms which are mostly owned by large, overseas-based corporations and charge up to 25 per cent commission.

"Each year, Western Australians are paying \$13 million in overseas commissions to book locally-based tourism product, costing WA tourism around 150 jobs," Mr Hall said.

'The recent court ruling that Trivago misled consumers about hotel room rates shows consumers may not be getting the best deal from big multinational booking platforms.

"We'd like to ask people to consider making the conscious decision to book directly with tourism operators, ensuring their money stays in the local communities they are visiting."

The campaign website, www. holidayinwa.com.au, is a non-profit, local website, showcasing highquality and award-winning tourism businesses. On the website, Western Australians can find local accommodation, tours and experiences, compare travellers' ratings and book direct with tourism businesses, avoiding paying overseas commissions.

Discovering more about Georgiana Molloy, WA's first female botanist

WE know Georgiana Molloy as Western Australia's first internationally successful female botanist and yet her work collecting plant specimens for Captain James Mangles began just six years before she

Her gardens in Augusta and Busselton, and the native plants she found around her in the bush, were her passions, but life as one of the first European settlers in the colony meant that she rarely had time to devote to botany.

Fortunately many of the letters she wrote and some of her journals have survived. Drawing on historical information from her own writing, the Royal Historical Society of WA will present a talk by Bernice Barry which will consider her

life and work. The talk will include information about botany, early colonial settlement in the southwest and the significance of viewing history through the lens of nineteenth century emigrant letters and diaries.

Bernice Barry is a

writer and historian with a professional background in languages, literature and education. She has spent fifteen years researching the life of Georgiana Mollocating sources and settings in WA, England and Scotland. Her book, Georgiana Molloy: the Mind That Shines (Picador/Pan Macmillan 2016) is a biography that also includes information about the research process. It solves mysteries, corrects misconceptions and answers questions that had lingered for 150 years.

The event will be held on Friday 20 March at 10 am for 10.30am start at Stirling House 49 Broadway, Nedlands. Tickets \$10 each, bookings essential on 9386 3841 or email admin@histwest.

Joondalup Caravan Repairs



Servicing • Repairs • Spare parts Insurance work • Accessories Solar Systems • Alterations • Awnings We also manufacture composite panels

For all your Caravan, Motor home, or Camper trailer needs. Secure indoor accommodation if your van needs to spend the night. **PHONE 9206 4933**

Unit 13/21 Warman St, Neerabup WA 6031 admin@joondalupcaravanrepairs.com.au

WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 4 for details.

200 METRES TO BEAUTIFUL BEACHES



Don't leave your trusted friend at home... We're pet friendly!!

Dog friendly accommodation all year around.

585 Caves Road Busselton stay@fourseasonsresort.com.au



- Self-contained cottages
- On site vans Powered sites
- Unpowered sites



d Coast all-inclusive holidays

8 days/7 nights per person twin share room, meals and tours included

serving the seniors.

BEST VALUE

Gold Coast

5 minutes to Gold Coast holiday packages Airport

5 minutes walk to

famous beaches

SERVICE TOTAL

call 07 5536-1888 today for a copy of itinerary www.bomboraresort.com.au



We cater for all, as we have cabins, cottages, glamping tents, caravan/ tents sites and beautiful natural unpowered sites all in bush setting. We are two minutes drive to the lake where you can swim, enjoy water sports, relax and even camp the night under the stars.

Come and see us, we look forward to meeting our old and new friends.

147 Invarell Road, Waroona Ph: 9733 3000 Email: linda@navarino.com.au www.navarino.com.au





FEBRUARY SPECIAL 20% OFF Mid Week Stays Conditions apply. Not including Public Holidays Centrally located in the town of Busselton, Jacaranda Guest House was the first guest house there in 1961. Nestled amongst English-style gardens with a BBQ and outdoor seating. Free continental breakfast served daily.

Ph 9751 5973 30 West Street, Busselton Email: jacarandaguesthouse1@westnet.com.au





PERTH • GERALDTON • KALBARRI' MONKEY MIA* • CARNARVON • CORAL BAY EXMOUTH • KARIJINI* • NEWMAN MEEKATHARRA • HEDLAND • BROOME *SHUTTLE SERVICE OR TOUR OPERATOR REQUIRED

30% discount for all Pension and Seniors card holders

PERTH ₹ BROOME ENQUIRE NOW

VISIT: www.integritycoachlines.com.au EMAIL: info@integritycoachlines.com.au



Coach Lines (Aust) Pty Ltd Express, Hop on Hop off & Charter Transport

let's go travel ling travel options for the mature





Cape Tribulation - a living museum well worth the visit to far north Queensland









L-R; Menu at Masons - beautiful tropical flowers - blue starfish found snorkeling Mackay Reef - interesting pods found on the forest floor Inset; Rainforest - the organic icecream at the Daintree Icecream Factor



by Jean Hudson

I TRAVELLED to this amazing part of north Queensland to meet the ancient cousins of the dinosaurs. I took the cable ferry 'over the river' as the locals say. Crossing the Daintree feels like I'm entering a frontier wilderness.

Little has changed since my visit 30 years ago except the road; now sealed, it's possible to drive the 35 km to the township of Cape Tribulation without a 4WD.

The narrow winding road hugs the coast and takes us deep into the 300-million year old forest. The Daintree rainforest is the oldest intact rain forest in the world. Road signs warn us of

crossing cassowaries. Cape Tribulation got its name from Captain Cook after his ship ran aground on the outlying reef. It's hard not to wonder what Cook was thinking when he gave this piece of paradise such a depressing name. Rainforest hug miles of deserted sandy beaches.

The complex ecosystem is intrinsically the same as it was millions

tree Rainforest is home to crocodiles, cassowaries, tree kangaroos, Ulysses butterflies and lizards which all play a vital role in the life and health of the forest.

Our accommodation is in the rain forest. The air is clean and pierced with bird song. Rain drips from foliage - rainfall is more than four metres per annum. Daylight is filtered and soft. At night we look at the stars through a canopy of leaves.

Jungle surfing sounds like the most exciting way to view the rainforest. We travel by bus into the beating heart of the forest. We don hardhats and harnesses before we zip-line. The platforms range between 3.5 and 19.5 metres above the ground. We fly in pairs and solo between six platforms, over the canopy of treetops, cascading streams and views of the Great Barrier Reef.

The next day we bounce over the waves in a yellow rigid inflatable boat. We head to the Mackay and Undine Reefs with Freddie Mercury's Bohemian Rhapsody blaring through the speakers. Thanks to 700 HP engines we arrive in just 25 minutes.

We snorkel both sites, this section of the Great Barrier Reef is pristine and colourful, with clear blue water. There is an extraordinary array of marine life and coral species, giant clams and starfish. Memories like these last a lifetime.

Crocodiles have been around for 200 million years. Today's croco-diles are little changed from their prehistoric

Unpowered \$10pp for weekend payable at gate sites - Bookings 0429 139 334 (limited) redation contact the Visitor Centre 08 \$761 1740

ancestors, a telling clue that these reptiles were and are extremely well adapted to their environment.

them both Finding fascinating and terrifying, I decide to take a crocodile spotting cruise with a local called Alan. We head up Cooper's Creek in search of crocs and spot two estuarine crocodiles: a four metre-long male and a smaller nesting female, both snoozing on the riverbank.

The male had a bulging belly, having recently dined. Alan regales us with crocodile tales and information about the mangrove ecosystem. Female crocodiles are fertile from the age of 10 to 100 and lay about 30 eggs at a time. At hatching she breaks the eggs open and carries her babies two-a-time in her mouth to the water's edge under the mangroves where they have to fend for themselves.

The debate over crocodiles continues to rage - trying to find a balance between protecting the crocodiles and living in harmony with them. It's not safe to swim at the

beaches or estuaries at Cape Tribulation. But there are simple precautions that will keep you safe; avoid mangroves, stay on boardwalks and pay attention to signs.

We swim at Mason's swimming hole, which is crocodile and stinger free. The nearby café serves a wide range of meat and tropical fruit: Jackfruit burgers, totally vegetarian with the taste and texture of meat and breadfruit chips. If you are so inclined you can try crocodile, kangaroo, emu, camel or wild boar. tropical fruit and seeds. You get a cup with four exotic flavours which change daily. We wander about the orchards of bizarre and colourful tropical fruit trees.

On our way to the ferry, there is a traffic jam; a Cassowary with three chicks wanders along the verge oblivious to clicking cameras and excited tourists.

These birds have a lineage going back millions of years to the ancient Gondwanan Rainforest. The Cassowary relies on certain fruits. which are in decline in

many areas. Several trees in this ecosystem rely on Cassowaries for seed dispersal. Forest clearing, dogs and feral pigs, all pose a threat to these magnificent

a living mueum. He first visited the area in 1957 and said: "It was one of the most magical experiences of my life."

Fast Facts:

Getting there: drive time is about two and a half hours from

Several tour companies run day trips and safaris from both Port Douglas and Cairns.

Ferry \$26 return. Get there early to avoid queues. Crossing time 15 minutes.

Surfing Jungle Canopy Tours: www. junglesurfing.com.au. cost \$105 Adult

Ocean Safari: www. oceansafari.com.au.



Don't drive past the Daintree Ice cream factory; they make the best organic ice creams and sorbets flavoured with

birds. This is the only place in the world where two world heritage areas meet: the Daintree Rainforest and the Great Barrier Reef. Sir Attenborough David said Cape Tribulation is

Cost \$145.

Enjoy outback hospitality - you deserve it

Visit the historic gold mining town of Cue and spend a day or two in our spacious and relaxing two storey Guest House. Built in the good old days when ceilings were high and jarrah was used extensively. Secure off-street parking, air-conditioned for your comfort, guest tv lounge, free continental breakfast. Book direct on-line.





10 days \$3580

12 days \$4000

QUEEN OF THE MURCHISON GUEST HOUSE & CAFE 53 Austin Street, Cue

Phone 9963 1625 www.queenofthemurchison.com.au Email info@queenofthemurchison.com.au

"Get caught in the travel web" with

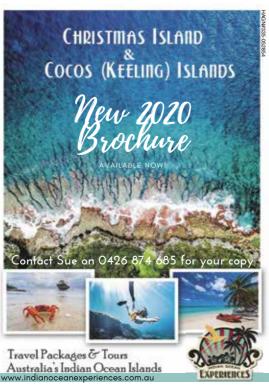
Aussie Redback Tours

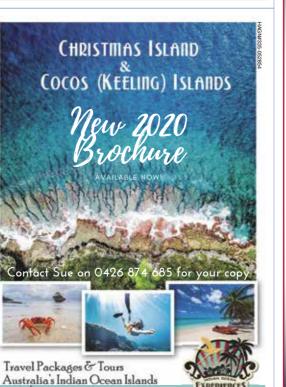
18 May

2 July













Adelaide to the Red Centre

Darwin to Broome

et's go travel options for the mature west australia





The ins and outs of travelling around the globe with a wheelchair companion









Left to right; Disembarking from the Queen Victoria. Note all the help being provided - A dedicated wheelchair allocation on Japan Rail - Being assisted onto the train in Japan - Arriving at Kirina, Sweden with help from the ground staff

by David Nicolson

TRAVELLING with wheelchair can be a daunting prospect, especially if doing it solo without a carer. It is not impossible and it is done every day, so I wanted to highlight some of the ways that will help you have a great holiday. The army have a saying, "time spent on recognisance is seldom wasted" and this is especially relevant to going on vacation with a wheelchair.

Because of obvious mobility problems, the destination and the transport considerations at that destination need careful planning. For a senior traveller this usually restricts the choice of the holiday to locations with better infrastructure such as cities or cruise

Planning ahead

Whatever your destination, the probability is that you will have to book into a hotel or cabin on a ship. Book as early as possible since rooms for the disabled are limited, especially special cabins on cruise liners. They are eagerly sought after and not always by the disabled. You can check the availability of these facilities using the internet or a competent travel agent. It doesn't take long to find out if your agent knows what they are talking about so don't be afraid to ask to see a supervisor if you are not confident with the information you are getting.

Several countries allow you to book your rail travel ahead and so take advantage of significant discounts. Make sure that your ticket allows a wheelchair, it is nearly impossible to change your booking when you arrive at the station. If you are planning to visit museums and other places of interest, use the internet to prepay and download vour entrance tickets. Often the carer gets in for free. You will save money and time not having to join long queues when you arrive, especially in peak tourist times.

Getting the wheelchair on to the 'plane

Make sure when booking the tickets that you inform the airline or travel agent that you will be taking a wheelchair, especially a powered chair. Also ask to be

seated as close to the entry/exit doors as possible, although from my experience this seldom works. Airlines have all the facilities and manpower needed to assist those in wheelchairs but sometimes you have to be prepared to ask for assistance since not all airline staff are used to dealing with passengers' special needs. It can be very difficult to transfer across to an aisle seat, especially if you are a bit wide in the hips. If you have some mobility try to get to your seat with the aid of the cabin staff rather than asking for the aisle chair. Airline staff are very helpful in these situations. If you are in a wheelchair you and your

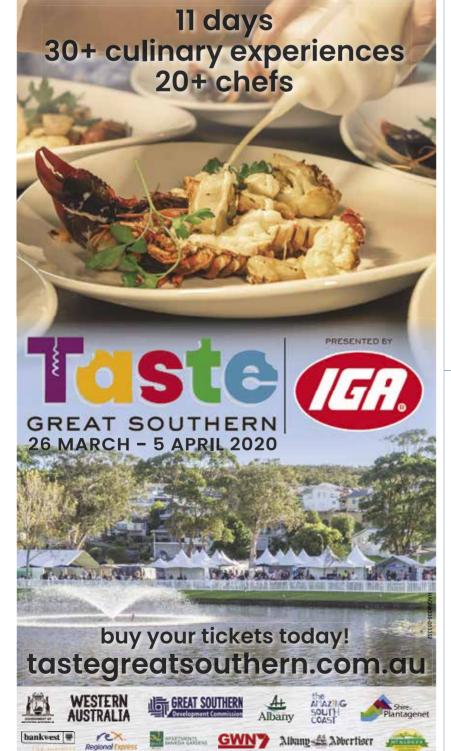
carer will be first on and last off the aircraft. In many airports you may be able to bypass the queues for immigration. Travelling with a pow-

ered chair can present myriad problems. Airlines can usually cope with the physical aspects of the chair but the size and type of battery causes most of the problems. It is essential that these details are known precisely. Information on the chair's dimensions and weight, the electrical capacity of the battery and the type of cell must be kept on hand at all times. The cell's details are usually marked on the battery or can be provided by the chair manufacturer or its agent. Always contact your airline in plenty of time and talk to their hazardous and dangerous goods section providing them with all the relevant details. They should be able to send you all the information about travelling with that sort of battery. If it is a 'dry cell', there is usually no problem and they can provide you with a certificate of compliance which can be presented when checking in. If the battery is a lithium battery you may only be able to travel with a battery of limited size. You will probably have to take it out of the wheelchair and carry it as hand luggage. Airlines have different allowable batteries so you always can't depend on the chair manufacturer's assurances. If you are travelling with a spare battery, make sure the airline is aware of this since it is unlikely that you can take them in your regular luggage stowed in the hold.

The airlines acceptance is only the first hurdle; going through security can be even more difficult. This is where a certificate of compliance from the airline can help but you have a clear understanding of what you are allowed to take on board. Most officers doing the luggage inspection are not very well informed and will reject anything they are uncertain about especially lithium cells. This can cause significant delays so it is another reason to get ticketed as soon as possible, especially at overseas airports where there may also be language issues.

continued on page 25







VANNADOO TOU

Join us on our up coming tours...

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

PENGUIN ISLAND & SEALION CRUISE Wednesday 4 March Show \$110

MARCH MYSTERY TOUR Tuesday 17 March \$99

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.

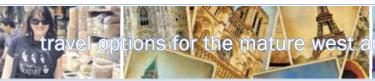


Wannadoo Tours aroup brochure is still current and has over 80 tours to choose from. We would love your group to ioin us in 2020. 2020 BROCHURE OUT NOW.

Please phone our office on 1300 146 757 if you would like a copy of our brochure posted to you - free of charge.

Email: wannadoo@westnet.com.au Web: www.wannadootours.com Facebook: www.facebook.com./wannadootours

et's go travelling travel options for the mature





Have an exquisite taste of Sicily and southern Italy on this five star food tour



Awaken your senses to the incredible flavours of Sicily and Calabria...

VINCE and Anne Garreffa will lead an exclusive Mondo food and wine tour of Sicily and southern Italy this year.

This bespoke 22-day holiday offers an insight into Vince's southern Italian heritage, giving guests the opportunity

to discover the food and culture of the region.

The tour is well paced, starting in Sicily with four nights in Palermo, three nights in Ragusa, four nights in Taormina and three nights in Tropea. It then heads north to spend four nights in Positano and the final three nights in Rome.

Extended time in each destination allows for a full immersion into the food and culture of each region.

Vince said he wants his guests to become a part of his family as they explore the sights of his mother country.

"Come with me and experience tastes which will awaken your senses to the incredible flavours of Sicily and Calabria,' said Vince. "Around tables surrounded by food and wine we will share stories and create new

ones on our adventure."

"My wife and I spend a lot of time planning the tour, handpicking restaurants and hotels for our guests to enjoy along with visits to the region's most beautiful places

"We also know our guests like to have some free time to make their own discoveries, so we have planned an itinerary at a relaxed and enjoyable pace," he said.

The tour includes home pick up and return, deluxe coach touring with a professional driver and is fully escorted by Vince and Anne Garreffa.

There are 21 nights of accommodation which include daily breakfast, 12 lunches and three highlight dinners at spechosen restaurants. Wine, water, tea and coffee is included in all lunchs and dinners.

Some of the highlights include a No Mafia tour in Palermo, wine tastings, visits to historic sites in Sicily, ferry rides, a visit to Mount Etna and cable car ride to the summit, private boat tour of Capri, mozzarella making and tour of the Tivoli gardens.

All entrance fees and sightseeing, a flight from Rome to Palermo and tipping for local guides and drivers is included.

Guests will enjoy a private pre-tour dinner at Vince and Anne's house.

This is an opportunity for foodies to discover southern Italy and Sicily like never before.

"L'ospite e sacro," said Vince 'The guest is sacred' and that's how Vince and Anne want their guests to feel when they join them to discover the delights of this spectacular part of Italy.

There are only four seats left on this exclusive tour which runs from 24 May to 14 June

For a full itinerary visit www.kingstours.com. au/tour/the-2020-mon do-food-wine-tour-ofsicily-and-italy/.

Call Wendy at Kings Tours and Travel on 9380 6656 or Vince from Mondo Butchers on 0411 881 193 for further information.



Club 55 latest brochure has more than 70 tours

CLUB 55 Travel has just released their latest 2020 brochures with with more than 70 tours.

There are some great new tours listed with both day tours and extended tours specifically designed for Probus clubs, lifestyle villages and social clubs.

Whether it's a small or large group they have the right tour from as little as only \$35 per person. For anyone who is not a member of a club, why not join the Club 55 Travel Club? It is absolutely free and caters for individuals, couples and small groups. It is a great way to get out and about and meet people and make new friends. Regular tours depart from various locations around Perth.

Visit the web page at www. club55.com.au for brochures and bookings or to sign up for their regular newsletters and follow Club 55 Facebook.

Telephone Monday to Friday between 9am and 2pm on 1300 653 696. There are no strangers at Club 55, just friends you are yet to

continued on from page 24

Travelling around the globe with a wheelchair

by David Nicolson

The wheelchair on the cruise liner

Except for a few possible inconveniences, the sea cruise provides a near perfect holiday for the wheelchair traveller. Once on board, getting around is generally pretty easy and the crew is usually very helpful. There may be a few places that become difficult to negotiate because of the narrowness of alley ways or steps, but after a day or so at sea these can be identified and avoided. The main problem comes when in port and trying to get ashore

and back on board after an excursion. Disembarkation can be a real challenge if you are totally chair bound. If the ship can get along side and a gangway is available, the crew will get you ashore and back on board. However, if the ship anchored off shore and the ship's boats have to be used, you might find you have to stay on board for the duration. If you insist on going ashore by boat, the crew will make every effort to see if it can be done, but their decision is final since your safely is their ultimate responsibility.

Travelling with a wheelchair is challenging but it can be done provided you plan it carefully and allow extra time to getting things done. Staff at the airports, hotels, on the cruise ships are usually very helpful, but you often have to be patient waiting for your particular needs to be met.

If you have a query about wheelchair travel email info@ haveagonews.com. au with Wheelchair in the subject line.

Hospitality Kalgoorlie



- FREE continental breakfast daily
- FREE wireless broadband internet, FOXTEL
- FREE tea, coffee and biscuits in your spacious motel room
 FREE welcome drink when dining at the Katherine Station Restaurant

 • POOL, restaurant, cocktail bar, BBQ & guest laundry
- **Hospitality Kalgoorlie**

kalgoorlie@hospitalityinns.com.au www.hospitalityinnkalgoorlie.com.au



Hospitality Esperance



- FREE continental breakfast daily
- et FOXTE
- FREE tea, coffee and biscuits in your motel room
 FREE welcome drink when dining at the Seasons Restaurant
- CENTRAL town location opposite the bay POOL, restaurant, cocktail bar, BBQ & quest laundry

Hospitality Esperance

44-46 The Esplanade, Esperance 9071 1999

esperance@hospitalityinns.com.au www.hospitalityinnesperance.com.au



KEN PEACHEY

CARAVAN REPAIRS

- Specialists in all types of caravan repairs and alterations
- Insurance claims
- Canvas, vinyl work and upholstery
- Approved repairer and all warranty work

194 Campbell Street, BELMONT

Phone: AVRIL, MIKE, JASON DAVIES 9277 1381

Email: info@kenpeachey.com Web: www.kenpeachey.com

KALBARRI PALM RESORT



SENIORS SALE

- 3 nights in twin or queen bed suite
- FREE fresh food hamper to enjoy
- 10% off edge restaurant dinners
- Chocolates and a bottle of wine

Total cost just

Offer for 2 persons, 1 child or infant free conditions apply

subject to availability



T

BOOK NOW

Ph 1800 819 029

Web www.palmresort.com.au Email stay@palmresort.com.au



TRAVEL DEAL



Botswana Explorer & Victoria Falls

Fully Escorted ex Australia

Kalahari - Okavango Delta - Moremi - Savuti Makgadikgadi Pans - Chobe - Victoria Falls

18 days from **\$7890***ex Per

→ Includes Airfares ex Australia

Discover Malaysia

Kuala Lumpur - Cameron Highlands - Penang Kota Bharu - Terengganu - Kuantan

9 days from **\$1875***ex Perth

> Includes Airfares ex Australia **Highlights of Egypt**

Cairo - Pyramids - Luxor - 4 night Nile Cruise Luxor Edfu - Kom Ombo - Aswan

8 days from **\$1999** ex Cairo

Patagonian Chile & Argentina

Santiago - Puerto Natales - Torres del Paine night Tierra del Fuego Cruise - Cape Horn Ushuaia Tierra del Fuego - Buenos Aires

16 days from **\$9249***ex Per → Includes Airfares ex Australia

Greece Discovery

Athens - Nafplion - Olympia - Delphi Kalambaka - Meteora - Santorini

10 days from **\$3055** ex Athens

* 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.

CLIK



Toll Free: 1300 136 330

www.adventuredestinations.com.au

et's go travel options for the mature





Catching tuna - what's available in Western Australian waters



A small striped tuna hooked from the rocks at Dunsborough during the salmon run

by Mike Roennfeldt

FOR sheer speed and stamina it's pretty hard to go past members of the tuna family. They are great sport fish. The range of tuna species we are likely to encounter in WA waters includes yellowfin, bigeye, longtail (northern bluefin), southern bluefin, mackerel tuna, striped tuna and the ferociously jawed dogtooth tuna.

With distinctly striped sides, the striped tuna is usually encountered in sizes up to around 6kg. They are often in big schools and give plenty of cheek on light tackle. Small metal lures are the best way to catch them but they will take surprisingly big trolled minnows at places like the Abrolhos islands. I've even caught them from the rocks around Dunsborough during the salmon run. The dark flesh means they aren't regarded as top table fare but they do provide great sport and make excellent bait for a range of bigger fish.

Mackerel tuna are similarly dark fleshed and have been caught in sizes to around 12kg off almost the entire west coast. A patch of mackerel stripes along the top half of the rear portion of the back is characteristic, as are three small blotches under the pectoral fins. Like striped tuna, mackerel tuna are great light tackle speedsters.

Longtail tuna are turning up more often in Perth waters these days but their usual range is farther north. They do come in surprisingly shallow water at times and can provide heart stopping excitement when you find them in a couple of metres of water in a feeding mood. A handful of fish close to 30 kg have even been caught inside Fremantle Harbour on occasions and they are a great prospect for popper fishing when they are attacking schools of bait. They are not bad to eat and make excellent sashimi.

Yellowfin tuna are everybody's favourite and reach sizes of well over 100kg in WA waters. Most fish caught inshore are in the 10-30kg range and are generally taken by trolling, cubing or live baiting almost anywhere along the west coast of WA. Yellowfin steaks make excellent fare when seared on a hotplate and served just pink in the middle. Small bites, marinated in soy and honey and quickly seared, make fantastic beer snacks.

Southern bluefin get pretty big too, especially off the south coast, but most of the inshore fish we find from Geraldton south are smallish to around 5kg. They are generally taken by trolling, especially in big sizes, and are a serious sport fishing proposition in Victoria, Tasmania and NSW, where fish to over 150kg are targeted.

Big eye tuna are very similar to yellowfin but are fish of offshore blue water and are aren't regularly taken by local recreational anglers.

Dogtooth tuna are for those who enjoy having their arms pulled out of their sockets. They are really tough customers that enjoy power diving down steep offshore drop-offs. We don't get many of them and the Rowley Shoals is the most likely spot to try yourself out against one of these great fish. The white flesh is regarded as very good eating.

No matter what the species, whenever you catch a half decent tuna it's likely to be an occasion to remember.

Mt Augustus and Walga Rock - Western Australian's not-so-hidden gems



FOR those who have never visited Mt Augustus or Walga Rock, it really is something quite spectacular.

These two rocks are situated in the mid-west of Western Australia, and they have their very own signifi-

cance and awe-inspiring presence.

Mt Augustus lies 353km northwest of Meekatharra. It rises 715m above the surrounding alluvial plain, and is an inselberg, which means 'island mountain'. It is eight km long, 49km in circumference, and it is over one billion years old.

Mt Augustus is partly covered in vegetation, but there is plenty of rock to be seen too, including great rock formations with a myriad of red and ochre colours that have been created over time.

Around the rock, visitors can find rocky creeks, gorges and open plains supporting a variety of vegetation and wildlife. It's a peaceful

place, where one can enjoy an unspoiled presence, viewing Aboriginal art sites, setting off on walk trails, enjoying various lookouts over the surrounding area, and sitting by the gentle Cattle Pool (which is full of water year around).

Walga Rock quietly sleeps amongst the arid landscape 49 km west of Cue. It is five kilometres in diameter, 1.5 kilometres in length. and one of the largest granite monoliths in Australia. It is an easy climb to the top, taking about 10 minutes, from where people are rewarded with spectacular 360° views of the surrounding countryside. At ground level and in the shade, there is a large gallery of Aboriginal art including the location of the unique cave art representation of a European sailing ship.

Aussie Redback Tours have put together a five-day tour to both of these amazing icons of Western Australia, departing 25 April. The temperature in April is usually between the high 20s and low 30s. Perfect weather to visit these locations.

For anyone who would like to be one of the travellers in this group, contact them now on 1300 662 026 or email info@aussieredbacktours. com.au. Tour details are also available on their website - www.auss ieredbacktours.com.au.



VIKING CRUISE SALE EVENT

Saturday 7 March 2020 - One Day Only! Bicton Exclusive Specials Available on the Day.

BICTON TRAVEL, CORNER CANNING HWY & PETRA STREET, EAST FREMANTLE, WA 6158









FREE PRESENTATIONS — REGISTRATIONS ESSENTIAL

River Cruisina River Cruising 11:15 09:45 Ocean Cruising 12:00 Ocean Cruising 10:30 Expedition Cruising 12:45 Expedition Cruising **REGISTER NOW FOR A CHANCE TO WIN 2 × ECONOMY** AIRFARES FROM PERTH TO EUROPE COURTESY OF FINNAIR

Register: www.bictontravel.com.au/events



T 08 9339 0277 E info@bictontravel.com.au W bictontravel.com.au









et's go travel ing travel options for the mature west a





Tahitian dreaming... discovering tropical paradises on an intimate cruise of the South Pacific









Left to right; Enjoying the South Pacific entertainment in La Palette - Tuhiva Nuku Hiva - Spectacular sunsets - Tahitian dreaming Inset; Moorea



by Michael Osborne

REMEMBER the television commercial for soap where a woman is in the bath on her private jet and said to her husband. "Tahiti sounds nice!" He says to the pilot, 'Simon, Tahiti!"

That inspired me and I am sure many others to dream of going there and I am pleased to say my dream came true, without the private jet or bath.

I joined MS Paul Gauguin which is named after the French impressionist painter Paul Gauguin who loved Polynesia and died there in 1903.

The ship was specifically de-

signed for cruising the region. We visited stunning ports starting at Papeete in Tahiti then sailed to the Marquesas Islands, visiting Fakarava – Fatu Hiva – Hiva OA. We then cruised back to Tahiti and Nuku Hiva. We also stopped at the Society Islands of Huahine then on to Bora Bora - Tahaá -Moorea before returning to Pap-

The South Pacific is a stunning part of the world, clean and untouched with beautiful friendly people who love to share their culture. The Paul Gauguin cruise ship was big enough to be luxurious, yet small enough to get close to the islands we explored.

Once in Papeete the boarding process was quick and efficient, and we were more than impressed with our stateroom home for the 14-day cruise. The ship offers all ocean view accommodations with about 70 per cent of state rooms having a balcony.

Luggage was delivered quickly. our cabin attendant introduced herself and explained how everything worked. Inside the cabin was a state-of-the-art TV system with which we could electronically order anything from the 24-hour room service whether a coffee or a main meal.

The ship offered everything you could imagine - five restaurants, bars, entertainment including a 24-hour library, duty free shop, laundry services, medical services and Wifi hotspots. Selected wines, spirits and beers are included in the fare.

Dining was a culinary adventure. La Veranda restaurant offered open seating for breakfast and lunch and free bookings for dinner, it is casual during the day and smart casual of an evening.

Le Grill, located behind the pool, is open for breakfast, lunch and has free bookings for the evening. It is the perfect spot to take in the fragrant tropical air.

L'Etoile (the Star) is the best place to join new friends in a more subdued atmosphere and to taste the ever-changing specials on the

The Le Grand Salon is a theatre style lounge offering entertainment every evening with a live show presented by international artists and the Polynesian crew.

Also on board is a small casino next to the Piano Bar, a great spot for pre-dinner refreshments.

My favourite restaurant was La Palette, located on the top deck. There you can enjoy a continental breakfast, or afternoon drinks. It is a few steps to fresh air and scenery - perfect for photography of the vivid sunsets throughout the

The Pool Bar was well utilised by the sun worshipers and the main venue for the sail-away events.

The ship has a unique onboard fold-out water sports marina at the stern with kayaks and paddle boards for more adventurous guests to enjoy the calm waters of the lagoons when moored.

Guest lecturers told us about about the history, flora, fauna and sea-life of the areas visited.

The Shore Excursion Desk offered guests a variety of escorted hikes and sightseeing tours at ports from relaxing on a private island, to water sports, scuba, lagoon boat trips and helicopter flights. There was even a chance

The ship has an onboard fitness centre and spa offering hair, beauty and indulgent spa packages.

Paul Gaugin has now become part of the Ponant Group and the ship is going to Singapore in April for an US\$80 million make-over. They offer a unique way to discover the gems of the South Pacific, check out their itineraries at their website: www.pgcruises.com.

My trip was arranged through the Sydney based travel agency, Wiltrans which are the Paul Gauguin Cruises specialists in Australia. Wiltrans offer complete packages for travellers: www.wil trans.com.au or email travel@wil trans.com.au toll Free: Aust. 1800 251174. NZ: 0800 446376

Michael Osborne sailed as a guest of Paul Gauguin Cruises and of Air Tahiti Nui, Accor Hotels and Canon Cameras.

Leap across the Tasman to New Zealand and save up to \$800 per couple



NEW ZEALAND is a must visit destination with something for almost everyone. Offering the perfect balance of experiences, culture and scenery, it is no wonder that it is rated one of the top travel destinations for Australians. With 2020 being a leap year, there is no better time to leap across the Tasman and join a New Zealand coach holiday with Grand Pacific Tours - the New Zealand coach holiday specialist.

Having just released their most comprehensive 80-page brochure, Grand Pacific Tours showcases their variety of new tours for prospective and repeat travellers.

Travellers can choose from five styles of touring with a selection of itineraries ranging from eight - 23 days to suit all budgets

Providing a comprehensive range of all inclusive. value for money holidays, offering a highly professional and personalised service to thousands of travellers every year, a Grand Pacific Tours coach tour is more than a holiday - it is a chance to see, feel and learn about the people, places and the history of a unique part of the world you have chosen to ex-

From the time you arrive in New Zealand a friendly smile awaits. The professional crew will share their teaching and knowledge,

ensuring you learn as you continue your journey with like-minded travellers.

Grand Pacific Tours offers a range of itineraries to suit all budgets and more than 200 guaranteed departures each touring season. If you want to experience travel that is beyond the mainstream, mixed with a balance of touring and free time to explore, a coach holiday is your best option.

"For more than 23 years, we have been providing fully inclusive, escorted coach tours for over the 50's or those preferring a low impact itinerary. Our tours are

designed with more mature travellers in mind and are full of authentic innovative and educational experiences," says Grand Pacific Tours managing director Peter Harding.

"Grand Pacific Tours coach holidays guarantees travellers peace of mind, shared knowledge, unique access and the camaraderie of like-minded travellers who are keen to learn and explore the wonder that is New Zealand. We take care of it all so that you can get on with creating incredible holiday memories.

All Grand Pacific Tours coach holidays are fully inclusive of airfares, taxes, transfers in New Zealand, coach travel, accommodation, most meals, sightseeing and attractions. Travellers can be assured that there are no hidden extras.

Don't miss out on the Grand Pacific Tours Leap Year Sale. Save up to \$800 per couple on selected departures, plus a few added extras, if you book before 29 February 2020. Book with your local travel agent, or for more information contact Grand Pacific Tours on 1800 622 768 for your own bumper brochure. or visit www.gptnz. com/leapvearsale.



11 DAY PRIVATE TOUR FROM *\$1999 PPTS

VISIT A FAMILY HOME AND SHARE TEA, **RICE WINE AND STORIES**

- Add Perth airfares from \$318 per person
- 10 nights 4-star accommodation
- Saigon & Chu Chi Tunnel tour
- · Halong Bay cruise & local guide



8 DAY PRIVATE ITINERARY FROM *\$2999 PPTS

SAMPLE TRADITIONAL JAPAN, MT FUJI **GEISHAS & MORE**

- Direct flights from Perth *\$827 per person • 7 nights accommodation with breakfast
- Rail pass, transfers & local English-speaking guide
- Early/late stayovers available



8 DAYS FROM *\$1999 PPTS **INC RETURN FLIGHTS**

ENJOY PARADISE ISLAND, LAGOONS. BEACHES, CORAL AND MORE

- Virgin return flights from Perth
- 7 nights accommodation overlooking the ocean
- Personal Island tour
- Airport transfer



11 DAYS PRIVATE TOUR FROM *\$1325 PPTS

EXPLORE CHHATRA SAGAR, TAJ MAHAL AND MORE

- Return flights ex Perth from \$537 per person return
- 9 nights quality hotel with breakfast
- 1 night in traditional Rajasthani tent
- English speaking guide



Island Explorer Holidays . 1300 884 855

www.islandexplorer.com.au info@islandexplorer.com.au 2/870 Beaufort Street, Inglewood WA 6052













All of our Escorted Tour prices include:

★HOME PICK-UP & RETURN BY HUGHES ★A KINGS TOUR MANAGER ★RETURN ECONOMY AIRFARES & TAXES ★SIGHTSEEING & ENTRY FEES AS PER ITINERARY





8 Days, 30 April to 7 May 2020

TOUR HIGHLIGHTS ★Enjoy a tour of Bright and Beechworth ★Locally guided tour with the Mansfield Historical Society ★Listen to a talk at the Red Stag Deer and Emu Farm ★Indulge in afternoon tea at Wandiligong Maze ★Locally guided tour of Benalla to see the Mural Displays ★Visit Ned Kelly's Last Stand Show at Kelly Land, Glenrowan Tourist Centre ★Enjoy a behind the scenes tour and cheese tasting at Tolpuddle Farm ★Explore the Burke Museum ★Cruise on the MV Paradise Queen ★Enjoy a history tour and lunch at Indigo Food Co ★Indulge in chocolate tasting at Corowa Whisky & Chocolate Factory

TOUR INCLUSIONS ★ Luxury Coach transfers throughout with professional driver★7 nights' accommodation in Wangaratta at the Quality Hotel ★ Breakfast daily, 3 lunches and 6 dinners



10 Days, 6 to 15 July 2020

TOUR HIGHLIGHTS ★ Enjoy a tour of Cape Tribulation★Visit the World Heritage Daintree National Park★Travel along the Bloomfield Track★Enjoy a visit Cooktown★Explore Lakefield National Park★View Split Rock, seeing Aboriginal Rock Art ★ Visit Musgrave Telegraph Station ★ Enjoy a visit to Bramwell Station ★Explore the town of Weipa★Take a swim at Fruit Bat Falls★Enjoy a guided tour of Thursday Island★Stand on Cape York, the Most Northern Tip of Australia

TOUR INCLUSIONS ★Internal flight from Horn Island to Cairns ★ Modern coach transfers with professional driver in Cairns ★ Equipped 4WD vehicle with professional driver from Cairns to Cape York ★9 nights' specially selected accommodation★Breakfast daily, 5 lunches and 8 dinners





18 Days, 13 to 30 September 2020

TOUR HIGHLIGHTS ★ Enjoy a tour to Bali Safari & Marine Park ★Indulge in afternoon tea at Uma Restaurant★Watch

the Jimbaran Sunset and enjoy a Seafood Dinner ★Embark on a sightseeing tour of Ubud including lunch ★Indulge in a Jimbaran "Epicurean" Food Adventure ★Enjoy a Bali Hai-Lembongan Island Reef Cruise

7 Days, 24 to 30 May 2020

TOUR INCLUSIONS★6 nights' accommodation at the Hyatt Regency Sunar plus late checkout ★ Breakfast daily, 2 lunches, 1 afternoon tea and 3 dinners



TOUR HIGHLIGHTS ★ Indulge a welcome dinner at a local restaurant ★ Enjoy a sightseeing tour of Barcelona ★ Visit Gaudí's Casa Batlló★Visit to the Sagrada Familia Basilica * Explore the Catalan National Art Museum★Cruise the seas of the Mediterranean★Explore the island of Malta

TOUR INCLUSIONS ★The services of a local tour guide★3 nights' accommodation in Barcelona★12 nights' onboard the Jewel of the Seas ★ Luxury Coach with a professional driver★Breakfast daily, 11 lunches and 14









19 Days, 9 to 27 August 2020

TOUR HIGHLIGHTS ★ Explore the vibrant capital of Armenia, Yerevan ★ Visit the Khor-Virap monastery ★ Enjoy a visit to "Tushpa" winery★Visit the Echmiadzin Cathedral, the most ancient Christian temple of Armenia★Enjoy an orientation tour Dilijan and visit Sharambeyan Street ★ Visit the Monastic Complex of Haghpat ★ Enjoy a sightseeing tour of Tbilisi ★ Embark on a sightseeing tour of Batumi ★ Explore the magnificent cave town Vardzia ★ Scenic drive through the Caucasus Mountains ★ Enjoy wine with a local family ★ Visit Gergeti Trinity Church

TOUR INCLUSIONS★Local Tour Director to Service of an experienced Tour Director ★16 nights' deluxe accommodation ★ Breakfast daily, 4 lunches and 7 dinners ★ Luxury Coach with a professional driver ★ Tips and gratuities included for driver and guide

West Leederville

110d Cambridge Street, West Leederville WA 6007 P: 9380 6656 E: office@kingstours.com.au

Mandurah

Mandurah Central Shopping Centre Shop 3, 8-10 Smart Street Mall. Mandurah WA 6210 P: (08) 9584 8982 E: ali@kingstours.com.au









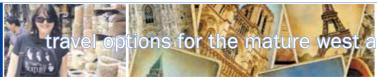




We care about the little things. That's our difference.

1800 677 760 www.**kingstours**.com.au

let's go travel options for the mature west a





Have fun unearthing nuggets of family history in the Goldfields



Boulder Streetscape Kalgoorlie-Boulder

AUSTRALIA'S Golden Outback is looking for interested applicants who have connections with Kalgoorlie Boulder or the Goldfields to dig deep into their family history.

The chosen applicant will have their journey of discovery documented, and, with assistance from the experts at the Eastern Goldfields Historical Society, uncover their ancestral past as well as travel to historical locations in the region in a similar style to the popular television program Who Do You Think

Australia's Golden Outback CEO Marcus Falconer said that there are many hidden stories just waiting to be unearthed.

"It could be an interesting discovery for someone. There are so many people out there who have connections to the Goldfields from the old gold rush days," Mr Falconer said.

Our early discussions have shown that people have a real curiosity about their past and it could open up a new tourism opportunity for the region. It's

quite exciting."

The Goldfields region became famous overnight when in 1893, three Irish prospectors, Thomas Flannagan, Daniel Shea and Paddy Hannan, who Kalgoorlie's main street is named after, found 100 ounces of gold. The gold rush was on and within the space of a week there were 1,400 prospectors working the gold fields.

News of the gold quickly spread around the world and the mining centre was funded from the London Stock Exchange. Thousands of prospectors rushed to the Goldfields from Ireland,

United Kingdom, Europe and from in-

As the gold finds grew, so too did the population. Lonely clusters of tents and makeshift huts were soon transformed into booming Western Australian gold rush towns complete with grand hotels, butchers, bakers, schools and churches. And with the completion of the Golden Pipeline, the arid region was given a reliable supply of fresh water.

Many of the original townships remain and though the populations are not as huge, the character buildings and museums provide a fascinating glimpse into the wild and colourful spirit of the gold rush era.

If you'd like to be part of your very own documentary tracing a relative's story, visit www.australiasgoldenout back.com/history.

Indulge at the Great Southern region's Porongurup Ranges 2020 Festival



THE Great Southern's favourite gourmet festival, set in the stunning Porongurup Range, returns in 2020 showcasing local wines, produce, arts and

community projects.

The festival brings visitors, locals, community groups, artisan producers and chefs together for a day of indulgence and entertainment in beautiful Karridale, Woodlands Porongurup on Sunday 1 March.

From humble beginnings in 1989, the festival has grown over the years, becoming a popular regional event.

It provides the opportunity to feature some of Porongurup's award winning cool-climate wines, as well as signature events such including the grape stomp, wine masterclasses and cooking demonstrations.

Families will have the opportunity to experience the first Moort Bidi (family trail) where both children and adults can experience local traditions and activities; make their own juice at the Grape Stomp; support the compassionate work of Healing Hands Wildlife Care and exploring nature-based activities with Down Under Discoveries.

Kids will be also be entertained by the muchloved wine barrel train, bouncy castle, face painting, cupcake decorating competition and Jamie the Clown.

Respected local wine maker and winery owner Rob Diletti will present a series of masterclasses, highlighting the fine Ries-

lings and Pinot Noirs produced and recognised from the Porongurup region and participants are provided with wine pairing and tasting notes. Masterclass places are

For whisky lovers, Cameron Syme, founder and master distiller from the Great Southern Distilling Company, will lead a whisky masterclass. Cameron has proven he has one of the world's most discerning palates and has developed an enviable record as a leading craft distiller.

Foodies and wine lovers will also enjoy en-

gaging cooking demon-strations with local chef Geoff Richardson, including how to make labneh with Porongurup's very own dairy and cheese producer Nicole from Porongurup Pure; make all things pomegranate with Deb from Pomegranate Hill; discover new cooking tips from local butcher Josh from Plantagenet Meats and learn how to pickle olives with Joan from Jilba Olives.

There will be a variety of food and beverages available from local food trucks and producers.

Local students will live the dream of becoming chef assistants for the day as they are matched up with Geoff Richard-

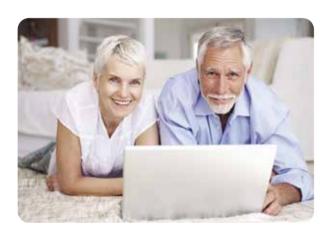
Don't miss this spectacular and intimate festival where people can taste, experience, enjoy and appreciate all that is Porongurup.

Bus transport is available to and from the event from Albany, Denmark and Mount Barker with shuttle buses from Porongurup Village.

The festival is located at 153 Woodlands Road in Karridale and runs on 1 March from 11am to 5pm.

Find out more from www.porongurup.com

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.

WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION



Free wheeling in Fremantle...a perfect way to spend a summer's day in WA







com-

City

build-

State-of-the-art council

customer service and

community learning hub

including a new library.

ing with purpose-built

indoor and outdoor

community spaces and

Much of the central

redevelopment will be

complete in several

months and is likely to

inspire further private

investment and, hope-

fully, more eatery choic-

es and market-style in-

The city says it means

more workers, more ac-

tivity during the working

week, more people that

may move to Fremantle to be closer to work in

the city centre, more

shops, more money

for the local economy,

more indirect jobs cre-

ated, more community

events, improved com-

munity safety and a bet-

ter reputation for Fre-

"With more activity,

the city centre will be a

better place to live in,

work in and visit. It will

also be a catalyst for

more investment in Freo

- the more people that

want to visit, live and

work in Freo, the more

attractive it becomes to

open new businesses

and build new housing options," says the city.

We all want Freo to

fire-up. And it will. But the city needs to get

its message through to

that large slice of potential visitors that has

turned its back on the port - driven by the

mantle.

"Meet: New

petition-winning

administration

meeting rooms."

novations.

Left to right; Kings Square focus - Emerging new-look Inset; New-look Town Hall



by Lee Tate

FREMANTLE is changing. Welcome news for travellers. But let's not forget the travellers and tourists who are our fellow Sandgropers from other WA towns and Perth suburbs.

The port city lost some of its gloss after the glory days of the America's Cup. Then the dreaded P-word (P for parking) consistently raised its head. And still does.

Motorists - shop-

pers - are put off by the perceived challenge of finding and paying for Freo parking when they can more easily make use of free parking in other shopping centres.

The city now proudly heralds "a new era for Fremantle - a place for people". And so it will

The sea breezes have blown-in a cool \$270 million for the overhaul by far the biggest project ever undertaken by a Fremantle Council. It's up there as one of the most important developments in Fremantle's history.

This once-in-a-generation project will see central Fremantle transformed into a vibrant civic, community and commercial hub in coming years.

Fremantle is well and entrenched on world travellers' maps and a tourist mecca, it's future is assured.

But the Sandgroper perception of lurking, money-pinching parking inspectors amid piddling parking places is keeping shoppers away. Besides, Fremantle with its loss of shops and eateries - ain't what it used to be.

The Kings Square Renewal Project is leading the way and its appeal can already be glimpsed as building and renovation grinds on. Investors, including hotel developers are jumping in for slices of the action while property prices are still relatively cool.

The totally revamped town hall with all its historic links and architectural appeal is a shining beacon for Freo's better look, retaining its links to a very colourful past. Council is spruiking the fresh-faced Fremantle including:

"Eat and shop: FOMO - marching to the beat of its own drum. The rhythm of restlessness is coming. A retail and dining experience designed with Freo people in mind, unlike anything seen before in Australia.

"Work: New five green star commercial spaces including office accommodation more than 1,600 State Government employees relocating to Fremantle.

"Relax: A revamped city square complete with landscaped grassed area, shady trees, public art and new street furniture.

"Play: A major new children's play-space and baby-change facili-

"Learn and transact:

parking challenge.

A marketing strategy could tackle the issue head-on with a campaign along the lines of: "Come to Free-mantle. Free parking. Free shopping. Free Tours. A six-month welcoming invitation."

A sustained advertising blitz could promote the new-look "Freemantle". Volunteers (and there is no shortage of Freo volunteers) could provide free brief tours, outlining historic landmarks and explaining the new developments.

Be a guest of the city. Yes, foregoing parking money means the city is going to have a financial shortfall, but sales will lift and profits will be up. **Dedicated Freo traders** could help fund a levy to compensate council. It's worth a try for just a few trial months.

Who can foraet Queensland's bikiniwrapped meter maids? That marketing campaign was solid-gold and still is.

Fremantle is famous for its festivals (although some of these have become tired and predictable). A Free-mantle festival to celebrate the port city's fresh-face would help put the spotlight on the new offer-

World-class musicians have their roots in Fremantle. A dedicated upbeat promo tune - with abundant, colourful, freewheeling buskers - would also help launch a new-look Free-mantle.





ENJOY MAGNIFICENT SUNSETS





3 NIGHT GETAWAY



FREE restaurant breakfast daily FREE courtesy coach pick up FREE upgrade to spa suite. Min 2 persons FREE bottle of WA wine on arrival



www.kalbarriedge.com.au info@kalbarriedge.com.au 1800 286 155







Clean, comfortable and affordable **ATTRACTIVE SUMMER RATES!**

Group bookings



31 DEMPSTER ST. ESPERANCE PH: 9071 1533

Email: reception@bayviewmotel.com.au



Feel Right at Home

WA Easter Escapes

FULLY INCLUSIVE, ESCORTED TOURS

Our tours include:

Transfers

Courtesy pre and post home/hotel transfers (Perth/Mandurah metropolitan areas) A country collection service is also available



Transport

Accommodation



Meals



Tour Leaders



Local Guides



Easter in Albany 6 DAYS > Wed 8 to Mon 13 Apr 2020

Attractions

Highlights

- Easter Sunday celebrations
- National Anzac Centre
- King George Sound cruise
- Torndirrup and Porongurup National Parks
- Mount Barker Old Police Station
- Princess Royal Fortress
- Denmark Arts Markets

Inclusions

- Pre/post tour transfers (ex Perth, WA)
- ▶ 14 meals
- ▶ 5 nights Ace Accommodation,

Price: \$1775 pptw \$270 single option



Easter in Esperance 6 DAYS > Thu 9 to Tue 14 Apr 2020

Highlights

- Wave Rock
- Cape Le Grand National Park
- Esperance Stonehenge
- Esperance Bird and Animal Park
- Easter Sunday cruise and barbecue lunch
- Ravensthorpe
- Silo art

Inclusions

- ► Pre/post tour transfers (ex Perth, WA)
- ▶ 14 meals
- ▶ 2 nights Wave Rock Motel, Hyden
- ► 3 nights Best Western Hospitality Inn, Esperance

Price: \$2030 pptw \$320 single option



Easter in Pemberton 5 DAYS > Thu 9 to Mon 13 Apr 2020

Highlights

- Easter Sunday celebrations
- Pemberton Tram Co ride
- D'Entrecasteaux National Park
- Windy Harbour Nornálup Inlet cruise
- Valley of the Giants
- Silkwood Estate
- Beedelup Falls **Bicentennial Tree**

Inclusions

- Pre/post tour transfers (ex Perth, WA)
- ▶ 4 nights Best Western Pemberton Hotel, Pemberton

\$1670 pptw

Dreaming of your next holiday?

Villa Autumn Travel Expo

You're invited to a FREE fun-filled day of information and inspiration for your next adventure!

- 2020 tours
- · Presentations and travel workshops
- Door prizes
- Refreshments

Date: Thursday, 5 March 2020 Venue: Perth Convention Exhibition Centre

Address: 21 Mounts Bay Road, Perth

Time: 9am - 2pm

RSVP is essential, so please contact us to confirm your attendance.

Christmas in July

Kalbarri > 5 Days Mon 29 Jun to Fri 3 Jul 2020 > \$1620 pptw

Busselton > 5 Days Wed 1 to Sun 5 Jul 2020 > \$1390 pptw

York > 5 Days Wed 22 to Sun 26 Jul 2020 > \$1415 pptw

FreeCall 1800 066 272 for our latest magazine Visit villa.com.au to subscribe to our travel alerts

Conditions: Tour prices are ex Perth and include home collection (Perth and Mandurah only). Villa tours are escorted, unless otherwise stated and include accommodation,





villa.com.au

Find us on Facebook (i) @VillaCarlottaTravel











Chilling out in Busselton... It's really cool and is the perfect base in the south







Left to right; Tourist-friendly along the beach near the Jetty - Smattering of statues - Busso time - plenty of time to soak up the sun and relax

by Lee Tate

IN our family of rambunctious schoolboys, we couldn't imagine anything worse at holiday time than being shunted to Busselton. Busso in the sixties was not cool; it was boring old Busso; to us city boys.

And it didn't help that for a tribe of surf grommets, Busselton is washed, at best, by Geographe Bay ripples, not even a shore-break.

How things have changed - and not just because of our seniors' viewpoints (although our ages have naturally provided new perspec-

In changing times, human-driven evolution – driven by multi-millions of dollars – has been gloriously kind to Busselton. What has unfolded is an exciting, country, seaside town - with plenty on its provincial plate, not least its substantial history and

smattering of street statues and sculptures.

It's no surf mega but has easy access and short drives to some of the world's most respected surf spots. From Yallingup, there's a string of good surf breaks, all the way along to the biggie, Margaret River.

Busso serves as a great base, especially for families or groups where not everyone is excited at the prospect of spending their entire getaway being pounded by bombies and gnarly left-handers on some of the world's most vicious reef and sand breaks.

The region's wineries, breweries and eateries, which speak for themselves, are cheek-by-jowl with Busso. Local seafood is still a treat.

Just before the end of the summer school holidays is a fascinating time to check into Busso's many holiday parks. Heavily-booked months in

advance, they are naturally playgrounds for kids from everywhere they fly-in from overseas and interstate and are bussed and driven in from all over WA.

Every jumping castle, paddle pool, swimming pool, laser fight, hire bike and grassed area is part of a seething mass of fun-loving, grinning kids. Towels over shoulders, boogie boards under arms and goggles and flippers in hand, armies of families head to the white-sand beaches.

It's a joy to see, from sun-up to sun-down.

Then, after a few weeks and the school holidays ending, all the kids are shunted out of all the parks. And in come the grey nomads.

Grey nomads who want a getaway without children-driven activities and minus the cheering and shouting of the vounger brigade. Year-after-year many will claim the same camping spots where they'll know their camping neighbours and indulge their habitual happy hours with a few coldies and bubbles.

Busselton has its natural beauty, dominated by a pristine, protected coast, but modern Busso is a reshaped town, known for its volunteer works especially on the iconic Busso jetty.

The biggest change to wash-up on Busselton's is the ocean cruiser crowd. The town ranks among WA's top-10 cruise-ship ports.

In Busso, the rich and famous moor their supersize yachts, swim in glorious Geographe Bay and stroll the white, squeaky sand while the not-so-rich-and-famous might launch a tinnie or swim in glorious Geographe Bay and stroll the white, squeaky sand.

Busselton, long known and valued for its passing humpback whale

populations, is also one of the best places to watch whales and dolphins. Sightings are virtually assured.

As a base, Busso is in a jaunty juxtaposition: surf beaches, wineries, big timber (including the towering monsters of Tuart Forest National Park), restaurants, cafés, holiday parks, hotels, motels and shopping centres.

Town and beachfront are manicured and maintained, coastal beauty stretching in both directions as far as the eves can see.

There's plenty on indoor stuff for those chilly days: caves, historic lighthouses, craft breweries, art galleries, Busselton Museum, Old Courthouse Art Complex and St Mary's Church. Fish and chips in the main drag are hard to beat and the town bakery is still one of the most popular in the south-west.

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.

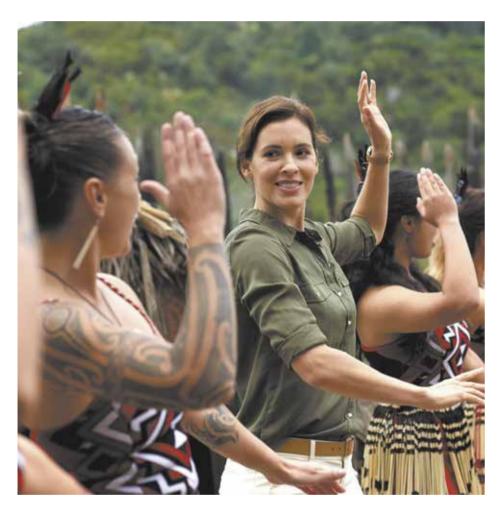
To register, please email readers@haveagonews.com.au

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

LEAP YEAR



NEW ZEALAND Coach Holidays



scape everyday life, experience a different culture, have an epic adventure and make friends and memories that last a lifetime on one of our coach tours. Surround yourself with beautiful scenery, fascinating history, mouth-watering food, beaches, mountains, unique culture, and – most importantly – the amazing people who will help you appreciate your tour.

ALL INCLUSIVE TOUR OPTIONZ Tours include airfares, taxes, transfers in New Zealand, modern coach travel, accommodation, most meals, sightseeing and attractions. 200+ GUARANTEED departures.

Affordable Coach Tours

Enjoy an unbeatable value for money experience including a range of attractions that set these tours apart. Travel on a modern coach and visit the "must see" icons of New Zealand without breaking the budget.

Signature Coach Tours

Explore the unpredictable regions and intriguing history of New Zealand from a choice of five unique itineraries. Relax in armchair comfort on a modern coach as you

visit iconic attractions plus enjoy a selection of distinctive experiences.

9 DAYS
PER PERSON,
TWIN SHARE

Ultimate **Small Group** Touring

Ultimate Small Group Touring itineraries are specifically tailored to provide the highest level of comfort, service and quality without compromise. Travel in style on

'business class on wheels' and enjoy several unique extras.

Cruise & Coach Tours

Grand Pacific Tours and Celebrity Cruises® present this exclusive opportunity to discover New Zealand by cruise and coach, giving you the complete New Zealand experience.

20 DAYS PER PERSON,

Special Interest Tours

Let your interests take you on a journey of New Zealand with like-minded travellers and enjoy unique experiences. Grand Pacific Tours offers innovative holidays,

including Solo, Festive, Aviation and Garden Tours.

TWIN SHARE

*Conditions apply, Prices valid ex PER (Economy Class) and include prepaid taxes (subject to change). Surcharge may apply with airlines over the festive season. **Travel on selected departures in April, May and September and save up to \$800 per couple (up to \$400 per person) depending on itinerary and departure date. All other departures will save up to \$500 per couple (up to \$500 per couple (up to \$250 per person) off the brochure price. #Cruise and Coach Tours: Price is based on the 20 Day New Zealand Vista by Cruise and Coach. Travel to join / return from the cruise in Australia not included in package. Also receive US\$650 onboard credit per couple plus a Classic Beverage Package. If a solo cabin is booked, receive US\$350 onboard credit plus a Classic Beverage Package (Limited time only). Special Interest Tours: Include Solo Travellers, Festive Season, Aviation and Garden tours. Price is based on the 8 Day Warbirds South Island Escape. All Tours: Maximum savings are reflected in the advertised prices. Also receive a 400-page New Zealand Eyewitness Travel Guide per household. Standard Grand Pacific Tours booking conditions apply, refer to www.gptnz.com. Offer varies on special group departures. No other special offers or discounts apply. Special offer applies to new bookings only until 29 February 2020, unless sold out prior. Offer can be withdrawn at any time without notice. Must quote "Leap Year Sale" at time of booking for deal to be applied. Price does not include the fee for a New Zealand Electronic Travel Authority for any Australian Residents not holding an Australian passport. Refer to www.immigration.govt.nz/nzeta for further information















let's go travelling travel options for the mature west australian. Holidaying with dogs - don't leave your furry friend behind



MOST dog lovers don't like to leave their precious fur babies behind when they go on holidays and this month we have provided a handy guide to accommodation options which are pet friendly in WA.

Before taking your pooch on holidays it's always good to make sure they are up-to-date with all their vaccinations. If it is likely that dogs will be mixing with various other mutts, so be sure to treat them with a C5 vaccination against severe kennel cough. Dogs of any age can be

We all know dogs love to go exploring, especially when in new locations. It's well worth making sure your animal is micro-chipped and has a collar tag with your mobile number on it.

And don't forget to bring dog food, dog bowls for water and food, some clean bedding, a few tovs and of course a leash.

It's important to ensure that dogs are well supervised in areas where baits may have been

Check advertisements below for specials from a selection of pet friendly accommodations.

Binningup

Binningup Beach Caravan Park is located at the gateway to the beautiful south west and offers a variety of cabins, park homes, caravan and camping sites for people to enjoy. Guests can take advantage of the excellent facilities including a pool, grassed areas, games rooms and more on site to ensure they have a comfortable stay. Located only minutes away to the beach and the park is pet friendly. Call 9720 1057 or visit www.binningupbeachcaravanpark.com.au.

Albany

Emu Beach Chalets offer spacious, self contained chalets near the beach. They have one, two or three bedroom chalets fully air-conditioned with free wifi and barbecues on site. They also have a laundry available and are proudly pet friendly. Call 9844 8889 or visit www.emubeach chalets.com.au.

House Sitters for Pets

Are you looking for someone to house sit your pet at home while you go away? Absolutely Reliable Housesitters offer their services throughout the Perth metropolitan area, in the Hills and Mandurah. Sitters are completely police checked and services can also include gardening and pool cleaning. A 24 hour service is available for sitters and home owners. Find out more by calling Bob on 0414 786 956 or visit www.arhsit.com.au

Mandurah

Belvedere Caravan Park in the heart of Man-

Staying Alive - outback survival tips from an Australian adventurer

do if you broke down,

got bogged or ran out

of fuel? There are plenty

of spots outside of the

tourist sectors without

mobile reception, the

threat of being stranded

for longer than your sup-

plies will last is extremely

real. So if, or perhaps

when, this happens, It'll

be up to you to keep

calm and keep everyone

alive. Here's what to do

if you're stranded in the

Stay with your ve-

hicle: Having one of

your crew head a few

hundred metres away to

find a bit of tucker during

the day is totally fine. But

when search and rescue

rock up, you better be-

lieve they'll be looking

for a car. They're easier

to spot than people and

will offer an extra level of

comfort for the little ones

during the night.

outback:

durah offers plenty of shady sites, newly renovated barbecues and is 500 metres away from the dog beach. Treat your pooch to a coastal holiday with their stay for five nights and pay for four offer. Call 9535 1213 or visit www.bel vederecp.com.au for more details.

Neergabby

Willowbrook Farm is located just 15 minutes from Moore River and Gingin. It is situated in a rural grass setting, is pet friendly, wheelchair friendly and has beautiful gardens with abundant bird life. They also offer daily sheep, alpaca and cow feeding. Only an hour's drive from Perth come and experience a taste of rural life. Call 9575 7566 or visit www.willow brookfarm.com.au

Swan Valley

Banksia Tourist Park in Hazelmere offers a range of accommodation at their dog friendly tourist accommodation. They have a doggy day care, pet friendly cabins and dog walk trails available in a tranquil and peaceful location. Call 9250 2398 or visit www.banksiatour

The gateway to the beautiful South West

All cooking facilities are supplied. TVs, fans and blankets provided. Reverse cycle aircon & heating. Campgrounds have facilities required for a comfortable stay. Pet friendly

> **Caravan & Camping Sites** Peak Time \$42 per night t/share, \$2 per dog Long weekends and public holidays: \$50 per night twin share School holidays: \$42 per night twin share

Park Home (3 bedroom sleeps up to 7 people) Peak Season Sept to April: \$180 per night twin share

Park Home (2 bedroom sleeps up to 6 people) Peak Times \$150 per night t/share, \$15 extra per person Off Peak \$140 per night t/share, \$15 extra per person

Phone 9720 1057 or email

CARAVAN PARK

his best go-to tips on travel safety for the enquiries@binningupbeachcaravanpark.com.au Australian outback. by Jase Andrews WILLOWBROOK FARM

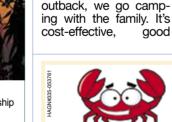
1679 Gingin Brook Road, Neergabby Situated in a great rural setting with

large grassed powered and non powered sites. Pet friendly with full amenities, including wheelchair access. Beautiful gardens with abundant bird life.



- Located only 1 hour north of Perth
- 5 mins to Gingin Observatory & Gravity Centre
- 15 mins to Guilderton Beach/Moore River and Gingin Township
- · Complimentary freshly baked scones, jam, cream served every Sunday morning
- Campfires in season
- Dump point
- · Sheep, cow and alpaca feeding for children daily

Bookings Phone: 9575 7566



of

Host

number

Australia's

four-

good

one

wheel-drive and ad-

venture show, All 4 Ad-

venture, has released

WE all love to getaway.

To get in touch with the

splendour of the Aussie

CARAVAN PARK

in the heart of Mandurah

Hydrate like it's your backyard. iob: Australia is bloody But what would you hot at the best of times. **SPECIAL OFFER:**

for the soul and it gets

kids off their damned

off-roading and camp-

ing are great ways to en-

tertain the whole family;

grandparents, parents,

kids and the dog alike.

We live in an amazing

country, full of sights and

sounds that people from

all over the world travel

to witness - and we're

lucky enough to have it

all right here, in our own

Caravanning,

screens.

*conditions apply TREAT YOUR DOG TO A COASTAL ADVENTURE

STAY 5 PAY 4 on SITES*

Plenty of shady sites ·Newly removated BBQs •500m from dog beach

 Pet friendly sites available onditions are: not to be used in conjunction with any other offer, no further discounts apply. Valid from 3rd of Feb to 27th of Feb 2020, see our Pet Friendly policy for pet terms and conditions.

Share you adventure with us, #belvederecaravanpark 🖪 💿 **T** 9535 1213 153 Mandurah Terrace, Mandurah **E** info@belvederecp.com.au www.belvederecp.com.au





 Doggy Day Care facility (charges apply) . Dog walk areas available

Convenient, peaceful, tranquil location

Share you adventure with us, #banksiatourist 🖪 🎯

T 9250 2398 or 1300 885 224

E bookings@banksiatourist.com.au 219 Midland Road, Hazelmere https://banksiatourist.com.au/pet-friendly-accommodation





Now consider how hot it can get out-bush. The kids, especially, will need periodic hydrating on the hour (supplies permitting). Avoid more frequent small sips, opting for less regular more hearty gulps to ensure there's enough water being absorbed. Make sure you look after yourself too though, as it's you who's in charge of keeping everyone safe.

Seek shade and rest up: depending on what's in your vehicle, you'll either be setting up your own shade or seeking the best of what nature has to offer. Be it an awning or gumtree, staying shady is the best way to keep the body temperature down and facilitate a cool head. Avoid strenuous exercise when you can, preserve your energy for important jobs like searching for food or water.

Figure out where your next drink is coming from: A healthy person can go for up to three weeks without food. Without water, it's four days, so it's pretty important you get this part of your involuntary stay in the bush sorted. What you'll want to do is set up a rain trap. A tarp is best, however, any non-absorbent material could work too. Use cable ties or rope to sling it up and make sure there's a bucket or receptacle underneath to collect the rainwater.

Time to get help: Assuming you've done people know when and where you're going, people will soon start searching for you when they figure out that you haven't returned ontime. You'll be wanting to help them out. Reflective surfaces such as aluminum foil. mirrors. and even CD's are effective ways to hail down help. Post these items strategically around your campsite and vehicle to increase your findability, making sure you're covering a 360° radius. Failing this, and pending appropriate weather conditions (you don't want to start a bushfire), a big ol' burning campfire is another way to catch the attention of helicopters.

the smart thing and let

Prevention is always best: the best way to stay alive in the outback is to be prepared and prevent where possible. Invest in a sat-phone, purchase yourself a solar powered waterpurifying device and solar powered lights for night-time visibility. Bring plenty of non-perishable food, a jerry can of fuel and stacks of water. With any luck, you'll be so well stocked your emergency will almost feel like quality family

Follow the above guide and keep you and the family safe. Australia is a márvellous place, however, she can be very unforgiving - don't give her the chance, and stay vigilant out there.



GREAT FAMILY VALUE just metres from Emu Beach! 2 & 3 bedroom

self contained chalets r/c air-con, carport, FREE wifi & BBQ, laundry onsite

BOOKINGS 9844 8889 info@emubeachchalets.com.au www.emubeachchalets.com.au 😹





SAIL BEYOND WITH CELEBRITY CRUISES









NORWEGIAN REFLECTION

MEDITERRANEAN INFINITY



15NT 🛪 🚔 🌲 HOLIDAY

DEPARTS PERTH 5 MAY 2020

FEATURING CELEBRITY INFINITY®

HIGHLIGHTS

Barcelona (3nts) • Valencia • Alicante • Gibraltar • Malaga • Cartagena •

Marseille • Villefranche (Nice) •

Laspezia (Florence & Pisa) •

Civitavecchia (Rome) • Barcelona

From \$3,795pp twin share

IRELAND & ICELAND REFLECTION



13NT 🛪 🛗 🌲 HOLIDAY

DEPARTS PERTH 14 MAY 2020

FEATURING CELEBRITY REFLECTION®

HIGHLIGHTS

Dublin (3nts) • Belfast • Reykjavik (overnight) • Akureyri • Liverpool • Dublin (overnight)

11NT 🛪 🏪 🎄 HOLIDAY

FEATURING CELEBRITY REFLECTION®

HIGHLIGHTS

Dublin (3nts) • Bergen • Alesund • Geiranger • Stavanger • Belfast • Dublin

From \$3,995pp twin share

DEPARTS PERTH

24 MAY 2020

MEDITERRANEAN APEX



13NT 🛪 🛗 🌲 HOLIDAY

DEPARTS PERTH 9 JUN 2020

FEATURING CELEBRITY APEX®

HIGHLIGHTS

Rome (3nts) • Naples • Laspezia (Florence/Pisa) •

Monte Carlo • Cannes •

Palma De Mallorca • Barcelona (3nts)

From \$4,995pp twin share

AEGEAN CONSTELLATION

From \$4,095pp twin share



13NT 💥 🛗 🌲 HOLIDAY

DEPARTS PERTH 18 JUN 2020

FEATURING CELEBRITY CONSTELLATION®

HIGHLIGHTS

Venice (3nts) • Katakolon • Santorini • Kusadasi (Ephesus) • Mykonos • Piraeus (Athens) • Chania (Crete) • Corfu • Venice

From \$4,795pp twin share





19NT 🛪 🚔 🌲 HOLIDAY



DEPARTS PERTH 16 NOV 2020

FEATURING CELEBRITY SILHOUETTE®

HIGHLIGHTS

Barcelona (3nts) • Cartagena • Lanzarote • Tenerife • Rio De Janeiro • Buenos Aires (overnight)

From \$4,995pp twin share

bictøn travel

T 08 9339 0177 journeys@bictontravel.com.au W bictontravel.com.au/exclusive-journeys

7X WINNER CLIA CRUISE AGENCY OF THE YEAR 3X WINNER AFTA TRAVEL AGENCY OF THE YEAR









Have a Go News PUZZLES PAGE Have a Go



CROSSWORD

CRYPTIC CLUES Across

- 1. Private went with a polite man to get mole (6,5)
- 7. Locate damaged crate (5)
- 8. Cover with taco mixture (4)
- 9. Nut found in Romania, certainly (6)
- 12. Rest is impossible for one under orders
- 13. Travel bag, as found in church (4)
- 15. Antarctic explorer left baby's bed in street! (5)
- 16. Showing no compassion while ruining Mr Lee's roses (11)

- 1. Informants score us badly (7)
- 2. Some credentials necessary to find paradise (4)
- 3. Real life act, you'll say (6)
 4. In butter ad, I categorically wipe out (9)
 5. Even strove to be pointed in ballet (3)
- 6. Change trains once I drop off applica-
- tion (9) 10. They need to be ironed out (7)
- 11. Message to landlord? (6)
- 14. Military headquarters devoid of honour
- 15. Desire to have respectable address (3)



10 12

© Lovatts Puzzles

STRAIGHT CLUES **Across**

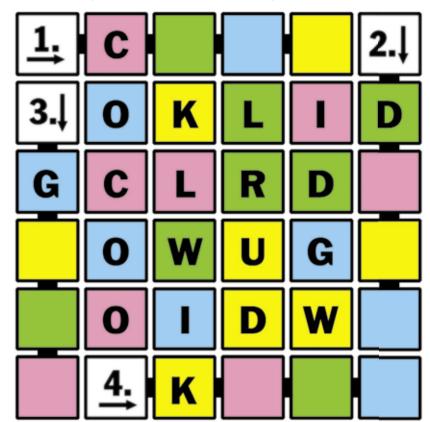
- 1. Undercover operative (6,5)
- 7. Copy outline of (5) 8. Family heraldic shield. ... of arms (4)
- 9. Lunatic (6) 12. Female sibling (6)
- 13. Lawsuit (4) 15. Director, Ridley ... (5)
- 16. Merciless (11)

Down

- 1. Origins (7)
- 2. Biblical garden (4)
- 3. Genuine (6)
- 4. Get rid of (9) 5. ... the line (3)
- 6. Radically alter (9)
- 10. Wrinkles (7)
- 11. X, Y or Z (6)
- 14. Foundation (4)
- 15. Dear ... or Madam (3)

SQUARE SHUFFL

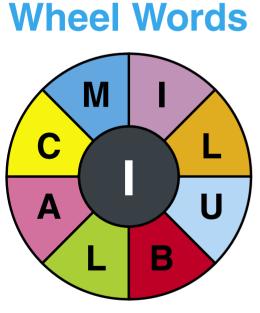
Take one letter from each colour to make up 4 four-letter words that are all names of birds. We have given you the first letter to get you started. Every letter must be used once only.



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

© Lovatts Publications Pty Ltd - www.lovattspuzzles.com

#335 February edition puzzle solutions on page 42



© Lovatts Puzzles

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.

ising up an	recters.	
6 Good	9 Very Good	12+ Excellent



MAKE AMAZING MEMORIES ON THE

Join us on our beautifully appointed paddle wheeler, the PS Murray Princess, and immerse yourself in fine dining, luxury and style on one of our cruises.

From native wildlife to inspiring vistas, we'll take you on a journey you'll always remember. Choose a 3, 4 or 7 night cruise, it'll be the most relaxing cruise of your life.

Check out our last minute deals page on our website.

For more information on our cruises visit murrayprincess.com.au or call us on 1300 729 938



The majestic sandstone cliffs near Big Bend on the Murray River, South Australia.

NAVIGATING THE AGED CARE SYSTEM The Shire of Mundaring and COTA (WA) Invite you to a free and independent information

Wednesday 26 February 10am-11.30am Hub of the Hills 8 Craig Street, Mundaring

Meets 1st and 3rd Thursdays of the month

Morning tea provided, all this and no charge.

U3A MELVILLE AND DISTRICTS REGION

An information session about our activities for the

Melville LeisureFit, Cnr Stock Road and Canning

Please RSVP to u3amelville@gmail.com or Glenys

Registrations for the next Mahjong for Beginners

Highway, Melville. Sandwich lunch provided.

Cnr Vincent and William Street, North Perth.

Fun filled community events of live music, arts and

crafts, demonstrations, side show rides. market

many more attraction. Free entry. Fun filled day.

Showcasing the classics of days gone by. Live

music, free children's entertainment and vintage

A festival to enjoy Japanese food, cultural exhibi-

Multicultural food stalls. Free amusement rides.

SENIORS SOCIAL GROUP JOONDALUP

KALAMUNDA YOUTH SWING BAND

Enjoy a chance to win in the raffles,

buy a sizzling sausage, or BYO picnic.

If you would like to promote your event

Pat, research1@haveagonews.com.au

Thursday 6 February Stirk Park Kalumunda 6-8pm and will continue

every Thursday until Easter (weather permitting)

through the Community Notebook, please email

Come along and enjoy a jam packed program with

Meets on Thursdays at a variety of venues in the

northern suburbs, for coffee mornings lunches

Inq David and Shirley Dean 0497 070288

102 - 7th Avenue Cnr Coode Street, Maylands

Carpet bowls, board games, craft (bring your own)

RSVP Tracey Peacock

9290 6678

9.30am-11.30am

and much more

over 50s

9332 5786

course will be available.

March 1st and 2nd from 10am.

EATON FORESHORE FESTIVAL

140 market stalls, food vendors plus

Eaton Foreshore. Pratt Road, Eaton.

HYDE PARK FAIR

stalls and much more.

8 March 8.30am-2pm.

RETRO REWIND

Vintage Collective Markets

Yanchep National Park.

tion and experiences.

CORYMBIA FESTIVAL

Market stalls. Free concert.

For more information contact Lyn Clark 0419 936 503

Presenting Jazz In The Park The 2020 season will commence on

ilclark7@bigpond.net.au

a fireworks finale.

and movies.

Saturday 22 February. 1-5pm.

exhibitors selling their wares.

PERTH JAPANESE FESTIVAL

A free family fun day not to be missed.

7 March. 11am-7pm. Elizabeth Quay

Saturday 7 March 2-8pm Hartfield Park

Morrison/Hale Road, Forestfield.

ccbo@mundaring.wa.gov.au

OPEN DOOR FRIENDS GROUP

Friday 21 February at 12.45pm at

COMMUNITY NOTEBOOK

classes AND courses

February is the perfect time to learn something new



Join the Stargazers Club class and learn how to use a telescope

Clinical trials and research

THE WA Self Funded Retirees Association (SFRA) sched-

uled talk for 14 February, 'Designing Green Homes and

Buildings', has been cancelled and replaced by a talk on

Curtin University research efforts directed towards car-

at the Curtin Centre for Clinical Research, Sue Critchley

SRN. The project focuses on improving cardiovascular

outcomes and health. Her presentation will highlight the

ethics of Clinical Trials and why the individual might

choose to become involved. A large trial recruiting 10,000

people across Australia is currently investigating the ef-

She will also present information on investigating the

effectiveness of therapy aimed at lowering blood pressure

(BP) with fewer side effects than standard therapy, and

efforts being made to investigate the prevalence of un-

detected atrial fibrillation which, if undetected, can have

the most serious consequences to health and wellbeing.

of each month which features guest speakers on topics

of interest to retirees. The meeting is held at the Cam-

bridge Bowling Club, Floreat Sporting Precinct, Chandler

Visitors are most welcome. For more information

SFRA holds a meeting at 10am on the second Friday

fectiveness of daily Statin treatment.

The speaker will be the clinical trial project manager

LIFELONG learning is good for the brain and good for the soul. It also opportunities provides to make new friends and learn new skills.

There are myriad opportunities out there with courses and classes available to suit every person.

Mature Adults Learning Association (MALA) will begin their first semester

diovascular health.

Avenue, Floreat,

for the year on 6 March. Their five-week courses cover a variety of subjects including some philosophical topics, for example learn more about the art and science of photography or about DNA and genetic genealogy.

Find out more at their website at www.mala.org. au or call Sue on 9444 4902.

WA Stage School specialise in casual adult classes and these have been very popular with our readership. It's a great way to get fit and have a lot of fun. They offer three different styles including boogie beats, tap beats and ballet beats classes. These classes are specially structured for older adults. Call 9249 8558 for more information or see

My Delicious Cakes hold regular cake decorating classes including basic piping classes, designer cup-cake decorating and specialist cake making. Learning some of

advertisement below.

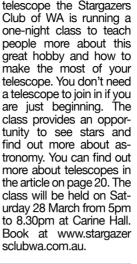
these skills is a great way to impress the family. Call 9418 5929 or see below for a list of their upcoming classes

Hartfield Golf Course offer seniors special green fees and they also have lessons for those who would like to improve their game. Call 9453 9194.

Curves is a great way to get fit with their 30-minute workouts designed especially for ladies. See their advertisement below and get fitter for the new year.

Step 2 It run regular linedancing and Zumba Gold classes in the southern suburbs, see more information below.

If you would like to learn how to get to grips with a telescope the Stargazers Club of WA is running a one-night class to teach people more about this great hobby and how to make the most of your telescope. You don't need a telescope to join in if you are just beginning. The class provides an opportunity to see stars and find out more about astronomy. You can find out more about telescopes in the article on page 20. The class will be held on Saturday 28 March from 5pm to 8.30pm at Carine Hall. Book at www.stargazer





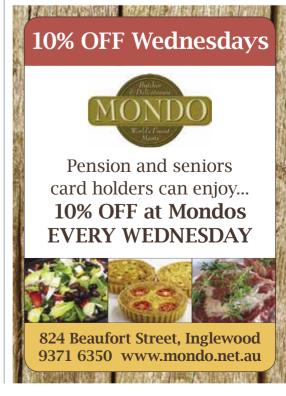












Wills & Estates WA Will Week 8-14 March



Why (some) lawyers love home-made wills

by Emily Nixon and Shirley Tascone **Bespoke Wills and Estates**

"WHY can't I draft my own will?" you might ask. Well you can. In fact, there is an old joke, that lawyers love homemade wills because they make so much more money after your death, when things go wrong!

It amazes us that some people don't want to pay a relatively modest amount to engage a lawyer to prepare their will.

If you do decide to draft your own will, you must accept that you are taking a risk. We practice exclusively in the area of wills and estates and this means we frequently see the sometimes-disastrous results from homemade wills. These can be caused by technical problems, when the will drafter has not appreciated the importance of various will-drafting conventions, through to errors made at the time of execution of the wills.

It is frustrating because these difficulties could so easily have been avoided if a competent wills lawyer had been consulted in the first place. As a result, thousands of dollars of estate funds are spent in legal fees and inevitably there is a very long and stressful delay in distributing the assets.

Making a will is a very personal (and sometimes emotional) process and at times a difficult task for people to face. However, we take pride in our ability to make the process as painless as possible. We love seeing the relief our clients feel when they have their affairs in

Let's talk about wills during WA Will Week

AS part of WA Will Week the Public Trustee (Department of Justice) will host free community education seminars across Perth encouraging people to think and talk about wills and estate planning.

The free seminars cover all aspects of will making including; what to consider and include in your will, why it's important to have one, who can contest your will, what's involved for executors in the deceased estate administration process and more.

Public Trustee, Brian Roche says, "WA Will Week serves as the perfect prompt for what might otherwise be viewed as an awkward conversation. It opens up the opportunity to talk with loved ones about what plans are in place should life take an unexpected turn for the worst, includ-

most difficult time.

ing losing legal testamentary capacity to make a will.

"According to Public Trustee research, 49 per cent of Western Australians over the age of 30 have never made a will and a further 34 per cent of the local population acknowledge that their will is not up-to-date," he

Mr Roche points out that a professionally drafted will, together with a family discussion about how you would like your estate distributed after you are gone, goes a long way to helping reduce the likelihood of conflict in the future.

We strongly encourage testators to get professional advice when making their will. While some people are reluctant to pay for this advice, a small investment up-front can save loved

Raymond Tan's ten good reasons to have a will

ones a lot of time, heart ache and expense down the track.

"Not everyone is fortunate enough to grow old and retain sound decision making capacity, which leaves some families unprepared," he said.

WA Will Week also raises awareness of the WA Will Bank, a free service offered by the Public Trustee. The WA Will Bank is a convenient place for WA testators to store their will and a logical place to check when families are trying to locate a missing will.

"If someone has not communicated the location of their will to loved ones, or they have hidden their will so it cannot be found, there is a risk of the estate being dealt with as an intestacy. The WA Will Bank is the safest place to store your will if you're looking for peace of mind," he said.

You know you should have a Will, but for one reason or another, you have put it off. Or, perhaps you have a Will and it no longer meets your circumstances, which may cause substantial problems for your loved ones after your death.

Shirley and Emily have been recognised in the Doyles Guide for their extensive experience with Wills and Estates.

- your specific circumstances;
- Enduring Powers of Attorney;
- · Enduring Powers of Guardianship;
- Extensive experience with simple and complex Probates and Letters of Administration in the Supreme

Phone: 9445 2686 Email: emily@bespokewills.com.au Web: www.bespokewillsandestates.com.au

Services we offer: • Quality customised Wills that meet

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.

1. A will lessens the pain felt by your loved ones at a

3. A will prevent 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 squab-

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

5. A will should name 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 per your intentions.

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 will help 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.

If you would like to know more, contact Raymond Tan on 9221 2888 or email raymond.tan@tanand tanlawyers.com



Join the Public Trustee for our free Wills & Estate Plannina Seminars durina WA Will Week and learn more about making and storing your Will and planning for the future administration of your financial affairs and estate.



8-14 March 2020

Wills & Estate Planning Seminars Bookings essential.

Visit trybooking.com/BFMZL or Ph: 1300 746 116

Monday 9 March

Time: 10.15am – 11.45am Venue: Coogee Beach Surf Club

Time: 5.30pm – 7pm **Venue:** Public Trustee Perth

Tuesday 10 March

Time: 10.15am – 11.45am Venue: Ellenbrook District **Function Centre**

Time: 1.00pm - 2.30pm **Venue:** Public Trustee Perth | Wednesday 11 March

Time: 10.15am – 11.45am Venue: Mindarie

Time: 5.30pm – 7pm Venue: Public Trustee Perth

Community Centre

Thursday 12 March

Time: 10.15am – 11.45am **Venue:** Technology Park Bentley

Friday 13 March

Time: 10.15am – 11.45am Venue: Public Trustee Perth

www.publictrustee.wa.gov.au

■ Wills ■ Deceased Estate Administration ■ WA Will Bank ■ Enduring Power of Attorney ■ Trust Management

■ Elder Abuse Prevention ■ Private Administrator Support Public Trustee





Proudly assisting Western Australians with their Wills & Estate Planning for over 100 years.

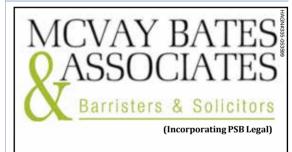
Our highly experienced team can assist with:

- Advice relating to and the drafting of your Will;
- Preparation of Enduring Powers of Attorney;
- Preparing an application for grants of probate and letters of administration; and
- Preparation of Enduring Powers of Guardianship & Advanced Health Directives.

APPOINTMENTS AVAILABLE IN

PERTH, MANDURAH, ALBANY & JOONDALUP CALL 1800 609 945

www.hhg.com.au



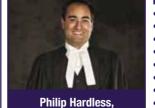
Suite 12, First Floor 473 Beach Road Duncraig Ph 9243 7771 Fx 9447 5929

Email: nicola@mcvaylegal.com.au



Initial appointments start at \$55 for the first half-hour Fixed fees available for simple Wills, Enduring Powers of

Attorney and Guardianship



Principal of Hardless Legal

CONTACT

HARDLESS

_EGAL

Practice Areas

- Court Hearings
- Civil Litigation
- Family Law Restraining Orders
- Criminal Law
- Commercial Law
- Property Law
- Aviation Law Wills & Estates

CY O'Connor Village Unit 5D, 11 Erade Drive, Piara Waters

Phone: 9397 1393 Email: admin@hardlesslegal.com

MOBILE WILLS SERVICE

Home visits, retirement villages, hospital visits etc

We come to you! 7 Days a week

Wills

Probate

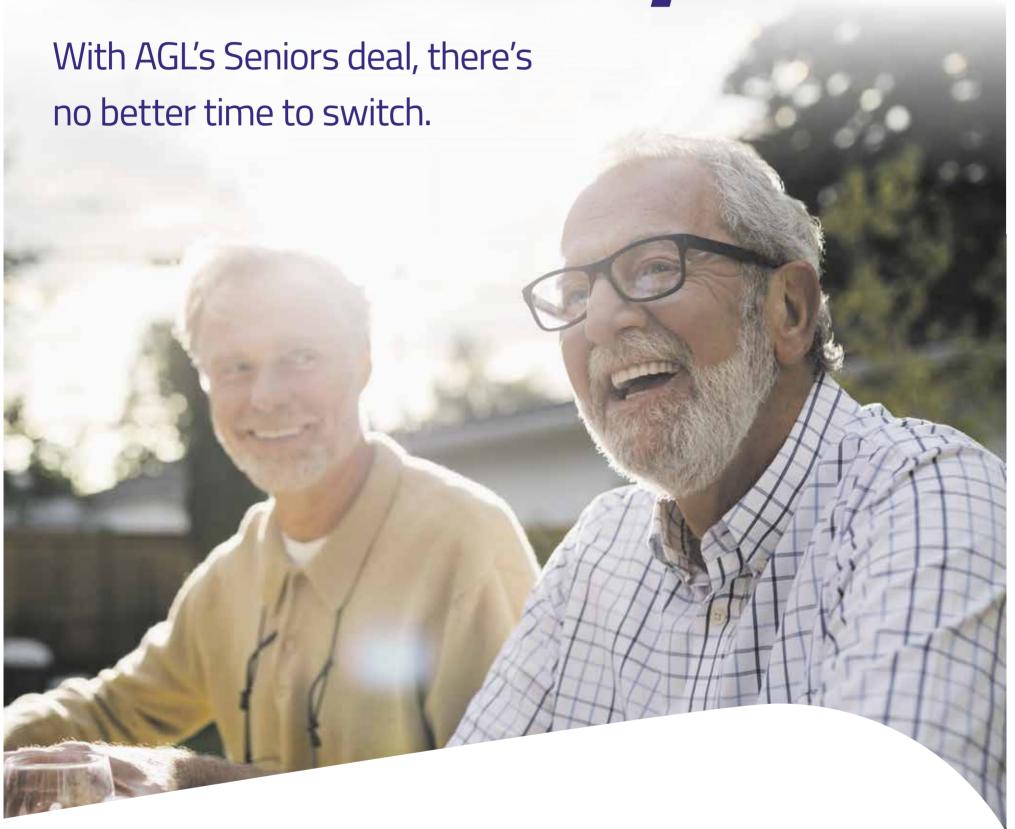
Enduring Power of Attorney Enduring Power of Guardianship

Call Sigi on 0424 613 700



sigi@willswa.com.au www.willswa.com.au

A gas offer made for you



Switch your home gas to AGL for a great discount, plus 24/7 customer support, no lock in contracts, no paper bill fees and earn flybuys points every time you pay your bill.*

Call us or go online to find out more



\(\) 1300 001 125



agl.com.au/seniorswa







Jownsizing ADVERTISING FEATURE



Is it time to downsize? To make the move to live smaller in space but bigger in life?







Above from left to right; The lovely street scape in Angelo Street in South Perth - A shot of Zofia's open plan living room in her apartment -One of the new developments inner city which is close to restaurants and shops Left; Zofia St James



by Zofia St James

WHAT are your plans, hopes and dreams for the vear ahead? One thing I have learnt is that we are never too old to dream.

One of the most amazing things my mother said to me is that I taught her to dream and she continues to make plans and goals.

The speed in which years pass makes me see that we owe it to ourselves to see exactly what is in our sights and work at making it materialise. I know for myself that I just want to feel more present and aware of moments, not being so harried that I don't smile at everyone I see or sit for a minute and be still and silent. What has this to do with decorating or downsizing you may ask? Everything!

This may be the year for you, after much thought, consideration and research, decide to downsize. It will be a whole new chapter for you. The emotional attachment to the existing home is huge and traumatic for some. While for others it's embraced as an exciting new adventure, the opportunity to recreate a fresh and more streamlined and low maintenance interior and alfresco garden space.

The idea of apartment or villa living for some such as my dad well... just the thought almost kills him. Change is good, change is very motivating. From my experience with downsizers I would say women seem to be up for it more than men. But change is inevitable, so we have to look at the positives and there really are so many when you decide to downsize.

Number one, finding a

place that you fall in love with and can see yourself very happily residing in. It has to be well lit, spacious and practical. For me, it's the kitchen that would sell me a place. Adequate storage is a must and if possible, the availability of two car parking bays as this makes life easier when you have visitors.

If you are looking at apartments, amenities such as a pool and gym are fantastic because it's like being on holiday every day. Outlook is important too, it has to be pleasant at least and could be as spectacular as a city skyline. Some great advantages might include the ability to lock and leave. and no unsolicited knocks on the door.

Deciding what to keep, chuck or give away is exciting and therapeutic. It can be emotive however it can be very liberating. I mean how much Tupperware do you actually need? It's the same with clothes we don't wear or need to just keep to 'wear around the house,' no, the Salvos will make good use of your donations.

Moving house is a big and tiring job but I love the way possessions have a whole new look and feel when placed, hung and laid out in a fresh environment. When I have moved house it's the anticipation of setting up my furniture differently, clean tidy cupboards and pantry which give me so much energy that I have been known to be completely set up and ready to entertain in 24 hours

Mind you I give every body else ulcers in the process

Whatever this year holds for you embrace change as an evolving process, think only of the possibilities and opportunities to create a different way of living. Whether it's being able to walk to shopping areas, movie cinemas or public transport.

Many apartment complexes are being developed close to these amenities and I love taking inspiration from the way Europeans live and shop. Being close to shops means little food shopping excursions for just what you need or fancy each day, instead of bigger grocery shops once a week.

Make an effort to get out and about and discover new little precincts around our city. Although I don't live close, I love visiting Angelo Street in South Perth and popping into the Secret Garden Café

and the divine garden nursery next door. Catching the train and ferry there makes for a really lovely day out.

Think about things such as will downsizing allow you to live each day simply but beautifully, give you more opportunity to enjoy shopping and cooking and sharing delicious and nutritious meals? Will downsizing encourage you to dress up more, wear your best clothes, perfume and lipstick? Will this new life encourage you to look and feel beautiful, smile at everyone and make new friends?

I believe this is the time to think about making a move and really harness everything in your life to feel rich and blessed. We have the ability to do anything we want. Will downsizing make your life better...it certainly has made mine easier.

Have a fabulous month ahead and don't hesitate to contact me if you would like to discuss downsizing options more.

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. those interested in a free hour's styling please contact Zofia on . 0406 336 607 or email zofiastjames@hotmail. com





MANJIMUP SENIORS LIVING Affordable over 55's lifestyle opportunity awaits you. Prices from \$250,000 Brand New 2x2 and 3x2 homes are now complete

- Modern finishes · Freehold titles
- Just walk in and unpack
- Includes reverse cycle air-conditioning, electric garage doors, fencing and reticulated gardens
- · Close to CBD, medical facilties, library, shops and cafes

Call Kathy Savage from Professionals Warren Blackwood Realty for more information

OPENING DOORS



Government of Western Australia Department of Communities

Cnr Mount and Moore Streets, Manjimup | 1300 392 533 | housing.wa.gov.au/cherryglades

More Home Care services for less money? Too easy.

Home Care is designed to help you stay in your home as you get older. Funded by the Federal Government, Home Care packages are made up of individually selected services that make life a little easier. Some of those services include cleaning, gardening, meal preparation, home maintenance, shopping, medication administration and more.

Our local Home Care team can help you choose the services you need and have your package ready to start within 48 hours of signing your Home Care agreement.

For an obligation-free quote, find your local Home Care Manager at acacialiving.com.au/homecare



acacialiving.com.au



Downsizing ADVERTISING FEATURE

Intelligent houses can help people stay at home for longer





by Frank Smith

SMART homes have been around for more than 20 years but many installations have become white elephants as technology and communication protocols evolve.

The modern smart home is largely future proofed. It consists of microprocessors in pow-

er sockets that can be reprogrammed via the Internet.

Brett Savill CEO of Quantify, a Perth-based maker of smart home components gives an ex-

ample.
"You come home with the shopping and just say "Alexis. I'm home."

Google's virtual assistant Alexis then switches

on lights, opens curtains or blinds and switches on the air conditioner or whatever has been programmed into it.

The reverse happens when you leave.

"Alexis, I'm going out," can even lock the doors and set the alarm.

Each power point contains a microprocessor that responds to a normal

switch, the proximity of your hand or an instruction sent by Wi-Fi from a smart phone.

This means you can still operate switches even when the Internet is down.

"Home automation appeals to two types of household. Young people who are fascinated by technology and older people who find existing house systems difficult to manage," says Mr Savill.

If a power point is positioned under the bed or behind a piece of furniture it can still be used although hard to reach.

Mr Savill says each device – intelligent power point, blind controller, dimmer and auxiliary controller – is designed to be easy for an electrician to install and is easily upgraded to future proof your home.

The power points and light switches fit in existing wall boxes. Once wired a QR code on the device can be read by a smart phone to download the appropriate software.

The devices require no central hub or special wiring and are suitable for existing or new properties. Unlike older smart home systems intelligent homes can be installed power point by power

point or switch by switch, adding more as the need arises and the residents get accustomed to using

Home automation helps older people stay in their home for longer. There are multiple things it can do differently.

It saves carer's time doing things like opening blinds and windows, allowing them to get on with their caring role.

It can remind people with mild dementia of what tasks they have already done and don't need to be repeated.

In a passive solar home, curtains and windows have to opened and closed to manage the house's temperature and ventilation. Alexis can be programmed to do this automatically in response to outside weather conditions

Tony Martelli, general manager of Powerhouse

Home Automation says a floor strip of LED lights leading from bed to bathroom and activated by someone getting out of bed, can allow people to go to the bathroom at night safely, without waking their partner.

Smart power points can also monitor and control energy consumption in real time, so you get a warning that your fridge is not working properly before the next power bill arrives.

And if you hear worrying noises at night, a switch or smart phone by the bed can switch on lights around the house, or in the house if an intruder is heard. It can also raise an alarm if necessary.

Mr Savill says a house in Toodyay has been fully equipped with smart devices and will feature on Channel Nine's *The Block* this year.

A different way to sell land and property for all interested sellers in WA

PERTH Property Options (PPO) has been formed by property expert and Olympian Don Martin, who has had many years' experience in the WA real estate market.

As more land is being rezoned as part of the in-fill process in WA, more subdivisions and redevelopments will become the norm.

PPO is looking for sites with development potential and for this purpose it is prepared to offer sellers more dollars for their property in return for some extra time.

It is a relationship (not new, but seldom used) where you bring to the table part or all of your property, where you and PPO set the proposal, where you and PPO execute the deed, and where you and both PPO benefit financially... all in a simple, legal and timely manner to suit you.

To understand this concept visit www.perthproper tyoptions.com and read the information about the pro-

If you are unsure about your property status or would like to know more about this procedure and the benefits available, give Don a call on 0400 900 868.

Refer to advertisement on this page.

Would you like to receive more \$\$ when selling your property?



PERTH PROPERTY OPTIONS (PPO) is a "private citizen" prepared to offer you more dollars in return for some extra time.

• You offer PPO part or all of your property

- You offer PPO part or all of your proper
 You and PPO set a proposal
- You and PPO set a proposal
 You and PPO execute the agreement
- You and PPO execute the agreement
 You and PPO benefit financially

Have a look through www.perthpropertyoptions.com and when you are ready, call Don Martin 0400 900 868 to discuss your situation



SAVE UP TO \$39,000* OFF NEW DISPLAY HOMES.

Tired of maintaining the home and garden, but not ready for a retirement village? Unlock the equity in your home and join a community of like-minded, independent people who simply do what they love every day. Here you will find luxury affordable homes and extensive facilities including swimming pools, community centre, lawn bowls, craft room, dining room, library, workshop and the list goes on...

Seize the moment to come and look around one of our beautiful villages.

Visit nlv.com.au for more information. Homes starting from \$135,000*.

THE VANTAGE AT VASSE

2 Data Way, Kealy vantageatvasse.com.au Call 1300 876 600

THE OUTLOOK ALBANY

20 Alison Parade, Bayonet Head outlookatalbany.com.au Call 9844 0000

TUART LAKES BALDIVIS

831 Mandurah Rd, Baldivis nlv.com.au/tuartlakes Call 9523 5000 VIBE BALDIVIS

124 Sixty Eight Rd, Baldivis nlv.com.au/vibe Call 9524 4403

*As per specials pricelist dated 1 Jan 2020. \$135,000 home feature at Vibe Baldivis Village. Terms and conditions apply.

Security | Community | Extensive Facilities | Pet Friendly | Activities | Lock and Leave



Let's GO MOTORING ADVERTISING FEATURE



Let's go motoring - oh what a feeling it is getting out on the open road



Left to right; Tony McManus - Toyota Landcruiser Sahara







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

THE world has gone mad, so you're looking to escape, if only for a little while.

Like many, you're thinking of packing up what remains of your worldly goods and heading out to discover the excitement that is Western Australia.

You feel you know plenty about our great state and beyond. You've read heaps about what to expect, you're clearly resolute, but quietly

weighed down by mountains of information. Well concern yourself no longer; I'm here to assist, to sort the wheat from the wheatbelt.

In three words:- Tovota Landcruiser Sahara.

Anything I write from now, will be merely be to fill space; not a good thing for a motoring writ-

The Landcruiser brand pretty much says all you need to know. You may have considered another, perhaps a Nissan or Landrover. However, you sensibly decided on Toyota Landcruiser Sahara. You're thrilled with the decision. And by doing so, you have instantly associated yourself with several thousand other like-minders out on the track, all of whom have sought trouble free motoring. But in the highly unlikely circumstance you do need help, they will be there for you. It is one of the joys of out-

back exploration. Two of the many distinguishing characteristics of Landcruiser is they are reassuringly expensive and supremely reliable. From about \$80,000 plus, to around \$125,000

plus for Sahara. But hey, you can't take it with you.

In the event your travels take you to our beautiful Kimberleys, up through Broome to the Dampier Peninsula; in what else would you rather travel?

Toyota Landcruiser is not perfect. The navigation/communication technology is from a decade ago; the screen and intuitiveness is lifeless compared to the latest from Volkswagen, Audi or Benz. A planned new Landcruiser soon will no doubt correct that.

Look out for a hybrid as well. Mum's the word.

We all know life is fleeting, so grab the person you love, throw all worldly possessions, (which should consist of not much more than a couple of pairs of Levis, shorts, t-shirts and a couple of pretty dresses), in the back, then drive happily, safely and supremely confidently.

You're on your way: forget about the world for as long as your heart desires.

This is your Thelma and Louise moment without the anxiety. You may encounter your own Brad Pitt.

Toyota Sahara is King of the Road; Toyota use the term flagship.

Sahara is a great place to be seated; tremendously comfortable, with a commanding driving position. The V8 diesel is much understated, quiet, economical but brilliantly forceful. The air of effortlessness is included in the price; well worth it.

Air-conditioning is best in class; important, because you will need it.

All the other usual bells and whistles are pleasing and build quality is out-

standing. You will feel unruffled and self-assured as driver or passenger.

You can readily tow a caravan; but why would you?

The amazing places to stay around our great state are bountiful. Many of our best caravan parks have cheap, cheerful, ever so cosy cabins. Who wants to be locked in to towing, if you can possibly dodge it? Freedom is exhilarating; I say, go unencumbered.

Let's embrace complete self-determination. See you out on the track.

Stories about Western Australia in two books



Name: Address:

Phone: Signature:

Awesome WA, 1001 Fair Dinkum Facts about Western Australia - Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.

Email:



Living Histories: Stories from the Swinging 60s - a collection of stories from Western **Australians** who have recorded a snapshot of their lives from the 1960s.

1	ORDER		Prices	Quantity
	Awesome WA, 1001 Fair Dinkum Facts about Western Australia		1 book \$25	x \$25 (inc gst)
	Living Histories: Stories from the Swinging 60s		1 book \$20	x 20 (inc gst)
	POSTAGE: & HANDLING	1 x Awesome WA \$6 2-3 x Awesome WA \$8 4-6 x Awesome WA \$15 1 x Living Histories \$6		
			Total	\$

METHOD OF PAYMENT:

	Cash
_	Odon

☐ Cheque ☐ Money Order ☐ Credit Card

Credit	Card
Oledit	Caru

O VISA O Mastercard

/	/	Expiry:	/	

Post completed form to Have a Go News PO Box 1042 West Leederville WA 6901 Books can be purchased from the office Monday to Friday 9am-5pm. For further information contact Have a Go News on accounts@haveagonews.com.au or 9227 8283.

Have a Go News is published by Concept Media - ABN 97 425 866 519 ACN 069904221 Website www.haveagonews.com.au 137 Edward Street, Perth WA 6000 Postal address: PO Box 1042, West Leederville WA 6901

#335 February edition PUZZLES Solutions

S	Ε	С	R	Ε	Т	Α	G	Ε	Ν	Т
O				D		С		R		O
U		Т		Ε		Т	R	Α	C	Е
R		R		N		U		D		
С	0	Α	Т		M	Α	N		Α	С
Е		Ν		L		L		С		R
S		S	Т	Ε	R		C	Α	S	Е
		F		Т		В		Т		Α
S	C	O	Т	Т		Α		Е		S
		R		Ε		S				Ε
R	E	M	0	R	S	Ε	L	Ε	S	S
							© Lo	vatts	Puz	zles

1. Cold. 2. Southern. 3. Leeuwin. 4. 1,000. 5. 2,750. 6. Kimberley. 7. 2.5 sq m. 8. WA. 9. 12, 889 kms. 9. 12,889. 10. Stirling.

Have a Go News Quiz Page 2:

Square Shuffle:

Crow, Dodo, Gull, Kiwi.

Wheel Words:

Bail, Bill, Iamb, Laic, Limb, Mail, Mica, Mill, Alibi, Claim, Climb, Iliac, Ilium, Lilac, Malic, Abulic, Allium, Cilium, Iambic, Labium, Limbic, Bulimia, Bulimic.

9-letter word: UMBILICAL



Drive home an award winner















CAR OF THE YEAR

RAV4 GX 2WD Hybrid

BEST MEDIUM CAR

Camry SL Hybrid

BEST SPORTS CAR UNDER \$100K

Supra

BEST MEDIUM SUV

RAV4 GX 2WD Hybrid

BEST UPPER LARGE SUV

LC200 VX



CAR OF THE YEAR

RAV4 GXL Hybrid

PERFORMANCE CAR

Supra GTS

FAMILY SUV

RAV4 GXL Hybrid



BEST SMALL CAR UNDER \$35K

Corolla Ascent Sport

BEST MEDIUM CAR UNDER \$65K

Camry Ascent Sport Hybrid

BEST SPORTS CAR (\$62-\$125K)

Supra GTS

BEST AWD SUV UNDER \$55K

RAV4 GXL AWD Hybrid

4X4 DUAL CAB UTE

HiLux SR5 DC



CAR OF THE YEAR

RAV4

SPORTS CAR OF THE YEAR

Supra

MEDIUM SUV OF THE YEAR

RAV4



CAR OF THE YEAR

RAV4

FAMILY CAR OF THE YEAR

RAV4





health options for the mature west australian





Meditation may help overcome the pains and disappointments of ageing



Mediatation enhances overall health and well-being

by Frank Smith

GETTING old is not all about having fun in retirement. With age come problems: - insomnia,

greater susceptibility to disease, arthritis, sometimes diabetes, dementia or Parkinson's disease and the mortality of friends and partners. While there is no cure for these problems, there are ways for people to deal with them success-

Meditation, practised by Buddhists for thousands of years, may alleviate emotional distress, promote improved well-being and help older people deal with whatever life throws at them. It has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being.

Mindfulness is a subset of meditation that consists of concentrating attention on one aspect of the mind and body and living in the here and how.

Meditation is not easily subject to scientific study. The Internet is awash with unsubstan-

tiated claims, anecdotal information and poorly designed trials.

Mediation has been suggested as a cure for insomnia, inflammation, hypertension (blood atherosclepressure), rosis (hardening of the arteries), addiction, depression, anxiety, genetic aging, respiratory infections and chronic back and neck pain, as well as an aid to managing rheumatoid arthritis, inflammatory bowel disease and asthma or at least preventing the symptoms from getting worse. It is also claimed to improve memory, aid weight loss and reduce loneliness.

Writing in Scientific American Dr Sabrina Stierwalt, sought to separate the known from the speculative. She lists four claims that have scientific support: memory im-

provement, stress reduction, weight control and sleep improvement.

A memory study, led by Dr Sara Lazar of Harvard Medical School, found that participating in an eight-week-long Mindfulness-Based Stress Reduction program (MBSR) led to changes in the concentration of grey matter in the areas of the brain used for learning and memory processes, emotion regulation, and perspective taking.

A review of 64 studies of MBSR programs found the program helped a broad range of people in coping with clinical and nonclinical problems like anxiety and stress.

Stress is a key component in many diseases. A study published in the journal *Brain*, *Behavior*, and *Immunity* found mindfulness-based meditation helped reduce in-

flammation in some people with conditions such as rheumatoid arthritis and inflammatory bowel disease.

Mindfulness when eating involves all of your senses – noticing colours, smells, textures, and flavours – as well as removing distractions like television or your computer or smartphone. This resulted in better food choices and a reduction in binge eating.

A review of 38 articles, only seven of which were deemed rigorous enough for full analysis, found that practising mindfulness techniques may help improve sleep, in part by reducing the influence of interfering cognitive practices like worrying.

No evidence of efficacy does not mean that a treatment does not work. It just means there is no objective evidence to

show whether it works or

It is not easy to describe how to meditate in writing. There are several organisations in WA offering courses in which participants learn how to meditate. Some are free while others are quite expensive. There are also apps for your iPhone which are designed to help you meditate.

Medical News Today warns that meditation may not be for everyone. Some participants experience unwanted side-effects of varying degrees of severity. These included anxiety or panic attacks, physical pain, depersonalisation, symptoms of depression, and dizziness.

People interested in learning to meditate need to select their instructor and organisation carefully

Stem cell nutrition a good way to help improve heart health

DID you know that your heart beats about 100,000 times a day? That's about 35 million times each year.

How much work is that?

Give a tennis ball a good squeeze and you are using about the same force that the heart uses to pump blood throughout the body, all the time – even at rest. As a result the five and half litres of blood con-

tained in your body's blood vessels circulate through your whole body three times a minute.

That's roughly 9,000 litres travelling many times through 96,000 km of branching blood vessels every day. All this pumping is done by a 280 g muscle the size of your fist. It's no wonder some people's hearts just wear out.

A number of studies clearly

demonstrate that the heart muscle is in constant process of regeneration and that circulating stem cells play an important role in the process of cardiac tissue renewal.

Stem cell nutrition significantly increases the number of circulating stem cells – within one hour of consumption, tilting the balance towards tissue renewal.

How healthy is your heart?

The National Institute of Health has identified 74 treatable diseases using stem cells in therapy. So, it makes sense for us all – whatever your age – to increase the number of stem cells available in our bloodstream.

Stem cell Nutrition is now available in Australia. It is safe, easy to take, affordable, backed by science, patented and guaranteed. Every time you consume two capsules between four and nine million fresh stem cells are released into your blood stream. They will go to where you body needs new cells to replace old damaged, faulty or just worn out ones.

faulty or just worn out ones.
If you would like to find out more about how stem cell nutrition can transform your life phone Sandra Barnsley 0412 479 156.



We're passionate about people

At Juniper we have the confidence to join you on your journey. We support your independence and enable your choices so you may enjoy life and share the gift of who you are.

RETIREMENT VILLAGES

Live life the way you want in our secure, friendly easy-living retirement communities with the right kind of support when you need it.

HOME AND COMMUNITY CARE

Your choice of individual services so you can stay connected to family and friends, enjoying life inside and outside your home.

RESIDENTIAL AGED CARE

Our friendly team will take the time to get to know you and respond to your needs so you can live well and share the gift of who you are.





Our services delivered by trained friendly staff are backed by our core values of **Welcome**, **Respect**, **Compassion** and **Hope**.



Discover companionship, community spirit and independence with Juniper.



healthy living ADVERTISING FEATURE



health options for the mature west australian





Research has found that bone density scans can also predict heart disease



Edith Cowan University's Dr Joshua Lewis

by Frank Smith

RESEARCHERS looking at bone density scans of more than 1000 WA women, taken for a calcium supplement trial in the 1990s, found that the scans could also show calcification of the aorta, a maior abdominal artery.

The women were followed up for 15 years. Those who showed a build-up of calcium on their aorta were more likely to be hospitalised for heart disease or die from any cause in that period.

"This study shows that in addition to indicating the risk of fracture, bone density scans have the capacity to determine the long-term likelihood of cardiovascular disease. This makes bone density testing even more useful as a screening tool," said lead researcher Dr Joshua Lewis of Edith Cowan

University.

He said bone density scans are routinely carried out on older people in order to predict the risk of fractures. Screening cost is covered by Medicare for the over 70s.

The images obtained could also be used to identify people with subclinical cardiovascular disease who are at a higher risk of future heart disease.

"If we can give people early warning that they are at an increased risk of suffering a cardiovascular event, we can help them to make the lifestyle changes that can then lower their future risk."

These include strategies such as weight loss, improved diet, and increased physical activity, as well as drug therapy with statins.

densiometry Bone uses lower doses of radiation than conventional X-ray radiometry. Using an already routine procedure results in both less exposure to radiation and reduced costs.

Dr Lewis said that because this was an observational study it is not possible to say that the calcification caused cardiovascular problems but it is strongly suggestive.

Strictly speaking the

findings of this study only apply to older white women, but they are likely to also apply to a wider population.

'We have just completed a large meta-analysis in a range of clinical settings and found that abdominal aortic calcification from X-Ray, CT or bone density machines also predicted heart disease in younger men and women (in their 60s) as well as older men," he said.

Dr Lewis said work was now commencing to identify the features of calcification most strongly related to patient's risk of heart attack or stroke.

Researchers hope to develop an algorithm that automatically detects the aortic calcium build-up in bone density scans.

"This will allow bone density scans to become a very powerful tool for preventing future heart disease and stroke, which are the leading cause of death for Australians," he said.

Dr Lewis cooperated with researchers from the Universities of Sydney, Western Australia, Minnesota and Harvard Medical School on the project. The results were published in the Journal of Bone and Mineral Research last year.

Podcast shines light on the aged care journey



Graham Mabury

LEGENDARY broadcaster, Graham Mabury, who hosted Perth's hugely popular 6PR Nightline for 33 years, is out of radio retirement and back behind the microphone.

But this time he's using his unique ability to thoughtfully explore issues and help people tell their stories through the modern medium of podcasting.

the ageing journey and the experience of those who have found themselves navigating Australia's complex aged care system in a series called Demystifying Aged Care produced by Baptistcare.

Baptistcare CEO, Russell Bricknell, said the idea for the podcast was born from community response to the free Demystifying Aged Care information sessions the organisation has been running over the past few

"The sessions provide practical information and insights into aged care and have proven enormously popular with ageing West Australians and their families," he said.

"Attendees have shared many questions and personal stories with our team during these events. It demonstrates

conversations about the issues that really matter to people as they consider their life in retirement

and beyond."

The Demystifying Aged Care podcast tackles a range of topics around the emotional, physical and financial aspects of ageing with experts and seniors and their families contributing advice, personal experiences and thought-provoking commentary.

Graham Mabury said he is enjoying his first foray into podcasting and welcomed the opportunity to take a deeper look into the experiences and decisions everyone will eventually face as they enter the later stages of life.

"There has been a lot of media coverage around aged care, but I was keen to gain new perspectives and stimulate more considered community discussion,' he said.

"Hopefully sharing insights from those who have real life experience in retirement, home care and residential care as well as experts is a practical way of helping people make more informed decisions about what really matters to them personally as they age."

The first six episodes of the Demystifying Aged Care podcast will go live in March 2020 via Apple iTunes.

Join us online: www.haveagonews.com.au UPDATED DAILY

Authorised dealer of Handicare

Looking for a quality, reliable and affordable stairlift?



Regain independence in your home that holds dear memories for you with Rise Asia Pacific. Straight and curved stairlift for indoor and outdoor available

> Call us today for a FREE CONSULTATION & QUOTE

Rise Asia Pacific Pty Ltd Tel: 0444 577 740





Inches Away

...nutrition service to assist you to be your best in health



Specialises in weight loss, gastrointestinal issues such as bloating, anti-ageing, diet and nutrition for increased energy and vitality.

Call Ann for a chat or make an appointment for a free 30 minute no-obligation consultation.

P: 0478 219 223 www.inchesawav.consulting E: ann@inchesaway.com.au 18 Stirling St. Perth





- home maintenance
- private care
- Quality home care, based on **vour** needs.





email: admin@astleycare.com.au www.astleycare.com.au







We focus on in home care for seniors



Continue to live the life you choose with a little help from Focused Care:

Personal care - bathing, hygiene and grooming, medication, wound care and skin care.

Home help - help with meals, cooking, transport, domestic help and gardening. Specialised services - nursing, disability care,

respite care and post hospital care. · Companionship and lifestyle help

· Disability support and accessing focused care services through NDIS.



Talk to us today: 9302 1737 Email: info@focusedcare.com.au focusedcare www.focusedcare.com.au



At Braemar we believe in offering Care and Friendship to our residents. We support the bonds that exist between our residents, their families and our staff while providing safe, caring and engaging Aged Care services in

Perth's southern suburbs. To learn more visit us at www.braemarcare.com.au

(08) 6279 3636 @braemarcare









healthy living Madvertising FEATURE



health options for the mature west australian





Cancer patients say bad luck is a likely cause of their disease

by Frank Smith

More than 145,000 people are diagnosed with cancer each year in Australia and while the cause of many cancers is unknown, around one third of deaths from cancer are due to five leading behavioural and dietarv risks

World Health Organisation (WHO) listed these risk factors as: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol abuse.

Tobacco use alone accounts for 22 per cent of cancer-related deaths worldwide.

The WHO also singles out exposure to sunlight and other forms of radiation, and notes that cancer-caus-

ing infections such as hepatitis and HPV are responsible for up to a quarter of cancer cases in low and middle-income countries.

Recently an international study led by scientists at the University of Newcastle and Vietnam Cancer Institute, asked cancer patients for their perceptions of what caused their dis-

The results of the study, "What Caused my Cancer?" was published in Cancer Control last year.

The researchers compared the perceptions of 585 cancer patients in Australia and Vietnam, analysing differences across 25 possible beliefs about what may have caused their cancer.

Study researcher, Dr Alix Hall, says

a substantial proportion of both Australian (27 per cent) and Vietnamese (47 per cent) patients held fatalistic views about the possible causes of their cancer, blaming fate, bad luck and the will of God.

"In the Australian sample, bad luck was ranked third and in the Vietnamese sample it was ranked fifth of supposed causes of their cancers.?

"This is concerning because it suggests they believe they have little control over their health. That may affect their willingness to change their behaviour when it comes to diet and lifestyle, and influence their decisions relating to treatment and/or care," Dr Hall says.

Overall, smoking was ranked the fifth most likely cause and alcohol the ninth most likely cause, despite repeated health messages that many cancers are preventable and alcohol and smoking are both risk factors for many types of cancer.

University of South Australia Professor David Roder, says there are many misconceptions about what causes cancer.

"Unfortunately, people's understanding of many cancer-related risk factors is modest to low. People's beliefs about what may have caused their cancer are complex and likely to be impacted by multiple factors, including cultural beliefs," he says.

The researchers say the study findings underline why public health campaigns need to highlight accurate information about the possible

Medical writer, Johnathon Goodman, writing in New Scientist in February, said researchers have homed in on a whole range of carcinogens and it isn't always possible to avoid or reduce our exposure to them. Unlikely risk factors often suggested include coffee, mobile phones, power lines, stress, water fluoridation, aspartame and antiperspirants.

We still have a long way to go to identify all the risk factors for cancer,

A study published in Science two years ago concluded that two-thirds of all cancers are consequences of DNA copying errors that cannot be predicted at present.

Perhaps that is the same as fate.

Volunteers are needed for glucose lowering drug trial in Perth



Volunteer Gary Worthington

WA RESEARCHERS working to unlock the mystery of a how a glucose-lowering 'wonder

drug' may help tackle cardiovascular disease are looking for volunteers for a clinical trial.

The team from the Dobney Hypertension Centre at Royal Perth Hospital is keen to recruit more West Australians with obesity, pre-diabetes, or type 2 diabetes to understand how the medication empagliflozin reduces the risk of death from cardiovascular disease

The researchers have shown in mice that the drug - an SGLT2 inhibitor - reduced high blood pressure, helped improve blood sugar levels, significantly reduced the activation of the body's sympathetic system and protected against blood vessel dysfunction.

Their latest findings have just been published in JACC: Basic to Translational Science, a journal of the American College of Cardiology.

"We've demonstrated that the sympathetic nervous system is involved in regulating the protein SGLT2 - which controls the body's blood sugar levels - this helps explain part of the mystery of how SGLT2 inhibitors show protective effects on the

heart and kidneys," said chief investigator Professor Markus Schlaich.

"With this part of the nervous system activated, mice display high blood pressure and blood vessel dysfunction, so it's a key target in being able to treat these conditions.'

Co-investigator and University of WA Assistant Professor Vance Matthews said a trial involving WA residents was already under way.

"This research is looking to see if it's the same process operating in people as in mice," he said.

"Understanding how empagliflozin works on the sympathetic nervous system could open up new avenues to treating cardiovascular disease which is a major cause of death, killing one Australian every 12 minutes.

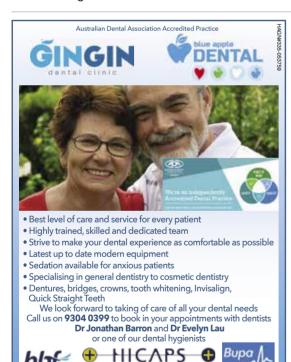
"Likewise, we believe we can find new ways to tap into the sympathetic nervous system to control blood sugar levels via SGLT2 expression to bring down rates of obesity and type 2 diabetes."

Research Diabetes WA executive director Sherl Westlund said the

group was proud to have helped fund this research to get it to human trial

"Obesity, type 2 diabetes and cardiovascular disease are major global health issues and advancing our knowledge of how to reduce their impact on families is critical; this research has the potential to do that, so it's very exciting," she said.

Volunteers with obesity, pre-diabetes, or type diabetes interested in finding out more about volunteering for the study can call 9224 0306.



Call today to book your appointment on 9304 0399

Do something different this year... come and sing!

IF you enjoy singing and have been thinking about joining a choir, now is the ideal time to do it.

Community choirs are starting to learn a new repertoire of songs, which means you get in on the ground floor as everyone is learning together, and you don't have to worry about catching up with the rest of the

Swan Harmony Singers are always keen to welcome new members at the start of a new year. They meet every Wednesday night from 7-9 pm, and have just moved to a new home at the Midland Arts Centre in Cale Street (opposite Midland Gate).

You don't need to have a musical background and there are no auditions. You just need to enjoy singing and be prepared to make a reasonable commitment to attend rehearsals regularly.

The choir sings a wide variety of music ranging from jazz and pop to the occasional classical piece and gives performances towards the end of the year.

Interested? Come along on a Wednesday evening and give it a try. If you'd like to know more, contact Maureen on 9299 6588.





FREE NDIS and Aged Care Information Session

Programmed Care are pleased to announce a FREE NDIS and Aged Care Information Session...

Come join Babs Smith and Jodie Poole - be empowered with the information you need to gain the most from your funding, service provider and enjoy living at home.

Friday 28 February

LOCATION Belmont Youth and Family Services

Training Room, 275 Abernethy Rd, Cloverdale

TIME 10.30am to 11.30am

TICKETS Click on the link below to purchase your

free ticket

Eventbrite link - https://www.eventbrite.com/e/ndis-andaged-care-free-information-session-tickets-90574816715

We will help navigate you through the process from assessment to receiving services - the questions you need to ask at each stage.

Information session accessible to all - are you a carer, do you have a loved one needing support or are you looking for support for yourself?

Contact Babs Smith 9229 8205 or 0438 325 175 babs.smith@programmed.com.au



GREAT HOME and GARDENING



I can promise you a rose garden this Valentine's Day









Left to right; Hearts will be a flutter when roses take centre stage for Valentine's Day - the Garden Clubs & Societies Fair to showcase amateur horticulture this month - dreaming of colourful bulbs this spring? enjoy rose gardens of England this winter

by Colin Barlow

WITH summer heading towards its climax and the cooler autumn days ahead, you can be forgiven for struggling to keep on top of your garden during the up and down periods of our hot Western Australian summer. February is usually our hottest month, so you will still need to continue watering, before the welcome morning dew makes its entrance and our gardens start to recover.

Throughout history nothing has captivated the hearts and souls of loved ones more than a bunch of delightful perfumed roses to express vour never-ending love. This month, Valentine's Day will take again centre stage, as the shops and florists overflow with exquisite blooms and stunning floral creations to catch our fleeting attention. Freshly cut flowers may only last a week or two at most, whereas a potted rose or one planted in the garden can last a lifetime, giving many years of pleasure and blooms.

When planting roses in pots always choose a pot at least 40cm wide, but preferably around 60 cm to 65cm (or 60/65cm) wide for best results. A depth of around 45-60cm will allow sufficient room and nutrients for strong growth.

roses require Large planting in as big a pot as is possible. Compact and smaller rose varieties are better for planting in pots and containers and some of my favourite rose cultivars are: Angel Face (floribunda); Europeana (floribunda); French Lace (floribunda); Playgirl (floribunda); Simply Magic (floribunda); Gruß an Aachen (early floribunda); Chartreuse Parme (Delbard); Maurice Utrillo (Delbard); Paris 2000 (Delbard); Ambridge Rose (David Austin); Jubilee Celebration (David Austin); Princess Alexandra of Kent (David Austin); The Dark Lady (David Austin); Baroque (ground cover rose) and Kent (ground cover rose).

By growing some roses at home, you will be able to enjoy the deli-cate scent of the roses throughout autumn as they take on a flush of new growth and stunning flowers, before slowing down for winter.

Alternatively, why not treat your loved one to a winter rose extravaganza, by joining the enchanting 'Rose Gardens of En-

gland' tour from the 25 June to 8 July. I will be leading this tour in the early summer for Ross Garden Tours to visit some of the best rose gardens starting near the Scottish border and finishing in Richmond, just outside of London.

We begin at the spec-

tacular Alnwick Castle in Northumberland, and tour the castle and series of gardens including the garden filled with more than 3,000 roses. Next is Wynyard Hall and its new walled garden filled with David Austin Roses and entwined with perennial underplanting in colour themed beds. We then visit nearby Castle Howard in the Howardian Hills, fictional home of Brideshead Revisited and explore the exquisite grounds including the walled gardens and Temple of the Four Winds.

The magnificent Chats-

worth House, set in the Capability Brown designed landscape park in the Peak District, is the next stop. Then we travel to the The Potteries and Trentham Gardens, which has the largest display of perennial plantings in Europe, styled in a naturalistic and contemporary

Heaven for all rose growers, is a visit to David Austin's famous rose garden and nursery in Shropshire. The garden showcases more than 700 different varieties of the amazing roses bred by the late David Austin.

We travel south from Birmingham to Sudeley Castle to experience the splendid awarding winning gardens, including the magnificent Queen's Garden planted with more than 80 different varieties of roses amidst the backdrop of the stunning castle. One of England's

most famous gardens at Sissinghurst Castle in Kent, the realm of Vita Sackville-West and Harold Nicholson is our last garden on the trip.

The grand finale of the tour is the Hampton Court Flower Show, a highlight of the tour with the floral marquee and show gardens, including the Conceptual and World Gardens a must

So why not join me this year on this captivating tour? For further information contact Royce, Roslyn or Melissa from Ross Garden Tours on 1300 233 200 or go to www.rosstours.com/en gland-roses/ for the full tour itinerary of the tour including the gardens, places to be visited and accommodation.

Plant Fair

Summer is almost over, but it is time to start planning for a sensational spring show and I can show where to find the right advice and informa-

1. The Autumn edition of the not to be missed Garden Clubs & Societies Fair is on again from the 22 to 23 February at the South Perth Community Centre on the corner of South Terrace and Sandgate Street in South Perth. Forget all those new pop-

up plant sales, this is the original and still the best, with the widest range of plants on offer. Western . Australia's best amateur horticulture groups and societies will showcase their sometimes common, rare or unusual plants and there will be many for sale. As always there will be delicious refreshments on sale, along with books and gifts, so there is no reason not to pick up a bargain. Entry is only \$5 for adults and the fair is open from 8.30am to 4pm on Saturday, and from 9am until 3pm on Sunday. For more information call Helen Martin-Beck on 6361

cultural council.com.au

2. I may be a little old fashioned, but I still love to get my hands on the endless spring catalogues of colourful bulbs and flick through the glossy pages, dreaming of a dazzling display of spring colour. If you are a little internet savvy, then you can also check out the bulb suppliers on-line and quickly rustle up an order to brighten up your garden in spring. Take a look at the following suppliers for some spring gardening inspiration: www.diggers.com.au; www. gardenexpress.com.au; www.mrfothergills.com. au: www.tesselaar.net.au: www.wabulbs.com

CEILINGS & DRYWALL

40 YEARS EXPERIENCE

 Local & other areas ● Damaged walls & ceilings ● Renovations • Ornamental cornices & roses • Shop renovations • Suspended ceilings Clean, reliable, quality work - FREE QUOTES

Pete 0407 340 743

peterbrasier20@outlook.com



ROBERTO'S

PAINTING & DECORATING

Free quotes • Interior/exterior

high quality finish guaranteed

\$380 all included Don't Pay More! Pensioner Discount • 25 Years Experience

0488 033 857

New or repainting

Ph 0449 128 987 www.robertospainting.com.au

Competitive quotes with

7688 or go to www.horti

- Carpets & upholstery Deodorising & sanitising
- Quick drying
- Non-toxic
- · Tile & grout cleaning

Chris 0402 707 564 www.monfloorscarpetcleaning.com.au monfloorscleaning@yahoo.com.au

METER WINDOW & LOCK INSTALL Call PAUL 0419 991 915

Email: meterboxsecurity@bigpond.com

Quality work done quickly • Over 30 years experience Honest and competitive rates • Small and large jobs Call or txt GARY 0418 928 075

TPM ROOF RESTORATIONS

Leaks and roof maintenance

Additional Paving Services PL

- High pressure cleaning & roof coating Ridge capping & pointing
- 17 years experience
- North & South of River **FREE QUOTES** All work guaranteed 0449 135 640



Call Richard 0421 005 614 www.positivepainting.com.au





9534 9491 www.ibreeze.com.au 15/33 Galbraith Loop, Falcon



 Repaired Plasterglass

Partioning

• Decorative Cornice

Ph: 9356 3322 - Darryl 0411 756 830 E: whitelawceilings@westnet.com.au



All general roof repairs



40 Years Experience

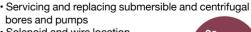
 All work guaranteed Re-Roof/Roof extensions
 Beat any quote

Call Matt on 0439 707 578 or 9398 9861 www.roofrenewals.com.au roof.renewals@bigpond.com









- · Solenoid and wire location
- System diagnostics
- Controller replacements

WATERWISE PRODUCTS USED



Phone Dave 0431 218 044



0430 035 345



- Zincalume Sheeting All guttering - replace any guttering to new
- colorbond or zincalume All tile roof repairs - ridge cap pointing
- · New patios and carports colorbond, gable or flat

Absolute Roofing & Maintenance 0401 533 111 FREE QUOTES - All works guranteed



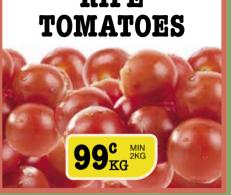


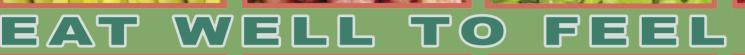
Unit 9/70 Roberts St East. Osborne Park



























BUY IN BULK TO SAVE EVEN MORE













COME IN AND BROWSE OUR LARGE ORGANIC SECTION











Find us on 👍



OWN A CAFE, RESTAURANT OR ANY FOOD BUSINESS? COME SEE US!

WE'RE OPEN MONDAY TO SATURDAY 8AM TO 6PM

Juicy plums always worth waiting for this summer season

by Noelene Swain

AT LAST! Juicy Western Australian plums are hitting their peak and what a treat they are. With beautiful rich colour, soft smooth skin and a sweet fresh aroma, just wait till you taste them. Yes, it's been quite a wait for these jewel coloured beauties but now they are ripe and ready and the prices are very reasonable.

February is the best time for plums with an abundance of large sweet

and delicious fruit coming from right throughout WA, including the Hills, Donnybrook and Manjimup. There are around 200 different varieties of plums to choose from at various stages of the season, so it's a bit tricky to select by variety. It's more common to know the flesh colour and style that you prefer. In the coming weeks the firm yellow flesh varieties like Black Amber and Amber Jewel will take the spotlight so there is no time to waste if you're a serious

plum fan.

Although every plum differs to some degree in colour, size and taste, the two main categories are; European plums and Japanese plums. European plums are oval-shaped and about 5-6 cm long with a range of pink to purple skins. Flesh can range from yellow, to creamy-white, to blood red. Japanese plums are round to heart-shaped, 5-8 cm long and their skin colour can range from yellow to red. Their flesh can be

yellow, amber or yellow with red.

Plums do not continue to sweeten once they are picked, so choose carefully. Ripe plums lose their glossy sheen, so this is the best guide for the naked eye. Also ensure smooth skin that is free of blemishes, soft spots or discolouration. If you have purchased plums that are a little firm they may be left for a day or two at room temperature to soften.

Fresh plums make a quick, healthy and delicious snack on their own. A

cold plum straight from the fridge makes a refreshing treat on a hot day. Ripe plums should keep this way for around five days. They are also ideal for juice, jams and chutneys, and make fantastic fillings for pies, tarts and cakes. Enjoy Western Australian plums while they are at their peak, right throughout Summer.

Supplied by Fresh Finesse: www. freshf.com.au

Recipes supplied by Summerfruit

Plum, yoghurt muesli pots

Preparation: 5 mins; cooking: none;

A REFRESHINGLY easy breakfast or dessert. 8 blood plums, halved with stones removed ½ cup brown sugar

400g thick Greek yoghurt 1½ cups toasted muesli

Place the plums on to a baking dish lined with baking paper, sprinkle with brown sugar and ½ cup water, cook under a preheated grill until the plums are soft.

Divide half the plums between four serving glasses, top with yoghurt, muesli and finish with remaining plums and syrup.



Plum and white chocolate dessert cake



THIS is a delicious cake to savour the sweet tangy of fresh plums. It will work equally well with other fresh summer fruit – like peaches, necPreparation: 20 mins; cooking: 30 mins; serves: 6 - 8

tarines or apricots.
6 - 8 plums, halved and stone removed
3 tablespoons butter
1/3 cup sugar
1 tablespoons extra sugar
1 teaspoon vanilla

100g white cooking chocolate, chopped Method:
Heat oven to 180°C.
Grease and line a 23 cm

34 cup self raising flour

1/3 cup buttermilk

1 egg

round cake tin.
Whisk together but-

ter and sugar till creamy. Add egg, vanilla and buttermilk. Whisk till well combined. Fold through sifted flour till batter is smooth then pour into prepared cake tin.

Arrange plum pieces on to cake. Scatter with white chocolate. Sprinkle with extra tablespoon of caster sugar. Bake for 25 - 30 mins or until cake is cooked when tested. Cool to room temperature. Serve with a dollop of cream and dusted with icing sugar.

Rosés and Rieslings - perfect tipple for hot days



by Frank Smith

ONE of the perils of writing for a monthly is that you never know what the weather is going to be like. One year my wife arranged to have a cold meat and salad Christmas dinner for the family. It was the coldest Christmas day in a decade.

So here is some drinking suggestions in the event of hot days in Feb-

Pig in the House organic Rosé. From NSW.
The winemaker says the 2017 Rosé is bang on, it has a great light salmon

colour which would be seen in the south of France. Aromatically I think of raspberries and cream when smelling after a soft swirl. On the palate the wine is dry, with red fruits dominant, pleasingly the wine is naturally soft in the mouth which makes it a wonderful drink during most times of the year. RRP \$25.

La Land Rosé
2019 is made from Pinot Noir in Victoria using the French saignée method (to bleed), the juice spent a very short time on skips to obtain

its beautiful pale salmon pink colour. It has aromas of wild strawberry with a whiff of toffee apple. The palate is light and refreshing with ripe, juicy berries and a hint of fresh watermelon. The aftertaste is dry in the mouth. Vegetarian and vegan Friendly. RRP \$18.

\$18.

Angullong 'Fossil Hill' Rosé 2019 is made from Sangiovese grapes in the Orange Region, NSW. The colour is salmon with a touch of gold. The aroma floral is of strawberry, blueberry and spice. The palate offers intense and lively flavours of red summer berries. It has freshness, zest and crisp natural acidity. RRP \$26.

Blind Corner Rosé 2018 is from the Margaret River Gl. It is made predominantly from Shiraz grapes with some Semillon thrown in. The winemaker describes it thus: "Pink and fluffy like a pair of novelty hand-cuffs, this rosé is perfect for when you want to get a little bit naughty, but don't want to go all the way. It was picked,

crushed and pressed before being wild-fermented in stainless steel, with a small portion drained from a second pick and wild-fermented in oak. RRP \$18.

Castle Rock Estate 'Skywalk' Riesling 2019 from Porongurup is pale straw with green hues. The bouquet shows aromas of orange blossom and lavender. There are hints of musk and passionfruit adding to the complexity. The pal-ate is a flavoursome style Riesling with floral characters and a touch of musk. A citrus element runs the length of the palate and provides a tight mineral structure and a long crisp and clean finish. RRP \$20.

Tamburlaine Organic Riesling 2019 is from a high altitude cool climate vineyard in the Orange region of NSW. The year was dry with a long slow ripening season, resulting in lifted floral aromas of orange blossom and jasmine. The palate is citrus driven with bright acidity and a long complex after taste. RRP \$19.99.

What's Fresh in the market place this month



Miguel's Mushrooms on Sourdough, Spanish Style

© Image source: australianmushrooms.com.au

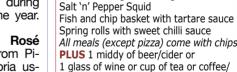
Swiss Brown Mushrooms: Plenty of flavour and just the right size for popping into summer salads, rice pilafs and pasta dishes. These nutty brown mushrooms work well with Asian flavours such as chilli, ginger and coriander; try stir-frying in the above plus a dollop of hoisin sauce and serving with honey glazed pork and steamed greens.

Amber jewel plums: A lovely large, red heart-shaped fruit that was developed here in WA. The rich gold-coloured flesh is sweet and juicy even when the fruit is firm. Buy plums with plenty of colour, a somewhat dull skin and just a little softness. Ripe plums lose their sheen, so the best guide to plum ripeness is to look for plums with an all over dull colour. For great tasting plums, correct storage and handling are important. If your plums seem a little firm they may be left for a few days at room temperature to soften. Store ripe plums in the refrigerator. Plums are ideal for juice,

syrups, jams, chutneys and make fantastic fillings for pies, tarts and cakes. **Donut peaches:** A unique white fleshed peach, small and flat with a sunken centre (shaped like a doughnut). Can be eaten firm or soft and are naturally sweet and juicy. They're a huge hit with kids, as they are easy to hold in hand, easy to eat and have great novelty factor.

Bartlett pears: Another lovely new-season delight, Bartlett Pears are the first of the autumn pome fruits to arrive in the market. Look for a light green to yellow pear, or a red-green in the case of 'Red Sensation' Bartlett's. They're medium sized and are sweet and aromatic with the Red Sensation being slightly tarter. These pears are a good all-rounder being suitable for both cooking and eating fresh. To test for ripeness, the flesh near the stem should give when gently pressed. It's often best to buy them quite firm and let them ripen at room temperature for a couple of days, however remember that pears ripen from the inside out, so don't leave them too long. Pears and a strong cheese such as a blue or a goat's cheese are a gorgeous combination.

Celery: Select celery with fresh looking leaves and tightly formed stalks. Use finely sliced celery to add crunch and flavour contrast to salads, especially a Asian-influenced brown rice version drizzled with sesame oil and a dash of rice wine vinegar. Sliced portions are the perfect New Year detox substitute for a cracker to dip into hummus and tzatziki. Ed's note: store your celery in foil, it lasts for much longer.



1 glass of wine or cup of tea or coffee/ soft drink

The Valencia Complex, 55 Benara Rd, Caversham

Seniors' Special \$15 Lunch Menu

(Monday to Friday 11am to 3pm)

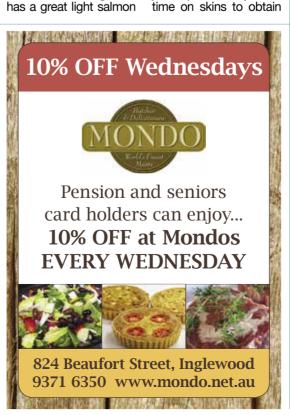
Come and relax in our beer garden and enjoy our handcrafted

award winning naturally brewed beers and ciders with great Aussie Tucker to match!

Your choice of one of the following;

Wood fired pizza (small)

Chicken or vegetarian baguette





Bookings essential 9561 1001

www.yanchepinn.com.au



Knife and fork talk with the Dining Divas - the crowning glory









by Judith Cohen and Pat Paleeya

OUR port of call this month was the Atrium at Crown Perth courtesy of our lovely editor Jen. This was in appreciation of our contributions to the newspaper.

It was a special occasion for us and anyone wanting a dining experience to knock your socks off. According to the book one of the seven deadliest sins is gluttony, an excessive and ongoing eating of food. Ooer! Being let loose among these epicurean delights is temptation to the nth degree. If you're counting calories forget it. Embrace your inner gormandiser

On our visit the restaurant was bedecked with colourful decorations as it was Lunar New Year. The buffet is amazing, offering an immense selection of Asian and Western dishes, seafood, pasta, carvery, sushi bar, various salads, gourmet cheeses, and dainty delectable desserts.

The waitpersons, who were very smartly dressed in black and white, escorted us to our table like the Divas we are. While flicking our starched white linen napkins we surreptitiously eyed other diner's plates as they passed. The food

looked so appetising that we tripped over each other in our haste to get to the buffet.

Seafood was one of the big drawcards for us, consisting of fresh oysters, smoked salmon, marinated small mussels and large green lipped mussels. There were large crab legs, but we didn't want to risk dental damage by trying to crunch them as many people around us were doing.

The roast meats and vegetables in the carvery corner were cooked to perfection and this proved to be a very popular corner. The various salads were refreshing

and the cheese board was to die for – high endhigh quality.

Left to right; The Atrium - delicious seafood - the desserts - lovely atmosphere

Now to the piece de resistance... the dessert bar. It was possible to fit six miniature edible works of art onto a small plate, which we did. A creamed avocado dome, chocolate layered slice, strawberry topped lime and chocolate layered mousse, a shot glass of mango mousse topped with a mango jelly and an absolutely mouth-watering green tea slice, unfortunately we were too full to cram any more in.

The lunch costs \$51 per person but check prices as it may be more on weekends.

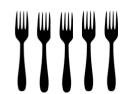
For a special occasion we cannot recommend this restaurant highly enough. It is bright and clean and the attentiveness of the staff is first class, our every need was met.

Needless to say the food is like nectar to the

gods and to prove this two Dining Divas went in and two Michelin women came out.

Five forks The Atrium - Crown Open for breakfast,

lunch and dinner Bookings essential - 1800 556 688 www.crownperth.



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

WEEK DAY LUNCH SPECIALS

Information correct at going to press

BAYSWATER HOTEL

\$19.95 seniors buffet Mon-Fri 12-2.30pm Railway Pde. Bayswater 9271 7111

BRIGHTON HOTEL

\$15 seniors lunch special Mon-Fri 11am-2.30pm 10-12 Mandurah Tce 9534 8864

CAPTAIN STIRLING HOTFI

\$16 lunch menu incl a drink Mon-Fri 12-4pm 80 Stirling Hwy Nedlands 9386 2200

CHEF AND CO* \$18 seniors menu

Wed - Fri 11am-3pm 1000 Beaufort Street. Bedford 9271 2288

COBBLERS TAVERN

\$20 lunch menu incl drink Mon-Fri 11.30-2pm 629 Old Coast Rd Falcon 9534 2222

CUCINA ITALIA

\$13.95 lunch special Mon-Fri 11am-3pm 7,243-253 Walter Rd. Morley 9276 5471

LEISURE INN

\$14 senior lunch special Everyday 11-3pm Chalgrove Ave & Read St Rockingham 9527 7777

PUBLIC HOUSE

\$18 Rapido lunch menu Tues-Fri 11-3pm 263 Adelaide Tce 6117 0675

SOUTH STREET ALE HOUSE

\$17 and under bar menu 11.30am-3pm 7 days 277 South St Hilton 9337 1453

TAVERN

AT THE ROCKS \$16 seniors lunch special Mon-Thur 12-3pm 50 Enterprise Ave Two Rocks 9561 2573

WHALE AND ALE \$15 seniors lunch special 12-5pm Mon- Fri Key Largo Dve & Ócean Keys Blvd. Clarkson 9408 5444

*Seniors card to be presented

Vince Garreffa's Calabrian stuffed capsicums





Right; Calabrian stuffed capsicums Above: Vince Garreffa

by Vincenzo Garreffa

CAPSICUMS are a very versatile vegetable with one of the highest vitamin C levels, perfect for you with high iron meats. I just love the red ones, to me they are the sweetest. Choose small to medium size ones for an entrée or two for a main course.

Ingredients to feed two people 4 small red capsicums or

2 large red capsicums 400g beef and pork mince 200g cooked rice 50g onion diced fine 50g capsicum diced fine 50g carrot diced fine 25g fresh oregano 50g italian parsley chopped garlic to taste extra virgin olive oil (EVOO) freshly cracked black pepper to taste organic lake salt to taste chilli (optional but necessary if you want to be Calabrian) 4 cups Napolitana tomato sauce

Method

Cook your diced onion, diced capsicum and diced carrot in a little olive oil until it is all cooked, coloured and tasty. Now take the pan off the heat and add your minced meat, cooked rice, garlic, oregano, italian parsley, salt and pepper to taste and mix in the cooled pan with two teaspoons of extra virgin olive oil (EVOO) to achieve a great smelling paste. Don't forget to add the chilli if required. Slice the stalks off your

capsicums and remove all seeds and white pith inside the capsicums. Fill the capsicums with your mix and put the lid on. If the capsicums will not stand up straight, cut a tiny bit off the bottom so they will stand alone in the shallow roasting pan.

Roast in the oven at approximately 180°C for 40 minutes without the stalky lid. Now pour your Napolitana sauce over the capsicum. It will flow over the stuffing and down the sides, put the capsicum lid on and roast for 30 minutes until cooked through and capsicums are tender. Then serve as is or with mash, rice or pasta and crusty bread and a West Australian wine. WOW!

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.mon do.net.au



Come join our vibrant and friendly centre for 55s and over. Become a member for discounted lunches. Hall hire available

Services available (bookings essential - members only*): Podiatry - Thursday 9am-1.30pm* Hairdresser - Tuesday & Thursday 8.30am-12.30pm

Meals on Wheels *conditions apply, advertised prices are for members Lifestyle activities: Bridge, scrabble, mahjong, bus trips,

chess and Zumba. TUESDAY LUNCHES: \$15 members. \$20 non-members

FREE iPad classes: iPad provided

NEW ACTIVITIES: Zumba Gold - Mondays 9.30am, Pilates - Tuesdays 2.30pm-3.30pm, Sing & Swing Let's Go - 2pm-2.45pm (grandparents and grandkids welcome) Events - 25 February: Chinese New Year, Chinese troup Book early to save disappointment



53 Coode Street, South Perth Phone 9367 9880 for bookings or info

MYSTERY BUS TRIP ONCE A MONTH!

Find us on 🚯



Group bookings welcome - plenty of parking Open Wednesday to Sunday 11am till late Lunch, dinner, morning and afternoon tea Fully licensed

1000 Beaufort Street, Bedford Phone 9271 2288

Bookings@chefandcorestaurant.com.au *All specials and seniors menu not valid with any other promotion offers or entertainment card.

Wednesday to Friday 11am to 3pm

Beer battered fish and chips with salad

Chicken parmigiana with chips and salad

Seniors Lunch Special* \$18

Beef lasagne with chips and salad

Choose from..

Fettucine carbonara

Seniors Card to be presented



Steak Night \$25 Wednesday night 250gram fillet served with potato rosti, seasonal vegetables and a red wine jus **Sunday Roast Special \$25**

All day Sunday Kids eat free Sundays after 5pm



Letters to...Vince Garreffa



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.



Brunch with T - discovering une petite degustation de France in Floreat...



L-R; Enjoy La Petite by Maison Saint Honoré's fresh and simple interior styling - Croque Monsieur - macarons - breakfast board Inset; beverages enjoyed, flat white coffees and cold press juices



by Tahlia Merigan

I AM a Francophile. I had the great fortune to spend a semester at university in the magnificent French city of Lyon while studying for my degree and it has left me with a lasting love of all things French, especially the cuisine.

The joy of finding French food in Perth always has me on high alert and I discovered a lovely little café, which is part of the Maison Saint Honoré group in Floreat, for this month's brunch

The owners have really

expanded their business over the last few years, from starting out baking macarons they now have a café in the Swan Valley, a home delivery business for their beautiful cakes and macarons and La Petite in Floreat.

We ambled in there on a Sunday morning licking our lips at the very full pastry cabinet stocked with a large selection of French pastries and macarons.

The menu is extensive and offers the traditional French breakfast, a large variety of crépes both savoury and sweet and more traditional brunch fare.

The place was busy but we got the last table available, much to our relief. After spying on other diners and having a little chat with the people sitting next to us, we finalised our decisions and headed to the counter to order.

We kicked off brunch with a flat white coffee (\$4.50) which was the perfect temperature and was served in lovely blue cups with a delicious lit-

tle meringue on the side. I ordered the breakfast board (\$25) which I figured covered all bases with its selection of savoury and sweet items. The savoury plate comes with eggs anyway, spinsmashed bacon, chorizo, hash brown, mushrooms and a delectable little tomato baked and smothered in pesto and croutons. This is well separated on the board and the sweet

side included a little cup of granola and yoghurt, croissant, Friand, macaron, crépe, French butter and jam.

They have a vegetarian option as well and offer the board for a two person serving but a single would happily sustain two people. I ended up taking home my Friand and macaron to savour later. I thought the breakfast board was a great concept and everything was delicious. especially the crépe and croissant smothered in lashings of the French butter and jam.

My guest ordered a

Croque Monsieur_(\$22), the traditional French version of a toasted ham and cheese sandwich which came with fried potatoes and a rock-et salad. The toasted sandwich was layered with ham and delicious French cheese, mozzarella and bechamel sauce and was a cheese lover's dream. It came with a side serving of potatoes and salad driz-. zled with balsamic glaze. They were fresh and tasty and added a zing to offset the lashings of cheese. It also was a huge serve and my guest said it was really

satisfying, the sandwich was toasted beautifully and again a serve which could have easily been shared.

We both ordered a cold pressed juice, they always go down well with a savoury brunch. I had strawberry and lemon and my guest had apple and they were re-freshing, not too sweet and well priced in the café stakes at \$6 each.

Our orders came out quickly and the food was delicious, staff were friendly and one of the girls was actually French, which all added to the ambiance. It's a simple style of café décor-wise but bright and fresh with lots of hanging plants.

We had a little giggle when we spotted the green and gold macarons which were vegemite flavour to celebrate Australia Day. We didn't try one but loved the significance of the gesture.

So it is un oui á La Petite pour moi!

4 spoons La Petite by Maison Saint Honoré, Shop 2/ 447 Cambridge Street, **Floreat**

9383 9484

www.maisonsain thonore.com

Open daily from 7am to 5pm. Dinner from Wednesday to Saturday 6-9pm.



T's spoon ratings



Win a lunch for two from award winning Chef and Co Restaurant in Inglewood



HAVE A GO NEWS loves supporting local businesses and we have a new restaurant on our radar in Inglewood.

Chef and Co is an award-winning restaurant serving contemporary modern Austra-lian cuisine and is pleased to offer diners a new seniors lunch menu from Wednesday to Friday each week.

The senior's lunch menu offers a choice of beef lasagne with chips and salad, beer battered fish and chips with salad, chicken parmigiana with chips and salad or fettucine carbonara for \$18. Coffee and cake

can be added for \$5.

On Wednesday nights they offer diners a steak night special serving a delicious 250g fillet served with potato rosti, seasonal vegetables and a red wine jus for \$25.

Sunday roasts are available all day on Sundays for \$25 and kids eat free after

The restaurant has a lovely atmosphere and is available for group bookings.

They look forward to welcoming Have a Go News readers, just mention that on booking. Walk ins are welcome too.

They are open Wednesday to Sunday 11am till late offering lunch, dinner, morning and afternoon tea and located at 1000 Beaufort Street, Bedford, Phone 9271 2288 Bookings@chefandcorestaurant.com.au

WIN WIN WIN

To be in the draw to win a lunch for two at Chef and Co simply email win@ haveagonews.com.au with Seniors Lunch in the subject line or write to Chef and Co competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 29/2/20.

Channel Nine Perth's Michael Thomson presents his favourite summer fish dish



TO CELEBRATE his 40 year career around the fins. You can do this 2. Heat some olive oil in a big pan. this month, Channel Nine Perth's news presenter Michael Thomson is pleased to share one of this favourite summer recipes.

Thommo's fish wings

This is a simple, but delicious fish dish, that is cheap and unforgettable. Go to your local fish shop or market and ask for some 'fish wings'. These are the off cuts from filleting around the pectoral and pelvic fins on big reef fish, like Dhufish, Red Emperor, Rankin Cod or Coral Trout.

You can scale the skin, but I think it's best to skin the meat area yourself by using your fingers or ask your local fish market operator to do it for you.

Fish Wings are generally cheap. Because they take a little bit extra to prepare, they can be sold for around \$15 a kilo. That's a bargain because there's plenty of superb flesh around the bones. It is a taste sensation, at less than half the price for top quality fish.

1. Dust your wings in plain or self raising flour (it doesn't matter which) that has been seasoned with salt and pepper.

Place the wings into the pan and get the outside nice and golden. Then remove.

3. Pre heat an oven to 180°C.

4. Place the wings on a tray and put straight into oven. Big wings are quite thick. To cook the flesh properly, they will need 10 to 15 minutes in the oven, depending on size. 5. Remove wings and stand for five minutes. Then serve with a green salad and boiled kipfler potatoes.

6. You can use a knife and fork, but it is easier to eat the wings with your hands and pick the flesh off the bones.

Each person may submit one entry every month.

DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care

STOP: Please read new instructions carefully Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend PO Box 1042

West Leederville WA 6901.

Obtaining replies to your Friend to Friend

Reply Box entry:
Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ACTIVE gent 61, no baggage, fit, fin sec, looking for a NS lady friend/part-

Reply Box 8481

ACTIVE slim Aussie lady who wants to make the most out of life, varied interests, travel, gardening etc. WLTM gent 75 plus SOR, Mandurah or nearby, NS

Reply Box 8482

woman pre-**ACTIVE** great sense of sentable, intelligent, into humour, walking, photography, communication, dancing, painting, WLTM active. companionable male 65-75, good communicator, integrity, honest, caring for friendship and coffee, not in that order

Reply Box 8484

GENT 73, interesting, good talker and listener. Plenty of stories, lives Perth, will visit lady in Albany. Hoping for a permanent fixture

Reply Box 8488

GENT 75, Australian born **LADY** 69 SOR WLTM Italian, 5'9", 80kg, live 6110 area, WLTM lady same age, keen carpet bowler, also quiet nights, outings now and then. Trustworthy and sincere. Let's meet for coffee and

see what happens. **Reply Box 8493**

GENT 80, SOR, widower, caring, understanding and compassionate, fin sec, own home with GSOH. WLTM lady of any background to spend time together and share friendship. NS, NG, SD, ALA.

Reply Box 8480

GENT postcode 6066, late 80s, seeks platonic friend to live in self contained granny unit rent free in exchange for help with light housework and driving.

Reply Box 8486

GUY 67, healthy, happy, WLTM lady 60s. I'm 5'6", medium build, NS, SD, loves movies, music, etc and whatever. Knock and the door will open. Seek and you will find. Can find me over cuppa. **Reply Box 8492**

SOLUTIONS MATCHMAKING

"The safest way to meet a genuine and suitable companion"

9371 0380

COTTESLOE LADY 68 Beautiful widow, slim, very pretty,

fresh faced, blonde, stylish, feminine, active.

sociable. Sk kind, honourable gentleman.

DOUBLEVIEW LADY 75 Stunning, tall, slender figure,

elegant, funloving, natural d.t.earth. Very fit, healthy

& leads active life. Sk intell, thoughtful gent 70-83.

HILLARYS LADY 74 Lively, slim, petite, youthful, intell

attractive, loves to dance, golf, fishing, camping,

caravan travel. Sk a decent, good man who can

still have fun 68-80.

MANDURAH LADY 66 Happy, positive, very sincere widow, loves life. Would like to meet healthy, d.t.earth

man to share love & affection & do a bit of caravan

travel 60-72. YANCHEP LADY 67 Modern, fashionable, quirky,

indep, kind, honest, generous, animal lover & a good

dancer, sk companionship w/ openminded gent

63-73.

VIC PARK GENT 68 Handsome, 6ft, trim, fair, blue eyes,

div, honest, trustworthy, tidy, organised, enj various

activities & love family. Sk lady 60-72.

MANDURAH GENT 85+ Active, well travelled.

Businessman, charming, well mannered, loves travel,

nature & animals, sk lady friend 80+.

WOODLANDS GENT 73 Tall, well groomed, retired

professional. Respectful, sociable, keeps fit, likes

dancing, sport, sk intell, funloving lady, view perm

r'ship.

gent for friendship. My interests; movies, walking, dancing, music, dining out, 65-75, let's meet for

coffee and a chat. Reply Box 8495

LADY early 70s WLTM active gent who enjoys sport, travelling, socialising, caravanning also would be good. Looking forward to hearing from you in the meantime. Take care.

Reply Box 8494

MAN 71 Italian born Australian contemplative character, actively exploring, sharing synergetic egalitarian values - attitudes reflecting: fairness, social justice; seeking lady of non prescriptive segregation attribute - requirements "promoting, celebrating one's individual rareness for harmonious success!"

Reply Box 8473

RETIRED business gent, postcode 6015, slim, active, 89, NS, SD, WLTM nice slim lady for outings and friendship

Reply Box 8483

SMART lady 80s, WLTM gent, day trips, dining in/ out, spend quality time together, walks, cinema, music, travel, TLC, dining in/out, NS, NG, SD, DTE, postcode 6065, ALA please reply.

Reply Box 8478

TWO gents still active, NOR seeks ladies 55+. loves dancing, movies, dinners, walking, NS, SD, GSOH, lives NOR and SOR WLTM European. Reply Box 8490

Seeking a Partner

ASIAN lady 48, educated, sincere, genuine, NS, DTE. I am caring and enjoy movies, walking and travelling. WLTM unattached, DTE gentleman, 50s to 60s with similar interests.

Reply Box 8477

ENGLISH gent mid 70s, WLTM a genuine lady who is into country drives, movies, 60s music, travel, cruising. I am NS, NG, SD, DTE, GSOH, would like a permanent partner. Please genuine replies only.

Reply Box 8476

ENGLISH lady 71, attractive, feminine, educated, med build, GSOH, ND, social smoker, fin sec, own home, WLTM well groomed gentleman, 67-72 for long term permanent relationship (not separated). I enjoy reading, walking, country drives, good conversation, genuine replies only, SOR, ALA. Reply Box 8474

Wishing to Contact

TRYING to find my

adopted out niece, born

1971 Armadale hospital.

believed to have been

adopted by a doctor in

Perth. Born with dislo-

cated hips. Large family

waiting to meet you. Your

NEWS UPDATED DAILY

www.haveagonews.com.au

WIN a \$200

shopping voucher

with

Have a Go News'

Ad Words.

See page 4

for details.

Reply Box 8485

aunty Lynne

GENT ex country, genuine, loving, caring, active, 70s, NS, SD, VGSOH. WLTM genuine (active please) lady, no ties, who needs love and happiness as I do. I love outdoors, caravanning, sport, quiet times, country drives plus vour interests. Let's enjoy while we still can.

Reply Box 8479

LADY WLTM 68-78 genuine, happy natured guy to enjoy usual social activities, quiet times, travel, just hanging out etc with tall, slim lady to share and create new experiences together. Nothing ventured nothing gained. Have a go

Reply Box 8489

TO the adventurous special lady who WLTM 74, fit, healthy Aussie guy to form friendship to travel caravan or overseas as close companion to enjoy life's pleasures, NS, SD, NOR. Happy to meet over coffee.

Reply Box 8491

WELL presented gent, young looking, 79, easygoing, active, NS, likes music, dancing, seeking lady NS, fit for friendship, relationship, long term SOR, TLC.

Reply Box 8487

Seeking a **Travel Companion**

CAUCASIAN guy 63, NS, SD, WLTM lady NS, SD, to travel China Silk Road tour August, September this year. Must be reasonably fit, age, nationality no issues. ALA.

Reply Box 8472

| EXPIRY:

GENT UK/AUS 180cm tall, presentable, educated, VGSOH, 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 8475

Friend to Friend: When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901.

(example only) 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.





Have a Go News is available on subscription

Have a Go News is available on a 12 month or 24 month subscription. This will ensure the delivery to your home of a copy of each issue as well as chances to enter our monthly competitions.

\$35 for 12 months or \$70 for 24 months, covers postage and packaging from your first delivered copy. Simply fill in your details, cut out and send to: 'Subscriptions' Have a Go News, PO Box 1042, West Leederville WA 6901 or email payment details to accounts@haveagonews.com.au.

l	Name:	
l	Address:	
ı		
	Di	F 1

Signature:	
Payment (please circle): Cheque / Credit Card / Money Order	VIS

		0110401	0.00.007	
ODEDIT OADD D	ETAU O			

		1
		I
_		I
1	Have a Go	ī

SUBSCRIPTIO \$35 for 12 months

ravelling	Have a Go
wis so travelli	
and a	3
A RELIEF	
Contact Ville choose	701

SOLUTIONS We have your partner SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995



Tresillian Studio artists take centre stage as the centre celebrates 40 years



People enjoying one of the art exhibitions at Tresillian Studio

TRESILLIAN Arts Centre is the hub of artistic talent in the western suburbs. It is launching into the new year with an exhibition featuring the work of seven studio artists based at the Centre.

The Tresillian Studio Artists -2020 exhibition is showing from 10 February to 6 March with the official opening on Thursday 13 February.

The featured artists are based at Tresillian, where they produce artwork as well as deliver courses for adult art students. The artists practice diverse genres and many are award-winning professional artists, including Elmari Steyn who recently

won the 2019 Busselton Art Award. City of Nedlands Mayor, Cilla de Lacy says Tresillian has long been recognised as a training ground for

outstanding local artists. "It's pleasing to see the artists in residence passing on their knowledge to new generations of painters

and sculptors.

"Tresillian Arts Centre is a multi-faceted community arts centre and this exhibition is an opportunity, early in the year, for the studio artists to showcase their work to potential students as well as art lovers generally," she said.

Current studio artists at Tresillian

include Angela Davis in the Garden Studio; Bee K C Tan in the Green Studio; Caroline Marinovich in the Language Studio; Elmari Steyn in the Corner Studio; Judy Rogers in the Potters Studio; Sue Hibbert in the Courtyard Studio and Valerie Glover in Studio Eight.

Established in 1980 as a community arts centre, this year Tresillian celebrates 40 years of delivering excellent arts and learning experiences to the community.

Tresillian Arts Centre is located at 21Tyrell Street (corner Edward Street), Nedlands, phone 9389 1977.

Go on a French odyssey through film



How to Be a Good Wife stars Juliette Binoche (left)

THIS year welcomes both a new decade and the sparkling 31st edition of the Alliance Française French Film Festival.

The 2020 line-up has a strong emphasis on social engagement and altruistic endeavours which are depicted in the films.

Screening during the festival will be the multi-award-winning Les Misérables, Ladj Ly's searing snapshot of corruption and simmering tensions in modern-day Paris; School Life, a comedy/ drama set within a Saint Denis high school; Invisibles, which follows the unorthodox antics taken by an illegal women's shelter

to avoid closure; Oh Mercy!, a darkly compelling exposé of the human condition as observed by a police chief in Northern France; the poignant rural drama, In the Name of the Land, starring Guillaume Canet as a farmer battling to maintain his dignity in the face of incessant setbacks, and many more extraordinary films.

High on the list of highlights is the international premiere of director Martin Provost's How to Be a Good Wife. Set at a time when women were still expected to be largely subservient, this delicious comedy stars the luminous Juliette Binoche as the pristine head

of a housekeeping school who, when faced with adversity, takes her first steps towards emancipa-

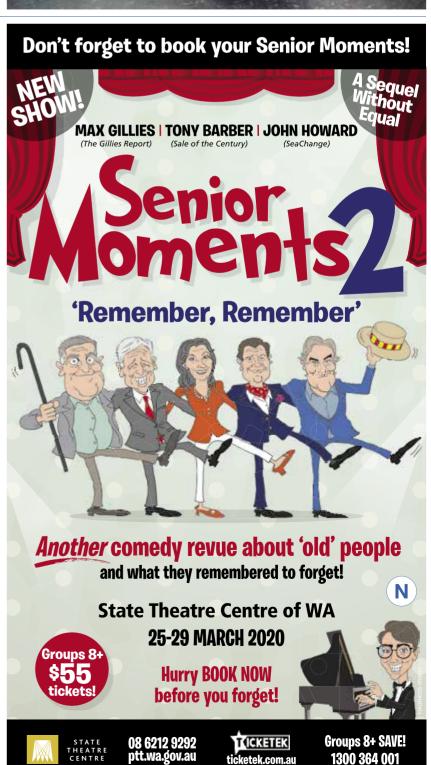
There's also the hotly anticipated La Belle Époque, which tells the story of Victor (Daniel Auteuil) a disillusioned man who is given the opportunity to relive the great love-affair of his youth, and the whimsically romantic Notre-Dame - shot before last year's horrific fire - about an architect who wins a competition to redesign the Notre-Dame esplanade; a movie which, given events of the past year, is now considered visionary.

The Alliance Française French Film Festival screens at Palace Cinemas, Raine Square (Perth CBD), Cinema Paradiso (Northbridge), Luna Palace Cinemas, Windsor (Nedlands) and Luna on SX (Fremantle) from 11 March - 8 April.

WIN WIN WIN

To be in the draw to win a double pass to any film showing at the French Film Festival simply email win@haveagonews.com. au with French in the subject line or write to French Film Festival c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 29/2/20.





ticketek.com.au

1300 364 001



9367 9243 southperthhistorical society.org

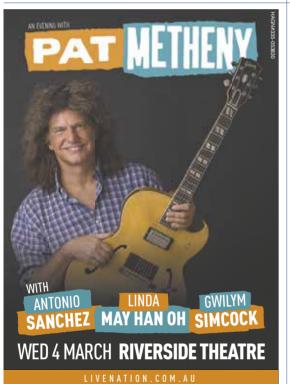






Join us online: www.haveagonews.com.au







Celebrate summer with the annual Opera in the Park



CITY of Perth's much anticipated Opera in the Park event will see West Australian Opera present Hansel and Gretel in a concert performance at 8 pm on Saturday 22 February in Supreme Court Gardens.

This ever-popular opera by German composer, Engelbert Humperdinck, is based on the timeless fairy-tale from the Brothers Grimm which tells of two child victims of poverty and hunger, Hansel and Gretel, who are unable to resist the temptation of eating a delicious gingerbread house they come

HARBOUR THEATRE PRESENTS BY SPECIAL ARRANGEMENT WITH CREATIVE ARTISTS AGENCY ON BEHALF OF RICHARD GREENBERG AND THE TRUMAN CAPOTE LITERARY TRUST

"A classic re-telling of the extraordinary Miss Holly Golightly, a small town girl turned New York cafe society woman based on Truman Capote's 1958 novella. We follow Fred, a young writer who is infatuated with his beguiling, effervescent and captivat-ing neighbour and is increasingly pulled into

her world of parties and luxury

20, 21, 23, 25, 26, 27, 28 March @ 7.30pm Matinees 22 & 29 March @ 2pm

HARBOUR THEATRE INC
Find us at Camelot, 16 Lochee Street, Mosman Park

MOSARTS MARTINE TO THE PROPERTY OF THE

BOOK at www.TAZtix.com.au or 9255 3336

\$25.50 Full • \$23.50 Conc • \$20.50 Child <15 y/o or f/t student *Ticket fees app

across in the forest. The house has been created by a wicked witch to lure children inside so she can eat them.

Once they are captured, Hansel and Gretel must keep their heads and use their wits to avoid this terrible fate.

The performance will be livestreamed via Facebook, making it available to audiences across WA and beyond. The livestream will enable anyone with internet access to view the performance regardless of locality. To tune in, visit the West Australian Opera Facebook page on the evening www. facebook.com/waopera/.

In this production, the role of Hansel will be sung by mezzo soprano, Ashlyn Tymms, who will appear alongside soprano. Pia Harris, as Gretel. Fiona Campbell will perform the roles of the Gingerbread Witch and the children's mother, Gertrude; with the role of Gertrude's husband, Peter, being taken by Kristin Bowtell. Sara Macliver will appear in the roles of the Sandman and the Dew Fairy.

Creating the forest in Supreme Court Gardens is media artist Sohan Ariel Hayes (Boorna Waanginy and HOME) who will transform the park using projection, light and image to make this a truly immersive experience.

Chris van Tuinen will conduct the West Symphony Australian Orchestra for this production which will also feature West Australian Young Voices in the children's choir.

Opera in the Park is a free event which has been supported by Lotterywest. WA Opera also provides patrons with two ticketed opportunities at the event including the special fund-raiser, WAO's Sunset Supper which returns for a fourth season and includes a pre-show dinner, reserved seating and hospitality. There are also a limited number of premium seating packages available which include reserved seating in low chairs close to the stage, a picnic and reserved parking.

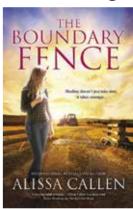
For more information or bookings visit www. waopera.asn.au.

JANET GOVER

Australian authors will delight fiction readers



The Daughter of Victory Lights IN her second novhistorical fiction writer Kerri Turner has penned a story inspired by early burlesque and



vaudeville shows. She canvases a compelling dual timeline, breathing new life into the literary exploration of a young woman's experiences during the troubled aftermath of WWII.

Published by HQ Fiction RRP \$29.95.

The Boundary Fence

A warm hearted and touching story about recovering from trauma, and finding love again in the small rural community of Woodlea. A new rural romance by bestselling author Alissa Callen.

Published by Mira Harper Collins RRP \$29.95.

The Lawson Sisters Best selling author

Janet Gover is a newcomer to writing Australian fiction. This book is a heartfelt and compelling story of family, secrets and second chances, set in

New South Wales. Published by Mira Harper Collins RRP \$29.95.

the heart of the beau-

tiful Hunter Valley in

WIN WIN WIN

To be in the draw to win a copy of the three books simply win@havea email gonews.com.au with Books in the subject line or write to Books. c/- Have a Go News PO Box 1042, West Leederville 6901. Clos-

A classic from Jane Austen



JANE Austen's beloved comedy about finding your equal and earning your happy ending, is reimag-ined in this delicious new film adaptation of Emma. Handsome, clever, and rich, Emma Woodhouse is a restless queen bee without rivals in her sleepy little town. In this glittering satire of

social class and the pain of growing up, Emma must adventure through misguid-

ed matches and romantic missteps to find the love that has been there all along. Emma brings romance, drama and plenty of laughs to

WIN WIN WIN

Cinemas from 13 February To be in the draw to win a double pass to Emma, simply email win@haveagonews.com.au with Emma in the subject line or call the office during business hours on 9227 8283. Closes 15/2/20.



SHOW DATES:

Friday Nights (Doors Open 7.30pm): April 17, 24; May 1, 8, 15. Sunday Matinees (Doors Open 1<u>1.30am):</u> April 19, 26; May 3, 17.

BOOK NOW:

Phone: 9364 5463 Email: tivolibookings@hotmail.com Website: www.tivoli.org.au

PRICES:

Adults: \$20 Pensioners: \$17 Children: \$10 (Price includes a chicken and chip meal at half time) Self-serve tea/cofee **BYO** alcohol



THE STATE OF THE S

SCENE SOCIALLY















SCENE (1): WE just loved what Baptistcare Gracehaven Lifestyle coordinator Kim Jordan has been doing with some of the residents and had to share this with readers. When Kim heard some residents giving valuable life advice to a 19-year old therapy assistant she felt their wisdom deserved a wider audience. Inspired by a life lesson campaign run by the St Clair Nursing Centre - located 17,500km away in Missouri USA – she decided the best way best way to spread the wise words of the residents was through social media. Kim asked residents what their key piece of advice would be for millennials and Gen Z youth as they enter 2020. Photos of each resident holding a piece of paper featuring their name, age and life advice were uploaded to Facebook where people of all ages immediately started commenting on the wisdom of these seniors. Kim is delighted the initiative is having an impact and believes we can all learn something from listening to what the older generation have to say.

The response from the public was so positive that Baptistcare decided to turn it into a month-long series in January with all ten of their residential aged care facilities to participate. You can check out the series at https://www.facebook.com/BaptistcareWA/

SCENE (1): Clockwise from left; Ray - Mary - John - Pat - Sheila - Frankie and Pat - Rene

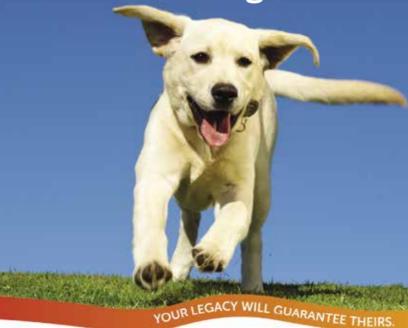




SCENE (2): THE City of Perth is helping to bring Yagan Square to life with a free celebration of the world's oldest living culture every Friday night until June. Entitled Nyumbi, locals and visitors alike will be able to immerse themselves in Perth's rich Nyoongar culture through traditional song and dance. Up close in the Yagan Square Amphitheatre, attendees can experience a smoking ceremony and the language of performance groups such as Binjareb Middars, Kowbidak Yok Kenning and Koolangkas Kreate. The free Nyumbi performances will run every Friday from 5.30pm to 6.15pm at the Yagan Square Amphitheatre until 26 June.

SCENE (2): Above; One of the dance groups performing at the launch of Nyumbi - Left; The crowd enjoying the smoking ceremony. Images © Cam Campbell

Leave a gift in your Will to Guide Dogs WA



To request a Gifts in Wills Information Pack please contact Carol on (08) 9311 8285 or carol.morfitt@guidedogswa.com.au

www.guidedogswa.com.au/gift-will/

PO Box 31, Victoria Park WA 6979





SCENE (3): WE love giving away great prizes for our readers and to celebrate Christmas Morish Nuts provided us with a delicious hamper for a reader to win. Mrs Sewell was the lucky winner of this competition and she collected her prize from the Morish Nuts stall in the Fremantle Markets.

SCENE (3): Winner Mrs Sewell collects her prize from Morish Nut's Joop who works at the Fremantle Markets stall



SCENE (4): A large group of members from the Double Dip Swim Program are pictured above enjoying getting fit and healthy every Tuesday and Thursday mornings. The program is run by the Seniors Recreation Council of WA Inc. Peel branch at Town Beach from January to March and the exercise program is designed especially for seniors. Aerobic instructor Meagan Cox took this photo of the group. Now this is the have a go spirit!













SCENE (5): FRINGE World Festival kicked off on 17 January with more 300 shows happening around Northbridge, Perth and regionally in Bunbury and Kalgoorlie. There is a huge program of choice from the risqué to children's shows. Check out our website for details on some of our favourite picks for what is the second largest Fringe festival in the world. It's been wonderful to see so many people enjoy this unique offering for WA.



Lendlease is one of Australia's leading providers of retirement living and with 10 villages across Western Australia, we have an affordable home to suit everyone. We create places where it's easy to meet like-minded people and be part of a secure over 55's community. Choose from a range of stylish, low-maintenance homes and enjoy the resort-style facilities and friendly communities that are buzzing with activity.



HARBOURSIDE VILLAGE 7 Honiara Way, Mindarie

2 Bedroom Apartments from \$380,000*
3 Bedroom Villas from \$469,000*
3 Bedroom Villas plus study from \$600,000*
Contact Louise on 0438 959 171 to view properties



TIMBERSIDE VILLAS

10 Timbercrest Rise, Woodvale

- 1 Bedroom Villas from \$299,000*
- 2 Bedroom Villas from \$299,000*
- 3 Bedroom Villas from \$420,000*

Contact Louise on 0438 959 171 to view properties



PARKLAND VILLAS WOODLANDS
52 Liege Street, Woodlands

Bedsit Apartment from \$85,000*

1 Bedroom Apartments from \$190,000*

2 Bedroom Apartments from \$445,000*

2 Bedroom Villas from \$295,000*

3 Bedroom Villas from \$310,000*

Contact Deborah on 9446 5584 to view properties



HOMESTAY VILLAGE
267 Wharf Street, Queens Park

2 Bedroom Villas from \$260,000* 3 Bedroom Villas from \$275,000*

Contact Emma on 0438 760 541 to view properties



PARKLAND VILLAS ELLENBROOK 25 The Parkway, Ellenbrook

2 Bedroom Villas from \$299,500* 3 Bedroom Villas from \$369,990* Last Brand New Double Storey Villa \$449,000*

- Open to offers!

Contact Michelle on 0477 726 835 to view properties



THE PINES
21 Ponte Vecchio Boulevard, Ellenbrook

1 Bedroom Villa \$239,000*
2 Bedroom Villas from \$240,000*
3 Bedroom Villas from \$280,000*
Contact Michelle on 0477 726 835
to view properties



PARKLAND VILLAS BOORAGOON 510 Marmion Street, Booragoon

- 2 Bedroom Villas from \$429,000* 3 Bedroom Villas from \$565,000*
- 1 Bedroom Apartments from \$210,000* 2 Bedroom Apartments from \$299,000*

Contact Stephanie on 0477 307 039 to view properties



LAKESIDE VILLAGE
14 Lewington Gardens, Bibra Lake

- 1 Bedroom Villas from \$175,000* 2 Bedroom Villas from \$220,000*
- 3 Bedroom Villas from \$250,000* 1 Bedroom Unit from \$160,000*
- 2 Bedroom Unit from \$195,000*

Contact Wendy on 0417 406 760 to view properties



PARKLAND VILLAS MANDURAH
2 Hungerford Avenue, Halls Head

2 Bedroom Villas from \$175,000*
3 Bedroom Villas from \$260,000*
Contact Glenys on 9535 2414
to view properties



WOODSTOCK WEST
146 Strickland Street, Bunbury

2 Bedroom Villas from \$300,000* 3 Bedroom Villas from \$350,000* Contact Vicki on 9791 6199 to view properties

Join us for a village and home tour.
Visit retireinwa.com.au or call 1800 550 550 for more information.

