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let's go travelling

- Josephine Allison in Sydney
- Bratislava, Slovakia
- Fishing with Mike Roennfeldt
- Broome artists
- Numbat's top WA travel tips

Have a Go News Jo Allison speaks with author Fiona Mcintosh

- Retire in Style
- Where opinions matter
- Food & Wine - reviews, recipes and more

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Herb tackles his own marathon

Herb Boltong explores the vastness of the Nullarbor Plain

by Lee Tate

HERB Boltong says: "If you have the right mental attitude, you can do anything."

Herb is eminently qualified to speak about attitude and achievement after cycling around Australia when he clicked-over 75 years.

Father-of-two Herb, in his German-made electric tricycle, towed his constant canine companion, Snotty, in a customised trailer.

"I got back four months earlier than planned – basically because I got fitter along the way," said Herb who used the trip to spread the word about diabetes and staying active.

A type 2 diabetes sufferer, Herb was approached by Diabetes WA to link his adventure with the disease and he was happy to oblige.

"I spoke to lots of people along the way and there were plenty of questions about diabetes so it was certainly worthwhile," he told me.

For the first few days of Herb's eight-month odyssey, 12-year-old kelpie Snotty had to be gently encouraged to get into his trailer but after that, was keen to duck into his chauffeured rig.

Herb says his bike and trailer, with modifications and gear, set him back $15,000.

"It was one of the best investments I've ever made."

Herb, a corporate chief in Australia and Indonesia, where he was CEO of a steel company, took on his journey because he did not want to accept that life's adventures were behind him.

He shed unwanted kilos on the trip, grew more positive and his blood sugar levels improved vastly.

Snotty relished his runs in remote places and, sometimes wearing a muzzle to avoid taking rabbit poison, might bark at a dingo, camel, brumby or wandering cattle.

"But he always stayed close to his trailer. There was all the wildlife you can imagine," said Herb.

Between campsites and bush stops, the pair enjoyed the comfort and security of roadhouses, motels, hotels and, in Queensland, a friend's home.

Herb and Snotty circumnavigated Australia in a clockwise direction, shredding tyres as they went.

"It was caused by debris imbedded in the roads. I had to phone ahead to bike shops for the special tyres which have to be ordered-in," said Herb.

The pair hit the roads about 5 am, stopping about 1pm to give time for Herb to act as a tourist, talk to people about living with diabetes, take photos and fill-out a blog.

Herb would shop and cook a meal, call at cafes or raid bakeries and shops.

"A lot of foods I shouldn't have had, plenty of cream cakes, but I was active all the way and my health didn't suffer from it at all."

Herb, who's divorced, had had little cycle experience but did some trips on his rig and several long walks in his build-up.

continued on page 6

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From the editor's desk

Jennifer Merigan

HAPPY New Year. I hope that you had a lovely festive season and happy start to 2019.

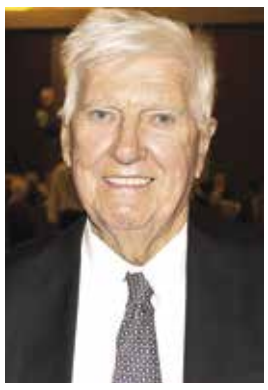
I look forward to bringing you a plethora of quality stories this year and to kick off we begin a new series called *Meet the Author* which will see a different writer featured each month. Josephine Allison begins the series with her interview with well-known Australian author Fiona McIntosh.

I had the pleasure of meeting Fiona in December at an event at the Parmelia Hilton and have just read her new book *The Pearl Thief*. The book begins in Prague, pre-WWII, and is the story of a Jewish woman and her family who experienced many atrocities during the war and the flow-on effects to her life twenty years later. The story is peppered with historic facts, suspense and intrigue. I found it a gripping tome and would highly recommend it; my partner also read it and he enjoyed it immensely. See the interview on page 3.

★★★

In this issue we include our bi-annual *Retire in Style* feature which has some interesting articles on retirement accommodation, facts on downsizing, stories about retirees and some interesting information about what the federal government is doing for senior Australians. See pages 33 to 41.

★★★



Vale Quentin Smythe

It's with a heavy heart that I have to announce that our co-founder and my father Quentin Smythe passed away on 31 December 2018. Affectionately known as Q – he touched the lives of so many people through this paper.

Back in 1991 when he and Mum started *Have a Go News* as a little retirement project, he was one of the few that believed that the older demographic should be valued and encouraged to keep on 'having a go'. In the last 28 years he worked hard to create a thriving community for the mature demographic.

At 83, Q worked in the office until three months ago when his health declined, but was still kept up to date on the happenings at the paper, particularly in distribution.

I and the team are heart-broken, and we celebrated his life as he wanted, with a moving service conducted by Father Stephen Conway at St Patrick's Church in Mt Lawley which provided us with much comfort. My thanks to Hetherington Funerals for their caring and quality service at our time of need, I couldn't recommend them more.

I also extend my sincere thanks to the many people who have expressed their condolences to Tahlia, Ron and myself. Q will never be forgotten, and I promised him that his legacy will continue through the pages of this paper. I will feature more about Q and his achievements in the next issue.

I would also like to extend my thanks for the wonderful care Q received from the teams at Bentley Hospital, Fiona Stanley Hospital and the St John of God Hospice at Murdoch.

I will leave you with some words Q said to me just before his passing… "embrace life, have fun and take some time to smell the roses."

Jennifer Merigan
Editor
jen@haveagonews.com.au
www.haveagonews.com.au

Have a Go News Quick Quiz

Questions

1. Which WA Governor's widow became a nun?
2. What was the original name for Hay Street?
3. Who was WA's first Premier?
4. In 1926, who won the open piano championship at the WA Eisteddfod, and became a world star?
5. The David Jones store is on the site of which former family department store?
6. WA's Proclamation day was first celebrated in what year (1899, 1901 or 1890)?
7. What is Perth's oldest building?
8. Geraldton was named after whom?
9. Guildford is associated with the birthplace of whom?
10. Who did Aborigines call Kabbarli ("Grandmother")?

Answers on page 17.

Urban slang

PDA
ACRONYM for public display of affection.

Word of the month

Peccadillo (noun)
A minor or petty fault

Funny historical fact

THE earliest known written laws in a modern language date back to those of King Ethelbert of Kent written in English in AD601

Ageing research snippet

Strength exercises could help older adults get back on their feet

OLDER adults who participate in strength training may have a better chance of being able to get up independently after they have a fall, new research led by Curtin University has found.

The research, published in the journal *Disability and Rehabilitation*, found that a combination of education and resistance training including upper and lower body exercises may improve older people's ability to get up after a fall unassisted if they are not injured.

Lead author Dr Elissa Burton, from the School of Physiotherapy and Exercise Science at Curtin University, said the research aimed to determine the effectiveness of interventions to improve older adults' ability to rise from the floor.

Great West Aussies - Did you know?

SETTING a national record of 285 international water polo games, David Neesham was State coach, at four Olympics (captain in Montreal 1976, Moscow 1980) with three world championships. He coached women to gold medal in the 1995 World Cup.

Quote of the month

"DO not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born.

Albert Einstein

Find the secret word to win a $200 voucher

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

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

Find the 11 letters to make up the word and then send your entry in to be in the draw to win.

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

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11. Skids Swimwear

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- *Have a Go News* PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 7/2/19.

Congratulations to Carol Chapman our October 2018 winner.

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

Author's painstaking research makes *The Pearl Thief* a winner…

Fiona McIntosh

by Josephine Allison

ACCLAIMED South Australian author Fiona McIntosh says her latest book, *The Pearl Thief*, is quite a departure from what she normally writes because it has turned into a thriller.

In Perth as part of a book tour, McIntosh says she doesn't really write to a plan, only has a loose storyline and never knows what characters are going to do next.

"My books turn out the way they want to, so with *The Pearl Thief*, I set out as normal but it turned into a hunt for a Nazi, so it is essentially a story of a survivor of the occupation in Prague during the Second World War.

"The heroine, Severine is damaged and very broken and has been part of a terrible tragedy that she has had to witness and suffer but we meet her again in the 1960s as a grownup woman.

"She has sort of glued herself back together and reinvented herself, but it is the sight of an item in a museum that unleashes all these memories again. With it comes this rage and anger and a determination to no longer run from this man who she holds responsible for all this pain. She decides to turn around and hunt him down.

"I never set out for the book to turn out like this but I have to say it is the favourite book I have written and the way readers are receiving it, I think they are feeling much the same. It was released in October and is by far the best seller and is causing a lot of interest and discussion, so I am thrilled about that.

"When you are writing, you don't really have a sense of the power of the story and only the readership can decide if it has all the goods to keep them turning pages late into the night. What I am hearing back from readers is they miss buses and picking up their children, don't get the washing done or dinner made because they are reading the book. That makes me laugh, but it is also the greatest compliment."

British born McIntosh leads a busy but highly organised life. The mother of adult twin sons, now aged 27, she plans and researches her books several years ahead. She has written more than 30 books and never writes about anywhere she doesn't visit on behalf of the book.

"It doesn't matter that I have been to places many times, I went to London, Paris and Prague specifically for *The Pearl Thief*.

"Although I am walking over ground I might know well, I am wearing a different lens. For *The Pearl Thief* I am thinking about my character and where she is walking and thinking, what she is experiencing. That is part of my due diligence, something that is a signature of my storytelling. I don't just make it up, I don't just think I know London, I have to return and do it all over again.

"Prague for me started in October 2016 so it's a two-year project, the writing is quick, it's the research which takes the time."

McIntosh has already completed the research for her next book set in France and this year will begin research on her 2021 book.

She came to Australia aged 19 to see the world and fell in love with the country. She also met her husband, a great traveller who was managing editor of the travel section of a major newspaper.

"Travel was in his blood and when he met someone who was also a born traveller we set up a travel magazine and we worked together for 15 years. When I decided I wanted to stop that and write books, all that travel nourished the stories.

"It makes me not fearful of jumping on a plane and going to wherever I need to for a story. My husband and I still travel together, his journalist eye is very important while I look at the emotional content."

McIntosh, who has also written a book, *How To Write Your Blockbuster*, was mentored early on by celebrated author the late Bryce Courtenay.

"He was very influential with my desire to write books and felt I had the goods and was determined I follow through on my promise to write.

"I think it was mostly to please him and feed off his confidence that wrote my first book which was picked up by a major publisher. After a decade of writing I turned to Bryce and said I was ready for historical fiction like him.

He said: "come on then, let's do it" and he took me to his publisher and he was proud of what I achieved.

"When he was very ill and dying he asked me to take on master classes. I didn't see myself as a teacher and didn't think I had the time or inclination. Nevertheless here I am five or six years and 300 students later; it's a big responsibility for people's dreams. I hold three or four classes a year and there will be a big national conference in South Australia this year."

On ageing, McIntosh, 58, says: "I hate it, sometimes I don't recognise the person in the mirror. I do say to people I wouldn't dream of tampering with what's there. My body knows what it's doing and will do it anyway.

"I have watched my mother go into her 90s and she has beautiful skin and doesn't fret about how she looks. I do my best to exercise and eat well."

The next decade?

"I shall probably become a grandmother which is quite astonishing. I would still like to be writing stories and helping people with their writing. It's a bit of a responsibility, Bryce made me feel that way."

McIntosh and her family spent the Christmas break cruising around New Zealand where she met local media and booksellers. This coming year is crammed full with visits to Queensland (twice), France and London, writing through winter and Europe in October. She also loves Tasmania and its greenness, the climate and the almost historical trapped-in-time kind of culture.

Another passion is cooking and she always includes a few recipes in her newsletter which goes out to about 3000 people.

"Pastry used to frighten me, but not any more."

Like everything, Fiona McIntosh tackles all her projects with discipline and dedication. *The Pearl Thief* is available at all good bookshops now.

Defibrillator grant for not-for-profit organisations

APPLICATIONS are currently open until 28 February for the St John Heart Grant thanks to Lotterywest. This is available for not for profit sporting or community groups, and they can apply now.

Cardiac arrest is a major cause of death with St John WA responding to 2,505 such cases in 2017. Unfortunately less than one in 10 of these casualties arrived in the emergency department with a pulse. But when a defibrillator is used with good CPR, this figure increases to six in 10.

The St John Heart Grant will add more than 1,000 defibrillators across WA, with these all being accessible so the general public can also access them in a cardiac arrest situation.

In addition to the defibrillator unit, this grant includes a lock box and the necessary CPR training for an organisation. The value of this offering is well in excess of $2,000 and successful applicants only need to make a contribution of just $200.

To apply now or to find out more visit www.stjohnheartgrant.com.au.

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For further information visit **joondalup.wa.gov.au** or call **9400 4503**.

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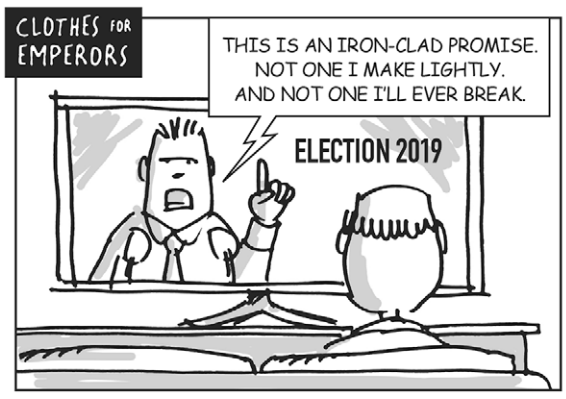

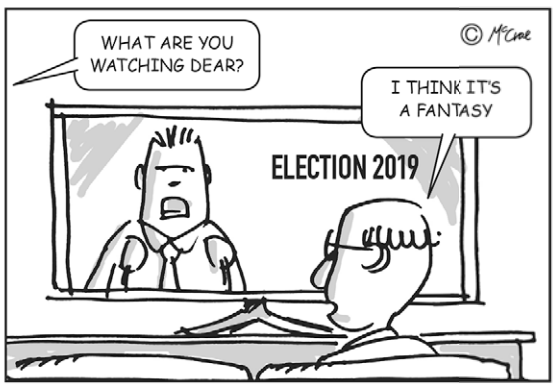

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
A QUESTION for Hank Jongen from Human Services.

I am past retirement age but still working part-time, I have read that the pension can be applied for about 12 weeks out from retirement age. As I am past this age but have a definite retirement date looming, am I also able to apply for the pension 12 weeks out from my retirement date to enable a smooth financial transition from salary to pension?

Also I receive a carers payment and allowance, I understand the carers payment will cease upon the receipt of single aged pension but the allowance will continue, will this be assessed as income?

Thanks for your assistance.

Yvonne Bormann

Response:

Dear Yvonne,
CURRENTLY only people approaching age pension age (65 years and 6 months) can apply for age pension up to 13 weeks ahead. There is not an option to nominate a start date for those applying for age pension past the eligibility age.

However, as you've noted you're past age pension age and receive carer payment, you can transfer to the age pension anytime you wish. You can do this on myGov through your Centrelink online account, or by contacting us.

You cannot receive carer payment and age pension at the same time, but you can still receive carer allowance if you continue to provide daily assistance to the person you care for. Carer allowance is not counted as income for the income test for carer payment or age pension.

Carer payment and age pension have the same payment rates and income and assets tests. You will need to weigh up which is the most appropriate payment for your circumstances. We have some helpful content on our website at humanservices.gov.au/carers that compares the two payments, so you can choose the right one for you.

You may be able to get a part pension and still earn employment income at the same time. After you have left the workforce, your pension rate may increase or you may be eligible for the full rate of pension, providing your income and assets fall under the income and asset test free areas.

If you continue to work past age pension age, the work bonus will be applied to reduce your assessable employment income. if you earn $250 of employment income per fortnight, your work bonus will reduce your assessable employment income to zero.

If you earn less than $250, the diference will be added to your work bonus balance which accumulates to a maximum of $6,500. If you earn more than $250 of employment income in a fortnight, we will reduce your assessed employment income by $250 and any work bonus balance you have previously accrued.

Sincerely,

Hank Jongen
Department of Human Services

Dear Editor,
I WAS the lucky winner of a ticket to the Metso concert.
I took my neighbour. We both really enjoyed it and will definitely attend more MetSO concerts.
A big thank you to *Have a Go News*.
Kind regards

Hanna Austin
Via email

Dear Editor,
AUSTRALIA has developed ways of ensuring the safety of its population and its lands. When some of these ideas were first mooted they were decried as symptomatic of the nanny State.

Beach cleanups, bicycle helmets, seat belts, burning of the bush and smoke free airplanes are concepts now taken up by other countries.

The older generation can now do away with something they helped perpetuate in their younger years.

We are the ones that wiped out whole tribes of Indians after coming home from the pictures on a Saturday afternoon. We rode our wooden horses and aimed our wooden guns, we hid behind trees and crawled along the ground. We knew the names of the tribes which were symbolically wiping out: Cheyenne, Apache, Blackfoot. We learned their war cries and we whooped around the back yard.

Those people were half a world away, across lands and seas so we were safe from retaliation. But the children of today are not so immune. Through the small screen they have been exposed to wars, domestic violence and shootings with hand guns.

They have also in the last few years been exposed to school children coming into classrooms and shooting other children. Duster throwing teaches are nothing to what school children fear today.

Amongst the Christmas presents for sale are replicas of the multiple firing guns used to shoot school children.

We can introduce a policy that will make Australians feel safer. Ignore the cries of Nanny State, we seniors can and should start a movement aimed at banning of toy guns in this country.

L Tarrant
Dianella

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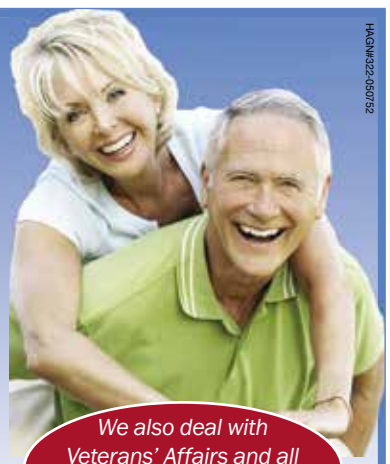

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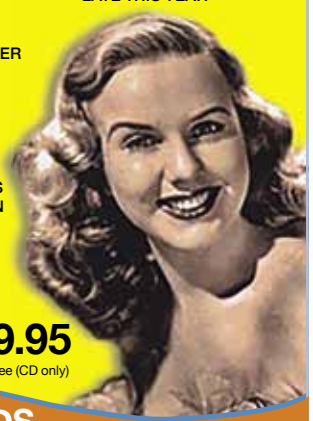

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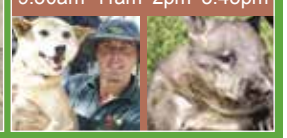

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Two photographers who happen to be brothers take out photography prize

Clockwise from top left; Austraflora photo winner comp and cover of Birdlife WA's Albany bird guide - Gary with Kings Park winning photo - Chris with Kings Park runner-up, Spinebill - Gary shoots in Japan

by Lee Tate

TWO retired WA brothers, with widely-divergent interests and living in different parts of the State, independently added photography to their many retirement activities.

Like many camera-wielding retirees, each focused on wildlife and wildflowers in their different regions.

Both looked for that special subject – that standout shot – to add to their photo collections.

Unknowingly, each entered Kings Park's prestigious photographic competition, Flowers in Focus, for the 2018 King's Park Festival.

One brother took first prize. The other came second.

The winner, Greenwood's Gary Tate, 67, said: "I would have been pleasantly surprised to get a place. But first! I didn't know my younger brother had entered until he emailed me that he'd won a place."

Leschenault's Chris Tate, 66, joked: "Getting beaten. And by my brother. Damn!"

Gary, a longt-ime fisher and scuba diver off WA's coast, says photography has been a labour of love.

"Its became one of my retirement hobbies along with my wife Kerry's and my penchant for ocean and river cruising and some freelance travel writing.

"We built our house in Greenwood over 40 years ago amongst bush and kangaroos.

"When I retired 13 years ago I discovered the 1,400-hectare Yellagonga Regional Park, one of eight Perth regional parks, 600 metres from home.

"I ride my bike into the Park regularly, admiring, observing and photographing the beauty and rich diversity."

Gary has compiled a library of 60,000 Yellagonga images, including 120 bird and 28 native orchid species, some used in promotions by Wanneroo and Joondalup cities.

Gary's DVD, *Yellagonga – Discover the Diversity*, won Wanneroo's Environmental Award for Excellence. Others have been snapped-up by organisations and nature-lovers.

Armed with his camera, Gary heads-off on his bike into Perth and Fremantle along the Swan River and perhaps Thornlie to Canning Bridge along the Canning River.

"Anywhere down our amazing coastal paths, I often go to the starting point by train – using my Seniors Card, of course," he beamed.

Gary spent 40 years in the supermarket industry and was IGA's International Retail Counsellor of 1995, the first Australian to receive the prestigious award.

Younger brother Chris has won a string of awards in sculpture, painting and photography and recently became a Perth Show photography judge.

"I first picked-up a camera, a Kodak Instamatic, when I was 11," he said.

"A mate and I would try to get shots of birds and animals but with limited success.

"Back in those days, rolls of film were sent to Kodak in Melbourne for printing. It took a couple of weeks to see your results."

Chris, a former manager at TourismWA, EventsCorp and SGIO, worked briefly at Lannus Studios in Victoria Park developing wedding and studio photos in a dark room when the shots were taken in black-and-white or sepia and then colour-painted.

Chris's interest in photography was reignited on a walking tour in South Africa's Kruger National Park in 2008.

Retiring in 2010, he joined a Bunbury camera club and shot pictures for tourism magazines and photo competitions and wrote articles go with his photos.

Chris beat 2,000 entries in the Austraflora Photo Competition and his bird picture of a spinebill was an Austraflora contest winner and the cover of BirdlifeWA's Albany bird guide.

His prizes included a Canon camera with a trip to Melbourne's International Flower and Garden Show and a 2017 calendar cover-shot.

He won first and third places in Our Planet Travel with a 7-day Britz rental, was a finalist in Our Planet Travel 2016 and finalist in *The West Australian's Show us your Summer* segment.

His photo wins include $1,000 for the Shire of Dardanup's Take a Shot, three mini Apple Ipads, $5,400 in prizes in the 2012 Kings Park Wildflower competition and Manjimup Cherry Festival's best mono image, 2011.

Chris was a finalist in Australian Rural Health, Darwin, 2015 photo contest and winner of Curtin University's National Science Week contest. He won a trip for two to Singapore in *The West's* Travel Best Holiday Photo Competition and won the Aqwest Photo Competition, 2009.

In *The Sunday Times's* Parks and People competition he won a $2,000 Warren National Park Glamping weekend and tour.

Chris and Gary have two brothers, saxophone-playing, Hills Big Band member and ex-Army major, Peter (the eldest) and myself.

They aren't heavy. They're my brothers.

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A discussion about climate change for retirees

JOHN Muller is going to talk about the controversial subject of climate change at the January meeting of the Association of Independent Retirees (AIR), Perth branch.

John used to be a structural engineer and was involved with many major constructions in many countries and is a very knowledgeable person.

He has some very strong views and many charts and graphs to explain what is happening in our world today.

Everyone is invited to join AIR for their meeting at 9.30 am on Thursday 17 January. The meeting is 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 for further details.

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Australian seniors - the good, the bad and the downright ugly

Council on the Ageing WA's CEO Mark Teale

by Frank Smith

FIRST the good news. Most older Australians believe they have a good quality of life, especially those who feel financially secure, women, and retirees.

Research, commissioned by Council of the Aged (COTA) and conducted by Newgate Research involved a 25 minute on line interview of a sample of over 2,500 Australians aged 50 and over. Quotas were set for state, metropolitan and regional areas, gender and age.

The survey results were launched publicly by COTA(WA) CEO Mark Teale last month.

It found the main determinants of life quality were good health, financial security, especially owning their own house, having an active social life and a loving partner and family.

Most (80 per cent) felt younger then their chronological age.

"The older they get the younger they feel," said Mr Teale.

More than half undertake unpaid work in an average week, including volunteering and caring for family and friends.

"The average of eight hours include those who do no volunteering. Some work almost full time."

Most (84 per cent) support legislation for assisted dying, including 74 per cent of Catholics, which may come as a surprise to Perth's Archbishop Timothy Costelloe who is actively campaigning against proposed euthanasia legislation in WA

Now the bad news.

More than 40 per cent of older Australians think that things are getting worse for their generation.

Health is the number one factor (32 per cent) that determines their quality of life, and 27 per cent are concerned about their finances.

Over 60 per cent have private health insurance. Those without are more likely to be on a low income, renters, singles and the more vulnerable seniors.

Less than 10 per cent of seniors receive home or community care from an external provider and most were fairly satisfied with the services they received. Many people who had tried to access home or aged care services in the past year (either for themselves or a family member), had difficulties mainly due to cost (24 per cent), waiting lists (19 per cent) and lack of suitable services (16 per cent).

Nearly half of Australians aged 50 and over, and 56 per cent over 65, live with at least one high vulnerability indicator such as unemployment, having a household income of less than $30,000 per year or living with a disability.

The report said this group is less likely to eat healthy meals or have money to spend on leisure or social activities, leading to a degree of social isolation

Over half are not getting the recommended 30 minutes of exercise per day for older adults. This is especially true for those with a disability, those aged 80+, and those who are more vulnerable.

Some 12 per cent of seniors are unable to access at least one health care service when they need to. Dental services are especially difficult to access. More vulnerable seniors has the most problems due to costs and long waiting lists.

And now the ugly facts.

One third of seniors have experienced age discrimination of some kind and more than a fifth have experienced employment-related discrimination, however only 10 per cent of those took any action to address it.

One quarter of seniors feel they receive poorer service due to their age, most often feeling ignored by sales staff in shops.

Most were confident of knowing how to lodge complaints when shopping, but only just over half when buying online.

Nearly half of respondents felt less valued than when they were younger, 12 per cent are struggling with unpaid bills, especially those renting housing in the private market and nearly one third of working older Australian did not feel they would ever retire. Whether from choice or necessity is not clear.

Seniors living in WA were most concerned about the affordability of services, the cost of stamp duty on house purchases, ensuring footpaths are safe to use, the desire to live free from abuse and the critical need for more crisis accommodation for older women facing homelessness.

Mr Teale said WA and South Australia had the largest number of vulnerable seniors.

He called on all sides of politics to commit to a long-term national strategy to address the needs of older people – including increasing rent assistance by 40 per cent, taking a whole-of-government approach to services for older people, and improving access to oral and dental health services for older people.

He said COTA also wanted to allow access to end of life choices.

The full report is at www.cota.org.au/policy/state-of-the-older-nation

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Hotel: Centrally located four star hotel in Sydney for 3 nights

DAY 2 SYDNEY HARBOUR CRUISE, UNIQUE LUNCH SETTING AND THE ROYAL EDINBURGH MILITARY TATTOO B / L
This morning we cruise Sydney Harbour with a glass of sparkling in our hands or a fine blend of tea as we take in the iconic gems of Sydney; the sails of the Sydney Opera House, Harbour Bridge, Garden Island Naval base, Government House and palatial waterfront homes. A delicious morning tea is served listening to the stories of Sydney's most amazing characters. It combines the old and the new, the fun and the amazing, the sights and the characters, all told through a series of stories and insightful commentary. We have arranged lunch at The Grounds of Alexandria in the indoor Atrium. Enveloped in greenery, this romantic space is Parisian inspired with an aged nursery tone, a unique and charming space to dine. Returning to our hotel we have some time to freshen up before we are transferred to ANZ Stadium, Sydney Olympic Park for an unforgettable night out! We will be caught up and inspired by this emotional spectacle, set against the backdrop of a full-size replica of Edinburgh Castle. We'll be lavishly entertained by traditional Scottish and international favourites including pipers, fiddlers, highland dancers and precision drill teams. Together with members of the Australian Defence Force this will be a 'tour de force' guaranteed to stir our souls and uplift our senses at one of the greatest shows on earth.

DAY 3 SYDNEY AT LEISURE / FAREWELL DINNER B / D
Today we have at leisure, enjoy some shopping in the city or maybe relax in the hotel, whatever you choose to do the day is yours. We meet up tonight for our farewell dinner.

DAY 4 SYDNEY TO PERTH B / IFM
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Herb tackles his own marathon

by Lee Tate

Above; Herb's German-made electric tricycle with customised trailer
Above; Herb's canine companion, Snotty

continued on from front cover

From his Baskerville home in the Swan Valley, he researched bicycle rigs and had the selected rig modified to carry plenty of water and food for the two of them.

"I loaded dried and canned dog food but when we got to a town we would go to a supermarket or butcher for mince or whatever for Snotty."

With eight automatic gears, the bike rolled along nicely but was still hard-going up the big hills and head-winds were killers.

Herb and Snotty enjoyed a dream run, considering their vulnerability in the outback on open roads, until they reached Port Pirie on South Australia's Spencer Gulf.

Herb's locked rig, parked a metre from his motel door when he went to bed, was missing at 5 am the next day.

Herb rang the police and a local radio station who put out a call to motorists to keep eyes-out.

"The people from Port Pirie were wonderful. They couldn't do enough," said Herb.

A taxi driver reported sighting something unusual in the scrub about one km from the motel and the police took Herb to it.

The rig was damaged and totally stripped, tyres and safety flags included.

At a bike shop, the rig was reinstated and after some very helpful and welcome advice over the phone from Herb's insurer, RAC WA, he was back on course.

Herb was headed for the WA border, looking forward to crossing the final great hurdle – the Nullarbor – and down into Perth.

Then, in a remote bush spot in his home State, Herb pulled-over and toasted his 75th birthday: "with 1,000 flies and my dog."

Finally, the Great Eastern Highway behind him, a lighter, fitter, happier Herb cruised down the escarpment towards the familiar Swan Valley and a band of friends and relatives, including son, Adrian from Indonesia and daughter Tamara from Melbourne.

"It's all about mental attitude," says Herb.

"But friends say that with me, it's more like being stubborn," he laughs before heading off to check the donations flowing-in after his adventure to support Diabetes WA.

For more details or to donate ring 1300 001 880 or contact www.diabetesWA.com.au.

Where opinions matter - do Australians deserve to live in poverty?

by Lee Tate

OUR State's living costs are touching all of us, seniors and pensioners sadly included. But what hope is there for Western Australia's poor?

In the past year, a staggering 17 per cent of West Australians could not afford basic necessities – food and shelter.

We have to get past the stereotypic attitude that our homeless, begging people are useless job-dodgers and provide them with some hope. And real help.

Anglicare WA reports underscore the depth of the problem, as acknowledged by the State Government.

A national survey shows 86 per cent of Australians believe nobody deserves to live in poverty and 79 per cent agree anyone could end up in poverty through no fault of their own.

Australia sent $320 million in foreign aid to Indonesia last year. Indonesia bought $400 million worth of attack helicopters that year, as Greenwood's Karen Moss pointed out in a letter to the editor.

Australia also gave $146 million to Vietnam to train abattoir workers, she said.

Australia supports many worthy causes but when and to what degree does charity begin at home?

What say do we have in the level of Australia's overseas aid? Are West Australians so safe, protected and comfortable that we can contribute so much to these causes?

We live in a rich state but with a shortage of low-skilled entry-level jobs. Several West Australians ordered new Rolls-Royces last year. They paid $1 million each.

Good luck to the wealthy. We're not turning socialist or begrudging their wealth. But with one in 10 Australians in poverty, Ian Carter of Anglicare WA points out that much povety is tucked behind the closed doors of many homes in many neighbourhoods across our community.

He's not talking about families who are tightening the purse strings or cutting-back on discretionary spending.

"Poverty is defined by an individual or family's capacity to ensure they have access to essential basics: food, water, clothing and shelter. It's about survival," he said.

We are talking about survival of our fellow West Australians.

And, as Mr Carter points out, despite all our advances, there's been no improvement in the fortunes of our most disadvantaged.

"Homelessness is on the rise. Young people are resorting to couch-surfing while some young families are living in their cars."

And people who maintain a roof over their heads are finding that very little is left for life's other necessities after paying the rent.

Sustainable social reforms are required but what confidence do we have that these are being seriously undertaken?

Are we so hardened to the 'crying-poor' messages that we just let them pass us by?

There is much evidence, Mr Carter says, that a social investment model with integrated and targeted service support, wrapped around the provision of safe and affordable housing, delivers significant social and economic returns to all levels of government and the community.

So it's good for us all.

Governments of all persuasions go off in many directions, making promises and even commitments, tinkering at the edges.

But whatever they are doing, what do we know about it? Do we ever hear of the follow-up?

Importantly, what do the poverty-stricken in our own community know about it to give them hope?

While they are waiting for support, thousands of poor West Australians join the bulging ranks of our mentally-anguished. They see their situations as helpless.

Aside from government and community action and proposed action, there is an urgent, essential need to communicate meaningful messages to our needy.

Where are they without hope? What do you think? Email: info@haveagonews.com.au.

What you need to know before travelling overseas this year

Centrelink payments or concessions vary when travelling overseas

by Hank Jongen, general manager, Department of Human Services

IF you're planning to travel overseas this year, it's important to understand how it may affect your Centrelink and Medicare payments, and how to travel safely with PBS medication.

Centrelink payments

The rules for travelling outside Australia vary according to your payments or concession card. Some, such as Newstart Allowance and Sickness Allowance, automatically stop as soon as you leave the country, and may reinstate upon your return.

Other payments allow you to travel overseas for a short period before your payment stops or adjusts.

For example, generally you can travel:

- Up to 28 days in a 12 month period if you receive Disability Support Pension
- Up to six weeks at a time if you are a Family Tax Benefit, Carer Payment or Carer Allowance customer
- Up to 19 weeks if you are a Commonwealth Seniors Health Card holder.

Age Pension recipients who travel overseas for six weeks or less will not experience any change to their payment. After six weeks, the rate of Age Pension might change as some supplement payments stop or reduce, and your concession cards will cancel. After 26 weeks outside the country, your payment rate will be based on how long you have been an Australian resident.

Tell us about your travel

It's important to let us know when you plan to travel overseas so we can assess if it may affect your payments, and the easiest way to do this is through your Centrelink online account on myGov.

You'll get a receipt confirming your travel details have been received. We'll tell you if your travel affects your payments or concession cards and if we need any extra information.

You can also do this by calling us on your regular payment line or visiting a service centre. The immigration department will notify us when you leave or enter Australia.

Taking Pharmaceutical Benefits Scheme (PBS) medications overseas

There are strict rules for taking PBS medications out of Australia. It's illegal to take PBS medication out the country unless it's for your personal use or for the use of someone travelling with you.

If you plan to take your PBS medication with you, make sure it's legal to take it to the country you're visiting and if you're permitted to take it out of Australia. You can do this by contacting the country's embassy, high commission, or consulate. You should also take a letter from your doctor with you, which specifies the medicine you take for personal use, and how much of it you use.

If you can't do this, you can print and fill in the Medicine Export Declaration form and take this with you through customs.

It's also important to speak with your doctor beforehand to confirm that your medication will last you for your trip.

Medicare coverage

Medicare doesn't cover any health or medical treatments you receive overseas.

However, some of your medical costs may be covered under a Reciprocal Health Care Agreement if you visit a country that has an agreement with Australia. Make sure you take your Medicare card with you if visiting one of these countries.

If travelling on a cruise ship between two Australian ports, you're entitled to claim Medicare benefits for eligible services provided by a registered medical practitioner. The practitioner must be registered in Australia for Medicare benefits to be payable.

You aren't eligible for Medicare benefits if you're travelling between an Australian port and a foreign port, or two foreign ports.

In any case, you should consider organising an appropriate level of travel insurance, to assist with any unforeseen medical costs.

If you have a question for Hank please email info@haveagonews.com.au

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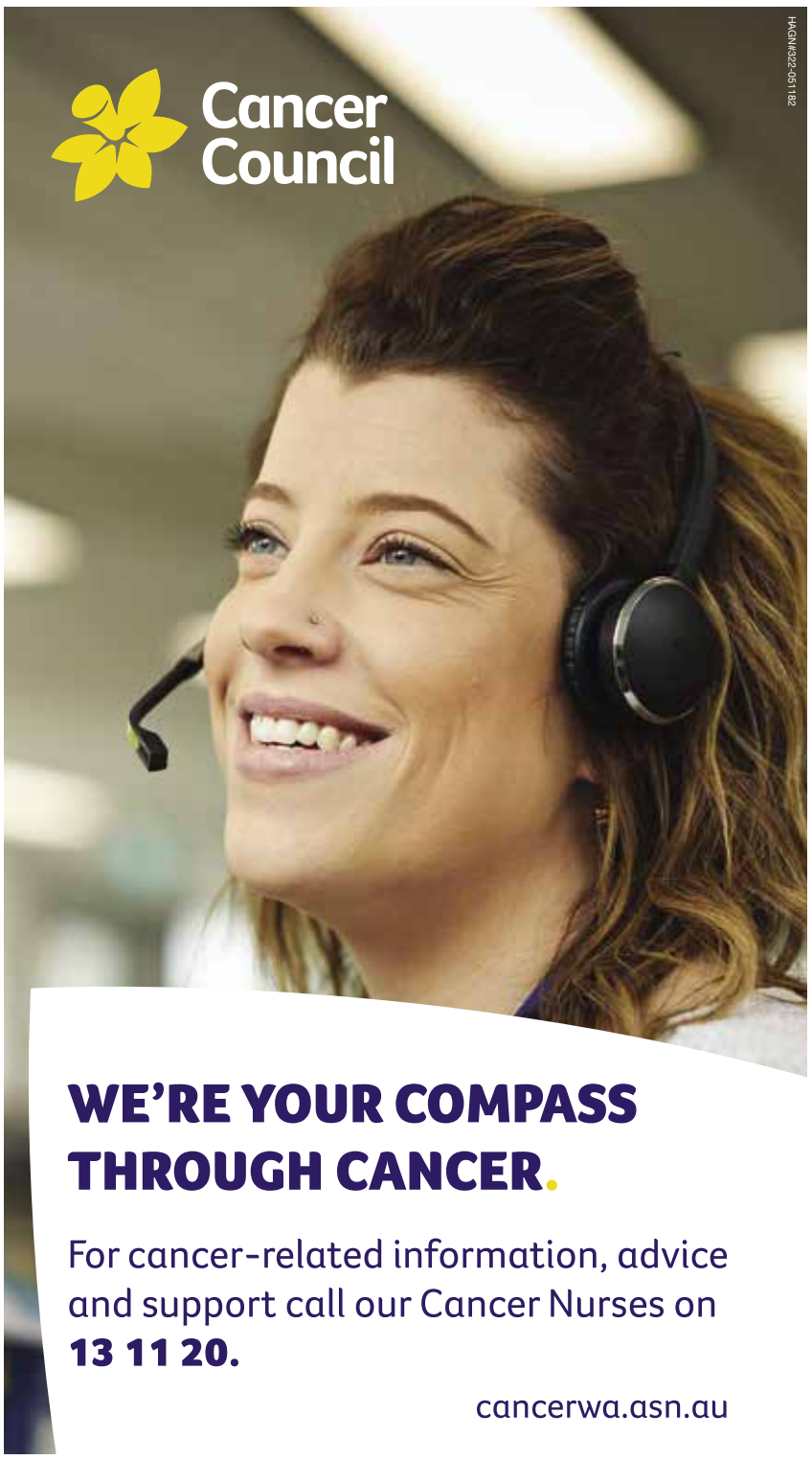

If you could do one thing this year, what would it be?

by Karen Majer

IT'S many years since I made a New Year's resolution. I know I won't stick to the gym schedule or the diet. However recently I came across an inspirational project called 'If I could do one thing'.

To celebrate International Youth Day in 2017, youth ambassadors in several countries were asked: 'If you could change one thing in the world, what would it be?' Their responses were overwhelmingly about social justice.

Khalid Ahmad, Youth Ambassador from the UK, said: "I'd make the world a fairer and peaceful place to live."

Others wanted gender equality, to make people more empathetic, more education and training opportunities for vulnerable youth, to change the process that leads to the refugee crisis and for all children to have equal rights. People have answered similar questions with aspirations for ending racism, terrorism, war, pollution and poverty and addressing climate change.

It made me think about what I would do. End human greed? Ensure that every world leader and decision makers at all levels are imbued with a large dose of compassion for the earth, its people and all living things?

Since I don't have the genie of Aladdin's lamp to grant my wish, perhaps I should aim for something a little more realistic.

I decided that if I could do one thing in 2019, I would be to make everyone in my district aware of the impact of some rat poisons on our local wildlife, especially my beloved owls, and get them to use less harmful control methods. It's so sad to think of these lovely birds innocently eating, and feeding their young, poisoned prey that will make them sick or kill them. I'm already a member of our local rodenticide action group, so I have a practical way that I can contribute to this. We won't change everyone's practices, but every bird that eats healthy prey and goes on, with its lifetime mate, to produce healthy chicks, is a win.

If you could do one thing, what would it be?

WIN a $200 shopping voucher with *Have a Go News'* Ad Words. See page 2 for details.

Monthly cancer lunch club is a celebration of life now

Pictured (back left to right) Steve, Erin, Brian, Norma and Julia (front) Rita, Barry and Wynn. (Group member Jayne was unable to be present).

ONCE a month, a varied group of individuals gather for a catch-up over lunch in Balcatta.

While the common factor that connects them looms large, it's a subject rarely spoken about amongst the laughter and good-humoured conversation.

Group member Steve Toon says they look just like a normal group of friends, except each member has something in common that other people can't see – experience of cancer.

"We don't need to talk about cancer to understand there's a strong connection and sense of support between us and that's really thanks to the Cancer Council which offered the Life Now exercise class where we met," said Mr Toon.

"Three years on we're still meeting up and celebrating the fact we are all still alive after different experiences of cancer."

The group met after completing a 12-week Cancer Council Life Now exercise program in Balga.

The nine members of the group have experienced around nine different cancers, some of them with multiple cancer experiences. This reflects Cancer Council's support for anyone affected by cancer regardless of their cancer type.

While some members of the group said the social side motivated them to complete the Life Now exercise program, they all agree their shared experiences have been the driver for keeping in touch.

"Initially we'd catch up for a coffee after our class, but when the classes ended we realised we were a good support network for each other because we've shared common experiences," Mr Toon said, so the idea for a monthly lunch catch up was born.

Mr Toon said the connections you make through these Cancer Council classes was a bonus.

"My feeling is this group provides an uncomplicated connection to others who've been through a similar experience," he said.

The rest of the group agree that the connections they made through the Cancer Council Life Now exercise classes have been invaluable, particularly after completing treatment.

Group member Erin urged others affected by cancer not to be too proud to reach out for help from Cancer Council.

"Family and friends can be a great support but I think you cannot underestimate the impact and benefit of others from outside of your circle.

"They can really make a big difference during a tough time," she said.

Life Now project officer, Stephanie Lamb said social connectedness was one of the many benefits to the Life Now program.

To find out more about upcoming classes visit www.cancerwa.asn.au or contact Cancer Council on 13 11 20.

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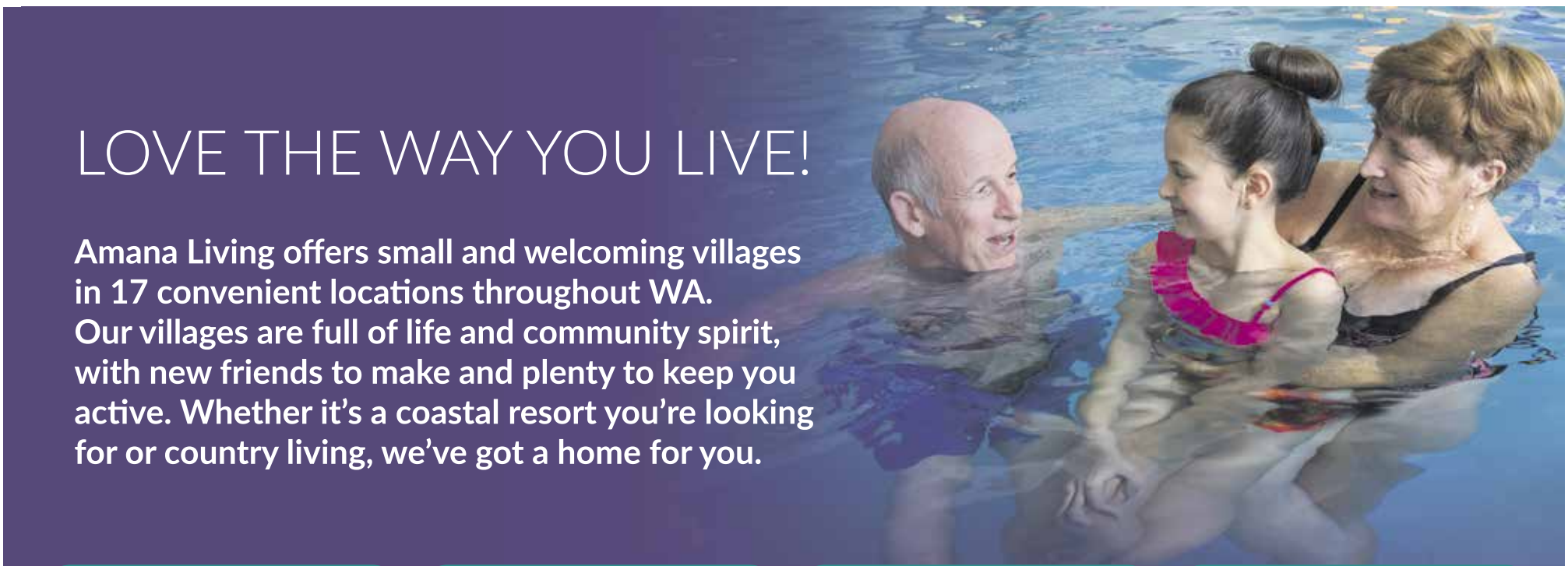

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Contact Sandra on 0448 915 968 for inspection times

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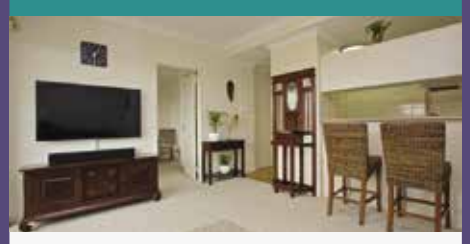

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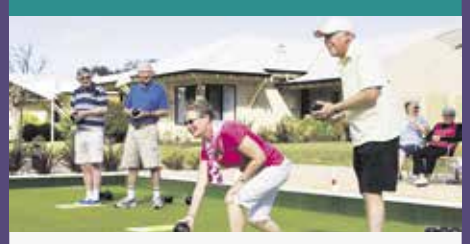
Facilities include a swimming pool, mini golf, library, shop and hairdressers.

Contact Sandra on 0448 915 968 for inspection times

MANDURAH
Meadow Springs Village



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Contact Elaine on 0407 316 964 for inspection times

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Contact Jo on 0417 061 573 for inspection times

OUR VILLAGE LOCATIONS

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For rentals or other villages, please contact Laura on 0459 819 169

- Lease
- Rentals

Life is not fair - when losers are winners and vice versa…

Rick Steele

by Rick Steele

I CAN distinctly remember saying to my children during the heat of battle in backyard cricket, after someone had been dismissed muttering: "It's not fair."

"Better get used to it, life's not fair."

Three misfortunates were struggling their way across a vast unrelenting desert in a desperate bid for survival. The leader, afflicted with an extreme itchy skin disease shouted loudly when he spotted an oasis not far ahead. The blind man behind and the bloke in the wheelchair at rear immediately picked up the pace in eager anticipation.

The unclean one arrived first and without hesitation dived into the water. As he returned to the surface, he cried loudly, at the top of his voice. "I am clean, I am clean, it's a miracle".

The blind man rushed, stumbled and finally fell headfirst into the mystic pool only to return to the surface exclaiming unrelentingly, "I can see, I can see, it's a miracle."

The guy in the wheelchair, bringing up the rear is going spare (nuts) with excitement, and finally, with every ounce of strength left in his frail body manages to turn the wheels one more time and plunge, with the chair, into the magic pond.

As he struggles to the surface, gasping for breath, behold, the other two shouteth from the sandy bank: "George, George, you've got new tyres!"

Back in the sixties John Lennon and his mate wrote a song called, *I'm a loser* about failing to win the love of a chosen one. Most can relate to that. I know I can. Especially, I remember when about fifteen. At bible class, we had a raffle to take the bishop's daughter to the church dance. I won the booby prize – one used sock with a hole in it.

My brother-in-law was made redundant at the age of 65 after 40 years of service. Not wishing to retire, he applied for many a job, only to receive very few replies and copious knockbacks. A very common story these days and not likely to improve.

What followed, in my opinion, was a form of depression, brought on by boredom, and a feeling of 'past my used by date'. This in turn led to a mild eating disorder which in due course led him to resemble Michael Myers' character, Fat Bastard in the film, *Austin Powers* and the spy who shagged me.

The man had always been a keen soccer fan and had played at near top level in younger days. An advertisement from the University caught his eye regarding men in the said age group playing six a side soccer with a view to starting to get fit and perhaps losing weight.

The course, called 'man versus fat' ran for 14 weeks and there were 87 competitors. Brother Serge went from 117 to 91kg, which if you do the maths is a loss of 26kg. He was announced at the conclusion ceremony as officially, the 'Biggest Loser'

I had a fun time at our Christmas celebration, marching up and saying: "Congratulations you big loser!"

This year is destined to be a great year. So they tell me. Good luck.

My grandson was feeling sick at church. I said: "just go outside and you will feel better."

When he came back, I asked. "Are you feeling better?"

He says, "yeah,I was sick but I didn't have to go outside. There was a box down the back that said, 'For the Sick'.

Cheers dears.

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Keeping social is better than rest and recovery...

Jon Lewis

by Jon Lewis

WHAT do you think is better? Doing what you want or being with your friends and doing what they want?

I found myself over the Christmas holidays with a strong desire to do exactly what I wanted to do. Indeed, a very strong desire.

All year I had felt what I needed to do was rest and recover. Phew, what a year. The only trouble was, I wasn't quite sure what it was that I exactly wanted to do. I suppose what I really wanted to do was relax and be happy.

I remember reading and also writing about the idea that 80 per cent of our happiness comes from human interaction. You see, it is one thing to see a good movie by yourself and it is something more, perhaps 80 per cent more, to see a movie with a friend.

On a few occasions over my holiday, I was faced with a choice of either doing what I wanted or catching up with friends and doing what they wanted... something that perhaps was not my first (or second) choice.

I concluded as they really didn't have to invite me and it was quite kind of them to do so, I should join them. Doing what they wanted to do was nice and as a result I had a very pleasant time.

You might think this is obvious and to me looking back, I agree. It's funny, at the time my desire to please myself was so strong it overwhelmed my ability to actually do what it was that pleased me... being with my friends.

I'm sure there will be times when I will find my self alone and I can do all those things that need alone time.

Now, I greatly look forward to spending this year in the company of my dear friends whenever they are kind enough to invite me or perhaps I could invite them?

Oh and if I'm too tired, I'll join them for a little bit :-). This could be an 80 per cent better year.

2019 Happy New Year!

All the best.

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PERTH Concert Hall conducts regular backstage tours of the venue, including visits backstage, on stage, into the dressing rooms and behind the organ.

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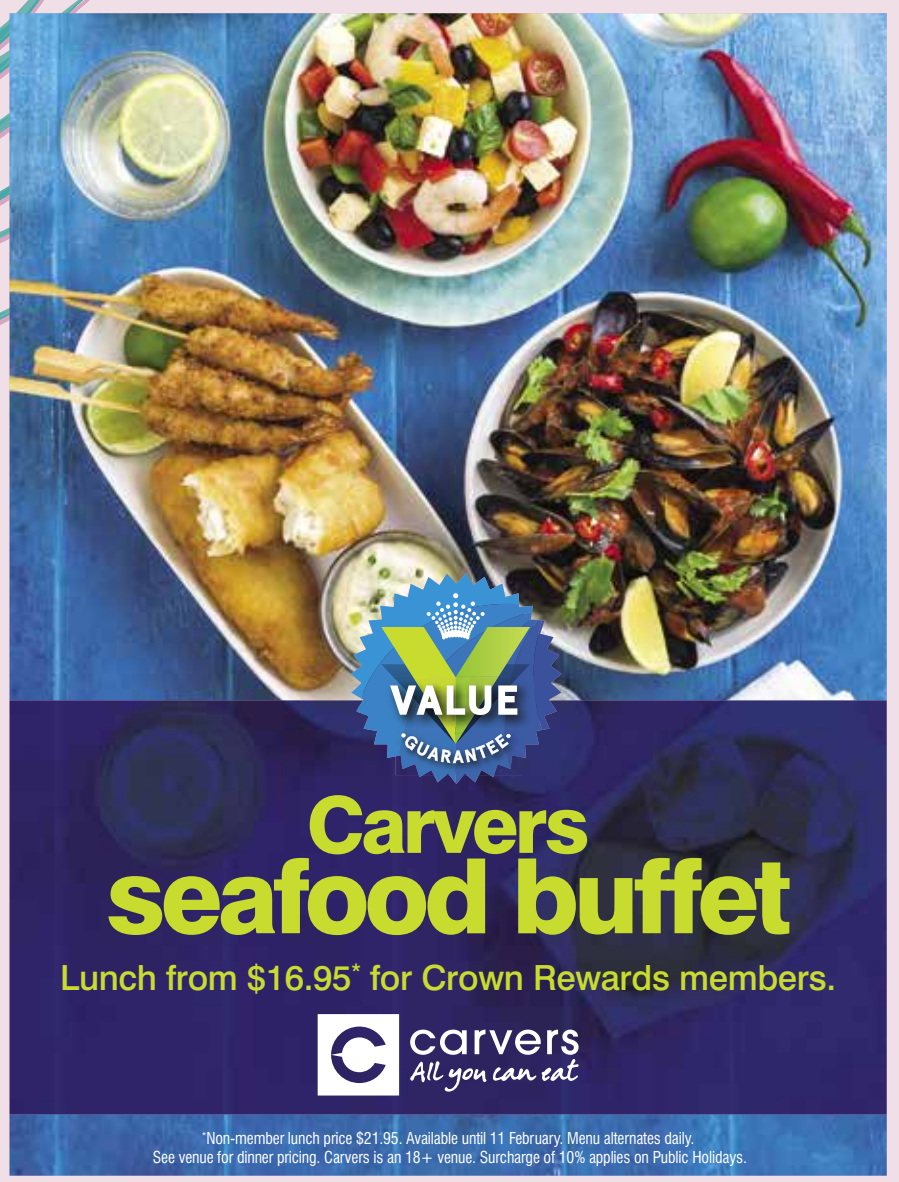

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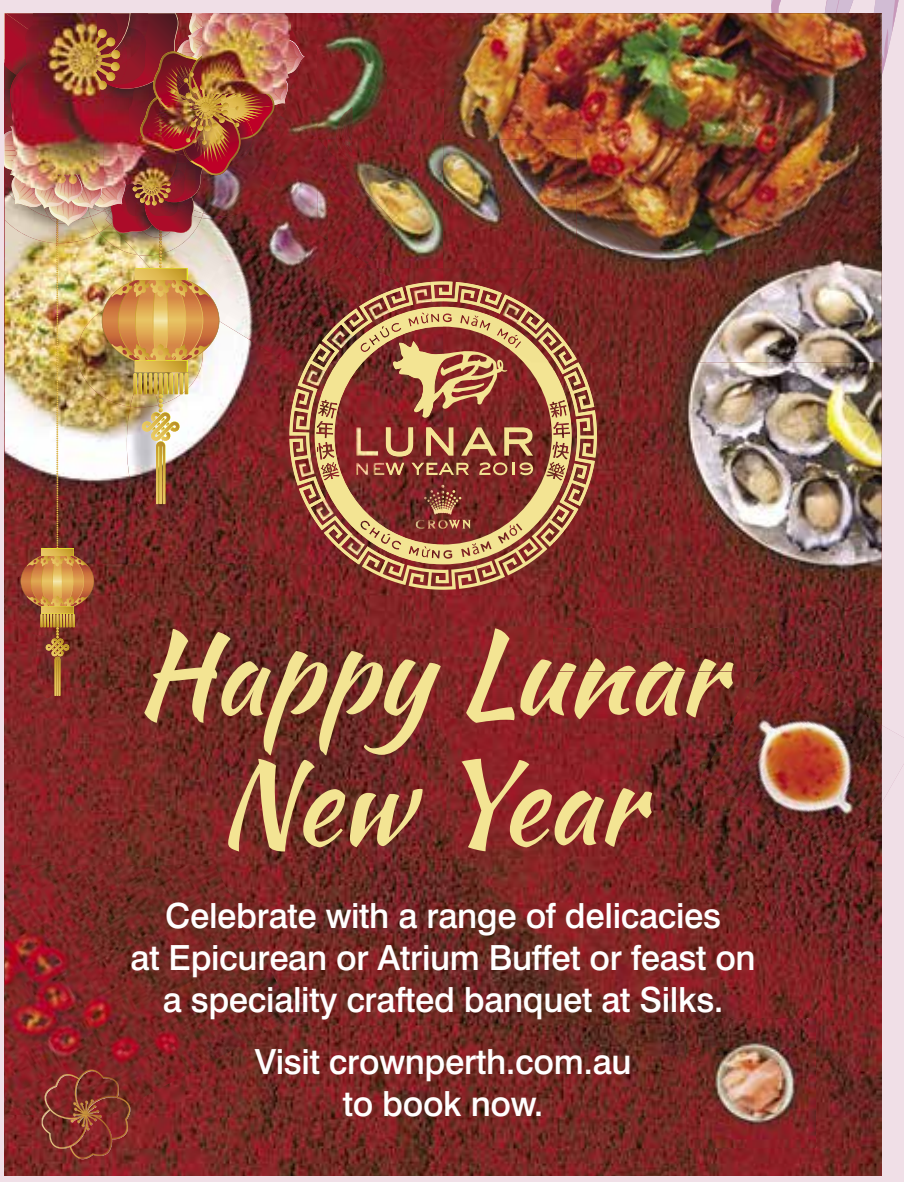

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Early intervention important for the management of dementia

Rhonda Parker

by Rhonda Parker, CEO Alzheimer's WA

WELCOME to 2019 – I certainly hope you and your families had a safe and merry Christmas and a happy New Year.

I would like to start the year by sharing with you a touching story I received from a gentleman called Les who was diagnosed with Alzheimer's disease last year.

Like so many before him, Les tells me he was initially in denial about his diagnosis, but as time went on, things began to get serious.

"I certainly wasn't about to accept the opinion of these specialists," said Les.

"But I began to have serious problems with keeping scores at two of my favourite pastimes – bowls and golf.

"I was marking (scoring) a game of bowls in the club's singles championship when I was asked by one of the players what the score was. I looked at the card and could not make head nor tail of it.

"I was totally humiliated and was in tears over my unwanted experience."

Les tells me there were a few similar experiences while trying to score at golf.

Receiving a diagnosis of dementia is not something people plan for and as Les is experiencing, it can be overwhelming. But, it is important to know there is support available.

Accessing support as early as possible can help improve symptoms and slow down progression of the disease. It can also help the person and their family accept the diagnosis and prepare for the journey ahead.

We offer an early intervention program at Alzheimer's WA called Adjusting to Change. The program offers information and support for those living with early stage dementia and their support person, and includes a series of structured information sessions held weekly over a five-week period.

When Les and his wife Kaye heard about the *Adjusting to Change* program, they decided to give it a go. Kaye tells me they are so grateful to the wonderful staff from Alzheimer's WA who guided them through the five-week course.

"The support from our sessions helped us to have a better understanding of Alzheimer's disease," said Kaye.

"The practical support, discussions and avenues for assistance were extremely helpful and informative.

"I now know some of what my very dear mother suffered."

Les agreed.

"I cannot thank them enough for their efforts," he said.

"Let's hope the day of cure is somewhere in the wings. It is certainly frightening to learn how many people and families are affected by this disease."

If you, a family member or a friend have recently been diagnosed, I urge you to contact us here at Alzheimer's WA and find out what support is available and where to begin.

Finally, I would like to wish all readers a wonderful new year, and may 2019 be a year with a sense of purpose that has satisfaction, health and happiness in store for you all.

To find out more, call us on 1300 66 77 88, email support@alzheimerswa.org.au or visit alzheimerswa.org.au.

Down to your last beans? Try a free course in budgeting

A FREE budgeting course designed to assist people gain control over their finances is available next month.

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 help them in sticking to it.

The upcoming one-day course being held on Saturday 23 February 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

What Brexit means for UK expat pensioners

by Mike Goodall

THIS is Brexit year and by the time that this issue goes to press there could have been many changes in the UK.

As I write Project Fear has been reignited. It is designed to cause panic so that the MPs will be pressured to vote for a deal that would eventually leave Northern Ireland in the EU and the rest of the UK outside the EU but subject to their rules and regulations.

That is not what I understand the UK majority voted for.

The uncertainty surrounding Brexit has caused the value of the pound to drop from a high this year of $1.87 to $1.71 to the pound. Moreover the Australian dollar strengthening due to the reduced trade tensions between the USA and China. What this means to you is that the value of your pension from the UK has been reduced by 8.5 per cent.

It would appear that both sides are now preparing for a no deal Brexit which just means that as far as trade is concerned the UK and the EU countries trade under the World Trade organisation rules on tariffs which is how most countries including Australia trade with the EU.

My view is that the EU will be as unhelpful as they have been with recent negotiations.

In a recent policy paper Citisens Rights, Brexit secretary Stephen Barclay said the government planned to continue to preserve the state pension rights of UK nationals living in the EU. But he warned should the EU fail to offer the same deal back, pensioners living in any of the 27 EU states will not benefit from any state pension increases.

Currently the UK only pays annual pension increases in the EU because of EU legislation.

About 470,000 UK nationals living in the EU will have their pensions frozen, unless individual reciprocal deals are stuck with each EU member states.

If this happens the number of frozen expat pensioners will be nearly one million. If the UK negotiates a deal with the EU countries and refuses to negotiate with Australia that will compound the discrimination.

There will be an Australian election this year therefore your MPs will be looking for your votes. So, get out there and tell them that, unless they support the campaign for unfreezing our pensions you will not be voting for them. Several WA MPs already support the cause and I will be updating them with this information from the UK.

A happy new year to all readers of this excellent newspaper and of course to all expat UK pensioners.

Anyone who would like to discuss the above in greater detail or requires help on any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail:- mikecgoodall@btconnect.com

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Seniors Recreation Council Jottings

Jan McGlinn with David Templeman MLA

WELCOME to 2019 I hope everyone had a wonderful break over Christmas and new year and I look forward to an exciting year holding many events for WA Seniors.

2018 Peel Volunteer of the Year – Congratulations, Jan McGlinn

Seniors Recreation Council of WA, Peel branch president, Jan McGlinn, has been recognised as the Peel Volunteer of the Year for 2018. On behalf of Seniors Recreation Council this a well-deserved award for all the work Jan does in the Peel region on behalf of Seniors Recreation Council and all the other organisations that she is involved in. Over the years Jan has been a stalwart in the Peel community and we congratulate her for her hard work, dedication and community spirit.

Lotterywest grant

Seniors Recreation Council of WA gratefully acknowledges the invaluable support of a major grant from Lotterywest which went towards *Have a Go Day* 2018, a LiveLighter Event held in Burswood Park on 14 November. Presented by Hon Mick Murray MLA on behalf of Lotterywest, these grants support local community organisations and events via income from Lotterywest sales. Keep the money in WA and support local events and organisations by purchasing lottery tickets from your official Lotterywest outlet.

Livelighter Aged Care Games – Great Southern

The LiveLighter Aged Care Games in Great Southern were held on Thursday 29 November at the Albany Leisure and Aquatic Centre. A huge vote of thanks to our vice-president Phil Paddon and his wife Pat who made the trip from Perth to facilitate the games with assistance from the Albany Region Over 50s Recreation Association. Five teams took part in a range of games which have been modified especially for seniors in care. It was great to have the facilities staff who enthusiastically supported the participants. The teams were very competitive and there was lots of laughter, cheering and shaking of hands amongst the competitors. SRCWA thanks and acknowledges the support from the Albany region Over 50s Recreation Association which volunteered to set up and officiate on the day. A vote of thanks goes out to local photographer Bob Symons, his wife Thelma and fellow photographer Malcom who helped cover this event. Phil Paddon welcomed the teams and introduced City of Albany deputy mayor Greg Stocks to open the event. Entertainment was provided by Merv and Hugh *The 2 Premiers* who provided a medley of songs throughout the event. In third place was Denmark Health Service Blue Wrens, second place went to Bethel Aged Care and in first place was Walpole Stars. Best dressed team was Bethel Vikings and the oldest competitor on the day was 99 years young Yvonne McVeigh.

SRCWA Rockingham branch Christmas concert

On Tuesday 4 December, SRCWA Rockingham branch held their 2018 Christmas concert at the Gary Holland Community Centre. A full house was treated to an afternoon of Christmas Carols and entertainment by Eddie Storm OAM, Kelly Green and Gwenda Uren. During the concert the audience enjoyed a delightful afternoon tea and had great fun winning all the raffle prizes. Congratulations to Valma Sulc and the Rockingham branch committee and volunteers for an excellent afternoon of entertainment.

Key Diary Dates for 2019

29 March Healthy Lifestyles Expo 2019, Leisure Fit Melville

17 April Rockingham Have a Go Day, a LiveLighter Event, Aqua Jetty, Warnbro Sound Ave, Warnbro

5 June Annual Seniors Ball, Astral Ballroom, Crown Perth

10 to 17 November WA Seniors Week

13 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.

SRC President, Hugh Rogers

Canoe Club celebrates the end of a great paddling season

Over 55 Canoe Club members enjoying fun day

by Iris Mickiewicz

AS the end of our paddling season drew to a close, we enjoyed a number of events with our paddling friends, celebrated prior to the crazy business of the festive season.

This year our end of year lunch was held at Jane Brook Estate Winery – a fabulous location. It was a highly successful function. We were very fortunate on the day that there were almost no other guests appreciating this beautiful outdoor venue. We were able to conduct our duck presentations so that everyone was able to hear all of the humorous proceedings.

To receive a duck is an acknowledgement that the recipient had involuntarily disembarked from their kayak at some time during the year. It is considered an honour and ducks are worn on our kayaks with pride. It is a fun ceremony which always gives us all a good laugh at ourselves. That's the kind of club we are, we can take a bit of a joke at our own expense.

The fun day which we have held at Champion Lakes for the last three years was our final paddle for the year. A particular favourite is soccer-polo with rules adapted to accommodate playing in our kayaks. Four, 12-minute quarters were played very fast and furiously. We are definitely in need of short breaks between quarters. Fortunately, the scores was very close with the blue team winners.

We also played the Christmas relay, a game of strategy and team work. Very swiftly the teams worked together, lining up the kayaks in order to ensure maximum efficiency and speed in getting the next paddler onto the water. However not before donning a Christmas hat and a Christmas stocking onto the right arm, then paddling around the yellow buoy and back. The process was repeated until all paddlers in each team had done their bit and the referee called the winning team.

The final game of the day was the balloon lancing. Each kayak had three balloons tied to the rear end of their kayak. The Red team were forced to play one player short, so they received the huge concession of having an extra balloon tied to their rear ends. The two teams faced each other, they took off at great speed on the whistle, with lances at the ready. As kayaks sped by, both teams trying their best to spear the oppositions balloons. Many a paddler was trapped between several opposing kayaks working together to burst their balloons.

It was a fantastic day of fun and camaraderie and for increasing our levels of fitness as well as for practising different paddle strokes. We have had a fantastic year of paddling, friendship and socialising.

We have places for a few new members this year. If you are keen to join a terrific club, you enjoy a reasonable level of fitness, are 55 years plus young and are keen to enjoy paddling on our beautiful rivers, call Iris Mickiewicz, president. 0438 926 578 or Dale Winn, secretary. 0420 733 024 for more details and to register your interest.

Fitness, friendship and fun for adults through swimming

Fremantle ports swim

by Nadine Georgiades

MASTERS Swimming WA's new WOWSwims Community open water swim series is taking the open water swimming community by storm.

Swims so far have been in a lake and the ocean, with a river swim and more ocean swims still to come. All ages and abilities have been at the recent events with the friendship before and after the swim creating plenty of laughs and support for all swimmers.

These community swims are also raising money for worthwhile community charities. Funds from the recent Fremantle Ports Swim Thru went to the Street Doctor Mobile Health Clinic and St Patrick's Community Support Centre.

The next WOWSwim is the Swim Thru' Perth on Sunday 20 January at Matilda Bay, Crawley. This swim is celebrating its 100th year which is an amazing achievement and a swim with so much history. If you would like to have a go at the 250m Try-it event the swim entries are now open via www.wowswims.com.au. Proceeds to this swim will go to Telethon Speech and Hearing.

Masters Swimming is a worldwide organisation of adult swimming clubs whose members swim together in a supportive active recreational environment. For your nearest club please visit our website at www.mswa.asn.au.

TV Talk with Lee Tate - tried and tested formulas

TELEVISION networks get plenty of unasked-for suggestions about what they should put on the box.

One idea came from Alexander Downer, the cherub-faced former senior pollie who, in his earlier role, distinguished himself in negotiating Aussie affairs with other countries.

Having finished his term as foreign minister (1996 to 2007), Downer phoned ABC boss Mark Scott to suggest the ABC commissions a series on the Pacific Island countries.

As Mr Downer explained it: "I thought I could help make it by interviewing some of the region's fascinating and diverse personalities and litter the series with stories about the politics, economics and social lives of Pacific Islanders."

Sounds like a noble idea. I would switch on and I'm sure so would many other viewers, including those across the Pacific Islands.

However, as explained by Mr Downer: "Mark was pretty brutal. He said Australian audiences weren't interested in the Pacific.

"Honestly, I had to confess he was right. The public is more interested in the US, Britain, Indonesia and China. So the idea was scrapped," Mr Downer told *Financial Review* readers.

Well, there goes that idea – although not entirely.

"I'd still like to collaborate with someone to make the series," he says.

It's a shame, as it is with many suggestions put before television overlords.

Like bigwig music producers and publishers, TV networks prefer to follow a true-to-form formula and not risk hefty investments.

The ABC does break new ground from time-to-time, including comedy (always welcome).

Commercial networks are loathe to risk ratings in such a competitive market and their track record shows they'd rather leave the risk-taking to the ABC. They can always buy successful programs once proved on the ABC (*Kath & Kim*, for example).

What role should television play, however, in lifting standards and raising community knowledge levels, not dumbing-down audiences?

Mr Downer's suggestion could be viewed on paper as being a TV series where a politician delivers a perceived sermon on an obscure island group, little-known by wider audiences. Very droll.

But cheery-faced Mr Downer with his inside-running on the regions, knowing the key people as a result of his countless visits to the islands, would be an exception, surely.

Australia shouldn't shut itself off from the rest of the world. Look at the United States. A mighty United States but in many ways inwardly-focussed.

Talking to Americans, they are fascinated about Australia and obviously know very little about us or other parts of the world.

For all America's media outlets, US programs focus on well-worn formulas, much of it superficial and lightweight.

I hope Australia doesn't fall into that trap which is always a threat when government funding is cut.

Networks can also find themselves between a rock and a hard place trying to appeal to the wider community. Your kids and grandkids hardly have the same interests as you.

Television strives to win the ratings war to lure advertisers. That's understandable.

But how many TV stations do we have now? How many are running similar or even the same material as others? How many programs are silly, shallow, ill-informed or pure escapism?

Mr Downer says: "a relatively-stable Pacific is important to us. In a way, the South-West Pacific matters as much to us as the South China Sea does to China."

Well, let's hope someone in TV-land hears you Mr Downer.

"THERE IS A SENSE OF BELONGING, THAT EVERYONE LOOKS AFTER EACH OTHER AND PEOPLE ARE GENUINELY INTERESTED"

Peter and Jane,
residents of Arcadia Waters

"I would tell anyone that sooner is better than later. The sooner you move in, the more activities you can do and there is so much to do when you can get around. People who leave it to their 80's are really missing out and they have missed out all of the activities they could have done and the friends they could have made over the years."

There comes a time when 'right sizing' makes perfect sense. After raising a family, pursuing a career and maintaining the home and garden, you've probably found that you're ready for the next chapter of your life to begin. Maybe you're seeking to make socialising more of a priority. Maybe you're wanting to become more fit and active. Or maybe you're looking to become part of a safe and caring community, where a friendly face is always just around the corner. At Arcadia Waters, we take care of everything, so you can maximise your independence without a care in the world. Wondering what the next phase of your life could hold? Come take a wander through our 5 communities. **With villages in Bicton, Geraldton, Maddington, Mandurah and Swanbourne to choose from, the possibilities are endless.**

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Elder abuse - the ugly shadow

Australia has 4,000 centenarians
© Joseph Curto

by Lee Tate

SENIORS are vulnerable – open to threats, scams and abuse. With numbers exploding in Australia, governments, residential and medical institutions, social and welfare support groups, carers, families and the law are struggling to keep up with necessary and essential changes. Elder abuse needs to be conquered.

What can be done?

Elder abuse has been disgracefully rampant in Australia for decades.

Australia has 4,000 centenarians and 12 per cent of the population are baby boomers or older. More than 425,500 mainly older Australians live with dementia. Their numbers are predicted to exceed one million by 2056.

It is an environment that effectively fosters elder abuse, confirms lawyer Christine Smyth who is leading a campaign to bring the law into line in dealing with elder abuse issues.

"Commentators speculate that the causes of such abuse involve ageism, inheritance impatience and lack of social and legal infrastructure investment," she says.

Other causes include lack of awareness about rights and recourses, social isolation and an increase in fragmented families.

Ms Smyth says tackling elder abuse is difficult because the perpetrators are typically family members – often the family members who the elderly victims also rely on for support.

"While we collectively need to raise awareness, we must also provide a safe environment in which elderly people can seek advice and assistance.

"The objective must be to minimise the risk of alerting the perpetrators while preserving family relationships as much as possible," she said.

Ms Smyth is behind moves to implement an elder abuse awareness campaign.

The lawyer also points to a gap in the system requiring greater scrutiny: the provision of services to elderly people in their own homes.

"There are checks and balances in institutions catering for elderly people around staff and their conduct; there is no equivalent in the private freelancing sector," she said.

Elder abuse issues are reported in the *Precedent*, the journal of the Australian Lawyers Alliance.

If you or a family member feel they are experiencing abuse call the Elder Abuse Helpline on 1300 724 679 (country callers 1800 655 566) or email rights@advocare.org.au

Check your hearing to prevent other illnesses

by Frank Smith

AUDIOLOGISTS have long claimed that treating hearing loss helps prevent a number of serious health conditions as we age. But until recently there has been no hard evidence to support this claim.

Now we have it. In a study of nearly 5000 Americans over 50, a research team at John Hopkins University, Baltimore, USA found untreated hearing loss was associated with more hospitalisations, increased risk of hospital re-admission, more emergency department visits and longer hospital stays.

Over a 10-year period, people with untreated hearing loss incurred an average of $22,000 more in health care costs than people without hearing loss.

The lead authors of the studies were Dr Nicholas Reed and Dr Jennifer Deal of the Bloomberg School of Public Health. They used data from a database of health insurance claims.

In a second related study, they found that hearing loss was associated with an increased 10-year risk of a range of health conditions, including dementia, depression, falls and heart attack.

Dr Michael McKee of the University of Michigan found that patients with hearing loss who wore hearing aids made greater use of outpatient services and were less likely to be hospitalised.

He speculated that the improvement in their health was due to better communication between patient and doctor resulting in better compliance with treatment advice and better cognitive, physical, and psychological function.

Dementia Australia says people with mild symptoms of hearing loss are twice as likely to develop dementia as those with healthy hearing. People with severe hearing loss may be five times more likely to develop dementia.

In one trial treating peripheral hearing loss reduced dementia by nine per cent globally, the best improvement for any known modifiable risk factor. This result need to be confirmed by a larger trial currently being planned at John Hopkins University.

Dr Deal said the more than 10 per cent of American adults have hearing loss and only 20 per cent of those are using hearing aids.

The prevalence of hearing loss, which is strongly associated with age, is increasing as the population ages, with most adults 75 years and older having some hearing loss.

Similar results are found in Australia. According to the Hearing Care Industry Association (HCIA), one in six Australians are currently affected by hearing loss, and this is expected to rise to one in four Australians by 2050, as the population ages.

The HCIA says only 20 per cent of people with hearing loss are using hearing aids, even though they are available free for people on low incomes.

There is an average gap of seven years between a person needing help with hearing and them actually seeking help.

Access Economics have estimated the economic cost of hearing loss to Australia at more than $23 billion, not including any estimate of loss of wellbeing, mainly due to lower productivity and more unemployment amongst hearing impaired people.

The Commonwealth Hearing Services Program provides eligible Australians with hearing aids at a cost of over $300 million per annum. The only patient cost is for batteries and other consumables. The first step for people with some hearing loss is to ask their GP for a referral.

The research was published in *JAMA Otolaryngology-Head and Neck Surgery* last month.

Let's GO MOTORING

ADVERTISING FEATURE

Let's go motoring - easy driving with a group of mates

by Tony McManus

IN the week leading up to Christmas it fell to me to transport a small group of compatriots to our occasional lunch powwow. As it turns out, your trusty *Have a Go News* motoring correspondent may well have a new career as occasional, professional chauffer, only in shorts and an Akubra.

Timing is everything; Honda Australia, that very morning delivered a sparkling new, gorgeous looking fifth-generation VTi-L Odyssey. Perfect I thought; this will appeal to the blokes. New car smell, leather everywhere, a touch of class, sensible motoring. Oh ye of little faith.

The Honda seats a team of seven; room for the whole gang. And once I got my mind around this Honda's somewhat brooding purplish colour, I was really looking forward to the challenge of driving a bunch of reprobates to lunch, in what is a surprisingly luxurious and accommodating motor car.

All care and responsibility, off I went for the first pickups; sitting in the heated driver's seat, leather steering wheel with as many buttons and controls as I've ever seen; this is an elegant place to be. And I was feeling pretty good about the world and afternoon ahead. At the same time, mindful of what the trip home, as the designated driver, might uncover, I could end up like Chevy Chase in a *Vacation* movie.

The Honda was sparkling clean, always a good start. A car drives well when clean. The leather seats superbly comfortable. I was a little resentful of my first two passengers to be picked up; they got to revel in two middle captain's chairs. Armrests adjusted by me, your trusted driver, bloody luxury.

This revised Honda Odyssey is surprisingly understated, with push-button ignition, multipoint injected 2.4-litre four-cylinder engine. It's not quick, but very smooth. And quieter than I remember previous model being. Outside noise is hardly noticeable. Impressive!

Vision from the driver's seat is commanding and this top of the range model is beset with technical gear.

Three-zone climate control with outlets covering each row of passenger seats, most welcome during our recent 35 degrees plus days.

Honda sensing technologies includes adaptive cruise, touch screen, six-speaker entertainment system; all easy to navigate, mostly from the steering wheel. There are stacks of safety warnings all not too intrusive.

Honda VTi-L Odyssey

The sound system is wonderful.

I especially enjoyed the ability to open the side doors remotely from the key fob; very cool. The foot brake seemed a little quaint but hey; it works.

The Honda Odyssey is not for everyone. It's not a fun or exhilarating drive. That is not the intention of this type of vehicle. But it's smart, sensible, stylish and accommodating. If you have a tribe of mates who need transporting to family and lunch gatherings on the odd occasion then it is perfect.

The communal singing and ecstatic laughter on the way home, was something that will live long in memory. It's why I love driving.

The Honda Odyssey range kicks in from around $37,990. As tested; $47,590. Easy with which to live.

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Fascinating look at Vietnamese village life - circus style

Lang Toi plays at the Regal Theatre from 8-17 February as part of Perth Festival © Nguyen Anh Phuong

by Josephine Allison

AFTER many years living in Germany and Europe, Vietnamese performer Tuan Le was drawn back to his native country with the dream of creating a significant work to pay tribute to a country opening up after years of war and oppression.

Working with friends and brothers Nhat Ly and Lan Maurice Nguyen, the trio came up with a circus work, *Lang Toi* (My Village), to capture village life which they saw as the essence of their country, but fading with the rush to modernise.

After a sellout Perth Festival season in Perth in 2017 with AO Lang Pho, Nouveau Cirque du Vietnam is back this year with a show first created in 2006. Merging tradition and innovation, *Lang Toi* fuses modern circus with innovative use of bamboo poles and rice-basket props, poetic imagery, folk music and incredible acrobatic skills to create a spellbinding event. Contortionists, acrobats and jugglers accompanied by a five-men band of live musicians evoke the daily life of a traditional village.

The show begins with a southern lullaby and ends with a northern one. There is also folk music from the central and north-western highlands of Vietnam.

The cirque performers, dressed in silk costumes in shades of brown, skilfully move around the stage. They perform feats of contortion, acrobatics, juggling on structures made from bamboo or rattan. The bamboo trunk is the spirit of *Lang Toi*.

"*Lang Toi*is an aesthetic look at the Vietnamese people and culture but also creates an environment as an artistic work," artistic director Tuan Le says in a telephone interview with *Have a Go News* from Vietnam.

"The show is about a Vietnamese village, but we don't replay anything that existed before, it is kind of like a dream. Of course there are two important things about the show, the aesthetic and the language. For me, the language is how to transfer feelings and emotions to audiences worldwide without translation.

"When I first created the show, I was living in Germany and didn't return to Vietnam for a long time, after 20 years. The first thing I did was to visit the villages and the countryside and I fell in love with the scenery, the lifestyle, how the people live and communities of people.

"My childhood memories are rice fields, bamboo forests, the air in the morning, hearing a rooster crow, the sounds of birds and waterfalls, even today when I return. Of course there is not as much as before, but for me the countryside is unique and special. In the villages you can breathe and don't have to rush."

Lang Toi first appeared with more than 100 performers drawn from the National Circus of Vietnam. It was initially rejected but a trimmer, touring version took off. After one night at the Hanoi Opera House, the company, renamed Nouveau Cirque du Vietnam, went to Paris. The show has appeared throughout Europe, South America and Hong Kong and at the Hanoi Opera House.

Lang Toi has a cast of around 17 artists and five musicians with 200 people involved in all.

Tuan Le says, for most it is their first visit to Perth: "They are very excited."

Of course, he explains, there is injury at times and then a performer is unable to appear.

"But we recreate the scene and work around it, it is like a work in progress."

The set, props, bamboo poles and music equipment will be shipped to Perth by container.

Tuan Le was once a highly acclaimed Cirque du Soleil juggler and musician and co-created Cirque's *Toruk The First Flight* inspired by James Cameron's movie *Avatar*.

"*Lang Toi* will return to Vietnam after Perth and play again at the Opera House," he says. "Hopefully, we will build another show to tour. It is a privilege to work to create a vision, to push through the border of the imagination and make a better world."

Lang Toi plays at the Regal Theatre from 8-17 February as part of Perth Festival. Tickets available at Perth Festival and Ticketek.

#322 January edition PUZZLES Solutions

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Wheel Words:
Aura, Bard, Brad, Burr, Carb, Card, Crab, Curb, Curd, Drab,
Drub, Radar. 9-letter word: BARRACUDA

Square Shuffle:
Brie, Curd, Edam, Feta.

***Have a Go News* Quiz Page 2:**
1. Lady Weld. 2. Howick Street. 3. John Forrest. 4. Eileen Joyce.
5. Aherns. 6. 1890. 7. The Old Court House. 8. Governor Charles FitzGerald (Gerald's Town). 9. Ellen Stirling. 10. Daisy Bates.

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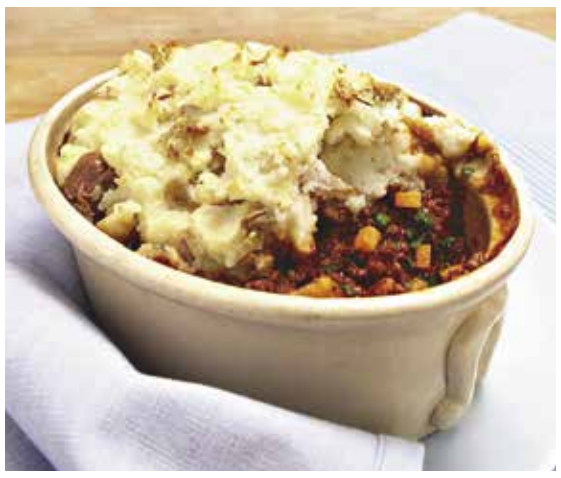
Simple summer eating for a healthy start to the new year



Mushroom cottage pie

by Noelene Swain

WHEN it comes to preparing meals while you and the family are soaking up the joy of summer and holiday, the idea is to keep it simple. Who wants to spend all their time in the kitchen when you could be relaxing? My guess is no one. So if you are planning on taking it easy and relaxing this summer, follow these handy tips for simple summer eating to ensure you get maximum enjoyment out of your holiday with minimum effort in the kitchen.

What can you prepare for your famished family after an adventurous day out that is quick, easy and nutritious? Obviously outdoor eating will tend so easily towards barbecues. Be sure to extend the usual meat repertoire to include loads of vegetables for a lighter, healthier complete meal. Try corn, zucchini chunks, mushrooms of any size, capsicum or sweet potato as great grilled options.

Get creative with your salads too. Build some of the traditional summer favourites into a complete simple summer eating solution with the addition of the like of grilled chicken strips, slices from the Christmas ham or even a tin of tuna.

When you do step up and cook, doubling the recipe quantities will create leftovers for lunch or another dinner meal. You will be grateful when you don't have the energy to cook after a day in the sun.

If you're heading away from home, it may suit to prepare and freeze meals before you leave. Although this may seem like a little effort, you will appreciate it when you come home from a long walk or simply can't bear to look at the kitchen. Bolognese sauce, curry, lasagne or soups are great for freezing and can stretch over two meals. These meals are not only healthy, they are ideal for heating up on the stove or defrosting in the microwave, whilst you put your feet up and relax. You know you deserve it.

The following recipe offers a twist on a traditional favourite. It won't take a lot of preparation or cooking equipment either and provides a lighter, healthier flavour, perfect for summer. So when the day is over, relax, pour yourself a drink and take comfort in the fact that you have a meal in the oven waiting to be served. Cheers!

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

Mushroom cottage pie

Preparation: 25 minutes; cooking: 1 hour; serves: 4

1 tablespoon olive oil
1 onion, finely chopped
500g lean beef mince
500g button mushrooms, diced
2 tablespoon tomato paste
400g can peeled tomatoes, undrained
3 teaspoon Worcestershire sauce
Salt and freshly ground black pepper, to taste
2½ cups mashed potato (made from 600g Royal Blue potatoes)

Heat oil in a large frying pan over medium heat. Add onion and cook for 5 minutes or until soft. Add beef mince and cook, stirring constantly, for 10 minutes or until browned. Add mushrooms and cook for 5 minutes. Stir in tomato paste, tomatoes and Worcestershire sauce.

Cook, stirring occasionally, for 20 minutes or until liquid has evaporated. Season with salt and pepper.

Preheat oven to 220ºC. Spoon mince mixture into a 5 cup ovenproof dish. Top evenly with mashed potato. Bake for 20 minutes or until potato begins to brown.

Handy Hint: Blitz the mushrooms briefly in a food processor to create a finely diced texture similar to mince.

Recipes for One - energising peach and banana smoothie

Preparation: 3 minutes; cooking: nil; serves: 1 - 2

1 peach chopped
1 banana chopped
1 orange, chopped
½ cup natural or fruit yogurt
½ cup crushed ice

Place all ingredients into a blender and blend until combined. Serve immediately.

Note: for a thick and creamy result, try freezing the diced fruit in an air tight container. It's a great way to use fruit that ripens too quickly to eat.

What's fresh in the markets in January

Barbecue flats with tomato on toast
© www.australianmushrooms.com.au

Flat mushrooms: Summer barbecues are perfect to get creative with richly flavoured flat mushrooms. Available as either white or velvety brown varieties, the flavour is full and robust. Not only are they good for boosting your Vitamin D and lowering your risk of cancer, they taste superb. Grill them whole on the barbecue with your choice of flavour or mince finely and blend with your traditional minced meat recipes in burgers, bolognaise or meatloaf. You can swap minced meat for minced mushroom for a lower calorie and fuller flavour result.

Nectarines: Plentiful supplies of these summer favourites are now arriving in store and the prices are very affordable. Luscious yellow flesh varieties are sweet and juicy eating – perfect for snacking – freshly sliced on your morning cereal or as fruity sorbet, you really only need to puree and freeze. Pile them high in the fruit bowl and they will disappear as if by magic.

Apricots: If you are blessed with excess apricots, then making apricot jam will maintain this beautiful flavour for months ahead. It is a nice surprise when you find a large piece of apricot as you spread the jam onto fresh bread.

Buy apricots that are firm, but not hard, with unblemished skins. They should be a deep, clear orange and some may even have a red blush. Apricots bruise easily, so carry them home with care.

Eggplant: Locally-grown eggplants are plentiful now. Best grilled or barbecued and you can easily create an impressive dish for your next barbecue by layering with good-quality fetta, fresh rocket and a dressing of finely chopped chilli, roast and ground cumin seeds, mint, lemon juice and extra virgin olive oil.

More than wine at Sunset Wine and Brews

CRAFT beer will assume a bigger role in what has been the traditional stronghold of WA wine producers at the annual Scarborough celebration which will now be called Sunset Wine and Brews.

Richard Campbell, Director of CMS Events, which operates the two-day festival to be held at the new Scarborough Beach Reserve on 9 and 10 February, said that while beer had always played an important part in the event, the explosion of craft beers and ciders in WA opened up a greater focus on brewing.

"There will still be a very strong emphasis on wine with around 20 wineries among the 40 exhibitors we're expecting to participate, but this year around 10 breweries and cideries will join us," Richard says.

"There will also be a number of local spirit makers and of course, a great range of tapas style food."

Sunset Wine has been running since 2014. This year the festival returns to its original home at the Scarborough Beach Reserve on the Esplanade at Scarborough, which has been unavailable for the past two years because of the area's refurbishment.

The event will be open from 2 pm to 8 pm on both the Saturday and the Sunday.

"It will be a great opportunity to gather with friends, listen to local deejays, sample beautiful WA boutique wines, beer, cider and spirits and watch the sun go down.

"There will be a fantastic range of both well-known and lesser known WA wines as well as craft beers and ciders that many people won't be familiar with."

As well as wines to try, visitors can buy a glass of wine to enjoy at the show or bottles to take home. A wine locker on site allows bottles of wine to be stored until it's time to go home.

A range of food will be available including tapas, dumplings, baos and other festival food.

All ticket prices include booking fees and children under 18 (accompanied by an adult) are free. Tickets start from $25.

From 6pm to 8pm each day there will be glass sales only.

For more information and tickets go to events.humanitix.com.au/sunset-wine-and-brews?fbclid=IwAR3pILuJhkyotKuxXLSPZ8yc20YgoH7QSKo2JCJz0gH4ExwucyVKW2FHvQw

WIN WIN WIN

We have four double passes to give away to the Sunset Wine and Brews Festival on either days. To be in the draw simply email win@haveagonews.com.au with Sunset in the subject line. Only email entries for this competition please. Closes 30/1/19.

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ADVERTISING FEATURE

Vince Garreffa's Australia Day picnic meat salad

THIS is a meat salad that you can keep in an esky for six to eight hours. My father made a version of this for a home made lunch when he had to go to a work site without refrigeration.

Serve this as a side salad or with crusty bread as a main meal along with a good West Australian vino.

All the ingredients are available from a good delicatessen even on weekends and public holidays. Don't be afraid to leave out ingredients you don't like and put in others, but please only use cured meats, mature cheeses and pickled or fresh vegetables.

Ingredients for four main courses
Buy all meats and cheeses in one piece
150g Milano salami
150g Hungarian salami
150g mortadella
150g leg ham
150g provolone
100g pickled artichoke hearts
100g roasted red rapsicum
50g pitted green olives
50g pitted black olives
150ml red wine vinegar
150ml extra virgin olive oil
1 pinch of dry oregano
1 pinch of chilli flakes (optional)
1 cup thin sliced basil leaves

Method

Cut all your cold meats into small or chunky dice or maybe into thin strips or slices. Do the same with the cheese. Cut all vegetables into bite sized pieces that will easily fit on a spoon or be picked up by fork. Put all your ingredients into a bowl and admire the colours before adding your red wine vinegar, extra virgin olive oil, oregano, chilli and basil then mix well. Do taste for salt and pepper in case you need it.

Same day devouring is always successful but I have enjoyed leftovers after three days – or maybe I was just hungry and I think hunger is not a good critic.

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am – 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

Letters to...Vince Garreffa

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

Delicious Polynesian lamb...

Above; Enjoy some Polynesian lamb
Left; Vince Garreffa

by Vince Garreffa

I LAUGH when I find recipes with tropical names, knowing the name invoked pleasant scenes in your mind and your saliva glands start feeling happy. It's even funnier that I changed the original chicken meat to lamb, knowing that you can just imagine lambs on your tropical island paradise.

This recipe was intended for cooking over charcoal or heat beads with the meat about 25 cm above the glowing fire so that the marinade would not burn and the meat is cooked slowly. I often cheat and cook in a hot fry pan, turning the heat down to half once I have sealed the meat.

Ingredients for 4
1kg lamb steaks (2 cm thick)
¼ cup of soy sauce
¼ cup of pineapple juice
¼ cup of brown sugar
1 teaspoon powdered ginger
1 teaspoon chilli powder (optional)
¼ cup of extra virgin olive oil

Method

Put your steaks on absorbent paper to dry them off and so that more marinade sticks to your lamb. Mix all other ingredients into a bowl, then add your lamb steaks. Cover the bowl and leave it at room temperature for two hours, turning the meat every half hour to even the absorption of marinade.

Remove steaks from marinade and cook them over hot coals, turning often so as not to burn them. You can brush a little marinade on the lamb when it's nearly ready to create flames so that everyone starts to notice you cooking.

You should have a piece of bread ready to eat the first piece while you are cooking, proving to your guests that it is yum. Cook until the steak is dark on the outside and medium rare inside.

After you finish eating you will wish you had taken a picture.

Knife and fork talk with the Dining Divas

Left to right; Market & Co's mouth-watering Hawaiian vegan poke bowl - seared Barramundi served with fattoush, flat bread and aioli

by Pat Paleeya and Judith Cohen

WE decided to go to the Crown Complex at Burswood for the new year as there are plenty of restaurants there. This time we chose to dine at Market & Co.

The spacious dining area is light and airy with plenty of indoor seating as well as tables and stools outside.

There is a great choice of food from an extensive menu, all priced under $20.

We chose seared barramundi fillet with fattoush and lime aioli and a Hawaiian vegan poke bowl.

The seared Barramundi drizzled with balsamic vinegar was moist and delicious. A new experience for these divas was the fattoush which is very similar to a standard salad but with crunchy squares of what seemed to be crisped flat bread. The lime aioli was tart and tasty. Yum!

The Hawaiian poke bowl was quite a big serve and unfortunately this Diva couldn't finish it all. There were generous slices of teriyaki tempeh, grilled fresh pineapple mixed with a seaweed salad, shredded vegetables, edamame beans, sushi rice and wonton crisps. Absolutely mouth-watering and everything tasted really fresh.

These delighted Dining Divas will certainly return. The service was excellent and the staff efficient. But if you decide to go be aware that they do not split bills.

Four forks

Market & Co, Crown Promenade, Crown Perth, Burswood. Phone 1800 556 688.

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 forks – would not recommend

WEEK DAY LUNCH SPECIALS

BAYSWATER HOTEL
$19.95 Seniors buffet
Mon-Fri 12-2.30pm
Railway Pde. Bayswater
9271 7111

CHARLES HOTEL
$14 Senior lunch
Mon- Fri
11.30am-2.30pm
Charles St. North Perth
9444 1051

MARKET & CO
Under $20 lunch
12-3pm. 7 days
Crown Promenade
Crown Casino

GREENWOOD TAVERN
$14 lunch special
Mon-Fri 12-3pm
349 Warwick Rd. Greenwood
9246 8711

GOSNELLS HOTEL
$15 Senior lunch
(present seniors card)
All day everyday 11.30am-9pm
2149 Albany Hwy.
9398 2224

MORLEY BAR AND BISTRO
Under $20 lunch specials
11am-3pm daily
250 Walter Rd. Morley
9276 6463

BOUVARD TAVERN
$12.50 seniors menu
Mon-Fri 12-2pm
21/23 Parkridge Drve. Bouvard
9582 1533

THE HERDSMAN LAKE TAVERN
$14.50 senior lunch special
11.30am-9pm every day
33 Herdsman Rd. Wembley
9387 5555

THE KARDINYA TAVERN
$20 seniors lunch special
11.30am-9pm daily
17 South St. Kardinya
9337 6999

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www.willowpond.com.au

We don't accept any discount card with these specials, including the Entertainment card

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Come and relax in our beer garden and enjoy our handcrafted award winning naturally brewed beers and ciders with great Aussie Tucker to match!

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Spring rolls with sweet chilli sauce
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1 glass of wine or cup of tea or coffee

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Sweets - Cake and homemade ice cream
Beverages* - Tea/coffee/beer/wine/cool drinks

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HAGN#322-051311

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Open for 2019 from 14 January

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Become a member for discounted lunches.

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Hairdresser - Tuesday & Thursday 8.30am-12.30pm*
Meals and Wheels
Lunches; $10 members, $15 non-members
*conditions apply, advertised prices are for members

'Be connected' FREE iPad classes - iPads provided
Every Australian Online Initiative
- 11.30am Wednesdays
22 January: Australia Day luncheon and live music. BOOK EARLY!
26 February: Looking forward to our 60th Anniversary BOOK EARLY!

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For bookings or further info phone the Centre 9367 9880
Join us on facebook
HAGN#322-051016

Community NOTEBOOK

TRAVEL WITH A SENIOR DRIVER
Through the White Taxis initiative, people can request a senior service driver who is 55 or over. To request a senior service driver call Swan Taxis on 13 13 30.

ONE DAY IN FREMANTLE
Sunday 27 January
Esplanade Reserve (Marine Tce.)
One day is a free non-ticketed family friendly event.
www.fremantle.wa.gov

U3A MELVILLE AND DISTRICTS REGION
An info session about our activities for the over 50s.
Friday 15 February at 12.45pm.
A sandwich lunch is provided.
Melville LeisureFit,
Cnr. Stock Rd., and Canning Hwy., Melville.
Please RSVP janetcarr@iinet.net.au or 0418 947 463

AUSTRALIA DAY CELEBRATIONS 26 JANUARY

TOWN OF CAMBRIDGE
Free barbecue breakfast supplied by the Lions Club of Floreat.
8.30am -12.30pm Perry Lakes Reserve
A smoke free family event.

CITY OF MANDURAH
Free cooked breakfast supplied by the Lions Club of Mandurah
7am- 11.30pm
Eastern Foreshore Mandurah Tce.
Alcohol and smoke free event. No pets
There will not be fireworks.

CITY OF SOUTH PERTH
$5 BBQ breakfast supplied by the Rotary Club of Como
8am-10.30pm Sir James Mitchell Park, Flag Pole Coode St. South Perth.

CITY OF COCKBURN
A free sausage sizzle (while stocks last)
8am-midday.
Coogee Beach Reserve, Powell Rd.
A family free event with various activities.

CITY OF KALGOORLIE AUSTRALIA DAY FESTIVAL
4-9.30pm Centennial Park
Family friendly entertainment, concerts. You're welcome to bring a picnic and end the day watching a spectacular fireworks display over Centennial Park.

KALBARRI AUSTRALIA DAY FIREWORKS
This a family friendly event on the Kalbarri foreshore
Memorial Rd. Free event. Ph 0458 663 995

TOODYAY AUSTRALIA DAY BBQ
7.30am-10am.
Celebrate Australia Day with a free barbecue breakfast, live music and family entertainment.
Duidgee Park. Tooday

BUNBURY SKYFEST CELEBRATIONS
Fundraising breakfast beginning at 6.30am.
A range of free activities for the whole family concluding with spectacular fireworks from 8.30pm.
Bicentennial Square and Graham Bricknell Music Shell.

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

What's on at St Patrick's Anglican Church

Regular services of Holy Communion
10:15am each Sunday

Kids Program runs during school terms
Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.

www.stpatricksmtlawley.com
Father Stephen Conway 0478 514 516

food & WINE
...eat, drink and be merry...
ADVERTISING FEATURE

Adam Liaw heads this year's Taste Great Southern chef line up

Adam Liaw

MASTERCHEF winner, prolific cookbook author and television presenter Adam Liaw will lead a line-up of dozens of chefs at the Taste Great Southern food and wine festival in April.

Adam will be making appearances at the opening Women of the Region Lunch at Hybla Tavern in Albany on Thursday, 4 April, the Rockcliffe Night Market on Friday, 5 April in Denmark, the Albany Wine and Food Festival at Eyre Park in Albany on Saturday 6 April and Light It Up on Sunday 7 April – a special event planned for the Field of Light festival which will run from 4 to 14 April.

He follows in the footsteps of chefs such as Marco Pierre White from Britain, Chandra Yudasswara from Indonesia, and leading Australian chefs Miguel Maestre, Colin Fassnidge and Justine Schofield, who have all visited Taste Great Southern over the last three years.

Max Allen, wine and drinks columnist for the *Australian Financial Review*, wine editor of *Gourmet Traveller Magazine* and award-winning Melbourne based journalist and author will make the journey across to Taste Great Southern for the first time.

The festival will be celebrating its 15th anniversary this year.

Adam is the host of SBS's award winning series *Destination Flavour* and was the winner of Channel 10's *MasterChef* in 2010.

His talent for creating simple, approachable and exciting dishes has seen him author six best-selling cookbooks – *Destination Flavour: People And Places*, *Two Asian Kitchens*, *Asian After Work*, *Adam's Big Pot*, *Asian Cookery School*, and *The Zen Kitchen*.

Born in Malaysia to an English-Singaporean mother and Hainanese Chinese father, Adam's family lived in several different countries during his youth with far-reaching influences on his culinary repertoire.

He was an active cook from an early age, regularly cooking for his parents and seven brothers and sisters since he was eight years old.

Adam holds university degrees in science and law and practised law for 11 years, most recently as the Head of legal and business affairs for Disney Interactive, Asia Pacific based in Tokyo.

His love affair with food and cooking blossomed during this time and he returned to Australia in 2009 to compete in *MasterChef*. In July 2010 more than five million people tuned in to watch him win the second series *MasterChef*.

His victory remains the most watched non-sporting event in Australian television history.

In 2012 he began filming *Destination Flavour* on SBS, a food and travel series.

He has now presented five highly successful series on the network – *Destination Flavour*, *Destination Flavour Japan*, *Destination Flavour Down Under*, *Destination Flavour Scandinavia* which took out the ACTAA award for Best Lifestyle Program for 2016 and *Destination Flavour Singapore* which was also nominated for an ACTAA in 2017. The sixth series of *Destination Flavour China* will go to air on SBS, starting on 28 November.

Adam lives in Sydney with his wife Asami, their son Christopher and daughter Anna.

He speaks English, Japanese and basic Mandarin. Between his TV commitments and writing cookbooks, recipes and columns, he makes regular appearances at events and food festivals.

Adam's visit to The Great Southern is aimed at promoting the produce and scenic beauty of the region.

This year the stars of the show will be produce such the region's marron, Wagyu beef, asparagus and berries, the incredible seafood and the stunningly diverse array of wine styles from across the region.

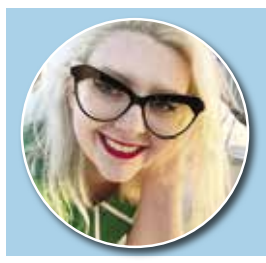
Tourism Minister Paul Papalia said the State Government, through Tourism WA's Regional Events Program, was pleased to support Taste Great Southern.

"It is fantastic to see the event grow over the past 14 years into one of the State's top food and wine festivals," he said.

"The festival not only helps to showcase the region's world-class produce, but also attracts many visitors which provides a boost to local businesses, tourism services and accommodation providers.

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

Dozens of events are being announced progressively with details at www.tastegreatsouthern.com.au



Brunch with T returns next month to Food & Wine. Visit www.haveagonews.com.au to read online about places where you can enjoy brunch in WA

Drink reds with sparkle during summer...

by Frank Smith

SPARKLING red wines go well with summer meals such as chicken, turkey, ham and barbecues. They are more robust than most white wines and the cold serving temperature and bubbles is appropriate for summer parties. Here are three I tried recently.

Taltarni Sparkling Shiraz 2016 is grown in a cool climate area of Victoria and made by the French sparkling traditional method. This wine was aged in French oak then bottled and left on lees for 10 months to develop the flavours and add to the creamy palate prior to disgorging (removing the dregs).

With floral aromas and flavours of ripe plum and raspberry, the wine also displays notes of spiced chocolate and sweet oak. On the palate the sweetness complements robust tannins from the Victorian Pyrenees to produce a velvety texture. RRP $26.

Morris Sparkling Shiraz Durif. Durif was bred by Dr. Durif, a French nurseryman in the south of France, in the late 1800s by crossing Shiraz (Syrah) variety with the little know variety Peloursin. Durif performs well in sunny and drier climates such as Australia.

This wine comes from the Morris winery, one of the oldest in Australia at Rutherglen, Victoria. Morris Sparkling Shiraz Durif is a sparkling red with intense beading and a rich robust flavour. It is deep crimson in colour with red hues. The aromas are rich and earthy with ripe fruit characters and peppery spice typical of Shiraz.

The palate is rich and full flavoured of dark fruits, black olive, chocolate and savoury influences balanced with soft tannins. RRP $25.

Syn Rouge Sparkling Shiraz. The grapes for this wines are grown in Coonawarra and first made into a dry red style of wine, then and matured over lees for several months. It is then refermented under pressure, so that the natural carbon dioxide is dissolved into the wine to create effervescence. It is then bottled under pressure.

The colour is deep bright crimson with a fine bead. It displays aromas of rich chocolate and raspberry fruit with a fragrant yeasty complexity.

The palate is medium bodied with zesty berry fruit flavours, a textured, creamy body with clean acidity and refreshing bubbles. RRP $18.

And now for something entirely different.

Myrcene Hemp Gin. When a sample bottle arrived from the Cannabis Company my wife questioned whether I was doing anything illegal. I'm not. Hemp comes from the same plant species as cannabis but contain no tetrahydrocannabinol, is perfectly legal and won't give you a high.

But it does contain myrcene, a terpene. Terpenes are natural flavour compound and major constituents of the essential oils in many medicinal plants and flowers. Myrcene balances earthy and the fruity flavours and provides the flavour backbone for the gin.

The aromas are reminiscent of bubblegum blended with lavender, pine forest and sage. The palate has soft tones of violet interacting with woodland flavours of rosemary and resin, cloves and woody spices. The finish is long and complex with a rich mouth feel.

Drink with a premium tonic water or try it poured over a wedge of lemon with a sprig of fresh rosemary to really bring out those pine-like aromas. RRP $99.

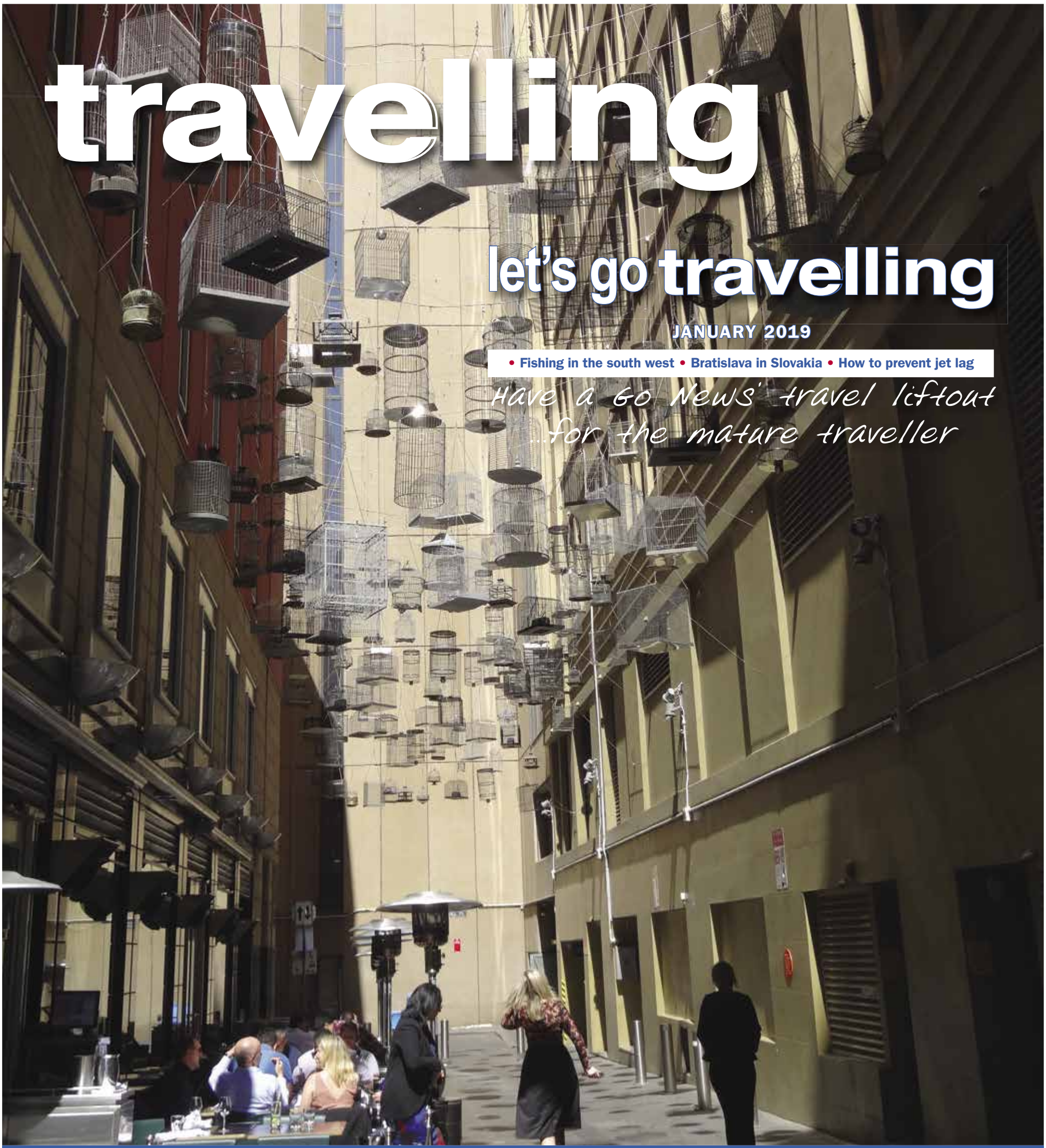
travelling

let's go travelling

JANUARY 2019

• Fishing in the south west • Bratislava in Slovakia • How to prevent jet lag

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



Angel Place is a hidden gem of a street dominated by empty bird cages that hang above the street as you walk down either George Street or Pitt Street between Circular Quay in Sydney. Read more about Josephine Allison's visit on page 23. Photo: Peter Allison.

VILLA CARLOTTA TRAVEL HOLIDAY MAGAZINE LAUNCH

Villa is pleased to announce the release of the 2019 holiday magazine. Available early January, register for a free copy today phone 1800 066 272.

For more travel inspiration join the villa team at the magazine launch
Thursday 31 January 2019
State Library of Western Australia (Theatre) Perth

9.30am	Registration
10.00am	International Tour Showcase
10.30am	Australian Tour Showcase
11.00am	Refreshments and Tour Enquiries and Bookings
12.00pm	West Australian Tour Showcase

Seating is limited to 120 guests. Bookings essential phone 1800 066 272

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ADVERTISING FEATURE

let's go travelling

Left; Nannup's wooden pendulum clock
Above; Jennifer Merigan

HAPPY New Year and I hope 2019 brings you many opportunities to travel to some of your favoured destinations. This month journalist Josephine Allison shares her recent visit to Sydney and some of the discoveries she made in Australia's largest city. Frank Smith has some great tips on preventing jet lag and we have a host of fabulous tours to whet travellers' appetites.

★★★

Last month I mentioned we were contacted by Mark and Kay Williams who operate Real South of France Tours after a reader recommended them to advertise in the paper. That reader, Jeanette McQueen, contacted me to say that she participated in the tour last year in early September.

She says Real South of France Tours offer a wonderful tour which is perfectly suited for more mature travellers such as our readers.

"Staying in their lovely B and B in Alonzac, the rooms were spacious and beautifully furnished to suit the period of the house.

"We were taken on day tours to nearby places such as Carcassonne, Minerve and Narbonne.

"Every meal (with wine) was provided, which included lunch at a Michelin star restaurant and a chef-catered picnic plus dinner at restaurants.

"I had some mobility issues and they could not have been more caring or helpful to ensure I did not miss out on anything.

"I can heartily recommend their tour and would be pleased to speak to anyone who has questions," said Jeanette.

If anyone would like to contact Jeanette about the trip don't hesitate to email me and I will ensure any questions are answered.

★★★

Nannup is now the proud owner of the world's largest wooden pendulum clock in its main street. The clock is listed in the Guinness Book of Records.

The clock tower building was designed by Paul Meschiati and Associates and offers visitors to the building the opportunity to see its mechanisms.

Entry to the attraction is ticketed and provides a fascinating experience in time for visitors to this charming town.

Visit www.thenannupclocktower.com.au for bookings.

★★★

If you have a travel issue, would like a particular destination featured or want to share some information, don't hesitate to contact me on my email.

Our website has lots of great travel information updated regularly and I encourage you to take a moment to visit it at www.haveagonews.com.au

Happy trails

Jennifer Merigan
Travel Editor

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

Visit us online for more
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Experience Swan River cruising at its best

CRUISING the waters in and around Perth is a highlight of any visit to the sunniest capital in Australia. By day or night, Perth is even more beautiful and relaxing seen from the water.

With seven vessels; Captain Cook Cruises are the experts in Swan River cruising experiences, offering a wide selection of day and evening cruises on Perth's magnificent Swan River.

Captain Cook Cruises is the most experienced cruise operator on the Swan River, dedicated to providing the best service and experience possible. Located in the Elizabeth Quay precinct on Barrack Street Jetty, Captain Cook Cruises offers a chance to relax afloat and soak in the beautiful Swan River that we sometimes take for granted. This healthy river is the heart of our Perth and the home of various birds, dolphins and marine life, making it a rewarding experience that offers a different experience on every cruise.

Guests can select from a variety of cruises that take in scenic views and provide easy access to fantastic destinations such as Perth, historical Fremantle and the Swan Valley wine region.

The full day Swan Valley Gourmet wine cruise is the only experience in Australia that will take you from a busy capital city to a prestigious wine growing region and back all in the one day.

This unique cruise offers an unforgettable visit to the award winning Sandalford or Mandoon Estates.

Chosen as one of the top 10 experiences in Australia by Trip Advisor; this cruise offers the full experience – morning tea, wine tasting, gourmet lunch, river commentary and entertainment and more.

Captain Cook Cruises offer 75-minute cruises with or without lunch between Fremantle and Perth, half-day Upper Swan lunch and twilight cruises or enjoy the evening on a dinner cruise – complete with mouth-watering West Australian food and wine.

Discover the best that the Swan River, Perth, Fremantle and the Swan Valley have to offer with Captain Cook Cruises and rediscover your Swan River. Prices start from just $27.

See the special offer for *Have a Go News'* readers on page 8.

WIN WIN WIN

Thanks to Sealink's Captain Cook Cruises we have a Fremantle lunch cruise for two people, valued at $146 to give away to a lucky reader. To be in the draw simply email win@haveagonews.com.au with Captain Cook in the subject line or write to Captain Cook Cruises competition, C/- Have a Go News PO Box 1042, West Leederville 6901. Entries close 31/1/19.

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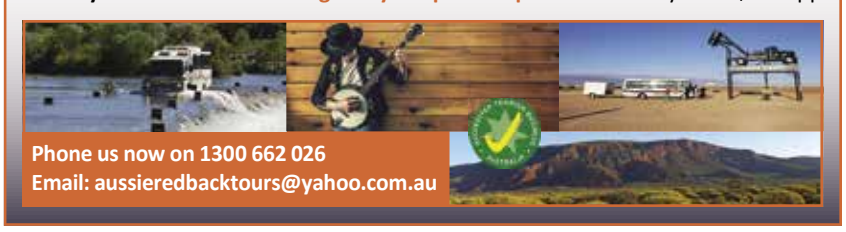
$105 ($95 Seniors) inc morning tea & lunch.
Pick-ups Joondalup, East Perth, Rockingham

Extended Tours 2019 - Accommodated Tours

15 February	Boyup Brook Country Music Festival	4 days $950pp (camp)
10 March	Dirk Hartog Island - Monkey Mia	6 days from $1840pp
8 April	Esperance - Bremer Bay at Easter	5 days from $1450pp
19 April	Mt Augustus - Kennedy Range	7 days from $1980pp
1 June	Adelaide to the Red Centre	10 days from $3480pp
12 June	Kimberley Dreaming	9 days from $3630pp
24 June	Kakadu - Litchfield National Park	7 days from $2940pp
15 July	Broome - Beagle Bay - Cape Leveque	7 day from $2800pp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HAGN#322-051009

Christmas Island… more than just crabs!

MOST people know about Christmas Island for two reasons – Sir David Attenborough's documentary highlighting the phenomenal annual red crab migration, and the island's role in acting as a staging point for thousands of asylum seekers.

But now this little dot in the Indian Ocean, 2600 km north of Perth, is ready to reinvent itself as an eco-tourism destination.

With the phosphate mining industry on the wane, new ventures in organic farming, nature-based tourist activities and a luxury eco-tent hidden in the National Park are facilitating the island's future economic stability.

Flights depart Perth twice a week with Virgin Australia, giving you the impression you are leaving Australia – but you are not really. Christmas Island is a little slice of Australia on the edge of south east Asia. Feeling more like 'old Singapore' the cultural mix of European, Chinese and Malay gives you the best of three worlds rolled into one. Eating roti in the Kampong at Flying Fish Cove in the morning, dining on noodles at lunchtime from a noodle house adjacent to a Buddhist temple and a hearty steak for dinner at the pub in the evening lets you experience all of our authentic cuisines and cultures.

Spend your day in pristine jungle with a forest floor covered in crabs – red, blue and the giant robber crab. Explore with a self-drive itinerary or tour with one of the island's experienced tour operators.

Abundant birdlife fills the skies to keep any bird-watcher entertained for hours.

Christmas Island – a natural wonder waiting to be explored!

For bookings contact Indian Ocean Experiences on 0439 215 667 or visit www.indianoceanexperiences.com.au

ADVERTISING FEATURE

let's go travelling

Sydney's many moods from tranquil gardens to busy streets

Left to right; Chinese Garden of Friendship - Manly Beach - Darling Harbour - Angel Place Inset; Josephine Allison

by Josephine Allison

WE WERE in the middle of busy Sydney, battered by high winds and a dust storm when my husband chanced upon a delightful enchanted world that transports you to another time and place. Aptly named Angel Place, it is a hidden gem of a street dominated by empty bird cages that hang above the street as you walk down either George Street or Pitt Street between Circular Quay.

The bird cage artwork is called *Forgotten Songs* and was designed by Michael Thomas Hill. You can stand beneath the bird cages and hear the sounds of birds that once inhabitated Sydney before the city became what it is today. As day becomes night, the sounds of the birds also change to nocturnal bird song.

Forgotten Songs commemorates the sounds of fifty bird species once heard in central Sydney before being gradually displaced through habitat loss. At present around 129 species of birds native to NSW are listed as extinct or threatened with extinction.

The visit to Angel Place was a welcome respite to a city currently undergoing a big upheaval with a light rail project that has caused major disruptions and now won't be finished until 2020. Still, resilient Sydneysiders go about their daily life, so we did the same, exploring some of the nearer suburbs from our hotel located in Wentworth Avenue. One Sunday we walked up to leafy Potts Point and my talent at people spotting was rewarded when I sighted well known Sydney barrister Charles Waterstreet (who inspired the ABC television series *Rake*) sitting on a stool in a café with another man, both with loads of paperwork strewn around them. A big case on the boil perhaps?

We meandered up to gritty but much cleaned-up Kings Cross where people of all types were out enjoying the sunshine. The ladies of the night have almost disappeared but there was one woman plying her trade on the street. It appears the internet has changed their traditional way of attracting customers.

Later on we visited the beautiful Royal Botanic Gardens in the heart of the city and looked at the carnivorous plant exhibition, dominated by a carnivorous plant vertical wall which was attracting lots of attention. The delicate plants provided a lush green vista in the heart of the city.

We also visited Parliament Place and the State Library. Former Prime Minister Paul Keating and former Sydney mayor Lucy Turnbull are joining forces to develop a long-term vision for Sydney's historic Macquarie Street precinct which contains the city's oldest buildings, the Mint, the State Library of NSW, Sydney Hospital, the Parliament of NSW and Hyde Park Barracks, which is a UNESCO World Heritage site. An initial report is expected in mid 2019.

The previous day we headed to the Chinese Garden of Friendship in the tranquil heart of Darling Harbour which opened 30 years ago.

The garden was first created as a symbol of the friendship between sister cities Sydney and Guangzhou in Guangdong province. The renowned heritage listed garden blooms and blossoms every year. We entered through the Hall of Clear Shade into the Courtyard of Welcoming Fragrance and followed the winding paths, passing forests of bamboo and Himalayan cedar trees and cascading waterfalls.

We saw traditional carvings, hidden sculptures and the art of the Chinese Penjing collection. There was a lake with sacred lotus flowers and limestone rocks with colourful koi, surrounded by weeping willows.

The Dragon Wall, a gift from Guangdong, features two imperial dragons, with the brown dragon representing Guangdong and the blue symbolising New South Wales. Together, they play with the pearl of friendship as a pool beneath reflects their movements flying in the clouds above. Flying dragons represent majesty and perfection in Chinese culture.

The Seven Sages in Bamboo Forest is a peaceful grove of black bamboo, which evokes a celebrated group of third-century scholars and poets. Bamboo is a symbol of old age and humility.

There are many things people can do in the garden such as seeing the koi being fed or dressing in costume as an emperor, princess or warrior from the Ming and Ching dynasties. Costumes are available for hire for the entire family.

We ended up lunching inside the Teahouse which looks out onto the gardens, a peaceful interlude from the city.

Another day we took the ferry to windy Manly where a few brave people were at the beach. The local Member for Warringah Tony Abbott was away helping fight a bushfire.

We also went to Coogee and enjoyed coffee at the restored pavilion (1889) before wandering along the beach. In 1924 construction started on an English seaside style amusement pier at Coogee beach. The pier was officially opened in July 1928. It reached 180 metres out into the sea complete with a 1400-seat theatre, a 600 capacity ballroom, a 400-seat restaurant upstairs, small shops and a penny (machine) arcade. Unfortunately, Coogee's rough surf damaged the pier and it was demolished in 1934. Lifeguards have discovered remains of the pier on the ocean floor about 50 metres out from shore.

The weather gods were against us and, on our second last day in Sydney, a big storm swept in with driving rain and strong winds. We holed up in our hotel until late morning before venturing out to say a final farewell to a city of many moods.

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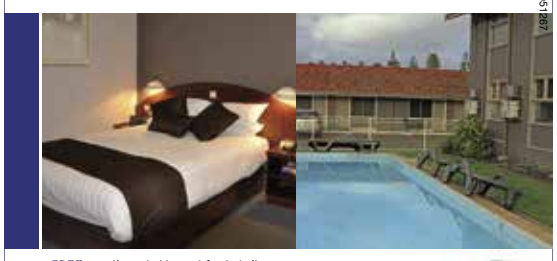

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ADVERTISING FEATURE

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Plan ahead to minimise jet lag

Public health researcher Dr Yu Sun Bin

by Frank Smith

JET lag is the price we pay for travelling to different time zones. Every traveller talks about it, but it seems no one does anything about it.

This is about to change.

Qantas and the University of Sydney's Charles Perkins Centre are working together to develop an evidence-based approach to airline travel and health – before, during and after the flight experience.

Jet lag is caused by misalignment of the body clock (circadian rhythm) as a result of travel across time zones and the resulting mismatch between a traveller's circadian rhythms and the time at the destination.

Public health researcher Dr Yu Sun Bin and her team found only 13 studies that tested drug-free anti-jet lag strategies in travellers.

"Surprisingly, none of the strategies that were based in science substantially improved jet lag," says Dr Bin.

These studies examined the effects light exposure, physical activity, diet, chiropractic treatment, or a multifaceted intervention to counteract jet lag under real-world conditions.

Light therapy – the concept of getting and avoiding light – is currently the best strategy for beating jet lag.

"A lot of people go on international flights without thinking about how they are going to adjust on the other end. They just put up with it."

She said we need to alter our body clocks for days and even weeks before even boarding the flight.

And then we need to keep doing that in flight, along with avoiding alcohol and drinking enough water.

The way you feel, the way you function — mentally through to bowel movements — is all ultimately controlled by your body-clock.

"Basically, jet lag is a mismatch between your body clock and the time at your destination," Dr Bin said.

"So what you want to do is to try and shift your body clock towards what the time should be where you're going."

For example, if you are flying from Australia to London, you are travelling west, which means you need to delay your body clock.

"In the days before you fly, you should be going to bed a bit later, maybe half an hour; an hour later in the three or four days before you even get on your flight," she said.

The researchers are also encouraging airlines to take reducing jet lag into account. In flight strategies for counteracting jetlag could include a cabin lighting and meal service schedule that helps passenger adapt to the destination time zone, and measures to improve comfort, promote sleep, and reduce sleep deprivation.

"With some in-flight manipulation, it's possible to ease the brain and body into a new time zone and reduce the fog and tiredness of long-haul travel."

"We're very good at trying to get light at the right times during the day, but what we're not very good about is avoiding light when it is supposed to be night-time — so things like looking at computers, looking at your phones, all those things count as light input to the system.

"Getting out into the sunshine at your destination is too little, too late," she said.

In the next stage of the research some passengers on the 17-hour Perth to London route will be asked to wear devices that record physical activity, sleep and posture changes, and to fill out a questionnaire about their state of mind and what they eat and drink during the flight.

It's the perfect time for herring

Herring, no worries, but southern gardies cannot be kept in metro waters for the time being.

by Mike Roennfeldt

SCHOOL holidays are prime time for catching bread and butter species like herring and gardies in Perth waters and around the south west coast. With that in mind, it's worth remembering that there is a total ban in place on taking southern garfish in Perth's metro waters between 31 degrees south (just north of Lancelin) and 33 degrees south (near Lake Preston/Myalup).

Remember though, that robust garfish, also known as black-spot garfish, three-by-two garfish or storm garfish, may still be taken.

Research has revealed our southern gardie stocks fell below acceptable levels following the marine heatwave of 2010/2011 and it is important to rebuild the spread of age classes in the population, which can take several years. This popular little billfish starts spawning at 12 months and can live up to 12 years.

So, no keeping southern gardies in metro waters for the near future at least.

Some people aren't aware that you don't need a recreational boat fishing licence (RFBL) if you are taking part in a fishing activity for which you already hold a current licence, such as cray or abalone fishing. For example, if you already have a licence to fish for crays and that is the only fishing activity that is taking place on the boat, you don't need an RFBL.

You also don't need an RFBL if you are fishing from a boat without a motor, such as a rowboat or non-powered kayak. You don't need one to fish from a licensed fishing tour operator's vessel or fishing charter boat either, or if you are fishing with a person who holds an RFBL. However, with the latter, participants must keep within the bag limit of the number of RFBLs on board.

Where it gets a little hazy, is in a situation say, where two people go cray fishing in a boat. One of them holds an RFBL and they both hold cray licences. They only cray fish that day, so can they keep one person's bag limit or two? My gut feeling is that after reading the *Recreational Fishing Guide*, any magistrate would go with two.

Hopefully it would never get down to that.

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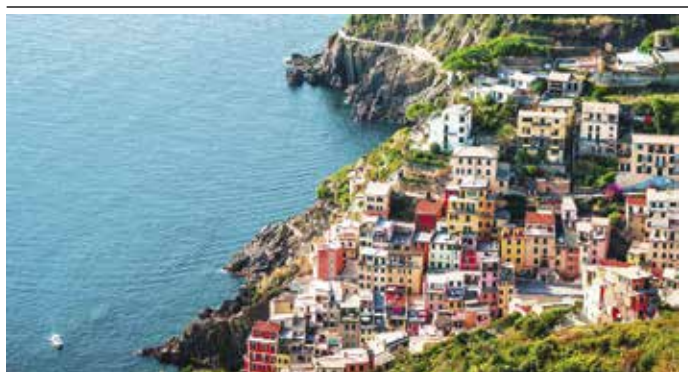

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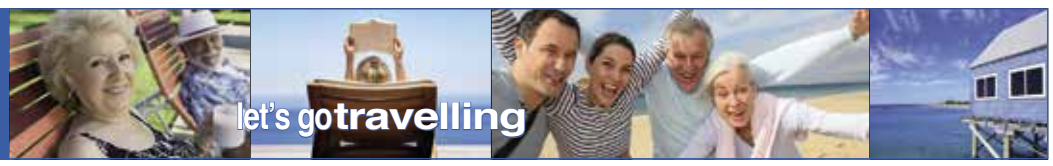

The essence of WA's north captured on canvas by Broome couple

From left to right; Aussie muster (Betty Rupe) - Broome artists Craig Rochford and Betty Rupe - Pearl divers (Craig Rochford)

by Lee Tate

PAINTED in remarkable accuracy, the essence of WA's north – proud peoples, outback life, Indigenous ways and breathtaking beauty – is being captured on canvas by two Broome artists.

In a town brimming with talented artists, Betty Rupe and Craig Rochford have rare, true insight into the fabric of this unique niche of the world.

The artists bring out the stealth of the stock rider, the lined face of the pearl diver, Indigenous ways and the dust of the cattle muster amid the north's luscious landscape.

These are all part of Betty and Craig, ingrained in their self-consciousness and at their core.

Craig was born in Broome, schooled with just five non-Indigenous students and 350 Aboriginal kids.

He knows them, speaks their town-talk fluently and knows and respects their ways. Craig became a pearl diver, working with the last of the legendary Japanese hard-hat divers.

With his knowledge and passion for his backyard, the Kimberley, Craig became a committed sculptor before turning to brushes and oils and finally opting to make art his primary objective, supported by casual and part-time jobs like fruit-picking, melon farming and commercial recycling.

Craig met Perth-born Betty after she rode into town and opened a riding school. Betty, an experienced stock rider and riding teacher, turned to art – something she'd never contemplated despite having an artist mother (Perth's Diane Newton, 74, who still paints).

A few years short of 50, the couple juggle jobs to support their three kids, 7, 12 and 14, and themselves.

Caught-up in Broome's property price explosion when their rented home was sold, they were forced into a smaller home in town.

"I came to Broome at 25, did some paintings and gave them away. Because of the interest here, I started selling, then exhibiting, entering art competitions, displaying at Broome markets and selling prints," she said.

"When I came to Broome, it was with my horse-riding business. I had 12 horses taking about six tourists to the beach to walk, trot and canter.

"I sold the business when I started painting – which was because I had discovered the Kimberley.

"I paint for myself, I don't really like to do commissions but I have done some. It's not about what will sell. We don't paint to sell but to express what we want to paint and put on canvas."

Craig says they are aware that what they have inside themselves and all their local knowledge, experience and feel for the Kimberley should be recorded, because younger artists may not be able to relate it in the same insiders' way.

"Work is now secondary to us. It supports the kids and us but the work we do is just a means to an end," he says.

"About 50 per cent of what we sell pays for materials."

Betty says: "I like subjects that make me go 'wow'. I have a strong connection with horses from my time on stock routes out of Wagga Wagga droving, where I had contact with animals.

"I love it all, everything. I love the smell of cow poo."

Riding horses since she was five, Betty was a child drover of cattle around stock routes. She became a registered track rider, a level-one riding coach and clerk-of-the-course at Broome racetrack.

Working in the cattle yards, she regularly headed out in the bush.

"It's a life that I loved. I never thought of being creative or painting, until a friend with an art degree showed me how to prepare and use oil paints."

Betty has painted bucking horses and rodeos – popular subjects for art buyers – but says: "I don't favor that hard side with art. I'm more the soft side, the sense of the romantic."

Craig's subjects include popular tourist topics: boabs, camels and stairway-to-the-moon.

"We paint what we feel and sometimes do commissions. There's never enough time to keep up with everything.

"We'd be happy to have more exposure – just to be well-known and appreciated," he said.

Their finished works range from $200 for prints to $5,500 for large-scale originals.

Betty says: "A lot of people don't know they are good artists but up here they are taken-in by the landscape and the environment. It makes you see things."

The couple's home is a tight fit for the three boys and themselves, plus reference material including books, prints and photos.

Craig says: "We have a great respect for each other and for the other's personal space."

Betty says: "Yes, we're organised. I work on the left side of the lounge room. Craig works on the right."

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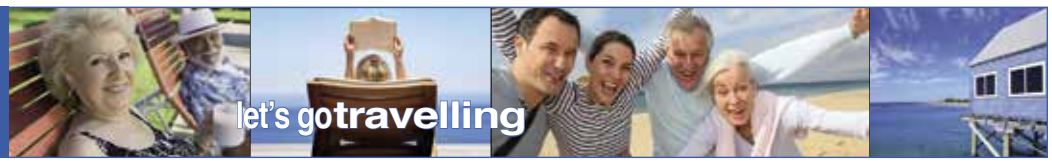

Marron season open in WA

RECREATIONAL marron fishers are reminded to make sure they know the fishing rules for the marron season.

To ensure this highly-valued fishery remains sustainable into the future, the season is limited to a four-week period running until noon on Tuesday 5 February.

Recreational marron fishers should know and must adhere to bag and size limits and use only legal fishing gear.

A licence is required to fish for marron. As of this week, more than 10 thousand individual recreational marron fishing licences have been issued for the season ahead. Licences can be purchased online via www.fish.wa.gov.au.

Director of aquatic resource management, for the Department of Primary Industries and Regional Development, Nathan Harrison said fishing for marron is an experience unique to Western Australia.

"This popular freshwater crustacean is only found in the southern half of WA," Mr Harrison said. "The opportunity to catch marron in the wild is unique to Western Australia.

"During the four-week season, large numbers of marron fishers are expected to flock to popular camping locations on the major south west freshwater rivers and irrigation dams – including the Wellington and Harvey dams and the Blackwood and Moore river."

Mr Harrison said the marron experience could only be safeguarded by careful management and fishers treating marron stocks with a sense of personal responsibility and stewardship.

"The limited four-week season and strict fishing rules makes the marron fishery one of the most carefully managed recreational fisheries in Australia," he said.

"Make the most of the season but know the rules and adhere to bag limits."

Fisheries officers will be in the field inspecting catches of marron, fishing gear and licenses along with departmental education officers promoting sustainable fishing.

Anyone who notices suspicious fishing activity is urged to report it by calling FishWatch on 1800 815 507.

More information, including catch and size limits and fishing areas, is available in the marron recreational fishing guide 2019 online at www.fish.wa.gov.au

Cruise ship *Vasco da Gama* to showcase WA

CRUISE & Maritime Voyages (CMV) will visit seven Western Australian ports – including its first call at Kuri Bay – as part of its 2019/20 Australasian season on board new ship *Vasco da Gama*.

CMV expects 7,200 guests to travel on cruises departing Fremantle, where the ship will homeport for its inaugural season. The cruise line will showcase Australia's north west with three visits to Broome planned for 2019/20 – two of which will be overnight stays.

CMV Australia's managing director, Dean Brazier, said: "Cruise & Maritime Voyages has a high level of repeat patronage so we wanted to offer a range of new options on board *Vasco da Gama* to accommodate the increased demand for our cruises.

"Our 2019/20 itineraries will make compelling tourist regions such as Australia's north west, Coral Coast, Australia's south west and Southeast Asia more accessible and more affordable for guests to experience."

Vasco da Gama cruises will range from a two-night Australia Day weekend escape, to exotic journeys to Southeast Asia. Guest favourites such as Melbourne and Semarang (Indonesia) will return to CMV's itineraries in 2019/20, as well as a grand 45-night voyage from Singapore to London.

The ship accommodates up to 1,200 guests per cruise as compared with 550 on CMV's Astor, which will finish sailing in Australia over the 2018/19 summer season. CMV will remain focussed on providing the intimate service and atmosphere that has become its signature across the fleet.

"Cruise & Maritime Voyages' renowned personalised service and relaxed country-club style of cruising will continue on board *Vasco da Gama*, where guests can enjoy a greater choice of facilities and dining experiences in a stylish setting," Mr Brazier said.

Vasco da Gama will also cruise from Adelaide, Sydney and Singapore. Other new destinations include Portland (Vic), Phillip Island (Vic), Sandakan (Borneo) and Wallaroo (SA), which has never previously been visited by any cruise line in the world.

The ship offers two gorgeous pools, the state-of-the-art Jade Wellness Centre and Spa, a two-tiered theatre, and five inviting bars and lounges. Six dining venues feature cuisine from around the world and the 'Chef's Table' will provide a degustation menu plus an insight into the workings of the galley.

Vasco da Gama's inaugural Australasian season will coincide with CMV's 10th year of operations in 2019.

Cruise & Maritime Voyages accommodates couples, groups and solo travellers – *Vasco da Gama* has 40 cabins reserved for guests travelling by themselves.

Contact Bicton Travel on 9339 0177.

New tours for the new year

AUSSIE Redback Tours had a wonderful 2018, and 2019 is shaping up to be even bigger and better.

Owner, Sharon Kersting says: "our 2019 brochure is hot off the press and is full of fantastic tours for the upcoming year. We have several day tours, if that's your fancy, and 22 extended tours. Some of the tours are new, and others are our old faithfuls which never disappoint."

One of the new tours for 2019 is the Boyup Brook Country Music Festival in February. This year the guest artist is Beccy Cole who should attract a big crowd.

To top it off on Sunday night Aussie Redback Tours will have their own guest artist, Donna Atkins, performing at their camp. Donna is originally from Albany WA, and has been in the country music industry for a number of years, writing and producing her own songs and music. She has also performed at the Tamworth Country Music Festival, so Sunday night is going to be a hoot.

The tour will be accommodated in a ready-erected camp, with full camp setup and a camp kitchen.

Also, this year Aussie Redback Tours will be conducting a five-day trip to Esperance and Bremer Bay at Easter. This tour already has bookings, so don't miss out.

By request Aussie Redback Tours have also included a 13-day trip to Cape York and Thursday Island in August. If you've ever wanted to visit the most northern tip of Australia, now is your time to do it. The tour is fully accommodated (no camping) and will fill up fast.

If you would like to know more about the above tours, or if you would like to receive your very own copy of the 2019 brochure, contact Aussie Redback Tours on 1300 662 026 or email aussieredbacktours@yahoo.com.au.

Kim and Jillian Beale at Esperance Stonehenge © Paul Goldie

Looking to Stay by the Sea?

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WA travel tactics: our travelling scribe gives you the best tips

From left to right; Lee Tate filing a story - boab tree makes an impact - camel rides on Cable Beach

by Numbat, our travelling scribe

WHAT do you tell people from interstate and overseas phoning to ask about travelling to WA's north?

Interest in our amazing north is swelling and is only going to get bigger. But due to WA's enormous size, considerable planning should go into holidaying here, even by West Aussies heading north for the first time.

Step 1. How much time do you have?

Tourists commonly vastly underestimate how much time it takes to see the many diverse WA attractions they've heard about.

They want to see Rotto's quokkas… feed Monkey Mia's dolphins… take a quick trip to Margaret River wineries… and see the Pinnacles all in one weekend. Tourists would do better to narrow down their bucket lists rather than darting over our vast territory.

If you only have a week or two, you will see more of the north by flying there from Perth. If you've got weeks and want to drive, how much time do you want to spend at each place?

For example: To drive to Broome, allow at least three days just to get there and at least three times that to see the places en route like Geraldton, Carnarvon and Port Hedland.

Step 2. When do you want to come? Our winter, June-September, is recommended for perfect, warm weather but that is the peak travel season up north and prices are higher. Come at any other time and you face risky, perhaps dangerous weather conditions that may spoil your travel plans.

Peak periods are heavily-booked so planning and booking a year ahead is advisable.

Step 3. How much money do you want to spend? High season means high prices, especially for accommodation and transport.

Seeing some of the amazing sights of the north and north-west – horizontal falls (ocean tides), Ningaloo Reef and whale sharks, coastal and inland cruises and tours – are not cheap, but well worth it. Check with a few operators online or phone to get an idea and then book ahead.

Step 4. How rough or luxuriously do you want to travel and sleep? With the advent of eco-retreats and accommodation under tents or tin and up-market resorts, you need to decde your wants in advance. It makes it easier to plot and plan and budget.

Step 5. What are your priority destinations? You'll need at least a few days sight-seeing in Perth-Fremantle before heading to distant destinations.

Travelling north by road, do you want to hug the long, luscious coast or tackle the isolated inland road with its fascinating towns and wandering animals? Or do both – motor up the coast on Highway 1 and return inland on the Great Northern Highway.

Premium coastal places include Geraldton, Exmouth and Ningaloo Reef, Eighty Mile Beach, Broome, Karijini National Park and, further north, Kununurra with sensational river cruises along the Ord.

Historical places worth taking a take a break for on the inland road include Payne's Find, Mount Magnet, Cue and Meekatharra.

In planning, interstate and overseas tourists will get a better idea of our vast distances if they check-out places on a map before they make concrete plans.

As motorists, they will need to take precautions, including carrying water, but unless they're heading (dangerously) off the beaten tracks, they will find WA reasonably-stocked with supermarkets, service stations, camping areas and providers.

Top-up your fuel tank when the needle drops below half.

Quick trips to WA are fine if you know what you want to see and have the budget to fly into and over towns and attractions and book established tour leaders with their all-purpose, off-road vehicles.

Extensive travel in our north won't be cheap, but it will be well worth it. WA is unique in Australia; unique in the world.

To have a successful WA trip, tourists should apply the three Ps: Plan, plan, plan.

We await you with open arms.

let's gotravelling
Visit us online www.haveagonews.com.au

The Leeuwin Concert 2019 features Paul Kelly

ICONIC Australian singer, songwriter and musician, Paul Kelly will headline the 35th annual Leeuwin Concert in Margaret River, on Saturday 9 March.

Inducted into the ARIA Hall of Fame in 1997, Paul Kelly has recorded more than 21 studio albums, two live albums and several film soundtracks in an influential musical career spanning over thirty years.

His sellout live performances, including 2017's spectacular Sydney Opera House forecourts concert, receive outstanding reviews.

Paul Kelly's extensive songbook features hits that are firmly lodged in the Australian psyche including *Before Too Long*, *To Her Door*, *Darling It Hurts and From Little Things Big Things Grow*.

The 2019 Leeuwin Concert will also feature the Art Series Marquee party, whilst picnickers will enjoy the traditional post-concert arena party with dancing to the music of *The Milford Street Shakers*.

The tradition of the Leeuwin Concerts began in 1985 when Leeuwin Estate provided financial support for the London Philharmonic Orchestra's Australian tour. Described as 'the most extraordinary concert ever held in Australia', the Leeuwin Concert Series now enjoys a 34-year history.

The concerts have featured an eclectic mix of the world's finest musicians and entertainers including Ray Charles, Tom Jones, Sting, Roxy Music, Dame Kiri Te Kanawa, James Galway, Diana Ross, John Farnham, Jackson Browne, Carole King, Diana Krall, Chris Isaak and James Taylor.

A highlight in Australia's social and cultural calendar, visitors from across Australia and abroad make the pilgrimage to the Margaret River vineyard, attired in anything from top hats to t-shirts.

As the sun sets over a majestic backdrop of karri forest and music fills the natural amphitheatre, Leeuwin's famous kookaburras commence their cackling chorus to the amusement of guests and entertainers alike.

Tickets on sale now from www.leeuwinestate.com.au. Prices start at $135 available on events.ticketbooth.com.au/event/paul-kelly-2019-leeuwin/listing

Two Tasmanian adventures

VILLA Carlotta Travel has two amazing holidays featuring the best parts of the Apple Isle. First up is the Grand Tasmanian Experience. And it's just that, all the iconic parts of Tassie are on show including Hobart, Launceston, Strahan, Cradle Mountain, Port Arthur, Beaconsfield, Richmond and the Huon Valley to name a few.

Choose your departure date from either 1 March or 5 April 2019. This holiday starts from $6525 per person twin share.

Villa's Best of Hobart and Launceston is a little more relaxed. It gives you just two hotel changes and lets you enjoy great touring days. In the north enjoy a cruise on the Tamar River and see the Cataract Gorge up close, visit Evandale, Brickendon and Deloraine. In the south, explore Bruny Island, the famous Salamanca Markets and Port Arthur.

Departing 22 March 2019, this 11-day tour starts from $5355 per person twin share. FreeCall 1800 066 272 to book.

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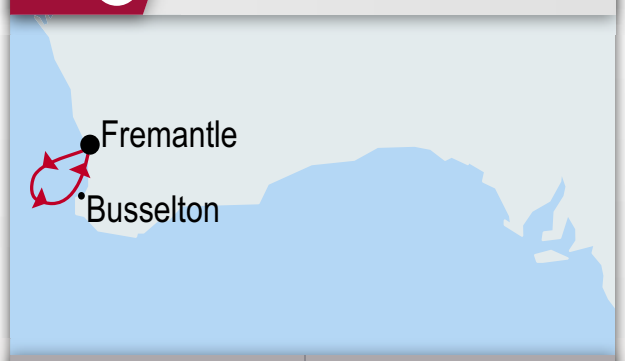

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ADVERTISING FEATURE

let's go travelling

Exploring the Old Town of medieval Bratislava in Slovakia

The Old Town Hall © Phensri Rutledge

by Len Rutledge

ATMOSPHERIC churches, cool new cafes, quirky museums and statues, and all the cobbled-fairytale beauty of your typical medieval European city are hallmarks of central Bratislava, Slovakia. This is an intimate, easy-to-navigate city of around half a million inhabitants. It is one of the youngest capitals in Europe, but it is actually a city with a long history.

As with most European cities, it is the Old Town that has the main appeal, so my wife and I spent most of our time exploring the cobbled pedestrian streets and hotchpotch buildings that make up this area. There are a variety of lovely little shops, cafes and eateries, and every so often we come across a beautiful church or spacious square.

St. Martin's Cathedral

This Gothic-style building was built in its current form in 1452 and features stunning Gothic stained glass windows. Eleven Hungarian kings and eight queens were crowned in this remarkable cathedral between 1563 and 1830.

City Museum

In the gracefully refurbished Bratislava City Museum I learned about some of the city's history. There is a chapel dedicated to a Hungarian king and a map of Vienna from 1430 showed Bratislava as almost a suburb of the Austrian capital. With the Turkish occupation of much of Hungary after 1526, Bratislava served as the Hungarian capital for some three centuries.

Old Town Hall

Bratislava's Old Town Hall complex dates back to the 14th century, making it one of the oldest stone buildings still standing in the Old Town. Climbing to the top of the clock tower (which dates back to 1370) provides a panoramic view over the main square and Old Town.

The Apponyi Palace next to the Old Town Hall has a Museum of Viniculture. Pay a fee and a sommelier will make recommendations about which wines to try. There is also a period rooms museum upstairs.

Primatial Palace

This pretty pink palace was built in 1778 for Archbishop József Batthyány. Today, you can experience the historical grandeur of the palace by visiting the second floor with its stunning Hall Of Mirrors. If you don't want to go in, take a seat in the small square in front of the palace and view the building topped with statues of allegorical figures.

Michael's Gate

Originally built in the 14th century, many modifications have been made to the gate over time. The tower now houses Bratislava's Museum of Arms. We climbed the 110 steps leading up to the top of the tower which was part of the original city fortifications and the only bit remaining.

Statues

Bratislava has a few funny statues with Cumil by far the most famous. It is a bronze representation of a man who is working in the sewers and has just popped his head up to get some fresh air.

Bratislava Castle

We walked to the imposing Victory Gates of white Bratislava Castle. It is decorated with military sculptures and provides incredible views of the city stretching below. The oldest part still standing is the Crown Tower that dates back to the 13th Century. You can also stroll through the baroque gardens and enjoy a beer or coffee at a picturesque cafe overlooking the Old Town.

The Blue Church

This nice church is very blue. Even the roof tiles are blue. With a fabulous art nouveau facade featuring flowers and whimsical white details, the church is just outside the Old Town but is well worth seeking out.

UFO Observation Deck and Restaurant

This is so called because it's set in a spaceship shaped building on the pylons of the SNP Bridge 95m above the Danube. The views are spectacular, particularly at sunset.

In summer you can join the locals nearby at Magio Beach, a public area, with imported sand and a fun atmosphere on sunny days. You can't swim in the Danube, but you can swim at the pool located near the bar. You can also play a game of beach volleyball in the sand.

National Theatre

For something special, catch an evening opera performance at the Old Building of the Slovak National Theatre in the centre of the Old Town. The Neo-Renaissance building exudes old-fashioned charm and dates to 1886.

Devin Castle

You can drive to Devin Castle in under half an hour by car, or in the summer months you can take a boat trip along the Danube. The ruined cliff-top castle itself is impressive. Visit the Maiden Tower, separated from the main castle and balanced on a lone rock.

FAST FACTS

Visitors should consider the Bratislava Card which gives free admission to 14 museums and galleries, a free one-hour walking city tour in English held daily at 2pm, and unlimited travel on the public transport network in all zones in Bratislava and the Bratislava Region. A one-day card costs 15 euros.

Fly, stay and cruise - all in one fabulous holiday. But which one?

IF you are torn between the holiday options of exploring destinations or cruising to different ports, Bicton Travel has the perfect solution – do both.

They have combined some flight specials with hotel deals, tours and terrific cruise itineraries to create some fantastic itineraries, departing in 2019.

Among them is the Ireland and Iceland Reflection (from $5995 per person), which leaves Perth for Dublin on 25 May and kicks off with a nine-day Irish Discovery Tour. Some of its highlights are, of course, the Guinness Storehouse in Dublin, the Titanic Experience in Belfast, the UNESCO World Heritage listed Giant's Causeway, Limerick and Blarney, home of the Stone of Eloquence.

Then enjoy 11 nights on board the 3046-passenger *Celebrity Reflection*, which leaves from Dublin on 3 June and berths overnight in the Icelandic cities of Reykjavik and Akureyri.

A Taste of Spain & Portugal (from $6095 per person) departs Perth on 20 July and allows for three nights exploring both Madrid and Lisbon.

In Madrid, do what you want; visit Centro de Arte Reina Sofia and view Picasso's *Guernica*, shop at Mercado de San Miguel or dine at the three-Michelin-starred DiverXo.

Then after a short flight from Madrid to Porto, board A-Rosa's new ship, Douro, for a return seven-night river cruise. You'll overnight along the way at Porto Antigo, Pinhao, Barca d'Alva, Vega de Terron and Regua. All meals and most beverages are included while on board.

Be amazed by the beauty of Lisbon at Mosteiro dos Jeronimos, Castelo de Sao Jorge or the Alfama district. But save time for the full day Best of Sintra and Cascais tour that you receive by simply booking with Bicton Travel.

If you'd rather stay a bit closer to home, then consider the eight-night Norfolk Island fly and stay holiday (from $3095 per person).

Departing Perth on 31 October, this itinerary includes one night in Sydney and is designed as a self-drive holiday.

It includes an open-dated tour that takes in a Convict Settlement and lets you spend the night as a convict, only with a lot more singing, dancing and feasting. You'll explore the impressive 360° artwork at Cyclorama, the historic Georgian settlement of Kingston and enjoy a 3-course meal progressing in Norfolk Island family homes. And that's just a start.

For those keen to enjoy the cruise aspect of a holiday, add a Pacific cruise (from just $1995 per person). The 12-night return journey from Sydney takes in Noumea, Mystery Island (Vanuatu), Port Denarau (Fiji), Suva (Fiji) and Mare (New Caledonia).

For more information on these and other itineraries, call Bicton Travel on 9339 0177 or visit www.bictontravel.com.au/exclusive-journeys

Enjoy the highlights of Croatia this year

travel tree

TRAVEL Tree present the Highlights of Croatia tour which commences in Zagreb on 13 August this year.

This escorted tour offers a rare opportunity to cruise the Croatian coastline from Rijeka in the north through to Dubrovnik in the south, enabling you to enjoy the pleasures of small boat cruising through the magnificent islands and ports of Croatia.

Unlike the large cruise ships – the ship carries only 34 passengers in 17 air-conditioned cabins – it is small enough to enter spectacular bays and visit small harbours including the towns and islands of Rijeka, Opatija, Pula, Krk, Rab, Zadar, Kornati Islands, Sibenik, Skradin, Trogir, Stomorska, Omis, Pucisca [Brac], Hvar, Vis, Korcula and Trstenik.

All meals are provided by the onboard Croatian chef and crew whilst cruising.

The cruise is followed by land based touring by air-conditioned coach with breakfasts and sightseeing included and features a visit to Zagreb, the capital of Croatia, the world heritage listed Plitvice Lakes, the ancient Diocletian Palace at Split, and the walled city of Dubrovnik.

Your escort is Tony Brbich from Travel Tree. Tony speaks Croatian and has undertaken several extensive journeys through the region – both by land and sea. Feel free to give him a call on 9382 5011 for further information.

Luxury stay at Perth's newest hotel

DOUBLETREE in Northbridge is the first DoubleTree by Hilton property to open in Western Australia and you could win the chance to stay overnight in a king panoramic view room inclusive of breakfast.

The hotel is located at 100 James Street, Northbridge, in the heart of the city's vibrant nightlife, dining, shopping and cultural district and within walking distance to corporate offices, Yagan Square, Palace Raine Square Cinemas, Elizabeth Quay and RAC Arena.

It features 206 guest rooms including executive panoramic view rooms, an executive lounge, James St Bar + Kitchen, event space, a gym and an outdoor pool and bar.

At DoubleTree by Hilton Perth Northbridge, guests can expect all the hallmarks of a DoubleTree by Hilton stay that create a rewarding hotel experience, including the signature warm chocolate chip cookie and its world-renowned warm welcome.

James St Bar + Kitchen offers a relaxed vibe with modern food choices and local beer, wine and cocktails.

Have a Go News toured the hotel before its opening and had the opportunity to sample some of the delicious food and inspect the rooms. With its location it offers guests access to the best of Northbridge and another fabulous dining option at James St Bar and Kitchen.

Find out more at www.doubletree3.hilton.com

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DEPARTS PERTH 12 SEP 2019

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Retire in Style

Downsize your home and upsize your super – the ins and outs of the financial side of downsizing…

Is it worthwhile to downsize your home...

by Frank Smith

DOWNSIZING can have many advantages for older people – less work and maintenance, easier lifestyle, lower running costs, more money to spend on holidays or in-home support – but a significant advantage has only been available since August last year.

If you have owned your own home for ten years and are over 65 you can make a contribution to your super fund of up to $300,000 ($600,00 for a couple) from the proceeds of sale and you don't have to buy a new house. So you could, if you wanted, move into another property you own if you have one, go into a rental property, a retirement village lease-for-life, a granny flat, or even become a permanent grey nomad.

Even if only one person of a couple is on the title both can make up to the maximum contribution of $300,000 each.

This is not affected by the existing contributions cap or the limit on total superannuation balance of $1.6 million and there is no work test or age limit.

And income from your super fund, unlike money invested elsewhere is tax-free.

Of course nothing the government sets out is all that simple. There are forms to fill in and legal minutiae to observe, so it will pay to get professional advice on the way.

The bad news is that Centrelink uses your increased superannuation in calculating the assets and income tests for the aged pension. Moreover it costs money to prepare your property for sale, pay real estate commission, removal costs and stamp duty on your new property if you buy one.

Other restrictions are that you have only 90 days from receipt of your sale proceeds (usually settlement date) to invest in your super. In contrast Centrelink allow you to quarantine sale proceeds of your home for up to 12 months for asset test purposes. The Australian Taxation Office may allow a longer period than 90 days because of circumstances outside your control, but you need to apply for this extension.

Also you can have only one bite at the cherry. You can only make the downsizer contribution once in your lifetime.

It is important to do your sums first, so let's look at a hypothetical couple considering downsizing.

Arthur (75) and Beryl (68) live in a four-bedroom house in an affluent suburb that they bought over 20 years ago while still having children at home. They have $300,000 in their super fund. Their income is the age pension of $33,540 and $12,000 per year account-based pension from their super fund; total $45,540 before tax.

Their house is far too big for them to manage comfortably as they get older and the council rates are a considerable burden, especially as the State Government has capped seniors' concession at $750.

Let's say they sell their home for $850,000 and purchase a retirement unit for $500,000. That leaves them $350,000 to invest, less real estate commission of $42,500, stamp duty of $18,000 and removal expenses of $1500 leaving $288,000. Added to their existing super will bring the asset total to $588,000. This will reduce their age pension to $27,609 per annum, but their account based pension will increase to $23,520, making a total income of $51,129.

So downsizing has added $5589 to their pre-tax annual income.

Is it worthwhile? That depends on their needs and the less tangible advantages of downsizing such as less maintenance, smaller garden and lower rates. Only Arthur and Beryl can decide.

For more information on contributing proceeds of downsizing to your superannuation contact the ATO for a copy of their factsheet 75064 Contributing the proceeds of downsizing to super.

Ocean Gardens is changing views on village life

HOW do you know when it's time to make the move to a retirement village? Most people go through a one to three-year journey of conflicting thoughts and emotions to decide whether they're ready.

Ocean Gardens general manager Phil Simich says this is a natural process.

"It takes time for us to realise that change is something to be enjoyed, not endured. What we were seeing was a lot of fear – fear of moving away from family, fear of lost independence, fear of becoming a number.

"Yet the research points towards village life actually having the opposite effect.

"With 91 per cent of residents stating they experience the same or higher level of social life after their move, we knew we had the chance to create something special."

Mr Simich explained that Ocean Gardens was set up to provide a place where residents are free to be themselves.

"In many ways, our location in City Beach with 180 degree ocean views is symbolic of our purpose – to change the way you view life's next stage. Everything is designed to feel like home, yet surrounded by likeminded people who embrace happier, healthier lifestyles.

"Our first class facilities bring people together, from the on-site restaurant to the state-of-the-art 20 metre swimming pool and cabana, a popular place where residents go to relax, unwind, swim and socialise.

"And we're always organising social group outings, from casual afternoon teas to walking groups, winery tours and special event outings like Sculptures by the Sea. Our Hands-On Shed is also a village favourite, where residents can roll up the sleeves and hone their skills in good company."

This commitment to connection and active living flows through the entire village, perhaps best embodied by the dedicated Wellness Centre. With a multi-faceted wellness program designed around the seven dimensions of wellness, residents are encouraged to 'live your life, forget your age'.

"With greater confidence in yourself, you're more willing to do more or try new things – that's what motivates us here at Ocean Gardens."

With units, villas and apartments starting from $445,000, perhaps it's time to change your view.

HAGN#322-051116

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Retire in Style

Retirement? Never been busier - take it from a retiree

You are going to be busy in retirement – if you do it properly and plan

by Lee Tate

START your retirement with a bang, not a whimper.

How many times have you heard of someone falling ill – or worse – shortly after quitting work, before being able to enjoy their long-awaited retirement?

Take your longed-for adventure as soon as you can after winding-up at work. Planning the trip before retirement will give you something to aim for – something to look forward to – to take the edge off your abrupt change-of-life.

Take plenty of time to properly plan for your retirement adventure, taking into account travel insurance, overall health cover, seasonal travel discounts and family-related issues. Make a will.

Health, money and family matters are priority issues. You should come to grips with them as a retiree.

Couples should communicate at length on their dream adventure: exactly what do each of you want and expect from the trip? You don't want to be dragged along by your partner, becoming a mere observer to her shopping or to his pub expeditions.

A good, long adventure (it's not a holiday now – you're retired) will give you time to communicate with each other about the rest of your retirement days. Sharing home duties, for example.

You won't want to get under each other's feet or be confined to the house, no matter what disability you might have. For the good of your health, you must get out.

Inevitably, your focus will be on your hip pocket and purse. Even well-feathered retirees will be conscious that the money flow has slowed and will be reluctant to splash-out.

The B-word. Budgets may have largely escaped you until now. But never has it been more important to prioritise spending.

Travel ranks hugely in retirees' minds: ship cruises, escorted tours, caravan capers, walks, bus and train trips.

Some retirees fall into the trap of becoming tight – scoring the cheapest tour of Europe for the dream adventure. Watching the world go by through sleet, snow and rain. No thanks.

On the other hand the high season may be a crowd-crushing nightmare in many countries and is best avoided, so look for shoulder seasons.

Give yourselves the best chance of good weather even if it costs a bit more. Otherwise the amount you've spent will be a wasted, or your enjoyment level will plummet.

You are going to be busy in retirement – if you do it properly and plan.

Have something during your week to go to, something regular if possible. Something to get out of bed for, somewhere to meet people.

But be warned; it probably won't be easy. Anyone can join a club but is it really the right one for you? Can you mix comfortably with the people in that club? If not try another.

Your local community will have offerings. But is it right for you? Don't feel obliged. Take your time. Don't get locked-in. Make at least a few visits before committing.

Volunteering puts a smile on many retirees' faces. They are making a contribution and there are networks set-up to find and place volunteers.

They drive golf buggies to shift patients around hospitals, they 'man the fort' at community and sports events, they help out at schools and mentor troubled youth.

There are lectures, higher education courses, community talks and libraries. All are worth pursuing and if, like most retirees, you've barely visited these places, you're in for a pleasant surprise.

Libraries with books you've never read but thought about, DVDs, specialist magazines, newspapers from interstate and overseas all await you. Free. Computers are also widely available.

The other key ingredient is physical activity.

Alchera Living's new apartment complex, The Reserve

Open plan living with a fabulous outlook

AS we downsize for retirement, it can be a challenge to find a property that is desirably located and easy to maintain, while still being suited to either an active or relaxed lifestyle.

While this might seem like a frustration you would rather avoid, carefully selecting where you settle is a fantastic opportunity to escape the chores and commitments of a typical suburban home.

Alchera Living's latest development, The Reserve, is taking retirement options to new heights as they merge easy-maintenance and contemporary living with a social environment and great amenities.

Alan Marshall, CEO of Alchera Living, noted that there was growing demand from retirees for downsized properties with high-quality specifications in well established areas with existing infrastructure.

"Many retirees don't want to deal with the on-going maintenance associated with larger, older homes. They like the idea that retirement should be for living stylishly and easily, so they are looking for a new residence with quality finishings in a desirable location."

"We did our research and began planning The Reserve in The City of Melville to tick those boxes," Mr Marshall explained.

Located in a prime position overlooking Winnacott Reserve, apartments at The Reserve enjoy stunning views over open space.

"Exisiting amenities coupled with the indoor heated pool and gym under construction and its close walking distance to bus routes,the local IGA, doctors surgeries, cafes, hairdresses and chemist, ensure the residents can leave their car behind in the secure basement, whilst enjoying the local shopping precint," Mr Marshall said.

Re-zoning and the influx of new development primes this precinct to follow in the footsteps of other recently re-developed pockets of Perth, where property values are predicted to show healthy growth in the following years.

The Reserve is a unique offering that must be seen to be genuinely appreciated. The display apartment is now open to the public for viewing so prospective residents can see first hand what is on offer.

To find out more about The Reserve, visit www.thereserve.net.au, and register your interest or call Alchera Living on 9314 5884.

Retire in Style

Draw up a new year wish list of ten things to do around the home

Above; Items to encourage people to create a vision board of rooms they would like to create. Above; Zofia St James

by Zofia St James

I LOVE the fresh start at the new year when our mind is filled with the anticipation and opportunities that 2019 may hold.

I am dedicating this column to the new year now you.

'Now' is the key word which I cannot emphasise enough for myself and hopefully to inspire you also.

Last year flew by with such voracious speed it made my head spin. With maturity, we become acutely aware of just how precious time is.

We need time for our loved ones, friends and importantly time for ourselves, so let's make a wish list of everything we want to change in our home because it costs nothing to dream and plan.

Let's be wildly extravagant in letting loose the imagination as if we had all the time and money in the world, so how would your list read?

Interior design is my passion and those that know me personally know that home to me is everything.

Home is your safe place, sanctuary, hideout, castle. Home protects you from the elements and where life is lived and memories are made.

It needs as much care as a child and is as a high maintenance as me and my expensive tastes, but by applying that care and concern to your home means that the reward is the pleasure and sense of well-being gained for you and those who get to share your space.

Your home is the blank canvas that you get to paint, the picture that expresses who you are and how you want to live and the fun part is that it's ever evolving and morphing just like us.

Let's draw up a wish list for your home and the things you have procrastinated about doing for ages.

How can we change things for you to enjoy the sheer pleasure of hanging out at home and truly enjoying it.

Treat yourself to acquiring 10 things and accomplishing 10 projects this year that you have desired for a long time that will add to your life. That will bring you joy, as life is too short not to enjoy your space.

January is the perfect time to take advantage of the sales and invest in those pieces which you have dreamed about buying.

They don't call it retail therapy for nothing and nothing feels better than fresh new sheets. A room will cry tears of joy if you treat it to a new sofa, painting or rug and you will sing like a canary by treating yourself to an appliance that saves you time and energy. You will wonder how you managed without it.

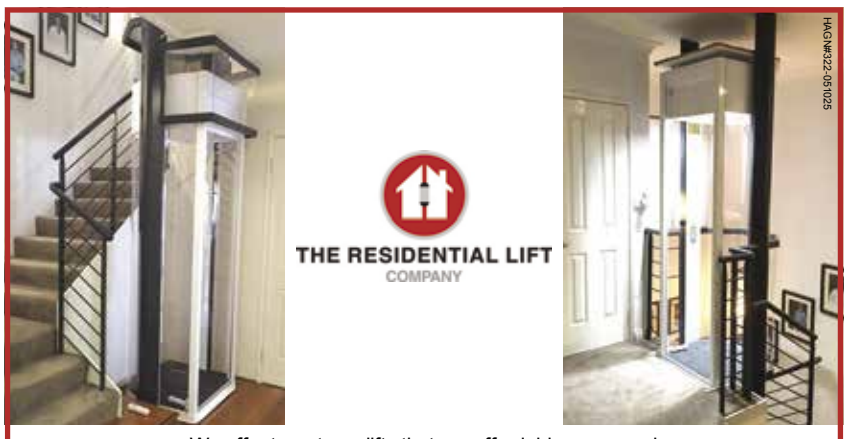
Look at your room and analyse exactly what bugs you or begs you to change. Start right now to transform your place of residence into the home you really want. Begin with small steps that are positive and focus driven to achieve the overall result you want.

And the good news is you have 12 months to do it in.

A quality I think we all find admirable is of someone who is house proud. How enjoyable it is to visit their home. Just like a manicured garden it takes effort and that is a discipline we have to accept and embrace. Feel free to add home help to your list but the reality is that like everything, getting started will be the hardest part. After that you will have the instant gratification of beauty, order and style. I am always available to help.

Happy new year everyone and have a wonderful month.

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



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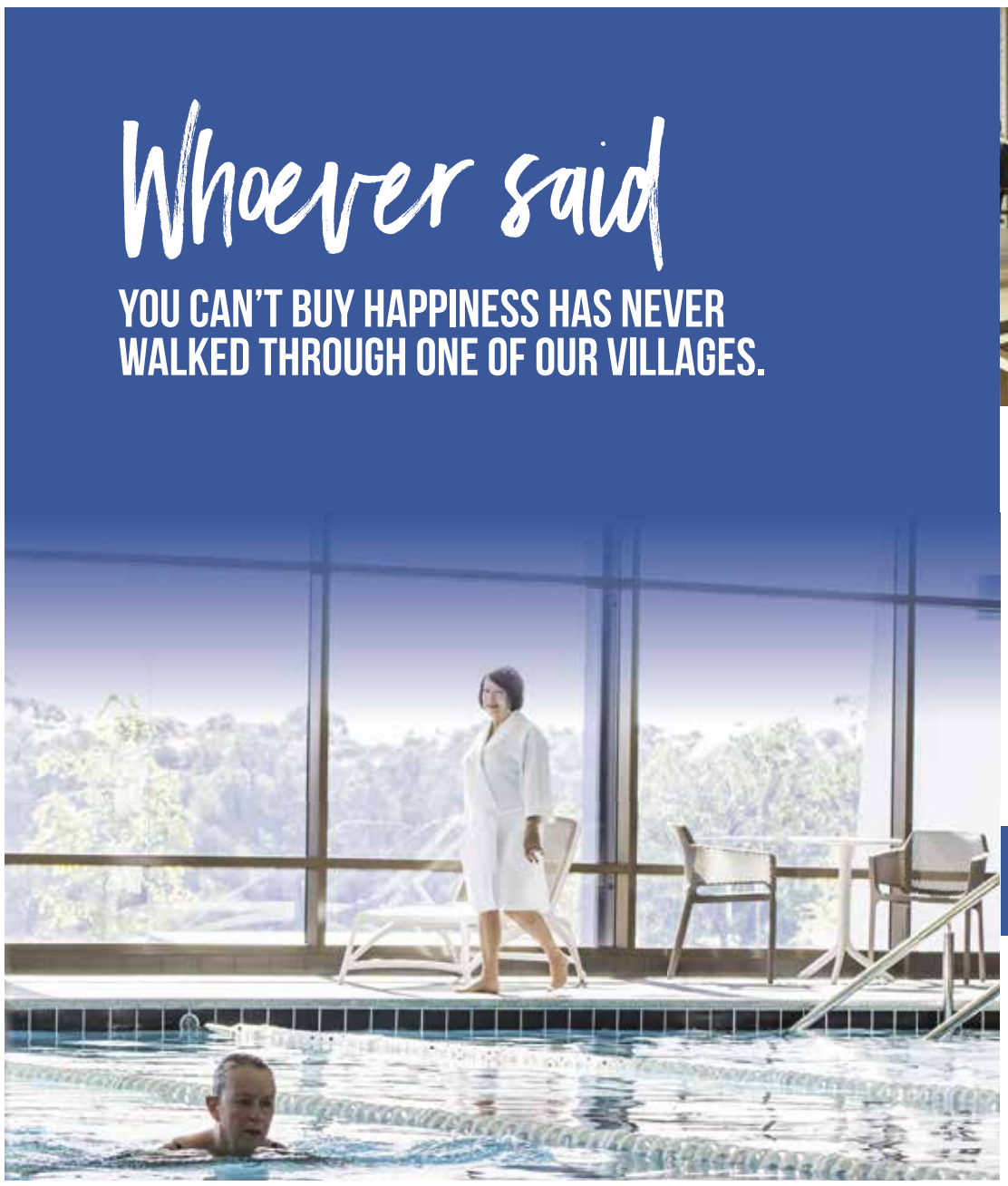

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Retire in Style

Apartment living is often the right choice for retirement

THE desire to control their own lives has been the hallmark of a generation of Australians who have worked hard, known good and bad times and now, in retirement, seek to live life on their own terms.

This philosophy, combined with the benefits of a village life and ageing in place, are cornerstones of Juniper's lifestyle village in Menora, where a friendly new community is taking shape.

The latest phase at Juniper Elimatta Retirement Living is the contemporary Orana Apartments, featuring self-contained units in a range of layouts, in open-plan, each overlooking a large bowling green and elegant clubhouse.

An apartment lifestyle holds great appeal for retired couple Peter and Carol Bradbrook. It has enabled them to spend time together, with their family and with new friends they've made at the village.

"We didn't look anywhere else, we just loved this apartment," Carol said. "It's just so lovely here, it's done nicely and the people are all so friendly."

With three adult children and six grandchildren a big part of their lives, downsizing to an easy-living lifestyle was the icing on the cake.

The couple's grandchildren look forward to visiting and love the apartment as well as the village's clubhouse that features a big, covered underground pool which is perfect for summer.

Both Carol and Peter said they enjoy the companionship that village life offers and, like many of their peers, also greatly prefer to control their own lives.

"We have had a number of events here already," Peter said. "You can be part of things if you want to and if you are out and about, you can lock it up and feel safe."

This latest Juniper retirement living project successfully promotes apartments for life and ageing in place – a concept where housing and community design enable residents to live and enjoy their home for as long as possible.

And thinking of the future, both Carol and Peter wanted to feel secure in knowing there are supports in place should their circumstances change.

"The main thing was that if anything happens, we needed to be in this sort of environment where there is company," Carol said.

Juniper Orana, meaning welcome, features 40 self-contained apartments in a range of one, two and three bedroom or two-bed plus study layouts, each with a bathroom and air-conditioned open-plan living and dining area. Residents also benefit from contemporary interiors, chic finishes and quality kitchen appliances, balconies with views on upper levels and 24-hour duress alarms, plus secure parking.

Located on Mount Lawley's doorstep, the new apartments complement the existing 17 two-by-two plus study villas which surround a contemporary clubhouse. All residents can enjoy its bowling green, lounge and outdoor entertaining areas, a reading room, café, covered pool and craft room.

Residents also enjoy some of Perth's best shopping, restaurants, entertainment and sports complexes, all accessible from nearby transport.

Secure your retirement dream and call sales agent Glenda Cooper of Dempsey Real Estate on 0418 944 051 or 9367 9966 to discuss pricing and availability.

Orana Apartments residents Peter and Carol Bradbrook with their grandchildren Ella and Matthew

HAGN#322-050250

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To secure your apartment, call Glenda Cooper at Dempsey Real Estate on **0418 944 051** or learn more at **orana.juniper.org.au**

orana APARTMENTS

*Terms and conditions apply.

Orana means 'welcome'

Proudly developed by Juniper

Retire in Style

A home among the hills at Yallambee Retirement Village

Carole Leonard and her dog Ruby at Baptistcare Yallambee Retirement Village

THERE'S something special about the Perth's Hills region with its country charm, breathtaking views and array of native flora and fauna. It's a place few would ever want to leave.

That was the case for Parkerville residents Carole and Graham Leonard who were looking to downsize from their family home.

Carole's daughter-in-law had seen there was a home for sale at Baptistcare Yallambee Retirement Village in Mundaring and encouraged Carole to take a look. On first inspection, Carole knew it was the place she and Graham would call home.

"I thought this is us, this is exactly what we want. We went through the process and within six weeks we had moved in."

"I remember walking outside on our first morning and I could smell the gumtrees and bottlebrush and I felt like I was home," she said.

Set in the picturesque town of Mundaring, Yallambee combines the serenity of a natural setting with all the home comforts to create a relaxing place to live. Ideally located within walking distance to Mundaring's town centre and its shops, cafes, and library, the pet-friendly village features spacious common areas including a large function room that caters for a variety of social activities.

Carole has always loved gardening and says the relaxing bush setting combined with the tended gardens is one of Yallambee's standout features.

"I love that I'm surrounded by big beautiful trees and have my own personal garden too. You are amongst nature here with the trees, birds and the little bandicoots that come out in the evening."

"I take my dog Ruby for a walk every day and admire all the beautiful gardens and lovely little meandering paths," she said.

In 2017, Graham's health declined and he moved into a residential aged facility where he could receive 24 hour care. What was a difficult and stressful time for Carole became more manageable thanks to the close-knit community she had surrounding her at Yallambee.

"I've made so many dear friends at Yallambee and all the support I could need is just a phone call away. I feel so safe and secure here," she said.

Four years after making the move, Carole says she couldn't be happier to call Yallambee home.

"We have a lovely little community here and I never get bored or lonely as there's always someone to chat to or social activities I can choose to participate in," Carol said.

Baptistcare Yallambee Retirement Village comprises of 53 units, including 36 units under a lease for life contractual agreement. 17 units have a rental contractual agreement joint venture with the Department of Housing, for which conditions apply.

For more information, call 1300 660 640 or go to www.baptistcare.com.au/retirement-living/villages/yallambee-village/

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A hidden treasure in Gosnells

RIVERSIDE Gardens Estate in Gosnells is a hidden treasure many do not know about.

It doesn't give away its secrets as you drive past the entrance and limestone walls on Albany Highway.

The treasure is 17 hectares of beautifully landscaped gardens along with resort style facilities and 296 low maintenance homes.

Their facilities are second to none, boasting a large indoor heated pool, community hall, bowling green, men's shed, putting green, golf driving range, vegetable garden and caravan storage. For anyone over 50 and ready to enhance their lifestyle, look no further than Riverside Gardens Estate.

For more information visit their website at www.riversidegardens-estate.com.au or contact the sales team on 9490 4793 to organise a tour.

Mandurah retirees group forum

THE format for this month's meeting of the Association of Independent Retirees Mandurah regional branch (AIR) will be that of a members' forum.

It is an opportunity for people to share their views and concerns and discuss with others.

AIR meets on the fourth Monday of every month (except when that clashes with a public holiday). Their next meeting will take place at 9.30am on Monday 21 January at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Visitors are welcome to join the group and are invited to stay for morning tea.

For enquiries please ring Eva Ilett on 9534 5215, or Sylvia Hodgkinson on 9527 2383.

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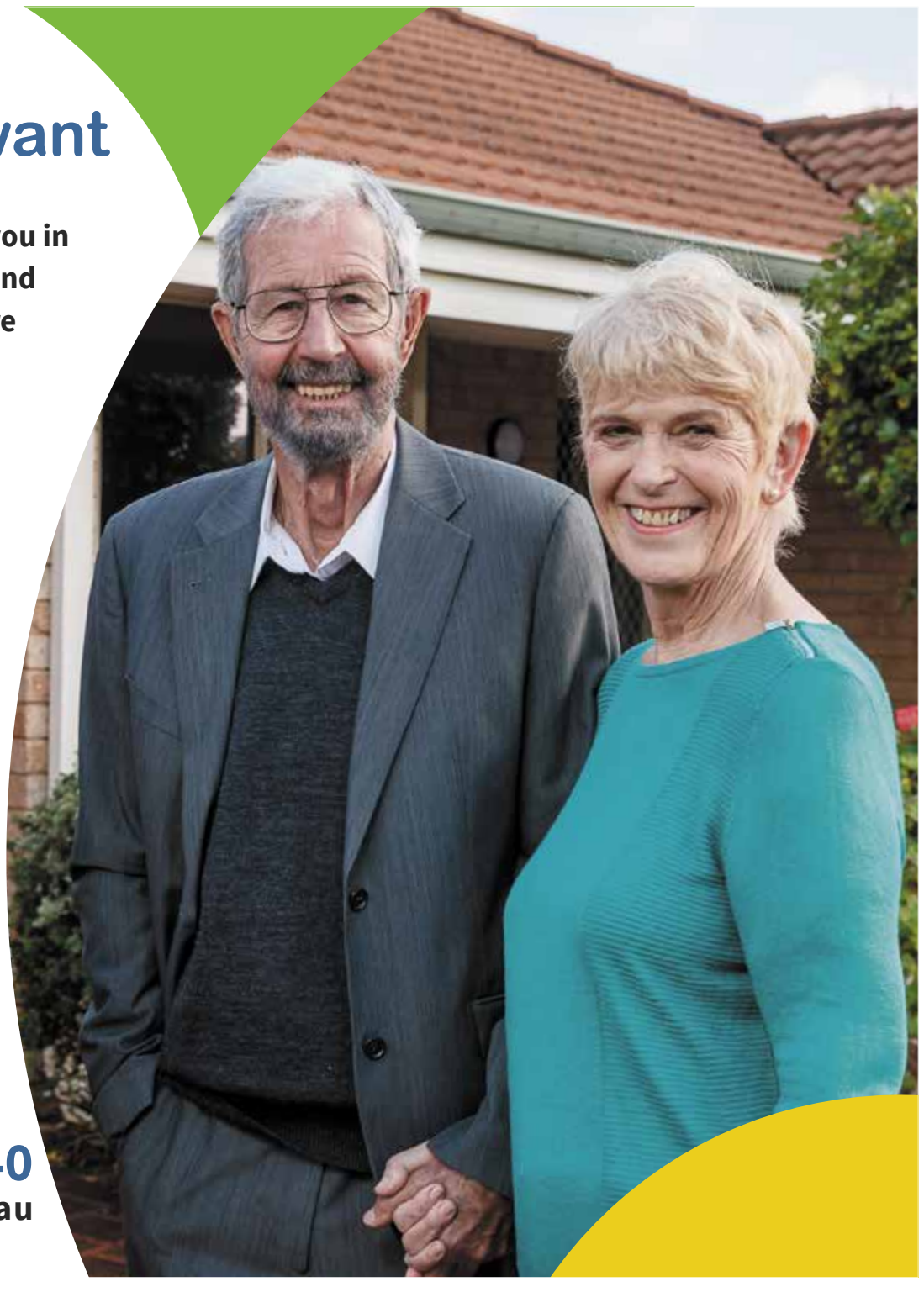

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OCEAN GARDENS
CITY BEACH

Retire in Style

Australis apartments at Rossmoyne Waters make a new year debut

THE new year has brought a dramatic new look to Rossmoyne with the completion of Australis at Rossmoyne Waters, a multi-storey tower incorporating senior living apartments, associated amenities, administration facilities, commercial space and car parking.

It has been an exciting journey over the past few years, as people involved have watched Australis take shape. Now that the building is officially complete, it is time to unveil it to the public.

Australis consists of 86 architectually designed units with wonderful social amenities such as a spa, sauna, swimming pool, activity rooms, lawn bowls, a café and much more.

Already, 72 units have been sold and, from Monday, 14 January, prospective buyers can view a display unit to get a feel of the high quality materials used, the layout which includes a spacious balcony with superb views, well-appointed rooms and quality fittings.

Everything is on hand for comfortable no-fuss living and entertaining. Residents can rest easy in the knowledge that they have everything they need in brand new, secure accommodation close to the city, Bullcreek train station and major shopping centres including Garden City. Rossmoyne shopping centre is only a short distance away and there are several medical and dental centres close by.

Since 2015 people have been eagerly awaiting the completion of the development which is an imposing presence on Leach Highway, on the corner of Webb Street.

Australis is the first stage of a development master plan incorporating five stages which will see obsolete facilities make way for state-of-the art accommodation and associated amenities.

The designer's brief is to: "deliver an aesthetically pleasing and multi-functional facility of significant presence, maximising land use and providing enduring attraction to independent seniors."

NS Projects appointed Pritchard Francis to provide structural and civil engineering consultancy services for Stage 1 of the project. By working closely with the architect and the client, the Pritchard Francis team was able to raise the floor and minimise water table-related construction costs. Their early geotechnical investigations enabled an efficient foundation system to be designed.

Independent living consultant, Daniel Gallop said: "it is fantastic to finally see the scaffolding and shadecloth coming down, giving us the first glimpses of what this wonderful building will look like."

A current village resident says, "the new building is looking lovely."

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Recapturing moments

WITH the rise of smart phones and social media, it's never been easier for us to capture our everyday moments. But there was a time not so long ago when the act of recording memories was a far more intricate process.

Weddings, birthdays and other special events once had to be committed to VHS video tapes, and before that we could only relive moments in time via a projector loaded with 8 or 16mm film.

These formats may have become things of the past, but as technology advances so does our capability to preserve these precious media. And that's exactly what DiskBank is committed to doing.

Proudly based in WA for more than twenty years, DiskBank specialises in digital media production. With an appreciation for the old and the new, DiskBank uses old and new technology to offer a wide array of services including the conversion of historic films, videos, images and audio recordings into modern, digital files.

As older formats are more prone to wear and tear, there is a high risk of these recordings becoming damaged beyond repair. Following the recent acquisition of a 2K transfer scanner, DiskBank can now preserve such recordings in ultra-crisp high definition that will last forever.

This innovative technology is the first of its kind in Perth and unlike traditional transfer scanners, it contains no claws or sprocket advancers. Not only does this allow for a more efficient transfer process, it also greatly increases the success of the conversion, resulting in digital files of the highest quality.

DiskBank is currently offering an exclusive 20 per cent discount on its transfer services to all *Have a Go News* readers. If you've got old home movies stored in a cupboard, it's time to dust them off and ensure those moments in time never fade away.

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Retire in Style

Canberra pledges a better deal for senior Australians in Aged Care

Ken Wyatt with local seniors at the Peter Anderton Centre in Forrestfield

by Lee Tate

A RISE in the quality of life for senior Australians is at the heart of the nation's first Aged Care Quality and Safety Commission, operating from this month.

The commission, led by Janet Anderson, will target aged care homes with sub-standard care.

The commission will be a single, trusted point of contact for aged care recipients, their families, loved ones and aged care providers.

A federal regulatory framework to: "protect and enhance the safety, health and wellbeing of seniors" has been put in place.

West Australian MP Ken Wyatt, the federal Minister for Senior Australians, Aged Care and Indigenous Health said: "A new era in Australian aged care is beginning."

And new guidelines will require aged care providers to be more accountable for the safety and care of every resident.

Providers will have to work with clients' families, use minimal restraint and take-on adequate staff to deal with their resident numbers. New standards apply to home, residential and flexible care.

The Commission is funded by $300 million over four years with an extra $48.2 million to expand monitoring, secure aged care quality and employ dozens of senior compliance officers.

"The Commission will be underpinned by a new aged care charter of rights and is set to enforce a single set of quality standards, the first upgrade in 20 years," Mr Wyatt said.

The Commission will integrate the roles of the Aged Care Complaints Commissioner and the Australian Aged Care Quality Agency. In 12-months it will also begin to enforce the Department of Health's aged care licensing responsibilities.

The Commission will oversee a tripling of residential aged care accreditation audits of homes this year and a significant increase in unannounced inspections, to more than 3,000 next year.

It will work with the aged care sector to establish a serious incident response scheme to improve risk management and prevent and quickly resolve care challenges.

"The more than 1.3 million Australians receiving various Commonwealth aged care support and the 366,000 aged care staff who care for them will have increased confidence in aged care regulation and the upholding of their rights," Mr Wyatt said.

The Morrison Government was committed to implementing comprehensive aged care improvements, including stronger regulation, professional workforce development and sustainability.

"As the aged care Royal Commission goes about its critical work, our Government's aged care reform agenda will continue at full pace, providing senior Australians and their families with more certainty in quality care delivery," he said.

It is part of the Government's record aged care funding boost, with the 2018-19 federal Budget increasing aged care spending by $5 billion over four years.

Mr Wyatt said anyone with concerns over the quality of aged care or services should contact the Aged Care Complaints Commissioner on 1800 550 552 or go to www.agedcarecomplaints.gov.au

Preserving people's life stories

NANCY Turner is keen to help people preserve their legacy and life story through video and audio formats.

She would like to assist people who want the opportunity to share their significant life stories in one-on-one sessions.

Nancy says she hopes to sit down with people in their homes (or a location of their choosing), and record them telling their life story, or at least the stories from their lives they deem important.

"I hope to create movies for the person to share with their families, and to leave a little piece of themselves behind when they pass away.

"However, I can also use audio recordings or create books if people aren't comfortable being on camera," said Nancy.

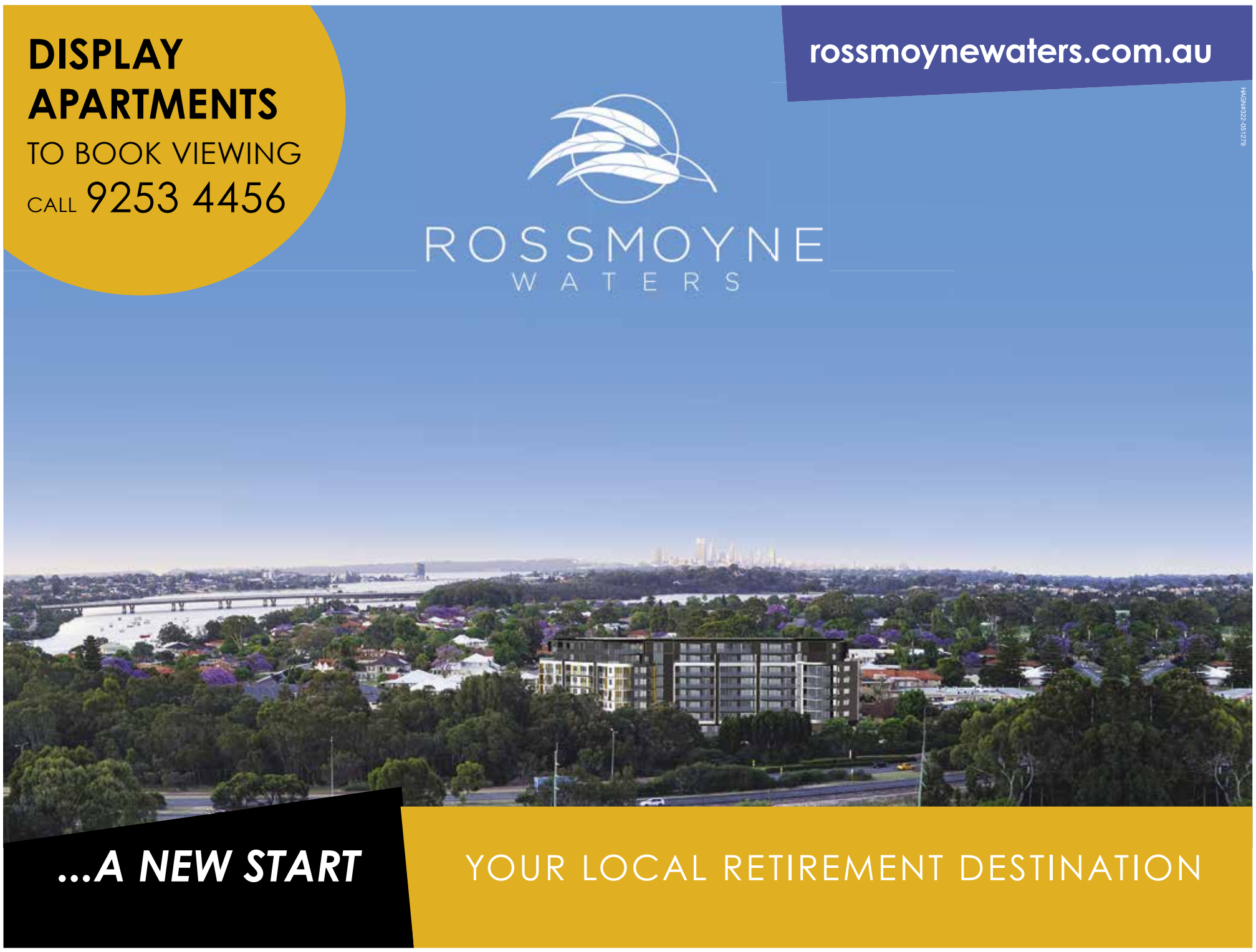
In return for people's participation they will receive the footage and transcripts of the sessions for free as a keepsake and to share with their loved ones.

For more information contact Nancy Turner on 0451 182 699 or email Nancy.turner@live.com.au

Have a go at 10 pin bowling

NEW members will be made most welcome for ten pin bowling on Tuesdays at Venue Zone Bowling Lanes, Manning Road, Cannington from noon to 2pm. No experience necessary.

For more information please ring Grace on 6293-1823. The group looks forward to meeting more interested people.



GREAT HOME and GARDENING

ADVERTISING FEATURE

Avoid the summertime blues in your garden this new year with these tips

Left to right; Now is the time to plant tomatoes - conserve water in the garden with pine bark mulch - mulch vegie beds with pea straw or lupin to reduce weeds and cool roots - keep your lawn cool in summer by growing it a bit longer...

by Colin Barlow

CHRISTMAS has come and gone and the new year is just beginning with hot cross buns already in the shops and my cupboard at home, so Easter can't be that far away either can it? The time for festive celebrations and excesses may be over, you may also be already back at work and the school holidays are quickly passing by, so it is time to give you and your garden a little bit of love and attention.

In summer it is best to work in the garden during the cooler parts of the day – during the morning, late afternoon or early evening to avoid the hottest parts of the day. A little exercise and fresh air may also help to work off any extras kilos' and improve your mental wellbeing, so it is definitely worth the effort.

Here are my tips to help your garden flourish this summertime.

Lawns

• Many lawns around the suburbs are looking a little brown after the short spells of hot days earlier in December. So first check that your sprinklers are not blocked or restricted by grass stopping the heads from popping up. An old steak knife is perfect for cutting around the sprinklers heads. Take the heads off and flush them if they are not spraying effectively.

• A soil wetting agent should be used on your lawn during the summer. Wait for a cool couple of days and apply it during the early morning or late afternoon. Both granular and liquid forms are effective but must be watered in thoroughly.

• If your lawn has suffered damage and compaction from backyard barbecues, games of cricket or from cars parking on it, then it needs aerating. Use a garden fork or lawn aerator to make holes in the lawn to allow air and water to penetrate down into the lawns roots to help relieve compaction.

• Raise the height of your lawnmower to allow the grass to grow a little longer and shade the root system during summer. This will keep it cooler and less prone to drought.

• Keep your lawn well fed with a controlled release fertiliser like Scotts Lawn Builder All Purpose, Munns Golf Course Green or Powerfeed LawnFeed to encourage your lawn to grow strongly during the warmer months and cover any bare patches.

Vegetable Patch

• Plant tomatoes, capsicum, chillies, eggplant, cucumber, zucchini and heat loving basil, now. Try under-planting your tomatoes with a myriad of different colourful and scented varieties of basil including sweet, lime, lemon, spicy globe, red rubin, purple ruffles, cinnamon, Thai, perennial red and holy. If space is restricted you can even grow them in large pots and containers.

• Mulch vegie beds with a layer of pea straw or lupin mulch to keep the plant roots cool and to reduce weeds.

• Watch out for powdery mildew in humid conditions on pumpkins, rockmelons, watermelons, cucumbers, zucchini and squash. For small infestations remove badly affected leaves and spray with Eco Fungicide, copper oxychoride or Mancozeb.

• Every time that you rotate your crops try to add in some more soil improver, compost or manure and a little Bentonite clay to hold extra nutrients and moisture in the soil.

• Cover your crops with fruit fly netting to help keep out pests including caterpillars, birds, and fruit fly. It will also protect them from the harsh summer sun, which can make things tough during the hot months. You can also use 30-50 per cent shade cloth to shade your crops during this period.

• Feed your vegies fortnightly to encourage quick and nutritious healthy growth. Organic based fertilisers will help to improve the soil structure by feeding the soil microorganisms and the plants at the same time, so are perfect for growing vegies.

Fruit

• Tropical fruit such as mangoes, avocadoes, guava, paw paw and passionfruit will be growing rapidly now so feed regularly with a complete fertiliser every six to 12 weeks to encourage strong healthy and vigorous growth.

• For shy flowering and fruiting plants apply sulphate of potash from February onwards every two weeks for at least a month.

• Protect fruit from fruit fly with fruit fly netting right up until harvest. Use baits and traps such as Eco Naturalure, Natures Way Fruit Fly Killer, Richgro Naturally Based Fruit Fly and Ceratrap to help reduce fruit fly numbers.

• At the end of February most stone fruit including peaches, plums, nectarines, almonds and apricots should be summer pruned to reduce their vigour and to shorten or remove non-fruiting watershoots. This will encourage the formation of fruiting spurs to improve yield and help to reduce the incidence of bacterial canker particularly for apricots.

Garden

• Remove any dried weeds to reduce the seed load and new weeds for autumn.

• Move Christmas indoor plants such as hydrangeas and poinsettias outside in a partially shaded spot to recover for next year.

• Spray newly planted or water sensitive plants like hydrangeas with Droughtshield to reduce stress and transpiration. Apply a seaweed tonic every two weeks to further reduce stress.

• Go out during the day and test your sprinklers to ensure good coverage and to spot damaged heads, blockages or overgrown plants causing dry spots.

• Fertilise all your plants with a controlled release fertiliser such as Osmocote, Powerfeed with Troforte or Apex to feed them when they are growing actively.

• Apply a 5 to 10cm layer of coarse pine bark mulch to your garden beds to conserve water.

• During a cooler period apply a soil wetting agent on all the soil and pots in your garden. This will avoid wasting any water and improve plant growth. Always wash any spray off the leaf surface to avoid the possibility of burning during warmer weather.

• Dead head geraniums and roses to encourage further flowering.

Indoor Plants

• Keep your plants in a brightly lit spot for strong summer growth but avoid placing them next to an unshaded north-facing window, which may cause them to be damaged by the sun.

• Pot up fast growing tropical plants with a premium potting mix so that the root system is well established before winter.

• Use sticky yellow traps and a neem oil soil drench to deter the troublesome fungus gnats.

• Mist your plants with a spray bottle to increase humidity, decrease transpiration and deter spider mite. Alternatively place them on a tray of pebbles or gravel with the level of water just below the top of the stones.

• Wash the leaves of your indoor plants with water either with a bucket and clean sponge or alternatively either wash them in the shower or place them outside in the shade and wash them over with a gentle hose and sponge.

Throughout the coming year I look forward to providing you all with more informative gardening tips, so to all readers of the *Have a Go News* I would like to wish you all a very happy, healthy and prosperous new year.

Stories about Western Australia in two books

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

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.**

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healthy living

ADVERTISING FEATURE

health options for the mature west australian

Loneliness the greatest threat to older people's happiness

Loneliness is thought to be a social issue but also affects our health

by Frank Smith

A SURVEY conducted by Swinburne University and the Australian Psychological Society last year found that half of Australians feel lonely at least one day a week, while one in four feel lonely for three or more days a week.

The good news is that married Australians and those aged over 65 are the least lonely. They have better psychological wellbeing, less social interaction anxiety, fewer symptoms of depression and greater social interaction than younger people.

While older Australians in that study were less lonely than younger groups that's no always the case.

"The moment you hit illness, or your partner dies, or maybe there's a lot of health issues so you can't get out of the house, it is a completely different game", says Dr Michelle Lim University of Swinburne psychologist.

A Relationships Australia study found that people aged over 55 experienced decreasing levels of social support and emotional loneliness associated with ageing. And after the age 64, social support needs continue to decrease — with one in four over-65s living alone — and emotional loneliness rates increased.

Just 11 per cent of older people have a large friendship group they see at least once a month, while eight per cent don't see any friends regularly. About one fifth never or seldom have a relative available to talk to.

A UK survey found that 38 per cent of people with dementia had lost friends after their diagnosis, more than one in three people over 75 say their feelings of loneliness are out of their control and 80 per cent of carers feel isolated or lonely as a result of looking after a loved on.

Loneliness is a negative feeling that arises when someone's social needs are unmet. People can feel alone, even if they're surrounded by others, if they're not getting the right kind of company and support.

While many people think of loneliness as a social issue, it also affects our health. Loneliness negatively impacts brain processes, ability to handle thinking tasks, inflammation, ability to regulate stress and mental health, to name a few symptoms.

A study of nearly 480,000 people over seven years by Finnish and UK researchers found that while loneliness did not cause heart disease it increased the risk of death from a heart attack or stroke by 32 per cent after all other factors were accounted for.

This is greater than the risk from obesity.

Loneliness also impacts on sleep and feelings of anxiety. In the UK loneliness has been found to be as destructive of health as smoking 15 cigarettes a day

So severe is the health threat that the UK government has appointed Tracey Couch MP as Minister for Loneliness and the Australian government has budgeted $46 million towards the community visitors scheme which is designed to reduce loneliness in older adults.

Writing in the Conversation, Dr Michelle Lim said: While it may seem unusual to some to have government take a role in improving our social connections, it makes sense when you consider the negative impact of loneliness not only on the individual, but also the wider community.

She said the solution isn't as simple as connecting lonely people with other people; rather, it involves the establishment of meaningful connections.

Most programs designed to address loneliness rely heavily on connecting lonely people with a rotating cast of strangers who have volunteered.

Researchers have found programs that provide social opportunities as well as helping the lonely person learn how to interact better with others are the most useful.

Dr Jed Magen, professor of psychiatry at Michigan State University (USA) says the currently recommended treatment for loneliness revolves around establishing social relationships.

For older adults, joining the local senior centre is a way to get involved in activities and meet people. So is volunteering. Voluntary organisations are always looking for older adults who will deliver meals, do mailings and a variety of other activities.

He says it is surprising how small things can also be helpful. A simple phone call once a day from an adult child is an opportunity to share things about the day or about grandchildren.

Even better, video conferencing via computer is easy and cheap. You can actually talk to and see your children and grandchildren who might be on the other side of the world. Pets can also reduce loneliness.

Dr Lim says a public health campaign in Australia could address the health implications of loneliness and recast misconceptions of loneliness as a sign of vulnerability, fragility, or weakness, occurring only in people who are physically isolated or old.

Similar campaigns have been introduced in Denmark and the UK, with a national initiative gathering momentum here in Australia.

With targeted solutions, we could improve feelings of loneliness across all ages, she said.

Stem cells to the rescue...

Sandra Barnsley

A WORLD expert on stem cell nutrition, Linda Hoggard, will be in Perth on Saturday 16 February to speak at a free talk.

She is a firm believer in the use of stem cell nutrition after personally discovering the product helped her live a more positive and healthy life following a very unwell childhood. She has also been using it in her busy clinic for the past 10 years.

Linda decided to help other people understand how to release more adult stem cells to heal their bodies naturally and she now travels the world telling her story. So we are very lucky that she has agreed to come to Perth to share her expertise and knowledge.

"Stem cells are the cells that constitute our body's natural repair and renewal system. Adult stem cells turn into any type of cell our body needs for healing.

"We need them daily as our bodies are constantly breaking down, however as we age the natural release rate of adult stem cell falls by as much as 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per cent by the age of 65," she says.

Linda was born in New Zealand and had many health issues growing up. By 12 years old she knew she wanted to study medicine and at 15 years old decided to become a Naturopath, to really learn how to help herself and other people get well through natural therapies.

She had practised naturopathy for eight years and by then had removed the causes of why she was unwell, however, her body hadn't really recovered. She then discovered stem cell nutrition. This took her personal health to another level and she started using it with her patients and consistently saw very positive results.

"If you take only one supplement this is the one," she says. "It is anti-inflammatory, mood enhancing and nutritious with 67 vitamins and minerals."

"I encourage everyone to come along to the talk, so you can hear how powerful stem cell nutrition is and how adult stem cells work and repair the body."

For more information on how stem cell nutrition can transform your life or to book for the talk, phone Sandra Barnsley on 0412 479 156.

Bidets offer peace of mind and luxury at home

BIDETS often have a reputation of being expensive and require a total plumbing refit in the bathroom. The Coway Bidet Toilet seat replaces existing toilet seats and can be installed in just a few minutes and for much less. The Bidet Shop's range offer features such as a heated seat and soft closing lid, toilet paper is not required with its functionality.

How it works is quite simple. With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries with a gentle stream of warm air.

It can be ordered over the phone and delivered by mail a few days later. *Have a Go News* readers may qualify to have their bidet fully funded. For more information, call 08 6315 4252.

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classes AND courses

ADVERTISING FEATURE

Get physical and stay in your prime

PRIME Movers Inc is a non-profit organisation which holds low impact exercise classes for for both men and women aged 50 or more.

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The instructors are all fully trained and accredited and they provide exercise classes which promote health, fitness and wellbeing in a social atmosphere with music being an integral part of the program.

New classes are starting in Girrawheen on Mondays and Wednesdays, Hamersley on Thursdays and Laguna Club on Mondays in Inglewood.

Classes are structured to suit both males and females, and include a warm up, stretching, low impact aerobics, muscle work and end with a relaxation segment.

Through exercise comes increased flexibility and stamina and improves posture and coordination.

Visitors are welcome to come to one of the classes to see what it's all about.

Please wear comfortable clothing, lace up joggers and bring a bottle of water.

A full list of the classes is available on the website.

The annual membership is $17 with a class fee of $3 and visitors are welcome to try a class for $4.

All classes will recommence the week beginning Monday, 4 February throughout the metro area.

For enquiries visit the website www.primemovers-exercise.com.au or call 0444 560 037 between 9 – 5pm Monday to Friday.

A new semester of adult learning

MATURE Adults Learning Association Inc. (MALA) begins its first semester on 1 March, with a great line up of lecturers with interesting and stimulating topics. No exams, no homework and no academic requirements – just expanding people's mental horizons.

Places in classes fill quickly, so please consider enrolling now. Fridays only — two sessions a day in the morning, for five weeks.

Part A – 1 to 29 March

Myth in Literature and Society (1): Antiquity (Prof Reid)

Can you tell the Difference between a melanoma and a mole? (Prof Ziman)

How it all began – the intriguing stories behind the evolution of music as we know it today (Dr Orlando)

Nobel prizes: Medical Winning Streaks! (Prof Oxnard)

The Wonders and Horrors of Carnivorous Plants (Laura Skates)

If I Die, Delete my Google Search History (Dr Wasley).

Part B – 3 to 31 May

Researching and Writing Family History (Bevan Carter)

Innovation, Growth and Stability in the Modern Economy (E/Prof Bloch)

The Full Monty - Astronomy Stripped Naked (A/Prof Vinsen)

Geology: A Key to understanding landscapes (Dr Ferland)

Seeing Australia through the Eyes of the First Inhabitants (Dr Metcalfe)

Bodies of Forensic Evidence: Murders, Mysteries and Mistakes (Prof Mead).

For enrolment forms and more information visit www.perthmala.org.au, email perthmala@westnet.com.au or phone Julie 0498 560 026 or Fran 9375 9286.

A course to keep mind and body sharp

THE Stay Sharp program offers participants the opportunity to sharpen their minds and their bodies. It has been running for several years.

The program is run over eight weeks to improve physical and cognitive health.

Targeted at people aged 55 and over, it's an opportunity to introduce people to the basics of eccentric exercises along with cognitive and memory exercises to aid in reducing the risk of dementia and to improve overall health and well being.

Coordinated by Tina Schwarz, Stay Sharp uses Professor Ken Nosaka's eccentric exercise program research from ECU School of Medical and Health Sciences, along with The Brain Fitness Doctor, Jenny Brockis's cognitive exercises.

The program provides excellent results for participants and is conducted in a friendly and warm atmosphere.

The program is now available in Perth at Tattersalls Bowling Club and at Vic Park Connect.

The Perth program commences on Thursday 31 January and the Vic Park Connect program commences on 1 February.

The cost is a very affordable $80 for the eight week program.

Interested people should contact Tina on 6558 1833 or email info@staysharpprogram.com

Great variety of quilt classes at Homespun

COME to learn or enhance your quilt making skills at Patchwork at Homespun.

Meet friendly like-minded people in their comfortable and well equipped workroom.

Homespun offer weekly classes which run during school terms and cater for beginners to the more experienced quilter.

Their teachers are experienced and happy to help students create their own cherished quilt.

Homespun is located 15 minutes south of Perth city and 10 minutes from Fremantle, and offer a great selection of high-quality fabrics and haberdashery. They also sell Janome sewing machines and accessories as well as organise servicing of all makes of machines.

In addition to their weekly classes, they offer great workshops in various quilting techniques such as applique, English paper piecing, hand stitching, foundation piecing and machine and hand quilting.

In addition they run classes in bag making, Japanese stitching and machine embroidery.

Homespun hosts local, interstate and international teachers and are particularly known for friendly service and helpful advice.

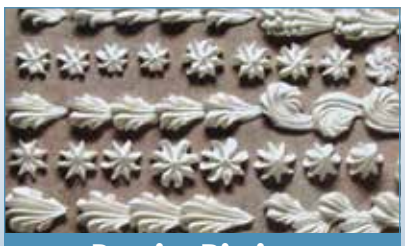
Come visit the Homespun girls at a local quilty village.

For more information about our classes please visit the website at www.patchworkathomespun.com.au, sign up for the newsletter or pop in to the shop.

Homespun are open Monday to Friday 9.30am to 4.30pm and Saturday 10am to 1pm.

Visit them on Instagram: @patchworkathomespun or Facebook: Patchwork at Homespun, phone: 9337 7182 or email: info@patchworkathomespun.com.au

Cake decorating classes...



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classes AND courses ADVERTISING FEATURE

Chatter and laughter were ingredients for the Cocoa Christmas lunch

Rose Hope enjoying the lunch

by Rose Hope

I THOUGHT that the school bus was noisy, but you should have been at COCOA (Come Out Camping Older Adults) Club Christmas do.

The noise of chatter and laughter was so voluminous I though the roof might shatter.

COCOA Christmas lunch was held at the Harold Hawthorn Centre in Carlisle. I scarcely recognised the place as it had been so beautifully transformed. The white table cloths were an elegant backdrop for the wine goblets which held folded green napkins with red and white lollipops the shape of miniature walking sticks dangling over the rims. Scattered around the table were bon bons in brilliant colours and little baskets containing brightly wrapped sweets which just completed the picture.

As old friends met up with new ones to celebrate Christmas the exuberance reached fever pitch.

We were entertained by two beautiful women dressed in the fashion of the forties and fifties with full skirts belted in at the waist. As they sang songs from that era it brought back so many memories.

The food was also great. We began with a small plate of nibbles and the main was roast turkey and roast vegetables, followed by pudding and custard.

In between that lot I managed to down a couple of goblets of my favourite white wine.

With that and other indulgences recently undertaken, in all likelihood I'll be toddling off to Camp Quaranup at Albany looking like a keg on legs.

Presents were exchanged and my friend won the raffle.

What a great day it was, COCOA club enjoys many trips away and social functions in between. If you would like to find out more about COCOA (they don't do tents) then telephone Judy Hampson on 0450 735 415.

Village Hub brings Stay Sharp to Vic Park

THE Stay Sharp program is the latest addition to the wide range of courses and classes available to people 55+ at Connect Village Hub in Victoria Park.

Running successfully since 2016 in East Perth, Stay Sharp offers an eccentric (resistance) exercise program based on research by Prof Ken Nosaka from ECU School of Medical and Health Sciences, and cognitive exercises developed by Dr Jenny Brockis, author of *Future Brain*.

Stay Sharp is the perfect addition to the Village Hub, an innovative program that is changing the face of ageing by offering people opportunities to connect, be active, develop their interests and contribute to community.

Members of the Village Hub can access a variety of classes and courses in addition to Stay Sharp. The program includes ballroom fit, line dancing, community choir, chair yoga, Tai Chi, drawing and photography. Members drive initiatives such as social cycling, discussion on sustainability issues, creative writing, book club and gardening. There is weekly craft, walking group and community lunches, with plenty of opportunity to socialise and make friends.

Gold membership to the Village Hub is affordable at only $240 per year with unlimited free classes and courses, including Stay Sharp. Silver ($120 – one course free per term) and bronze memberships are also available.

Become a member online at www.connectvictoriapark.org or visit the Village Hub at 5 Mackie Street, Victoria Park 9361 2904.

There's momentum in Morley

Pippa McManus' mural

THE Morley Momentum is a community-led group which was formed to promote and create a safe, friendly, modern and vibrant hub for all who visit the Morley Activity Centre through artistic, cultural and environmental initiatives.

With the help of the City of Bayswater, The Morley Momentum activates spaces, engage local artists and brings the community together.

Working professionally since 2003, Pippa McManus has emerged as one of Australia's leading fashion illustrators. Her fashion obsession has taken her to all major fashion festivals across the world along with being invited to exclusively illustrate at London Fashion Week, Mercedes-Benz Fashion Week in Sydney and the Perth Fashion Festival. Having collaborated with Australia's best fashion houses including Ellery, Manning Cartell, Aurelio Costarella and Linney's, Pippa took a step away from commercial work to focus on the fine art side of her business. After holding four sell-out solo shows and launching her website with accompanying print store, Pippa's work is currently exhibited at Studio 281 Gallery in Maylands.

Pippa McManus lives in Morley and has collaborated with The Morley Momentum to create a vibrant mural that reflects the local community at 2 -16 Bishop Street in Morley.

The design shows the top five ethnicities living in Morley today according to the Australian census which are Vietnamese, Italian, Indian, Malaysian and Polish families. Pippa has incorporated traditional costumes of those five cultures into this mural. Each costume has been researched and combines modern and traditional details. As the mural is painted on indigenous land, an Acknowledgment of Country is included in the background in the form of the painted words "Whadjuk Noongar Country".

This mural is a celebration of the beauty of multiculturalism within and surrounding Morley. It is an acknowledgement of what has been before and is now, and provides a vision for harmonious living in this wonderful area for the future.

Thanks to Dulux's Morley Inspirations Paint store on Russell Street for supporting the vision by suppling paints and materials to make this mural a reality and to the City of Bayswater for logistical, administrative and financial support.

Contact The Morley Momentum via Email: themorleymomentum@gmail.com

Enjoy summer special day courses for adults in Freo

FREMANTLE Arts Centre has a range of summer special day courses for adults who would like to learn how to be more creative.

On Saturday 19 January it has a variety of courses including make a silver bangle in a day which offers jewellery making techniques. If weaving is your thing, a weaving the recycled course uses a variety of used materials to make baskets. For those who would like explore water colour painting there is a day course available as well.

On Sunday 20 January there will be a digital photography course, a casting with colour utilising liquid clay and a Bezel set ring in a day.

On Sunday 27 January there is a hand painted silk scarf course using a range of simple methods and a day on the wheel where participants will have an introduction to the pottery wheel.

Fremantle Arts Centre is located at 1 Finnerty Street, Fremantle.

There is a cost for each course and more information and bookings can be made at www.fac.org.au or call 9432 9555.

Who will look after your cat when you are gone?

LET Cat Haven look after your best friend if you go before and leave a lasting legacy in your Will.

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Legacies are a crucial aid to the running of Cat Haven and are the most precious of gifts – they help secure the future of the thousands of cats in their care each year.

If you become a member of the Cat Custodians Program, in the event of passing away before your cat, your cat will be well looked after and rehomed successfully to a loving home. Under the program, if you promise the Cat Haven some form of gift, they will not put your cat to sleep (unless vet recommended) and they will look after your cat at the shelter until a suitable home is found.

As Cat Haven is a not for profit, registered charity, almost 100 per cent of the funding comes from kind public donations and bequests.

If you would like to register your cat under the cat custodians program for peace of mind or leave a gift to Cat Haven in your Will, please contact Cat Haven on 9442 3600 or email roz.robinson@cathaven.com.au

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CONNECT Village Hub

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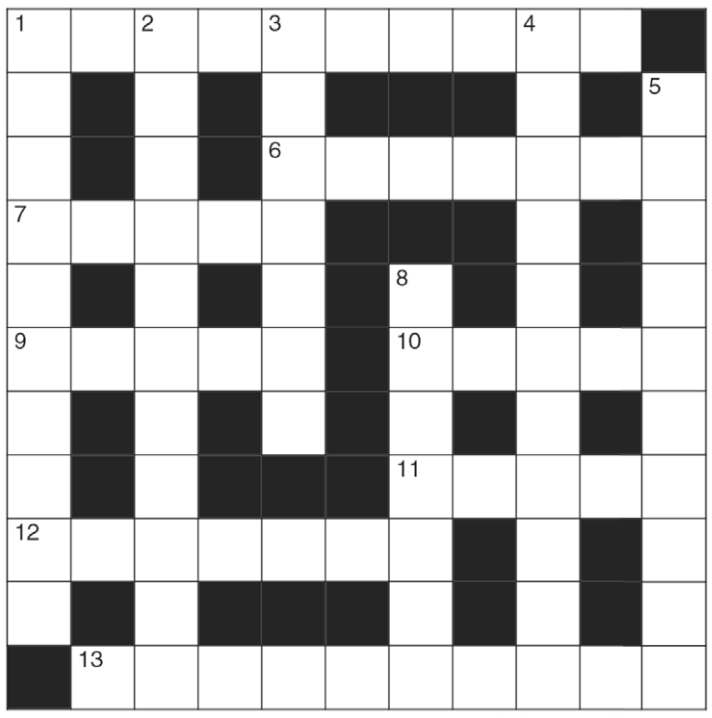
Have a Go News PUZZLES PAGE

CROSSWORD



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STRAIGHT CLUES

ACROSS
1. Sheer (3-7)
6. Versus (7)
7. Wading bird (5)
9. Flood barrier (5)
10. Commotion (5)
11. Rub out (5)
12. Endear (7)
13. Standardised image (10)

DOWN
1. Orbiting bodies (10)
2. Big-spending (11)
3. Actress, ... Locklear (7)
4. Hereditarily (11)
5. Salisbury Plain prehistoric monument (10)
8. Intense blaze (7)

CRYPTIC CLUES

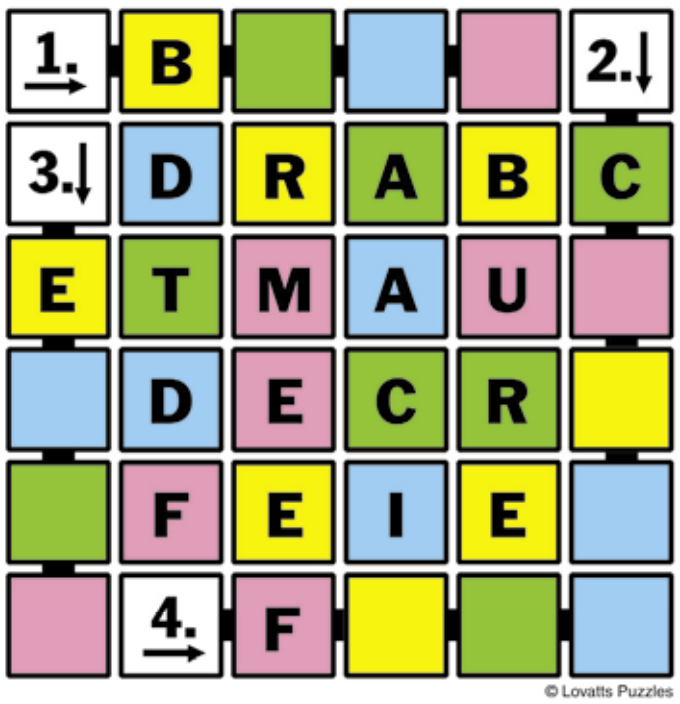
ACROSS
1. Perceive the true nature of these rough changes that are transparent (3-7)
6. Opposed to silver satin creation (7)
7. Regret decapitation of heron (5)
9. Bank where the French kept Eve (5)
10. One is disturbed by sound (5)
11. Remove completely from camera sequence (5)
12. Make beloved hyena mourn a little (7)
13. Typical example of music system category (10)

DOWN
1. Given space, they go round in circles (10)
2. Additional vagrant put right out for being recklessly wasteful (11)
3. Hear about the Scottish shrub (7)
4. How one's inheritance or food, controversially, might be modified? (11)
5. Inside, just one hen gets ancient ring of stones (10)
8. In fur? No, sounds hot as hell (7)

#322 January edition PUZZLES
- Solutions appear on page 17

SQUARE SHUFFLE

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



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SUDOKU

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

Rating: ★ ★ ★ ☆ ☆

					8	3		1
2	1			4		9	7	
		7			1		6	8
		3				7		
1	9		7			4		
	4	9		5			8	7
7		5	9					

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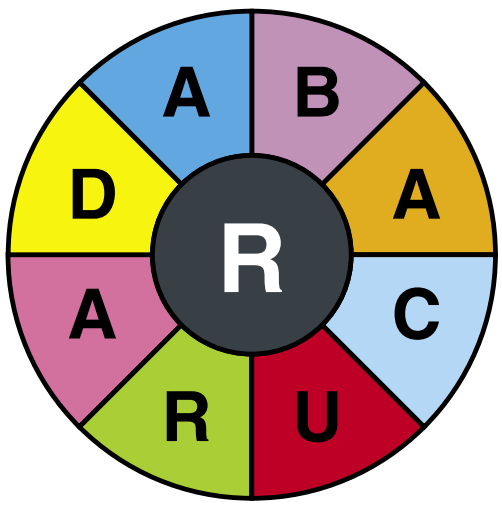
Wheel Words



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

? Good ? Very Good ?+ Excellent

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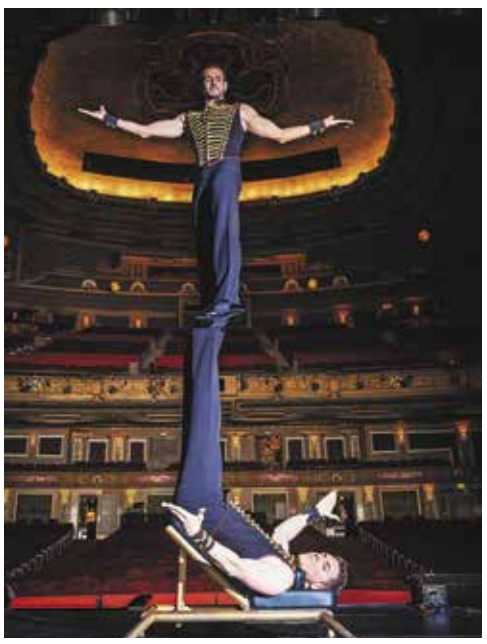
arts



Fratelli Rossi, acrobatic brothers Alejandro and Ricardo Rossi

SMASH-HIT *LA SOIRÉE* returns to Fringe World to replace *Club Swizzle*

DIRECT from London's West End, the award-winning smash hit from Fringe World 2015 through 2017, *La Soirée* is back.

Fringe World Festival director Amber Hasler said that the opportunity to bring back the Fringe favourite was too good to pass up.

"What a wonderful New Year's present to get another serving of all the razzle dazzle in *La Soirée*. This show is pure Fringe fare; it's joyous, celebratory, hilarious, cheeky, irreverent and at times quite saucy and slightly twisted," Ms Hasler said.

La Soirée replaces *Club Swizzle* at Fringe World, which due to unforeseen circumstances is no longer in the Festival.

La Soirée returns – reimagined, bigger and bolder than ever. The trailblazing, multi-award-winning show that broke all the rules, captured the world's imagination and redefined contemporary cabaret takes up residence this summer at the iconic Ice Cream Factory from 17 January.

Joyous, celebratory, jaw-dropping and downright unmissable, *La Soirée* 2019 features a roll call of international artists in an astonishing and wildly entertaining line-up.

Cabaret Decadanse from Montreal is a sassy, sexy and hilarious puppet feast for adults in which the puppeteers André-Anne Leblanc and Colin St-Cyr-Duhamel are as mesmerising as the puppets themselves.

Straight from the streets of Mumbai, be astounded by the unparalleled strength and spectacular skill of Mallakhamb India on Indian Pole with duo Rajesh Amrale and Aakash Pilwalkar.

Performing seriously dangerous tricks in front of live audiences is par for the course for Fratelli Rossi, acrobatic brothers Alejandro and Ricardo Rossi.

Lucky Hell is one of the most revered sword swallowers of our time, a combination of high glamour and unbelievable skill.

The wickedly sultry Carla Lippis brings her fierce brand of rock 'n' roll swagger to the stage.

There will be acrobatic mayhem in store with an incredible powerhouse trio: Ben Lewis exhibits his dazzling display of strength in a sexy strap routine; the dynamic and daring Will Meager on the astonishing cyr wheel; and the powerful and fearless Will Underwood on Chinese pole.

And there's more to come!

After three sell-out seasons at Fringe World, the *La Soiree 2019* season is guaranteed to be the most spectacular one yet.

La Soirée is at The Ice Cream Factory, 17-20, 22-27 January, 29-31. 1-3, 5-10, 12-17, 19-24, 26-28 February and 1-3 March at various times. Tickets from $35. Please note on Saturday, 26 January there is a special post-fireworks Australia Day show at 9.30pm.

Club Swizzle ticket holders will be honoured with *La Soirée* tickets.

The full 2019 Fringe World Festival program is on sale at www.fringeworld.com.au

The turbulent life of Mary Stuart comes to the screen

MARY, Queen of Scots explores the turbulent life of the charismatic Mary Stuart. Queen of France at 16 and widowed at 18, Mary defies pressure to remarry. Instead, she returns to her native Scotland to reclaim her rightful throne.

But Scotland and England fall under the rule of the compelling Elizabeth I. Each young Queen beholds her 'sister' in fear and fascination. Rivals in power and in love, and female rulers in a masculine world, the two must decide how to play the game of marriage versus independence. Determined to rule as much more than a figurehead, Mary asserts her claim to the English throne, threatening Elizabeth's sovereignty. Betrayal, rebellion, and conspiracies within each court imperil both thrones – and change the course of history. Universal Pictures ©

In cinemas 17 January.

WIN WIN WIN

We have five double passes to giveaway to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Mary in the subject line or call the office during business hours on 9227 8283. Competition closes 17/1/19.

Don't miss an evening with *The Manhattan Transfer*

THE undisputed leaders of vocal harmony groups, *The Manhattan Transfer* will play at the Regal Theatre on 2 March.

Winners of 10 prestigious Grammy awards, they will be singing all their worldwide hits including *Birdland*, *Route 66*, *Chanson D'Amour*, *The Boy From New York City* and many more. The show will feature the group's vocal virtuosity and musical versatility as they cover most styles including jazz, rhythm and blues, pop, rock 'n' roll and swing.

It has been 40 years since *The Manhattan Transfer* were formed in New York City by Tim Hauser. The current group, including original members Alan Paul and Janis Seigel along with long standing member Cheryl Bentyne, and newcomer Trist Curless, continue the tradition of harmonising brilliance.

They promise to take you through an incredible musical journey with a diverse range of hits that influenced the generation of the modern vocal quartet.

For bookings or further information visit www.astortheatreperth.com, phone 9370 1777 or 132 849.

Hugh Jackman stars in the political drama *The Front Runner*

OSCAR nominee Hugh Jackman stars as the charismatic politician Gary Hart for Academy Award-nominated director Jason Reitman in the new thrilling drama *The Front Runner*.

The film follows the rise and fall of Senator Hart, who captured the imagination of young voters and was considered the overwhelming front runner for the 1988 Democratic presidential nomination when his campaign was sidelined by the story of an extra-marital relationship with Donna Rice.

As tabloid journalism and political journalism merged for the first time, Senator Hart was forced to drop out of the race – events that left a profound and lasting impact on American politics and the world stage.

Also starring Vera Farmiga, J.K. Simmons and Alfred Molina, *The Front Runner* is written by Matt Bai, Jay Carson and Jason Reitman, based on the book *All the Truth is Out* by Matt Bai, and produced by Jason Reitman, Helen Estabrook, and Aaron L. Gilbert.

In cinemas 24 January.

WIN WIN WIN

We have 10 double passes to giveaway to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Front in the subject line or call the office during business hours on 9227 8283. Competition closes 20/1/19.

Liam Neeson stars in action thriller *Cold Pursuit*

WELCOME to Kehoe, it's -10ºF and counting at this glitzy ski resort in the Rocky Mountains.

The local police aren't used to much action until the son of unassuming town snowplough driver, Nels Coxman (Liam Neeson), is murdered at the order of Viking (Tom Bateman), a flamboyant drug lord.

Fuelled by rage and armed with heavy machinery, Nels sets out to dismantle the cartel one man at a time, but his understanding of murder comes mainly from what he read in a crime novel.

As the bodies pile up, his actions ignite a turf war between Viking and his long-standing rival White Bull (Tom Jackson), a soulful Native-American mafia boss. The war quickly escalates and turns the small town's bright white slopes blood-red.

In cinemas 7 February.

WIN WIN WIN

To be in the draw to win a double pass to Cold Pursuit simply email win@haveagonews.com.au with Cold in the subject line or write to Cold Pursuit C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/1/19.

ART for ALL

January 12 - 25

Check website for our Summer School, "Inspirations - A Journey into Art". 13 popular artists are running 21 exciting workshops from 2-hours to 4-days. Plus School holiday activities each weekday from 10am-12noon.

Check website or Facebook for more information

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Radio Plays Make History

6, 13, 19, 20 January at 2pm

Capital Radio, Agelink Theatre and The Old Mill Theatre are collaborating on a new initiative bringing local history and radio drama onto Perth's airwaves. Be part of the studio audience for the recording of these four historical plays about Perth by Jenny Davis OAM Read by some of Perth's finest actors in costume with a soundscape for recording.

OLD MILL THEATRE

Online booking: trybooking/zvwh Phone: 0475 895 701

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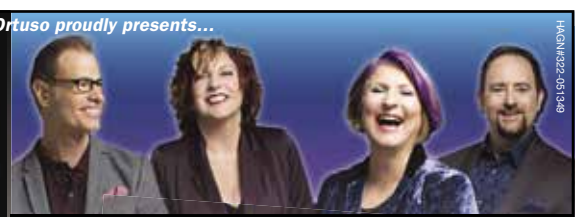

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AND THE UNION GAP

Gary Puckett and the Union Gap are a band etched in rock'n'roll history boasting six consecutive gold records in a career that started in 1968 and still remains very prominent to this day!

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WEDNESDAY 13 FEBRUARY
ASTOR THEATRE with special guest Garry Who

The Manhattan Transfer

THE UNDISPUTED LEADERS OF VOCAL HARMONY GROUPS, THE MANHATTAN TRANSFER ARE TOURING AUSTRALIA IN 2019.

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SATURDAY 2 MARCH
REGAL THEATRE

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FOR TICKETS & INFORMATION VISIT www.astortheatreperth.com
Phone 132 849 TICKETEK **lesliehintonentertainment.com/abstractentertainment.net**

arts

Perth's exciting new program of drama, dance, opera and music in 2019

Chevron Gardens at Elizabeth Quay Perth © Jessica Wyld Photography

by Josephine Allison

PERTH'S arts scene is set for a lively 2019 with major companies, including WA Ballet, West Australian Symphony Orchestra and West Australian Opera releasing programs that give a tantalising taste of the Perth Festival, which opens next month,.

They are catering for all tastes with well-considered programs showing the diverse talent Perth has on offer.

Perth Festival outgoing artistic director Wendy Martin says the festival is the result of the hard work, care and dedication of a fantastic team.

This year's program starts on 7 February with the return of the extraordinary 2017 hit *Boorna Waanginy* (The Trees Speak) which transforms Kings Park into a nocturnal wonderland over four nights. In this epic work, Noongar culture, science, cutting-edge technology and breathtaking artistry come together to celebrate the unique and fragile beauty of South Western Australia's landscape.

Huge projectors transform the avenues of Kings Park into an ever-moving canvas, where trees and flowers bloom, flocks of birds descend, bushfires rage and stories of the formation of the land unfurl.

Gatz, from 26 February - 3 March, is a theatrical eight-hour tour-de-force; not just a retelling of F Scott Fitzgerald's *The Great Gatsby*, but a thoroughly entertaining, absorbing dramatisation of Fitzgerald's masterpiece, brilliantly brought to life by Elevator Repair Service, one of America's leading theatre companies.

Travel from contemporary Australia to cosmopolitan Shanghai and the misty byways of rural China with *A Ghost in My Suitcase* from Barking Gecko Theatre which runs from 26 February - 3 March. The classic romantic ballet *Giselle* is flipped on its head by South African dancer and choreographer Dada Masilo in a radical reimaging sure to challenge audiences from 28 February to 2 March.

Perth Concert Hall and Winthrop Hall will see the Estonian Philharmonic Chamber Choir perform from 13 - 16 February. The world-renowned, Grammy Award-winning ensemble is the first choice for many specialist choral composers.

Local audiences will be drawn to the Perth Festival commissioned *Five Short Blasts Fremantle* by Madeleine Flynn and Tim Humphrey from 20 February - 3 March where people are invited to hop on a boat to encounter the sights and sounds of the area from the people who live and work there.

Daring and confronting UK 2019 artist-in-residence Ursula Martinez will bring her provocative style to Perth for a series of workshops and two different theatre shows, *A Family Outing – 20 Years On* and Free Admission. A warning: both shows contain nudity.

The packed program has the Lotterywest Films at University of WA Somerville and ECU Joondalup Pines until 7 April. Writers Week runs from 18 - 24 February and there is an exciting Visual Arts program on 10 February with seven exhibitions and the first Australian exhibition by acclaimed transgender artist Cassils.

West Australian Opera will launch this year's season with the City of Perth Opera in the Park with Verdi's masterpiece of love, hope and second chances *La Traviata*. The Supreme Court Gardens will be transformed on 2 February for this free event. Mozart's *The Magic Flute* will be staged at the elegant His Majesty's Theatre from 20 - 23 February at part of Perth Festival.

Opera in the Quarry, back by popular demand, will come to the Quarry Amphitheatre from 27 - 30 March.

Sweeney Todd, the demon barber of Fleet Street, a musical thriller, will also be staged at His Majesty's Theatre from 13 - 20 July. October 19, 22, 24 and 26 will see Verdi's *Macbeth* come to His Majesty's in a gripping telling of Shakespeare's classic in a brand new production from WA Opera and State Opera of South Australia.

The West Australian Symphony Orchestra will offer a range of exhilarating, inspirational and extraordinary music experiences this year. It also marks the 20th anniversary of principal conductor Asher Fisch's WASO debut in 1999.

In all, the WASO season consists of 60 concerts, two world premieres and eight artists making their WASO debuts.

To celebrate his anniversary, Asher will conduct the work with which he first introduced himself to WA audiences - Verdi's transcendent and monumental *Requiem*. These special performances will feature the combined voices of the WASO Chorus, the St Georges Cathedral Consort and the Tasmanian Symphony Orchestra Chorus and four world class soloists.

Two exceptional artists are highlighted in the season — WASO's first Artist in Association, the Australian soprano Siobhann Stagg, will appear as a soloist in three concerts conducted by Asher Fisch, and featured artist Nikolaj Znaider will appear as both violin soloist and conductor in August.

WASO starts its 91st year with the season-opening WASO's *Favourites* in February. Former WASO assistant conductor Elena Schwarz, will lead the orchestra through a selection of favourites including *Appalachian Spring* by Aaron Copeland and the immortal *Rhapsody in Blue* by Copeland's fellow Brooklyn-born composer, George Gershwin.

The WA Ballet's season will explore the theme 'live and alive.'

Now in his seventh season as artistic director, Aurelien Scannella has created a program that will celebrate aspects of live dance. The year will open at the Quarry Amphitheatre on 8 February with *In-Synch*: Ballet at the Quarry, a production of three works as part of Perth Festival.

After the Quarry season, WA Ballet will hit the road in March on a regional tour, taking excerpts of many of the company's popular works to Kalgoorlie, Port Hedland, Karratha and Mandurah.

A staple of the company's annual season since 2006 to be held again this year is the choreographic showcase, *Genesis*, a chance for dancers to showcase their choreographic flair by creating their own short works in the intimate setting of the WA Ballet Centre in Maylands.

In May, the company returns to His Majesty's Theatre with Greg Horsman's re-imagined classical work *La Bayadere*. The historic romantic-era work *Giselle* is set to impress Perth audiences next September. The work was choreographed by Scannella and Sandy Delasalle in 2014.

The final production of the year from 21 November - 15 December will be Septime Webre's acclaimed *Alice in Wonderland*, which played to sellout houses in Hong Kong last year.

It amounts to an exciting range of programs with the Perth Festival, opera, classical music and ballet. There is a veritable feast to enjoy.

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

arts

The Green Book - an uplifting story of true friendship

IN his powerful foray into dramatic work as a feature director, Peter Farrelly directs *The Green Book*, a film inspired by a true friendship that transcended race, class and the Mason-Dixon line in 1962.

When Frank Anthony Vallelonga, aka Tony Lip (Mortensen), a New York City bouncer from an Italian-American neighbourhood in the Bronx, is hired to drive and protect Dr Don Shirley (Ali), a world-class black pianist, on a concert tour from Manhattan to the Deep South, they must rely on *The Green Book*. This is a travel guide to safe lodging, dining and business options for African Americans during the era of segregation and Jim Crow laws – to steer them to places where Shirley will not be refused service, humiliated, or threatened with violence.

Set against the backdrop of a country grappling with the valour and volatility of the civil rights movement, the two men will be confronted with racism and danger, and be comforted by generosity, kindness and humour.

Together, they will challenge long-held assumptions, push past their seemingly insurmountable differences, and embrace their shared humanity. What begins as two month journey of necessity will establish a friendship that will endure for the rest of their lives.

In cinemas 24 January.

WIN WIN WIN

We have 10 double passes to giveaway to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Green in the subject line or call the office during business hours on 9227 8283. Competition closes 20/1/19.

A story to restore the human spirit

ACADEMY Award winner Robert Zemeckis — the groundbreaking filmmaker behind *Forrest Gump*, *Flight* and *Cast Away* — directs Steve Carell in the most original movie of the year.

Welcome to Marwen tells the miraculous true story of one broken man's fight as he discovers how artistic imagination can restore the human spirit.

When a devastating attack shatters Mark Hogancamp (Carell) and wipes away all memories, no one expected him to recover. Putting together pieces from his old and new life, Mark meticulously creates a wondrous town where he can heal and be heroic. As he builds an astonishing art installation—a testament to the most powerful women he knows—through his fantasy world, he draws strength to triumph in the real one.

In a bold, wondrous and timely film from this revolutionary pioneer of contemporary cinema, *Welcome to Marwen* shows that when your only weapon is your imagination… you'll find courage in the most unexpected place.

In cinemas 31 January.

WIN WIN WIN

To be in the draw to win a double pass to Welcome to Marwen simply email win@haveagonews.com.au with Marwen in the subject line or write to Welcome to Marwen C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 26/1/19.

Famous '60s rock band to tour Perth in February

GARY Puckett and the Union Gap is a band etched in rock'n'roll history, boasting six consecutive Gold records in a career that started in 1968 and still remains very prominent to this day. They continue to tour the world in a show that is loaded with hits including *Young Girl*, *Woman Woman*, *Lady Willpower* and *Over You*.

Gary Puckett and the Union Gap maintain a busy touring schedule, constantly touring the United States and Europe in a show that is packed with rock 'n' roll energy and vocal excellence. Gary's velvet voice is complemented perfectly by the vocal harmony and musical perfection of the *Union Gap* in a show that delivers the raw sixties sound that can only be associated with live music at its best.

Gary Puckett and the Union Gap will be playing at the Astor Theatre in Perth on 13 February. Supporting Gary will be Australia's own king of comedy Gary Who; Gary achieved household recognition in the iconic Australian TV show *Hey Hey It's Saturday*.

For bookings or further information visit www.astortheatreperth.com, phone 9370 1777 or 132 849.

Let your heart soar with classic Australian tale - *Storm Boy*

A BEAUTIFUL and contemporary re-telling of Colin Thiele's classic Australian tale, *Storm Boy* has grown up to be Michael Kingley, a successful retired businessman and grandfather.

When Kingley starts to see images from his past that he can't explain, he is forced to remember his long-forgotten childhood, growing up on an isolated coastline with his father.

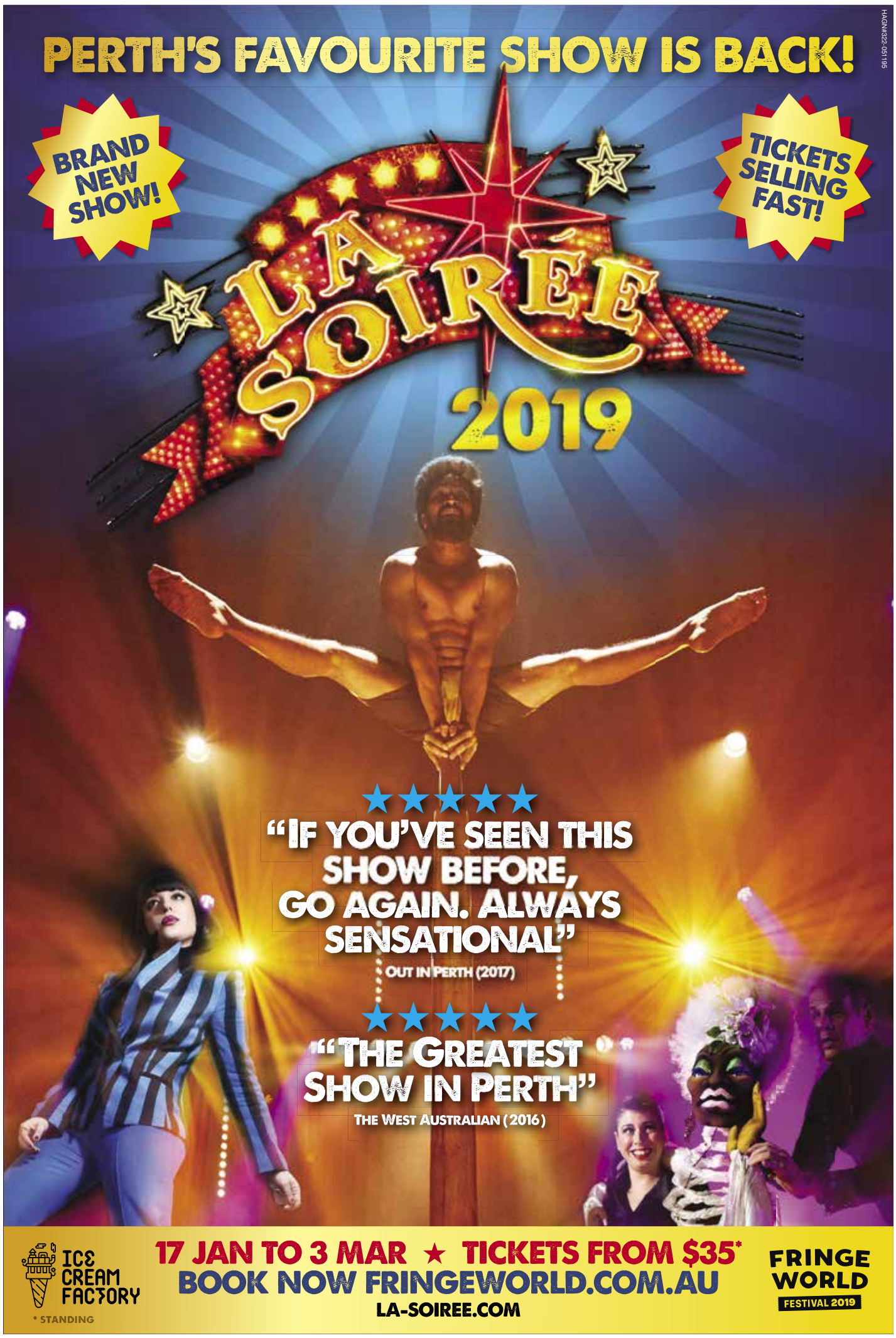
He recounts to his grand-daughter the story of how, as a boy, he rescued and raised an extraordinary orphaned pelican, Mr Percival. Their remarkable adventures and very special bond had a profound effect on all their lives.

Based on the beloved book, *Storm Boy* is a timeless story of an unusual and unconditional friendship.

In cinemas 17 January.

WIN WIN WIN

We have 10 double passes to giveaway to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Storm in the subject line or call the office during business hours on 9227 8283. Competition closes 20/1/19.



Friend to Friend

FREE

Please nominate a category for your advertisement.
Tick one box only.

- ☐ Travel companion
- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Each person may submit one entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:
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.

Name ..... **Address** .....

..... **Postcode** .....

Phone ..... **I am over 45 years of age** ..... **(Signature)**

Seeking a Friend

ACTIVE gent, 60, no baggage, fit, financially comfortable, looking for a lady friend/partner.
Reply Box 8102

A NEW beginning for lady, 70s, slim, easygoing, sincere, TLC, GSOH, fin sec, enjoy cooking, dance, travel etc WLTM gent 70s+, good company, similar attributes, NOR, metro.
Reply Box 8116

ATTRACTIVE educated, refined, pleasant, English lady, NS, SD, active, walking, swimming, needs moderate level portable oxygen due to respiratory problem. WLTM fin sec, kind, gentleman, 70-80 similar. I like nature, painting, writing, reading, drawing etc, Canning Bridge area. Coffee anyone?
Reply Box 8124

GENT 63, Indian, well educated, NS, SD, DTE, GSOH, healthy and very clean, seeks gent 50+, NS, healthy, very clean and no pets, who enjoys good friendship, tea/coffee, cooking, beach, music and massage exchange.
Reply Box 8121

GENT 70, GSOH, SD, NS, SOR, DTE, NG, TLC to meet down south west for coffee, Bunbury, enjoys fishing, travel, caravanning, walking in the bush, enjoy home life and country music, no baggage.
Reply Box 8113

GENT 80 seeking friendship, view to relationship, enjoys outings, gardening, dinner. Seeking honest, caring, young at heart lady, NS, SD, NG, fin sec, 6210 area.
Reply Box 8130

www.haveagonews.com.au

GENT English Australian, trim, young, 70, no ties, secure, honest, caring, educated, professional, practical, GSOH, NS, NG, SD, NOR, 6025 postcode, seeking slim, average lady for special friendship, relationship.
Reply Box 8111

HAPPY man, 66, seeks happy lady, to 63. I'm NS, SD, 5'6", medium build, healthy, into music, movies, cooking etc. Begin new year with new man. Indeed you will always be happy with me around.
Reply Box 8125

MANDURAH gent, 79, fit, active. Like travelling but can't afford it. Want to help men and women who need help. They will pay my expenses and I will do the best to make it joyful.
Reply Box 8110

MATURE caring, sincere, genuine gent, fin independent, GSOH, NS, NG, WLTM lady with similar attributes and if compatible a friendly relationship could develop SOR preferred. Let's meet for a coffee and a chat.
Reply Box 8131

NOR lady with happy relaxed nature who enjoys keeping fit, travel, dining out and live entertainment, seeks kind, active, healthy man to share new experiences and enjoy a fun social life together.
Reply Box 8129

SMART lady, 80, WLTM gent 80s, smart, for company and see where it goes. Cinema, travel, quiet evenings, watch tv, NOR, SD, NS, NG, widow, walks, coffee, live Wanneroo.
Reply Box 8104

UK man, young 65+, smart appearance, good attributes, seeks 59-64, healthy woman who's pleasant, intelligent, fin sec, slim, fair complexion, eclectic tastes in music, art etc. As friend and companion. Close to metro. No mobiles thanks.
Reply Box 8123

WELL presented senior gentleman, very honest, educated, fin sec. Enjoy food and wine, gardening, classical music, travel and sports. Searching for a intelligent, older gentleman, 75-95 for close friendship.
Reply Box 8114

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Seeking a Partner

AFFECTIONATE Christian lady, late 60s, fin sec, NS, well travelled, many interests, looking for kind, loving man for rest of life partner.
Reply Box 8112

ATTRACTIVE well presented, English lady, 70, medium build, educated, fin sec, own home, postcode 6107, enjoys reading, walking, music, socialising, country drives, WLTM unattached, genuine, well presented, fin sec gentleman, 65-72 for permanent long term relationship, ALA, thank you.
Reply Box 8103

AUSSIE male 1949 model, solid build, WLTM lady to travel Aussie with, share expenses, caravanning, NS, SD, prefer large size lady, no ties, enjoy 2019 together, no pets or baggage, let's meet, lunch first. ALA.
Reply Box 8127

AUSTRALIAN European gentleman, 66, average height, slim build, WLTM lady similar age, European ethnicity to explore our heritage and find the true home of our souls find each other, uncover the secret, come join me.
Reply Box 8119

GENT Aussie, 75, slim, active, GSOH, NS, NG, SD, fin sec, loving, caring, kind, good listener, patient, drives, walking, movies, gardening, music, singing, photography, handyman. WLTM slim, loving, caring lady any nationality 65+, SOR.
Reply Box 8108

GENT English resident intelligent WLTM lady same 65-75, friendship, partner, own modern home SOR, Christian NS, SD, golf, croquet, young at heart, widower, been alone too long. Let's meet.
Reply Box 8107

GENT mid 70s, WLTM a genuine lady who is NOR, NS, NG, SD, DTE and is into travel, cruises, 60s music, quiet evenings at home etc. Would be nice to have a chat and coffee. Interested? I hope so.
Reply Box 8117

GENT UK Australian, late 60s, well preserved, educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeks compatible, intelligent, attractive, slimmish, easygoing lady to mid 60s, social activities, travel companion, whatever, northern suburbs. Coffee?
Reply Box 8126

LADY early 50s, seeks guy same with good values that enjoys going out as well as friends and family, NS, GSOH, autonomous and fin sec, independent, good company to share special moments with. Let's meet.
Reply Box 8118

LADY Japanese 72, NS, DTE, into travel, cruising, WLTM sincere gentleman. Let's find happiness in each other consideration for our life together.
Reply Box 8106

LADY mid 70s, active, slim, enjoys outings, gardening, quiet times together, WLTM gent GSOH, SD, NS, NOR.
Reply Box 8115

MALE widower, 70, fit, healthy, SD, many interests as a home body who also enjoys travelling outback Australia and beach, fishing, seeking, DTE, fit Australian lady, 64-70 to enjoy same. Midland/Bassendean area. ALA.
Reply Box 8128

RESPECTABLE male southwest coastal, 69, itelligent, medium build, NS, easygoing, comfortable, quiet lifestyle, no baggage. Enjoys homelife, sport, camping, fishing, northwest exploring, heaps more. Seeking similar, GSOH, tidy, good natured country lady. Viewing long term.
Reply Box 8122

Seeking a Travel Companion

GENT 70s, WLTM lady, NS, GSOH, interested in dancing, travelling within Australia. No baggage, has caravan, looking for long term relationship.
Reply Box 8120

MIDDLE 50 WLTM DTE male or female, similar age for Australia Asia cruise. NS, SD, departs November 2019.
Reply Box 8109

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BULLCREEK LADY 70 very attr green eyed blonde, slim, elegant, friendly, outgoing. A kind, generous person sk curious, intelligent man 66-76.

DUNCRAIG LADY 65 happy, honest, loyal & loving brn eyed brunette, well grmd, fin. indep, enj family & friends. Sk a good man w/ sound values 60-70.

MORLEY LADY 77 stylish, elegant, educated widow, 172cm, slim figure, blue eyed blond, sk well grmd/mannered gent 75-85.

CLAREMONT LADY 72 funloving blue eyed blonde, slim, well grmd, modern, d.t.earth, enj the garden, plays bridge, reads and enj good films. Sk gent 70-80.

TUART HILL GENT 65 loveable, good hearted man looking for sincere, average lady 58-68. Likes drives, walks, movies, dining out, o/seas travel.

MAYLANDS GENT 64 sincere, active, div, 187cm, well grmd, fun sense of humour, no hangups, sk lady 57-65 to get to know and enjoy life as a couple.

JOONDALUP GENT 76 active widower, 175cm, trim, well grmd, enj golf, socialising, occ sport and can dance a little. Sk friendship w/ a sweet lady 70-80.

ROCKINGHAM GENT 75 Very fit, d.t.rearth, friendly, pride in appearance, old fashioned manners, positive o/look, loves dancing, sk lady 65+.

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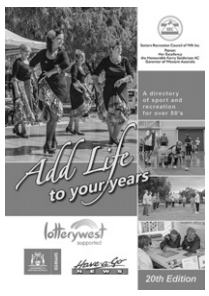

A directory of sport and recreation for over 50s
To obtain a free copy of the 20th edition *Add Life to your years* directory please contact Dawn at the Seniors Recreation Council on 9492 9773 or email info@srcwa.asn.au

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When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042,
West Leederville, WA 6901.
(example only)

Send your reply on a single sheet of paper.
Place in a small envelope 11B
(measures approx. 14 x 9cm).
No greeting cards, 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 you met your match?

We at *Have a Go News* are interested to hear if any of our users of Friend to Friend have found a life partner.
Is this you?
Our super sleuths have told us of two such people.
If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901
Your privacy will be respected.

SCENE SOCIALLY

SCENE (1): THE Holly Wood Tuesday Morning Show celebrated the end of the year with a fabulous Christmas extravaganza performed by the Tivoli Club. This was Tivoli's 14th Christmas performance at the Perth Town Hall and each year the shows get better and more colourful. The hall was full of people and everyone enjoyed the camaraderie of the festive event. The Holly Wood Tuesday Morning Show is a free show which runs every Tuesday morning from 11am at the Perth Town Hall and recommences for the new year on 12 February with a performance from the *Silver Threads Brass Band*.

SCENE (1): Top row from left to right; *Pia Kehal and Jenny Ranger - Holly Wood Dancers' Vera and Margaret - Louise and Terry - Michelle Davies, Maureen Felton and Janice Hill - Jean Cousel and Carol Adcock. Second row from LtR; Compere Bernard Carney with his wife Eleanor - 99 year old volunteer Loyal still makes treats including jams, preserves and biscuits - The Tivoli Club performers put on a fabulous Christmas show complete with costumes - the audience at the Perth Town Hall. Third row from LtR; City of Perth staff Brian Shoosmith, Colleen Dixon and Richard Clephane.*

SCENE (2): LAST month well known author Fiona McIntosh who is featured on page 3 of this issue made a flying visit to Perth to promote her new book *The Pearl Thief* at an entertaining talk and tea at the Parmelia Hilton in Perth.

SCENE (1): From left to right; *Editor Jen Merigan, author Fiona McIntosh and Kings Tours and Travel's Jenny Franceschi.*

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SCENE (3): CONGRATULATIONS to Sophie (94) and John (100) Freund who celebrated their 75th wedding anniversary on 4 January. They married in Fremantle in 1944 and raised three children. To celebrate their milestone regular *Have a Go News'* columnist Adam Penn sang for them at their home at Aegis in Melville.

Win a $200 shopping voucher... See page 2

SCENE (4): MEMBERS of the Friendship Force of Perth celebrated the festive season with a barbecue lunch at Matilda Bay. The Friendship Force Club of Perth is one of 24 in Australia and part of the Friendship Force International family which boasts 360 clubs in more than 60 countries. Members have the opportunity to see the world a little differently and Perth members have the opportunity to home host visiting clubs and show them all that Perth has to offer.

New members are always welcome. Check out www.friendshipforceperth.net or contact the membership officer on email at membership@friendshipforceperth.net or phone 9255 1773.

SCENE (4): From left to right; *Julie Toms with Santa (aka) Ian Cook - Susan Farkas and Julie Longbon - Colin Allen and Ian Cook.*

SCENE (5): *HAVE a Go News* met bike rider John Firth (79) pictured right, and his mate Frank who were paying a visit to Dianella Plaza last month. Frank said he has just returned to riding and John who lives in Perth for half the year and the other half in the UK rides his bike three hours per day! Now that's the Have a Go philosophy!

SCENE (6): HELEN Iles of the Society of Women Writers WA ran two writing workshops in November: A Life Writing workshop in the morning and Publishing Your Life Story and Photo Restoration in the afternoon. Helen covered a variety of ways of producing memoirs and life stories in addition to traditional publishing, including Flip Books, DVDs, self-publishing, or simply printing a limited number of books for family members.

Participants were enthusiastic about Helen's workshops and the confidence they gained to work on their life writing projects.

The next Life Writing workshops are planned for Saturday 13 April. The Society of Women Writers WA meets on the third Tuesday of the month at Citiplace on the concourse level at the Perth Railway Station. Visitors are always welcome. For enquiries, please telephone 0415 840 031, email swwofwa@gmail.com or visit www.swwofwa.com.au.

SCENE (6): *Attendees at the Writing Workshops in November*

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