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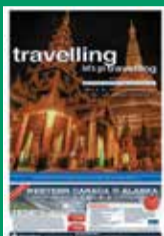
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let's go travelling 12 page liftout

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"It was an extraordinary experience... the level of skill, but also the power of the archetypes and the narratives were startling. And of course it was exquisitely beautiful," said Academy Award-winning actress, Cate Blanchett.

"I probably have reviewed over 3,000 to

4,000 shows since 1942, that cannot compare to what I saw tonight. I will give this production five Stars, that's the top! The best word to use was mind blowing," wrote Richard Connema, critic for *Talkin' Broadway*.

"It amazed me ... the choreography is phenomenal, I think it's the best show that I have ever seen. The best. Even the back-grounds, the dancing, the choreography and the music, the singing - everything. I am very, very lucky to see this amazing and fabulous performance, and I couldn't have imagined it would be like this," said Valentina Alexis, former ballerina, Moscow Ballet.

"It was absolutely marvelous. It's a magnificent show - spectacular. The imagination behind it and the creativity is incredible," said Dr. Irving Guttman, former artistic director for Vancouver Opera.

"The Orchestra is phenomenal. They are

very, very on top," Roger Tallman, *Seven-time Emmy Award-winning composer/producer confirmed*.

"The performance was very, very moving in every way. It captivated all of my senses. I thought the dancers were exquisite. I've performed all over the world... it was world class," world-renowned soprano Alexandra Marc said.

Returning to Perth for its third successful season Shen Yun plays at the Regal Theatre (474 Hay Street, Subiaco) from 18 - 23 April.

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From the editor's desk

HAPPY New Year. I hope 2017 is a healthy, happy and prosperous year for us all.

I have just returned from a lovely family break in Bali over the festive season and I must say after such a busy 2016 it was fantastic to relax and switch off. Bali was the perfect place to do this.

★★★★★

Don't forget to get yourself a copy of our

Living Histories book – *Stories from the Swinging 60s* which is a snapshot of what life was like in WA during the 1960s. See page 46 for details on how to order the book or drop into the office during business hours to buy a copy.

★★★★★

January is the month of resolutions and this is the time to start planning to incorporate some regular exercise or participation in a club or group.

Physiotherapist Jemma Aldridge writes in her column about how motivating it was for her

to return to a group fitness class and maybe this will inspire others to do the same.

★★★★★

The Red Cross has advised us that they have carer support groups which meet monthly in metropolitan Perth, the Wheatbelt, south west and Great Southern areas. Meetings include information sharing, training and workshops on relevant topics. They welcome carers to come along, meet other carers, enjoy some social interaction and have a short respite break. Please ring

Louisa 1800 441 014 or email wa_carersupport@redcross.org.au for more information.

★★★★★

Summer in Perth provides an opportunity to see an amazing selection of shows as the Fringe Festival heats up. One of the shows which will make its Perth debut and will be a 'don't miss' is *Djuki Mala*. This Indigenous dance group from north east Arnhem Land will excite audiences with their unique, infectious and high energy dance which is a fusion of traditional Yolngu and contemporary pop culture, dance and story telling.

into Aboriginal Australia. See show details on page 5.

★★★★★

WA Ballet's *Takuto* – Ballet at the Quarry season will be performed from 3 to 25 February and is another highlight of the summer arts calendar. Enjoying the ballet under the stars is something quite extraordinary and for those who may not have seen one of the performances, I urge you to have a go. Bookings can be made through Ticketmaster on 136 100.

We will have more information next month on the plethora of shows being presented during the next few months including what's happening at the Perth International Arts Festival.

In the mean time I wish you a happy and healthy start to 2017.

Jennifer Merigan
Editor

jen@haveagonews.com.au
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Have a go at 10 pin bowling

CANNINGTON Bowling in Manning Road are looking for new members. They bowl on Tuesdays at 12.30pm. No experience necessary. For more information please call Grace 9293 3852.

Word of the month

absquatulate
verb
Leave abruptly:
'some overthrown dictator who had absquatulated to the USA'
Origin
Mid 19th century: blend (simulating a Latin form) of abscond, squattle 'squat down', and perambulate.

Great West Aussies - Did you know?

CECIL Dent produced the first road map for WA motorists and brought in the first car, a 1901 Oldsmobile. In 1894, Dent entered all event distances in the State cycling championships. He won them all.

Urban slang

Meme - an image, video, piece of text, etc., typically humorous in nature, that is copied and spread rapidly by Internet users, often with slight variations.

Funny historical fact



Teabags were invented by accident in 1904 when New York tea merchant Thomas Sullivan began sending out samples to his clients in silk bags with a drawstring, rather than in more expensive tins. Customers placed the bags in their cups, thinking the tea was supposed to be brewed that way.

Ageing research snippet

A SAUNA a day may keep dementia away found a study in Finland.

More than 2000 middle-aged men were followed for 20 years to find out the factors which influenced the development of cognitive problems in later life.

The study found that the men who used the sauna between four and seven times a week were 66 per cent less likely to be diagnosed with dementia compared with those taking a sauna once a week or less.

Professor Jair Laukkaben from the University of East Finland said sauna bathing may protect the heart and memory in similar ways.

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Breaking records in television: Susannah Carr's milestone year



Susannah Carr

by Lee Tate

SUSANNAH Carr has embarked on a seminal year that could be the start of a seismic shift at Channel 7 with changes for Perth's viewing public.

To say that Susannah is in a milestone year would be a major understatement.

Not only turning 65 (in July) the media veteran, with co-presenter Rick Ardon, is set to break a world record for TV news reading.

The popular Perth pair will cruise past America's WNBC former co-anchors Sue Simmons and Chuck Scarborough who relished a 32-year news-anchor partnership.

Susannah – and Rick – both look fresh and their news delivery remains crisp with excellent production support. But having done it all and steered Seven's stability for three decades, Susannah doesn't rule out moving to greener, far away, fields.

A seasoned traveller with an informed observer's wide interests, Susannah longs to see more of the world and not just for short holidays.

"I could live practically anywhere when I've left regular work. The world's open to me," she says.

With husband Chris, Susannah has been to the most exotic and fascinating places in the world. Earlier this year they were in France where they toured and met friends there.

With a passion for collecting recipes, Susannah savours foreign aromas and tantalising tastes.

"I'm in awe of marketplaces like those in France and Italy. We just love to stroll through them. Everything is prepared and presented so well," she tells me.

Travel has also been an important part of Susannah's working life. She broadcast live from South Africa during their first all-race elections and from London in the week after the death of Princess Diana.

Susannah headed a film crew to Moscow and gained unprecedented access inside the forbidding Kremlin to make the documentary *The Secret Treasures of the Kremlin*.

Susannah presented nationally during the 2014 Sydney hostage siege when Seven News Sydney studios in Martin Place were evacuated. The Seven news team picked up the Walkley award in 2015 for their moving coverage that night.

Susannah and Rick's 32-year dominance of local cut-throat television led to a flood of financial offers from rival networks coming their way, with the result that Channel 7 had to constantly upgrade their stars' contracts. We're talking very big bucks.

And it clearly paid off. Channel 7 has ruled the roost largely thanks to its consistency in news and program presentation as well as its strong community connection, especially Telethon.

These days the rival offers have virtually dried up. Not that other networks wouldn't jump at snaring the pair.

"I think the others realise we are fairly entrenched here at Seven," laughed Susannah.

Susannah says they put their endurance down largely to the fact that they both get on well together and, despite lucrative temptations, always felt they were being looked after as much as they could be by Channel 7.

"They've always treated us well," she said of Seven's management.

Susannah says life is a balance. She appreciates her privileged position in a sought-after profession that she loves and has a supportive husband. And they keep interested in many things and stay active.

They daily walk their wire-hair dog, Poppy, and Susannah is a regular swimmer at a western suburbs pool, steadily pounding out her routine

20 laps.

"I've always been fairly healthy," says Susannah who has obviously got to be aware of her image.

"I made a decision that has changed my whole life," she says of her switch to the 5:2 diet three years ago.

"I want to tell everyone," she told Have a Go News.

"I fast on two non-consecutive days a week. I lost plenty of weight at first but I've stopped losing it now and it's not just about that. I feel so much healthier," she said.

Susannah is a disciple of Michael Mosley, an Oxford graduate and former psychiatry student who became a BBC TV presenter and popularized the 5:2 diet (eat on five days, fast on two).

Susannah says it's not trendy or faddish diet.

"And I realise it's okay to feel hungry," she said, adding that on her fasting days she might have a small portion of fish, broth or vegetables at night.

"Fasting is good for you and helps get rid of all those toxins," she said.

Susannah was born in Britain and came to WA with her parents when she was only seven months old. After schooling in Cottesloe, She did her BA from UWA, graduating as an architectural draftsman.

Being from a Brit-

ish family ("we were ten pound Poms"), Susannah reckons it probably led to her neutral accent although she modified it when she lost out on an ABC Perth job.

However, when she was called back she was ready. Her media journey kicked-off in 1974 as an ABC radio announcer.

Two weeks later, on Christmas Day, she was on-air on that fateful day when Cyclone Tracy hit Darwin. Susannah impressed with her now trademark cool delivery, maintaining the aplomb and authority that steered her to the top of a male-dominated world.

At the ABC, Susannah was Perth's first female TV news presenter and the second only by a day for the ABC nationally.

In 1985 Susannah was wooed by TWV 7 and the following year she won the Logie award for Most Popular Female, Western Australia. Rick Ardon won the Logie for Most Popular Male, Western Australia.

In 2000, she was inducted as an Honorary Member by the Edith Cowan University chapter of the Golden Key International Honour Society.

Has our favourite news-reader signed her final contract? Who knows?

Susannah would have the time to write a book. But not about herself.

"I'd love to write a novel," she reveals.

The memoirs of a WA girl



The Laundry Girl
By Faye Bohling
Reviewed by
Pat Paley

LOCAL author Faye Bohling was born in 1938 to an unwed immature young mother, who placed her into the care of two women from the Catholic church, then disappeared for two years. She reclaimed Faye but found that a child seriously disrupted her dubious social life.

When Faye was 10 years old she was taken by her mother and placed into the Good Shepherd Convent at Leederville, a home for wayward women and the mentally unstable, and was made to work in the laundry. There were no other children there, she did not receive any schooling and was made to work as hard and long as the adults. The nuns were cruel, callous, godless creatures without an ounce of compassion for an innocent child who had no idea why she was there or what she had done wrong.

"Mother Pierre shook me backwards and forwards and told me to get down and kiss the floor until she told me to get up" the nun then roughly

pushed Faye's head down three times (remember – she was only 10 years old).

Faye hated that cruel unfair woman who was so holy around priests and visitors but was capable of such viciousness. Faye yearned for her mother to collect her, she still loved her, but apart from a few visits to take her to Perth for the day, Faye remained in that vile place for two years.

When Faye was older she met Ron, the love of her life, they married and had four children. But her happiness and contentment was cruelly shattered when Ron was killed in an accident. Once more her strength and courage were tested, but the resilience that sustained her as a child sustained her once again.

This story is classic Australian literature and ranks along with authors such as A.B. Facey, Dorothy Hewett and Ruth Park. There's no 'poor me' or self-pity throughout this memoir, it is told with grace and dignity by a fine woman who, no matter how many times life dealt her severe blows, never lost her capacity to love. This book is an absolute gem (and

she's one of ours).

The Laundry Girl retails for \$25 and is available from the following outlets:

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See page 47 for details about how to purchase a copy of the book **Stories from the Swinging 60s**



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Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor

I HAVE just read Lee Tate's article in last month's *Have a Go News* on *Landline* and can only whole heartily agree with your sentiments regarding the programs bringing the farm into the living rooms of the city dwellers and opening up our understanding about rural life in Australia.

We have been watching *Landline* since it started all those years ago, only missing it when traveling overseas, and while we are city folk, so to speak, I did grow up in Maryborough in rural Queensland before joining the navy. Having served my time I ended up in Perth working in the mining industry and became a city boy.

My father was trained as a butcher but went on to become a Commonwealth meat inspector with the Department of Primary Industries and having been transferred to Perth spent the last twenty years of his working life visiting and working in just about all of the meat works in WA, as well as down on the wharf watching the loading of live and frozen produce into cargo ships. So we still had a country connection.

For us *Landline* is by far the best show on TV and has been for the past 24 years, and as you rightly pointed out it has moved with the times and reflects rural Australia exactly as it is today without any of the political spin, showing both the good times or bad, and pulling no punches in telling the real story.

Long may it reign!

Regards,

Bruce and Beth Crane

Dear Editor

JUST a note to say a big thank you for my prize of a double pass to the *Best of British* show.

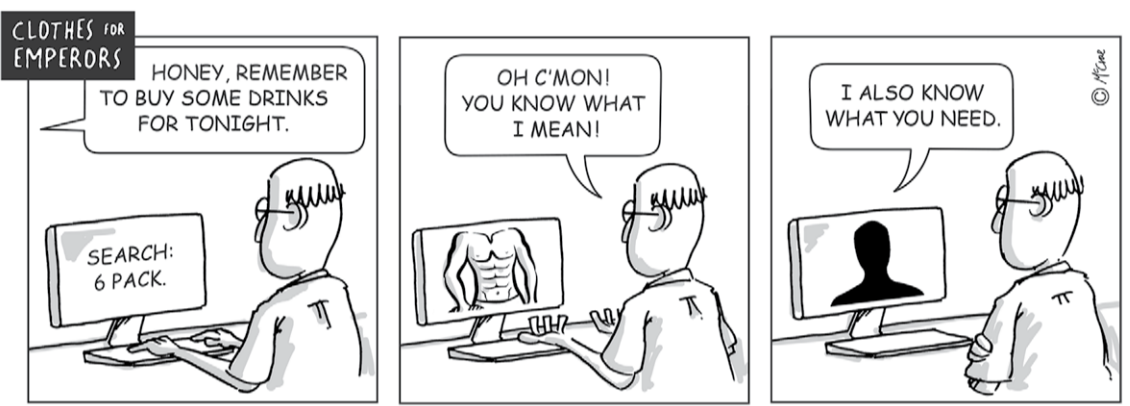
I am 93 years old and nights out are very few and far between now. It was a wonderful evening and they were first class seats.

As an ex-Pom, I enjoyed every minute and I almost lost my voice from singing along. My eyes lit up at the sight of the Perth Highland Pipe Band, all those brawny sexy looking Scotsmen were too much for me.

Thank you once again.

Noricca Bovington Duncraig

PS I have written to Father Christmas asking him li can have the Pipe Band for Christmas – one at a time of course.



Make a new year's resolution to go nuts



by Jeanette Woolerton

MIXED, crushed, salted or spiced, nuts are a popular snack among most of us. However, did you know that they are also a nutrient dense powerhouse of vitamins and minerals – essential to longevity and good health?

A review of studies on nut consumption and disease risk, led by researchers from Imperial College, London and the Norwegian University of Science and Technology, have revealed that 20 grams a day – equivalent to a handful – can cut people's risk of coronary heart disease by nearly 30 per cent, their risk of cancer by 15 per cent and their risk of premature death by 22 per cent.

The research team analysed 29 published studies from around the world that involved nearly 820,000 participants (including more than 12,000 cases of coronary heart disease, 9,000 cases of stroke, 18,000 cases of cardiovascular disease and cancer and more than 85,000 deaths).

Study co-author Dagfinn Aune from the school of public health at Imperial College said: "In nutritional studies, so far much of the research has been on the big killers such as heart diseases, stroke and cancer, but now we're starting to see data for other diseases.

"We found a consistent reduction in risk across many different diseases, which is a strong indication that there is a real underlying relationship between nut consumption and different health outcomes. It's quite a substantial effect for such a small amount of food."

The study included all types of tree nuts, such as hazelnuts and walnuts, as well as peanuts (which are actually legumes).

The results were similar whether total nut intake, tree nuts or peanuts were analysed.

What makes nuts so potentially beneficial, is their nutritional value:

"Nuts and peanuts are high in fibre, magnesium, and polyunsaturated fats – nutrients that cut cardiovascular disease risk and can reduce cholesterol levels.

"Some nuts, particularly walnuts and pecans, are also high in antioxidants, which can fight oxidative stress and possibly reduce cancer risk. Even though nuts are quite high in fat, they are also high in fibre and protein, and there is some evidence that suggests nuts might actually reduce your risk of obesity over time."

Brazil nuts are one of the best natural sources of selenium. A 100g serve of Brazil nuts contains 1917 micrograms of selenium, equivalent to 575 micrograms per 30g serve.

Selenium is also found (to a lesser extent) in seafood, poultry, eggs and muscle meats.

In Australia, the recommended dietary intake (RDI) for selenium is 70 micrograms for adult men, and 60 micrograms for adult women. This means you only need two Brazil nuts a day to get 100 per cent of the RDI for selenium.

Nuts add a combination of at least 28 different essential nutrients, as well as adding fibre to the diet (about 8g per 100g on average). Eating foods rich in fibre helps to satisfy hunger for longer as well as help to manage cholesterol.

So, make your 2017 New Year's resolution a keeper and go nuts.

The findings were published in the journal *BMC Medicine*

History in the city program

HISTORY IN THE CITY is presented by the Royal WA Historical Society Auxiliary. Meetings are held from March to December on the first Wednesday of the month at 2pm at the Citiplace Community Centre situated on the Perth railway concourse. Interesting talks are presented with afternoon tea provided.

Entry by donation of \$5. See History West and the Society website for detailed information www.histwest.org.au

The first three meetings for 2017 will be:

Wed 1 March – Bernice Barrie: Georgiana Molloy: the mind that shines

Wed 5 April – Melinda Tognini: The War Women's Guild

Wed 3 May – Lee-Anne Ashley: Tales from our home: 80 years of dog rescue in WA.

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Clowning, captivating *Kooza* promises to take Perth audiences to new heights...



Contortion

Pic: Matt Beard Costumes: Marie-Chantale Vaillancourt © 2012 Cirque du Soleil

by Josephine Allison

DEAN HARVEY might have been with Cirque du Soleil's Australian touring show *Kooza* only a few months but the Los Angeles based artistic director is rejoicing in his new role. Harvey says he is excited about visiting Perth for the first time when the show opens under the Grand Chapiteau at Belmont Racecourse next April.

"I have been with *Kooza* only a few months now," Harvey explains during a telephone hookup from Brisbane where the show was running until the new year. "*Kooza*'s former artistic director Ron Kellum is a friend. I was pursuing another arm of Cirque, 45 Degrees, which does special events, when I contacted Ron, who suggested I become involved in Cirque on an artistic director level.

"That kind of put a bug in my ear and next thing I knew there was an opening. I threw my hat into the ring and got the job. It was Ron's position which I was completely unaware of so I felt it was meant to be."

Kooza, which pays homage to the old tradition of clowning, stems back to Cirque's beginnings in Montreal in 2007 and follows a character known as the Innocent, a young and naïve clown whose eyes are opened by the Trickster. The Trickster shows the Innocent all the wonders of his magical world. But things

take a dark turn when the Innocent gains power over that world.

"The show follows the Innocent's journey which we can all relate to," Harvey says. "When I first saw it, I realised no matter where we are in our lives we are all on a personal journey. You may move across the country, start a new job and within that you find your own new discoveries."

"The Innocent goes through many uncertainties and I think that is what most audiences appreciate, because they can relate to much of what is happening. And we do it with humour and then we also wow audiences with the spectacular acts."

Around 50 acrobats, musicians, singers, artists and performers from many countries including Australia, the US, Canada, Mongolia, France, China, Japan, Russia and Portugal take part in the show which reviewers have described as "an impressive production with Marie-Chantale Vaillancourt's sumptuous and eclectic costumes and composer Jean-Francois Cote's music, borrowing sounds from all around the world to create plenty of atmosphere."

There are more than 175 costumes and 160 hats in the show – 1080 items in all, including shows, props and wigs. One army costume features more than 400 individually sewn metallic

flaps to create the effect that it is armoured.

The name *Kooza* is inspired by the Sanskrit word *koza*, which means box, chest or treasure and was chosen because one of the underlying concepts of the production is the idea of a circus in a box.

The stage is dominated by one major set element, a travelling tower called the Bataclan, which alters the configuration of the performance space as it moves. The *Kooza* stage is the highest ever designed by Cirque du Soleil (11.9 metres versus 9.1m-11m normally). The extra space is needed by the Jack-in-the Box hydraulics which leap several metres in the air.

Harvey says that for him, *Kooza* returns to Cirque's origins with incredible acrobats, performers and clowning which makes the show fun.

"We don't take ourselves too seriously and the artists' clowning makes for a fun evening; audiences will be thrilled by the many acts we do. We normally do six to 10 shows a week which we love doing with Mondays off. But it's also very demanding so we are always mindful of our artists and make sure they are well cared for in the areas of health, stamina and strength."

"We always pace ourselves carefully when doing 10 plus shows a

week. We have several therapists working with the performers. These are world class athletes and sometimes sore muscles can lead to something else.

"I could go on about the logistics of bringing the show to Perth. This is a small village so just imagine 150 people, a whole set, costumes, everything has to be packed up and carefully stored and sent to wherever we are in the world."

Harvey, who has been a dancer, choreographer, director and creative director for more than 30 years, has worked as a director-choreographer with the likes of Billy Crystal, Kirk Franklin, Sugar Ray and Stevie Wonder. Other highlights include productions of *West Side Story*, *Anything Goes* and *My Fair Lady*.

He says artists and crew always like to become familiar with the city they visit. For instance, some of the cast members visited the Gold Coast while in Brisbane. Next stop before Perth is Melbourne.

"Today, I was on my way to get a coffee when I saw one of the artists and his family returning from the park. It's absolutely lovely in Australia and we are so enjoying the country."

Kooza plays beneath the Grand Chapiteau Belmont Park Racecourse, Burswood, 14 April-May.

January is a great time to join Masters Swimming WA...



Left; Executive officer Masters Swimming, Samantha Noall
Above; Masters Club members took to the water at the Fremantle Ports Swim Thru'

by Samantha Noall

HAPPY New Year to all and especially to our MSWA members who have re-joined for 2017.

This is a great time to join a Masters Club as there are some exciting pool and open water events on offer and some fantastic social activities. Anyone who can swim 50 metres is welcome to join a club where you will be made to feel welcome and receive some great coaching and training sessions at a pace to suit any swimmer.

With the recent spike in drownings amongst

swimmers as well as a 500m LiveLighter novice event which saw many children swimming with their parents or grandparents as chaperones.

Congratulations to all who participated, particularly those MSWA members who took on the new 2.5km distance which was introduced for the first time. Special congratulations to Paul Blackbeard and Allison Hass for being overall winners of the LiveLighter State Open Water event. Perth City once again took out the champion club award and Westcoast took out the club performance award.

Of course, these events could not take place safely without our many volunteer officials and event staff. We offer them a big thank you for their efforts and for ensuring we had a safe event for all participants.

Thanks also to Down Syndrome WA for putting on the fantastic barbecue breakfast which was enjoyed by all. It was also great to see Fremantle Mayor – Brad Pettit – in attendance on the day to present the prizes.

Well done to the Fremantle Fins Masters Club on a great event, we look forward to seeing you in December this year.

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Meet the columnists and contributors



Gemma Aldridge
Gemma is a well known physiotherapist and has been writing an advice column about various ailments for many years in *Have a Go News*. The information in the articles is of a general nature and not specific advice to any individual. Readers should consult their GP or health professional for an assessment or specific advice with regard to their particular condition.



Mike Goodall
Mike is the local WA campaigner for the British Pensions International Association for UK State Pensions that expats have contributed for and each month writes about options to maximise a UK State Pension entitlements.



Jon Lewis
Jon is a well known radio announcer on Radio 6PR 882am Monday to Friday from midnight to 5.30am. He writes each month about issues discussed with his listeners. He is also a quiz master. Contact him on 0404 005 882 or email jon@haveaquiz.com.



Karen Majer
Karen is a writer, scientist and environmental educator living her retirement dream of growing food and community volunteering in beautiful Margaret River. Karen writes about environmental issues each month.



Samantha Noall
Samantha Noall is the executive officer for Masters Swimming WA. Each month she writes about the benefits of joining a swimming club for fitness, fun and friendship.



Rhonda Parker
Rhonda is the CEO of Alzheimer's Australia, WA. She is a former Minister in the Western Australian Government. She led the development of the first national healthy ageing strategy in 2000, and was Australia's first Federal Aged Care Commissioner. Each month she writes about issues affecting Alzheimer's patients and their carers.



Mike Smits
Mike Smits is the proprietor of Smits Stamps and Coins in London Court. Mickel attended his first collector fair in 1970 and took over the family business in 1982. He has an extensive and sound knowledge of both stamps and coins. Mike looks at the business of collecting stamps and coins each month.



Rick Steele
Rick came to Perth in 1971 and taught at Eden Hill School before launching into the "never ending story" of playing and singing country, rock n roll and the Blues. 40 odd years later he is known as veteran musician, a senior, and a grumpy old ... But he says, "I still got most of my faculties...I think!" Rick will share updates on the local music scene each month.



Jeanette Woolerton
Jeanette is a freelance writer based in Melbourne. Jeanette has worked in the news guide sector of World Vision, as a freelance travel writer for Lonely Planet and a writer for the Port Elizabeth Publicity and Tourist Association. She now works solely from her home in Melbourne's Green Wedge and is passionate about health and eco tourism.

You can't buy love but you can rescue it



by Karen Majer

MY T-shirt reads: You can't buy love but you can rescue it.

Looking back at 2016, some of my most precious moments were time shared with my rescue dog Scotty. He came from SAFE (Saving Animals from Euthanasia) to his forever home nearly three years ago and I still wonder how a dog with such an endearing na-

ture came to be picked up with no ID and left to languish in the pound. He has brought us much laughter and a reason to go for healthy walks every day.

Then, just before Christmas, Missy Binx captured my heart with her pale green eyes and calm quality. She comes from a home where a new family member was cat-allergic. A cat at five years of age might have been difficult to re-home, but true to my belief that cats (rather than cat owners) aren't a conservation problem, Missy Binx is now adapting to living indoors with sunshine time in a netted enclosure around a big peach tree.

Pet ownership has many health benefits

including reducing depression and anxiety, lowering blood pressure and enhancing social connectedness. One study reported by the RSPCA found that Australian ownership of cats and dogs saved approximately \$3.86 billion in health expenditure over one year.

If you would welcome a furry friend, I heartily recommend adopting from a reputable rescue organisation. They will help you to select a size and activity level that suits your lifestyle and have the animal vet-checked, sterilised and microchipped. Often it will be in a foster home so you can ask about temperament and how they get along with other



Left: Karen Majer
Above: Missy Binx and Scotty

pets. A plus for me was being able to offer security to older animals who might otherwise be bypassed. As a bonus, they arrived house-trained and past the destructive

age so we avoided little accidents and gnawed furniture.

And I certainly rescued love!

For more information: SAFE www.safe.asn.au/

Have a Go News columnists - Where opinions count...

Enjoy a drink but exercise moderation...



Alcohol related dementia is, as the name suggests, a form of dementia related to excessive drinking. This affects memory, learning and other mental functions.

It is currently unclear whether alcohol has a direct toxic effect on the brain cells, or whether the damage is due to lack of thiamine or vitamin B1. Nutritional problems, which often accompany consistent, heavy use of alcohol, are probably contributing factors. While how alcohol creates the damage is unclear, it is now well established that it takes place.

There is now a bigger risk than ever of impacts on brain function due to prolonged, excessive intake of alcohol as re-

searchers have found Australians are drinking far more alcohol today than 10 years ago. A study found that the average amount of alcohol consumed by Australians had increased by about 13 per cent in ABS surveys between 2001 and 2012.

Anyone who drinks excessive amounts of alcohol over a period of years may get alcohol related dementia. Males who drink more than six standard alcoholic drinks a day, and women who drink more than four, seem to be at increased risk. Many people who develop alcohol related dementia are young, and this can mean they slip through the cracks in terms of diagnosis.

Symptoms of alcohol related dementia

can vary, but generally include an impaired ability to learn and remember things, personality change, difficulty with planning and common sense, problems with balance and decreased spontaneity.

The positive news is that at an early stage of the alcohol related dementia, unlike other dementias, the symptoms may be reduced or reversed if the person abstains from alcohol, improves their diet and replaces missing dietary vitamins.

But there is even more positive news. If you drink at safe levels and remember that what is good for your heart is good for your head, any risk is greatly reduced.

Many of the chronic (persistent) health condi-

tions of later life are an accumulation of subtle, continual negative impacts throughout our adult life, many of which are lifestyle related. It's about balance and moderation. So, while too much alcohol is damaging in many ways, including increasing your risk of dementia, catching up with friends, celebrating relationships, and meeting the New Year with optimism are also greatly important to our health.

I'd like to wish all readers a wonderful new year, and may 2017 be a year with a sense of purpose that has satisfaction, health and happiness in store for you all.

If you have questions call the national dementia helpline on 1800 100 50 or your WA Office on 9388 2800.

Floreat Seniors off to a flying start for the new year



RICHARD Offen (pictured

left) the well-known and exuberant executive director of Heritage Perth will present an entertaining and informative talk on 'Heritage Tourism in Perth' to members and guests of Floreat and Districts Branch of National Seniors Australia on Thursday 9 February at Mt Claremont Community Centre, Mont-

gomery Avenue.

Many people claim that Perth has virtually no heritage buildings left in its city centre. While many older buildings are gone, there are still plenty left, most of which go totally unnoticed.

Richard will discuss the 40,000-year history of human habitation and

touch on some of Perth's superb wealth of heritage buildings. Telling the story of the birth of present day Perth, he will show how important these places are to the creation of Perth's unique sense of place.

Richard came to Perth from the UK on a National Trust exchange in 2001 and loved the place, so he returned to immerse himself in Perth's past for 11 years and is now a resident of Mt Claremont.

President of the branch, John Dingle says: "We are privileged to have Richard Offen to set us off on a great start to 2017. We are hoping that he will be able to find a few remaining copies of his recent book *Perth Then and Now* to bring for sale. I am sure that our usual average attendance of 130 will be exceeded, as all aged 50 and over are cordially in-

vited to join us."

Floreat Seniors are geared up for another exciting year and are off to a flying start. Meetings are timed for 9.30am for a 10am start and includes an enthusiastic welcome, warm fellowship, a splendid morning tea and a dynamic speaker and finish at 12noon.

The cost is only \$5, and a lucky person may also win a door prize.

The meeting on 9 March will be *Ageing Gracefully at Home* with expert input and opportunity for questions and comment from attendees.

Floreat and Districts branch meets at Mt Claremont Community Centre on the second Thursday of each month February to November with over 50s always warmly welcomed. Car parking is available and it pays to arrive early.

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Last year was an exciting and busy year for the Over 55 Canoe Club



Over 55 Canoe Club at Champion Lakes

by George Gouteff

THE 30th anniversary year of the club's founding can be described by paraphrasing Tina Turner: "simply the best but don't forget the rest".

There has been an eclectic choice of weekly paddling venues to accommodate the large range of skills and interests of the membership. It's been moving water and flat water paddling on the Swan River from Bells Rapids to East Fremantle and the same on the Canning River from Gosnells to Applecross.

Then there was the much anticipated annual Mandurah paddle which this year was from the town centre to Boundary Island at the entrance to Peel Inlet.

For the white water enthusiasts there were expeditions to the Upper Murray River at Dwellingup. Dwellingup holds a special place in the club psyche going back many years. It's exciting and challenging but between each rapid a paddler may experience a feeling of serenity while following the winding river through the jarrah forest.

The club is essentially a river paddling canoe club

with one exception. The annual ocean paddle, at the beginning of autumn, to Penguin Island from Shoal Water. In the interests of safety the club no longer circumnavigates the island.

This year the Avon River at Toodyay was added to the register of paddling venues. The Toodyay paddle was strongly supported and consideration is being given to making it a two or three day camp.

The last official paddling event for 2016 was the fun day at Champion Lakes where Kate organised games like canoe polo, canoe balloon popping and variations of slalom racing. This all took place under the control of hawk-eyed umpire Adrian, who was ever ready to hand out red or yellow cards for rule infringements – "you can't be serious!"

On the social scene, Gay, Sandy and Marilyn are to be congratulated for the work they put into the very successful barbecues, sausage sizzles, winter solstice lunch and the end of year lunch at the Albion Hotel.

The club's annual general meeting was held in December at the Ascot Kayak Club. It was the end

nual February paddling camp being relocated from Augusta to Walpole.

Three new members' days will be held at Kent Street Weir starting at 8.30am on the 6, 13 and 20 April for seniors who are interested in joining the club. No previous paddling experience is required. More detailed information will appear in the February and March issues.

For further information visit our web site, www.over55canoeclub.org.au or telephone club President Kate on 9526 2168.



of an era with Peter stepping down as club president after five years at the helm. Kate was elected president unopposed. Under Peter's stewardship the club has prospered and become even more professional while maintaining its ethos of inclusiveness and camaraderie.

Kate takes over at an exciting time with the an-

Meet Professor Lyn Beazley at the first WA Self Funded Retirees Association meeting

PROFESSOR Lyn Beazley AO FTSE will be the speaker at the inaugural 2017 meeting of the WA Self Funded Retirees Association at 10 am on Friday 10 February.

WASFR is privileged at having such a distinguished speaker and knows members and guests will certainly find her talk to be of great interest.

The title of her talk is: *My Life in Science*. After graduating from Oxford and Edinburgh Universities, Professor Beazley built an internationally renowned research team in neuroscience that focused on recovery from brain damage. Much of her investigations have been undertaken as Winthrop Professor at the University of Western Australia. Currently she is the Sir Walter Murdoch Professor of Science at Murdoch University.

As Chief Scientist of Western Australia from 2006 to 2013, she advised

the Western Australian Government on science, innovation and technology as well as fulfilling the role of science ambassador locally, nationally and internationally.

In 2009, Professor Beazley was made an Officer of the Order of Australia and was inducted into the inaugural WA Women's Hall of Fame. She was also amazed and delighted to be named the WA Australian of the Year for 2015.

The WA Self Funded Retirees Association holds their meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat at which they have regular guest speakers on topics of interest to retirees.

Visitors to the meetings are always most welcome and for more information please contact: Ron de Gruchy on 94471313 or Margaret Harris on 9381 5303.

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Meet the son of a preacher man



Rick Steele

by Rick Steele

SOME people say, and I think they may be right, that, as you approach the age where, knocking on heaven's door maybe a distinct possibility, that your thoughts and meanings gravitate towards your place of birth and/or childhood.

I wonder if this is true only for people who had a happy childhood.

My childhood probably bordered on idyllic, apart from the wooden spoon on my legs, and the saliva that my mother would spread on my forehead to keep my hair in place.

Secondhand shoes, shorts and shirts that never fitted properly were a downer, but at least we didn't share our underwear (Reg Grundy's).

We grew up in a lovely house, which the church owned and my father drove a reasonable automobile, which the church owned, and we would entertain visiting preachers, bishops and dignitaries with a silver spoon, which was on loan from the church.

Another, less than perfect

situation, was that we would regularly be forced to attend church three times in one day. Hardly idyllic. I do remember still to this day emptying the entire contents of my mother's handbag into the offerings plate which was subsequently passed to my father who, with a strange look on his face, held aloft and blessed rouge lipstick, hairbrush and God knows what else.

My father was also the chaplain at the Mount Eden Gaol. An historic building similar to our Fremantle edifice. Sometimes my mother, with a child in tow, would go and visit my father with lunch. She would be dressed immaculately with a linen hat, gloves, a colourful dress, high heels and made up to the nines. As she stepped on the bus and paid her fare my young sister Angela apparently said in a loud clear voice: "Mummy, I want to go back and see Daddy in gaol!" Out of the mouths of babes...

About 1958 my father had already done a few national radio broadcasts with the NZBC from St Barnabas church in Mt Eden and had impressed a few listeners with his simple but direct way of preaching and his warm baritone voice. One of his fans was the popular and then current Queen of Tonga, Queen Salote. She had a NZ residence not far from us, on the

other side of the mountain. I believe my father had several audiences with her and she liked him.

One hot summer Sunday after the 10am service, my dad said to me; "Come on lets go get an Icecream." As we got to the other side of the busy Mt Eden road we both spied a large, chauffeur-driven Rolls Royce coming around the bend. In the back sat the Queen. A large woman whom I estimate to be at least twenty stone, smiled and waved to the chauffeur to stop and waved again to my Dad and I guess me too.

After a brief conversation of which I don't remember a word, she smiled and instructed her man to go and buy three large, (double headers in those days) icecreams. With that, she waved again and was gone.

Two years later a new bishop had been appointed to the Auckland diocese. My father was now an archdeacon and my mother informed me that we would be hosting the Right Reverend Eric Gowing and his wife for dinner. Great I thought... not!

I knew from past experience what this entailed. This was now 1960 and 'the times they are a changing' (Bob Dylan). My mother began her briefing.

1 - I want you to go to the village and get your grey suit dry-cleaned

with your red tie.

2 - When you do that, get a haircut and tidy yourself up. Polish your shoes.

3 - When the bishop and his wife arrive on Saturday night at 6.45 I want you to answer the door. You will say, "good evening your Worship and Mam and welcome." With that the bishop will put his left hand out with a large ring on it, which you will kiss. There upon you will say, "Please do come in." I will take over from there.

I was in shock! I had heard about this sort of goings on before but that was in fairy tales surely.

I did instruction number two and went and got a haircut. Yes Maa, I got a number one. A crewcut so close my mother was so upset I was taken off door duties.

A year later I was sent to boarding school, but that's another story!

I suppose you can tell that I am fortunate enough to be in NZ as I write sharing Christmas, New Year and some NZ weather with my brother and sisters and a few cuzzy bros, grandchildren nieces, nephews and the whole 'fam family'.

I am truly blessed and hope readers that you have had a favourable time and look forward to the New Year.

Ps. Did you hear about the bride who got married topless? The vicar had a stroke! (Not my dad!) Cheers dears.

Where are all the experts? It's something to think about...



by Jon Lewis

OFTEN while sipping a lovely coffee, listening to political figures pontificating during the radio news I wonder... actually, I do more than that and become a little piqued.

Why are we so regularly settling for 'I think' from these established figures?

For example a fine upstanding political figure whether state or federal will say, 'I think we need to tax the big companies', 'I think we need more coal powered power stations', 'I think we need more renewable energy power-stations' and on it goes, I think?

Addressing the topical subject of sharks we often hear 'I think we need drum lines' or 'I think we need nets' or maybe 'I think we need more patrols'.

Surely we deserve better advice than one person's opinion as that is surely what 'I think' must be. Actually, I could do the same. I'm capable of an opinion and sharing solemnly the phrase 'I think'. Many of my fine listeners also can, and do share their thoughts, joining in with 'I think'.

I am piqued often with these reoccurring topics.

Well, I think it's about time we asked the experts in the field and shared the latest scientific information. We could eliminate the guess work and replace it once, simply, with the answer. It might not be the only answer, it might not be the ultimate answer, however it will be the best available right now.

Continuing with the topic of sharks, on occasion callers have said these animals are attracted to the underside of a surf board. Perhaps an expert knows the answer and we can fix this? I have heard they are repulsed by colourful wet suits, an expert could answer this too. There must be better ways to deal with these ancient creatures of the ocean.

After all experts swim with them, tag them and encourage others to swim with them for team building (not me, thank you very much).

Changing topics to power/electricity we hear renewable can't supply power at night and some say it can? Could an expert remove the 'I think' to 'here are the solutions'?

The definition of 'think' is to have a particular belief or idea.

Our leaders are paid well and have access to excellent resources. Why would we settle for just a particular belief or idea when we can have the answer? Once and for all we could actually have a solution.

Here is something to think about, next time you hear someone speak 'I think' you could deduce they 'don't actually know', after all that's what it means, 'I think'.

All the best,
P.S. Happy New Year
What 'I thinks' have you heard and would like an answer to? I would like to know, perhaps we can find an expert to ask? Drop me a line at jon@jonlewislive.com

Help raise funds and enjoy a movie at the Cygnet in Como

THE forthcoming Australian release of the movie *Lion* in January, is an opportunity to help raise funds for a worthy cause as well as see a truly inspirational movie.

Lion is a 2016 Australian-American-British drama film directed by Garth Davis and written by Luke Davies, based on the non-fiction book *A Long Way Home* by Saroo Brierley. Starring Dev Patel,

Rooney Mara, David Wenham, and Nicole Kidman.

Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. He must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple.

Twenty five years later, armed with only a handful of memories, his unwavering determination, and

a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

The fundraising event will be a movie show for the Platform Kids Fund (PKF), a West Australian charity, devoted to raising funds and providing help exclusively for its Indian partner, the Platform Children Society (PCS) based in Andhra Pradesh.

This charity has been working since 1998 intent on rehabilitating vagrant children like Saroo, found on or near the railway platforms in India.

The movie showing will be on Sunday afternoon 29 January at 3.45pm at the Grand Cinema Cygnet, 16 Preston Street, Como.

Tickets are \$20, Children \$15. Further details contact PKF secretary Moira on 0438 040 901 richmolane@bigpond.com or Richard on 0437 025 487.

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Is your career journey coming to an end or is this an exciting new beginning?

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Transition to Retirement coaching sessions are for those who are in pre-retirement planning (up to five years prior to retirement) or already retired and exploring ways to deepen their retirement experience.

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Lendlease is one of Australia's leading providers of retirement living and with 10 villages across Western Australia, we have an affordable home to suit everyone. We create places where it's easy to meet like-minded people and be part of a secure community. Choose from a range of stylish, low-maintenance homes and enjoy the resort-style facilities and friendly communities that are buzzing with activity.

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NORTH



HARBOURSIDE VILLAGE 7 Honiara Way, Mindarie

2 Bedroom Apartments from \$440,000*
2 Bedroom Villas plus study from \$600,000*
3 Bedroom Villas plus study from \$699,000*
[Contact Deborah on 9407 8188 to view properties](#)



TIMBERSIDE VILLAS 10 Timbercrest Rise, Woodvale

1 Bedroom Villas from \$359,000*
2 Bedroom Villas from \$395,000*
2 Bedroom Villas plus study from \$510,000*
3 Bedroom Villas from \$525,000*
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PARKLAND VILLAS WOODLANDS 52 Liege Street, Woodlands

2 Bedroom Villas from \$315,000*
3 Bedroom Villas from \$410,000*
1 Bedroom Apartments from \$250,000*
[Contact Amanda on 9446 5584 to view properties](#)

EAST



HOMESTAY VILLAGE 267 Wharf Street, Queens Park

2 Bedroom Villas from \$289,000*
3 Bedroom Villas from \$325,000*
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PARKLAND VILLAS ELLENBROOK 25 The Parkway, Ellenbrook

2 Bedroom resale Villas from \$379,000*
3 Bedroom resale Villas from \$429,000*
Brand New 2 Bedroom Villas from \$354,000*
Brand New 3 Bedroom, 2 Storey Villas from \$499,000*
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THE PINES 21 Ponte Vecchio Boulevard, Ellenbrook

2 Bedroom Villas from \$340,000*
3 Bedroom Villas from \$349,500*
[Contact Jacqueline on 9296 9914 to view properties](#)

SOUTH



PARKLAND VILLAS BOORAGOON 510 Marmion Street, Booragoon

2 Bedroom Villas from \$365,000*
3 Bedroom Villas from \$560,000*
1 Bedroom Apartments from \$220,000*
2 Bedroom Apartments from \$330,000*
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LAKESIDE VILLAGE 14 Lewington Gardens, Bibra Lake

1 Bedroom Villas from \$260,000*
2 Bedroom Villas from \$315,000*
1 Bedroom Units from \$207,000*
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PARKLAND VILLAS MANDURAH 2 Hungerford Avenue, Halls Head

2 Bedroom Villas from \$269,000*
3 Bedroom Villas from \$380,000*
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WOODSTOCK WEST 146 Strickland Street, Bunbury

2 Bedroom Villas from \$350,000*
3 Bedroom Villas from \$375,000*
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lendlease

READY FOR CHRONIC LEG PAIN TO TAKE A BACK SEAT?

Discover how you can walk confidently into a life without pain (and that means sleeping all night too!)

Need relief from leg pain?

It's no secret millions of people suffer from leg pain, and when it starts to get in the way of every-day life, it's a problem. If you're like most people, you've tried out all the products on offer at the pharmacy and given up trying to find something that provides adequate relief. Well, if you think you've tried everything to cure the pain, it's time to let you in on a secret - you're wrong!

The healing power of magnets will help reduce your pain.

You'll have heard about the magical healing properties of magnets - the Chinese have been using them for over 4000 years. You may have even given magnetic therapies a go in the past. But every once in a while a product comes along that's different. And these **Magnetic Compression Socks** are just that. Why? Because they work. Guaranteed. 100%.

You won't want to wear another pair of socks again!

Tested by leading doctors and physiotherapists, these stylish **Magnetic Compression Socks** may increase blood circulation, actively reduce swelling, and will apply gentle pressure in all the right places. In fact, these socks are so comfortable you'll sigh with relief every time you slip them on. And if you're anything like hundreds of satisfied customers, you're going to forget you're even wearing them - you may never want to take them off!

Imagine that. Your leg pain. Gone forever.

That's right - and it gets better. Once you cure your leg pain, all your other pains could start to disappear. Walking, dancing, running up stairs. All possible again. Not to mention you're going to sleep just like you did in the old

days. In fact, you're going to feel years younger - by spending only \$29.95. In other words, these **Magnetic Compression Socks** are going to change your life.

A life without leg pain is waiting for you!

So if you're thinking, "Maybe I should give them a try", please do! You've got nothing to lose. With a 90 day, no quibble, full Money Back Guarantee, you'll be pleased you did. All you have to do is place your order now and get ready to say "Hello", to your new, pain-free legs.

This shipment of **Magnetic Compression Socks** will sell out fast. So please send your order today!

What our customers say...

"Thank you again as these socks are so good for my legs I forget I am wearing them. One of my sisters said hers were so good she didn't want to take them off. I must mention that I am 84 years old and my sisters are 91 and 89 and have never worn anything so comfortable." - **P.P. of Tumby Bay, SA.**

"These socks are a godsend. Thank you from the bottom of my heart". **Mrs MR Brisbane**

What the experts say...

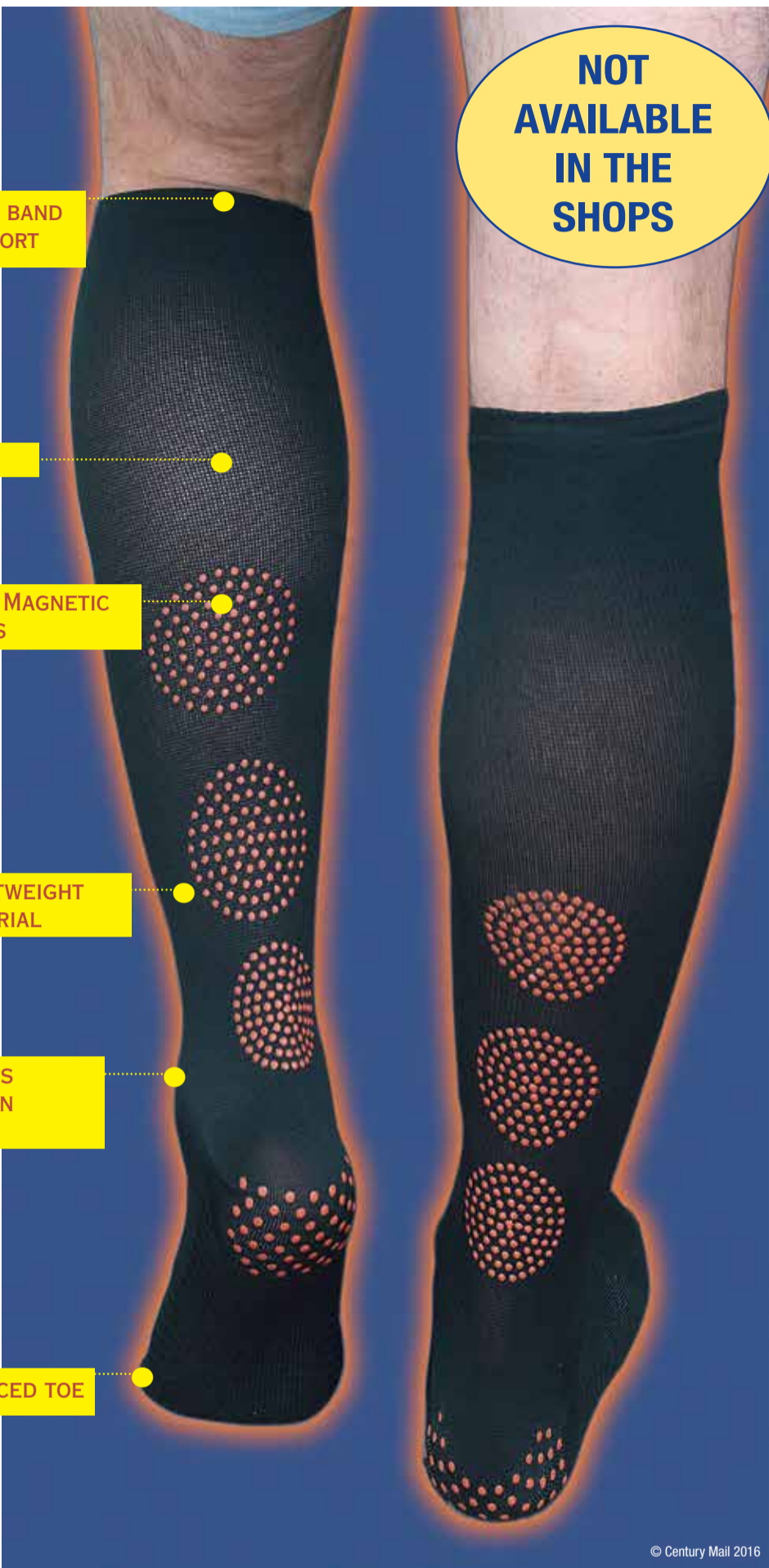
"With the magnets, I have seen remarkable improvements in patients with pain from arthritis, tendonitis, back pain, headaches and many other pain related problems. In some cases, improvement occurred when every other treatment had failed".

Dr Robert Lang - Internal Medicine.

This product contains magnets. Consult your medical practitioner before using the Magnetic Compression Socks if you have a pacemaker fitted.



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Provides relief for -

- Leg fatigue
- Varicose veins
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- Peripheral neuropathy
- Poor circulation
- Swelling
- Heel pain
- Sore, aching legs and feet

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☐ **BEST DEAL** Please send me 2 Pairs of **Magnetic Compression Socks** for \$49.90 + \$9.95 **SAVE \$10**

☐ I enclose a cheque/Money Order payable to Century Mail for \$.....

☐ Please charge my VISA/MASTERCARD: ☐ VISA ☐ M/C

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Phone_____ DOB____/____/____

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Large (Shoes size 9 - 13)	

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A FULL DAY OF FUN
FOR JUST \$5

Daily, 23 January - 12 February

Crown Rewards members can enjoy transport
to and from Crown, a buffet lunch at Carvers
and a bonus voucher all for just \$5.

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Contact Crown Rewards to find out more.



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Half-priced Fun Pack applies to any time and day during the promotional period. Bonus vouchers not available to non-members. Visit crownperth.com.au for full terms and conditions.

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STARTS
HERE

HOT DEALS
ENDLESS ENTERTAINMENT
BIG CHANCES TO WIN

MAKE THE MOST OF IT





\$500,000

Summer

SPECTACULAR

SHARE IN OVER \$500,000 WORTH OF PRIZES

Daily, until 28 January

Crown Rewards members visit a VIK daily to claim an instant prize including bonus vouchers, overnight accommodation at Crown Towers and more.

Plus, there are two chances to win \$25,000 on Sunday 29 January. Members must register at a VIK before 8.30pm to be eligible to win.

**Be at the Grand Prize Draws on Sunday 29 January
at 9pm and 10pm.**

Conditions apply. You must be present to win. Instant VIK prizes available from 6am Monday 2 January until 5.59am Sunday 29 January. Register your entries into the Grand Prize Draws at a VIK by 8.30pm on Sunday 29 January. For full terms and conditions visit crownperth.com.au



\$40,000

Golden Riches

CHANCE TO WIN A SHARE IN \$40,000

Saturdays, until 28 January

Don't miss your chance to win a share in \$10,000 every Saturday.

Dine or play to receive an entry, then be at the draw to see if you're a winner.

Be at the 10.30pm draw for your chance to win.

Conditions apply. You must be present to win. Dine or play at selected outlets only. Visit crownperth.com.au for full terms and conditions.



CARVERS

Seafood

FAVOURITES

CROWN REWARDS MEMBERS FROM \$16.95

Daily, until 29 January

Treat yourself to a tasty selection of seafood favourites, plus endless desserts, soft drinks, tea and coffee. Crown Rewards Members can enjoy lunch for just \$16.95.

Enjoy a mouth-watering feast today!

Conditions apply. Lunch \$16.95 for Crown Rewards members, dinner from \$22.95 for members. Visit crownperth.com.au for non-member and dinner pricing. Menu alternates daily. Image is for illustration purposes only. Carvers is an 18+ venue.



\$13.95

Steak Medallions & Chips

\$13.95 FOR CROWN REWARDS MEMBERS

Sunday to Thursday, until 16 February

Follow your tastebuds to Junction Grill, 88 Noodle Bar or Market & Co and enjoy selected summer dishes for only \$13.95 for Crown Rewards members.

Enjoy a tasty great value meal today.

Crown Rewards member price \$13.95. Non-member price \$16.95. You must present your membership card to redeem this offer. Available for lunch and dinner Sunday to Thursday from 3 January - 16 February 2016, excluding public holidays. Not available in conjunction with any other offer or discount. Selected meals only. Steak medallions available at Junction Grill. Image is for illustration purposes only. Junction Grill and 88 Noodle Bar are 18+ venues.

Community NOTEBOOK

FREMANTLE WESLEY MISSION

You are welcome at Wesley Link
Enjoy a free cuppa.
Thursdays and Fridays 10am-1pm
Entry from Cantonment Street, beside Wesley Church

ARMY MUSEUM OF WA

Public visits at 10.30am and 1pm
From Wednesdays through to Sundays
No onsite parking except for ACROD permit holders
Burt Street, Fremantle
9430 2535

CITY OF VINCENT SUMMER CONCERT

22 January, 5.30pm-7.30pm.
Braithwaite Park, Mt Hawthorn
Nicky Sandover + Riley Pearce.
Food trucks, children's entertainment.
Free event

ORTHOMOLECULAR SUPPORT WA (OSWA)

Meeting Saturday 4 February, 2pm
Anglican Church Hall, 257 Barker Rd, Subiaco
Speaker Jude Blureau.
Members \$5 Non Members \$7
Includes afternoon tea. Door prize, all welcome.
Email fmryan@bigpond.com

NANNUP FAMILY FUN DAY

24 January, Foreshore Park, 10am-2pm
Early bird tickets available until 20 January.
Ticket price includes lunch.
Fantastic range of activities and entertainment for adults and children.
Further details contact
louise.stokes@nannup.wa.gov.au
Ph 9756 1018

AUSTRALIA DAY CELEBRATIONS

TOWN OF CAMBRIDGE

Perry Lakes Reserve 8am-12.30pm
Free breakfast generously supplied by the Lions Club of Floreat
Ph 9347 6000

COOGEE BEACH

Coogee Beach Reserve Powell Rd.
8am-12pm, Free.
Sausage sizzle, family entertainment, competitions and more
Limited parking
Free event

MANDURAH FORESHORE (CITIZENSHIP AWARDS)

7am-9am
Enjoy a \$5 Aussie breakfast provided by Mandurah Lions Club.
Ceremony starts at 8.30am.
Event finishes with a flotilla of boats on the estuary.
No fireworks.

CITY OF ARMADALE

Minawarra Park
From 5pm-9pm
Activities, music, food and fireworks.
Family free event.
Ph 9394 5000

CITY OF BUNBURY (CITIZENSHIP AWARDS)

6.30am Silver Chain fund raising breakfast at Bicentennial Square.
Ceremony 8.30am at Graham Bricknell Music Shell.
4pm onwards entertainment, food, activities and more.
Fireworks spectacular 8.30pm

ESPERANCE AVENTURE LAND PARK

Rotary Shire Day
8am-1pm
Local artists, honey producers, bric-a-brac and other attractions.
Contact Joyce Pearce for more info 9071 1430
Location: The Esplanade

CITY OF GERALDTON

The foreshore will be alive with activities from 7am-8.30pm
Family event. Most activities are free.
Citizenship and Young Achiever Award Ceremonies.

MULLEWA

Celebrations are happening at the Mullewa swimming pool
Free for all from 8am with a bundle of entertainment.
Breakfast from 8am and the awards at 10am.



by Mikel Smits

WITH the release of 11 different pad-coloured 50c coins by the Royal Australian Mint featuring and celebrating Holden cars upon its 160th anniversary, last month we reflected on the great Australian carmaker's history beginning in 1856, when it was originally founded by James Alexander Holden as a saddlery business.

We left off at the period of the Great Depression, by which time the company had evolved into being the principal manufacturer of car bodies for various overseas car-makers with established assembly plants in Aus-

tralia. The company was also assembling complete cars for General Motors. Car sales however then plummeted because of the poor economic conditions leaving the company in the lurch following a massive expansion program. General Motors stepped in to save the day and General Motors-Holden Ltd (GM-H) was formed.

By 1937, it held 40 per cent of the Australian market. The company had assembly plants in South Australia where it was founded, and in Melbourne, Sydney, Brisbane and Perth. It then opened up another new plant at Fishermans Bend in Melbourne and transferred its headquarters there. These plants were then turned over to the government during the Second World War producing an array of equipment including ambulances and armoured

vehicles, air and marine engines and anti-tank and anti-aircraft guns.

Following the war, a team of Australian GM-H engineers and technicians went to the USA and built three prototypes of what was to become Australia's first, fully manufactured car, the Holden 48-215. Released in 1948, it was later nicknamed the FX to differentiate it from its iconic successor, the 1953 FJ. Seven plants employing 14,000 workers were unable to keep up with the demand. By 1956, the company's centenary year, a total of 250,000 Holden cars had been sold. A couple of years later, Holden farewelled the rounded-back FJ look and introduced a series of more modern, and now classic, car designs evolving from the Holden FE to the FC, FB, EK, EJ and the most highly-regarded and then

biggest selling model, the EH.

The release in 1965 of the HD Holden defined another turning point in design. The following year seat belts were fitted as standard and the model range was expanded with the introduction of the Monaro, the up-market Brougham, and the company entered into the small car marketplace with the release of the Torana, an Aboriginal word meaning to fly.

By 1969, Holden had sold two million vehicles and was now building Australia's first V8 engines, which powered the Monaro GTS to victory at Bathurst, sponsored by the newly formed, Holden dealer team. A few years later, Peter Brock took out the event for the first time driving the highly-developed performance car, the Torana GTR XU-1. Needless to

say, Holden has reigned at Bathurst since.

After 25 years of producing all-Australian cars, in 1978 Holden re-defined its vision and future with the introduction of the Commodore. The series maintained Holden's market dominance achieving best-seller of the year many times since then.

Today, Holden has had to accept a totally different outlook. In 2018, they will be selling imported Opel Insignias re-badged as Commodores, Opel being the European carmaker owned by General Motors. It used to be that when you think Holden, you thought Australian and so I for one am intrigued as to how the brand will travel from thereon. In any case, my wife's EK is an Aussie-made classic and just like a genuine old Holden, I hope she never dies.

The history and future of stamp collecting: Part 11

by Mikel Smits

NOTHING is impossible, it is said. To that I reply to assemble a complete collection of all the stamps of the world is, quite simply, impossible. Only one collector has been known to come anywhere near to achieving such and that was back in the late 1800s when there were a lot fewer stamps to collect. We introduced him last month; his name was Phillip von Ferrary.

Ferrary, born in 1850 the son of an extraordinarily wealthy banker and nobleman, inherited the equivalent of £5 million in the 1870s whereupon he became a renowned and obsessive buyer of stamps, even regularly travelling throughout Europe to acquire items. While his collection may have been complete by type, there are often specialised variations within types and hence the difficulty and unlikelihood of achieving completion. However his collection is recognised as being the greatest ever formed because of its near completeness and his ability to acquire so many of the world's rarest stamps, including the two that are most rare. He even employed a dealer as his curator and two secretaries to assist him.

In 1878, Ferrary purchased what has long been regarded as the world's most

valuable stamp, the 1856 British Guiana one cent, magenta on black. It is believed he paid around £40 pounds for it, three years after it was discovered by a 12 year old schoolboy who sold it at the time to a collector for six shillings. While Ferrary paid then what was probably the highest value known for a stamp, it later became evident it was the only example that existed. The stamp was last sold in 2014 for just in excess of US\$10 million.

Another of his stamps, of which there is only one known, is the Swedish 1855 Treskilling yellow coat of arms. This stamp is a variation from the norm in that it was the wrong colour; it should have been blue-green. It is not known how the error occurred. Nevertheless Ferrary paid the out-of-this-world price of approximately US\$3000 for it in 1894. It was last sold privately in 2013 for an undisclosed amount to Count Gustaf Douglas, a Swedish nobleman and politician. Prior to that it was sold in 1996 for US\$2.3 million and then again in 2010 to an unidentified buyer for an undisclosed amount apparently in excess of that paid in 1996.

Ferrary's collection also held the Bordeaux cover which has been hailed as the greatest item in all philately. It is a letter sent from Mauritius to Bordeaux,

France, which bears one of each of the first Mauritian post office, one penny orange-red and two penny blue stamps. Only 15 and 12 respectively of each of these stamps are known to exist and they are catalogued in excess of a million pounds each. Being the only letter known to have both stamps affixed is why this cover is regarded as the holy grail in philately. By the way, Ferrary also had seven of the stamps in his collection. The Bordeaux cover was last sold in 1993 for US\$4 million.

Ferrary also possessed the only known unused example of the 1892 Hawaiian two cent Missionary stamp. About 14 others are known in used (cancelled) condition. Prior to Ferrary purchasing it, the stamp was owned by a collector named Gaston Leroux who was murdered by a fellow collector, Hector Giroux, who then stole the stamp. Nothing else was taken in Leroux house however an investigating policeman who happened to be a stamp collector noticed the absence of the stamp from his collection. When found in Giroux' possession, it led to his conviction and hanging. Today this stamp is catalogued by Stanley Gibbons at just shy of a million pounds.

Have a great year folks.

Paying homage to an Australian icon

Following the war, a team of Australian GM-H engineers and technicians went to the USA and built three prototypes of what was to become Australia's first, fully manufactured car, the Holden 48-215. Released in 1948, it was later nicknamed the FX to differentiate it from its iconic successor, the 1953 FJ. Seven plants employing 14,000 workers were unable to keep up with the demand. By 1956, the company's centenary year, a total of 250,000 Holden cars had been sold. A couple of years later, Holden farewelled the rounded-back FJ look and introduced a series of more modern, and now classic, car designs evolving from the Holden FE to the FC, FB, EK, EJ and the most highly-regarded and then

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START THE NEW YEAR OFF BY RELAXING AFTER ALL THE RUSH OF THE FESTIVE SEASON

DLP HAVE A LARGE RANGE OF CHAIRS – ONE TO SUIT YOU!



C1 PETITE POWERLIFT RECLINER

Smaller seating size. Quiet and smooth lift system, large side storage pocket and single switch handle control. Sturdy metal frame. Load capacity 113kg.



D30 POWERLIFT RECLINER

Three-section T-Back cushion backrest for added comfort and support. Hardwood/Laminate frame construction. Load capacity 170kg.



660 POWERLIFT RECLINER

Independent back recline and leg rest (dual motor) and unique zipper pillow back to provide the user with the ultimate comfort and posture solution. Hardwood/ Laminate frame construction. Load capacity 170kg.



LC-358XL POWERLIFT RECLINER

Large chair with superior design that provides exceptional strength and delivers style and durability, superb comfort, quiet and smooth performance. Choice of plush fabrics. Load capacity 227kg



PRINCETON ELECTRIC RECLINE /LIFT CHAIR

Four contrasting colours and luxury fabrics. Fitted with high quality actuators and steel base frames plus removable back rest cushion with zips for adjusting padding thickness. Load capacity 135kg.



IBIS ERIN RECLINER LIFT CHAIR

Twin motor allows backrest to be operated separately from footrest. Lays flat. Fully adjustable 2 or 3 pillow contoured backrest, zipper back cushions that can be altered to suit most individuals. Available in a range of fabrics. Load capacity 142kg.



MEGAN RECLINER LIFT CHAIR

Tilt in space style mechanism makes it ideal for people with hip and lower back problems. High, fully adjustable 2 or 3 pillow contoured backrest, zipper back cushions that can be altered to suit most individuals. Side storage pockets. Available in a range of fabrics. Load capacity 142kg.



HILITE CHAIR

Lightweight and sturdy, designed for comfort and function. Load capacity 120kg.



BC2 DAY CHAIR

Comfortable 3 segment high back cushion which can be adjusted to suit. Height adjustable. Choice of fabrics and colours. Seat Width 52.5cm. Load capacity 160kg. Also available in large 59.5cm wide with load capacity 220kg.



BC1 LOW BACK DAY CHAIR

Ergonomically designed fully welded one piece shell. Adjustable seat height 38-53cm. Seat Width 53.5cm. Load capacity 160kg.



UTILITY CHAIR

Multi-purpose chair that is height adjustable. Ideal for small areas, dining rooms, units. Load capacity 120Kg. Optional desk arms available.



K-CARE KITCHEN PROPPING STOOL

Polyurethane seat and backrest for comfort and durability. Adjustable seat height and angle. Available with or without arms. Load capacity 100kg.



BAMBACH SADDLE SEAT

The original saddle seat, designed in Australia and customised specifically to support your body. Seat Tilt with height adjustable gas stem. Four sizes: Small, Narrow, Medium and Large. With or without backs. Five year warranty. Load capacity 200kg.



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Lightweight, innovative fixed-back powered seat gently and safely lowers and raises users smoothly. Fits almost any style of bath maximising legroom and separates into 3 pieces for easier moving and handling. Suitable for adults and children.



STAIRLIFTS

Get up and down stairs easily with a custom-made liftchair, tailored to your requirements. Fully certified to Australian standards



PICK UP REACHER

Lightweight and robust reacher. Features twin rubber lined jaws, wheelchair walking frame clip, trigger style handle and magnet on claw.



HANDI REACHER

Extend your reach without stretching. Various lengths available.

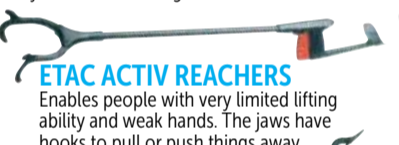


SHOWER STOOL

White, zinc treated mild steel or aluminium frame with plastic seat. Load capacity 110kg. Available without arms, with back.

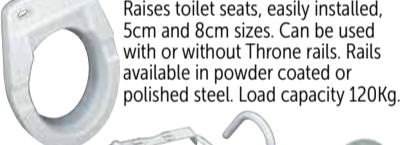


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SRCWA President's Jottings



Welcome to 2017, I would like to wish everyone a happy New Year and hope this year is a good one.

LiveLighter Aged Care Games Albany

On the 1 December SRCWA conducted the Albany LiveLighter Aged Care games, where 10 teams competed for the perpetual trophy, gold, silver and bronze medallions and the best-presented team plaque.

The whole day was a fantastic example of the energy of the more than 150 seniors in care who participated in the games from the Great Southern region.

Participants dressed up as Country Bumpkins, Rebels, and in Hawaiian outfits with other teams decked out in flowers and sparkles to brighten up their costumes.

The Mayor of Albany, Dennis Wellington, officially opened the games and was very impressed with the event and congratulated SRC on the games.

The entertainment was provided by the Albany Memory Lane group who played while the participants arrived and during lunch. They enjoyed dancing and singing to the music.

The winning team was Walpole Stars with 264 points. They took home the perpetual trophy and gold medals, second place was won by Bethal Olympians with 254 points. They received silver medals and a plaque, third place was won by Annie Bryson Dominoes with 242 points and they received bronze medals and a plaque. West Coast Emus won the best presented team award.

Thank you to the Albany Over 50 Recreation Association volunteers who assisted with the games, without their help the games would not be possible.

The volunteers helped set up the gymnasium, escorted and assisted the participants to their team area, scored the games and assisted with the pack down.

We thank LiveLighter Healthway, Department of Sport and Recreation and Dept for Local Government and Communities for their wonderful support of the LiveLighter Aged Care Games throughout the metropolitan and regional areas.

SRCWA Christmas Variety Concert

SRCWA held the 2016 Christmas Variety Concert at the Morley Community Recreation Centre on Wednesday 14 December, where 300 people were treated to an afternoon of a variety of songs, music and comedy, and once again it was a huge success. The concert opened with a classical young entertainer and WAAPA student Amber Reid.

The "Band of Mates" Terry Bennetts, Evan Platshinda and Ginger Cox entertained the audience with some classic songs, instrumentals and Australian ballads. There was a special guest appearance by Elvis (Evan), Charlie Pride (Ginger) and Hank Marvin (Terry).

One of the feature artists, Sharon Heaslip from Mackay Queensland, performed her easy listening music and had the crowd singing along with her.

The audience laughed and sang along with feature artist Justin Standley an all-round polished artist who was voted Most Popular Balladeer in Australia in 2016 by the Independent Country Music Awards in Tamworth. His comedic style had everyone in stitches and his vocal range was amazing.

During the intermission the crowd was treated to a performance by Moira J Smith playing Patsy Cline who had the crowd dancing.

The crowd enjoyed Kingsley Day the keyboard master who was ably assisted by Phil Rego on drums.

Thank you to Phil Paddon and with Terry Bennetts along with their team of supporters who put an enormous amount of time and effort into this concert together. Thank you to Pat Paddon who made enough Christmas cake to feed everyone and along with her volunteers managed to serve 300 cups of tea and coffee, cake and biscuits in very short time.

It was a truly awesome experience and one that will be remembered for a long time, and we can't wait for the next concert.

Dates for the 2017 diary

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

1 November Have a Go Day, a LiveLighter Event, Burswood Park.

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

Hugh Rogers,
Seniors Recreation Council State President



Heritage Corner - The House on the Hill in Cottesloe



The 'House on the Hill' - home to the West Australian Foundation for Deaf Children (Inc)

WA FOUNDATION for Deaf Children and the story that led to their long relationship with the iconic 'House on the Hill' in Cottesloe began 120 years ago in September 1896.

The association was established by Victorian man William Thomas, himself deaf and a former pupil of the Donaldson's House in Edinburgh. While visiting Perth in 1896, he realised there was no school for deaf children. Determined to rectify the situation, he convinced his sister (a teacher of deaf children) and one of her colleagues to travel to Perth and start a school.

This they did and in September of the same year, they commenced teaching three deaf girls in a private residence in Moore Street, East Perth. One of the first students was a six-year Elsie Jecks, the daughter of the then Mayor of Guildford, Thomas Jecks.

Not long after opening the school, they relocate to a larger property, also in East Perth, as a result of increased student numbers. The school was then named the West Australian Deaf and Dumb Institute.

A forward thinking man, William Thomas had already realised a better location was required for the school and started lobbying the government for a land grant.

After extended correspondence, William and the committee finally received the notice they had hoped for in July 1898. Confirmation that four acres of land had been allocated near Cottesloe Beach. Finally, a permanent

school could be built for deaf children and it was 'The House on the Hill'.

The first annual report of The West Australian Deaf and Dumb Institution, dated 1898, reported: "The school at East Perth being over-crowded, and information having been received of other deaf and dumb children, the committee feel impelled to take immediate steps to provide the necessary accommodation. They propose to erect a building, affording room for twenty-four at a cost of £1,800."

The firm Wilkinson and Smith, well known for designing several prominent buildings in nearby Fremantle, were engaged as the architects, and Hawkins and Son the contractors. The foundation stone was laid on 2 November, 1899 by the Governor of Western Australia, His Excellency Sir Gerard Smith KCMG.

On 22 March 1900, the school was formally opened by the Premier Sir John and Lady Forrest.

In 1903 a sub-committee was formed to discuss how best the use of the Institute could be maximised and it was determined that additional space was required to expand learning.

By 1910 extensions to 'The House on the Hill' were complete and allowed for forty residents. Education at this time was not compulsory for deaf children but the number's attending the school increased.

In 1919 the Government eventually made

it compulsory for deaf children between the ages of six and sixteen to attend school.

From its inception the school was supported through Government grants, fees, general donations and legacies. Despite every effort by the committee to keep costs at a minimum, the school was running at a loss. The school entered into discussions with the Education Department and when, in 1951, the Government subsidy was withdrawn, the Education Department took over the financial obligations of the school.

In 1956 the Foundation changed its name to the WA School for Deaf Children, removing the word Dumb.

During 1958 and into the next year, there was a serious rubella epidemic which resulted in increased numbers of students. By 1962 numbers had risen to 85.

More accommodation was required and in 1964, eight new classrooms were built and the old rooms converted to dormitories. A second stage of building was finally completed in 1971. The last boarders left the school in 2001.

While children no longer board in the House, it is still the home to West Australian Foundation for Deaf Children (Inc) (WAFDC). From this hub they work with other sector providers to deliver a range of information, resources and support for children and families. The focus is on quality services and measuring outputs and outcomes in the long term, as WAFDC continues its 120 year legacy in 'The House on the Hill'.

Information for this story came from the book, *The House on the Hill - the first hundred years of the school for deaf children*. If you want to read more, you can purchase the book for \$11 from www.wafdc.org.au

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



Lots to do at this year's Fringe Festival



Djuki Mala
© Sean Young Photography

THERE is so much to see as Perth's Fringe Festival ramps up and here's a few of our favourite show picks. There's something for everyone. Don't miss this fantastic summer festival in and around Perth city.

Ace's Cabaret – Downstairs at the Maj – The much-loved and iconic Downstairs at The Maj will be bursting with activity with a season of carefully selected, exquisite cabaret. Downstairs at The Maj provides seating at tables,

food and drink service and air-conditioning. It's also wheel-chair accessible. Bookings www.fringeworld.com.au

The Dream Girls – The Sensational 60s – the music of the 1960s was about love, heart-break and Elvis. Join The Dream Girls – Lisa Adam (*Clinton The Musical*, *Jersey Boys*), Darlene Gianoli (*LA Gold*) and Vanessa Raspa (*Skyuka*) and their six-piece band with a tribute to the golden era of music, performing songs from female artists and girls groups of the 1960s and some of Elvis Presley's biggest hits (24 to 28 January).

You're My World – The Story of Cilla Black – together with her band, Danielle O'Malley brings a biographical cabaret full of the powerhouse vocals and self-deprecating humour that made Cilla Black one of the UK's most beloved performers (7 – 11 February).

One Hit Wanda – Karaoke Killer – stars Cinzia Lee of *Jersey Boys*, *Grease* and Chan-

nel 7's *Home in WA* show in a night of stories from the underworld and a karaoke cavalcade of one-hit wonders (14 to 18 February).

Djuki Mala – Indigenous dance group will make their Perth debut with their fusion of contemporary pop culture, dance and traditional Yolngu dance at the Salon Perdu, The Pleasure Garden, Russell Square, Northbridge from Fri 27 January to Tues 14 February @ 6.30pm and Fri 10 Feb to Tues 14 February @ 10pm (65min) (No shows Mon 6 and 13 February). Suitable for all ages.

Bookings: \$44 + BF www.fringeworld.com.au or Ph 9227 6288.

Matt Hale Comedy Hypnotist Serving Suggestions – is a 60-minute show of real hypnosis, real fun and suitable for all ages and tastes where Matt hypnotises volunteers with hilarious (but tasteful) consequences at Central Institute of Technology, 19 Francis St, Perth, from 20 January to 19 February – 7.50pm @ Noodle

Palace, Northbridge, 22 and 29 January, Sunset Verandah Scarborough and 5 February @ Hubub Mandurah

Bookings/info: Ph: 9228 1618 www.fringe.world.com.au www.noodlepalace.com.au

Velvet – this disco-theque circus will shock, surprise and scintillate audiences at every turn. Its exhilarating disco soundtrack never lets up from the opening. Get ready for a disco sensory overload. At Spiegeltent, Fringe World Pleasure Garden, Northbridge, from 20 January. Tues – Fri 7pm; Sat – Sun 4.30pm and 7pm.

Bookings: Tickets from \$45 - www.fringe.world.com.au

WIN WIN WIN
To be in the draw to win one a double passes to one of the shows above simply send an email to win@haveagonews.com.au with Fringe in the subject line or call the Have a Go News office during business hours on 9227 8283. closes 25/1/17.



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This January it's time to be true blue

by Noelene Swain

*‘Our land abounds in nature’s gifts
Of beauty rich and rare,
In history’s page, let every stage Advance Australia Fair’*

JANUARY 26 has traditionally marked the landing of Captain Arthur Phillip at Port Jackson in present-day Sydney, thereby claiming Australia for the British Empire. Australia Day has since evolved from a small commemorative New South Wales holiday into a major national occasion and boy, do we Aussies know how to celebrate.

We grab our favourite picnic blanket, don our spiffiest combination of quintessential Aussie colours and hot-foot it down to party the day away with our fellow folks from the land down under.

Parks, beaches and riversides will be chock full of happy souls revelling in our history and heritage; our fierce multicultural roots, our indigenous culture and our irrepressible larrikin spirit. Spontaneous games of cricket and footie will feature heavily, much beer will be consumed and dad will inevitably wear those rather tight stubbies from his youth that have seen better days.

Classic Aussie cuisine gets its moment in the sun; consuming a meat pie or sausage from the barbie is almost mandatory and the good ‘ol pavlova often features as the country’s staple birthday cake. The best bit about the notion of eating classic Australian food is that it sweeps across the nation encompassing a bit of everything; native ingredients, dishes from ancient cultures given a fresh twist and our phenomenal produce that speaks for itself – our land does indeed ‘abound in nature’s gifts’, and we’re all the luckier for it.

Pack up a picnic full of tasty morsels, fire up your barbie and start peppering your conversation with the odd ‘strewth’. Australia Day is just around the corner, and we’re once again going to celebrate the existence of our great nation in true blue Aussie style.

Recipes for one – energising peach and banana smoothie



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

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

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.

Asian style potato and beef salad

Preparation: 6 minutes;
cooking: 10-15 minutes; serves: 4

- 1 kg whole potatoes, (Ruby Lou or Royal Blue), unpeeled
- 400 g rump steak
- ¼ cup roughly, chopped coriander leaves
- ¼ cup roughly chopped mint leaves
- 100 g mixed salad leaves, washed
- ¼ red onion
- 2 cups bean sprouts
- ¼ red chilli, finely chopped
- 2 tablespoon sesame seeds, toasted
- Dressing:**
 - ½ cup coconut milk
 - 2 tablespoon lime or lemon juice
 - ¼ red chilli, finely sliced
 - 2 teaspoon fish sauce

COMBINE all dressing ingredients in a jar with a lid. Boil, steam or microwave whole potatoes until tender. Drain and slice them lengthwise. Cook steak on both sides on a pre-heated barbecue plate. Leave to rest. Slice thinly. Mix all salad ingredients with the potatoes and beef, fold the dressing through. Sprinkle with sesame seeds to serve.

Easy peachy pavlova


Preparation: 15 minutes;
cooking: 45 minutes; serves: 4

- 6 egg whites
- 150 g caster sugar
- 2 cups ricotta cheese
- 1 tablespoon sherry
- 1 tablespoon grated orange rind
- 1 tablespoon honey
- 2 peaches – peeled and diced
- 2 nectarines – diced
- 2 passionfruit

BEAT egg whites until stiff. Add caster sugar. Continue beating until shiny and glossy. Pour into a greased baking dish. Cook in a 140°C oven for 45 minutes. Do not allow to become golden. Cool. Meanwhile, place ricotta cheese, sherry, orange rind and honey in a food processor. Process until thick and smooth.

Break meringue into bite-sized pieces. Divide meringue, grapes and ricotta mixture into three separate bowls. Place broken meringue pieces into a glass serving bowl. Place fruit on top and add a layer of ricotta mixture; repeat process with all layers until bowl is filled. Drizzle fresh passionfruit on top.

Lamb and rosemary pies



- 400 g diced lamb leg
- 400 g button mushrooms, chopped
- 2 sprigs rosemary, chopped
- 2 tablespoons olive oil
- 2 tablespoon plain flour
- 1 carrot, peeled and diced
- 400 ml beef or lamb stock
- Salt and pepper
- 4 sheets frozen shortcrust pastry, partially thawed

COMBINE meat and rosemary in a bowl and marinate for at least 30 mins or overnight. Heat one tablespoon oil in pan over medium heat. Add onion. Stir occasionally, for three minutes or until soft. Remove from pan. Drain meat and keep the liquid for later.

Heat oil in pan and brown meat in batches, sprinkling with flour whilst doing so. Add onion, mushrooms, carrot, meat juice and stock. Stir well. Cook for 10 minutes without a lid, then cover, cook for a further 20 mins until meat is tender. Add salt and pepper, set aside to cool.

Preheat oven and baking tray to 200°C. Grease pie tins. Cut two rounds from each pastry sheet to line tins then cut two rounds to cover pies using the tin turned upside down as a template. Spoon lamb mixture into pastry shells, cover with pastry disc, pressing edges together to seal. Brush pie tops with egg. Place pie tins on hot tray. Bake for 20-25 mins until golden. Stand pies in tins for 5 mins. Serve warm.

Preparation: 35 minutes;
cooking: 60 minutes; serves: 4

Chorizo, mushroom and mozzarella quesadillas

Preparation: 12 minutes;
cooking: 10 minutes; serves: 4

- 3 chorizo sausages, thinly sliced
- 300g cup mushrooms, thinly sliced
- 2 tablespoons olive oil
- 8 flour tortillas
- 2 cups baby spinach leaves
- 2 buffalo mozzarella cheese, thinly sliced (see tip)

PREHEAT a barbecue plate on high heat. Combine the sausages and mushrooms in a bowl. Drizzle with one tablespoon oil and toss to coat. Barbecue sausages and mushrooms, turning often for three to four minutes or until golden. Remove to a plate. Reduce barbecue heat to medium-low. Place one tortilla on a large board. Brush with a little of the oil, then turn over. Arrange spinach, sausage mixture, mozzarella and basil over half the tortilla. Season with salt and pepper. Fold the tortilla over pressing down gently. Repeat with remaining tortillas and fillings.

Place each tortilla between two sheets of baking paper. Barbecue for two to three minutes on each side or until golden and mozzarella has melted. Cut in half crossways and serve.

Tip: Buffalo mozzarella is a fresh cheese that has a mild flavour and distinct elastic texture. Available from selected delicatessens, it’s delicious served chilled with antipasto or used in lasagne, pizza or sandwiches. Alternatively, you can use regular mozzarella.

Prepared by Fresh Finesse Food Promotions www.freshf.com.au

What’s Fresh in January



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

Apricots: If you are blessed with excess apricots, then making apricot jam will carry on this beautiful flavour for months ahead. It is a pleasant 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.

Flat Mushrooms: Summer barbecues are perfect to get creative with richly flavoured flat mushrooms. Available as either white or velvety brown varieties, the flavour is full and robust so not only are they good for boosting 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.

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Pink and sparkling reds for summer sipping

by Frank Smith

LONG HOT summer evenings are an ideal time to bring out the cold rosés. Rosés are made either by blending white and red grape juice or by removing the skins of red grapes early during fermentation. Here are a few that we enjoyed:

Cote de Mas Rose Aurore is a blend of Grenache, Cinsault and Syrah from Languedoc-Roussillon in southern France. It is cherry pink in colour and displays aromas of cherries, toffee and flowers tending to candied fruit. The palate is rich and smooth, with ripe red fruits, well balanced acidity and length. RRP \$11.99.

Jacob's Creek Le Petit Rosé is made from Australian grapes by Australian winemakers, but reflects a style of Rosé that is common in the French countryside. It is a blend of Pinot Noir, Grenache and Mataro resulting in a very pale pink colour with aroma of rose petal and spice. The pallet displays varietal flavours and a textural, chalky acidity leading to a soft, yet restrained finish. RRP \$17.

Jacob's Creek Barosé 2016, a rosé from the Barossa (surprise). It is a delicate pale salmon pink colour with aromas of Turkish delight, rose petals and strawberries. The pallet is fruit driven from Grenache grapes showing light cherry, strawberry and quince, but not over sweet and great structure and length and a dry finish. RRP \$15.

Yellowglen Bella pink Moscato is a rosé with a sparkle. It is made from a blend of Frontignac and Muscat varieties of grapes. The colour is a delicate pink blush. It displays aromas of rose water and Turkish delight with delicate white musk flavours. The palate is bursting with flavours of rose water, red berries and white musk and finishes with a sweetness that is balanced by acidity

and fine bubbles. RRP \$21.99.

Sparkling reds
Sparkling reds tick all the boxes for red wine drinkers who prefer more robust flavours than found in most rosés. It is sparkling, red, served cold in summer.

Seppelt Original Sparkling Shiraz 2013 is deep red with aromas of mulberry, blue fruits, rhubarb crumble combined with spiced pears and a lifted floral nose. There is a fine and lean sparkling bead combined with a palate of bright, juicy red fruits and strawberry shortcake. The finish is savoury and spicy. RRP \$26.99.

D'arenberg The Peppermint Pad-dock Sparkling Red is a blend of Chambourcin, Shiraz, Graciano resulting in a vibrant purple colour and persistent mousse, with a lively bead that tickles the nose as it tantalises the palate. The nose is a swirl of exotic spice, ripe plum and black olive, with a background aroma of dark fruits and a hint of cedar. The palate is full and fresh, slightly sweet, showing strong flavours of mint, black fruits and spice. The after taste displays persistent tannin and acidity. RRP \$28.

All these summer wines are available through major discount liquor stores, often at well below RRP prices.



Vince's lamb mosaic with pesto



The Flesh In My Life
VINCE GARREFFA

CELEBRITY butcher Vince Garreffa's recipe book, *The Flesh In My Life* is packed with tales about his early life, and is available for sale from Mondos Butchers, 824 Beaufort Street, Inglewood, The Good Store in Victoria Park and Boffins Bookshops.

The more than 200-page book focuses on Vince's Calabrian heritage and his arrival from Italy to Western Australia as a five-year-old in the 1950s and the experiences that shaped his life.

This is one of the recipes from the book.

Lamb mosaic with pesto
Banjo lamb blade is an English cut of meat and is boneless, which makes it easy to serve. The flavours are made for each other with a little bit of fat and the happy chew of lamb shoulder meat. The only struggle is ensuring there is enough for everyone to have seconds. Serves 2

Ingredients
1 boneless lamb banjo blade (500 gram)
Pesto marinade
100 g basil
20 g pine nuts
100 ml olive oil
40 g parmesan cheese
25 g garlic
WA Lake Salt
Freshly ground black pepper

Blend the marinade ingredients in a blender for two minutes until they form a paste.

Turn the lamb fat side up and cut deep incisions (about 1cm deep) in a criss-cross fashion to create 2cm squares. The lamb blade should now look like a checkerboard or mosaic pieces.

Salt and pepper the lamb blade and then marinade it with the pesto paste, working it into the incisions.

Refrigerate and allow the blade to marinade in the pesto paste for a minimum of two hours and a maximum of 24 hours before cooking.

Remove from the fridge an hour before cooking and rest on a baking tray.

Bake at 225°C for 45 minutes and then rest for 15 minutes in a warm place.

Serve in pieces with your favourite mash potato, or roasted vegetables and a salad. A perfect lamb dish for Australia Day!

Buon Appetito!



Letters to... Vince Garreffa

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

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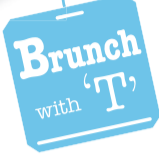
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Brunch with T - Summer brunch fun in Como



Above, from top; Lisa's potato rosti stack with smoked salmon - Tahlia's meal; low carb brunch consisting of scrambled eggs, smoked salmon, spinach, homemade relish plus hollandaise, mushrooms and hash browns - beverages; flat white and chai latte.
Right; Tahlia Merigan



by Tahlia Merigan

SUMMER has come and so has the New Year. With that I tried to find a cool day to explore more of Perth's brunch options. My partner this month, Lisa, chose Hangout on 20 Preston located in Como.

As it was a cooler day we sat outside and enjoyed the comfy chairs and modern furnishings. For a change we had table service which is always nice and it was great service at that, with someone regularly coming to check on us.

Lisa ordered a flat white (\$4.20) which she said was very good coffee and I myself ordered my usual chai latte (\$4.50) which was also very nice. I loved the presentation as they came out on wooden plates.

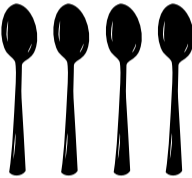
I ordered the Low Carb Brunch (\$19) which was scrambled eggs, smoked salmon and spinach with a homemade relish. I then added

some hollandaise (\$3) mushrooms (\$4) and some hash browns (\$4). The scrambled eggs were cooked perfectly and the hollandaise was creamy and smooth and home-made with a generous serving. The hash browns were crispy and added a nice crunch to the meal. Overall it was very enjoyable and as I'm writing this I would be happy to eat it again.

Lisa ordered the potato rosti stack (\$23) replacing bacon with smoked salmon as Omega-3's are essential in one's diet. She described her meal as indulgent with the dish having a turmeric and creamy spiciness in each bite and the crumbed poached egg gave it an extra dash of indulgence. Again it was a generous serving and we both loved the plating and presentation.

I would definitely come back to this café for brunch with its great service and good menu. They had many dishes I was keen to try that appealed to my sweet tooth.

We rated it four spoons.
Hangout, 20 Preston Street, Como. 9474 1914
Open 7 days a week for brunch 7am-2.30pm.



T's spoon ratings

Five spoons – excellent food and service – you must go!
Four spoons – overall good food and service well worth a visit!
Three spoons – reasonably good food and service but could make some improvements.
Two spoons – food and service needs improvement.
One spoon – would not recommend.

Knife and fork talk with the Dining Divas

by Pat Paleeya and Judith Cohen

DINING Divas visited Northbridge and lunched at the Hyde Park Hotel this month.

For one Diva this was a trip down memory lane. Jazz, rock and roll, dancing and great counter meals with friends. The hotel was unrecognisable from that

time. Modern renovations plus inviting outdoor areas makes it a pleasant place to sit and eat.

We chose from the Seniors \$10 lunch menu (three choices) and with an option for cake and coffee for another \$5.

The chicken parmigiana was well cooked and served with a mixed garden salad. Good choice.



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

The fish, chips and salad was ample for the price, the fish juicy, the batter crunchy. Now we come to the chips which were a bit of a mystery. They looked like wedges but the texture was of microwave or steamed potato – not very chip-py at all.

We opted for the \$5 coffee and cake deal. Sticky date and a wee pot of chocolate ice cream completed our lunch.

Unfortunately because we were mesmerised by our handsome young dining companion we completely forgot to take photos of our food.

3 Forks
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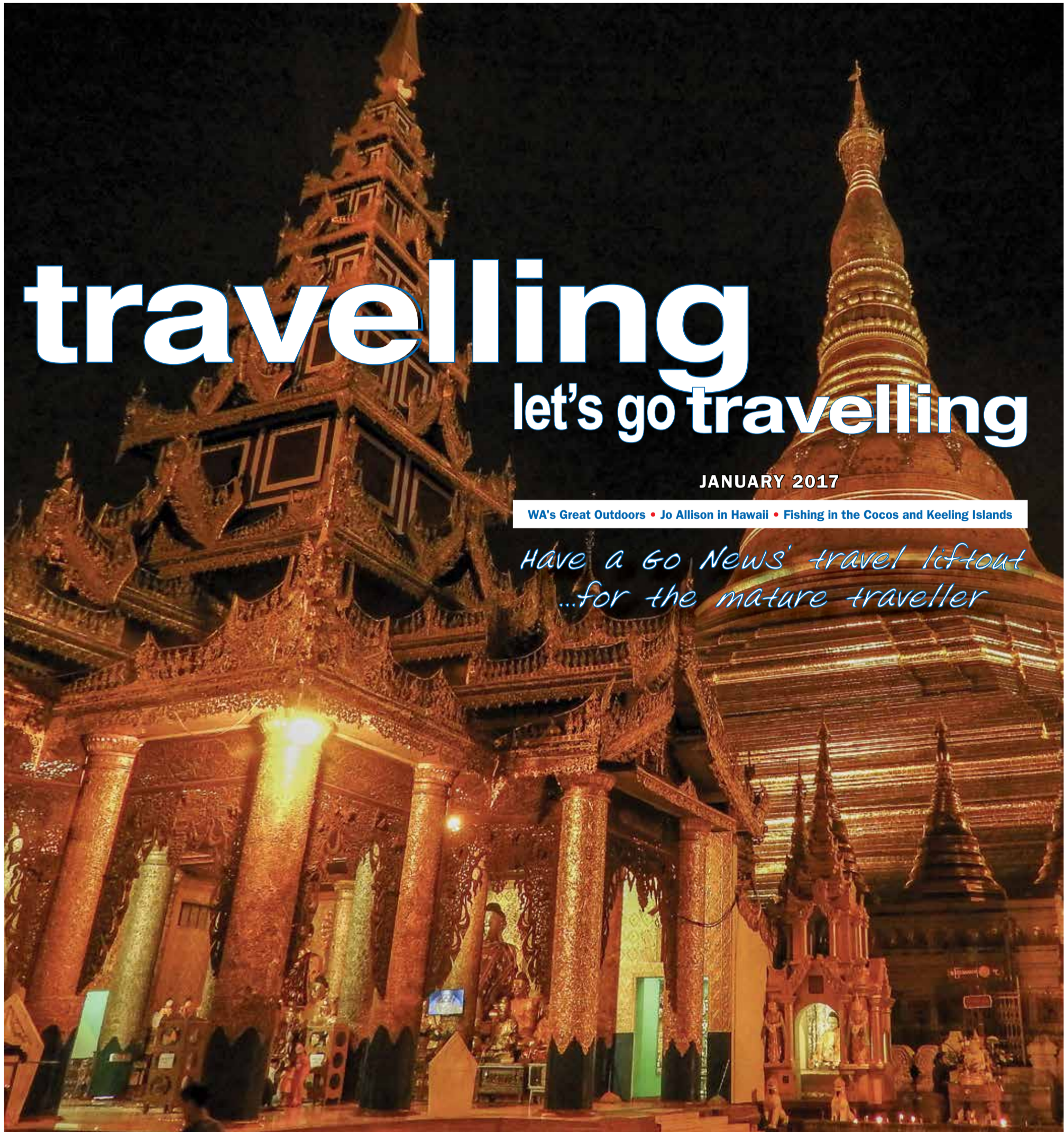
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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Jennifer Merigan

HAPPY New Year. I hope 2017 brings readers good health, happiness and lots of fabulous travels. On Australia Day, I with 20 of our readers, will be embarking on the day

trip of a lifetime to fly over Antarctica in a QANTAS jet and I must say we are very excited. These trips are run every two years from Perth on Australia Day and I look forward to bringing you a full report of the trip in the next issue. This month Steve Collins takes people on a journey to Myanmar (Burma) and shares his experiences of this country which is relatively untouched by mass tourism. It certainly gives you the inspiration for a visit. The new look Perth Holiday and Cruise Expo returns to Crown Perth on 11 and 12 February and we have double passes for readers to win, see page 28. The Expo promises more seminar and product presentations with state of the art audio visual systems, a new floor plan, special show deals and of course the new cruising section. There are also fabulous prizes to be won, so mark your diary for the 11 and 12 February at Crown Perth. If you haven't checked out the new Crown Towers then this will be the perfect opportunity. The All Leisure Group, the parent company of the cruise line Voyages of Discovery and Swan Hellenic have gone into receivership leaving about 500 Australians out of pocket. Travel insurance does not cover insolvencies but if passengers paid

their travel by credit card they can request a charge back on the card from their banks. If you have a travel issue, enquiry or would like to share some information, don't hesitate to contact me on the email below. If you're a Facebooker then like Have a Go News at www.facebook.com/Haveagonews. 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

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Duyfken...The show stopper at Elizabeth Quay

Visit the Duyfken at Betty's Jetty

WHEN you wander around the waterfront at Elizabeth Quay it seems somewhat surreal. Visitors are surrounded by all that is so 21st century – bricks, steel, glass, modern cafes and restaurants, water features and mini golf. And then you stumble across a little bit of history, the majestic shape of a wooden sailing ship, a ship that is so much a part of Western Australian ship building history. A ship that represents the transition to co-existence of Ab-origines and Europeans in this land that we call Australia, way back in 1606 with the arrival of the original *Duyfken* on the shores of the Cape York Peninsula. *Duyfken* is a ship you need to visit. Every West Australian ought to, as its part of your history. As you step on-board *Duyfken* you'll be drawn back in time to the early 1600s, an era when hundreds of Dutch ships plied the trade between Holland and the Spice Islands of Indonesia. You'll be amazed at how a crew of up to 30 young lads and men lived and slept aboard such a small ship. And when you go below decks you'll capture the smells of what it was all about:– spices, nutmeg, black pepper, cinnamon, star anise and cloves – a small handful worth a fortune in those times. *Duyfken* is without doubt a star attraction at Elizabeth Quay, but so too is the Quay itself. Despite all the adverse commentary there is a real sense of pride when you look back at the city that we call our home. It is quite breathtaking. So, as it has been said many times: do yourself a favour and come on down to Elizabeth Quay or as some call it Betty's Jetty and drop by the *Duyfken* as part of your visit. For the same price as an ice-cream you can step aboard and tour the ship and our volunteer guides would love to see you. On offer are two tour options. **Full Audio Tour** – with your headset on you'll be guided around and through the ship via this excellent commentary. Adults \$12.50 Seniors \$10 Child \$5. **Short Tour** – this is a quick taster tour, 10-15 mins where you wander through the ship with direction from our guides. Adults \$7.50 Seniors \$5 Child \$2.50. Now it's up to you. Come and say hello to *Duyfken* and the *Duyfken* Team www.duyfken.com

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ADVERTISING FEATURE

travel options for the mature west australian

Step back in time and meander around magical Myanmar



Yangon crowded footpath - oxcart - Mandalay Hill from below - locals applying sunscreen

by Steve Collins

ENID BLYTON initiated my fascination with Myanmar. I was in primary school when I read her book *The Mystery of Strange Messages* which was about poison-pen letters that were collated through cuttings from the *Rangoon Weekly*. I don't remember much of the story, but I did think that Rangoon, the capital of Burma, was a very exotic place so always wanted to visit. Rangoon is no longer the capital of Burma. Its name has been changed to Yangon, Burma has morphed into Myanmar which, apparently, is the Burmese name for Burma, and Naypyidaw is the new, rather strange and empty, capital. But, so many decades after having my interest piqued, I finally made it there – and just loved the experience. Burdened with a military dictatorship for many decades, Myanmar has been virtually a closed

society since the 1960s, and development there has been negligible. The country's first democratically elected, and civilian, president was sworn in just this year, so now is the perfect time to visit Myanmar as presently the country maintains an intrinsic and rustic charm. Yangon is a city of 7.3 million people, yet it's remarkably clean. Rare for Asia, Yangon is a city almost devoid of motor bikes, so, without them whizzing past with kamikaze-like belligerence, crossing streets is very easy. Being able to walk on a road is good, because the footpaths are cluttered with tiny stalls which sell almost everything, including kitchen sinks. As I am something of a behemoth, definitely boab-shaped, there was rarely enough room for me to pass anyone comfortably on the footpaths, so the roadways were fine for my strolls. Myanmar is a solidly Buddhist country and

there are indications of the locals' reverence everywhere. It is common to see Buddhist monks and nuns on the streets; in the mornings they all carry brass bowls for donations of food. Most locals give, because it is good karma. As I bear a striking resemblance to the Laughing Buddha, an icon who bestows both good luck and wealth, I was treated very well, often having my tummy patted, my side fat pinched, and regularly asked to be photographed with locals; requests I gladly accepted. The crowning glory of the Myanmar skyline is the impressive Shwedagon Pagoda, which was built on Yangon's highest hill 2,600 years ago. The pagoda is extraordinary, being 99 metres in height and covered with 60 tonnes of gold, nearly 5,500 diamonds and a couple of thousand rubies. It is large, crowded, but also strikingly elegant. Despite the crowds, the Shwedagon Pagoda is

surprisingly serene and you can easily retreat into your thoughts or reflect on the majesty of the place. When visiting temples and pagodas in Myanmar visitors are expected to dress conservatively, avoid wearing shorts or dresses that show their knees, and be prepared to walk around barefoot. I just had to experience the road to Mandalay and, as good fortune would have it, I got on really well with the taxi driver who picked me up at the airport upon my arrival. Mr Aun was a lovely man, and a good driver. I told him that I was headed for Mandalay, so he said he would drive me there for \$US100. By the way, leave your Aussie dollars at home if you travel to Myanmar, as they are practically useless there. The best currency to change is US dollars; none of the official places will accept Oz dollars, although you can exchange them on the black market, but the rate isn't good. ATMs work well, but it is handy to have small, crisp US bills on hand as well as kyat, the local currency. Mandalay is 716 kms from Yangon on a good highway that has little

traffic. I loved the drive as it gave me a great opportunity to see the countryside. Life looks to be harsh – and farming seems hard as they still use water buffalo to plough their fields; rice and other crops are planted and sown by hand; and local travel is still undertaken on ox carts. The land from Yangon to Mandalay is mostly flat, but wherever there was a hill it has a pagoda perched on top. Each village and hamlet seemed to have at least one, and often several, pagodas – some small and simple, others huge and ornate. Often dozens of pagodas could be seen dotted around the countryside at a glimpse, at times seeming oddly surreal. Although intensive small plot farming is the norm, as you head north the countryside does change. For the first few hundred kilometres the land is green and lush with rice, peanuts, sesame and sugar cane fields that are shaded by palms. Yangon is monsoonal and I can vouch for the deluges that occur often. Mandalay is drier, so you pass many kilometres where crops are rare; replaced by brown grasses and stubby

shrubs and trees. Mandalay was established by King Mindon in the 1850s to commemorate the 2,400th anniversary of Buddhism. It is situated on the grand Irrawaddy River and one of the highlights is to visit the former king's wooden palace. This is a massive series of structures surrounded by 8 kms of high walls inside a 64-metre-wide moat. The monarch must have been a handy old devil because he had many queens, all of whom resided in their own identical quarters at the back of the king's main chamber. I bet there was some awesome Olympic-standard squabbling amongst the queens in order to win the king's favour. About 20 years after the palace was completed the poor old king and, one suspects, his queens, were ousted when they lost a war with the British. The best vantage point is from atop Mandalay Hill, which towers over the surrounding plains. Once again the hilltop is covered by a rather spectacular gold and jewel-encrusted temple complex, where the views are astounding. While Mandalay is densely populated and neatly set out

in a grid formation, the surrounding countryside is peppered with small, verdant fields. There are a series of craggy hills in the near distance but it is the majestic Irrawaddy River that truly captures the eye. I was anticipating a muddy waterway that would be heavy with silt, but the Irrawaddy here is quite blue, attractive, and many kilometres wide. There are many islands and marshes dividing the river which slithers away into the distance. On an afternoon cruise, I had the boat all to myself, and thoroughly enjoyed plying one of the world's truly great rivers. The people of Myanmar were very friendly and welcoming. I wasn't on an organised tour, but still found travelling around the country using local drivers and trains to be very easy. Burmese cuisine is delightful, the curries are aromatic rather than hot, and prices are very reasonable. Visiting Myanmar is like going back to another age. Enid Blyton got it so right; Myanmar is indeed exotic so she didn't let me down. The author travelled to Myanmar courtesy of AirAsia.

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- Hyden Rock - enjoy the rock's walks, surrounding flora and fauna.
- Bromus Dam - free camping area with bushwalks, lots to explore or a great place to have a BBQ or picnic.
- Mt Jimberlana - 5km east of town, offering spectacular views from the top with a picnic area at the base.
- Phoenix Park - educational, historical and is close to the town centre

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ADVERTISING FEATURE

travel options for the mature west australian

Explore the many delights of Melbourne



Above; Clockwise from left, Birrarung Marr - The City Gallery - St Paul's Cathedral
Left; Jeanette Woolerton

by Jeanette Woolerton

IF YOU are visiting Melbourne then why not begin 2017 in style by wandering through the gracious oak and elm lined streets of Melbourne? This city is a melting pot of multicultural, historical and creative ingenuity and a lot of it is free for all to enjoy.

Here are a few ideas, located in central Melbourne, to get you started: Birrarung Marr, is an innovative, historically significant park located along the banks of the Yarra River, which honours the Wurundjeri people, who are the traditional custodians of the land.

Birrarung is named after the word for 'river bank' as the park meanders along the Yarra River. You can walk in the footsteps of ancient Indigenous people (as the path mimics the shape of an eel), take in the Melbourne city skyline and feel a deep sense of connectivity to our respected indigenous elders.

As you approach the heart of Melbourne, The

City Gallery will welcome you and grant you a European perspective of history in this state. Showcasing art works which draw on Melbourne city life from past to present, the programs are carefully curated by a collaboration of artists and filmmakers to capture every unique crevice of life within the city. Exhibitions are renewed quarterly and entry is free, so discover what Melbourne life is (and was) like at this famous gallery on Swanston Street.

Federation Square is Melbourne's cultural heart, beating with the wonder and creativity of the city. There's always something to do at the square, from fitness to meditation, exhibitions and basket making. Most events are free but can fill up quickly, so it is advisable to check out what's on and plan your day in advance.

The walk-by windows of Chapter House Lane encase some of the city's most expressive artworks. Located next to St Paul's Cathedral, the creativity is

curated behind windowpanes and free for any city dweller to stroll casually through. Exhibitions change monthly, so make sure to walk by the windows of Chapter House Lane as often as possible, to gain the full impact of each month's exhibit.

Public artwork is a main feature in the city of Melbourne and you never have to wander far to stumble upon it. Russell Anderson's installation Apparatus for Transtemporal Occurrence of Impending Space, lets viewers turn a crank to explore an imagined past and future of Melbourne.

The installation aligns itself with the steam punk style, expressing past and future narratives encased in a copper, steel and brass structure. Alongside creativity, the interactive piece works to throw a perspective into the theories of speculative time. Wander down to the middle promenade and check it out for free.

All of Melbourne is a stage for street artists, with permits awarded to paint pictures on the city surfaces. Tight city lane-ways have been turned into canvases for artistic expression.

Some of the most intricate, vibrant and quirky works are constantly on display to browse (for free and at your leisure). Stroll the streets and marvel at the murals that cover Melbourne's laneways and you will discover why this city is famous for its street style frescos.

With each New Year, we reflect upon the old, like the Roman God Janus, with two faces, one looking forward, and one back (January was named after Janus).

Majestic Melbourne has wealth and wonder whichever way you turn and provides endless inspiration for a budget friendly, yet infinitely rich cultural experience.

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IMAGINE yourself in the Aqua Lounge at the Sardinia Yacht Club, drinking a cocktail as the sun sets over the ocean.

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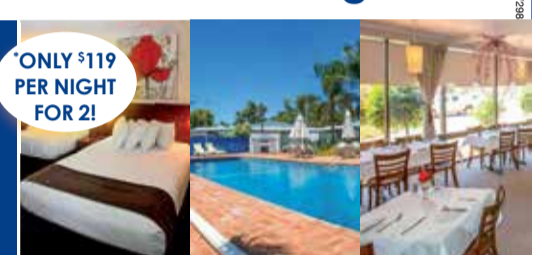
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Day 3 - Geraldton

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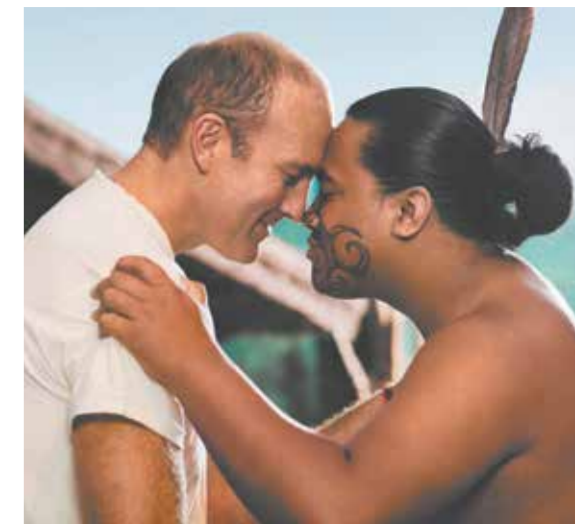
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**DEPARTS 25 March 2017 > LAST SEATS SELLING FAST!
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>> ITINERARY
(B) Breakfast, (L) Lunch, (D) Dinner, (SD) Specialty Dinner.

DEPART PERTH

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

DAY 1: Arrive Auckland (Free Day) (B,D)

On arrival into Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel for immediate hotel check-in. Enjoy breakfast at the hotel followed by time at leisure.
Hotel Grand Millennium Hotel

DAY 2: Auckland - Bay of Islands (B,D)

Depart Auckland and travel to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Enjoy a visit and informative talk at the Kauri Museum in Matakohu, then travel via Whangarei to Paihia, situated in the heart of the beautiful Bay of Islands. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.
Hotel Scenic Hotel Bay of Islands (2 nights)

DAY 3: Bay of Islands (Free Day) (B)

Today is a free day. Choose from the many optional activities available, including the Cape Reinga coach trip via Ninety Mile Beach or a spectacular scenic flight. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

DAY 4: Bay of Islands - Auckland (B,D)

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins before returning to Paihia. Travel south via Whangarei to Auckland's north shore, where you will see stunning views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.
Hotel Spencer on Byron

DAY 5: Auckland - Rotorua (B,D)

This morning enjoy a city sights tour of Auckland before travelling

to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside of rolling hills and green pastures famous for dairying. Continue to Rotorua to visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.

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

DAY 6: Rotorua (B,SD)

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

DAY 7: Rotorua - Wellington (B,D)

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and then continue south to the capital city of Wellington.

Hotel James Cook Hotel Grand Chancellor (2 nights)

DAY 8: Wellington (B)

A highlight this morning will be time to explore Gallipoli: A Scale of War exhibition at Te Papa, New Zealand's National Museum. Cutting edge technology brings these stories to life through the eyes of New Zealanders who found themselves in extraordinary circumstances. Reboard your coach for an extensive city tour. Enjoy free time this afternoon and this evening is also free.

DAY 9: Wellington - Blenheim (B,D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Travel to Blenheim, the heart of wine-growing Marlborough. This afternoon a

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fascinating guided tour of the Omaka Aviation Heritage Centre will transport you from WWI to WWII featuring an extensive collection of aircraft belonging to Sir Peter Jackson.

Hotel Scenic Hotel Marlborough or Chateau Marlborough

DAY 10: Blenheim - Christchurch (B,D)

Today's travel takes you through the alpine village of St Arnaud, the enchanting beech Maruia Forest and the scenic Lewis Pass. Continue south to the Garden City of Christchurch for an informative city tour.

Hotel Quality Hotel Elms

DAY 11: Christchurch - Arthur's Pass

- Franz Josef (B,D)

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

Hotel Scenic Hotel Franz Josef Glacier (Douglas Wing)

DAY 12: Franz Josef - Queenstown (B)

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

one of the many fine restaurants.

Hotel Copthorne Hotel and Resort Lakefront (2 nights)

DAY 13: Queenstown (Free Day) (B,SD)

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

DAY 14: Queenstown - Milford Sound Overnight Cruise (B,D)

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

Overnight Milford Mariner

DAY 15: Milford Sound - Te Anau (B,D)

Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord. Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau. This afternoon enjoy a cruise across Lake Te Anau

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to visit the Glow Worm Caves where you will admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto.
Hotel Distinction Luxmore (Deluxe Room)

DAY 16: Te Anau - Dunedin (B,SD)

Travel via Gore and Balclutha to Dunedin. After time for lunch board the Silver Fern railcar for a journey along spectacular cliffs overlooking the Pacific Ocean and Blueskin Bay. On return to Dunedin's historic Edwardian Railway Station, board the coach for an informative city tour. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.
Hotel Scenic Hotel Southern Cross (2 nights)

DAY 17: Dunedin (B,D)

Travel along the Otago Peninsula to Larnach Castle for a guided tour. Next visit Glenfalloch Restaurant for a delightful morning tea. Return to the city for some free time. You might choose to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail (optional).

DAY 18: Dunedin - Christchurch (B,SD)

This morning visit Olveston House, a prestigious historic home before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends.
Hotel Sudima Hotel Christchurch Airport

DAY 19: Depart Christchurch (B)

Time to say goodbye. You will be transferred to the airport for your flight home after a memorable New Zealand holiday.

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*Price is valid ex Perth based on 25 March 2017 departure and includes prepaid taxes of \$160, correct at time of print. Prices and taxes are subject to change. ^24 Oct 2017 & 17 Mar 2018 prices and bonus inclusions differ. Itinerary differs for 25 March 2017 departure. **Private car transfers arranged by Kings Tours & Travel and are provided within the Perth Metropolitan area including Mandurah. Early hotel check-in and breakfast included in itinerary, subject to change due to flight schedules. Travel Insurance recommended. Jacket & Cap is one per person. One Travel Guide per household. Diary is one per person. Deposit amount is \$450 per person with final balance due 120 days prior to departure.

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The new look Perth Holiday and Cruise Expo returns to Crown Perth Grand Ballroom on 11 and 12 February.

The Expo will offer visitors the opportunity to plan their travels in 2017.

Hundreds of destinations from around the world will be showcased, from the most popular to the obscure – covering Europe, Asia, Africa, New Zealand, Middle East, North and South America, WA and across the Nullarbor.

River and ocean-cruising, coach and rail holidays, skiing and adventure trips, and outstanding resorts will all be on offer ready for people to book.

Booking the next holiday will be a breeze with travel experts offering great deals and savings – exclusive to Expo visitors.

People can compare options; make bookings on the spot, including flights, accommodation, tours and travel insurance.

Travel exhibitors will have their expert staff on the ground to assist with information.

The new cruising element sees all the major cruise lines presenting their products for 2017 and beyond.

The new state-of-the-art travel theatres will offer a comprehensive selection of seminar and product presentations. They will be running free on both days with exotic destinations to learn about for the next holiday choice.

Presentations include about holiday health, coach touring, touring Africa, touring New Zealand, solo travel, Antarctica, European river cruising and much more.

Other highlights include the opportunity to win some fantastic prizes including a Dream Cruises voyage to Vietnam and Hong Kong with flights by Scoot Airways and an APT River Cruise from Hello World.

There will be entertainment throughout both days including holiday fashion parades. Tickets are available at the door for \$10 adult, \$8 senior and pensioner and children under 15 are free. Mark the diary now and be in holiday heaven from 10am to 4pm on Saturday 11 and Sunday 12 February.

Visit www.holidayexpo.com.au

WIN WIN WIN

We have 50 double passes for lucky readers to win to visit the new look Perth Holiday and Cruise Expo. To be in the draw simply email win@haveagonews.com.au with Holiday in the subject line or write to Perth Holiday & Cruise Expo competition C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 1/2/17.

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15 Days Natural Wonders of China Zhangjiajie, Tian Men Mt, Yichang, Yangtze River Cruise, Chongqing, Jiuzhaigou & Chengdu Fully inclusive From \$5,185		14 Days The Spirits of India with Camel Fair Kolkata, Varanasi, Agra, Fatehpur Sikri, Jaipur, Pushkar & Delhi Fully inclusive From \$4,885
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ADVERTISING FEATURE



travel options for the mature west australian

Ancient traditions still blend with the new in beautiful Hawaii



Jo Allison on the beach at Waikiki; performers at the beach twilight shows

by Josephine Allison

NIGHT was falling, the sky a dark canopy capped by twinkling stars, palm trees and high-rise buildings in the distance. This was Kuhio beach in Waikiki and families were settling down for the hour-long hula show held on the grassy area three nights a week.

The blowing of the conch shell heralds the start of the popular show, in earlier times a means of communicating village to village and island to island. Clad in a red lap lap, the entertainer looked every bit the Hawaiian islander, retaining the tradition that has been handed down over the centuries. Music, hula dancing and instrument playing, especially the ukulele, is a way of life in Hawaii despite the march of progress.

The ancient hula started in Hawaii in the 18th century. Traditionally, both men and women wear knee-level skirts made of palm leaves as well as flower leis around their arms, lower legs and heads. Before 1820, women wore skirts that were much shorter and men simply wore loin cloths. But missionaries made them wear a less revealing wardrobe during their performances.

The evening performance included an older lady, called 'auntie', wearing a flower lei on her head and playing the ukulele. She was addressed in reverent tones by the younger members of the group, as they sang and danced their way through the program. A light mist of rain did not deter the audience from enjoying the show.

It was the first of several similar shows we enjoyed around Waikiki during our stay. Music and dance is part of the way of life. One night we

attended the Rock-a-Hula show with its Elvis Presley, Celine Dion and Michael Jackson impersonators and local culture of hula dancing and fire-knife dance.

The early dance and music traditions are a big contrast to classy Kalakaua Avenue just a few blocks away where top-name brand stores such as Rolex, Valentino, Coach, Gucci, Louis Vitton, Miu Miu and Chanel attract shoppers from around the world. A few weeks after we arrived Saks on Fifth Avenue also opened as a flagship store inside the new International Marketplace building. Locals were pleased the iconic 100-year-old banyan tree was preserved.

Waikiki has many high-rise buildings, bikini-clad beachgoers, classy hotels and a relaxed vibe. Tom, our coach driver from the airport, told us 13 high-rise buildings were currently going up yet the island's natural beauty should always be preserved. He also said yellow tang fish dominated

in Hawaii, the most common place for aquarium harvesting. Up to 70 per cent of yellow tangs for the aquarium industry come from there.

It seemed fitting that Hawaii, with its natural beauty and isolation, should be the location for the 10-day World Conservation Congress which started in Honolulu the day we left.

Chipper Wichman, president and CEO of the National Tropical Garden on Kauai said in the *Honolulu Star Advertiser* newspaper, there is no place like Hawaii.

"We are so spoiled by what we have here, and I think the congress will inspire people, the beauty of our islands, the beauty of the ocean and the depth of biodiversity."

Hawaiian-born then US President Barack Obama, stopped by in Honolulu en route to China to address leaders from the Pacific Island of Leaders and the World Conservation Congress.

We ventured down to the beach on several occasions to soak up the atmosphere, enjoy the water and the view of the coastline to Diamond Head. We were fortunate to be in Waikiki for the annual Duke's OceanFest, which honours the great waterman Duke Kahanamoku.

Duke Kahanamoku (1890 to 1968) was a native Hawaiian competition swimmer who made popular the Hawaiian sport of surfing. He was a five-time

Olympic medallist in swimming, law enforcement officer, actor, beach volleyball player and businessman. He was also a friend and surfing companion of American heiress Doris Duke who built her home, Shangri La, in Honolulu.

Now in its 15th year, the nine-day OceanFest is held at various sites throughout Waikiki and features a variety of ocean sports that Kahanamoku himself enjoyed, including long-board surfing, paddle-board racing, swimming, surfboard water polo, beach volleyball and, of course, stand-up paddling.

The event is held to promote the Duke's legacy and help raise funds for the Outrigger Duke Kahanamoku Foundation and its mission of providing grants and scholarships to student athletes and organisations from Hawaii.

The island's affinity with the ocean is seen everywhere. Oahu has the most consistent surf breaks of anywhere in the world. With names like Baby Queens, Old Mans (perfect to learn on), Cliffs and Pipeline, hundreds of breaks can be found on the shoreline. Most surf schools guarantee you will stand up on your first lesson, while others offer services such as in-water photography or even video services to show the family back home.

Even for non-surfers, Oahu's endless azure waters are like nothing else.

A wide selection of tours in WA from Villa for 2017

VILLA CARLOTTA Travel has people covered when it comes to great musical events in the south west. The 33rd annual Leeuwin concert at the beautiful Leeuwin Estate Winery, will feature the legendary James Taylor. The five-time Grammy Award winner and iconic singer-songwriter will perform all his greatest hits with his all-star band. This three-day short break includes the amazing Leeuwin concert, a delicious picnic hamper, a luxury coach to and from the venue and some wonderful local touring. Departing Friday 17 Feb this is the easiest way to experience the Leeuwin Concert.

Another great musical event in our beautiful southwest is the annual Jalbrook Concert. Featuring an evening at the Jalbrook Estate and set amongst the beautiful rose garden, people will enjoy bubbles and a picnic hamper before the South West Opera Ensemble performs their Wine, Women and Song show. This three day tour departs Friday 17 Feb and is sure to please.

The Indian Pacific and the Great Ocean Road
Villa Carlotta Travel combines two great journeys into one unforgettable holiday. Begin with the two days aboard the iconic Indian Pacific rail journey from Perth to Ad-

elaide. Witness the Australian outback and the vast Nullarbor Plain and enjoy gold service all the way. From Adelaide, tour through the beautiful Mount Gambier craters and lakes district and see the Umpherston sinkhole and Blue Lake, visit the Mary Mackillop Penola Centre and Warnambool's heritage site, Flagstaff Hill. Finish this holiday on one of the world's most magnificent roads, the Great Ocean Road on the way to Geelong before flying home to Perth. Departing Sunday 12 March, this 10 day tour is sure to delight.

WA Short Breaks with Villa

Ready to get away from it all and enjoy a relaxing break in our wonderful state of WA? Villa Carlotta Travel has a great range of holiday ideas to choose from. Head down south to Busselton on the South West Escapades tour

featuring Margaret River, Dunsborough, Cape Leeuwin and a Blackwood River Cruise. This seven day tour has departures in February and March. Head further south to historic Albany. Villa's six day Albany Great Southern holiday features the National Anzac Centre, Mount Barker, Torndirrup National Park and a King George Sound cruise. Departures in both February and March. Heading even further eastwards come to Esperance and Bremer Bay. Highlights of this seven-day getaway include Recherche Archipelago cruise, Esperance Stonehenge, Hopetoun, Wave Rock and Hyden. Departures in February and April.

To find out more about Villa's great range of summer short break holidays, FreeCall 1800 066 272, email travel@villa.com.au or check out www.villa.com.au now.

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Here's some great WA getaways to chill out in summer



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by Brad Elborough

MANY of us find we have a little bit of extra time and motivation to get out and about and enjoy the fantastic summer weather at this time of year, whether it's just for a day, or night, or for a little longer.

Here are a few options that aren't exactly secret, but may not have been on the top of your list of places to visit. It might be time to reconsider your bucket list.

In or around Perth

Mandurah – a heap of money has been spent on Mandurah, with public space upgrades high on the agenda. Mandurah was supposed to suffer from the Forrest Highway being developed – with people heading down to the state's south-west expected to bypass the coastal city enroute to Bunbury and beyond. But that hasn't happened. Mandurah is only 45 minutes to an hour away from Perth by car and is accessible by train. There are some terrific waterways to explore (and crab or fish) and you have access to some amazing wineries and breweries.

www.visitpeel.com.au

Rottnest Island – If you haven't been to the popular island for a while, you may not recognise it. It is much different to the days when you would cycle or walk between your accommodation, the baker, Red Rooster, the pub and the beach. Those are still options, but now there are more ways of exploring the island's history, the golf course has received a much-needed make-over and the food options include Aristos Waterfront Restaurant, The Lane, Dome and Geordie's Café. The where-to-stay option has changed a little too, and now includes (among other options) Karma Rottnest and its six types of accommodation. Rottnest Island is a short ferry ride from Fremantle or Perth with Rottnest Express and from Hillarys Boat Harbour with Rottnest Fast Ferries. Or fly over with Kookaburra Air, Rottnest Air Taxi, Air Charter West, Rotorvation Helicopters or Ozwest Aviation.

www.rottnestisland.com

Between one and two hours from Perth

Guilderton/Moore River – The Moore River is just an hour north of Perth and offers a great day (or longer) trip to sit back and relax. You could easily spend a day sitting at the mouth of the river, enjoying

the water (swimming, canoeing or fishing), having a picnic or barbecue and people watching. There are walk trails to explore and if you want to extend your stay, there is a caravan park, or several beach houses available for short stays.

www.moorevillage.com.au

Preston Beach – Preston Beach is perfectly located between Mandurah and Bunbury (about 90 minutes south of Perth). It's on a quiet, yet beautiful beach, allowing a quiet getaway. The 20km of beach is the closest to Perth that you are legally allowed to beach 4WD. It's also close enough to all of the great things that the south-west of WA has to offer. Here you can explore the many plants, flowers, animals and birdlife that call the Yalgorup National Park home.

www.waroona.wa.gov.au/preston-beach.aspx

Two to four hours from Perth

Jurien Bay – One of the great destinations that the opening of the Indian Ocean Drive gave us is Jurien Bay, located 2.5 hours north of Perth. Jurien Bay Marine Park makes for great snorkelling and diving and the beaches are safe for swimming. There are breaks for surfers and fishing for anglers too. Lesueur National Park offers walking trails, lookout, wildflowers and scenic drives. If you want a more spectacular view of the region, you can skydive there too.

www.jurienbaytime.com

Wellington National Park – Next time you head down south add a visit to Wellington National Park, near Collie. Here you can enjoy a scenic drive, do some mountain biking, swimming, fishing, canoeing, trail walking, 4WDing, or just stroll around and enjoy the scenery. You can camp near Honeymoon Pool (small campervans welcome too), or the open Potters Gorge campsite (larger vans and trailers welcome). Check DEC website for details of fire bans.

parks.dpaw.wa.gov.au/park/wellington

Caravan or camping

Karijini National Park – Karijini is one of the iconic and spectacular destinations in WA. For those wanting traditional camping, look at Dales Gorge Public Campground, which is just a quick walk to Dales Gorge, Circular Pool and Fern Pool. These have pretty basic facilities, but still provide access to the amazing scenery in Karijini. At the

other end of the spectrum is Karijini Eco Retreat and its luxury tents, which also has a bar and restaurant on site. There are unpowered sites here too, suitable for campers, as well as caravans and campervans.

www.karijiniecoretreat.com.au

Green Head – just 250km north of Perth (20km north of Jurien Bay) is gaining some worldwide attention after appearing in a list of Australia's hidden gems. The people who go there for a quiet getaway will tell you that it isn't worth visiting. They'll say that the fish and crayfish caught there came from Jurien Bay. They'll say that the Dynamite Bay is not perfectly protected for swimming, that there is nowhere to bushwalk and the surfing break is too far out and dangerous. But all that is a ploy to keep you away. There is a caravan park at Green Head, plus newly designated camping areas along the beach.

www.australiascoralcoast.com/destinations/cervantes-jurien-bay-region/green-head

Fly to regional WA

Kununurra – gateway to some amazing tourism opportunities in the state's north, as well as being a terrific place to visit in its own right. There is plenty of local accommodation, plus consider the amazing Berkley River Lodge, Home Valley Station, El Questro and Faraway Bay Bush Camp – which aren't exactly nearby, but are located up that way. You can check out Lake Argyle, do a scenic flight over the Bungle Bungle Range, do an Ord River cruise or plan worthwhile visits to Mitchell Falls and Mitchell Plateau, or Horizontal Falls. All of this isn't within a stone's throw of Kununurra, but options if you have time to explore the area.

www.visitkununurra.com

Esperance – If you see picture postcards from Western Australia of crystal blue water and pure white sand, often they would have been taken from Esperance. It's known for its water-based activities, such as swimming, surfing, diving and fishing. Whale watching (seasonal) is popular and charters head down to this and everything else. There is also nearly 6000 km² of national park (four in the region) and reserve land nearby, so those who prefer to stay on land have plenty to explore as well. Again, there are tours to these areas, so you don't need your own car or 4WD to enjoy the area.

www.visitesperance.com

Choice takes the guess-work out of choosing the right travel insurance

AUSTRALIA'S leading consumer advocacy group Choice has made the tedious task of comparing travel insurance easier. In November 2016, they recognised InsureandGo's

Gold one-trip policy as a recommended travel insurance product for 2016.

InsureandGo were reviewed among a pan-

el of 115 travel insurance policies from 41 providers with the goal of recommending the best travel insurance packages for Australian consumers. This analysis was highly focused on value for money, price, claims performance and policy benefits.

In addition to the benefits mentioned by Choice, some of InsureandGo's most appealing policy benefits include:

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Imagine a fish this size running 100m... twice!

by Mike Roennfeldt

I'VE decided that the Cocos and Keeling Islands group is my own personal happy place. There is nowhere on

the planet more chilled out. The lagoon there offers endless opportunities for my absolute favourite style of fishing, wading tropical sand flats with fly rod in hand.

Fishing heaven in idyllic Cocos Islands

I made my fourth visit last month following an extremely successful trip at exactly the same week the year before. We weren't quite so lucky this time around and the previous endless sunny days were replaced with lots of overcast and a fair sprinkling of wind and rain – hardly ideal conditions for the exacting world of sight fishing, especially over the areas of weedy bottom. The superbly camouflaged bonefish that drew us there are hard enough to spot at the best of times, let alone in windy overcast conditions. But, with a 24-hour temperature range that never strayed outside 26 – 28°C, just being

there was brilliant.

For those unfamiliar with bonefish, they look like sand whiting on steroids, with brilliantly chrome plated sides that reflect their surroundings so perfectly that they can be almost impossible to spot, even in gin clear water. They can be frustratingly selective feeders and when hooked, put on a performance that is nothing short of breathtaking. Imagine a fish weighing around a kilo that can make a run of 100m, then do it again after you have wound it in. A bonefish of 4kg or more is likely to do double that distance.

Three of us fished all day every day for a week and only

managed to land 11 of those highly prized bones, although we did pick up heaps of other small species, including barracuda, various members of the trevally family, dart and silver biddies.

Those silveries, as the locals call silver biddies, are great little fish. They look a bit like a silver bream with a more pointed snout and they fight with relentless enthusiasm. Even though they only grow to around 45cm they are the locals' most prized eating fish and we had them several times while we were there... absolutely delicious.

There's not a whole lot to do at Cocos if you don't fish,

surf, kite surf or wind surf. Unless of course, you love just sitting on snow white sand under a coconut palm reading and getting up every now and then to cool off in the crystal clear shallows just a few steps away.

While we didn't catch as many bonefish this time, for the first time we managed to pick up a couple outside the lagoon, in one of the sandy holes amongst the coral on the fringing reef. We had heard stories about there being bonies on the outside, so it was nice to confirm it for ourselves. If nothing else, it gave us another option for future trips to this magical island group.

Lee Kernaghan headlines the Boyup Brook Country Music Festival



Australian country music legend, Lee Kernaghan

IT'S a plume of dust down an old dirt road, and hanging off the rails at the rodeo, and for so many, it's warm February days, sitting in the shade of gum trees by the river, surrounded by the buzz of people connected by a love of music.

That's just the way it is at the Boyup Brook Country Music Festival, presented by LiveLighter. For the first time in 2017, the Country Music Club of Boyup Brook is thrilled to be welcoming the legendary Lee Kernaghan to its stage. He will undoubtedly give a show to never forget.

Lee Kernaghan has cemented his place as one of the greatest Australian country music singers of our time, and to many, his songs are the embodiment of Australian country. Winner of 36 Golden Guitars, Lee is second only to Slim Dusty himself, and has had more than 30 number one hits on the Australian Country Charts.

His most recent album, *Spirit of the Anzacs*, has been certified platinum and was number one on the Australian charts for four weeks. Lee is a rare blend of success and authenticity, and is a passionate supporter and advocate for rural culture. He was awarded the Order of Australia in 2004 and was named Australian of the Year in 2008.

The West Australian Country Music Awards presented by LiveLighter are one of the highlights of the weekend, and have been a springboard to success for many musicians, including Terry Benneetts, Ralway Bell and Pete Byfield, all of whom will return to the stage in

and the Boyup Brook Ute and Truck Muster provides roaring entertainment through the streets of Boyup Brook. Campers and caravanners sleep beneath the stars over the weekend. Food stalls provide fresh food on site, and the Country Music Club of Boyup Brook's retail store, Hot Country, offers clothing, music, footwear and accessories for attendees to browse or buy.

The Boyup Brook Art Awards, held in conjunction with the Festival, provide something a little different, showcasing great local talent, and the Festival gives ample opportunities to bootscoot your way to lighter living, even providing lessons for those whose dancing is a little rusty.

There is something to keep everyone entertained, including workshops, the largest bush poets breakfast in WA, and activities for the children. The Festival is built on the backs of its many volunteers, who work tirelessly to create a festival that has become one of the best in the country, and a must visit destination for all country music lovers.

For further information about the Boyup Brook Country Music Festival, or to purchase tickets, visit www.countrymusicwa.com.au or phone 9765 1657.

Enjoying the sunset and a glass of wine - what could be a better match?



THROW in some great food, live music and a beautiful beachside setting and there is all the ingredients for Sunset Wine at Scarborough Beach.

With restoration under way at the Scarborough Beach Reserve the event will have a slightly different location this year, moving 800 metres south to Brighton Reserve.

As it has in its previous three years Sunset Wine will have the same stunning West Australian ocean sunset views.

Event director Richard Campbell from CMS Events said the new venue at Brighton Reserve is an almost identical space to previous years.

Sunset Wine will still be unique in that it is the only public event on the coast in Perth where visitors can sit with a glass of wine and watch the sun set over the ocean.

"People will still be able to relax overlooking the beach on the Sunset Balcony or sit back on the grassy slopes listening to local musicians," Mr Campbell said.

"Sunset Wine is about enjoying a classic summer sunset, tasting fantastic Western Australian wine, craft beers, ciders and spirits and tapas style food.

"Along with gourmet food, live music and good friends, it's the recipe for one of summer's best boutique events.

"There is a great range of local wines on offer to taste, then enjoy at the event or take home some bottles to share later. The wine locker is on site to store your purchases during the day as well.

"Sunset Wine will again ensure people can enjoy their time with friends at WA's iconic beach and celebrate another classic summer's day on the coast."

This summer, visitors to the event can expect to enjoy some lighter styled wines like whites and rosés along with their favourite and new release reds.

The Sunset Balcony is the centre-piece of the event and the best place to watch the sun going down with a favourite glass of wine. Come along on 18 and 19 February from 2.30pm to 7.30pm each day.

Tickets can be pre-purchased for \$28 (including booking fee and charges) from www.wineandfood.com.au/sunsetwine or at the gate for \$33.

WIN WIN WIN

To be in the draw to win one of five double passes to Sunset Wine on Sunday 19 February simply email win@haveagoneews.com.au with Sunset in the subject line or write to Sunset Competition C/- Have a Go News - PO Box 1042, West Leederville 6901. Competition closes 5/2/17.

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Transwa



Queensland University of Technology's Institute of Health and Biomedical Innovation's neuroscientist, Professor Selena Bartlett

by Frank Smith

NEARLY everyone has tried and failed to give up or cut down on something, such as sugar, overeating, alcohol or cigarettes at one time.

Professor Selena Bartlett, neuroscientist of the Queensland University of Technology's Institute of Health and Biomedical Innovation, says our failure is not due to a lack of will power, but brain power.

She says brainpower is the key to living healthily. Diets alone are rarely successful if we want to lose weight. There is also overwhelming evidence that many people who do lose weight through dieting, quickly regain it.

"Despite all the information out there on the dangers of being

Brainpower the key to healthy living

overweight, the Australian Bureau of Statistics tells us that 63 per cent of Australian adults are overweight or obese.

"Diets can in fact make us fatter and more stressed, because we ignore our brain which silently drives our behaviour. When we are stressed our brain seeks pleasure and that's the problem."

Professor Bartlett said the brain has evolved to have three distinct sections – survival, emotional and rational.

"The survival section of the brain controls our heart beat, breathing and keeps us alive. The emotional section protects us from perceived danger by instigating a 'fight or flight' response while the rational section drives our functions like impulse control, planning and decision making," Professor Bartlett said.

"When stressed – the ageing process can itself be stressful – the body releases stress hormones like cortisol. Over time these reduce the number of synapses in the brain. This in turn impacts our rational brain and can reduce our impulse control.

"To counteract the damage caused by stress hormones, the emotional part of our brain drives us to find pleasure. When we experience pleasure, our body is flooded with hormones like dopamine, serotonin and endorphins. These bind to receptors in the brain and reduce the damaging effect of stress hormones.

"The more stress you experience, the more your brain demands a pleasurable experience, which may be alcohol, sweet treats or comfort food. This is a problem for two reasons – they are high in calories leading to weight gain, and they are addictive.

"To overcome this we need to override the emotional part of the brain. When the rational brain is in charge; sustainable weight loss is possible."

The brain is plastic; you can change your brain at any age,

learn how to keep doing new things and not repeat the same old things. This is really important as we age. You can teach an old dog new tricks.

"I give people tools to apply about brain plasticity to their daily life – to limit stress and transform their life."

Professor Bartlett has written a book – *MiGGi Matters* – MiGGi is the emotional part of the brain that gets locked up from stress.

The book outlines five steps to help prevent stress taking over your life:

Be compassionate to your brain – it is an amazing, organ that can be severely damaged by stress, especially in childhood while it is developing.

Get to know the brain – an awareness of how the amygdala drives your behaviour is critical to overriding unhealthy impulses.

Identify when your amygdala is taking over – when you're having a "MiGGi moment" – in stressful situations and acknowledge when you're suddenly taken by the urge to eat comfort food, smoke or drink alcohol.

Replace food and alcohol with a MiGGi movement – deep breathing, stretching, walking, running; any movement that feels good.

Reduce sugar and alcohol intake and increase cardiovascular and high intensity exercise – these will help to heal your brain of its stress-induced damage and build a strong, healthy body.

"This is what the book is all about, showing people how to have a growth mindset of living no matter what age," she said.

MiGGi Matters: How to train your brain to manage stress and trim your body is available for sale at AU\$33 for a print version or AU\$24.95 in ebook for at www.miggimatters.com.

Participation of people wanted for clinical trials which focus on drugs for older people

OLDER people are one of the most under-represented patient populations in clinical trials. However, the participation of older people in clinical trials is important for scientists in order to learn more about how new drugs or therapies will work for older people. Results can be different from those of younger people because as people age, their bodies may react

differently to drugs.

Older adults may need different dosages (or amounts) of a drug to have the right result. In other words, having seniors enrolled in drug trials helps researchers get the information they need to develop the right treatment for older people.

Older people usually say that they participate

in clinical trials to help improve lives of others. For some, participating in a clinical trial is a way to play a more active role in their own health care or to help researchers learn more about certain health problems.

Whatever their motivation, when people choose to participate in a clinical trial, they become a partner in scientific discovery. Their

contribution can help future generations lead healthier lives. Major medical breakthroughs could not happen without the generosity of clinical trial participants - young and old.

Linear is looking to target 60-80 year old, healthy males and females to participate in a new clinical trial. See the advertisement on page 34 for more details.

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New opportunities for fitness following a new year reassessment



by Jemma Aldridge

WHAT better time than the new year to reassess your life and consider new opportunities, challenges or experiences.

Personally last year was not so enjoyable for me, so I am looking towards more fun ways to spend time with my family and also making time to get my health and fitness back on track. One of many ways to improve your fitness is to participate in group exercise. It is a growing trend and the benefits are numerous, not just for your health.

Recently I participated in fitness classes coordinated and fully funded by my health insurance and

it was totally enjoyable. I got me thinking as to why I had hesitated in taking a fitness class before. I have led water based and land based classes before and while I had enjoyed taking them I had not thought to ask why the participants of my class kept coming back each week.

Remember when you were a kid and you liked hanging out with your friends and doing fun activities together, well I think group exercise is

just like that – getting together and doing an activity that everyone can enjoy and enjoy the benefits. One of the benefits is that you are socialising, having fun while doing a safe and effective workout. Other benefits include a consistent schedule with different levels of difficulty so that you can improve your fitness at the rate you want to. Another is that participants can do a workout that requires no prior exercise knowledge or expertise.

A common reason for quitting an exercise program is boredom. A varied class format can keep you motivated and interested. Different instructor styles, music selection and interaction means that a one-hour class goes very fast with interesting people and a social atmosphere. This atmosphere also offers a sense of camaraderie and accountability among participants as well as between participants and the instructor.

There is so much pressure from different types of media telling us to exercise, but it is difficult to take the first step. Group exercise offers a safe environment with so many different workouts from chair yoga to country barn dancing and workouts for all fitness levels from beginner to advanced. Just show up with a positive attitude, participate and have fun.

Check out your local newspaper and local council, including all rec-

reational venues in your area, for a class to suit you in 2017, and don't forget to check your health fund and see if they cover some of the cost.

NB: Please note that the information in this article is of a general nature. It is not specific advice to any individual. Readers should consult their general practitioner or other health professional for an assessment and specific advice with regard to their particular condition.

Toilet seat solves problems for arthritis sufferers



BIDET Shop® customer Mabel suffers with arthritis and a painful back condition but has found a bidet has made her everyday task much simpler.

"It's marvelous I've always wanted a 'paperless' bidet in my bathroom and I wish I had

found it years ago," Mabel said.

"The bidet simply replaced the existing toilet seat and automatically cleans users without toilet paper. The friendly staff explained that the bidet toilet seat has many health benefits as well as the comfort of a heated seat and other features," she said.

The bidet can be used in two simple steps. Press the bottom/feminine wash button and the bidet provides a stream of warm water to clean thoroughly. Then with just the push of another button, warm air gently dries without the need for toilet paper.

Mabel said that although The Bidet Shop®

offered to send out a brochure pack, she decided to order a bidet straight away. When it arrived a few days later she installed the seat herself easily and as she had been told, it fitted perfectly on her original toilet bowl.

"It is the best investment I have made in my personal health and hygiene in years and I no longer find going to the toilet an issue".

"Give it a go," she says. "I did and I couldn't be happier".

For more information or to purchase call The Bidet Shop on 08 6315 4252.

Have a Go News' readers may qualify to have their Bidet fully funded. Please call us to ask how

Fuel your body and reap the many rewards of healthy ageing in a new campaign



er adults in the community, which is the leading cause of hospitalisation of adults over the age of 65 in Australia and costs the WA Health System on average more than \$100 million each year.

Injury Prevention manager Rachel Meade said that the new campaign was designed to give older adults living independently in the community some basic information around food, alcohol and water consumption that were simple to follow, cost effective and age appropriate.

She said malnutrition in older adults can lead to impaired muscle function and decreased bone density and increases falls-related sickness and death.

"This can be as a result of physiological changes in the body, chronic diseases, the side effects of medica-

tion and a loss of appetite as we get older.

"However there are other factors to consider like deterioration in quality of life, or a lack of motivation to cook healthy meals for those who may be living alone after the death of a partner," said Ms Meade.

"This can have a whole lot of physical and mental repercussions, which can greatly increase the risk of falls, hospitalisations and the ability of individuals to continue to live independently in the community."

The Fuel Your Body campaign also highlights the importance of drinking water to avoid complications from dehydration and drinking less alcohol to keep your brain and body healthy.

One in three older people over the age of 65 will fall each year, many resulting in injuries that reduce their confidence and ability to carry out day-to-day activities.

The Fuel Your Body campaign has been developed using the latest evidence and input from expert dieticians in Western Australia.

The three-month campaign launches on 1 February and runs until 30 April and targets older adults over 60 living independently in the community.

Other Stay On Your Feet® campaigns helping older Australians stay healthy and live independently in the community have focused on Strengthening Your Legs, Checking Your Medicines and Making Your Home Safer to avoid falls.

For more information about the Fuel Your Body campaign or for tips on how you can stay active and alert to reduce your risk of falls contact Stay On Your Feet® on 1300 30 35 40 or visit www.stayonyourfeet.com.au.

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OLDER adults are at risk of malnutrition as a result of the body's natural ageing process as well as a range of socioeconomic factors that can result in a poor diet and insufficient nutrition.

The new Fuel Your Body campaign, which is due to be launched by WA's leading falls

prevention program, Stay On Your Feet® early this year, will look at ways of addressing these concerns and ensuring that Western Australians over the age of 60 know what a balanced diet looks like as they get older.

Stay On Your Feet® is aimed at reducing the incidence of falls in old-

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Darren Beales next to a painting which represents pain

by Frank Smith

WE nearly all suffer from back pain at some stage, but how much it hurts and how quickly we recover depends on what we believe about it.

Darren Beales, from Curtin University School of Physiotherapy and Exercise Science said lower back pain is usually initially caused by physical damage.

"This causes the symptoms of back pain, but pain may persist and the patient be pain sensitive after the damage is healed.

Our beliefs can include

the cause and nature of the disorder, its future course, impact and the possibility of a cure. The more negative you feel about back pain the more disabling it is and the slower you will be to recover.

Dr Beales said back pain beliefs are an important determinant of both disability and the experience of lower back pain, not only in baby boomers (individuals born between 1946-1964) but also the wider population.

"There is growing interest in the role of beliefs regarding lower back pain, especially beliefs related to the cause, impact and

To be in pain - or not to be...back pain is what you believe it to be

treatment of the disorder, as beliefs and expectations can facilitate or inhibit pain responses in the brain and are central drivers of behaviour and recovery," he said.

"For this study, we looked at back pain beliefs in baby boomers because they are a group at risk of decreased activity levels and reduced productivity, hoping to provide additional insight into keeping this age group active and productive."

The study began by collecting data from 958 baby boomers involved in the Busselton Healthy Ageing Study. All participants received a comprehensive clinical assessment and filled in a questionnaire about a wide range of health measures. The results of the questionnaire were compounded as a BBQ score. A higher BBQ score indicate more positive beliefs.

Independent associations were found between BBQ scores and age, mental health, income, being in employment, and lower back pain status. There were no associations between lower back pain and body mass index, smoking status, mental well-being or gender.

Older people had generally lower scores. Each five year increase in age resulted in a 0.5 point decrease in BBQ scores.

Baby boomers had higher scores than many other large studies in Australia and North America.

The more negative the belief scores and more baby boomers were disabled by back pain, irrespective of age, mental health, income, employment, and current pain level.

"More positive BPBs were associated with

younger age, better mental wellbeing and higher income, while more negative beliefs were associated with receiving sickness or disability benefits and experiencing LBP in the previous month," said Dr Beales.

"The take home message for baby boomers is to stay active. The belief that activity is bad is the worst thing for back pain.

"Experienced physiotherapists will help patients overcome the pain. In 95 per cent of cases of lower back pain a belief that leads to inactivity is not helpful," he said.

The paper Back Pain Beliefs Are Related to the Impact of Low Back Pain in Baby Boomers in the Busselton Healthy Ageing Study, was published in the Journal of American Physical Therapy Association.

Survey finds Australians are the happiest they have been this century

AUSTRALIANS are more satisfied with their lives now than at any time since the year 2000.

The latest Australian Unity Wellbeing Index survey finds average life satisfaction in 2016 hit a record score of 76.7, the highest since the index's inception in 2000. It continues an upward trend that began in 2006.

This comes despite a long-term decline in health satisfaction over the last 16 years, and increasing concern about the possibility of a terrorist attack.

"These findings reiterate a major theme of the Wellbeing Index over time, which is that satisfaction with one's health is not a significant driver of their personal wellbeing," Deakin University senior research fellow Delyse Hutchinson says.

"Of greater importance are financial security, a sense of purpose in life and strong relationships. We call this the golden

triangle of wellbeing," Dr Hutchinson says.

The index, a joint project of Australian Unity and the Australian Centre on Quality of Life (Deakin University), evaluates satisfaction with life across a range of areas - standard of living, health, achievement, personal relationships, safety, community connection and future security. A personal wellbeing score out of 100 is recorded.

"The domains of standard of living (80.8), safety (82.0), community connection (73.7) and future security (73.3) reached their highest recorded levels, which is interesting when set against the finding on the perceived likelihood of a terrorist attack," Dr Hutchinson said.

She says while the index does not examine the reasons behind this increasing happiness trend, overall life satisfaction also runs deeper than our daily concerns about housing

costs or job insecurities.

The survey also notes that wellbeing is significantly lower for adults who continue to live with their parents.

"For those living with their parents, average life satisfaction (72.0) is the lowest it has been for 10 years," Dr Hutchinson said.

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Experience dining at Elizabeth Quay



Japanese for 'Castle in the Sky', Laputa offers buffet style dining unlike anything Perth diners have experienced

NEWLY opened restaurant Laputa, perched above Halo at Elizabeth Quay offers buffet style dining, but buffet dining unlike anything Perth diners have experienced before.

Laputa is Japanese for Castle in the Sky and owners Yili Kagura Pty Ltd have spent \$200,000 just installing new windows to ensure customers feel like they are in a castle in the sky, looking out over the Swan River.

And to keep the castle analogy going, guests are treated like royalty with chefs producing freshly cooked food at a series of stations reminiscent of the food served at premier buffet dining places like Hong Kong, Singapore, Jakarta, Thailand or China.

A \$3 million fitout of the new restaurant incorporates lavish marble floors and countertops imported from China along with distinctive Japanese styling.

Chef Vincent Lim said the restaurant was aiming to recreate a style of dining that people would know from eating at places like Jumbo in Hong Kong.

"This is a 'must do' restaurant experience in Perth," he said.

The changing menu features the flavours of Korea, Japan, Thailand, Singapore and the Philippines, as well as Western-style cooking and is freshly cooked at stations in front of diners.

Specialist Japanese, dessert, Asian, Chinese and Western chefs are in charge of their own food sections including teppanyaki, grilled, deep-fried, cold, seafood, salads and desserts.

"Expect more than crème brûlée and cheesecake for dessert," chef Lim said.

Laputa features a wide range of South-East Asian desserts.

The main restaurant area seats 250 people along with three VIP

rooms that each seat 12 people.

Laputa is open seven days a week for lunch and dinner and is available for weddings, events and other functions.

Weekday lunch prices are \$49 and \$59 for the weekends and for dinner, Monday to Thursday it is \$60 and \$75 on Friday, Saturday and Sunday. For children it is \$24.50 for lunch Monday to Friday and \$29.50 for the weekends, \$30 for diners Monday to Thursday and \$37.50 for dinner on Friday, Saturday and Sunday.

"Wines are available from \$10 a glass or up to \$2000 a bottle," chef Lim said.

Chef Lim said every effort is made to source the best local produce including fish which is purchased fresh daily from the markets.

"This buffet style is different, the setup is different, and the style is of freshly cooked food right in from of you with a blend of Western style Asian infused cooking.

"Our emphasis is strong on customer service, with attention to detail that separates the good from the excellent," he said.

Laputa aims to appeal to a wide audience including visitors from around the world, business people from nearby St George's Terrace through to locals looking for something different.

Bookings at the restaurant can be made by phoning 9325 4081 or through Laputa's website at www.laputa-buffet.com; www.facebook.com/laputaperth/ and on Instagram at laputaperth.

WIN WIN WIN

To win one of three lunches for two at Laputa simply email win@haveagoneews.com.au or write to Laputa Competition PO Box 1042, West Leederville 6901. Competition closes 5/2/16.

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Retire in Style



Retirement villages are mainly what they are cracked up to be

by Frank Smith

GLOWING accounts of life in a retirement village appear in advertising and publications by the village owners. But is it as good as it sounds?

Now Dr Sue Malta and her colleagues at National Ageing Research Institute (NARI) based at Melbourne University has conducted an independent survey commissioned by Residents of Retirement Villages of Victoria (RRVV).

The survey explored the experiences of village residents and their families of their contractual interactions with village owners and managers – including affordability, maintenance and repairs and the process for resolving any disputes.

Nearly 2000 responses were received. Dr Malta says that indicates that many older adult residents of retirement villages were keen to be involved and have their say about retirement village

life. Most were aged 80 years or more, and nearly 90 per cent were over 70. They had lived in their village up to 10 years.

Their reasons for moving into retirement villages was varied including a concern for safety and downsizing to a cheaper, more manageable dwelling.

Most new residents experienced no issues (contractual or otherwise) which needed resolving prior to taking up residence. However 22 per

cent reported issues such as delays, building problems, availability of promised facilities and complicated or poorly written contracts.

A high proportion of respondents reported a maintenance problem to the village manager. These were mainly general outdoor maintenance issues and were dealt with promptly and resolved to residents' satisfaction. However, a few issues took a long time to be resolved and some are unlikely to ever be resolved.

One-fifth of all respondents had to go over the village manager's head to contact regional manag-

ers. Two thirds of these respondents had not had their issues resolved to their satisfaction.

Most villages had a dispute resolution procedure, but this did not always work as planned and one third of residents were unaware of the process.

Departments of Consumer Affairs in most states have developed good practice protocols for resolving disputes in retirement villages and can act as a mediator in such a process.

Dr Malta commented that the better village management handles disputes the greater is resi-

dent life satisfaction. All villages should have dispute resolution processes and ensure this is highlighted to new residents as they enter the village.

She said managers and owners need to communicate effectively with residents about the processes involved in dealing with requests and the timeframes required before decisions can be made, particularly when matters are complex, substantial or sensitive.

Nearly half the villages changed ownership or made major changes to contract terms during the tenure of survey respondents of the respondents.

Where possible all potential residents need to be informed of the possibility of this before entering retirement village life. If a change of ownership does occur, appropriate independent support should be available to residents during the negotiating period, so that all changes can be communicated effectively and with full disclosure.

Survey respondents were generally satisfied with retirement village life. Overall, they regarded retirement village life as a positive experience and would recommend it to their family, friends or colleagues.

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A landmark development for Rossmoyne



The proposed layout of Australis apartments

AUSTRALIS, the highly anticipated development at Rossmoyne Waters has been approved.

The Department of Planning's Metro Central Joint Development Assessment Panel (JDAP) met in De-

cember to assess the development application for Australis at Rossmoyne Waters. Following good discussion on community needs and the advantages of the impressive design, a vote was taken to approve the development.

Australis will provide 86 residential apartments for retirees and will boast numerous common amenities including a heated pool, spa, gym, sauna, lawn bowls green and cafe. The building will also boast impressive architectural treatments and will be visible from Leach Highway, creating a remarkable landmark statement on the boundary of the City of Canning.

Gary Blagden, CEO of Adventist Care said: "Some delay was caused due to the changing requirements to fire safety regulations following Western Australia's more recent, devastating bush fires. However, we are excited and glad to see that the hard work put in has paid off. We are confident that many retirees will be able to benefit from this exciting development."

Works are anticipated to commence early this year.

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At Ocean Gardens each resident can determine the extent to which they want a private, peaceful life or one that's very social and active. Whatever your personality, fitness level or age, Ocean Gardens has the capacity to satisfy your individual needs and preferences.

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While the gardens and facilities are extensive, you don't need to worry about mowing the lawn, raking the leaves, trimming the edges, pruning the trees, cleaning the pool, sweeping the paths or cleaning the gutters anymore. Our staff will take care of all that here at Ocean Gardens leaving you time to enjoy life.



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The pool, gym and recreation areas have to be seen to be believed. The resort-style amenities have set new standards in quality lifestyle living making Perth's premier retirement village an even more desirable address.

We're continually making improvements

As a not for profit organisation all our surpluses are re-invested into the future of the village. These surpluses in turn support an ongoing upgrading and refurbishment program ensuring Ocean Gardens retains its modern and contemporary look while providing residents with access to premium accommodation and resort-style facilities.



Wellness

Residents have access to our full time Wellness Coordinator who runs a popular suite of programs, including individual and group sessions. Programs are designed to be fun and enjoyable while keeping residents fitter and more flexible so they can enjoy all that life has to offer.



Onsite care

For those times when you may need a little extra help or support, Ocean Gardens has a qualified Care Services team, under the supervision of a registered nurse, onsite. There is also an onsite emergency call-response service. The care team monitor the Emergency Call System on a 24/7 basis and are able to provide daily welfare checks on request, car escort to appointments, blood pressure monitoring, wound dressings and many other care and housekeeping services which give you and your family peace of mind. Most of our residents don't need our care service but it's reassuring for them and their families to know its available if requested.

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Retire in Style



Life at Willow Creek Mews



WILLOW CREEK Mews is now three years old and after a few early teething problems, is now establishing itself as one of the most affordable villages in Western Australia. It appeals to retirees who want a quality home

in peaceful surroundings and the assurance of continued affordability in an unpredictable world. This has seen the village mature into a community where like-minded retirees, or in some cases nearly retirees, are making

the most of life. Looking back at what has made the village so appealing, Louis May, director of Mayco Properties Pty Ltd who manage the village said: "We thought initially it would be price driven due to the initial \$140,000 price tag, but were quickly proved wrong. "Retirees want a place of permanence, and this is where Willow Creek Mews excelled, because a low entry price means nothing if after a few years

the village is unaffordable to live in. "The unique financial structure of our village means it is virtually impossible for it to become unaffordable. And the design principles of 'Ageing in Place' where every aspect of ageing has been taken into consideration, ensure a resident does not need to move out of their home before nursing home care being needed, is a tremendous asset to the village. He went on to explain how even though the entry cost was very modest the residents still embraced the fact that their financial investment increased over the years in the same way as other property values and would benefit them or their heirs, rather than disappearing in exit fees. As a chartered accountant, Louis deals with these issues regularly. "There is nothing savvy about giving over 40 per cent of your assets away to a village operator just because you have lived in a particular village for ten years."

of other features, like a raised ceiling in the open plan living areas, a huge double bedroom and an extra-large study or spare bedroom. "They come with European appliances, new fitted carpets and presented just as new," he said. "The two re-sale villas are indistinguishable from new. But ideal for the bargain hunter. "We are now selling our last new villa. It has been our display villa and is no longer needed, so anyone wanting a brand new villa, this is your last chance. And at \$159,000 it is a real bargain," he said. Located in Greenfields and convenient for shops, buses, and the Peel Health Campus, the village could not be better located. It is only a few minutes bus ride to the train station or to the Mandurah foreshore where the unique lifestyle of Mandurah can be enjoyed to the full. The village is regulated by the Retirement Villages Act and is financially structured to maximise all current State and Federal Concessions. Villas can be inspected at most times, but by appointment only. Call Stephen May on 0419 042 300 first. He will ensure you are connected with the best person to handle your enquiry. More information visit the website at: www.willowcreekmews.com.

Retiring in style

CONTEMPORARY living has seen a greatly changed attitude to retiring. While some may see it as a time to gently ease into a quieter life, others see it as an opportunity to revitalise their lifestyle, spend more time with friends and family, travel to far-flung places that have for too long only been a dream, and tick off as many items on the bucket list as they can. This is called retiring in style. For those who recognise something of themselves in the latter, downsizing comes as a solution to smooth the transition from juggling all the responsibilities of a home-owner to liberating themselves through moving into apartment living. But while it is called downsizing, some apartment developments offer an upscaling of lifestyle. Civic Heart is one that presents a range of amenities that will leave people feeling they have landed in a modern day Downton Abbey. Whether entertaining friends or family, residents will find, just for starters, a library, two private dining rooms, sauna and steam room, putting greens, wine cellar, two theatrettes, and a wet-edge pool. But instead of all of these in manor grounds they are located on the dedicated third floor residential quarters, just moments from the front door. To ensure residents have as much time as possible – let's face it you're going to be busy taking advantage of everything on offer – the convenience of a Woolworths supermarket and a range of cafes and retail shops on the ground floor of Civic Heart provide the ultimate in easy living. Not many people are able to say they have a 2500sqm walk-in-pantry to satisfy that last-minute craving or that unspent commute time can result in indulging in breakfast at the local café downstairs on the ground floor – just a short elevator ride away. With a GP clinic and dentist proposed on the first floor, residents will be able to wait in their own home and pop down in the lift once the doctor is ready to see them. No more flipping through well-thumbed magazines wondering how much longer there is to wait. These are just some of the benefits of living at Civic Heart. Just remember that downsizing allows people to proactively choose how they live. Once children have left home and spread their wings, downsizing to modern apartment living in the heart of South Perth enables people to have the lifestyle they have always dreamed.





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Retire in Style



Bentley SwanCare, the quiet achiever: with a high resident satisfaction rating



SwanCare chief executive officer, Graham Francis

WEST Australian retirement and aged care leader, SwanCare, is celebrating its best financial results in its 55-year history alongside glowing resident feedback, according to two reports tabled in December 2016.

SwanCare is a not-for-profit organisation based at Bentley Park, WA's largest single aged care and retirement site, with more than 1,000 residents and 350 staff.

The 2016 SwanCare Retirement Living Resident Survey report found that out of the residents surveyed: 95 per cent feel safe at SwanCare; 95 per cent are satisfied with the quality of ser-

vice and support from SwanCare's on-site administration team; 88 per cent think SwanCare's general services are very good or outstanding; 86 per cent believe SwanCare's health and support services are outstanding or very good; and almost three quarters (84 per cent) believe that the recreation and lifestyle services are outstanding or very good.

SwanCare's Net Promoter Score was also measured, and at a score of 60.2 is outstanding. Scores as low as between 20 and 30 are classified as favourable and 10-20, average.

"We know that the vast majority of residents

here are very happy, and the survey results really just confirm that," said Graham Francis, SwanCare chief executive officer.

"Historically, we haven't had to sing our achievements from the rooftops as most new residents come to us by recommendations from friends or family.

"We are truly all about providing a caring place to retire, and I think really that sets us apart."

The resident feedback report coincides with the release of SwanCare's general annual report, which shows that SwanCare recorded its best financial result in the organisation's 56-year history.

In 2015/16 SwanCare achieved a record annual financial surplus in excess of \$6.6 million, 4.3 per cent revenue growth and 8.7 per cent asset growth.

"We have a lot to celebrate, but a lot of work ahead of us," Francis said. "Being a not-for-profit organisation, we are committed to using

these funds directly to benefit the residents of SwanCare."

This year will see the extension of SwanCare's new SwanCare At Home community service, and the start of a \$60 million development project.

The project will include a new state-of-the-art 120-bedroom aged care facility, as well as a leisure precinct with indoor heated pool, gymnasium, meeting rooms and a contemporary resident's lounge.

SwanCare has been caring for seniors in Western Australia for more than 55 years, since the not-for-profit organisation was established in the early 1960s as Swan Cottage Homes.

SwanCare operates independent living units known as Bentley Park Retirement Village and Australind Rise, as well as three Bentley-based residential care centres: Waminda, Tandara, and Kingia, all of which are fully accredited, as well as a Community Care program.



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PINDAN

Retire in Style



Group singing is good for your health and well being...

by Frank Smith

WE ALL, however out of tune we are, enjoy a good sing along. And groups singing is becoming an increasingly popular community activity.

Ian Wright (75) pharmacist of Parkerville is the treasurer of the Hills Choir. He has been singing all his life but became more active when he retired.

"I took to singing in the

Hills choir. There are 20-30 members and I enjoy the fellowship.

"There is little physical demand. Just a two-hour practice every week and one or two concerts a year.

"I enjoy creating something and I enjoy performing," he said.

Not surprisingly a study by scientists at Curtin and Melbourne Universities of seniors who participate in community singing has

shown very positive results.

Focus groups of 64 senior singers from three community groups were asked why they participated in community singing. The groups were formed to offer musical and social opportunity to vulnerable old people living alone, with dementia or in care facilities.

All claimed a deep connection between singing and their lives, they felt

too old to learn a musical instrument and said singing was the most appropriate musical activity for their age group.

"In this focus group study we were only looking at the motivation of singers. We hope in later work to measure what they actually get out of the experience," said Dr Amanda Krause, one of the study authors and a research associate at Curtin University.

She said singing gave participants enormous pleasure with little pressure. Feeling positive emotions with others was more important than archiving professional standards of singing.

Some enjoyed the intellectual and physical challenge and feelings of achievement. Singing provided the strength to overcome their limitations caused by age and disease.

Good leadership by a choirmaster who created a supportive environment



for singers was a major reason for continued membership of choirs.

The study authors said socialising with others was also important. Socially isolated seniors have two to five times the health risk of those with closer ties. The social aspects of membership of a singing group provided much needed psychosocial support and provided more purpose and meaning to

their lives.

Most participants said singing improved their mood, not just while singing but for some time after the class they also reported better health and morale, reduced loneliness, fewer doctor visits and fewer over-the-counter medications taken.

"One group consisted of people with dementia and their carers. They chose music from earlier

times in their lives and they came alive with the experience. Those living with dementia showed improved lucidity and focus after singing sessions," said Dr Krause.

The research was published in the International Journal of Community Music last month.

Hills people who would like to join a choir can contact the Hills Choir secretary Margie Wright on 9295 6103.

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HAGN07/2298



by Mike Goodall

WELCOME to 2017 and let us hope that developments this year will eventually lead to the termination of the discriminatory pensions freezing policy.

BREXIT is a major opportunity for BPIA and the Australian Government to put pressure on the UK Government to consider unfreezing our UK State Pensions. I have submitted a briefing paper to the Hon. Christian Porter to update him with our thoughts. These include asking the UK Government to annul its pension freezing policy as a condition of any new and improved

trade agreement.

The UK Government will be tempted to save money by ending the uprating of state pensions to those living in the EU. However, Steve Webb, who served as Pensions Minister for five years until 2015, has pointed out that should the government look at freezing pensions and access to healthcare for expats living in the EU, then the UK Government could find itself with large numbers of returning pensioners, which is a situation it wants to avoid.

While we, living in Australia, would probably not want to return to live in the UK we can speak out on this issue to our local MPs, regardless of their party.

The more MPs that are speaking on our behalf the more pressure

will be felt by the Australian Government to take action in these changed circumstances.

Many Federal MP's are still unaware of the fact that our pensions remain frozen and that it affects every Australian because the UK is riding on the backs of the Australian taxpayer, who is having to fund Centrelink through additional taxation. Please meet with, write or telephone your MP or his constituency office. If any of you wish to know your local Federal (Canberra) MP's contact details, please give me a call. It is imperative that we contact every MP as many times as possible.

Also, the International Confederation of British Pensioners (ICBP) have a link to a petition about UK Expat pensioners in Europe. If you click on

the petitions section on the ICBP site at www.pensionjustice.org it will bring the petition up. If you agree with the support for our EU pensioners, please sign.

We are currently assessing whether we could have a legal case if the UK start negotiations with the EU contrary to their statement to the Australian Government that they will not enter into any negotiations with any other country.

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



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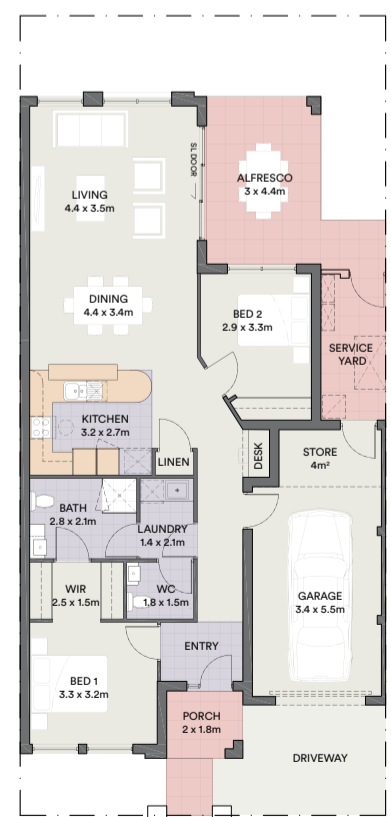
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** This is an indicative floor plan that may vary according to home location within the village. The information, dimensions and specifications on this floor plan are believed to be correct but is not guaranteed and may change without notice. Any illustrations are an artist's impression only and subject to change.

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Retire in Style



Ken Brown

Ken Brown - 51 years of reporting on the Speedway

by Brad Elborough

HOW Ken Brown fell in love with the Speedway is probably a familiar story.

When he was a kid, he got his hands on some free passes to a meet at the Claremont track that were being handed out at school.

He and one of his two brothers caught a train in from Bayswater one Friday night to check it out.

The 12-year-old Ken liked what he saw – the fast and furious stock-cars gunning it around the 586m track; the roar and fumes from the engine; and the mud falling on those of the crowd brave enough to sit on a bend.

While the sport has relocated (to Kwinana Motorplex) a now 74-year-old Ken still loves the sport just as much.

“I don’t remember too much (from the earlier days) other than the crashes,” he said.

“In those old days, the speed cars would have just a rollbar, so when there was an accident and someone rolled over, or their car would go up the wall, there was silence. No one spoke.

“The doctor would go out on the back of a ute and he’d wave a torch to signal for an ambulance.

“There was a deathly hush until we knew the driver would be okay.”

When Ken got a licence of his own, he could head down there every other week.

He celebrated the wins of his heroes, such as American speedcar driver Bob Tattersall, who would: ‘give our guys a half lap start in a four-lap race and still beat them’ and Ivan

Mauger – the multiple world champion on the bikes.

Locally, Chum Taylor, Ron Krikke and John Fenton were among his favourites. He’d follow them and enjoy their victories the same way many others do now with AFL stars and teams.

Ken never had an inclination to get behind the wheel of any of the speedway vehicles and compete; but that doesn’t mean he didn’t get heavily involved with the sport.

“I used to sit under the speakers on the back straight at Claremont and write down all of the results,” Ken recalls.

“Then in ‘66 I picked up a newspaper and read that it was looking for people to cover their local tracks.

“So, I sent something off and I have been doing it ever since.

“From something that is still a hobby; I have been lucky enough to write about it for 50 years,” (celebrated last February).

The places you would have read Ken’s words about Claremont Speedway’s results and about the drivers of the different types of cars and bikes, has changed

over the years – as newspapers have come and gone.

They include the many papers, magazines and websites that dedicate space to the sport from around the world, especially in the US.

There has always been a need to update people with what is happening in this extremely popular sport.

Ken became the official historian for Claremont Speedway and still fills the same role at the Perth Motorplex.

If you have anything stashed away that was written about speedway in WA, including “The All-Time Claremont Speedway Fact-File – End of An Era”, it was probably written by Ken. And you can still purchase some of his old and new publications through his Facebook page.

He was inducted into the Claremont Speedway Hall of Fame in 2000, the last year that it was held at the showgrounds (having started in 1927).

Ken was also honoured with the Award for Outstanding Contribution to the Sport in the Australian Sprintcar Poll, that was organised by the National Sprintcar

Hall of Fame in Knoxville, USA (2005-06).

There have been some changes over those years.

Ken remembers pre-internet and email days having to read his stories from a pay phone at the back of Claremont Showgrounds to a copytaker at whichever newspaper he was writing for.

He recalls one night when a local hounded him for 15 minutes while he carefully spoke out every word and spelt every driver’s name as a local resident banged on the door of the phone booth because she wanted to make a call.

That would have been half way through a meet and he would have had to go back at the end of the feature race and update the top of the story with the main information and headline.

In the very early days, he would have been reading from his long hand notes and then later with pages from his big “clunker” of a typewriter, which had no delete button – but plenty of xxxx through errors.

In the sport itself, safety is the notable change over the years.

“Now if there’s a crash, it’s usually just

another crash,” he said. “People still get hurt, but safety has gone nuts compared to those early years.

“You go to Kwinana now and the top Sprintcar teams have huge transporters with probably \$500,000 in spares.

“It’s always been a rich man’s sport. They say that if you want to make a small fortune in speedway, start with a big one.”

Words came easy for Ken. He was a primary school teacher and was fortunate enough that he didn’t have to go country and miss out on going to Claremont Showgrounds during the speedway season.

His two marriages have ended in divorce and he admits, semi-jokingly, that the speedway might have been a factor.

But he still spends time with his grandkids on weekends and still goes to the speedway.

And this season is a cracker, with the World Series Sprintcars featured on 11 February. If you can’t get there, you’ll probably be able to learn the results from Ken’s Facebook page.

Speedway information – www.motorplex.com.au



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Mandurah Village (Unit 21) 22 Third Ave, Mandurah \$180,000

- 2 bedrooms (double robes to main bedroom)
- Newly renovated kitchen, laundry & bathroom
- Freshly painted
- Ceiling fans. Storeroom. Front and rear courtyards
- Free standing lock up garage outside front door
- Resident can select new floor coverings to living and bedroom
- Large built in robes in bedrooms 1 & 2

Coral Estate (Unit 29) 1 Anzac Place, Mandurah \$275,000 ono

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Floor tiles - kitchen/dining area
- Ceiling fan in main bedroom
- Split system and fan in lounge/dining
- Laminated wood flooring throughout
- Medi-alarm
- Rear courtyard with patio

Coral Estate (Unit 34) 1 Anzac Place, Mandurah \$280,000 ono

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
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- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Split system in dining/lounge
- Split system in dining/lounge
- Split system in bedroom
- Resident can select new floor coverings to living area and bedroom
- Floor tiles - kitchen/dining area
- Solar panels installed
- Medi-alarm • Rear courtyard with patio

Coral Estate (Unit 35) 1 Anzac Place, Mandurah \$280,000 ono

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Split system in dining/lounge
- Resident can select new floor coverings to living area and bedrooms
- Floor tiles - kitchen/dining area
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Retire in Style



Want to live longer? Study says to eat more old cheese...



Cheese for longevity

by Frank Smith

SCIENTISTS have known for several years that adding a naturally occurring chemical called spermidine to their diet can extend the

life of yeasts, flies and roundworms. Now a team of French and Austrian scientists have been able to extend the lifespan and improve heart health in rats and mice by adding spermidine to their drinking water. The authors, led by Guido Kroemer, Simon Sedej and Frank Madeo hypothesise that this lifespan-extending effect is due to the ability of spermidine to activate a cellular process known as autophagy, which allows the body to degrade and recycle cellular components that have passed their use by date. Mice bred to have no ability to activate autophagy received no benefit from spermidine supplements. By removing accumulated rubbish in older heart muscle cells autophagy ensures that heart muscles remain active and effective for a longer period. Spermidine also induced cardioprotective effects in rats by lowering their blood pressure and improving their heart function. This may be due to increasing the elasticity of blood

vessels as spermidine is known to have that effect on aged mice. Unlike other longevity-promoting agents spermidine had no detectable effects on glucose and insulin metabolism and is therefore unlikely to be a problem for diabetics. Even when spermidine supplementation is not started until the mice are middle-aged, spermidine improved heart function, suggesting it delayed the aging process of the heart and hence contributed to the increase in lifespan. The authors also wondered whether intake of dietary spermidine could be beneficial for humans. It also does not promote cancers. They applied a food intake questionnaire to a group of about 800 people in the town of Bruneck, Italy. They then calculated the approximate spermidine intake of each participant. The group with the highest intake of spermidine had the lowest risk of heart failure and other cardiovascular diseases and lower

blood pressure. The difference between high and low dietary intake of spermidine amounted to a 40 per cent reduction in risk of fatal and non-fatal heart failure, particularly in men, as well as other fewer other coronary diseases and stroke. The authors say the next step should be a clinical study of spermidine supplement to the diet of volunteers. Given that spermidine occurs naturally in food and in the body there is very little risk of adverse reactions. Other reported benefits of spermidine include restoring memory to fruit flies, preventing age-related bone loss and reducing inflammation. Spermidine is synthesised in the body of all animals and is also present in a wide array of foods. Good dietary sources of spermidine include wheat germ, aged cheese, soybeans, mushrooms, green tea and leafy greens. The study was published last month in the international journal *Nature – Medicine*.

Happy times at Kingsley Retirement Village



Rhett Marron

KINGSLEY Retirement Village offers residents a relaxed lifestyle in the prestigious suburb of Kingsley. The village is designed as a series of exclusive cul-de-sacs with individual features and landscaped gardens. There

are 63 villas within the complex and all are two bedroom and one bathroom. All villas for sale are freshly painted with new carpets and the design offers open plan lounge and dining rooms with an alfresco outdoor area for year round entertaining. Centrally located, its just 500 metres from the Kingsley Village Shopping Centre. The common room is the epicentre of the village and the residents have a very active social club. During the week they organise sundowners, croquet from the bowling green, exercise classes,

indoor carpet bowls and Friday night social club dinners. Other facilities and services include an extensive library, podiatrist, beautician and hairdresser. Sales agent for the village, Rhett Marron, says that one of the many advantages of this village is that it's run as a strata title village with six of the seven seats held by residents and the seventh seat taken by the village manager. This in effect means the residents run the village and ensure that strata levies are kept very low. They cover maintenance of the common

areas of the village including gardens and the monitored emergency call buttons in each villa. "With the residents so active on the strata committee it ensures that not only is the village very well run but the fees are about the lowest I have seen," said Rhett. "The Kingsley Retirement Village provides a safe environment in which to live. In the Village's 30 year history we are not aware of any break-ins, theft or vandalism owing to the design of the Village and the residents who look out for one another," he said. Kingsley Retirement

Village offers residents a lifestyle of companionship, comfort and security in a relaxed environment. The villas are very well priced, starting from \$299,950 and offer people the opportunity to free up capital and live a happy and fruitful retirement. The village is a pleasant, friendly and happy place to live and is ideally located in the heart of Kingsley. For more information about Kingsley Retirement Village visit the village for its home open on Sundays between 2-2.45pm or call Rhett Marron on 0421 631 116.



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Ocean Gardens - enjoy an enviable retirement lifestyle at one of Perth's most prestigious locations

SITUATED on one of City Beach's highest hilltops, Ocean Gardens Village boasts stunning views and sunsets, with panoramic vistas of the Indian Ocean to the west and views of the Perth Central Business District and Darling Range to the east. Its magnificent location places the village within a few minutes of Perry Lakes, Bold Park, Wembley Golf Course, Cambridge Bowling Club, Floreat Forum, many tennis clubs, and of course the pristine sands of City Beach. Envisage yourself in a stress-free environment with resort-style facilities including a restaurant, coffee lounge and

terrace, all overlooking the ocean, a large modern, heated swimming pool, gym and community centre, croquet and bowling greens, a library, games room, computer room, men's shed, hairdresser and beautician. At Ocean Gardens, residents can adopt a private, quiet lifestyle or one that's social and active. The design and quality of the villas and apartments are of the highest standard, all refurbished superbly with ample built-in cupboard space, excellent finishes and luxury appointments. Most impressive are the high quality kitchen appliances, stone benchtops and the stylish bathroom fix-

tures and fittings. For residents who require a measure of care, the village has an onsite Care Services team who are available to assist on request. A feature of the service is the onsite 24/7 emergency call-response system. There is also a full time Wellness Coordinator who runs group sessions or can undertake individual assessments and prepare personalised programs. Apartment prices range from \$450,000 and Villas from \$720,000. For more information, please call Geraldine O'Shaughnessy on 9285 3021. Ocean Gardens Village is located at 40 Kalinda Drive, City Beach.

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Retire in Style



Social isolation is a growing issue in the community



From L to R; Sybil Watson - Kathleen Dielenberg - Frank Wood - Pauline Smith - Pedro Noordeman - Ted Butson - Jean Storer - Patrick Flanagan and Sheila Nagle

SOCIAL isolation is a growing issue in the Australian population, with older adults at greater risk due to a range of physical, social and structural factors, according to a recent study.

Research confirms that being socially isolated can negatively affect mental as well as physical health.

It is important that the community recognises that social isolation is not

just about people living on their own; it can occur for people living at home, in villages and even in residential care. With this in mind, Bethanie staff are always looking at ways to encourage individuals in their care to take the opportunity to lessen the impact of social isolation. To that end, Bethanie's therapy and activity staff work closely with their clients through a holistic,

structured approach to endeavor to eliminate any isolation that they may be experiencing.

At Bethanie South Perth social centre staff work with case managers, family, spouses and community workers to identify and assist anyone feeling socially isolated.

A number of seniors in the Perth community become isolated due to lack of independence as a result of family members moving away, the passing of a spouse, hospitalisation, loss of confidence, loss of their driver's licence or they become withdrawn due to physical disabilities such as dementia. When this is identified, they can be referred to one of Bethanie's social centres and become part of a caring group in a similar situation.

Bethanie South Perth social centre coordinator, Kristin Leslie said many seniors experience de-

pression to some degree if they find themselves alone due to the passing of a loved one, so they become increasingly isolated, but do not want to be a nuisance by asking family or friends for help.

"Often just getting out the door is the first step and so with the support from Bethanie they can become active again and feel that they are a worthwhile member of society," said Kristin.

The social program at Bethanie South Perth social centre provides transport to get to and from the day centre, morning tea, a hot meal and the opportunity to interact with like-minded seniors looking to stay connected.

At the centre, Bethanie clients have the chance to go out on excursions to parks, restaurants, and concerts or to engage in a variety of activities such as painting, craft, bowling and exercises.

Bethanie client Sybil Watson moved to Perth from South Africa and knowing no one except her family, was referred to the Bethanie South Perth social centre. Sybil attends the centre four times a week and has made many friends.

"When I arrived from South Africa I was a stranger in this country, so I decided to put my

best foot forward and joined the Bethanie social centre," said Sybil.

"Everyone at Bethanie South Perth has become a true friend of mine. We talk to each other, comfort each other and we have become a real family," she said.

One of Sybil's friends, Ted Butson, has been visiting the Bethanie South Perth centre for two years.

"I love it here, I visit five times a week," said Ted. "My favourite part of the centre is the bus trips, especially if we go to the ocean or the hills. All my friends are just a bonus."

Sybil acknowledged the hard working staff and volunteers at the centre.

"Since coming to Bethanie, I've noticed that the volunteers here must really love people and true to their reputation, we have the most wonderful team caring for us. We are all very lucky," she said.

"It is exactly what Bethanie is here for - to assist seniors to feel love and acceptance and to know that the Bethanie program that helped them was very positive," said Kristin.

For more information on Bethanie's broad range of services, visit www.bethanie.com.au or phone 131 151.

Home monitoring of chronic disease patients can save lives and money



Telehealth nurse Lay Yean Woo showing Jack Fernihough and how to use the home monitoring system

by Frank Smith

AUSTRALIA'S first large-scale use of telehealth to monitor chronically ill patients at home reduced mortality by 40 per cent in a trial at Bacchus Marsh, Victoria.

It also reduced hospital admissions by 36 per cent, length of stay in hospital by 42 per cent and Medical Benefits Scheme expenditure by 24 per cent through savings in cost of GP visits, specialist visits and procedures carried out.

In a 12 month long trial CSIRO researchers provided 287 patients with a telehealth device that included participant/clinician video conferencing capabilities, messaging features and the delivery of clinical and study specific questionnaires, as well as vital signs devices to monitor their ECG, heart rate, spirometry, blood pressure, oxygen saturation, body weight and body temperature, with glucometry an optional add-on.

Patients reported improvements in anxiety, depression and quality of life, with many finding that home monitoring gave them a better understanding of their chronic conditions.

Jack Fernihough, a participant in the trial, attributed the telehealth technology to saving his life when it picked up the early signs his heart was under increased stress, allowing him to receive lifesaving surgery.

"In April this year I had a triple bypass and without the monitor we wouldn't have known that there was anything seriously wrong," Mr Fernihough said.

"It found out things about my heart that I wouldn't have known about until it was too late and I'd probably be gone by now."

CSIRO lead researcher Dr Rajiv Jayasena said the 12-month trial enabled chronic disease patients to self-manage their conditions at home through the provision of telehealth services.

"Aged patients with multiple chronic diseases, such as cardiovascular disease, diabetes or chronic lung disease account for more than 70 per cent of our health system expenditure," Dr Jayasena said.

Health workers can assess changes in their patient's conditions remotely and provide appropriate care interventions earlier to help them stay out of hospital.

Djerriwarrh Health Services' Telehealth nurse, Lay Yean Woo, said was a very easy process to monitor her patient's health results daily.

"I can see the information in real-time, I can monitor them, following up with a phone call if there's any issues with their health," Ms Yean Woo said.

"Also with the time that has been freed up I can look after more new clients being referred to me."

Dr Jayasena said more than 500,000 Australians aged over 65 would be good candidates for at-home telemonitoring.

Telehealth returned \$5 for every dollar it cost. Applied over the country it would save the health budget more than \$3 billion a year.



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Jurien Bay VILLAGE



Garden resolutions give your garden a head start this New Year



From left to right; Raising your lawnmower will help care for your lawn - banish fruit fly with Ceratrap - go organic and treat your vegetable patch with PowerFeed - pelargonium and dahlias are amongst the best flowering plants for warm summer days ahead

by Colin Barlow

ANOTHER year is over and a new one is just beginning, so it is time to get yourself and your garden back in shape and you don't need to make a new year's resolution for that.

You may still be in holiday mode or recovering from the excesses of the festive season but a little care now will have you and your garden feeling and looking much better.

Top tips for a great looking garden this summer:-

Lawns

Raise the height of your lawnmower so that the grass blades will shade the roots, keeping it cooler and less prone to drought.

If your lawn has dry scorched patches apply a wetting agent and water it in thoroughly.

Vegetable patch

Keep a look out for those pesky caterpillars on your tomatoes, capsicum, eggplants, brassicas and basil. The eggplant caterpillar drills a hole in the fruit of tomatoes and eggplants next to the calyx at the top of the fruit, near where it is attached to the truss or stalk. Yates 'Success Ultra' and Dipel are safe organic methods of control so that you can keep enjoying those summer salads.

If you haven't planted any vegies yet it is not

too late. Try tomatoes, capsicum, chillies, cucumber, zucchini, basil, oregano, chives and eggplant.

Trim the flowers off basil to encourage bushier growth and to stop the plant from going to seed.

Mulch vegie garden beds with pea straw, lupin mulch or sugar cane mulch to keep the weeds down and the roots cool.

Liquid feed fortnightly to encourage healthy growth and tasty nutritious food. Great organic options include Powerfeed and Scotts Pure Organic Liquid Plant Food.

Fruit

Keep a lookout for fruit fly on your stone fruit and use a number of different methods to reduce the pest problem. Try baiting from late winter onwards with the Ceratrap, Go Natural lures, Eco Naturalure and Natures Way Fruit Fly Killer and spraying with Richgro Naturally Based Fruit Fly Spray for control from spring until harvest. Pick up any stung fruit and solarise them; place fruit in a plastic bag in the sun for a couple of days to kill any of the fruit fly maggots. The only 100 per cent control method is to net the whole tree. This can be ugly but is worth the investment for the fruit.

Feed citrus with a complete fertiliser such as Richgro Fruit and Citrus Premium Fertiliser

Plus every six weeks to encourage strong growth. In pots only use a controlled release fertiliser like this or Osmocote for fruit, citrus, trees and shrubs as most other granular fertilisers will cause burning, leaf and fruit drop due to their concentrated instant release granulated form.



Garden

Mulch any garden beds with a five to 10cm layer of coarse organic mulch such as pine bark, keeping the mulch away from the base of the plants to avoid stem or collar rot.

If you haven't already applied a liquid or granular wetting agent to your garden, do it right away so that you do not waste any water. Apply in the cool of the evening or early morn-

ing and water in thoroughly to make sure that any water that you apply soaks into the soil and does not run off.

Apply a seaweed solution such as Seasol or Eco Seaweed to reduce stress from heat, drought and pest and disease attack.

Check your sprinkler heads to ensure that they are working correctly. Dirt or sand particles can block them. Filters, if fitted, can become clogged, they can be easily removed and washed or replaced.

Flower Garden

Perfect flowering plants for vibrant summer colour are vinca, zinnia, pelargonium, cosmos, petunia, dahlia, sunflowers and portulaca. Vincas can be cut back during winter and will grow again, as will dahlias which die down to a tuber that can either be lifted and stored or left in the ground in Perth.

Don't forget that tough roses will also provide colour throughout most of the year, just remember to dead head them regularly and in around six weeks you will have another flush of beautiful blooms.

I look forward to providing you with more practical gardening tips throughout the coming year to make your garden more productive, healthy and inspiring. Wishing you all a very happy, healthy and prosperous 2017.

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Inspirational dancer who made his mark locally and internationally



Len Humphreys and Pamela Strickland



grated from England to WA a few years earlier.

Growing up in East Fremantle, Len started dance lessons at Wrightson's Dance Studio in Fremantle aged 15. The irony was he had been invited to a school dance by his friends but wasn't keen to attend because he did not like dancing. But that soon changed. When he saw Robert and Shelda Wrightson dance an exhibition – he was inspired.

Len was soon dancing his medal exams, partnered for the higher grade by Hillary Peters, Shelda Wrightson and Shirley Bickley. Len also started his competitive career with Pamela Strickland. A colourful and exciting partnership developed between the pair, Len recalling that they would effectively break as a partnership every Saturday after training, only to re-engage the

following Monday.

Working their way through the ranks within a couple of years of competing, Len and Pamela won numerous State titles in Ballroom and were chosen as WA representatives to the Australasians in New Zealand in 1961.

After competing in WA and taking numerous titles in the amateur Ballroom field, Len and Pam turned professional in 1963, adding New Vogue and Exhibition to their repertoire, training under Bob and Shelda Wrightson.

They took the 1963 Rising Star Ballroom championship title and numerous local and State titles in Exhibition.

The pair had married by 1964 and went to Sydney to compete at the Trocadero Ballroom, being the couple to beat at both state and national level for Exhibition. They enjoyed big success that year, taking the South Pacific professional Exhibition title and state New Vogue title.

Within three years, Len and Pam left Wrightson's to open Humphreys Dance School, at the RSL hall in Victoria Park. Within months they had celebrated the arrival of the first of their three children and moved their school to the former Alexandria Theatre on Albany Highway, their base for the next 30 years.

Len studied under Robert Wrightson for Standard and Gwen Johnson for Latin,

achieving his members de-grees by 1974. That year saw the Humphreys family, Len and Pam, Debbie-Anne born 1967, Melanie (1971) and Brendan (1972) – all to become champion dancers – move to England for six months. This gave the couple the opportunity to work with such giants in the dance industry as Bill and Bobby Irvine, Anthony Hurley, Alan and Hazel Fletcher and Peter Eggleton. They also fulfilled a life-long dream to compete at Blackpool and the world championships.

The family returned to WA in early 1975, to relieve Pam's sister and brother-in-law of the school management which now covered Victoria Park to Medina. In 1979 the couple returned to England for six weeks, after which they focussed their efforts in Australia.

After 24 years of competing, locally, nationally and internationally, the couple retired from competition in 1985 and set about training some of Australia's future champions in both the amateur and professional fields, specialising in Ballroom.

One of Len's favourite memories of his competition days, is dancing in the Exhibition championships in Geraldton in 1981. During the routine, Pam's heel got caught, then tangled in Len's shoelace. Unable to release the tangle, they were forced

to stop dancing, undo the problem and resume as best they could. Such was the quality of their dancing that they won the title, regardless.

Teaching, coaching and adjudicating became their focus, with Len taking the opportunity to travel the country to judge at most of Australia's major championships along with all of WA's events. Internationally Len has been invited to adjudicate at such events as the Singapore Open and, most notably, the 1985 World Professional Ballroom (standard) championships in Germany.

Along with coaching, adjudicating and running a very successful school, Len has held a number of positions on both the Australian Institute of Dancing and WA Dance Masters Association executive committees, adding executive roles to his portfolio.

Len was awarded the Order of Australia Medal in 2003 for his services to the dance profession and development of dance in Australia. With Humphreys Dance Studio celebrating 50 years of service to the community in 2017, Len has this year been nominated for the Victoria Park Hall of Fame.

If anyone on the Perth dance scene has historic photos for Adam Penn's on-going dance series, please contact Adam at tophat97@optusnet.com.au or on mobile 0412 361 917.

by Adam Penn

LEN Humphreys has cut a fine figure in the local and international dance scene, his elegant and graceful style inspiring many young dancers. It's a far cry from his days as

a teenager when he did not like dancing – but that was a brief interlude.

Len, who celebrated 50 years of teaching in 2014, was born on Boxing Day 1942 to William and Irene Humphreys who had mi-

Members wanted for the U3A choir



The U3A choir performing at the Annual Variety Concert which was held in the Uniting Church Hall in Perth.

THE U3A choir started five years ago as a result of a talk given by Professor Jane Davidson at the UWA on the benefits of singing to health and wellbeing, not just to those singing

but also to those listening and joining in.

During 2016 the choir has gone from strength to strength learning new songs also part singing with the musical direc-

tor and accompanist Gioi making the program very interesting and at times challenging.

The choir also welcomed several new members and now has an increase in the number of tenors. However there is always room for more with no audition

required so come along and join.

During 2017 it has a busy program planned including performances at aged care and seniors centres and these are provided as part of the community service ethos. It is also hoping to take part in the Singing in the City in Perth during Heritage Week in October.

The choir begin practising for 2017 on Tuesday 14 March and practice days will be the second, third and fourth Tuesday of the month from 10am to 12.30pm at the Guild Room, Wesley Church, 75 William Street, Perth. Anyone interested in joining would be most welcome so come along.

If people would like more information then go to www.u3auwa.org or email info@u3auwa.org.

TV Talk: A 20 year show



by Lee Tate

BETTER Homes and Gardens is cruising through 20 years - remarkable in anyone's ratings book.

This makes it Australia's longest-running TV lifestyle program.

By way of comparison, *Hey Hey It's Saturday* ran for on Channel 9 for 27 years from 1971 to 1999 (with a recess in 1978).

Young Talent Time – brainchild of WA's Johnny Young – was nationally popular on the box for 18 continuous years for Channel 10 from 1971 to 1988 (and was also brought back briefly).

Burke's Backyard ran for 17 years from 1987 to 2004 on the Nine Network.

Don Burke was a phenomenon, breaking new ground in his role as a professional horticulturist with his varied family program becoming Friday evening staple viewing.

Worthy of note is that in 2004, Burke was listed among Australia's top 50 income-earning entertainers, banking an estimated \$7.2 million. He was also awarded the Medal of the Order of Australia in 2010 for service to conservation and the environment through advisory roles, to the horticultural in-

dustry and to the media as a television presenter.

The important link demonstrated by Burke – gardening, homes and DIY – didn't slip past the TV networks, of course, but it was another two years post-Burke before the advent of the next blockbuster of that theme, *Better Homes and Gardens*.

BH&G started in 1996 with actress Noni Hazlehurst hosting until 2004. (Remember, her then-husband, John Jarratt, was also a presenter).

But it was no walk in the park at the start for BH&G despite Burke's *Backyard's* groundbreaking. Success, as is often the case, came down to timeslots. BH&G aired on Tuesdays at 7.30pm, back-to-back with *The Great Outdoors* until the travel program was moved to Mondays in the 2000s.

BH&G moved to Saturday nights at 7.30pm in 2004 before being shifted to 6.30pm. Both timeslots decimated the ratings. The show was up against Aussie Rules footy. But BH&G bounced back, kicking real goals in 2005 after it was shifted to 7.30pm on Fridays nights where it has bloomed.

Today's BH&G has mastered lightning-quick changing themes: "lifestyle-related topics and hobbies, offering advice and solutions including gardening, cooking, craft, pet care, home improvement and DIY, as well as featuring celebrity guests." And boy, do they rip through them.

To achieve this fran-

tic televisual pace for quickly-bored viewers, popular presenter, ex-champion swimmer Johanna Griggs, leads an Olympian-size team including Graham Ross, Ed Halmagyi, Jason Hodges, Karen Martini, Tara Dennis, Adam Derville, Demi Harman and everybody's favourite, Dr Harry Cooper.

TV vet Harry Cooper assumed a key role after his own TV series, *Harry's Practice*, was axed in 2003.

Planting the seed of a top and highly-lucrative TV series and watching it bud, struggle and finally flourish takes – like any successful garden – enormous groundwork, cost and preparation.

Now all three commercial networks have taken turns at the top with homegrown series: Channel 9 with *Burke's Backyard* and *Hey Hey It's Saturday*, Channel 10 with *Young Talent Time* and current kingmaker Channel 7 with *Better Homes and Gardens*.

Psst! Is there a touch of irony here? Television encouraging viewers to get outside and into their gardens and hobbies.

Don Burke, you have much to answer for.

And let's not forget that masterstroke chirpy theme song:

"Give me a home among the gum trees, with lots of plum trees. A dog or two and a barbecue. Flowers down the side and veggies by the fence..."

YOUR VIEW: Tell us your thoughts on TV. Email leetate@live.com.au or post to TV Talk, 30/132 Cockburn Rd, Munster, 6166.

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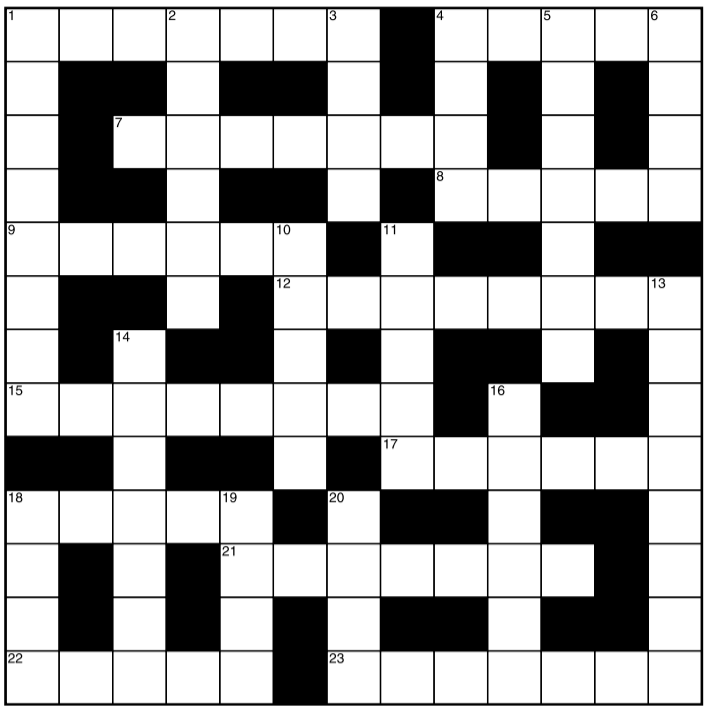
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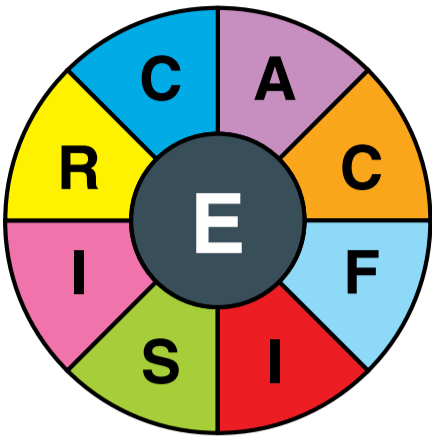
ACROSS

- 1. Transylvania is there
- 4. Made slip-up
- 7. Baby fierce cat (4,3)
- 8. Steam burn
- 9. Consumer pressure
- 12. Adopted (policy)
- 15. Water removal system
- 17. Radio interference
- 18. Embroidery expert
- 21. Anchorage native
- 22. Alter (text)
- 23. Fling, shipboard ...

DOWN

- 1. Rectified
- 2. Dog or horse
- 3. London's Marble ...
- 4. Recedes
- 5. Recurrence of illness
- 6. ... Sea Scrolls
- 10. Exclude
- 11. Fencing swords
- 13. Divulge
- 14. Awry
- 16. Type of cigar
- 18. Benefit (of)
- 19. South African currency
- 20. Scalp growth

Wheel Words



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.

12 Good 20 Very Good 24+ Excellent



SUDOKU

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

Rating: ★ ★ ☆ ☆ ☆

4								2
			1		9			3
	1		5			9		4
		2	4		1	6	8	
6		9		7		3		1
	5	4	3		8	2		
3		6			7		5	
9			8		2			
5								9

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#297 December edition PUZZLES Solutions

T	I	F	F	S		A		K		S		E
E			R		U	N	Z	I	P	P	E	D
D	R	E	A	D		O		O		R		I
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8	1	7	5	4	9	2	6	3
5	6	4	3	1	2	7	8	9
3	9	2	7	8	6	5	1	4
4	7	6	2	3	8	1	9	5
9	5	8	6	7	1	4	3	2
2	3	1	9	5	4	8	7	6
7	2	5	8	9	3	6	4	1
6	4	3	1	2	7	9	5	8
1	8	9	4	6	5	3	2	7

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Wheel Words PX 0006

Solution: Heir, Herb, Hers, Hire, Sigh, This, Berth, Bight, Birth, Eight, Girth, Heist, Right, Shier, Shire, Shirt, Sight, Their, Tight, Tithe, Bright, Hitter, Sigher, Theist, Thirst, Tights, Tither, Sighter, Tighter.

9-letter word: BRIGHTEST

Get a piece of WA history...Stories from the Swinging 60s



Purchase a copy of the book *Stories from the Swinging 60s* - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

This was a decade of change from the introduction of the contraceptive pill, the assassination of JFK, changing fashions with the mini skirt, the Vietnam War, the move to decimal currency, the Meckering earthquake and the first man landing on the moon.

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Copies are available for purchase direct from *Have a Go News* office at 137 Edward St, Perth or have it mailed out for an extra \$12 postage and handling.

For further information contact Tahlia at *Have a Go News* on either Tahlia@haveagonews.com.au or 9227 8283.

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***La Soirée* returns to Perth Fringe Festival with a new lineup**



Scotty the Blue Bunny © Viktor Wallstrom

ONE of this paper's favourite shows from the last two year's Fringe World's *La Soirée* returns direct from Lon-

don's West End. This award-winning smash hit sensation from Fringe World 2015 and 2016 is now playing with a brand

new show, in a brand new Spiegeltent and in a brand new location.

The legendary and award winning interna-

tional variety sensation *La Soirée* takes centre stage in the glorious Edith Spiegelteint in Fringe World's latest hub in the historic heart of Perth at the fabulous Cathedral Square precinct. It features a cocktail of jaw-dropping acrobats, mind-bending contortionists and thrilling chanteuses, in their hottest line-up yet.

They're thrilled to announce a tantalising roll call of brand new acts and old favourites for the third Fringe World Festival season in Perth, performing now until 26 February.

Meet the newest mem-

bers of the *La Soirée* family, with a few additional surprises including the sensational New Orleans songstress Acantha Lang, a breath of fresh blue air – Scotty the Blue Bunny, hula-hooping marvel Satya Bella, sultry aerial artist Katharine Arnold and high-speed skating flash duo Leo and Ursula who are making their Australian debut.

Then there's raucous comedy couple Daredevil Chicken, the stunning Valerie Murzak with her dazzling contortion and hand balance mirror ball act, and the breathtaking Bret Pfister, who blends breathtaking physical skill

into his exquisite punked-up aerial ballet.

Back in the Perth show are much-loved favourites including the Incredible Rubber Man, Captain Frodo, and Hamish McCann and his sexy pole act. And finally, you've seen the inimitable Ursula Martinez in all her glory. Now wait 'til you meet her little sister, Lily Martinez.

"We've been blown away by the overwhelming support of Fringe World Festival and the rousing response of Perth audiences over the last two years," said creative producer Brett

Haylock. "Our madcap family of performers love Perth and simply can't wait to get back."

Come one, come all
and come often to the
delicious, deviant and
delirious *La Soirée*.

Make your summer season special and get your fringe on early – tickets for this show will sell out so book now!

La Soirée runs from 13 January to Sunday 26 February at the Edith Spiegeltent, Cathedral Square, corner Hay and Barrack Streets Perth.

Tickets from \$35
(standing). Bookings
through [www.fringe
world.com.au](http://www.fringe
world.com.au).

Enjoy the summer season
with a rooftop movie



SUMMER is in full swing, so what better way to soak up the season than to sit back and relax on a super comfy beanbag and watch a top shelf film from Rooftop Movies.

Tuesday nights are the night to be on the roof, being dedicated entirely to screening only the most popular sell-out films of 2016.

Tuesday night favourites include the highly-acclaimed documentary *Louis Theroux: My Scientology Movie* (17 January), *Deepwater Horizon* (24 January) and *Doctor Strange* (31 January).

“Program three for the 2017 season provides the perfect opportunity for audiences to escape into a blockbuster hit or cult classic flick. Whether it’s a mid-week pick-me-up or a weekend out, Rooftop Movies has it all. Grab a cold brew, a hot pizza and a comfy blue bean bag and enjoy,” says Rooftop Movies producer, James Taylor.

Year after year film fanatics alike are drawn to the pop-up paradise found six-stories above the busy streets of Northbridge, to enjoy a cinematic experience like no other in Perth.

Classical highlights include *Priscilla – Queen of the Desert* (26 January) old-school 80's favorite *The Mighty Ducks* (29 January) and the American coming-of-age comedy *Clueless* (21 January).

Australia's best mate makes an appearance on the roof with *Red Dog: True Blue* (3 February), nestle under the stars with arguably the biggest film of the year *Rogue One: A Star Wars Story* (20 January, 28 January and 2 February) and Chris Pratt and Jennifer Lawrence's highly anticipated *Passengers* (5 February).

Program three runs until 5 February. View the program or purchase tickets and gift vouchers at: www.rooftopmovies.com.au

WIN WIN WIN

To be in the draw to win a double passes to Rooftop Movies simply send an email to win@haveagonews.com.au with Rooftop in the subject line or call the Have a Go News office during business hours on 9227 8283. Closes 20/1/17.

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Directed by Les Hart

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- ☐ 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



Name Address

..... Postcode

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Each person may submit
one entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please
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23x16cm and are obtainable from Australia Post.
Entries not accompanied by the correct sized
envelopes will not be considered for publication.

Seeking a Friend

ACTIVE and fit, NOR blonde, 5'8" tall lady, smart and healthy, loves to travel by caravan exploring. Seeks kind, fun, loving gent who likes to do things, GSOH and is well groomed and caring.
Reply Box 7368

AUSSIE gent, 58, medium build, confident, well groomed, GSOH, fin sec, NS, enjoys movies, music, dining out. WLTM caring lady, 50-60 for TLC, let's meet for coffee.
Reply Box 7361

AUST gent 70+, own home, fin sec, med build, fit, healthy. WLTM lady 60+, you don't have to be anything special, just a wish to enhance your life with some shared time with honest company.
Reply Box 7370

AUST lady, 56, WLTM family man in his 50s-60s, ND, NS with GSOH for friendship and coffee dates. He would be easy-going and good company. NOR.
Reply Box 7366

AUSTRALIAN lady early 60s, 5'8", slim build, NS, ND, SOR, active, bike riding, bush walking, gardening, movies, dining out. Seeks caring, intelligent, fin sec, gentleman, must be NS. WLTM over coffee.
Reply Box 7345

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BOHEMIAN gal wants to move elsewhere off-the-grid with fellow free-thinkers, our animal pals, magnificent trees, unending skies and glistening seas. Loves beach shacks, surfing, sheds, rhythm and groove, resourcefulness, initiative, innovation, imagination, natural living, cultures. A can-do why-not attitude and independent micronations.
Reply Box 7374

FIT healthy gent, 55, WLTM gent for an on-going relationship, NS, GSOH and of strong stature. All replies treated confidential. Reply with relevant detail.
Reply Box 7358

GENT 69, creative, content, sensible water sign seeks suitable romantic and interesting lady with positive outlook.
Reply Box 7348

GENT 70s, looking for lady NOR for friendship. Enjoys travelling, gardening, walking and coffee. GSOH, NS, ND, SD.
Reply Box 7363

GENT 80, SOR, NS, SD, quiet, GSOH, lost long term partner with dementia. No social life many years. Fin sec, would like couples, singles for outings, overseas travel, local trips. I'm fin sec. Let us oldies go swinging. No fees.
Reply Box 7367

LADY 67, happy, healthy, active, intelligent, fin sec, loves animals, bush, beach. WLTM tall, happy, healthy, active, intelligent fin sec, NS, gent who loves animals, bush, beach. Let's have fun and enjoy each other's company.
Reply Box 7360

Seeking a Friend

LET'S make 2017 the best yet. Happy lady seeks gentleman, 68-78, honest, NS, SD, enjoy music, closeness, fun! Join my zest for life and adventurous spirit. Have room in my heart for you, Own home SOR metro.
Reply Box 7356

MANDURAH widow, 79, fin sec, intelligent, caring, lonely, interested in nature, beach, cooking, dancing, GSOH, WLTM similar gentleman friend who enjoys driving to outings.
Reply Box 7373

Seeking a Partner

ATTRACTIVE lady, 60s, UK born, educated, feminine, medium build, ND, DTE, VGSOH. WLTM sincere gentleman, 65-72, respectful, faithful, fin sec. My interests; walking, reading, gardening, country drives, good conversation, SOR, genuine replies only. ALA.
Reply Box 7352

GENT 59, 6'1", NS, SD, NOR. Interests; AFL, cricket, bike riding, meet new people, movies, dancing. Likes 70s to 80s music, dining out, country drives. WLTM lady 55 to 62 for friendship, VTPR. ALA.
Reply Box 7346

GENT 60, SOR, NS, SD, NG, 180cm tall, young at heart, easy going, intelligent, enjoys movies, drives, music, coffee, arts, culture, family, enjoys simple things in life. WLTM lady for loving relationship. ALA.
Reply Box 7372

GENT 67, retired, NS, NG, SD, lives SOR. WLTM lady who enjoys walking, dancing, travel outdoors. VTPR if suitable. Let's meet for coffee and a chat. ALA.
Reply Box 7350

GENT UK/Australian, 180cm tall, presentable, educated, VGSOH, NS, SD. Interests; gym, coastal walking, beach, family, travel. Seeks compatible, attractive northern subrbs lady, to 65, intially companion, possible relationship, hopefully wanting to travel. Let's talk over coffee.
Reply Box 7365

GENTLEMAN 70s, NS, SD, NOR, healthy, fit, active, enjoy dining, beach walks, music. Likes to meet romantic lady, mid 50s for friendship, travel, quiet nights. Let's talk over coffee.
Reply Box 7362

GENTLEMAN Australian WLTM born-again Christian lady, 60+, young, healthy, slimish, attractive, relaxed, sociable, intelligent, fun-loving, any nationality, view wholesome friendship with businessman; tall, presents well, own house in Perth, varied interests.
Reply Box 7347

LADY 168cm tall, enjoys reading, quiet times, travelling in/out of Australia etc. WLTM genuine, fin sec, NS, SD guy, 65-70, similar interests. Let's start with a friendly chat over coffee. 2017 new year, new possibilities. Friendship, relationship, metro only.
Reply Box 7354

LOVELY lady ex UK, young 58, friendly, attractive, full figured, 5'7", NS, GSOH, likes country drives, holidays, cruises. Seeks loyal, loving gent to share life with, no heavy drinkers, gamblers or foxy mad gents need apply.
Reply Box 7353

PERTH man, 59, divorced, well presented, trim, well mannered, intelligent. WLTM a nice lady companion.
Reply Box 7351

RETIRE share house partitioned, private entrance, yard, three bedroom, BIR, aircon, lockup garage, undercover patio, barbecue, laundry, NOR, conditions apply, rent \$180 pw single, suit two people, bond for rent, no dogs, no sublet. Pay own water and electricity.
Reply Box 7371

RETIRED medical professional gentleman seeks elegant lady around mid 60s, petite-ish, intelligent, compassionate. Myself; Australian, Italian, music (eclectic), concerts, country sojourns, travel, NS, SD, NG, health, exercise, environment, deeply respecting, communication 'space', NOR, inner metro.
Reply Box 7357

SEEKING a happy, intelligent, romantic, respectful, active, NS, SD, man aged 60s who loves music and movies, and is family oriented, but free for relationship with lady possessing all above characteristics, living south of Perth.
Reply Box 7349

Visit *Have a Go News* online:

www.haveagonews.com.au

WELL presented gent, young looking, 78, easy-going, active, NS. Likes music, dancing, seeking lady, NS, fit for friendship, relationship long term, SOR, TLC.
Reply Box 7355

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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 or bulky items.
All replies will be forwarded at the end of each month.
All replies are strictly confidential and are not opened.
Replies must be in response to reply boxes no older than three months.



WIDOWER 68yrs, healthy, active, 173cm tall, 78kgs, wanting enjoyable, loving rest of life. Seeks slim, healthy, DTE, Australian lady without ties or baggage. City of Swan area but ALA.
Reply Box 7359

ALBANY at 73, I am a happy old fart with a small motor home. WLTM a lady with her own m/home to travel north with me next winter. WA and NT. GSOH, NS, ND, NG, DTE. No strings, baggage or herd instinct. Wardrobe by Vinnies. ALA.
Reply Box 7369

Seeking a Travel Companion

ADVENTUROUS lady, 60s, looking for a companion to go cruising. Would love to share this new experience with a confident, happy and available man in the near future. I live in Thornlie.
Reply Box 7364

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FREMANTLE LADY 73 funloving widow, warm, friendly, classy but d.t.earth, not high maintenance. Sk "just a normal, decent guy" 70-78 who gets on w/ people easily, has good values & enj sport, travel, concerts, friends, nice dinners.

HAMERSLEY LADY 70 Very pretty, gentle natured, country girl at heart. Bright, positive, happy. Sk active, intel Aussie man w/ a modern o/look 68-75 to enjoy doing things as a couple.

SOUTH PERTH LADY 75 Attractive blue eyed blond, trim, very young o/look, polite, well presented, great sense of humour. Loves to cook, enj concerts, tennis, dancing, o/doors, meeting friends. Sk gent 70-80 who still has some spark.

KALAMUNDA LADY 70 delightful widow, fun, quirky, very intell, slim & petite, blue eyed brunette, fit & active, young at heart. An interesting lady, well travelled. Sk honest, open minded man 65-77 w/ GSOH.

WAROONA GENT 62 honest, loyal, e/going w/ country mindset. Sociable but not a party guy. Retired, likes keeping busy, loves animals. 175cm, trim, tidy & well pres. Sk genuine lady Rockingham to Bunbury pref.

NORANDA GENT 78 Fit, active, busy retired professional, community minded, very well travelled, educated, enj concerts, arts, golf, theatre, sailing, music. Sk ladyfriend 68-80.

BUNBURY GENT 76 retired farmer w/ christian way of life, enj the simple things, loves the o/doors, animals, helping others. Also likes travel, some sports. Sk genuine lady 67-77 to be friend & life partner, any nat.

WANNEROO GENT 76 slim, well grmd, relaxed, e/going, sociable, kind, loyal. Would love to meet lady locally 73-83 to become gd friends/companions & enjoy outings, coffees, dinner, movies & go from there.



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SCENE SOCIALLY



SCENE (1): ON WEDNESDAY 21 December, Kin-Care WA hosted more than 70 customers and their families for Christmas lunch at the Perth Zoo's Rothchild's room. This event was the culmination of a number of "social connect" events held by the In-Home Care provider throughout 2016. Social connect is an integral part of the in-home services that KinCare is able to offer customers and provides a unique platform whereby customers, their families and their home care worker/s can interact and communicate in settings outside of their residence. KinCare's social calendar this year has included regular Coffee Clubs across a range of metropolitan venues, a number of trips to the Swan River foreshore, as well as a 'Wild-flower Walk' in Kings Park. The Perth Zoo Christmas lunch was enjoyed by all in attendance with a number of customers already expressing an interest in attending next years' event. Seen were some of the guests and families enjoying the festivities.

SCENE (1): Seen from left to right we have Audrey Calder, Meguy Antoine, Talita Radin (business development manager - KinCare WA), Joseph Mcateer, Ashley Butler (state manager - KinCare WA) and John Sexton.

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SCENE (2): THE Holly Wood Tuesday Morning Show held their Christmas farewell on 13 December at the Perth Town Hall. The hall was jam packed with revellers and City of Perth Lord Mayor Lisa Scaffidi addressed the crowd followed by an entertaining Christmas show by the Tivoli Club. The Tuesday Morning Show will return in 2017 at the Perth Town Hall from 14 February between 11am and noon.

SCENE (2): Seen, top row, from left to right; Michelle Davies with grandson Connor - Gwyn and Don Smith - Lord Mayor Lisa Scaffidi with compere Bernard Carney - Shirley Dowresen and Jessie Lovek - Molly Baker and Lorraine McFadzan - Evelyn and Ron Lancaster. Second row, from left; The Perth Town Hall was brimming with Christmas cheer - Jeanette Dunn and Evelyn Lancaster - Pam Mcveigh and Pam Morefield - Beryl Pipes with Peg Albury. Third row; The Tivoli Club entertained the crowd with its Christmas show.

SCENE (3): ON Wednesday 14 December, the Seniors Recreation Council of WA held their annual Christmas Variety Concert at the Morley Community Recreation Centre.

Those attending the concert enjoyed an entertaining afternoon of music and comedy.

Performers at the concert included local WAAPA talent Amber Reid, Band of Mates, feature artist Sharon Heaslip from Mackay Queensland, 2016 Most Popular Balladeer in Australia, Justin Standley and Moira J Smith's homage to Patsy Cline.

A great time was had by all concertgoers who were treated to Christmas cake, biscuits and cups of tea and coffee.

SCENE (3): Seen, clockwise from left; Sharon Heaslip - Santa Claus (Phil Paddon) - Amber Reid - the SRC 2016 Christmas Varierty Concert was a huge success with patrons singing along and dancing - Band of Mates



SCENE (4): ON International Volunteer Day (Monday, 5 December 2016), Bethanie volunteer Ron Hancock (78) was presented with a WA Volunteer Service Award badge for volunteering for more than half a century's service by Seniors and Volunteering Minister, Paul Miles.

Ron Hancock has volunteered with Bethanie for more than 50 years, playing the piano for residents and brightening the lives of thousands of seniors. Ron Hancock said he just loves volunteering and receives far more from the residents than he gives.

SCENE (4): Seen from left to right; Minister Paul Miles and Ron Hancock

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