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LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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VOLUME 25 NO. 07 ISSUE NO. 287 FEBRUARY 2016

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- Food & Wine
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- Downsizing

COMPETITIONS/GIVEAWAYS



La Soiree

The Cottontail Trio - The Golden Era of Swing FILMS

The Lady in the Van

Brooklyn

Trumbo

Gods of Egypt

45 Years

Disney's The Finest Hours

Geronimo to Rotto...



Skydive instructors Kevin Wall (left) and Glen Stutt look forward to taking people of any age for a skydive over picturesque Rottneet Island.

by Brad Elborough

DOES this sound familiar – “why jump out of a perfectly good plane?”

It’s usually the response heard when someone has been asked if they have ever been skydiving.

But you won’t hear that quip from 57-year-old Busselton Senior High School maths teacher Kevin Wall.

Kevin has jumped out of a perfectly good plane 3500 times since his initial plunge 24 years ago.

Already having been into race sailing, canoeing, horse riding, motorbike riding and SCUBA diving, he was looking for something a little more exciting.

He’s now a qualified tandem ‘master’ and has been involved in setting up and testing the new skydiving experience on Rottneet Island – with Geronimo Skydiving.

I reckon everyone should skydive, at least once.

I’ve done it. Not 3500 times, just once, from 14,000 feet. While it was around 15

years ago I still remember the experience as though it was yesterday.

Being scared of heights, just getting to the door of the plane was an achievement on its own. Jumping from the door is not something I ever imagined myself doing.

But maybe I should never have been concerned.

“I trust statistics – I trust what I am used to,” Kevin said. “I use a reliable aircraft, I do my job properly and I know that the work has been done to make sure the aircraft is in the right position for the jump.

“There are a lot of checks and double-checks being done in the background.”

The initial adrenaline rush once out of the door is spectacular. It’s manic. Kevin said that within 10 seconds of jumping, I’d reached 200-250km/h.

Then once my parachute (thankfully) opened and I was slowly gliding back to earth, it was the most peaceful and relaxing of experiences.

It really is hard to beat and I am so glad the company I had just started working for had chosen to jump for its Christmas party

(I couldn’t be the soft new guy).

Kevin said that he sees a lot of 40-50 year olds in Busselton looking to tick this adrenaline fuelled experience from their Bucket Lists – and says that age should not be an excuse for not taking the leap.

Actually, he doesn’t really believe in excuses.

“We get 14 year olds, well actually 12 year olds can jump now – right up to those in their 60s,” Kevin said.

“The oldest person I have done a tandem jump with was in his early 80s.

“When you fill in the paper work, we ask about medical conditions. Obviously if you have a heart condition, we need doctor’s approval before you can jump.

“But if you can demonstrate that you can lift your legs - because you do come in quite quickly when you land - and you have a good heart, you can jump.”

Kevin said that their published maximum weight restriction is 95kg, but that he’s jumped with someone who was very physically fit and who weighed 120kg.

continued on page 51

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From the editor's desk

THANKS to all the readers who contacted us about the freshen up of our pages. We've had a terrific response and I am

so glad that you find the paper easier to read and navigate through.

I welcome local musician Rick Steele to our pages. Rick will be contributing a column about what's happening in the WA music scene each month.

The Fringe Festival kicked off in January and the Perth Cultural Centre is buzzing with activity. Don't miss the opportunity to see one of the Fringe's finest shows *La Soiree* which plays until 6 March, the show is so entertaining.

WA Ballet returns to the Quarry amphitheatre for its outdoor season of *Ballet at the Quarry* which

runs until 27 February. It is a lovely experience enjoying the ballet under the stars and it is a wonderful opportunity to introduce ballet to those who have not experienced a live performance.

I attended the Australia Day barbecue to honour those Western Australians who had been selected as Australian of the Year.

Congratulations to Hon Graham Edwards who was this year's Senior Western Australian of the Year recipient. The Senior Australian of the Year for 2016 was awarded to Professor Gordian Fulde, the director of emergency at St Vincent's Hospital and Sydney Hospital for more than three decades, which makes him the longest serving emergency department director in Australia.

The *Morning Melodies* season at His Majesty's commences on 20 April featuring the WA Youth Jazz Orchestra musicians with the show *Strike Up the Big Band*. They will perform many of the swing tunes of the 20th century.

Morning Melodies is hosted by David Hawkes and people can enjoy a complimentary morning tea prior to the concert from 10.30am. Performances begin at 11am and finish about noon. Bookings can be made at the venue box office or through ticketek, 1300 795 012 or www.ticketek.com.au.

It looks like the days of the 'gold watch' retire-

ments are over. A new report from research from the Aegon Retirement Readiness Survey 2015 comprised from 16,000 workers and retirees from Europe, the Americas, Asia and Australia offers a unique perspective on the state of retirement. Globally, the survey found that 51 per cent of all workers now expect to retire at age 65 or later, or not at all.

The mindset of working beyond traditional retirement age varies around the world; in Japan, 43 per cent of respondents aspire to continue working past retirement compared to only 15 per cent in France.

More than 56 per cent of workers globally envision a flexible transition to retirement; with 55 per cent of those aged 55 and older, and an even higher proportion of younger workers, holding this vision.

The most common reasons for continuing to work to some extent in retirement include keeping active, enjoyment of work, and financial-related concerns. This highlights the need for employers to look at offering part-time options to harness the strength and experience of older workers.

I wish our readers a happy and healthy month.

Jennifer Merigan
Acting Editor
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Funny historical fact



The London Underground (started in 1860) was the world's first underground railway. Instead of drilling tunnels, builders dug trenches at street level and then roofed them over, causing massive disruptions across the city.

Urban slang

Hipster - an individual who attempts (often with too much effort) to avoid being a member of the mainstream; the term may be complimentary or pejorative (depending on context), but in general, hipsters tend to listen to indie or local musicians that no one else has heard of, dress alternatively (often wearing op shop or vintage clothing as a rejection of consumerism) and have edgy or androgynous hairstyles and big glasses.

Quote of the month

"Most people don't grow up. Most people age. They find parking spaces, honor their credit cards, get married, have children, and call that maturity. What that is, is ageing." - Maya Angelou

Word of the month

bardolatry
Definition of bardolatry in English: Noun
Means - Excessive admiration of Shakespeare.

Ageing research snippet

RESEARCHERS from the Mayo Clinic in the USA have taken what they hope will be the first step toward preventing and reversing age-related stem cell dysfunction and metabolic disease which includes diabetes. The researchers discovered methods for reducing these conditions in naturally aged mice. The results found that the treated animals had improved glucose and insulin tolerance tests, which indicate the severity of diabetes.

Enjoy the short film festival Tropfest in Midland

FILM BUFFS from all over Perth will be heading to Midland this month for Perth's only outdoor screening of the internationally renowned short film festival, *Tropfest*.
City of Swan Mayor Mick Wainwright said Tropfest would be heading back to Midland this year following a popular local launch in 2014.
"Adding to the fun, this year's screening will be precluded by entertainment from Thelma Plum, who featured in Triple J's 2016 Hottest 100 on Australia Day," he said.
"Tropfest is well known for nurturing talents and launching careers of budding film makers for more than 21 years.
"There's a wealth of talent on show each year and the pre-show entertainment and screenings are free."

Mayor Wainwright said it would be a great night out for all ages.
"Everyone's invited to come down, relax on a picnic blanket or beanbag under the stars and enjoy the short films with family and friends," he said.
"For the tastebuds there will be yummy food truck fare, cocktails by Cocktail Gastronomy filled with delicious Swan Valley spirits, and the bar will be fully stocked with Swan Valley beer and wines."
The free event will start at 5pm on 14 February with movie screenings kicking off at 7.30pm.
Tropfest at Midland is fully licenced, so strictly no BYO.
For more information and updates about the event, follow the Midland Outdoor Cinema page on Facebook or visit www.swan.wa.gov.au/Tropfest

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Wayne Weller

by Brad Elborough

Last month we featured Wayne on the front cover this month we hear about his life on the beach.

WAYNE Weller says that it

is never too late to gain the benefits of joining a surf lifesaving club.

At 68, Wayne is a member of the Secret Harbour Surf Lifesaving Club, having spent many years as a youngster at Scarborough.

Never too late to gain benefits of a surf lifesaving club

He says that nowadays he couldn't imagine running around the block each day trying to retain some type of fitness. Road running is too hard on his joints and knees, but between swimming, rowing and surf skiing, he is not finding it too tough to maintain his health and strength.

Plus he has made many friendships through being a member of the club, as well as having opportunities to compete around the country.

But as he gets a bit older, he appreciates more the benefits that the sport has on his health.

"It's a real beauty, for people of all levels of fitness," Wayne says. "And age is no barrier. You can do all manner of things."

"I like rowing surf boats. It is low impact sport. It's a bit of an extreme sport and you can be belted around in it, but rowing is one of most complete activities

you can undertake.

"It exercises everything – works your muscles, and provides a good cardio workout."

There are a few extras that come with surf lifesaving. The volunteer beach patrols (Wayne does about 10 a season still) and the competition.

And Wayne understands that this isn't for everyone.

But he's a massive advocate of rowing and believes that it's never too old to start.

Even if you don't join a surf club, he suggests getting access to an ergo (rowing) machine.

"You can work your way into it too; anyone of any age," he said. "It's low impact and you can do it at your own pace; work to your own goals."

"My opening exercise every day is 6km on an ergo machine. Every health club has one. That's the best workout in

the world.

"You'll fall in love with your ergo machine."

But if you have some competitive spirit trying to get out, Wayne suggests joining a surf lifesaving club.

He fell into the Scarborough club when he was 16-years-old and picked up a few hitchhikers on their way to a party. They were all from the club – one thing led to another and Wayne

ended up joining.

That was more than five decades ago and he hasn't looked back.

Want to know more about Surf Life Saving visit www.surflifesavingwa.com.au

Come for a walk, improve fitness and make friends



FANCY a stroll? The Over 55 Walking Association is again offering a range of walks in Perth and surrounds.

There will be 36 individual walks, all chosen for their suitability of surfaces, scenic location, interest, car parking and access to toilets.

Members can walk as far as they want and at the pace they choose. The length and pace of the walk is the choice of the individual. Qualified first aiders attend each walk.

People are welcome to join the group on Tuesdays at 10am. Make sure to bring along a \$10 note for the annual membership, a chair and some lunch, so people can enjoy the company and a chat after the walk. People could also bring along a couple of dollars to enter the weekly raffle.

Several special events are also organised during the year and are all on the membership card you receive on registering.

A highlight of the year is the very popular OFFWA Annual Getaway. Last year's highly praised week in Pemberton was attended by more than 70 walkers and visited scenic attractions in the area and included a boat trip along the Donnelly River.

A sausage sizzle, to be held in May, will be free for all financial members. This will be followed by a potato bake in August and a hamburger day in October.

Other permanent fixtures are the mid year and end of year lunches. Last year both were held at Hilarys Boat Harbour.

The association's website provides a lot of information about the organisation and includes the program of walks at the various locations for

the year.

The first four walks will be: Around the Pery Lakes on 15 March; South Beach to the Round House and the South Mole on 22 March; A coastal walk northwards from Trigg Island on 29 March; and around the bridges from Burswood on 5 April.

For further information contact Alan Spencer on 9457 1498 or 0414 753 612, Rhonda Wolfe on 92751681 or 0417 184 319 or visit over55walkingassociation.myclub.org.au.

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CLOTHES FOR EMPERORS



Letters to the Editor

Submissions may be edited for clarity and space.

Dear editor,

WHILE private housing rents are declining our Emperor (Premier Colin Barnett) has ordered Homeswest to increase public rentals for our most needy citizens. The unemployed, the disabled, the aged and other disadvantaged low income folk are victims of a government that has gambled our taxes away and wants the poor to pay.

I say, lets throw the Emperor and his team of financial disasters to the lions and give the voters a chance to vote them out of Parliament House.

Yours truly,

William Booth Bentley

Dear editor,

Re *Holiday Guide to WA Let's go Travelling - Gloucester Motel, Pemberton.*

AFTER reading your article as mentioned above, having stayed at this accommodation in October last year, the rooms being squeaky clean was not my experience.

Perhaps the units vary in standard. My comment is on Unit 48 that had a bathroom with a wash basin which could not be used due to the numerous light cracking which was filled with a dark substance.

Pemberton has many delights and the balance of my stay was enjoyable as the article described.

Sincerely,

Shirley Wallace Wembley

Editor: Thanks Shirley, it's a shame that your experience was not the same as the Over 55 Walking Groups. It is always best to complain at the time if you are not happy with your accommodation.

Yarloop Fires

Dear editor,

WAYNE Gregson said it all when he wrote "you only have a limited amount of resources", which puts the ball fairly and squarely back in Mr Barnett's court - with super glue!

How much do water bombers cost? About \$30 million each to buy, but an investment of a few million dollars per aircraft each year to lease, this is a pittance compared to human life and homes.

How much will Elizabeth Quay and the new stadium cost? - \$2 billion for now, but who really knows?

You could buy 60 water bombers for that amount, or lease 60 for several years (not that we'd need that many).

It's a no-brainer and should've been done years ago. But apparently unneeded infrastructure and unnecessary re-routing of buses - like the 80 year old perfectly good bus route #15 away from the elderly and disabled in Mt Hawthorn/Glendalough - are higher on the government's priority list.

Tad Krysiak

Convenor, Seniors and Disabled Bus Action Group

Dear editor,

I AM writing this letter in the hope of generating some forceful action on the part of all seniors receiving or about to receive the aged pension.

I refer to the imminent cut in pension rates for those who have been able to generate some savings and who will be affected by the cutbacks as announced by the former PM Tony Abbott and former treasurer Joe Hockey.

The cutbacks will reduce the maximum assets held while still receiving a pension. The limit was increased by the Labor Government about eight years ago.

This proposal has been meekly accepted by most seniors without a murmur.

As a recently qualified aged pensioner I am going to be affected to the extent that I will be lucky to get \$500 per fortnight for two of us. That is because I bought a small property (\$400K value) in addition to my main residence as part of my superannuation.

Seniors and pensioners are barely surviving as it is. Recent studies show that Australian pensioners are amongst the poorest in a number of developed countries.

If our Governments showed seniors the respect they deserve the cutbacks would not have happened. Seniors of pension age form 14 per cent of the voting population. We have the power to force politicians to listen to us but, who will be our leader?

Perhaps if *Have a Go News* raised this issue for debate the Turnbull government may back step. Maybe they would restore the asset limits to what they were before the Abbott-Hockey fiasco.

Yours faithfully,

Nick Dragicevich Halls Head

Editor: Nick - it would be prudent to join some of the organisations who lobby government such as COTA and National Seniors.

Dear editor,

CONGRATULATIONS to you and your parents on the 25th Anniversary year of *Have a Go News*.

It is a wonderful achievement.

Have a Go has become an institution and I, for one, look forward to, and enjoy, every issue. This newspaper is an absolute gem and whenever I hear 'there is nothing to do for our age' I mentally give them a whack with your paper.

Regarding the new font, I find it easier to read on-line.

Kind regards, and best wishes for 2016.

Judith Wailes

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Julie's dancing days left an illustrious imprint in Australia and overseas



by Adam Penn

JULIE Patchett's lifelong love of dance has taken her around the world in a busy life which today sees her passing on her skills to a new generation.

Her love of dance started in Melbourne where her parents Norm and Joan Fletcher were passionate social dancers, also winning local competitions. Julie started her dance career aged 20 in 1967, when

she saw the World Professional Championships in Melbourne. She was in awe of the world's best, especially Bill and Bobby Irvine who took the title.

Julie grew up in Hawthorn and followed her mother's footsteps, starting dance lessons with Arthur Timms at Jack Bosley's studio in Melbourne. She was encouraged to compete with her first partner Robert Powell and the pair won a pre-fresher event after dancing together for only two weeks with no formal lessons.

Julie then partnered Bill Wendt for a few months before moving from Bosley's to lessons with Neil Rosenfeld at Granada Dance Centre in Malvern. She met Chris Galvin and they formed a successful partnership in both modern and latin for about a year.

In 1970 Julie embarked upon her highly successful career with Les Patchett and the following year the couple took the Australian Amateur New Vogue title which launched them into an extensive competitive career all around the country. After four years of travelling and competing, Julie and Les married in 1975, the same year that Richard and Janet Gleave visited Australia to perform and coach, after winning their first British Professional Modern Championships.

The Gleave inspired Julie and

Les and encouraged the young couple to move to England to further their careers. This became the catalyst for them to turn professional, allowing them to work their way to England. Within a year, they were aboard the P & O ship, the *Oriana*, teaching during the day and performing ballroom and latin floor shows in the evening.

In London, they found a flat just around the corner from Bill and Bobby Irvine's studio and started lessons with the couple, forming a life long friendship. Peter Eggleton and Brenda Winslade, Bob Burgess and Doreen Freeman, the Gleave and Benny Tolmeyer and Sonny Binik were fellow coaches of Julie and Les during this time, helping the Patchetts to great success with their careers in Britain and Europe.

In 1977 they came in the top 48 of the Professional Modern Rising Star at the British Championships and Professional Open Modern. Within a year they had skyrocketed to number two in the British Professional Modern Rising Star and top 24 in the Open.

The Patchetts remained in Britain for the next seven years, competing, coaching and judging with competition success including fourth in the World Cup, third in the European Cup, third in the European Grand Prix and second in the All England Championships.

They judged throughout Europe including the German Open, Belgium Open, Dutch Open and Finish Open Championships along with coaching many of the leading competitive couples of the time.

A highlight of their career was being asked to perform at the prestigious *Night Of 100 Stars* event at the Hammersmith Palais in London. They were an integral part of a successful Australian Teams Match at the British championships consisting of Greg Smith and Marion Alleyne with Les and Julie in the modern section and Robert and Helen Richey (*Dancing With the Stars* judge) with Alex and Julie Shembri in the latin section.

The event was battled out between the British, Australian and Japanese teams, Australia beating the Japanese for the first time, taking second to the British.

In 1979, the Patchetts returned home to Melbourne for a short stay to spend time with Julie's father who was ill, but who proudly saw them win the Professional Modern title at the Southern Cross Championships.

In 1983 they returned home permanently, performing and coaching in Hong Kong on their way. Within days of landing in Melbourne they won the Professional Victorian Modern title after which they decided to move to Perth, following Julie's ex-

perience of coaching in Perth the previous year and her excitement about WA talent, including rising stars Jason Gilkison and Peta Roby.

Shortly after the arrival in Perth, they performed at the Gilkison's Festival of Perth at the Entertainment Centre. In 1984 Julie and Les opened the Fame Dance Centre in Fremantle. Within weeks of opening they had more than 30 WA couples, along with interstate and international couples regularly travelling to WA to train.

Daughter Katrina, born two years later, went on to become an international champion dancer in her own right, based in Paris. Early on she was awarded the Dancer of the Year award by Ray and Margaret Reeves.

After Julie and Les divorced and Fame closed, Julie formed a partnership with Graham Thomas and the couple opened Dancepower in Myaree in 1999. There, Julie continues to train current and future champions, enjoying success both nationally and internationally. She also adjudicates at state, national and international levels and is delighted to continue in her diverse role in the industry she loves and remains passionate about.

If anyone has historic photos or stories for Adam Penn's dance series, please contact Adam at tophat97@optus.com.au or on mobile 0412 361 917.

Be inspired by talented porcelain artists in WA



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The Guild is Australia's oldest china painting association and celebrates this fine art with an exhibition of members' work. This is held at the historic Guildford Town Hall, corner James and Meadow Streets, Guildford on Saturday 30 April and Sunday 1 May, between 9.30am and 4pm. Admission is free and work is available for sale.

Members were given the theme 'Be Inspired!' to interpret and inspire their exhibition exhibits. Several hundred pieces of hand painted porcelain will be on display and artists will demon-

strate china-painting techniques.

The Guild has been

promoting the art since 1964 and this exhibition is an opportunity to see some of the best porcelain art in Australia, both contemporary and traditional. Glorious colours, golden hues, artistic application of texture, lustre and metallics will adorn

a variety of porcelain shapes. Countless hours of work and individual style ensure each piece is original and unique.

The exhibition will also display pieces from the Guild's collectables - a porcelain art collection reflecting

trends in china painting over the past 60 years.

For more information about the WA Guild of China Painters or the upcoming exhibition please visit the Guild's website www.chinapainterswa.asn.au or phone president Irena Kopec on 9375 7234.



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GENT (53) 5ft9 handsome olive skin loyal and charming to boot loves the outdoors and family ...very well established f/secure seeks feminine, trim, honest, good hearted lady 38/50 who is looking for a future partner.

GENT (60) yrs young very fit 180cm self employed own home, rugged good looks. Enjoys the outdoors, motor bike... non smoker seeking a like minded natural country lady 50/65 view to a stable relationship.

GENT (67) country boy fit & refined (farmer) with old fashion charm & values...searching for a lovely lady companion 55-69 in Perth regularly view R/S.

GENT (72) yrs young 6ft 4" fit and active located south west (happy to relocate) ex farmer non smoker interested in travel Australia and overseas ...searching for a bubbly lady 63/68 for future friends first plus relationship etc.

PROF. GENT 60ish (Geologist) fit active charming...is in search of a well-educated Asian lady 35/55 for dinners movies. Dancing view long term future (marriage). Mandurah to Rockingham surrounds.

LOVELY LADY (62) yrs young fit very attractive blonde curly hair Blue eyes semi retired loves outdoors ten pin bowling, rock n roll dancing, seeks self made man 60/67fit and fun loving.

LADY 60ish. Country based slim attractive visits Perth regularly looking for GENT 65/75 of good character for movies, shows and possibly a cruise or two view ongoing companionship etc.

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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.



Wendy Holtom
Wendy Holtom 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.



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.



Rhonda Parker
Rhonda is the CEO of Alzheimer's Australia, WA. She is a former Minister in the Western Australian Government, where she had responsibility for community development portfolios, among others. 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.

What is the safe global warming limit?



by Karen Majer

IN the wake of the Paris Agreement, people have been asking 'why 1.5°C?' What is significant about that temperature rise?

In 2009, the United Nations Climate Change Conference in Copenhagen proposed to limit global warming to 2°C above pre-industrial levels. This figure was chosen because studies

showed that the risk of crossing tipping points in the Earth's climate system increases as the 2°C limit is approached.

Tipping points may include loss of the Greenland ice sheet, partial conversion of Amazon rainforest to savanna or grassland, and large-scale emission of carbon dioxide and methane from thawing permafrost. Australia's Climate Council warns that crossing these thresholds would cause further disruptions to the climate system with potentially catastrophic effects for human societies.

The planet has already warmed nearly 1°C above pre-industrial levels. We are experi-

encing the impacts in many ways, including increased heatwaves and bushfires.

The target was a major debate at the December 2015 United Nations Conference. The Paris Agreement, supported by 196 nations, agreed to hold the increase in average global temperature to well below 2°C, with the aim to limit it to 1.5°C, to avoid dangerous climate change.

Of course, what constitutes dangerous climate change is different for different people. For some of the most vulnerable nations and people facing fires and floods, climate change is already deadly. The lower 1.5°C limit recognises that the

climate is changing more rapidly and with more damaging impacts than previously thought. Limiting warming to below 1.5°C is critical to the survival of Pacific Island nations and other vulnerable communities facing rising sea levels, and of coral reefs including our own Great Barrier Reef.

Can we do it? According to the Climate Council, we could stabilise at below 2°C with a very strong and rapid decarbonisation of the global economy. A business-as-usual scenario could lead to temperature rises of 4°C or above by the end of the century, threatening the viability of modern society. We live in critical times. The

action countries take in the next five years will largely determine the severity of climate change and its long-term impact. It's a scary prospect but if enough people care, we can still protect the future.

You can help:

Using less energy and switching to solar power can reduce your personal carbon footprint. Let your politicians know that you want strong action to reduce Australia's greenhouse gas emissions, especially a shift from fossil fuels to clean renewable energy. With elections this year, your voice can make a difference.

Find out more: Climate Council www.climatecouncil.org.au.

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

The search for a cure continues



by Rhonda Parker

HAPPY new year – with the start of the year comes new hope and I would like to start with a summary of the projects that aim to cure dementia.

I can report that a great deal of resources are being committed to research. In December, the USA announced a pro-

posal for the 2016 budget that would increase funding for Alzheimer's research by 60 per cent, raising the total to nearly \$1 billion in that country alone. That is a lot of research. In Australia, \$200 million was committed by the Australian Government last year.

Now, I need to give you the layman's view of the science that explains dementia and then the possible cures. One hallmark of the disease in the brain is beta-amyloid plaques. The role of plaques is not fully understood. They are present in the brains of people without de-

mentia but are more predominant in the brains of people with the disease.

To help reduce the formation of plaques Dr Bharadwaj from Edith Cowan University has identified genes in yeast which suppresses the accumulation of the beta amyloid protein plaque. He is looking to introduce protective genes to see if they can prevent the disease.

Meanwhile overseas, the drug solanezumab appeared to be effective in an initial trial, reducing the expected decline in memory by a third for those in the earlier stag-

es of dementia, although sadly having no effect on those with advanced symptoms. A further trial report is due at the end of this year.

Biogen reported positive trials on its drug aducanumab, which also targets beta amyloid. Late last year, Biogen began recruiting patients for its final trial, involving 2,400 patients in 20 countries.

It is also important to report of very important research into care. As we always say, tomorrow the cure, today the care.

Recent work has shown a wide range of non-drug alternative

therapies to be effective for some people with dementia including validation therapy, reality orientation and reminiscence therapy. These aim to facilitate understanding and communication, but may also have positive effects on anxiety and mood, which overall makes life more liveable.

Research also shows carers and families who are better educated about dementia and how to manage it leads to an improved quality of life for all involved. Until there is that cure, surely that is what we should aim for.

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Masters Swimming WA leads the Nation

the benefits of swimming regularly for fitness and health.

This achievement would not be possible without the enthusiasm and dedication of clubs and their volunteer committees which organise training sessions, events and social activities to meet the needs of a very diverse range of adults.

One such club is Claremont Masters which is based at HBF Stadium. In addition to their weekly swim sessions and monthly social activities Claremont conducts the iconic Minara Resources Swim Thru Perth in Matilda Bay annually.

The 2016 event, which is part of the 2015/16 LiveLighter Masters OWS Series, was held on Sun-

day 17 January and attracted more than 200 swimmers of all ages and abilities.

Of course there were several keen and competitive participants, however most swimmers were challenging themselves to complete either the 1600m or 4km safely and possibly in a personal best time.

In addition to providing a great community event Claremont raised funds for WA Disabled Sports which was represented on the day by their president paralympian Prya Cooper, herself an outstanding swimmer in her youth.

If readers are keen on having a go at open water swimming in the ocean the 750m Coogee Jetty to

Jetty event which is conducted annually by Cockburn Masters is ideal. This year is the 20th anniversary of this event. It also includes a 1.5 km swim to be held on Sunday 13 March - participants swim along the shore-line so it is very safe for everyone. Visit www.mswa.asn.au to source detailed entry information for this event and all other open water swimming events held in WA.

If people are interested in finding out about your local masters swimming club contact the executive officer info@mswa.asn.au or contact a club direct through the club page on our website www.mswa.asn.au. Our members swim for fitness and health, and masters

clubs are more fun than swimming on their own, so if people have talked about this in recent years then take the plunge and have a go in 2016.

Lastly MSWA welcomes our new execu-

tive officer Samantha Noall who will continue our great relationship with *Have a Go News* established 14 years ago.

Ed: Farewell Wendy and thank you for your contributions to the paper.



Top; Prya Cooper in chair with Claremont Masters' Nicola Crosbie
Left; Wendy Holtom

by Wendy Holtom

At the end of 2015 MSWA again topped Australia

with the highest number of registered members. The 37 clubs in WA have 1,648 members enjoying

The Dutch mariners... Hartog lands on the west coast...



Hartog's plate
© www.sharkbay.org.au

YOU'LL recall from our last article in *Have a Go News* that Dirk Hartog and some members of the *Eendracht* had just ventured ashore at the northern tip of what we now know as Dirk Hartog Island.

These first steps to investigate this unknown island created history, for their footprints would be the first of any Europeans to set foot

on the most western point of Terra Australis Incognita.

In many ways this discovery, like many before, was due to good fortune rather than design. For if the *Eendracht* had sailed a course 10 nautical miles further to the west then it is most likely that no land would have been seen, and Hartog and his crew would simply have continued on to the East Indies.

Hartog knew that this land upon which he had set foot was as yet unrecorded on any previous maps. And so the decision he made was to leave evidence of his visit for future mariners. A pewter dinner plate was flattened and engraved onto it the details of their visit.

Translating from Dutch the words read...

1616 the 25 October is here arrived the ship *Eendracht* of Amsterdam the upper merchant Gillis Miebais of Liege, skipper Dirck Hatichs of Amsterdam. The 27

ditto set sail for Bantum the under-merchant Jan Stins, the first master Pieter Dookes van Bil. Anno 1616.

And with those words and the fixing of the plate to an oak post, which was then set firmly in a rock fissure in the cliffs above the bay where the *Eendracht* laid at anchor, another piece was added to the evolving story of this, the Great South Land.

After two days of exploring the island, the *Eendracht* pulled anchor on 27 October to continue her journey northwards to the East Indies. The course chosen kept her close to the coast so that the land could be charted. In all, 225 nautical miles was covered before the *Eendracht* reached what we know today as North West Cape, a point at which the coastline disappeared as it swept away to the north east.

It was now time for Hartog and his crew to call it a day on their

exploration. Their primary purpose was of a commercial nature, and that meant getting on their way to the East Indies where cargo awaited their arrival.

This coastline was given the name Eendrachtsland... the name that remained in place until Abel Tasman appeared on the scene in the early 1640s.

So the Dutch story will continue in the next edition of *Have a Go News*.

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Healthy attitudes needed for healthy ageing



by Jeanette Woolerton

ARE our perceptions on ageing limiting our potential to age healthily?

Older citizens are frequently stereotyped as dependent, frail, out of touch or burdensome. These ageist attitudes limit our freedom to live the life that we choose,

as well as our capacity to honour the great gifts and wisdom that our older companions and family members bring to the table.

As we commence a New Year, perhaps we should consider adopting a new, healthier attitude.

Some points to consider:

1. There is no typical older person

Older age is characterised by great diversity. Some 80-year-olds have levels of physical and mental capacity that compare favourably with 20-year-olds. Others of the same age may

require extensive care and support for basic activities like dressing and eating.

2. Only a small proportion of older people are care dependent

In fact, older people make many contributions to their families and societies. Research in the United Kingdom in 2011 estimated that the contributions older people made through taxation, consumer spending and other economically valuable activities were worth nearly £40 billion more than expenditure on them through pensions, welfare and

health care combined.

4. Population ageing may increase some health-care costs but not by as much as expected.

One way of controlling unnecessary health-care is to invest in long-term care systems. Enabling people to live long and healthy lives may also ease pressures on the inflation of health-care costs since some health care costs actually fall in advanced old age.

5. 70 is not yet the new 60

There is little evidence that older people today are experiencing life in better health than was the case for their parents or their grandparents.

An analysis by WHO in 2014 of large longitudinal studies conducted in high-income countries suggested that although the prevalence of severe disability may be declining slightly, no significant change in less severe disability has been observed during the past thirty years. Investing in healthy ageing is crucial for us to benefit from population ageing.

6. Good health in older age is not just the absence of disease

Most people over the age of seventy experience a number of health problems at the same time, but continue to be able to do the things

that are important to them. The combination of a person's physical and mental capacities is a better predictor of their health and wellbeing than the presence or absence of disease.

7. It's not all about genes

While healthy ageing starts at birth with our genetic inheritance, only about 25 per cent of the diversity in longevity is explained by genetic factors. The other 75 per cent is largely the result of the cumulative impact of our interactions with our physical and social environments, which shape behaviours and exposures across the life course.

Many of the opportunities and barriers we face are strongly influenced by personal characteristics such as our sex and ethnicity, as well as occupation, dietary habits, education, exercise routine and financial status.

There is little to suggest that we become weak or ill as we age. Our health (at all stages of life) depends largely on our lifestyle choices and experiences. As we age, we are often more resilient, wiser, patient and experienced in a professional and social capacity.

So lift your glasses and raise a toast to ageing gracefully.

There is a lot to look forward to.

Source: W.H.O.

Book review

Trained to be an OSS Spy
By Helias Doundoulakis
with Gabriella Gafni
Reviewed by Pat Paleyca



IN 1941 Helias was a young man living in Crete under German occupation and he began working for the SOE, the underground branch of the British Intelligence Service. When the resistance movement was uncovered he escaped from Crete. After a perilous journey over land and sea he finished up in Cairo where he was recruited by the OSS to be trained as a spy. He had been born in America and the OSS was the American branch of the SOE. The spy school was housed in a palace that was owned by a relative of King Farouk.

Helias's account of his time there gives a fascinating insight into the machinations of both physical and mental training of OSS operatives. He treated his wartime exploits as a game, he was young and fearless and at times quite foolhardy which makes this extraordinary memoir all the more gripping.

His acts of sabotage, his dangerous methods of passing on information coupled with a courageous daring-do attitude had me holding my breath many times. Once he was standing on a high roof beams in a disused factory, fixing up an antenna wire of his clandestine radio when four Gestapo officers set up table and chairs directly below him and started playing bridge.

Helias moved behind a vertical column but could only stand on one leg at a time as space was limited. After three and a half hours the officers left and he tried to jump from one beam to another but his legs were weak and he fell 15 feet onto a concrete floor and broke his nose. He returned to his lodgings and his lady friend fixed him up with ice and lots of kisses.

His escapades are astonishing as are those of his friends which he gives a great deal of praise to in the book yet remains a really humble hero. But wait, there's more, after the war he returns to America, gains a Masters degree in structural engineering, he worked on the Apollo space missions, the F14 fighter, the space shuttle, and owns the patent for the world's largest radio telescope. Oh, I nearly forgot, his name is on the moon.

The book is available online from www.trainedto-beanOSSspy.com/ or from Amazon, Barnes and Noble and Xlibris.

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We have one copy to give away. To enter via email win@haveagoneews.com.au with book in the subject line or please write to **Trained to be an OSS Spy Competition, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Closes 7/3/16.**

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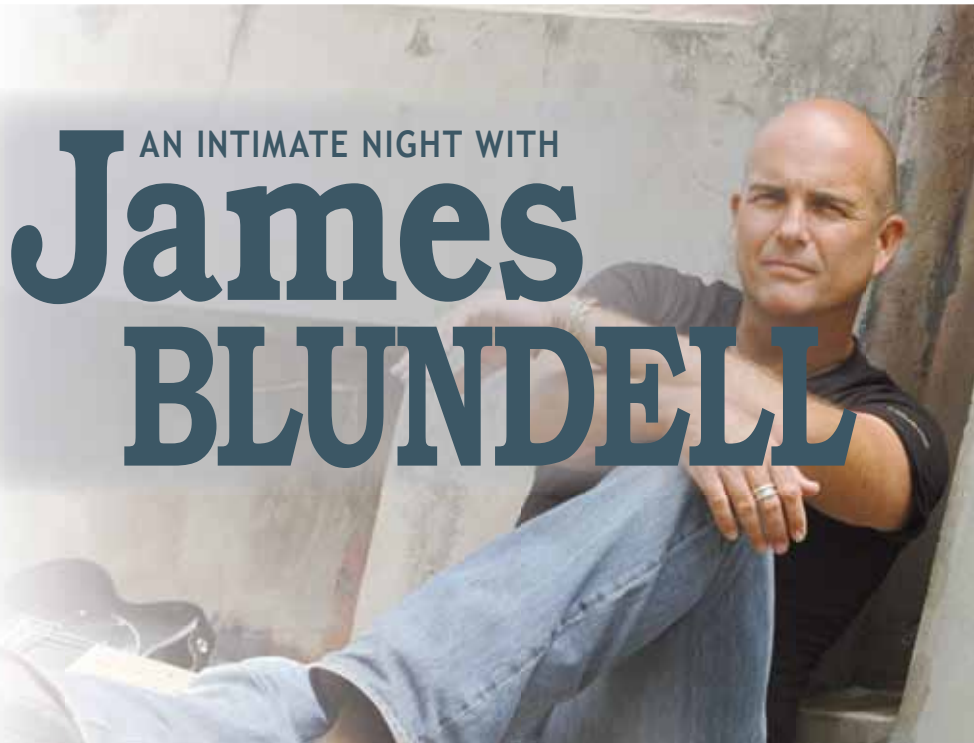
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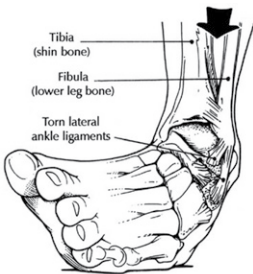
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Ankle injuries



by Jemma Aldridge

ANKLE sprains are described by physiotherapists as a rupture of the lateral (outer) ankle ligament complex. The most common ankle sprain occurs on the outside of the ankle joint. These ligaments are over stretched and sprained when the foot is forced downwards and rolled inwards excessively.

Ankle injuries are prevalent in most sporting activities and account for 10-30 per cent of all sporting injuries. About 85 per cent of ankle injuries are ankle sprains. Almost 90 per cent of these ankle ligament sprains occur on the outside of the ankle and are graded as following:

Grade 1: A light sprain. This is likely to be a light stretch to ligaments and minimal fibre damage. Mild swelling may occur along with some pain.

Grade 2: If a partial tear of the ligament occurs there will be moderate swelling and a dark blue/black bruise line may occur below the ankle within 48 hours. Swelling is caused by soft tissue injury to the ligaments and there is likely to be reduced ankle movement secondary to swelling and pain.

Grade 3: Complete rupture of the ligaments with severe swelling and tenderness with loss of ankle motion and considerable abnormal motion and instability.

Common symptoms of all ankle sprains include pain, tenderness, swelling, instability, altered functional mobility and recurrent sprains

An accurate assessment and diagnosis is essential for the proper treatment to occur following an ankle sprain. This may include an X-ray to determine if any bone is damaged or CT or MRI to assess ligament/soft tissue damage. Your GP may prescribe anti-inflammatories to reduce the swelling and pain. Depending on the level of damage to your ligament it may take 4-6 weeks to completely heal the injury.

Physiotherapists may use any of the following techniques to rehabilitate your ankle:

Initially all ankle sprains are treated with the RICE method within the first 48 hours. RICE is rest, ice, compression and elevation of the affected leg.

After this resting stage you can undertake movement and weight bearing exercises provided they do not cause pain.

Other physiotherapy treatment may include ankle braces, ice, laser, ultrasound and gentle mobilisation of the ankle joint by the physiotherapist.

It is important that you complete some rehabilitation before you return to your sport, this may include strengthening and stretching exercises, use of ankle taping or wearing an ankle brace. Also look at your footwear and get advice about the best type of footwear for your sport to prevent any further ankle injuries.

Looking for a hobby then join a stamp club in Victoria Park...

THE members of the Victoria Park Stamp Club are a friendly bunch who welcome new members. Come along and meet likeminded collectors. There are opportunities to expand or reduce your collection as many members trade stamps. Meetings are held at the Uniting Church on the corner of Archer and Star Streets in Carlisle on the first Wednesday of the month at 7.30pm. For further information please contact Barb on 6363 6733 or George on 0429 087 231.



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A woman with blonde hair is lying on her stomach on a tiled pool deck, looking out at a swimming pool. The image is overlaid with large, colorful geometric shapes: a blue triangle at the top, an orange triangle on the left, and a purple triangle at the bottom left. The text 'DISCOVER A NEW LIFESTYLE' is written in white capital letters on the blue triangle.

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Lakeside Village	14 Lewington Gardens, Bibra Lake	Wednesday 10th February	Monday 8th February
The Pines	21 Ponte Vechio Bvd, Ellenbrook	Thursday 11th February	Monday 8th February
Homestay Village	267 Wharf Street, Queens Park	Friday 12th February	Wednesday 10th February
Harbourside Village	7 Honiara Way, Mindarie	Tuesday 16th February	Sunday 14th February
Woodstock West	146 Strickland Street, Bunbury	Wednesday 17th February	Monday 15th February
Parkland Villas Ellenbrook	25 The Parkway, Ellenbrook	Thursday 18th February	Tuesday 16th February
Parkland Villas Booragoon	510 Marmion Street, Booragoon	Friday 19th February	Wednesday 17th February
Parkland Villas Mandurah	2 Hungerford Avenue, Halls Head	Wednesday 24th February	Monday 22nd February
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3	Sunray Circle (after Woodlake Bvd)	9.27am	15515
4	Ponte Vecchio Bvd (before Monaco Ave)	9.30am	15508
5	Ponte Vecchio Bvd (after Milano Pde)	9.32am	15509
6	Arrive Crown Perth	10.15am	
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1	Bullcreek Station	9.01am	23707
2	Stockland Shopping Centre	9.10am	10499
3	Leeming Chemmart	9.16am	20394
4	Willetton Sports Club (opposite Southlands)	9.24am	11198
5	Opposite Riverton Forum	9.31am	20276
6	Carousel Shopping Centre	9.40am	10050
7	East Victoria Park Shopping Centre	9.49am	11726
8	Arrive Crown Perth	9.58am	
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Coins: The wreck of the *Batavia*: Part 2

by Mikel Smits

THE aftermath of the wrecking of the Dutch East India Company merchant ship, *Batavia*, on Morning Reef within the Abrolhos Islands in 1629 has been described as one of the most treacherous and savage episodes in maritime history.

We continue the story, originally 'inspired' by the recent release of a *Batavia* commemorative \$5

silver proof coin from the Royal Australian Mint.

While much has been written of the *Batavia*'s demise, it would seem to me there must be degrees of speculation and assumptions within as I've found some conflicting accounts of what transpired including records as to how many were originally on board and the number of lives that were either subsequently and tragically

lost by murder or judicial execution. I imagine this may in part be due to the fact that being such an unsavoury turn of events, records and narratives may have been skewed; I shall therefore embark on a holistic approach to the story.

Up to 340 officers, troops, crew, merchants and travellers including women and children were aboard when the *Batavia* set sail from Holland in October 1628. Of that number, 68 eventually survived and arrived in Batavia (Jakarta) in the Dutch East Indies, now Indonesia.

The consensus is that even if the vessel had not accidentally come to grief on our west coast, the ship and its passengers were in any case destined for another dreadful fate.

The ship's second in command, Jeronimus Cornelisz, and the skipper, Ariaen Jacobsz, supposedly secretly conspired with some crew and soldiers to seize the ship and its 12 chests of coins, amounting to more than 250,000 worth of guilders, at some stage after having left Cape Town.

As the *Batavia* was a new heavily armed state-of-the-art vessel, their further intention was to rid themselves of the passengers and maraud unsuspecting trading vessels in the East Indies. Jacobsz veered off course from their accompanying fleet heading on an outwardly east path,

but as fate would have it, before he and his cohorts instigated their treacherous act, he ran the ship, in full sail, into the Abrolhus ('Open Eyes' in Portuguese) reef in the wee hours of the morning on 4 June.

Dozens of passengers drowned, with the survivors taking refuge on a nearby island known today as Batavia's Graveyard. Food and water were retrieved yet it soon became apparent, following exploration of surrounding islands and the mainland 40 miles away, that supplies might not be sufficiently restorable, particularly water.

The ship's commander, Francisco Palsart, who must have been unaware of an impending mutiny (being sick along the journey, possibly from malaria, may have attributed to his lack of perception) then decided that rather than wait to be rescued, he set sail for Java in search of help with Jacobsz and a few of the crew in the ship's sloop.

If only he had taken his second in charge, Cornelisz, with him as well, the destiny of those others left behind may have been more hopeful, but instead, they were doomed.

On the supposition a rescue ship might return, which they would then overthrow and escape with the treasure, Cornelisz and his co-conspirators set about ensuring their survival prospects by ruthlessly dealing with the remaining survivors...

to be continued.



by Mikel Smits

WITH fewer and fewer letters arriving in the mailbox, almost always without stamps on them as well, what does the future hold for today's humble stamp and the hobby of collecting them – philately?

As I've mentioned previously, it is baffling and difficult to be able to say. However, over a series of articles, I shall endeavour to assess and then attempt to predict their future. I invite readers to write to me and share their ideas and outlook too; I'd love to hear them.

To tackle the subject I would like to take you on a trip back down memory lane and earlier, as I feel it is not only relevant but helpful to reflect on the past as historical information and trends can afford one the benefit of a clearer understanding of where we are at today and, in theory, coupled with a degree of intrepidation, hypothesize what might lie into the future...

The world's first stamp, the English One Penny Black featuring the head of Queen Victoria was issued in 1840. The revolutionary innovation of being able to purchase a postage stamp from a post office at the new, reduced flat-rate of one penny for delivery of a letter to anywhere in England was not only well received by Mr and Mrs Average, this new postal reform became universally popularised and adopted progressively by other nations.

Previously, one had to go to the post office, pay the postage according to the distance the letter would travel, and hand it over to the clerk who then 'stamped' it

The history and future of stamp collecting: Part 1

with his post office's date stamp, or postmark, which indicated that postage had been paid. Whereas now, people could pre-purchase stamps, affix them to a letter and drop it into a post box at their leisure.

In 1840, Queen Victoria was just 21 years old and had been reigning for only three years. In that same year she married her German cousin, Prince Albert. The young couple were fondly embraced by the people and so it is little wonder that schoolchildren in particular began keeping stamps as they were essentially miniature portraits of their beloved young monarch.

There is a quaint story in support of this which is in fact, the first recorded proof that stamps were being collected – it was an advertisement published in *The Times* newspaper in 1841 that read as follows:

A young lady, being desirous of covering her dressing-room with cancelled postage stamps, has been so far encouraged in her wish by private friends as to have succeeded in collecting 16,000. These, however, being insufficient, she will be greatly obliged if any good natured persons who may have these (otherwise useless) little articles at their disposal would assist in her whimsical project.

Details as to where they could be sent or hand-delivered followed.

These otherwise useless little articles would have been penny blacks, penny reds and twopenny blues. Today, the little girl's stamp wallpaper would probably buy you a snazzy apartment in London.

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British Pension Update



by Mike Goodall

WE are still receiving many calls from UK expat pensioners wanting to join BPIA and with each new member we examine whether they are receiving their maximum pension from the UK.

A number of calls came from many ladies who have been claiming a small UK State Pension in their own right, because they reached State Pension Age (SPA) before their husbands. When their husbands reached SPA they were not been informed that they are entitled to submit a claim for a pension increase to 60 per cent of their husband's basic state pension.

There must be thousands in Australia who are not receiving their correct pension entitlement. Please tell your friends and neighbours who might not read this column.

Since 1995 the UK Government have had plans to gradually increase the UK State Pension Age (SPA) for women from 60 years of age up to the same age of men at age 65. However although the laws were passed in 1995 the changes were not publicised sufficiently well and it was not until 2009 that the Government realised that women were still expecting to retire at age 60.

In 2007 the next phase of increases was agreed for both men and women to have their pension age gradually increased from 65 to 66. In 2011 the UK government decided to 'speed up' the timescale for both men and women to rise from age 65 to age 66.

Most people would agree with the equal-

ity part of this change. However planning for retirement is a long term process and the UK Government have always publicised changes a minimum of 15 years before any regulatory changes, that could cause potential problems, took place.

In this particular case this has not happened and a campaign has been underway in the UK to highlight this injustice which affects all women born after 6 April 1951.

The campaign group is known as Women Against State Pension Inequality (WASPI). They have a Facebook site and a petition which has been signed by more than 128,834 people. They are not campaigning against the fact that women should reach SPA at the same time as men but about the rapidity of the increases implemented in 2007 and 2011.

Recently two debates were held in the UK Parliament. The first on 2 December 2015 and the second on 7 January 2016. The second debate resolved to review the date changes by 158 votes to 0.

Following these debates and the fact that the petition has reached more than 100,000 signatures, there will now be a debate held in the main House of Commons chamber on Monday 1 February.

I will keep you all informed of the result of February's debate. There is always the possibility that if the UK Government win the vote that the case might be taken to the courts because an appellant succeeded in a similar case in the Netherlands.

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



by George Gouteff

IT'S a new year and the start of the club's regular Thursday morning paddles is just over a month away. It's also that time of the year when the club invites senior men and women to consider taking up kayaking as a healthy, low impact recreational activity.

New members' days

will be held on the Caning River at Kent Street Weir, Wilson, on Thursday 7, 14 and 21 April commencing with registration at 8.30am. No previous experience is required but you must be able to swim and exit a kayak unaided. Experienced club paddlers will give instruction and supervise activities.

During the first three week try out period the club provides loan kayaks, paddles and personal floatation devices to potential new members. After that period new members are expected to purchase their own kayak

and equipment.

Potential new members should not to purchase a kayak until they have discussed with experienced club paddlers what type of craft is most suited to club activities.

The club held its annual general meeting in December at the Ascot Kayak Club. Peter was re-elected president and Kate was elected vice president on the retirement of Barry.

In his 2015 president's report Peter pointed out that the club continued to prosper on all fronts and that 2016 would be the 30th anniversary of the

club's founding.

He said that the well below average rainfall had curtailed a lot of white water activity with only one trip to Dwellingup and a limited number of Upper Swan River paddles. On the other hand two additional venues were added to the already extensive flat water-paddling program namely Woodbridge and Champion Lakes.

As always, safety on the water has featured high on the club's list of priorities and to this end two safety days were held at Hillarys Boat Harbour. The first

safety day was for existing members to refresh their knowledge of rules, regulations and to sharpen their rescue and recovery skills. The second safety day was for new members to build up self-confidence by learning how to safely paddle a kayak.

Social activities, which consisted of a breakfast, a number of riverside barbecues and a couple of lunches, were well supported.

For further information visit our web site, www the Over 55 Canoe Club or telephone club president Peter on 9409 3813.

When can you join The Over 55 Canoe Club?

Twenty eight years on York's Easter Fair is going strong

THE York Easter Fair (antiques and collectables) will once again be humming along in the best and biggest Town Hall in country WA, Saturday 26 to Monday 28 March.

It will be full of memorabilia of times gone by at bargain prices.

Established in 1988 and still going strong it is now run by the York Friendship Club, a group of older ladies who fundraise for different charities monthly (UNHER, Médecins Sans Frontières, Fred Hollows etc.).

At the fair antique jewellery can

be evaluated and their friendly stallholders can help people with general enquiries.

In conjunction with the fair is the Peace Park Markets, opposite the Town Hall on the Saturday and Sunday and full of diverse stalls.

York is a great little town to visit,

only one hour from Midland. It was founded in 1832 and is full of history. On the Easter weekend there is also the York Photography Awards to visit and many nooks and crannies of bric-a-brac around town. Join them and enjoy the special York ambience.



Fishing and crabbing are just two of my hobbies at Belswan's Mandurah Lifestyle Village

Belswan Mandurah resident Vic Cooper is an avid seafood lover and is always keen to share his knowledge and fishing spots with other keen residents. Fellow resident Janet Bartlett was keen to learn the skills and rolled up her slacks to give crabbing a go. Vic says "you'd be surprised how many friends I've got when I bring home a bucket full of blue manna crabs or a good catch of fish. That's when I say come and catch them with me next time".

Come fishing with Vic – make your move now, with a choice of Garden Cottages, 2 bed or 3 bed, 2 bath homes with double lock up garages. There are homes to suit every budget.

Open **Wednesday and Sunday 1.30 to 3.00pm** at 129 Murdoch Drive, Mandurah. If life by the sea appeals, Belswan Mandurah Village is for you, call **Robyn or Ian on 0488 155 110** and make a time to visit that suits you.

Email: belswan@seniorsown.com.au
Phone **0488 155 110** or **08 9243 1366**



Living and flourishing with arthritis

SUZIE Edward May is the guest speaker at the WA Self Funded Retirees Association meeting 11 March. Her talk is entitled Flourishing with Arthritis.

Suzie is a health advocate and educator, speaker, author and qualified lawyer and welfare officer. She is the WA consumer representative on the National Arthritis Consumer Reference Group, convened by Arthritis Australia, and has been an active volunteer and advocate with Arthritis and Osteoporosis WA for 12 years.

She shares her courageous story of living with musculoskeletal disease. Through her own personal challenges she has become an advocate for people living with arthritis in Australia and shares with people her tips for living, managing well and flourishing with arthritis.

Suzie is committed to empowering individuals to live a full and connected life, despite their health challenges.

She is also passionate about the power of education through the sharing of knowledge and experience to motivate individuals, groups, communities and governments.

She is the author of *Arthritis, Pregnancy and the Path to Parenthood* available at www.givingvoice.com.au.

The audience will find Suzie's powerpoint presentation to be professional and informative and one which will certainly generate many questions.

Each month on the second Friday at 10am the WA Self Funded Retirees Association, holds a meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat at which guest speakers talk on topics of interest to retirees.

Visitors to the meetings are most welcome and for more information please contact: Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

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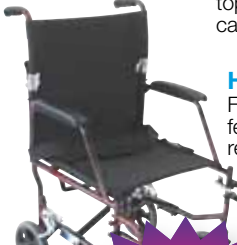
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SRCWA President's Jottings



Tech Savvy Seniors

SRCWA in partnership with Telstra is conducting a FREE connected seniors workshop on Friday 26 February from 10am to 2pm. Morning tea and light lunch will be provided courtesy of Telstra. This workshop "saving and sharing our memories in a digital world" will include presentations, information sharing and hands on use of portable electronic devices (tablets/iPad). Bookings are essential contact Martin Yates on 9492 9774 for further information or to reserve a place, numbers are limited. The workshop will be held at a venue with easy access to public transport and paid parking.

Lawn Bowls

- State Over 60s Mixed Pairs Tournament

Seniors Recreation Council of WA is proud to announce its partnership with Bowls WA in presenting the State Over 60s Mixed Pairs tournament to be held on 27, 28 and 29 April.

SRCWA Annual Seniors Ball

The Seniors Masquerade Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 8 June, 1pm to 4.30pm. This event is proudly sponsored by Crown Perth and Have a Go News. Put this date in your diary, if you would like further details contact Kate Chetwin 9492 9771.

Seniors Exergaming WA

The Seniors Exergaming WA program promotes activities for older people using the xBox Kinect gaming console. A manual has been produced which is used by retirement villages, senior centres/groups and individuals to enable them to take part in the program and participate in the competition which is run in the centres.

Competition dates for 2016

Round 1 - Kinect "King Pin" Bowling commences week of 14 March concludes, week of 6 May.

Round 2 - Kinect "Stack Em Up" Games commences week of 30 May concludes, week of 22 July.

Round 3 - Kinect "King Pin" Bowling commences week of 15 August, concludes week of 7 October.

For further information on this program please call Martin Yates, program manager on 9492 9774.

Pole Walking

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add a new dimension to walking as an exercise. Pole Walking is an easy, efficient and low stress activity that engages the whole body in a total body workout.

It suits all ages, fit or unfit, as you can adjust your walking to your own ability.

To find out more about Pole Walking or to organize a personal or group demonstration call the SRC office on 9492 9773.

Have a Go Days 2016

- 13 April
Have a Go Day - SRCWA Rockingham Branch-Aqua Jetty Rockingham
- 9 November
Have a Go Day - 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

New year's resolutions



by Jon Lewis

IS it okay to mention new year's resolutions?

I have managed to keep my new year's resolution and, so far, it seems to be working out well.

It is to turn my bad habits into good habits.

Billy Fields sang it best to my mind with his big hit *Bad Habits*. Those lyrics still ring out true... "I've got so many, bad habits".

How did he manage to make bad habits seem like a good thing? He even made it sound like a cool thing too. As a result for many years I actually thought bad habits were a sort of badge of honour, perhaps even to boast of? Nothing could be further from the truth.

Bad habits are exactly as written (and sung) - bad habits.

It occurred to me with a jolt of realisation during another trying time

resulting from my bulging bag of bad habits. You see, I was late and rushed and frustrated and lost and upset and... it occurred to me these bad habits had to go. This is when my realisation kicked in.

This was all happening automatically. I was not making it happen. That is my intention was not to be like this. After all, why would I deliberately make myself do these crazy things? Why would I make myself late on purpose and invite all the trouble that follows?

So if this was happening without effort, without thought, without me even thinking... could I achieve the opposite just by applying good habits?

Could it be that simple? Could bad be replaced with good? It's a nice idea and is it possible?

The first step was identifying the habits that were bad. Fortunately for me there were all too many friends and my lovely 6PR radio listeners too delighted to jog my memory. So many I had to write them all down.

That's when I realised... I'm gonna need a bigger piece of paper.

The next trick was to work out what the good habit would be?

It wasn't always so clear. I had to ask for advice. This did not come quite so generously, as others often had the same habits and also did not know how to break them.

So I started simply and with clarity.

On a morning the bed looks messy until it's made. My bad habit was to leave it until it was time to go and then make it. Sometimes, of course, I was running too late and the bed was simply left.

Bad habit.

The solution was to wake and make the bed while I was still figuring out what my name was and foggily remembering to brush my teeth. I actually enjoyed starting my day like this with a new good habit. It made me feel like, already, I was doing great. Already I was succeeding. Already, and I hadn't even brushed my teeth yet.

The feeling of success grew. Each time I identified a bad habit and considered what the good one would be, I felt happy. Arriving late is a beauty of a bad habit. My solution was to look up the address on the internet and see how long it takes to get there. Then make a departure calculation allowing some extra time for traffic and parking and oh because its me, getting lost too. Now I arrive early and find the best parking which is often a free spot. Wow, I'm saving money too. Turning my bad habits into good habits is really paying off.

Habits are often created with no thought at all. They just happen and can easily become entrenched. They can also become invisible to us.

Imagine if we use this automatic power for good? Imagine if all you have to do is create a good habit that works for you. A good habit that does all the work without you or me even thinking about it?

This reminds me of a joke... when the nun was asked why she always wore the same dress, she replied... "it's a habit".

"Hey Ma!" "Did you see me on the telly?"

by Rick Steele



I WAS fortunate enough to be invited, along with my daughter Katy to help out for the Channel Nine Yarloop fundraiser.

I think the night raised more than \$800,000, now that's a hit. Well done WA again.

On Saturday 12 March I am taking a band to Pinjarra Race track for a function to raise money for a Camp Quality Wescarpade car entry.

Camp Quality helps to create a better life for every child living with cancer in Australia by building optimism and resilience.

Wescarpade will be held this year in the first week of September and the convoy will be travelling up the Coral Coast past beautiful Coral Bay.

To find out more about the event visit www.wescarpade.org.au or call 9388 8533.

The Perth Blues Club meets at the Charles Hotel every Tuesday night at 8pm.

On Tuesday 16 February is a special show "The Great 88" (note there are 88 keys on a proper piano).

Included in the line up are Bob Patient, Bill Blisset, Paul Gioia, Kat Kinley and a young Dean Kerr tinkle, pound and/or caress the ivories for your applause.

On Tuesday 8 March the International band Cedric Burnside Project, (grandson of RL Burnside) will be our first major act of the year.

Born and raised around HollySpring Mississippi, Cedric is a four-time winner of Blues Music Drummer of the year Award.

They have created their own genre of Mississippi Country Blues, soul and RnB which will keep your feet stomping "all night long."

Check out Perth Blues Club page for more info about this show and what's on weekly at www.perthbluesclub.com

Everybody knows what a wonderful job Rotary does in our community, so I am delighted to have been invited by the North Perth branch to help in a fundraiser for "Harmony Place", a refuge for victims of domestic violence, homelessness and/or other life crises.

On Sunday 17 April from 4pm to 8pm we will be having some fun with some old fashioned tunes at the Alexander Tennis Club in Clyde Street, Menora. There will be light meals available, and the bar will be open.

For more info call Geoff 0404 851 753.

My favourite DJ at 6PR Rod Tiley is back from holidays on Saturday mornings and I do a special guest spot most Saturday mornings at about 6.40am and sing live! How is this possible that an old blues man is singing that early? That is my secret...

The Grosvenor Hotel at the East Perth end of Hay Street in the city opposite the Perth Mint serves fine meals and provides excellent service seven nights a week.

On Wednesday nights from 6pm to 9pm I provide some "old school" entertainment with songs and jokes from yesteryear. "Baby Boomers" will not be offended.

I've had my paintbrushes out lately and had an attempt at a couple of portraits.

Word must have got around because last week I got a call from a voluptuous fan from the blues fraternity who said, "Oh Ricky please I want you to paint me in the NUDE!"

Well, after deliberation I said "OK, but can I keep my socks on? I need somewhere to put my brushes."

Cheers dears.

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Heritage Corner - Enjoy the walk and talk heritage series in Perth



His Majesty's Theatre

HERITAGE Perth is delighted to announce the 2016 program for the Walk and Talk Series.

These free events are created to show different aspects of our city's fascinating and long history including our cultural, built, economic, social, spiritual and environmental heritage.

This year kicks off with a

look at our entertainment history with one of Perth's most charismatic characters, the irrepressible Ivan King. He is the founding curator of the Museum of Performing Arts at His Majesty's Theatre.

Born in Midland, Ivan appeared in plays and musicals throughout Australia and New

Zealand before spending two years working in the regional theatres of Great Britain. He returned to his home town in the 1970s to continue a stage career, acting, writing and directing in Perth's major theatres and theatre-restaurants. Consequently Ivan's knowledge of the history of theatre and the performing arts in WA is second to none.

The curator of the Museum of Performing Arts will join Richard Offen for *An Audience with Ivan King*. Presented in association with the Perth Theatre Trust, the event will be staged on Wednesday 24 February, 12.30pm, Downstairs at The Maj. The conversation will be informative, witty, possibly even waspish, but definitely deliver a dose of entertainment heritage.

There will also be a guided walk around the beautifully revitalised and newly named Cathedral Square. This precinct features the state buildings (the

Old Treasury Building) which have been such an important part of daily life for the people of Perth, St George's Cathedral, St Andrew's Church, Burt Memorial Hall which was used during WWII to accommodate evacuees from the Dutch East Indies (Indonesia), who fled to Western Australia to escape the Japanese advance, and the Old Deanery which was built in 1859 as a residence for the first Dean of Perth, the Reverend George Pownall. There is much to rediscover on this one hour journey.

The Old Court Law Museum will host a talk about one of the first people to practice law in the Swan River Colony, Alfred Hawes Stone (1801 - 1873). Beyond being a lawyer, Stone was a keen wet-plate photographer who recorded much of Perth's development. Whilst he was an amateur, Stone's photography provides us with a glimpse into life in early Perth.

Later in the year we will look

at our natural heritage, our trees. Trees are essential for life. They are also the longest living organisms on the planet and, as such, give us a link between the past, present and future. The City has a comprehensive heritage tree program which is sure to surprise people and this walk will show some of them.

We'll also take a journey into the Life on Station - Perth Central Fire Station. Located on Murray Street, it was known as the No. 1 Fire Station and was officially opened in July 1903. Through this talk people will hear about what it was like to be a fire fighter in the early 1900s when there were horses to be fed and hoses to be mended.

Local historian Eddie Marcus will be taking a guided walk around Perth's oldest hostels where people will discover dubious architects, dodgy landlords and another, shall we say, rather interesting side to Perth's history.

Generally the walks and the talks will last no longer than an hour so it is possible to pop out in a lunch break for a heritage hit. All events are free, but bookings are required as places are limited. Bookings for each event will open a few weeks prior to the event date.

This year Heritage Perth invites people to Walk and Talk Heritage and rediscover the discovered.

For more information about Heritage Perth 2016 Walk and Talk Series or to book a place at the first event, visit www.heritageperth.com.



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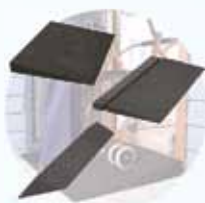
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Community NOTEBOOK

- **WESTERN AUSTRALIAN CARD COLLECTORS SOCIETY**
Meetings last Saturday of each month. 1pm-4pm
Held at the Uniting Church Hall
165 Railway Pde. Mt Lawley.
Afternoon tea provided.
Ph Ann 9299 6642 WWW.W-A-P-C.NET
- **BASSEDEAN MELODY CLUB**
Meets Fridays 10am-12pm
Community Hall Bassendean
Sing-a-long, entertainment and friendship.
Ph Carol 9279 3718
- **GOSNELLS ANTIQUE AND COLLECTORS FAIR**
27 Feb. 9am-3.15pm
Ad. \$5. Conc. \$3. Under 14 free
Amhurst Community Centre, Canningvale
Ph Warren 0417 536 472
- **HERB SOCIETY OF WA**
Monday 22 Feb. Doors open 7pm
South Perth Scout Hall
20 Pilgram St. South Perth
All visitors welcome. Cost \$4.
Enquiries@herbsocietywa.com
- **THE ROCK'N'ROLL RECORD COLLECTORS CLUB**
(50s and 60s music)
Next meeting Wed 9 March 7.45pm.
Admission \$3 inc supper.
Guest speaker. Visitors welcome.
South Perth Community Hall. Sandgate St.
Enq 9306 2578 Meetings every second Wednesday of month.
- **CAPITAL RADIO 101.7 fm. WIRELESS HILL**
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radio are played.
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Tel. 9364 9888 www.capitalcommunityradio.com
- **CAMBRIDGE STREET FESTIVAL**
Saturday 12 March. 3pm-7pm.
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9347 6000 or mail@cambridge.wa.gov.au
- **RETRO REWIND ft THE VINTAGE COLLECTIVE MARKET**
12 March, Yanchep National Park, 1pm-5pm.
Cost free.
All welcome, bring a picnic, music, workshops
and activities to celebrate everything retro.
www.wanneroo.wa.gov.au
- **NANNUP MUSIC FESTIVAL**
4-7 March. A huge array of performers, workshops,
jam sessions, bush poetry etc.
A delightful weekend of family fun.
Ph 9756 1511
- **ACT-BELONG-COMMIT A SWELL DAY OUT**
Sunday 28 Feb. 10am-4pm.
Mandurah Performing Arts Centre
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Art and lifestyle markets, celebrate WA's creative
talent.
Contact 9550 3900
- **JONATHON WELCH AND THE CHOIR OF HARD KNOCKS**
Joined with local singers.
Fri 11 March at 7pm. Cost free.
Civic Amphitheatre
1317 Albany Hwy. Cannington
BYO seating and picnic blankets.
- **BALLET IN BEVERLEY**
Charlesworth Ballet Institute presents an evening of
ballet.
Fri 19 Feb.
Beverley Platform Theatre. Gates open 5.30pm
Performance starts 7.15pm, concludes approx.
8.45pm
ONLINE BOOKINGS www.trybooking.com/JXTM
Enquiries www.beverley.wa.gov.au

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travelling

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FEBRUARY 2016

• Frank Smith's trip to Mexico • WA's Great Outdoors • Going Fishing

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

Have a Go News' journalist Frank Smith and his wife Mary-Helen recently toured around Mexico. Pictured above is Mary-Helen in one of the streets of Taxaco in Mexico. Read more about Frank and Mary-Helen's Mexican adventures on page 23. Picture: Frank Smith

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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Jen Merigan

TRAVEL insurance is an absolute necessity but it's also important for consumers to be aware and investigate the particular policy they buy.

Choice Australia recently issued a press

release to warn consumers to think carefully about pre-purchasing travel insurance following an ASIC investigation that found Tigerair misled customers into thinking they were cov-

ered for flight delays when they weren't.

Choice warned consumers, especially for those with a pre-existing health condition, not to be tricked by the airlines' one-size-fits-all travel insurance. To take the time to read the detail of the policy and contact their insurer to find out what is covered and what is not.

It seems with so many insurance companies around these days it really is very important to do your homework before purchasing a policy.

Don't forget to buy your travel insurance when you book your holiday so if anything goes wrong with your health prior to your travels you are covered for the cost of cancellation.

The Chinese New Year kicks off on Monday 8 February and celebrations will take place throughout Asia and of course in most countries around the world.

Crown Perth are holding celebrations throughout February and will have a special fireworks display on Saturday 13 February.

Most of the restaur-

ants feature special menus for Chinese New Year.

This month we feature in our pages Frank Smith's travels to Mexico and some of his interesting experiences in travelling to this country.

The Talking Travel seminars will return in March and I will update readers in the next issue of the coming dates.

If you have a particular topic you would like covered please email me and I will try and organise a guest speaker.

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/Haveagoneews. There's always extra opportunities to win prizes and share interesting and fun information.

Happy trails

Jennifer Merigan
Travel Editor



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

Easter is approaching why not spend it with Cascade Tours

CASCADE Tours pride themselves on friendly, professional service where clients can relax and enjoy every day of their holiday.

Their 2016 Easter tour, (24 – 29 March) will be based in Geraldton for the first four nights, with a night at Cervantes Motel on the way home.

An overview of the tour includes: home pick up and return. Travel to Geraldton, stopping at Halfway Mill Roadhouse for lunch, then on to accommodation at the Ibis Styles Motel.

Day trips from Geraldton include: Local sights, Geraldton harbour and the HMAS Sydney memorial. A visit and lunch at the Lavender Valley Farm in the picturesque Chapman Valley, the Tin Man and a visit to the fabulous old museum at Yetna. A tour at the heritage listed Oakabella Homestead built in 1851 and believed to be haunted, plus free time in Kalbarri after visiting some of the amazing gorges.

The return journey will take you to Cervantes for lunch. After lunch check into the Cervantes Motel, enjoy free time or for those who wish, a visit to the Pinnacles Desert. On the way home travelling to Moore River for lunch and enjoying a relaxing river cruise.

This tour includes all full breakfasts, five lunches and all dinners, plus morning or afternoon tea every day. People will never go hungry on Cascades tours.

All you have to do is pack your bag and Cascade Tours will do the rest... prepare to be spoilt.

This is a friendly and relaxing tour with fun and games on board the coach, home pick ups and returns. A chance to catch up with old friends and meet new ones.

Cascade Tours has more than 21 years experience in the coach industry, which includes providing seniors day tours. For further details contact Cascade Tours on 9574 0218 or 0421 306 734 or visit www.cascadetours.net

The Villa fire appeal fundraising tour

THE team at Villa Carlotta Travel, like all West Australians, are greatly saddened by the recent tragic fire in the Waroona and Harvey districts. Thoughts and best wishes are with those whose lives have been dramatically impacted.

For many years, Villa tours have visited the warm and friendly townships of Yarloop, Harvey and Waroona.

It is devastating to now see some of Villa's near and dear friends from Yarloop, who they consider part of the Villa family, now tragically without homes and businesses.

Whilst Villa and our staff have already made donations and sent care packages, they would like to do a lot more and what better way than to use their skills, expertise and a Villa coach to help the victims of the fire.

They invite people to gather with friends and neighbours to join them for the Villa Fire Appeal Fundraiser Tour to help raise funds for the proud regional WA communities which have been affected.

Proceeds from the tour will be going to the Lord Mayor's Distress Relief Fund (LMDRF), Waroona and District Fires Appeal.

In addition to all the proceeds from the tour, Villa will also make a further cash contribution of \$1000 and staff will be donating their time.

They look forward to people's generous support of this fundraising appeal.

Highlights include a visit to the world class Dardanup Heritage Park, enjoy Margaret River's finest local produce, a visit to Cape Naturaliste Lighthouse, Gnomesville and Ferguson Valley and dinner by the Busselton foreshore.

Included in the tour is pre/post tour transfers (ex Perth), 10 meals, four nights accommodation, tours and attractions, with a professional Villa tour leader and coach captain.

Day 1 - Perth to Busselton (D)

Day 2 - Margaret River Wine Region Produce (BD)

Day 3 - Dardanup Heritage Park and Ferguson Valley (BLD)

Day 4 - Dunsborough and Busselton (BD)

Day 5 - Busselton to Perth (BL)

Itinerary is subject to change. Terms and conditions apply.

Five days from Monday 18 to Friday 22 April. Cost per person twin share (inc GST) \$1180. Single option \$190.

FreeCall 1800 066 272 for details.

EXTENDED TOURS



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3-8 May, 6 days, 5 nights

COST Adults \$1600 Seniors \$1550 SS \$430

Includes morning, afternoon tea, accomm, lunch, dinner, breakfast, BYO one lunch.

Rottne Island in a Day
18 March, COST Seniors \$185

Train to Oliver Hill, tour gunnery and bus around island.

Mystery Tour, 23 February, COST Adults \$105 Seniors \$100

Wagin Woolarama, 12 March, COST Adults \$50 Seniors \$45

Pilbara & Broome 14 day Tour, 20 July, BOOK EARLY

Mystery Tour, 14-16 November, 2 days/1 night

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DECEMBER	MANJIMUP CHERRY FESTIVAL	\$ 900
DECEMBER	CHRISTMAS BY THE BAY	\$1,850

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ADVERTISING FEATURE

travel options for the mature west australian

Meandering through Mexico...a country of many contrasts



Frank at the Pyramid of the Moon

by Frank Smith

MEXICO has many of the world's largest pyramids and many more, unexcavated are probably lurking in the jungles of the Yucatan.

When the Spaniards arrived in Mexico uninformed they destroyed all temples that were in use for worship by the ruling Aztecs. But those that

had been abandoned before their arrival were ignored. In many cases they survived until rediscovered in the 19th Century.

The templo mayor in Mexico City was not so lucky. The 40-metre high pyramid was destroyed by the conquistadors and built over, only to be rediscovered in 1978. Colonial buildings have

since been demolished to allow excavation, a work still in progress.

The temple was built on the exact spot where the Aztecs saw their symbol of an eagle perched on a cactus with a snake in its beak.

A modern museum showcases artefacts recovered and explains how the temple originally looked.

Some 50km north of Mexico City lies the remains of what was central America's largest city Teotihuacán, which reached a population of 125,000 and commanded a Toltec empire stretching as far as El Salvador. The city included the pyramids of the sun and moon built some 2000 years ago.

The Pyramid of the Sun is the third largest pyramid in the world exceeded only the pyramid of Cheops in Egypt and another Mexican pyramid at Cholula.

Each pyramid was built in several stages with an initial pyramid covered with a second larger construction and then more was built later.

Pre-Hispanic Mexicans assembled three million tonnes of stone without wheels, pack animals or metal tools, yet they had a sophisticated writing system and a complex calendar.

Between the pyramids is the avenue of the dead

which was lined with palaces, temples and murals, some of which still survive.

The city was burned, plundered and abandoned in the eighth century possibly due to the rise of the Aztecs.

Many other pyramid and temple complexes were constructed by the Olmecs, the 'mother culture' of Mexico and the Maya in the Yucatan.

One of the best preserved is at Uxmal in the Yucatan which was built and rebuilt five times

Most famous is the Maya complex of Chichen Itza in the Yucatan built by a Maya civilisation and abandoned in 14th Century. The 70 odd buildings, not yet all excavated include an observatory important for predicting the best time to plant crops

"The Americans have no history, but they do have money," said our guide, Juan at Chichen Itza. That explains why much of the archaeology

and restoration is supported and paid for by American universities.

Chichen Itza also has the largest and best preserved ball court where teams of Mayans competed to force a rubber ball through a stone ring without using their hands. The captain of the successful team was decapitated willingly as this led to his immediate access to heaven.

The pre-conquest Mexican civilizations practised human sacrifice on a massive scale, attacking other tribes to provide victims. A major reconstruction and rededication of the great temple at Teotihuacán involved the sacrifice of

20,000 victims over four days in 1487. The Maya believed that the Gods had sacrificed themselves to create humans and demand human blood in return for their sacrifice.

There is more to Mexico than pyramids. There are beaches, cañons, art galleries, museums, floating gardens, spectacular scenery, jungles, flamingos, silver mines and much more.

Mexico has its dark side too. There are drug wars in the north and Mexico City itself averages four homicides a day, but staying in the Centro Historico and tourist areas we never felt threatened.

UPCOMING 2016 TOURS

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Newport Rhode Island

JOIN West Australian Deryn Thorpe, renowned gardening expert, writer and presenter, on this garden cruise from Montreal to New York visiting stunning gardens in glorious

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Deryn has worked as a journalist for more than 30 years and writes a weekly gardening column, as well as presenting on *Greenfingers* tel-

evision show on Channel 7. As a popular speaker at garden clubs and the WA expert for *Your Garden* magazine, there is no better-qualified person to guide people through the glorious gardens of Quebec, Charlottetown, Sydney, Halifax, Bar Harbour, Boston and Newport.

Highlights of Travelrite International's 2016 Fall Colours garden tour include a 10-night cruise aboard the luxurious MS *Rotterdam*; Chateau de Ramezay in Montreal; Anne of Green Gables Museum at Silverbush; the maples and elms at Halifax Public Gardens in spectacular autumn

colours; the 19th-century Halifax Citadel National Historic Park; the gardens of Mount Desert Island, Maine; Long Island's Old Westbury Gardens; Highline Park on Manhattan Island and the New York Botanical Garden.

Priced from \$9,530 per person twin share, this 19-day round trip departs on 13 October and includes economy air travel from Perth to Montreal and return from New York, 10-night luxury cruise, two nights in Montreal and four nights in New York City including breakfasts, welcome dinner in Montreal and farewell dinner in New

York, as well as sightseeing tours of Montreal, Quebec, Halifax, Charlottetown, Sydney, Bar Harbor, Boston, Rhode Island and New York City.

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*Please note that this is not a guided package tour. It is independent travel on either TransWA or self drive.



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13 Oct - 1 Nov 2016



let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



by Jeanette Woolerton

FEBRUARY is always a significant month in Australia as it signifies the onset of the harvest season. It is a time to celebrate

the earth's bounty, as well as feed passions as lovers share chocolates, flowers and wine on Valentine's Day. Plump, ripe fruits are displayed on roadside farm stalls in a kaleidoscope of culinary colours. Deep purple berries and grapes, green, red and gold apples, rustic pears, hot pink watermelon slices, edged with white and green, amber pineapples and crimson strawberries lure people with their

February a special month to celebrate many things

fragrant aroma. This is a magical and romantic month, as lovers gaze at the stars and the keen gardener's most revered mentor, the mystical moon, takes centre stage. Observing the planets at this time of year is both educational and inspirational. Before electricity, moonlight was crucial for farmers who had to work after sundown, especially in early autumn when many crops were ready to be harvested. For that reason, the full moon closest to the autumnal equinox (it can come either two weeks before or two weeks after depending on the year) was called the 'Harvest Moon'. The Harvest Moon falls on Sunday, 20 March in the southern hemisphere this year. Typically, the moon rises about fifty minutes later each day throughout the year. However, when the full moon occurs near the autumn equinox, the gaps between moonrises become shorter. The moon rises only about thirty minutes later each night, appearing at sunset. This is due to the moon's path, which creates a narrow angle with the horizon at the beginning of autumn. Not only does the moon rise earlier than usual in the evening, but this happens for several nights in a row – before and after the full moon – resulting in three consecutive days of the moon appearing at nearly the same time. Both of these events give the illusion that the Harvest Moon is bigger, brighter and closer. As the moon hovers over the horizon, it passes through dust and cloud particles that scatter blue light and only lets red light reflect upon the moon's surface. That is why the harvest moon usually appears to be yellow, orange, or red. In Melbourne, this planetary observation is taken to a whole new level as people are invited to celebrate the most romantic night of the year at the Melbourne Planetarium. It is a unique opportunity to take a seat at the centre of the universe and uncover the mysteries and mythologies written in the stars that have filled lovers with awe for thousands of years. On February 14, the Valentine's special event includes: • A complimentary glass of wine and cheese on arrival (cash bar available). • Viewing of the Japanese full-dome film *Musica: Why Is the Universe Beautiful?* that explores the concept of beauty through common elements hidden in music and nature. • An exclusive live dome presentation of Melbourne's night sky, highlighting some ancient love stories from the celestial past. • Outdoor stargazing through telescopes (weather permitting). Despite the romantic element, this tour is suitable for all ages. Visitors also have the opportunity to travel on a (virtual) spacecraft heading to uncharted limits of the solar system. People will become immersed in fantasy and facts, for example, did you know that approximately once in every 19 years, the month of February does not have a full moon at all? The years in which this anomaly occurs also have two full moons occurring in two different months. This phenomenon will occur next in 2018. There is little that can compare to the exquisite connection that people feel with the universe when seated beneath that seemingly infinite dome in the planetarium. It is a highly recommended experience, particularly at this time of year. For further information (and bookings for this event) refer to museum-victoria.com.au/planetarium/



Saint Isaac's Cathedral, St Petersburg, Russia

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UNIQUE holiday specialists Beyond Travel have recently added five new exclusive small group special journeys to their collection for 2016, with early bookers receiving up to \$600 in travel vouchers per couple to use against any additional Beyond Travel services. These unique small group tours have been carefully designed to offer Australian travellers an insight to lesser travelled regions of the world by combining areas of natural beauty and national parks with in-depth guided tours and a focus on authentic local experiences. They offer guaranteed departures, with comprehensive touring conducted only in English and include centrally located hotels, most meals, all transportation and gratuities and hotel portage. New for 2016 is the Central Asian Odyssey tour that explores the legendary Silk Road cities of Khiva, Samarkand and Bukhara. The 17-day journey has four departures in 2016 and is priced from \$6995 per person twin share. Also new for 2016 is the Highlights of Russia and Scandinavia tour which showcases a fascinating combination of regional cultures across the Baltic Sea. Visit five countries over 21-days, with private touring to many regional areas. There are four departures in 2016. It is priced from \$11,790 per person twin share. Book before 29 February to receive flexible travel vouchers, which are valid for a year. These can be used on any additional Beyond Travel product, such as hotel accommodation for pre and post river cruises, additional sight-seeing, European rail passes and more. For more details on this contact Beyond Travel on 1300 363 554 or visit www.beyondtravel.com.au/tours/exclusive-special-journeys

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ADVERTISING FEATURE



travel options for the mature west australian

Road hazards of Mexico



A typical road in Mexico

by Frank Smith

I RECENTLY travelled through southern Mexico in a minibus as part of an adventure tour. This is not recommended for nervous back seat drivers.

The road rules in Mexico are you drive on the right. However on country roads Mexicans usually drive on the side of the road with fewest potholes, moving to the right only for on-coming vehicles. Indicating is optional.

There are a number of other hazards too.

In winter dogs like to lie in the warmest place. That is usually the centre of the road. Mexican drivers good-humouredly try to avoid them, often without waking the sleeping mutt.

Chickens in rural areas of course play chicken with the traffic, as they do in most third world countries, and Mexican chickens are no more chicken than those of other countries.

To discourage speeding, Mexican authorities have placed speed bumps at the entrance and exit to most towns and often in between. These are known as topes and are sometimes marked with roadside signs, but not always. Unseen at night they serve also to waken sleeping drivers.

Accidents and breakdowns are frequent, especially as trucks often appear old enough to have seen service in the Mexican-American war.

Throughout the country are army checkpoints aimed to prevent drug smuggling. We were lucky to be allowed past without serious delay but a ute in front of us with a load of tomatoes and capsicums was individually unloaded before being allowed on.

In the mountains of the Sierra Madre frequent signs warn of dangerous curves. There are so frequent it would have been far simpler to have labelled the few curves that aren't dangerous.

In Chiapas, the southernmost state, where Zapatistas rebels still persist, locals close highways for hours by blocking them at strategic points with stationary vehicles. Apparently this is a protest against government activity or inactivity. A phalanx of thickset men armed with machetes ensures police and frustrated truckies do not try to enforce a right of passage. Blockade sites are carefully chosen so there are no easy alternative routes.

After waiting for several hours we walked past a blockage on foot and hired a minibus on the other side. Our original driver had the choice of the five-hour trek through a neighbouring state or wait until the blockade was eventually lifted. This occurred around 11pm. He and our luggage finally caught up with us at 2am the following morning.

In Mexico arriving is definitely preferable to travelling hopefully.

More holidays, more often in 2016



Perth Holiday & Travel Expo - one-stop-shop

IS it that people are working harder and stretching themselves too thin that they need to get away and recharge the batteries more often, or are they becoming more adventurous, and seeking out unique travel options to make the most of the wonderful world we live in?

Whatever the reason, people are using up more of their annual leave than they have in over a decade. Whether it be short get-aways or that once in a lifetime dream holiday, start planning an adventure now at this year's Perth Holiday and Travel Expo.

So where should people be going in 2016?

Cruising is still a popular option for many travellers. Accommodation, meals, room service, entertainment, and an endless array of activities are on offer from the moment you step onto the ship.

Princess Cruises' Sam Titley says, "When you take everything into consideration you'll discover that you can actually save money by going on a cruise."

APT's Jo Ellies suggests cruising down the Danube, or immersing

yourself in the unforgettable beauty of the Amazon River.

"River cruising is life-enriching, relaxing and unique where you only have to unpack once, enjoying the floating boutique hotel as great destinations appear at your doorstep," Ms Ellies said.

African safaris, 'glamping' in the Kimberley, organised European coach tours or mystical Indian rail journeys are just some of the offerings at this year's Perth Holiday and Travel Expo.

With more than 100 exhibitors from around the world showcasing their products, services and destination there is bound to be a hot deal to capture everyone's taste, budget and imagination. Destinations in-

clude the most popular to the obscure – covering Europe, Asia, Africa, Australia, New Zealand, Middle East, Arctic and Antarctica, and North and South America.

"We understand that planning a once-in-a-lifetime holiday, or even a short trip away can be quite daunting but it should be an exciting experience in itself," says Expo director Pat Strahan.

"The Perth Holiday and Travel Expo has it all – the convenience of being able to research travel options, talk directly to the travel experts, and then compare and book everything in the one location taking all the hard work out of holiday planning. Bookings can be made on the spot including flights, accommodation, tours and even travel insurance for that

extra peace of mind and with so many hot deals on offer, there are massive savings to be made."

There will also be a daily fashion parade showcasing holiday wear, live music and informative travel seminars providing tips and hints on getting the most out of your holiday experience.

The 2016 Perth Holiday & Travel Expo is a one-stop-shop for all your holiday needs. Head to Claremont Showground, Silver Jubilee Pavilion on Saturday, 20 and Sunday, 21 February from 10am to 4.30pm. Entry is \$10 for Adults, \$8 for aged pensioners and seniors and free for children under 15 years when accompanied by an adult.

Visit www.holidayexpo.com.au for full details.

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CHRISTMAS ISLAND is the lush tip of an ancient volcano rising enticingly out of the warm waters of the Indian Ocean.

An extraordinary array of plants and animals have evolved in isolation from the rest of the world making it a haven for nature lovers. The island's national park is home to more species that are found nowhere else on the planet, than any other Australian protected area. These include seabirds and millions of crimson-coloured land crabs, whose annual migration was recently labelled by Sir David Attenborough as one of his top 10 nature experiences of all time.

However, it's not just the island's rainforest that wows visitors – clear waters which wrap around the island are home to some of the most acclaimed snorkelling and diving spots in the world.

A short flight from Christmas Island is one of Western Australia's best kept secrets – the Cocos (Keeling) Islands. With palm-studded white sandy beaches, this spectacular string of 27 small islands (only two of which are inhabited) are a classic tropical paradise.

Chill-out on the beach under a palm tree, a stone's throw from your beachside bungalow or 'make it yours' by wading or paddling between each of the captivating coral

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Highlights of China

Including the International Peony Festival

 18 Days, Thursday 7 to Sunday 24 April 2016



Have you ever considered taking a trip to China? Please join me on this journey of a lifetime. I have visited the country many times by rail/road/air and it has been one of the great experiences of my life and stands out predominantly in my memory.

Besides seeing some of the country's greatest sights such as the Terracotta Warriors, The Great Wall and cruising down the Yangtze, we'll pay a special visit to the International Peony Festival, the largest event of its type in the world. The culture, history and landscape is fascinating to say the least and certainly a trip to be remembered.

Jennie Rimmer, Tour Manager

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Autumn Leaves

 12 Days, 19 to 30 April 2016

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- * Tour and morning tea at Chateau Barossa
- * Entry and train ride at the Australian Inland Botanic Garden
- * Dinner cruise on board PS Rothbury, Mildura
- * Pyab Cruise and Sound and Light Show
- * Entry to Lake Boga Flying Boat Museum
- * Entry to the National Holden Museum, Echuca
- * Tasting at Varapodio Estate, Milawa Cheese Company, the Brown Brothers Winery & at the Bright Chocolate Shop
- * Locally guided tour of Bright
- * Talk and morning tea at Lavender Hue
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Lord Howe Island

 9 Days, 25 April to 3 May 2016

Tour Highlights:

- * Lord Howe Island Cruise
- * Half day island tour
- * Visit Neds beach
- * Craft Activity at Ginny's Shed
- * Little Island walking tour
- * Glass bottom boat cruise
- * Talk from Ian Hutton (A local from Lord Howe Island)

Tour Includes: Home pick-up and return • Kings Tour Manager • Return economy airfares and taxes with Qantas • 1 night at the Travelodge Phillip Street, Sydney • 7 nights at Earls Anchorage, Lord Howe Island • Sightseeing as per the itinerary • Breakfast daily, 3 lunches & 7 dinners

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The Kimberley

 5 Days, 3 to 7 June 2016

Tour Highlights:

- * Day tour to Zebra Rock Mine & Gallery including lunch, cruise, evening canapés and dinner, Kununurra
- * Sunset tour at Home Valley Station including drinks and nibbles
- * Wilderness Park Entry El Questro Station
- * Chamberlain Gorge El Questro Station
- * Lunch at Diggers Rest Station, Wyndam
- * Locally guided station tour – Home Valley Station

Tour Includes: Home pick-up and return • Kings Tour Manager • Return economy airfares including taxes • Exclusive Kings Tour to Kununurra and the Home Valley Station • 2 nights at the Ibis Styles Kununurra • 2 nights at the Home Valley Station • Includes breakfast daily, 4 lunches & 4 dinners • Sightseeing and entry fees as per the itinerary

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 10 Days, 18 to 27 July 2016

Tour Highlights:

- * Kota Kinabalu sights
- * North Borneo Railway Tour
- * Visit the Sepilok Orang Utan Rehabilitation Centre
- * East Coast and Changi Tour, Singapore
- * Singapore Garden Festival and Gardens by the Bay
- * Footsteps of Raffles Tour with High Tea & Bumboat Ride

Tour Includes: Home pick-up and return • Kings Tour Manager • Return economy airfare including taxes • Exclusive Kings Tour • Transfers throughout in a luxury coach • 3 nights accommodation at the Pacific Sutra, Kota Kinabalu • 2 nights accommodation at the Four Points by Sheraton, Sandakan • 4 nights accommodation at the Royal Plaza on Scotts, Singapore • Breakfast daily, 2 lunches, 1 high tea and 4 dinners • Sightseeing and entry fees as per the itinerary

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Mauritius

 8 Days, 24 to 31 July 2016


Tour Highlights:

- * Stay in the beautiful Grand Baie
- * Visit the capital, Port-Louis
- * Shopping time at the Caudan Waterfront and Curepipe
- * Enjoy the Botanical Garden of Pamplemousse, one of the most beautiful botanical gardens in the world!
- * Visit a dormant volcano - Trou aux Cerfs
- * Visit the Grand Bassin sacred lake
- * Lunch at the Le Chamarel restaurant overlooking the southwest coast of the island with a view on Le Morne Mountain
- * Bois Cheri Tea Factory and the museum
- * Tea tasting in a chalet overlooking the plantations

Tour Includes: Home pick-up and return • Kings Tour Manager • Return economy airfares including taxes • 6 nights' accommodation at the Lux Merville Beach including late check-out on day 7 • Breakfast daily, 2 lunches and 6 dinners • Exclusive Kings Tour of Mauritius with luxury coach travel • Sightseeing and entry fees as per the itinerary

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South Africa & Victoria Falls

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Tour Highlights:

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- * Spend three nights at the Kapama Private Game reserve
- * Exclusive Game Drive to spot the Big 5
- * Visit Kruger National Park then experience an Elephant Interaction
- * Guided walk to Victoria Falls
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ADVERTISING FEATURE



Spoilt for choice on a Mediterranean cruise



Holland America's Nieuw Amsterdam, clockwise from top left; Pinnacle Grill - Explorers Lounge - cruising on Mediterranean waters - Canaletto restaurant

by Ann Rickard

IT'S all about the choices. And there are many. Should I eat Italian in Canaletto restaurant? Or go for Asian at the Tamarind? A steak would work, and they don't come any better than the big beauties in the Pinnacle Grill.

Then there is the tempting a la carte menu in the Manhattan dining room, and a wood fired pizza on the aft deck with my name on it. This is the way it is on a Holland America cruise.

There is much to do, a lot to eat, even more to drink. But there is also the option of doing nothing, and eating light – if you must.

On board the graceful *Nieuw Amsterdam* on a Mediterranean cruise recently, mixing it up was the way to go.

An early morning stretch class in the fitness centre, a cooking demonstration in the culinary arts centre, a photography lesson in the digital workshop, an outdoor movie on deck... a lot to fit in in a morning... but it had to be because there was free champagne in the Ocean Bar at 1pm for an art auction and no dedicated cruiser was going to miss that.

How to squeeze everything into your day could be your dilemma on board, especially with the duty free shops on deck three having a jewellery sale on the already ridiculously cheap prices. Still, a quick jewellery browse would leave time for the signature cocktail sampling in the Crow's Nest bar before an early dinner and a show in the two-tiered theatre and later a flutter in

the casino, followed by a late-night song in the Piano Bar with resident pianist Jeremy.

You see, much to do. Fortunately, it is a simple matter to get around *Nieuw Amsterdam*.

The ship is mid-sized and elevators whiz you up and down decks so you can plan your day at sea with military precision and fit it all in.

Or, and this is a biggie, just flop on a sunlounge on the Lido deck by the pool and do nothing except peel yourself away for an hour for a pro-collagen facial in the fragrant Greenhouse Spa.

Everything is micro-managed on board *Nieuw Amsterdam* so despite the other 2,000 guests on board there is no waiting to disembark in ports, no lining up at the front desk to book shore excursions (all done on-line before you sail, ditto for a super speedy embarkation), no queues at the food stations, no waiting at bars, no long lines to get in the theatre.

It is a seamless operation run by a surfeit of crew who all know your name within minutes of you embarking – and all who seem extraordinarily pleased to see you.

Cabin stewards smile broadly when they fill your state-room ice-bucket and place little chocolates on your pillow.

Bar stewards remember your favourite tipple, dining crew herald your arrival as though you were Kate and William coming in on the red carpet.

It all makes you feel pampered more than you deserve – even though you do.

All this and the pleasure of unpacking just the once in your spacious state-room with its airy sitting area and private veranda and wide screen user-friendly television and its spacious bathroom stocked with Elemis products.

'I really do love this cruising lark,' will be your last thought at the end of each day as your head hits the soft pillow and you snuggle under crisp white linen.

Then there is the thrill of a new port each day, guaranteed to be a place of allure and interest.

On our trip, we sailed from Venice to Dubrovnik, Corfu, Naples, Rome, Florence, St. Tropez, Monaco and Barcelona.

Could there be any more romantic ports?

Each shore excursion was managed with the same friendly efficiency we had become used to on board.

It was a case of disembarking one luxurious vessel to hop into another (an air-conditioned bus) to be whizzed away in more comfort while local guides gave valuable information about what lay waiting at the glamorous destination.

After each exciting day out in some of the world's most desirable locations (more about them another time), the smiling crew were always there, waiting at the gangway with cold towels and bottled water, more smiles and more love.

Cruise itineraries, prices and information at website: www.hollandamerica.com

The writer was a guest on board *Nieuw Amsterdam*.

Titanic fever sweeps through Perth with its season extended

DUE to overwhelming demand *Titanic – The Exhibition* season has been extended through until the end of February.

Already 50,000 people have enjoyed the exhibition since it opened at the Perth Convention

and Exhibition Centre on 12 December.

This is the largest and most comprehensive *Titanic* exhibition in the world. It is a journey on-board 1912's largest and most luxurious ship, culminating in one of the deadliest

maritime disasters in history. Beginning with her conception and construction, the exhibition sails through *Titanic*'s short, but grand life at sea and includes re-creations of her interiors alongside relevant artifacts. Sights, sounds and smells transport visitors back to 1912 to experience the opulent and excessive era of luxury steamship travel.

The exhibition is open daily at the Perth Convention and Exhibition Centre Monday to Friday from 10am (last entry 4pm), Thursday from 10am (last entry 5pm), Friday from 10am (last entry 6pm), Saturday and Sunday from 9am (last entry 4pm).

Tickets available at Ticketek or bit.ly/tixtitanic, group discounts available. For further information: www.titanicexhibition.com.au

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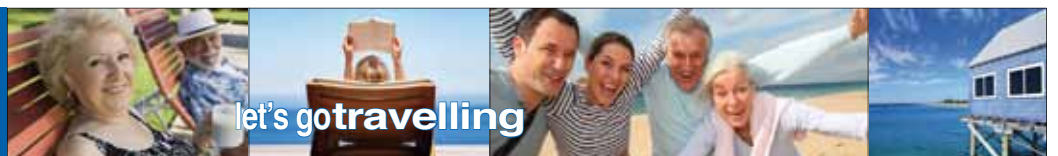
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let's gotravelling

Magical nights under a Kimberley moon for the Ord Valley Muster



The Durack Homestead holds a dinner during the Muster – tickets by ballot only

PEOPLE who plan to head north in their caravans should book early for the Ord Valley Muster from 13 to 22 May.

The breathtaking ancient landscape of the Kimberley with its magical energy deserves to be listed as a star attraction in the Argyle Diamonds Ord Valley Muster, alongside the top Australian culinary, music, and entertainment luminaries who feature in the stellar

line up.

Tickets are now on sale for key events including the Kimberley Moon Experience and the Kimberley Fine Diamonds Corporate Circle on Saturday 21 May, the Kimberley Kitchen, Melbourne International Comedy Roadshow and the ballot for the incredibly popular long table Durack Homestead Dinner.

MasterChef Australia

judge and decorated chef and restaurateur George Calombaris will be leading the event's culinary creations at the Kimberley Kitchen (presented by the Kununurra Country Club Resort) and Durack Homestead Dinner, two events that are expected to sell out

quickly.

Another event set to sell out quickly is the extraordinary Kimberley Moon Experience. One of Australia's most loved singer-songwriters, former Powderfinger frontman Bernard Fanning will perform with six-time ARIA nominat-

ed Fremantle band San Cisco and country music singer-songwriter Troy Cassar-Daley.

A festival highlight, the extraordinary Kimberley Moon Experience concert will be staged under the stars on a full moon along the banks of the majestic Ord River at the Jim Hughes Amphitheatre. It's the Muster's biggest event and a huge party.

Picnic on the grounds and dance the night away with friends in general admissions or celebrate in style in the Kimberley Fine Diamonds Corporate Circle, which treats tickets holders to a black tie concert and dining experience including champagne and canapés on arrival, a sit down gourmet meal with premium beverages as well as a private dance floor area.

Other event high-

lights include the Durack Homestead Dinner, a fine dining long table dinner under the stars at the historic Durack Homestead at Lake Argyle; the Melbourne International Comedy Festival Roadshow held at The Hoochery Rum Distillery, Western Australia's oldest continuously operating legal distillery; the captivating Waringari Corroboree; the Kimberley Kitchen presented by The Kununurra Country Club Resort, a unique and intimate food conversation and cooking demonstration hosted by celebrity chef George Calombaris on the banks of Lake Kununurra; the Kununurra Rodeo, and the community based Horizon Power Float Parade and Moon Fair which includes the Argyle Diamond Dig.

Set against the magnif-

icent backdrop of the Ord Valley, Lake Kununurra, spectacular fresh water gorges, national parks and stunning reserves, the Muster rewards visitors with magical and distinctive experiences.

Kununurra is the host town. Visitors can expect a warm Kimberley welcome from locals on arrival.

Awarded Australia's Best Regional Event at the 2015 Australian Event Awards as well as taking top honours in the 2015 WA Tourism Awards in the Regional Events category and entered into the Awards Hall of Fame, the Argyle Diamonds Ord Valley Muster encompasses 30 varied and brilliant events over a festival of ten days.

For more information and tickets, visit www.ordvalleymuster.com.au.

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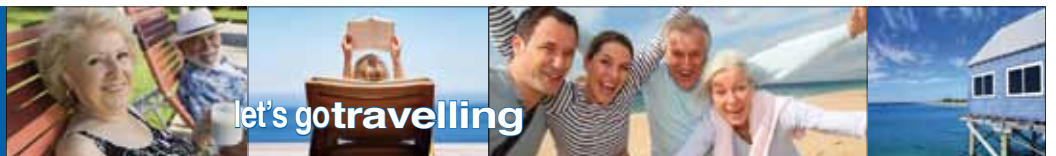
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let's gotravelling

Reflections of moving to and from Perth from readers...

THIS MONTH we feature two stories that have been contributed to the paper from readers. The first story is from Anne Osborne who arrived in Perth as a 'ten pound' POM in 1961, Anne found she was thinking about her old country through rose coloured glasses. Fifi Lefebvre's story is about her move to live in Israel after residing in Perth for 18 years. She remembers Perth with great affection and talks about her every day life now in Israel.

It's time to put down the rose coloured glasses...



by Anne Osborne

I ARRIVED in Australia from the UK in 1961 as a '10 pound Pom'.

It was not an easy transition for me, in fact from the moment I jumped off the SS Orion at Victoria Quay in Fremantle, I hated Australia. I hated the smell of the eucalypt trees, the heat and every-

thing about the environment.

Filled with nostalgia, I remembered the cool, shady beautiful environment back home and wondered, what on earth I was doing in this awful, awful place.

The camp that I lived in was totally abhorrent to me, Australians were rude and the bush was ugly, not like the green fields and cool woodlands back home.

And the sign, Pommy's Graveyard erected in the main street of my new hometown, did nothing to instil a love of Australia.

Then there was the strange contraption called a wood stove which I was supposed to cook on and a chip heater to heat the bath water.

But I coped and gradually my feelings about this country changed.

After 18 years in WA

and a long awaited holiday in the UK, I realised I was looking at my old home through rose coloured glasses.

I suddenly realised that Australians were not rude, just different. The bush is, in fact, beautiful, not ugly at all, just different.

The Australian sense of humour is wonderful, not like the English sense of humour, just different.

As for the eucalypt trees, how could anyone not like those magnificent trees?

But the best part of all is that I am now an Australian, and a proud one at that.

Coming to Australia was the best thing I ever did, apart from raising my beautiful children. I couldn't imagine my life now if I had not come here and had a go in a country that I now love so much.



by Fifi Lefebvre

IT'S been 12 months since I boarded a flight at Perth Airport, armed with sufficient cabin baggage to warrant arrest. However the heaviest luggage I was taking with me was that embedded deep in my heart, emotional baggage. For once again I was on the move.

Perth had been my home for the past eighteen years. Flawless blue skies, scorching heat, the Swan River shimmering in the sunlight, congested highways, swooping magpies, beaches unequalled in their natural beauty. Skyscrapers rising higher and higher piercing the clouds, glorious parks offering respite from the hustle and bustle of everyday life, train stations swathed in colourful bougainvillea, crowds jostling in shopping malls rife with bargains, the skyline at night - festooned with twinkling stars.

tooned with twinkling stars.

All this I was leaving behind. Although excited to be following the call of a new adventure, I felt somewhat a traitor, abandoning the friends with whom I had forged strong and rewarding bonds, leaving a fulfilling job and rejecting a lifestyle which had been both satisfying and fruitful.

Departure was not easy. With the scent of star jasmine still teasing my nostrils, the vision of worn footpaths carpeted in soft Jacaranda blooms, the cooing of the doves from terracotta rooftops as they settled down on a warm evening, the sight of an army of fierce crows swooping down on the bottlebrush trees snapping off the bright red blooms willy-nilly.

The welcoming Fremantle Doctor on a hot, airless, summer afternoon, Christmas pageants, opera in the park - all these memories tugged at my heartstrings as I sat on a hard plastic bench in the departure lounge at Perth Airport waiting to board my flight.

If all this laid so heavily on my heart and conscience, then why was I leaving Perth, a place of calm and splendour, to fly to Israel, a tiny, troubled country in the Mediterranean besieged by wars and uncertainty? The answer is simple.

Having been estranged from my daughters and grandchildren for so many years I suddenly had the opportunity to join them. I was

confronted with two choices. Either to restore family allegiances or to continue to carve out a comfortable life in a Perth suburb, content and unperturbed. I chose family.

Nearly 12 months have passed and I have been thoroughly swept up and initiated into the way of life here.

It is a life in which uncertainty reigns and of contrast.

Each day I find I am still converting Australian dollars into new Israeli shekels.

A life which is peppered with languages drawn from all over the world and where religion and culture clash on a daily basis. A life where the scent of exotic spices emanating from the felafel stall follows me along the street and where one knows the value of time.

A life of conflict resulting in unnecessary early burials and a life of insecurity and where my rental gobbles up three quarters of my pension and money is hard to earn, though easy to spend. But this is a life where family comes first.

The transition was not difficult. I have lived here before. My reason for coming far outweighs the fond memories I have of a lifestyle abandoned.

However when seized by gusts of nostalgia, causing my heart to flutter when remembering with affection all that Perth had to offer, I focus on why I made the decision to relocate. Family.

Memories are ever powerful and a wonderful panacea.

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Keeping or releasing fish is largely a matter of commonsense

by Mike Roennfeldt

ATTITUDES towards how we treat the fish we catch have changed a lot over recent years. It was only as far back as the 1980s that fish were almost invariably killed when caught, whether

they were needed for the table or not. Fishing competitions were often the worst offenders, where big fish were regularly weighed and discarded. How times have changed. The penny seemed to drop around 25-30 years ago when

Treating released fish the commonsense way

people realised that fish are a finite resource and looking after the future of stocks is up to individuals as much as government agencies. These days, anglers go to great lengths to look after their fish, be it in the way they treat and store them before heading home, or how they handle them during the catch and release process. Boat fishermen, for example, usually have an ice box on board and make up an ice/seawater slurry to keep their catch in good condition during a day out on the water. The difference in flesh quality is extraordinary compared to the old days when the fish were stored in a wet sack on the deck. The fish release ethic became more than acceptable – it became politically correct. In an age of digital photography,

there is no need to keep a fish for bragging rights anyway and in many cases the kudos associated with releasing a fish became greater than keeping it. There was a danger of us going too far in this direction but it seems to me that a balance has been reached where the keeping or releasing of fish is largely a matter of commonsense. But if you are going to release a fish that you don't need for the table it should be done in a way that the fish has the best chance of survival. Keep a freshly caught fish off hot sand or a hot deck, for example, and try not to squeeze the life out of it while holding it to remove the hooks. Handling fish intended for release with wet hands is a good idea if you can manage it, or keep a wet rag handy for that purpose. Ideally, big fish should be kept in the

water while the hooks are removed, but that can be a bit scary with toothy critters like mackerel or tailor. Big fish like mackerel, tuna or samsons can be speared back into the water head down, so the force of the dive gives the fish some momentum and a certain amount of recompression. It seems

to work well. Bottom dwelling species like dhufish or baldchin need to get right back down deep to recompress, which is why it is mandatory these days to carry a release weight on board when fishing for them. Mulloway can be slightly problematic as they tend to exhaust themselves during a fight,

so a little more time spent swimming the fish up and down before release is needed. Gently massaging the mulloway's gut at the same time has worked for me more than once while trying to revive an almost lifeless fish – a bit like fish CPR I guess. In short, treat them like you really want them to survive.

Wanted - three couples or families for the caravan trip of a lifetime



The Pink Minnie caravan

THE competition that makes dreams come true for three adventurous Australian couples or families is back, with Dometic announcing the 2016 *Follow The Sun* competition. This year not only will the winners receive a three-month expenses-paid road trip across Australia, but funds and awareness will also be raised for a special cause. For the first time in *Follow The Sun's* history Dometic will be raising funds for the National Breast Cancer Foundation (NBCF), Australia's largest 100 per cent community-funded organisation awarding grants for life-changing breast cancer research. The NBCF has provided its Pink Minnie caravan, to be driven by one lucky couple who will assist in both raising funds and sharing information about the foundation throughout their journey. In addition to this prize, two other couples or families have a chance to receive an 'RV RENO', where their caravan, motorhome, campervan or other recreational vehicle will be fitted with top of the line Dometic products. Dometic marketing manager Natalie King said this year's competition would be unique, as it offers the three

lucky winners a chance to cruise in comfort for a good cause. "We are excited to announce our partnership with the National Breast Cancer Foundation. We are aiming to raise funds to support this organisation which changes the lives of the one in eight Australian women, and rare cases of Australian men and their families who are impacted by breast cancer," she said. "Once again the winners will become Dometic Australia's ambassadors on the road trip of a lifetime as they experience some of our most amazing countryside while promoting leading Dometic products and raising awareness and funds for the NBCF." Dometic is running two separate competitions, one offering two caravan makeovers, and the other for a chance to travel in the NBCF Pink Minnie (tow vehicle provided by Dometic); both include expenses-paid road trips. The two 'RV RENO' competition winners will receive up to \$25,000 worth of Dometic products tailored to their individual vehicles, and \$10,000 of selected travel expense costs. The NBCF Pink Minnie winner will receive \$10,000 in travel expenses, plus \$5,000 worth of portable Dometic products to ensure they have the most comfortable travel experience possible. The chosen winners will become Dometic Ambassadors on their three month journey, hosting 'Follow The Sun - Happy Hours' at predetermined stops along the way for members of the public. "We are looking for couples or families who not only love travel, but also meeting new people and who have the ability to show people a good time while sharing their knowledge and experiences," Mrs King said. Competition winners will be notified on 3 June with the winners travelling from August to October. Entries are open now head to www.dometicfollowthesun.com.au or visit the Dometic Australia stand at this year's Perth Caravan and Camping Shows from 16 - 20 March.

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Have a Go News celebrates 25 years - the early years



Founders Judith Treby and Quentin Smythe

by Jennifer Merigan

THE FIRST issue of *Have a Go News* hit the streets back in July 1991. The front cover featured a painting of older people in various forms of recreation by well-known local artist Frank Pash.

The concept of *Have a Go News* came about through the Ministry of Sport and Recreation (MSR) which established a group of

recreation clubs for older people.

MSR was one of the few government departments which saw a need for encouraging the large demographic of ageing baby boomers to get out and improve their lives through sport and recreation.

The department also established the Seniors Recreation Council to supervise and promote the clubs and groups.

Have a Go News was initially produced as an A4 magazine style to report on these clubs and groups activities and was funded by MSR.

After a few years it was decided to 'farm out' the publication and long-time publishers Judith Treby and Quentin Smythe were offered the opportunity to take over *Have a Go News*.

Judith and Quentin were both exceptionally enthusiastic about the concept of publishing the paper as they had already investigated publishing a lifestyle newspaper to cater to the older demographic in Western Australia.

The first issue saw 5000 copies being distributed to clubs, groups and libraries.

Many of the stories promoted the clubs and groups including the Over 55 Walking club, the Over 55 Canoeing club, Over 55 Cycling club, Over 55 Ballroom dancers, Come Out Camp-

ing Older Adults COCOA and Prime Movers, which promote movement to music.

These clubs are still in existence and use the paper to promote their activities and membership.

Reflecting on getting the paper up and running with only advertising to fund it, founding editor Judith Treby said, "In those early days, it was extremely hard to engender much interest from advertisers to the older demographic, and even harder to elicit stories from anyone about older people and their achievements."

"I sought advice on how to market the paper to advertisers. I already knew that older people did in fact spend money on clothes, travel, beauty products, household goods, grandchildren, the arts, and more, so I was taken by a friend to see one of Perth's leading advertising 'gurus' for advice.

"His attitude was negative. He advised me that older people did not spend money as younger people did and I would never capture the interest of advertisers for that reason. As I was leaving, he also offered the comment, 'If you insist on going ahead, get rid of the bloody awful name. *Have a Go News* - it will never work with a name like that'.

"But Quentin was undeterred. He had the vision to see that by the end of the nineties, the first of the baby boomers would be retiring and from then on there would be an exponential yearly growth of people turning 60," said Judith.

A lot of work goes into producing a newspaper and Quentin and Judith in the beginning did everything from selling the advertising to writing articles, meeting up with the various club members and attending functions at the recreation club with which they promoted. They both even distributed *Have a Go News* each month to the various outlets, including Coles supermarkets, in their trusty Toyota Liteace van.

In 1992 they became involved with the Seniors Recreation Council's *Have a Go Day* which was held at McCallum Park and apart from the members of the many clubs involved, a grand total of just 150 people attended.

In these early days through Judith and Quentin's hard work and tenacity the seeds were being sown for great growth.

Next month we will focus on how this little independent newspaper started making its mark in the community.



Ivan King standing in Museum of Performing Arts at His Majesty's Theatre © Alison Rodrigues

Perth theatre legend recognised in Australia Day honours

PERTH theatre legend Ivan King says he's thrilled to receive a Medal of the Order of Australia (OAM) for his services to the performing arts as an historian and archivist.

"I am proud that my works have been acknowledged," the Perth Theatre Trust's archivist said. "However, my one regret is that my dear mother is not here to share this with me."

Mr King, who was born in Midland, appeared in plays and musicals throughout Australia and New Zealand before spend-

ing two years working in the regional theatres of Great Britain.

He returned to his home town in the 70s to continue a stage career that embraced acting, writing and directing in Perth's major theatres and theatre-restaurants.

His Majesty's Theatre has played a significant role in Mr King's professional career over many years. His first appearance in 1973 was in *Fat Cat in Double Trouble*, while his final appearance at the heritage-listed theatre was in 1989 in the

West Australian Opera's *Courettess Maritza*.

Mr King said one of greatest achievements in his professional career was founding the Museum of Performing Arts (MOPA) at His Majesty's Theatre in 2001.

"When His Majesty's Theatre closed for refurbishment in the late 70s, I started to collect materials. That's when my idea for a museum started," he said.

"The collection now has 44,000 catalogued items of theatre memorabilia including costumes, photographs, press

clippings, scripts and scores.

"What pleases me most is that I have created something that wasn't here."

Perth Theatre Trust chairman Morgan Solomon congratulated Mr King on being awarded an OAM.

"It's wonderful to see Ivan's commitment to MOPA and, indeed, the local theatre sector over many years recognised," he said.

"It's a proud moment for Ivan and the Trust sincerely congratulates him."



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Frank's guide to tasting wines



by Frank Smith

THERE is a lot of mystique (some would say wanking) about wine tasting, but even those of us without a super palate can get more enjoyment out of thoughtful wine tasting. So here is a beginners guide to wine tasting.

Hold the glass up to the light and look for the colour and clarity. Red wines should be deep purple in colour. Generally the deeper the hue the more robust the taste. As reds age they lose depth of colour and often throw a sediment. Most people prefer to decant older wines for that reason.

White wines should be clear and golden yellow or greenish. They tend to darken with age and if oxidised. Any cloudiness suggests trouble.

Sparkling wine should have tiny bubbles that persist for a long time in the glass.

Swirl your wine in the glass to increase the uptake of oxygen and enhance the aroma. Then take a good sniff. A good wine will taste fresh and fruity. Look out for floral, spicy, herbal aromas and touches of oak or cedar.

The palate is the actual taste of the wine. Look for body – the weight of wine on your palate, alcohol – high alcohol produces a slight burning sensation in the mouth, sweetness, which varies with the style of wine, tannin – the puckering feeling in your mouth and acidity which may make your mouth water. Length is the time that the flavour persists in your mouth and finish is what you experience after you have swallowed a sip.

Here are some wines on which to practise:

Huntington estate Pinot Noir Chardonnay. This sparkling wine made by the

French méthode traditionnelle is a blend of Pinot Noir and Chardonnay. The wine is complex and delicate with floral and citrus aromas. The palate is dry with lively acid with lemony and toasty characters and a long lingering finish. RRP \$29.

Huntington estate 2015 Gewürztraminer. Unusually for a Gewürztraminer this wine is dry with a complex and enticing nose with floral and herbaceous notes of jasmine and rosemary and fruity lychee and grapefruit aromas. The palate is dry and long with great acid in the finish. Grapefruit and lychee are the dominant characters, with a hint of rosemary. RRP \$22.

Richmond Grove Watervale Riesling 2015. This wine is straw green in colour with intense aromas of tropical lime and lime blossom with a backdrop of Jasmine. The palate displays sweet lime flavours supported by a backbone of lively but soft mineral acidity. RRP \$22.99

Richmond Grove McLaren Vale Shiraz 2012. Deep and intense ruby red in colour with a plum and cherry fruits bouquet. The palate is full-bodied with concentrated sweet berry fruit and plum flavours, well-integrated oak and silky tannin. RRP \$22.99.

Church Road Classic Chardonnay 2014. This Hawkes Bay, New Zealand is complex with subtle citrus, peach, citrus flower, mineral, ripe melon, fig and hazelnut overlaid with savoury oak. The palate adds minerality bringing length and balance. RRP \$25.99.

Church Road Pinot Gris 2014 also from Hawkes Bay, has ripe pear, peach, rose water and ginger spice aromas. On the palate it is full bodied with a moderate sweetness balanced by gentle acidity and a touch of ginger on the finish. RRP \$25.99.

Get back into the routine with some healthy lunchbox love

by Noeleen Swain

BACK to school. Back to work. Back to routine. A new year is usually filled with promises of new ideas and refreshed commitment to make lunches healthy, delicious and irresistible.

That certainly requires some planning and effort; a little preparation will make it easy to achieve.

A combination of carbohydrates, meat (or meat alternatives), fruit, vegetables and dairy is perfect. For example, a ham, cheese, lettuce and tomato wholemeal sandwich with dried or fresh fruit

for a snack makes an ideal lunch.

Planning ahead will help you get through the busy times. Think through the lunches you will be preparing for the next week and buy the ingredients during the weekly shop.

To keep food fresh, wrap sandwiches in plastic wrap or put in snap-lock plastic bags. Lunchboxes that contain a small water bottle are ideal. Simply fill the bottle, freeze and place in the lunchbox.

Frozen tetra juice packs also do the trick. Easy lunch ideas include fruit salad, vegetable sticks,

dried fruit, fruit or savoury muffins, mixed nuts, sushi and rice paper rolls, pikelets, yoghurt, pita bread filled with salad vegetables, fruit in season such as grapes and of course, water.

A healthy lunch is the perfect way to ensure you cover the major food groups in your diet and a great way to add some extra fruit and vegetables.

Check out these delicious lunch recipes to add some flavour into your midday meal.

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Avocado and tuna sushi rolls



6 nori sheets
2 Lebanese cucumbers
2 avocados, peeled and sliced
Salt and sugar to taste
½ cup rice vinegar
½ cup mirin or dry sherry
2 cups water
2 cups short grain rice
Small can of tuna in spring water, drained
Pickled ginger, wasabi paste and light soy sauce to serve.

COOK rice until tender (about 20 minutes). Stand with lid on for 10 minutes. Add mirin, vinegar, salt and sugar. Allow to cool. Spread nori sheet on sushi mat on a flat surface. Spread rice over each sheet, leaving three cm border on two sides. Place some avocado, tuna and cucumber five cm from edge of rice. Roll up to form a log shape. Wet edges to seal. Refrigerate until firm. Repeat with remaining sheets. Trim rolls. Cut each in half diagonally. Serve with pickled ginger, wasabi paste and light soy sauce.

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Some bright ideas to lighten up your life in the garden



by Colin Barlow

SUMMER is the time we like to enjoy our gardens, whether we are swimming in the pool, reading, sitting under a shady tree or pergola, or entertaining family and friends with a barbecue. With our increasingly busy lifestyles these activities tend to occur on the weekends or in the evening after work.

Summer day length may be longer but it is still never enough even if we had daylight saving. So how can we extend the hours of the day and increase our enjoyment of our outdoor lifestyle? Well the answer is before your very eyes, we need to light up our life and garden by designing a functional lighting system.

To fully understand the role of lighting in the garden we need to think about how we are going to use and enjoy our outdoor space. The choice of light will have a major impact on the planning, power source, electrical

circuits, controls and ultimately cost.

To choose the type of lighting that you require begin by drawing a plan of your garden or use an existing garden design. Look at each of the garden areas and decide what the lighting will be used for. These may include:

Ornamental lighting: To highlight garden features for visual appeal.

Task lighting: To make it possible to carry out jobs such as cooking.

Amenity lighting: For safety and practical purposes such as patios, dining areas and driveways.

Access lighting: To permit safe movement around the garden by lighting steps, paths, water, pools and doorways.

Security lighting: To create the illusion of home occupation with motion sensors to deter intruders.

There may be some overlap; most lighting sources will have an orna-



Various garden lighting options which can be used in a design

mental lighting effect. Always ask yourself whether you want to see the lighting from both inside and outside the house or only when you are in the garden.

Once you have decided which areas outside need lighting, the next step is to look at the different effects that can be achieved. From lighting up a statue or specimen tree to highlighting the texture of a stone wall, each will require completely different lighting methods. Some of these include:

Downlighting: Lighting in a downwards direction from a structure e.g. pergola providing a pool of light onto a surface below such as decking. This provides effective lighting for security, safety and contrast.

Uplighting: Lighting from below reverse the effects of daylight to produce attention-grabbing effects. Always position the lights to avoid glare and point them away

from the viewpoint. Both in-ground and recessed uplighting can produce a number of different effects such as washing, grazing and accent lighting.

Cross lighting: Lighting is placed to the sides of the illuminated subject so that the light travels across it. This works well for light coloured statues and can be used for both safety and practical purposes in patios, dining areas and driveways.

Accent or spotlighting: To emphasise focal points, features or specimen plants.

Mirroring: Accent lighting is used to light up the far side of a body of water so that the image is mirrored in the water.

Silhouetting: A dark image of a feature is created by lighting the wall or other vertical surface behind it.

Other lighting effects include the halo effect, area and floodlighting, spreadlighting and step and vista lighting.



plant lovers – the Garden Clubs and Societies Fair. Held at the South Perth Community Centre on the Corner South Terrace and Sandgate Street in South Perth there is always something interesting to tempt you.

Be early to get the rare gems or just take your time and get some practical advice from some of the specialist growers. Look out for the African violets, Bromeliads, bulbs, Cacti, Cycads, ferns, Frangipanis, Gerberas, Hibiscus, Hoya, Iris, orchids, palms, roses and succulents. There will also be dry tolerant and cottage garden plants, perennials and clematis. Entry for adults is \$5 and the fair is open each day from 8.30am on to 4pm on Saturday and 9am until 3pm on Sunday. Contact Helen Martin-Beck on 6361 7688 for details.

For a touch of Bollywood with a spicy twist head to Araluen's Fremantle Chilli Festival on the Esplanade Reserve in Fremantle from 12 to 13 March. This hot event runs from 10am until 5pm each day with more than 85 exhibitors extolling the virtues of chillis including plants, sweets, condiments, foods and beverages. There will be live music, cooking and gardening demonstrations, kids activities and roving entertainment.

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WA Volunteer of the Year Awards



Nominate a volunteer for the WA Volunteer awards

FRIEND, neighbour, spouse... now is the time to nominate an unsung volunteer for the WA Volunteer awards.

The Western Australian Volunteer of the Year Awards is celebrating its seventh year. The awards were established to recognise the contributions of Western Australian volunteers, volunteer involving organisations and corporate volunteering programs, the awards publicly acknowledge these remarkable people and organisations.

More than 600,000 volunteer Western Australians contribute 315,000 hours that equates to more than \$39 billion to the WA economy each year. They are the backbone of communities in cities and towns around our state and four out of five WA residents volunteer sharing hap-

piness and enriching the quality of life and social cohesion. The awards program is a chance to honour an individual, group or corporation for their above and beyond service.

The eight award categories are; The Western Australian Volunteer of the Year, Youth Volunteer of the Year, Lifetime Contribution to Volunteering, Excellence in Volunteer Management, Corporate Volunteer of the Year, Community Volunteer Organisation of the Year, Volunteer Award for Ethnic Communities, and the People's Choice Award.

Volunteering WA invite nominations of a special individual or organisation which people feel is worthy of recognition.

The recipients will be announced at a Gala Awards presentation dinner during National Volunteer Week, 9 – 15 May. This event will be held at the Hyatt Regency Perth Hotel on Wednesday 11 May.

Nominations are now open and close at 5pm on Friday 11 March. For a nomination form call 9482 4333 or visit www.volunteeringwa.org.au

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Joy is one of approximately 19,000 City of Wanneroo residents over the age of 45 taking part in the innovative health and fitness program called Your Move Wanneroo.

"It's a simple way to become active and healthier, just by walking more and finding the time to do it regularly," Joy said.

"I wanted to do this. I didn't have to do it. And every time I walked I could see the change in how I felt in myself."

The program is a joint initiative of the Departments of Transport and Sport and Recreation to get more people walking, cycling and using public transport.

As well as encouraging residents to take up a more active and connected lifestyle, the program also aims to reduce traffic on local roads, as

more and more people get the message to leave the car at home and use active travel to get around.

The Department of Transport's Michelle Prior, who leads the Your Move program, says the program is effective because it prompts people of all ages to set small achievable goals and then helps motivates them to stick to their plan.

"Great results can come from small beginnings," Michelle said. "Active transport – whether it is walking, cycling, using public transport or, for the more adventurous, roller skating and scooting – is something any age group can do at any time. The key is to make it part of your weekly routine – just like Joy has."

"Once people start to make it a regular thing, they see the benefits. They feel better, happier in themselves and it makes them healthier both physically and mentally," she said.

The Department of Sport and Recreation's

Your Move project leader Kirsty Martin says that active older adults model positive behaviour for younger people and that means everyone spends less time in front of a screen or behind the wheel.

"We know that being active leads to a healthier mind and body but when people get outside regularly or join a local sport or recreation club, that connects them more closely to the natural environment and their local community," said Kirsty.

More than 10,500 City of Wanneroo households – representing almost 30,000 people – are participating in the Your Move Wanneroo program.

The program is creating stronger connections within the community – for example, more people are out on the streets walking to and from the shops, to and from school, people joining walking and cycling groups, there's a good turnout at local fitness sessions and people joining a gym for the first time plus local sport and recreation clubs are gaining new members.

A pilot program in 2014 in the City of Cockburn saw participants

reporting a 10.5 minute increase in daily physical activity and a reduction of more than 400,000 individual car trips over a 12 month period.

Your Move is a State Government program run by the Departments of Transport and Sport and Recreation, supported by the City of Wanneroo and RAC and delivered with the assistance of Public Transport Authority, HBF, North Metropolitan Public Health Service, Heart Foundation, Nature Play WA, Diabetes WA and Bicycling WA.

For more information visit www.yourmove.org.au.

Do restless legs cause you trouble sleeping?

SLEEP Disorders Australia is presenting a free public lecture on Saturday 12 March at 1.30pm on the diagnosis and treatment of restless legs syndrome by Dr Michael Prichard, sleep physician, Perth Respiratory and Sleep Clinic, Mount Hospital.

Restless legs syndrome can be difficult to treat and diagnose and they can affect up to seven per cent of the population.

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Social robots geared to take the pressure off carers



by Frank Smith

MUCH of the work of carers in residential care homes consists of communicating with residents. This can be particularly challenging due

to apathy, loneliness and depression which often accompanies dementia. Pets have been found to have a positive effect on older adults but there is a risk of increased infections or injuries and additional duties of caring for the animal on already hard-pressed staff. Now researchers are looking at robots with social skills to take over some of the communication role. Some people with depression or dementia find it easier to relate to an intelligent robot than to humans. Paro, a robotic harp seal developed by Dr Takanori Shibata, at Japan's National Institute of Advanced Industrial

Science and Technology, is a robot with the appearance of a baby harp seal. It weighs the same as a newborn baby, has tactile sensors and moves its tail and flippers and opens its eyes when petted. Artificial intelligence software changes the robot's behaviours based on an array of sensors that monitor sound, light, temperature and touch. It responds to sounds, can learn its name and learns to respond to words its owner uses frequently. It can show emotions such as surprise, happiness and anger and will cry if it is not receiving sufficient attention. It produces sounds similar

to a real baby seal and is active during the day and asleep at night. Dr Wendy Moyle of the Griffith Health Institute in Queensland and her team are exploring the impact of Paro on quality of life, mood, anxiety and wandering in people living in residential care. In an earlier study she tested a robotic teddy bear called CuDDler developed in Singapore on a small group of people with dementia. Participants' responses varied over time for each individual. Some were frustrated with CuDDler and the way it performed (or failed to perform), while one subject benefited greatly. Dr Moyle says that

to ensure a successful interaction between humans and robots, the robot must behave in a way that can be intuitively understood by humans and its appearance must match the functions it performs. For a preliminary trial of Paro she has recruited a group of 18 residents and randomly allocated them either a Paro group (intervention) or a reading group (control) of three, 45-minute sessions each week for five weeks. Over half the group had a history of disruptive behaviour in the care home. After a three-week break, to allow any effects to wear off, they swapped groups and

participated in another five weeks of sessions. Participants in the Paro group initially expressing surprise when first seeing Paro, but at the end of the five weeks they had had higher quality of life scores and lower anxiety scores than those in the reading group. One disadvantage of robots is the cost. Paro costs around \$6000 and needs to be sent to Denmark or Japan for repairs. It is also not clear if Paro would have the same effects if left alone with residents in the absence of a facilitator. Dr Moyle is now repeating the trial with a larger group of participants.



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New ways to improve care

REGIS Aged Care is always looking at ways to improve its access and care, as demonstrated through the anticipated reopening of its flagship facility this year.

Regis North Fremantle, formally Regis Hillcrest, will reopen in mid-2016 and bring all the award-winning care and

service systems Regis is renowned for across its 47 private facilities nationwide.

All Regis facilities include systems to ensure each offers care recipients the best in care and services. In terms of food, a chef and team are onsite to cook and serve fresh meals daily. Offerings are based on a seasonal four-week rotational menu, designed in consultation with feedback so favourites are maintained and approved by qualified dietitians to maximise nutritional balance.

Lifestyle activities run every day of the year and are based on resident preferences for group or individual activities. The local community is part of this program with all care recipients encouraged to continue their pastimes in and out of the facility. Community groups such as schools, choirs and volunteers are part of the day to day living.

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Jeanne Louise Calment lived to 122

by Frank Smith

AGEING and disease are closely related. Ageing is the largest risk factor for age-related diseases which are the most important causes of death in modern society.

If we could understand the underlying basis for ageing, we could probably reduce the risk of getting these diseases.

Longevity is determined to a large extent by your genes, demonstrated by the fact that identical twins tend to live to very similar ages.

A US-Belgian-UK research database of human genetic variants has identified more than 200 gene variants associated with longevity, however these explain only a small fraction of the heritability.

"About 20 per cent of lifespan is genetic, possibly more for those living to be extremely old," Stuart Kim, professor of developmental biology at Stanford University in California, told New Scientist.

Other factors affecting longevity include individual behaviours and environmental factors that can be modified. Even modest amounts of physical exercise can extend life expectancy by as much as four and a half years.

One potential area for a scientific breakthrough is by studying the genetics of people that live to extreme old age, such as centenarians. They often show amazing robustness for their age – many are exceptionally alert,

active and healthy.

In 2014, Professor Kim compared the genomes of 17 people aged 110 and over with those of the general population. The study included a 116-year-old woman who was the world's oldest living person at the time. Later he expanded his research to include 800 people over 100 and about 5000 over 90 – but narrowed his focus to genes known to influence age-related diseases, which might indicate common mechanisms associated with ageing.

He identified five genes of significance. Each has a variant that seems to reduce or increase a person's chances of reaching 100. The variations are common in the general population,

but centenarians seem to have fewer bad variants.

In a YouTube video Professor Kim talks about the life of Jeanne Louise Calment. She was the longest-lived person whose life has been thoroughly documented. She lived in Arles, France, for her entire life, outliving both her daughter and grandson by several decades, dying in 1997 at the age of 122 years.

Mme Calment was remarkably healthy and lived on her own until shortly before her 110th birthday. She reportedly remained mentally alert to the end.

At age 85, she took up fencing, and continued to ride her bicycle up until her 100th birthday, but she was neither athletic nor fanatical about

her health. She smoked cigarettes from the age of 21 to 117, though she cut down to no more than two cigarettes per day towards the end of her life. She ate a diet rich in olive oil and port wine and she ate nearly one kilogram of chocolate every week.

"I'm optimistic that in

our lifetime or our children's lifetime, there are going to be amazing scientific advances that could change how we think about longevity," said Professor Kim.

But a diet of chocolate, olive oil and port wine is not likely to be one of them.

Financial planning vital when considering aged care

PLACING a loved one in residential aged care is an emotional time and many things need to be considered. However, financial planning is one element of this process that is often lacking.

Those children who do not get advice first, often end up making costly decisions. Below is an example of just two of the most basic things to consider when placing a loved one in residential care.

To RAD or to DAP, or do both?

RAD stands for Refundable Accommodation Deposit. It is a lump sum payment and is an accommodation bond that is refund-

able when the resident leaves or payable to the resident's estate when they die. This is in the order of \$200,000 to \$550,000 per person.

DAP stands for Daily Accommodation Payment. If you cannot pay the RAD you can make daily non-refundable payments equivalent to an interest only loan of 6.15 per cent. For example, if the RAD is \$500,000, then the equivalent DAP is \$84.24 per day (\$500,000 x 6.15 per cent).

Or you can do a combination of the above.

Where possible, pay for as much of the

RAD as possible. The RAD is refundable to the estate whereas there is no refund on DAP's. Hence paying a DAP could be seen as dead money.

If the resident is on a Centrelink age pension, then the RAD is not counted as an asset for Centrelink purposes. Hence if you have paid an amount of RAD, make sure to inform Centrelink of the amount to potentially get a higher rate of age pension.

If you would like further information, on the above please contact Charles Penheiro, financial planner on 08 6102 0833 (AFS Licence 243313).

Aged Care Financial Planning



We all want the best for our parents in their final years. We want to make sure that they are comfortable, well fed and looked after.

Unfortunately, the day to day pressures of everyday living may mean that the family unit is not always able to provide the level of support required to achieve the above. Hence, Residential Age Care may be become a more viable option.

Accommodation deposits for residential age care are not cheap. Do you pay this upfront as one lump sum or make daily payments? Or do you do a combination of the two? Do you sell the family home or is it best to rent it out? How will you finance the ongoing daily care fees and how does this affect their Centrelink Age pension?

These are questions I can help you with.

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Downsizing

ADVERTISING FEATURE



Decisions to downsize does not mean downgrading



Some people simultaneously downsize and upgrade

by Frank Smith

MOST downsizers want to move into a smaller, more manageable house as they age, but that does not necessarily mean a cheaper house.

Some people simultaneously downsize and upgrade.

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

since turning 50.

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

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

The most common reason for downsizing was a desire for a change in lifestyle, retirement, children leaving home, financial gain and physical factors such as in-

ability to maintain the home and/or garden. Financial difficulty figured in relatively few cases.

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

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

Centrelink assets test discourages pensioners from moving into a less expensive property because as their assets are released their pension is reduced. Therefore some financial planners are suggesting older people with some assets in addition to the family home might be bet-

ter to consider moving into a more expensive property.

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

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

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

Neither Judith or Beatrice's overall wealth changes after these transactions, but under the age pension asset test,

Judith will lose her entire pension, while Beatrice will get an increase of almost \$4000 a year.

That doesn't make sense.

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

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

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



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There are two ways people can claim this offer.

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own funds they can live in the new home for 12 months rent free. Alternatively NLV will arrange finance for the deposit and people pay rent to cover the cost of borrowing.

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Downsizing

ADVERTISING FEATURE



How to prevent falls and save lives



Joe Gurgone making his home and garden safe to prevent trips and falls

by Frank Smith

YOUR HOME and garden is the most dangerous place for falls. Over half of the falls that people suffer every year occur there.

Each year 25 per cent of women in their 60s and 40 per cent in their 70s experienced falls and men are not immune either. In older adults, up to 30 per cent of falls result in moderate to severe injuries, such as lacerations, hip fractures and head trauma, resulting in an increased risk of early death. They are a major cause of hospitalisation amongst older people.

A fall may also lead to a fear of falling, avoidance of daily activities,

social isolation, lowered quality of life and sometimes precipitate a move to residential aged care.

Home is a good place to start reducing your risk of a fall. The Stay on Your Feet people has just released a checklist of hazards around the home. Get a copy and go through the list, taking simple actions yourself or with help from a family member or friend to reduce your risk of a fall.

For example poor lighting, uneven floors or garden paths and un-stored garden tools are common hazards. These are easy to remove or change to make your home safer and keep you on your feet.

Store heavy items and items you

use regularly in easy to reach places above waist height. Adjust shelving in your cupboards so you don't have to reach high or bend low to use your items.

Keep items such as your telephone, medication and walking aids in easy to reach places where they will not be in your way and you can reach them quickly.

The checklist is being released as part of the Move Improve Remove campaign; Make Your Home Safer, which starts this February. The campaign will focus on how you and your family, friends and neighbours can remove hazards from in and around the home to prevent a slip, trip or fall.

Devoted Cannington DIYer and gardener Joe Gurgone, makes his home safer by removing power cords off the floor, keeping pot plants on tables and removing tall tools like shovels and ladders from pathways.

"I try and keep the garden and shed tidy but the Home Safety Checklist helped me remove hazards inside the house that I hadn't realised may cause me to have a fall," he said.

If you would like a free copy of the Home Safety Checklist or any other information about how you can prevent slips, trips or falls, please contact Stay On Your Feet on 1300 30 35 40 or email info@stayonyourfeet.com.au.

And if you do have a slip, trip or fall report it to your GP and ask her or him to refer you to a falls specialist service. These free course are run at metropolitan area public hospitals and includes a home visit by an occupational physiotherapist and free home modifications if necessary.

Downsize and enjoy Akora Apartments, Bentley

WHILE many people are happy to downsize, finding somewhere suitable to downsize to is often the problem.

Which is why Akora Lifestyle Apartments are proving so popular.

Located in SwanCare's Bentley Park community, Akora Apartments are brand new, offer a choice floorplans and include all modern appliances. They're secure and extremely low maintenance, which makes it easy for residents to simply lock and leave if they're heading away for the weekend or holidays.

SwanCare general manager retirement living, Natalie Hodi, says the new Akora Apartments are setting a new standard for this market.

"One of the drawbacks of downsizing is that when you go from a house to a unit, you go from having lots of garden space and greenery to having nothing at all. But Akora is different," she said.

"It features beautiful landscaped gardens that are fully maintained, large balconies so you can entertain outdoors and there's a stunning green room up on the second floor that features a variety of plants and trees that will extend through the mezzanine level to the floor above."

So residents get the best of both worlds – a beautiful garden to enjoy and someone else to look after it."

Akora is now selling, so to find out more, call 6250 0016 or visit akoraapartments.com.au.



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A new range of modern, spacious homes start from just \$239,000 and come complete with floor coverings, fencing, air conditioning and more - they are ready for living in from day one!

Jurien Bay reclines on a stretch of turquoise coast that's an easy two-hour drive north of Perth. Along with friendly locals and a great climate, the town has all the amenities you need including a golf course, shopping mall and local tavern.

The new display village is now open, call 0413 120 631 or email chrish@hhde.com.au to book an appointment to see the new homes and to find out how easy it is to live it up north!

Jurien Bay VILLAGE

Corner Bashford St and Nineteenth Ave, Jurien Bay
jurienbayvillage.com.au



by Hon Ken Wyatt

Sure, encourage older Australians to take a sabbatical. Most have been working for decades and deserve a well-earned break. But then – let's draw on their skills, their wisdom, and get them back into the workforce.

We can learn much here from other cultures, such as many Asian cultures, and among Aboriginal and Torres Strait Islander peoples, where elders are treasured as experienced experts who continue to mentor and teach younger generations. Let's bring this to the broader Australian society.

Post-GFC it is likely that the labour market will continue to strengthen for the foreseeable future. As demand for workers picks

What it is about is Australian society not losing out. Our society cannot afford to lose the knowledge, experience and wisdom by older people leaving the workforce - being put out to pasture so to speak - just due to reaching some arbitrary use by date. We need to find better ways to be able to tap into their wisdom, to draw on it.

As a society, we need to change our perspective. We need to understand that old is not useless, or irrelevant. Just because you're older doesn't mean you've run your race. You're still very much part of building Australia's future, you are important, and Australia's economy needs the experience of elders in the workforce.

The workshops will be facilitated by specialist community development consultants Creating Communities Australia Pty Ltd.



Upgrade when you downsize



Moving into Akora will be the best move you'll ever make.



SwanCare
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akoraapartments.com.au

Downsizing

ADVERTISING FEATURE



Utilise the expertise and advice of the Seniors Housing Centre



THE Seniors Housing Centre (SHC) is a free, independent information and advice service covering the full range of housing options for older adults in WA.

It is delivered by the Department of Commerce in partnership with COTA WA.

The SHC does not directly offer housing, or provide financial and legal advice, but can be an invaluable source of information for people and their families.

Deciding to change your housing is a big decision.

Questions that you may want to consider before making any change are:

Why are you thinking of moving? Have you considered getting assistance or making modifications to allow you to stay in your current home?

Is this a good time for you to consider a big lifestyle change, or should you wait?

Where do you want to live? If you are moving to be close to family or friends, have you asked them about their future plans – what if they move?

How will you finance the move? What will be the financial implications?

If you are considering selling your home, have you checked the state of the market? Is it a good time to sell?

Have you talked with family, friends and other people with whom you usually discuss important matters?

If you are considering a community lifestyle option, are you ready for the compromises of community living?

Are you looking to release equity? If so will you be able to fund future

needs eg if you need to move to aged care?

Before making any major decision, it is a good idea to get legal and financial advice.

Depending on the issue that you need advice on and your income and assets, it is possible that you will not be able to get free legal assistance and you will have to pay a private lawyer.

If you are seeking referral to a private lawyer or law firm, the Law Society of Western Australia manages a database of members, which identifies areas of expertise. You can contact the Society for the names of three private legal services who meet your requested criteria. The Society is unable to make personal recommendations. For more information, ring the Society on 9324 8600.

The Centrelink Financial Information Service (FIS) helps people to make informed decisions about investment and financial issues for their current and future needs. While FIS can provide information and education, it cannot provide advice. To talk to a FIS officer, call

13 2300.

The Department of Commerce's Seniors' Housing Centre can provide general information but not advice about the different options and what to consider. You can ring the Centre on 1300 367 057.

If you feel you are being pressured or harassed by a family member or carer to make a decision, contact the Older People's Rights Service on 9440 1663.

You can telephone the SHC (located in Perth) for the cost of a local call on 1300 367 057 or email seniors.housing@commerce.wa.gov.au

People can make an appointment to visit and speak with SHC staff located on Level 2, 140 William Street Perth.



Protect yourself from scams and cyber crime



phone scams.

WA has one of the highest levels of people who have been affected by scams and cyber crime.

COTA WA presents these informative seminars in March, so mark your diary and attend.

• Citiplace Centre (First Floor Perth Railway Station)

Tuesday 22 March

10am to 12noon

• Ac-cent Mandurah

Tuesday 29 March

1pm to 3pm

COME and learn all that you need to know to protect yourself from computer and



Retirement & Aged Care Association (Inc)

Units for sale under a retirement village lease scheme. Walking distance to shops, library and pool.

FOR SALE

Coral Estate

(Unit 31)

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- Floor tiles - kitchen/dining area

Contact Cheryl 9535 0200
Mon-Fri: 9am-3pm

Situated on the tranquil parklands of the Serpentine River Mandurah Gardens Estate is a vibrant community for over 55's



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For more information contact the Sales Office
E: mandurahgardens@aspenparks.com.au
445 Pinjarra Road, Mandurah

Ph: 9586 8080



Downsizing

ADVERTISING FEATURE



Why not organise housing option seminars for your club or group

COTA's Senior Housing Centre runs a number of free seminars around the metro and country WA areas where a community education officer can attend your local group and provide these free, informative seminars which are designed to increase people's understanding of the available housing options to them.

These seminars usually run from an hour to an hour and a half, depending on question time and the needs of your members.

COTA currently offer seminars on these topics:

Making Informed Housing Decisions – An essential overview of the housing options available for seniors,

covering key questions and information to ask for while contemplating changes. Some of the areas covered are retirement villages, strata titles, granny flats, home modifications, residential aged care and more.

Retirement Villages and Residential Parks – both are called "Lifestyle Villages"... but knowing the difference, and what to expect from these communities, is vital before people sign anything. Come and learn about rights, obligations, and what to expect in this free, in-depth seminar.

Home Sweet Home – An overview of the enormous range of services aimed at helping people stay in their

homes for longer... ranging from home modifications and improvements, accessing carers and helpers, to new and exciting technologies that can improve your quality of life.

Alternative Housing Options for Seniors – this seminar looks at some of the options available to Seniors seeking other options to owning housing ranging from community and affordable housing, to residential parks, boarding and lodging, and forming new sharing agreements.

Accessing Equity – An independent guide to some of the financial products available for accessing the funds stored in your property, covering both the positive aspects of these services and the things to watch out for.

Downsizing – A Field Guide (D-AFG) – This seminar aims to help you decide if downsizing is the correct option for you – examining alternatives, building a new place or modifying a purchase, and housing options such as strata titles and residential parks.

Strata Title; downsizing to a different form of ownership – seminar is an overview of what is strata title. Covering – Green or Purple; why colour makes a difference. Pluses and minuses of strata living, strata companies, Committees, things to look out for; strata managers – The Good, The Bad and the

Ugly. Places to get more information and help.

Home Maintenance – Some of the issues that will be covered: home maintenance keeps your home safe; helps maintain your independence and sustain your investment. Dealing with tradespeople and businesses, safety and security, independent living devices and where to get further information.

Building and Buying including Granny Flats – Looking at this concept as a refresher seminar, things to consider, pluses and minuses, universal design and sustainable principles, choosing a builder, plus and minuses of granny flats, regulations, useful resources and where

to get help.

Remember, all of these seminars are free and COTA will come to your group. They can help your members make the correct choices about their housing future.

Call COTA today on 1300 367 057, or email them at housing@cotawa.org.au to book a seminar.



Join us for Lattitude Market Day on Sunday 28th February.

Freehold title homes from \$435,000.*

Are you in the market for resort-style living close to all life's essentials? Lattitude Lakelands is the answer – a vibrant, over 55s community just 10 minutes from Mandurah.

Join us on Sunday 28th February from 10:30am – 2:30pm for the Lattitude Market Day, at the Lattitude Clubhouse.

Enjoy **FREE** morning tea and entertainment, and browse the many stalls and garage sales. It's also a wonderful opportunity to chat to Lattitude residents. **Plus, enter the draw to WIN a \$1,000 Coles Myer gift voucher!**¹

To find out more, contact Cath Acton on 1800 678 683 or visit our Sales and Information Centre.

*Price correct as at 5 February 2016. ¹Terms and conditions apply. Visit lattitudelakelands.com.au for more information.

For more details visit
lattitudelakelands.com.au

PEET

Discover a sterling life



ARE YOU finding it difficult to make ends meet in retirement?

Would you like to downsize but don't want to move to a retirement village?

Do the pitfalls of Reverse Mortgages leave you cold?

Sterling New Life addresses all of the key challenges that people are facing, including staying in the family home, moving into a brand new home, paying off the mortgage, getting access to extra cash and structuring assets to leave as much as possible for their children. People now have the option to convert difficult living circumstances into a more flexible lifestyle with reduced living costs and more cash to spend.

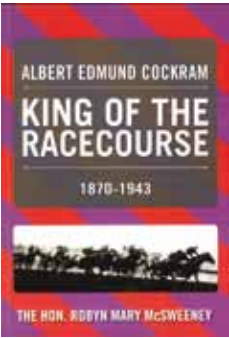
One of the most common issues for older people in Australia is that they have retired without enough capital to provide for living expenses in retirement. Most of their assets are held in the family home and in many instances a residual mortgage or guarantee remains with very little capacity to clear the debt.

While traditional retirement solutions may offer perceived lifestyle benefits, the investment can end up with significant reduction over time. For instance, retirement village leases may have multiple ongoing annual fees and a deferred management fee that builds up over time and can erode a significant amount of the initial investment. Reverse mortgages also accrue growing debt and could potentially lead to all the value in a house being fully eroded before a person wants to move out it.

Sterling New Life however provides a unique and innovative solution for security in retirement. People now have the opportunity to enjoy the benefits of downsizing to a desired property while reducing ongoing annual costs and preserving their investment. People can look to move to a new home in the same community that they currently live in while still being able to time free up capital or reduce debt in order to create a better cashflow to meet living expenses. This new concept is being received by people as an absolute breakthrough for freeing up cash and improving lifestyles without risking their assets now or their estate in the future.

To find out how Sterling New Life can assist, obligation free, please contact 1300 665 890 or www.sterlingnewlife.com.au

Racing legend honoured by parliamentarian great grand daughter



Left to right; Robyn McSweeney - the book Albert Edmund Cockram King of the Racecourse 1870-1943

by Josephine Allison

FOR more than 20 years State Member of Parliament Robyn McSweeney collected information about her great grandfather Albert Edmund Cockram for a book she planned to write about him – a man who made a big impact on the WA horse racing industry but is largely unrecognised.

The book, *Albert Edmund Cockram King of the Racecourse 1870-1943*, was launched at Ascot Racecourse in December by Liberal Party president Norman Moore and mining tycoon Gina Rinehart. It is a fitting tribute to a man who made a big impact on WA but who is not included in either Victoria's National Hall of Fame or the WA Hall

of Fame.

Cockram's inspiring story would have gone untold had it not been for the dedication of his great granddaughter who served as Minister for Seniors in the State Government and now chairs the Legislative Committee, Rural Education and is deputy chair of the Commissioner for Children and Young People WA.

"I don't sleep much and for a few years I had been collecting bits and pieces about my great grandfather rather than be staring at four walls," Bridgetown-based McSweeney says. "I would go into the National Library and carry out the research into all the documents.

"After I relinquished my ministerial portfolios, I had more spare

time and came up with this 728-page book written through my great grandfather's eyes and the journalists who followed him around Australia. I looked at 6,000 to 8,000 articles about him. Every single article I could find I catalogued into days, weeks, months and years and then put different headings in chapters so it's an easy read."

Albert Cockram was born in Gingin, attended Bishop Hale School and was the largest importer of thoroughbred horses into Australia in his time. He also owned Belmont and Goodwood racecourses and was known as 'King of the Racecourse', winning many major horse races including the Sydney Cup (three times) and Perth Cup (five times)

with his horses and their progeny also winning the Melbourne Cup. One of his horses went to England to compete in the English Derby in 1914.

Cockram's first horse was named Wilkes G and another horse, Black-Childe, raced in 1936 in a forerunner to the Interdominions. His horses and trotters won everywhere and he brought in horses by ship from Ireland, England and New Zealand. He even shipped cows to WA from Jersey.

Cockram was also a big land developer and pastoralist and, in 1900, divided up land around Hay, Murray and Pier Streets in Perth, fetching the princely sum of 35,000 pounds from the transaction. He brought the first Silver Ghost Rolls Royce into WA in 1913 and purchased a million acres of land on the Wyndham River because he knew Asia and China were only 12 days sailing away and he aimed to export there.

He was vice-president of the Royal Agricultural Society for 15 years, a member for 36 years and president of the WA Merino Breeders for 15 years and is the only Australian to have judged at agricultural shows in every Australian state, New Zealand and Britain.

McSweeney says her

research uncovered a hardworking and enterprising man and, perhaps, a maverick. The then editor of the *Sunday Times* hated him but yet *The West Australian* loved him. She got the feeling Cockram would 'sue the pants' off anyone who didn't do the right thing.

On a personal level, Cockram had four children by Lucy King. He remarried after her death. A daughter, Beverley Barratt, is still alive and received the first copy of the book off the press. An aunt, Sue Davis, designed

the cover.

McSweeney says readers male and female will be fascinated by the history of horse racing in WA, what clothes the women wore and the overall early history of WA included in the back of the book. More than 70 years on, his great granddaughter has done Albert Cockram proud.

Albert Edmund Cockram King of the Racecourse 1870-1943 (\$55, Pickawoo Press) is available for purchase from the Alexander State Library bookshop, Gannons shops or from

Robyn McSweeney on 0407 611 957.

WIN WIN WIN

To be in the draw to win a autographed copy of Albert Edmund Cockram King of the Racecourse 1870-1943, email win@haveagonews.com.au and include the word racing in the subject line. Alternatively, address an envelope to King of the Racecourse Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse. Competition ends 8/03/16.



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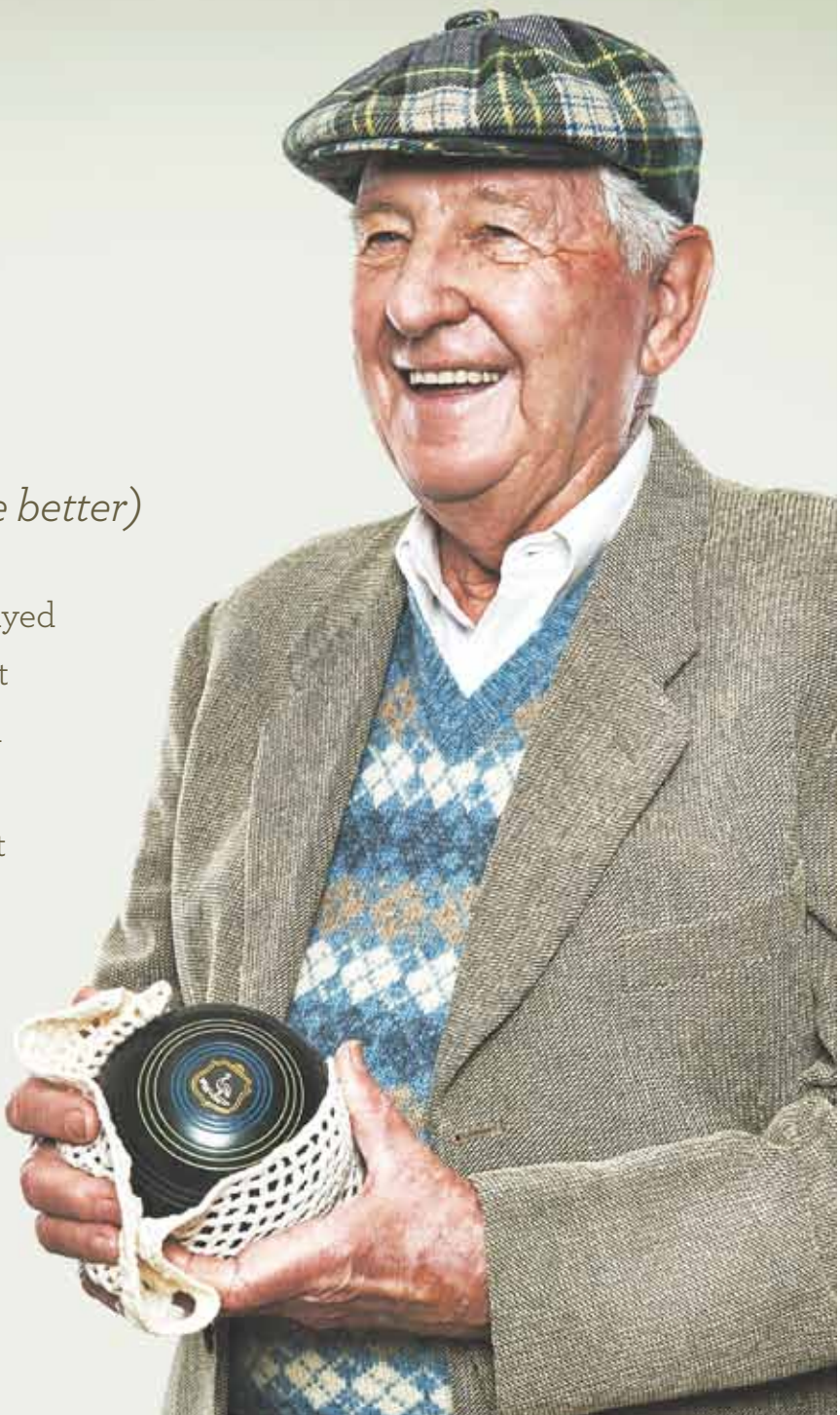
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He likes some friendly competition (the friendlier, the better)

When Jack moved to Bethanie, several years ago, he'd never played a game of bowls. Now, he's a serious player (and on the putt putt course too). It's been a great way to make friends. They've given him some handy tips on his game, while he's been giving some charming banter, now and then. And while they're serious about their bowls, they're even more serious about having fun.

Call 131 151, or visit bethanie.com.au



classes AND courses

ADVERTISING FEATURE

A start your family tree course is available

THE WA Genealogical Society (WAGS) is holding a Starting Your Family Tree Day on Tuesday 8 March (10.30am to 2.30pm) at its premises at 4/48 May Street, Bayswater.

WAGS is one of the best resourced family history organisations in Australia. They will show people how to build their family tree and record their findings. Starting with what people already have, they will find out how and where to find birth, death and marriage records and certificates; how to use census records; where to find church records and how to obtain them, and the resources available at WAGS.

People will also get lots of useful websites and tips to further their research.

The day has been generously sponsored by the Noranda and Bayswater branches of the Bendigo Bank, and therefore for residents of Bayswater, Bedford, Beechboro, Dianella, Embleton, Inglewood, Maylands, Morley and Noranda the course is free, for others the fee is only \$10, but registration is required.

For registration forms go to the WAGS website www.wags.org.au, or email activities@wags.org.au, or call WAGS on 9271.4311. Places are limited.

Perth Writer's Festival returns to UWA

WRITERS, artists, thinkers, provocateurs and innovators come together from around the globe in Perth.

The Perth International Arts Festival will hold the prestigious Perth Writers Festival at UWA from Thursday 18 to Sunday

21 February.

Popular British philosopher and founder of the Empathy Museum, Roman Krznaric will deliver the opening address and the New York Times best-selling novelist Lisa Genova will speak about issues central to our hu-

manity in the Festival's closing address.

Other highlights include a sold-out evening with influential thinker and scientist Richard Dawkins, the Human Library living books project and From Pad-

dock To Plate – a series of panels on culinary storytelling, food writing, influential cookbooks, food trends and the rise of food blogging and photography.

Register at www.perthfestival.com.au to receive your free Perth Writers Festival program

Make a resolution to think green at home

WITH people most of thinking about resolutions in the early months of a new year, the City of Swan's Thinking Green workshops could help people meet resolutions to be more sustainable.

City of Swan Mayor, Mick Wainwright, said the free workshops had proven very popular in 2015 and an extended list of activities was planned for 2016.

"This is the City's third series of these sustainable living workshops," he said.

"More than 600 people came to

our 22 sessions last year and we have 30 workshops planned to run between January and June 2016."

Mayor Wainwright said topics would include greywater systems, chemical free cleaning, worm farming, living the small holding lifestyle, introduction to beekeeping and bird-watching talk and walk sessions.

"There will also be special workshops in April for the kids called Spineless Wonders, where they learn about insects and other invertebrates and experience a hands-on encounter with live mini-

beasts," he said.

"The workshops will be held at the City's six libraries: Altone Park (Beechboro), Ballajura, Bullsbrook, Ellenbrook, Guildford and Midland.

"There will also be workshops in Gidgegannup; and in the Swan Valley, with workshops in West Swan and Baskerville.

"The February workshops, Chemical Free Cleaning, focus on removing harsh chemicals from the house hold clean."

For dates and venues, visit www.swan.wa.gov.au/thinkgreen

Sing for your body and soul in Swan View

HAVE you made a resolution to try something new this year? Something that is not just fun and sociable, but also good for your general health and fitness?

Well, look no further. Scientists have found exciting evidence that singing in a choir has remarkable benefits for both your mind and body.

Learning new words

and music actually makes new neural connections in your brain, improving brain health. Singing exercises the heart, lungs and upper body muscles and increases oxygen levels in the blood. And group singing is believed to release the feel-good hormones endorphins and oxytocin, increasing your sense of well-being. Studies also suggest singing in a choir

reduces symptoms of depression.

So what better reasons to join Swan Harmony Singers, who are happy to welcome new members? Because it's the start of a new year, they will be working on a new program of fabulous songs, so this is the perfect time to join.

The group looks forward to welcoming people with a warm and friendly

greeting. The community choir spanning a wide age range; and they meet on Wednesdays from 7-9pm at the Salvation Army Church Hall in Morrison Rd., Swan View. They sing jazz, pop, swing, folk and the occasional classic numbers, and there are no auditions.

For more information, phone Anna on 9299 7249.

The Hollywood Tuesday Morning Show returns this month



Compere Bernard Carney with Santa Kurt at the final show for 2015

by Michelle Davies

THE *Hollywood Tuesday Morning Show* returns to the Perth Town Hall from 9 February. Every Tuesday people are welcome to come along to this free show which is proudly sponsored by *Have a Go News* and the City of Perth.

The Tivoli Club of WA presented the final show for 2015 and the members prepared a sparkling variety show of comedy, song and dance with a special Christmas flavour.

The Hall was packed with happy revelers. The hall was decorated by the three caretaker/venue supervisors, Richard, Bryan and Aziz, who work tirelessly to cater for the many and varied functions throughout the year. Roger, the concierge/booking officer, seated at his desk on the lower ground floor, manages to keep the activities flowing smoothly, as he greets us all with a cheerful smile when we arrive and leave.

After the concert, our busy coordinator, Bernard, called onto the stage those who had worked behind the scenes dur-

ing the year to make *The Hollywood Tuesday Morning Show* such a success. He thanked all the helpers, and then, to our great surprise, Santa arrived, and presented each with a gift. Thank you, Santa.

Alice, our morning tea organiser and her helpers organised the morning tea following the show.

Maureen Felton organises raffles, 'bring and buy' stalls, and sells jars of jams and pickles made by our audience members every year. During the year we raise money for Wheelchairs for Kids, St Bartholomew's House, and Zonta Women's Refuge. Our ever generous audience donated a table piled high with clothing and gifts for Zonta Women's Refuge. Thank you to all our generous audience – and a special thanks to Kurt who played Santa.

If you would like to join the fun group who look forward to welcoming new people then come along to the Perth Town Hall, every Tuesday from 11 am to 12 noon. For enquiries and information about guests or artists contact 9461 3145.

Guests can visit Citiplace Community Centre (upstairs at Railway Station) or Rod Evans Centre (160 Hay Street) following the show for delicious and low cost meals.

February / March program

16 February - Silver Threads Band – enjoy a collection of hits from the 1940s to 1960s.

23 February - *Arco Duo* – enjoy these talented violinists who have played in symphony orchestras all over the world.

1 March - Kelly Green – radio personality Kelly will entertain with a lively show of rock and roll classics

8 March - Jennifer Merigan – will talk about what's in the current issue of *Have a Go News* and then *Perth Scottish Fiddlers* will entertain the audience with a selection of Scottish music and dance.

15 March - *The Entertainers* – this popular group will present a sing-a-long with an Irish theme to celebrate St Patrick's Day.

Adult education without exams or homework

THE MALA adult education offers a program which is informative and stimulating with topics to share and enjoy with others of similar interests.

Part A - (4 March to 8 April) includes *Social Issues in Contemporary China*; *Reading Like a Writer – an Insider view of Literature*; *For the Love of Singing*; *Medical Miscellany* *Mummies*,

Mysteries and Magic in Ancient Egypt and *Astronomy for Beginners*.

Part B - (29 April to 27 May) includes *Social Issues in Contemporary China* (This is different from Part A and can be enjoyed separately); *Scams, Skulduggery and Science*; *For the Love of Singing*; *Influences and the Influential in Visual Arts*; *The Design of Cities: Past Present and*

Future and Astronomy for Beginners.

Professional lecturers are engaged to present all topics.

The MALA program has no exams and no homework and semester one begins on 4 March.

They meet on Fridays only, at the George Burnett Leisure Centre, located on Manning Road between the Freeway and Curtin University. There is a very large parking area, and public transport is available right outside... new students are very welcome.

Come along and bring a friend. Begin lifelong learning with MALA this year.

Enrolment details are available online at www.perthmala.org.au and early enrolment is advised to ensure a place. Contact Sue 9444 4902 if you require more information.

Join the Forest Lakes Theatre group

THE friendly Forest Lakes Theatre group is holding its annual open afternoon on 16 February at 1pm at the Don Russell Performing Arts Centre, Thornlie.

It would love to meet women over 50 who are interested in any aspects of theatre to join their group.

Budding singers, dancers, actors or back stage helpers doing various activities are welcome to come and share a cuppa and talk to members.

Please call Carolyn on 9525 5368 or Angela on 9493 2656 for more information.

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Tick one box only.

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☐ Seeking a friend

☐ Seeking a partner

Name

Address

Postcode

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I am over 45 years of age

(Signature)

Abbreviations used in *Friend to Friend*

ALA: All letters answered

DTE: Down to earth

GSOH: Good sense of humour

ND: Non drinker

SD: Social drinker

NG: Non gambler

NS: Non smoker

NOR: North of River

SOR: South of River

TLC: Tender loving care

WLTM: Would like to meet

Each person may submit one entry every month.

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Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:
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Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

AFFECTIONATE adventurous, attractive lady, fit, GSOH, fin sec, early morning beach swims, love outdoors, motorhome, Harley Davidson motorbikes, travelling. WLTM fit, young at heart gent. Have same interests. NS, SD, GSOH, NG, also enjoy music concerts, positive outlook, 65-72. ALA.
Reply Box 7016

ALLURING gent, 59, healthy, well off, likes travelling, walking, outings, is interested in meeting a nice lady.
Reply Box 6993

AN EASYGOING slim lady with GSOH, fin sec, many interests, family, socialising, music, cooking. WLTM gent, 75+, similar as friend, companion, care, share life's journey. Quality time, long term if compatible.
Reply Box 6984

ARE you a NS, SD, DTE, GSOH gent who likes travel, socialising and enjoying life? Me; lady, 65, is all the above so we should meet.
Reply Box 7017

ATTRACTIVE slim, active, educated, fin sec lady enjoys most outdoor activities also music, dancing, politics and social outings, seeks a fun loving, sincere, honest, refined gentleman with similar interests, meet, chat, coffee. Take care. WLTM. SOR.
Reply Box 7011

CHAPERONE gentleman, 1948 vintage, tall, active, well educated, well presented, available as chaperone for deserving woman of mature age but looks not an issue. I'm a NS, NG, SD, TLC. Sincere genuine replies only.
Reply Box 6983

CHEERFUL but lonely, caring, affectionate gent, GSOH, NS, ND, DTE, 70+, own home, no ties, drives, dine/out, tv, nights, hugs, kisses free, NOR, meet morning tea, coffee chat. ALA. Enjoy laughter together.
Reply Box 7020

EASYGOING gent, mature, young outlook with lots of interests, slim build. WLTM Asian lady. Take care. See you soon. TLC.
Reply Box 6996

GENT 69, seeks female partner, must be charming, interesting, organised. Me; charming, interesting, organised. Would love to hear from you.
Reply Box 6985

GENT 72, looks and acts 62, fin sec, dog lover, self employed, NS, SD, GSOH, NG, fit, reader, car club, tv, travel, movies. WLTM 55-65 petite, presentable lady who speaks English well.
Reply Box 7018

GENT 73, easy going, active, NS, SD, own home, semi rural setting, fin sec, WLTM lady, open minded for casual or ongoing friendship. Age open. Any nationality. SOR.
Reply Box 7008

GENT mature outlook, blue eyes, 5'4", NS, ND, VGSOH, love life to the fullest, outdoors, gardening, movies, walks, drives, cooking, dancing, music, WLTM a lady for a get together over coffee and a chat. NOR.
Reply Box 7009

GENT UK/Australian, 180cm tall, presentable, VGSOH, well, 66, educated, easygoing, not demanding, enjoys usual social activities, outdoors, travel, holidays, family. Seeking compatible, attractive slim/medium built lady companion, maybe future partner, 52-65, NOR. Me; genuine, are you? Coffee?
Reply Box 7001

GENT well presented, fin sec, 176cm tall, 68, NS, SD, NG, DTE, NOR. Seeks slim lady partner for dining, dancing, movies and spending evenings together. WLTM for coffee and have a chat.
Reply Box 7005

LADIES do you want to do lunch? Various cafes once a month. Age approx 60-70, add to our social calendar, meet new friends, SOR preferred, only those single with transport please. See you soon! No fees.
Reply Box 6998

LADIES who'll come romancing with me? Must be active, attractive, cultural, sexual, 60-70, enjoy theatre, jazz and classical music, nature, walking, intimacy, laughter, hugs and kisses, and much more. Love forever is my hope. Will you join me.
Reply Box 6988

Visit *Have a Go News* online:
www.haveagonews.com.au

LADY 70+, attractive, UK born, enjoys beach, movies, dining out, barbecues etc. WLTM gent with GSOH, easy going, active, sincere, healthy, lives SOR near 6163. Let's meet for coffee and chat.
Reply Box 7013

LADY 70s, 5'4", med build, NS, ND, vegan, healthy, lives SOR 6110, spiritual, not religious. Likes music, dancing, swimming, reading, WLTM gentleman who is patient, kind and honourable with similar attributes and interests to me.
Reply Box 6991

LADY early 70s, WLTM gent fin sec, as I am. Varied interests, I am medium build. NS, NG, mild SD preferred, interested in meeting gent with same or near postcode 6330. Albany, Denmark, Mt Barker.
Reply Box 7006

LEAVE your comfort zone. Socialise with lovely mixed singles group, 50s-60s, free, meets SOR to arrange outings north and south of the river. Landline preferred.
Reply Box 6987

SINGLE Kiwi lady, 69, medium build. Interests; dining in/out, music, drives, travelling, socialising, GSOH, SD, DTE, TLC, WLTM gent same interests, honest, sincere, future relationship, NOR.
Reply Box 7015

SLIM healthy gent NOR loves travel, country drives, easy listening music, doing things together. Seeking a lady early 70s with similar interests for a long term relationship.
Reply Box 7010

Visit *Have a Go News* online:
www.haveagonews.com.au

STAN got your nice letter from last month's Friend to Friend but you forgot to include your phone number or contact details. Would like to hear from you again, please write with phone number. ASAP.
Reply Box 6995

WELL presented gent, live close to Perth. Single, Asian, age 62, kind hearted, well educated, financially independant. I am very lonely, searching for a Caucasian lady or gentleman for friendship. ALA, age 70+ please.
Reply Box 7014

WIDOW 78, slim, educated, warm hearted, loves country outings, painting, piano, gardening, photography, poetry, world politics, beautiful music and gentle times: seeks quiet, joy filled gentleman with a spiritual outlook, artistic aspirations and a zest for life.
Reply Box 7007

Seeking a Partner

ATTRACTIVE English Australian lady, 67, medium build, educated, refined, feminine, GSOH, DTE, ND, postcode 6107. Likes walking, reading, gardening, good conversation, seeks unattached professional gentleman, 65-72, prefer widower, please genuine replies only. Photo appreciated. ALA.
Reply Box 6990

ENGLISH born, early 60s, 5'2", small woman, GSOH, NS, SOR, SD, WLTM bloke who would be happy to be a friend with the possible friendship growing into a relationship.
Reply Box 6997

EUROPEAN gent, retired, 70s, easygoing, love dancing, dining, travelling, cruising, country drives, good time at home, seeks lady friend, companion, quality time together, meet for coffee, love photo.
Reply Box 6994

GENT 71, NS, SD, GSOH, DTE, fin sec, own home. Where is that special lady, slim to med build, 65-72 with similar interests, 60s music, travel in/out Australian, walking, caravanning, dining out, movies, country drives, let's meet over a coffee. ALA.
Reply Box 7012

GENT 76, fit, happy, active, NS, likes walking, movies, life in general, seeking a NS, lady, 69-75 for friendship relationship. SOR.
Reply Box 6986

GENTLEMAN retired, caring, profession, seeks elegant, sophisticated Italian Australian lady partner, to mid 60s, slim, not taller than 5'3", healthy, caring, kind, considerate, intelligent, close inner metro, NOR, only reply if entirely genuine, compatible, NS.
Reply Box 6992

I'M ACTIVE, fit, deeply romantic, male, love nature, the arts, yet strongly appreciate the sciences. Follow world events, contribute to society's well-being wherever possible, love travelling. WLTM a thoughtful, sensitive, high-spirited lady in her 50s.
Reply Box 7021

LADY 56, professional, independent, outgoing, enjoys travel, cultures. WLTM gent up to 64, not retired, SD, who communicates well.
Reply Box 6999

LADY 64, attractive, SOR, WLTM gent, 64-70. I'm hoping destiny will aim the darts of love my way. It's fine if you're a SD, smoker, GSOH, intelligent. It would be nice to hear from you.
Reply Box 7000

SINGLE lady, 69, medium build. Interests are dining in/out, music, drives, travelling, socialising, GSOH, SD, DTE, TLC, WLTM gent NOR, same interests, honest, sincere, future relationship.
Reply Box 6989

Seeking a Travel Companion

A REFINED lady, I seek a cruise companion, male, 60-70, to share this experience in the near future. Destination negotiable. ALA. SOR. GSOH.
Reply Box 7002

CRUISE South America early 2017, share cabin. Travel companion not partner, Male or female. I am well travelled and easygoing.
Reply Box 7003

LADY late 70s, WLTM other ladies or gents to go on holidays or cruise, maybe in a group to share experience. NOR.
Reply Box 7019

SOUTH west gent 77, widower, WLTM lady interested in eastern states caravan trip, six weeks 24/03/16. Me; SD, NS, DTE.
Reply Box 7004

Friend to Friend: When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042, West Leederville, WA 6901.
(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened.



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WANNEROO LADY 68 very pretty, trim figure, feminine, green eyed brunette, takes pride in herself. Is honest, reliable, organised & responsible. Likes dancing, travel, walks, homelife. Sk tidy, well mannered gent 65-76 for togetherness & to treat each other kindly.

PADBURY LADY 63 Bright, funny, attractive English nurse, slim, fit, active, a positive happy soul without ties so can devote herself to a respectable, fun loving man 58-68 who chooses life.

CHURCHLANDS LADY 67 A sophisticated widow, very slim & well grmd/spoken blue eyed brunette. Has diverse interests...enjoys the arts & theatre to caravan travel. Sk gent who is happy & at ease with himself 62-72.

FERNDAL LADY 66 cute blue eyed blond, slim, petite figure, bright, quirky, honest, independent, likes to keep active & fit. Would love to meet trustworthy man w/ sound values & enjoy doing things as a happy couple.

MANDURAH LADY 66 Fun loving country girl, kind & honest green eyed blond, casual, well grmd & a GSOH. Loves camping, fishing, c'van travel, cooking, gardening & the simple things in life. Sk clean living gent 65-75 peref FARMER.

ROCKINGHAM GENT 66 relaxed, well spoken, tidy appearance, caring nature. 178cm, trim, blue eyes, salt&pepper hair, enj travel, ballroom dancing, nature, bushwalks, tai chi, dining out. Sk honest, well grmd lady any nat, 55-67 who wants to be a couple.

BURNS BEACH GENT 66 Charming, educated professional, wid, 6'1" tall, trim, well grmd, very openminded & accepting of people. Is sociable, pragmatic & can be funny. Likes swimming, yoga, photog, sporting events, theatre, cooking. Sk warm, loving considerate lady 50-65.

BEECHBORO GENT 68 Kind, sincere, intelligent, thorough gentleman, good humoured, can talk on any topic. 180cm, healthy, fit & tidy appearance. Loves o/s travel, country wkends away, dining out, entertaining at home. Sk lady 58-68 who likes being her.

HALLS HEAD GENT 75 retired professional, refined, intell, well spoken, country boy at heart, Keeps busy, likes, cars, antiques, sculpture, writing, reading & would like to travel more. Sk feminine, independent brunette, any nat 55-75.

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Leave your troubles at the door and fall under *La Soirée's* spell

by Jennifer Merigan

La Soirée debuted in Perth for the Fringe World festival last year and was so popular that its season was extended for a further two weeks.

This year the hit show returned to Perth for Fringe World and when it opened on a warm Saturday night, as advised by host Brett Haylock I left my troubles at the door for a few hours of stunning entertainment.

A couple of last year's entertainers returned in the line up including the double jointed comedian *Captain Frodo* and the amazingly strongmen *The English Gents*, but the show also had a new cast of acts to thoroughly woo and entertain the audience.

I loved all the performers but I think my favourite act was *Mario Queen of the Circus*. I just laughed and laughed during his three acts. Dressed as a 'leather clad' Freddie Mercury, he bursts onto the stage combining his love of the music of *Queen* with some highly skilled juggling and riding of a unicycle.

There is nothing more amusing than his first act of juggling to the *Queen* hit, *Another One Bites The Dust*.

I don't want to give too much away except that his final act is spectacular with a lot of audience interaction and of course all to the music of *Queen*.

The British Gents' Denis Lock delivers an amazing interlude which takes bubble blowing to new heights. You will be mesmerised by his bubble blowing which is a combination of science and skill.

As always *La Soirée's* acrobats perform feats which most of us can't imagine, from Satya Bell's hula hoops (pictured left) to Mexican Yammel Rodriguez single strap acrobatics – all while smoking a Cuban cigar, to Brett Pfister's aerial performance, you are nothing but awed.

I love the atmosphere of the spiegelent, from its wooden floors, stained glass decorative windows and onsite bar – it provides a fabulous venue for the show and is air-conditioned to beat the Perth heat.

There are a variety of seats; ringside where you really feel part of the show, to the booths where you can relax and enjoy a drink at your own table.

The intimacy of the spiegelent, the talents of the performers from acrobats to singers and the audience interaction all make this show one not to be missed.

La Soirée plays until 6 March in the La Soirée spiegelent at Museum Gardens. Tickets \$69 ringside, \$79 posh, individual booth tickets \$65.

For tickets visit www.fringeworld.com.au

WIN WIN WIN

To be in the draw to win one of five double pass to *La Soirée* on Tuesday 23/2/16 at 8pm simply email win@haveagonews.com.au with *Soirée* in the subject line. Please include your name, address and phone number in the email. A voucher id number will be given to winners and you must bring that with you on the night. Competition closes 20/02/16.



★★★★★
'EVEN BETTER THAN LAST YEAR'
THE WEST AUSTRALIAN, JAN 2016

★★★★★
'A SENSATIONAL NIGHT OUT'
THE TIMES (UK)

★★★★★
'UTTERLY UNMISSABLE'
THE STAGE (UK)

★★★★★
'GREATEST SHOW IN PERTH'
SUNDAY TIMES (WA)

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Swing along to Perth's Cottontail Trio at the Fringe



THE Cottontail Trio – The Golden era of swing is presented by three dazzling Perth women who have a deep love for the Andrews Sisters style three part harmony singing. Dressed with vintage hair styles and dance moves to match, Jessie, Amy and Alissa will take you on a journey through popular harmony music from the golden era of swing, backed by their six piece band *The Supper Club*.

Enjoy this fabulous show from Thursday 18 February to Sunday 21

February at the De Parel Spiegelent, Urban Orchard at the Perth Cultural Centre.

Tickets from www.fringeworld.com.au

WIN WIN WIN

To be in the draw to win one of two double passes for *The Cottontail Trio* – *The Golden Era of Swing* Thurs 18 Feb @ 6pm simply email win@haveagonews.com.au with *Swing* in the subject line. Please include your name, address and phone number. Competition closes 14/2/16.

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KINGFISHER
A play by William Douglas-Home

Directed by Nicola Bond
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For further information visit www.harbourtheatre.org.au



by Josephine Allison

THE past year has been a busy one for Damon Smith of *Sun Rising*, the Melbourne based tribute band dedicated to reprising the music of Sun Records. The

band is busy gearing up for another hectic year with a Perth visit next month and interstate gigs on the agenda.

Sun Rising aims to inform and educate audiences while taking them

Sun Rising – the songs that made Memphis

on a magical musical ride through Memphis and Sun records and its creator Sam Philips, focusing on the early period of 1950-57, touching on many artists including Elvis Presley, Jerry Lee Lewis, Johnny Cash, Carl Perkins, Roy Orbison, BB King, Ike Turner and Howlin' Wolf.

For the past three years the band has performed throughout the country, achieved a big fan base and glowing reviews. *Sun Rising*, the Songs that Made Memphis, was the brainchild of Smith and good friend David Cosma. Reviewers have raved about the band, describing Smith as a blues-boogie virtuoso with his gravelly voice 'spot on' for

Jerry Lee Lewis and Trent McKenzie a real treat to watch, plucking away on his double bass.

Smith, who runs the band with Cosma, plays the piano and sings with Cosma on acoustic guitar, Adam Coad (drums), McKenzie (double bass) and Adrian Whyte (electric guitar). Last year was a highly successful one for the band which saw it tour extensively, as well as have three sell out shows for the Adelaide Cabaret Festival.

"Adelaide was really great and to perform before Barry Humphries as festival artistic director was an honour," says Smith. "In the past year we've performed at shows around the country including Vic-

toria, Queensland and now we're back in WA."

As well as touring, Smith has started a project called *The Night Sky Is a Jewellery Window*, that showcases the songs and stories from some of Australia's greatest singers and songwriters.

And he has just completed a 17-minute, five phase classical-contemporary instrumental composition for a ballet to be performed in Melbourne in July. Also in the works this year is Smith's original third original record, featuring a song chosen as the theme for a television show, *Under the Milky Way* to be aired in April.

Life is hectic for Smith who combines touring

with life as a stay-at-home dad to three-year-old Rosie Mae, while wife Brenda works in adult learning. But you get the impression he wouldn't have it any other way.

Sun Rising, the Songs that Made Memphis per-

forms at Perth Blues Club 1 March, Friends Restaurant 3 March, Don Russell Performing Arts Centre Thornlie 4 March and Mandurah Performing Arts Centre 6 March. Tickets are available at sunrisingaustralia.com.au

By arrangement with Hal Leonard Australia Pty Ltd presents

Tuesdays with Morrie

Based on the book by Mitch Albom
Written by Jeffrey Hatcher and Mitch Albom
Directed by Ryan Taaffe

Stirling Theatre, Morris Place, Innaloo
19, 20, 25, 26, 27 February and 3, 4, 5 March at 8pm
Matinees: 21 & 28 February at 2pm

Tickets: \$22 full, \$20 conc, \$18 members*
Bookings through Morris News
9440 1040 or www.trybooking.com/JUFX

On the silver screen - February films



Brooklyn (M)

NOMINATED for three Oscars including Best Picture, Best Actress and Best Adapted Screenplay (written by Nick Hornby) *Brooklyn (M)* tells the profoundly moving story of Eilis Lacey (Saoirse Ronan), a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and Eilis must choose between two countries and the lives that exist within.

In cinemas 11 February

Trumbo

With an all-star cast including Bryan Cranston (in an Oscar nominated performance), Helen Mirren, Diane Lane and John Goodman, *Trumbo* is set in the Golden Age of Hollywood and tells the captivating true story of prolific screenwriter Dalton Trumbo.

In this fascinating true story, Emmy Award winning actor Bryan Cranston (Breaking Bad) portrays Dalton Trumbo, the successful Hollywood screenwriter who was blacklisted in 1947 by the studios under the direction of the infamous House Committee on Un-American Activities. Holding strong to a belief in free speech and refusing to name 'suspicious' friends, Trumbo was vilified in the communist witch-hunt that took place in America at the height of the Cold War. He was exiled professionally, sentenced to a year



in prison for contempt of Congress, and drawn into battle with the absurd Red-hating gossip columnist Hedda Hooper (Helen Mirren). With an irrepressible creative talent, *Trumbo* would find his way back into Hollywood, writing several scripts under pseudonyms during his exile, including *Roman Holiday*, and winning two Academy Awards under aliases.

In cinemas 18 February

Gods of Egypt

In this spectacular action-adventure inspired by the classic mythology of Egypt, the survival of mankind hangs in the balance as an unexpected mortal hero Bek (Brenton Thwaites) undertakes a thrilling journey to save the world and rescue his true love. In order to succeed, he must enlist the help of the powerful god Horus (Nikolaj Coster-Waldau) in an unlikely alliance against Set (Gerard Butler), the merciless god of darkness, who has usurped Egypt's throne, plunging the once peaceful and prosperous empire into chaos and conflict. As their breathtaking battle against Set and his henchmen takes them into the afterlife and across the heavens, both god and mortal must pass tests of courage and sacrifice if they hope to prevail in the epic final confrontation.

In cinemas 25 February

WIN WIN WIN

To be in the draw to win one of ten double passes to any of the movies above simply send an email to win@haveagonews.com.au with **Silver Screen** in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 29/2/16.

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THE SUN RECORDS ALL-STARS

"THE SUN RECORDS ALL-STARS" captures the music, the imagination, the passion and the magic of the famed Memphis-based record company Sun Records' phenomenon with authenticity - it is destined to be a truly enjoyable entertainment experience. Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins were just some of the superstars who made their careers there and this sensational show pays homage to the birth of Rock 'n' Roll.

WEDNESDAY 2 MARCH
- ASTOR THEATRE PERTH

Special Guest **ROY ORBISON** Tribute

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ART for ALL

• 8 to 14 February Laurie Cochran and Andrea Day invite you to join them in 'The Inspiration Lounge' - includes an informal Lunch in the Gallery Wed 10 Feb

• 15 to 28 February Pop-up Exhibition

• 29 February to 13 March 'Bush & Beach' Exhibition

• 2 March Jane Lidbetter workshop - Japanese and Chinese brush painting - 4 SPOTS LEFT!

• 14 to 18 March Watercolour and/or acrylic workshops with Melbourne-based artist Craig Penny

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Quarry Amphitheatre

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Five by Night Ballet at the Quarry Hero Image.
Reika Sato. Photo by Robert Johnson

Enjoy ballet under the stars at the Quarry

ANOTHER exquisite season under the stars follows two consecutive capacity seasons of *Ballet at the Quarry*. West Australian Ballet's annual Perth International Arts Festival event once again expects a sell-out for this sublime programme of works featuring *In Black*, *To The Pointe*, two Australian premieres: *On The Nature Of Daylight* and *5*, and one world premiere by Australian choreographer Craig Davidson, *Ambiguous Content*.

Internationally acclaimed British choreographer David Dawson presents two works in the program including *On the Nature of Daylight*; a beautifully subtle pas de deux set to music by modern master Max Richter about the perfectly ordinary yet extraordinary mysteries of love.

David Dawson reflects, "I first thought about the many possibilities of finding pure love... I asked myself the question, 'what if I were passing my soul mate right now on my journey home, and never even knew about it?'"

Also by Dawson is *5*, an intricate and daz-

zingly fast work for five dancers based on the Wedding Pas de Cinq from his acclaimed version of *Giselle*. Both *5* and *On the Nature of Daylight* are costumed by Yumiko Takeshima, the mastermind behind hugely successful global dance-wear brand Yumiko World.

Included in the program is a brand new work, *Ambiguous Content*, by one of Australia's brightest young talents, Craig Davidson. The Australian expatriate boasts an impressive international career spanning over thirteen years dancing and choreographing independently and with companies including Finnish National Ballet, Royal Ballet Flanders, and American Ballet Theatre.

Artistic director Aurélien Scannella has also added a local flavour to this outdoor summer season with *In Black* by WAB's own soloist Andre Santos. Having premiered to great critical acclaim in Genesis 2014 at the West Australian Ballet Centre, *In Black* is a reflection of challenge, trust, dynamic athleticism, and hard

work; a reflection of a dancer's training.

Finishing the program is *To the Pointe*, a fresh and vibrant hip-hop/ballet collaboration between WAB dancers Meg Parry, Victoria Maughan, Melissa Boniface, Andrew Santos, and Jayne Smeulders and Pepito, Australia's three-time Boy champion.

With the stunning cliff-face backdrop of the Quarry Amphitheatre, under a canopy of stars on a balmy Perth summer's night, *Five by Night: Ballet at the Quarry*, once again promises a stunning dance experience.

Five by Night: Ballet at the Quarry, 5 – 27 February Quarry Amphitheatre, City Beach. Gates open 6.30pm, performances commence 8pm.

Picnic hampers available for pre-order – visit wabal.com.au.

Bookings through Ticketmaster on 136 100, at any Ticketmaster outlet, or visit www.wabal.com.au. Tickets \$49 – \$67 on sale now.

Ballet at the Quarry is presented by Clifford Chance.

The Lady in the Van - special Have a Go News preview...



DAME Maggie Smith recreates one of her most celebrated roles – the singular Miss Shepherd – in *The Lady in the Van*, Alan Bennett's big-screen comedic adaptation of his own iconic memoir and honoured

stage play.

The tale is based on the true story of Miss Shepherd, a woman of uncertain origins who 'temporarily' parked her van in Bennett's London driveway and proceeded to live there for

15 years.

What begins as a begrudged favour becomes a relationship that will change both their lives.

In cinemas 3 March.

WIN WIN WIN

Thanks to Sony Pictures and Reading Cinemas a special preview has been organised for *Have a Go News* readers on Wednesday 2 March at 6.30pm at Reading Cinemas Belmont. To be in the draw to win a double pass to the preview simply email win@haveagonews.com.au or call the office during business hours on 9227 8283 for a chance to win a pass. Competition closes 23/2/16.

Relive the birth of rock and roll



SUN Records All-Stars is a concert featuring tributes to the legendary artists who graced the studios of the famed Memphis-based record company Sun Records.

Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins all made their careers there.

This official and exclusive touring show stars a talented ensemble cast headed by Roy LeBlanc as Johnny Cash, Gino Monopoly as Elvis Presley, Bill Culp as Carl Perkins and Joe Passion as Jerry Lee Lewis. This is the birth of Rock 'n Roll in the 1950s.

The Sun Records All-Stars is about a magical era that still resonates with musicians and their audience. The music is timeless, without a doubt, and the musicians at the centre of it were originals who were true to themselves. They had authenticity and they weren't contrived – they were real artists.

Wednesday 2 March at Astor Theatre, Perth 8pm. Tickets \$60.50 to \$71.50

Disney's action thriller... The Finest Hours



transport audiences to the heart of the action, creating a fully immersive cinematic experience on an epic scale. Starring Chris Pine, Casey Affleck, Ben Foster, Holliday Grainger, John Ortiz and Eric Bana.

WIN WIN WIN

To be in the draw to win one of ten in season passes to Disney's *Finest Hours* simply email win@haveagonews.com.au with Disney in the subject line or write to *Finest Hours* – C/- Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number. Competition closes 28/2/16.

HEROIC action-thriller, *The Finest Hours* is the remarkable true story of the most daring rescue mission in the history of the Coast Guard.

Releasing 3 March and presented in spectacular 3D, the film will

Write your own sonnet...

WILLIAM Shakespeare was born on 23 April, 1564 and died on his 52nd birthday in 1616.

Therefore this year is the 400th anniversary of his death and all over the world Shakespeare lovers will commemorate it.

Here in WA, the Shakespeare Club of Western Australia is sponsoring a sonnet-writing competition and the club invites people to write their own sonnet.

The Shakespeare Club invite all poets, amateur and professional, experienced or first-timers, to exercise their imaginations in a 14-line poem in the Shakespearean pattern.

Writers may choose any theme with a Western Australian link.

The sonnet can be comic, serious, satirical, romantic or what ever theme you wish.

The competition is open to secondary students and adults. Prizes will be awarded in both categories, first – \$300; second – \$200; third – \$100.

All information relating to competition rules and guidelines is available at www.writingwa.org/articles/5962-sonnet-competition

Simply enter this address and follow the prompts for competition rules and entry forms.

45 Years



KATE Mercer (Charlotte Rampling) is planning a party to celebrate her 45th wedding anniversary. One week before the celebration a letter arrives for her husband, Geoff (Tom Courtenay), containing news that the body of his first love has been discovered, frozen and preserved in the icy glaciers of the Swiss Alps.

Kate continues to prepare for the party, but she becomes increasingly concerned by Geoff's preoccupation with the letter and startling revelations about his former life. As their anniversary gets closer and they delve further into the past, their future is left in question.

Anchored by sensational performances from Charlotte Rampling and Tom Courtenay, *45 Years* is an intimate, moving and beautiful portrait of a marriage shaken to its core by things left unspoken. Winning Best Actor and Best Actress awards at the 2015 Berlinale Film Festival, *45 Years* is British filmmaking at its very best.

In cinemas 18 February – Madman Entertainment

WIN WIN WIN

To be in the draw to win one of ten double passes to *45 Years* simply email win@haveagonews.com.au or mail to *Have a Go News* – PO Box 1042, West Leederville 6901. Please include your name, address and phone number. Competition closes 28/2/16.

Croon away to Gatsby's Cabaret at Laneway Lounge



PERTH crooner Jake Dennis is *Mr Gatsby*, a swinging party-host and eternal romantic, ready to entertain you.

Scott Fitzgerald's novel *The Great Gatsby* (1925), later adapted into popular movies starring Robert Redford (1974) and recently Leonardo DiCaprio (2013), is told from the point of view of Gatsby's one true friend Nick Carraway but Jake Dennis tells the story embodying a black Gatsby, as Mr Jake Gatsby.

Performing contemporary classics from today and the Gatsby era, this suave gentleman will entertain you – his party guests – with Gatsby's story of social ascendancy, race, rivalry, and love. There will be prizes for the best dressed lady and the coolest dressed cat.

This is not just a jazz, swing, and blues cabaret. *Gatsby's Cabaret* includes modern songs, much like Baz Luhrmann's highly popular musical films so you might be surprised at the songs played.

"Performing songs that people love to hear, storytelling, and truly embodying characters and songs with drama and charisma – that's entertainment and that's what I'm about," said Jake Dennis.

Guests can look forward to a night of exciting entertainment featuring songs of love and longing.

Playing from Friday 19 February to Sunday 21 February (7-9pm).

Bookings at www.fringeworld.com.au/program/event/d0cf4667-eaba-473a-906f-2bca6da08199/

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SUNDAY

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Band Pale
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Athol Wightman
Buzzer
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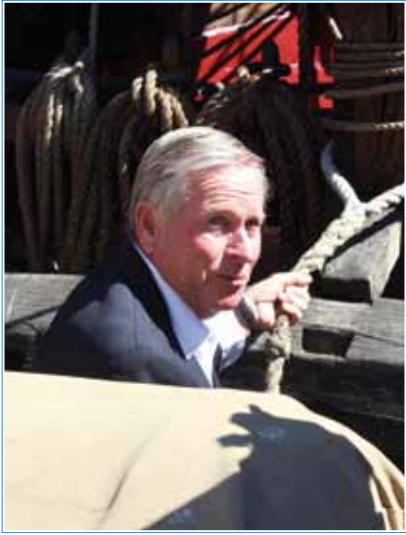
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• Part proceeds to the Royal Flying Doctor
• Sausage Sizzle Breaky

• Bring your own van, swags, tents, chairs and drinks
• Hot spud van on site

• Compared by Brendon 'T' Born in Boots FM 100.10
• Sorry no pets please

SCENE SOCIALLY



SCENE (1): 2016 CELEBRATES the 400th anniversary of Dirk Hartog landing at Cape Inscription in Shark Bay. To commemorate this occasion the *Duyfken* will embark on a commemoration voyage to Shark Bay where there will be a festival to celebrate the milestone on 25 October. Premier Colin Barnett launched a special website on board the ship to mark the beginning of this 400 year celebration. Visit <http://museum.wa.gov.au/1616> for more details.

SCENE (1): Seen at the event, from left; WA Premier Colin Barnett climbing down to the hold on the *Duyfken* - Cheryl Cowell and Linda Butterly. Far right, top; James Dexter and Alex Cole. Right, below; Dutch Ambassador Annemieke Ruigrok with Dutch Honorary Consul Arnold Stroobach.



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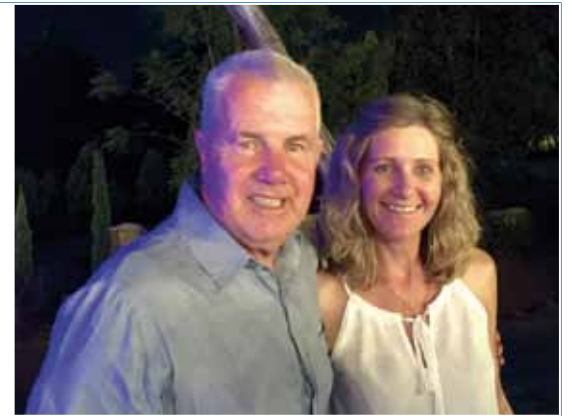
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SCENE (2): THE ANNUAL Australia Day barbecue was held at Government House to celebrate the WA nominees for Australian of the Year which included Senior Australian Hon Graham Edwards, nurse Anne Carey, Young Australian of the Year Catherine Hughes and the local hero award went to Stephen Langford from the RFDS. The WA winners were off to Canberra for the national announcement on Australia Day. The grounds of Government House provided a beautiful setting for the outdoor celebration which included a performance by musician Daryl Braithwaite.



SCENE (2): Seen at the day, top row, from left were: Denise Cheir with Brian Greedy - Daryl Braithwaite with one of his fans. Second row, from left; Ian and Barbara Laurence - Anne Carey and Geoff Hutchison. Third row from left to right; WA Governor Kerry Sanderson with Kerryne Batten - Lorraine and Barry Young - Simon O'Brien MLA with Joy O'Brien - Tania and Stephanie Jackson. Fourth row, from left; Theresa Richardson and Dixie Battersby - Andrew Withers and Andy Ronalds - Michelle d'Almeida, Alan Newton and Helen Ganska.

Delightful comedy at Harbour Theatre

HARBOUR Theatre's first season for 2016 will be *The Kingfisher* by William Douglas-Horne and directed by Nicola Bond and Tina Barker.

This delightful comedy opens with the butler Hawkins (Alan Morris) laying the table for tea. A highly delighted Sir Cecil Warburton (Ray Egan) emerges from the summer house where he has been reading the obituaries - no doubt happy to see his name is not mentioned - but the name that has caught his eye is Reggie Townsend, the man who stole the love of his life 50 years ago.

With the arrogance of privilege (and of course being a man) he arranges to meet the newly widowed Evelyn (Ann Speicher) - on her way back from her husband Reggie's funeral no less -

by the same tree where he kissed her 50 years earlier with the intention of making her his bride, but of course, hasn't considered the possibility that the lady might have other ideas.

She is confronted with a candid and charming proposal in this delightful comedy that starred Rex Harrison and Claudette Colbert on Broadway.

"A delightful flight of fancy." - New York Post

"Delightful comedy!" - New York Daily News

"Bewitching fun!... Elegant, civilized." - Associated Press

Harbour Theatre's *The Kingfisher* will be performed from 19 February. For information visit www.harbour-theatre.org.au or phone 9255 3336.

Geronimo to Rotto...

by Brad Elborough



continued from front cover...
And even those with handicaps and impairments can join in on the 'fun'.
"We've taken people with disabilities - even

paralysed," he said. "We've managed to get them out.

"We have the equipment and we hold their legs for them, so there's a way.

"Blind people come for jumps; their other senses (besides their sight) become really heightened."

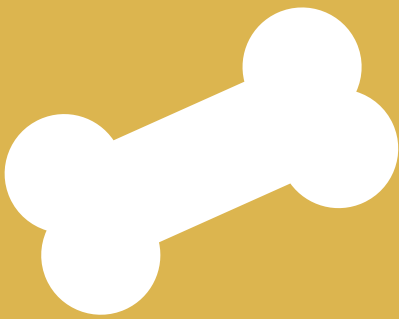
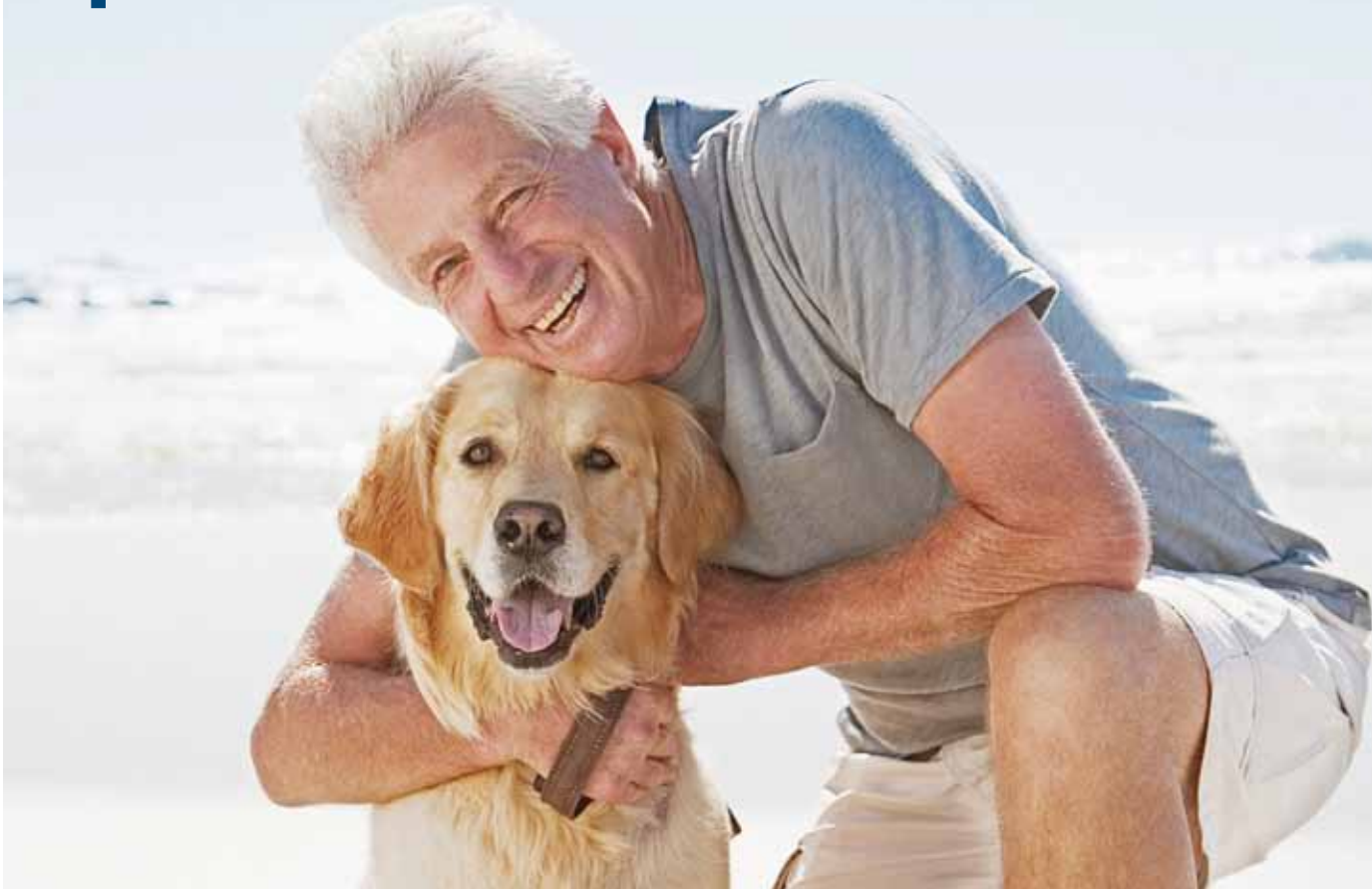
Only one of Kevin's jumps has been completed with his eyes closed and that was when he was told to by his instructor when he was completing the official Accelerated Freefall (AFF) course that allows him to now call himself a 'Master'.

But he won't be closing his eyes when he jumps over Rottneest Island; he says the views are too good.

"Awesome. Spectacular," even.

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