



FREE MONTHLY

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NEWS



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VOLUME 26 NO. 07 ISSUE NO. 299 FEBRUARY 2017

Australian and International Travel

VILLA EXPO

FREE ENTRY!



Villa Travel Expo Wednesday 1st March 2017

Perth Convention and Exhibition Centre 9.30am to 2.00pm - Rooms 9, 10 and 11

Limited Availability - Bookings Essential FreeCall 1800 066 272 or email travel@villa.com.au

EXPO Travel Information Sessions (*subject to change)

Time	Room 9	Time	Room 10	Time	Room 11
9.45am	Welcome	9.45am	Welcome	9.45am	Welcome
10.00am	Solo Traveller Holidays	10.00am	Rail & Event Holidays	10.00am	Africa, Mauritius & Reunion Is.
10.45am	Small Group Holidays	10.45am	Western Australia Coach Tours	10.45am	Borneo & Singapore
11.45am	Queensland Holidays	11.45am	Kimberley & Outback Holidays	11.45am	Africa, Mauritius & Reunion Is.
12.30pm	New Holidays	12.30pm	Rail & Event Holidays	12.30pm	South Australia
1.15pm	Queensland Holidays	1.15pm	Kimberley & Outback Holidays	1.15pm	New Zealand & Norfolk Island

This expo will present the best of villa's latest range of world-wide and Australian escorted holidays, destinations and experiences, including rail packages, cruises, coach journeys, solo traveller holidays, exclusive small group adventures and so much more.

It is your one-stop shop to be inspired and to research, enquire and book your next holiday. Presentations in the theatres will showcase many wonderful choices and our friendly travel staff will be on hand to answer your questions.

PRE-REGISTER AND WIN!

Pre-book your attendance at this event and go into the draw to win a \$300 villa travel voucher. The prize will be drawn on the day at the Perth Convention and Exhibition Centre between 1.45pm and 2.00pm. To be eligible to win the prize you must be in attendance at the time of the draw.

Bookings FreeCall 1800 066 272 Email travel@villa.com.au

Don't Miss Villa at Other Upcoming Events

➤ **Villa Free Travel Presentations**
(State Library of Western Australia – Geographe Room, Perth)
9 February, 5 April & 9 May 2017

➤ **Perth Holiday and Cruise Expo**
(Crown Ballroom, Perth - Visit us at Booth 92)
11 & 12 February 2017

➤ **Perth's Seniors Outdoor Fitness World Record Attempt**
(Sir James Mitchell Park, Perth)
10 March 2017

For more details on these events please contact us at events@villa.com.au or FreeCall 1800 066 272

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West Coast Wonders | 7 Days | Thu 8 to Wed 14 Jun 2017
Just for Singles **West Coast Wonders** | 7 Days | Fri 16 to Thu 22 Jun 2017
Perth to Broome | 8 Days | Fri 9 to Fri 16 Jun 2017
Just for Singles **Broome to Perth** | 8 Days | Sat 22 to Sat 29 Jul 2017
Coral Coast Treasures | 10 Days | Fri 18 to Sun 27 Aug 2017

Australia has some of the most spectacular and rugged scenery in the world and villa gives you the opportunity to see it in style. Villa's great range of small group discovery outback road trips are the best way to get out amongst the wilderness of the outback.

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Discovery **Mt Augustus** | 8 Days | Fri 25 Aug to Fri 1 Sep 2017

Discovery **Wooleen Station** | 6 Days | Sat 2 to Thu 7 Sep 2017

Discovery **Outback Way Blue Mountains to Longreach** | 10 Days | Mon 18 to Wed 27 Sep 2017

Discovery **Outback South Australia and Red Centre** | 14 Days | Sat 22 Apr to Fri 5 May 2017

FreeCall 1800 066 272 or email holidays@villa.com.au now for itineraries on all of these amazing villa holidays.

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Price \$9545 pptw | Single Option \$1800

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8 Days | Sunday 7 to Sunday 14 May 2017
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11 Days | Sunday 8 to Wednesday 18 October 2017
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Highlights | Mannum | Banrock Station | Caudo Winery | Waikerie, Morgan and Swan Reach

8 Days | Friday 12 to Friday 19 May 2017 | Price \$4110 pptw | Single Option \$625

Or choose the exclusive solo traveller departure — Friday 15 to Friday 22 September 2017

South Australian Splendour

Featuring 3 Nights Kangaroo Island and 3 Nights PS Murray Princess Cruise

Highlights | Fleurieu Peninsula | Victor Harbour Tram | Hahndorf | Coorong National Park Cruise

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Price \$4850 pptw | Single Option \$655

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Highlights | Monarto Open Range Zoo | Hahndorf | Heritage Farm and Railway | Christmas in July Luncheon

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LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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let's go travelling

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Your invitation to Perth International Arts Festival 2017



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- Healthy Living - 8 page feature on Aged Care
- Food & Wine - reviews, recipes and more
- Arts - David Helfgott

COMPETITIONS/GIVEAWAYS

Milford Street Shakers at Parkerville Tavern
Jasper Jones, Loving,
A Street Cat Named Bob - FILM
Matt Hale's Serving Suggestions
- Perth Fringe Festival
Lucky Kid - BOOK
David Helfgott at Mundaring Weir Hotel

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Johnny Young likes to stay in tune



Johnny Young

by Lee Tate

SINGER-songwriter, music and TV producer, presenter and host Johnny Young, has been immersed in Australia's radio revolution in this latest chapter of his eventful life.

A freshly-minted 70, the TV and music legend was plucked from

Perth 18 months ago by national advertising guru John Singleton to host the afternoon program on Singo's Sydney-based radio station 2CH.

It came amid a national radio reshuffle of owners, ideals, new stations and new technology.

The emerging radio landscape allows room

for ambitious, smaller entrepreneurs. People like Singo and prominent music identity Glenn Wheatley.

Wheatley, manager of John Farnham, has bought out Singo's radio interests and becomes Johnny's new boss.

"Radio today, like many things, is all about constantly-changing

technology," says Johnny - or JY.

"It compels vintage people like me (he's Australia's third-oldest broadcaster on a major station) to keep up the pace. Which is good for us seniors. Good for our brains and good for our souls," he laughs.

Such is new technology that JY has been able to continue broadcasting on Sydney-based 2CH from Perth to his Sydney, Melbourne and Brisbane audiences.

The network has created a studio in the home of the former king of pop with his wife Marisha.

"Perth is my home, where I was brought up. I've spent a large part of my working life interstate and overseas but it's Perth for me and Marisha," he said.

The grandfather of nine hasn't lost his zest for new horizons but maintains his connections to the 1960s and 1970s due to endless music revivals, performing around Australia, always before packed houses.

"It really is astounding how much demand there is and there's a fair smattering of younger people at the concerts, too," he said.

With his music knowledge and star connections, JY was popular for a decade on Perth's 6IX before Singo's call from Sydney. (Another blast-from-the-past 'Baby' John Burgess took over to spin 6IX's golden oldies).

JY's diary is constantly filled with concerts, TV appearances, magazine interviews, awards, presentations and celebrity reunions and travel - including hosting groups of listeners on cruise ships.

JY told *Have a Go*

News that, with his eyes on the big smoke, he first headed east at age 16 but his dream came tumbling down under the full force of the law.

Young by name and young by nature, JY also had a young-looking face and when he was passing through Kalgoorlie it attracted the attention of the local coppers.

"The sergeant reckoned I was far too young to be travelling alone and ordered me back to Perth," he laughed.

Back in Perth at 18 in 1965, JY was hosting TVW-7's pop music show *Club Seventeen*, the first step in a multi-pronged career straddling many fields.

While mostly recognised as a pop star (with number one hits *Step Back* and *Caralyn* in 1966) and TV host, JY is one of Australia's foremost and successful songwriters.

Sharing a London flat in late 1967 with Barry Gibb, JY was encouraged to write songs. The following year he penned *The Real Thing* which went to number one for Russell Morris and became one of the biggest-selling hits in Australian history.

The song has also been used in major promotional campaigns for WA tourism, Subaru cars and a European bank.

Other JY-written number one hits are *The Girl That I Love* for Russell Morris, *The Star* for Ross D. Wylie and *I Thank You* for Lionel Rose.

Another hit was his slower version of The Beatles' track *All My Loving* which reached number four nationally and became his signature song. A Top 40 hit *Lady* was written for him by Barry Gibb.

continued on page 4

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From the editor's desk

AT the start of every year I always have a bit of a clean up of my office. It really is amazing how much stuff we collect over the year and it's always nice to re-read the correspondence we receive from people.

As we're coming into the 26th year of publication, there's been a lot of information sent in to the office and in my clean up I found some drawers which hadn't been cleared out for about 15 years.

In the pile of stuff I was sorting through I found some information from the federal government about changing demographic profiles from 1976 to 2016.

In 1976 nine per cent of the population (about 1.3 million people) were aged 65 and over. In 1996 people aged over 65 had increased to 12

per cent of the population (2.2 million) and by 2016 this was predicted to increase to 16 per cent or 3.5 million people. The ABS current figures reported that 15.3 per cent of the population is now over the age of 65, which is about 3.6 million people.

If you take into account the cohorts of people from the age of 50 and upwards you start to have a very large group.

I find it very interesting that we have known for

many years that we are going to have an ageing population but little planning by governments has been done to cater for these changing demographics and frankly it is still not being addressed properly.

In the coming state election one in three voters will be over the age of 60. It really is time that that the political parties started recognising the importance of adopting more age-friendly policies.

People have often thought this paper is sponsored or supported financially by the government. I am pleased to say that we receive absolutely no funding from the government and over the last few years we've barely received any advertising from them either.

Advertising revenue is what keeps this paper appearing every month so I urge readers to support those who advertise with us, because this ensures we can deliver you the paper for free and promote the importance of 'healthy and positive ageing through activity' each month.

Our Living Histories book – *Stories from the Swinging 60s* which is a snapshot of what life was like in WA during the 1960s is available for purchase. See page 21 for details on how to order the book or drop into the office during business hours to buy a copy.

If your club or group is looking for a guest speaker about our Living Histories projects which includes snapshots of life from the 1950s and 60s, feel free to call us at the office on 9227 8283 or write to me via my email below.

Jennifer Merigan,
Editor
jen@haveagonews.com.au
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Location: The Niche, cnr Aberdare Rd & Hospital Ave, Nedlands

RSVP: Wednesday 22 February
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Cost: Members \$10 Non-Members \$15 (Includes Morning Tea)

Have a Go NEWS

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Funny historical fact

1906 was an important year for breakfast. William Kellogg launched Cornflakes and George Washington invented instant coffee.

Word of the month

blatherskite
(also bletherskate)
noun
A person who talks at great length without making much sense.
Origin
Mid 17th century: from blather + skite, a Scots derogatory term adopted into American colloquial speech during the War of Independence from the Scottish song *Maggie Lauder*, by F. Semphill, which was popular with American troops.

Great West Aussies - Did you know?

LOUIS Shapcott was secretary to seven WA Premiers - Scaddan, Wilson, Lefroy, Colebatch, Mitchell, Collier and Willcock - from 1914 to 1941. He was also a show troupe boxer and ran Perth Zoo in 1932. For night school subjects, Shapcott chose shorthand and typing, French, elocution and chemistry.

Urban slang

Ghost post
A comment on a Facebook item (e.g. status, note, etc) that was removed by the author due to A) misspelling, B) stupid remark, C) awkward input, or D) other.
The result is typically confusion and several wasted minutes on the part of the one who was commented on or anyone who posted previously.

Ageing research snippet

Sustained enjoyment in older age linked to longer life
SUSTAINED enjoyment of life over several years in older age is associated with lower mortality, finds a study in the Christmas issue of The BMJ.
The longer an individual reports enjoying life, the lower their risk of death, the findings show.
Our advice – it's time to get out and have a go and have some fun no matter what your age ...

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emprise - a chivalrous undertaking: honourable, respectful, considerate, courteous, courageous

Living proof that exercise makes people stronger and helps them live longer



Left; Before their weight loss Peter and Gary on their scooters met the Premier Colin Barnett
Right; The slimmed down version of twins Peter Hall and Gary Hall with their trainer Samantha Tran

by Jennifer Merigan

IF someone offered you a magic potion to improve your health and well-being would you take it?

Twins Peter and Gary Hall found that magic potion and have turned their life around.

They told *Have a Go News* that 18 months ago they were in dire straits, they weighed more than 115kgs each, were taking up to 20 pain killers a day, both were depressed and fed up with life and seriously thinking about suicide.

They had had fork-lift accidents in the late 1980s and damaged their spines and were told by doctors that there was little that could be done for them.

Their weight spiralled, their health and mobility deteriorated and they became dependent on scooters and walking aids to get around; that was if the pain allowed them to get out of bed.

"Life was pretty grim for us, we had lots of pain, we were really unsteady on our feet, we had developed diabetes and we were really unhappy," said Peter and Gary.

"We went to our local doctor and he recommended that we start the Living Longer Living

Stronger program.

"We came and saw Jetts Bassendean' exercise physiologist Samantha Tran and she worked closely with our doctor and designed a program for us.

"We were both absolute wrecks when we started but Samantha really guided us through, inspired us and showed us the importance of long term goals," said the twins.

"We also made an effort to eat better, threw away the coke, lollies and biscuits, reduced our sugar intake and our portion sizes."

Samantha said she has worked closely with the twins and designed an exercise program which took into consideration their health issues and also what they enjoyed doing in the gym.

When they started the program their T-shirt size was XXL, it's now M.

The Living Longer Living Stronger program is designed to increase strength and muscle mass, improve balance and is an effective weight management tool.

"We support our members emotionally, physically and spiritually, our door is always open to our seniors," said Samantha.

The twins attend the

gym three times per week and they said they'd come every day if they could.

The miraculous transformation saw them lose 52kgs between them, they now can walk up to 5kms at a time, do not require pick up sticks to get items off the floor and they are able to perform all their household tasks unaided.

Even their 88-year-old Mum has been inspired to participate in the program.

The twins said that they would run into people on the street in Bassendean who thought they were sick because they had lost so much weight but they said 'no' we're just healthy.

"Peter and Gary are living proof of what can be done to turn a life around, they've gained so much, their health, happiness, fitness and friendships,"

said Samantha.

What advice do the twins have for other people?

"This was worth the battle, our vision is to inspire others to have a better life, don't feel intimidated, if we can do it than so can you," they said.

"Our next goal is to have flat stomachs, in another 12 months we should be slim and trim and be a size small in our T shirts."

Have a Go News will report back and show you their progress next year.

For people who would like to know more about the Living Longer Living Stronger program contact COTA WA on 9472 0104 or email lls@cotawa.org.au

Those who want to contact Jetts Bassendean directly can email Bassendean@jetts.com.au or call 6278 2799.

It's time to plan to join The Over 55 Canoe Club



by George Gouteff

PADDLING season is just a month away and there is an air of expectation permeating through the club, evidenced by a number of members sighted in well-known outdoor stores. They were purchasing new equipment and accessories, in preparation for what looks to be another great paddling and social year for the club.

If you are interested in trying a low impact activity which can improve your aerobic fitness, strength and flexibility you might consider taking up kayaking with a group of seniors who paddle, every Thursday morning, for fun.

The Over 55 Canoe Club will be conducting try out days for potential new

members at Kent Street Weir, Wilson on Thursdays 6, 13, and 20 April with registration commencing at 8.30am for a 9am start.

No previous paddling experience is required but you must be able to swim and exit a kayak unaided. On the try out days, loan kayaks and personal floatation devices will be provided free of charge while instruction will be given by experienced club paddlers.

Potential new members are advised not to purchase their own kayak until they have discussed with experienced club paddlers the appropriate range of kayaks considered suitable for club activities.

Our IT department headed by web master

Daryl has been working overtime during the Christmas break to make more club information available on line. Club activities can now be viewed on Youtube, Instagram and as usual on our webpage.

For Instagram download the app to your smart phone and search for Over 55 Canoe Club or alternatively enter into your computer www.instagram.com/over55canoeclub/

To view some Dwellingup action videos, google the over 55 canoe club Youtube. Only the more experienced paddlers participate in the Dwellingup expeditions.

If you require additional information, telephone our newly elected club president Kate on 9526 2168.

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See page 21 for details about how to purchase a copy of the book *Stories from the Swinging 60s*

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continued from front cover

Johnny Young likes to stay in tune

by Lee Tate



As a singer JY has performed with his band

as supporting act to *The Rolling Stones*, Roy Orbison and the *Easybeats*. With a Logie Award for Best Teen Personality in 1967, JY received three gold records as an artist, was 1966 King of Pop, had six gold records as songwriter and six TV Logie Awards including Logie Hall of Fame and was Go-Set Songwriter of the Year 1970. In 1990 he was inducted into the TV Week Logie Awards Hall of Fame and in 2010 he was in-

ducted into the Australian Recording Industry Association (ARIA) Hall of Fame by Tina Arena who performed his song, *The Star*. He is the first person to be inducted in both halls. From 1971 to 1989, JY hosted and produced Australia's longest-running continuous TV show, *Young Talent Time*. Forty-two kids appeared as regulars between 1971 and 1989. Some are now household names: Jamie Redfern, Debra Byrne, Dan-

nii Minogue and Tina Arena. "In those days we just met the challenges as they presented themselves. It was a hectic pace but it brought the best talents out of everyone," says JY who also established Johnny Young Talent Schools for performance arts across Australia (still operated by JY's first wife) in 1979. "I guess I'm still rising to the challenges. The main thing is, I'm still breathing," he joked.



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Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor,
I WONDER how many senior citizens and others affected by the Centrelink debt recovery debacle realise that Pauline Hanson's One Nation party actually supports this initiative by voting with the Coalition government? So much for standing up for the battlers, it is ironic that One Nation fails its supporters in such an obvious way.

Cliff Simpson
Northam

Are you a heavy snorer or have another sleeping problem?

SLEEP Disorders Australia presents a free public presentation on "The Latest and Best Treatments for Sleep Apnoea" by sleep physician Dr Antonius Steven.

Some of the topics that will be discussed are:
Symptoms and com-

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What are some of the problems of CPAP use and

how to fix them?
Are there other treatments beside CPAP? Do they work?
Why treating sleep disorders is crucial to your ongoing good health.
What other conditions are affected by untreated sleep apnoea
If people have any sleep concerns then please come to the Hollywood Hospital lecture theatre on Saturday 18 March at 1.30pm.
Enter from gate 5 off Monash Avenue and park in the multi storey car park where signs will direct you to the lecture theatre.
For any more information please phone Lorraine on 0419 199 744.
This meeting is proudly sponsored by Res Sleep.



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COTA WA has a new CEO



COTA WA CEO, Mark Teale

by Frank Smith

MARK Teale is the new face at COTA WA and he's raring to go.

"I'm very excited to have the opportunity to lead COTA through the changes that are taking place in services for older people. I'm also excited to be working with staff, volunteers and board members, many of whom I've worked with before," he said.

"COTA needs to be a strong voice for older people in WA. It is exciting and a lot is happening."

"My first task is to fully understand the key issues for our membership and the political landscape."

"A state election is coming up next month and we are having a forum where members can meet politicians face to face and raise the key issues that impact on them."

"Baby boomers are retiring and their expectations are very different from earlier generations. Key issues are the cost of living, access to affordable housing and creating an age-friendly community."

Most people want to age in place and for that we need to address issues such as public transport. Big changes are coming to Home and Community Care (HACC) and we are seeing the implementation of self-directed care.

Health is a major issue, including mental health, which is often neglected in older people.

"The main purpose of COTA is advocacy, policy development and being the voice of older West Australians, but we also have a service role."

A series of seminars

were held with Dr David Cook, computer scientist and head of Edith Cowan University's Security Research Institute, teaching seniors how to avoid becoming victims of cyber-crime.

Three COTA staff members work with the Seniors Housing Centre providing advice on housing and assistance for those seniors already living in retirement villages.

COTA also sponsors the Living Longer, Living Stronger exercise program for people aged 50 and over.

"There is strong evidence that strengthening exercises helps people age successfully," he said.

More recently COTA has organised Mall walking groups to provide seniors with the opportunity to exercise in a safe and comfortable environment and socialise at the same time.

COTA is also responsible for coordinating Seniors Week activities and events.

"A new project is helping older people, mainly the over 55s, to return to employment by ensuring they have up-to-date skills and are employable."

"This program is at evaluation stage but it appears to have been very successful. A further project is aimed at improving the training and effective use of volunteers."

Mr Teale said joining COTA almost feels like a return to home for him.

He worked part time as a carer while still at University. He then worked with aged and disabled people, mainly those with multiple sclerosis in the Cities of Joondalup and Wanneroo, before joining LotteryWest evaluating applications for grants from not-for-profit organisations.

"Connection to community is what I value most strongly and that I see evident at COTA WA. Such a connection is absolutely critical to our role in providing a strong voice on the issues that are important to older Western Australians and I am very much looking forward to meeting more of the members, stakeholders and partners of COTA WA over the coming weeks," he said.

Lifestyle changes could prevent nearly all strokes



On average, high blood pressure contributes to 48 per cent of the risk of stroke

by Frank Smith

A STUDY of 27,000 people worldwide has shown that high blood pressure (hypertension) is the single most important risk factor for strokes. Hypertension, together with nine other modifiable lifestyle factors, accounts for 90 per cent of strokes.

The study, led by Dr Martin O'Donnell from the Population Health Research Institute at McMaster University, Hamilton, Canada with collaborators in 32 countries worldwide, was published in *The Lancet* last month.

The importance of each risk factor varies from country to country but high blood pressure is the most significant risk factor in all cases.

Stroke is a leading

cause of death and disability. The two major types of stroke are ischaemic stroke (caused by blood clots in an artery supplying the brain), which accounts for 85 per cent of strokes, and haemorrhagic stroke (bleeding when an artery bursts in the brain), which accounts for 15 per cent of strokes.

High blood pressure contributed 48 per cent of the risk of stroke on average. Other risk factors were for physical inactivity 34 per cent, poor diet 23 per cent, obesity 19 per cent, smoking 12.4 per cent, irregular heart-beat nine per cent, diabetes four per cent, excess alcohol consumption six per cent and stress six per cent and excess blood cholesterol 27 per cent.

The authors said many of these risk factors are as-

sociated with each other (e.g. obesity and diabetes), and when combined together, the total for all ten risk factors was 91 per cent, which was similar in all regions of the world.

"This study is of an adequate size and scope to explore stroke risk factors in all major regions of the world, within key populations and within stroke subtypes. The wide reach confirms the ten modifiable risk factors associated with 90 per cent of stroke cases in all regions, young and older and in men and women," said Dr O'Donnell.

"The study confirms that hypertension is the most important modifiable risk factor in all regions, and the key target in reducing the burden of stroke globally."

Professor Valery L Feigin and Dr Rita Krishnamurthi from the National Institute for Stroke and Applied Neurosciences, Auckland, New Zealand, say the key messages to be drawn from this study is that stroke is a highly preventable disease globally, irrespective of age and sex.

"Stroke prevention programs must be integrated with prevention of other major non-communicable diseases that share com-

mon risk factors with stroke to be cost-effective.

"We have heard the calls for actions about primary prevention. Now is the time for governments, health organisations, and individuals to proactively reduce the global burden of stroke. Governments of all countries should develop and implement an emergency action plan for the primary prevention of stroke."

Professor Graeme Hankey Professor of Neurology at the University of Western Australia said targeting, treating and controlling these ten modifiable risk factors, particularly raised blood pressure, could result a substantial reduction in the burden of stroke.

"Almost half of the

global, regional, national and local burden of stroke might be preventable through control of blood pressure, by means of population-level and individual patient-level interventions," he said.

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It's very easy to make a nomination – it will only takes about five to ten minutes to complete the nomination form.

Check out everything you need to know to make a nomination here: <http://celebratewa.com.au/western-australian-of-the-year-awards/>.

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Meet the columnists and contributors



Jemma Aldridge

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



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

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



Mike Smits

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



Rick Steele

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



Jeanette Woolerton

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

Local heroes are not just sportsmen...



by Rhonda Parker

MENTION names like Lillie, Smylie and Green and I'm sure most readers could put a first name to our WA sporting heroes. In the next few months I'll introduce you to some new heroes – people who have devoted their lives to ensuring you age well and live longer, especially those who are leading the way in dementia response.

Professor Leon Flicker is a celebrated Western Australian and inaugural Professor of Geriatric Medicine at UWA. This year he was awarded the Order of Australia for distinguished service to medicine and medical education in the field of geriatrics, as an academic and researcher, and through contributions to improved dementia prevention and care.

Professor Flicker is a ground breaking researcher who has devoted much of his career to improving the health of older Australians. He has played a major role in implementing research results and changing the way we understand how lifestyle intervention plays a ma-

jor role in health including dementia and cognitive function.

He graduated in medicine at the University of NSW and trained in internal medicine and geriatric medicine in Newcastle, Sydney and Melbourne. He completed a PhD in Melbourne and began his academic career there. He moved to Western Australia in 1998. Professor Flicker has been a key part of new thinking that has changed the way the medical profession operates. A particular focus of these studies has been the assessment of people with memory problems, men's mental health and exploring the association between biological and lifestyle factors on cognitive function and depression. He has also studied some the factors that lead to osteoporosis and falls and what can be done to help.

The landmark Health in Men Study (HIMS) sought to understand successful ageing and while doing so challenged long-held views. More than 12,000 men aged over 65 were studied for more than 20 years.

The study worked to solve the puzzle of how some live healthy and well, while others died early or age with declining health. Published findings had many reconsidering long held view in areas like weight, alcohol, stroke, dementia and heart attack. But Professor Flicker was

never afraid to challenge the status quo.

"Our results add further credence to claims that the WHO BMI thresholds for overweight and obese are overly restrictive for older people," Professor Flicker said.

His work in the bush has also received international praise. Working closely with remote Indigenous Australian communities in the Kimberley and Pilbara region, he sought to develop new tools suited to Aboriginal people. His Kimberley Indigenous Cognitive Assessment Study (KICA) demonstrated for the first time the rate of dementia in these areas was an alarming five times greater than in non-Indigenous Australians.

Professor Flicker has changed the way many people think about dementia in terms of assessment, early diagnosis and management and was a critical player in the release of *The Clinical Practice Guidelines For Dementia in Australia* last year.

He has published more than 350 articles and remains a practising geriatrician in Perth.

"Probably the secret is being physically active, mentally active, and staying engaged and you can't discount getting medical attention – making sure your blood pressure gets treated and if you have diabetes that it gets checked and you are monitored," Professor Flicker said.

These are the days, my friends...



Above; Karen celebrated the new year in a caftan from the seventies with music to match. Those were the days!

by Karen Majer

MY FRIENDS and I celebrated the start of 2017 by going back to the seventies. We danced to the music of our youth and reminisced about favourite singers, including poet Leonard Cohen who passed away last year.

"Those were the days," we said.

Entering 2017, it seems that challenges face the world on many fronts – terrorist attacks, wars, refugee crises, climate change, extreme weather events and the uncertainty surrounding a Trump presidency. We even have a new vocabulary – post-fact world. Sometimes even turning on the news can seem too much.

It's easy to forget how lucky we are, living in a peaceful country with food on our plates and a wonderful natural environment to restore our spirits. We may have limited capacity to change the world but we can do much to look after our own place and each other. America's former first lady Michelle Obama put it beautifully.

"You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once, but don't ever underestimate the importance you can have, because history has shown us that courage can be contagious and hope can take on a life of its own."

I have only to look around my own community to offer many examples of people fighting to protect the environment, progressing conservation and landcare works, adopting solar energy, getting involved in initiatives to reduce plastic and support local producers.

Others volunteer in the food kitchen, local fire brigades, beach clean-ups, Amnesty, cultural programs and so much more. Sustainable lifestyle choices including saving water and energy, gardens for wildlife and growing food are attracting people to live lightly on the planet.

There is much to do and many pressures to deal with but by supporting each other we can move forward with hope.

These are the days, my friends.

Retired and looking for a new hobby? Start collecting stamps

VICTORIA Park Stamp Club members are a friendly bunch and they are keen to welcome new members to join and share their passion of stamp collecting.

It's a great opportunity to enjoy some company while expanding your collection of stamps or even start collecting.

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collections as plenty of members will want your surplus stamps.

Monthly meetings are friendly and enjoyable and are held at Uniting Church, corner Archer and Star Streets, Carlisle on the first Wednesday of each month at 7.30pm.

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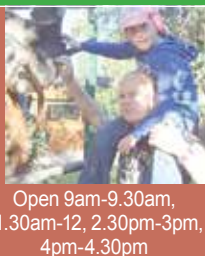


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Novice open water swims continue to expand



Above: Masters Swimmers...
Left: executive officer Masters Swimming, Samantha Noall

by Samantha Noall

LIVELIGHTER Novice open water swims were conducted in November at Lake Leschenaultia and December at South Beach Fremantle. They again proved to be popular events for those wanting to experience an organised open water event.

Many grandparents swam these events with their grandchildren which is great to see. Many adults and younger swimmers enjoyed these novice swims conducted by

Maida Vale Masters and Fremantle Masters as a warm up for their main events which are part of the LiveLighter Masters Open Water Swim Series.

The 400 metre LiveLighter Novice Ocean Swim which is supported annually by *Have a Go News* and sponsored by Healthway was held in ideal swimming conditions which hopefully will encourage some novice swimmers to try longer distances in future. The participants enjoyed the swim under the watchful eyes of local surf lifesavers and several Fremantle Masters members who swam alongside the less experienced swimmers.

Both the LiveLighter novice swims attracted swimmers of a wide range of ages and abilities as they are great community events for Masters members, locals and the wider open water swimming fraternity.

This year the Swim Thru Perth at Matilda Bay on 22 January and the Co-

gee Jetty to Jetty event on Sunday 12 March both introduced a 250m 'Try It' event. This is an ideal way to dip your toes into open water swims. We are seeing a lot of interest in these shorter distances from a very wide variety of participants. If you are considering your first open water swim or are keen to be involved in a fun and safe event please visit www.mswa.asn.au to find detailed entry information for this event and other open water swimming events held in WA.

If you are interested in finding out where is your closest Masters Swimming Club head to our website to see a list of our clubs and their relevant contacts on our clubs page www.mswa.asn.au. Our members swim for fitness and health, and Masters Clubs are more fun than swimming on your own – so if you have thought about this in recent years then take the plunge and have a go in 2017.

Duyfken... a snippet or two about the Little Dove from a new volunteer



It's no fun sailing when you can't use the sails – the crew heading back down the coast after the Dirk Hartog sail.

by Peter Bowman, CEO Duyfken Foundation

THERE is never a dull moment in the life of a volunteer in the *Duyfken* family... there are always a few surprises and some magic moments to be had.

And so it was on 26 January, as I stood under the umbrella alongside *Duyfken* waiting for the thousands of Skyworks fans to turn up and the hope of the *Duyfken* guides that a few may venture aboard to tour the ship, that I had a moment to chat with Bert, one of our more recent arrivals to the ranks of volunteer guiding.

Bert had responded to the call when we needed extra hands to bring *Duyfken* home from Dongara on the last leg of her epic adventure to and from Dirk Hartog Island. Not that he had much warning; the call went out 36 hours before the mini bus was to depart for Dongara.

I remember on the trip up in the bus how I explained to Bert the joy of sailing *Duyfken*, a full set of sails hoisted and a fresh breeze blowing from astern, the ultimate experience as she surged along at six to eight knots.

Now as we chatted I knew full well that the likelihood of such sailing conditions on the southbound trip from Dongara to Fremantle were highly unlikely. Already *Duyfken* had battled strong southerly winds and a three to four metre swell from the day she left Dirk Hartog Island and the three-day forecast from Dongara was much of the same.

Bert was unperturbed: "this is what adventures are

all about, and you don't get many chances like this in your lifetime" Profound words indeed.

Well as the story unfolded, *Duyfken* took 50 hours to motor from Dongara to Freo, certainly not the robust sailing conditions that I had tempted Bert with.

So there we were on 26 January standing under the broly chatting about what this adventure had been like. The best ever was Bert's comment:

"How do you mean I responded? Well I was only one of three out of the crew of 16 that didn't throw up on the trip down," said Bert.

"How did you manage that?", I said.

"Pretty simple," he said... "I didn't eat nothing for three days so there was nothing to chuck up."

"And what did you do during the trip?"

"Well I steered the ship, I stood at the bow keeping watch for cray pots, and occasionally I slept," said Bert.

"So that was good fun?"

"Best ever!!" said Bert.

There it is then, just one of the ways you can enjoy the experience of being a volunteer with *Duyfken*. If you'd like to discover ways in which you can be part of the volunteer *Duyfken* family, then drop us an email to info@duyfken.com.

PS: we haven't seen you down at Elizabeth Quay yet, we're on exhibition there until Sunday 26 March.

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by Rick Steele

DONALD is now in the top job, so apparently soldiers around the world are on a new alert and even the famous French Foreign Legion has gone into extra hardcore training. I have to report I have just returned from a few weeks babysitting duties and I thankfully avoided the rigours, trials and tribulations of changing nappies. Back in my time, I knew certain blokes who would have

gladly joined a foreign fighting force rather than deal with the afore said unsavoury task. Oui, Oui, monsieur, non poo poo. I mean, in those days, the early 80s, disposable nappies were only just invented and we couldn't afford them anyway. I recall my father telling me that when he went on the Trans Siberian railway in 1914, his mother threw the dirty nappies out the train window, which as a seven year old, he found very amusing. The nappies were made from old sheets that they tore up. Back to about 1984 and our gorgeous twins, having started on solids, were now at their peak

pooping prowess. I remember I was playing at a nightclub in Hay Street, East Perth called F Scotts. Upstairs was the disco and downstairs a small live bar. I started at midnight, finished at 3am. Pack up and enjoyed a 'staffie' (knock off drink) and I could be in the driveway at 3.50am. Unfortunately our very healthy and loud rooster, named Rodney Rude, would awaken then, and in turn wake up the neighbours, the twins, the wife, the dog and everything within a radius of a mile. On a good night, with a bit 'o' luck, we might manage to get all back down again by 4.45am.

Morning would come so fast and two-year-olds don't like waiting for a feed or anything, come to think of it. My wife would do first change, feed, bath etc and then she was off to work and would leave me to cope with the large white 'nappy bucket'. Dear readers, rather than elaborate, I wish you to imagine if you can a long haired hippie type muso (me) with some kind of hangover scraping the movements, sediments and unknown contents of a full nappy into a garden bucket before giving the washing machine a severe workout. I must say I grew huge pumpkins that year.

Many a time, the agony was too much and an regurgitation would also add to the contents of the garden bucket. I read last week I think, that the infamous and legendary Hills Hoist is to be decommissioned. Well, it makes sense. Parents these days wouldn't know what a cloth nappy looked like, let alone, how to fold them and apply to the nether regions of a bawling two-year-old. I remember our Hills Hoist straining under the weight of a sky full of white squares. I reckon we had so many nappies that if you sewed them all together Alan Bond could have had a sail, maybe a spin-

naker for his America's Cup yacht. That other rather nifty invention, the safety pin, and the application of such was another skill they never taught you in the army, or training college or high school for that matter. As the pin blunted, the level of frustration rose and strong concentration was required to avoid special baby parts or, as often as not, the end of my finger. I'm not sure how many trees have to be cut down to make the paper to make the modern disposable nappy? We'll have to ask a tree hugger scientist. I'm more of a tree whisperer! I can talk to them and

they don't answer back. I notice they've got nappies for old geriatrics now and I was thinking I should give some to my brother. He's over seventy now. I am pleased to say my last operation was a complete success, and after two days in hospital I took a turn for the nurse. Doh! Cheers dears.



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by Jon Lewis

I FOUND myself in a luxurious first world problem. We had just had our very old oven and cook top replaced with a new Australian made oven and a fine German made induction cook top. The problem we faced was an alarming gap.

When you don't know where to start, almost any step will stead you well

Quite a big gap in fact, worthy of a recorded voice reciting 'mind the gap' (often heard on the London Underground). It seemed this new combination of white goods required far less space than the previous well-loved/used cream utilities. I faced two possible options. Simply cover the gap or, exciting to me, use the space and construct a tailor made wide drawer. Truthfully, both options seemed daunting, as I wanted them to be perfect. The second option, however, seemed filled with excitement and fun.

"What if I could actually do this?" I wondered quietly. Never had I attempted such a project as building a functional fitted drawer. I honestly didn't know quite where to start. This is where a first step became so important. I took a step and started. That is, I started with the knowledge that I could start again. With the confidence that if it all went crazy I could again start yet again. So I started... and then I started again. In fact, I may have started three or four times. I recall casually shar-

ing with my darling wife. "Oh, it will only take an hour," perhaps this will go down as the longest hour ever. With hindsight, it would be better to say "one hour, plus seven". Learning along the way was pleasant. I'm sure if I had a time limit then pleasant would not have been the word. I wonder if stress and time are related? With all the time in the world and a fully stocked hardware shop down the road, I continued quietly. Actually, it turned out I had most of the components I required in my little shed (3x1.5 metres). There was some plywood and screws waiting; then I bought some fine pine for the sides and two modern metal runners.

Lots of cups of tea later (not coffee strangely) the new drawer was ready for its testing. Gratefully I did this alone, then I took it apart again and fixed a few little hiccups. Another cup of tea and the happy drawer was indeed ready for wife viewing. I gathered Gloria was a little more surprised and delighted than I think even she was expecting. It is now finished and I feel very proud. In the beginning, I had little idea of what to do and a lot of anticipation. Now I have a much better idea and a lot of calm. It all started with a step, then a few backward steps and then the forward steps. All the best.

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The history and future of world-wide stamp collecting: Part 12



by Mikel Smits

PHILIPP de Ferrari aka Philipp Ferrari de La Renotiere aka Philipp von Ferrary aka Philipp Arnold, it seems, struggled with his identity. As to why this eccentric gentleman elected to change his name through his life is con-

fusing. However, there is no doubting the fact that he compiled, during the late 1800s, the greatest stamp collection ever known. Upon his death, it was confiscated.

Philipp von Ferrary (or Ferrary as collectors have simply referred to him since) was born in Paris in 1850. His father, Raffaele de Ferrari was an ultra-wealthy Italian duke who operated an international commercial bank headquartered in Paris. The family home was the exquisitely palatial, Hôtel Matignon, which was formerly the residence of King Louis XVIII and is today

the official residence of the Prime Minister of France.

Following Raffaele's death in 1876, Philipp's mother left Paris because she was disturbed by the prevailing monarchical and political machinations within France and handed her home over to the Austro-Hungarian emperor who she favoured. The emperor made it his French embassy however Philipp continued to live there. Philipp then decided to renounce the noble title inherited from his father, allowed himself to be adopted by Count de La Reno-

tiere von Kriegsfeld (rumoured to be his actual father) and took on Austrian nationality and the name Philipp Ferrari de La Renotiere. However he preferred and used von Ferrary as his surname. He received an inheritance of about five million pounds which allowed him to travel and further acquire major rarities and collections which, as we discovered last month, included the three most prized items in the philatelic world.

In 1915 when the First World War was spreading through Europe, Ferrary was aged 65 with no immediate family.

By then he had become and was well-known to be pro-German and so he fled Paris for Vienna and then Switzerland leaving his collection behind in the Austrian embassy.

Two years later Ferrary died of a heart attack in Lausanne, Switzerland, and was laid to rest in a village in the province of Upper Austria where he had bought a house in 1890. He was a generous benefactor to the local community and highly regarded. Curiously, the inscription on his grave referred to him as Philipp Arnold.

His will, prepared be-

fore he left Paris, stipulated his collection be granted to the German nation and housed in the Berlin postal museum, where it was to remain intact and displayed in its own gallery.

He also bequeathed a considerable sum of money to maintain, preserve and acquire further appropriate items. However the collection was seized by the French government which claimed that as it belonged to a citizen of the enemy, the proceeds of its sale were due to France in lieu of war reparations.

Apparently it was of-

fered for a reasonable price to the Postmuseum in Berlin, which however did not have the necessary funds.

Offers were received from the wealthy American collector, Arthur Hind, with another greater offer of a million dollars from Stanley Gibbons in London. However these were declined and the collection was eventually broken down into more than 8000 lots, some of which contained more than 10,000 items, and sold through 14 auctions between 1921 and 1926, achieving a total realisation of 30 million francs.

The voice of cricket Richie Benaud commemorated by Royal Mint

by Mikel Smits

"MORNING, everyone. It's a marvellous, sunny day here at the MCG and we're all looking forward to a splendid day of cricket."

Such words, spoken with that inimitable accent only Richie Benaud

possessed, will always be fondly remembered and dearly missed by the generations of cricket fans who listened to his live coverage, summer after summer, for more than 40 years.

Having captained Australia, beginning with the

1958/59 season through to 1963/64, one would expect he knew what he was talking about when he once said: "the hallmark of a great captain is the ability to win the toss, at the right time."

Then, what better way could there be to decide future tosses than to use a coin featuring 'The Voice of Cricket' himself - yes, the Royal Australian Mint recently released a 50c coin celebrating Richie Benaud, who sadly died of skin cancer in 2015, aged 84.

Benaud has been described as being possibly the most influential cricketer and cricket personality since the Second World

War. As a player he was an accomplished leg spinner, middle-order batsman and brilliant close-in fielder. He was the first cricketer to achieve the test double of 200 wickets and 2000 runs. His total of 248 Test wickets upon retirement was a record at the time.

The early 1950s was something of a boring period for cricket and so the aggressively tactical approach that Benaud brought to the game was not only refreshing, it helped rekindle interest. His ability to lead, motivate and bring out the best in his players as captain of NSW and eventually Australia, culminated in re-

gaining the Ashes. Under his stewardship, the Aussies did not lose an international series and became regarded as the dominant team of the era.

Following the 1956 tour of England, Benaud stayed on and began training in journalism with the BBC. His first stint as a cricket commentator was on BBC Radio in 1960. Upon his retirement from cricket in 1964, he embarked into full-time professional cricket journalism and commentary. Come 1977, he was convinced by Kerry Packer to support the break-away World Series Cricket competition. It was a sensational hit from the outset,

in part because Richie brought credibility through his participation as the host commentator.

It was then that Packer insisted Richie further distinguish himself from his peer commentators of the day by discarding the standard navy blue jacket and tie and appearing on set dressed in trendy jackets in the colour ranges of cream, beige, ivory and bone through to white along with shirts of pink, lilac and mauve accompanied with matching fashionable ties.

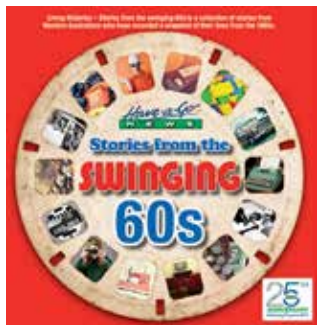
With a full head of hair that evolved through time from brown to grey and eventually snow-white, a smiling face as brown

as a berry, with lips that lifted at the ends, from which flowed his distinctively toned and incisive words, Richie became the face and voice and doyen of Australian and World cricket. Consequently he was often parodied by all and sundry, including fans while watching at home, like me and my mates. But no matter what, we still respected and couldn't help but admire him because he was the man. The fact that he participated in or commented on 500 Test matches is testament to how marvellously regarded Richie Benaud was.

May he continue to rest in peace.

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(MALA) Mature Age Learning Association semester begins in March

MALA - (The Mature Age Learning Association Inc.) begins its first semester on 10 March. This learning group has no exams, no homework and offers people the opportunity to find out more about what interests them in a friendly, non-competitive atmosphere. There are no academic pre-requisites, and courses are non-vocational.

Learning new things helps people retain interests and gives a focus to life... an active involvement can reduce stress, isolation and boredom.

Interested people are welcome to come along to the courses for five or 10 weeks. The fees are minimal and the opportunities great for meeting people and self-challenge. Course content changes each semester. MALA lecturers are chosen for their expertise, and the ability to lecture to an adult audience. This semester's courses include:

For the first five weeks (10 March to 7 April) - Art Therapy (Sally Holmes)

Longevity-making it work for you (Hazel Butorac and Geoff Jones); The Internet of things-how your toaster can be part of the system (Clive Maynard); Modernism and post-modernism (Carl Altmann); Let's get going and write a life story (Rhuwina Griffiths); The coastal environment - How it works and its future (Ana Ospina).

For the second five weeks (28 April to 26 May) Fundamental Research - Is it fun, mental or just 'duh' (Frank Dymond); Shrinking world and changing places (Roy Jones); Islam and the contemporary world (Rizwan Zeb); Modernism and post-modernism (Carl Altmann); Running away to sea in the 20th Century (Fran Taylor); History and culture of Mexico (Stephano Aragone).

For more information visit the website at www.perthmla.org.au or email perthmla@westnet.com.au or by phone for enrolment contact Julie on 0498 560 026 or for general enquiries call Sue on 9444 4902.

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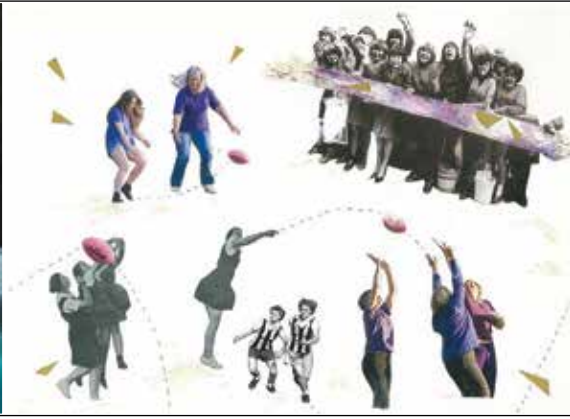


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Travel to extraordinary places with brilliant artists at this year's inspiring Perth International Arts Festival



Left to right; Museum of Water Amy Sharrocks © Ruth Corney - Before the siren © Snapcat

by Josephine Allison

PERTH International Arts Festival director Wendy Martin says this year's festival will once again invite people to travel to extraordinary

places with the world's most brilliant artists as their guides.

"In a world where we're constantly communicating but not truly connecting, an arts festival brings us together

to share exceptional experiences," she says. "My first festival in 2016 was inspired by a sense of place and 2017 PIAF will embed all of us even deeper into our special part of the world."

The international program from 10 February to 5 March presents artists from many countries including Australia, Canada, United Kingdom, Russia, the United States, India, South Ko-

rea, Vietnam, Spain, Ireland and Chile.

The festival's colourful opening *Boorna Waanginy* (the trees speak) over three extraordinary nights from Friday 10 February will see Kings Park transformed into a cathedral of light, sound and imagery to explore the biodiversity and beauty of the six seasons of South Western Australia.

Nigel Jamieson reunites with the team that created 2016's *Home*, Noongar storytellers and artists, botanists and scientists to create the magical opening event. State-of-the-art technology and the natural world will come together for a spectacular walk-through experience

where trees come to life, great flocks of birds fly overhead and animals dance and play.

PIAF artist-in-residence Inua Ellams from Britain will bring his acclaimed solo show *An Evening With an Immigrant* to Perth at the Studio Underground Theatre, State Theatre Centre on 24-25 February. Ellams' show is a personal account of life as an immigrant told through poetry and music.

A festival highlight is PIAF artist-in-residence Amy Sharrocks *Museum of Water* which invites people to consider their relationship with the world's most indispensable liquid. Sharrocks builds the WA edition of the award-winning museum which plays out at Leighton Beach, Perth CBD and Reflection Pond UWA from 18-26 February and at Albany from 4-5 March.

Nouveau Cirque du Vietnam makes its Australian debut with A O Lang Pho and a dynamic cast of 17 acrobats and five musicians on stage at the Regal Theatre from 16-25 February. The cast will whisk audiences away to a village in Vietnam with a rare mix of modern cirque, contemporary dance, live music and the ingenious use of bamboo, rattan props and baskets from ordinary village life.

Tony award-winning Richard Nelson's *The Gabriels Election Year in the Life of One Family* is a strikingly relevant and fiercely human trilogy on stage at the Subiaco Arts Centre from 11-18 February. The marathon eight-hour event (with breaks) looks at the Gabriels, upstate New Yorkers trying to make sense of a fast changing world.

ABC Perth studios will host *Optus No 7* by the Dmitry Krymov Laboratory, depicting the oppression of Soviet Jews and the censorship of Shostakovich under Stalin. Larger-than-life puppets, duelling pianos, living walls and blizzards of newsprint will create a genre-defying double bill from 21-26 February.

Directed by Simon McBurney, *The Encounter* at His Majesty's Theatre from 16-22 February traces National Geographic photographer Loren McIntyre's journey into a remote part of the Brazilian rainforest while searching for the Mayan people, using 3D audio technology to build an intimate and shifting world of sound.

Theatrical events include Lola Arias *The Year I Was Born* (Chile-Argentina) at the Heath Ledger Theatre from 15-18 February. The work explores a nation's complex history through the eyes of a resilient and hopeful generation. In the same theatre from 2-5 March Back to Back Theatre's *Lady Eats Apple* is a story about the inevitability of death, our fragility and the myths and illusions people create to fortify themselves.

Martin Green will bring his UK production, *Flit*, to the Perth Concert Hall on 17-18 February. The intimate, visually rich production is inspired by first-hand stories of migration and is both heart-warming and heartbreaking.

Award-winning choreographer Crystal Pite and playwright-performer Jonathon Young from Canada join forces in *Betroffenheit*, a dance drama work of raw emotion and heroic theatrical brilliance at the Health Ledger Theatre from 23-26 February. The pair explore universal themes of loss, trauma, addiction and recovery.

South African leading choreographer and dancer Gregory Maqoma pays homage to his ancestry in *Exit/Exist* at the Heath Ledger Theatre 10-12 February. Maqoma performs a transformational solo that combines traditional African and contemporary dance. The WA Ballet will bring *Takuto* to the Quarry Amphitheatre from 3-25 February with a program of Australian and world premieres from three choreographers.

In music, the Brodsky and Calder Quartets will perform at Government House ballroom on 16 February and at Winthrop Hall 17-19 February. Eighth Blackbird, dubbed the rock stars of the classical world, will play at Perth Concert Hall 20 February.

Roysten Abel's *The Manganiyar Classroom* is an uplifting music-theatre experience which shines a spotlight on the Manganiyar musical tradition. This time, the younger members of this tribal community are the stars of the high energy show at the Regal Theatre on 3-4 March.

Chevron Festival Gardens will be the venue for the Evan Sherman Big Band from New York City on 25-26 February. The sounds and spirit of South African group the Vuyani Ensemble will reverberate around St George's Cathedral on 16 February.

The Perth Writers Festival runs at the University of WA from 23-26 February.

The Lotterywest Film Festival first season will be held at outdoor cinema UWA Somerville and ECU Joondalup Pines until 12 February. Films come from Slovakia, Japan, New Zealand, Spain and Japan/France.

Highlights of PIAF Great Southern include *Museum of Water*, Calder Quartet (Albany Entertainment Centre 21 February) and composer and pianist Elena Kats-Chernin and pianist Tamara-Anna Cislowska, also at the Albany Entertainment Centre on 16 February.

Twelve new films in the Lotterywest Festival Films in the Great Southern run at the Orana Cinema 7 February-16 March and Denmark Civic Centre 10-11 February.

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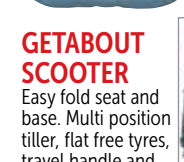
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UK Citizens - claim your pension entitlements details if visiting the UK



by Mike Goodall

TWO directors of the International Consortium of British Pensioners (ICBP) visited the UK in November for detailed conversations with politicians from all

parties from the lower and upper houses, a meeting of the all party parliamentary group (APPG), meetings with the British Overseas Territory (BOT) group, the Australian Deputy High Commissioner, discussions with various other organisations and the media. Many useful new contacts were established.

Most of the MPs they met with have promised to take up and discuss the issue with Richard Harrington, who is Theresa May's Parliamen-

tary Under Secretary for Pensions.

The BOT group have an interesting case because some of them have frozen pensioners and some are uprated. Now that they are aware of this fact, it is being promoted up their agenda for discussions with the UK Government. The chairman of their APPG, Andrew Rosindell, is also a long term supporter for unfreezing pensions.

Since the visit John Markham who has been the chairman of the

ICBP has stood down and been replaced by Nigel Nelson who visited the UK with him. Huge thanks are due to John who, despite his age, has worked hard to promote the ICBP and our campaign.

While UK tax is not relevant to many of you, if you are still paying UK income tax it is worth mentioning that a UK Taxpayer can transfer up to £1060 of their unused tax free allowance to their spouse or partner. A claim made in the current year will be

back dated to 2015/16 when the scheme started. Please note this point is for information only; I am not a UK tax expert.

It is about this time of year that many of you are planning a UK or European holiday. If you are, remember that you are entitled to claim your full unfrozen pension entitlement while on holiday or cruising out of the UK and Europe. You can claim even for a few days. It is your money. If you are visiting for longer than

183 days and are actually living and paying utility and rates bills you could also be entitled to keep your increases when you eventually return to live in Australia.

I've received several calls from people who are returning or considering returning to the UK to live (for many personal reasons). If you have worked in Australia prior to 2001 there is a possibility that you can request that your UK State Pension is increased to take account of those years worked

in Australia. This could make a considerable difference to your state pension. Also, there are many additional benefits that you can claim. Information about them can be found on web site like Age UK and Citizens Advice.

Anyone who would like to discuss the above or any other aspects regarding their UK state pensions, is welcome to contact Mike Goodall in Western Australia on (08) 6364 0859 e-mail: mikecgoodall@btconnect.com.

Book review: *The Lucky Kid* by Roy Criddle



Standard 7 class of 1953, Narrogin Junior High School, Reg Criddle left/rear

Reviewed by Pat Paleeya

BORN in 1940 and spending his childhood in Corrigin and Narrogin after the war, Roy Criddle paints a picture of a life full of simple pleasures for a boy growing up in a country town.

Roy's recollections will stir many hearts and jog many memories such as his uncomplicated and unpretentious art of story telling. His father worked for the railways and would ride his Coronation Rainbow push-bike between Lomas and Corrigin. Roy likened him to a FIFO but I'd say he was more of a BIBO (bike in, bike out) considering his mode of transport. There were not many cars at that

time but Roy's neighbour Mr McKenzie owned a Chevrolet that burned charcoal to produce the gas that powered the car.

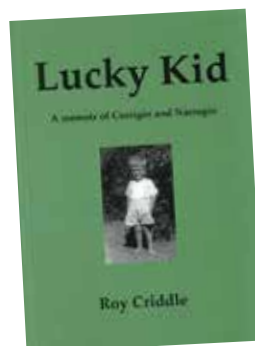
Corrigin had its own power station at that time but unfortunately it burnt down one night and for the next few weeks all the houses resembled witches' castles with soft candlelight and kerosene lamps glowing through the curtains.

There is an easy flow to Roy's writing, every page evokes images so vivid that reading the book is like watching a picture show, 1950s style of course. This is a very pleasant and engaging memoir, not too nostalgic, not too sentimental - like Goldilock's porridge... it's just right.

The Lucky Kid is available directly from Roy - the cost is \$15. Tel 0402-974-515 or roy-criddle@hotmail.com.

WIN WIN WIN

We have a copy to give away. To enter please email to win@haveagoneews.com.au, with the book title in the subject line or write to Lucky Kid, 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. Competition ends 28/02/17.



VOLUNTEER organisations closing down are always a sad event. But when the organisation has a motto of 'learning and sharing' it is a compound loss of both social interaction and brain stimulation.

Late last year the University of the Third Age (U3A) - Western Suburbs Region - seemed to be on the verge of closing after 30 years of organising splendid, varied and illustrated talks for its members at a very low cost.

And why did the group nearly cease forever?

Simply because the current office-bearers had done their jobs so well for so long that they needed a rest and nobody was willing to volunteer to take over those jobs. Requests for new volunteers were repeated several times but members sat complacently on their hands and did nothing.

For members it was unthinkable that their happy fortnightly afternoons of two interesting talks and an enjoyable afternoon tea of socialising could possibly stop. But sometimes the unthinkable actually happens. Consider the recent presidential

elections in an important country across the Pacific.

The complacency evaporated only when the quarterly journal of the parent group of U3A printed about the imminent closure. Just one person started the ball rolling by twisting the arms of others who wanted the group to continue. Soon, an enthusiastic new committee was formed which was elected at the AGM last December.

U3A (WA) Western Suburbs region will now continue. Meetings for 2017 will be held fortnightly from 6 February from 1pm to 3.30pm on Mondays at the Grove Community Room (corner Stirling Highway and Leake Street, Peppermint Grove). Parking is available under the building or in the shopping centre opposite.

The meeting on 20 February will be a talk by the president of U3A WA speaking about the U3A visit to China in 2016. There will also be member feedback, music and afternoon tea.

All the talks are illustrated and afternoon tea is

always served with newcomers and members most welcome. There will be no charge for newcomers for their first three attendances and mem-

bers pay only \$3.

RSVP is essential so please notify Joy 9386 7438 or 0419 172 777 or email u3awesternsuburbs@gmail.com.

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SRCWA President's Jottings



Telstra CEO Andy Penn shares the amazing things to be explored using technology

Tech Savvy Seniors

On Tuesday 24 January some 60 seniors were welcomed by Telstra CEO Andrew Penn to a Connecting Seniors – Afternoon tea run in partnership with Telstra and SRC. AMANA Living and Bethanie clients also attended. People at this free event learned about current connectivity options, an overview of smartphones and tablets, and their benefits and relevance to everyday life. Around 20 Telstra digital ambassadors took small breakout groups for sessions where they could explore and ask relevant technology questions and received advice on personal phones or tablets which they brought along to the event. On behalf of all those who attended, SRC would like to thank Telstra for their invaluable support in helping to break down the barriers many seniors may have moving into the digital age.

Seniors Exergaming WA

The Seniors Exergaming WA program promotes activities for older people using the xBox Kinect gaming console which includes ten pin bowling, balance activities and many other choices. Groups can contact SRC to organise a free demonstration about the use and benefits of the activities. Free training and a manual are provided to groups who wish to join this fun program. Currently the program is used by retirement villages, senior centres/groups and individuals who take part and participate in the competition which is run in the centres.

Competition dates for 2017

Round 1 – Kinect "King Pin" Bowling commences 13 March.

Round 2 – Kinect "Stack Em Up" Games commences 29 May.

Round 3 – Kinect "King Pin" Bowling commences 14 August.

For further information about this program or to book a demonstration please call, program manager Martin Yates on 9492 9774.

Pole Walking

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add extra benefits when walking for exercise. Pole walking is an easy, efficient and low stress activity that engages you in a total body workout. It suits all ages, fit or unfit, people can adjust their walking to their own ability. To find out more about pole walking or to organise a free personal or group demonstration call the SRC office on 9492 9773.

SRCWA Annual Seniors Ball 2017

The "Swinging Years Ball" will be held in the Astral Ballroom, Crown Perth on Wednesday 7 June, from 1pm to 4.30pm. Afternoon tea is provided and the live band Offspring will provide the music for the day. Tickets cost \$36pp. There will be a door prize and many other prizes donated by Crown Perth and Have a Go News. To book your tickets or for further information call 9492 9771. This event is proudly sponsored by Crown Perth and Have a Go News.

Add Life to Your Years – 20th edition

The next edition of the Add Life to Your Years Directory for older adults will be reprinted this year. If your club or group would like to have its contact details listed in the directory please call Kate on 9492 9771 for a registration form, the listing is free and the booklets are distributed free of charge.

Dates for your Diary

12 April - Have a Go Day, SRCWA Rockingham Branch-Aqua Jeffy Rockingham - registration now open call 9492 9771 for further details.

1 November - Have a Go Day, a LiveLighter Event – Burswood Park, Great Eastern Highway, Burswood.

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

Hugh Rogers,
Seniors Recreation Council State President



Heritage Corner: Walk and talk to discover our history



Ambassadors Theatre Perth
Photo courtesy State Library of WA

HERITAGE Perth Walk and Talk Series has proved to be a great success since it was launched three years ago.

As the new year gets started so does the 2017 Series. Once again the program offers a variety of free lunchtime guided walks and talks about Perth's amazing history. It is a great opportunity for you to discover more about our past, our future, and the link between the two.

The first event this month is a guided walk with Heritage Perth executive director Richard Offen. *Going to the Movies* will take a journey into the big screen history of our city and look at some of the lavish venues built in Perth during the halcyon days before television.

In the early days of the Swan River colony most theatrical and

musical entertainment took place either in private residences or in the Court House (now the Old Courthouse Law Museum in Stirling Gardens). Gradually as the population increased and more public buildings were constructed, further venues became available (such as the Town Hall, St George's Hall and The Mechanic's Institute) for public entertainment events.

Open-air venues multiplied too. The ideally-sloped Esplanade Gardens at the foot of William Street, presented programs where films shared the arena with boxing exhibitions. Other outdoor arenas, such as Melrose Gardens, the Shaftesbury Gardens, and the Olympia Theatre, put on films with live vaudeville entertainment. There are no longer any cinemas operating in

Perth but at its peak, there were more than 15 screens in the CBD. You will be amazed as you meander around the city, exactly where they were located. It's sure to bring back some memories.

A not-to-be missed talk will celebrate the 100th Anniversary of Burt Memorial Hall. The Hall is probably one of the largest, and certainly amongst the earliest, WWI war memorials in Australia. The history of this building is a tale of family tragedy which will be told by Julian Burt, a direct descendant of Septimus Burt, the donor of the hall.

There will also be a guided walk looking at Perth's oldest buildings. Many Perth residents will still tell you the city has virtually no heritage buildings left, most of them having been toppled in the last quarter of the 20th century to make way for the concrete giants which now adorn St Georges Terrace and other parts of the city centre. This walk will help to demonstrate this statement is patently not true.

Starting at the oldest standing building in the city, The Old Court House, built in 1836, the walk will take you on a journey of discovery to the oldest residential property, the Old Deanery, schools, a church with a hidden past and ending up at Perth's answer to the Arc De Triomphe, the Barracks Arch, defiantly standing in front of the Parliament House, having been saved from demolition by eight votes in a 1960s parliamentary motion. Discover the buildings which were part of the early struggles to establish Perth as a viable town and how the place

has been transformed into the vibrant city we know today.

Other events in this year's Heritage Perth Walk and Talk Series include a panel discussion which will be presented by three esteemed Perth heritage voices discussing the importance of different aspects of our heritage to the present and future generations. There will also be An Audience with Martin Colgan, an award-winning stone-mason with an incredible 40-year career in restoring our heritage buildings, and the chance to look into, and hear about, panoramic photography of Perth during the last 130 years.

Generally the walks and the talks will last no longer than an hour so it is possible to pop out in your 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 you 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. You can also follow Heritage Perth on Facebook www.facebook.com/HeritagePerth and twitter.com/heritageperth



by Lee Tate

I HAVE to admit that I haven't been a dedicated follower of breakfast television over its 35-year history. And I'm not Robinson Crusoe.

While millions of Aussies are nightly glued to the box, most of us prefer breakfast served-up

without the distraction of television.

A mere 600,000 people nationally watch bitter rivals, *Sunrise* on Seven and *Today* on Nine. Australia's other 24 million people think breakfast TV is a yawn.

The two networks still splurge big on breakfast TV every year with annual budgets in the \$10 million range. Each compère struggles along on a yearly pay packet in the \$700,000 – \$1.5 million range.

The *Today* show start-

ed rolling in 1982. Seven introduced a one-hour weekday bulletin, *Sunrise News*, renamed *Sunrise* in 1996. *Sunrise* dominated ratings for years but *Today* has crept up with *Sunrise* as Perth's choice.

"These shows are important for bragging rights for the networks' news and current affairs prowess," Fusion Strategy chief Steve Allen says.

"Breakfast is also seen as one of the launching pads to promote each night's programs and is very important for cross promotion."

Cook says average ratings – between 300,000 and 350,000 each day – tell only half the story.

Very few people will stay tuned for the entire program, instead choosing to watch while they start their working day.

So total audiences across the week could be upwards of one and a half million viewers, which is more than most shows rate in prime time.

"The average person will stay on either *Sun-*

rise or *Today* for around 43 minutes per day," Cook says.

"The shows turn over their audience around four-and-a-half times (across their running time each day) so the potential reach goes a little further to justify the investment in talent."

Inevitably, the other networks took a bite at breakfast. But *Sunrise* and *Today* withstood two challenges from Ten – *Breakfast*, with Kiwi host Paul Henry and *Wake Up!* With former *Sunrise* whiz kid Adam Boland.

The ABC served-up its solemn *News Breakfast*, hosted by Michael Rowland and Virginia Trioli, gradually won an audience but nowhere near the heights of Nine and Seven.

And boy, are *Sunrise* and *Today* full-on!

Coming to you at break-neck speed: News breaks, weather flashes, traffic reports, sports shorts, money minute, cash prizes, network pro-

mos, fashion, glamour and entertainment.

Politicians, businessmen, charity and community leaders all get a go, but the emphasis, increasingly has been on family-friendly, casual compères in a chummy environment helping you, the viewer, get a start to the day.

And, of course, commercials. Wave after wave of commercials. A tsunami of advertisements followed a tidal wave of network promotions and a sea of segments promoted by queuing sponsors.

Considering the minnow-size viewing audience, never has so much been spent on so few.

Television over breakfast is not for everybody, and it's not on my daily menu, but it serves a purpose for some, including the needy and the lonely. For TV networks it's more bread on the table.

Your view? Email leetate@live.com.au or post to TV Talk, 30/132 Cockburn Rd, Munster, 6166.

TV Talk - Good morning it's television

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JURIEN Bay resident and bush balladeer Brian Edward Bitter (pictured above) affectionately known as Buzzer, passed

Vale Jurien Bay entertainer and balladeer Buzzer

away on 6 December aged 85.

Buzzer was a loving husband to Nan, father to Helen, Rosalie and Craig, a loving grandfather to Brian (dec), Vickie, Gavin (dec), Kade, Dylan, Bree and Clem, great grandfather to Chesta and Bella, and father-in-law to Mark and Dennis.

Buzzer had an interesting life and travelled all around the country. His love of the country was reflected in his music; he wrote more than

80 songs.

For the past 23 years Buzzer had been a staunch entertainer at the Jurien Bay Caravan Park, the local Lions markets and other functions in the area.

He entertained hundreds of holidaymakers to the area and made many solid friendships with him and his wife Nan.

He'll be well remembered for his jokes, music and charisma. RIP Buzzer.

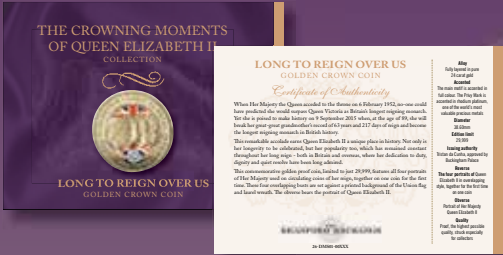
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Actual size of
coin: 38.6mm

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Queen Elizabeth II



The 'ERII' cypher is
accented in one of the
world's most valuable
precious metals



Celebrate Her Majesty becoming Britain's
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to feature her four profiles -
yours today for just \$29.99 (plus p&h)

KEY DETAILS
EVENT: In September 2015 Her Majesty became Britain's longest reigning monarch!
LIMITED RELEASE ALLOCATION: The worldwide edition limit of this coin is 29,999. Fewer than 1 in every 273 Australian households will be able to own one.
HIGH SPECIFICATION: Intended as a collectors' item, the coin is fully layered with pure 24-carat gold and the 'ERII' cypher is accented in rhodium-platinum, one of the world's most valuable precious metals. Part of the design is featured in full colour.
AUTHENTICATION: Each coin comes with a Certificate of Authenticity.
YOURS FOR ONLY \$29.99 (plus \$9.99 p&h): a saving of \$50.00. An informative Certificate of Authenticity is also included.

BRITAIN'S LONGEST REIGNING MONARCH: In 2015 Queen Elizabeth II reached the incredible milestone of becoming Britain's longest reigning monarch - eclipsing even her great-great grandmother Queen Victoria! This is a cause for major national celebration and in honour of this special event, a golden crown coin has been released. Struck to a **very high specification** it is fully layered with pure 24-carat gold and part of the design is accented in one of the world's most valuable precious metals, rhodium-platinum. The coin is the first-ever to feature four profiles and celebrates those used on Her Majesty's British coinage dating back to the very beginning of her history-making reign.

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- 3.Successful applicants will qualify to view the next coin in *The Crowning Moments of Queen Elizabeth II Crown Collection*, a series of gold layered crowns celebrating key moments in the life and reign of Her Majesty, a prized heirloom collection. These further crowns, which may be yours for only \$79.99 (plus \$9.99 p&h) each will be sent at monthly intervals after your Long to Reign Over Us Golden Crown. The next coin in the collection is the "Royal Four Generation Crown".
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Mrs Emily Jones

"...great phone, no nonsense, fantastic battery life, easy to press buttons, easy to see screen and I even listen to my favourite talk show or the cricket when I'm on the bus or out and about"

Graham Burgess

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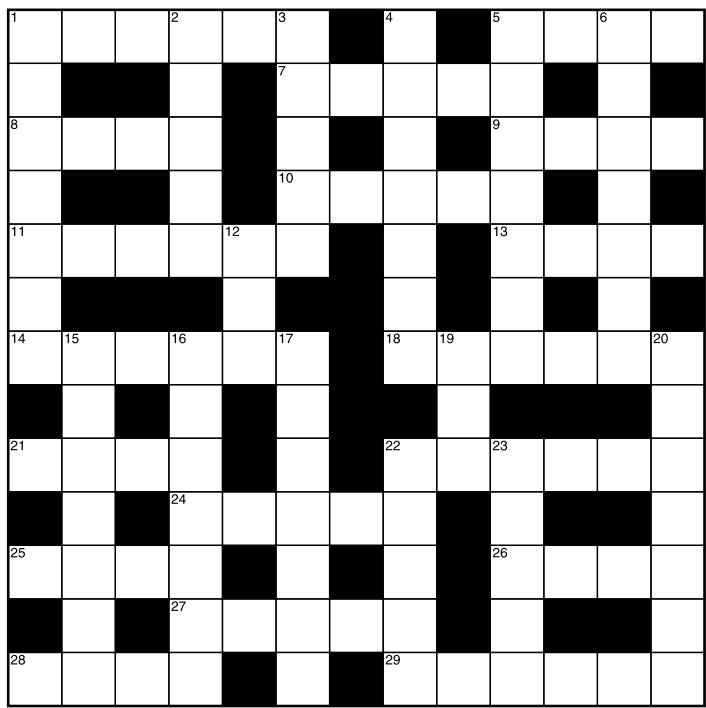
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PUZZLES

CROSSWORD



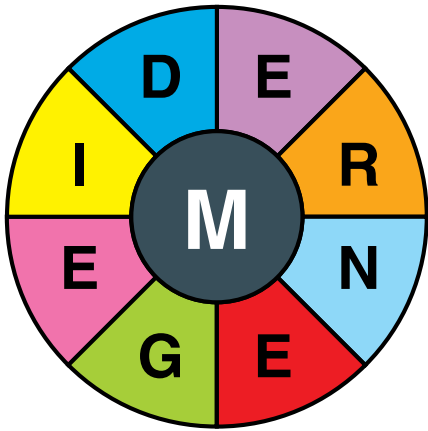
ACROSS

- 1. Series of rabbit tunnels
- 5. Look before you ...
- 7. Consumption
- 8. Large
- 9. Australian gem
- 10. Erected
- 11. Recesses
- 13. Eve's mate
- 14. Masted vessels
- 18. Nakedness
- 21. Pencil end
- 22. Canoe oar
- 24. Wear by rubbing
- 25. Global hostel chain (1,1,1,1)
- 26. Charitable
- 27. Dessert, ... pie
- 28. Cash machines (1,1,2)
- 29. Occurred afterwards

DOWN

- 1. Feminine
- 2. Attain
- 3. Anaesthetises
- 4. Actress, ... Monroe
- 5. Dancer's costume
- 6. Unrelenting
- 12. Devour
- 15. Try
- 16. Wheel covers
- 17. Wound with claw
- 19. Illinois is there (1,1,1)
- 20. Surrendered
- 22. Short pasta tubes
- 23. Highest ranking peers

Wheel Words



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

10 Good 18 Very Good 26+ Excellent

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SUDOKU

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

Rating: ★ ★ ☆ ☆ ☆

					2			
2			9	8	4			
7		6	3				2	8
5		3	4				8	
8		7		1		6		9
	6				7	5		1
3	7				5	1		6
			1	9	8			3
			7					

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#298 January edition PUZZLES Solutions

R	O	M	A	N	I	A		E	R	R	E	D	
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E		H				B		E			E		I
D	R	A	I	N	A	G	E		H				S
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S	E	W	E	R		H			V				L
A		I		A	L	A	S	K	A	N			O
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4	9	3	7	8	6	5	1	2
2	6	5	1	4	9	8	7	3
8	1	7	5	2	3	9	6	4
7	3	2	4	9	1	6	8	5
6	8	9	2	7	5	3	4	1
1	5	4	3	6	8	2	9	7
3	2	6	9	1	7	4	5	8
9	4	1	8	5	2	7	3	6
5	7	8	6	3	4	1	2	9

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Wheel Words
Solution: Acre, Cafe, Care, Case, Face, Fare, Fear, Fire, Race, Rice, Rife, Rise, Safe, Sear, Serf, Sire, Afire, Arise, Facer, Farce, Icier, Raise, Safer, Scare, Serif, Scarce.
9-letter word: SACRIFICE

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food & WINE

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ADVERTISING FEATURE

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Brunch with T - heading north for an elixir in Wanneroo



Above; Tahlia Merigan - left to right; Café Elixir's vegetarian breakfast with hollandaise sauce - pizza scrambled eggs - strawberry smoothie and cappuccino

by Tahlia Merigan

THIS month my regular brunch partner Dan and I wanted to try somewhere in the northern suburbs so we headed to Wanneroo and visited Café Elixir.

When we arrived they were busy but we were seated and served very promptly, with table ser-



vice which we always prefer.

We sat outside, although it was a bit chilly, which is very odd for a Perth summer's day but the café had a selection of blankets to rug up with. Many patrons took advantage of and appreciated the service.

For drinks I ordered a

strawberry smoothie (\$7) which was nice and thick and tasted delicious. Dan ordered a cappuccino which he said was good (\$4).

For food Dan ordered the pizza scrambled eggs (\$18.50) which consisted of bacon, onion, tomato and cheese mixed with the eggs which he said was tasty and homely.

I ordered the vegetarian breakfast (\$19.50) with hollandaise sauce on the side (\$2). The scrambled eggs were light and fluffy and the hash browns were golden and crispy. The mushrooms were cooked perfectly. The hollandaise

was light and fluffy and added the perfect touch to the meal.

The serving sizes were very generous and although the food was presented simply the taste was terrific and we really enjoyed it.

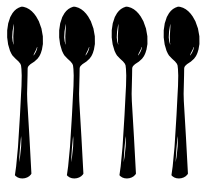
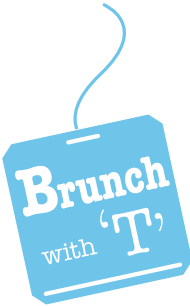
Café Elixir offers all day breakfast, a good selection of lunch options, coffee and sweets. They open late of Friday and Saturday nights and are licensed and offer a BYO service as well.

The service is lovely, the servings generous and it was good value for money. Well worth our trek to the northern suburbs.

Our score – four spoons

Café Elixir, 3 Rocca Way, Wanneroo Phone: 9404 5493 - www.elixircafe.com.au

Open Monday to Thursday 7am – 5pm; Friday 7am – 10pm; Saturday 8am to 10pm and Sundays 8am to 5pm



T's spoon ratings

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

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Morley	Coventry Village 243-253 Walter Road
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21 February: Anniversary, Lunch & Entertainment, \$20 per person (\$25 non members)

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For bookings or further info phone the centre 9367 9880

*conditions apply, advertised prices are for members

Wines for summer barbecues and outdoor entertaining



by Frank Smith

SUMMER is the time for barbecues. Cooking outside in the evening saves heating up the kitchen after a hot day. It is also a time when we are more likely to feel warm hearted and that all's right with the world.

Research published recently in Food Research International shows that when we feel good we are more likely to spend a little more on a good bottle of red.

Researchers used a range of expertly-rated wines and looked at relationships between how people rated wines of varying quality, drinking context, emotional responses to wine, and how much they were willing to pay.

Peoples' emotional responses to wine directly influenced how much they wanted to pay for it. So be careful if you're feeling content, enthusiastic, optimistic or passionate; then you'll want to pay more than your discontented drinking companions.

But let's not get too carried away and look for some good value wines to go with the steak, chops and snappers.

La Bise Adelaide Hills Tempranillo 2014. La Bise is French for the kiss and is also the name given to a southerly wind that blows over Burgundy just before harvest so giving the vines the kiss of life.

The La Bise Tempranillo is sourced from a single vineyard in the Kersbrook region of the Adelaide Hills. The maturity of the vines and evenness of crop ensured the varietal flavours of rhubarb, cherry, raspberry and vanilla sponge cake are concentrated even with the naturally medium body of the wine. The palate is juicy and full of red fruits. RRP \$22.

Gartelmann 'Jesse' Shiraz 2013 is made from the fruit of 65-year-old vines planted in Mudgee NSW. The wine is deep red in colour with a purple hue. The aroma is of fresh pepper and spices laced with ripe berry characters. The palate displays flavours of spices and red fruits. There is some fruit sweetness balanced by acidity and soft tannins. The wine has a refreshing finish. RRP \$30.

Windowrie The Mill Shiraz 2015 is a full-bodied wine with plum and spice aroma. The palate is well balanced with fruit intensity, complimented by French oak. RRP \$20 but on special this month from the vineyard at \$17.

And here are suggestions for those who prefer a white wine, particularly good with seafood or chicken:

Patina Wines Scandalous Riesling 2014 is pale straw in colour, its aroma is fruity, with floral, rose petal, pear and citrus – very fragrant yet quite delicate. The palate is juicy fruit up front and light minerality leading to lemon/apple sorbet mid palate and a refreshing lime finish. A very fruity wine with a good balance between up front sweetness and tangy citrus finish. RRP \$25.

La Bise Adelaide Hills Pinot Gris 2015. This wine comes from the Gumeracha sub region of the Adelaide Hills. It is bursting with fruit aromas of Bosche pear and white peach. The palate has a pleasant silky texture that is complimented by the cool climate acidity. The finish is long and slow. RRP \$22.

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food & WINE

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Mozzarella pork rack

by Vince Garreffa

Time: preparation about 15 mins; cooking two hours 20 mins.

Ingredients:
2 kg pork loin rack
150g mozzarella
100g ham slices
2 silverbeet leaves

WRAP mozzarella in ham, wrap this in silverbeet leaves (no stalk). Lightly French and chine and feather the pork rack. Cut a slash into the rack like a pocket, stuff the silverbeet parcel into it and tie up.

Rub the pork with extra virgin olive oil (25 ml), then salt and pepper.

Roast in the pre-heated oven on a wire rack (skin side up) on a flat tray at 180°C fan forced for two hours or until an internal temperature of at least 60°C is reached. Rest for 15 minutes, cut thick and serve.

Mix 50ml of extra virgin olive oil and 50ml lemon juice with one crushed clove of garlic, infused well together and drizzle a little over each cutlet when served.

Serve with seasonal vegetables or salad.

Yum Yum!!

Happy New You - reflecting on those healthy resolutions in the cold light of day



by Noelene Swain

NEW year's resolutions, publicly declared – I'm sure I'm not alone in feeling this – can be a right pain in the proverbial. A keen desire tap into that new year vibe of self-improvement, aided by copious amounts of Australia's finest bubbles can see even the most sensible folk make pledges that in the cold light of day seem utterly absurd.

"Ouch, yes well, giving up chocolate is all well and good," I hear myself say, "but for everyone's sake, probably best

attempted next week when I've started that new job, gotten the kids back to school and figured out an appropriate hiding place for my secret stash."

Ahhh, the best laid plans, eh? I'm yet to meet a person that hasn't fallen off the bandwagon at least once with their New Year aspirations, and had to sheepishly admit that in reality, it's much harder than expected.

Improving me and my family's general well-being is a pretty popular resolution that I trot out every year, but by early February my enthusiasm for eating more wholegrains and cutting down on excessive cheese consumption has waned considerably. My family, by this point, have also started to tire of my irascible mood swings and general sulking; a direct result of

double brie withdrawals.

This year Australia's Healthy Weight Week is on 13 -19 February carefully timed to keep us on track with our new year pledges. A perfect time to set realistic goals; small changes that are designed to have a big impact on the overall picture.

A terrible breakfast shirk, I'm going to stock my fridge with loads of richly flavoured mushrooms, sunny free-range eggs and dense, grainy bread to inspire me to fuel my body every morning with something delicious.

As every mushroom lover knows, mushrooms are a natural fit when it comes to good nutrition. They are low in kilojoules, low in fat and salt and best of all they taste great, making them ideal for a wide range of deli-

ciously different summer meals.

But did you know that mushrooms are a great ingredient for healthy weight? Research has shown that eating mushrooms helps control the appetite. The most recent paper revealed that people eating an average of three mushrooms per day lost seven cm around the waist over the period of a year (that's around three belt holes). In comparison, the control group (the non-mushroom eaters) in the research actually gained around the middle. All of which is great news for mushroom lovers.

To help inspire you to maintain a healthy weight, see page 24 for delicious recipes for you to enjoy.

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



Lots of fresh fruit and vegetables in February

and just a little softness. Ripe plums lose their sheen, so the best guide to plum ripeness is to look for plums with an all over dull colour. For great tasting plums, correct storage and handling are important. If your plums seem a little firm they may be left for a few days at room temperature to soften. Store ripe plums in the refrigerator. Plums are ideal for juice, syrups, jams, chutneys and make fantastic fillings for pies,

tarts and cakes.

Zucchini: Economical zucchini makes a great filler for pasta sauces and curries. Dices or slices can be lightly steamed or microwaved and tossed through hot pasta with light sour cream, spring onion and grilled prawns to make a tasty light dish, packed full of nutrients. Zucchini is also a wonderful ingredient in home made fritters; simply grate and combine with grated potato, eggs,

lashings of oregano and some feta cheese for a Greek twist on a family favourite.

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

the fruit bowl and they will disappear as if by magic.

Swiss brown cup mushrooms: Plenty of flavour and just the right size for popping into summer salads, rice pilafs and pasta dishes. These nutty brown mushrooms work well with Asian flavours such as chilli, ginger and coriander; try stir-frying with a dollop of hoisin sauce and serving with honey glazed pork and steamed greens.

Letters to...Vince Garreffa

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

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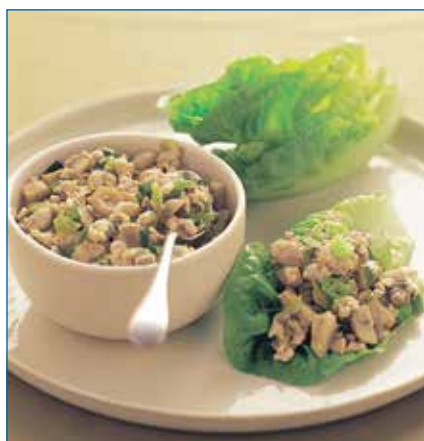
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food & WINE

...eat, drink and be merry...
ADVERTISING FEATURE



Recipe for one San choy bau

½ tablespoon extra light olive oil
100 g cup mushrooms, chopped
¼ red chilli, deseeded and finely chopped
100 g chicken mince
¼ cup chicken stock
1 spring onion, thinly sliced
¼ cup bean sprouts
½ tablespoon lime juice
1 teaspoon fish sauce
½ teaspoon brown sugar
Baby cos lettuce leaves to serve

**Preparation 10 minutes;
cooking 20 minutes; serves one**

HEAT a wok over high heat until hot. Add oil, mushrooms and chilli. Stir-fry for two minutes.

Add chicken mince and stir-fry for five minutes, breaking up the lumps as you go. Add stock, bean sprouts and half of the spring onions. Bring to the boil. Reduce heat to medium-low and simmer for 10 minutes or until stock has absorbed. Stir through lime juice, fish sauce and sugar. Arrange lettuce leaves on plates. Top with chicken mixture. Sprinkle with remaining onions. Serve immediately.

Perth Hills set to shake from the Parkerville Tavern



distinctive Motown sounds of Detroit, to the swamps of Muscle Shoals; from Chess to Stax; from Aretha Franklin to Ray Charles and James Brown to Etta James.

Band spokesman Dominic D'Leno said the *Milford Street Shakers* would take its audience on a journey from the 1950s to 1970s Chicago, Memphis, New York, and Alabama.

"It will be a fantastic night," Dominic says.

Tickets \$25 per person with children under six years free, are available from motown-hills-feb2017.eventbrite.com.au or on a first come first served basis at the gate on the night.

The Parkerville Tavern at 6 Owen Rd, Parkerville, is around a 40-minute drive from the city.

WIN WIN WIN

To be in the draw to win one of three double passes to the Parkerville Tavern on 25 February simply email win@haveagonews.com.au with Parkerville in the subject line or call the office during business hours on 9227 8283. Competition closes 20/2/17.

PERTH Hills are set to shake on 25 February as the historic Parkerville Tavern turns on the blues with the big band sound of the *Milford Street Shakers*.

The stunning outdoor setting will reverberate to the power-house voice of Lee Morunga leading a dynamic and explosive nine-piece band taking a musical journey through the American centres of soul.

Parkerville Tavern director Joanne O'Connor says the concert is anticipated to be one of the highlights of 2017 for the tavern.

"The *Milford Street Shakers* are guaranteed to get your toes tapping and body moving before

you even realise what's happening," she says.

"The wood-fired pizza oven will be fired up and the tavern will be serving a series of special meals so customers can enjoy a fabulous meal to the sounds of some great music."

The evening will kick off at 6pm with the Mark Turner and Jon Matthews duo performing soul, R&B and blues covers to get the audience warmed up.

They will hand over to *The Milford Street Shakers* performing Beyond Hitsville: Motown to Muscle Shoals until 9pm.

The performance will pay tribute to some of the most soulful American music of all time.

It will move from the

Knife and fork talk with the Dining Divas



by Pat Paleeya and Judith Cohen

THIS month the Dining Divas took the train south to Mandurah to test out the seniors lunches at Sharky's.

After taking the Mandurah train

we wandered up to Dolphin Quay and discovered Sharky's, a large open plan restaurant with the main dining inside.

If you choose to dine alfresco there are a few tables on the boardwalk where you glimpse the boys' toys (boats) bobbing on the water.

There is an extensive menu, but we chose from the \$18.90 menu which offered six choices including a glass of wine and tea or coffee.

We chose the Thai fish cakes and salt and pepper calamari.

The fish cakes were large enough to share but so delicious and delicately spiced that I ate the lot. They came with a fresh garden salad and a Thai lime and fish dipping sauce. Yum.

The calamari was perfectly cooked (no rubber rings here) and melted in the mouth. It was coated in a mixture of gluten free rice flour and the chef's own salt and pepper spice blend. The Greek salad and a

garlic aioli completed and complemented the dish.

The place is light and airy, exceptionally clean and the staff were delightful.

We rated our lunch four forks.

Sharky's, Shop 1/4 Zephyr Mews, Dolphin Quay, Mandurah. Phone 9534 8825

Open seven days - \$18.90 lunch special available Monday to Friday



Knife and fork talk ratings

Five forks – excellent food and service

Four forks – overall good food and service

Three forks – reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One forks – would not recommend

Button mushroom and prawn Japanese pancake



**Preparation 10 mins;
cooking 6 mins;
makes 16 small pancakes**

200 g button mushrooms, finely sliced
100 g shiitake mushrooms, finely sliced
100 g enoki mushrooms, trimmed, separated
2 cups Chinese cabbage, finely shredded
200 g green prawn meat, finely chopped
1½ cups self raising flour
2 eggs, lightly beaten
1 cup milk
½ cup cold water
Pinch salt
¼ teaspoon white pepper
¼ cup olive oil
¼ cup Japanese mayonnaise*
2 tablespoon salt reduced soy sauce
¼ cup spring onions, finely sliced

PLACE mushrooms, cabbage and prawn meat in large bowl. Sift flour over mushroom and cabbage mixture and toss gently to coat evenly with flour. Add eggs, milk and water, stir gently to combine. Season with salt and pepper. Heat barbecue plate to medium-high and drizzle with two tablespoons oil. Scoop 1/4 cups of mushroom mixture onto the barbecue plate to form eight small pancakes. Barbecue for 2-3 minutes on each side until golden and cooked through.

Transfer to a plate and keep warm. Repeat with remaining mixture. To serve, top each pancake with a teaspoon of mayonnaise, drizzle with soy sauce and garnish with spring onions.

*Japanese mayonnaise is available from the Asian grocery section of supermarkets or Asian grocery stores.

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FEBRUARY 2017

WA's Great Outdoors • Fishing • Have a Go News in Antarctica

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

Hull is the official UK City of Culture in 2017 and throughout the year will be celebrating with a festival of events. Pictured here is the Maritime Museum which will feature some of the festival events. Read more about Hull on page 28 as Jayson Mansaray takes us on a tour of this year-long festival. Picture credit - Octovision Media



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ADVERTISING FEATURE

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Tuberos begonias and delphiniums at the Chelsea Flower Show 2016

Deryn Thorpe hosts gardening tour to Europe

DERYN Thorpe, *The West Australian's* Habitat writer, is leading a garden cruise to the Baltic, starting with a garden tour to the Cotswolds and the Chelsea Garden Show in May 2017.

The 22-day tour, from 21 May to 11 June with Travelrite International, has six nights in England, including garden visits to Hidcote, one of the most celebrated England gardens and a day at London's Chelsea Flower Show.

Participants then fly to Copenhagen, Denmark and board the *MS Zuiderdam*

for a 12 day Baltic Cruise.

Local tour guides provide detailed tours of the medieval city of Tallinn in Estonia, the city and palaces in St Petersburg, Russia, the modern city of Helsinki, Finland, the old city and the Carl Linnaeus Botanic garden in Stockholm, Sweden and two picturesque cities in Germany.

For further information and a detailed brochure visit www.derynthorpe.com.au, www.travelrite.com.au or phone Travelrite toll free on 1800 630 343.



Jennifer Merigan

WE certainly enjoyed the day trip of a lifetime to Antarctica on Australia Day and you can see some of the spectacular photos and read more about the trip on page 29.

I read an alarming report from consumer group Choice which alerts people to the costs of time-share holidays. Choice is calling on the government regulator to force time-share operators to disclose the real cost of signing up.

Choice found that after they analysed some operators' costs that time share members were paying up to 115 per cent more for holiday accommodation.

I always believe in the old Latin expression 'caveat emptor' which translates to 'buyer beware' but often the complexity of some of these schemes make it difficult for consumers to understand.



The camping facilities at Lucky Bay east of Esperance are to be expanded again after the opening of 62 campsites on two camping loops overlooking the bay, sealed roads, new beach access and water supply and toilet. The new development plans to establish eight to 10 premium campsites with their own deck or veranda, ablutions and camp kitchen.

This should encourage more visitors to this beautiful part of the world.

Special Expo Free Ticket Offer

The new look Perth Holiday and Cruise Expo kicks off on 11 and 12 February at Crown Perth and *Have a Go News* readers can enter the show for free.

Just head to the website at www.holidayexpo.com.au and click on the buy tickets button at the top of the page. Choose which day you want to attend and then use the promotion code HAGN to download your free ticket.

If you don't have access to a printer, you can use your smart phone to download instead.

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 than like *Have a Go News* at www.facebook.com/Haveagonews.

Happy trails

Jennifer Merigan
Travel Editor

Kings 2017 brochure launches offer an exciting year of travel



IT'S FULL steam ahead for another exciting year of travel and Kings are delighted to once again host two opportunities

for people to come along and hear more about their range of escorted holidays in 2017, meet up with friends and say hello to their wonderful tour managers.

Kings Tours owner Jenny Franceschi invites people to join her at one of the following locations:

Mandurah – Wednesday 22 February, 11am at the Mandurah Performing

Arts Centre or Perth – Friday 24 February, 11am at the Mantra on Murray.

There is a small fee of \$5pp and all proceeds are donated to Tabitha Australia – the charity Kings have been supporting for many years now.

"Travel makes up an important part of our lives, no matter your age. So don't give up on your dreams to travel because too many people live with regrets.

"So much of who you are is because of where you've been and we want you to have the experiences and holidays that you deserve," said Jenny. "Kings offer escorted

holidays with personalised service, and one of the benefits of travelling with Kings is our private vehicle home pick-up and return service.

"We also offer individual holiday bookings through our experienced travel consultants located in our offices in West Leederville (Wendy Ellis) and Marmion (Aoife Murphy)," she said.

"I look forward to welcoming you to travel the world with us and meeting you on the above dates.

"Please RSVP by calling 9380 6656, email office@kingstours.com.au or book via our website at www.kingstours.com.au" said Jenny.

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Margaret River Easter Tour 14 to 17 April

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- Sightseeing around Margaret River, Prevelly and surrounds
- Lunch at Bootleg Brewery
- Visiting a fabulous Olive Grove, winery, cheese factory
- Sightseeing in Cowaramup, visiting the Candy Cow Fudge Shop
- Returning home via Gnomesville, and lunch venue with a difference
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ADVERTISING FEATURE

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Enchantment in Melbourne: Timeless memories - the art of Walt Disney and Harry Potter



Above: Be enchanted by Walt Disney's characters in Melbourne in March

by Jeanette Woolerton

FEBRUARY is the month in which to celebrate love – Valentine's Day – the harvest season – vine ripened grapes and berries galore – and summer's golden finale as we approach autumn.

This month is already fabulous, however, this year, Melbourne has added a spectacular extra to the smorgasbord of tantalising delights.

As a testament to our childhood comic heroes combined with the magic of Harry Potter, the largest exhibition of Walt Disney and Harry Potter art ever presented in Australia will start this month.

Throughout February to Sunday 19 March, *Enchantment: Timeless Memories* will be showcased at the Silver K Gallery in Armadale (Victoria). This exhibition is so extensive that it has taken the gallery more than 18 months to curate.

Featuring art sourced from all over the world, this one of a kind exhibition will take visitors on a journey through the life and times of famed Walt Disney Studios, as well as the extraordinary stories of Harry Potter.

You will be enchanted by more than two hundred pieces of rare, original film and television production cells (and limited edition artwork), offering a unique insight into the development of some of the world's most beloved Walt Disney and Harry Potter characters.

Since Mickey Mouse's debut appearance in *Steam Boat Willie* in 1928, Walt Disney's creations have brought laughter and joy to millions of people around the world.

Fortunate visitors will explore the worlds of *The Lion King*, *Peter Pan*, *The Fox and The Hound*, *Dumbo*, *Snow White and the Seven Dwarfs*, *Lady and the Tramp* and *Cinderella*.

Meanwhile lovers of Harry Potter can be im-

mersed in the magical worlds of Hogwarts School of Witchcraft and Wizardry, 12 Grimmauld Place and Gringotts Wizarding Bank through original cover art and illustrations for the seven novels and storyboard artwork for the eight feature films.

Many of the displayed production cells and artwork are available for sale and a preview of the selection can be accessed via the Silver K Gallery website. You may also find their vast collection of animation and rock.n.roll photographs, animation and pop culture production cells

and limited edition *Star Wars* artwork of interest.

Admission is priced \$10 for adults, \$5 for children, which includes an exhibition catalogue.

This is a unique opportunity to celebrate an era of enchantment spanning more than fifty years, a wonderful experience for parents, grandparents and children and is thoroughly recommended.

If you have an enquiry about this exhibition or wish to make a purchase, please contact (03) 9509 5577 or visit www.silverkgallery.com.au for all the latest news and events.

Enjoy an Easter break with Cascade Tours in Margaret River

CASCADE Tours are venturing down to Margaret River to celebrate Easter, staying three nights at the Quality Inn from 14 to 17 April.

Guests will be picked up from home and delivered to the coach by their support cars.

Good Friday will be the travelling day and participants will enjoy lunch in Bunbury and a visit to the longest jetty in the southern hemisphere in Busselton.

Once settled in the accommodation in Margaret River the next two days will be spent sight-seeing around the region and includes lunch at the Bootleg Brewery.

Other highlights include a visit to Olive Grove, visits to the cheese factory and of course a winery and a brewery in the region.

Cowaramup is a much loved destination with its life size cows decorating the main streets and a visit to the Candy Cow

fudge shop is always delicious.

The cows dotted around Cowaramup make great subjects for photographs so guests are encouraged to bring their cameras.

The final day of the trip is a relaxed return to Perth with stops at Gnomesville and a delicious restaurant lunch with a difference.

Guests are then met at the coach and returned home by car.

Places are limited so early booking is recommended.

Contact Chris on 0413 741 556 or call the Cascade office on 9574 0218 for bookings and itineraries.

Explore the legend of Ned Kelly



Beechworth in autumn

EXPLORE Kelly country and rural Victoria on a luxury coach tour to discover the Australian legend. Travelling from Melbourne to Wangaratta, visit various Kelly sights including the Melbourne Gaol, Benalla Kelly Museum, Glenrowan, the Ned Kelly Vault at Beechworth and much more. The tour will also enjoy spectacular autumn colours of Bright, Australia's greatest gourmet region Milawa, the original Ettamogah Pub and the Snowy River Bush Festival at Corryong. Departing 24 March, bookings for this 10-day tour will be closing very soon.

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Riverview Tourist Park in Margaret River is now offering all seniors a 5% discount on their stay in accommodation or on a site. You will also receive a 20% discount on the Cheers all day wine tour. So why not head down to Margaret River, come stay here at Riverview and receive these great deals.

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ADVERTISING FEATURE



travel options for the mature west australian

Quiet port town of Hull becomes 2017 UK City of Culture



Left; The Deep HULL
2017 © Thomas Arran
Above; Jayson Mansaray

by Jayson Mansaray

THE CITY of Hull, which

sits on the Humber River in the north east of England, was announced as

the UK City of Culture 2017 last November.

Its mission claims it will 'deliver 365 days of transformative culture in 2017 through a range of

diverse and high-profile events and projects' and it seems to have delivered its phase one promises already.

The first of four seasons sees a seven-day opening event curated by award-winning Royal Shakespeare Company; *Opera North* will transform the city's Humber Bridge into a piece of music, you can see art loans from the Royal Collection and the British Museum and there's a Nordic music festival among the events. The 365-day cultural celebration will focus national attention on the city - but the attention has

caused a little bit of a stir since it was announced.

You see Hull was once a prosperous fishing port, in fact it's known as the gateway to Europe with its proximity to Denmark, Netherlands and Germany just across the North Sea. But in the Second World War the Germans practically flattened the city, then in the 1970s a proxy war with Iceland, about fishing rights in the North Atlantic, virtually killed the city's fishing industry and it saw a steady decline from then on.

In 2016 it is one of England's most socially deprived cities; a city that overwhelmingly voted Brexit (67.6 per cent) and one that holds immigration responsible for a lot of its woes. So you could imagine my and others surprise when it was announced as the country's city of culture. But as a fan of overused turns-of-phrase: 'never look a gift horse in the mouth' - or for that matter 'look a port city square in the Brexit.'

The first season, Made in Hull, will run from January to March and will open with the traditional fanfare of a spectacular fireworks display over the Humber, accompanied by a specially created audio-visual soundtrack. But where it seems to have

shone most is bringing the United Kingdom's top cultural organisations and institutions in as creative partners to showcase national, international and especially local talent too. Big names like the BBC, British Film Institute, the British Museum, National Portrait Gallery, Royal Collection and the Royal Philharmonic Orchestra have all come on board. For the first in more updates to come, here are some key excerpts from Hull 2017.

Ziggy Stardust and the Spiders from Mars - A film retrospective

The Spiders from Mars saw local heroes Mick Ronson, Trevor Bolder and Mick 'Woody' Woodmansey join forces with David Bowie to become one of Hull's most important musical exports. The band *Holy Holy*, featuring the original Spiders drummer Woody Woodmansey, long-time Bowie collaborator and producer Tony Visconti and Heaven 17's Glenn Gregory, will perform the first ever live rendition of *The Rise and Fall of Ziggy Stardust and the Spiders from Mars* in its entirety at City Hall (25 March).

Look Up

A capital injection of more than £30 million has helped to give Hull a cultural renaissance and

a massive 68 per cent of that will be spent on public facing initiatives to create a culture landscape in nooks, crannies and facades throughout the city. Designed to challenge people's perceptions of Hull and offer different ways to experience the city, Look Up will present a series of newly commissioned artworks in a year-long program (1 January - 31 December).

Richard Bean's The Hypocrite

Just one highlight from the program's theatre selection is the world premiere of *The Hypocrite* by award-winning Hull playwright Richard Bean. Famous for his hit Broadway and West End show *One Man, Two Guvnors* it is inspired by the life of Sir John Hotham, a historic Hull figure, who in 1642 became pivotal in the start of the English Civil War. It's on at the Hull Truck Theatre and is a co-commission and co-production with the Royal Shakespeare Company. (World Premiere: 24 February - 18 March).

WOW (Women of the World) festival comes to Hull

WOW Hull is part of the global movement founded by Jude Kelly six years ago at the Southbank Centre in London working to achieve equality. With more than 33 festivals across five continents, WOW Hull will mark International Women's Day in a festival of talks, debates, music, film, comedy, theatre and activism. There is also multi-arts Freedom Festival the Humber Street Sesh day of music; the Heads Up Festival bringing contemporary theatre; Assemble Fest which brings pop up theatre and performance to Newland Avenue; and the Humber Mouth commissioning literature festival along with the above mentioned - just some extracts from the Hull 2017 program.

This quiet port town in the north east of England is going through a cultural and social metamorphosis - one that looks like fun to take part in.

For more information and booking go to www.hull2017.co.uk

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ADVERTISING FEATURE



travel options for the mature west australian

Antarctica – the day trip of a lifetime



From left to right; Icebergs along the coast - Deep crevices and cracks in the ice - Views from the aircraft were sensational



by Jennifer Merigan

EARLY morning on Australia Day more than 350 people assembled at gate 12 at Perth Domestic Airport to depart on flight number QF 2906 on what could arguably be one of the world's best day trips.

After months of planning, me and a group of readers excitedly made our way to our seats to settle into the four-hour flight down to Antarctica.

What better way to fulfil a bucket list item than to spend a day flying over the world's most isolated continent by plane, and what better day to do it than on Australia Day.

Tour organisers' Antarctica Flights have been running these day trips since 1994 and have flown hundreds of people over the ice.

It also means that Qantas can say they fly to every continent.

There are 19 different flight plans which enable the captain to choose the best possible route taking into account weather conditions on the day.

We had perfect weather on Australia Day and you can see from the photographs just how clear the viewing was from the plane.

Also on board the flight were three Antarctic experts, who had spent considerable time on expeditions to the bases

and representatives from Mawson's Hut Foundation.

Peter Attard was a station maintenance plumber and he had made five trips. He wandered through the aircraft chatting to passengers and talking about his experiences on these expeditions.

I heard one passenger ask him whether he had to have his appendix out prior to working down there as she had heard that this was a pre-requisite. Apparently that was a myth and he said they had very good medical facilities on the bases and this wasn't required.

As we flew directly south, passengers relaxed and many enjoyed watching a movie, or documentary about Antarctica and a meal was served.

The service from the

crew was outstanding and apart from the two meals served throughout the flight there were lots of snacks and drinks available.

Just under an hour out of Antarctica the captain Peter Caws connected with the Australian base Casey and spoke to the manager about life on the station which was piped through the plane.

The inhabitants of Casey were preparing for their Australia Day cricket match on the ice and reported it was a beautiful day with temperatures reaching a torrid -2°C.

As we got closer to the ice the excitement in the plane was building up and with the first sighting of icebergs everyone started moving about the cabin for the best views.

As we approached

the continent the plane's altitude drops to about 10,000 feet above sea level or about 2000 feet above the highest ground within 100 nautical miles.

During the four hours over Antarctica we enjoyed commentary from expert Di Patterson who spent two winters and one summer on Australian Antarctic bases.

Her commentary was excellent and she told many stories about what is like living on the bases and many of her experiences.

Former leader of the Ice, Ocean, Atmosphere and Climate program, Professor Ian Allison also provided interesting commentary about his research.

They both shared geographical information about the areas we

flew across.

Over four hours we explored a huge expanse of the Australian Antarctic Territory directly flying to Casey base and then along the Knox Coast exploring glaciers, capes and the Shackleton ice shelf before turning around at the Russian base Mirny.

The views of Antarctica were incredible, the atmosphere aboard the plane was friendly and fun, the flight crew provided extra special service and as we descended to Perth we all had to pinch ourselves to believe that we had just been to Antarctica.

That's a tick off my bucket list!

The next flight departs Perth on Australia Day 2019. Prices start from \$1199 for centre seats and up to \$7999 for Ice class.

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- ★ Visit the Windmill Chocolate Shop & Café
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Winter Getaway
8 Days, 24 July to 31 July 2017



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twin share

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- ★ Experience an authentic Outback Bush Barbecue
- ★ Visit the underground mine – Coober Pedy
- ★ Below the Earth's Surface you'll enjoy a gourmet lunch
- ★ Sights tour of Adelaide

Tour Inclusions

- ✓ Home pick-up and return by Hughes*
- ✓ Kings Tour Manager
- ✓ Return economy airfares
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- ★ Visit Balmoral Castle
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ADVERTISING FEATURE

travel options for the mature west australian



Fervor Valley of the Giants

Match food and wine to mountains, walk trails and wildflowers in the Great Southern region

SYDNEY-based celebrity chefs Colin Fassnidge and Miguel Maestre will attract much of the limelight at the three-week, 2017 Taste Great Southern food and wine festival, but the region's scenic wonders will be the real stars.

The stunning Great Southern region, which covers an area only slightly smaller than Switzerland, stretches from its pristine southern coastline into the farming hinterland and includes major centres Albany, Denmark, Mt Barker, Kojonup and Katanning.

It is also one of the most diverse and engaging food and wine regions in Australia and boasts some of the most beautiful and unique natural tourism attractions in the state.

Taste Great Southern organiser Richard Campbell from CMS Events said a key objective of the event was to highlight the diversity of the region, both in terms of its tourist potential and its produce.

"When you talk about Great Southern produce, you include words like fresh, natural, seasonal and exceptional," Mr Campbell said.

"Foods like oysters and seafood, cereal crops, beef and lamb, vegetables and milk products all excel on the south coast and the wine varieties such as Shiraz, Riesling and Pinot Noir compete strongly on the world stage.

"The main sub regions are all proud of what they produce and include the wine centres of Frankland River, Mount Barker, Porongurup, Denmark and Albany," he said.

Taste Great Southern events in 2017 will include festivals, markets, degustation dinners and lunches, wine tasting, beer, coffee and spirit sessions, food and wine pairing, masterclasses and community events.

Colin Fassnidge and Miguel Maestre and WA's own Anna Gare will head a line-up of dozens of chefs who will cook and make appearances at up to 50 events at Taste Great Southern over three weekends and two weeks from Thursday 23 March to Sunday 9 April.

The event will be the 13th year of what has grown to be Australia's biggest food and wine event.

As well as the events in the Great Southern, centred around the port city of Albany, this year an event will also be held in Perth to show off produce from the Great Southern.

Living Room co-host on Channel 10, Miguel Maestre, will kick off the celebrations. He will be appearing at Rockcliffe Night Market with Anna Gare on Friday, 24 March from 5pm to 8pm, at Rockcliffe Winery, Denmark on Saturday, 25 March, a meet and greet in Albany on Sunday, 26 March from noon to 3.30pm and lunch by the lake at The Lake House Denmark, as well as various other public appearances.

Other prominent food and wine personalities taking part in Taste Great Southern include WA's own celebrity chef Anna Gare, prominent WA chefs Don Hancey, Paul Iskov, Kiren Mainwaring, Amy Hamilton, Russell Blaikie, David Coomer and Scott Brannigan and Sydney based

wine guru Mike Bennie, along with the hosting skills of WA personality Verity James and many more.

Restaurant owner and *My Kitchen Rules* judge Colin Fassnidge will make appearances during the final week of the event.

Colin Fassnidge will be a guest at the Lake House Denmark soiree, a cocktail function by the lake on Friday 7 April, at Albany Wine and Food Festival on Saturday 8 April, with cooking demonstrations at noon, 1.30pm and 3pm and a degustation dinner, 3drops at Garrison Restaurant on Sunday 9 April from noon to 3.30pm.

Events will be held all across the more than 39,000 km² region.

The highlight for Perth audiences will be the Taste of Great Southern Perth on Saturday 1 April, noon to 4pm at Perth's State Buildings which will be a showcase of the region featuring fine wine tasting and regional produce in a celebration of the best Great Southern has to offer.

For more information on these events go to www.tastegreatsouthern.com.au

WIN WIN WIN

We have three double VIP passes for some lucky people to win to attend the Taste of Great Southern Perth at the State Buildings on Saturday 1 April from 12noon to 4pm.

To win a pass simply email win@haveagonews.com.au or write to Taste Great Southern c/ Have a Go News PO Box 1042, West Leederville 6901. Closes 7/3/17.

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PORTS: Fremantle, Bali, Kuala Lumpur, Penang, Langkawi, Phuket, Singapore

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16 JULY 2017 | 17 DAYS



PORTS: Fremantle, Broome, Kimberley Coast, Darwin, Port Douglas, Cairns, Alotau, Brisbane

INCLUSIONS:

- 15 nights onboard Sun Princess
- All meals, entertainment & taxes onboard
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PORTS: Sydney, Brisbane, Cairns, Alotau, Darwin, Kimberley Coast, Broome, Geraldton, Fremantle

INCLUSIONS:

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INDONESIAN EXPLORER

19 SEPTEMBER 2017 | 16 DAYS



PORTS: Fremantle, Komodo Island, Ujung Pandang, Semarang, Probolinggo, Bali, Lombok, Fremantle

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Shhh - please don't tell anyone about the secret of Greenhead



Travel to Greenhead via the picturesque Indian Ocean Drive.

by Brad Elborough

THIS may be the story of the last time I ever get invited to Greenhead.

As I pulled my first ever jewfish into the boat, my host told me to tell anyone who asked that I caught it from waters off Jurien Bay.

But we were in 40-odd metres of water off Greenhead. The jewfish filled our quota for the day and although it was my only offering to the catch, it allowed me to leave content.

It sat proudly in the esky among the other jewfish (check Fisheries Department regulations), baldies and black-arse. Oh and crayfish!

Would-be fisherman wanting to visit are well warned to keep an eye on the weather forecasts though. My host spends more time on the Bureau of Meteorology website than my daughter does on Instagram.

He tells me that days where he can get out fishing are very few and far between, because of the wind. But he seems to be

able to regularly send me photos of catches he has been lucky enough to get out for.

The fact that the wind blows in this area is well known though – as windsurfing is at its best along the coast north of Perth. And just in case you can't get a line out (to fish), you can take your golf clubs and play the local course.

Greenhead is about two and half hours (287km) north of Perth and 20 minutes north of Jurien Bay. Get there along the picturesque Indian Ocean Drive.

The locals and those who own holiday homes there are doing their best to keep it a secret, but they are fighting a losing battle.

It featured in the national press late last year as one of the hidden gems to visit in Australia in 2017.

Accommodation options are limited. There are a couple of B&Bs, the Centrebreak Beach Stay and a caravan park. Plus land has been cleared along one of the beaches for camping.

The Greenhead Caravan Park offers powered and unpowered sites; it has onsite vans, plus

basic facilities such as a campers' kitchen, laundry, toilet block, playground and children's playground.

You'll also find good old-fashioned service. That service is found throughout Greenhead. When I woke up with a flat car battery on the day I was supposed to drive home, the owner of the service station/local store lent me his battery charger without even asking who I was or where I was staying.

Driving around Greenhead doesn't take long.

We put the boat in at South Bay, which requires the old-fashioned reversing of the 4WD into the water – and me holding the boat waist high in the ocean while my host, complete with waders to keep his clothes dry, sorts out the car.

A short drive gets you to the well-protected Dynamite Bay. There are people snorkelling here and popping their heads up regularly to celebrate the citing of a school of big fish. There are several walks you can take from

here too, but the best is out along the rocks where you can look out towards the break where you're every chance of seeing surfers or windsurfers. You can look back towards land too and get a great pick of people enjoying themselves inside the bay.

Travel a little further north along Ocean View Drive (towards Leeman) and you'll come across the new camping areas. The road to get there is unsealed, but easy enough to drive without a 4WD.

There is another little bay here too, which is also sheltered and which looked to offer a little more for snorkellers.

It's easy to see why Greenhead has received national attention recently, and also why those who already visit are doing their best to keep it a secret.

You will need to search for Green Head and Greenhead if looking to visit. I think the locals are trying to confuse the search engines and those using them.

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

Escapes to Asia, for every travel want

BALI to Singapore, the Asian continent offers something for everyone: dazzling cities, remote treks, beach tranquillity and more. Here's where to go to meet your travel desires:

Rest and Relaxation: Bali. Despite the crowds, it's possible to find your own slice of relaxation in Bali that brings more than just beaches and shopping. For ultimate luxury, try the villas at Ayana or the hanging gardens of Bali. For meditation, head to the Bali Silent Retreat, and for yoga bliss, try Shambhala Estate or Bagus Jati.

City Hijinks: Seoul. One of the top destinations for 2017, Seoul has an extensive subway network that makes exploring easy. There are endless spots to discover in this city, from the bustling districts of Myeong-dong and Gangnam to monuments like the City Gates and Gyeongbok Palace. Got extra time? Seek out the traditional village of Bukchon (near Anguk Station) or try a hike in the Bukhansan National Park.

Beach Breather: Langkawi. This Malaysian archipelago makes for an inspiring beach escape. Accommodation caters for all budgets and indulging in local seafood is a must. The Skybridge, cable car and Underwater World will keep you on the tourist trend. Beach and island tours and a boat ride through Kilim Karst Geoforest Park or a trek into the jungle will make the trip even more worthwhile.

Trek Love: Northern Vietnam. Vietnam's breathtaking landscapes make it the perfect trekking destination. Sapa, with its iconic mountain, valley and cascading rice-field vistas, is a popular base for trek lovers. Ba Be National Park also offers excellent trekking opportunities, with beautiful limestone cliffs, dense forests, flowing waterfalls and wondrous caves. If you're not a seasoned trekker, book via a tour.

Family friendly: Singapore. Singapore will keep you and your family busy

for weeks. Top spots to shop include Orchard Road, Little India and Tiong Bahru. Kids will love a ride on the Singapore Flyer or a day at the amusement-filled Sentosa Island. Casual strolls can be had at the Botanic Gardens or Gardens by the Bay. And for learning and culture, try the National Museum, the Asian Civilisations Museum or (though it's a little gruesome) Haw Par Villa, where Chinese folklore's Ten Courts of Hell come to life.

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GREAT HOME and ADVERTISING FEATURE GARDENING



A class of its own - lessons learned from a school garden design



Left to right; Bryan's Ground is an exceptional garden - Southern River College's new quadrangle courtyard

by Colin Barlow

IT'S ALWAYS nice to see one of your designs come to fruition and last year was no exception with the tricky task of transforming a barren wasteland of grass and old grey concrete quadrangle at Southern River College into a usable outdoor space and 'classroom' for year seven and eight children.

The area backed onto existing classrooms on the northern side and basketball courts on the southern side and was devoid of vegetation, apart from a couple of old misshapen trees. I was commissioned to design this new quadrangle courtyard based on previous landscape design work that I had completed at schools in Perth including Melville Senior High School, Santa Maria College and Penrhos College.

The challenge was to design a space that catered for year seven and eight students during recess and lunchtime, while also providing a practical and inspiration teaching facility during the day and space for assemblies and other functions when required. Consultation with teachers, administrators and parent bodies provided relevant feedback and ideas to incorporate into the design.

Using these ideas I created a landscape design that encompassed a large covered outdoor area that was to be used as a classroom and located close to the existing classrooms. A central raised concrete stage was built in the covered area to provide elevation for teaching and assemblies

as well as allowing quick and easy transition into the area. Built-in bench seating catered for students and teachers with adequate space for additional temporary seating or experimental areas when required. These corner built-in seats directed the flow of pedestrian traffic flow through the covered area to avoid students cutting corners or walking through gardens. Pleached magnolia 'Little Gem' was planted around the outside to offer shade. It was under planted with Murraya and Royena hedges and Dianella to give additional contrast and colour to the garden.

Hedges of Indian hawthorn and ornamental pears flanked the main axis to the classroom. On both sides raised grass banks provided viewing platforms for the basketball courts and classroom/assembly area, or just a place to lie on the lawn and relax.

High school students require individual space so that they can study, relax, talk and play. With this in mind I developed two separate enclosed seating areas; one square the other circular. These areas were designed to accommodate as much seating as possible and to encourage interaction and use as alternative outdoor classrooms. The seating areas were surrounded by raised garden beds planted with taller trees including maidenhair trees, purple leaved plums, frangipani, a golden shower tree and jacaranda in the centres surrounded by lawn. The trees were underplanted with colourful foliage and flowering plants such as

hibiscus, silver bush, Duranta, Indian hawthorn, Alternanthera, Radermachera and Buxus to provide year round interest.

Textured concrete aggregate paths with contrasting paving form the framework and axis of the quadrangle garden directing students and visitors through the area whilst establishing sanctuary along the way with limestone wall planters and seating areas for different student groups.

There are many lessons to be learned from the key aspects of this school garden, which translate to when you design your own garden at home, even on a small scale. It is important to look practically at how pedestrian traffic uses the garden area, avoiding bottlenecks, whilst directing flows and usage. Views, vistas or points of interest can be highlighted in the garden by carefully positioned planting, such as avenues or pairs of trees or aligned paths and garden beds. The use of raised garden beds in smaller gardens provides structure, improved growing mediums, screening and extra seating when built to around 50 to 55cm high.

A tip for smaller gardens is that layered or tiered planting with carefully chosen plant selection will make areas appear larger and create seasonal interest, texture, shade and privacy.

The Quadrangle Garden for Year 7/8 students at Southern River College will continue to grow and improve as the plants mature, hopefully inspiring students and teachers as they continue to use and enjoy the garden

in their daily education.

The Great British Garden Tour

It's not too late to accompany me later this year on a luxurious grand tour of remarkable private and public British gardens from 2 to the 20 July. The tour takes in magnificent gardens in Scotland, Wales, Northern England and the Hampton Court Flower Show when high summer brings out luxuriant herbaceous borders, a profusion of roses and Clematis, and warmer weather, just perfect for sightseeing.

Some of the exceptional gardens to be visited include Dyffryn Gardens, Veddw, Bryan's Ground, Powis Castle, Biddulph Grange, Chatsworth House, Castle Howard, RHS Harlow Carr, Gresgarth Hall, Garden of Cosmic Speculation, Edinburgh Botanic Garden, Drummond Castle and Kinross House. Stays include London, Cardiff, Chester, York, Lake Windermere and Edinburgh.

For further information contact Royce Green from Ross Garden Tours on 1300 233 200 or go to www.rosstours.com/scotlandwales/ for the full tour itinerary of the tour including the gardens, places visited and hotels.

Perfect plants

February is usually a hot month in the garden in Australia, but it is also a great time to check out the hot plants on sale around WA.

Roses are red, violets are blue so why not give your garden-loving partner a beautiful plant from you. This Valentine's Day treat your loved ones to a plant that will provide weeks of pleasure rather than cut flowers that may

be dead in less than a week. On trend Phalaenopsis orchids, bromeliads and terrariums are ideal for decorating the interior of your home, just wrap them up in a red bow and add some chocolates.

It's that time of year again when plant lovers are salivating at the thought of the Garden Clubs and Societies Fair from the 25 to the 26 of February. Showcasing Western Australia's best amateur horticulture groups and societies all in the one spot at the South Perth Community Centre on the corner South Terrace and Sandgate Street in South Perth, it is a top spot to pick up something new, rare or interesting for your garden. While you are there don't be afraid to ask for practical tips and advice from the specialist growers, you never know, you may even decide to join a club or society and make it a hobby.

Check out the African violets, bromeliads, bulbs,

cacti, cycads, ferns, frangipanis, Gerberas, Hibiscus, Hoya, Iris, orchids, palms, Pelargoniums, roses and succulents. There will also be books available from the Wildflower Society and plants from commercial growers on sale including cottage garden plants, perennials, Clivias and clematis for sale. 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 further information or go to www.horticulturalcouncil.com.au

It is time again to drool over the inspiring spring catalogues of bulbs delivered to your door. Take the time now to plan your garden for a bulb bonanza in spring by flicking through the catalogue or on-line. Don't worry if you don't have a lot of space as most bulbs perform superbly in pots and containers, you may even inspire your neighbours.

Terrific websites to tempt your tastebuds are:
www.diggers.com.au
www.gardenexpress.com.au
www.mrfothergills.com.au
www.tesselaar.net.au
www.vdgbulbs.com.au
www.wabulbs.com

Festival time

Araluen's hot Fremantle Chilli Festival has merged with Araluen's West Australian Avocado Festival to become Araluen's Chilli and Avocado Festival in 2017. The combined festivals' new home will be in McCallum Park, Victoria Park and runs from 11 to the 12 March, opening from 10am until 5pm each day. There will be celebrity chefs on stage, entertainment, live music and gardening advice. You can even wander through the display Araluen Village and experience a glimmer of Araluen Botanic Park. Also for the first time you will be able to take home and plant some tulip bulbs ready for spring.

Tips

Now is the time to summer prune stone fruit trees to encourage fruiting spurs and discourage long sappy vigorous watershoots. The end of February is perfect timing; just shorten all side shoots and leaders, which in turn will result in more flowers and fruit and less vegetative growth. It is also a good time to apply potassium sulphate to encourage shy flowering trees.

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Outdoor kitchens are ideal for entertaining all year round



LANDSCAPE expert Matt Leacy looks at the growing trend in outdoor kitchens and why it's here to stay. Traditionally, kitchens have been an indoor property feature for most homeowners and investors. However, more and more Australians are

looking to maximise their outdoor space for cooking, dining and entertaining – paving the way for an increase in the popularity of outdoor kitchens. So what is an outdoor kitchen and how can homeowners maximise their value? Matt Leacy, co-founder and creative director of Landart Landscapes, and president of the LNA Master Landscapes Association, shares his top tips for creating a kitchen outdoors – from what features to include, to how to install for your individual outdoor space and aesthetic. “The outdoor kitchen,

in particular, is a feature that is increasingly becoming an expectation rather than a want for homebuyers and homeowners alike. People are starting to say “yeah, yeah we expect that for sure” whereas in the past they probably would have been happy with a moveable more makeshift set up barbecue,” says Matt. “I’ve been advocating the idea for a while now that we should treat our outdoor spaces the same as our indoor spaces in terms of creating different spaces and functional dynamics. “The same way that you have a kitchen

area, dining area, casual lounge area and a playroom indoors, you can create equivalent areas outdoors that serve the same purposes and help you unlock the potential of your space. “You can do much more outside food-wise than simply cooking on a barbecue,” adds Matt. “An outdoor kitchen can have cupboards, a fridge, sink and more – or it could be as simple as some cupboard space and a barbecue with a nice servery. If you wanted to do a bit more, you could look at installing a breakfast bar with some stools around it to make it

more social and to create a casual space for breakfast, a cup of tea or reading the paper. Add to that a more formal dining area with seating and lounge space and you have the makings of the perfect outdoor living and entertaining space. “It depends on the size and layout of your outdoor space. If you’ve got a small courtyard, then you might consider an outdoor kitchen and bench top with stools for dining so you don’t have to clog up the space with a dining table as well as a servery. If you have a bigger space, you could have a full blown kitchen

with a sink, fridge, wok burner, dishwasher and cupboard space.” “For foodies who love to cook, but don’t have great airflow throughout their property, it can be a challenge to keep the kitchen from stinking out the rest of the house,” says Matt. “An outdoor kitchen can be the perfect solution for those who love cooking fragrant food without the long term smell – ensuring that everything, from Sunday roasts and barbecued meats to curries, can be cooked outdoors without cooking odours lingering inside for days.”

Mistakes in legitimate tax deductions cost property investors thousands

BMT Tax Depreciation, a company that has worked with more than 400,000 Australian property investors to help uncover and claim legitimate tax deductions for the wear and ageing of their investment properties, has compiled a list of its top five tax mistakes commonly made by investors that likely result in millions of dollars of tax savings going unclaimed each year. The Australian Taxation Office (ATO) recognises that the structure of a rental property and the assets within it can experience wear and tear over time and therefore allow tax concessions for investors to account for this deterioration. Quantity surveyors such as BMT are used to uncover these deductions and help maximise tax claims for property investors. The chief executive officer of BMT,

Bradley Beer said the first mistake many investors make is not claiming all the legitimate items they are allowed to depreciate. “Items such as smoke alarms, security systems, swimming pools and even garbage bins are often overlooked but hold valuable tax savings for property investors,” said Bradley Beer. “Fixtures and fittings with a depreciable value less than \$300 can be immediately claimed in the first financial year. “A garbage bin valued at \$250 and smoke alarms valued at \$145 are just two examples of items which are eligible and can generate immediate tax savings for applicable investors,” said Bradley Beer. The second common mistake seen

by BMT is investors believing that their properties are too old to hold any deductions but the truth is that a property’s age does not necessarily rule out all deductions completely. “In order to claim the capital works allowance for structural elements of a rental property such as walls, floors and ceilings, your property must have been constructed after 1987. However, owners of older properties can still claim deductions for renovations carried out after the relevant date, even if these were completed by a previous owner,” said Bradley Beer. “They are also eligible to claim deductions for plant and equipment assets within the property such as carpets, hot water systems, blinds and stoves.” Investors who renovate their proper-

ties are often not aware of scrapping deductions available for the assets they remove and replace. “Ideally, a property should be assessed before renovation to determine the value for scrapped assets such as tiles or appliances like dishwashers and refrigerators, then after a renovation to account for new additions”. The fourth common mistake seen by BMT is investors believing that because they purchased their investment property some time ago that they cannot benefit from tax depreciation or items that may have been missed in a previous claim. “The ATO allows two previous tax returns to be adjusted so investors would be wise to examine whether they have missed anything and if so,

speak to their relevant advisor to have their tax return amended,” Mr Beer said. Lastly, many investors can mistakenly believe that using an expert quantity surveyor to assess their property in order to maximise their tax claim will be expensive and therefore opt to ‘DIY’ their own claim. “Some investors may not realise the cost of obtaining a depreciation schedule is 100 per cent tax deductible. “By taking the time to explore the tax depreciation system and working with an expert quantity surveyor, property investors can avoid making these common mistakes and help ensure their investment properties are generating the maximum amount of cash flow possible,” Mr Beer said.

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Downsizing

ADVERTISING FEATURE



Council on the Ageing's (COTA) Venessa Miler

by Frank Smith

DOWNSIZING is the buzzword of senior's housing at the moment. But is it right for you?

The main difficulty with downsizing is finding a suitable place in the same

neighbourhood. Downsizing is promoted to help release equity, but you could also explore other options which allow you to do that and still stay in your own home.

Last month Venessa Miler, seniors housing information centre coordinator at COTA, addressed Mundaring Probus about some of the important issues people have to face as they age.

She said most people want to age in place.

"Home is an emotive place where you have an established network, mortgage probably paid off and you feel secure.

"You don't have to move to a retirement village if you don't want to. Stay in your home if you want to and tell family and friends who try to move you to get stuffed," Ms Miler said.

"You are the only person who knows what makes you happy. Hang in while you still have a choice.

"It is also cheaper for the government if you stay at home, but many Australians have an aged care mind set. In Finland 45 per cent of people die in their own home but in Australia only 10 per cent do.

"The stress of moving gets greater as we get

older. Retrofitting your home may be a better option. It is possible to make most houses wheelchair friendly and designed to compensate for reduced mobility."

She said get an occupational health assessment of your home before you start to modify it. Technology Assisting Disability WA (TADWA) and the Independent Living Centre will provide free advice and an age-friendly home maintenance kit is available from the Department of Local Government and Communities. www.dlhc.wa.gov.au/Publications/

Documents/AgeFriendlyHomeMaintenanceKit.pdf

The kitchen and bathroom are the main areas needing modification for easier living and self care. People can make incremental changes as their needs increase.

Smart homes can monitor health. The home knows people's habits and will call for assistance if they change, for example if someone has a fall, or fail to get out of bed in the morning.

People with dementia are generally happier staying at home if that is possible. Dementia-friendly design can reduce their

stress and frustration. They know where the toilet is at home, but may not remember where it is in an age care facility.

There is lots of help available through HACC and ACAT including minor maintenance, gutters and gardens and help with self care, transport and getting to social activities.

The Internet allows mobility challenged people to shop, bank, socialise, educate and entertain themselves and much

more nowadays.

She said most people plan only when it is too late.

"Don't wait for a catastrophic event. If you have dementia you may not be able to make your own decision. Consider making an Advanced Care Directive and Enduring Power of Attorney. All the forms you need are available online.

"Ask for help if you need it. Don't put up with crap," she said.

Choose your own interior design at Civic Heart



AMONG the many advantages of buying a brand-new apartment off the plan is the ability to tailor the apartment's colour scheme to suit your own taste.

With each new Finbar apartment development,

a specialised design team crafts a selection of elegant colour schemes designed to suit a range of different styles and aesthetics.

Finbar's Civic Heart development in South Perth, for example, has three dif-

ferent colour schemes to choose from for both its Platinum and Sky Home apartments.

Chief operations officer, Finbar Group, Ronald Chan, says Civic Heart apartments set a supreme standard for interior design.

"Whether you are looking for crisp and light colours, creating a feeling of serenity and sophistication; soft and neutral tones for a sense of warmth and comfort; or a dynamic, strong ambience created by a bold colour contrast; there will be a colour scheme available to reflect your style and personality."

The apartment styling doesn't end with colour choice. Beautifully appointed finishes include elegant two-tone kitchen and bathroom cabinetry utilising a mix of natural elements that work in harmony with both modern and traditional styles.

"The quality and aesthetic of every element of the Civic Heart apartments has been carefully considered down to the designer fixtures including Hansgrohe mixers and quality appliances from Miele," said Mr Chan.

The Civic Heart design team has decades of experience in creating spac-

es that offer beauty and practicality through their clever lay-outs, selection of finishes and attention to detail.

"The Civic Heart apartments are designed to maximise the use of living space with flowing open-plan areas connecting to generous balconies. The elliptical shape of the tower increases the potential views from each apartment giving residents panoramic vistas across to the city, the river and across the zoo, parks and hills," said Mr Chan.

For more information about Civic Heart, visit: www.civicheart.com.au



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Downsizing

ADVERTISING FEATURE



Getting ready to style your home - great tips and advice



From left to right; Zofia St James - Cushions and throws give an instant lift to bland interiors



losophy of living life with style.

Our homes should be no less than an absolute sanctuary and a place where we can entertain and share with our friends and family, with pride. A place that provides comfort and refuge year round.

This year, some people will begin new chapters by moving house, possibly downsizing, and many will be in need of inspiration and help navigating through the minefield of making the old life meet the new and how to marry the two happily.

Some people may have been in a new home for a while but feel it lacks soul and wish to bring some to it.

Some people will have no doubt been in the same property for decades and wish to either breath new life, style and order into it. Or perhaps you need to present a home for sale and need to know how to showcase it in order to attract the best price possible.

All these scenarios may be your worst nightmare but they are the stuff my dreams are made of. I give you me – your style and order fairy.

Seriously, your pain is my pleasure.

May I take this opportunity to encourage read-

ers to personally contact me for a free assessment of whatever scenario fits your situation.

Being the beginning of the year let's start with the basics. What's not seen. One of the services that I offer is called 'house whispering'.

As you know downsizing means less storage so this really does require some planning. Stores like Howards Storage World and Ikea provide lots of options to maximise space in cupboards, linen closets and wardrobes.

They make these spaces look great, so keeping things tidier will be less of a chore.

The pantry is my favourite cupboard and I get a ridiculous kick out of making them very inviting. Coles sell great glass canisters with a brushed aluminium lid for \$5. There are short and tall ones. Having the pantry orderly makes shopping and cooking more inspirational.

Don't just shut the door to clutter and let it build up, be brave and we will sort out those cupboards.

From the inside out we can work magic to restore law and order to places that bring that overwhelming sensation of exhaustion.

What comes next is staging a sense of calm and beauty to your interiors in order for you enjoy your space. Where you live has to be about you and your history or, as I say, your story.

This month make that step toward creating a home that you love.

The rest is like colouring in, its fun and playful.

If you look around a room, be it a living area or bedroom and you feel it seems rather bland, injecting some instant makeover gratification is as easy as adding some cushions and a throw.

These items draped casually over a sofa or bed, add a dimension of softness and colour. I personally like to keep furnishings and upholstery to classic muted and neutral tones, that way you can add warm or cool accents, accessories and

homewares that change the look straight away.

Stores like Kmart, Adairs and Target offer homewares and accessories at great prices. Just a tip, accessories should have the tones that already exist in a room.

That way you are linking it all together and it creates that 'styled' look. Dressing your bed is important. European pillows as well as standard pillows give the bed a polished and finished look and it is practical if you like to read or watch TV in bed.



I sit pillows up straight like soldiers; drape a throw and a couple of cushions. The bed is obviously the statement piece in your bedroom. Making it look plush is for your benefit. Do try to buy the best sheets you can afford; it's entirely worth it. Night after night I love my Home Republic Bamboo sheets from Adairs.

Treat yourself to a beautiful orchid, the cheapest are available at Ikea. Place it where you like to be the most, as it provides visual inspiration of perfect beauty and that's our mission for this year.

It really doesn't take a lot of money to create a makeover. But it takes a dream, a plan and a savvy eye and the know-how to make it almost effortless.

May February be a wonderful month!

Zofia offers an interior style consultation for readers. She may be able to assist with de-cluttering, restyling, choosing what pieces of furniture to take and of course personal styling. Zofia knows how to style on a budget.

For those who would like to contact Zofia call her on 0406 336 607 or email zofia@stjames.com

REGULAR readers of *Have a Go News* may remember columnist Zofia St James who wrote a style column for the paper for many years. Zofia has rejoined our pages since returning from Sydney and will be presenting style suggestions for those who are moving house or want to restyle their home. Ed.

by Zofia St James

MY name is Zofia. You may remember my fashion column, I am back and very excited to have the opportunity to contribute once again to the *Have a Go News* downsizing feature, writing about interior styling.

My passion has always been interior styling and hence my business name Philozofia reflects the phi-



Lovely Augusta - why not move to a pristine area of the West!

The Augusta Retirement Units are administered by a small group of volunteers.

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Mandurah Village (Unit 14) 22 Third Ave, Mandurah \$165,000

- 2 bedrooms (double robes to main bedroom)
- 1 bathroom - newly renovated
- Freshly painted
- Ducted air conditioning
- Storeroom.
- Front and rear courtyards
- Free standing lock up garage at rear of property
- Resident can select new floor coverings to living and bedroom

Coral Estate (Unit 29) 1 Anzac Place, Mandurah \$275,000 ono

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Floor tiles - kitchen/dining area
- Ceiling fan in main bedroom
- Split system and fan in lounge/dining
- Laminated wood flooring throughout
- Medi-alarm
- Rear courtyard with patio

Coral Estate (Unit 34) 1 Anzac Place, Mandurah \$280,000 ono

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
- Canvas blinds front windows and rear patio
- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Split system in dining/lounge
- Split system in dining/lounge
- Split system in bedroom
- Resident can select new floor coverings to living area and bedroom
- Floor tiles - kitchen/dining area
- Solar panels installed
- Medi-alarm • Rear courtyard with patio

Coral Estate (Unit 35) 1 Anzac Place, Mandurah \$280,000 ono

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Split system in dining/lounge
- Resident can select new floor coverings to living area and bedrooms
- Floor tiles - kitchen/dining area
- Solar panels installed
- Medi-alarm
- Rear courtyard with patio

Coral Estate (Unit 46) 1 Anzac Place, Mandurah \$275,000 ono

- 3 bedroom, 1 bathroom
- Built in robes to all bathrooms
- Lock up garage under main roof with room for storage
- Large rear patio with shed
- Freshly painted and new carpet to all rooms
- Floor tiles - kitchen
- Ducted air con throughout
- Split system air con in lounge and ceiling fans
- Medi-alarm
- Rear courtyard with patio

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

FOREST LAKES ESTATE "ONLY 4 LEFT"



LOOKING TO DOWNSIZE WITHOUT DOWNGRADING?

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Downsizing

ADVERTISING FEATURE



New clubhouse design at El Caballo revealed



EL CABALLO Lifestyle Village has released concept designs of its future clubhouse and facilities to be built as part of stage three of the development.

The two-storey building will feature an indoor pool and spa, large hall with attached commercial kitchen, a gymnasium, cinema theatre, consulting rooms, library and internet kiosk, bar and recreation room. The building will also overlook new lawn bowling rinks and barbecue areas.

Currently selling stage two, managing director Matthew Pavlinovich is optimistic about 2017 and achieving the sales needed to bring on stage three and the construction of the new clubhouse.

"The past 18 months have been difficult in real estate generally," he said, "however there is plenty of evidence to suggest the market has bottomed out and we should see a better year in 2017."

El Caballo Lifestyle Village is positioned on elevated land, surrounded by the El Caballo Golf

Course. The village sits on a large property where residents have access to walking trails that regularly feature wildflowers, birds and kangaroos. The locked gate village provides privacy and security, but with bigger blocks than the metropolitan lifestyle villages, it is a great alternative for those needing to downsize without being crammed into suburbia.

El Caballo Resort, which is also owned by Mr Pavlinovich holds regular events aimed at family-style entertainment and particularly music events for the 40 plus age group. Residents of the lifestyle village not only get to enjoy these events, they also have access to the resort facilities until the new clubhouse is built in stage three.

As part of the sales and marketing campaign for 2017, El Caballo Lifestyle Village is offering a huge 10 per cent discount on

its existing display homes. With eight display homes available, priced between \$295,000 and \$404,000 before the discount, savings of \$29,000 to \$40,000 are available.

There are benefits to buying a display home.

"Obviously there are financial benefits with the existing promotion, you can buy a display home for significantly less than a standard new build, but you also have the benefit of moving in immediately to a professionally finished house," Mr Pavlinovich said.

For more information on the clubhouse concept designs or the 10 per cent off display home promotion, visit El Caballo Lifestyle Village at 51 Jocosco Rise, Wundowie. Display homes are open Sunday to Thursday between 11am and 3pm or phone 9573 3777 and make an appointment for a time to suit.

Independent retirees outline policy recommendations

SENIOR politicians from the two major parties have been invited to the meeting of the Association of Independent Retirees (AIR) Perth Southern Districts branch on 24 February to outline their party policies on the following:

- Waiver on stamp duty on the purchase of a principal place of residence by a retiree
- The Country Fuel Card
- Land Tax.

AIR is of the view that the overall financial strain on its members who are fully or partly self-funded retirees is extremely serious and not confined to the issues identified in this submission.

This submission focuses on State issues. However also to be considered is the significant changes to superannuation which came into effect on 1 January, and other Commonwealth initiatives enacted or proposed.

AIR consider the recent increases in land tax

exorbitant, and seek relief from stamp duty when changing their principal place of residence. They further request that the Country Fuel Card be made available to all residents who live in regional zones and who hold both the Commonwealth Seniors Health Card and WA Seniors Card.

AIR advocates that the pension systems should be used as a safety net and not as a method advocated by many in the financial planning industry to gain access to a pension as a financial add on. Such practices although perfectly legal have the effect of adding to the already serious budget problem this country faces in the years ahead.

It is time that politicians of all parties realise a complete review of financial matters is absolutely essential and implemented as soon as possible.

AIR is a not-for-profit organisation and is one of the peak bodies representing the views of full

ly and partly self-funded retirees in Australia. It advocates particularly on behalf of its members but generally for the interests of retirees committed to funding as far as possible their own retirement. AIR has 48 branches throughout Australia including nine in WA. There are five branches in the metropolitan area and four in regional areas.

The Association's policies aim to achieve justice, equality and freedom of choice for all retirees and those in transition to retirement, while recognising there is a diverse range of individual circumstances. It advocates on policy positions to advance and protect their interests and independent lifestyles across the four core areas of Financial; Aged Care; Health Care; and Social Wellbeing matters.

The Perth Southern Districts branch meets at the Victoria Park Bowling Club on the fourth Friday of each month, next meeting 24 February starting at 9.30am. All retirees are welcome.



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*Price & availability subject to change. Artist impressions are conceptual only.

Seniors embrace Sterling Advantage

AN INNOVATIVE approach to retirement housing is helping seniors free up debt and live without the burden of rents, rates and ongoing associated costs. Established by an experienced team who developed Armstrong Jones and Settlers Lifestyle Villages, Sterling New Life is working to give seniors the retirement lifestyle they deserve.

All too often our clients came to us saying either they wanted to retire but didn't believe they had sufficient money to do so or, they wanted to retire but didn't want to go into a retirement home and preferred to stay in their existing community to be close to their family and friends. Sterling New Life allows seniors to secure a home in a location of their choice for around 60 per cent of its market value, with no ongoing weekly fees.

With Sterling New Life, residents have the potential to stay in their own home or relocate to an area of their own choosing, while writing off the burden of mortgage debt, rates and other ownership costs. Sterling New Life founder Ray Jones said the initiative

was the equivalent of a retirement village, spread out amongst the suburbs and the Southwest and is an option to downsizing in your preferred area.

"Most retirement villages have to spend several million dollars on facilities – they have swimming pools, they have clubhouses. All of these facilities can go largely unused after a period of time and can become very costly for retirees" he said. "Because we don't need to spend those millions of dollars on facilities due to most local councils having fantastic facilities in these areas, we can discount the price back by about 40 per cent from what you would have to pay if you went into a retirement village".

The feedback has been immense – Sterling New Life clients rave about the concept because it allows them the benefit of downsizing in an area of their choice with less debt and annual costs, while being able to free up their capital and preserve their investment.

Heading into retirement should be about enjoying the lifestyle that you have spent so long working for,

whether it's travelling, spending more time with loved ones, pursuing a new interest or just taking time to relax. Retirement should be your golden years and not a time of financial concern or angst. Sterling New Life strives to create this carefree environment and allows retirees to start living the lifestyle they have dreamt of.

For more information on Sterling New Life and how it can work for you visit www.sterlingnewlife.com.au or call 1300 665 890.

What our customers are saying:

"Sterling New Life allow my parents to live without financial pressure and leave an inheritance for their family, while enjoying where they live."

Josh Griffiths

"It really is a 'win-win' situation and I am happy to talk to anyone about the process and recommend Sterling New Life."

Sylvia & Ray Staples

"For us Sterling New Life's concept was a Godsend, we have a long-term lease on a home which we love."

Norman & Jean Clegg



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Downsizing

ADVERTISING FEATURE



SwanCare's \$20 million apartment complex opens its doors to happy retirees



Luxury bedroom and ensuite inside Akora; the impressive exterior

RETIREEES are moving into the latest luxury apartments this month, which have just been completed by one of WA's largest single-site retirement living and aged care providers - SwanCare. Akora, located amid landscaped gardens at Adie Court in SwanCare's Bentley Park community, encompasses 44 stylish architect-designed apartments in a range of configurations, with half already sold.

The remaining apartments - which represent the first stage of SwanCare's \$80 million planned redevelopment of its Bentley site - start from \$525,000 for a two-bedroom, two bathroom upper level contemporary apartment.

SwanCare group chief executive officer Graham Francis said the \$20 million complex provides a community environment that allows residents to maximise their lifestyle opportunities.

"SwanCare is focused on pro-

viding an environment for people to get the most out of life. We've included features to enable people to adapt their lifestyle needs as they age, including new technology and a 24-hour emergency call system," Mr Francis says.

"Akora has been built to Universal Design Standards, which means the apartments can easily adapt as residents' needs change. A feature which will enable people to age in place and receive in-home care when they feel they need it.

"For us, it's about offering retirees or people moving towards retirement better options to lead the lifestyle they choose, but with easy access to care when it's needed."

New residents Lynton and Norma O'Hara - who were the first couple to move into the new development - say their apartment has exceeded expectations.

"We're delighted, it's light, bright and just perfect for us,"

says Mr O'Hara, who decided along with his wife that they were ready to stop running a house and maintain a garden.

"We were keen to move into something with much less maintenance and without a garden to constantly tend to and we're thoroughly delighted with Akora," he said.

With regular Transperth services available on the doorstep, the five storey apartment complex also incorporates secure 'lock up and leave' features.

Mr Francis adds that Akora had been designed to offer apartments with low running costs, good natural light and ventilation and quality design standards that ensure good accessibility for residents as they age.

Core design features integrated into each apartment include high ceilings, water efficient fixtures and fittings and LED lighting, motion sensors in common areas and spacious balconies,

many with views.

An easy-to-use electricity monitoring package in each apartment enables residents to monitor their electricity consumption and identify opportunities to save power and money, while an electric heat pump system reduces both running costs and greenhouse gas emissions associated with the delivery of hot water.

A rooftop solar photovoltaic system also further reduces the energy consumption and running costs of the entire building.

Further features of Akora - the Aboriginal name for dwelling - include a residents' lounge and ground floor cafe, mezzanine area and high quality insulation to ensure a quiet home environment.

For more information about Akora apartments, contact Harry Pearson at SwanCare on 6250 0016 or email harry.pearson@swancare.com.au.

Community NOTEBOOK

THE PHOENIX FRIENDSHIP CLUB
Are you a single senior over 55 years. Meet new friends in a safe, supportive and enjoyable environment. For more information Wendy 9313 5857 or Ian 0499 725 196

GOSNELLS ANTIQUE AND COLLECTORS FAIR
25 February 9am-3.15pm
Amherst Community Centre
Cnr. Warton/ Holmes St Southern River.
Adult \$5. Cons \$3. Child under 14 free.
Contact Warren 0417 536 472

THE ROCK'n'ROLL RECORD COLLECTORS CLUB
(50s and 60s music)
Next meeting Wed 8 March 7.45pm.
Admission \$3 inc supper. Guest speaker. Visitors welcome.
South Perth Community Hall. Sandgate St.
Meetings every second Wednesday of the month.
Enq 9306 2578

NANNUP MUSIC FESTIVAL
3 - 6 March.
A huge array of performers, workshops, jam sessions, bush poetry etc.
A delightful weekend of family fun.
Ph 9756 1511

WESTERN AUSTRALIAN CARD COLLECTORS SOCIETY (INC)
Meetings at the Uniting Church Hall
165 Railway Pde Mt Lawley.
Last Saturday of each month
1pm-4pm
Afternoon tea provided
Ann 9299 6642

CITY OF VINCENT SUMMER CONCERT
26 February 5.30pm-7.30pm
Hyde Park. Perth
Featuring Grace Barbe.

HERB SOCIETY OF WA
South Perth Scout Hall. 20 Pilgram St. South Perth
Monday 22 February
Doors open 7pm
All visitors welcome.
Cost \$4.
Enquiries@herbsocietywa.com

EATON FORESHORE FESTIVAL
8.30am-2pm Sunday 12 March
Pratt Road Eaton

GLUTEN FREE FOOD & HEALTHY LIVING EXPO
11-12 March. 9.30am-4pm
Discover healthy alternatives and learn about coeliac disease and how to live gluten free.
Perth Convention and Exhibition Centre
Contact CMS Events 9228 9166
gluten@cmsevents.com.au

PEOPLE WHO CARE
Community Health Expo featuring Seniors Outdoor Fitness World Record
Free Entry - food vans, entertainment, horse and wagon rides
10 March. 9.30-3.30
Sir James Mitchell Park
- End of Coode St, South Perth
www.peoplewhocare.com.au/events



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



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Treating you right with your transport options



SHOFER is Perth's newest on-demand transport service with a fleet of 90+ vehicles already on Perth streets.

Inspired by the belief Perth deserves to be treated right, Directors JD Veldsman and David Mills set out to deliver 'on time, every time, and safely' to the travelling public.

"As we looked at the category of point to point travel, we saw an opportunity to provide reassurances for customers as they travel around Perth," JD Veldsman says. "We recognise everyone wants to be treated right and some of the ways of doing this had slipped away".

Shofer offers Perth travellers agreed up front fares, agreed travel routes, the security that comes from knowing each Shofer vehicle has in-car cameras, breathalysers, and the correct level of insurance ensuring passengers are fully protected.

"We understand getting into an unknown car can be a risk, so we provide a number of features to ensure our customers feel confident their Shofer ride will be safe and secure. For example, our vehicles are checked and serviced regularly," said Mr Mills.

The taxi industry has received significant publicity recently as high profile international players enter markets challenging previously established ways of doing things.

"At Shofer, we understand our business is about people, and when it comes to service, no-one likes to feel like a number," says Mr Mills. "Whether it's a mum booking a Shofer to ensure her kids get home safely from a late night party, people travelling to medical appointments, or FIFO workers needing to know they will get their flight, our business is founded on treating people right."

Shofer can be found online at www.shofer.com.au, or reached on 0477 670 266. Their free booking app can be downloaded from the Apple Store or Google Play. Enter promo code Haveagonews to receive 20 per cent off a ride - valid to 28/03/17.

classes AND courses

ADVERTISING FEATURE

A labour of love for historical researcher on WWI railway men



Author and railway enthusiast, Tom Goode

by Josephine Allison

TOM Goode as a small boy growing up in West Midland liked nothing better than playing with his friends at the back of the railway workshops inside written-off locomotives. His love affair with the railways and its history has resulted in his first book, *The Cold-Footed Mob, a History of the 5th Australian Broad Gauge Railway Operating Company*.

Tom's decade-long research and decision to write a book about the brave band of unrecognised 250 men who volunteered for the Western Front started when the now retired school teacher was a volunteer at the WA Army Museum in Fremantle.

"Someone brought in a World War I postcard which had been signed with the unit initials 5 ABG Railway Operating

Company beneath," Tom recalls. "I had a look at some of the standard abbreviations and couldn't find it. I went home and the internet provided the answer. I realised that this band of men was something special and unrecognised down the years. Around 250 WA railwaymen went to the Western Front in 1917; to attract people with railway skills they didn't have to meet medical or age requirements.

During the unit's formation at Blackboy Hill in December 1916 other men preparing for embarkation considered the railway men with relaxed age and medical standards would have a cushy job. Volunteers were said to have cold feet at the thought of real soldiering and thus the railway unit became the 'cold-footed mob', but it was said in jest.

Of the five railway units

formed, three were ready to set sail almost at once. The WA group sailed from Fremantle on 28 January 1917, others sailed from Melbourne and Sydney a little later. Once at the Western Front, the men undertook gas mask and other basic training.

"The unit was extremely lucky in that it suffered no members killed by enemy action," Tom Goode says in the book. "While not involved in the fiercest of fighting as were the infantry and artillery, they operated trains close to the front line and lived within the range of German artillery for many months. Six of the original contingent died while on active service. Four died from illness and one by accident."

The unit's youngest member was 17 and got special permission from the Federal Minister for Defence and the oldest, William Longford, was at least 65. Longford had emigrated to NSW from England with his wife in 1872, spending almost 50 years as a porter or fireman. When he heard the army needed railway men he said he felt that though he was over the age limit he had the health and strength, shaved off his moustache and joined the WA unit.

Longford's army career ended when ANZAC commander General Birdwood noticed him

while inspecting the unit. While on leave in Britain, Longford admitted his age was 66 and he was returned to Australia.

Tom Goode's extensive research took him to Canberra with the National Archives providing invaluable details of the men and their mission.

"I was looking for correspondence and having worked in the public service knew there would be a file where Britain had formally written to the Australian government asking for railway units and there would be quite a bit of correspondence. To find the file I listed all the WA files as listed WWI railwaymen and found the information I was looking for filed under 'Railwaymen for Egypt.'

Tom says the main information for the history of the railway men is the unit's war diary.

"Fortunately, the recorders in 5ABGROC took seriously their role as the first Australian railway unit to be deployed. They recorded much of their experiences with an eye to helping other units avoid the same mistakes," he says in an introduction.

"The second rich source is personal military records of individual members available through the National Archives. Also, another source is gradually be-

coming available as the National Library releases more digital copies of local newspapers. During WWI newspapers were the major source of information."

Tom reflects on the upheaval two a half years overseas at war had on the lives of these enterprising brave men. One man left his two daughters

in the care of the Salvation Army while he was away. Though the war ended in 1918, there was a trickle of men returning to Australia; some delayed by ill health while some had married in Britain, being granted passage home with wives and children.

Tom Goode's links with the railways run deep. Both his grandfathers

Thomas Goode and William Rice were in the railways as was his father George. The book is a tribute to his family and the men who served.

The Cold-Footed Mob, A History of the 5th Australian Broad Gauge Railway Company (Hisperian Press) costs \$30. Email tom goode@iinet.net.au



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1800 643 277

www.squaredance.org.au



Unleash your inner creative self with a one day art workshop

FOR people who long to connect with their inner creative self, then David Giles' (pictured) monthly one day painting workshops may be just the thing.

Held at his Studio Eleven premises, 11 Captains Lane, Fremantle, the venue provides a lovely courtyard garden setting in which people can pursue their artistic dreams.

With a focus on personal expression the workshops provide the opportunity for participants to develop their ability to let go and connect with their inner creative self.

A variety of themes, subject matter and techniques are explored with a focus on self-interest.

Renowned as a friendly and supportive art teach-

er, many of Mr Giles' students have gone on to exhibit through The David Giles Art Gallery with several becoming multi-award winning artists.

Giles himself has 20 art awards and more than 50 solo exhibitions to his name and has exhibited all around the world.

The ABC made a documentary about his art career and he has featured in numerous art magazines and books including *Australian Art Guide*, *Australian Art Collector* and *International Contemporary Masters*.

The cost for each one-day workshop is only \$100 including light lunch. Attendees need to bring their own acrylic paints (white plus four to eight colours they like) and brushes. Canvases are for sale at the studio or bring one along. Easels etc, are provided.

For bookings or more information see ad on page 46 for dates or contact David Giles direct on 0416 079 204 or visit www.davidgilesartstudios.com.au

PRIME MOVERS INC

Fitness and exercise for the over 50s

Our classes for 2017 recommence throughout the metropolitan and regional areas the week starting Monday 6 February

"Come along and give it a try and enjoy our friendship and camaraderie for both men and women. Prime Movers Inc will be turning 30 years old in 2017 so we must be doing something right..."

5,000 members

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Instructors are trained by health

and fitness professionals

Annual membership \$15

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Visitors are welcome to try a class for \$4

Phone 9386 2049

between 9-5pm Monday to Friday

www.primemovers-exercise.com.au



Try something new this year

A NEW YEAR is full of promise – why not welcome it by trying something new – join a community choir.

It's fun, you'll make new friends, and it's now an accepted truth that singing is as good for people's body's as it is for their mind and spirits.

Swan Harmony Singers meet every Wednesday evening in Swan View. They sing a variety of songs, and give public performances several times a year.

They're starting a new

program of music, so now is the perfect time to join. Participants don't need to have experience or be able to read music. All they need is enthusiasm and the ability to carry a tune.

Swan Harmony Choir meets on Wednesdays from 7 – 9pm at the Salvation Army Church Hall, 371 Morrison Road, Swan View.

Drop in one Wednesday evening and see how they operate.

For more information, phone Anna on 9299 7249.



Community + Health + Creativity for over 55s in Victoria Park
\$5 sessions of Tai Chi, Singing, Chess tuition, Fitness, Meditation, Computing, Writing and our Free Walking Group and Movies

Fitness for All

Monday 9.30am - 11am;

13, 20, 27 March 3, 10, 24 April, 1, 8 May

Thursday 3pm - 4.30pm; 16, 23, 30 March

6, 13, 20, 27 April, 4, 11 May

Mindful Meditation

Tuesday 9.30am - 10.30am;

14, 21, 28 March, 4, 11, 18 April, 2, 9 May

Chess Tuition

Tuesday 2pm - 3.30pm;

14, 21, 28 March, 4, 11, 18 April, 2, 9 May

Walking Group

Wednesday 9 - 10am; 15, 22, 29 March,

5, 12, 19, 26 April, 3, 10 May

Board Games & Cards

Wednesday 1-3pm; 15, 22, 29 March,

5, 12, 19, 26 April, 3, 10 May

Tai Chi

Thursday 9.30am - 10.30am;

16, 23, 30 March,

6, 13, 20, 27 April, 4, 11 May

Computer Class

Thursday 10 - 11.30am;

16, 23, 30 March,

6, 13, 20, 27 April, 4, 11 May

Bring Your Own Tablet Session

Thursday 11.30am - 1pm;

16, 23, 30 March,

6, 13, 20, 27 April, 4, 11 May

Singing for Wellbeing

Thursday 1pm - 2pm;

16, 23, 30 March,

6, 13, 20, 27 April,

4, 11 May

Creative "Write-Brain"

Friday 9.30 - 11.30am;

17, 24, 31 March,

7, 21, 28 April, 5, 12 May

Greatest Movies of All Time

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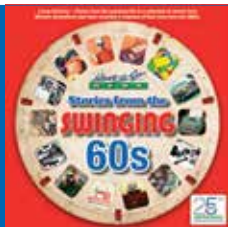
17, 24, 31 March 7, 21, 28 April,

5, 12 May

For more information phone 9361 2904, visit www.connectvictoriapark.org
or attend the Connect Carnival Expo, 4 - 6pm on 28 February,
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classes AND courses

ADVERTISING FEATURE



See page 21 for details about how to purchase a copy of the book *Stories from the Swinging 60s*

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**NEW CLASSES for 2017 recommence
16 January 'Get Up and Go & Be Active'**

Exercise and fitness for the over 50s



Prime Movers'
Wenda Packard

MAKE the prime move by joining Prime Movers, exercise and fitness group for the over 50s.

From a humble beginnings in 1987, Prime Movers has evolved with Wenda Packard becoming the driving force behind the name.

In March the group celebrates its 30th anniversary. With more than 5000 members around Perth and operating 75 or more

classes per week, Prime Movers is a long running successful group exercise class to music.

The classes are available to both men and women and promote friendship and camaraderie through participation.

Prime Movers' class instructors are a dedicated team of people who work together to create a fun and enjoyable routine for all participants.

The instructors are fully trained by health and fitness professionals before passing a written exam.

The classes include stretching, low impact exercises and muscle work all to the rhythm of great music.

Classes operate from Butler in the north to Mandurah in the south and there is a class to suit everyone.

Annual membership is \$15 with a class fee of \$3 and visitors are welcome to try a class for \$4.

Classes for 2017 recommence on Monday, 6 February at all venues across the greater Perth region and run through to mid December.

For more information, please contact the secretary Judith on 9386 2049 during business hours or visit the website www.primemovers-exercise.com.au

Explore personal stories and biography writing at North Coast U3A



(l. to r.) U3A members with great stories to tell: Lilita Priest (Latvia), Jacques Michel (Mauritius), Monica Wong (Malaysia) and Anka Babich (Serbia)

PERSONAL stories and autobiographies will be one of the themes for North Coast University of the Third Age (U3A) throughout 2017.

U3A Chairman Terry Harvey says: "everyone has a story to tell and our members are being encouraged to share theirs."

Local playwright Peter Flanigan will run workshops on biography research and writing, accompanied by sessions on family history research.

"Our members include men and women from many different backgrounds and countries, including Hol-

land, Germany, Malaysia, Mauritius, New Zealand, Serbia, Canada and Latvia as well as every corner of the United Kingdom," Mr Harvey said.

"We are all especially interested to hear their stories and welcome visitors to join us."

Peter Flanigan will run the first sessions on 17 March, 21 April and 19 May at 11.30am.

North Coast U3A meets every Friday from 11.30am to 3pm at Stirling Leisure Centre, Belvedere Road, Hamersley. Contact Terry Harvey 9409 1412 for more information.



DANCE YOUR WAY TO GOOD HEALTH IN THIS CLASS FOR OVER 50s!

Easy-to-learn dance steps | Great music | Lots of fun!

CLASS INFORMATION:

Mondays 9.30am-10.30am | Fridays 9am-10am
WA Stage School - Unit 1/388 Victoria Rd, Malaga
Cost \$8 per class

Enrolment and more information:

Phone 9249 8558 | Email reception@wastageschool.com.au



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A fun program suitable for all ages!

"I just wanted to say how much I enjoyed myself. It has been an extremely supportive and nurturing experience, creatively and in regards to my well-being." **Shirley, High School Art Teacher**

Suitable for all levels including complete beginner
Focus on personal expression and connecting with your inner creative self

Includes demonstration by David Giles



Workshop dates:

2,3,4,5 March

6,7,8,9 April

4,5,6,7 May

1,2,3,4 June

9.30am - 3.30pm

\$100 each one day workshop.

Cost includes light lunch.



Venue: Studio Eleven 11, Captains Lane, Fremantle

For bookings phone 0416 079 204
or email davidgilesartist@hotmail.com

www.davidgilesartstudios.com.au

Do si do - join a square dance club for fun, fitness and friendship



CALLING people who would like a new challenge filled with fun and

friendship set to music.

It is the perfect activity for people who would

love to get out more and be more active but haven't got around to it.

Square dancing provides a simple and effective solution and is a low cost and sociable activity which is great for your health.

The dancing is all about walking and moving to the instructions of a caller.

They start with easy to follow moves and gradually introduce more chal-

lenging ones and before people know it, they have mastered square dancing.

Men love these easy to follow instructions and almost treat them like military commands which are fun to execute.

It offers the opportunity to relax and enjoy the social interaction of the dancing. Square dance moves are easily mastered through repetition and the calls are always in English, which means people are able to square dance anywhere in the world.

Check out YouTube and view 'Square Dance ABC', 'Square Dance For The Whole Family' or 'The Squaredance Song by Anna Jois'.

Why not try one of the beginners classes being run at one of the local square dance clubs? These venues are all listed on the national web pages at www.squaredance.org.au

Singles and partners are all welcome and people are encouraged to round up some more friends to join the throng.

Square dance is fun and friendship set to music but it's also a wonderful way of making lifelong friendships along the way.

There is a beginners course starting at North Perth Town Hall on 1 March and other classes begin across WA in February and March.

For more information phone Steve on 9243 1200 or free call 1800 643 277.

Learn to Dance!

NEW CLASSES for 2017 commencing March JOIN NOW!

Classes range from beginners to intermediate. No partners required. Adult classes available.
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Medium, intensity class,
High & Low Options.
Go at your own pace



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12pm Beginner & Intermediate Latin
1pm Intermediate Ballroom
2pm New Vogue Sequence Dancing

Private Lessons and
Wedding Dance Available

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Monday & Tuesday 4.45-5.45pm

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Visit www.jusdance.com.au

1984 Albany Hwy, MADDINGTON (enter off Burwash Place)

The major decision of giving up your driving licence



“...older drivers have fewer crashes...”

by Frank Smith

BEING able to get around for shopping, social activities and medical appointments is essential to the well being of older people and because of limited public transport options for many this means driving or being driven.

Dr Kristy Coxon of the George Institute for Global Health, University of Sydney said older drivers have fewer crashes than young drivers but more at intersections and other times when driving is stressful.

“As people age their reaction times get slower; they are more prone to make mistakes and

are more susceptible to injury if involved in an accident.

“There has been an overall reduction in accident rates in Australia over the past ten years but the number of accidents involving older drivers has not changed.

“Giving up driving is a major life decision. For those with worse driving ability, discussing and planning for reducing driving was linked to depressive symptoms.

“The right time to give up driving is not clear cut. The key areas to consider are skills and ability, medical conditions and quality of vision.

“Many older drivers don’t have a plan B for

when they need to give up driving,” she said,

Dr Coxon and her colleagues studied a group of older drivers to find out why.

The team installed GPS black box devices in the vehicles of 380 volunteers aged 75 to 94, to measure distance driven, routes taken and time of travel. They then tracked their movements for 12 months.

All volunteers underwent a battery of functional assessments and self-reported questionnaires to characterise their driving practises, community involvement and any depressive symptoms.

Half of the older drivers also undertook a safe transport course to manage their driving skills and encourage alternative forms of transport.

On average older people drove 7,280 km per year, the older they were the less time they spent driving.

The education program increased participants’ readiness to self-regulate their driving habits and aided their planning for eventual retirement from driving, but did not reduce their overall mileage or their involvement in social activities.

“By 2030 there will be half a million people aged over 65 driving on NSW roads alone, so it’s essential that we understand their driving patterns,

“Being mobile is important to many older drivers, but we need to ensure they are driving safely and not harming themselves or other road users.

“Our study showed that those who underwent the course were ready to self-regulate their driving and avoid high risk situations such as night, during rush hour and in wet weather, driving alone or on high speed freeways.

“More work clearly needs to be done to encourage older people to cut back on the time spent in their car and take up other forms of transportation wherever possible.

“They need to explore other options like public transport and family and community support in advance of the need to give up driving,” she said.

The study was published in the *Journal of the American Geriatrics Society* last year.

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At Silver Chain we can help you make sense of it all. Our dedicated care team will talk through the options available, our range of services and how to get started. Then, once we’ve worked out what you need, we’ll manage your services to ensure everything works together. So you get the best care possible, in the best place of all - your home.

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healthy living

ADVERTISING FEATURE



health options
for the mature
west australian



AGED
CARE

Affordable teeth care for seniors at Curtin Oral Health Clinic



OHT student operator Keeleigh O'Regan, with assistant Narys Siriwoot and patient Sharee Black

by Frank Smith

KEEPING your own teeth in good shape as you age can be an expensive item.

Ideally we should all

visit the dentist twice a year for a check up and scale to remove plaque. But many of us don't.

One of the reasons we tend to neglect our teeth is the cost. Unlike other

health issues, dentistry is not covered by Medicare and health insurance funds charge extra to insure for dentistry and other ancillary treatments. Even if you are fully insured you are not likely to get more than 50 per cent of the cost of treatment back from your health fund.

But there is a cheaper option.

Curtin Oral Health Therapy course is unique in that it runs private clinics and is always looking for patients.

The work is done by students, but all work is checked under the supervision of qualified clinical tutors which includes

dentists, oral health therapists, dental hygienists and dental therapists.

Ms Carol Nevin, Curtin university lecturer, department of dental hygiene and therapy, says the department teaches oral health therapy students who upon graduation are registered dental clinicians with the national registration body Australian Health Practitioner Regulation Agency (AHPRA).

"There is a difference between a dentist and oral health therapist in the range of procedures each discipline can do. A dentist is trained to perform all acts of dentistry whereas oral health

therapists are trained in a specific area of dentistry.

"Oral health therapists can perform dental examinations of adults, take X-rays and dental impressions, do assessments of the teeth and gums, perform scales and cleans, treat gum disease by deeper cleaning and performing teeth whitening and polishing.

"They can also give local anaesthetic if any of the treatments are uncomfortable such as the deeper cleaning."

And this dental care can extend to your grandchildren. Students are trained to do dental examinations, take X-rays, fillings on both adult and

baby teeth, extract baby teeth, apply fluoride and perform scale and cleans on children.

"In both children and adults there is a major focus on prevention and in particular identifying those people more at risk of developing dental disease and put in place measures to decrease the likelihood of having dental problems.

"Any treatment beyond their scope such as fillings, crowns and dentures is referred to a dentist," she said.

There is a small charge for services with the maximum cost for all procedures capped at \$60 for the whole course of

treatment. This excludes teeth whitening which is charged at \$250 but includes an examination, any required X-rays and a scale and clean.

Ms Nevin says the only downside is time.

"A course of treatment tends to take longer as it is a teaching environment and the students are learning, however the work is of a high standard," she said.

The department is located at the Oral Health Centre of Western Australia in Nedlands alongside the UWA dental school. To book an appointment phone Hayley Mason-Leigh (08) 6457 7882.

Lifestyle that is above & beyond

If you're looking to downsize, and enjoy more freedom, you have it all at RAAFA. We offer peace of mind, comfort and security in the perfect 'Lock-Up-And-Leave' lifestyle for seniors. It's enjoyed by over 2,500 residents at our six estates in WA.

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New health and wellness brand offers next generation of care



SOUTHERN Plus is a new brand of health care which offers a holistic style of care for people as they get older. Launched by service providers Southern Cross Care (SCC) who offer aged care, health, lifestyle and retirement services.

SCC acting CEO, Jane O'Halloran said SCC had developed Southern Plus in response to clients' increasingly complex health care needs and their desire for greater flexibility and options in how they receive lifestyle and care services.

"We understand that our clients want more lifestyle and care options as they age, in order to live a full life and maintain their independence for as long as possible. We're confident that Southern Plus will enable them to do this.

"Importantly, Southern Plus is about providing more than just care to our clients. It is about helping them achieve what they want in order to stay independent and truly enjoy life as they get older. We do this by providing flexible health and wellness solutions, enabling them to manage chronic disease and to live at home for longer," she said.

Some of the health and wellness services offered by Southern Plus include:

Allied health services including physiotherapy, occupational therapy, dental and podiatry.

Use of assistive monitoring devices to enable clients to self-manage chronic conditions, and link the information to our health management system cdmNet.

Innovative home care promotions and packages including clinical care, transport, respite and packages such as 'Happy Feet' and 'Hospital to Home' offering value for money services to cater for particular conditions or events.

Meal preparation to ensure clients continue to enjoy nutritious meals to stay fit and healthy.

Specialist support for mental health conditions including dementia and Alzheimer's.

In the future, there will be many other innovative services to be offered by Southern Plus including:

A state-of-the-art health and wellness facility in East Fremantle to improve the long-term care and health outcomes for the local ageing community.

Health and Wellness Community Living Hubs in Ridgewood and Currambine to enable couples to age in place together in modern architecturally designed properties that offer easy access to community, medical and lifestyle services.

The use of the latest technology to help Southern Plus collect clients' clinical information, ensuring a more streamlined and individualised care plan.

A friendly visitor makes all the difference

the
power of
humanity



The Community Visitors Scheme (CVS) is a free service, connecting caring and enthusiastic volunteers with people who live in their own home, don't have regular contact with family or friends, and are receiving services through a Home Care Package.

Through regular social visits the volunteer provides companionship and friendship, which may include sharing a chat and cuppa, reminiscing, reading or listening to music.

Anna and Jodie met through the Red Cross Community Visitors Scheme (CVS).

Anna lives on her own and was looking for someone to visit regularly and have a chat.

Jodie is a CVS volunteer – she visits Anna once a fortnight and together they enjoy a chat and a cuppa, and their love of card making and reading.



For more information about the Community Visitors Scheme please call the Coordinator on 9225 8848

redcross.org.au





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Funding announced for aged care in regional Australia

TARGETED, flexible and tailored services for older Australians — no matter where they live — are at the heart of the Australian Government's aged care services reforms.

The Minister for Aged Care, Ken Wyatt AM, MP has announced more than \$8.5 million in additional funding for the Multi-Purpose Services (MPS) Program for aged care in regional, rural and remote communities.

"Australia's population is ageing rapidly so it's imperative that we structure our aged care system so it is flexible, provides greater choice, is people-centred and sustainable," Mr Wyatt said.

"No matter where people live, aged care services must be available to communities across the nation and in all its diversity.

"It's important that older people with increasing or complex care needs are able to stay close to loved ones and where they have established community ties."

The MPS Program is a jointly funded Commonwealth and state and territory government initiative providing integrated health and aged care services to small regional, rural and remote communities.

The new funding includes:

45 additional places across 12 services in Queensland, New South Wales and Western Australia; and an increase in funding to deliver a higher level of care for 156 places across 28 services in New South Wales, Western Australia, South Australia and Queensland.

"People are staying healthy and active for longer and the aged care system has to adapt to that reality," Mr Wyatt said.

"The Australian Government's aged care reforms are built on the core principle that people are the centre of the system — and individual consumers, now and in the future, must be able to choose the kind of care and support they need, where and when they need it.

"In the past, the provider made all the decisions, now individual consumers have the choice.

"The additional MPS Program funding announced recently will benefit some of our smaller regional, rural or remote communities by addressing their specific aged care needs."

For more information about the MPS Program please visit agedcare.health.gov.au/MPSprogram.

Let Silver Chain help people understand the changes in the aged care system

LIVING independently in your own home as you age is what most people want. In fact, research shows that 72 per cent of people would prefer to live in their own home as they age. But sometimes people might need some help with daily tasks that they can no longer manage as on their own.

Home care services help people continue living at home by enabling them to maintain their independence and stay connected and active within their community. These services are designed to support people and their changing needs as they get older.

When doing day-to-day activities such as housework or getting out and about become a challenge, it can be confusing and complicated to know where to start to get support. Silver Chain can help people make sense of how it all works.

Their dedicated care team is here to help people understand and guide them through the range of home care options and can help them understand:

What types of care and services are available?

How do I get services?

How much will it cost — what government funding is available and what contribution might I need to make?

How do I know if I'm eligible for government funding — and what are my options if I'm not?

What does an aged care assessment involve and why would I need one?

How long will it take to get started?

"If you think you're in need of care, we can help you get started, whether it be through helping you access government subsidised services, should you be eligible, or as a private paying client," Silver Chain general manager, Social Care WA, Anne-Marie Cox says.

"The process to get services doesn't need to be daunting — our knowledgeable care team can help guide you through the steps and arrange an assessment."

Which is exactly what Silver Chain representative Lorraine did when Sandra called.

Sandra, 50 years old, had an upcoming total knee replacement booked and, as primary carer of her 80-year-old mother Jean, she was worried about no longer being able to provide the same level of care for her mum post-surgery.

"I spoke to Sandra and listened to her situation and together, we discussed ways Silver Chain could support Sandra and her mum during this time," says Lorraine.

"Having a total knee replacement will affect Sandra's mobility for a good 12 weeks so getting some extra hands on deck for Jean will free up some of her time and allow her to make a full recovery.

"Jean received regular care from Silver Chain during those 12 weeks and has since continued as a private paying client. It has renewed independence for both Sandra and Jean to live their best lives."

Silver Chain's dedicated care team is available to help you make sense of the aged care system. With a focus on home care services, they can help with any questions you may have. They're available weekdays, 8am to 5pm on (08) 9242 0119 or by emailing careteam@silverchain.org.au.

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CarbSmart - a Diabetes WA education seminar


CONFUSED about carbs? Then come along to CarbSmart — a Diabetes WA's information session designed to make participants experts on the myths and facts of carbohydrates.

Learn about the different types of carbohydrates and the amount that is best for you. This session is suitable for people living with type 2 diabetes and gestational diabetes, and is free for all National Diabetes Services Scheme registrants and Diabetes WA members.

Upcoming CarbSmart dates and locations include:

Thursday 9 February — Belmont
Tuesday 21 February — Joondalup
Friday 3 March — Forrestfield
Wednesday 29 March — Mirrabooka

In addition to CarbSmart, Diabetes WA runs a wide variety of short group education sessions designed to help you better manage your diabetes, focusing on topics such as foot care, diabetes medications and healthy eating. Find out more and book your place at www.diabeteswa.com.au or call 1300 136 588.



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To arrange a confidential consultation in your home please contact Ian Daly 9291 3064 or 0488 776 602 info@empathycare.com.au www.empathycare.com.au

HAGN03/299

The means tested care fee in residential aged care explained for people

	Low care	Medium care	High care
Activities of Daily Living	\$36.11	\$78.62	\$108.92
Behaviour	\$8.25	\$17.10	\$35.66
Complex Health	\$16.25	\$46.27	\$66.82

by Charles Penheiro, financial planner

THERE are three types of ongoing fees for residential aged care. These are:

Basic daily care fee which is the same for everyone and is currently \$48.44 per day. This is equivalent to 85 per cent of the single Centrelink Age Pension.

The means tested care fee (MTCF) which is determined by your level of income and assets.

And the extra services fee which is an optional fee to receive hotel type accommodations and services. This fee is determined by the residential aged care facility and averages around \$30 - \$40 per day.

The maximum amount of the means tested care fee is capped at \$26,041.09 per annum which equates to \$71.34 per day.

However, if a person's level of care is greater than this then the resident will pay more.

The aged care funding instrument (ACFI) is used by residential aged care facilities to determine the actual cost of care and is based on three categories of care as shown below which is set by the government, see table above.

So, if a person for example is rated as low on activities of daily living (\$36.11), medium on behaviour (\$17.10) and medium on complex care (\$46.27) then their means tested care fee will be \$99.48 per day.

However this is more than the maximum daily cap of \$71.34 per day. However the annual cap of \$26,041.09 is an annual cap, not a daily cap. So in the above example the resident will pay \$99.48 per day for 261.77 days or around 9.34 months. As opposed to \$71.34 per day over 12 months.

After 9.34 months the resident will no longer pay the MTCF until the following year commences.

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

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RAAFA The right fit for the entire Warren family



Left to right; Chris Warren with her parents Cyril and Eunice

WHEN Chris Warren decided to downsize in her retirement and move into a villa at RAAFA Estate Meadow Springs, she never expected her parents would also end up taking advantage of the lifestyle and care facilities on offer at the Estate.

Chris, 62, moved into the Estate three years ago in January 2014, drawn to facilities on offer at the village.

"I had a back injury and wanted an easier lifestyle, and the hydrotherapy pool here was a big draw-card," she said.

"Being single, I like the security of living in a community and the fact I don't have to do much maintenance is really good.

"The thing with living here is that you are never lonely – if you ever want to do an activity or see people you can – but you aren't living in each other's' pockets.

"When my dad, Cyril, had a stroke the following year, it was a complete nightmare. He and mum were living in Mandurah, and it all got too much for them at home. I said to mum, 'Why don't you move in here?'"

When a villa became available, Chris' mum and dad, Eunice, 82, and Cyril, 86, leapt at the chance to join their daughter at the Meadow Springs Estate.

Initially Eunice was able to care for Cyril at home, but as his care needs became higher, the family began to consider their options.

At that time there were no places available in McNamara Lodge, so for a short time Cyril moved into another nearby aged care home, until a room in the Lodge became available.

"It has worked out so

well. We can visit Dad whenever we want to, and take him out to the club for lunch," Chris said.

"Unfortunately it's just a fact of life that circumstances do change, but dad is in a place now where he can be cared for properly at all times, and we have easy access to visit. He enjoys being at the Lodge."

Eunice said knowing her husband is only two minutes' walk from home gives her peace of mind.

"I feel safe and secure in the villa, and Cyril is so well cared for in the Lodge. I can pop in to visit any time I want to. Living on the Estate also frees you up to do the other things you enjoy doing, so I still play bowls which I really enjoy," she said.

As an Air Force family, the Warrens were drawn to the companionship of the RAAFA community. Cyril served in the Royal Air Force in the UK as a chief technician working in radar and missiles. The family were based in Germany, Cyprus and England.

Chris emigrated to Australia more than 30 years ago, and her parents and sister soon followed. She served in the Australian Army for a period and is now retired.

Cyril and Eunice have three grandchildren and nine great-grandchildren in Perth.

See ad on page 48.

Final Parkland Villas Ellenbrook homes open



Residents of Parkland Villas Ellenbrook and Lendlease staff celebrate end of construction

AFTER ten years of construction, the final homes at the Parkland Villas Ellenbrook Village were opened at a community ribbon-cutting ceremony in December, where the 'pioneer' villagers welcomed the brand new residents just making the move.

The Village comprises 191 homes with generous resort style amenities including a clubhouse, the-atre, bar, hairdressing salon, bowling green, gym, two barbecue areas and a stunning lap pool. All which make the lifestyle, entertainment and community aspect for seniors more attractive.

Susan and Les Hunter are two of the newest residents at Parkland Villas Ellenbrook, only moving in to the Village in June 2016. Having lived in the area previously, the couple knew they wanted to come back and with the final stage released, their chance to purchase their dream design and location was upon them.

"We'd been kept in communication with the Village for many years and we were just waiting for the right time for us to make the move," said Susan.

"We knew this final release was our opportunity to buy a new villa and we loved the open-plan and spacious Riesling design.

"Soon after we moved in we took off on a five-week holiday and this only served to confirm our decision to move was the best one for us. Being able to lock and leave our new home, and be confident in the security of Village life was a huge peace of mind."

Along with the popular Riesling design, there are seven additional new

home designs available for sale in the final release, along with three resale homes in the original development, so there is something to appeal to a huge range of interests.

"The completion of the final stage of construction at Parkland Villas Ellenbrook has been done with extensive collaboration with the builders, onsite team and residents," said Lendlease Development Manager James Aldred.

"Retirement communities such as Parkland Villas Ellenbrook are specifically designed to provide residents with an environment that promotes healthy living, wellness and a good quality of life."

"This is a very social and active community and we have ensured that the final stage connects new residents to existing village facilities with ease, while incorporating new communal areas for the whole village to enjoy."

The Village is offering an attractive special for the last available brand new homes in the final stage of the village. Simply reserve a new home in the final stage at Parkland Villas Ellenbrook by 28 February, and settle by 30 April and enjoy a stress free lifestyle with two years service fees paid.*

With no monthly service fees to think about, plus a brand new home in award-winning Ellenbrook, now really is the best time to get along to Parkland Villas Ellenbrook and see what everyone's talking about.

*Offer only available for new homes in the final stage of Parkland Villas Ellenbrook. Refer to retireinwa.com.au for full terms and conditions of the Live two years' Service Fee Free offer.

For more information, on any of Lend Lease's 10 West Australian retirement villages, free call 1800 550 550.

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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?

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Public health study - should older people take statins?



Curtin University STAREE group members, from left to right; Alison Hodge, Jacquita Affandi, Sue Critchley, Jenny Prince, Prof Chris Reid and Annie Syred

by Frank Smith

FORTY per cent of older Australians take statins every day, including Lipi-

tor, Lescol, Altoprev, Livalo, Pravachol, Crestor and Zocor.

Statins block a substance that your liver

needs to make cholesterol. This causes it to remove cholesterol from your blood. Having too much cholesterol in your blood increases your risk of heart attacks and strokes.

While large scale trials have generally showed the value of taking statins, these have been criticised because they have been funded by drug companies and participants were largely male and under 70 but results are extrapolated to whole populations.

Curtin University, together with other Australian universities, is running a large scale study of statin use by older people. The STAREE study (Statins in Reducing

Events in the Elderly) is a community-based and public good trial that will recruit more than 10,000 participants across Australia.

Christopher Reid, Professor and Director, Monash-Curtin CCRE Therapeutics says the trial will answer the question - should statins be prescribed to older people without a history of cardiovascular disease?

"This is the first study to address risks in older people," he said. "We know statins reduce risk of cardiovascular problems in middle aged men but we don't have good evidence at present for statins in older groups."

"We also need a balance of genders. It is important to get equal numbers of males and

females and broad representative of all backgrounds of the Australian population.

"At the conclusion of the trial we should be able to make recommendations for everybody and select those who will benefit," he said.

The trial will continue for five years and participants will undertake annual health checks with the STAREE research team in collaboration with their GP.

There has been considerable controversy about statins due to their widespread use in otherwise healthy people and the small but real risk of adverse side effects.

An infamous ABC Catalyst program emphasised both the problems of the trials and the side effects

of the drugs. This was later criticised for presenting an unbalanced view. However 60,000 people in Australia stopped taking statins as a result of the program and subsequent publicity, putting their heart health at risk according to pharmacist Andrea Schaffer, from the University of Sydney.

Statin side effects are probably underestimated because trials often exclude people with early side effects, the elderly and people with other conditions, such as kidney disease.

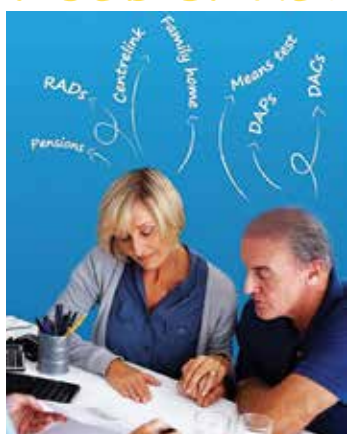
"Any drug has side effects. The main risk with statins is muscle weakness and disorientation. We will monitor a large group to see if the benefits are greater than the risks," said

Professor Reid.

Recent clinical guidelines from the United States and United Kingdom advise that statins should be taken by people at increased risk of a cardiovascular disease, including healthy people aged 75 and above as a primary preventive measure. They may also be valuable in preventing the mini-strokes which may lead to dementia in some patients.

Curtin is looking for volunteers, aged 70 or over who are healthy (free of diabetes, dementia, heart disease) and living independently in the community. To find out more contact the STAREE team on telephone 1800 770 664, email staree@monash.edu or visit www.staree.org.au.

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A bidet offers peace of mind for users

person and personal hygiene being high on my list, I always wanted a bidet in my bathroom, but I got a quote a while ago and I was shocked by the price," said Mrs Nash.

"Since then I have been held back by the cost and space required for a standalone unit."

She said the staff showed her how the bidet worked and its other features such as a heated seat and soft closing lid.

MRS NASH said her luck changed when she discovered The Bidet Shop sold the Hyundai bidet toilet seat for less than she expected.

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"The bidet is wonderful because it replaces the existing seat and automatically cleans the user without toilet paper," she said.

With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries you off with a gentle stream of warm air.

So she ordered one and the bidet shop installed it for her the same day.

"It was one of the best investments I have made

in years, and it was less than a quarter of the price a plumber quoted for a standalone unit and much nicer," said Mrs Nash.

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Looking after grandchildren helps you live longer

by Frank Smith

IF YOU care for your grandchildren you may live up to 10 years longer than if you have little or no contact with grandchildren.

That's the findings of a team of researchers at Edith Cowan University (EDU) and the University of Basel, Switzerland. The team, including Dr David Coall of EDU, studied more than 500 randomly selected people aged over 70 and up to 103 in Berlin for nearly 20 years.

Participants were assessed for an extensive range of health and social conditions every two years.

The risk of death in any one year was 33 per cent lower among caregivers than among non care givers. As a result half of the grandparents who took care of their grandchildren were still alive about ten years after the first interview in 1990.

The same applied to participants who did not have grandchildren, but who supported their children – for example, by helping with housework. In contrast, about half of those

who did not help others died within five years.

The researchers were also able to show that this positive effect of caregiving on mortality was not limited to within the family.

Childless older adults who provided others with emotional support, for example, also benefited. Half of these helpers lived for another seven years, whereas non-helpers on average lived for only another four years.

But there are limits. When grandparents are tasked with full custodial and highly stressful care, the risk to their health increased.

"Helping shouldn't be misunderstood as a panacea for a longer life," says Ralph Hertwig, of the Max Planck Institute for Human Development. "But a moderate level of caregiving involvement does seem to have positive effects on health."

Other research conducted by Dr Coall's research group at ECU has found negative physical and mental health impacts among grandparents who care fulltime for their grandchildren.

Women lived longer, but there was no significant interaction between the helper's gender and care giving in longevity. Grand mothering is beneficial, but no more so than grandfathering.

"This research shows the positive link between care giving and a longer

lifespan in older people however we can only speculate as to why," Dr Coall said.

"Previous research points to helping behaviour as a stress buffer which involves, for example, the hormone oxytocin which can strengthen bonding between people.

"This link could be a mechanism deeply rooted in our evolutionary past when help with childcare was crucial for the survival of the human species."

He said the research showed the benefits of caring also extended beyond grandchildren.

"Older people who cared for their own adult children or other members of the community showed the same increase in longevity," he said.

Dr Coall said there is no way to estimate the amount of caregiving which is best to boost longevity.

"It is very important that every individual decides for themselves what 'moderate amounts of help' means," he said.

"As long as you do not feel stressed about the intensity of help you provide you may be doing something good for others as well as for yourself."

The study was published in the journal *Evolution and Human Behaviour* last year.

A friendly visitor can make all the difference to someone's life

ANNA lives on her own and was looking for someone to visit regularly and have a chat.

She was referred to the Red Cross Community Visitors Scheme (VCS) by her home care package provider as she was feeling lonely and isolated, and not able to get out of her house as much or as easily as she would like.

As a result she met Jodie, a CVS volunteer. Jodie visits Anna once a fortnight and together they enjoy a chat and a cuppa.

She is a FiFo worker and has been visiting Anna since early July 2015 on her week home. They have become friends, enjoying each other's company, sharing their love of reading and swapping books. Together they make cards which Anna gives to friends and people at her church.

The match up of these two strangers has brought joy to them both. It is a two-way friendship and one that started the moment they met, with laughter and chatting.

The Community Visitors Scheme connects older people who could benefit from more social contact with

caring volunteer visitors who provide valuable friendship and companionship. It's delivered to older people living alone in their own home, who often have no other visitors.

Recent research has found that loneliness and social isolation can be as damaging to the mental and physical health of older people as chronic diseases like obesity and heart disease.

The Community Visitors Scheme aims to improve the lives of older people experiencing isolation and loneliness by re-establishing healthy social connections. Caring volunteers are matched with an older person who receives a home care package of services. The match is made based on common interests, hobbies, and preferences. At least fortnightly, volunteers visit the older person for a relaxed social visit. They may play cards, reminisce, take a walk in the garden, or even just have a cup of tea together. It is a simple idea but it has powerful effects.

For more information on the Community Visitors Scheme program please call the co-ordinator on 9225 8848.

Consider leaving a legacy for Diabetes Research WA

WILL disputes in WA are becoming increasingly common, so leaving a legacy is an extraordinary act – one that requires careful consideration, research and clarity.

Diabetes Research WA know how powerful leaving a gift in your Will can be; of the \$5 million they've raised over the last decade, more than half has come from bequests.

This means half of Diabetes Research WA's successes are thanks to this form of giving. These include research showing that type 2 diabetes can dramatically affect the everyday thinking skills of up to one in three adults aged 60 and older and discovering six subtypes of type 1 diabetes and three type 2 diabetes subtypes. This paves the way for preventing diabetes complications.

Diabetes WA know though that, for a raft of reasons, sometimes a bequest fails to make it to a person's charity of choice – meaning, devastatingly, their chosen legacy is lost.

There are, though, some key ways to ensure your legacy isn't lost, including:

Decide and write down what you want your legacy to be.

Take the time to meet with your chosen charity and clarify what they do to ensure it's a good match for you.

Be specific about the organisation's name and purpose when giving instructions for your Will.

Talk to your family early on about your legacy and why it's important to you.

Create a meaningful

connection with your chosen charity and let them know about your

plans to give.

Visit their website at www.diabetesresearchwa.com.au

for further details or call 9224 1006.

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Regis provides high-quality residential care including ageing-in-place, dementia, palliative, supported and respite care. Our Nedlands site also has a Day Therapy Centre.

For more information or to book a tour contact Regis on 1300 998 100

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SOUTHCARE INC

Southcare is a multi-award winning not-for-profit organisation that's been offering quality aged and community care services since 1982.

We can assist with Home Care Packages as well as Home and Community Care Services including our Social Centre where our customers have the opportunity to engage with other community members; go on outings and take part in fun activities.

Our focus is on helping people to remain living independently, socially connected, healthy and fulfilling lives for as long as possible. Southcare takes a fresh approach to aged care, providing our customers with local, reliable, flexible, and innovative solutions designed to meet individual needs. Our mission is 'Empowering People and Enriching Lives'. We support people to live vibrant, healthy, independent and connected lives.

For further information please visit www.southcare.org.au



Are you a Carer? Do you need support?

A **Carer** is someone who provides voluntary care for a family member, friend or neighbour who has a disability, mental illness, dementia, terminal illness or is frail aged.

Carer Respite provides Carers with one-off short term emergency respite, and / or a planned break, and can include:

- A qualified person coming into the home so the carer can go out
- In-home assistance with meal preparation, cleaning and shopping
- Out-of-home / residential respite care.

Carer Respite can be contacted on 1800 052 222

(Freecall from landline phones. Mobiles are charged at mobile rates)

Carer Support is available in the metropolitan area, the Wheatbelt, South West and Great Southern and offers practical support for Carers, including:

- Monthly support groups providing carers with 'time out' from their caring responsibilities
- An opportunity to meet other carers
- Various training, support and information.

Depending on eligibility, there are no fees to attend the support groups and activities.

Carer Support can be contacted on 1800 441 014

(Freecall from landline phones. Mobiles are charged at mobile rates)

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AGED
CARE



by Jeanette Woolerton

RESEARCHERS at the University of California San Diego School of Medicine, have found that the body cells of elderly women who sit for more than ten hours a day, with low physical activity, are biologically eight years older than those of women who are less sedentary.

The study, published

online in the *American Journal of Epidemiology*, last month, concluded that elderly women with less than forty minutes of moderate-to-vigorous physical activity per day (and who remain sedentary for more than ten hours per day) have shorter telomeres.

Telomere are tiny caps found on the ends of DNA strands, similar to plastic tips on shoelaces that protect chromosomes from deterioration and progressively shorten with age. As a cell ages, its telomeres naturally shorten and fray, but health and lifestyle factors, such as

obesity and smoking, may accelerate that process.

Shortened telomeres are associated with cardiovascular disease, diabetes and major cancers.

Nearly 1,500 women, aged 64 to 95, participated in the study. They are part of the larger Women's Health Initiative (WHI), a national, longitudinal study investigating the determinants of chronic diseases in postmenopausal women. The participants completed questionnaires and wore an accelerometer on their right hip for seven consecutive days during waking and sleeping

hours to track their movements.

"We found that women who sat longer did not have shorter telomere length if they exercised for at least 30 minutes a day, the national recommended guideline," said Dr. Aladdin H. Shadyab of San Diego School of Medicine. "Discussions about the benefits of exercise should start when we are young, and physical activity should continue to be part of our daily lives as we get older, even at age 80."

Further studies indicate that muscles break down more readily with age and

that maintaining blood flow to the extremities is a vital component to muscle preservation.

A University of Nottingham research team, led by Michael Rennie, Professor of Clinical Physiology recently discovered that muscle breakdown, normally suppressed by food, increases with age.

The results, published in *The American Journal of Clinical Nutrition*, compared one group of people in their late 60s to a group of 25-year-olds, with equal numbers of men and women.

Professor Rennie said: "we studied our subjects

first, before breakfast and then after giving them a small amount of insulin to raise the hormone to what they would be if they had eaten breakfast, of a bowl of cornflakes or a croissant.

"We noticed that the blood flow in the leg was greater in younger people than the older ones. This set us thinking: maybe the rate of supply of nutrients and hormones is lower in the older people? This could explain the wasting we see."

Muscle problems could be due to a failure to deliver nutrients and hormones because of a

poorer blood supply.

People aged over 65 are hit with a double whammy; muscle wastage and loss of telomeres.

However the team think that weight training may rejuvenate muscle blood flow and help retain muscle for older people.

"Our team is making good headway in finding more and more out about what causes the loss of muscle with age. It looks like we have good clues about how to lessen it with weight training and possibly other ways to increase blood flow," Professor Rennie said.

Funding announced for increased access to transition Aged Care for Western Australians

OLDER people in Western Australia will benefit from the Federal Government's decision to provide short-term funding for additional transition care places.

Minister for Aged Care, Ken Wyatt AM, MP, recently announced the allocation of 60 new transition care places from March this year to June 2018.

"This temporary allocation is a response to the WA Government's urgent request for more aged care places in Western Australia," Mr Wyatt said.

"The Federal Government is keen to ensure that all older people, regardless of where they live, have access to appropriate care

and support.

"In Western Australia, there is a shortage of operational residential aged care beds available to older people.

"This time-limited allocation of transition care places provides the WA Government with breathing space, while it addresses factors contributing to the state's shortage of residential aged care."

Mr Wyatt said he had worked with WA Minister for Health, Culture and the Arts, the Hon John Day MLA, to identify options to address the state's aged care needs.

The Commonwealth will contribute approximately \$6 million for the temporary transition care places,

with other funding provided by the state government.

Transition care provides a limited period of care and therapy to older people who have been in hospital, to enable them to rebuild their strength and abilities.

"These new places will allow older people in WA to improve their independence and confidence after a hospital stay, giving them a greater chance to remain living independently in their own homes," Mr Wyatt said.

"I will continue to work with the WA Government to develop sustainable solutions to meeting the aged care needs of West Australians, now and into the future."

Ageing gracefully at home

AGEING Gracefully at Home is the subject of Floreat and Districts branch of National Seniors Australia's annual seminar style meeting.

Contributions from the audience will be encouraged and several caring organisations will be there with display tables, ready to give information or offer advice.

Fitness guru, David Beard, will offer practical help on 'Maintaining health as you age'. Clinical psychologist, Geoff Jones will give helpful insights into 'Choices to support a loved one at home' and Bruce Carstairs from COTA WA will inform the audience about 'How to find out about services and eligibility'.

An expert panel will answer questions and deal with comments from the audience.

President John Dingle said: "We are expecting even more than our normal 140 people to attend, as we believe that

this subject matter concerns many either for now or into the future.

"A warm, friendly welcome is assured, plus good fellowship, convivial company – and the chance to get useful, practical advice. I hope that many people will join us," he said.

Floreat branch meets on the second Thursday of each month and always welcomes first time attendees.

This meeting is on Thursday 9 March at Mt Claremont Community Centre, Montgomery Avenue, Mt Claremont, timed for 9.30am for 10am and finishing at 12noon. Car parking is available.

The cost is \$5 which includes a splendid morning tea and door prizes. Although National Seniors is for those aged 50 and over, this meeting is open to all who may be interested in the topic, either for themselves now or later, or for parents, friends or neighbours.

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- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered
- DTE: Down to earth
- GSOH: Good sense of humour
- ND: Non drinker
- SD: Social drinker
- NG: Non gambler
- NS: Non smoker
- NOR: North of River
- SOR: South of River
- TLC: Tender loving care
- WLTm: Would like to meet



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Each person may submit
one entry every month.

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Write your advertisement in the grid below. Please
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Reply Box entry:
Please include two stamped (\$2) self addressed
C5 envelopes. These envelopes measure approx.
23x16cm and are obtainable from Australia Post.
Entries not accompanied by the correct sized
envelopes will not be considered for publication.

Seeking a Friend

AUSSIE gent 70s, active in all ways, NS, SD, easy going, GSOH, own home, fin sec, WLTm, active, lady who would appreciate plenty of TLC, fun times, outings, SOR.
Reply Box 7390

AUSSIE gent, active, fit, healthy, positive outlook, 59, NS, SD. Enjoys movies, walking, dining, all the good things in life. WLTm a nice lady.
Reply Box 7384

AUST gent 70+, medium build, fit and healthy, 5'8", NS, SD, GSOH, NG, ALA, SOR. Enjoy music and most things. Let's meet and have coffee with a lovable lady.
Reply Box 7397

GAY widow, Peel region, 60s, small build, NS, NG, SD, practical, uni graduate, lifelong learner. Likes; daytime cinema, conversation, laughter, nature, small animals, kindness, sunrise, sunsets, Buntings. WLTm similar, 60s-70s.
Reply Box 7386

GENT 59, WLTm DTE honest, caring lady, 59-66 for companionship who likes music, movies, walks, country drives, dining out, quiet nights at home, NS, SD, lives SOR.
Reply Box 7393

GENTLEMAN 66, healthy, tall, educated, sincere, NS, SD, fin sec, retired, caring for unhealthy partner, WLTm sincere lady for occasional meeting. Genuine and sincere. TLC.
Reply Box 7394

Visit

Have a Go News

online:

www.haveagonews.com.au

LADY 64, SOR, still working, medium build, attractive, GSOH, active, caring, positive, enjoys walking, swimming, gardening, travel, languages, theatre, movies, music, coffee. WLTm. Well presented, educated, active, affectionate man who has some similar interests for friendship.
Reply Box 7380

LADY senior, young at heart, WLTm other females for friendship, outings, travel, movies, cards, bowls etc. NOR, meet for coffee, no fees.
Reply Box 7375

SINGLE Kiwi lady 70, young at heart, medium build, interests; dining in/out, music, drives, travelling, socialising, GSOH, SD, DTE, TLC, WLTm, gent, same interests, honest, sincere, future relationships.
Reply Box 7378

UNIQUE lady intelligent, slimish, 65+, already leading happy life but desiring special gentleman for joyous two-some outings/activities (theatre, nature walks, classical concerts, intimate dinners, twilight strolls, romantic sexual interludes) mutual caring, sharing, giving, massages and always loving.
Reply Box 7391

WIDOW 70s, slim, healthy, educated, paints landscape art and is musically creative. Loves gardening, classical music, outdoors, nature, country drives, rich, intelligent conversation and geopolitics. Needs Christian friend. No ties. Mandurah area only.
Reply Box 7379

WIDOW WLTm gent, GSOH living 6210 area. I'm a young, active 80 year old. If you are likewise please reply.
Reply Box 7403

Seeking a Partner

ATTRACTIVE lady, 60s, UK born, 5'2", tall, medium build, educated, refined, DTE, GSOH, ND, SOR. Interests; good conversation, socialising, reading, walking, gardening, country drives. WLTm sincere, caring professional, gentleman, 65-72, genuine replies only.
Reply Box 7376

AUSSIE gent 68, southwest area, genuine, medium build, GSOH, organised, quiet lifestyle. Enjoys intelligent conversation, outdoors, travelling Australia, comfortable camping, not into pubs, smoking, religion. Seeks similar, easygoing, DTE, TLC, relationship oriented, tidy country lady.
Reply Box 7396

AUSSIE gent 70+, looking for lady SOR for friendship, relationship. Enjoys travel, outings, music, GSOH, NS, SD.
Reply Box 7385

AUST lady 70, slim, NS, SD, SOR, active, enjoys walking, gardening, reading, picnics, nature, family. WLTm caring, sincere, honest, slim, NS, SD, gent 68-75, SOR.
Reply Box 7401

AUST lady, 77, looking for a family gent who likes caravanning, good books and good movies. NS, SD, SOR, DTE. If you feel you WLTm please if you are honest and caring please answer.
Reply Box 7398

GENT 70+ from the great southern, 180cm tall, slim to medium build, 81, NG, NS, SD, own home, fin sec, looking for Asian lady, 65+ for relationship if compatible. ALA.
Reply Box 7387

GENT 72, English born, fin sec, NS, SD, GSOH, DTE, WLTm that special lady, slim to medium build, 65-73, who has similar interests; 60s music, travel in/out Australia, cruising, caravanning, dining out, movies, country drives, let's meet over a coffee. ALA.
Reply Box 7383

GENT 78, fit, active, enjoys walking, beach, movies, life in general. Seeks lady for friendship relationship. SOR.
Reply Box 7382

LADY 66 WLTm gent similar age, NS, SD, GSOH, very young at heart.
Reply Box 7399

Visit *Have a Go News* online:
www.haveagonews.com.au

MALE 61, attractive female sought, financially bankrupt and looking for someone who feels the need to want to partner under those conditions. I'm in Homeswest and unemployed. I'm good to be with and very presentable.
Reply Box 7392

LADY 66 WLTm gent similar age, NS, SD, GSOH, very young at heart.
Reply Box 7399

LADY 67, 6056 area, Scottish born, slim build, smart casual, educated, positive attitude, DTE, interests, live theatre, dining out, music, reading, travel, playing sport. WLTm. Genuine replies. Photo appreciated. ALA.
Reply Box 7389

LADY 68, slim, well presented, well balanced, creative, capable, various interests, travel anytime anywhere, NS, SD, caring, happy, affectionate, own home, SOR. WLTm sincere, intelligent gentleman, similar values, interests as best friend relationship if compatible.
Reply Box 7402

LADY happy, caring, enjoys family life, gardening, outings, quiet times. WLTm gent, 70+, NS, SD, GSOH for companionship, metro area.
Reply Box 7404

LADY mid 60s, NS, SD, GSOH, easy going, enjoys movies, barbecues, picnics, dining out, weekends away camping. WLTm gent to enjoy life and chill out.
Reply Box 7400

LADY tall, slim WLTm guy, 65-70, fin sec to share outings, dine in/out, travel not cruising, quiet times, walking, talking, getting to know each other, suggest, discuss interests, compatibility etc, over coffee, view possible friendship, relationship, travel companion metro.
Reply Box 7388

LADY WLTm DTE, genuine, honest, caring gent, age 59-66 for companionship who likes music, movies, walks, dining out, quiet nights at home, country drives, NS, SD, lives Fremantle area or nearby.
Reply Box 7381

Seeking a Travel Companion

GENT UK/Aus, 180cm tall, 67, easy going, VG-SOH, likes gym, coastal walks, beach, seeks intelligent, attractive, slim to medium build lady for travel companion, maybe more. Destinations negotiable, travelling together - economical, safer, more fun, let's travel. NOR. Coffee?
Reply Box 7395

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Friend to Friend page.
Get writing and send
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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:
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Send your reply on a single sheet of paper.
Place in a small envelope 11B
(measures approx. 14 x 9cm).
No greeting cards or bulky items.
All replies will be forwarded at the end of each month.
All replies are strictly confidential and are not opened.
Replies must be in response to reply boxes no older than three months.



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City of MANDURAH

Have a Go NEWS

Have a Go News is now available from
Mandurah Visitor Centre located at
75 Mandurah Terrace, Mandurah

SCENE SOCIALLY



SCENE (2): Have a Go News editor Jennifer Merigan had a taste of hypnotism when she attended WA comedy hypnotist Matt Hale's *Serving Suggestions* show. Jennifer participated in the show and said she had lots of fun being hypnotised. Matt is part of Fringe World Festival and is playing at the Soba Stadium, Noodle Palace, 19 Francis St, Northbridge until 19 February. Bookings at www.fringeworld.com.au.

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SCENE (1): It was an Australia Day to remember for a group of *Have a Go News*' readers who went on the day trip of a lifetime to Antarctica on board a QANTAS jet. The trip took 12 hours with four flying time to the ice, four hours flying over Antarctica and four hours to return home. The QANTAS crew provided excellent service and the excitement was palpable as the continent came into view.

SCENE (1): Seen, top row, from left to right; Zena Kendrick and Eddie Plume - Sue Brown, Josephine Powell, Patricia Holloway - Donald and Catherine Kenny celebrated their 50th wedding anniversary on board - Steven with his Mum Margaret Allardice - From Sydney Marco and Alfi Enriquez.

Second row, from left to right; Muriel Vivoda and Liz Criddle - Maurice Law and Alf Brown - Editor Jen Merigan with Ron Reddingius - Tahlia Merigan with Quentin Smythe - Flight crew - David Baptista (front), left to right back - Naomi Hodges, Darci Morunga, Codie Frank, middle Amanda Shepherd, Maimiti Chirizzi.

Third row, from left; Peter Attard and Elaine Rodin

Fourth row; Graham Warner and Joan Spence - Vic and Monica Rumbell



SCENE (3): Have a Go News attended the media call for the Fringe World Show *La Soiree* and was amazed at some of skills of the performers. The show is cabaret style and the performers amaze the audience with their feats on such as small stage. *La Soiree* its playing in the spigeltent at Cathedral Square until 26 February. It's one of a kind show and it's a little bit naughty. Here's two of the performers strutting their stuff -

SCENE (3): Seen, from left to right; Valerie Murzak dazzles with her contortion and balance on a mirror ball - New Orleans songstress Acanthi Lang.



SCENE (4): BAPTISTCARE is pleased to announce the appointment of Russell Bricknell as its new chief executive officer, effective from April.

Mr Bricknell has an extensive background in the aged care and community services sector, holds degrees in education, science and a masters in business administration, is a Graduate and Fellow of the Australian Institute of Company Directors and a Fellow of the Australian Institute of Management.

He was previously the chief executive of Aged Care Channel, overseeing operations in Australia, the United Kingdom, Ireland and New Zealand. Prior to this role, Mr Bricknell was chief operating officer of Australian Home Care, a leading provider of home based care to people with disabilities in NSW and Victoria, general manager of BaptistCare NSW and ACT, and executive director of Churches of Christ Care in Queensland.

SCENE (4): Seen, above; Russell Bricknell

SCENE (5): BRAEMAR Presbyterian Care has announced that Wayne Belcher, OAM, will take up the position of chief executive on 7 March. Mr Belcher is a very experienced chief executive in the aged care sector with former roles including chief executive of The Bethanie Group and a director and interim chief executive of Baptistcare WA.

He was awarded a Medallion of the Order of Australia in 2007 in recognition of his significant contribution to community services. Until recently Mr Belcher was a pastor at Lake Joondalup Baptist Church.

SCENE (5): Seen, left; Wayne Belcher

Australia-Britain Society welcomes new members

If you are from UK or have an interest in the UK, then why not consider joining the Australia-Britain Society, WA branch.

The society welcomes new members to enrich the well-established and expanding group of friendly people who are in some way linked to the UK.

Potential members are welcome to attend a function before signing up which will be a traditional Sunday roast on 19 February. Contact Roz for details. They can also sign up and receive the regular newsletter which promote events and social functions.

For those who travel to UK, the Australia-Britain Society is affiliated with the Britain-Australia Society there. As a member you would be eligible to attend any of their outstanding events.

For those interested to subscribe to the newsletter email petters@iinet.net.au and for more information visit the website at www.ausbrit.org or call or write to join. The annual fee is only \$55. Further enquiries contact Roz on 9349 1354.

Antarctica - the day trip of a lifetime

Above; The flight path on the way to Antarctica - The views changed as we flew across the coast

See page 29 for *Have a Go News* editor, Jennifer Merigan's story *Antarctica - the day trip of a lifetime*

MARK MCGOWAN AND WA LABOR FRESH IDEAS FOR WA

WA
Labor

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- A continuous rail build creating sustained job creation for WA's local workforce.
- A passenger train manufacturing strategy: guaranteed levels of local passenger rolling stock manufacturing and local jobs.
- Guaranteed positions for apprentices and



MEDIHOTELS

Freeing up hospital beds

A McGowan Labor Government will develop Western Australia's first Medihotels. Medihotels will deliver a better experience for recuperating patients and free up hospital beds so more patients can be treated.

A Medihotel is a specialist hotel designed to support patients discharged from hospital but who are still recovering.

URGENT CARE CLINICS

A McGowan Labor Government will introduce Urgent Care Clinics to reduce the pressure on our hospital emergency departments so you can get the care you need when you need it.

Urgent Care Clinics will be based at major hospitals and in the community. Urgent Care Clinics will mean fewer patients sitting and waiting in busy emergency departments.



STOP THE PRIVATISATION OF WESTERN POWER

The only reason anyone would buy Western Power is to get a return on their investment. Everyone knows when you privatise essential services service gets worse and your power bills will go up. Only Mark McGowan and Labor will stop the privatisation of Western Power.

News from the Top End

Australia's Kimberley and Top End feature some of the most incredibly ancient land forms on the planet. Come with villa to see spectacular scenery, amazing Aboriginal rock art, abundant wildlife and meet the locals that call it home. Villa has a great range of tours headed to the Top End in 2017 including the 12 day **Kimberley, Katherine and Kakadu Explorer** which takes you from Broome through to Darwin via Kununurra, Katherine and Kakadu. The **Top End and Kimberley Wilderness Wonders** holiday has you travelling from Darwin through to Broome via the Gibb River Road, El Questro Wilderness Park and the World Heritage listed Bungle Bungles. Or why not head the other way on the small group holiday, **Across the Top Drovers Dream Darwin to Townsville** tour. From the Timor Sea to the Pacific Ocean, experience the outback like a local and visit cattle stations and old mining towns. Call now to book your Top End adventure!

Kimberley Katherine and Kakadu

12 Days | Sun 18 to Thu 29 Jun 2017

Discovery Top End and Kimberley Wilderness Wonders

14 Days | Wed 5 to Tue 18 Jul 2017

Discovery **Across the Top Drovers Dream** Darwin to Townsville
12 Days | Fri 23 Jun to Tue 4 Jul 2017



Short Autumn Breaks

Western Australia has some of the most spectacular countryside, and autumn shows its wonderful colours throughout the state. It is a great time that still has warm sunny days but delights with cooling evenings, not too hot, not too cold, just right! Villa has a fantastic range of holidays that are sure to suit your needs. From the spectacular southern coast around Esperance to the wonderfully cool and crisp mornings and misty valleys of Pemberton and Balingup. It is the best time to witness the magnificent forest in the region, slowly changing colours of autumn and to enjoy an Easter escape or even head further out to the glorious goldfields aboard the Prospector rail journey. So much to choose from!

Easter in Esperance

6 Days | Wed 12 to Mon 17 Apr 17

Easter in Albany

6 Days | Thu 13 to Tue 18 Apr 17

Easter in Pemberton

5 Days | Fri 14 to Tue 18 Apr 17

Balingup Small Farm Field Day

3 Days | Fri 21 to Sun 23 Apr 17

Just for Singles South West Op Shop Tour

4 Days | Tue 4 to Fri 7 Apr 17

Esperance and Bremer Bay

7 Days | Mon 3 to Sun 9 Apr 17

Goldfields and Prospector Rail Journey

5 Days | Mon 24 to Fri 28 Apr 17

Pemberton and Tall Timber Country

4 Days | Mon 1 to Thu 4 May 17

Tropical Queensland Delights Await You!



Everyone knows the saying about Queensland, beautiful one day, perfect the next. So much so, villa has not one but five fantastic trips to this amazing state for you to choose from in 2017. Beginning with **Classic Cairns**, one hotel, unpack once, perfect! Featuring all the delights Cairns and its surrounds have to offer including Mossman Gorge, Port Douglas, Kuranda Skyrail and Millaa Millaa Falls. You can choose the classic tour or the exclusive solo traveller departure. Up next, **Port Douglas, Cairns and the Daintree**. Enjoy a cruise out to the Great Barrier Reef and a day in the spectacular Atherton Tablelands on this 8 day escape. For something a little different, the **Queensland Rail, Reef and Tropical Islands** holiday features Cairns, Townsville, Magnetic Island, Airlie Beach, 2 nights on Hamilton Island plus a rail journey on the Spirit of Queensland. The perfect getaway! Finally, we head inland to enjoy the magnificent hinterlands. **The Sunshine and Gold Coast Hinterland** holiday includes 4 nights in Montville and 3 nights at the famous O'Reillys Rainforest Retreat. You will be so relaxed you won't want to leave. Call now to book your Queensland adventure!

Classic Cairns | 8 Days | Sat 10 to Sat 17 Jun 2017

Just for Singles **Classic Cairns** | 8 Days | Thu 13 to Thu 20 Jul 2017

Port Douglas, Cairns and the Daintree

8 Days | Sat 1 to Sat 8 Jul 2017

Queensland Rail, Reef and Tropical Islands

10 Days | Tue 25 Jul to Thu 3 Aug 2017

Sunshine and Gold Coast Hinterlands

8 Days | Mon 7 to Mon 14 Aug 2017

FreeCall 1800 066 272 or email holidays@villa.com.au now for itineraries on all of these amazing villa holidays.

Australian Rail Journeys!



Two Trains – One Great Holiday!



This epic adventure combines two of Australia's great rail experiences with the City of Churches, Adelaide. Travel in Gold Service aboard the Ghan from Darwin to Adelaide then enjoy 5 nights in Adelaide. Following your great adventures in South Australia, step aboard the Indian Pacific for more Gold Service as you cross the Nullarbor on the journey from Adelaide to Perth.



Highlights | Darwin Harbour Dinner Cruise | New Darwin RFDS Tourist Facility
New Bombing of Darwin Harbour Story | Gold Service - The Ghan and Indian Pacific
Off Train Excursions – Katherine, Alice Springs, Coober Pedy, Rawlinna | Giant Pandas of Australia
River Torrens Cruise | Adelaide Hills Touring | Barossa Valley Touring | Adelaide Goal Guided Tour
Adelaide Central Markets | Haigh's Chocolate Visitor Centre | The Nullarbor Plain

The Ghan and Indian Pacific Expedition Featuring the Delights of South Australia

12 Days | Tuesday 6 to Saturday 17 June 2017 | Adult \$7225 pptw | Single Option \$120

Four Days on the Legendary Ghan



Travel to the Northern Territory to explore the Top End's sights. Aboard a legend in Australian history, The Ghan, enjoy the exciting new four day Ghan Expedition Rail Journey from Darwin to Adelaide. Prepare for experiences of unimaginable proportion as the legendary Ghan takes you deep into the heart of Australia. And when the train stops, the real adventures begin with amazing Off Train adventures that will leave you in awe and promise access to experiences that can only be shared on a Ghan Journey.



Highlights | Darwin Sunset and Dinner Cruise | Litchfield National Park Touring | Corroboree Billabong Cruise
Darwin Sightseeing | The Legendary Ghan (Darwin to Adelaide) | Nitmiluk Katherine Gorge Cruise
Off Train Excursions Alice Springs | Outback Evenings Under the Stars | Off Train Excursion Coober Pedy

The Ghan and Top End Featuring Darwin, Katherine, Alice Springs and Coober Pedy

8 Days | Sunday 2 to Sunday 9 July 2017 | GSR Senior \$5425 pptw | GSR Adult \$5475 pptw | Single Option \$180

Exclusive Solo Traveller Departure Just for Singles Ghan and Top End
Sunday 30 July to Sunday 6 August 2017 – call now for full itinerary

To enquire or book on these two great rail holidays FreeCall 1800 066 272 or email holidays@villa.com.au

Villa holidays are fully escorted, depart Perth and include courtesy home collection*, airfares and taxes, travel insurance*, gratuities* attractions and entrance fees, quality accommodation and most meals. *Terms and conditions apply.



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Exclusive Solo Traveller Holidays



Villa conducts a wonderful range of holidays within Australia and overseas exclusively for single and solo travellers. This is a fantastic way to travel with likeminded travellers in safety and comfort, as well as a great opportunity to meet new friends.

These single solo traveller holidays are easily identifiable as just for singles holidays.

Feel free to come by yourself, bring a friend or alternatively, villa can even assist you in finding a travelling companion to share a room. A lot fun and very social, what are you waiting for? The just for Singles holiday range is delighting hundreds of travellers every year.

Just for Singles **South West Op Shop Tour**

4 Days | Tuesday 4 to Friday 7 April 2017 | Guaranteed Single Room \$1110 | Share a Room and Save \$150

Come away with villa on an exclusive solo traveller shopping holiday extravaganza! Travel south from Perth and visit the amazing array of second hand Op Shops from Mandurah through to Witchcliffe and everything in between.

Just for Singles **Uluru and Alice The Heart of Australia**

9 Days | Tuesday 2 to Wednesday 10 May 2017 | Guaranteed Single Room \$5205 | Share a Room and Save \$610

Join us on this incredible tour to the heart of Australia. On arrival experience desert plains, ancient landscapes, outback towns, history and heritage and witness a sunrise over Australia's most recognisable natural icon.

Just for Singles **Colours of Mauritius**

8 Days | Sunday 7 to Sunday 14 May 2017 | Guaranteed Single Room \$5190 | Share a Room and Save \$495

The warm sun, crystal clear seas, white sandy beaches, spectacular mountain scenery, delicious food and a diverse range of natural, historical and cultural attractions set the scene for an unforgettable holiday.

Just for Singles **West Coast Wonders**

7 Days | Friday 16 to Thursday 22 June 2017 | Guaranteed Single Room \$3750 | Share a Room and Save \$500

Unspoilt and uncrowded, the Coral Coast is a magnificent area and includes many of Western Australia's well known attractions and experiences including the Shark Bay World Heritage Area, the dolphins of Monkey Mia and the Ningaloo Reef.

Just for Singles **Classic Cairns**

8 Days | Thursday 13 to Thursday 20 July 2017 | Guaranteed Single Room \$4210 | Share a Room and Save \$440

Island, reef and dinner cruises, rolling tablelands with magnificent waterfalls, volcanic craters and lakes, crocodile adventures, majestic rainforest and woodlands, world heritage sites and locations are all easily accessible from your base in the City of Cairns.

Just for Singles **Broome to Perth** Featuring Karijini National Park

8 Days | Saturday 22 to Saturday 29 July 2017 | Guaranteed Single Room \$4925 | Share a Room and Save \$1150

Join us on an adventure from Broome to Perth exclusively for solo travellers. You will fly to Broome to begin your holiday then travel through the heart of Western Australia including 2 nights in Karijini National Park.

Just for Singles **Christmas in July in the South West**

5 Days | Tuesday 25 to Saturday 29 July 2017 | Guaranteed Single Room \$1550 | Share a Room and Save \$215

What better time to get out of the city and head down south for some Christmas in July fun! You and your fellow solo travellers will enjoy time in Busseton and Mandurah enjoying the sights.

Just for Singles **The Ghan and Top End**

8 Days | Sunday 30 July to Sunday 6 August 2017 | Guaranteed Single Room \$5525 | Share a Room and Save \$175

Travel to the Northern Territory to explore the Top End's sights then experience a legend in Australian history, The Ghan train journey! Enjoy multicultural Darwin and the exciting new four day journey aboard The Ghan.

Just for Singles **Springtime in Kalbarri**

5 Days | Monday 28 August to Friday 1 September 2017 | Guaranteed Single Room \$1575 | Share a Room and Save \$190

Kalbarri, the jewel of the Coral Coast features the spectacular Murchison Gorges and incredible rugged landscapes. A popular resort style holiday destination, Kalbarri has it all.

Just for Singles **Upper Murraylands Cruise Mannum to Morgan**

8 Days | Friday 15 to Friday 22 September 2017 | Guaranteed Single Room \$4735 | Share a Room and Save \$625

Come with villa on a brand new cruise experience aboard the PS Murray Princess. Travel on board the famous paddle wheeler to discover new stretches of the mighty Murray. All the great Murray Princess River experiences are here too.

Just for Singles **Toowoomba the Garden City** Featuring the Carnival of Flowers

7 Days | Tuesday 19 to Monday 25 September 2017 | Guaranteed Single Room \$3690 | Share a Room and Save \$395

A kaleidoscope of colour will greet you at one of Australia's longest running flower shows of its kind. You will also discover rural hamlets, local produce, mountain scenery and fascinating history.



Visit villa.com.au for the full range of solo traveller holidays

Small Group Adventure Holidays



Villa has a boutique range of small group adventure holidays for the more active traveller looking to get off the beaten track to escape the ordinary. Known as villa discovery holidays, travel experiences include the likes of charter small air adventures, remote outback Australia, wildlife and wilderness sanctuaries of Borneo to great natural pristine playgrounds such as Christmas and Cocos Keeling Islands.

Each of the discovery holidays are designed for small groups. Group sizes range from 10 – 20 guests on any one departure. Discovery holiday itineraries are fully escorted and packaged to include villa's great benefits but also provide you with more freedom to enjoy activities and experiences at your leisure.

Discovery **Abrolhos Island Eco Cruise Adventure**

6 Days | Thursday 23 to Tuesday 28 March 2017

Deluxe State Room \$3755 pptw | King Single Bunk Twin Share \$3320 | Single Bunk Twin Share \$3195 | Single Option from \$1195

Join villa for four unforgettable days cruising the Abrolhos Islands, which are some of Australia's most spectacular and historic islands. Home to the historic Batavia Wreck, it is the perfect environment for spectacular coral and marine life.

Discovery **Outback South Australia and Red Centre Discovery**

14 Days | Saturday 22 April to Friday 5 May 2017 | Price \$6665 pptw | Single Option \$1240

Travel in a small group from Alice Springs to Adelaide, exploring the Red Centre and outback South Australia in a four wheel drive luxury coach. This will be a spectacular experience in our amazing outback.

Discovery **Heart of Outback Queensland** Featuring Longreach and Camarvon Gorge

9 Days | Thursday 4 to Friday 12 May 2017 | From \$4955 pptw | Single Option \$360

Set off on an amazing Queensland adventure on this brand new villa discovery holiday! Including Longreach, Ilfracombe, Winton and Emerald, you will visit a host of fascinating places highlighting the outback way of life.

Discovery **Borneo-Sabah Rainforests and Wildlife Experience**

13 Days | Saturday 10 to Thursday 22 June 2017 | Price \$5850 pptw | Single Option \$1205

Relax on tropical islands, interact with diverse ethnic cultures, explore lush rainforests and marvel at the menagerie of unique and endangered wildlife including the endangered orang utans.

Discovery **Across the Top Drovers Dream** Travelling Darwin to Townsville

12 Days | Friday 23 June to Tuesday 4 July 2017 | Price \$6320 pptw | Single Option \$910

From the Timor Sea to the Pacific Ocean, experience not just the dramatically changing Australian landscape but experience the outback like a local as you travel from Darwin to Townsville.

Discovery **Top End and Kimberley Wilderness Wonders**

14 Days | Wednesday 5 to Tuesday 18 July 2017 | Price \$6875 pptw | Single Option \$1300

Your adventure includes Darwin, the wilderness in Litchfield National Park and Nitmiluk (Katherine) Gorge before you travel along the Gibb River Road and into El Questro Wilderness Park and finish in Broome.

Discovery **Mount Augustus**

8 Days | Friday 25 August to Friday 1 September 2017 | Price \$2995 pptw | Single Option \$435

This unforgettable adventure features the Mount Augustus National Park, and offers awe inspiring views of the world's largest rock. Your holiday will travel pastoral regions and mining areas to the original mail stops of Cobra Station and Gascoyne Junction and the fruit bowl of Camarvon.

Discovery **The Outback Way Blue Mountains to Longreach**

Featuring the Dubbo Zoo and Australia's Premier Outback Experiences

10 Days | Monday 18 to Wednesday 27 September 2017 | Price \$5350 pptw | Single Option \$690

This exciting discovery holiday will take you out into the wide-open spaces of some of Australia's most famous outback to tell you the story of adventure, exploration and pioneering spirit.

Discovery **Wooleen Station**

6 Days | Saturday 2 to Thursday 7 September 2017 | Price \$2615 pptw | Single Option \$240

Head north from Perth and into the Midwest region of WA to experience life on a rural station. Wooleen Station is over a quarter of a million acres and filled with wildlife, wildflowers and wetlands.

Discovery **Great Ocean Walk**

8 Days | Wednesday 1 to Wednesday 8 November 2017 | Price \$4875 pptw | Single Option \$460

This 8 day tour will feature a guided journey along the Great Ocean Walk trail as an expert guide provides colourful commentary and facts to help make your Great Ocean walking experience a memorable one. Over four amazing days, you will experience the 'wild side' of this trail, walking past dramatic coastal terrain.

Discovery **King and Flinders Island Adventure**

8 Days | Sunday 19 to Sunday 26 November 2017 | Price \$5520 pptw | Single Option \$475

Tour remote King and Flinders Island to discover rich heritage, oversized wildlife, fine produce, pristine wilderness, shipwrecks and lighthouses and spectacular rugged coastal scenery.



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Door to Door Service All Holidays Depart from Perth

