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VOLUME 25 NO.08 ISSUE NO. 288 MARCH 2016

# Seaside sculptures return to Cottesloe

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- Let's Go Travelling: Perth Caravan & Camping Show; rediscover Australia's Coral Coast plus more...
- Jo Allison speaks with CATS' Chris Favaloro
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- Food & Wine - reviews, recipes and more

## COMPETITIONS/GIVEAWAYS





Skin Doctors gift packs  
Metropolitan Symphony Orchestra  
Black Swan State Theatre Company  
- Picnic at Hanging Rock  
FILMS  
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A Bigger Splash  
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WA artist Tony Jones standing by his sculpture installation which is just near the Groyne for this year's Sculpture by the Sea at Cottesloe Beach

by Jennifer Merigan

COTTESLOE Beach will once again be transformed into an outdoor

art gallery with the annual Sculpture by the Sea returning to the beach until the 20 March. Now in its 12th year

this public art event will feature works from more than 75 artists from across the globe. Artists hail from Peru,

China, Japan, USA, England and Denmark alongside 40 sculptors from Australia. Crown Resorts Foun-

datation and the Packer Family Foundation have sponsored a new support program for the indigenous artist of the year for the next two years.

Local indigenous artist Sharyn Egan will be creating her work during the first weekend of the exhibition allowing visitors to see her creating her piece which will be made from woven natural materials first hand.

"I am thrilled to be invited to exhibit at Sculpture by the Sea this year and acknowledge the support from the Packer family through Crown Resorts Foundation which will encourage the local and national community of professional sculptors," said Ms Egan.

Celebrated and awarded WA artist Tony Jones returns to Cottesloe this year.

Mr Jones has more than 40 works of art in the public domain in WA.

Some of his most popular and photographed works include the statue of CY O'Connor mounted on his horse at CY O'Connor beach, the Eliza statue in the Swan River along Mounts Bay Road and the migrant figure in front of the E Shed Markets.

This year people will have the opportunity to enjoy another outstanding piece from him which reflects our coastal environment.

Mr Jones said that he is privileged and fortunate to see his many works of art publicly displayed in WA.

"I am inspired by where I live and the materials which are available to me to work with and transform, and this year's work relates to navigational hardware mainly using recycled steel.

**continued on page 2**



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# From the editor's desk

I ATTENDED the Chung Wah Association Chinese New Year longevity lunch last month to celebrate the older members of their community. It was wonderful to see more than 38 people aged over 90 at the event. One of our greatest achievements with modern medicine and consistent quality food that we enjoy in this country is that we are all living longer. The average life expectancy is now around 80 for men and 82 for women. Last year the WA Seniors Minister Tony Simpson said he presented more than 70 gold senior cards to people turning 100.

It seems that this is never really celebrated by governments and we often only hear about the negative effects about having an ageing population. Older people contribute greatly to society not only have they paid their taxes all their life and helped build this country, but they also are the biggest group of volunteers within our society and actually save governments billions of dollars of person hours. Here at *Have a Go News* in our 25th year we celebrate ageing and the contributions of the mature demographic. We love hearing from our readership. Feel free to write, email or call us. We provide a very ac-

tive Facebook page which grows each week and I urge you if you are a Facebooker to like us and interact with us there. Last month I featured a video on the page about a study of the happiness of people undertaken by Harvard University over a 75-year period. It was interesting to note that younger people in the study mainly wished for fame and fortune but the study actually found that people with the happiest of relationships with family, spouses and friends lived the longest, healthiest and happiest. As I approach my milestone birthday of 50, I have found the things that have brought me

the greatest happiness in my life have all come from my connections to people. Happy relationships with give and take are the life blood of humans, the more we study humans the more we find that good social interaction with each other provides for a good and healthy life. I know many readers have asked about the wellbeing of our founding editor Judith and I wanted to give you a quick update. She has had a horrible time over the last six months and has been in and out of hospital suffering from complications from cancer. I know she would like me to express her thanks to the nurses who have cared for her during this time; they really are angels at work and should be celebrated for their tireless work. Judith has touched so many lives with her work at this paper and I know that there are hundreds of well wishers out there who are sending her lots of love and prayers. I do hope you enjoy the March issue; we have some great stories about interesting and inspiring Western Australians from all walks of life. I wish our readers a happy and healthy month and a happy Easter.

**Jennifer Merigan**  
Acting Editor  
jen@haveagonews.com.au  
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### Funny historical fact

In 1859 a ship, *The Saint Paul*, left Hong Kong on its voyage to Australia. It was shipwrecked on the way, and all but one of the 326 passengers on board were roasted and eaten by cannibals on the island of Rossel, Papua New Guinea.

### Quote of the month

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age." - Sophia Loren

### Urban slang

**Typertextive** - someone who's overly talkative in emails or text.

### Word of the month

**Bibliopole**  
noun  
archaic  
Definition -A person who buys and sells books, especially rare ones.  
Origin  
Late 18th century: via Latin from Greek *bibliopōlēs*, from *biblion* 'book' + *pōlēs* 'seller'.

### Ageing research snippet

CHEERS to this...

A study conducted by the University of Alberta in Canada has found that the health benefits from resveratrol, one of the compounds found in red wine are similar to those we get from exercise. Resveratrol was seen to improve physical performance, heart function and muscle strength in the same way as the effects of a session at the gym. Researcher, Jason Dyck said these findings may help those who are unable to exercise. Discussion over the health benefits of red wine are well documented and studies have revealed that those who drink a glass of red wine a day are less likely to develop dementia or cancer, that it's good for your heart, anti-ageing and can help regulate blood sugar.

continued from front cover

## Seaside sculptures return to Cottesloe

by Jennifer Merigan

"WA is very special and I love working here and responding to the opportunities, conditions and the place I know as home," he said. Tony has not only worked as an artist in his own right but has taught for many years in WA, which has helped in achieving a positive and rewarding public domain for art. He said that teaching gave him the framework on which to build knowledge and work with other like-minded people. "I have stopped formal teaching now but maintain an active arts practice and studio. "As far as the clichéd idea of retirement ie stopping working and going on cruises, that concept doesn't mean anything to me. "As long as I am healthy enough I want to keep making art and doing the things I regard as important. "I enjoy participating in Sculpture by the Sea, so if all is well I anticipate I will be back next year," he said. Don't miss the chance to visit Cottesloe Beach during the 17-day exhibition and soak up one of the highlights of the March public events calendar.

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### Aged Care Financial Planning

We all want the best for our parents in their final years. We want to make sure that they are comfortable, well fed and looked after. Unfortunately, the day to day pressures of everyday living may mean that the family unit is not always able to provide the level of support required to achieve the above. Hence, Residential Age Care may be become a more viable option. Accommodation deposits for residential age care are not cheap. Do you pay this upfront as one lump sum or make daily payments? Or do you do a combination of the two? Do you sell the family home or is it best to rent it out? How will you finance the ongoing daily care fees and how does this affect their Centrelink Age pension? These are questions I can help you with.

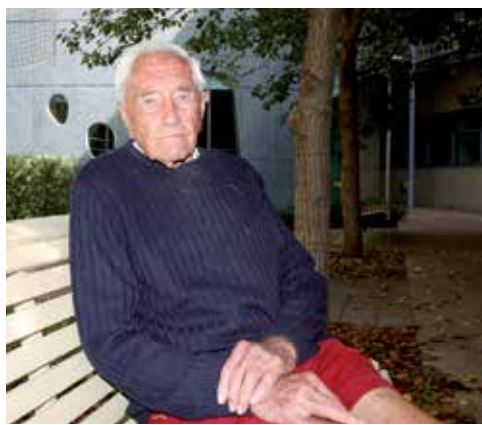
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See my aged care posts on LinkedIn

## Calling former and current residents of Norseman - it's time for a reunion

A REUNION for former and current residents of the historical gold mining town of Norseman will be held on Sunday 3 April from 10am. The venue will be held at the clubhouse at St Ives Retirement Village, 22 Carnegie Place, Mandurah. At the reunion there will be much memorabilia relating to the first newspaper published in Norseman in 1896. A family member of Septimus Frearson, the publisher will be present to provide more historical information. Bring any memorabilia of interest, wear a name tag and BYO picnic and drinks. Please contact Bill King 9534 9913 or email [newbill13@bigpond.com](mailto:newbill13@bigpond.com) to arrange transport if coming by train.



## 101 year old working scientist named in honours list



Dr David Goodall

by Frank Smith

DESPITE turning 102 this year, Dr David Goodall still goes into work at Edith Cowan University's Joondalup Campus every weekday, researching plant ecology, although he officially retired 37 years ago.

"I can't get out in the field now so I work at a desk writing and editing, mainly editing," he said.

He is associate editor of the scientific journal *Tropical Ecology*.

"I receive papers and send them out for review and make decisions about publication."

He regards editing 36 volumes of the publication *Ecosystems of the World* as his biggest contribution to science, but he has also authored more than 130 research publications and supervised countless students.

Last year he wrote a guest editorial '100 years of vegetation science' in *Journal of Vegetation Science*.

"Actual reviews – where historical published data are brought together for the attention of today's readers – are rare," he says. "The reviewer gives today's scientists a view over the time perspective which they could otherwise obtain only by painstakingly studying the literature for themselves, or by use of indirect means such as pollen records."

Dr Goodall, who works at ECU's centre for ecosystem management, has also written a recent paper in *Plant Biosystems*.

"The paper looks at development of data bases through which plants can be identified us-

ing probabilistic algorithms, rather than the traditional method that requires a botanist to work progressively through printed keys," he says.

"This method will be particularly helpful in problematic situations, such as when a specimen is incomplete, or at a difficult point in its development, or perhaps the botanist is not particularly knowledgeable about that species."

This year Dr Goodall has been made a Member of the Order of Australia recognising his contribution to ecology over the past seven decades.

He says he considered the award a recognition of the importance of his profession rather than a personal honour.

"I am not proud of my personal contribution. I am proud of the contribution that my profession has made in the field of ecology," he said.

He is a keen amateur actor and director.

"I've not counted them, but I must have been involved in more than 80 productions over the years."

He last appeared on stage in a small part in Shakespeare's *Love's Labour Lost* three years ago, but has had to give up theatre because he

can no longer drive. Instead he has joined *Well Versed*, a group who meet regularly to discuss and write poetry.

"I was always interested in poetry. I joined *Well Versed* when it was formed two years ago. They hold meetings in the daytime so I can get to them," he said.

Dr Goodall first came to Australia in 1948 as senior lecturer in botany at Melbourne University.

He spent several years overseas in academic roles including Professor of Agricultural Botany at Reading University, Professor of Biological Sciences at University of California, Irvine and Professor of Systems Ecology at Utah State University. Later he worked at CSIRO division of land resources management, and then with the division of wildlife and ecology in Helena Valley before formally retiring in 1979.

And his tip for living a long, happy life? Dr Goodall said he rarely drinks, gave up smoking many years ago and aims to keep his mind and body active and keep in touch with young people.

Dr Goodall will celebrate his 102nd birthday in April.

## Choir of Hard Knocks - Hope and Inspiration tour comes to Mandurah for one night only



CELEBRATING its 10th anniversary as a choir – *The Choir of Hard Knocks - Hope and Inspiration Tour* – comes to Mandurah for one performance only as part of its first national tour.

The Choir's perform-

ances resonate with audiences wherever they appear – and not just for their acclaimed singing. Individually and collectively, the performers are living testaments to the healing power of music and the ability of cho-

ral performance to build social cohesion and collaboration.

Founding director Dr Jonathon Welch AM will conduct the performance. Jonathon is a multi award winning singer, conductor, teacher, com-

poser and recording artist with a career spanning 35 years.

This unique musical celebration of the choir's inspiring journey over the past decade includes many of the songs they performed originally on the TV series along with new original material and their signature hit *Hallelujah*.

The choir will play at the Mandurah Performing Arts Centre on Saturday 12 March at 3pm and 7.30pm.

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## Be in the running for the marathon writing trophy

THE SOCIETY of Women Writers WA is hosting another marathon writing competition. Will local writers accept the challenge?

Helen Iles, president of the Society, will provide writing prompts to ignite creativity and help people mine the landscape of their imagination. She is an award-winning author and poet, publisher and editor.

She says people will be amazed at how much writing they can produce.

"Don't worry about grammar, punctuation or spelling, but let the words flow and fall as they may.

The object of the marathon is not to create perfect pieces of writing on the day, but to produce first drafts, to unearth fresh new material and generate ideas for future writing projects."

Bring along favourite pens - notepaper will be supplied. There will be ten challenges, each lasting 25 minutes. The winner will receive a trophy and certificate. There are also prizes for second and third places.

The cost of the marathon is \$20 and it is open to men and women. Tea and coffee provided.

The marathon will take

place on Saturday 19 March, from 9.30am to 4pm at Citiplace Community Centre in the Perth Railway Station concourse. For bookings call 0415 840 031 or email [swwofwa@gmail.com](mailto:swwofwa@gmail.com)

For information on the Society of Women Writers WA, check the website: [www.swwofwa.com](http://www.swwofwa.com)

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## Yokine Over 50's Club is looking for new members

COME and join the Yokine club to enjoy carpet bowls, table tennis, badminton, cards, darts, board games and several outings throughout the year.

The club meets every Wednesday at 287 McDonald Street in Yokine between 1pm and 3.30pm. The cost is \$3 and includes afternoon tea, some fun quizzes and a weekly raffle.

For more information please contact John or Ena on 9276 4615.

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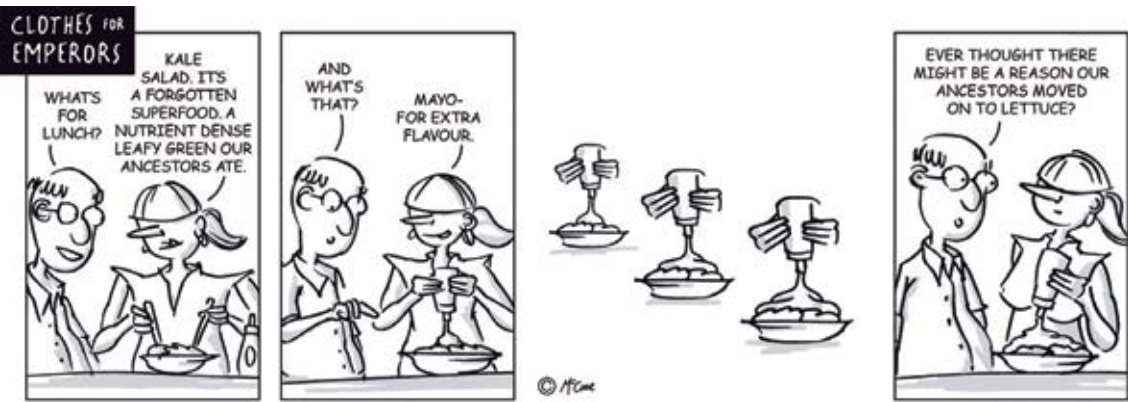
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## Letters to the Editor

**Submissions may be edited for clarity and space.**

DEAR editor,  
OH boy! Did I ever love the two letters in the February 2016 edition.

Both William Booth and Tad Krysiak hit it right on the head in their comments about our 'Emperor' Colin Barnett.

I would like to see much tougher action to chuck out those Homeswest tenants who are allowed to stay in the house and cause trouble for their neighbours, so that those who really appreciate public housing are given the accommodation instead.

In relation to the amount of rent being charged to Homeswest tenants, if Mr Barnett had not decided he wanted monuments to his reign by building an unnecessary stadium and the fiasco that is Elizabeth Quay, the rents would not have to be put up so much in relation to the small benefit people get.

The issue of water bombers, yes, why not lease them, blind Freddy can see that our climate is changing to not only a hotter one – the heat is lasting longer and therefore the prospect of bush fires is much greater.

In closing, if he had not wasted so much money on all of those unnecessary things he could have left the seniors rebate at the original level instead of reducing it.

Travel often has to start and end in the periods when payment is required. This makes bus and rail fares as expensive as the normal fare is to a person who is not on a pension.

**Mrs Margaret Anne Ryan**  
Ballajura

DEAR editor,  
I wonder if there is any of the old gang who worked at Tom Price iron-ore mine in 1966/68 still around? They would all be in their late 70s to mid 80s, like myself (87).

I drove the fuel-tanker and work-bus, it had 46 seats. My passengers were made up of 22 nationalities, even and including a former U-Boat captain, plus an Aussie or two.

We worked a 10-hour day, six days a week for a dollar an hour plus overtime.

I often did seventy plus hours as the re-fueller, we were paid \$26 per week for (5 star) meals and accommodation.

There was no agro there, the first one to throw a fist, ensured both parties were on the next plane out.

The planes were old DC3 Dakotas.

Going on R and R we often jumped on the plane straight from shift. A Landrover cleared the run-way of roos for take off and we landed in Perth still in hard-hat and boots.

Those were good memories of my first job in WA.

If you worked up there at the time and would like to get in contact, please call me on 9409 7855.

**Bill Daking**  
Kingsley

DEAR editor  
LAST issue I won two tickets to see the *Ten Tenors* at the Regal Theatre in Subiaco.

I want to thank your newspaper so much, it was one of the best concerts I have attended. I took a girlfriend and we both thoroughly enjoyed it.

Thank you again.

Regards and keep up the good work with the newspaper.

**Beverley Rodger**

## Floral art as hobby is blooming fun



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# Local hero is Royal Flying Doctor director of medical services



Dr Stephen Langford

by Frank Smith

STEPHEN Langford joined the RFDS for a one-year stint in 1983 and he's still there.

He was named a local hero in the year's Australian honours, one of 8,000 people nominated.

"I was honoured and humbled by the award," he said. "I encourage everyone to make a nomination if they know someone appropriate in the future."

One third of a century ago Dr Langford was a general practitioner with training as a procedural GP for remote areas. He also had his private pilot's licence.

"I was planning to go to Antarctica but I put in an application to the RFDS. I got a call back and a job offer, so I went to Port Hedland and straight out on a flight. I was hooked."

During his 33-year career with the RFDS, Dr Langford has saved countless lives and eased tremendous suffering.

He saw the opportunities available within the RFDS to expand and improve its services. Over the years, Dr Langford introduced dozens of innovations, such as treatment preventing premature birth, clot-busting drugs for heart patients, portable ultrasound, a

single state-wide emergency number and specialised equipment for heavy patients.

He campaigned for the first RFDS jet, mitigating, if not conquering, the tyranny of distance and transforming how emergency medical teams could respond to remote patients – some of whom are 2,000 kilometres from specialist hospitals.

As medical director of the RFDS in Western Australia, Dr Langford has had a tremendous influence on health in remote indigenous communities. Recent studies confirm high survival rates for patients with serious trauma in remote Western Australia and excellent outcomes for obstetric emergencies, when cared for by RFDS teams.

"There have been huge changes. In 1983 there were no mobile phones, no GPS, no Internet and no email.

"Communication depended on crackling HF radios. If I was in a supermarket I might get paged and have to connect to the radio operator by a Telstra coin-in-the-slot phone.

"Now there is wide mobile coverage, although the coverage in remote

areas is patchy because of the vastness of the state.

"If a tourist has a car crash or is taken sick in remote areas they cannot ring up for help unless they have a satellite phone. Thirty years ago they would carry an HF[SAL1]\* radio and string an aerial over a tree.

"Now it can take longer to get assistance to them."

He says grey nomads and other travellers need to be careful to carry enough medication with them and know what has been prescribed. It is not enough to ask for those little blue pills.

"You need to prepare and think ahead if you are going on a long trip in remote areas.

"When I started we thought population growth would make regional centres bigger and each would have their own medical facilities, reducing the need for the RFDS. This has not happened except to a few towns; some grew but others declined.

"We are kept busy due to the resource boom. It's not just mining but more people are travelling in remote

areas. The RFDS will always be needed for its role in emergency medicine.

"The RFDS was the first to use telemedicine in 1930 with pedal radio communicating over long distances. It is helpful but no substitute for a physical visit. There is a limit to talking; you can't feel a patient or carry out procedures. A computer is not the same as a personal relationship with a GP," he said.

In addition to emergencies the RFDS provides clinics for remote communities providing health screening, health promotion and early intervention to reduce the need for emergency treatment.

Dr Langford has written and just published a book *The Leading Edge: Innovation, Technology and People in Australia's Royal Flying Doctor Service*, published by UWA Publishing which can be ordered online at uwap.com.au. This provides an account of the RFDS since the late 1970s and the technology and innovation that has allowed the organisation to remain at the forefront of air-delivered medical care.

\*[SAL1]HF = High Frequency



Soprano singer Courtney Pitney entertaining the crowd

by Michelle Davies

THE Silver Threads Band heralded the start of an-

other year of entertainment, laughter and friendships at The Hollywood Tuesday Morning Show.

## The Hollywood Tuesday Morning Show returns with a big band

After the Christmas break, we were all happy to be back at our jewel of the city, the elegant heritage Perth Town Hall, to share news and adventures.

A stirring *Star Wars* themed arrangement by the band kicked off the show, followed by more popular tunes.

Bandmaster, Irwin Palmer said, "This is the first time we have come out for a public airing."

The band, with more

than 25 musicians, undertakes around 50 engagements each year, which encompass state and private primary schools, seniors groups, nursing homes, service clubs, arts and civic events in both metropolitan and country WA.

The audience were privileged to hear this quality music and were delighted with Courtney Pitney, a leading soprano singer who entertained people with her beautiful voice

and singing, *Love Changes Everything*, *The Happy Wanderer* and *I Could Have Danced All Night*.

Our free raffle each week, gives a lucky audience member a prize of a book and in addition to this week there were bouquets of orchids to be won.

Happy birthday to longtime member, Loyal who turned 97 and still makes jars of jam and pickles to raise money for Wheelchairs for Kids.

Come along for a fun

morning each Tuesday at the Perth Town Hall, it's free, tea and coffee from 10.30am and the show

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**SPEARWOOD** Nurse 45 petite GSOH brunette, diners environment seeks caring gent 40/56 companion

**ALBANY** v/attract lady slim g/hearted fit/active seeks gent 65/72 animal lover to get to know.

**ARMADALE** Petite sandy blonde like m/bikes nice lady seeks l/minded good man 45/59 to get to know.

**GIRRAWHEEN** cute...bubbly Romanian lady s/emp seeks Christian gent 50 /73 view to future.

**HEATHRIDGE** vivacious, slim, friendly lady sks young at heart gent 55/72.

**GIDGEGANNUP** lovely lady great personality NS loves travel enjoys life sks partner in crime gent 50/70 lol!

**GREENWOOD** beautiful lady slim energetic seeks genuine educated gent 70/85 young view long term.

**HAMILTON HILL** Nat attract sporty fit Wid, petite lady seeks like minded young/fit gent 56/62.

**\*SEE PAGE 18 FOR GENTS SEEKING LADIES**

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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](mailto: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 new 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.



by Rhonda Parker

AS you age, will it be okay to begin to compromise your well-being and identity, do fewer things you like, lose some freedoms? Would you have less joy and do fewer things that are meaningful?

Of course not. It is complicated to quantify what makes life worth living, and harder to measure

one's well-being.

Dr Bill Thomas, an international authority in elder care described well-being as: "the path to a life worth living; the ultimate outcome of a human life."

Some years back, Dr Thomas and a task force of culture change experts identified seven primary domains of well-being; identity, growth, autonomy, security, connectedness, meaning and joy. I'm sure most of you can see in these domains the many things that make you happy, and make you who you are.

The domains start with you, your identity, being

known, your individuality and history. They include your ability to grow, develop, expand and evolve. They recognise your autonomy, your liberty, choice and freedom. They take into account your security, freedom from doubt and anxiety, as well as your safety, privacy and dignity. They entail the need for connectedness, our sense of belonging, engagement and being involved. They highlight having meaning in your life, matters of significance, hope, value and purpose. Last but not least, they embrace our need for joy happiness, pleasure, delight, con-

tentment and enjoyment.

Do you see anything in this list that you would relinquish? No, of course you didn't.

Imagine if you had dementia. Do you think you would want to relinquish anything? If you were less able to achieve the things that make you happy, would that mean you would let them go?

I would strongly suggest that the more challenges you might face, the more the elements of your well-being would become cherished and losing any would be devastating.

As Dr Thomas theorised: "well-being is elusive, highly subjective,

and the most valuable of all human possessions."

At Alzheimer's Australia WA we committed some years ago to delivering a service model where every service for every consumer embraced these domains. What we found was astounding. Our consumers were happier, more at ease, enriched and more engaged since their diagnosis. We now consider these domains in everything we do and see the resulting happiness every day.

But then it is no real surprise, that as humans, we react positively to the things that make us happy.

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



Audrey Townshend with her hand-crafted wall hanging



## Are you over 56 and thinking about retirement?

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## 98 years of...a good life



by Karen Majer

"I LIKE to keep busy!" Audrey Townshend laughed as we ended our conversation about her myriad interests including permaculture, politics, cooking, craft and conservation. At 98 years of age, Audrey certainly does keep busy.

Audrey spent her early years on a soldier-settlement farm in the eastern wheatbelt. She attributes her down-to-earth practicality to her Gallipoli-veteran father's versatile farming and living through the Depression in Perth and the Goldfields. Living in Melbourne, she married in 1940 and with war-time food rationing she quickly learned to grow vegetables.

"I realised I could grow food by digging in kitchen scraps and using manure from the horse-drawn milk

cart," she said. "I kept laying hens and I've always made my own clothes."

Looking around the solar-passive home she shares with daughter Pam, it's easy to see that Audrey keeps up her do-it-yourself philosophy. The pair designed the home two years ago and planted a flourishing garden that already supplies much of their fruit and vegetable needs. Audrey's interest in organic gardening goes back a long way.

"Edna Walling's writing in the 1940s was an immense influence. Edna opened up new thinking about the environment. In the 1970s I subscribed to an organic gardening magazine that opened my eyes to self sufficiency."

The home showcases Audrey's creativity in a stained-glass window and colourful patchwork wall hanging.

"I learned to restore antique furniture back when it was cheap and everybody wanted new vinyl stuff!" Audrey said. "I went to tech school and learned upholstery, lampshade making, basketry, spinning, weaving, quilt-

making and embroidery. I did courses in mud brick and straw bale buildings. I'm an avid reader. I've been a constant learner.

"I was always searching for how to live a good life. Simplicity in architecture and landscape, productive gardening, taking care of nature – it gives one a sense of stability."

Audrey has always been environmentally aware and politically active.

"There are too many people putting pressure on water and land resources. I feel desperate about climate change, forest clearing and degradation of our environment but I'm an optimist. I have faith in zero carbon technology like solar, wave and wind energy."

"We are lucky. We have abundant energy resources from sun, wind and waves. I hope people are becoming more aware and taking on a sense of responsibility."

Audrey's hint: Everyone can grow food, even just a few pots on a balcony will supplement your diet, save money and make you feel good.

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# LiveLighter Awards highlight swimming club's achievement



by **Samantha Noall**  
executive officer

AT Masters Swimming



Left; Masters Swimming's Lifetime Membership winner Kim Tyler  
Above; Samantha Noall

WA's (MSWA) quarterly Council of Clubs meeting held on 17 February State president Gary Bra-

dley presented gift cards to the following clubs for their outstanding efforts in the 2015 LiveLighter Swim into Spring membership growth project. This Healthway sponsored project rewards clubs that achieve the best increases in new members within the September to November period.

Busselton Masters was awarded the top gong for achieving a new member increase of 23.8 per cent to 19 members in 2015. They also recently celebrated their

one year anniversary.

Mandurah and Whitford Clubs were awarded the runner-up prizes for achieving a new member increase of 18 per cent and 14 per cent respectively during the spring discount period.

MSWA Life Member Peter Maloney assisted Vienna Young from Healthway with presentations of trophies for the 2015 LiveLighter Club Challenge Series. These are awarded to clubs which showed the best improvement in performances in LiveLighter inter-

club pool events conducted during the year. The trophies are named after four MSWA life members.

The Fred Johnson Award for top improvement factor was awarded to Somerset.

The Kay Cox Award for runner-up improvement factor went to Riverton.

The Frank Mongan Award for average points winner was awarded to Somerset.

The David Cummins Award for average points runner-up went to Superfins.

Kim Tyler was also

awarded life membership for her tireless efforts with Masters Swimming WA in many and varied roles.

Anyone wanting to know more about how you, as a *Have a Go News* reader, can enjoy being part of our wonderful sport, please contact me on 9381 3550 or via sam@mswa.asn.au with any queries.

Or contact your local Masters Swimming Club (contact details via [www.mswa.asn.au](http://www.mswa.asn.au)) which offers: swimming for fitness, health and fun for all adults regardless of

age or ability, stroke correction and training sessions by qualified coaches, pool and open water swimming, an active social calendar and free one-month trial.

Masters Swimming Clubs are more fun than swimming on your own and provide a great platform to make new friends in a welcoming and supportive environment.

*Ed's note – Samantha welcome to your new role at Masters Swimming. We look forward to working with you at Have a Go News.*

## Achilles Tendonitis



by **Jemma Aldridge**

ACHILLES tendonitis is inflammation of the Achilles tendon. This tendon connects your calf muscles (gastrocnemius and soleus) to the back of your heel bone (calcaneum) and provides the push off power the foot exerts on the floor when walking.

Achilles tendonitis can be either acute, meaning occurring over a period of

a few days or following a hard training session, or chronic which occurs over a longer period of time. The tendonitis can occur at the attachment point to the heel or in the mid portion of the tendon (about 4cm above the heel). Healing is very slow in the tendon due to its poor blood supply.

*What causes it?*

- increase in exercise activity including hill climbing
- less recovery time between activities
- change of footwear or training surface
- weak calf muscles
- decreased range of motion (flexibility) in the ankle joint usually caused by tight calf muscles
- walking /running up hills
- poor foot biomechanics which create more stress

on feet with increased activity

- wearing high heels regularly.

*Symptoms of Achilles tendonitis*

- gradual onset of pain over a few days
- pain at the start of exercise that fades as exercise continues
- pain eases with rest
- tenderness on palpation of tendon.

*Treatment (first 48hrs)*

- rest the affected foot and avoid weight bearing activities
- use ice packs to help ease any swelling, pain and redness
- compress the affected area with an elastic compression bandage
- elevate the affected foot as much as possible
- wear a heel pad to raise

the heel and take some strain of the tendon. This should be a temporary measure only.

*Rehabilitation*

See your physiotherapist for more specific advice. You may be asked to perform any of the following:

- gentle calf stretches strengthening the Achilles tendon
- change shoes or wear orthotics custom made for you as symptoms resolve
- do more weight bearing activities gradually
- avoid running until all

tenderness has gone

- swim or cycle instead of jogging

*Specific treatment may also include:*

- taking anti-inflammatory medication to reduce swelling
- taping to the back of the ankle to support the tendon
- ultrasound treatment
- apply a plaster cast if the tendon is in a very poor state
- scan with an MRI or ultrasound
- surgery on the tendon if all conservative treatment fails.



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by Mike Goodall

THE THIRD debate about Women's State pension age changes took place in Westminster Hall on 1 February.

It was disappointing that it was relegated to Westminster Hall rather than, as the WASPI (Women against state pension inequality) ladies believed, in the House of Commons main chamber.

The result was over-

## British pension update

whelmingly in support for the campaign and still the UK Government said that they are not going to make any changes.

However due to pressure from MPs there was a full debate in the House of Commons on 24 February following on from Prime Minister's Questions and it was scheduled for three and half hours.

While the debate will result in a non-binding vote, a vote against the government would put even more pressure upon them to right this wrong before the Budget on 16 March.

BPIA are in touch with the WASPI organisers who were totally unaware of our frozen pensions issue. They have agreed to help us with

our campaign when they win theirs.

Many of you who have been reading and benefiting from this column who are not members of BPIA might not be aware how we conduct our campaign against the UK Government.

BPIA is run by volunteers and we have teamed up with the Canadian Alliance of British Pensioners (CABP) to form the International Consortium of British pensioners (ICBP). The ICBP comprises of five volunteers most of who are from the board/committee of either BPIA or CABP.

Much of what ICBP has achieved in recent months towards the cause of unfreezing UK State pensions

can be attributed to the work done by a London media/lobbying firm, PHA-Media.

If we are to continue to pay for the services of PHA-Media to continue their good work in achieving worthwhile and meaningful articles and interviews in the UK's quality media, to manage the British Parliamentary website for the Frozen Pension All Party Parliamentary Group and to have the UK Government and opposition listen to us, then the ICBP needs continued financial support from CABP and BPIA.

Both of these organisations, in turn, are funded by their members' small annual subscriptions and donations. Both CABP and BPIA need more funds.

If people are not financial members of either CABP or BPIA, then please do join or re-join if your annual membership has lapsed. This can be done by visiting the websites CABP's [www.britishtensions.com](http://www.britishtensions.com) or BPIA's [www.bpia.org.au](http://www.bpia.org.au).

It matters not where in the world you live or if you are members of another organisation. Only CABP and BPIA are financing the fight for UK State pensions uprating and parity. Membership of BPIA can now be paid by credit card and E-Way.

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

## Food for thought



by Jeanette Woolerton

DID you know that following a low-carbohydrate, high-fat (LCHF) diet for just eight weeks can lead to rapid weight gain and health complications?

A recent study, detailed in a paper in *Nature Journal - Nutrition and Diabetes*, has prompted University of Melbourne researchers to issue a warning about putting faith in so-called fad diets with little or no scientific evidence.

The paper's author, Associate Professor Andrikopoulos, president of the Australian Diabetes Society, says that this diet, exemplified in many forms of the popular Paleo diet, is not recommended - particularly for people who are already overweight and lead sedentary lifestyles.

Professor Andrikopoulos is wary of the media hype surrounding these diets, particularly those driven by celebrity chefs, celebrity weight-loss stories in the tabloid media and reality TV shows.

These endorsements are leading people to

believe that fad diets (backed by little or no scientific evidence) are a great way to lose weight fast.

Prof Andrikopoulos stresses that for people with pre-diabetes or diabetes, the LCHF diet could be particularly risky.

"Low-carbohydrate, high-fat diets are becoming more popular, but there is no scientific evidence that these diets work. In fact, if you put an inactive individual on this type of diet, the chances are that person will gain weight," he said.

"There is a very important public health message here. You need to be very careful with fad diets, always seek professional advice for weight management and always aim for diets backed by evidence."

Researchers at the University of Melbourne's originally sought to test whether high-fat and low-carbohydrate foods would benefit the health of people with pre-diabetes.

They took two groups of overweight mice with pre-diabetes symptoms and put one group on the LCHF diet. The other group ate their normal diet. The mice were switched from a three per cent fat diet to a 60 per cent fat diet. Their carbohydrates were reduced to only 20 per cent.

After eight weeks, the group on the LCHF gained more weight,

their glucose intolerance worsened, and their insulin levels rose. The Paleo diet group gained 15 per cent of their body weight. Their fat mass doubled from two per cent to almost four per cent.

"To put that in perspective, for a 100 kilogram person, that's the equivalent of 15 kilograms in two months. That's extreme weight gain," Professor Andrikopoulos said.

"This level of weight gain will increase blood pressure and increase your risk of anxiety and depression and may cause bone issues and arthritis. For someone who is already overweight, this diet would only further increase blood sugar and insulin levels and could actually pre-dispose them to diabetes."

"We are told to eat zero carbohydrates and lots of fat on the Paleo diet. Our model tried to mimic that, but we didn't see any improvements in weight or symptoms. In fact, they got worse. The bottom line is it's not good to eat too much fat."

Prof Andrikopoulos says the Mediterranean diet is the best for people with pre-diabetes or diabetes.

"It's backed by evidence and is a low-refined sugar diet with healthy oils and fats from fish and extra virgin olive oil, legumes and protein," he said.



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**Magnus Shield™** contains **Cernitin™**, the Swedish pollen extract proven in extensive clinical trials to support a healthy prostate and treat the symptoms of an enlarged prostate.

"Thank you for sending out Magnus Shield. I really believe they have been a great benefit to me. Before Magnus Shield, I was going to the toilet 3 or 4 times a night, now using Magnus Shield I've been going once a night, sometimes not all"

**John W, Benalla, VIC**  
18 Jan 2010

"I found this tablets Magnus Shield from magazine. I found it helps me to empty my bladder in night time, relief the pain while passing water. It really works for me. I'm feeling better now. Thank You"

**Paul E, Ormond**  
22 April 2008

"Nine months ago, I have tried Magnus Shield for prostate medication made by Graminex Australia, I can say that it helps me mainly in reducing my night time urination, a year ago, I used to wake up 6-7 times a night, and now I only wake up once or twice, and during last Christmas, I had 1 beer during the party, and I got up 3 times. Thank you for Magnus Shield and I definitely will recommend this product"

**Mike B., St Johns Park, NSW**  
4 January 2010

"I have been taking Magnus Shield for the past 4 months and I have noticed some great improvement, mainly it helps me to reduce the urgency to go to toilet and frequent urination as well. I used to wake up 6-7 times a night, and now I only wake up 3 times a night or less. Previously, I have to stand for few seconds to pass urine in the night time, now that problem has been solved, and also the burning sensation is also gone. Thank You Graminex for this product"

**Gordon M, Rochedale, QLD**  
4 December 2009

**Now available**  
**Magnus Shield™** is available at good pharmacies and health food stores.  
Consult your pharmacist or call **1300 760 627** for more information, if our lines are busy please call again.

**Clinical Studies**  
To read about the comprehensive clinical studies visit [magnusprime.com](http://magnusprime.com)  
Consultation hotline: **1300 760 627**

Approval Code: CHC38089-10/06

#### Magnus Shield™ stockists

**Health Kick Perth**

**Emslies Floreat Pharmacy**

**Osborne Park Pharmacy**

**Health Kick Karrinyup**

**Pharmacy 777**

**Health Kick Whitfords**

**Health Kick Joondalup**

**Greg's Discount Chemist**

**Pharmacy 777**

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**St James New Start Pharmacy**

**Stay Healthy Belmont**

**Kenwick Pharmacy**

**Thornlie Naturopathic Centre**

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**Health Kick Rockingham**

**Leda Community Pharmacy**

**Wizard Warehouse Pharmacy**

**Health Kick Mandurah**

**Bunbury Drive-in Pharmacy**

**Terry White Chemists Bunbury**

**Priceline Pharmacy**

**Northam Pharmacy**

Shop T102, ENEX 100,  
100 St Georges Terrace, PERTH 6000  
445 Cambridge Street, FLOREAT 6014  
207 Main St, OSBORNE PARK 6017  
Shop G93, Karrinyup Shopping Centre  
200 Karrinyup Road, KARRINYUP, 6018  
Shop 42, Whitford City Shopping Centre  
Whitfords Ave, HILLARYS 6025  
Shop 234, Whitford City Shopping Centre  
Whitfords Avenue, HILLARYS 6025  
Shop T101, Lakeside Joondalup S/C  
JOONDALUP 6027  
243 Great Eastern Hwy, MIDLAND 6056  
Shop 17, Centre Point Shopping Centre  
Great Eastern Highway, MIDLAND 6056  
Shop 50 - 53 Dianella Plaza Shopping Centre  
DIANELLA 6059  
Shop 15, 35 Sanderson Road, LESMURDIE WA 6076

16A Chapman Rd, ST JAMES 6102  
Shop 82B Belmont Forum Shopping Centre  
BELMONT WA 6104  
Shop 5 & 6, Cnr Belmont & Kenwick Rd  
KENWICK 6107  
32 Selby St, THORNLIE 6108  
Unit 1 / 42 Rostrata Ave, WILLETTON 6155  
Shop 10B, Melville Plaza Shopping Centre  
390 Canning Highway, MELVILLE 6156  
Shop 4, Kardinya Park S/C KARDINYA 6163  
Shop 7, Phoenix Shopping Centre,  
254 Rockingham Rd, SPEARWOOD 6163  
Shop G81, Rockingham Shopping Centre,  
1 Council Avenue, ROCKINGHAM 6168  
Shop 8 & 9 Leda S/C, Feilman Dve, LEDA 6170  
Shop 12, 175-179 Mandurah Tce, MANDURAH 6210  
Shop 78, Mandurah Forum, MANDURAH 6210  
55 Forrest Ave, BUNBURY 6230  
Shop 6, Bunbury Plaza Shopping Centre  
Spencer Street, BUNBURY WA 6230  
Shop 6, Spencer Park Shopping Centre,  
Hardie Rd, ALBANY, WA 6330  
Shop 17 Boulevard S/C, NORTHAM 6401

For a complete list of our authorised stockists please visit our website at [www.magnusprime.com](http://www.magnusprime.com) or call our hotline **1300 760 627**



# ENJOY THE WEATHER



Now is the time to out and enjoy the garden. Then afterwards sit back and enjoy the cooler evenings in a comfortable lift recliner chair. We have an extensive range, one to suit your comfort needs and requirements.

## GARDEN TOOLS

We have an large range of lightweight, easy grip tools to keep your garden blooming. Secateurs, loppers, trowels, hoes, forks, etc.



## EZY TAP TURNER

Simply place the over tap and the extra leverage and comfort will make turning the tap easier. Come as a pair.

## OUTDOOR TAP TURNERS

Sold as pair.

## LARGE RANGE OF REACHERS AVAILABLE



### HANDIREACHER

Wire driven claws – one fixed, have a slip resistant surface with a small magnet at one end. Small hook on one claw to assist with dressing.

### HANDI REACHER

Extend your reach without stretching. Various lengths available.

## BEST SELLERS



### PICK UP REACHER

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

### ETAC ACTIV REACHERS

Enables people with very limited lifting ability and weak hands. The jaws have hooks to pull or push things away.

### TWIST ASSIST CUSHION

Designed for use on car seats. Just sit then swivel easily into the vehicle. Available in cloth or wool.

### HANDY BAR

Get in and out of your vehicle easily by simply inserting into car door post and using it as a handle support.

### etac

### EASYTURN CUSHION

Soft swivel cushion makes it easier to get in and out of bed or car. Portable and easy to use. The swivel function prevents strains on knees, hip and back while the non-slip underside prevents the user from sliding out of position. Capacity 150 kg.



## BASSETT LUMBAR SUPPORT

Cool and comfortable back support perfect for use in motor vehicles or at home. Extremely lightweight and portable – only 850gm. Popular Australian product.



### TRIPOD SEAT

Walking stick with fold out tripod seat. Load capacity 100kg.

### QUAD STICKS

Adjustable length to suit, offset handle, offset base or offset high base styles. Handle Height 76.5-99cm. Load Capacity 100kg.

### FLIP STICKS

Lightweight high strength Aluminium. adjustable and folding models available. Load capacity 130kg.

### DRIVERS FRIEND

For the car. Designs to provide both lumbar and lateral support.



## TAIMA SIDE FOLDING SEAT WALKER

Lightweight, side folding, aluminium powder coated frame. Height adjustable handles, large foldable storage bag, reversible padded backrest. Load capacity 150kg. Total weight 6.4kg.

## THERAPOD BACK CUSHIONS

High and low back styles. Ideal for vehicles, lounge and office chairs. May offer relief for post surgery, spinal fusions, arthritis and lower back pain.



### XTENEX LACES

Stretch the lace, knots disappear, thread the lace through the eyelets, release the tension and the knots reappear. Available in three sizes and various colours.



## SOCK & STOCKING AID

## MAGNETIC THERAPEUTIC PRODUCTS

May help to improve circulation and to manage pain without drugs. We have an extensive range of magnetic products, from simple jewellery to body supports. We frequently receive new products – come in and try.

### MAGNETIC BELT CLIP

Easy to wear, clips onto tops of trousers, skirts, etc. May relieve back and hip pain.



### MAGNETIC SHOULDER CAPE

May help to reduce shoulder stiffness.



### MAGNETIC PULL ON KNEE BRACE



### MAGNETIC INSOLES

Cut to fit.

### MAGNETIC WAIST SUPPORT



## KITCHEN PROPPING STOOL

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



## NOVA MACK HEAVY DUTY ROLLATOR

Heavy duty foldable rollator with large wheels, removable curved backrest, adjustable armrest height, brakes and basket. 3 sizes available. Load capacity up to 150kg.



## NOVA DELUXE PACER

All the standard features with bigger all terrain wheels. Adjustable arms, locking cable, hand brakes, under seat compartment. Available in 3 seat heights – Low 51cm, Standard 56cm and High 61cm. Load capacity 100kg.

### UTILITY CHAIR

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

## MULTILIFT RECLINER LIFT CHAIR

Dual electric motors for stand up/leg rest and backrest movement, 6 button remote control and contoured fully adjustable backrest in a 2 pillow or a 3 pillow style. Load capacity 142kg.



Relax after a hard day in the garden in one of our large range of lift chairs

## IBIS ERIN RECLINER LIFT CHAIR

Twin motor allows backrest to be operated separately from footrest. Lays flat. Fully adjustable 2 or 3 pillow contoured backrest. Range of fabrics available. Load capacity 142kg.



## GO-GO ULTRA X

Auto-latching lockup mechanism, maximum stability, disassembles into 5 lightweight pieces, battery pack can charge on or off board. Load capacity 117kg.



## PATHRIDER 10

Feather-touch disassembly, low-profile, puncture-proof tyres, LED headlight, backlit battery gauge and wraparound easy drive tiller. Load capacity 159kg.



## GK-10 CROSSOVER LARGE PORTABLE

Mid back, sliding, rotating, adjustable height captain's seat, adjustable steering tiller, Battery level warning light, front Light, split battery box, Pneumatic tyres and anti tip wheels. Load capacity 136kg.



## SPORT RIDER

3.5HP motor, "Harley-style" handle bars, fingertip controls, full digital display, front and rear lights, deluxe high back seat, soft-weight suspension, 180kg riding capacity, 19" tyres and 14" alloy rims. Capable of 15kph and up to 45km per battery charge. Load capacity 180kg.



"At Daily Living Products, it's our pleasure to make your life easier - any way we can."

## OBLIGATION FREE METRO DEMOS FOR INTERESTED GROUPS

All your mobility aids to hire or buy AND we will come to you

**DVA PREFERRED SUPPLIER**  
OTs and Physios call us for a DVA Catalogue



# DAILY LIVING PRODUCTS

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LEEMING Suite 4, Cnr Calley Drive & South Street (Opp Bullcreek Shopping Centre) 9312 1700

MIDLAND Corner Ferguson Street and Great Eastern Highway 9374 0577

SHENTON PARK 17 Lemnos Street (Located in Arthritis WA) 9388 8800

WANNEROO Shop 6, 771 Wanneroo Road 9206 2391

Midland, Leeming, Shenton Park & Wanneroo: Monday to Friday 9am-4pm Saturday 9am-12noon • Bayswater & Jindalee: Monday to Friday 9am-4pm Closed Saturday

[www.daily.com.au](http://www.daily.com.au)

Photos for illustrative purposes only.



A woman with blonde hair is lying on her stomach on a tiled pool deck, looking out at a swimming pool. The water is clear and blue. Overlaid on the image are large, colorful geometric shapes: a large blue triangle pointing upwards, a large orange triangle pointing downwards, and a smaller purple triangle pointing downwards. The text 'DISCOVER A NEW LIFESTYLE' is written in white capital letters on the blue triangle.

# DISCOVER A NEW LIFESTYLE

## With a \$10,000 Housewarming Present

**Whether it's a sea change, a tree change or a new home in your local area, now is the perfect time to downsize your home and upgrade your lifestyle!**

Reserve your new home by 30 April 2016 and settle by 30 June 2016 and you'll receive a \$10,000 reduction in your final settlement price. That's our \$10,000 housewarming present to you; and you can spend it on anything you like – a holiday or cruise, furniture for your new home or just save it for a rainy day!

With over ten Lendlease over 55's communities in WA, you'll find places where it is easy to meet like-minded people and be part of a secure community. Choose from a range of stylish, low maintenance homes and enjoy resort-style facilities that are buzzing with activity.

Hurry - \$10,000 Cashback at settlement is limited. See website for full terms and conditions.





lendlease

NORTH	VILLAGE NAME	ADDRESS	CONTACT
MINDARIE	Harbourside Village Mindarie	7 Honiara Way, Mindarie	Contact Deborah on 9407 8231 to take a tour.
ELLENBROOK	Parkland Villas Ellenbrook	25 The Parkway, Ellenbrook	Contact Louise on 9296 7322 to take a tour.
ELLENBROOK	The Pines	21 Ponte Vecchio Boulevard, Ellenbrook	Contact Greg on 9296 9914 to take a tour.
WOODVALE	Timberside Villas	10 Timbercrest Rise, Woodvale	Contact Lorraine on 9403 8101 to take a tour.
WOODLANDS	Parkland Villas Woodlands	52 Liege Street, Woodlands	Contact Amanda on 9446 5584 to take a tour.
SOUTH	VILLAGE NAME	ADDRESS	CONTACT
QUEENS PARK	Homestay Village	267 Wharf Street, Queens Park	Contact Paul on 9458 7742 to take a tour.
BOORAGOON	Parkland Villas Booragoon	510 Marmion Street, Booragoon	Contact Wendy on 9330 3711 to take a tour.
BIBRA LAKE	Lakeside Village	14 Lewington Gardens, Bibra Lake	Contact Malcolm on 9417 5879 to take a tour.
HALLS HEAD	Parkland Villas Mandurah	2 Hungerford Avenue, Halls Head	Contact Laura on 9535 5377 to take a tour.
BUNBURY	Woodstock West	146 Strickland Street, Bunbury	Contact Vicki on 9791 6199 to take a tour.

Visit [retirementbylendlease.com.au/\\$10K](https://retirementbylendlease.com.au/$10K) to find out more





WHAT  
THIS MONTH

Something BIG is happening at Crown in March. Join us for a mega month of great discounts, free live entertainment and lots of chances to win huge prizes. You don't want to miss out on Mega March, it's going to be massive!



CHANCE TO WIN  
A \$20,000 TRIP  
OF A LIFETIME

Until 27 March  
Crown Club members can visit a VIK daily to get an entry or make a purchase at selected outlets to go in the Great Escapes prize draws. Be at the draw at 6pm each Sunday to see if you're the lucky winner.  
Plus, there are five chances to win \$500 at 5pm and 7pm.

**Don't miss your chance to win a dream holiday.**

Conditions apply. You must be present to win. Visit [crownperth.com.au](http://crownperth.com.au) for details.



RIDE THE  
CROWN BUS  
FOR HALF-PRICE

8 - 24 March  
Crown Club members can enjoy transport to and from Crown, a buffet lunch at Carvers and a bonus voucher all for just \$5.  
**Hop aboard the Crown Bus.**

Conditions apply. Valid for Crown Club members only. Non-members can purchase the Fun Pack for \$15. Regular Riders will not be stamped during the promotion period. Half-price Fun Pack applies to day time visit only. Visit [crownperth.com.au](http://crownperth.com.au) for details.



SHARE IN OVER  
\$250,000 WORTH  
OF PRIZES

Until 27 March  
Crown Club members can visit a VIK daily to claim an instant prize, including;  
• A \$2,500 Travel Package  
• \$250 cash  
• A bonus voucher worth up to \$100  
• Point multipliers  
• A bonus entry into the Great Escapes prize draw.  
**Claim your instant prize today.**

Conditions apply. Visit [crownperth.com.au](http://crownperth.com.au) for details.



# T'S ON TH AT CROWN



## \$13.95 WEEKDAY LUNCH

Until 24 March

Enjoy a tasty great value meal at 88 Noodle Bar, Junction Grill or Market & Co from Monday to Friday. Dishes include fish and chips, chicken parmigiana with chips, and sweet and sour chicken.

**Treat yourself today.**

Conditions apply. Not valid on public holidays or in conjunction with any other offer or discount. Selected meals only. Image is for illustration purposes only. 88 Noodle Bar and Junction Grill are 18+ venues.



## 20% OFF ATRIUM BUFFET

Until 24 March

Dine with up to three friends and present your Seniors Card or Crown Club Card to receive 20% off lunch and dinner from Monday to Thursday.

**Book now via the app, online or phone 1800 556 688.**

Conditions apply. Valid for dinner or lunch only and excludes public holidays. Images are for illustration purposes only. Not available with any other offer or discount and applies to 20% off food bill only upon presentation of original Crown Club Card or Seniors Card. Maximum three guests per card. 20% includes children's prices if they are one of the three guests.



## COTTA \$1 SCONE

Until 24 March

Purchase a hot beverage between 10am – 5pm on weekdays and get a delicious scone with jam and cream for just \$1 when you present your Seniors Card.

**Visit Cotta today.**

Conditions apply. Images for illustration purposes only. Seniors Card holders must present their original card at time of purchase to redeem offer. A hot beverage must be purchased. One hot beverage equates to one scone. Excludes public holidays and not valid with any other offer or discount.



## COMING UP MARCH

### 4 – 7 March

Celebrate the Labour Day long weekend at Crown

### 7 March

Mammoth Long Weekend, chance to win a share in \$16,000

### 15 – 27 March

Cirque Adrenaline

### Until 24 March

Weekday Daytime Tunes

### 25 March

Good Friday (Casino closed from 3am – 10pm)

### 25 – 28 March

Easter long weekend

### Until 27 March

Great Escapes, chance to win a \$20,000 trip of a lifetime

### Until 27 March

The Merrywell Sunday Sessions

### 28 March

Easter Monday, chance to win a share in \$16,000

### Until 28 March

Mega March at Crown

## APRIL

### From 16 April

Cats at Crown Theatre

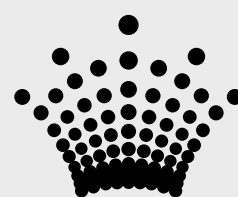
### 25 April

ANZAC Day

### Until 29 April

\$55 Ultimate Lunch

Conditions apply. Visit [crownperth.com.au](http://crownperth.com.au) for details.



# CROWN

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Helpline 1800 858 858 | [gamblinghelponline.org.au](https://www.gamblinghelponline.org.au)



### New 10-pin bowlers wanted

CANNING 10-pin bowling is looking for new members. The weather will be cooling down soon so come and give it a go. We meet at AMF Bowling on Manning Road, starting at 12noon and finishing at 2-2.30pm. No experience necessary. For more information ring Grace 9293 3852. We look forward to seeing you there on Tuesdays.

THE BEST LITTLE FAIR IN THE WEST  
*It's not too soon to start preparing*

## York Easter Fair

Antiques, collectables, market stalls, etc.  
York Town Hall (and surroundings)  
Easter weekend  
*'Born 1988, still going strong'*  
Enquiries: phone 9641 1541 or email [crcreception@westnet.com.au](mailto:crcreception@westnet.com.au)

Proudly presented by the York Friendship Club Inc for various charities worldwide



*Ships at sea*  
© WA Maritime Museum archives

WHEN we left off in last month's edition of *Have a Go News* Dirk Hartog had headed north to complete his outward journey to the Spice Islands of the East Indies. Let's now jump forward twelve years to 27 October 1628. The newly built *Batavia* set forth from Texel in the Netherlands on behalf of the Dutch East India Company loaded with a large supply of gold and silver

to enable expansion of trading opportunities in the East Indies. She was part of a seven-ship fleet bound for the town of Batavia.

In command of *Batavia* was Francisco Pelsaert. He held the position of supercargo or opperkoopman – the most senior merchant aboard. Within his command were the captain Adriaan Jacobsz, and Jeronimus Cornelisz whom the VOC had placed aboard as the onderkoopman – subcargo or junior merchant.

Cornelisz was the most mysterious of characters, a bankrupt pharmacist from Haarlem, west of Amsterdam who had chosen to flee from the Netherlands, for fear of being arrested because of the heretical beliefs that he embraced as a

## The Dutch mariners...mutiny and murder on the west coast

follower of the radical artist Johannes van der Beeck, also known as Torrentius.

Here is just a sampling of some the hard line views held by Van der Beeck...

"All traditional religions so they are contrary to the will of God, who put us on earth that we might, during our brief existence, enjoy without hindrance everything that might give us pleasure".

Imagine if you will how such views sat with the strong Calvinist values that prevailed in the broader Dutch society of the time.

Choosing to share such views placed Cornelisz at some risk, and so deciding to flee aboard a ship heading to the East Indies seemed like a good idea.

A review of the ship's manifest suggests that *Batavia* officially carried 341 people for the voyage to the Indies. Of this number around 180 were the officers and crew who had the responsibility of sailing the ship; there were about 100 soldiers,

with the remaining being civilian passengers, of which most were women and children.

With cargo loaded and passengers and crew aboard, *Batavia* headed into the English Channel, bound for Cape Town. It must have been an omen for the challenges that lay ahead, for within days of leaving Texel the fleet of seven ships was hit by a massive North Sea storm. Once the skies had cleared only three of the original seven ships remained within visual contact, not a good way to begin a six to nine month voyage.

During the voyage to Cape Town the first signs of trouble began to brew. Jacobsz, the captain enjoyed a swig or two and on many occasions he clashed with Pelsaert who became concerned for the safety of the ship whilst in the command of a drunken captain.

Observing this, Cornelisz sought out Jacob's ear in the hope of hatching a plan to take over the ship, then sailing to somewhere in the

Indies where they could begin a new life using the huge supplies of gold and silver aboard to secure the food and materials that they would require.

A disgruntled Jacobsz did not require much persuading, so upon leaving Cape Town after re-provisioning, Jacobsz deliberately steered *Batavia* away from the rest of the fleet. The protagonists enlisted the support of a small group of men who embraced their intentions, and together they hatched an incident that would ensure a mutiny would befall the *Batavia*.

Mutiny and murder are to come...

Join us again next month for the continuation of the *Batavia* story.

This article is brought to you by the Duyfken 1606 Replica Foundation. [www.duyfken.com](http://www.duyfken.com)



## WANTED TO BUY

Antiques and Collectibles  
Deceased Estate Specialists - Estate Sales conducted

**We are looking to purchase the following:**  
old paintings • Royal Doulton • Shelley China  
Australian pottery • Wembley Ware • medals and badges  
stamps, coins and banknotes • vintage watches • costume  
and fine jewellery • militaria • postcards • old advertising  
sterling silver items • fountain pens • vintage cameras

**From one item to a house full, we buy anything old and interesting as long as we don't have to feed or water it!**

**We are also down-sizing specialists and can organize a complete relocation - call Sally for more details**

**For a FREE consultation in the privacy of your own home call NICK 0498 009 880 or SALLY 0407 672 878**

### Members wanted for the Bay City Ladies Golf Club

BAY City Ladies Golf Club has been operating for 50 years but lately membership has faded.

The group play at the Bayswater/Embleton course on Tuesdays and enjoy nine holes of golf in great surroundings with other friendly golfers.

The season commences on

8 March. Hit off is at 8am during summer and 9am in the winter months.

No handicap is necessary and there is no restriction on skill level. Beginners are more than welcome.

The season includes an optional 18-hole competition and a varied

program of stroke and novelty days.

A midyear luncheon, Melbourne Cup, Charity Day, Trophy Day and end-of-year lunch makes for a very enjoyable year of socialising as well as some fun golf.

Please ring Kaye on 9209 1413 for more information.

## 3 FANTASTIC SHOWS! EXCLUSIVE TO EL CABALLO

### NORMIE ROWE SHOW

'Australia's undisputed King of Pop shakin' all over again at El Caballo Resort'

### The Dusty Springfield SHOW

starring Wendy Stapleton, this is an outstanding tribute to the songs and career of British pop singer, Dusty Springfield

**BOOK NOW! Mother's Day Sunday 8 May**

### THE ULTIMATE BUDDY HOLLY TRIBUTE

## BUDDY'S Back!

Starring SCOT ROBIN who played Buddy Holly in the Stage Musical BUDDY

Saturday <b>16 APRIL</b> \$92.50pp	Sunday <b>17 APRIL</b> \$66.50pp	Saturday <b>7 MAY</b> \$92.50pp	Sunday <b>8 MAY</b> \$77.50pp	Friday <b>22 JULY</b> \$66.50pp	Saturday <b>23 JULY</b> \$92.50pp	Sunday <b>24 JULY</b> \$66.50pp
6.30pm DINNER and 8pm SHOW	12noon LUNCH and 1.30pm SHOW	6.30pm DINNER and 8pm SHOW	12noon Mother's Day LUNCH and 1.30pm SHOW	12noon LUNCH and 1.30pm SHOW	6.30pm DINNER and 8pm SHOW	12noon LUNCH and 1.30pm SHOW



## DON'T MISS OUT - BOOK NOW!

Overnight accommodation packages available

# Call 9573 3777 or visit [www.elcaballo.com.au](http://www.elcaballo.com.au)

3349 Great Eastern Hwy, Wooroloo WA 6558



# Introducing our NEW RANGE of SOLID AMERICAN OAK

America's favourite timber, prized by craftsmen for centuries for its beautiful distinctive grain, strength and hardness. See the full range of this superb quality furniture only at Spearwood Furnishing Centre.

QUALITY FURNITURE AT REALISTIC PRICES PURCHASED DIRECT FROM MANUFACTURERS - NO SUPPLIER FEES - NO AGENT FEES



**SOMERSET 5 PCE suite**  
Solid American Oak  
1600mm table

~~\$1749~~  
**\$1,399**  
SAVE \$350



**BOOKCASE**  
Solid American Oak  
1950 x 1200mm

~~\$1249~~  
**\$999**  
SAVE \$250



**LARGE ENTERTAINER** Solid American Oak 2000mm

~~\$1099~~  
**\$899**  
SAVE \$200



**DICKSON**  
Great comfort and superb craftsmanship.  
Upholstered in 100 per cent leather with full push button electric recliner actions.

~~\$4299~~  
**\$3499**  
SAVE \$800



**3 DOOR BUFFET & HUTCH**  
Beautifully finished.  
Dovetailed and corner blocked drawers.  
Beveled glass doors with mirror backs.  
Also available as a 4 door buffet & hutch

~~\$2499~~  
**\$1,999**  
SAVE \$500



**SOMERSET 7 PCE**  
Huge range of chairs to choose from.  
7 Table sizes from 1000mm to 2700mm

~~\$1999~~  
**\$1,549**  
SAVE \$450



**SMALL ENTERTAINER**  
Solid American Oak 1800mm

~~\$999~~  
**\$799**  
SAVE \$200



Solid American Oak  
2 Door drawer buffet

~~\$1099~~  
**\$899**  
SAVE \$200

**HALL TABLE**  
Solid American Oak



**COFFEE TABLE**  
Solid American Oak

~~\$699~~  
**\$549**  
SAVE \$150

**LAMP TABLE**  
Solid American Oak

~~\$299~~  
**\$229**  
SAVE \$70



**TV CORNER**  
Solid American Oak

~~\$959~~  
**\$799**  
SAVE \$160



**SOMERSET**  
5 PCE Round Dining Suite  
Table has a diameter of 130cm and is crafted from solid American Oak.  
Also available in a smaller table with a diameter of 100cm

~~\$1749~~  
**\$1,399**  
SAVE \$350



**SOMERSET 4 door**  
Solid American Oak buffet 2030mm  
Also available as a 5 door buffet

~~\$1599~~  
**\$1,299**  
SAVE \$300



**VONDA**  
Lovely high back comfort and support from this quality WA made recliner suite. Available in a huge range of fabrics and comes with a 10 year warranty

~~\$2999~~  
**\$2399**  
SAVE \$600

**SOMERSET COMBINATION**  
Head board and tallboy 4 PCE suite.  
Dovetailed drawers and extension runners.  
Dressing table also available for \$999.



~~\$2099~~  
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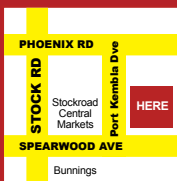


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# Enjoy the health benefits of singing



by Rick Steele

1958 was a good year for me.

That was the year my sister came home with a '45' of Elvis Presley singing *Blue Suede Shoes*.

I was born the son of a preacher man and a piano teaching choir mistress, my singing prowess was honed mostly in the congregation on a Sunday morning or with a weekly school session with an elderly spinster, Miss Ewen.

My favourite song up to this point was *Onward Christian Soldiers*.

Incidentally, it is still a favourite.

Little did I know the health benefits being bestowed upon me and that I would make a career out of singing.

Which brings me to *Sing for Health Week* which aims to create awareness of the health benefits of singing and provide an opportunity for people to come together in song and to build vibrant, diverse healthy singing communities.

Singing is a fun way to stay physically and mentally well and socially connected. It is good for your lungs and posture and helps keep the winter chills away by boosting the immune system.

Singing tones face muscles, keeping wrinkles away, (too late for some of us) gets the heart and circulation moving while releasing feel-good endorphins. Group singing releases oxytocin which is known to reduce anxiety and depression.

Something magical happens when people sing together and everyone is on the same pulse.

Wow - this sounds better than sex!

*Sing for Health Week* which will be held from 16 - 22 May for activities, events, partnerships and sponsorship, please contact the choir at: [info@spiritofthestreetschoir.org.au](mailto:info@spiritofthestreetschoir.org.au) or log onto [www.spiritofthestreetschoir.org.au](http://www.spiritofthestreetschoir.org.au)

The *Spirits of the Streets* choir meets and rehearses each Tuesday at St Alban's Church Hall on the corner of Beaufort Street and St Albans Avenue at 1pm.

Come along and enjoy a cup of tea and bikkies first. Enquiries please call Lorraine on 0414 406 816.

Come along to a free

concert featuring the *Choir of Hard Knocks* on Friday 11 March from 7-9pm at the Canning Civic Amphitheatre. There will be food stalls. Bring a picnic chair or blanket.

Blues in the West continues to grow a bigger audience and plans are beginning for next year's celebration of the Perth Blues Club's 25th year. The Blues Club runs every Tuesday night at the Charles Hotel.

The 12 April sees the return of the one and only Eugene Hideaway Bridges. Eugene is the son of Hideaway Slim recently deceased. Originally from Louisiana, Eugene grew up mostly around Texas before embarking on his world tour which began in the 1990s.

His first trip to Perth was 2000 and he has returned each year. He loves Perth and will be coming direct from the Byron Bay Festival.

He worked many times with the late great BB King and is one the few chosen to continue BB's legacy.

As Molly tended to say, "Do yourself a favour..."

To all those trying to give up smoking, (I am a goodie two shoes, three years now). Warning: Smoking shortens your cigarettes.

Cheers dears.

# Trying to get a good day's sleep...



by Jon Lewis

IT was 11am and I couldn't sleep. Yes it did seem strange. Normally I would have been merrily dreaming of coffee cups and cake. On this bright day I was all too wide awake.

After working all night talking and taking interesting calls at radio 6PR, then a delightful breakfast with my darling wife, a little walk before her work and I was off to sleep the day away. Alas

that was not to be that day.

I had tried everything from pretending to sleep, laying calm, all the way to counting sheep in Spanish.

So what could I do now? (Yes I did try moaning, it didn't seem to help though).

Then it occurred to me. Make the most of this troubling situation. But how? Perhaps I could do something useful?

I felt a little better.

You see what was happening to me, I think, was the more I thought about sleeping the more I could not sleep. So, I theorised it was better to put the time to good use. In past times I had not done this, rather watched TV or played on the internet. The more I wasted my time, the

more I worried about my sleep... so this was a refreshing new plan.

My thoughts on this are if you or I are struck by an unavoidable troubling predicament perhaps we can at least not let it steal our time, our precious time?

If you are waiting on a worrying phone call, or overcome by some disappointment or just feeling down in a big way, or small. Then maybe, just maybe, we can at least use the time to good effect?

My theory, and it is just a theory, is at the end of the process much good can be achieved. Also, according to some, the process of occupying the mind can help us ride through the internal storm. Hopefully even see the storm out and

arrive to calmer waters.

If it's impossible to shake the blues we are challenged with at times (or just can't sleep), how about feeling a little better of how we choose to pass the time?

As it turned out I folded the washing, tidied up the house and did some paper work. Then still awake, I made some phone calls and had a cheeky snack.

By 5pm I was getting tired, very tired indeed. I set the alarm and a few others too. Called my dear wife to say good night and tried again.

Zzzzzzz!

Note: Some scientists think that there is something in the blue light from computer screens that activates the brain and actually keeps us awake.

# Yes you can - join the Over 55 Canoe Club



Over 55 Canoe Club members enjoy a game of pop the balloon on Hardy Inlet

day morning from various locations on the Swan and Canning Rivers.

You do not need to have had previous paddling experience as the club will give instruction, but you must be able to swim and exit a kayak unaided.

If you would like to have a go at paddling, come along to the club's annual new members' days held on the Canning River at Kent Street Weir, Wilson on three consecutive Thursdays, 7, 14, 21 April with registration commencing at 8.30am. Loan kayaks, paddles and personal flotation devices will be provided free of charge during the three week try out period.

If you wish to continue paddling and join the club after the try out period

you will need to purchase your own kayak and other equipment.

The traditional four day Augusta paddling camp was held during the first week of February which this year coincided with the tail of flood waters coming down the Blackwood River.

The higher water level and stronger current flow changed the dynamics at Sues Bridge and facilitated an upstream paddle further than in previous years.

The higher water level ironed out a number of rapids but there was still one which required portage.

The Chapman Pool and Alexander Bridge paddling venues were not significantly impacted by flood waters.

The last day of the camp was the official fun and games day held on the water in the Hardy Inlet near the Colour Patch Café. Kate devised team games such as paddle polo and pop the balloon tied on the other team's kayaks.

These games were embraced with great enthusiasm and a surprising amount of vigour.

Apart from the paddling, the Augusta camp is a very social event and this year was no exception with the highlight being a barbecue kindly put on by Iris and Murray at their holiday house.

There is a strong possibility that the February 2017 camp may be held at Walpole with the objective of exploring the three rivers flowing into the Nornalup Inlet.

For existing members the club starts its paddling season in earnest from early March with the safety day exercise at Hillarys Boat Harbour.

Many thanks to our long suffering webmaster Daryl, now that he is connected to the NBN, for upgrading the club website and planning to introduce an action movie section.

For further information visit our web site, [www.over55canoeclub.org.au](http://www.over55canoeclub.org.au) or telephone club president Peter on 9409 3813.

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by George Gouteff

YES you can join a group of mature men and women who paddle for fun, during the season, every Thurs-

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## SRCWA President's Jottings



### SRCWA Annual Seniors Camp at Camp Quararup

Some 46 campers attended the SRCWA camp held in February at Camp Quararup in Albany.

Eileen Stark, camp coordinator, SRCWA vice president Phil Paddon, his wife Pat, along with Rob and Jo Lucas joined camp participants for the presentation of a park bench commissioned in memory of former camp coordinator and SRCWA Perth branch president Frances Laws.

The presentation was held during an evening sharing the fun times had with Frances, including reflection on many years of great memories.

During the camp, participants took part in numerous activities such as bush walks, canoeing, craft, belly dancing, table tennis, archery, and boot scooting. A day out to the Old Farm at Strawberry Hill with the National Trust was also a highlight of the camp.

The last night of the camp culminated with "The Quararup Concert" belly dancers and boot scooters showed their talent and thanks to Pam Gatt, there was no shortage of funny stories, funny skits and musical acts.

SRCWA would like to thank camp coordinator Eileen Stark and her group of dedicated volunteers and helpers for all their hard work in making the SRCWA Camp Quararup an event many look forward to annually.

### Tech Savvy Seniors

Don't Get Ripped Off – Scams workshop in partnership with Consumer Protection.

45 people attended a free scams workshop held at the Department for Sport and Recreation building in Leederville. SRCWA conducts free workshops in partnership with the Department for Commerce and is supported by Telstra. Our thanks go out to Merinda from Department for Commerce and Luke Walsh from Telstra Carousel for their invaluable knowledge and advice. Remember "If it seems too good to be true ... it probably is." Always question the validity of requests for personal or financial information.

### SRCWA Rockingham branch Have a Go Day

On Wednesday 13 April 2016, Seniors Recreation Council of WA's Rockingham branch is conducting a Have a Go Day at the Aqua Jetty in Warnbro.

This free event will showcase the many clubs and groups from Rockingham and surrounding areas. There will be many different activities to "Have a Go" at and many static displays.

If you are a club, group, community organisation or business and you would like to get involved in the day please contact Frances Cheney on 9592 7651 for further details.

This event is Sponsored by ALCOA, Aqua Jetty, City of Rockingham, Bendigo Bank, Stockland, Have a Go News, Betta Electrical, IGA – Chelmsford Ave, Kennards Hire, LiveLighter Healthway, Telstra, Dept. of Sport & Recreation and Dept. of Local Govt. and Communities.

### SRCWA Annual Seniors Ball

The Seniors Masquerade Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 8 June, 1pm to 4.30pm. Afternoon tea is provided with the entertainment featuring the live band Offspring, ticket cost \$35pp with discount for group bookings.

There will be a door prize and many other prizes donated by Crown Perth and Have a Go News.

Crown Perth and Have a Go News proudly sponsor this event.

Put this date in your diary, to book tickets and for further information contact Kate Chetwin 9492 9771.

### Diary Date:

### SRCWA mid-year variety concert

Sunday 19 June at the Morley Sport and Recreation Centre, 12.30pm to 4.30pm.

A wide range of popular artists will be performing throughout the afternoon.

For further information and to receive a promotional flyer phone Kate Chetwin 9492 9771.

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



Hugh Rogers,  
Seniors Recreation Council  
State President

# The Wreck of the Batavia: Part 3

by Mikel Smits

UNAWARE that his second in command, Jeronimus Cornelisz, had been conspiring with the ship's skipper, Ariaen Jacobsz, to seize the *Batavia* and its treasure of 250,000 guilders, following the *Batavia* coming to unexpected grief on a reef in the Abrolhos Islands, the commander, Francisco Palsaert, decided to make for Batavia (Jakarta) in two of the ship's sloops to seek a rescue ship.

He was accompanied by Jacobsz and some crew while leaving approximately 280 other survivors in the care of Cornelisz.

Left to his own devices and in pursuit of his treacherous intentions, Cornelisz and his band of mutineering sailors and soldiers assumed control of the stricken ship which was still intact (later to break up with 40 drowning as she went down) along with the limited food and water supplies. Using the ship's remaining sloops they divided some of the survivors into groups and ferried them to surrounding islands with the expectation

they would die of thirst or starvation. One group of some 40 soldiers led by Wiebbe Hayes were taken to the High Island (West Wallabi) on the pretence they were to search for food and water and send a smoke signal should they succeed.

From this point in time, Cornelisz' men went on a wild rampage at first killing those who were weak or injured and anyone considered to be a threat to them. Then it seems the marauding mutineers needed little excuse to murder; possessed by the lust for blood and sated by the power and terror they beheld over their captives, to hunt down and kill had descended into a macabre pastime, even island-hopping in the chase.

Meanwhile Hayes and his soldiers had the ironic good fortune to find water and food in the form of wallabies, birds and eggs. Smoke could be seen from their island so Cornelisz sent men to land and overpower the group however, a few survivors who had escaped being slaughtered and somehow made their way to Hayes' island, revealed to him the

carnage that had occurred and the plans of the mutineers.

Hayes' group was prepared; they had made pikes and morningstars from wreck timbers, barrel hoop and materials washed up on shore from the wreck and so they were able to repel the marauders who attacked periodically over the next month. Cornelisz then sent word that he and a handful of men would come to make a truce, bringing some supplies and an offer to share the spoils. Hayes sensed it was a deceitful ploy, which it was, and upon Cornelisz' arrival, he was captured and taken prisoner. Four of his accomplices were executed while the fifth escaped by boat.

The mutineers regrouped under the leadership of a soldier, Wouter Looes. Further raids on Hayes's defenders were launched to almost success but just as in a Hollywood film script, at the eleventh hour, a rescue ship appears on the horizon... to be continued.

Note: The Royal Australian Mint recently released a silver coin in tribute to the *Batavia*.



by Mikel Smits

LAST month, one of my cherished mentors died. I was so saddened, for the few days that followed, a tear or two would come to my eye when I thought or spoke of him.

He was Max Stern, an amazing personality in many respects and arguably if not undeniably the most dynamic and successful stamp dealer to ever trade in this country while also becoming internationally renowned. In the 1960s, he conceived a promotion for Ampol whereby millions of stamps were given away to purchasers of their fuel

– some of you may well remember this. Mr Stern supplied the packets of stamps, an album was also produced and it was because of this promotion that my father and thousands of others became collectors. Soon thereafter, my dad became a dealer with me eventually following in his footsteps.

Mr Stern was born in 1921 into a Jewish family in Czechoslovakia. For his bar mitzvah he received a stamp album from his father and by mid-teens was already trading at markets. With the outbreak of WWII and the German invasion of Czechoslovakia in 1939, his father lost his business with Max then having to support the family from his stamp trading. When the Germans declared Czechoslovakia was to become cleansed of Jews, Max went into hiding, was captured and interned in con-

centration camps. He escaped when the Germans abandoned them due to the advancement of Russian forces. Near death, he managed to return to his home in Bratislava only to tragically find that all of his family, other than two sisters, had been executed.

He married in 1948, the same year the communists came to power and for which reason he then fled Czechoslovakia and migrated to Melbourne. He set up shop in Central Arcade and then moved to Port Phillip Arcade in 1956 where the business has traded ever since, nowadays occupying an impressive nine shop fronts in a row.

Beyond retailing, Mr Stern also directed his business towards wholesaling, supplying dealers with albums and catalogues as well as new stamp releases on behalf

of 21 countries including Great Britain and the USA. As such, his business is the largest supplier of stamps in the country, now under the directorship of his son-in law, Sam Seigel, who has worked with him for about 40 years. Mr Stern still manned the shop till the day he died.

Space does not allow me to list all of his achievements: life member of the Australasian Philatelic Traders Association, also the US equivalent; 20 year board member of the International Federation of Stamp Dealers; recipient of the British Rowland Hill Award; convener of National Stamp Week and the Australian Stamp Promotion Council which was the fore-runner to the Australian Philatelic Federation; and in 1999, he became a Member of the Order of Australia for his contribution to philately.

Mr Stern was a notable identity in the Jewish community and in recent years held a weekly lecture for students at the Holocaust Museum. His other passion was soccer. He sponsored a cup in his name and recently received a special award for his contributions to the Victorian Soccer Federation. Amazingly, he retired from playing only a few years ago when he turned ninety, at which time, he had been the oldest registered player in the southern hemisphere, a title he proudly held for more than 10 years.

You truly made your stamp on us collectors and dealers Mr Stern – we will dearly miss your enthusiasm, encouragement and guidance, support, unparalleled energy and that bright, beaming smile.

May you rest in philately.

## Rich and varied selection of books to discover at book sale



Some of the extraordinary travel, art, cooking and history books available for purchase.

THE Royal WA Historical Society's second-hand book sale is the first of many exciting events planned to celebrate 90 years of the organisation in 2016.

What makes this second-hand book sale a 'not to be missed event' is the varied and rich selection of popular and out-of-print books donated by members and friends of the Society on sale at fantastic prices.

There will be some specialist categories including West Australian, Australian, a large selection of fiction and many other subjects, as well as DVDs, LP records, CDs, magazines and maps.

The funds raised go towards the preservation of the Society's library and museum collections and general running of the Society. So while picking up some fantastic bargains buyers will be supporting a very worthy cause.

Pick up those books you have always wanted to read at bargain prices and help the Society continue to foster interest and enjoyment of WA history.

Come along to 49 Broadway (corner of Clark Street) with your family, friends and neighbours on Saturday 2 April and Sunday 3 April.

Visit the website [www.histwest.org.au](http://www.histwest.org.au) for additional information on talks, events and exhibitions.

Read us online and enter our reader survey



Seniors Recreation Council of WA Inc presents the



## Seniors Masquerade Ball

Wednesday 8 June 2016  
1pm to 4.30pm

Astral Ballroom, Crown Perth

\$35pp inc afternoon tea

(Discounts for group bookings)

Entertainment:

Live band 'Offspring'

For further information and ticket sales:

9492 9771



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GENTS SEEKING LADIES contd from page 5

**CARLISE** Handsome widowed fit travel camping seeks lady companion 60/70

**SOUTHERN RIVER** tall cute self/emp Tatts GSOH M/ bike seeks lady 50-60

**MERREDIN** Gentleman farmer romantic seeks lady to spoil in Perth 59/70

**BUSSLETON** Ex farmer tall old fashioned manners seeks lady view long term

**FALCON** Professional man w/educ fin secure seeks Asian lady 35/55 view to friendship/marriage

**OCEAN REEF** Gent with ties s/emp seeks similar lady to socialise 49/65

**BERTRAM** handsome loyal dark/hair family man seeks family orientated slim lady 39/55 view long term

**GERALDTON** slim loyal nice man seeks lady to spoil race meets dinners outings etc 60/72 comes to Perth wkly

**BUNBURY** ex farmer 180cm good man w/estab volunteer wk Travel sks lady 60/70 view long term

**HARVEY** Country gent seeks slim outdoorsy lady 50/59 to spend quality times with view genuine relationship

\*SEE PAGE 5 FOR LADIES SEEKING GENTS



## Community NOTEBOOK

### ELLIS HOUSE COMMUNITY ART CENTRE

16 Milne St, Bayswater  
Escape not Art Exhibition  
From 17 March until 3 April  
Come along all welcome.

### THE YORK EASTER FAIR ANTIQUES, COLLECTABLES AND MARKET STALLS

Saturday 26 to Monday 28 March  
Easter weekend  
York Town Hall  
All proceeds are for charity.

### RECORD AND CD FAIR

Sunday 10 April, 9am-3pm. Leasurelife Centre  
Kent and Gloucester St. East Victoria Park.  
Adults \$3 Kids free. Info Frank 9458 5864  
Part proceeds to Radio Lollipop at PMH.

### BOOK CLUB AT FLOREAT

The Fourth Tuesday Book Club meets once a month at Cambridge Library.  
Please contact the organiser, Jean, on 0422 333 057.

### FREE WRITERS GROUP-SAZ CAMPBELL WRITERS' CIRCLE

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### ORTHOMOLECULAR SUPPORT WA (OSWA)

Meeting on Sat 9 April, 2pm  
at Anglican Church Hall,  
257 Barker Rd, Subiaco  
Guest speaker Jo Starke.  
Using the science of colour (glass lenses) to transform lives.  
Members \$5 Non Members \$7. incl. afternoon tea. All welcome.  
email fmryan@bigpond.com

### ROSTRUM WA INC

Visit without cost or obligation.  
6.30pm-8pm, Mondays, Belmont Sport and Recreation Club  
Cnr. Keane & Abernethy Rd,  
Cloverdale, Ph Eddie 9454 6878  
Tuesdays, Ascension Hall, Spring Park Rd  
Midland, Ph Roy 9294 2201.

### FORRESTFIELD SENIOR CITIZENS TRAVEL AND SOCIAL CLUB (INC)

Meets at Woodlupine Community Centre, Woolworths Dve. Forrestfield  
Thurs 1-3pm Afternoon tea, guest speakers, raffles and a monthly bring and buy that helps to subsidise the day trips on the third Thursday of the month.  
Annual joining fee \$10, each visit \$5  
Ph Roger 9454 8527 or Marie 9454 5371.

### DUCK DERBY AND CLAISEBROOK CARNIVALE

Sponsored by the Rotary Club of Heirisson.  
Sunday 20 March  
Bring the whole family, free rides and activities for the children from 10am-4pm  
Amazing food from local vendors available all day.

### OSBORNE COMMUNITY CENTRE

Cnr. Main and Royal St. Osborne Park  
Meal and matinee for the over 50s  
Cost \$14. Two course meal. 12.30pm (monthly)  
Bookings are essential 9205 7940.

### FAIRBRIDGE FESTIVAL

Fairbridge Village. Pinjarra.  
15-17 April  
An annual family friendly celebration of folk and world music.  
Something for everyone. Enjoy a magic day.

### ALL AUSTRALIAN CAR DAY

Waroona Show Grounds. Sth West Hwy  
10 April  
10am-4pm Entry gold coin donation  
Huge car display. Kids entertainment, market and food stalls plus a gourmet wine and food hall.  
Naomi 0418 936 952  
aacdwaroona@dodo.com.au

### AUTUMN RIVER FESTIVAL

3 April, 11am-3pm Garvey Park, Ascot.  
Come and enjoy a wonderful day of family fun by the river at the annual City of Belmont Autumn River Festival. Residents with an Opportunity Card, present it at the gate to receive discounts.

## World War I talk at the WA Self Funded Retirees Association

THE SPEAKER at the WA Self Funded Retirees Association meeting on Friday 8 April is Dr Bill Edgar who will speak about WWI.

"With a series of 100th anniversary commemorations to come, the presentation will cover the sequential course of Australian involvement in the Great War through to the Armistice in 1919," said Dr Edgar.

The talk follows these dates and topics...  
1914 - Outbreak (and why)

1915 - Gallipoli  
1916 - Armientieres/Fromelles/Pozieres and Mouquet Farm  
1917 - Bullecourt/Menin Road/Polygon Wood/Passchendaele  
1918 - Villers Bretonneaux/Le Hamel to Mont St Quentin.

"In following this course (via a photo story format) I will clarify (or de-mystify) for many the sequence and the context of these centennial events – and in doing so provide a more comprehensive understanding for even the uninitiated.

"In the process I will emphasise the often unknown involvement of Western Australian units and personnel, in particular, notables such as Brigadier Arnold Potts and Sir Ross McLarty, later Premier of Western Australia," he said.

There is little doubt that many people have only a smattering of knowledge of the activities preceding that terrible event known as The Great War and the group feels sure that Doctor Edgar's presentation will prove to be both

interesting and enlightening.

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

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

## Enjoy Bike Week with an orienteering course at Bibra Lake

THE BikeQuest @ Bibra Lake is one challenge bike riders won't want to miss. Explore this popular lakeside playground by bike as Orienteering Western Australia teams up with Bike Week to host this morning cycling adventure event. Family friendly, it's suitable for all ages, solo adventurers or groups.

How BikeQuest works: Once people have a map, they get on their bike and the clock starts ticking. The goal is to see how many checkpoints competitors can reach before time is up.

Orienteering is a sport that combines outdoor adventure with map reading and navigational skills. It involves navigating

though the bush, parks or streets with the aid of a specially produced map; the aim being to locate checkpoints as quickly as you can.

The skill in orienteering is in choosing the best route between controls. As an example, you could choose a short route over a hill which may be shorter but harder to ride than

a longer route that goes round the hill which may have easier terrain to ride across.

Riding will be partly on paved roads and bike paths with dirt and limestone tracks thrown in. Some tough tyres may help but road bikes will survive.

Register online and then turn up on Saturday

19 March from 9am to start at 09.30am sharp. The event finishes at 11.30am.

Event fees: Adults - \$10 per person.

Juniors (under 21 years) - \$5 per person.

For further details of the event and registration visit [www.wa.orienteering.asn.au/events/bikequest-bibra-lake](http://www.wa.orienteering.asn.au/events/bikequest-bibra-lake)

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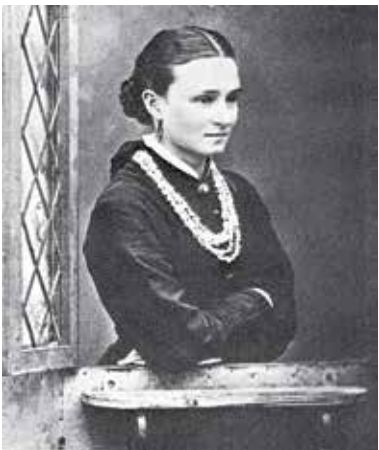
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If you would like to promote your event through the Community Notebook, please email Pat, [research1@haveagonews.com.au](mailto:research1@haveagonews.com.au)







Edith Cowan  
© SLWA

WOMEN have jobs and careers, raise children, study, volunteer, and still manage to keep home fires burning. It's hard work. Recognising that effort, the United Nations first officially designated 8 March as International Women's Day (IWD) in 1977.

Aiming to promote women's human rights, political participation, and economic security, the UN went on to develop the United Nations Development Fund for Women, now known as UN Women. Dedicated to advancing women's rights and achieving gender equality, UN Women offers financial and technical help to innovative programs which foster

# Heritage Corner - the women of WA's history

women's empowerment.

To celebrate the centenary of IWD in Western Australia, the WA Women's Hall of Fame was launched. It acknowledges the achievements of Western Australian women past and present.

Throughout our State's history some extraordinary Western Australian women have left their mark, but it was not an easy path for our female fore-bears.

Following Queen Victoria's assent to a Bill that was passed by the WA Parliament on 15 December 1899, Western Australian women won the right to vote in 1900. The situation was not quite the same for indigenous women who were not given the right to vote until 1962.

Once the right to vote was secured, it was a further 20 year's before women in WA achieved the right to stand for State Parliament and that is exactly what Edith Cowan did. She became the first woman to be elected to an Australian Parliament, where she served in the WA Legislative Assembly until 1924. Then in 1943, Dame Dorothy Tangney, a Perth school teacher, became the first woman elected to a Federal seat in the Senate. She served for 25-years, making her the longest-serving woman parliamentarian.

Much of the early advancements for women and indeed social change were championed by suffragettes, often members of the Woman's Christian Temperance Union. It is believed their activities were quietly supported by some, but not all, members of the Karrakatta Club, a women's club founded in 1894. The Club's first constitution stated a single purpose: to bring into one working body the women of the community for mutual improvement and social intercourse. Early concerns of club members focused on women's issues, the guardianship of children, voting rights, assault, divorce law reforms, and equal pay for male and female teachers.

The club's membership boasted some historically important WA women such as Dr Roberta Jull – the first female medical practitioner in WA, Edith Cowan, Florence Cardell-Oliver – politician, activist and well-known suffragist Bessie Rischbieth, a founding member of the Children's Protection Society in 1906 and the inaugural vice-president and later president of the Women's Service Guilds of WA.

Other members included trade unionist Mary Hynes Swanton, who arrived in Perth around 1889 and went on to become the first woman to be awarded honorary life membership of

the Australian Natives Association in 1900. In that same year, she helped to found, and became the first secretary of, the Australian Women's Association (Perth). Also a member was Lady Margaret Forrest – founding member of the Wilgie Club WA, a fine artist society. A 'fine' artists herself, her collection of wildflower works was bequeathed to the Art Gallery of WA when she died in 1929.

In 1923 members of the Karrakatta Club decided to align with the international movement of Lyceum Clubs. The club still exists today and resides in the beautiful art-deco Lawson Apartments on the Esplanade.

Such clubs have played an important role throughout our State's history in helping women to make their mark and effect change for the better in society.

Formation of a Country Women's Association in Western Australia was first proposed in 1923 by Lady Forster, wife of the Governor General at that time. The CWA held their first meeting a year later and by the end of 1924 four branches were operating.

Again this women's organisation had many influential members; Jean Beadle feminist, social worker and founder of the Labor women's organisation in Fremantle; Irene Greenwood,

broadcaster, activist and participant in the peace and women's movements and Ruby Hutchison, the first woman elected to the WA Legislative Council and a key figure in establishing the Australian Consumers Association in 1959.

There are so many inspiring women who have effected change and provided a better pathway for the women who followed them.

On 8 March, International Women's Day, you may like to reflect on these women and investigate the role they played in shaping the society in which we now live. You may also wish to celebrate women both past and present who will be honoured with induction to the WA Women's Hall of Fame.

For more information about the WA Women's Hall of Fame, visit [www.wawomenshalloffame.com.au](http://www.wawomenshalloffame.com.au). For information about Heritage Perth visit [www.heritageperth.com](http://www.heritageperth.com), [www.facebook.com/HeritagePerth](http://www.facebook.com/HeritagePerth) or [twitter.com/heritageperth](http://twitter.com/heritageperth)



## Have a Go News celebrates 25 years in 2016 - making its mark in the community



Left to right; Brian French and his opening address at Have a Go Day circa 1993 - The CWA serving free teas and coffees in the hospitality tent circa 1994 - A young Tod Johnston entertaining the crowd

by Jennifer Merigan

LAST month I featured the beginnings of the paper and how Judith and Quentin began the *Have a Go* story through sheer hard work and determination.

This month we look at the building of *Have a Go Day* and some of the other community projects the paper contributed to or created.

I spoke to former columnist and inaugural

president of Seniors Recreation Council of WA, Brian French about the beginnings of *Have a Go News* and *Have a Go Day*.

"About 25 years ago I set up Seniors Recreation Council of WA (SRC) with the aim of encouraging healthy ageing through activity.

"However, I had no finance or staff, but the Ministry of Sport and Recreation (MSR) gave me office accommodation and I recruited six active volunteer seniors to help with getting SRC off the ground.

"In my time running the Seniors Recreation Council, *Have a Go News* has been a major contributor to the activities and specially on *Have a Go Day*. This we took over from the MSR 25 years ago when we only allowed participation in activities with no selling.

"We used all the seniors activity clubs to encourage people to come along, and after a couple of years moved from McCallum Park to Burswood Park. Once again promotion of the event was undertaken by our faithful ally *Have a Go News*.

"The MSR at that time was producing *Have a Go News* but with limited success, and was looking for an organisation to take it off their hands.

"Concept Media owned by Judith and Quentin agreed to produce the paper and Quentin joined SRC to take on the vital role of publicity", said Mr French.

"From tiny acorns do the mighty oaks grow; so did *Have a Go News* under the strength and passion of Judith and Quentin. "Over the past twenty five years the paper has developed into an important part in the promotion of older people's interests.

"This certainly would not have happened without the powerful input and effort of Judith and Quentin and their daughter Jennifer.

"I think back and wonder what would SRC have done without *Have a Go News*' publicity?"

"I take this opportunity to send a big thank you to Judith, Quentin and Jennifer," said Mr French.

Some of the innovations which Judith and Quentin brought to *Have a Go Day* in those early years included the hospitality tents which back then were manned by the Country Women's Association with tea donated by Madura tea. Then a few years down the track Channel 9 got involved and starting subsidising the CWA.

In 1994, *Have a Go News* initiated the very successful photographic competition *Discovering WA With Your Camera* which ran for 11 years.

"During this time we were privileged to display the photographic works of some of our talented readers at many major shopping centres.

*Postcards* also featured the exhibition on one of their television programs.

Other community events the paper ran included reader movie mornings in conjunction with cinemas and film companies and a variety of reader lunches as well as Seniors Impact Days at various shopping centres across Perth promoting services and activities for older people in their local area.

Next month we look at the changing times of technology and how the paper doubled in size.



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# travelling

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A view to St Ives. Mary Carroll shares her love of a visit to this pretty seaside town in Cornwall where history, food and art combine to offer so much for the visitor. Read her story on page 24.

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# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Jen Merigan

CONGRATULATIONS to the WA entrants that took out some of the top gongs at the National Tourism Awards, these include Top Drop Tours,

HideAway Haven, the National Anzac Centre, Sandalford Wines and Sail Ningaloo.

It's great to see our tourism industry in WA is working hard to provide world class experiences and being recognised for such on a national basis.

Kings Tours and Travel were recently awarded as the number one agent in WA for Evergreen Tours and took out the number three award nationally.

This is great news for Jenny Franceschi and her team at Kings.

More awards for our regular advertisers include Bicton Travel which took out the Gold Cruise

Agency of the year for the fifth year in a row.

It's so pleasing to see two family-owned WA travel agents receiving national recognition.

I always recommend booking your holidays with a travel agent – they offer the best deals and provide that extra service to ensure your holiday is everything you want it to be.

I came across some interesting statistics from the APEX (Airline Passenger Experience) Global Passenger survey which claimed six in 10 fliers say they would pay for extra leg room. Passengers who upgraded

were significantly more satisfied with their flights than those who did not upgrade and more than eight of 10 travellers say they would upgrade again.

The most desired cabin amenity is extra legroom, followed by more comfortable seats and more distance between passengers.

Inflight entertainment at the back of the seat remains the top preference for entertainment compared with overhead screens or using a personal device.

Our Talking Travel resumes next month and we are going to be

guests at the Peregrine Theatre in Hay Street, Perth.

Our guest speaker will be Mike Woods from Peregrine who has a wealth of travel experience and will share some insights from some of his amazing travels around the globe.

See details in this section – bookings are a must for this event.

Perth Airport is going to host one of our Talking Travel groups and this will offer people the opportunity to hear all about the changes to our largest public transport hub.

I will advise on dates as soon as they come to hand.

The Perth Caravan and Camping Show returns to the Claremont Showgrounds this month and provides the perfect opportunity for nomads to discover more about products, attend seminars and find the perfect caravan.

See the comprehensive feature in this section.

With the recent reports on the Zika virus our journalist Frank Smith provides some important information about mosquito borne viruses when travelling.

Thanks to the many readers who have contacted me this month. 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](http://www.facebook.com/Haveagonews), there's always extra opportunities to win prizes and share interesting and fun information.

Happy trails

**Jennifer Merigan**  
Travel Editor


Mike Wood

WE look forward to welcoming readers to our informative Talking Travel sessions for 2016.

This year we will be presenting a lot of interesting and inspiring guest speakers for our talks and taking the show on the road as we visit various places

## Have a Go News' popular Talking Travel returns in April

around the city.

Mike Wood from Peregrine Adventures will present the first talk for the year and this will be held at the theatre in Hay Street in the city.

Mike has been working in the travel industry since 1980 and has a wealth of experience in adventure travel. In his early 20s he worked in Nepal setting up treks, working as white water rafting guide and leading treks and expeditions all over the Himalayas.

He has travelled to every continent includ-

ing three times to Antarctica, he has climbed Kilimanjaro twice, sailed through the fabled North West Passage to Greenland, trekked in Patagonia, climbed on Aconcagua, gone on safari in South Africa, driven a truck in Tunisia, trekked in the European Alps, skied in Hokkaido Japan, walked the Kokoda Track, sea kayaked in places as diverse as Fiji, Antarctica, Canada and the Southern Ocean and walked the entire 1000km length of the Bibbulmun Track.

People will be in for an

informative and interesting afternoon hearing about Mike's 35 years travelling the globe.

Bookings essential – please do not turn up without an RSVP as numbers are limited.

Date - Wednesday 27 April

Where - Peregrine Travel Centre, 862 Hay Street, Perth

Time - 2pm – 4pm

RSVP – by 20/4/16 to [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au) or call the *Have a Go News* office on 9227 8283.

Refreshments provided.

## Easter eggstravaganza

FUNSEEKER Tours have a great Easter touring package arranged for this year.

Following your home pick up they travel through Bunbury onto Busselton to stay on the shores of beautiful Geographe Bay. Church transfers are available and a visit to the Donnybrook Easter Apple Festival is a sure winner.

There is also a trip on the *Miss Flinders* along the scenic Blackwood River. Visit the historic Augusta museum and learn the early history of the region. All morning teas, lunches and two course evening meals are included.

People can have their own ensuite room or twin share with a fellow traveller. Give Sharon a call now on 1300 660 668 for more details.

## SENIORS BREAKS 5 Day 4 Night Albany Escapade

Albany and its surrounding areas are rich in natural beauty. Boasting renowned restaurants, wineries and local seafood, the Southern Ocean coastline makes this region a real treat to explore. Albany is the oldest town on the West Coast, set on the beautiful King George Sound and Princess Royal Harbor. Come check out their newest attraction The National ANZAC Centre, see dolphin and whales playing in the harbor just to mention a few.  
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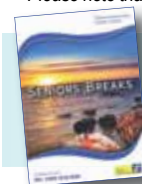
**\$640**  
solo traveller

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Price includes continental breakfast daily

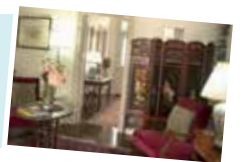
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*\*Please note that this is not a guided package tour. It is independent travel on either TransWA or self drive.*



Call 1800 812 808 now for you free copy of Senior Breaks 2015 with great deals for Busselton, Esperance, Albany, Kalbarri, Kalgoorlie and Bunbury.



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DECEMBER	CHRISTMAS BY THE BAY	\$1,850

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## Sydney Rail Escape

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# Autumn Leaves

## Following the Murray to Bright

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Beginning in Adelaide, let Kings show you the vast towns & cities you'll visit along the way. A fantastic tour highlighted with glorious Autumn colours everywhere you look. Stop in gorgeous towns such as Mildura, Swan Hill and Echuca before reaching Bright. Bright in North Eastern Victoria comes alive in Autumn as the town is painted red, orange, gold and yellow by a sea of deciduous trees – some of which are over 70 years old.

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- ★ Locally guided tour of Mildura
- ★ Visit to Woodsies Gem Shop
- ★ Entry and train ride at the Australian Inland Botanic Garden, Mildura
- ★ Tasting at Varapodio Estate, Mildura
- ★ Dinner cruise on board PS Rothbury, Mildura
- ★ Pyab Cruise and Sound and Light Show, Pioneer Settlement Museum
- ★ Entry to Lake Boga Flying Boat Museum
- ★ Entry to the National Holden Museum, Echuca
- ★ Morning tea at Wistaria Café, Echuca

- ★ Entry to Sharps Magic Movie House
- ★ Visit to the Windmill Chocolate Shop Cafe
- ★ Entry to the Costume & Pioneer Museum, Benalla
- ★ Tasting at Milawa Cheese Company, the Brown Brothers Winery & at the Bright Chocolate Shop
- ★ Locally guided tour of Bright
- ★ Talk and morning tea at Lavender Hue
- ★ Tasting and light lunch at Wynga Park Winery, Lakes Entrance
- ★ Visit the Robotic Dairy Centre
- ★ Power Industry Tour

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- ✓ Sightseeing and entry fees as per the itinerary

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### TOUR HIGHLIGHTS

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- ★ Cruise around the Mediterranean Sea stopping in Italy, Croatia, Greece, Monaco, France and Spain
- ★ Explore the beautiful city of Barcelona
- ★ Visit Spain's most important pilgrimage site – Montserrat
- ★ Experience the passion and emotion of the famous Flamenco show

### TOUR INCLUDES

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ Exclusive Kings Tour of Barcelona

- ✓ 1 nights accommodation in Venice
- ✓ 12 nights on-board the Holland America's MS Eurodam
- ✓ Meals and entertainment on board the cruise
- ✓ 3 nights accommodation in Barcelona
- ✓ Breakfast daily, 11 lunches & 15 dinners
- ✓ Transfers throughout
- ✓ All sightseeing and entry fees as per the itinerary

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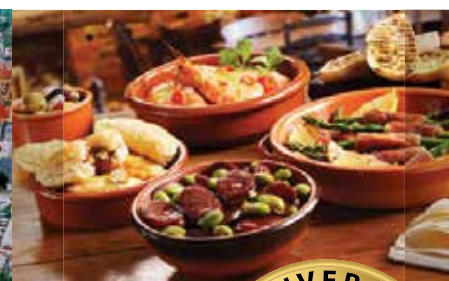
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\*The above cost includes \$990pp of air taxes which are subject to change. Organised Shore Excursions are an additional expense. Offer expires 18 March 2016



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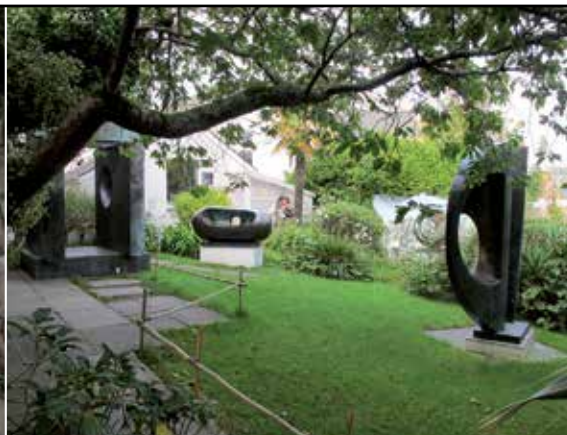
# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

## Cornwall's St Ives is renowned as the best seaside town in the UK



From left to right; The Grey Mullet – a typical period Guest House – a charming gift shop set into a rock wall – the Barbara Hepworth Museum and Sculpture Garden

by Mary Carroll

FROM ACROSS the weathered rooftops close to our open attic window, there suddenly appeared a hopeful herring gull, wishing to grab some crumbs, as we relished arguably, the best Cornish pasties in town.

The solid building of granite, oak beams and slate roofing, our home

for a few days, began life as an Ale House twelve years before Captain Arthur Phillip and the First Fleet entered Botany Bay in 1788.

Now, a homely bed and breakfast, with walls of old photos and sketches, this romantic establishment serves hearty breakfasts of local produce, and is typical of links with the past that guests seek in

accommodation in St Ives, these days.

Of course, one can't write about St Ives and Cornwall without alluding to the colour and character of this coastal county.

Smuggling and piracy have always been associated with Cornwall and smuggling reached its peak in the late 1700s with brandy, tea and tobacco being the contra-

band of choice at that time.

The Sloop Inn a thriving pub with a restaurant offering fabulous Cornish fare from goat's cheese to St Ives Bay crab and West Country beef, was believed to have been partially built from timber salvaged from Sir Francis Drake's encounter with the Spanish Armada in 1589.

The Inn itself dates back to circa 1312, so perhaps the aforesaid timber was used for renovations – if you can believe the salvaged wood story.

St Ives on the north coast of Cornwall and warmed by the warming Gulf Stream, is about six hours away by train from London and a whole

world away in pace and place.

This little gem of a seaside town invites visitors with its narrow cobbled streets and quaint alleys, to explore the many eateries and variety outlets that fuse visual pleasure with salt-laden breezes and sizzling seafood.

Endless streams of people, day and night, wander this maze of streets in search of the gallery with that special piece of pottery or a sunny seascape. For others there are boat trips and a fine museum, worth exploring.

The museum tells of early tin and copper mining days and gives a compilation of memorabilia with an emphasis on maritime history, the

fishing industry and the famous Royal National Lifeboat Institution – a voluntary organisation set up around 1824 for the rescue of ships in heavy seas.

During our wanderings, we discovered a local market selling home-made farm wares, and fresh honey. The apiarist, a scientist, remarked that he was most impressed with Western Australia in not allowing the importation of honey into that state because of a fungal spore in untreated honey that can kill indigenous bees.

Another walk brought us to the Tate Gallery of St Ives that oversees the management of another gallery – Barbara Hepworth Museum and Sculpture Garden where huge abstract forms fill its shaded garden.

Hepworth herself settled in St Ives pre WWII, to join the artistic set here. Indeed, St Ives has an international reputation as a serious centre for creativity and every September, the town provides a feast of music, books, art, sculpture and pottery.

St Ives has a population of around 11,000 and for several years now, has been voted the best seaside holiday town in the UK.

A certain Saint Ila of Cornwall, an Irish holy woman in the fifth century AD was reported to have scrambled ashore near where St Ives lies today, when she was shipwrecked. The resulting town was incorporated by Royal Charter in 1639.

Fishing has always been the mainstay of St Ives and back in the 1750s, pilchards were exported to Italy, declining only in the 1950s. Like a lot of commercial fishing, it has been damaged by over-fishing. Crabs and lobsters have replaced the pilchards industry today.

Meanwhile, tin in Cornwall was exploited as early as the Bronze Age and the old brick chimneys today are all that remain of a once flourishing tin mining industry. Copper too was mined.

By the 1840s, many tin and copper miners moved to South Australia as supplies were diminishing in Cornwall and both metals were discovered in that state. There is a saying that 'at the bottom of the deepest mine, you will find a Cornish miner.'

Nowadays, slate, granite and clay for ceramics remain important industries.

The legendary Cornish pastie evolved as a valuable food source for the miners – the thick outer crimped crust was the means by which one grasped this all-in-one meal.

Places of interest near St Ives include the Minack Theatre – a cliff-top auditorium, the Lost Garden of Heligan, the Eden Project and the Geevor Tin Mine, closed since 1990.

Today, St Ives remains a treasured place of history and art with tourism as its core enterprise.

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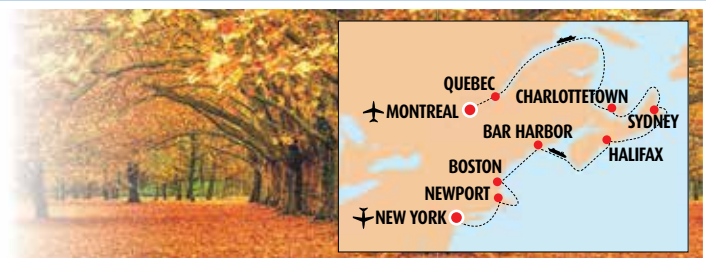


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## Ensure you fight the mozzie bite when travelling overseas



Aedes aegypti

[Credit: Stephen Dogget NSW Health Pathology]

by Frank Smith

THE BIGGEST risk travellers face when going overseas is not being mugged, or blown up by terrorists, but being bitten by a tiny insect transmitting nasty viruses.

Mosquitoes inject a local anaesthetic when they bite you which prevents you noticing until the deed is done. The list of mosquito borne infection is a lengthy one but the most serious and most likely to affect Australian travellers are malaria, yellow fever, dengue, chikungunya, Japanese encephalitis and Zika virus.

Check the WA Department of Health website [healthywa.wa.gov.au/Articles/N\\_R/Prevent](http://healthywa.wa.gov.au/Articles/N_R/Prevent)

mosquito-borne-disease-on-holiday-overseas to find out where each disease is endemic. If you are likely to be at risk, talk to your GP well before you go.

At present vaccines are available only for yellow fever and Japanese encephalitis. Yellow fever vaccine lasts for life so it's a no brainer to get immunised if you are going to tropical Africa or South America.

Malaria causes nearly 500,000 deaths every year throughout the world. It is widespread throughout the tropics and while there is as yet no vaccine, anti-malarial pills are readily available. Unfortunately some strains of the malaria parasite are resistant to

some drugs. Check that you have the right anti-malarial drug for each region before you go.

Chikungunya is a viral infection transmitted by mosquitoes throughout Africa south of the Sahara and south Asia.

Symptoms of chikungunya include fever, severe joint and muscle pain, headache, nausea, fatigue and rash. Symptoms continue for months or years in some cases.

Japanese encephalitis virus has very mild or no symptoms in most individuals. However, in some cases it can cause inflammation of the brain (encephalitis) resulting in headache, high fever, disorientation, coma, tremors and fits and can lead to permanent brain damage or be fatal.

Vaccination is the most effective form of prevention against Japanese encephalitis. Once infected, there is no specific treatment for the disease.

Dengue causes severe flu-like symptoms including fever, headaches, muscle and joint pains, rash, nausea and vomiting. The virus is found in mosquitoes throughout the tropics including north Queensland.

There are five different strains of dengue virus.

An initial infection will result in dengue fever. However, a subsequent infection with a different strain can lead to a severe illness that may be fatal if not treated appropriately.

Zika virus is found throughout the tropics but is particularly severe in north eastern South America.

Australian Medical Association president Dr Michael Gannon urges all West Australians travelling to South America to reconsider their travel plans, as health officials struggle to get the current Zika virus pandemic under control.

"Until the current situa-

tion is resolved, we urge people to be extremely cautious about travelling to countries where Zika virus outbreaks have occurred.

"We still have a lot to learn about the virus - it is still very unclear what the exact link between the virus and certain severe birth defects is.

"What we do know is that is a mosquito-borne virus transmitted by a species of the Aedes mosquito", said Dr Gannon.

### Prevent mosquito bites

Many mosquitoes bite around dusk and dawn, but some can bite day and night. The best way to prevent mosquito-

borne disease is to avoid being bitten.

Dr Cameron Webb, department of medical entomology, University of Sydney, advises travellers to wear long, loose-fitting, light coloured clothing, covering as much of the body as you can. Mosquitoes can bite through tight clothes like jeans.

"DEET and picaridin-based repellents provide the best protection if applied as recommended. Plant-based repellents work, but will need to be reapplied at least three times more frequently.

"Mosquito repellent should be applied first thing in the morning in the

tropics as the mosquitoes that transmit pathogens including dengue, chikungunya and Zika viruses bite during the day.

"It is also important to remember that these mosquitoes love urban habitats so the risk is just as great around cities as it is in the jungle or rural regions in which you may be travelling.

"These mosquitoes are often not quite as abundant as those that cause so much trouble every year along the coasts of Australia. Don't be complacent and don't wait to notice the mosquitoes before applying insect repellent," said Dr Webb.

## Dont' miss the annual Singapore Christmas Light-up Festival



Christmas lights on Orchard Road, Singapore © STB

CATHIE and Brittany, from Cathie Rice Travel escorted a group to Singapore last November to join in the annual Singapore Christmas Light-up Festival and enjoyed a fabulous week of sightseeing and shopping. This seven-night escorted holiday will be repeated in November and this year they have added the option of cruising home to Fremantle on the *Ovation of the Seas*, the most innovative and exciting cruise ship to sail our waters.

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includes an afternoon high tea at the Raffles, tours of Gardens by the Bay and the exciting River Safari Park, a night out with dinner in Chinatown and an evening with dinner on Orchard Road to see the amazing Christmas lights display.

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shopping area of Orchard Road.

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The amazing *Ovation of the Seas* will be in Australia for a short season next summer and guests who would like to extend their Singapore holiday may like to join the inaugural Australian voyage and take a sector cruise from Singapore to Fremantle, Adelaide, Hobart or Sydney.

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Starry, starry nights are one of the bonuses of a trip to the Goldfields



From left to right; Street art along the main drag in Menzies gives snapshots of times gone by - A kitchen from one of the houses at Gwalia village - Herbert Hoover's bedroom at Hoover House is available for stays - One of the shanty houses at Gwalia village

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by Jennifer Merigan

LOOKING at the stars at night when you visit the Goldfields is a simple yet unbelievably rewarding thing to do.

The night sky becomes a vast display of twinkling lights and if you are really keen to see more than the massive array of stars, then a visit to the NASA website before the trip is a must to find information about when the International Space Station orbits past WA.

Another fun thing to watch for is iridium flares caused by the sun being reflected from one of the three main mission antennae (MMA) of an Iridium satellite directly onto the earth below and appearing as a brief, bright flare.

Plenty of websites list the information: try [www.heavens-above.com](http://www.heavens-above.com) to check for times of their occurrences.

It's an interesting and fun thing to do when seeing the night sky in the outback and a great oppor-

tunity to impress your grandchildren with knowledge of the skies above if they are travelling with you.

Many Western Australians have family links to the Goldfields and there is much history to discover. There is a fabulous website called Outback Family History, which also have an active Facebook page as well as a comprehensive historical website.

I found some long lost relatives here and some interesting family heritage from my Italian and English forebears who settled in the Goldfields.

People can visit [www.outback-familyhistory.com.au](http://www.outback-familyhistory.com.au) and see whether they can find some of their long lost relatives.

This harsh environment offers many opportunities of finding beauty. When I was a young child and travelled to Kalgoorlie I couldn't see the beauty of the landscape. I dreamed of faraway places like England and Europe and thought that the countryside

there was the most beautiful.

It wasn't until I was in my early teens when I returned to Kalgoorlie with my mother, and both my grandmothers and we went back and tracked some of the family history that I felt the beauty of the landscape.

Travelling with my maternal grandmother who was born to an Italian father and Australian mother in Kalgoorlie and learning about the rich history of these family pioneers while heading off the beaten track, I realised that there was great beauty in this land.

We searched for the old family peggings and tried our hand at prospecting.

It was a laborious activity which left me constantly amazed with our findings of old tins and bottles in places where you thought that no one had been before.

Sadly we found no gold, but the experience of the family gathering of three generations has left me with fond memories.

**continued on page 27**

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continued from page 26

## Starry, starry nights are one of the bonuses of a trip to the Goldfields

by Jennifer Merigan

Last year I returned to the Goldfields and again rediscovered the beauty of the area. Kalgoorlie is a thriving regional town and offers many experiences for visitors.

The Visitor Centre in the main street has a wealth of information and the museum is a must see.

Touring the massive Super Pit provides an insight into the mining industry and is a comprehensive and informative tour.

I toured with Villa on one of their extended tours of the Goldfields and many of the guests on the tour had family links to the Goldfields.

One of the ladies who had grown up in Kalgoorlie talked about the many outlying suburbs of Kalgoorlie which had been swallowed up by the Super Pit.

After the visit to Kalgoorlie we headed east to Leonora and Gwalia.

Gwalia again is now home to a large Super Pit – not as big as Kalgoorlie but from the garden at the historic Hoover House the view of the pit below is immense.

Gwalia allows people to really step back in time and see how settlers in the area lived during the gold rush times.

Hoover House which was designed in the late 1800s by mine manager Herbert Hoover who went on to become the 31st President of USA, is a beautiful Victorian house which is now a bed and breakfast.

Guests can book the Hoover bedroom and sleep where they former president laid his head.

The house and grounds provide a snapshot of everyday living in this harsh environment.

It's important when visiting Gwalia to spend some time in the miner's village at the bottom of the hill.

This ghost town is a tribute to the courage of those miners of the day and their women who lived and supported them in truly harsh conditions.

Hessian and tin shanty homes have been left as they were and a few hours can be spent here reminding the visitor how fortunate we were not to be born in those times.

It really is a wonderful living museum.

Many of the towns of the Goldfields were thriving metropolises with large populations

of two and three thousand people. Now many of these still have the beautiful turn of the century buildings but few people. They provide snapshots of the gold rush boom and are worth a visit to support the few locals who still live there and to see the history of the area.

I liked my visit to Menzies with its street art depicting everyday life and which incorporates how the Wongi, the local Aboriginal people, adapted to the mass invasion of their land.

Down the road from Menzies is Lake Ballard which is home to the Antony Gormley statues. A visit to the lake is breathtaking and for those on a self-drive holiday offers camping facilities. I think it would be a wonderful place to camp and see the statues at the various times of the day with the changing light.

Gormley's installation is unique and to me it was a highlight of the visit to the area. The statues were crafted on the residents of Menzies – though people won't be able to recognise anyone and they are placed at vast distances around the salt lake.

I doubt you would find anything quite like this anywhere else in the world.

Holidays to the Goldfields capture the beauty of this environment, there are many options for travellers; use the TransWA services, take an escorted tour or self drive with either a car or caravan.

Whatever people choose, don't miss the chance to see those starry, starry nights.

## A walk for everyone on the Bibbulmun Track



THE LATEST edition of the popular Bibbulmun Track Foundation Calendar of Events is now available and includes a huge range of professionally guided walks on the world-renowned Bibbulmun Track.

The exciting line-up includes day walks, overnight hikes, women-only walks and kids' events.

They are fun, interactive and a great way to walk the Track and meet new friends. The

variety of walks on offer give people a chance to experience the Track in ways that suit their fitness, comfort zone and skill level.

Feedback from participants suggests that many use these events to find other like-minded people to head off with on other walks, longer walks or even end-to-ends.

The calendar has a number of day walks designed to get people outdoors, includ-

ing specialised themed events such as Pub, Pumps and Pipes, where you enjoy a guided walk on the Bibbulmun Track and explore the history and controversy surrounding the construction of the Mundaring Weir, the pump stations and the pipeline with an expert guide from the National Trust.

There is also a selection of family and kids events catering for pre-schoolers to teenagers.

Dr Dolittle Goes Bush and Camp Cooking for Kids are great events to get the kids outdoors and onto the Bibbulmun Track over the Easter school holiday. For the teenagers, they have the Teen Trek in July, a three-day expedition where they camp out and experience the fun and camaraderie of being in and connecting with, the bush and with others their age.

The Walking with Mum and Walking with Dad weekends provide the perfect opportunity for parents or grandparents to spend some precious time with the kids, exploring the bush and teaching them valuable bush and camping skills.

For the ladies, give yourself a well-deserved break and treat yourself to a bit of pampering on the Dandy Dwellingup Dames weekend in May or Balingup Belles in September. Both these events will leave you feeling rejuvenated and ready to face the world once again.

The Foundation also makes it easy to tackle overnight adventures. Events cater for the complete novice on Bibbulmun Trek for Beginners to the experienced hiker, venturing into the wilderness of the south west on extended walks of up to nine days. All essential hiking gear and transport are provided and experienced guides are on hand to offer support.

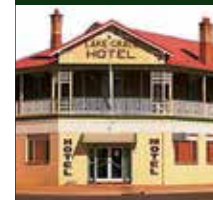
For those planning their own adventure,

the Foundation hosts fun and informative workshops and seminars to guide and teach new skills in trip planning, navigation, hiking gear and food and our series of Social Sunday Walks are the perfect introduction to the Track – led by trained volunteers, these walks are free for members of the Foundation and only \$15 for non-members.

Check out all our events – pick up a calendar from your local library or download a copy from the Bibbulmun Track Foundation website and book online at [www.bibbulmun-track.org.au](http://www.bibbulmun-track.org.au).

Bookings are essential. For more information phone the Foundation on 9481 0551 or email [events@bibbulmuntrack.org.au](mailto:events@bibbulmuntrack.org.au).

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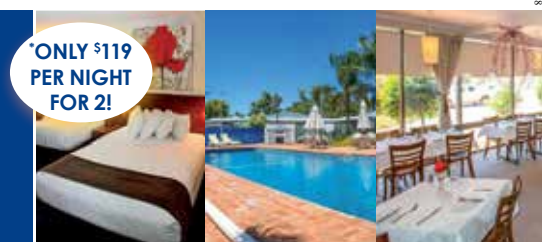
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**Yalgoo Caravan Park, Gibbons Street Yalgoo**  
Tel: 9962 8472  
[www.cpark@yalgoo.wa.gov.au](http://www.cpark@yalgoo.wa.gov.au)

### GATEWAY TO THE OUTBACK WAY

4WD tracks - Golden Quest Discovery Trail



Open Mon - Fri 9am - 4.30pm and  
Sat - Sun 9am - 1pm  
**The Great Beyond Visitor Centre**  
Augusta St, Laverton WA  
Tel: 9031 1361  
Email: [greatbeyond@laverton.wa.gov.au](mailto:greatbeyond@laverton.wa.gov.au)  
[www.laverton.wa.gov.au](http://www.laverton.wa.gov.au)

### NORSEMAN

The Gateway to Western Australia



- Nullarbor Links Golf Course - the world's longest golf course
- Tin Camels  
- a tribute to the Camel Trains that carried mail and freight
- Beacon Hill - Enjoy a walk trail and panoramic views of Norseman
- Phoenix Tailings Dump  
- resembles a topless pyramid and contains gold
- Granite Woodlands Discovery Trail - 16 interpretive sites, offers opportunities for camping, bushwalking, exploring granite rock formations and viewing spring wildflowers
- Pack a BBQ picnic and take the 28 km heritage trail to explore Dundas Rocks' huge ancient boulders and rock formations.
- Hyden Rock - enjoy the rock's walks, surrounding flora and fauna.
- Bromus Dam - free camping area with bushwalks, lots to explore or a great place to have a BBQ or picnic.
- Mt Jimberlana - 5km east of town, offering spectacular views from the top with a picnic area at the base.
- Phoenix Park - educational, historical and is close to the town centre







## The Kalgoorlie race round

by Royce Newton

HORSE racing has been synonymous with the Goldfields since 1896.

Top hats and tails, with tailored dresses alongside, would make their way to the races that resemble a scene from *Downton Abbey*.

The Goldfields region was host to numerous racetracks including separate tracks in Boulder, Kalgoorlie and Coolgardie.

World wars and committee rivalries played out over time, with the result that the Kalgoorlie and Boulder Clubs amalgamating to become one of the best provincial racing clubs in the nation, the Kalgoorlie-Boulder Rac-

ing Club (KBRC).

Fast-forward 130 years since the first race in the Goldfields and the passion for horse racing in the region remains as strong as ever.

The KBRC hosts one of the most impressive racing museums in the nation. The Signpost Racing Museum, located on the club's premises will take you back through the history of racing in the Goldfields. The museum contains antique racing gear, fashion pieces and items that will give you a sense of what racing was like many years ago.

For many keen racegoers, the one event on the racing calendar not to be missed is the Kalgoorlie-Boulder Race Round. The

Round, which comprises three race days with the running of the Boulder Cup, Hannan's Handicap and Kalgoorlie Cup is a week to be experienced by all.

Kalgoorlie-Boulder comes alive with locals and tourists all enjoying themselves. Cocktail parties, Calcuttas, two-up and exhilarating race days combine to provide an amazing week of entertainment.

This year make tracks to the Goldfields, make new friends and experience one of the most unique racing weeks in Australia.

Race Round 2016 takes place 18-25 September. Full details at kbrc.com.au or phone the club on 9021 2303.

## Events not to be missed in the Goldfields...

**Now that's golf...**

THE CHASING the Sun Golf Festival commences with a week of fun, sightseeing and golf as you drive along one of Australia's great roads, The Eyre Highway. It all starts with a champagne breakfast on the foreshore at Ceduna, to watch the sun rise. During the festival play at Nullarbor Links the world's longest golf course. Attempt a AUD10,000 hole in one at Madura and witness an indigenous dance display in Norseman. On the final night watch the sun set at Kalgoorlie's magnificent new golf course. This festival will truly be the golfing experience of a lifetime.

Please refer to the website for more information [www.nullarbor-links.com](http://www.nullarbor-links.com)

**To market, to market...**

The Boulder Markets are held on the third Sunday of every month from 9am - 1pm, rain, hail or shine.

Come join the people in historic Boulder for market stalls, food and entertainment. Locally made art and craft, party plans, clothing, homemade relishes and jams, accessories and much more. Most retailers on Burt Street will also open for the day to take up the opportunity of the 2,000 or so market goers that join us. The markets are located in Burt Street and Loopline Park.

**The music of John Denver...**

*Take Me Home - The Music and Life of John Denver* returns to Australia following the astounding success of the 2014 tour of Australia.

Singer Bevan Gardiner, accompanied by international musicians perform all the John Denver songs with such accuracy and feeling that if you close your eyes you will be effortlessly transported to the era of John Denver.

The show includes exclusive film footage of John Denver through his

career, his personal life and his love for the environment.

*Take Me Home* is authorised and by arrangement with John Denver management and will be held at the Goldfields Arts Centre at 8pm on 23 April. Ticket Prices - from \$59. Bookings call 9021 0999.

**Astro festival at Mt Magnet...**

Come to Mount Magnet for a festival of discovery in the outback with the night sky above, and ancient rocks beneath your feet.

The Mount Magnet Astro Rocks Fest includes Indigenous rock art workshops, rock collection displays, astro photography viewing and presentations and night sky observing with Indigenous interpretation. There will also be science shows, an outdoor cinema screening, children's galactic displays and students' astro art display.

The festival is held from 11am on 13 May to 5pm on 14 May.

## Carry on teaching... as volunteers in remote WA

RETIRED teachers with a spirit of adventure and who would like to help families in remote areas are invited to join REVISE-WA as a tutor.

REVISE (Retired Educator Volunteers for Isolated Students' Education) is a well respected, Education Dept supported scheme that aims to give parents (usually mothers) in isolated areas a break from supervising their children's school work.

The teacher spends a few weeks on the station supervising School of the Air lessons. Accommodation is pro-

vided and transport can be arranged, or subsidized if you drive yourself.

Home tutors depend on REVISE tutors during busy times such as mustering, during illness, when a baby is due or if they are simply not coping with the stress of trying to do the right thing by their children.

All tutors must hold a recognised teaching qualification and have a working qualification clearance.

If you are interested please contact the coordinators by phoning 0427 931 077 or visit [www.revisewa.com.au](http://www.revisewa.com.au)

## Small group travel is the way to go



TRAVELLING in small groups is the new style of travel that allows you to explore the world and to embrace your travel adventures while enjoying personal attentive serv-

ice, more flexibility and visits and stays in places that larger groups find inaccessible.

Villa Carlotta Travel, a reliable and fun West Australian tour company

operating for more than 25 years, will make you feel very welcome on their range of small group travel adventures departing from Perth. Usually 12 to 18 travellers on tour, these intimate small groups are a great balance of group activities and personal time and include immersive and active experiences on the lesser travelled routes.

*The Queensland Great Western Wilderness 12 day tour* travelling from Toowoomba to Longreach features two nights at the stunning Carnarvon Gorge Wilderness Lodge where you will enjoy sunset experiences and half day guided walks. Return to Brisbane aboard the Spirit of the Outback Train. Departing June it's a great alternative Australian road and rail experience.

*Across the Top Australian Drovers Dream 12 day tour* travels Darwin to Townsville via Mt Isa and features outback life through the lives and history of the outback


stations. Meet the station and ranch owners to share meals and to learn about their working properties and along the journey visit the Daly Water Pub, Drovers Camp and the Kronosaurus Museum and step inside an underground hospital. This tour departs late June.

*China's Hidden Glories 20 day tour* travels the breadth of China to experience ancient towns, remote ethnic communities, cultural activities, old traditions and hands on experiences. A high speed train journey from Shanghai to Beijing, the Chengdu panda's, the winding steps and tunnels of West Hill and Dragon Gate, the magnificent Forbidden City, a lesson on how to make dumplings and the Terracotta Warriors of Xian are just some of the glories you will discover in September on this grand tour.

*Scotland's Wild Highlands and Islands 16 day tour* is a great journey to add to your European holiday. Travelling the backroads of Scotland, stay in charming local accommodation, tour places beyond the tourist trail, enjoy independent time for exploration and see the spectacular scenery of Scotland and its Isles. Departing in September, there is still time to join this intimate group to sample Scotland.

*Wonders of Burma 11 day tour* offers the adventurous traveller an authentic experience to a destination that has only in recent years welcomed the outside world. Departing in late September you will discover gentle locals, wondrous sights, floating gardens, customs and lifestyles of the local villages and tribes, Lake Inle's famous leg rowers, the world's largest book, colourful markets and magnificent temples and pagodas.

Each of these extraordinary journeys will be filled with fun and friendship with your small intimate group. To find out more details or to discover the full range of intimate group tours visit [www.villa.com.au](http://www.villa.com.au) email [holidays@villa.com.au](mailto:holidays@villa.com.au) or freecall 1800 066 272.



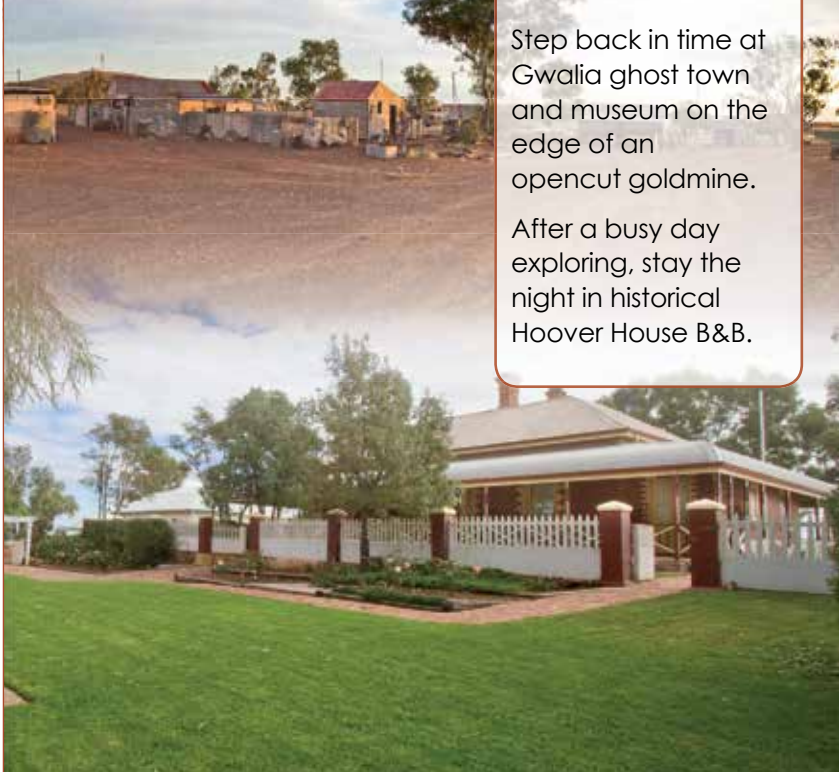
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Step back in time at Gwalia ghost town and museum on the edge of an opencut goldmine.

After a busy day exploring, stay the night in historical Hoover House B&B.



Museum: 9037 7122  
Info Centre: 9037 7016

[www.leonora.wa.gov.au](http://www.leonora.wa.gov.au)  
[www.gwalia.org.au](http://www.gwalia.org.au)



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[www.hannansnorth.com.au](http://www.hannansnorth.com.au)





# Villa Carlotta Travel brings you The very best **Australia** has to offer!

## Just For Singles **National Treasures and Icons** - Canberra



There is no better place to discover our Australian story than in Australia's Capital, Canberra. Join fellow singles as we explore some of our great icons and treasures. Enjoy the spectacular views across Lake Burley Griffin and Canberra, a visit to the multi-award winning Old Bus Depot markets and the landscaped gardens at Cockington Greens.

**Highlights** | Canberra Full Day Specialist Guided Tour  
Parliament House Guided Tour | Australian War Memorial | Royal Australian Mint  
National Museum and National Gallery | High Court of Australia  
Cockington Green Gardens and Gold Creek | Old Bus Depot Markets  
Evening Viewing at Telstra Tower

**6 Days** | Wednesday 11 to Monday 16 May 2016  
Guaranteed Single Room \$3380 | Share a Room and Save \$400  
FreeCall 1800 066 272 for full itinerary

## **Sound of Music Adelaide Tour**

### **The Hills are Alive in Adelaide this August!**

Following its record-breaking run at the London Palladium, the world's best-loved musical, The Sound of Music is coming to Adelaide! With its unforgettable score, Rodgers and Hammerstein's The Sound of Music touches the hearts of all ages and brims over with some of the most memorable songs ever performed on the musical stage including 'My Favorite Things', 'Do-Re-Mi', 'Climb Ev'ry Mountain', 'Sixteen Going on Seventeen', and the glorious title song 'The Sound of Music'.

**Highlights** | Haigh's Chocolate Tour | Seppeltsfeild Grand Insight Private Tour  
Breakfast Tour Adelaide Central Markets | Adelaide Botanical Gardens Tour  
Barossa Valley | River Torrens Cruise | Carrick Hill Tour  
Premium Tickets Sound of Music

**6 Days** | Saturday 13 to Thursday 18 August 2016  
Price \$2725 per person twin share | Single Option \$340  
FreeCall 1800 066 272 for full itinerary



## **Classic Cairns and Tropical Queensland**



Relish in the tropics and immerse yourself in everything that is Queensland! Bask in the warmth of the tropics, travel the famous Kuranda Railway, discover the beauty of the World Heritage listed tropical rainforests, enjoy tropical cruises on lakes and harbours, visit quaint villages and recline in comfort at your centrally located hotel.

**Highlights** | Kuranda Rail and Skyrail Journey | Cairns Night Markets  
National Heritage Listed Paronella Park | Cairns Harbour Cruise  
Atherton Tablelands | Lake Barrine Cruise | Millaa Millaa Falls  
Curtain Fig Tree | Port Douglas | Rainforest Habitat Wildlife Sanctuary

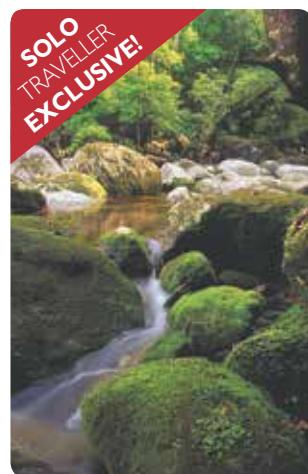
**8 Days** | Saturday 11 to Saturday 18 June 2016  
Price \$3735 per person twin share | Single Option \$430  
FreeCall 1800 066 272 for full itinerary

## Just for Singles **Tropical Cairns**

Welcome to Cairns, gateway to the Great Barrier Reef and the tropical north of Queensland. Explore the rich agricultural tablelands, admire the diverse range of marine life of the Great Barrier Reef and discover the beauty of World Heritage listed tropical rainforests.

**Highlights** | Great Barrier Reef and Green Island  
National Heritage Listed Paronella Park  
Tablelands Rainforest and Cruise  
Cairns Night Markets | Cairns Tjapukai Evening  
Port Douglas and Mossman Gorge

**8 Days** | Thursday 21 to Thursday 28 July 2016  
Guaranteed Single Room Senior \$4126 | Share a Room and Save \$385  
FreeCall 1800 066 272 for full itinerary



## Discovery **Top End and Kimberley Wilderness Wonders**



Begin your adventure in Darwin before leaving for the Litchfield National Park and Nitmiluk (Katherine) Gorge. Journey down the Gibb River Road and into the breathtaking scenery of El Questro Wilderness Park. Experience a breathtaking scenic flight over Lake Argyle and the world famous Bungle Bungle Ranges and cruise along Geikie Gorge before spending three nights in Broome!

**Highlights** | Darwin | Sunset Dinner Cruise | Mindil Beach Markets  
Litchfield National Park | Nitmiluk (Katherine) Three Gorge Cruise  
Kunururra | Lake Argyle | Bungle Bungles | Scenic Flight and Gorge Walks  
El Questro | Chamberlain Gorge Cruise | Fitzroy Crossing and Geikie Gorge | Broome

**14 Days** | Tuesday 5 to Monday 18 July 2016  
Adult \$6375 per person twin share | Single Option \$1145  
FreeCall 1800 066 272 for full itinerary



ACTIVITY LEVEL **VERY HIGH**



MAX TRAVELLERS **25**

## **Kakadu and the Top End**

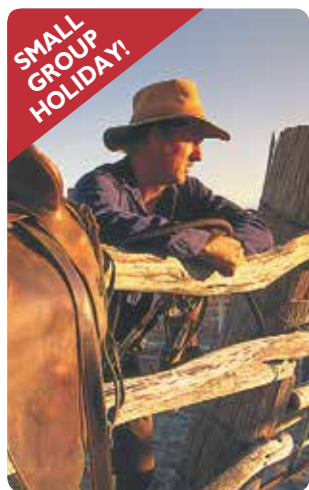
Find yourself in the far reaches of the Northern Territory. Your holiday will include the sights of our most northerly capital city, Darwin and reach far into the Kakadu and Litchfield National Parks. You will encounter crocodiles, ancient rock formations, waterfalls and sunsets that will simply take your breath away.

**Highlights** | Darwin Harbour Evening Dinner Cruise | Darwin's Sunset Mindil Markets  
Full Day Litchfield Adventure | Northern Territory Wildlife  
Kakadu National Park Adventures | Wetlands and Flood Plains Touring  
Wetlands, Billabong and Crocodile Cruises | Ancient Rock Art and Aboriginal Culture

**7 Days** | Thursday 14 to Wednesday 20 July 2016  
Price \$3970 per person twin share | Single Option \$780  
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## **Discovery Across the Top** – Drovers Dream



From the Pacific Ocean to the Timor Sea, experience not just the dramatically changing Australian landscape but experience the outback like a local. With visits to cattle stations, old mining towns and everything to do with living off the land, enjoy all of this and more on your outback adventure.

**Highlights** | Tour Three Working Stations: West Leichhardt, Proa  
Redclaw Champagne Lobster Farm, Coodardie | Katherine Research Station  
Katherine Gorge (Nitmiluk) Cruise | Drovers' Camp | Mataranka Thermal Hot Pools  
Town Tours of Charters Towers, Cloncurry and Mount Isa  
Camooweal Museum and Gallery | Tennant Creek  
Mount Isa Underground Hospital and Tent Museum | John Flynn Museum

**12 Days** | Friday 24 June to Tuesday 5 July 2016  
Adult \$6465 per person twin share | Single Option \$910  
FreeCall 1800 066 272 for full itinerary



ACTIVITY LEVEL **HIGH**



MAX TRAVELLERS **20**

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# AUSTRALIA'S CORAL COAST


Australia's Coral Coast is the spectacular 1000km of pristine coastline starting two hours north of Perth from Cervantes towards Exmouth. The region is home to two World Heritage-listed sites; the Ningaloo Marine Park and Shark Bay. Discover secluded beaches, untouched coral reefs just metres from the shore, breathtaking cliffs and gorges and brilliant carpets of colourful wildflowers. You'll also find some of WA's best known holiday attractions including the Pinnacles, Dongara's sand dunes, Geraldton's Abrolhos Islands, Kalbarri's National Park, the Monkey Mia dolphins, chocolate-coated bananas from Carnarvon and the incredible Ningaloo Reef, where you can swim with whale sharks, humpback whales and manta rays.




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In 1912 a huge 12-stand oregon and corrugated iron woolshed was constructed where up to 20,000 sheep were shorn in the station's hey-day. The Nyang wool shed is part of the historic Wool Wagon Way which leads through the Murchison and Pilbara regions to the old port of Onslow.



**PERMANENT FRESH WATER POOL**  
When the weather is really warm, nothing beats a swim in our fresh-water pool which is up to two kilometres long most of the year. Use our kayaks and either burn up some kilojoules or just drift along taking in the terrain and the bird-life. Over 70 bird species have been recorded.



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Western Australia



With a diverse landscape of coastal heathland and inland sandplains, Kalbarri provides a unique home to more than 1000 species of wildflowers.

Rain and sunshine greatly influence the timing of the season. Generally flowers will begin to appear in mid-June and with favourable conditions can last through November.

- ✧ 21 plant species endemic to the Kalbarri area
- ✧ More than 80 species are declared rare or in need of protection.
- ✧ Our wildflower season coincides with the annual humpback migration. A perfect time to visit.

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## 2016 is a special year for the Coral Coast, both historically and environmentally



The stunning beaches at Shark Bay

THIS YEAR marks the 400th anniversary of Dirk Hartog's visit since Dutch explorer Dirk Hartog left the Netherlands on his epic journey during which he famously stumbled on the island, now known as Dirk Hartog Island, off the coast of Shark Bay on 25 October 1616. Long before Captain James Cook landed on the east coast of Australia in 1770, Hartog had left a pewter plate as a mark of his discovery in WA. There will be a week-long celebration in Shark Bay from 20 – 25 October. To learn more visit [www.shark-bay1616.com](http://www.shark-bay1616.com)

Anniversary Commemorations will be held in Carnarvon and Geraldton on Saturday 19 November 2016 marking 75 years of the HMAS Sydney II - Australia's greatest naval tragedy. The Sydney was sunk by the HSK Kormoran, a German raider disguised as

a Dutch merchant ship, none of the 645 crew members survived. Visit Geraldton's HMAS Sydney Memorial, one of eight Federal Memorials of National Significance (the only one in WA).

Swimming with humpback whales will become a reality on the Ningaloo Reef, as the second location in Australia to offer this experience. Existing holders of whale shark operators have the opportunity to conduct whale swimming tours which will allow them to extend the current whale shark season (March - July in Exmouth and March to June in Coral Bay) into the humpback migration (July to October annually). Swimming interactions will be completely on the whale's terms, so if behaviour and weather allows, there will be the chance for a genuine wildlife encounter in the water.

The Coral Coast seafood indus-

try continues to thrive. In 2000, the Lobster Shack of Cervantes became the first fishery in Australia to receive the world Marine Stewardship Council (MSC) Fisheries Standard certification, recognising sustainable seafood. Tourists can learn more and enjoy eating a Western Rock lobster on factory tours in Cervantes and Geraldton as well as pot-pulling and fishing tours in Kalbarri. While road-tripping the coast, be sure to visit Carnarvon where 80 per cent of WA's annual fruit and vegetable supply is from and pick up Shark Bay prawns or fish, caught and sold locally. Carnarvon is also home to Western Australia's signature dish, Shark Bay wild chilli prawns and mackerel mousse in a zucchini noodle seafood broth, judged as part of the annual Margaret River Gourmet Escape festival.

## Whale sharks arrive early to the Ningaloo

NINGALOO has welcomed some of its most famous annual visitors well ahead of time this year.

Whale sharks visit Ningaloo Reef each year from autumn to spring, but they have arrived much earlier than their normal mid-March appearance. Reports of sightings off Exmouth have been coming in since late January.

The first tour of 2016 to swim with whale sharks

took place off Exmouth on 17 February, with local operator Ningaloo Blue Dive swimming with a very inquisitive eight metre long whale shark that delighted the tour group.

Since then, tours have been taking place three times a week and multiple whale sharks have been sighted and swum with on each tour.

Exmouth Visitor Centre general manager, Kristy Bryan-Smith said the early arrival of whale sharks this year was good news for visitors.

"The typical season for Ningaloo whale sharks is March-August, triggered by the annual Ningaloo Reef coral spawning which takes place around the full moon in March.

To see whale sharks

arriving before this event is a really good sign for a long whale shark season ahead, particularly with the Easter public holiday weekend falling in March this year," she said.

Whale sharks have also been sighted off Coral Bay, 150 kilometres south of Exmouth, and whale shark swim tours are expected to begin operating out of Coral Bay soon.

Ningaloo is one of the only places on the planet where these huge but completely harmless sharks can be reliably located in large aggregations, providing a ready opportunity for visitors to experience the thrill of swimming right beside these largest fish in the sea.

Ms Bryan-Smith said

this was the second year running that whale sharks had arrived early on at Ningaloo.

"Whale shark movements to and from the Ningaloo Reef vary from year to year, but the trend in recent years has been for them to arrive earlier and stay longer than has been the norm in the past.

"In 2013 and 2014, the whale sharks stuck around until late October, so the opportunity for visitors to see and swim with these spectacular creatures just seems to be increasing here on the Ningaloo," Ms Bryan-Smith said.

For more information on Ningaloo whale sharks and whale shark swim tours visit: [www.visitningaloo.com.au](http://www.visitningaloo.com.au).

## Visit Kalbarri



KALBARRI is a picturesque seaside town located 590km north of Perth midway along WA's Coral Coast. Situated at the mouth of the Murchison River it's an ideal place to relax, fish, swim or snorkel in the clear, blue waters.

The township of Kalbarri is surrounded by National Park with two distinctly different landscapes.

To the east are inland river gorges with rock formations up to 400 million years old and the iconic Nature's Window.

To the south of the town site are towering ocean cliffs plummeting to the waves below. The Kalbarri National Park covers an area of 186,000 hectares with access to suit all ages and capabilities.

The last wildflower season was one of the most beautiful and colourful we have seen in a few years. June to October is the best time to visit when wildflowers coincide with the humpback whale migration and great weather.

The Transwa bus services Kalbarri three days a week. Why not take advantage of the most northern stop and make Kalbarri your next holiday choice. Book with the Kalbarri Visitor Centre and allow them to organise your itinerary, (they can request pick up from many of their accommodation providers). Friendly staff have all the information about places to stay, where to eat and things to do.

Kalbarri Visitor Centre INC 9937 1104 [bookings@kalbarri.org.au](mailto:bookings@kalbarri.org.au) [www.kalbarri.org.au](http://www.kalbarri.org.au)



Ningaloo whale sharks © Blue Media Exmouth



Pristine beaches | Amazing Foreshore | Wildflowers | Abrolhos pearls | Remote islands

Geraldton Visitor Centre

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# WA's GREAT Outdoors

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## Ten great tips for your next trip to Kalbarri



KALBARRI Edge Resort this season is offering a number of great packages which include free breakfast and many other features to make your stay in Kalbarri a very relaxing and refreshing holiday.

You can take advantage of your free pension Trans WA pass coaches arrive from Perth and Geraldton every Monday, Wednesday and Friday. The Edge Resort mini bus provides free transfers to and from the bus station as part of the package.

The resort is only 200 metres from town and foreshore so once settled in you can explore the shops and foreshore within a very short distance.

If you don't come up on TransWA you can drive

yourself up and still take advantage of plenty of choice in our multi-night stay specials. The best new package on offer is the \$66.50 deal (per person – per night twin share) which includes free upgrade to king bed spa suite, breakfast daily, mini bus transfers, free dessert when having dinner at Edge restaurant and even a welcome drink upon arrival to start your Kalbarri holiday off on the right foot.

If you're travelling alone, Kalbarri Edge will still look after you in their best spa suite. The single supplement on this deal is just \$60 (total \$126.50 per night) with all the free additions and upgrades still provided.

Free At The Resort: Breakfast daily if on a

### Trans WA package

Free courtesy coach transfers

Welcome drink on arrival for Trans WA arrivals

Free dessert when ordering main course dinner at Edge Restaurant

Free upgrade to king spa suite subject to availability.

Free around town in Kalbarri:

Watch the pelicans come in for their daily feed on the foreshore at 8.45am.

Stroll aimlessly along one of the pristine beaches and enjoy the peace and quiet.

Head down towards Chinaman's beach at sunset to see the sun go down over the majestic Indian Ocean.

Explore the township shops and cafes offering something a little "different" to the city.

Pop down to the fisherman's jetty to meet a local fisherman and perhaps purchase straight off the boat a nice fillet of snapper or dhufish.

Choose a room upstairs with a view or downstairs for easy access. Treat yourself to a king-sized bed (or twin king singles) spa suite which has a separate

lounge area and also a private balcony with outdoor dining area and your own barbecue. Kalbarri is great for outdoor dining on warm, mild evenings. The resort is rated four stars and you will be pleasantly surprised with all the resort features and quality room amenities.

There is of course loads more to do in Kalbarri so if possible you should stay for five or six nights. Enjoy walking on the beach and the scenic trails down towards the coastal gorges. Treat yourself to a scenic flight to Monkey Mia or out to the incredible Abrolhos islands. Meander through the shops with a difference around town. Take a boat ride on the Reef Walker boat or the River

### Queen up the river.

Pelican feeding daily down on the foreshore is a must one morning during your stay and then treat yourself to a latte, flat white or chai on the way back to the resort. Or just relax on your private balcony and enjoy the Kalbarri sunshine and gentle sea breezes.

All in all you won't do better than these current seniors' packages and specials. Free call the resort on 1800 286 155 to book or email us on info@kalbarriedge.com.au, for details and prices on all seniors packages go to www.kalbarriedge.com.au and click on the specials tab.

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## The return of the whalesharks

NINGALOO Reef is host to an immense array of wildlife both land and marine. Whalesharks are just the start.

There is an incredible range of reef fish that you can see by snorkelling, just walk in off the beach, no boat needed although you can use one if you want to.

Manta rays are here permanently, orcas (killer whales or sea pandas if you prefer) are regular visitors both in summer and hatch in summer and are regular swimming companions year round and from May onwards humpback whales migrate north towards their breeding grounds before heading back into Exmouth gulf for a couple of months.

Ningaloo Bed and Breakfast, awarded Trip

Advisor Certificate of Excellence 2014 and 2015, is an ideal base for your Ningaloo holiday.

They are situated six kms south of the town site on a quiet, semi rural, one hectare block a short distance from the beaches of Exmouth Gulf.

They get lots of land based creatures coming to them. Kangaroos, perentie (monitor lizards), smaller lizards and numerous bird species are all regular visitors, its not unusual to see an emu family in the garden while people are having breakfast. Although most major tour operators pick up from them, they are within convenient driving distance of the National Park and your own transport is recommended.

They have three rooms each with their own en-

suite and own entry door off the veranda which guarantees a degree of privacy which is not available at a larger establishment. A generous continental style breakfast is included in the tariff.

They offer cooking facilities (barbecue and microwave) but there are excellent restaurants in town. Free WiFi and parking for your boat.

## Holiday reading

Maybe I'll Write More Later... Maybe  
by Patricia Ilich  
Reviewed by Pat Paleeya



PETER Elliott is awoken one morning by a woman at his door who introduces herself as Fiona Campbell from a company called Global Surveys. While surveying Du Pont Island she and co-workers discovered a notebook addressed to Peter. He is stunned to hear that it is an up to date account of his mother's survival and life on the island four years after he believed that she had died in a plane crash.

It is clear from the notebook entries that Sally Elliott is alive and happy on the island. After finding a wreck of a yacht she is able to use many of the items that were salvageable and important to her very existence on the island. From packets of seeds and dried up vegetables she grew her own.

Peter eventually contacts her but she asks that he keep her survival a secret for now as she didn't want the world's attention on her. He agreed but would return in three months. This he did by working as a cook's assistant on one of the survey ships.

He discovers that the cook, apart from being a drunk, has some images of a dubious nature on this computer concerning children. Peter's young son was murdered by a man such as this a few years earlier and Peter was determined to bring him justice.

But after confiding in Sally she waited for the cook to come ashore drunk as usual and battered his head in with a hammer that she found on the wreck (the same hammer was used to crack open coconuts; very resourceful is Sally) and without remorse she buried him in the dunes, she exonerated herself because this was a crime of passion.

This is a good read, a little tongue in cheek perhaps but overall a satisfying well thought out novel.

If you dear reader are thinking of a cruising holiday you would do well to take this book along, there are some really canny survival tips. Oh, and don't forget your hammer.

The book is available online from the publisher's UK website: www.austinmacauley.com/author/ilich-patricia or locally from www.booktopia.com.au/.

### WIN WIN WIN

We have one copy to give away. To enter please write to Maybe I'll Write More Later... Maybe Competition, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope.

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## Make plans for a family getaway at the RAC Caravan and Camping Show this year



THERE is no better holiday option for families than spending quality time together in either a caravan or camping in a tent.

That includes couples wanting some time away together too.

There is a sense of togetherness when you're sleeping in a caravan or in a sleeping bag inside a tent – even if there are several family members and you have the luxury of separate rooms.

So, while preparing for these trips, why wouldn't the entire family get involved?

If only there was a one-stop shop where the entire family could go together, check out all of the latest technologies and initiatives and enjoy a day's gathering of information for their next getaway.

The RAC Perth Caravan and Camping Show just provides such an opportunity.

With more than 300 ex-

hibitors and demonstrations, there isn't too much happening in the world of caravan and camping that you can't find out about over the five days of the Show.

Those looking at purchasing a caravan and getting out and seeing more of regional Western Australia will be surprised by the variety of vans available.

The decision-making process becomes a little more difficult when you have so much to consider, such as:

How far will you travel?  
How many people will be travelling? (Are you planning on growing your family?)

Will you be sticking to roads, or going off road?

How much storage room do you need?

What weight can your car tow?

How much money do you want to spend?

What entertainment do

you want in your van (TV, DVD, music system)?

And that's just the start.

The good news is that every exhibitor has experts available to help you sift through that list of questions.

But even if you don't need a new van, or tent, the show will provide plenty of motivation to get back on the road – hopefully with a few more comforts than you are used to.

As far as home comforts are concerned – there are extras, accessories and inventions on display that you may not have even known existed. The pavilion is full of suppliers, manufacturers and inventors who have come up with ways of making your away from home life, easier.

Deciding where to go can be just as big a decision – and again, something that the opinions of everyone who will be tagging along, should be taken into account.

There are several destinations in regional WA represented at the show. They can answer all of your when, where, why and how questions.

The organisers of the RAC Perth Caravan and Camping Show – Caravan Industry Association Western Australia – encourage kids to attend too. The Fun

Zone (open on the weekend only) will keep them entertained while you sit down and cool your heels.

Those who have been to the Show before will be pleased to know that extra shade and sitting areas have been created this year. Plus, there are more food and beverage outlets, including a café and food vans.

And a lucky few will walk away with some amazing prizes that will have them wanting to hit the road a bit quicker than they may currently be planning to.

**When:** 16-20 March (9am-5pm daily)

**Where:** Claremont Showground, 1 Graylands Road, Claremont

**Tickets:** Book online (including free Transperth travel) or available at the gate from 8.30am.

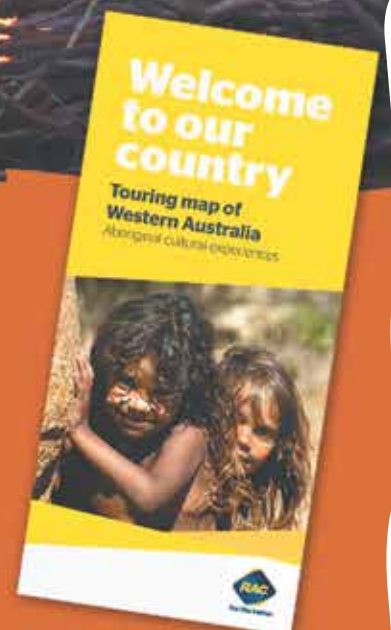
Adult Standard \$19.50; Adult RAC Discount \$17.50; Concession Standard \$14; Concession RAC Discount \$12.50; Child (16 & Under) Free Entry.

Parking is available on-site for \$5 per vehicle, or alternatively, free parking can be found offsite less than five minutes away, accessed via Brockway Road, with a courtesy shuttle bus running from 7am- 5.30pm.

For more information visit [www.caravanandcampingshow.com.au](http://www.caravanandcampingshow.com.au)

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## Perth Caravan & Camping Show 2016

let's gotravelling

### Brand new camp ground on the Gibb River Road



Imintji Campground central meeting area coming together

JUNE will mark the opening of Imintji camp ground on the Gibb River Road in WA's Kimberley region.

For the Imintji Community

members, this will fulfil a long held aspiration to add a campground to their visitor attractions, create employment opportunities and share their

spectacular country and culture with visitors.

Camping with Custodians: Imintji camp ground is the first of the Kimberley Camping with Custodians developments – a broader project geared to create a network of camp grounds on Aboriginal lands, providing self-drive visitors not only with the unique opportunity to stay and interact with the local countrymen but also to contribute (through the proceeds of their visit) to cultural and community sustainability.

**Location:** At 220km from Derby and 440km from Wyndham, the camp ground is a well placed base camp for Gibb River Road travellers to break their journey and take short drives to popular Kimberley attractions. Stunning outback landscapes and a cool swim at Bell Gorge are just a half day round trip.

**Facilities:** Flushing toilets, hot showers and barbecue fa-

cilities will provide guests with the comforts of a well serviced camp ground. There will be 20 spacious bays with good separation, internal gravel roads, a lawn area and shade. Disabled access will be provided.

Sale of local art and crafts, created and supplied directly from the community, will align with the opening. Next steps (within months of the camp ground opening) include the re-opening of the Imintji store and fuel outlet and the launch a brand new series of guided cultural tours.

For information about the full range of Aboriginal tours and experiences throughout Western Australia visit [www.waitoc.com](http://www.waitoc.com)

WAITOC – Western Australian Indigenous Tourism Operators Council – proudly sharing our country and culture with visitors seeking authentic Aboriginal tours and experiences.

### George Day Caravans at Caravan and Camping Show

GEORGE Day Caravans is a family owned business going into their 38th year selling new and pre-owned caravans and campers. The Maddington yard is home to eight brands of caravan, Cara Spares Parts and Accessories store, an on-site auto electrician and a professional back-up service department.

This year's Caravan and Camping Show will see all eight brands on display, with RV Auto Electrics offering super deals on Solar Panels, ESC, reverse cameras etc. Cara Spares is in the Robinson Pavilion selling Sun Buster Solar Shades, Hyundai Generators, Optitec Electric Jockey Wheels and Odour-Be-Gone.

Making their first entrance into WA are Leader Caravans, a subsidiary of the well-known manufacturer of Supreme Caravans who are celebrating 30 years in the manufacturing industry.

Produced using the latest technology to ensure the best possible towing experience and touring comfort Leader Caravans have extra height, giving ample clearance for taller people. Recessed basins, full ensuite, various layouts including family models, custom build, all models are semi off-road designed to maximise your touring enjoyment. When you are towing your new Leader Caravan on your next trip, you know that everyone else will be following the leader.

Also making their debut are Goldstream RV's 20'6" Rhino full off road caravan and full ensuite pop-top. It's very unusual for a pop-top to have such a large ensuite. The impressive Thunder and Storm RL Sandvan campers along with their entire range will also be on display.

The multi award winning Tvan will take pride of place amongst the campers with more features available than ever before. Now with a sliding window and extra storage space the Tvan will sit alongside big brother Topaz. Definitely worth a look if serious off road ventures are on your bucket list.

New Age Caravans have new layouts in their Manta Ray, Oz Classic and Desert Rose models with added features to suit the modern way of living including WIFI routers, tracking systems to certain models and new digital decals.

Jurgens Australia and Concept Caravans, both renowned for their spacious appeal and modern interiors, have new layouts on display. Concept have a family van added to again cater for the family looking for a quality product at an affordable price. Jurgens new Travado and Tufftrax are making their first Perth Caravan Show appearance designed for the off road enthusiast.

Contact George Day Caravans on 9493 5557 or visit [www.georgeday.com.au](http://www.georgeday.com.au) for further information.



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### Transpool - air conditioning for people on the move



TRAVELLERS searching for a solution to hot summer nights in tents, campers, caravans or boats can find a solution with a Transcool air cooler unit.

Transcool is a portable evaporative air cooler designed and manufactured by Peter Donegan in 2010 after spending many sleepless nights in hot truck bunks while driving interstate.

The Transcool is a totally portable evaporative cooler with the ability to

run on either 12v, 24v or 240 volt electricity and features low battery voltage shutoff circuitry to eliminate the risk of flat vehicle batteries.

The unit is made from local and imported components and constructed at Kyneton, Victoria.

Transcool has various applications due to its compact size and low power consumption. It weighs just 1.5kg. It has a very low maximum current draw of 1.7 amps, and emits no harmful greenhouse emissions.

Transcool are units are very versatile and are used around the world for people and their pets in camper trailers, RV's, four wheel drives, boats and trucks.

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### THE GREAT BEYOND VISITOR CENTRE

Explorers' Hall of Fame



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**Home of the Explorers Hall of Fame.**  
The Visitor Centre also houses a cafe and gift shop.

Open Mon - Fri 9am - 4.30pm and  
Sat - Sun 9am - 1pm

**The Great Beyond Visitor Centre**  
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16 - 20 March 2016



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## In search of the elusive catch - the Spanish mackerel...



A beautiful Rottnest Spanish mackerel caught by Lewis Duffy

by Mike Roennfeldt

THIS is a great time of year for fishing almost anywhere along the vast WA

coastline. The weather is usually at its most settled, the temperature is generally comfortable and best of all, there's a good

chance there will be fish about, even around Perth.

One of my favourite species to catch in metro waters in autumn is the

electrifyingly fast Spanish mackerel. These fish have it all, speed, stamina, good looks, impressive size and great eating qualities. The only downside is the mackerel's set of razor sharp teeth that demand a certain amount of caution when handling it. Keep your fingers away from the mouth and never bring a lively mackerel into a small boat. If you are going to keep the fish, make sure it's pacified before hoisting it over the gunwale.

Finding Spaniards in metro waters isn't always easy but when you find one, chances are you will pick up two or three. Places to try include along the back of the Three-Mile reef sys-

tem, along the back of Five Fathom Bank, off the south side of Rottnest and at West End.

There are even occasional fish caught from shore each autumn, usually by floating a big bait out under a balloon in a strong easterly breeze in the morning. Places where this has been successful include the reef at Yanchep Lagoon, North Mole and even Cockburn Sound jetties.

If you have access to a boat, trolling for them is generally more productive. Big minnow style lures account for most fish and the go-to lures for this include big Rapalas and my own favourite, a Halco Laser Pro 190 DD. This reasonably

priced lure is built super tough and is extremely reliable straight out of the box. I'd be amazed if it hasn't accounted for more mackies in Australian waters than most of the rest combined.

Best trolling speed is at around six knots. Keep an eye out for bait schools being harassed from below. A patch of excited seabirds, wheeling and screeching is a pretty good indicator of an area worth trolling past.

Despite the universal popularity of braided lines, trolling for energetic fish like mackerel is an easier proposition with good old monofilament, where the line stretch dampens down the effects of violent head

shaking. Generally 8-10 kg line is a good choice for mackerel trolling and your reel needs a capacity of 250m or so, just on the off chance you hook a monster.

The fight is most often a long first run, followed by one or two shorter runs. The Spaniard isn't a species that sulks around down deep as a rule.

Finally, when you catch a Spaniard, get it on ice as soon as possible. A fillet of Spaniard caught that day is an absolute delight on a hotplate in the evening. It doesn't need fancy sauces, just a squeeze of lemon and salt and pepper will produce one of the best seafood eating experiences you can get.

## Enjoy a full day Pinnacles Desert, New Norcia and wildflowers tour



ADAMS Tours offer people the opportunity to explore New Norcia, the Pinnacles and view some of the wildflowers of the area.

Travel through the Swan Valley to New Norcia, Australia's only monastic town which is renowned for its Benedictine Abbey. A little piece of Spain comes alive in New Norcia, it's full of history, art and architecture. The town's main attraction is the museum and art gallery. In the museum people will find extraordinary artefacts dating back to when New Norcia was an Aboriginal mission, a hub for farming and a diverse town for education and culture.

The Abbey Church is home to one of only two large Moser organs. Originally crafted in Germany, this organ was imported to Australia in the 1920s.

Visit St Gertrude's College, a grand gothic style building which was originally built as a girl's boarding school and opened in 1908.

Drive through the town and learn of the intriguing history and culture of the community before stopping for morning tea.

Afterwards, visit a produce shop for the chance to purchase Benedictine community goods including olive oil, fruit, wine, New Norcia nut cake and breads. Alternatively, visit the museum and art gallery.

From here they visit the Western Wildflower Farm for a brief talk about how wildflowers are dried and exported.

Continue to the lobster fishing town of Cervantes and visit the Pinnacles Desert where people can enjoy an easy paced walk through these mystical

limestone pillars. These mystical limestone pillars make up one of Australia's most unique landscapes, rising eerily out of the sand and reaching up to several metres tall. See the Pinnacles from the lookout over the Park or take a guided walk through these amazing spires.

If time permits be sure to make a visit to the Pinnacle Desert Discovery Centre to find out more about these natural wonders. Wildflower viewing stops are made in season. Return to Perth at approximately 7.30pm.

The comprehensive day tour includes: Luxury coach travel, gourmet picnic chicken salad bento lunch, expert commentary and entry fees.

The profusion of wildflowers depends on weather and other conditions therefore sightings are not guaranteed. Wear comfortable walking shoes, bring a hat and your camera.

For more information about these tours visit [www.adamspinnacles.com.au](http://www.adamspinnacles.com.au) or call 1300 551 687.

### WIN WIN WIN

Two lucky readers can win a day tour for two people by completing our reader survey on page 53.

## Downsize your home and upgrade your lifestyle

DOWNSIZE your home and upgrade your lifestyle at the same time with NLV at the 2016 RAC Caravan and Camping Show.

Located at Stand 317, opposite the Webster Pavilion, this year they will be showcasing two home designs - the Garden Apartment and the Tucana - plus a lifestyle lounge, Q&A sessions and an information marquee.

Stroll at your leisure through the spacious Tucana - an inviting two bedroom, two bathroom home featuring an abundance of cleverly designed storage and the most popular features.

View their most affordable home yet, seen for the first time at the 2016 RAC Caravan and Camping Show - the new Garden Apartment. With lifestyle packages starting at only \$135,000, the Garden Apartment is the ultimate low maintenance home and ideally suited to those living alone. These apartments are turn-key and ready to move into in April.

Walk through the information marquee and talk to NLV staff about the available homes in the current resorts and villages and discover where the next resort or village developments will be.

Attend daily Q&A seminars where people can have all their questions answered by our experienced sales and village staff.

Relax in the lifestyle lounge and have an informal chat to our residents about how satisfying life really is at an NLV resort or village.

Find out how people can take advantage of NLV's Over 50s Home Buyers Grant, worth up to \$50,000 (T&C's available at [www.nlv.com.au](http://www.nlv.com.au)) - a special package designed to help make the move from their current home to one of their resorts or villages as easy and stress free as possible.

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ADVERTISING FEATURE

travel options for the mature west australian

## Five great Aussie cruise ships for Western Australians this season



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by Chris Frame

FRESH off the back of the biggest year in WA cruising history, 2016 is set to topple 2015 as our love of cruising continues to grow. With more than 50 ships in Australian waters, and 100,000 people expected to set sail from Fremantle, the choice can be a bit daunting. Here are five brilliant cruise ships arriving in local waters this season, and why you may want to consider them for your next ocean going holiday.

### Pacific Eden

*Pacific Eden* and her near-identical sister ship *Pacific Aria* are new to the Australian cruising scene. Considered small ships by today's standard, the two vessels started life as Holland America Line's *Statendam* and *Ryndam*.

Newly inaugurated into the P&O Cruises fleet, *Pacific Eden* will call into Fremantle a number of times during 2016. Having been built for a premium brand, her design, fittings and features are of a good standard, allowing her to offer a more sophisticated cruise experience than might be expected from the Aussie P&O Cruises brand.

Top features include a fully redesigned Waterfront Restaurant with sweeping views of the ocean, a good sized show lounge, big cabins with lots of storage and plenty of bars and eateries. Being a P&O Cruises ship, there will be families aboard and for them, there is lots of fun activity too, including an adventure course and swimming pools.

### Celebrity Solstice

*Celebrity Solstice* is one of the

largest cruise ships to be based in Australian waters. Built in 2008, she is a relatively new ship and at 121,800 tons, there's plenty of space aboard for exciting entertainment, dining and relaxation.

*Celebrity Solstice* holds one of the few ocean going Canyon Ranch SpaClub day spas, where you can enjoy complete wellness and lifestyle rejuvenation packages. The ship also offers unique amenities such as a real live lawn on the deck, where croquet and lawn bowls are played.

The main restaurant, named Grand Épernay, is a stunning two deck high marvel, where delicious meals are produced virtually round-the-clock; while two decks up, boutique eateries such as Silk Harvest and Tuscan Grille allow guests to sample gastronomic delights from all corners of the globe.

### Aurora

P&O's sophisticated UK Brand, 'P&O Cruises World Cruising' often send their ships to Australian waters during the northern winter season. With *Aurora* visiting this season, you will not be disappointed.

The ship is mid-sized, holding all the key amenities expected by today's cruise passengers. *Aurora* is designed for world cruising, and as such was built with stability in mind; perfect for travellers who suffer from the occasional bout of sea sickness.

The ship sports several unique dining venues, such as The Glass House; where each course on the menu is accompanied by a sommelier selected glass of wine. Another interesting feature is the

Pennant Bar by Day; with sweeping views over the terraced stern decks of the ship – a rare sight on modern day cruise ships where terraced decks have given way to boxy blocks of balcony cabins.

*Aurora* offers well-appointed staterooms, and like all P&O Cruises UK ships, there are tea and coffee making facilities in each stateroom. Categories range from suites and mini-suites to standard balcony, ocean view and inside cabins.

*Aurora* is based in Australia this month, and there are still a few spaces left aboard, so be quick.

### Independence of the Seas

If you're looking for a holiday to share with the kids and the grandkids, the *Independence of the Seas* will be of interest to you. The largest cruise ship to be based full time in Australia this season, she has arrived off the back of the success of sister ship *Voyager of the Seas*.

While *Independence of the Seas* is not based out of Fremantle, she is offering an extended cruise season from Sydney and the east coast of Australia.

This ship offers something for everyone; with facilities ranging from the wave rider (a virtual surf beach simulator) to an ice-skating rink; where you can opt to learn how to ice skate, or sit back and watch a professional show.

However, there is an array of amenities for those people wishing to enjoy a slower pace. The Royal Promenade is a multi-storey atrium-style area that runs down the centre of the ship. Here, you can access bars, lounges, restaurants and shops – there's

even a traditional pub.

Up the top, the ship has a large water-park style swimming pool, heaps of deck chairs, a gym and a jogging track. Cabins are spacious, with a range of categories. If you're not keen on flying, her sister ship *Voyager of the Seas* is making calls in Fremantle.

### Queen Mary 2

A firm favourite in Australia and a classic ocean liner, *QM2* makes her return to our waters in March. Unique among cruise ships, her design is that of a traditional passenger liner; making her the fastest passenger ship in service, and one of the biggest.

*QM2* offers a number of world-first amenities, including the only planetarium at sea, the first ocean going Canyon Ranch SpaClub, a four-tier dining room, the world's largest floating dance floor and a Broadway style show lounge.

This year, *QM2*'s voyages concentrate on the east coast of Australia; with calls in Sydney, Brisbane and Cairns. However, fear not – in 2017 the ship is set to return to local waters with a call in Fremantle scheduled.

This will be a great opportunity to experience the legendary ship, as she will be fresh from a multi-million dollar refurbishment. The refit, dubbed *QM2* remastered will see a transformation of the internal spaces, with new eateries and bars created, and additional cabins added to the ship – including options for single travellers.

That's our pick for 2016 – what are your thoughts?

Send us a letter to the editor, or visit us on Facebook and let us know.

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ADVERTISING FEATURE



travel options for the mature west australian



Holi Festival - a Hindu festival of Love

by Jeanette Woolerton

THIS month, Melbourne is committed to painting the town red – and yellow, green, pink, indigo, violet, turquoise, orange.

If you are lucky enough to be in the Victorian capital at this auspicious time, you may physically become a priceless pigment in a kaleidoscope of colour.

With the level of multiculturalism in Melbourne, Victorians are spoilt for choice when it comes to the variety of cultural festivals around the State. However one, in particular, stands alone in

its unique expression of heaven and a dedication to joy – the Holi Festival – a Hindu festival of Love.

Festivals of South Asia will be holding the Holi Fest 2016 on Saturday 19 March at the Werribee Racecourse for the third consecutive year. The event starts at 11am ending at 9pm. With a tagline of 'A Festival of Music, Dance and Colour', it is clear that a celebration of everything fun awaits you.

Holi is a major Indian festival and by far the most vibrant of all.

The joy is boundless and widespread. Celebrated throughout India in March

## India's amazing technicolour dreamcoat festival comes to Melbourne

(the Northern Hemisphere's onset of spring), the festival has become so iconic that it is now embraced by the international community as well.

One of the oldest festivals of India, there are many interesting stories associated with the festival's origin.

Paintings and scriptures depict historical festivals and Hindu mythology played a major role in its manifestation. The most popular stories of Holi relate to Holika Dahan and the Legend of Radha-Krishnan.

Integrally entwined with Holi, the tradition of Holika Dahan, relates to the lighting of bonfires. The ritual is symbolic of the triumph of good over evil and is based loosely on the legend of the demon king Hiranyakashyap, who wished to end his blessed son, Prahlad's life with the help of his sister, Holika.

Through a twist of divine fate, Holika burnt in the fire (intended for her nephew) and Prahlad remained unharmed. Since then, the day is celebrated with gusto, however the main aim of the modern festival appears to be to saturate participants in brilliant, vibrant colours.

This aspect stems from the legend of Radha and Krishna. Young Krishna, who

had a dark complexion, was jealous of his beloved Radha's extremely fair skin. In a mischievous mood, he applied colour on Radha's face. Following this ancient legend, lovers colour their beloved as an expression of love.

Throughout India and around the globe the spirit of Holi celebrates fun, frolic, laughter, vibrancy and infectious joy.

Indian music and dancing create the atmosphere of a Bollywood movie set. Dhol and sitar players rock the beat and you can practice your bhangra moves!

Max Riedel, executive director of the Holi Concept in Germany says:

"After the successful launch in 2012 of the first Holi Festivals of Colours in Germany, and the big European tour in 2013, which incorporated 23 cities and 300,000 visitors, we wanted to bring colour to the rest of the world as well"

This year the rainbow cloud is moving throughout the world.

After stopping in Berlin, Amsterdam, Hamburg, Barcelona, Mexico City and many more cities worldwide, Melbourne will be one of the biggest festivals.

"We are looking forward to all the Holi Festival of Colours – fans who will come to celebrate these two days with us."

On a practical note, the colours are readily washed out of your clothing, skin and hair. They are non-toxic, but in order to protect your eyes and lungs, you can cover your mouth with a t-shirt and wear sunglasses.

In rare cases the coloured powder (Gulal) may adhere to bleached or previously damaged hair. Should you find coloured residue in your hair don't worry, the powder is not a dye, and will disappear with repeated washing with normal shampoo.

It is advisable to wear loose, white cotton garments.

The colourful Gulal powder can be purchased directly from the festival.

The Festival will not be cancelled in the event of rain, however if the forecast is for very heavy rain, the Festival will be switched to Sunday. You will be informed in time via the festival Facebook Page or the link below.

There will be food and drinks on sale. BYO food and drinks are not permitted.

Cost: \$5 per person, tickets at gate; children under 12 free with accompanying adult.

For further information visit the website at [www.holifestival.com/au/en/cities-and-tickets](http://www.holifestival.com/au/en/cities-and-tickets).



RUSSIAN experts Beyond Travel have just released a Russia on Sale promotion with a variety of great discounts on rail tours, escorted touring, exclusive special journeys, hotel accommodation and land packages.

Included is a great independent package that includes 72 hours visa free to Russia, allowing customers to experience the beautiful city of St Petersburg

## Russia on sale

without applying for a visa. This five-day tour begins in Helsinki with an overnight ferry ride to St Petersburg where you will spend three nights taking in all the highlights the city has to offer including the Winter Palace, St Isaac's Cathedral, Peter and Paul Fortress, Hermitage Museum and much more. Save from \$300 per couple for departures in between May and December. Available in three or four star centrally located properties, it is now priced from \$1120 per person twin share.

Save up to \$500 per couple on the nine-day Grand Russia tailor-made rail package from St Petersburg to Novgorod and Moscow. Now priced from \$2,100,

including eight nights accommodation in your choice of three, four or five star hotels, first-class rail tickets, daily breakfast, comprehensive sight-seeing with a local guide and return airport transfers.

All independent Russian packages, including private tours, sight-seeing, hotels and transfers have been greatly reduced, including Beyond's popular city stay packages across Russia, with the three-day Spotlight on Moscow or four day Spotlight on St Petersburg now priced from \$550 per person twin share.

For other great Russia deals contact Beyond Travel on 1300-363-554 or visit <http://www.beyondtravel.com.au/russia-on-sale-2016/>

## Bonanza of cycle fun this month

A FORTNIGHT of cycling activities is being offered in the Peel region between 11 and 26 March in celebration of Bike Week 2016. There is something to suit all ages and abilities. Most activities are free.

Bring your family and friends to be part of a unique pedal powered family movie night or come along to one of the other fun community events hosted by local agencies and businesses.

Local cycle clubs and groups will be hosting social rides for ages 45 and over throughout the fortnight in various localities. Cycle racing have-a-try events are also being hosted for those who enjoy the thrill of competition.

The more adventurous can enjoy discovering and exploring cycle trails in the region on a family or mountain bike ride and for those people wanting to learn how to fix their bike, there will be a workshop on basic bike maintenance.

The community is being encouraged to use a healthy, congestion free transport option and cycle to the Mandurah Crabfest weekend of 19-20 March and to the Mandurah Rotary Family Fun Day and Duck Race on 26 March.

For more information on 2016 Peel Region Cycle Instead Bikeweek Bonanza, go to [www.visit-peel.com.au/events/events-calendar](http://www.visit-peel.com.au/events/events-calendar)

## Have a global cooking adventure



Befriend members enjoying a cooking class

COOKING classes with a difference are coming to West Perth, allowing participants to travel the world with their taste buds.

Global Cuisine Adventures is a 'hands on' four session course where people will learn key dishes from cuisines including Mexican and Italian, learn about the culture of the countries and sit down to a themed table to share the meal they've made.

The course is one of a number of courses offered in the Sweet Skill program which is an initiative of not-for-profit group Befriend.

The program runs from 15 March to 15 May, also features a dance taster course

and a craft course.

All courses are designed to be fun, very social, affordable and accessible to all adults.

The Befriend organisation helps create social opportunities for people. They have more than 4000 members who are all keen to meet people and make new connections.

The organisation partners with community service organisations who work with people with disabilities, new arrivals into the country and people experiencing mental health issues.

For more information email [admin@befriend.org.au](mailto:admin@befriend.org.au) or call Kathleen on 0481 540 337.

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# food & WINE

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## Enjoy this surprise Easter lamb



by Vince Garreffa

TO prepare yourself for Easter ask your favourite meat supplier to save you a double short loin of lamb, boneless and intact (not split longways) and bask in the glory of this dish. Memories are made of meals which look and taste like this. Enjoy your Easter celebrations with your friends and family.

### Ingredients for 6 or 8

1 boneless double short loin of lamb, flap on about 2kg  
4 boiled eggs peeled and cold  
extra virgin olive oil (EVOO)  
Western Australian salt  
cooking string to tie roast  
meat thermometer to check internal temperature

**Filling ingredients**  
350g minced lamb  
½ small onion finely diced  
⅓ cup finely diced carrot  
1 raw egg beaten  
60 ml milk  
1 cup stale bread  
½ tablespoon mild mustard  
⅓ cup Italian parsley chopped roughly  
½ tablespoon finely chopped rosemary leaves  
pinch nutmeg  
WA salt  
cracked black pepper  
extra virgin olive oil (EVOO)



### Method

SALT and pepper the inside of the meat and remove about three finger lengths of lamb flap on each flap – cut in a straight line and set aside. (You will use these to hold the stuffing in).

Now make the filling by first frying the onion in 100ml of EVOO until it is soft, then add the carrot and cook together for two minutes, then take off the heat and allow to cool.

Next add the egg, milk and bread and mix thoroughly. Follow this by adding the mustard, parsley, rosemary, nutmeg

and lamb mince and mix really well again and season with salt and pepper before mixing again.

Then put half your filling onto the middle of the seasoned lamb loin, add your whole boiled eggs on the filling in pairs, side by side all touching.

Cover the eggs with the second half of the filling, wrapping the eggs so they can't be seen and are co-cooned inside.

Now wrap the lamb flaps around the filling to create a tubular roll like an oval log with all the filling trapped inside and tie with string vertically. Don't tie

the string too tight.

Then use the two pieces of lamb flaps you have cut as ends to the roll to ensure the stuffing doesn't come out during the cooking process.

Tie the ends horizontally and use lots of cotton string to hold it together.

Bake immediately or the following day after storing in the fridge overnight.

Roast at 150°C for two to two and half hours, longer if you like it very well done, check with your meat thermometer that the internal temperature is 60°C at the centre where the eggs are for a perfect result.

Rest for 20 minutes covered in alfoil before carving, serve hot or cold. Buona Pasqua /Happy Easter.

## Brunch with T - BamBamBoo in the city



Left; The selection of dim sum is delicious.  
Above; Shanghai dumplings (xiao long bao) are my favourite



by Tahlia Merigan

I'VE returned to Perth after my trip to Japan and Korea and I had such a great time that I want to go again, so this month I have kept with the Oriental theme for brunch.

Taylah (who travelled with me) and I decided to venture out for yum cha and eat dim sum at the BamBamBoo Chinese restaurant.

Yum cha is a type of Chinese style brunch tea, which involves drinking Chinese tea and eating dim sum. Dim sum is dishes of small steamed or fried savoury dumplings containing various fillings.

The BamBamBoo owners previously owned the Grand Palace which was renowned for its delicious Chinese cuisine.

Although not a traditional yum cha setting with the carts coming around filled with offerings – we love BamBamBoo because they serve dim sum all day long from 11am-8.30pm except Sundays when they close at 4.30pm.

When you arrive at BamBamBoo you order on an iPad which displays pictures of the dishes and lists all the ingredients contained in the dish. This is very helpful if you are a little hesitant at stepping out of your comfort zone with the food.

Taylah and I may have over ordered, as often happens at yum cha but another favourite thing I like about BamBamBoo is you can ask for a container and to take leftovers home. They also offer takeaway food.

The other thing I admire about this restaurant is the service is always very quick, even when they are very busy.

There are so many options to eat here, but these are favourite dishes that make up the highlights of a yum cha experience.

Shanghai dumplings (xiao long bao – \$6.50 for six pieces) are little steamed morsels filled with pork and soup. These are essential or-

dering as far as I am concerned.

They are amazing here but do be very careful as they come out steaming hot and if you pop them in your mouth too soon they can feel like a volcano.

Allow a few minutes for them to cool down and then grab the top of the dumpling gently with your fingers and pop whole into your mouth for the delicious soup to tantalise your taste buds. Sometimes one serve is just never enough.

As we are regulars for dinner here I requested the Peking duck pancakes (\$18.80 for 4 pieces) which is featured on the dinner menu but not on the lunch one.

It is an amazing taste sensation and BamBamBoo barbecue their own ducks and other meats.

The dish is served separately with pancakes, crispy skinned duck, hoisin sauce and shredded Chinese cabbage, carrot and spring onion, which you pile together on your pancake, smother in sauce and fold and eat.

I'm not a big fan of seafood but Taylah loves it, so she ordered the chilli fried squid tentacles (\$7.20) which are always a popular dish at Yum Cha. These ones are crisp and tender in a delicious spicy light batter.

Taylah's favourite is the hao gao (\$6 for four pieces) which are steamed prawn dumplings, but this

time she chose the seafood chive dumpling (\$6 for four pieces) but she said the hao gao is better as they are bursting with tender and juicy prawns.

I particularly love the stir-fried Chinese radish cake (lo bak go – \$6.20), the flavours are subtle, it's not spicy but is pan fried with spring onions.

We call the cha siu bao (steamed pork buns – \$6.80 for three pieces) fluffy buns and they are another favourite of mine. The light fluffy sweet dough encases a lovely char sui pork filling.

There are vegetarian options as well and they are all delicious.

As well as dim sum, they offer a variety of Chinese teas, a selection of soups, noodle dishes and barbecue meats and delicious sweet custard buns. The menu is comprehensive and very well priced.

Besides the delicious food, the atmosphere of BamBamBoo is very modern with street art on the walls, some communal tables, some very modern donut chairs and tables and they are licensed.

The roof has bamboo hanging down and the setting is modern Asian.

It's always fun to visit and eat there and I think it's more welcoming than some of the more traditional Yum Cha restaurants.

I've been back to this restaurant many times and the quality of ingredients and consistency of food and service each time means that I have awarded them a hearty four spoons.



**BamBamBoo** 25/140  
William St, Perth  
Telephone 6388 8900  
Open 7 days [www.bambamboofoodchain.com.au](http://www.bambamboofoodchain.com.au)

Until next month...

If you have any recommendations for the brunch column email me at [Tahlia@haveagonews.com.au](mailto:Tahlia@haveagonews.com.au)

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**Vince Garreffa**



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## Dunk into these delightful dips and wow your guests...

by Noelene Swain

A GREAT way to start off a barbecue or evening meal, is to serve a variety of freshly made dips or homemade salsas to your guests. It will either whet the appetite or stave off the fierce hunger pangs whilst you settle in for a fun evening.

Dips are always popular with young and old alike. Forget the commercial array and use your imagination to create dreamy dips using lots of fresh ingredients for a far more economical

and refreshing result.

Light sour cream or yoghurt can be used as a base ingredient. You can add almost anything fresh – vegetables, pesto, chopped nuts, cucumber, mashed avocado and fresh herbs. A salsa made by combining chopped tomato, shallots, onion and fresh mint will also make a versatile choice.

When presenting your dips, complement them with vegetable crudités such as fresh asparagus spears, snow peas, carrot sticks, cauliflower, celery and capsicum.

Vegetables add colour to the platter and flavour to the dips.

Wedges of toasted Turkish bread will make a simple yet effective accompaniment. To add interest and enhance the appearance of the dish, try buttering lavash bread, sprinkling with lemon pepper and toasting until crisp. Break into pieces before serving.

Here are some delicious dips for you to make at home:

Brought to you by Fresh Finesse Fresh Food Promotions – [www.freshf.com.au](http://www.freshf.com.au)



THE SAVOURY umami taste of mushrooms helps to regulate appetite and avoid overeating. Quite simply, when you have a mushroom meal, you need less salt to get that same satisfying burst of flavour.

½ cup olive oil  
1 small onion, finely chopped  
1 tablespoon ground cumin  
400 g cup mushrooms, chopped  
300 g can chick peas, rinsed and drained  
½ cup thick natural yoghurt  
1 tablespoon tahini  
1 tablespoon lemon juice  
½ cup chopped chives  
Freshly ground black pepper  
Wafer biscuits, to serve

HEAT two tablespoons of oil in a heavy-based frying pan over medium-high heat. Add onion and cumin and cook, stirring often, for five minutes. Increase heat to high, add mushrooms and cook, stirring occasionally for five minutes or until pan juices have evaporated. Set aside to cool.

Meanwhile, place chick peas, two tablespoons yoghurt, tahini, lemon juice and remaining oil in a food processor. Process until smooth. Transfer to a medium bowl. Process mushrooms until finely chopped. Stir mushroom mixture and remaining yoghurt into chick pea mixture. Stir through chives and season with salt and pepper. Cover and refrigerate for one hour. Sprinkle with extra chives and drizzle with oil to serve, if desired. Serve with wafer biscuits.



## Recipe for one Greek cucumber dip

1 Lebanese cucumber, grated or finely diced  
½ cup natural yoghurt  
½ clove garlic, crushed  
2 teaspoon lemon juice  
2 teaspoon olive oil  
½ tablespoon freshly chopped mint

COMBINE cucumber with yoghurt, garlic, lemon juice, oil and mint. Mix well. Chill before serving. Serve with fresh vegetable crudités or toasted pita bread.

## What's fresh for March



**ROYAL Gala Apples:** For the lovers of freshly harvested fruit, the new season Royal Gala is a welcome arrival on the fruit scene. They are as sweet, crisp and juicy as you would expect from a freshly picked apple, with a beautiful peach coloured skin and an exterior of red stripes over a pale cream background. Choose carefully, keep your purchases in the fridge until you are ready to eat them and you'll be rewarded with a perfect eating experience. Gala apples make wonderfully moist cakes and muffins and are fantastic in a hearty crumble.

**Bartlett Pears:** Another lovely new-seasoner, Bartlett Pears are a light green to yellow pear, or a red-green in the case of 'Red Sensation' Bartlett's. They're medium sized and are sweet and aromatic with the Red Sensation being slightly tarter. These pears are a good all-rounder being suitable for both cooking and eating fresh. To test for ripeness, the flesh near the stem should give when gently pressed. It's often best to buy them quite firm and let them ripen at room temperature for a couple of days, however remember that pears ripen from the inside out, so don't leave them too long. Pears and a strong cheese such as a blue or a goat's cheese are a gorgeous combination.

**Cucumbers:** Indeed a very cool addition to salads and dips. Picking up a cucumber to feel its weight is a good indication of freshness; they should feel heavy and have firm, bright-looking skin. Lebanese and Burpless (Continental) cucumbers are very similar in texture and flavour but they differ in size, the Lebanese being the smaller of the two. One of the most commonly asked questions about cucumbers is whether to peel and de-seed? The best way to decide this is to slice a small round off the cucumber. If the skin is tough and the seeds are large and bitter, it's best to peel and de-seed it. A fantastic way to eat cucumbers is in a home-made Tzatsiki, a Greek yoghurt-based dip. Simply peel and seed one cucumber and combine with natural yoghurt and minced garlic to taste.

**Sweetcorn:** Nothing beats piping hot sweetcorn eaten straight off the cob, and thankfully luscious juicy cobs are now plentiful. Use as soon as possible after purchase and cook for a short time only. Steaming for about seven minutes allows corn to maintain all its lovely succulence and flavour. Sweet corn works well on the barbecue, either whole wrapped in foil or back in its original husk, or in chunky slices threaded on skewers and brushed with good olive oil. Sweet corn is wonderful with crab or prawns and works particularly well with butter, garlic and cumin.

Supplied by Fresh Finesse (08) 9388 2775. For further information visit [www.freshf.com.au](http://www.freshf.com.au)

## Summer cucumber and tomato soup

**Preparation: nil; cooking: 10 minutes; serves 4-6**

4 ripe tomatoes, chopped  
1 red chilli, deseeded, sliced finely  
1 onion, chopped  
3 Lebanese cucumbers, peeled, chopped  
3 cups tomato juice  
¼ cup lemon juice  
2 tablespoons freshly chopped coriander or parsley  
Freshly ground black pepper

PLACE tomatoes, chilli, onion and ½ cucumber in a food processor. Process until smooth. Place mixture in a large bowl. Stir in tomato juice, lemon juice and coriander or parsley. Add pepper to taste.

Serve soup in individual bowls, topped with the remaining chopped cucumber or spears of asparagus.



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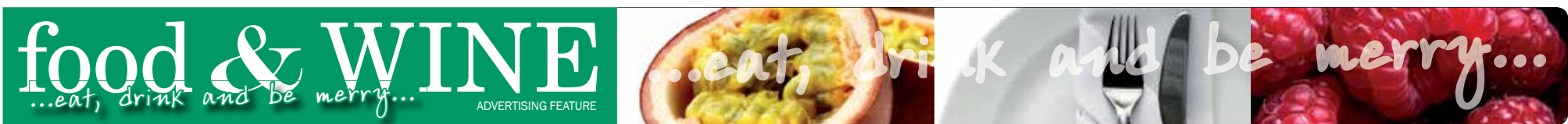
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## Siena's Sister...delicious homestyle Italian kitchen now open in the Beaufort Street strip



Above; Siena and her sister Sasha  
Below; Salmon with quinoa salad and linguine firenze

by Jennifer Merigan

ANDREW and Anthony, the brother-in-law team and owners of the popular Leederville restaurant Siena's have launched a new restaurant in the Beaufort Street precinct aptly named Siena's Sister.

So who are Siena and her sister?

Siena is the first-born daughter of Andrew and their new restaurant pays tribute to her sister, Sasha. Both girls are grown up now but what an expression of love to have one of Perth's most popular restaurants named after you.

At the restaurant in

Beaufort Street you can see a collection of photos of the girls growing up and if you are lucky enough Sasha will even serve you.

This family style restaurant offers diners a comprehensive Italian kitchen menu with a few popular twists. Sharing plates, pizzas, salads, pastas and a selection of delicious mains will tempt any palate.

I visited Siena's Sister on a Tuesday night and our table enjoyed a selection of dishes. On specials night they also offer a great selection of cocktails and we tried a couple on the menu.

The Sofia Vergara was

a watermelon flavoured cocktail, normally \$16 but on specials night they go for \$12. Other cocktails tried on our table included the lemon cheesecake and caipirinha.

We started with arancini balls (\$12), crisp on the outside and light and fluffy on the inside. The cheese filling oozes into your mouth.

We also tried the chorizo and calamari fritti (\$18) which was tender and a pizza bread with pesto sauce which was crispy and tasty.

There is so much choice on the menu I couldn't decide between dishes so I tasted all the dishes on our table much to chagrin of my fellow diners.

The linguine Firenze comes with scallops and prawns and is served in a pesto cream and lemon sauce. Priced at \$21.50 or \$17 on their Monday to Wednesday specials night this dish was delicious, the creamy sauce was the perfect accompaniment to the seafood and it was a generous size.

The Gnocchi Gorgonzola is fresh home made potato dumplings served with mushrooms, spinach, blue cheese and walnuts and again was a large serving size for \$22.50 or \$17 on specials nights. The gnocchi's were light and the sauce was perfectly bal-

anced with the Gorgonzola flavour and the walnuts added a delicious crunch in the dish.

We had to try the signature pork belly dish and this was served on sautéed cabbage with ginger, chilli caramel and marinated fruit. The belly was perfectly rendered and these tender morsels complemented the cabbage and fruit. Priced at \$27.50 it was a great dish to share on the table.

Apart from the pastas and pizzas, they offer 14 different main dishes, for something light we tried the grilled salmon with a quinoa salad (\$32.50), which was tasty and healthy at the same time.

After tasting all these dishes I couldn't possibly fit in dessert but the array of homemade cakes and desserts in the cabinet was certainly tempting.

The quality, serving size and service made for a very enjoyable night.

There is something for everyone on this menu and all at very reasonable prices. Special pizza, pasta and cocktail nights are from Monday to Wednesday.

Siena's Sister is located at 500 Beaufort Street, Highgate, just next door to the Queens Hotel and is open for dinner seven nights a week and on weekends from 8am.

## Swan Valley vintage weekend



by Frank Smith

SWAN VALLEY winemakers have organised a vintage weekend from 11 to 13 March with good food, wine, vineyard tours and music. People can even earn your free breakfast by helping Duncan Harris pick grapes or they can join in a poker run where you collect cards for each bottle purchased. The best hand wins great prizes.

We decided to get in early and taste some of the more affordable wines available from the Valley.

**Upper Reach 2013 Black Bream Red** is a medium bodied blend of Cabernet Sauvignon and Merlot. There is a touch of leafiness and blackcurrant on the nose following through to liquorice and cherry finish with very fine oak tannins. RRP \$20.

**Upper Reach 2015 Black Bream White.** This classic white blend of Chardonnay and Verdelho is all fruit salad with luscious sweetness and a fresh finish. Great with spicy food. RRP \$15.

**Upper Reach 2015 Black Bream Pink.** This is a delicate, sweet Rosé style, starting with strawberries and cream on the nose and a touch of rose petal and red berries. The palate displays confectionery characters up front with a fresh crisp finish. RRP \$15.

Upper Reach has a special offer for *Have a Go News* readers. Buy two cases and get a case of Black Bream White or Pink free. That's three cases for the price of two.

**Janebrook Estate Plain Jane Classic Red.** This wine is a blend of 70 per cent Cabernet Sauvignon, 20 per cent Shiraz and 10 per cent Malbec. It displays a complex bouquet of candied dark fruits with a touch of spice. The palate is of sour plum and rhubarb flavours with a lasting fruit sweetness. RRP \$16.

**Janebrook Estate Plain Jane Classic White.** This medium-dry wine is a blend of 70 per cent Sauvignon Blanc, 20 per cent Semillon and 10 per cent Chardonnay. It displays tropical fruit on the nose with hints of lime, pineapple and passionfruit. Refreshing notes of citrus and apple custard give way to a rich palate balanced by crisp acidity. RRP \$16.

**Janebrook Estate Plain Jane Classic Rose.** This wine is a blend of Cabernet Sauvignon and Malbec from Margaret River. It displays strawberry and cream on the nose with subtle perfume notes. The palate is crisp and lively with delicate fruit flavours and leafy characters. RRP \$16.

Janebrook is offering readers a fantastic special on dozens (straight or mixed) of the Plain Jane Classic range at \$99 per dozen (\$8.25 per bottle).

Brian and Heather Hunt own Entopia a boutique vineyard in Baskerville. It's a great place to take along a picnic to have with a bottle of their wine.

**Entopia Golden Georgia 2013** is a low alcohol light golden straw coloured wine named for the Hunt granddaughter. It has aromas of rock melon and peach and a soft sweetish lingering palate with a hint of tropical fruit. If you like sweet wines you will enjoy this. RRP \$19.

**Entopia Shiraz 2007** displays aromas of stewed prunes and rhubarb with subtle black fruits characters and a medium bodied rounded palate. No need to wait for this wine to age, it has had a long time in cellar already. RRP \$20

For those who seek out organic wines there is only one producer in the valley which is Duncan and Deborah Harris' organic wines at Baskerville. Rock up to the cellar door and see what's on offer this year.

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# Downsizing

ADVERTISING FEATURE



Benefit from downsizing with greater social contact and interaction

by Frank Smith

UK-based International Longevity Centre conducted a survey regarding this year the

## Looking at the pros and cons of downsizing

ing downsizing amongst UK homeowners aged 55 or older. The results are applicable to Australian conditions with the exception of the effect of downsizing on pensions.

All UK pensioners receive a basic pension regardless of their income and assets. This is because, unlike Australian aged pensions, UK pensions are funded by personal contributions not taxation. The consequence is that there is less financial disincentive to downsize amongst pensioners with substantial assets.

While 44 per cent reported they did not expect to downsize at any time, 48 per cent had either already downsized, were currently considering it, or expect to consider it in the future.

Over half the over 75s expect never to downsize compared to around 40 per cent of younger age groups.

Reasons given for downsizing included:

**Financial Benefits:** Downsizing allows homeowners to gain access to the wealth held in their properties. This was the most important reason, though reducing the costs of bills was more important than releasing equity. Nonetheless, close to a third of respondents did or expect to release at least \$200,000 by downsizing.

Most plan to put this into a savings account. Younger seniors plan to put it toward their superannuation, but the next most common use being to enhance their day-to-day life. Big purchases and reducing debts were less common, while gifting it to family members was much higher for those aged over 70.

**Reduced Maintenance:** Having fewer rooms and space to care for can be a relief to people as they get older. This was the most important reason why 56 per cent of people had downsized or would consider it.

**Health Benefits:** Downsizing allows people to move into properties that are better suited to their physical needs. Nearly two-thirds of homeowners in the survey reported improved wellbeing after moving into specialist retirement housing.

**Social Benefits:** Downsizing can be a good opportunity for people to put themselves in a better position to encourage greater social contact and interaction in later life.

Reasons for not downsizing include:

**Emotional Factors:** Nearly one in three people, especially those over 75, reported that their sentimental attachment to their homes was a deterrent to downsizing.

**Nuisance Factor:** The disruptive nature of moving – packing up the house or exploring the housing market – put off people from considering downsizing. Again this was particularly important amongst the oldest age group.

**Esteem Factor:** The pride people take in their homes may discourage them from considering downsizing in case it is perceived by others as moving into lesser quality accommodation.

**Hospitality Factor:** Some older households value having additional space, such as extra bedrooms, as a place to accommodate guests and family.

**Cost Factor:** The costs associated with the process, such as stamp duty and real estate agent's fees can be discouraging.

The International Longevity Centre says there is a need to raise awareness of the benefits of downsizing in later life and encourage older people to think about their future needs such as care, rather than waiting until a shock event forces them to make changes.

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All Sterling New Life Lease homes come complete with total fitout, all ready for you to move in with your furniture.

If people would like to know more about how a Sterling New Life Lease property can save them money and help make their life more comfortable, please call them for an obligation free chat on 1300 665 890.

\*Conditions apply.

# Upgrade when you downsize



Want to spend more time enjoying your life and less time worrying about home repairs or the garden? Then take a look at Akora Lifestyle Apartments.

Brand new with modern appliances, they're low maintenance, secure and perfectly located close to public transport, shops and all amenities.

Just look at these features:

- Choice of floorplans
- Large balconies
- Stunning green room with mezzanine level
- Ground floor cafe
- Beautifully landscaped
- Fully maintained grounds
- 100% smoke-free
- High quality sound attenuation
- Access to activity and social programs

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



2 Adie Court, Bentley

Don't miss this outstanding opportunity! Call Harry Pearson on 6250 0016 or email [harry.pearson@swancare.com.au](mailto:harry.pearson@swancare.com.au)

[akoraapartments.com.au](http://akoraapartments.com.au)



# Retire your way



Retirees are continuing to drive change in the retirement residential market by demanding diversity and choice. In WA, there is a wide range of options now available across the state - but finding the perfect place offering convenience, a great location, a wide range of facilities and at a good price point can be hard to find.

At a Stockland Retirement Village, residents can enjoy an active and independent retirement lifestyle, with great facilities and like-minded neighbours in a safe and secure environment, without breaking the bank. With homes starting from \$185,000\* the opportunity to downsize without compromise is a reality.

Matthew Daly, Sales Manager WA said: "At Stockland, we have a wide variety of villages to suit all needs, desires and price points. From Affinity Village only 10 minutes from the beach, to River Parks adjacent to parklands and along the Canning River. A Stockland Retirement Village offers a premium yet affordable retirement experience and we genuinely believe it has set a new benchmark for retirement living in WA".

**So what are you waiting for?**

**Come and visit a Stockland Retirement Village today – freecall 1800 72 71 70 or visit [stocklandretire.com.au](http://stocklandretire.com.au) for more information.**

## Affinity Village

38 Norwood Avenue, Baldivis

2 and 3 bedroom homes available, starting from \$299,000\*

## Halls Head Village

10 Hungerford Avenue, Halls Head

1 and 2 bedroom homes available, starting from \$185,000\*

## Leschenault Village

22 Hayes Street, Bunbury

2 bedroom homes available, starting from \$299,500\*

## Murray River Village

7 Coolibah Avenue, Mandurah

2 and 3 bedroom homes available, starting from \$241,000\*

## River Parks Village

1 Wendouree Road, Wilson

2 bedroom homes available, starting from \$313,000\*

## River Pines Village

25-27 Parkhill Way, Wilson

2 bedroom homes available, starting from \$299,000\*



The state-of-the-art Clubhouse at **Affinity Village** includes a pool, gym, bar, dining area, billiards room, dance floor, multimedia room, plus more.



**Murray River Village** located right in the heart of Mandurah with a bowling green, outdoor pool, BBQ area and Clubhouse.



2 bedroom homes available at **River Parks Village**, nestled on the banks of the Canning River, only 12km from Perth's CBD.

\*Prices correct as at 22/02/2016. Subject to terms and conditions. For full terms and conditions please speak to a Stockland Sales Professional. Photographs and illustrations are indicative only. Furniture not included.



# Downsizing

ADVERTISING FEATURE



## Don't become a victim of cyber crime



Eleni Evangel presents a cheque from the Department of the Attorney General to COTA CEO Trish Langdon with ECU school of computer and security science researcher David Cook

OLDER Australians have been using a computer and surfing the Internet much more over the last few years. They are now averaging around 20 to 25 hours per week per person.

Many have taken to the Internet with gusto but often they are more vulnerable to cyber crime as their usage increases.

You will recall the 80-year-old gent from WA who fell victim to a love scam and was tricked out of \$300,000.

Older people may be less comfortable exploring online technologies due to the perceived cyber-safety threat. This fear can prevent them from gaining the benefits such as staying in touch with family and friends, or utilising online services provided by businesses and governments.

COTA's new Cyber Crime Program includes a range of information sessions by ACS Fellow David Cook, researcher at Edith Cowan University's Security Research Institute and noted subject matter expert in the area of elderly online deception.

David's presentations will give important information about the main areas of concern, and how to become more secure.

The talks will focus on email deception, password protection, Wi-Fi security, and digital legacies including financial, social, and legal vulnerabilities.

The presentations will be available in both metropolitan and regional centres over coming months. They will provide guidance to people in matters of identity theft, access to money, and cyber physical stings such as telephone scams, email scams, social media and confidence tricks.

COTA WA and Edith Cowan University have received a grant from the Department of the Attorney General to host cyber safety workshops for the people in WA. The first round of presentations takes place this month.

Tuesday 22 March Citiplace Centre (1st Floor Perth Railway Station) 10am to 12noon

Tuesday 29 March Ac-Cent Mandurah 1pm to 3pm

Contact Marlene at COTA 9472 0104 for further information on presentations.

## Retirement living reaches new heights



Enjoy sweeping views across parkland from the balcony of Apartment 407 at Akora

THE new Akora Lifestyle apartments at SwanCare Bentley Park are renowned for their high security, modern appliances, spacious balconies and proximity to all amenities.

Now exceptional views have been added to the list.

With construction reaching full height, residents are able to see the exact outlook they'll enjoy when they move in to their new homes.

Natalie Hodi, SwanCare's General Manager Retirement Living, was one of the first to take a tour of the complex and was excited by what she saw.

"I always knew the views from the upper floors would be good, but I didn't know how good," she said.

"Depending on which side you're on, you can see the buildings of the city, sweeping expanses of parkland, or all the way to the hills.

"I can imagine residents just sitting on their balcony, sipping a wine and reading a book, feeling like they're a million miles away."

Akora is setting a new standard in retirement living and caters for people who no longer want the hassle of looking after a large family home. Set amidst landscaped gardens that are fully maintained, Akora is perfect if you want to spend more time on yourself.

People can simply lock and leave if they want to travel or you can take part in the extensive social program offered by SwanCare's Bentley Park community.

"Residents are spoilt for choice," said Mrs Hodi. "There's an indoor and outdoor bowling green, art classes, computer classes and regular day tours.

"Or they can venture out to play golf, visit the local restaurants or do some shopping.

"There's a Transperth bus stop right out the front of Akora, so it's very easy to get out and about."

Akora has been specially designed to incorporate cost effective and practical sustainability initiatives throughout. The result is an eco-friendly complex that boasts an average seven-star rating for energy efficiency and thermal comfort for each of the 44 apartments.

"A lot of thought went into the design," Mrs Hodi said. "The apartments are very quiet, there's a beautiful green room and a downstairs café.

"I can't wait for it to be complete – and neither can the residents."

For sales enquiries, contact Harry Pearson on 6250 0016 or email Harry. Pearson@swancare.com.au To find out more about Akora, visit akoraapartments.com.au



Retirement & Aged Care Association (Inc)

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

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

### FOR SALE

**Coral Estate**

(Unit 31)

1 Anzac Place, Mandurah

\$285,000 ono

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage.
- Large built in robes in main bedroom / ceiling fan
- Freshly painted.
- Air con in dining area.
- Ceiling fan in lounge
- Woodgrain flooring throughout - option to replace (inc in price).
- Floor tiles - kitchen/dining area

# \$20,000 CASH BACK

STAGE 2 NOW OPEN

Be Quick! ONLY 2 REMAINING!



ON OUR 3 **2 REMAINING**  
**STAGE 1**  
**DISPLAY HOMES**

We're celebrating the opening of Stage 2 by offering a **MASSIVE \$20,000 CASH BACK** on our remaining Stage 1 Display Homes!



**El Caballo**  
Lifestyle Village

You'll need to hurry as there are only **3 TWO HOMES** eligible for this HUGE saving:

- **THE ALONSO**  
2 Brms, 2 Bthrms and separate Powder Room
- **THE RUFIAN**  
2 Brms, 2 Bthrms, Study and Alfresco UMR
- **THE EBANO**  
2 Brms, 2 Bthrms and Study  
**SOLD**

These architecturally designed homes are superbly finished with colours, materials and (optional) furnishings carefully selected by our talented interior designers. All homes include Airconditioning, Ceiling Fans, Floor & Window Treatments plus many non-standard features.

Take advantage of this **\$20,000 CASH BACK** offer today.



THE ALONSO



THE RUFIAN



THE EBANO

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DELIVERING THE PROMISE



# Downsizing

ADVERTISING FEATURE



## El Caballo offers big and small

Village caters to both ends of the spectrum with home sites of 160m<sup>2</sup> available too along with many options in-between.

In March, the new display home – the Avila – will be on display on one of the small sites. Priced at just \$199,000 the Avila will lower the entry point of the village substantially.

"That's great news if you are on a budget or want to have some extra money left over for investing or holidaying" says Mr Pavlinovich.

However at El Caballo Lifestyle Village, lower

price doesn't mean lower quality.

"All homes are built by Fleetwood Homes to our high standard and the Avila is no exception" said Mr Pavlinovich. "The homes are fully finished including floor coverings, window treatments and painting. Stone benchtops, timber venetian blinds and reverse cycle air-conditioning are all included as standard."

"Your home will be landscaped, with the front gardens looked after by village management, and you'll even have your own storage

shed in the back."

To bring stage one to a fitting conclusion, El Caballo Lifestyle Village are running a special promotion on the last display homes in stage one, offering a massive \$20,000 discount. One has already been sold so there are only two left. Don't miss out on viewing these beautiful homes.

If people would like more information they can visit [www.eclv.com.au](http://www.eclv.com.au) or visit the village at 51 Jocosco Rise, Wundowie, the sales office is open daily from 11am – 3pm or by appointment.



EL CABALLO Lifestyle Village in Perth's Hills has recently opened stage two, releasing another 45 home sites within the village.

The homesites in stage two are bigger than stage one. Buyers are already taking advantage of this with the larger sites selling

quickly.

Managing director, Matthew Pavlinovich, says, "there's plenty still available, in fact the biggest home site in stage two is a whopping 662m<sup>2</sup> and it is still available."

If that doesn't sound like downsizing, then you'll be happy to know that El Caballo Lifestyle

## Updating your power of attorney, will and advanced health directives

ENSURING that your will and power of attorney documents are in order helps to provide peace of mind for you and your family as it clearly communicates your wishes for your future care, your finances and your estate if you are no longer able to manage them for yourself.

The complexity associated with these documents and the associated legal issues can be quite confusing and at times overwhelming.

Residents at Alchera Living Villages were fortunate enough to be given the opportunity to attend a presentation by lawyers from Hammond King Touyz who have a specialist team in this area.

The presentation was

held at Alchera's largest village, Weeronga and management organised transport to bring the residents of Alchera's other villages to ensure everyone had the opportunity to benefit.

The lawyer gave an overview of the different mechanisms in place for people to plan for their future needs. In addition, she reminded people that laws change over time and that it was important to keep their power of attorney, will and advanced health directives up to date. The session also helped to put people's minds at rest about the role and authority of those given guardianship or executiveship.

Webber Gardens resident, Pat French, said she

appreciated being able to ask lots of questions as she had been thinking about the best way to manage affairs if she became frail. The session gave her the confidence to see a professional and set in place the support mechanisms to care for her financial or health needs if she became unable to do so for herself.

Bull Creek Village resident, Gwen Barry, came with her daughter, Chris. They both agreed the session helped to clarify the role of power of attorney and stressed the importance of keeping these important documents up to date.

**Secret Harbour From \$469,000**  
5 & 7 Lennox Drive  
**IDEAL DOWNSIZER / SEMI-RETIREMENT OPTION**

Looking to get off your 700/100sqm block and move onto a manageable 500 sqm, whilst still having a brand new home, with all modern fittings and fixtures? These homes have been architecturally designed just for you. Paved under roof alfresco area perfect for your outdoor entertaining. Double auto garage - with plenty of room for two cars and storage (Plus bonus roller shutter for rear access). Garden beds front landscaping and reticulation, reverse cycle air conditioning, separate home theatre, master suite with large ensuite and walk in robe large kitchen, living and dining (open plan), kitchen features brand new appliances (include dishwasher), double sink, breakfast bar, gas stove top and stone bench tops.

4 2 2

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## Unique home care approach boosts mental and physical health of older adults

IT'S an issue that faces all of us at some point. How do we best care for our loved ones, or indeed ourselves as we age?

Home Care Assistance offers a unique approach to supporting seniors to live out their years in the comfort of their own home.

Their mission is to change the way the world ages through distinct offerings such as the proprietary Balanced Care Method™ based on the scientifically studied lifestyles of the longest living people on earth and the Cognitive Therapeutics Method™, an activities-based program designed to delay the onset of cognitive decline and support clients living with dementia.

Home Care Assistance offers an unrivalled level of flexibility and support, with care managers on call for clients and their families 24 hours a day, seven days a week. Family members receive daily progress updates via the online family portal.

Home Care Assistance hires only the most qualified and compassionate caregivers. The selection criteria is rigorous with a strong emphasis on client fit. All staff are required to undertake ongoing training through Home Care Assistance University, the company's e-learning platform.

Nine out of ten people prefer to age in the comfort of their own home, yet thousands of people still move to residential care facilities every year.

A professionally trained

and compassionate caregiver can provide the support to help each person age safely and independently for as long as possible where they prefer – home.

Home Care Assistance caregivers provide the following services to help people live well at home: hourly and live-in care, meal preparation, transportation, walking/transferring assistance, medication reminders, companionship and more.

To schedule a free in-home assessment, please visit their offices in Claremont and Applecross or call on 9385 5675/6167 5610.

**Alchera Living**  
Choice. Independence. Respect.

Affordable housing. Independent living for over 55s.  
No GST or Stamp Duty applicable.  
Not-for-profit organisation. Fully renovated units set in beautiful grounds.  
Close to shops and transport. Solar panels.  
Friendly atmosphere with social centre. CCTV.

**AVAILABLE UNITS priced at \$279,000 - \$309,000**

**Bull Creek Village**  
Webber Gardens and Weeronga, Willagee \$279,000 - \$309,000

For further information or to view, call 9314 5884 or 0429 893 018  
Lifemark Accredited, Member of Property Council of Australia

## COTA invites you to attend a free information session on cyber crime and protecting older Australians.

Come and listen to Australian Computer Security Fellow and ECU researcher David Cook and increase your knowledge of cyber security.

### At these seminars you will learn:

- How to recognise online deception
- Protect yourself from phone and computer scams
- Learn about email stings
- Identity theft and social media tricks
- Access to money
- Internet fraud

If you use a computer this information is vital for your safety.

All welcome to attend

**10am-noon Tuesday 22 March**  
**1-3pm Tuesday 29 March**

**Citiplace (1st floor Perth Railway Station)**  
**Ac-Cent Mandurah - Ormsby Terrace**

Morning/Afternoon tea is provided

**RSVP to Marlene on 9472 0104 or email [marlene@cotawa.org.au](mailto:marlene@cotawa.org.au)**



## Enjoy younger looking skin with this comprehensive Skin Doctors range

SKIN Doctors have a large range of anti-ageing creams perfect for the mature skin. Their products include a range which have had proven success in reducing lines and the signs of ageing.

Beetox takes the sting out of wrinkles by utilising bee venom which fools the skin into thinking it has been lightly stung with the compound melittin stimulating the production of collagen and elastin.

Manuka honey has also been added to the cream to ensure the skin is properly nourished and renewed.

This product is ideal for those who are concerned about their wrinkle and expression line and is usable for any age or skin type.

The YouthCell activating cream is a combination of the best that science and nature can offer. It contains the latest plant stem cell technology plus additional anti-ageing peptides.

It keeps you looking younger for longer, stimulates the skin's own stem cells and reduces fine lines and wrinkles.

The third gem in the range is the Airbrush, which is formulated with a breakthrough combination of high strength actives tailored to have a profound effect on the appearance of wrinkles and lines leaving your skin younger and smoother each day of use.

All products are available from pharmacies and on line at [www.skindoctors.com.au](http://www.skindoctors.com.au)



### WIN WIN WIN

Two lucky readers have the opportunity to win a Skin Doctors Anti Ageing gift pack containing the above products and valued at \$160. Simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Skin Doctors in the subject line or write to Skin Doctors C/- Have a Go News PO Box 1042, West Leederville 6901, please include your contact details. Competition closes 31/3/16.

### Seniors Recreation Council of WA Inc



## Have a Go Day Rockingham

**Wednesday 13 April, 10am-2pm**

**Aqua Jetty, Warnbro Sound Ave, Warnbro**



Seniors Recreation Council of WA Inc.

Rockingham Branch is teaming up with Alcoa, Aqua Jetty, the City of Rockingham and Stockland Baldivis retirement village, to present a 'Have a Go Day' in Warnbro. The day is designed specifically for over 50s to give you information and the opportunity to 'Have a Go' at a fun new activity or join a new club or organisation!

Free tea, coffee and water

**For more information contact:**

**Frances Cheney 9592 7651**

**Email: [srcwarockingham@gmail.com](mailto:srcwarockingham@gmail.com)**





# Wills & Estates

ADVERTISING FEATURE



## Making A Will - planning for the inevitable

MAKING a bequest to diabetes research is an extraordinary act that can make a life-changing difference to the health of those you love.

Globally, a person dies from diabetes every six seconds and the disease costs Australia \$14.6 billion every year. With all forms of diabetes on the rise, as Diabetes Australia celebrate their 40 year anniversary, they're in vital need of continued support.

In the past decade at the Diabetes Research

Foundation WA, they've raised \$4.5 million and – with no government funding – and greatly indebted to those who leave them a gift in their will, with more than half of the funds coming from bequests.

The organisation is deliberately small, ensuring 80 per cent of funds received are spent on research. They also strive to use 100 per cent of gifts, rather than simply investing to generate interest.

Some extraordinary

findings they've contributed to include:

The international discovery of more than 40 genes causing type 1 diabetes.

Research showing type 2 diabetes can dramatically affect the everyday thinking skills of up to one in three adults over 60.

A way of predicting the risk of certain diabetes complications at the time of diagnosis, years before symptoms develop.

Showing that lupin-supplemented diets can protect against type 2 diabetes-related traits.

Discovering different diabetes subtypes, paving

the way to help prevent diabetes complications.

If you're considering a gift to them, they recommend people consult a solicitor or financial advisor so wishes are correctly included/named in the will. Details are available at [www.diabetesresearchwa.com.au/get-involved/gifts-and-wills/](http://www.diabetesresearchwa.com.au/get-involved/gifts-and-wills/). Contact executive director Sherl Westlund at [sherl@diabetesresearchwa.com.au](mailto:sherl@diabetesresearchwa.com.au) or on 9224 1006.

For those who've already supported them – or those who plan to – they thank you.

## It's a dog's life at Patches new home through RSPCA pet bequest program



PATCHES, a gorgeous eleven-year-old Blue Heeler, has found a loving new foster home with 81-year-old Ashfield resident Jim Chadwick (pictured left), thanks to RSPCA WA's pet bequest program.

"Patches is an absolute delight, said Jim. "She's settling in really well. She's already sleeping alongside my bed, or next to my chair."

Jim was encouraged to become a foster carer by his daughter, after his fourteen-year-old Beagle had to be put down due to kidney failure.

"It's because of Patches that I'm walking every day again, which is important for someone my age," said Jim.

"She's so full of life for an old dog, it's remarkable. She is so eager to start the day, I can't help but be enthused by her vigour for life.

"Companionship is so important, especially as people get older. Fostering animals is a perfect way to add some happiness to your life, while helping animals in need through RSPCA," he said.

"Patches came into RSPCA's care in August 2015 after her owner sadly passed away," said Maree Daniels, executive manager of community engagement at RSPCA WA. "Very quickly Patches was taken in to care at our shelter and carefully looked after until we were able to place her in to a new special home.

"This has all been possible as her owner had the foresight and generosity to place Patches in our pet bequest program, which includes leaving a gift in their will."

Anyone interested in fostering an animal, or leaving RSPCA WA a gift in their will should contact RSPCA WA on 9209 9300.

## Proper preparation can prevent a later challenge to the will

by Colin Touyz

IN WA certain persons, including spouses, children and in some cases step-children, have the right to challenge the disposition of assets via a Will following a will maker's death. Often disgruntled beneficiaries are given a free ride to contest an estate as in most cases, even where such a person is unsuccessful in their claim, their legal costs are met from the assets of the estate.

Most commonly, wills are challenged because it is alleged that the will maker did not make adequate provision for the claimant or on the basis that the will maker lacked testamentary capacity or was placed under undue influence at the time of making the will.

If you are concerned about challenges being made to your will, it

is imperative that you seek specialist legal advice. A specialist lawyer can discuss various estate planning strategies which have the effect of mitigating the threats of a claim being made in due course.

All persons (not only those of advanced years) should also prepare legal documents that allow someone else to make financial and lifestyle decisions for them while they are still alive but for any reason can't make those decisions for themselves. These documents need careful thought and should be professionally prepared.

HKT Legal has recently given a presentation to residents of the Alchera Living villages which received very positive feedback and highlighted the fact that these issues are of real concern to retirees.

If people would like more information about structuring their affairs, or require assistance with resisting or commencing a will challenge or granting powers of administration or guardianship please contact HKT Legal on 9325 5700 or email [info@hktlegal.com.au](mailto:info@hktlegal.com.au). Their lawyers are happy to consult with people at a place and time most convenient.



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### Put a heart in your Will

**Leave a lasting legacy for future generations!**

Research is the key to reducing the devastating effects of heart disease – the single biggest killer of Australians!

One in every two research projects is made possible through gifts in Wills.

**For a gift in Wills information kit please contact**  
Heart Foundation WA (08) 9388 3343  
[linda.bolton@heartfoundation.org.au](mailto:linda.bolton@heartfoundation.org.au)  
[heartfoundation.org.au/giftsinwills](http://heartfoundation.org.au/giftsinwills)





### Give the gift of freedom to animals in need

When Anton and Arthur came into RSPCA WA's care, they were sick, injured and frightened. Through the support of the Western Australian community, RSPCA WA was able to rehabilitate and rehome them into a loving family.

A bequest to RSPCA WA in your Will ensures love, care and justice for all creatures great and small.

To find out more about leaving a legacy of care please contact Ellie Sutherland, Planned Giving Coordinator on 9209 9332 or [esutherland@rspcawa.asn.au](mailto:esutherland@rspcawa.asn.au)



[www.rspcawa.asn.au](http://www.rspcawa.asn.au)

**Leaving a bequest is no *ordinary* act**



**It can have an *extraordinary* impact**

Every 5 minutes another Australian is diagnosed with diabetes. Leaving a gift to diabetes research can help rewrite your family's future.


**Call us on (08) 9224 1006**

[www.diabetesresearchwa.com.au](http://www.diabetesresearchwa.com.au)



# NO WILL?

There is a way!



## Community Wills Day

\$70

to have a volunteer solicitor write or update a simple Will

PROCEEDS SUPPORT THE LOCAL WORK OF THE SALVATION ARMY

## Wednesday 27 April 2016

The Salvation Army Morley and other metro locations

Enquiries and bookings phone 1800 337 082

**Read us online**

*Have a Go*  
**NEWS**



# Ensure your will is written by a legal practitioner for peace of mind

MANY people put off making a will until it becomes a ‘must do’ or urgent need.

Often at this point it is tempting to have a go at making a will with a kit from the Post Office or even a DIY will.

But beware.

Don’t be tempted by a quick fix will kit.

A will kit bought from the post office or simply a DIY Will can have serious repercussions on the surviving family members.

If it is written incorrectly it can lead to family confusion, expensive legal bills and worst of all the division of a family over squabbles about the estate and where it goes.

The court, law firms and will writing and estate planning specialists, like Willcraft, often see the results of a poorly or incorrectly completed will kit or DIY will.

“It is imperative that something as important as the distribution of one’s entire wealth should be dealt with by qualified legal practitioners and be professionally completed,” said Colin Chapman, founder and client services director of Willcraft Estate Planning Pty Ltd.

“The temptation to have a go at it in a DIY fashion with a low cost will kit is extremely dangerous.

“A professionally drafted will, along with the corresponding enduring powers is basically a one off cost. Compare this to other family budget items such

as health insurance, house insurance, car insurance, car rego, etc. all payable monthly or annually and indefinitely. Making a will professionally and correctly is, in reality, a really small cost to protect what can be a substantial amount of money.

“Writing a will can also deal with many other aspects of life such as protecting vulnerable or minor beneficiaries, protecting property, keeping businesses and trusts running smoothly and in the right hands providing for your family in the long term.”

Some reasons you should not use a will kit are:

A will kit in Australia often makes it easier for someone to challenge a will.

1. Your wishes may not be carried out. Using a will kit makes your will more susceptible to challenges as they can easily be misinterpreted and ambiguous if not drafted properly (which is often the case). Your will is also less likely to be legally binding and executed correctly. There are strict laws surrounding amending and executing a will which must be complied with.

2. A will kit does not cover all circumstances. It is usually only designed to cover the situation where you leave everything to your partner and children.

3. A will kit does not provide advice about other matters that are relevant to your estate planning. For example superannuation funds, company and

trust structures. Assets owned by these structures may not form part of your estate and as such will not be distributed in accordance with your will. Expert advice should be sought.

4. A will kit does not deal with blended family issues. This is a complex area and expert advice should be sought.

5. A will kit increases the possibility of misunderstanding your wishes in your will. The will maker usually does not understand the law relating to making a will. This may mean the will maker does not take into account issues that may arise if they disinherit a child or partner. It may be easier to question the will maker’s capacity. The only way to avoid this is to see a will writing and estate planning specialist who can advise you on the appropriate measures to take and have everything documented correctly.

How easily and quickly can you make a will?

Willcraft can help you with making a will in an easy, efficient and cost effective way with home visits, fixed fees and all done in a fast, friendly and professional way.

If writing a will is on your list of things to do please give us a call so we can answer any questions you may have and help you put things in order.

Call 1300 8111 97 or email [team@willcraft.com.au](mailto:team@willcraft.com.au)

*This article was written by Sharon Hunt and Colin Chapman for Willcraft*

# Model makers never get old - meet Bob the model ship builder



Model ship builder Bob Gilbert (right) and Eugene Pasket

**by Brad Elborough**

YOU’VE probably seen the advertisements on TV.

“Build the German World War II battleship, the Bismarck (or something similar). Get a piece of the ship in the post every month, along with an informative booklet, until the model is complete.”

When Bob Gilbert retired, he thought he would spend all his time playing golf, but when he saw that exact ad, he thought he’d give it a go.

“I’d get the bit in the mail and have it built in 30 seconds and then I had nothing to do for the rest of the month,” he said.

“So, I built a bigger one – that slowed me up.”

That bigger one took four and a half years to complete and is to a 1:80 scale of the real thing, so it can fit on his box trailer for transportation.

It’s 3m long and weights 70kg. He needs a trolley to get it to the water at Ranford Lake, near Livingston Shopping Centre in Canning Vale on Sundays, when he sails it.

If you happen to be there when Bob is, you’ll

know it’s him. The Johnny Horton song, *Sink the Bismarck* is playing from speakers coming from out of the ship. The eight-channel transmitter he will be holding also allows him to play the sounds of incoming bomb shells and subsequent explosions and he’ll sound the ship’s horn if one of the smaller models on the water gets in his way.

The member of the Australian Model Ship Society wanted to go a step further, but laws in WA wouldn’t allow it.

“I thought it would be a great idea to have working guns and shoot at the other boats,” the 69-year-old said. “But it’s not allowed in WA.”

“I went to the Morley Police Station and told them I wanted to fire it; make guns, with all the smoke and stuff.

“When the constable told his sergeant, they just both laughed. It’s ballistics, so I’m not allowed to do it.

“They are allowed to in Victoria.”

The model of the US World War II battleship, the *Missouri*, that Bob is working on now (and almost completed) is a little longer than the *Bismarck* and as well as being able to control the moving of the guns from side-to-side, he

can also move them up and down.

The technology he uses has improved too. Bob has bought a 3D printer and makes a lot of the parts himself, which has sped up construction time dramatically, although this July marks three years that he has been working on it.

The challenging part is designing and drawing his own pieces, but Bob used to teach aspects of the engineering trades, such as robotics, so it’s not entirely alien to him – and a lot of the info he needs can now be found online.

Having been retired for nine years, he knows that he needs to keep his mind active.

He tried playing golf when he first retired and got his handicap down to 10 before he gave it away. And assisting his wife Sandra in the garden is restricted to mowing the lawn.

Building ships has filled the void.

“I have to use a bit of grey brain matter to draw it, then convert it to the computer and push the button to print,” he said. “But there’s an old saying that model makers never get old.”

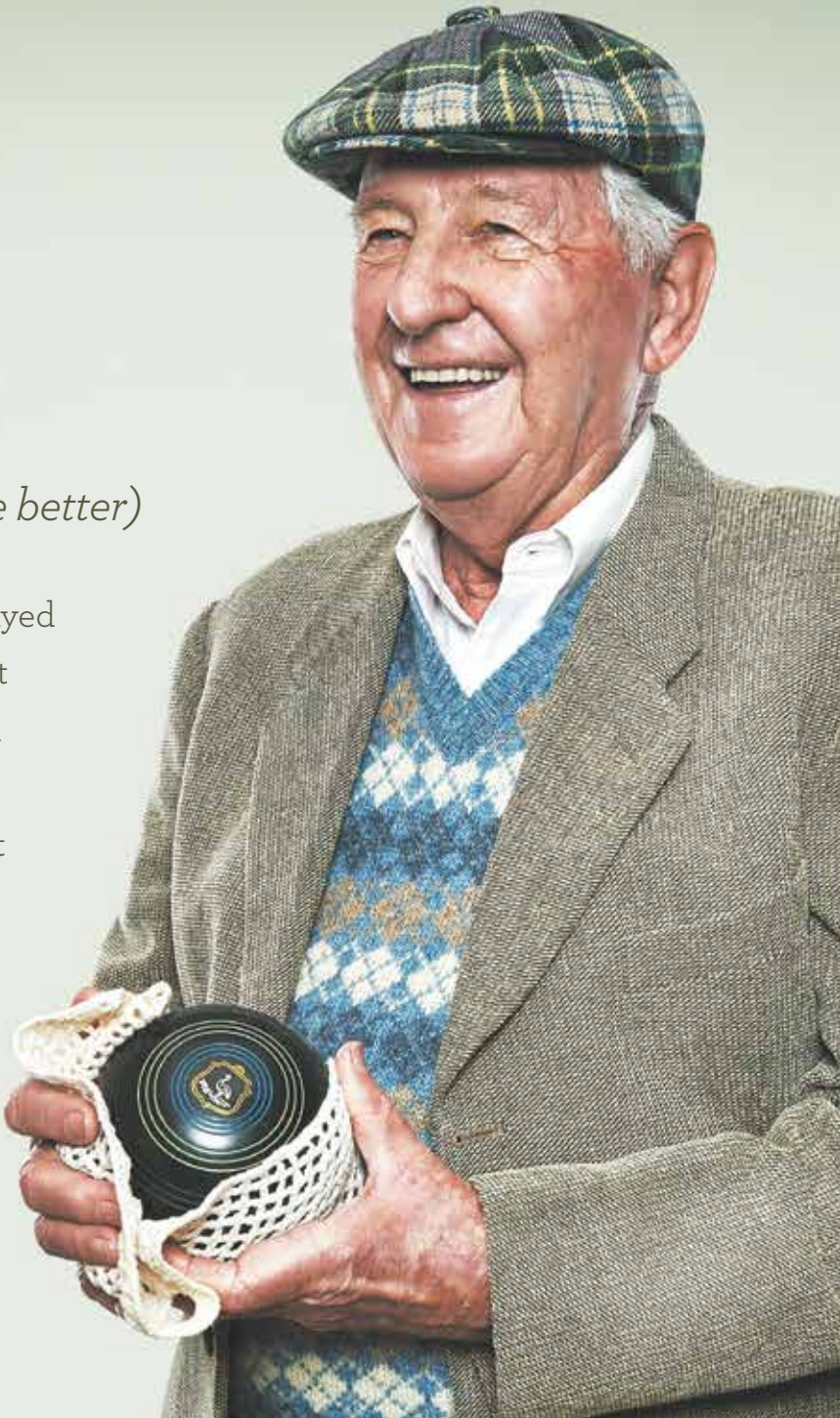
The Australian Model Ship Society will display at the Bayswater River Festival on 3 April. Riverside Gardens, Milne Street, Bayswater. Parking via Milne Street. (10am – 4pm).

# Meet Jack

*He likes some friendly competition (the friendlier, the better)*

When Jack moved to Bethanie, several years ago, he’d never played a game of bowls. Now, he’s a serious player (and on the putt putt course too). It’s been a great way to make friends. They’ve given him some handy tips on his game, while he’s been giving some charming banter, now and then. And while they’re serious about their bowls, they’re even more serious about having fun.

**Call 131 151, or visit [bethanie.com.au](http://bethanie.com.au)**







# GREAT HOME and GARDENING

ADVERTISING FEATURE



## Melbourne International Flower and Garden Show showcases new exhibits



Melbourne International Flower and Garden Show celebrates 21 years in 2016

by Colin Barlow

WHENEVER a new gardening product comes onto the market, I love to try it out.

When it also involves bulbs it will certainly make me sit up and take notice. I thoroughly enjoy picking out bulbs and planting them in pots and in the

garden, but for many gardeners it can be quite confusing. How deep should they be planted, how far apart, which way up do they go up and so on.

Bulbs are a ready-made flower waiting to burst and brighten up your garden. Usually the flower is formed the year before and is already present in the bulb. All it needs from you is a bit of water, soil and fertiliser and away it goes. Some bulbs require a chilling period of four to six weeks below 5°C to initiate and improve flowering, particularly tulips, hyacinths and crocuses. The veggie crisper in the fridge is ideal for this. Some bulb companies can pre-chill them for you.

Many bulbs are extremely waterwise as they grow during the cooler, wetter winter and spring months and then die down during the warmer weather until they pot up again next spring. All they need is some slow release fertiliser like Osmocote in autumn and liquid feeding with a high potash liquid feed such as Yates or Manutec Liquid Potash, Powerfeed for Flowers and Fruit or Miracle Gro MaxFeed Flowers and Blooms, just as they come into flower and for around four weeks after to build up the bulbs for flowering the following year. Many bulbs can be left to naturalise in the ground for many years. Bulbs suited to naturalising in WA include daffodils and jonquils, freesias, grape hyacinths, sparaxis, tritonia, iris, snowflakes, spring starflowers and bluebells.



But back to the planting, well this has been changed forever with the innovative ready-to-plant bulb trays from Mr Fothergill's. Similar to the trays for fruit or eggs, each of these biodegradable trays are already pre-spaced and filled with

an assortment of forty-five flowering bulbs. All that is needed is for you to dig a hole to the required depth and cover it with soil. Even easier is part filling a container, placing the tray and then covering it with potting mix.

There are three mixes in the range to help your garden come alive in spring including tulip and friends, daffodil and friends and jonquil and friends. Your friends will wonder how you created such a fantastic display; it can be our little secret.

### Twilight delight in Melbourne

The annual Melbourne International Flower and Garden Show (MIFGS) turns 21 this year and will celebrate its special birthday in style. The magnificent Royal Exhibition Building and Carlton Gardens will again host the floral spectacular from Wednesday 16 until Sunday 20 March. This year there are a number of new exhibits, events and acclaimed local and international landscapers and florists to help celebrate this milestone.

On Friday 18 March, from 6pm - 9.30pm, MIFGS will open its gates for a night to remember. Gardens by Twilight will provide show visitors with the opportunity to experience the show gardens and floral designs in the magically lit Carlton

Gardens and Royal Exhibition Building. The twilight evening will feature a range of exclusive entertainment, food and drinks to entertain visitors.

This year UK designer Paul Hervey-Brookes, recent winner of Gold and Best in Show at last year's RHS Tatton Park Flower Show will create a modern classic English style garden to showcase his talents.

Other show garden exhibitors include Ian Barker Landscapes in collaboration with Australian House and Garden, Georgia Harper Landscape Design, Vivid Design, Jake Stone Design, Daniel Tyrrell Landscapes and Tourism NT in partnership with Candeo Design and Peta Donaldson.

If you are in Melbourne and visiting the show you may be able to catch up with me and ask a question on the Scott's Australia stand on Wednesday 16 March from 12 noon until 1pm and Thursday 17 March from 10.30am until 11.30am at stand B41/B44 in the Carlton Gardens.

Alternatively you may see me at the Ross Garden Tours stand talking about my English gardening tour in May. Check out [www.melbflowershow.com.au](http://www.melbflowershow.com.au) for the latest information on the show.

### Potted perfection!

If you are looking for some inspiration and ideas for spring, check out the latest bulb catalogues, either on-line or via snail mail. It's the perfect way to plan your garden for spring, plus they are perfect for pots.

[www.diggers.com.au](http://www.diggers.com.au)  
[www.gardenexpress.com.au](http://www.gardenexpress.com.au)  
[www.lakenurseries.com.au](http://www.lakenurseries.com.au)  
[www.mrfothergills.com.au](http://www.mrfothergills.com.au)  
[www.tesselaar.net.au](http://www.tesselaar.net.au)  
[www.vdqbuls.com.au](http://www.vdqbuls.com.au)  
[www.wabulbs.com](http://www.wabulbs.com)

Don't miss out on the Begonia Society of WA show and plant sale on Saturday 2 April at the Cannington Exhibition Hall. Begonias make great potted plants and there are also suitable varieties for both sun and shade positions. You may not know that there are many begonias with masses of colourful flowers and even more with colourful and interestingly marked leaves.

Some species can even be propagated by their leaves. For details call Jo Bungey on 9398 1396 or go to [www.begoniaswa.org](http://www.begoniaswa.org)

Don't forget your tickets for the Perth Garden Festival next month from Thursday 28 April to Sunday 1 May. Go to [www.perthgardenfestival.com.au](http://www.perthgardenfestival.com.au) for more information.



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Come to the Garden Festival at McCallum Park



PERTH Garden Festival is Western Australia's longest running, and most prestigious, garden, landscape and outdoor living event. Bursting with colour, the Perth Garden Festival delights visitors with stunning garden concepts, landscape show gardens, breathtaking floral displays, sustainable living ideas, garden trends, innovative products and abundance of information on outdoor living.

The festival will be held from Thursday 28 April to Sunday 1 May.

The Perth Garden Festival is a pet friendly event, but please ensure you have your pet controlled at all times and that you clean up after them.

Mobility scooters are available to hire from the entry, next to the info point. The event is wheelchair accessible.

For further information or to purchase tickets visit [www.perthgardenfestival.com](http://www.perthgardenfestival.com)

**Highlights:**

- More nurseries and new plant releases.
- Open air seminars.
- WA's largest plant market.
- 1000's of outdoor living products.
- Sunsmart Landscape show gardens.
- Expert advice.
- Children's education playground.

**WIN WIN WIN**

To be in the draw to win one of five exclusive double passes to the Perth Garden Festival, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word garden in the subject line. Alternately, address an envelope to PGF comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Close 7/04/16.

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## Reader survey - 25 Fantastic prizes to be won for 10 minutes of your time...

TO CELEBRATE our 25th anniversary we are asking if people could take a moment to complete a reader survey about *Have a Go News*.

We don't pry too much and certainly don't ask you about your financial situation or other personal information.

We use the information to improve the paper for our readership.

To celebrate our 25th anniversary and to ensure more of you have the opportunity to win a prize we have 25 prizes up for grabs.

Thanks to the many companies who have supplied prizes for this survey.

**Prizes**

- 1 x Geronimo Sky Dive experience
- 4 x Go Adams Day tours to the Pinnacles
- 1 x overnight stay at any TFE hotel in WA – includes Rendezvous at Observation City, Adina Hotels, Travelodge.
- 1 x double pass to Event Cinemas Gold Class experience
- 2 x 3 course dinners at Chez Pierre
- 3 x vouchers to Sienna's Sister Italian Kitchen
- 2 x Mondo Butcher's Cooking Class vouchers
- 5 x Roadshow DVD packs containing the popular series War and Peace and Deutschland 83 DVDs and a box of Ferrero Rocher chocolates.
- 5 x Hampers which include wine and gourmet gifts

Computer Savvy?...You can also complete the survey on line at <https://www.surveymonkey.com/r/HAGNsurvey2016> or visit our website and click reader survey. The survey will run in this issue and the April issue and entries close to be in the draw for a prize on 30/4/16.

**How to enter...**  
Complete the form and post to  
**Reader Survey**  
**Have a Go News**  
**PO Box 1042**  
**West Leederville 6901**

## READER SURVEY

What is your gender? ☐ Female ☐ Male

What is your age ☐ 35 - 45 ☐ 45 - 55 ☐ 55 - 65  
☐ 65 - 75 ☐ 75+

What is the postcode of where you live? \_\_\_\_\_

How many people read your copy of *Have a Go News*? 1 2 3 4 5 5+

How long have you been reading *Have a Go News*? \_\_\_\_\_

What is your favourite section? \_\_\_\_\_

How long do you keep an issue? \_\_\_\_\_

How often do you refer back to the paper? \_\_\_\_\_

Do you keep the recipes published? Yes No

Do you use any of the companies that advertise in the paper? \_\_\_\_\_

Do you enter our competitions? Yes No

Are there any other activities or interests you would like to see featured in the paper?  
Please list \_\_\_\_\_

Do you have a computer/tablet/smartphone?  
Please cross out what you don't have...

Are you connected to the internet?	Yes	No		
Have you visited our website?	Yes	No		
Do you read <i>Have a Go News</i> on line?	Yes	No		
Do you use social media?	Yes	No		
Which platform do you use?	Facebook	Twitter	Instagram	
Have you liked the Have a Go News facebook page?	Yes	No		
Do you read the daily paper?	Yes	No		
Do you read the Sunday paper?	Yes	No		
Do you watch the 6pm news bulletin?	Yes	No	Sometimes	
Which station do you watch?	2	7	9	10
Do you intend to travel in 2016?	Yes	No		
If you are travelling where are you going? Please list WA _____				
Interstate _____				
Overseas _____				
How many times a year do you travel? _____				
What's your favourite destination to travel in WA? _____				
Do you own a caravan or camper trailer?	Yes	No		
Do you use it regularly?	Yes	No		
Do you intend to go on a cruise in the next 12 months? Where are you going? _____	Yes	No		
Do you intend to move house in the next 12 months?	Yes	No		
Are you considering downsizing or moving to a retirement village?	Yes	No		
Are you considering renovating your house in the next 12 months?	Yes	No		
Do you own a car?	Yes	No		
Will you purchase a new car in the next 12 months?	Yes	No		
What's will be your major purchase in the next 12 months? Eg Car, caravan, house, fridge, new furniture etc Please list _____				
Do you exercise regularly?	Yes	No		
Are you a member of a club, group or association?	Yes	No		
What's your No 1 item on your bucket list? _____				

*Thank you for participating in this survey, all entries go in the draw to win one of 25 fabulous prizes.*



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- ☐ Travel companion
- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner


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..... Postcode .....

Phone ..... I am over 45 years of age ..... (Signature) .....

- Abbreviations used in *Friend to Friend*
- ALA: All letters answeredDTE: Down to earth
- GSOH: Good sense of humourND: Non drinker
- SD: Social drinkerNG: Non gambler
- NS: Non smokerNOR: North of River
- SOR: South of RiverTLC: Tender loving care
- WLTM: Would like to meet



Each person may submit  
one entry every month.

**STOP: Please read new instructions carefully**  
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:  
**Friend to Friend**  
**PO Box 1042**  
**West Leederville WA 6901.**

**Obtaining replies to your Friend to Friend Reply Box entry:**  
Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

**ARE** you the special one for me? Gent 75+, WLTM a fin sec, easygoing lady NOR with similar interests; music, dining in/out, GSOH, good companion, conversation, happy times, life in general. TLC.  
**Reply Box 7039**

**ATTRACTIVE**, slim, European lady seeking a male friend age 56-65, must be honest, presentable, sincere.  
**Reply Box 7027**

**CLASSIC** 1942 model WLTM gent, 67+ to be my special driver, take me on journeys to remember. Must be honest, caring, have GSOH, NS, SD, DTE, enjoy all that life has to offer. Great rewards with lots of TLC, laughter, good times, no baggage or mind games, ALA.  
**Reply Box 7048**

**ENGLISH** lady, young, 69, living NOR, seeks active minded ladies to broaden social network for coffee, lunch, chats, shopping, movies, enjoy swimming, travel, gardening, reading, live theatre, dining out, no fees.  
**Reply Box 7052**

**FRIENDLY** happy, easy-going gent, 70+, WLTM similar lady for companion, NS, ND, caring and sincere, meet for morning tea and chat. Could be the one. ALA.  
**Reply Box 7038**

**GENT** 67, single, loves fishing, crabbing, outdoors, SD, NS, DTE, WLTM lady, 60+, similar interests, to go travelling, camping, fishing, along WA, SA coast etc. Possible relationship later. Friendship first. Postcode 6163.  
**Reply Box 7040**

**GENT** 60+ visitor, Asian (Hong Kong), retired, graduated in UK seeks a retired female friend with good writing, English, interested in language exchange, maybe more. Meet for coffee and chat near WA 6107, starting friendship.  
**Reply Box 7035**

**GENT** 72 young looking, GSOH, SD, NS, NG, SOR, fin sec. WLTM 50 to 60, petite, slim lady, English speaking, likes walking, drives, TV, movies, eats out, quiet times at home, travel, talk, music.  
**Reply Box 7049**

**GENT** lonely, needs lady, in my life. Genuine replies only. Time is short. Ladies to 65 for gent 70 who would consider travel. Has property, Carnarvon for holiday away from the winter season.  
**Reply Box 7051**

**GUY** early 70s, unhappy ties, 5'7", 74kg, looking for a discreet daytime, fun-filled relationship, at your place. Age and nationality open. I have masses of affection to share. Meet at a café for a chat.  
**Reply Box 7025**

**GENT** Margaret River, tall, slim, fit, DTE, SD, NS, respectful, retired farmer, likes outdoors, sport, travel, dine, beach, quiet times. WLTM lady, tall, slim, 60 to 70, NS, bubbly with similar interests. Mandurah South.  
**Reply Box 7032**

Visit *Have a Go News* online:  
www.haveagonews.com.au

**I AM** an experienced ballroom, English sequence dancer. WLTM a keen male dancer, tall and presentable, SOR, to dance as my partner two to three times a week. Meet for coffee. NS, GSOH. Age over 50.  
**Reply Box 7042**

**LADY**, loyal loving, enjoy food, fun, fantasy. Love, laughter, lust. Seeking spontaneous, romantic, caring gentleman with sincere, positive attitude, sparkling wit and a zest for life. Ready to care and share again, 65 to 75, NS, SD, SOR metro ALA.  
**Reply Box 7028**

**LADY** mid 70s, SOR WLTM or write to ladies and gents, city or country. Interests; music, hand-crafts, rock'n'roll, socialising on paper, both farming and everything in general, family life. I am friendly have a go.  
**Reply Box 7023**

**MATURE** DTE GSOH, broad minded, healthy couple, live NOR but can travel. WLTM similar couple, enjoy social outings, quiet nights at home. Let's meet over coffee for chat. ALA.  
**Reply Box 7031**

**PRETTY** lady 60s, affectionate, dresses beautifully, medium build, WLTM gentleman, 65-72, SOR, kind, fin sec, respectful, distinguished, trim figure, faithful. My interests; travelling, dancing, walking, shows, compatibility. A man for all seasons. Come find me.  
**Reply Box 7053**

**PRETTY** lady, tall, svelte, youngish, Christian values, spiritual outlook, DTE, happy disposition, self assured, intelligent, healthy, drug free, NS, ND. Only seeking genuinely similar, honest SNAG who WLTM at NOR café for possible friendship without bedrooms your priority.  
**Reply Box 7033**

**SPECIAL** gent required for this special lady living NOR and who is charming, fit and active with GSOH plus DTE attitude enjoying travel, movies, dining out, theatre and keeping fit. I know you exist. ALA.  
**Reply Box 7046**

**WELL** presented gent 58, no baggage, fit, intelligent, comfortable off, WLTM NS, SD lady.  
**Reply Box 7047**

**WIDOW** WLTM gent 75+ for outings, must have GSOH, enjoy life, TLC. Let's meet for coffee. I live NOR.  
**Reply Box 7036**

**WIDOW** slim, educated, warm-hearted, loves countryside, painting, piano, gardening, poetry, politics, beautiful music, gentle times; seeks warm, joy filled gentleman with aware, spiritual outlook, healthy, artistic, aspirations and zest for precious, fulfilling life.  
**Reply Box 7043**

**WIDOWER** 79 would like to date slim lady, 68 to 76, Rockingham area. Interests; line dancing, driving, eating out, movies, holidays, NS, SD, GSOH, ALA, TLC.  
**Reply Box 7050**

Seeking a Partner

**ATTRACTIVE**, lady 67, UK born, educated, refined, feminine, medium build, ND, DTE, VGSOH, seeks educated, sincere gentleman, 65-72, prefer widower. My interests include walking, reading, gardening, country drives, good conversation, SOR, please genuine replies only. ALA.  
**Reply Box 7029**

**ATTRACTIVE** petite widow Asian descent, articulate, loves walks, gardening, music, travels, drives, seeks well educated gent, 65-75, NS, SD, GSOH, with old fashioned values and same interests for relationship if compatible. Must be mannerly. CBD area.  
**Reply Box 7054**

**ATTRACTIVE** slim, lady very young 70, WLTM NS, SD, SOR, GSOH, gent, 68-75, outings, drives, home life, conversation, needs TLC.  
**Reply Box 7044**

**AUSSIE** gent ex country 74, NS, VGSOH, fin sec, caring, respectful, romantic. Interests, many including yours, good conversation, communication, outdoors, sport, caravanning, handyman, quiet times. WLTM NS, active, loving, caring, outdoors or country lady, to 75, for happy permanent loving relationship.  
**Reply Box 7030**

**ENGLISH** Aussie gent, postcode 6104, 72, WLTM lady similar age, into walks, drives, music, movies, friends first, life long partners, if all goes well. I am SOR.  
**Reply Box 7041**

**GENT** 69, creative, sensitive, caring, inventive, GSOH, WLTM lady over 55, fit, sensible, content, would love to hear from you.  
**Reply Box 7024**

**LADY** tall, active, retired, WLTM 60-70, NS, SD, special guy, fin sec, to enjoy city living, travel in/out Australia, movies, wine/dine in/out etc. Especially each others company. City replies only. Please initially, let's have coffee and chat. Have a go.  
**Reply Box 7037**

Seeking a Travel Companion

**AUSSIE** gent seeks lady 60+ as companion on three week outback desert trek in May. No costs but share food experience. Must be camp savvy. Let's talk it over.  
**Reply Box 7026**

**ENGLISH** gent WLTM lady interested in trip around Italy next July to share experiences and expenses. Must be reasonably fit, NG, NS, SD, why not contact me and talk over a coffee. ALA.  
**Reply Box 7034**

**LADY** 70+, WLTM lady companion of similar age to spend winter in Phuket cruising, NS, SD, must be easy going.  
**Reply Box 7045**

Visit *Have a Go News* online:  
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Friend to Friend:  
When replying to an entry...

To reply to the advertisements in *Friend to Friend* nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:  
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c/- Friend to Friend,  
PO Box 1042, West Leederville, WA 6901.  
(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened.



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*Advertorial*  
IF people know someone or a loved one who is suffering from poor prostate health, they're not alone, it's a common problem and help is available.

As men age, the prostate gland increases in size, making BPH one of the most common age-related conditions in men. The enlarged gland puts pressure on the urethra, acting like a partial clamp and thus causing numerous urinary symptoms. BPH affects more than 50 per cent of Australian men in their sixties and 90 per cent of men above the age of seventy.

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decreases swelling and improves urine flow. Magnus Shield also works on the urinary tract by relaxing the smooth muscle tone of the urethra, thus improving urine flow, increasing bladder muscle contraction to push the urine out, and relaxing the sphincter muscles, which help hold the urine in the bladder.

Magnus Shield is safe, non-allergenic and well tolerated. No adverse reactions to its use have been reported. Taken orally it does not cause allergies in patients who are usually allergic to pollen.

Magnus Shield is available direct from Graminex Australia Pty Ltd. Visit the website at www.magnusprime.com or call 1300 360 289 for more information. See their advert on page 8 of this edition.

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**VIC PARK LADY 74** Looks 64, slim, beautifully groomed, feminine, exotic, brown eyed brunette, olive skin. Gentle, kind, takes pride in herself, likes travel, concerts, home hobbies, sk active, friendly, well grmd man 70-85.

**QUINNS ROCK LADY 64** funloving blond, retired, full of life, slim, fit, active, a country girl at heart, loves anything outdoors, caravan travel, bowls, camping, cooking, dancing, a country music fan. Sk affectionate, d.t earth man 60-70.

**MANDURAH LADY 74** outgoing, educated, very active & full of life. Slim, attr, well grmd, happy w/ life. Walks, swims, enj the arts, music, animals, country travel. Sk intell, openminded gent 70-80.

**SUBIACO LADY 72** Stylish, slim, attractive blond, Swiss, multi-lingual, outgoing, social, creative, also loves the home & family. Sk gent 68-80 who is not too "old" in attitude & wants to enjoy life w/ someone special.

**THORNIE LADY 62** slim, petite, attractive, blond w/ hazel eyes. Very natural, d.t.earth, intelligent woman. Newly retired, looking towards a new chapter in life. Loves the home, cooking, wkends away, c'van travel, fishing, dining out & loves the footy. Sk gent 60-70.

**ALBANY GENT 70** Tall, trim, handsome, ret farmer, wid, intell, d.t.earth, friendly, enj o/seas travel, music, golf, dining out, concerts, quiet nights. Sk feminine, affectionate lady 62-72 who likes city & country life.

**SWAN VALLEY GENT 67** widow, 175cm, slim, well groomed, gd looking, ret company director.Looking forward to sharing, relaxing & enjoying life w/ ret aust lady 60-68 who loves the o/doors.

**MORLEY GENT 72** Lovely Englishman, kind, loyal, happy w/ funloving sense of humour. Keeps very active, enj movies, dining out, some sports, homelife. Sk Asian or aust lady 60 + to share life & retirement.

**PINJARRA GENT 75** 178cm, fit & of tidy appearance, an easygoing man & what you see is what you get. Loves his life on property w/ animals, trees, going fishing & being out of the busy city. Sk lady similar 60s-70s.

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# Pamela's passion for dance took her from childhood to overseas fame



Pamela Humphreys

by Adam Penn

LIKE many people in Perth's dancing fraternity Pamela Humphreys started dancing at an early age. Born Pamela Strickland in February 1943, the eldest of four siblings, she spent her childhood in Floreat Park. After some years learning ballet and piano Pamela, aged 12, took up dancing, learning and taking her medal's exams with Jim Maschmedt. Partnered by Barry Wrightson, she won her

first bronze medal and discovered a real passion for dance. She recalls being inspired and encouraged by watching exhibition and cabaret routines danced by the Wrightsons, Roy and June Mavor, John and Betty Harrison and Barry and Dorothy Meakins. Pam started her working life with her father next door to Victoria Hall in Fremantle. She was offered a new dance partnership between Alwyn Dedman or Len Humphreys (a Year 12 student and prefect at John Curtin High School), choosing the latter. The rest became their family history with a long, colourful and illustrious career which took them around the country and overseas. The couple's first major title was the Novice Champion title at the Port Festival in Fremantle. In a few years they had won numerous State ballroom titles and were chosen to represent WA at the Australasian Championships in Auckland in 1961. In 1963 the couple turned professional, winning the Professional Ballroom (Standard) Rising Star championships. Pam studied under Rob-

ert Wrightson to attain her associate diplomas in Ballroom and Latin and expanded her competitive career with Len by adding exhibition to their portfolio. With routines choreographed by Shelda Wrightson, they had huge success in this field, winning the Professional Rising Star, State, Australasian and South Pacific titles. They were also kept regularly employed, dancing cabaret shows in metropolitan and country areas. In November 1964 Pam and Len married at Saint Nicholas Anglican Church in Floreat Park. During their honeymoon in Sydney, they found time to compete in a major championship at the old Trocadero Ballroom. Soon after their return home, Pam and Len danced their Ballroom Oscar at Canterbury Court. In 1967 Pam and Len left Wrightsons to open their own school at the Victoria Park RSL Hall. June that year saw the happy arrival of their first child, Debbie-Anne, after which they moved their school to the old Alexandria Theatre on Albany Highway, Victoria Park. The building was pur-

chased two years later in a deal brokered by Pam's father and was to remain the school's headquarters for the next 30 years. In 1971 and 1972 second daughter Melanie and son Brendan arrived. Pamela and Len opened their first branch of their school, buying the old Police and Citizen's centre in Medina. Pamela continued to teach throughout this period and, in 1974, she completed her Members degrees in Ballroom and Latin with FATD (Federal Association of Teachers of Dance). With Pamela's sister and brother-in-law managing the school, the couple made a big step in their careers and personal lives, moving their family to England. They set about an intensive six months of training with coaching greats such as Bill and Bobby Irvine, Anthony Hurley, Peter Eggleton, Alan and Hazel Fletcher, Sonny Binick and Benny Tolmeyer (Pamela's favourite). The couple attended lectures to help improve teaching techniques and danced at the British Open and World Championships at Blackpool-

intimidating but a dream come true for Pamela. In 1979 the couple returned to London for six weeks competing and studying after which they moved back to WA to settle permanently. The couple continued to compete until 1982, winning several State Ballroom titles. Studying with Bob Potter in Sydney, Pamela completed both her Fellows degrees in the mid 1980s. The studio relocated to its present position in the Victoria Park Centre in 1996 where it remains one of WA's foremost schools of dance. In 2003 Pamela was awarded the Order of Australia Medal for services to the profession, scholarship and program for schools. After the arrival of three grandchildren and an amicable divorce, Pamela married Joseph Martino in 2009. The family, including Debbie-Anne and husband Glen Tierney, Melanie and Brendan, all work together sharing staff between the studio and Pamela's business, Pamela Humphreys Dance Program, which continues to take a comprehensive dance program into more than 100

schools throughout WA. Next year will see Humphreys Dance Studio celebrate the 50th anniversary of teaching Western Australians to dance. If anyone has historic photos or stories for Adam Penn's dance se-

ries, please contact Adam at [tophat97@optus.com.au](mailto:tophat97@optus.com.au) or on mobile 0412 361 917. Adam's series have proved so popular he has been invited to speak about WA's dance personalities on the talk circuit.

Seniors Recreation Council of WA Inc presents the



## Seniors Masquerade Ball

Wednesday 8 June 2016  
1pm to 4.30pm

Astral Ballroom, Crown Perth

\$35pp inc afternoon tea

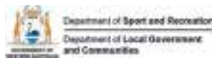
(Discounts for group bookings)

Entertainment:

Live band 'Offspring'

For further information and ticket sales:

9492 9771



If it ain't got that swing...

LOCAL entertainer Gary Lynn will perform his *Frank Sinatra and Friends* show in April and May. Gary will be singing a variety of songs from the swing years featuring tunes from the likes of Perry Como, Bobby Darin, Andy Williams, Dean Martin, Frank Sinatra, Bing Crosby and more...  
Upcoming shows  
Friday 8 April, 6pm to 8.30pm, Dome Café Kingsley  
Show is free but table bookings are essential, phone 9309 5754.  
Sunday 8 May, 11am to 2pm, Karrinyup Shopping Centre, food court.  
If your club or group would like to book him for a performance call Gary on 0437 052 629 or visit his website at [www.garylynn.net](http://www.garylynn.net).

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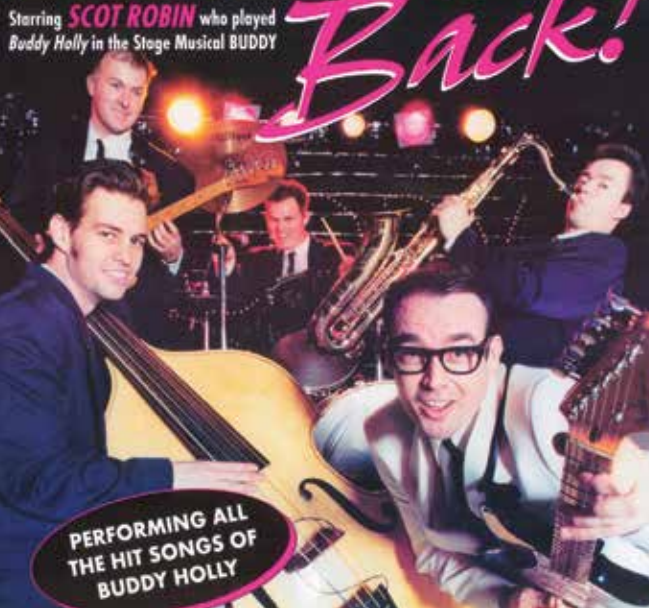
starring Wendy Stapleton, this is an outstanding tribute to the songs and career of British pop singer, Dusty Springfield



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Sunday 8 May

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17 APRIL  
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12noon LUNCH  
and  
1.30pm SHOW

Saturday  
7 MAY  
\$92.50pp

6.30pm DINNER  
and  
8pm SHOW

Sunday  
8 MAY  
\$77.50pp

12noon  
Mother's Day LUNCH  
and 1.30pm SHOW

Friday  
22 JULY  
\$66.50pp

12noon LUNCH  
and  
1.30pm SHOW

Saturday  
23 JULY  
\$92.50pp

6.30pm DINNER  
and  
8pm SHOW

Sunday  
24 JULY  
\$66.50pp

12noon LUNCH  
and  
1.30pm SHOW



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Image: Australian submarine AE2 with crew on deck at Portsmouth, 1914. ANMM Collection Gift from Mrs D Smyth.  
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#WarAtSea



*Picnic at Hanging Rock, left to right; Arielle Gray and Harriet Gordon-Anderson © Robert Frith*

BLACK Swan State Theatre Company and Malthouse Theatre presents *Picnic at Hanging Rock* a new play by Tom Wright adapted

## Picnic at Hanging Rock

from Joan Lindsay's novel.  
The rock is a nightmare, and nightmares belong in the past.

Tom Wright's adaptation of the classic novel is sure to excite and perplex a whole new generation, proving once again that no one can resist the lure of Hanging Rock.

Australia, 1900. An ancient land becomes the site of an impossible mystery. A group of schoolgirls and their teachers venture out into the sundrenched landscape, only for four of their number to disappear for ever.

The subsequent investigation creates more questions than answers. One of the girls is found with no memory of what happened to her or her classmates, another succumbs to hysteria for no apparent reason. Those close to the missing girls begin to meet with unfortunate ends and it becomes clear that this is no ordinary disappearance.

Matthew Lutton, award-winning

director and former associate director of Black Swan, returns to the company in its 25th year to direct this seminal Australian story, a thrilling new co-production with Malthouse Theatre.

When: 1 to 17 April  
Venue: Heath Ledger Theatre  
State Theatre Centre of WA

Tickets from [ticketek.com.au](http://ticketek.com.au) or 1300 795 012 or Ticketek outlets  
Contains occasional coarse language.

### WIN WIN WIN

To be in the draw to win one of five double passes to see *Picnic at Hanging Rock*, Saturday 9 April at 2.15pm, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word picnic in the subject line. Alternatively, address an envelope to BSSTC Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Comp ends 31/03/16.

## Win family passes to see Disney's Zootopia



THE modern mammal metropolis of Zootopia

is a city like no other. Comprised of habitat neighborhoods like ritzy Sahara Square and frigid Tundratown, it's a melting pot where animals from every environment live together – a place where no matter what you are, from the biggest elephant to the smallest shrew, you can be anything.

But when rookie officer Judy Hopps (voice of Ginnifer Goodwin) arrives, she discovers that being the first bunny on a

police force of big, tough animals isn't so easy.

Determined to prove herself, she jumps at the opportunity to crack a case, even if it means partnering with a fast-talking, scam-artist fox, Nick Wilde (voice of Jason Bateman), to solve the mystery. Walt Disney Animation Studios' *Zootopia* a comedy-adventure directed by Byron Howard (*Tangled*, *Bolt*) and Rich Moore (*Wreck-It Ralph*, *The Simpsons*) and co-directed by Jared Bush

(*Penn Zero: Part-Time Hero*).

In cinemas 17 March  
WIN WIN WIN

To be in the draw to win one of ten double passes to *Zootopia* simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and put Zoo in the subject line or mail to Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number. Competition closes 25/3/16.

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## A Bigger Splash



FROM the director of the Academy Award nominated *I Am Love* comes a psychological suspense drama that will invite audiences into the fragile and dangerous world of relationships.

When a glamorous couple decide to vacation on a remote Italian island, their rest is disrupted by the sudden visit of an old friend and his luscious daughter. Suddenly, what was supposed to be a perfect romantic getaway turns into a whirlwind of jealousy, passion and danger, sparking some flames that should not necessarily be ignited... *A Bigger Splash* opens on 24 March – Studiocanal Australia.

### WIN WIN WIN

To be in the draw to win one of ten double passes to *A Bigger Splash* simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) or mail to Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number. Competition closes 31/3/16.









On the silver screen: March films



**Kung Fu Panda 3 (3D)**  
ONE of the most successful animated franchises in the world returns with its biggest comedy adventure yet, *Kung Fu Panda 3*. When Po's long-lost panda father suddenly reappears, the reunited duo travels to a secret panda paradise to meet scores of hilarious new panda characters. But when the supernatural villain Kai begins to sweep across China defeating all the kung fu masters, Po must do the impossible—learn to train a village full of his fun-loving, clumsy brethren to become the ultimate band of Kung Fu Pandas.  
In cinemas 24 March

**Eye in the Sky**  
London-based military intelligence officer Colonel Katherine Powell (Helen Mirren) is remotely commanding a top-secret drone operation to capture a group of dangerous terrorists from their safe house in Nairobi, Kenya. The mission suddenly escalates from a capture to a kill operation when Powell realises that the terrorists are about to embark on a deadly suicide mission. American drone pilot Steve Watts (Aaron Paul) is poised to destroy the safehouse when a nine-year old girl enters the kill zone just outside the walls of the house. With unforeseen collateral damage now entering the equation, the impossible decision of when to strike gets passed up the kill chain of politicians and lawyers as the seconds tick down. An edge-of-the-seat thriller set on the cutting edge of modern warfare.  
In cinemas 24 March

Director: Gavin Hood  
Featuring: Helen Mirren, Aaron Paul, Alan Rickman, Iain Glen and Barkhad Abdi  
In cinemas 24 March

**Wide Open Sky**  
An uplifting documentary about a children's choir in a remote corner of outback Australia. Out there, footy is king and music education is as rare as rain. The children travel far from home to music camp to prepare for a big concert in Coonamble, where they only have three days to learn a demanding repertoire. While the choir means something different to each of the primary-aged children, it matters a hell-of-a-lot to all of them. Moving and funny, the film reminds us why no child anywhere should grow up without music.  
*Wide Open Sky* won the Audience Award for Best Documentary at the 2015 Sydney Film Festival.  
Director: Lisa Nicol  
Featuring: Choir Founder and Director: Michelle Leonard and Country Kids: Kyhnan, Opal, Taylah and Mack.  
In cinemas 7 April

**WIN WIN WIN**  
To be in the draw to win one of ten double passes to any of the movies above simply send an email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Silver Screen in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 31/3/16.



Ronald Thomas

MetSO's April concert tribute to Beethoven

THE Metropolitan Symphony Orchestra, also known as MetSO, is one of Perth's leading community orchestras. Established in 1977, the orchestra has performed regularly ever since, providing a musical home for keen amateur musicians covering an age range from 17 to their 70s.

This concert will feature three favourite pieces from Beethoven's extensive repertoire.

The performance will commence with a performance of the *Egmont Overture*. This is part of incidental music composed in 1809 for the premiere in Vienna of a play by Goethe. A performance of Beethoven's ever-popular *Violin Concerto* with Ronald Thomas as soloist will follow. The concert will conclude

with a performance of Beethoven's *Symphony No.7*.

Ronald Thomas will be both soloist and conductor for the concert.

Born in Australia, he began to learn the violin at the age of four with lessons from his father. At 16 he made his national debut performing the Beethoven *Violin Concerto* with the Melbourne Symphony Orchestra. The following year, after winning a scholarship to Europe, he continued his studies with Max Rostal in London and Switzerland. At the age of 21 he won the Carl Flesch International Violin Competition.

Ronald has performed with a number of major orchestras – including the Royal Philharmonic and the Birmingham and Bournemouth

Symphony Orchestras.

He was a member, concertmaster and a soloist with Sir Neville Mariner and the Academy of Saint-Martin-in-the-Fields, performing with them for a number of years in concerts, recordings and world tours.

In 1976 he became concertmaster, then musical director of the Bournemouth Sinfonietta, where he remained for 10 years.

He formed his own group, the New London Soloists Ensemble which toured the USA. He returned to Australia frequently to play with and conduct ABC orchestras.

He moved back to Australia in 1987 to become the artistic director of the Australia Opera and Ballet Orchestra.

Ronald Thomas continued to perform in

concerts in Europe until 1990.

The concert will be held at 3pm on Sunday 3 April, at the John Inverarity Music and Drama Centre, Hale School, Unwin Avenue, Wembley Downs.

Tickets will be available at the door. Bookings are available by phone. Call Andrea on 0435 174 550 or online ([www.trybooking.com/Event/EventListingURL.aspx?aid=10540](http://www.trybooking.com/Event/EventListingURL.aspx?aid=10540)).

The regular price of entry (\$25 adult, \$20 concession, group tickets available) also includes afternoon tea.

More information about the Metropolitan Symphony Orchestra is available at [www.metso.asn.au](http://www.metso.asn.au).

**WIN WIN WIN**  
The Metropolitan Symphony Orchestra is giving away five double passes to its next concert, to be held on Sunday 3 April.

To be in the draw to win a double pass email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Metso in the subject line or call the Have a Go News office on 9227 8283 during business hours. Competition closes 25/3/16.

Discover the history of our city

THE history in the city program is presented by the Royal WA Historical Society Auxiliary with meetings being held until December on the first Wednesday of the month at 2pm at the Citiplace Community Centre situated on the Perth Railway Concourse.

Interesting talks are presented with afternoon tea provided.

Meetings: Wednesday 6 April – Noelene Bloomfield: How close Western Australia was to being French  
Wednesday 4 May – Glenn Burgall: Western Australia's Centenary Year 1929

Entry is by \$5 donation. See the Society website for detailed information [www.historicalwest.org.au](http://www.historicalwest.org.au) or ring the Royal WA Historical Society Weekdays 9.30am – 5pm Tel: 9386 3841 a/hours, Lorraine Tholet 9342 3439.

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He was one of the most important figures of the 20th century pop culture. A cultural icon, widely known by the single name Elvis, who is often referred to as the "King of Rock and Roll" or simply "The King"... There are lots of Elvis impersonators around, but Max Pellicano is considered as the absolute cream of the crop. Critics have described him as Elvis 'resurrected' and 'reincarnated'. It seems people just can't help falling in love with Elvis to the Max.  
**ONE NIGHT ONLY: SATURDAY 23 APRIL**  
**ASTOR THEATRE PERTH**  
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**12 MARCH: DIVALICIOUS**  
TIME: Show starts 7.30pm, gates open 6pm  
TICKETS: \$45, concession/group (10) \$40, child (u/15) \$20  
BOOKINGS: Contact Jenny on 0419 040 063 or visit [www.beverleywa.com](http://www.beverleywa.com)  
Outdoor event, food and coffee available, licenced bar, strictly NO BYO, under 18s must be accompanied by parent/legal guardian.

**16 APRIL: BOBBY FOX in Four Seasons in One Night**

**Opera Rocks!**  
12 MARCH: DIVALICIOUS  
16 APRIL: BOBBY FOX in Four Seasons in One Night  
TIME: Show starts 7.30pm, gates open 6pm  
TICKETS: \$45, concession/group (10) \$40, child (u/15) \$20  
BOOKINGS: Contact Jenny on 0419 040 063 or visit [www.beverleywa.com](http://www.beverleywa.com)  
Outdoor event, food and coffee available, licenced bar, strictly NO BYO, under 18s must be accompanied by parent/legal guardian.

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# SCENE SOCIALLY



**SCENE (2): THE Astor cruise ship which is home ported in Fremantle during the summer months celebrated its maiden voyage and the laying of the keel which took place back on 2 February 1987. The Astor put on a special celebratory lunch to mark the occasion including a cake in her shape made by the on board bakers.**

SCENE (2): Seen at the event, top row; The Astor cake - second row; Astor safety officer Dimitris with Ann Hope and Astor staff captain Igor - third row, from left; Helen Valley with Master Emmanouil Psarrakis and Milton Valley - Cruise & Maritime Voyages Australian managing director Grant Hunter with Astor Master Emmanouil Psarrakis - Bicton Travel's Michael Middleton and Barry Downs. Fourth row, from left; Fremantle Ports' Thor Elliot, Joanne Mitchell and harbour master Captain Allan Gray - Margaret Wilson and Derryn Belford - The original brochure from Astor's maiden voyage in 1987.



**SCENE (3): THE VIEW is always looking for women of all ages to join the organisation, have fun, make new friends and play their part in supporting The Smith Family in their "Learning for Life" Program. The VIEW Club of Melville recently elected their new committee for 2016. If you would like to join the Melville branch then contact [hazel.bowd@iinet.com.au](mailto:hazel.bowd@iinet.com.au)**

SCENE (3): Seen at the club were: top, from left; New members were welcomed to Melville City VIEW Club by Kris Behets, Charmain Sherman, Sharon Alexander, Lyn O'Donnell and Carol Lapsley. Second row, from left; Newly elected committee for 2016 with (left to right) Marlene Gordon (zone councillor), Sue Bellamy, Kris Behets, Hazel Bowd, Helen Reynolds, Sharon Alexander, Anthea Metcalfe and Wendy Lewis

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**SCENE (1):** No organisation celebrates their older members quite like the Chung Wah Association. To celebrate Chinese New Year and the Year of the Monkey, Chung Wah held their Longevity Lunch at their premises in Balcatta. Celebrating the longevity of their members there were 38 people at the lunch aged over 90 and the five oldest members were brought up for a special presentation with the oldest person at the event aged 101 and full of life – she hopes to live to 120. The event included performances from members who danced, sang and demonstrated Tai Chi. The dragon dance entertained the more than 250 strong crowd.

SCENE (1): Seen at the event, clockwise from left; Community West' Susan Johnson with COTA WA's Marlene Robins -Beata Sklodowski with Rhonda Parker - Office Of Multicultural Affairs' Rebecca Ball with CEO of Chung Wah Community and Aged Care Theresa Kwok - the Evergreen College Seniors Choir entertained guests -Umbrella's Henrietta Biczi with Esther Chang - May Nghiem with her mother Huinh Uemuy - Mayor of Stirling Giovanni Italiano - Chung Wah president Ding Shao Ping with Chris Hatton MLA.



SCENE (1): Seen at the event, The longevity members of the Chung Wah Association Mr. Minh Chung LI, Ms. Nancy PUN, Ms Sui C CHEUNG, Ms. Ha L CHAU, Ms. Zhi F WANG - Shirley The, Celia Ma and Mrs Wong



Join us online:

## Why not become a Quinns rocker?

THE Quinns Rocks Seniors Citizens Club has a variety of programs on offer each week.

If you enjoy a game of snooker, pool, billiards, bingo, indoor bowls or table tennis then this friendly group is looking to welcome people to the club.

The program of activities include:

Snooker, pool and billiards played each Monday, Wednesday, Thursday and Friday from 9am to noon. There are three tables.

Indoor bowls is played every Monday from 9am to 1pm, Thursday 1pm to 2.30pm and Friday 9am to noon.

There is also bingo every Thursday from 10.30am to noon and table tennis on Mondays from 10.30am to 1pm and Thursdays 7.30pm to 10pm.

On most Tuesdays there are regular bus trips and casino outings.

A hairdresser is available on site at the Gumblossom Centre on Tuesdays.

The annual subscription is \$10 plus a \$1 fee for each day's attendance which includes tea, coffee and biscuits.

For further details please contact 9305 1087 or 9406 8308 or to join the snooker club call 9304 3107.





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