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They're flying high

in retirement...



& Camping Show

interviews Glenn Shorrock

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Perth Caravan

Josephine Allison

let's go travelling 20 page liftout



- Sculpture by the Sea
- Downsizing
- 9 page feature
- Food & Wine - reviews, recipes and more
- Arts Swan Lake

COMPETITIONS/GIVEAWAYS

Black Swan State Theatre Company - Once in Royal David's City Life, Alliance Français Film Festival, FILM - A Few Less Men, The Eagle Huntress BOOK - The Mind's Eye, The Florentine Bridge, Badge, Boot, Button; The Story of Australian Uniforms

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Hedley Amos mastering indoor skydiving

by Jennifer Merigan

OFTEN when people plan for retirement they concentrate on ensuring they have their finances organised but don't think about what they are going to do everyday.

Hedley Amos said that just before he retired in 2010 a colleague asked him what he was going to do every day.

"I had a big wake up call, I've got the money organised, the time - but I wasn't sure what I was going to do with myself,"

he said. He wasn't in the best of health, he weighed 128kg, had some blood pressure issues, a dodgy knee and a pulse which used to go through the roof if he walked up

If you met Hedley now you wouldn't believe he ever was the man I just described, at 67, he weighs 78kg, is fit as a fiddle and looks ten years younger than his chronological age.

Once he retired he began a weight loss program which saw him shed about half to one kilo every week.

"I didn't change what I ate really I just ate smaller portions and exercised more.'

Growing up in Africa he had spent his childhood on a large farm and running around in the

And now in retirement he has rediscovered that love for the bush and walking in the great out-

Hedley became involved with the Bibbulmun Track Foundation and not only has he walked the entire track five times, he became a Building Bridges volunteer and regularly maintains a section.

This was where he met fellow Bib Track volunteer Lari McDonald.

At 62 Lari is a dynamo, a cancer survivor and solo walker who has a zest for life which if someone could bottle they would make a for-

Since they met five years ago they have teamed up as walking buddies - and have they walked.

"We generally walk about 120 to 140 kms per week, it is everyday life for us," says Lari.

They've walked the Bibbulmun Track and done several walking treks to Europe with a 900km trek planned for Canada this year.

continued on page 4

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IT'S the 300th edition of Have a Go News this month and it marks another milestone for this independently owned family newspaper.

I often feel the paper is like our 'child' as we help it grow and develop.

Each of these milestones makes me reflect on the many events we have been involved with or initiated over 26 years of publishing.

The Living Histories project is one such ini-Our co-founder Quentin Smythe has always loved the idea of collecting people's per-

From the editor's desk

up with the idea in 2006.

In 2007 we collaborated with the government and produced a book and then a CD of short stories from people's lives from the 1950s.

To celebrate our 25th anniversary last year we repeated the process by calling for stories from people about their lives in . WA in the 1960s.

The Stories from the Swinging 60s book was published in December and is a wonderful collection of short stories about life in WA in that decade. It is available to purchase from the office for \$25.

We also have a presentation which we take on the road about the Living Histories project which is available free of charge to clubs and groups.

email below or call the office on 9227 8283 to arrange a speaker.

One of the many changes we have made to the paper is the addition of our digital version which is available from our website www. haveagonews.com.au You can read Have a Go News from anywhere in the world and it's an opportunity to keep up to date if you are travelling or even if you have missed picking up the monthly hard copy. Four years of back issues are available on the website

The paper also has a very active Facebook page so please like our

page and share in the fun

We promote events, special giveaways and provide some entertaining videos and memes to put a smile on your face. The Facebook page allows us to interact more frequently with people and keep you updated with news as it comes to

Last month I attended Vince Garreffa's launch of his memoirs aptly named The Flesh In My Life. The book is a reflection of his family life and is interspersed with his recipes. In his speech he spoke about how much better his life has become since he has become heavily involved in charity work. He also referred to how he looks at the analogy

"is the glass half full or half empty?" His take on it, which I found very inspiring, was "don't worry about whether the glass is half empty or half full just be grateful that you have a glass" What a wonderful way to view life. We have been publishing some of the book's recipes and another is included in this month's food and wine section.

We have some interesting stories in our pages this month and I do hope you enjoy the read. I hope you have a hap-

py and healthy month. Jennifer Merigan

Editor jen@haveagonews.com.au Like us on facebook or follow us on twitter!

Ageing research snippet



Walk this way...

Increasing people aged over 55's daily steps from 4500 to 8800 or about three kilometres per day can decrease their chances of a hospital stay.

A recent study published in the Medical Journal of Australia from researchers at the Centre for Clinical Epidemiology and Biostatistics found that those who increased their daily steps by 1000 steps per day had an estimated overall number of hospital bed-days a year drop of nine per cent, reported the researchers led by Dr Ben Ewald.

So get the walking shoes on and stroll your way to better health!

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Over 45 Social Canoe Club celebrates



THE Over 45 Social Canoe Club promotes the opportunity for people aged 45 and above to enjoy canoeing in a social environment. With nearly 80 members the club meets every Friday to paddle at various metropolitan river and ocean venues. During the year they organise a few country camps at Walpole, Albany, Augusta and Rottnest.

The club is keen to welcome new members and for people who would like further information please contact Rosemary on 0449 208 076 or Alan on 0422 033 272.

its 21st anniversary this year



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Funny historical fact

The zip was invented in 1913 but many people thought it would lead to bad behaviour because it was so easy to remove clothes with a zip. They weren't widely used until the 1950s.

Word of the month

comminatory

adjective

Threatening, punitive, or vengeful:

'both advocated a mild resolution which would head off anything more comminatory from the Soviet Union'

Origin

Early 16th century: from medieval Latin comminatorius, from comminat- threatened, from the verb comminari (see commination).

Great West Aussies -Did you know?

WW2 war hero Keith Shilling was twice shot down in one day. In 1945 the warrant officer was sole survivor of a Liberator bomber shot down when he bailed out of the bomb bay. Rescued by a Catalina, he was shot down by the Japanese but again was saved by a Catalina crew.

Urban slang

Calling Dingo

Used as a slang term to describe something with a conflict of interest, much like it would be a conflict of interest to hire a dingo to babysit your infant while you leave the house. In this situation the dingo has a contrast of interest and will most likely NOT do a good job babysitting your infant.

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Shorrock and Cadd bring 50 years of memorable music to Perth



Brian Cadd and Glenn Shorrock

by Josephine Allison

MUCH loved Australian entertainers Glenn Shorrock and Brian Cadd have a personal and musical friendship spanning 50 years which has seen mostly good times. The pair is set to appear in Perth this month in a double bill described as "the continuing adventures of Cisco and Pancho, 50 vears of friendship, music and mayhem.

The duo's concert been described as a bit like Laurel and Hardy - fun but with music thrown in. Shorrock and Cadd have an easy rapport which has seen their friendship endure through the years, with concert plans hatched "over a good bottle of red."

Glenn Shorrock, in a telephone interview from his Sydney home for Have a Go News, says he is looking forward to his Perth visit

"My wife Jo has a niece and family in Perth so we get across quite often. My first visit was in 1965 with the *Twilights*," he

"My friendship with Brian started way back in 1965 when I was with the Twilights in Adelaide and Brian was in Melbourne. Lcame to Melbourne and we were kind of rivals for a while. The next year the Twilights won Hoadlev's Battle of the Sounds and the following year Cadd's band the Groop did the same. Then, in May 1969, I formed Axiom, with Brian on keyboards and vocals so our musical and personal friendship has lasted ever since.'

Now based in Byron Bay, Cadd was a member of band Flying Burrito Brothers and saw success as a solo artist. He established his own label called Bootleg Records in 1972 and was inducted into the ARIA Hall of Fame in 2007. He and Shorrock first appeared as a duo in 2014-15 for the Sharky and the Caddman tour which attracted rave reviews.

British born Shorrock is one of Australia's best known music personalities, a founding member of the Twilights, Axiom, Little River Band and post LRB spin-off trio Birtles Shorrock Goble, as well as being a solo performer. Shorrock was inducted into the Australian Recording Industry Hall of Fame as a solo artist in 1991 and as a member of the Little River Band in

His repertoire is a timeline for those old enough to remember and relate to Emma, Help Is On Its Way (Australia No 1), Home on Monday - written when he was spending long weeks on the road – and Cool Change named as one of the top 30 Australian songs of all

time. He is rightly proud of the accolades and the memories it brings.

It is the Little River Band that Shorrock is best remembered for, the group being one of the most successful bands to come out of Australia and among the first to achieve major commercial success in the United States. The band was originally named Mississippi but travelling to Geelong one day, Shorrock saw a sign Little River road exit and the band was promptly renamed.

Despite a US group currently performing under the band's name, Shorrock says he would like one day to perform in the US as "part of the real Little River Band.'

"It's just frustrating," he The current Little River Band has not had an original member since the departure of Derek Pellicci 18 years ago but continues to perform the songs of Glenn Shorrock, Graeham Goble, Beeb Birtles and David Briggs under the LRB brand name which has caused much angst among the original members.

The Perth concert will see original Axiom members Chris Stockley and drummer Doug Lavery join Shorrock and Cadd with legendary singerguitarists Sam See and Glyn Mason. Glenn and Brian will perform timeless hits such as Little Ray of Sunshine, Help Is on Its Way and Don't You Know It's Magic from the 60s to the 80s, harvested from their past groups.

So far this year Shorrock has appeared in an arthouse movie filmed

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around Sydney on a low budget for which he says he appeared for free. He had to play a villain which he says was

emotionally wearing. Shorrock says the Perth concert will see him and Cadd perform solo numbers, then combine for a memora-

ble musical evening. And the future?

"I started small so I may end up doing some-

thing small," he said. Glenn Shorrock and Brian Cadd, The Continuing Adventures of Cisco and Pancho, perform at the Astor Theatre, Mount Lawley, 8pm Saturday 18 March.

Sculpture by the Sea - discover unique art installations...



Ron Gomboc EDIFICE

by Jennifer Merigan

SCULPTURE by the Sea returns to Cottesloe Beach this month three weeks. This is one of Perth's largest free cultural events and attracts more than 200,000 people to the beach every year.

Well known WA artist Ron Gomboc is the only Australian sculptor to have participated in all 13 exhibitions at Cot-

He said that he has participated in 31 Sculpure by the Sea including the exhibitions held in

Albany and Bondi.

Every year artists have to submit their design and ideas for their pieces before gaining approval to be part of the exhibition.

"My sculpture for this year's SBS is made grade usina marine aluminium and was inspired by the spiritual component of increasing faith and mortality," said Gomboc.

Ron has worked as a full time sculptor for many years and one of his career highlights is the creation of his Gomboc Sculpture Park in the Swan Valley which has been running for 37

"As a full time sculptor I have had many opportunities to travel all over the world and it seems no matter how far away I go I still feel the Swan Valley is the best place in the world.

"As long as I have the freedom to continue doing what I love retirement is not an option for me.

"I hope to maintain my health and sanity to keep creating sculpture for as long as I am able.

"I am already planning my submission for Sculpture by the Sea for International artists from as far afield as China, Serbia, Czech Republic, Japan and the UK will feature work alongside local sculp-

This year two new members are welcomed into the Sculpture by the Sea, Cottesloe Decade Club. Local artist Tony Jones OAM whom we featured last year on Have a Go News' March front cover and Koichi Ishino. Ishino now calls Australia home after migrating from Japan because of the opportunities presented to him by Sculptures by the Sea.

Don't miss the opportunity to view this unique free art installation which runs daily at Cottesloe beach until 20 March.





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over 55s, aimed at reducing a person's risk of developing dementia and related diseases through physical and cognitive exercise. Prof Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the benefits of 'eccentric exercises' which form the basis for the physical component of the program, combined with the cognitive component developed by Dr. Jenny Brockis, the "Brain Fitness Doctor." **NEXT PROGRAM COMMENCES:**

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Historical Society wants your preloved books for annual book sale

ROYAL WA Historical Society is welcoming donations of books, Australiana, fiction, all subjects including, LP records, DVDs, CDs for its annual car park sale to be held in Nedlands on the weekend of 1 and 2 April.

Collectors will be excited as the society is pleased to announce a most generous donation has come from the Society's former president, Sir William Heseltine who, on giving up his residence in York, recently moved to Syd-

His collection largely reflects his distinguished career in Canberra and London. These books show his wide-ranging interests, such as Australian history, public affairs, royal biographies, travel and the arts.

There are also numerous cookery books, collected over the years in the family library, by famous chefs on all styles of cookery.

Collectors of samples of personal book-plates will also be well served by the splendid plate of armorial motif that most of his books contain to indicate that they came Ex Libris William Hesel-

If you have something you wish to donate contact the office on 9386 3841 between the hours of 10-4pm weekdays.

The book sale takes place in the car park at 49 Broadway, Nedlands on Saturday 1 April and Sunday 2 April from 8.30am to 5pm.

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Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor

THANK you for another interesting edition of Have a Go News. Reading Great West Aussies on page two reminded me of Fitzgerald National Park and the various Fitzgerald Street, roads etc.

I always wondered who Fitzgerald was, was he an explorer, an Esperance region settler, a surveyor, perhaps? Could this be included in this section at a future date?

The Louis Shapcott information (Great West Aussies page 2 Feb 2017) also reminded me of the English tradition of encouraging workers in mills and mines etc to join night classes to further their education. I think Richard Offen would be a mine of information about buildings in Perth for this purpose.

I look forward to future editions of Have a Go News.

Cheers

Maureen Hough Westminster

Charles Fitzgerald was the Governor of WA from 1848 to 1855. The town of Geraldton was also named after him. Ed.

I SHALL be 94 years of age next week and today is Valentine's Day.

What has happened to the men of WA?

I received no cards, no flowers, no booze, chocolates and more the point no declarations of undy-

Have all the rich and good looking bachelors with posh cars and two storey homes gone to ground? Yours sincerely

The Merry Widow from Duncraig

Dear Editor

HEARTBEAT WA is a wonderful group cardiac exercise program to improve overall health which keeps us oldies out of expensive hospitals and early

While doctors are recommending this healthy, life saving program after surgery; the federal and state governments are closing it down on 31 March and sacking all trained staff; as both federal and state funding has been removed.

Our health is at risk by this decision. Think carefully when voting in the coming elections.

Yours sincerely

William Booth **Bentley**

continued from front cover

They're flying high in retirement...

by Jennifer Merigan



Hedley Amos and Lari McDonald

They said that having a committed walking buddy instilled more discipline into their routines and meant they walked more.

In the last few months they decided to take up paddle kayaking and boarding too.

"We took up kayaking and stand up paddle boards for the upper body work - we get out on these and go on the river and see the areas where we walk from a different angle,"

said Hedley.

discovered so "I've much of Perth since I retired, there are parts of Perth I didn't know existed.

"We were kayaking on Bicton waters late last year and saw a plane fly over advertising ifly indoor sky-diving and we said to ourselves let's do it," he said.

I met Hedley and Lari as they were preparing for their third indoor sky diving session at the ifly purpose built facility on Great East-

ern Highway. iFLY Indoor Skydiving is both a thrill ride for first timers from ages 3 to 103 and a highly competitive sport. It has been popular not only among keen skydivers but also with families and those who have always dreamed of flying but are looking for a safer alternative to jumping out of a plane.

Ifly provides an opportunity for people of all ages and abilities to have a go at a high adrenaline sport.

'We love doing stuff keeping fit - just not sitting around and getting old," said Hedley and Lari.

Watching them flying was just as much fun as trying it, as they both took to it with gusto.

And Hedley and Lari's advice for others...

"You can't help your birth date but you can do something about your body. Just walk out the door - there's so much to discover in Perth.

For more information about indoor skydiving visit www.lfly.com.au or visit the Have a Go News facebook page and watch a video of Lari flying.

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Because it was planned

from the ground up, it is

very probably the best in

major speedways in the

world and believe me,

the Motorplex is at the

Each week up to 6,000

fans follow the Motorplex

events (car racing one

Friday night and drag

racing the next week)

and specials, like inter-

"I have been to all the

"Perth Motorplex is

by Lee Tate

CON MIGRO recalls a momentous day in his schooldavs when a towering figure, clad in all-black leather, materialised in his classroom.

Aussie-horn international motor bike speedway champion rider Aub Lawson looked every part the swashbuckling gladiator and Con was hooked

"I went straight home from school and told my parents I was going to become a speedway rider. They told me I was mad," laughed Con.

Now 75, after a lifetime linked to promoting speedway, Con reckons he was lucky.

"I started going to speedway every Friday night. It was and is my passion," he told Have a Go News.

As it unfolded, Con didn't become a motorbike or race car driver but steered his own course, promoting and speedway, managing bringing it to bigger and bigger audiences.

Who doesn't recall the regular radio promotions: "Friday night is speed-way night"? Perthites, by the tens of thousands agreed.

One young fan, the future politician Richard Court, told Con: "Speedway was the sound of summer."

When Claremont Speedway faced its greatest trauma, a total upheaval atter 32 years Con was confident of getting a fair hearing from Richard Court, then Premier, who understood and supported speedway.

Con explained: "In 1998, the Royal Agricultural Society, owners of Claremont Showgrounds, made a strategic decision not to renew the thriving speedway's lease at the end of the 1999/2000 season.

"This necessitated a move to another venue with an exhaustive campaign to obtain funds from the State Government to relocate the speedway and Ravenswood drag racing.

Government "The owned about 169 hectares of land at Kwinana and the speedway was

hbf ≤arena

national contests attract 8,000-strong audiences.

The ultra-biggie, monster trucks, drew 14,000 boisterous fans.

Along his life's road, Con has been recognised internationally, nationally and in his own State for his commitment, zest and support to speedway, its fans, daredevil drivers and sponsors

Con was awarded life membership of the Veteran Speedway Riders Association of Great Britain (now the World Speedway Riders Association). He was flown to England as guest-of-honour at the association's annual dinner, attended by more than 350 international racers including four former world champions.

Con is a former national president of the Australian Speedway **Promoters** Association and founding member of the National Association of Speedway Racing. He was Australian Speedway World Team cup manager in England and Europe and national promoters representative/director on the Australian Speedway Control Council.

He was the first Australian inducted into the American Sprintcar Hall of Fame.

Con was responsible over 25 years for bringing the highly-successful English Speedway team to tour Australia (with Speedwav England captain/manager Nigel Boocock). In 2007. he was inducted into the Speedway Australia Hall of Fame.

Active in Speedway, business and the community all his life (16 years working for Walpamur, covering their world-largest area, Perth/Kalgoorlie/Esperance) Corriginborn Con says he never contemplated retiring - at 65 or any other year.

A former footy player (Inglewood, Colts and Sunday League) Con became a footy umpire and coach, (Morley Bulldogs junior footy team), lawn bowls enthusiast and is current president of the Yokine Districts Bowling Club.

Con is a former president of the Sports Association of Australia (WA branch) and was a voluntary courtesy driver for the Leukemia Foundation, voluntary driver for People Who Care and board member for the School Volunteer Program's finance commit-

A past president of the Rotary Club of Claremont/Cottesloe (and

years ago Con invited Rotarians to rattle their tins at the Speedway, a practice that has endured, raising untold thousands of dollars for community causes.

A host for many years of radio and television shows, Con headed the 'Night Thunder' one-hour speedway show on the 7 Network and mastered voice-overs for radio and TV commercials.

He has written about speedway and motor sport for most major Australian newspapers and many national and international magazines.

With support from wife Linda over his working life, Con may have eased himself into speedway's back seat but he remains a promotional face and is still the speedway commentator. In the commentary sidecar is former footy champ Karl Lang-

Con no longer holds manager's reins the but the baton has been picked-up by a suitable replacement, an experienced racer of speed cars, sprint cars and Formula 500 cars, Gavin Migro, son of Con.

Huge book sale at Citiplace **Community Centre**

COME along to City of Perth's Citiplace Community Centre annual book sale including books, magazines, videos, DVDs and CDs with nothing priced over \$10.

While at the sale enjoy a snack of a roast beef roll for \$4.10 or coffee and cake for \$3.50.

Citiplace is located on the upper concourse at the Perth Train Station. The sale is on Wednesday 22 March from 9am to 2pm.

FootSmart program

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rabooka Attendance is free for NDSS registrants

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Meet the columnists and contributors



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



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

Rhonda is the CEO of Alzheimer's Australia, WA. She is a former Minister in the Western Australian Government. She led the development of the first national healthy ageing strategy in 2000, and was

Australia's first Federal Aged Care Commissioner. Each month she writes about issues affecting Alzheimer's patients and their carers.



Mike Smits

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



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

reelance 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

Adding value to the world - cause and effect



Left; Stu Bowen printed T-shirts at the One Tribe celebration in Margaret River Above: Karen Majer

by Karen Majer

DO you have a special cause, something that fires you up and makes you want to create change?

New South Wales man Stu Bowen became so concerned about the Great Barrier Reef that he

devotes his life to campaigning for its protection. He started a not-forprofit organisation, Free the Reef, to implement a novel idea: harness the creative input of artists to produce unique designs for T-shirts and travel the country screen-printing them at community events to engage and inspire people to stand up for protection of the reef.

became acutely aware of the future risk of coral bleaching and the compounding threats to the Great Barrier Reef," Stu said. "I felt obligated to share my knowledge and passion with all of Australia in the lead up to last year's federal election."

"Over the past 18 months the FTR Live Screen Printing Tour has visited every state of Australia except Tasmania, and countless towns and markets along the way.

"I've started lots of conversations and now it's about ensuring that the pre-election promises of \$1 billion a year for ten years for reef restoration is kept. It's everyone's reef

and we all need to partici-

The campaign recognises that the Great Barrier Reef, the largest and most fragile ecosystem on earth, is an indicator of the health of our oceans and biosphere. Conserving the reef requires us to address the big issues of climate change, water and air quality, and protecting biodiversity.

Stu said that the biggest question he gets asked is, "But what can I do?'

"There are so many things individuals can he said. "From child to CEO and from the simplest of things, like starting meaningful conversations around the dinner table, through to the most complex like divesting your money from the big four banks that support the fossil fuel industry.

"Every transaction and every dollar you spend is directly and indirectly voting for the future you want for coming generations.

"We can all be the solutions to the world's most complex problems by applying a slower, smarter approach - doing less, better and redefining success. It's not about how much money you can extract from a community like the current model but how much value you add to the world."

How might you add value to your special cause? Find out more:

If you would like to wear your support for the reef and start meaningful conversations go to www. freethereef.org/shopthe collection

Glenda Parkin - An educator for life



by Rhonda Parker

I MET Dr Glenda Parkin and her husband Bronte in 2011. She is another of my modern day heroes, an inspiration and a Western Australian treasure. Let me tell her story.

Dr Parkin is an educator remembered by scores of young people in Western Australia. The retired principal of Penrhos College and St Stephen's School had more than several thousand students pass through her classrooms. On the Rate My Teachers website one student wrote: "The most inspirational, kindest, caring and amazing woman I have ever met," whilst another wrote, "the best principal that I have ever had! She was so kind and lovely and everyone thought so."

Glenda has a PhD in Education and an Honours Degree in geography. She has written a number of school text books and atlases and lectured in teacher education at each of Perth's five universities. She has been married to Bronte for more than 30 years and has two adult sons.

Glenda was diagnosed with Benson's Disease, or Posterior Cortical Atrophy, a rare form of dementia in 2010 and resigned from her position as principal at Penrhos. She was only 56 years

"The thing that upsets me the most is that I can't read." said Dr Parkin, "I wrote books, you know, all sorts of things... and now I can't even read them. It's crazy."

But a diagnosis of dementia and subsequent early retirement because of the impact of the condition was never the end of the line for Glenda or for Bronte. By 2011, there was a new topic

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in Glenda's curriculum. She began a new role with Alzheimer's Australia WA, volunteering to educate Western Australians about dementia.

In this role, Glenda and Bronte have toured Western Australia, raising awareness about dementia and the need for understanding. They even travelled in a minibus named the Memory Van speaking at public events from town to town.

The couple has worked hard to change the mindset that dementia affects mainly older people living in residential aged care.

"I have been an educator for a long time and I thought to myself why don't we educate other people about dementia," Dr Parkin said. It is a very brave approach when the new challenges she faces include being unable to find the right words at times, but she has never let this hold her back.

Together with Bronte, Dr Parkin took on a withering number of commitments for people living

with dementia including advisory committees and media sessions. They have represented Western Australia in a number of national forums. Many people may have heard Dr Parkin when she was regularly interviewed on ABC Radio Morning Show by Geoff Hutchison.

One of the things that strikes everyone about Glenda is how positively she views the world and how much her upbeat outlook is unchanged despite the increase in the challenges she faces.

Asked how she was in a Q and A session during the national speaker tour in 2016 Dr Parkin said she was, "having the time of her life."

"Educating about dementia makes me feel as though I'm still alive, I have a purpose," she said.

She is a testament to the truth that we are not victims of circumstances, but creators of circumstances. We are all the better off for having Glenda a part of our lives.

See page 20 for

details about how to

Take a great ride through the history of World War I

ROYAL Western Australian Historical Society presents Carmel Charlton's The Great Ride. In 1918 Palestine, the Australian Light Horse commenced pursuit of the Turks all the way to Damascus.

This presentation is based on a letter written by Trooper Ned Moriaty to his sister Alice. Ned describes his movements in the 10th Light Horse journey. The Great Ride involved the biggest column of mounted men since Alexander the Great traversed the same deserts.

Presented through dialogue, images and music this show will be a history lesson with a difference.

The show will be held at Stirling House at 49 Broadway in Nedlands on Thursday 6 April at 6pm. Tickets \$25.

Bookings are essential, call 9386 3841 or email ad min@histwest.org.au

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The medicinal values of various foods and spices



by Jeanette Woolerton

GINGER (Zingiber officinale) has been used as a food and medicine in India, China and Greece since ancient times. It later became popular for digestive problems throughout Europe. Ginger can be eaten fresh or dried. It can also be consumed as a tea, tincture, or overthe-counter supplements made from the dried root.

But is there any evidence that it works?

The chemicals in ginger are thought to reduce nausea and inflammation and it is believed that these chemicals work either directly in the stomach (to combat nausea and vomiting) or they may work in the brain and nervous system.

There is limited evidence that ginger is beneficial for combating morning sickness (nausea and vomiting in pregnant women) and is safe taken in pregnancy.

Recent studies have shown use of ginger during pregnancy does not seem to increase the risk of malformations, stillbirths or other problems, no matter how high the dose.

The American College of Obstetricians and Gynecologists have recommended its use in pregnant women.

Results are mixed for other types of nausea/vomiting including those caused by seasickness, chemotherapy or surgery.

chemotherapy or surgery.
Ginger has few, if any side effects, but heart-burn, bloating and gastric irritation may occur after excessive consumption.
Use with caution if you have gallstones, gastric ulcers or reflux.

Large doses of ginger may also increase bleeding, so, in theory, it may interact with blood thinning and blood clotting drugs.

For this reason, use of high dose concentrated extracts (10 g/day) should stop one week before sur-

Hot and healthy

Cayenne peppers are closely related to jalapeño peppers and bell peppers

and are a staple in south western American and Mexican cuisine. The thin red pepper has a deceptively mild smell but packs a powerful fiery taste.

Cayenne peppers are often dried and ground to make a powdered spice used for seasoning. The peppers are also used in their whole form in Korean, Sichuan, and other Asian cuisines.

Capsaicin, the active ingredient in cayenne peppers, gives the powder its spiciness and is used to treat aches and pains of the muscles and joints.

Cayenne pepper has also been used in traditional Chinese and Ayurvedic medicines to help treat circulatory problems and increase appetite.

A recent review of research by the Department of Neural and Pain Sciences, University of Maryland, Baltimore, USA, into cayenne pepper's ability to reduce pain, concluded:

"Capsaicin has also been shown to reduce the amount of substance P, a chemical that carries pain messages to the brain. With less substance P, fewer pain messages reach the brain, and less pain is felt. Creams or ointments containing 0.025-0.075 per cent purified capsaicin have been shown in several doubleblind studies to reduce the pain and tenderness caused by osteoarthritis. The suggested use for chronic pain is to apply the topical cream or ointment four times daily to the site of pain."

Further studies have also shown a decrease in pain when taking capsacion orally or by injection. Capsaicin is currently used in topical ointments and creams to relieve pain and tenderness from osteoarthritis, nerve pain from shingles, pain after surgery, pain from diabetic neuropathy, and lower back pain.

In addition, research published in the Journal of Clinical Oncology found that the application of capsaicin cream among cancer survivors may reduce post-surgical neuropathic pain and, "is preferred by patients over a placebo by a three-to-one margin among those expressing a preference."

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The relationship between shoulder tendonitis and shoulder bursitis



by Jemma Aldridge

BECAUSE our shoulder joints are very flexible the muscles around the shoulder are expected to perform a lot of daily activities.

Sometimes when extra demands are placed on them the tendons of the muscles develop a condition called tendonitis. The tendons become inflamed and the

sore to move.

Often the underlying problem has to do with the shoulder joint biomechanics (how well the

shoulder becomes very

shoulder moves) and primarily between the acromion bone on the shoulder blade and the space for the tendon to move beneath it. If the tendon moves smoothly below the acromion there is usually no pain, but if the tendon becomes swollen and inflamed as with tendonitis, the tendon can get impinged or "pinched" by the ac-

romion.

The role of the bursa, which is a small gel filled sac, is to reduce friction in between shoulder tendons when they move, Bursitis commonly coexists with tendonitis as the bursa becomes inflamed and grows in size with increased tendon friction (the cause of ten-

donitis). Ultimately this is all related to shoulder impingement because of the reduced space between the rotator cuff tendons and the prominent bone at the end of your shoulder blade called the acromion.

Some of the symptoms of shoulder tendonitis and shoulder bursitis are:

- Pain on the outside of vour shoulder.
- Gradual onset of your shoulder symptoms over weeks and months.
- Pain may spread down your arm towards the elbow or wrist.
- Pain made worse when lying on the affected shoulder.
- Pain made worse when using your arm above

vour head

- Painful arc of movement when your upper arm is moved upwards and outwards between 60 degrees and 90 degrees from the vertical.
- Minimal pain when the arm by your side and occasional relief with the arm above the shoulder level.
- Shoulder pain when reaching up to a high shelf in the kitchen or washing hair or drying back with a towel.

The most common cause of this condition is repeated micro trauma (repetition of movement) and overuse of the shoulder muscles and joints or a single more significant trauma such as a fall or blow to the

shoulder. Bursitis can exist without tendonitis, but more often an original diagnosis of tendonitis will have a bursitis diagnosis as well.

How can your physiotherapist help?

Your physiotherapist can diagnose your shoulder injury from your detailed description of your pain from and a thorough physical examination to differentiate between shoulder bursitis and a rotator cuff injury using manual tests. Shoulder bursitis commonly coexists with rotator cuff injury and tendonitis.

An ultrasound scan is the most common tool to diagnose subacromial (sub meaning below the acromion bone) bursitis.



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IGS I



by Rick Steele

SEEMS like every day, the moment you walk out the

Above; Picture from 1962, left to right; Rick, the year after his boxing win - Nigel (the cancer beater) and Richard, Nigel's little bros. Left; Rick Steele

door, you are on line for a small win or a big loss! Very rarely does it appear to me vice versa.

Oh! The price of petrol

Looking for the win in the small things of life

dropped to \$1.27 per litre. Goody (win). Then someone tried to break into my car and damaged the lock in the door. OK. But it was an imported lock and we have to get it from America for \$340. Doh! said Homer Simpson Steele (loss)

I went through my 12 years of schooling and the only prize I ever remember winning was a medal for boxing. I still have it! Boxing was compulsory in your first year at boarding school and as for a lot of the other kids, it was a new experience for me.

I do remember quite well, my first received punch in the nose and my eyes watering a little. That hurt, I thought, and I gave one back with a little bit extra. I fathomed fairly quickly that avoiding

a punch was a win and connecting with a punch – also a win. Three more fights and I was in the final with the school champ on a Saturday night with a full house of parents, sons, daughters and a couple of hundred hygienically-challenged, testosterone-charged teenage boys.

The undercard to my bout was one of the most anticipated fights of the night. This was because it featured one of the most popular boys in the school of 500 pupils, and a rather overweight, pimply-faced lad with a countenance only a mother would love. The bell rang for round one and a hush fell over the crowd. They shook hands. Let the battle begin.

Almost immediately

Doozy (our chubby one) threw his first punch. As he did so, he passed an extraordinary amount of wind from his back passage with such a booming, thunderous clap as to make the crowd gasp, before erupting in hysterical mirth.

However, it didn't stop there and the flatulation continued with every punch poor Doozy threw for the whole first round. By that time the unfortunate referee was visibly upset and calling for a mask and the seconds in the corner were waving their towels faster than a humming bird on heat.

As the obnoxious smell began to dissipate and the level of hysterical laughter and flatulence faded, a small but ef-

fective flurry of punches from Mr Popular ended the fight on a technical knockout and my own time was nigh.

I apparently fought valiantly, lasted the three rounds and was awarded the medal for Most Improved Boxer 1963. Not that anyone cared. Doozy was the new pinup boy.

Mind you, I have had a couple of other significant wins since school days. I remember back about '73 I won second prize in the Mt Lawley Tennis Club raffle and was presented with a lovely ornate tennis frock! It just wasn't my colour. I gave it to my girl-friend.

Sometime in the last 10 years I won \$38 in the multiple million dollar lotto and once I won the bottle of bourbon at the Blues Club. So you can see, I am really a bona fide winner

ner.
Of course my greatest win of all time would have to be my family, father of five, seven grandchildren and a wife who has stuck by me for 40 years.

Two weeks ago, I received an email from one of my mates from school, who has been suffering and battling one of the dreaded forms of the scourge cancer. He is in remission and declared free to go.

Now there is a wonderful win.

I asked my wife how she rated me as a lover on a scale of one to ten.

She said: "I'm no good with fractions!"

vitn tractions!" Cheers dears.

Jon Lewis pondering the straight lines of inertia, or does he need a lift...



by Jon Lewis

I ACTUALLY laughed out loud as I realised I couldn't move the weight. It wouldn't budge.

I was in the gym, sitting at the leg press. I had set the weight to the usual setting, then I pushed with my legs, but it didn't move.

I found myself laughing and thought perhaps it may be time to take a break

Interestingly, I knew moving this amount of weight was possible for me - I had done so before.

Indeed, on many occasions I had moved an even heavier weight. What surprised me was that this time it would not move, it would not move at all.

Had I suddenly become weaker, I wondered?

Perhaps, according to the latest science fiction, the weight had become heavier?

I pondered what was actually happening to me? With determination and gusto, I decided to try again. As you can imagine of course the weight moved. It moved

just like it had in the past and hopefully would into the future.

In fact the weight moved quite calmly, almost comically, so I then proceeded to take the weight up another notch and then proceeded with another set.

Again, I took this previously immovable weight up another notch and continued with a calm yet determined set.

Finally, I relaxed and fumbled for my water bottle as a reward.

So, what had actually happened? I pondered this while I did various other exercises and came to a one word conclusion. To me the fascinating word... inertia.

Inertia is the resistance of any physical object to any change in its state of motion; this includes changes to its speed, direction, or state of rest.

I'm sure you've heard of it, yet I wonder how often it's unwittingly involved in our day?

I'm sure it's inertia that

gets me out of bed in the afternoon. I do believe it's inertia that helps me complete five hours on the radio when my energy levels are sometimes low. I'm convinced it's inertia that gets me home after trailing my darling wife while riding our bicycles on the weekend.

And it was inertia at the gym that got me through that leg press.

It seems to me the most difficult bit is the start. The start can mis-

chievously present the task as being harder and in this case heavier.

Is it that once you start the action becomes simpler and generally even easier?

A Chinese proverb says 'a journey of one thousand miles starts with a single step'. I think that first step can seem a whole lot harder than it is in reality.

My suggestion... why not use hindsight to evaluate that first step?

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Australia Remembers issues new coin

by Mikel Smits

IN FEBRUARY 1942 during the Second World War, Australian Army nurse, Vivian Bullwinkel and 21 other nurses were forced Japanese soldiers to wade into the waters of Radji beach located Banka Island, east Sumatra, whereupon they were then machinegunned from behind. A bullet went straight through her missing vital organs. She feigned death until the soldiers left. Vivian was the only survivor of what became known as the Banka Island Mas-

Two days prior, due to the advancement of Japanese forces, she had been

evacuated from Singapore along with 180 passengers comprising mainly women, children and 65 nurses aboard the Britishregistered cargo ship, the SS Vyner Brooke, named after the Third Rajah of Sarawak, Sir Charles Vyner Brooke. Manned by 47 crew, the ship was sunk by Japanese aircraft. Continuing their wartime series, Australia Remembers, the Royal Australian Mint has issued a special, non-circulating edition 20c coin recognising the sinking of the Vyner Brooke.

Survivors of the sinking made it ashore at Radji beach and the next day were joined by a large group of British soldiers whose evacuation ship had also been sunk by enemy aircraft. As the island was already occupied and controlled by the Japanese, the local villagers were reluctant to assist the survivors for fear of retribution so the group elected to surrender with the women and children first setting off for the town of Muntok to give themselves up, leaving behind the crew, soldiers and nurses. Soon after, Japanese troops descended upon Radji beach killing all the men and then they motioned the nurses to enter the water and shot them. The injured Vivian hid in the jungle for almost two weeks nursing a bareCecil Kingsley. They were captured, Cecil died soon after and Vivian was imprisoned for the rest of the war, after which in 1946, she was a witness for the war trials held in Tokyo.

For the rest of her life this extraordinary woman tirelessly devoted herself to nursing in Australia and amongst other contributions, organised sponscholarships for Malaysian nurses, rescue missions and adoptions of Vietnamese orphans and volunteered to serve on various committees including the Red Cross, the Australian War Memorial and the Australian College of Nursing. She was honoured with multiple awards including Associate Member of the Red Cross, the Florence Nightingale Medal, Member of the British Empire and Officer of the Order of Australia. Following her retirement in 1977 she married Colonel Francis Statham and together in 1993 they travelled to Banka Island to unveil a shrine to her fellow nurses killed there, accomplishing yet another of her personal ambitions. A wing of the Hollywood Repatriation Hospital (now a private hospital) is named in honour of her as well as an aged care lodge provided by the RAAF in the northern Perth suburb of Merriwa.

Vivian Bullwinkel died of a heart attack in Perth in 2000, aged 84. Throughout adulthood, I've genuinely regarded nurses (and teachers) to be God's Gift to humanity - in my mind, Vivian deserves to be recognised as a saint.

The history and future of stamp collecting: part 13



by Mikel Smits

"ALL SCIENCE is either physics or stamp collecting." This quote was proffered by one of the greatest scientists of all-time, Ernest Rutherford, a New Zealand-born, British physicist who is universally regarded as the father of nuclear physicist.

physics. Born in Nelson in 1871, Rutherford won a scholarship to the University of New Zealand following which he received a Research Fellowship to pursue postgraduate studies at the University of Cambridge in England. In 1908, he was awarded the Nobel Prize in Chemistry for his 'investigation into the disintegration of the elements and the chemistry of radioactive substances' following which in 1917 his research achieved even greater heights eventuating in the first splitting of the atom and his discovery and naming of the proton. Under his leadership,

the neutron was then discovered by James Chadwick in 1932. The year before he was raised to the peerage as Baron Rutherford of Nelson. Sadly he died prematurely in 1933 due to intestinal paralysis incurred through neglecting treatment of a small hernia that became strangulated.

Whether Rutherford

was a stamp collector or not I unfortunately was unable to find out, likewise, whether his quote above was seriously genuine or tongue-in-cheek. Whatever the case may be, we stamp collectors not only approve and rejoice in it, we do consider and regard the past and present philatelists in our fraternity to be akin to scientists in respect of their exhaustive research performed through time. Anyhow I'm inclined to think Rutherford was a collector as I know the likes of scientists are attracted to the hobby such as Mess'rs Liddelow, Quigley and Williamson (and Adams in biology) who taught me physics and chem at Churchlands Senior High School, however, with due respect and in all humbleness to them as they scholared me well which greatly helped,

my father also taught me through those same years how I'd be better at stamp and coin deal-

Philately is a potentially studious hobby requiring a scientific approach and methodology. Identifying differentia in papers, watermarks, perforations, dies, inks and printing methods is essential to clarify a particular issue within a range of what at a cursory glance is the same stamp on appearances. If that sounds complex well I'm afraid that's just the beginning of the depth and scope from which some philatelists have ventured. To the uninitiated, such is truly mind-boggling; even regular collectors find it unbelievable.

The science of philately originated about the 1860s when collectors began recognising these variations in same-type looking stamps. This aroused their curiosity and interest, however, it also soon became something of a necessity to fathom and pursue due in large part to the advent and proliferation of fakes and forgeries being produced and openly sold on the marketplace. We'll forge our way into that issue next month.

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MAKE THE MOST OF IT



DiscGolf demonstration at Have a Go Day 2016

by Jennifer Merigan

PEOPLE like throwing things... back in 1925 American college students invented the game of frisbee when they began tossing and catching the empty circular pie tins from the Frisbie Baking Company.

Fast-forward nearly 100 hundred years and we have a new craze in Perth called discgolf.

Think of a golf game,

Have a go at one of the fastest growing sports in the world

except you use a frisbee and throw it into a metal basket as you complete the holes

It was demonstrated at last year's *Have a Go Day* and proved to be a popular game which any age or ability could play.

There are nine courses available to play discgolf in WA and most are free for players.

Andrew Ferguson, who runs DlscGolf Park Australia, designs and installs courses around Australia and loves promoting the sport.

He said it started in

the US in the early 1970s and the game was formalised when Ed Hedrick designed and built the basket.

"Australia has just held its first major world tour with the Mundaring Sporting Club hosting a major international tournament for the sport in January," he said.

"The great thing about discgolf is it is low impact sport which can be played alone or with other people," he said.

Andrew said it's a great sport for families to play as all members can

compete easily and it's a good way to get out and enjoy the fresh air. You can even walk your dog while playing.

The sport is very simple to understand and the strategy is just like golf except the player throws a frisbee from a designed tee to an elevated metal basket to complete each hole in the least number of throws.

Most courses have an information board with the rules of how to play and even provide stockist information for the frisbee discs. These cost about \$15 and are available at a few sports stores around the city.

Courses are available in most areas including: Curtin University in Bentley, Taylor Reserve in Victoria Park, McFaull Park in Spearwood, Chichester Reserve in Woodvale, Cockman Park, Greenwood, Dick Lawrence Oval in Beaconsfield and Hall Park in Halls Head.

Pay to play courses are at Mundaring Sporting Club and Boranup Forest Retreat in Margaret River.

For people looking for a fun yet challenging new activity then this is the perfect game to have a go at.

For further informa tion contact info@disc golfpark.com.au or visit www.discgolfwa.com.au.

Now is the time to learn to paddle



by George Gouteff

OVER 55 Canoe Club members and friends have just returned from a fabulous five-day paddling and socialising camp at Walpole on the south coast. As this was the first time the annual summer camp has been held at Walpole it was a great opportunity for the paddlers to notch up firsts in exploring a number of the local rivers.

Day one was an easy paddle around the Walpole Inlet, some distance up the Walpole River and an investigation of the passage into the Nornalup Inlet.

On following days it was the lower Franklin River from the South Coastal Highway to the Nornalup Inlet and upstream to Monastery Landing. To the west of Walpole Deep River was also explored.

Paddling the upper Franklin was a highlight of the five-day camp. Apart from the overall scenery it was a uniquely Western Australian experience to be paddling through an awe inspiring Karri forest.

If you think you might like to join a group of senior men and women who paddle the Swan and

Canning Rivers, for fun, every Thursday morning and once a year hold a paddling camp, then this is your Eureka moment.

The Over 55 Canoe Club will be holding its annual try out days for potential new members on Thursdays 6, 13 and 20 April at Kent Street Weir, Wilson. Registration starts at 8.30am for the start of official proceedings at 9am.

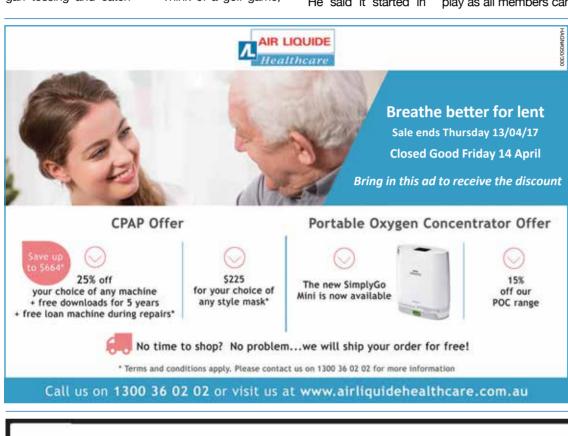
Previous paddling experience is not required but you must be able to swim and exit a kayak unaided. On the three try out days loan kayaks and personal floatation devices will be provided free of charge and instruction will be given by experienced paddlers.

If you are thinking of joining the club do not purchase your own kayak until you have discussed with the experienced club members' the appropriate range of kayaks suitable for club activities.

After joining the club new members are encouraged to attend a special safety and confidence building session to enhance their enjoyment of kayaking.

For the more experienced members, there are a number of midwinter white water expeditions to Dwellingup and Bells Rapids.

Further information about the Over 55 Canoe Club can be found on their web page, on Youtube and Instagram. Or contact club president Kate on 9526 2168.



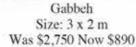
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SRCWA President's Jottings



Livelighter Aged Care Games, Boddington On the 22 February SRCWA held the Aged

Care Games in Boddington. The day was a great success with four teams participating from Boddington, Harvey and Narrogin. Linda Howlett performed the national anthem and acting shire president councillor Martin Glynn opened the games. Eddie Storm OAM provided the lunchtime entertainment and led everyone in a sing-a-long.

Congratulations to all the participants for coming and having a go, a big thank you to Dawn Newman and to the volunteers from Boddington Hospital Auxiliary, Newmont Mines, South 32 Mine and SRC, who helped make the day a great suc-

The winners of the Boddington LiveLighter Aged Care Games were Boddington Seniors Group, with 261 points, second were Narrogin HACC 238 points and third were Southwest Community Care with 236 points. The best presented team was Southwest Community Care and the oldest competitor was Gloria Batt, aged 94 years young.

Thanks to the sponsors LiveLighter Healthway, Dept of Sport and Recreation and Dept of Local Government and Communities.

SRCWA Annual Seniors Camp at Camp Quaranup

On Monday 6 February 35 campers attended the SRCWA 2017 Camp Quaranup in Albany. The camp is the ideal forum where old friendships are renewed and new ones made.

During the camp participants took part in numerous activities such as bush walks, canoeing, craft, belly dancing, table tennis, exercise programs, archery, boot scooting, an organised day out, a movie night and a camp concert. Talks and demonstrations from the Albany Surf Lifesaving Club and the Department of Fisheries were enjoyed by all.

ŚRĆWA would like to thank camp coordinator Eileen Stark and her group of dedicated volunteers and helpers and the camp office and kitchen staff for all their hard work.

SRCWA Rockingham branch, Have a Go Day, a LiveLighter Event

On Wednesday 12 April - Seniors Recreation Council of WA's Rockingham branch is conducting its Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro from 10am to 2pm.

This free event will showcase club and groups from Rockingham and surrounding areas. There will be a variety of activities to "have a go" at and many static displays.

Any clubs, groups, community organisations or businesses that would like to get involved in the day are welcome to contact Frances Cheney email: srcwarockingham@gmail.com or phone: 9592 7651 for further details.

This event is sponsored by ALCOA, Aqua Jetty, City of Rockingham, Have a Go News, LiveLighter Healthway, Stockland, IGA – Chelmsford Ave. Kennards Hire, Telstra, Simply Swing, Dept of Sport and Recreation and Dept of Local Govt and Communities.

SRCWA Annual Seniors Ball 2017

The Swinging Years Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 7 June, 1pm to 4.30pm. A sumptuous afternoon tea is provided and the entertainment features the live band Offspring and afternoon floorshow by Simply Swing, ticket costs \$36pp.

There will be a door prize and many other prizes donated by Crown Perth and Have a Go News. To book tickets or for further information call Kate Chetwin on 9492 9771.

This event is proudly sponsored by Crown Perth

SRCWA Mid-Year Country Music Concert - Perth and Mandurah

This year SRCWA is pleased to announce that due to popular demand there will be two country music concerts in Perth and Mandurah. Mandurah Seniors and Community Centre - Satur-

day 8 July, 12.30 to 4.30pm. Morley Sport and Recreation Centre - Sunday 9

July, 12.30 to 4.30pm. The concerts will feature artists Laura Downing,

Brian Letton, the Band of Mates and Kingsley Day. Tickets are \$30pp contact Kate Chetwin 9492 9771 for further information or tickets.

Diary Dates:

Seniors Week 2017 - 29 October to 6 November Have a Go Day - Burswood Park, Great Eastern Hwy, Burswood - 1 November

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





Pam's packed dancing life from aspiring teenage dancer to overseas and local acclaim



Pam and Derek Gatlev

by Adam Penn

DANCE first made an impact on Pam Gatley as a teenager growing up in Perth. Like many, she learnt the finer steps at Wrightson's Hay Street studio where she was taught and partnered for her first medals by Edgar Peters.

Pam was born in Subiaco on 14 June, 1943. Her first home was the Cottesloe Hotel. mainly because of a housing shortage in Perth after World War II.

She took to dance with a passion, starting her competitive career in 1961, winning her first silver medal in quickstep at the Festival of Fremantle. She was also a member of the winning Wrightson dance formation team, dancing the modern waltz and tango at the annual championships.

Pam held down an office job in St Georges Terrace so both her days and nights were full. In early 1962 she transferred from Edgar Peters to a new teacher Derek Gatley. She continued her medals and studied with both Peters and Gatley to become a professional instructor in 1963.

Continuing her competitive career, Pam, now partnering Derek, won various professional ballroom and Latin titles. After winning the WA professional ballroom title, the couple travelled with the WA team to the 1965 Australasian championships in Melbourne and Adelaide. The couple also spent two years managing Wrightson's dance studio in Victoria Hall, Fremantle.

Pam and Derek married in January 1966. and, with two days grace, sailed to London on the P&O Oriana. Highlights of Pam's career include achieving a semi-final place in the world professional ballroom championships in Berlin in 1966.

Pam found a job with Reader's Digest in London while she achieved her members degree with the International Dance Teachers Association examined by Teddy Edwards. She remembers competing with Derek in a major championship in Watford, then catching the milk train and taking an hour-long walk through London to reach the couple's Wimbledon lodgings.

On their return to Australia, Pam and Derek did a ballroom demonstration at the Blue Riband championships and they were asked to perform a samba at the Festival of Fremantle, showing a new style. They returned to work at Wrightson's and were appointed manager and supervisor at Durham House in Hay Street and became extensively involved in teaching medallists and training competitors.

An enjoyable extension of these activities was fortnightly trips to Bunbury to teach and coach at Norris dance studio. In 1968 Pam and Derek won the Australasian professional ballroom title, at Canterbury Court ballroom, after which they retired from competing.

In the early 1970s Pam and Derek transferred to managerial roles at Wrightson's Murray Street studios. In 1978 they took a team of dancers to the eastern states, competing successfully in both individual and formation events. Pam then took a team of enthusiastic young dancers to England which included WA dance personalities Wayne Stubbs, Geoff Chisholm, Dayle Evans and Richard Morrissey. Pam continued teaching, coaching, adjudicating and examining and, for many years, held the position of WA registration officer for the Australian Dancing Board of Control.

In 2000 she decided to retire from active teaching in order to spend more time with her family, son Darren and daughter Larissa (a champion dancer herself) and their families.

Pam remains an integral member of the dance industry in WA, continuing to adjudicate at major championships and works tirelessly in many varied supportive roles. She is a member of the Melville Lawn Bowls Club and enjoys its social and competitive environ-

If anyone on the Perth dance scene has historic photos or information for Adam Penn's continuing dance series, please contact him at tophat97@optusnet.com.au or on mobile

Wonderful group walks within the Perth metropolitan area

THERE is no shortage of interesting walks within the boundaries of the Perth metropolitan area's 29 municipalities. They include lakes, rivers, beaches and forest walks.

Any member of The Over 55 Walking Association (OFFWA) can tell you where the better ones are, because each year the club visits at least 19 of them on their weekly Tuesday morning walks. This year will be no

Several walking groups successfully cater for the needs of seniors. Some operate from fixed meeting places, while others concentrate their activities at indoor venues.

OFFWA, however, is able to also provide variety, with the assistance of local councils, who provide parking and toilets for the weekly walks.

The annual fee is only \$10 and last year's membership was close to 300 people.

Walks commence at 10.30am but members usually arrive earlier with a gold coin for the raffle, their lunch and a chair. This year's first walks are:

14 March: Perry Lakes, Alderbury Reserve, Floreat. 21 March: South Beach, South Beach Kiosk car park,

South Fremantle. 28 March: Trigg Island, Clarko Reserve.

04 April: Burswood, Kagoshima Park.

11 April: Shelley, Beatrice Avenue.

18 April: Kent Street Weir, Kent Street, Cannington.

25 April: Lake Leschenaultia, Rosedale Road, Chidlow.

02 May: Garrett Road Bridge, A P Hinds Park, Bayswater. 09 May: Lake Monger, Dodd Street, Wembley.

16 May: Woodman Point, Nyyerbup Circle, Munster.

23 May: Garvey Park, Fauntleroy Avenue, Ascot.

The club's website provides lots of information about the organisation, including the complete program of walks for the year. Simply log on to www.over55walkingassociation.myclub.org.au, phone 0490 472 145 or email over55walkingassoc.@gmail.com

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MANDURAH CONCERT Saturday 8 July, 12.30-4.30pm **Mandurah Seniors and Community Centre** 41 Ormsby Terrace, Mandurah

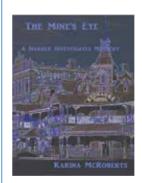
MORLEY CONCERT Sunday 9 July, 12.30-4.30pm

Morley Sport and Recreation Centre Cnr Wellington Rd and Mangini St, Morley

Tickets \$30 each - no door sales Seniors Recreation Council of WA Phone 9492 9771

Refreshments at interval

Book Review: The Mine's Eye the second in the Harker mysteries



by Pat Paleeya

THE Mine's Eye is book two of the Harker Investidates Mysteries and once again Mike Harker travels to York in the 1900s by way of a portal in Marie Linden's earthquake damaged book-shop.

Marie, a wily sprightly seventy-year-old is helping Mike, an ex-policeman, recuperate after a severe beating left him in a coma which has resulted in memory loss and blackouts.

However, he has the Mae-Belle enchanting by his side, a magician and singer from the music hall of the past. Mike brought her through the portal to present day Perth where they married. But she is unsettled by modern life and yearns for old York and her stage career with her magician friend Chan.

Both Mae-Belle and Chan have strange mystical powers which connect them spiritually. Mike and Mae-Belle brave the portal once more and realise that they have travelled into a different time zone which may enable them to prevent a crime that is yet to happen (see book one The Palace of the Stars).

They are now both on a quest of their own; Mae-Belle is trying to find Chan who has mysteriously disappeared plus some of the young dancers at the music hall are missing.

Mike is on the trail of a killer and arsonist and both their quests lead them to Kalgoorlie in the gold fever mayhem. Does Mike find his killer? Are the dancers found? What has happened to Chan? There's only one way to find out by joining this unusual duo and a host of other interesting characters in a lighthearted romp through tne portai.

The Mine's Eye is available in the print version for \$20 plus postage from Rocanadon Books: leela5chelandra.wix. com/chelandra. It is also for purchase in E-formats from most online book stores; i.e. Smashwords Amazon Kindle, Kobo, Barnes and Noble.

WIN WIN WIN

We have a signed copy to give away. To enter please email to win@haveagonews. com.au, with the book title in the subject line or write to The Mine's Eye, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Competition ends 31/03/17.

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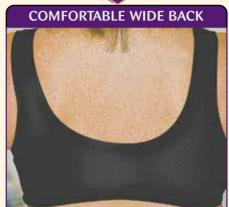
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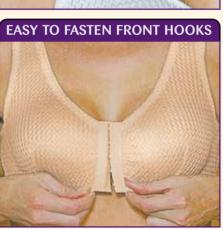
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Celebrating WA Will Week 27 March to 2 April

Half of West Australians don't have a will – are you one of them?



WRITING a will can seem like a daunting task best left for another day, which is why many of us leave writing a will on our to-do-list. However, writing a will is essential to ensuring our wishes

are fulfilled after we're gone.

A valid will provides security for loved ones, and ensures that your wishes are carried out after death and people take comfort knowing

that their assets will be distributed to the people and causes they care about.

Without a will, the distribution of an estate will be made according to the Administration Act 1903 (WA). This could mean that those whom people want to benefit from their estate may not receive what is expected.

For peace of mind, and to support the people and causes closest to your heart, Cancer Council WA and Heart Foundation WA are partnering with Classic Legal to offer a professionally prepared standard will for just \$99, at Garden City Shopping Centre from 25 to 28 March 2017 and Karrinyup Shopping

Centre from 29 March to 1 April 2017 (appointments only available in person on the day). A standard will does not include complex matters such as control of trusts, ownership of companies and business interests or blended families.

In this no obligation will writing service, they encourage people to think of their family and friends first and then consider including a gift in their will to a chosen charity.

This special offer coincides with The Public Trustee's WA Will Week, which runs from 27 March to 2 April, with the aim of raising awareness about the importance of having a will.

Bequests enable Can-

cer Council WA and the Heart Foundation WA to fund vital research, run education and prevention programs to all West Australians when they need it the most.

All gifts, no matter the size, come together to make a real difference – not only to the lives of those we're able to support, but also to the family of the bequest maker who can take comfort in the fact their legacy has been honoured.

For more information about including a gift in a will please contact:

Cancer Council WA at www.cancerwa.asn.au or call on 9212 4333.

Heart Foundation WA at www.heartfounda tion.org.au or call on 9388 3343.

TV Talk - the iconic campaigns



by Lee Tate

CHARISMATIC meerkat dubbed Sir Gay has added gaiety to our latest crop of TV commercials but he hardly compares with the iconic 1960s character Louie the Fly.

Besides, we can't recall what product Sir Gay is spruiking.

But Louie the Fly? Mortein. Never a doubt. The campaign's creator was a young copywriter named Bryce Courtenay who became one of Australia's most successful authors.

In the \$4 billion-a-year spend on Aussie TV commercials, does anything rate better than the classics of yesteryear?

Remember this memorable line? "A hard-earned thirst needs a big cold beer and the best cold beer is VB." (Victoria Bitter).

And the bloke who bombs a girl in the bath. Another beer ad.

And this?: "G-O-G-G-O" when Scottish actor Tommy Dysart has a problem with his Goggomobil." (Yellow Pages).

And the catchy line to an echidna: "Sic 'em Rex!" (Antz Pantz).

There were the softlysoftly Sorbent adverts and the many Colgate commercials featuring Mrs Marsh and her piece of chalk.

The 1980s 'Life. Be In It' campaign encouraged people to get out of the house and do stuff, while the Solo Man showed that real men drink lemon-flavoured soft-drink and paddle kayaks.

Aussie artist Pro Hart made a mess on Stainmaster Carpets while TV chef Peter Russell-Clarke constantly asked: "Where's The Cheese?" for the Australian Dairy Corporation.

Sid the Seagull starred in the friendly 'Slip, Slop, Slap' campaign, an Aussie classic promoting sun protection.

Actress Robina Beard was 'Madge the manicurist' for Palmolive dishwashing liquid, Paul Hogan smoked Winfield Red cigarettes and tossed "another shrimp on the barbee" and madcap professor Julius Sumner Miller made science look fun while promoting Cadbury's.

What today's adver-

tisers would give for benchmark commercials like "C'mon Aussie C'mon" for World Series Cricket or "Happy Little Vegemites" or Qantas's high-flying slogan "I still call Australia Home"?

What about "Oil Ain't Oils" for Castrol?

Sam Kekovich kicked a lot of goals for lamb – "There's nothing worse than being un-Australian. I should know, I've been Australian all my life" and lately Tony Galati plugged his Spudsheds (and eyebrows) with gusto.

There are also commercials by the networks themselves. Plugging their own programs is one thing but perhaps they're in danger of overkill.

SBS, dubbed 'Soccer before Sex' (but not by them) is especially eager to push its shows, relentlessly showing excerpts that, having been shown so many times during a single program can become a turn-off.

The networks' selfpromos have grown in length to virtual fullblown productions, especially their news services. Sometimes I feel they border on making merry of tragic events, as newsreaders smile and pose in front of dismal pictures.

We are constantly flooded with sales pitches and messages on the box and clearly it's a challenge for copywriters and advertising companies to hit the right spot.

Glaring them in the face is the diversity of Australia's population, but there's only been a smattering of cultural diversity reflected in Aussie TV commercials.

Target Australia recently featured a woman wearing a hijab and children with disabilities in its back-to-school catalogue and Meat and Livestock Australia's ad for Australia Day included a diverse cast without a single mention of Australia Day.

Apparently there was adverse reaction, reports Mariam Veiszadeh.

The lawyer and diversity practitioner's message to advertisers and corporate Australia is: "Embrace diversity in all its form. Reflect your customer base in your ads. Your audiences will love you for it. And it will pay dividends and have an immeasurable impact."

And keep us entertained.

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

The ins and outs of making a will - make sure your wishes are met

MANY people postpone making a will because they feel it is like anticipating their own demise. However, wills are routinely made by adults of all ages, and neglecting to make one can cause future problems for family members.

When making a will everyone needs an executor who should ideally be a beneficiary because as such, the executor will likely act quickly to settle the estate.

Check that the chosen executor agrees to undertake this task. People can appoint an alternative executor in case the nominated first choice becomes unavailable. Next people should name the beneficiaries of their estate, and alternative beneficiaries if the first nominated beneficiaries predecease them.

For those people who want to exclude certain family members from a share of their estate, be aware that some relatives – spouses, children or grandchildren in certain cases, and parents – may be able to challenge the will

However, most wills are not challenged and not all challenges are successful.

People must sign their will before two witnesses, but

avoid using beneficiaries or their spouses.

Because the executor must give the current addresses of the witnesses when applying for probate, it is advisable to have witnesses that the executor is familiar with.

When signing the will the person whose will it is and their two witnesses must be present together, and all sign the will with the same pen.

When people marry or divorce they must make a new will.

A correctly executed will only comes into effect after death. People may also wish to appoint an enduring attorney and an enduring guardian to manage their affairs during their lifetime.

This should be a separate document from the will.

If people lose capacity without having made such provision, the State Administrative Tribunal will appoint a guardian and an administrator.

A guardian's and an attorney's power ceases on death.

Once a will has been signed and witnessed, store it somewhere safe, making sure the executor(s) know where it is kept or alternatively utilise the Public Trustee's will bank.

Community Wills Days

To have a volunteer solicitor write or update a simple Will PROCEEDS SUPPORT THE LOCAL WORK OF THE SALVATION ARMY

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or visit salvationarmy.org.au/wills

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- WA NILS application (no interest loans)
- General information and referral
- Criminal Injury Compensation assistance

citizens advice bureau

www.cabwa.com.au



Let us help tick peace of mind off your to-do list

More than 50% of West Australians don't have a Will, potentially leaving their loved ones with unnecessary stress and uncertainty when they're gone.

By having a valid Will you can ensure that your wishes are carried out and your assets distributed to the people and causes you care about. To help, Cancer Council WA and Heart Foundation WA are partnering with Classic Legal to offer a professionally prepared standard Will* for just \$99.

In this no obligation service, we encourage you to think of your family and friends first and then consider including a gift in your Will to your chosen charity.







Have a professional Will written for \$99 Locations: Garden City Shopping Centre

25 - 28 March 2017

Karrinyup Shopping Centre 29 March - 1 April 2017

Time: 9am - 5pm

Appointments only available in person on the day

For more information on including a gift in your Will please contact:

Cancer Council WA

at www.cancerwa.asn.au or call $\mathbf{08}\ \mathbf{9212}\ \mathbf{4333}$

Heart Foundation WA

at www.heartfoundation.org.au or call 08 9388 3343

*A standard Will does not include complex matters such as control of trusts, ownership of companies and business interests or blended families



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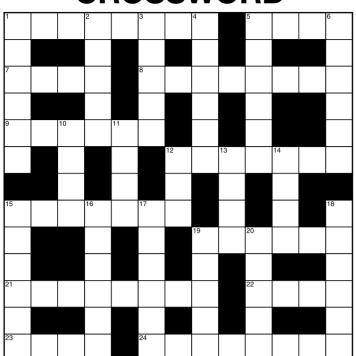
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ACROSS

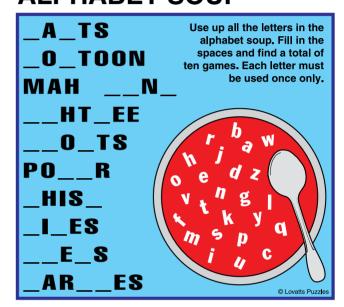
- 1. Child absconders
- 5. Indonesian isle
- 7. Post of doorway
- 8. And so forth (2,6)
- 9. Congenital12. Mode of transport
- 15. Seat divider
- 19. Lyrics
- 21. Makes shipshape (6,2)
- 22. Carnival
- 23. Lengthy story
- 24. Eden

DOWN

- 1. Renew membership of
- 2. Beer colour
- 3. In advance
- 4. Feed from breast
- 5. Water scooter (3,3)
- 6. N American tribe
- 10. Edge of hat
- 11. Great Lake
- 12. Animal physician
- 13. Humans, ... sapiens
- 14. Castro's land
- 15. Eases off
- 16. Back of eye
- 17. Recaps (4,2) 18. Large property
- 19. Adder
- 20. Imprisoned

Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters. 7 Good 15 Very Good 20+ Excellent

ALPHABET SOUP



SUDOKU

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

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

#299 February edition PUZZLES Solutions

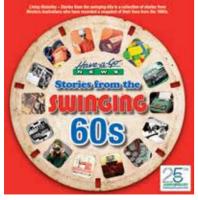
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Wheel Words

Solution: Deem, Dime, Emir, Germ, Grim, Mend, Mere, Mien, Mind, Mine, Mire, Rime, Denim, Emend, Grime, Merge, Midge, Mined, Miner, Mired, Emerge, Emigre, Ermine, Grimed, Mender, Merged, Minder, Redeem, Regime, Remind, Deeming, Demerge, Emerged, Regimen.

See page 59 for the solutions to puzzles published in the #300 March edition.

Get a piece of WA history...Stories from the Swinging 60s



Purchase a copy of the book *Stories from the Swinging 60s* - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

This was a decade of change from the introduction of the contraceptive pill, the assassination of JFK, changing fashions with the mini skirt, the Vietnam War, the move to decimal currency, the Meckering earthquake and the first man landing on the moon.

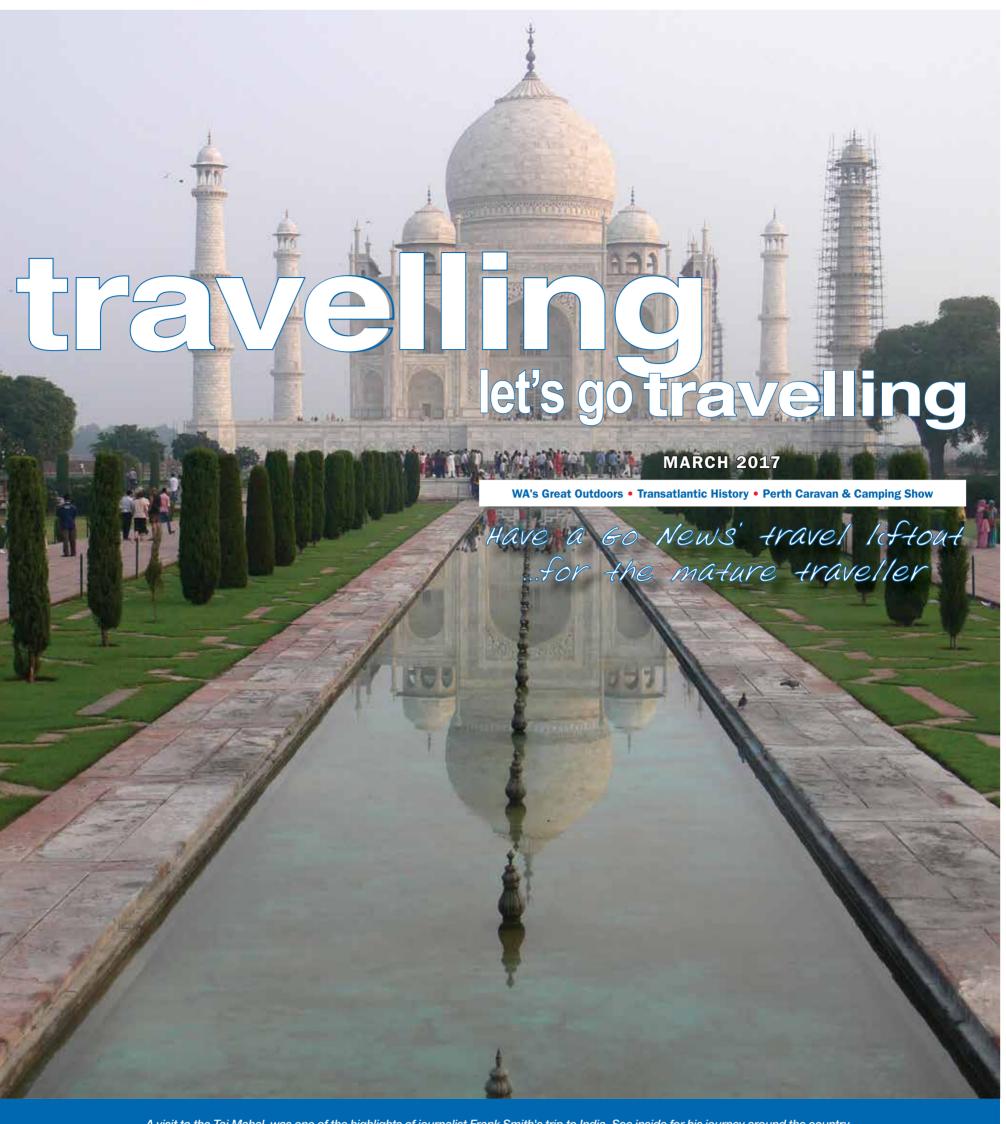
Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now. \$25.

Copies are available for purchase direct from *Have a Go News* office at 137 Edward St, Perth or have it mailed out for an extra \$12 postage and handling.

For further information contact Tahlia at *Have a Go News* on either Tahlia@haveagonews.com.au or 9227 8283.

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A visit to the Taj Mahal, was one of the highlights of journalist Frank Smith's trip to India. See inside for his journey around the country.



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et's go travel options for the mature west australia





Jennifer Merigan

INDIA has become a popular destination for travellers and certainly is a country of contrasts with a massive population, extreme poverty and its many historical sights.

When I visited there nearly 10 years ago I remember the night I arrived in Mumbai and checked into a marble monolith of a hotel which oozed luxury only to wake the next morning to look out my window to slums reaching as far as the eye could see.

I was mesmerised watching the day-to-day goings of the people below me and it was a contrast I wasn't quite expecting.

This month our journalist Frank Smith shares some stories from his trip to India where he spent five weeks late last year.

Plans are well underway for the direct flight from Perth to London which will commence in April 2018.

This service will not only shave some hours off the travel time to London but hopefully generate some much needed tourists to Perth.

As many people start planning their sojourns north to escape the Perth winter we feature the Coral Coast area and the Goldfields in this

month's section.

Also featured in this section is a guide to the Perth Caravan and Camping Show which returns to Claremont Showgrounds from 22 to 26 March.

Over the last 12 months consumer group Choice has been campaigning the Australian Competition and Consumer Commission (ACCC) regarding the perceived shonky practices of domestic airlines and it is now been announced that the ACCC will investigate the claims.

"From repeatedly informing travellers they have no refund rights to a lack of redress when flights are delayed and cancelled, domestic airlines have been flying below the radar for too long when it comes to consumer protection," said Choice director of campaigns, communications and content Matt Levey.

Fingers crossed, this means that consumers will get a better deal after the investigation.

It's hard to believe that summer is officially over after Perth has experienced one of the wettest and probably coolest summers on record.

We've had reports that the Goldfields, the Kimberley and Pilbara are looking quite different with green pastures and lots of active rivers and waterfalls. If you're heading north or east send us a photo or publish one to our Facebook page.

If you have a travel issue, enquiry or would like to share some information, don't hesitate to contact me on the email below. If you're a facebooker than like Have a Go News at www. facebook.com/Haveagonews.

Happy trails

Jennifer Merigan **Travel Editor**



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

Light up your life with Singapore's Christmas Lights



EVERY year Travel Tree designs a seven-day tour to Singapore escorted by George Booth to coincide with the Christmas Lights display and to take advantage of the festive season shopping sales.

The tour is designed for singles and couples who want the hassle taken out of their holiday and an opportunity to meet new friends and have the security of a tour escort available throughout the tour.

George has been visiting and has worked in Singapore for more than 40 years and always has pleasure in introducing people to the hidden secrets of the destination through walks around Little India, China Town, Arab Street and Singapore River are great spots for strolling and taking in the sights of multicultural Singapore.

At the hotel there is a daily information board and tour desk to ensure all guests are aware of tour times, optional opportunities and to provide information on general aspects such as shopping and where to eat.

Due to the nature of the tour, participants are invited to eat at night wherever George and wife Josephine are having dinner, so no one ever has to eat alone and they always try somewhere different. This year is the 75th Anniversary of the fall of Sin-

gapore and a visit to the Changi Museum and Village and the Kranji War cemetery is included in the tour content. Also included is a tour to Tiger Brewery at

For those on their first or repeat tour there is an opportunity to take optional tours to Singapore Zoo, Gardens by the Bay, Sinapore Botanical Gardens or Sentosa Island.

It is a tour designed with sufficient activities included, but time to relax, shop or swim in the hotel pools. For more information on the tour call Chris at Travel Tree on 9382 5084 or email: chrisd@traveltree.com.au

Cruising the peaceful Collie River and finding its many hidden secrets makes a great day out

by Chris Tate

CRUISING on the Collie. It just rolls off the tongue. Popular with seniors, the tour gives passengers a real chance to sight nesting ospreys, dolphins and pelicans.

The peaceful Collie River also contains many hidden secrets such as native water rats, introduced trout and perch plus native species of bream, cobbler and many birds.

Captain Mike and

cruise director Jo offer informative and humorous commentary plus give amazing details about bottle-nosed dolphins travelling up the river in search of fish. Many bird species are identified.

Dr Alexander Collie, a ship's surgeon aboard the HMS Sulphur first explored the region in 1829. The area was originally recognised as being ideal as pasturelands and for timber production with coal being discovered in 1883

water Fresh down the Collie River from the Wellington and Harris dams near Collie. It winds its way west out to the three waters of Bunbury: Leschenault Inlet, Leschenault Estuary and Indian Ocean near Koombana Bay.

The only vessel offering trips along the Collie River is the Elandra operated by Three Water Cruises. Built in WA in 1974, it's licensed to carry 55 passengers in fully covered, air-conditioned comfort.

Nearly 20 years ago a run-down ferry was tied up at the historical Parade Hotel jetty. It had been inherited along with the hotel lease but the owner was not interested in running a charter-boat business. An offer was



Cruise director Jo and captain Mike

made to purchase the boat and soon after it had a new lease of life.

She was taken out of the water, dismantled down to a bare hull and completely rebuilt from the deck upwards and re-named Elandra, an Aboriginal word meaning "home by the sea".

Refurbished, Elandra was back in the water in 2005. It now takes visitors several kilometers from a landing near the Collie Bridge, Bunbury along the river for a 90-minute tour. On one side is Australind and on the other are Eaton and City of Bunbury. Slightly further upstream the scenery changes to farming country and natural bush.

Many people from Perth bring visiting friends and relations from interstate and overseas to Bunbury to enjoy the cruise.

Most cruises are prebooked and include group bookings from local businesses and morning teas for coach groups, buffet lunches, barbecue breakfasts, lunches and dinners. Locals book tours for birthdays, engagements, hens' nights, weddings and even wakes.

An optional cruise is to visit a farming property up river where passengers can have a barbecue lunch. Facilities include a shaded area with padded bench seating and tables situated on beautiful farmland containing cows, birdlife, shaded paddocks and scenery.

For more information about Three Water Cruises contact Jo Sharpe on 0400 254 540 or email captain@threewater cruises.com.au.

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29 March	Swan River Cruise	\$85
4 April	Gingin	\$85
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PLATINUM \$7730 per person twin share

let's go travel options for the mature w



Faye's ongoing adventures to exotic locations becomes a book



Traveller and author, Faye Day

of veterinary research in

Britain, were grown up.

In 1972 she organised a

trip from Perth which in-

cluded Korea but didn't

take groups there. She

started as a tour leader in

1976 for various compa-

nies and was offered one

trip for American Express.

a tour to Ladakh, a re-

gion in the Indian state

of Jammu and Kashmir,"

she said "But it didn't sell

so I went as a solo trav-

eller. Unfortunately I suf-

fered altitude sickness

because Ladakh is the

second highest capital in

the world. One year I took

four tour groups to India

which was not a destina-

"I spent 12 years organising and operating

international group tours

into countries as varied as

Egypt, Jordan, China and

Sulawesi but I couldn't

tion then.

"In 1983 I was offered

by Josephine Allison

FAYE DAY is an intrepid traveller and backpacker who has visited most parts of the world, seen beautiful sights and made many friends along the way. The sprightly 78-year-old, who has just released her first autobiographical book on her travels, is busy planning a big overseas trip later this

Why does she do it? Faye is quick to answer: "Because I have a passion for travel and I like doing it solo. Many women love shopping, I don't. I will move on quite quickly once I have seen something. I won't just sit inside a hotel room."

Faye's first taste for travel started after her two children, Selina, an editor for AAP in Sydney, and Michael, a professor

compete with the big travel companies in Europe.

Faye was supported by the then travel editor of The Sunday Times and ran her company from home. But times and rules changed and she decided to write and travel on her own, something she has been doing for more than two decades.

Despite a few health issues and the rigours of producing five travel books - the second Every Nook and Cranny: A World Travel Guide is about to be released and a third has been submitted to the publisher - Faye is planning a twomonth trip later this year, visiting Dubai's fabulous gardens, Iran, Sudan, Pakistan and Lebanon.

Fave recalls an occasion a few years ago when she visited Myanmar. She was taken around the country for two weeks by two young men in a vehicle. In Vietnam she was a pillion passenger on a motor cycle, paying \$US5 a day to see the sights. In Papua New Guinea in the 1980s she got caught up in tribal warfare. She visited the Trobiand Islands where the single hotel run by a European had only a dirt floor.

Faye visited the jungles of Irian Jaya in 2012 to see a Stone Age tribe that few people have con-

tact with. They wear no clothes, live in trees and use stone axes. "We had to traipse through mud, cross rivers on logs and camp out so it was quite difficult," Faye said. "The people weave baskets from the sago palm to catch fish and cook using hot stones."

Faye has some timely tips for the keen traveller: wear a lot of black, comfortable sneakers and travel light because in countries like China men won't come to a woman's rescue if she has a heavy suitcase.

She lists her three favourite countries scenically as Canada, Norway and New Zealand.

If a traveller should become ill on a trip, there is always a pharmacy not far away that sells antibiotics without a prescription, she says.

Her first book is a wealth of stories about many countries less travelled with invaluable advice for the first-time traveller and lots of pictures.

"Everywhere is different, I have done some wonderful things," Faye says. There have been some scary moments too such as when she was held up by five armed men in Guatemala. But somehow she survived and got out of the country. She estimates she has been mugged five times but that doesn't faze her.

Faye visited the Karni Mata rat temple in Rajasthan, India which she saw barefoot with hundreds of rats revered by the locals running across the floor. A quick trip with her scarf to a street tap to wash her feet saved the day. She has made three big truck trips across Africa and, on one occasion, had video equipment stolen from her bag.

In Benin, West Africa, it was arranged for her to attend a voodoo ceremony with an English speaking guide to assist spirits depart the world.

"We arrived early and joined a circle in the roadway where a costume supposedly inhabited by a spirit and accompanied by a man with a stick, moved around soliciting donations. The belief was that if a contribution was refused and the person was touched by the spirit they would have died, so the stick was used to fend off the colourful figure as it approached each group. They then ran off screaming in genuine fear.

"I was happy to leave after an hour because more spirits appeared on the scene and it was difficult to know which way to run. For all my scrutiny I could not detect a figure inside the costume, which was the intimidatAn animal lover, Faye has seen the polar bears in Churchill, Canada, grizzly bears in Alaska fishing for salmon and taken part in a gorilla trek in Rwanda.

Typically modest, Faye says she never thought she would write a book, let alone five. But she swapped stories and photos with backpackers and her daughter convinced her to write a series. She gets up at 4am each day to write.

"Travel has become

an obsession." she savs. "It's so enlightening and you see wonderful things; it broadens the mind.

Faye Day's first book, Every Nook and Cranny: A World Travel Guide Book 1 (XLibris Publishing), costs \$40 softcover and \$60 hardcover. It is available from Xlibris, Amazon, Barnes and Noble and Ingram or contact Faye Day on 9341 5652 or email favelday2@ yahoo.com.au. It is also available as an ebook.

19 March

26 March I



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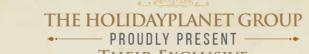
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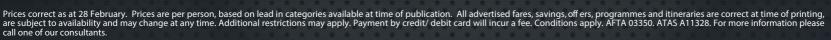


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March into the Castlemaine Festival for a taste of arts in country Victoria



by Jeanette Woolerton

RENOWNED nationally as the Garden State, Victoria is, without doubt, a verdant paradise of exotic

and native plants. As an added bonus, beneath the thick fringe of lush foliage, lies a heart of pure

One hundred and twen-

ty kilometers north-west of Melbourne, lies the sophisticated central Victorian community of Castlemaine. Nestled between Bendigo and Ballarat in



Above: Jeanette Woolerton Left: The festival is popular with tourists

Goldfields region, the town is particularly breathtaking in autumn and has become synonymous with style, vitality and creative genius.

Castlemaine is home to the richest shallow alluvial goldfield the world has ever seen. The locals are friendly yet serene and the architecture magnificent, boasting 21st century, state of the art restaurants, galleries, museums and stores in a stately 19th century setting.

The Castlemaine Art Gallery and Historical Museum, at 14 Lyttleton Street, costs only \$4 for entry. It is then a short stroll uphill to the magnificent Castlemaine Botanical Gardens at the corner

of Downes Road and Walker Street.

Thursday Between and Sunday, meals at The Good Table are reasonably priced with two courses of sumptuous dishes made using fresh local produce for only \$25. If you are after a local wine, the Bridge Hotel at 21 Walker Street is a warm and welcoming pub hosting live music performances.

The town is only a 90-minute drive from Melbourne and a great place to begin your tour of the Goldfields. It is the perfect time to visit the town right now, as during the month of March, the Castlemaine State Festival springs into action.

The festival is the brainchild of Berek Segan AM OBE and since its inception in 1976, has grown to become Australia's flagship regional arts festival.

The Castlemaine Festival preceded any other Victorian arts festival. It is also unique in its scope and diversity and its impact on the social and cultural fabric of the Mount Alexander Shire is immense.

The festival program

encompasses visual arts. music, theatre, opera and dance.

It has also been a major contributor in connecting people and developing enterprise within the regional community. Many organisations in

the community have participated in the past and continue to do so in the present. These include local schools, sporting groups, the local aged care facility, manufacturing and agricultural workers, street rod enthusiasts, musicians, designers, gardeners, heritage specialists and a myriad of artists and artisans who live and work in the district.

organisation Fach brought their specific interests to the festival, creating pathways to connection, reflection and innovation.

The Castlemaine State Festival is a 10 day extravaganza of art, music, film, culture and fun in some of Australia's finest Gold Rush era venues, attracting both national and international tourists. It starts on 17 March with the grande finale on 26

At peak festival time, the town of 7,000 inhabitants swells to more than 15,000 and the atmosphere is soaked in celebration and the weather mild and sunny.

The 2017 festival will once again play host to more than 50 international artists, flying in from around the globe and bringing with them a treasure trove of cinema. visual and performance

With more than 400 participating artists and over 100 Australian, local and international acts performing, audiences have the rare opportunity to mingle with the artists and experience creative culture at its finest.

This biennial, 10-day. multi-arts celebration, set against a stunning backdrop of established trees, gardens and historical buildings, lovingly preserved and tastefully renovated, is not one to be missed.

For further information and accommodation bookings and options, please refer to the website at www.castlemaine festival.com.au/

See you there!





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by Jennifer Merigan

AUSTRALIAN author Vanessa Carnevale's recently published book The Florentine Bridge offers the reader three of my favourite things from a book; a love story, travel

and a heart warming tale about second chances. It's definitely a 'chick'

book with beautifully descriptive pieces about Italy and particularly Tuscany, smattered with translations of many Italian sayings and the idiosyncrasies of daily life there. It all adds an interesting and amusing extra dimension.

Carnevale's capacity for character development in this her first novel is strong. Early in the story you feel empathy with the likeable main character Mia.

A story of love, travel and making the

most of life's second chances

Mia is an aspiring young Australian artist who after battling cancer gives up her love of painting and battles her own internal fears of life and death. She decides to head to Tuscany for a fresh start.

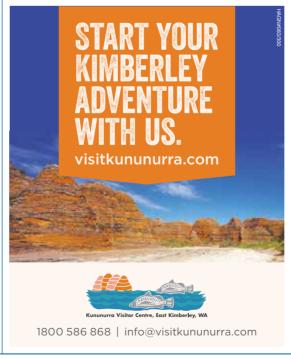
It's a pleasant and easy read which provides delicious descriptions of the beauty of Italy and as well as creating a camaraderie with Mia who is learning many of life's lessons.

Fear is what restricts so many of us in our lives and Carnevale beautifully executes her characters' thoughts and actions, ultimately leading her to paint again.

A great book club read. with some interesting twists and turns, it is a fine first romance novel from Vanessa Carnevale.

Published by Harlequin Books, The Florentine Bridge is available at all good book stores for \$29.99 and includes book club discussion notes.







Friday 14 - Monday 17 April 2017 Depart Perth, morning tea in Gin Gin, lunch at Half Way

Mill Roadhouse. After lunch we carry to Dongara. Day 2 - Dongara Day

Lunch is BYO, followed by an afternoon at the races, The Dongara Cup. Day 3 - Geraldton

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Discovering the hidden treasures of southern Africa is a 'must do' experience







Left to right; Lukimbi Game Drive - Table Bay Hotel, Cape Town - Rovos Rail observation carriage

WITH more than 11 years experience in the travel business Simon Atherton has focused on Southern Africa as his specialist destination for the last five years.

South Africa has recently been voted as the most beautiful country in the world to visit and is winning many international travel prizes with tourists raving about it.

Simon has designed a selection of tours to the country and offers travellers his knowledge and expertise to provide help

and planning for a trip of a lifetime.

He leads his Pride of Africa tour annually, which offers guests a small group, five star luxury tour to experience exotic animals, beautiful landscapes and many hidden treasures.

In January this year, Simon escorted 18 people on this tour which has many inclusions: air fares, tours, accommodation, most meals and transport within the

The tour departs Perth

and flies South African Airways direct to Johannesburg and then on to Durban where endless beaches and clear skies welcome the group.

The first day of the tour is a city tour of Durban where quests have the opportunity to experience the culture, beaches, food, crafts and flea markets which line the streets followed by some rest and relaxation at the Fairmont Zimbali Resort.

Then the following day it's all aboard the Rovos train for a truly first class three day train trip from Durban to Pretoria.

Along the way people have options to participate in different tours and game drives at unique destinations. After each adventure they return to the train to find the warmest of welcomes of a red carpet and cham-

Simon said that one of the highlights of the train trip was a visit to the Nambiti Game Reserve for a safari. The reserve was teaming with giraffe, warthogs, impala, kudu, cape buffalo, herds of elephant and wildebeest roaming together.

He said that over the three days aboard the train they are spoilt with indulgent breakfasts and four course meals for lunch and dinner.

"In the evening we were invited to mingle with our fellow passengers over cocktails and famous South African wines," he said.

"Our final morning found us arriving in Pregreeted by the owner of the train Rohan Vos.

"It was such an honour that my group were personally shown around his private historical train museum," said Simon.

The next part of the tour takes in the Lukimbi Safari Lodge and one of South Africa's oldest reserves, Kruger National Park. The region is one of the best areas for bird watching with more than 500 species and has more large species of mammals, including the famous big five than any other African reserve.

The luxuriously appointed Lukimbi Safari Lodge has a distinct African feel. There are two to three game drives per day, all included in the price, in specially adapted safari vehicles by local and highly knowledgeable guides.

Simon says it really is the best way to see this stunning environment.

"After a remarkable three days, in which I had seen elephants drinking at a waterhole outside my chalet window and a fully grown lioness stalk past as I was brushing my teeth we said goodbye to Lukimbi and headed to Cape Town," he said.

Simon said that location is everything when staying in Cape Town and he chooses to stay with the group at the Table Bay Hotel which is perfectly situated to take full advantage of Cape Town's most incredible

"In the morning we indulged in a breakfast buffet like no other and then gathered for a city tour of Cape Town where we were fortunate enough to take the four-minute revolving floor cable car to the top of a cloudless Table Mountain.

The view from the top is absolutely breathtaking with sweeping views of the city, Robben Island and the docked Queen Mary 2 liner; it is a perfect end to an amazing tour,' said Simon.

The 14-day 2018 Pride of Africa luxury tour departs on 15 January 2018. It has options to include returning aboard the Queen Mary 2.

See Southern African Safaris advertisement on this page for details on all tours to southern Africa or call Simon on 6162 6492 for further in-







Enjoy an Easter break with Cascade Tours in Margaret River

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

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

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

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

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

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

The cows dotted around Cowaramup make great subjects for photographs so guests are

encouraged to bring their cameras.

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

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

Places are limited so early booking is recommended.

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





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- Lunch at Bootleg Brewery
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- Sightseeing in Coworamup, visiting the
- Candy Cow Fudge Shop
- Returning home via Gnomesville.
- and lunch venue with a difference
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The battle for supremacy on the transatlantic crossing - part one

OVER the next few months, Chris Frame looks into the long history of transatlantic travel, and traces the times when flight challenged traditional ocean crossings for transatlantic suprem-

by Chris Frame

THE NORTH Atlantic Ocean is one of the most treacherous expanses of ocean on earth. Yet millions of people have made a transatlantic journey since the earliest days of recorded history.

Norse explorer Bjarni Herjólfsson is believed to have made the first transatlantic crossing in 985. This long forgotten event was a precursor for what would become a journey that is, nowadays, undertaken by millions of people each

For nearly 60 years now, the fear and discomfort of a long ocean voyage has been eclipsed by the speed and convenience of jet airliners. The North Atlantic passage has been the domain of some of the world's greatest aircraft, including the massive Zeppelins, supersonic Concorde and the Queen of the Skys.

Pre-flight crossings

While the airliner now reigns supreme on the North Atlantic; the first voyages across this ocean were undertaken by ship. In fact, from 1838 to the 1950s the vast majority of people travelled across the Atlantic by sea.

For the first six decades of transatlantic ocean liner travel, there was no aircraft. During that time great ocean liners ploughed across the Atlantic. Mass immigration from Europe to the United States and Canada was the main driving force behind the boom in transatlantic travel. with ocean liners grossing tens of thousands of tons and transporting thousands of people at a time.

The movement of people, cargo, mail and goods across the North Atlantic was solely the domain of ships. Names like Cunard, White Star Line, French Line, Norddeutscher Lloyd and Hamburg-Amerika evoked the same instant recognition as British Airways, American Airlines and Virgin Atlantic do today.

As time passed, liners grew in size and speed; with crossing time reducing from two weeks to as little as four days. A race to offer the fastest service, and thus attract the most passengers, ensued. During this time the Blue Riband, an award for the fastest westbound crossing, was highly coveted.

Despite the speed of these liners, people wanted to go faster. Travel for business could take up to a week, making commerce far slower and less efficient than it is today. But there was a limit to the speed that ocean liners could achieve. Thus, inventors and entrepreneurs looked to the sky for a faster way to travel.

It was not until the early 20th century that the Wright Brothers mastered powered flight in heavier than air craft. Their flying machine was a modern marvel, which attracted the world's attention. However, in its early form the aircraft posted no threat to the dominance of the great ocean liners.

Early aircraft were simple in their design. although advanced for their day. Their relatively flimsy construction; modest speeds and short range meant they were not a viable masstransportation vehicle.

It wasn't until after World War I that aircraft design allowed powered flight across the North Atlantic. In 1919 British airmen John Alcock and Arthur Brown completed the first non-stop transatlantic crossing from Newfoundland to Ireland, lasting around 16 hours.

Less than a decade later, on 20 May, 1927 Charles Lindberg departed New York on his solo non-stop transatlantic flight. His successful solo crossing captured the hearts and minds of the American public, which boosted public support for the fledgling airline companies forming across the country.

Despite the progress being made with aeroplanes, the first major aircraft to challenge the reign of the great passenger ships were not piston driven fixed wing aircraft. Rather, it was the giant airships of inter-war Germany that offered the first true alternative to a long ocean voyage.

The Airships

There has never been an aircraft that challenged the ocean liner in terms of size and scale like the German airships. These mighty aircraft with dimensions that rival the RMS Titanic, even dwarf today's largest passenger aircraft, the Airbus A380. In fact, the largest airships were nearly three and half times longer than the A380.

As early as 1874, the German Zeppelin Company was working on concepts for intercontinental airship transportation. Years of planning and design were fraught in the early years by disaster, including the destruction of the organisation's fourth airship, LZ4.

LZ4, designed to operate long distance voyages, was tied up for repairs when it caught fire and was completely destroyed in 1908. The Achilles-heel of the Zeppelins was their reliance on hydrogen for lift. While helium was a nonflammable gas, the highly flammable hydrogen was both cheaper and easier to acquire; hence it was extensively used in the Zeppelins.

But, despite its risks the momentum of the Zeppelin Company was not derailed, and the organisation went on to build bigger and better airships, with the capability to transit vast distances such as the North Atlantic.

By the late 1920s the company was operating LZ127, better known as Graf Zeppelin. The rigid frame airship measured 236.6m in length and carried more than 105,000 cubic metres of hydrogen gas; making it, at the time, the largest airship in the world.

Graf Zeppelin undertook its first transatlantic flight in 1928, flying from Friedrichshafen many to Lakehurst in the United States of America. The 9,920km trip was completed in 111 hours. or four and half days.

But the speed of the airship was not fast enough to comfortably trump the fastest ocean crossings. Transit times were only marginally faster than that of the transatlantic liners, and the cost of a Zeppelin voyage was prohibitive for all but the wealthiest of people. Hence operators of transatlantic liners were not overly conof competition.

German Supremacy

At the time Graf Zeppelin entered service, transatlantic ocean liners could carry more people, in greater luxury for a fraction of the price of an airship crossing.

But, the Zeppelin's were attracting a unique clientele of elite passenaers wishing to try this new form of transportation. Services were timely and most importantly safe, with the Zeppelin Company having an excellent safety record.

By 1929 Germany ruled both the waves and the air; with the fast Zeppelin's complemented by the German ocean liners Bremen and Europa which had captured the Blue Riband for the fastest westbound Atlantic crossing by sea.

With the introduction of Zeppelin LZ 129 Hindenburg on 4 March 1936. German mastery over the transatlantic air corridors seemed to be unstoppable. The new class of airship was able to easily eclipse the speed of the ocean liners, and with it offered hope for real competition and aerial domination on the North Atlan-

Hindenburg was a be-

suring 245 metres long. At this length, she was only 41 metres shorter than Bremen and Europa. Hindenburg had a cruising speed of 125 kilometres per achieved with four DB602 Daimler-Benz engines.

It was partnered with the smaller Graf Zeppelin on transatlantic flights. While the ruling Nazi party used both aircraft for propaganda missions. However Germany's reign over the Atlantic was short lived, with the Hindenburg's catastrophic total loss on 6 May 1937 at Lakehurst.

The disaster, caused by static electricity igniting the hydrogen filled gasbags, resulted in all Zeppelins being grounded and the momentum was lost in the challenge for trans-atlantic supremacy with the liners. By 1937 France's Normandie held the speed record. She lost it the following year to Britain's Queen Mary.

At that stage, the fastest way to cross the Atlantic was three days and 21 hours aboard an 81,000 ton liner.





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It has been said that the Christmas Lights in Singapore are among the best in the world as the organisers annually develop the creative light show along Orchard Road.

Spectacular photographic opportunities as the open top bus glides along the route and then followed by the Christmas Lights walk to be up close with the brilliant decorations.

Each year for nearly 15 years George Booth for Travel Tree has designed and escorted the 6 night /7 day Christmas Lights tour to Singapore, flying Singapore Airlines and always staying at the central Peninsula Excelsior Hotel.

DEPARTS Perth Sunday 3 December RETURNS 9 December 2017

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Farewell dinner (No alcohol included)

 Tour escort (subject to 20 persons travelling) Not included: • Meals other than stated above

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The Perth Caravan and Camping Show returns to Claremont Showgrounds







From left to right; There are more than 270 exhibitors displaying their products at the Perth Caravan and Camping Show - Discover the latest caravans - Learn how to 'tow and go' with the Global Gypsies

THE Perth Caravan and Camping Show will be bigger and better when it returns to the Claremont Showgrounds from Wednesday 22 March to Sunday 26 March, 9am to 5pm daily. With the latest in caravan and camping products on display and to buy, seminars, destination information, prizes and show bags, visitors will be spoilt for choice with the amazing array of displays.

Entry Ticket prices - Adults: \$19.50 Concession: \$14.50

Children under 16 free

when accompanied by an adult.

RAC Members receive a 10 per cent discount off tickets.

To avoid the queues, plus receive free public transport with Transperth to and from the show, purchase tickets online at www.caravanandcampingshow.com.au

Getting There By car

The Royal Agricultural Society of WA offers parking at the Showground, via Gate 8 off Ashton Ave at a cost of \$5 (cash only) per vehicle. Be aware of local parking signs as

town rangers regularly patrol the area looking for illegally parked cars.

Please take note that due to road works being carried out the parking on Shenton Road is not available.

Train

The Showground Train Station on the Fremantle Line is operational during Show opening times, "express" however trains do not stop at the Showground Station. Tickets purchased online at www.caravanandcampingshow.com.au receive free public transport (for three hours before and for three hours after Show times) with Transperth to and from the event. Remember to

the return journey. Acrod Parking

Limited ACROD parking is available inside the showgrounds and is free of charge.

Weekend Offsite

Parking
Visitors to the RAC
Perth Caravan and Camping Show can park for free at the Swanbourne Primary School on Saturday and Sunday.

Courtesy Golf Buggy Proudly sponsored by

Jayco Caravanland. To make browsing around the many areas of the RAC Perth Caravan and Camping Show easier, a golf buggy will be available to shuttle people around. The buggy

and will pick up and drop off at three dedicated stops. The location of these stops are identified on the show map available on site.

Wheelchair Hire

Wheelchair through Bluesky Healthcare will be located inside Gate 1, accessed from Graylands Road. Customers can prebook direct with Bluesky Healthcare on 9242 7333 or visit the website: www. blueskyhealthcare.com.

Exhibitors

The RAC Perth Caravan and Camping Show is a one-stop-shop featuring all of the latest caravans, camper trailers, motorhomes, cars, 4WDs, tents, swags, accessories, fridge/ freezers. fishing and camping gear, off -road equipment and more. There are more than 270 exhibitors displaying their products. Visit the Tourism Pavilion which provides visitors with expert advice for various WA destinations.

Parcel Pickup

Leave your purchases at the parcel pickup near Gate 12. Pick up your goods when you have finished at the Show for the day, via Shenton Road. This is a secured area and your goods will be supervised and signed in and out using photo ID. This is a free service for all patrons attending the show, however a Gold Coin Donation to the Royal Flying Doctor Service is appreciated.

Free Show Bag

A free show bag is available for all visitors to the Show. They can be collected from the Information Stands located just inside the gates.

Seminars and **Demonstrations**

Learn important skills from the experts: Bush cooking with Jo

Clews. Using recovery equip-

ment with Eureka 4WD Training. Tow before you go with

Global Gypsies. Fishing in WA, with

Recfishwest Caravanning made easy, with Sid Whiting

from Grey Nomad 101 Competitions There is an amazing selection of prizes to win

at this year's show by entering the Passport to Freedom competition.

First prize is the winner's choice of either a Coromal Element E552s (RRP \$52,990) or a Windsor Seka SKL552s (RRP \$46,600) caravan thanks to Coromal and Windsor Caravans. Entry forms are available at information stands on the grounds and there are seven prizes in total to be

Take a break

Facilities are available to make people's stay at the show as enjoyable as possible. There are plenty of food and drink options available, at both the food precinct and the new Piazza. Additional shade and seating is provided in the Food Precinct for those people who want to bring their own picnic lunch, or anyone just needing a rest. (Note: no BYO alcohol is permitted on the premises).

Community Partner The RAC Perth Cara-

van and Camping Show would like to welcome their 2017 Community Partner - Royal Flying Doctor Service. Come to see and interact with their RFDS medical sim-

ulator at The Piazza. Kids Fun Land

While there are plenty of products to see and lots of information to plan a getaway more enjoyable, there is also a lot to do for the entire family.

Included among the activities are: Climbing Wall, Bouncy Castle, Face Painting, Giant Games and Glamping Tent.

Activities will be available on Saturday and Sunday only.

Try a kayaking session in Mandurah in April

COME and have a go at kayaking session in Mandurah for people with the Mandurah Over 55 Canoe Club on Sunday 9 April from 10am to 12 noon, at Estuary Bridge/Osprey Waters foreshore.

30 - 40 members regularly paddle Monday, Wednesday or Saturday mornings, all year round. Mo55sCC promotes a safe, healthy, inclusive, environmentally friendly and social pastime.

Members at the try session on 9 April will provide all necessary equipment and share their knowledge, followed by a barbecue for all participants.

Interested should contact Mike on 0415 531 341 or Greg on 0498 647 925 beforehand.



Have a Go News is now available from **Mandurah Visitor Centre located at** 75 Mandurah Terrace, Mandurah

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There's plenty to learn about at this year's **Perth Caravan and Camping Show**

THE Piazza offers visitors to the show a new and exciting precinct which will be a hive of activity for demonstrations and seminars. There will also be a catering area, Segway Tours and the Royal Flying Doctor Service will be on display. Check out some of the seminars available for people each day.

How to pitch a tent...

Join the Nature Play WA team at Tent Land for their fun (and funny!) "how-to" tent pitching demonstrations with an "expert" tent pitcher, and learn some great lessons in choosing the best campsite, preparing and laying out the tent, and putting it up with ease - perfect for first time

Take part in the family tent pitching challenge: work together as a family team to pitch your tent in the allotted time and win vouchers to spend at Getaway Outdoors.

'How to Pitch a Tent' demonstrations will be held at 10am, 12pm and 2pm on Saturday and Sunday only. Family Tent Challenges will take place at 11am, 1pm and 3pm at Tent Land on Saturday and Sunday only.

Learn to tow with Global Gypsies

Global Gypsies demonstrations are designed to encourage novice and newbie caravanners to 'learn to tow before you go' and will focus on one of the most commonly expressed concerns - reversing.

The 20-minute Gypsies demonstrations towing will take place just outside the Silver Jubilee Pavilion at 10am, 11am, 1pm and 3pm daily.

Commentary will be provided by two professional towing trainers as they execute a stress-free and 'divorce-proof' parking manoeuvre in which a driver and a 'guider' use only hand signals to reverse a 20' caravan into a tight parking spot. Admission is free, seating will be provided and there will be time for questions afterwards.

4WD tips and hacks with **Eureka 4WD**

At this year's show the guys from Eureka 4WD Training will have lots of recovery gear at their stand including high lift jacks, exhaust jacks, winches and recovery boards, which they will be more than happy to demonstrate how to attach and use these products safely on a vehicle. They will have a few products relating to tyre deflation and inflation and will be happy to have a chat about driving through sand when towing a camper trailer or caravan. The team at Eureka offer visitors the opportunity to win one five recreational four wheel drive courses. The recovery seminars will be held daily from 10am to 4pm.

Camp oven cooking with Jo Clews

Join bush chef Jo Clews for an exciting seminar on the quality culinary delights people can rustle up when they're out on the road. Jo will demonstrate her skills and provide some hints and tips on how to cook up a storm on your next outdoor adventure. She'll be drawing on her years of experience in creating a variety of mouth-watering meals for shearers and station hands. in a wide range of camping and outdoor environments. Let Jo provide ideas that will make the next outdoor cooking experience a delicious one. She will be on stage at the Piazza at 10:30am, 12:30pm and 2:30pm daily.

Caravanning made easy with Sid Whiting from **Grev Nomad 101**

Tips, tricks, traps and advice - how to get out there and do it! (Before you spend too much money.)

In the last few years, Sid and Sandie Whiting have covered more than 200,000 kilometres towing their caravan around Australia. When they first started out, they made a few mistakes, and even now they still make the odd one.

While every experienced traveller has a wealth of knowledge gathered along the way, Sid has taken it a step further by documenting it all in a DVD series (Grey Nomad 101). His seminars take an interesting look at some of the most important topics. These seminars touch on many aspects of caravanning and motor-homing. from how to choose the right rig, through to setting it up with the best mix of tools and equipment, to some of the things that can go wrong, how things work and what's it like out

With questions from the floor encouraged, each seminar is different. with something for everyone from new chums to old hands. Whether it's buying a caravan, fishing, cooking, hitching, photography, security, electric brakes, ants in your van, the list is endless

tricky Sid answer's auestions like: what does "semi-off-road" really mean? How you can come unstuck with "payload and tare weight". Pop-top or not? Caravan or motorhome - or fifth wheeler?

Sid's easy, humorous style is guaranteed to keep people entertained, while arming them with tips and ideas that'll save money, time and heartache. Demonstrations take place daily at the Piazza at 11.30am.

Fishing in WA with Recfishwest

WA's peak body for recreational fishing 'Recfishwest' will be on stage to talk all things fishing. They'll cover what people can catch, where they can catch it including some hot tips for certain areas and species.

The fishing experts will also shed some light onto what's being done around WA to make fishing bet-

reef instal-Artificial lation, fish restocking, safety, conservation and community projects are just a few things allowing people to have better fishing experiences in WA. Recfishwest will talk about their new fishing App which is filled with all of WA's fishing rules, species identification and handy tips. Got a fishing question? Come and see them at the show at the Piazza at 1.30pm daily.

Caravan Clubs for newcomers with WA Association of **Caravan Clubs**

People who are new to caravanning may like to consider joining a local Caravan Club. The WA Association of Caravan Clubs will present daily at 3.30pm at the Piazza. The association will detail information about what caravan clubs do and the different types of caravan clubs, and the benefits of being part of a club.

Royal Flying **Doctor Service**

The community partner for this year is the Royal Flying Doctor Service (RFDS) will display their RFDS Aero Medical Training Simulator, giveaways and a small selection of merchandise along with front line staff including RFDS doctors. nurses and pilots.

For more information on all the demonstrations and seminars, including daily times, visit www.caravana ndcampingshow.com.au/

Superb trout fishing in Tasmania



Fishing on Little Pine Lagoon

by Mike Roennfeldt

MOST years I do my best to get across to Tasmania for the trout fishing. A couple of old mates own a shack on the bank of Little Pine Lagoon, a lake that has been called Australia's premier trout water by more than one expert in the past.

That claim is probably debatable these days. but it is still a superb trout water, especially on those occasions when the local duns (mayflies) decide to hatch. It's an amazing sight, where one minute the surface of the water can be devoid of insect life and the next covered by millions of duns looking for all the world like tiny grey/brown sailboats.

These duns are the trout's favourite food and the hatch is usually a signal for the fish to get up off the bottom of the lake and start cruising the surface, sucking down insects all over the place. This is one of the best of times to be a fly fisherman and a small dry fly lying on the surface in front of a feeding fish is

unlikely to be refused.

While fishing a big hatch is one of fishing's most exquisite ments, the sad thing is that on Little Pine at least, it doesn't seem to happening nearly as much as it did 20 years ago. Changing climate? Changing environmental conditions? Too much variation in water levels?

Not enough variation in water levels? Who knows what is behind it? All I know is that the fishing was much better when the duns hatched more regularly in summer.

On the positive side, the fish in Little Pine this year were in outstanding condition. Small heads and tails with a big, bulky body in between signifies plenty of feed available to the fish and rapid growth rates. We didn't catch a lot but those we did were a credit to the species, putting on fast runs sprinkled with pow-erful jumps. Adding to the quality of the fish, the flesh was a superb deep orange colour, promising top notch eating quality.

I did bring a hand-

ful of fish back with me. I filleted and vacuum packed them before freezing and they kept amazing well over the long trip home from the central highlands of Tassie to Perth.

I only do one thing with the trout I bring back from there. After removing the pin bones I hot smoke the fillets and break them up into a pot full of angel hair pasta laced with an equal mix of olive oil and lemon juice, spiced up with chilli flakes and minced garlic. A big handful of rocket is tossed in and allowed to wilt a little before serving.

They keep coming back for more.







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Magical Switzerland

Tuesday 12 December to Thursday 28 December 2017

DAY 1/2: PERTH TO MUNICH (IFM / D)

Your holiday begins when you are picked up from home by a private vehicle and transferred to the airport. Meet your fellow travellers and Kings Tour Manager then fly to Munich. Upon arrival, you will be transferred to the hotel. This afternoon, enjoy an orientation tour that will show you all the city's major sights, culminating in the Marienplatz, with its soaring Town Hall and Glockenspiel. Here, the Christkindlmarkt will be in full swing - an entrancing festival of light and music. You will be introduced to one of the market stallholders for a taste of traditional Bavarian Lebkuchen and a fragrant cup of Glühwein. This evening enjoy a Welcome Reception with dinner and wine. Hotel: Leonardo Royal Hotel, Munich for 2 nights

DAY 3: FREE TIME IN THE BAVARIAN CAPITAL (B)

The day is all yours to enjoy the vibrant festive markets that abound in this city or spend the day how you wish. On crisp winter days, organ music and carols ring out from the ancient churches. If snow has fallen, the vast English Garden provides lovely winter vistas. Another option is to experience the romantic royal palaces of the Bavarian Alps.



DAY 4: LAKE CHIEMSEE, SALZBURG AND INNSBRUCK (B / D)

Today drive beside the tranquil waters of Lake Chiemsee on your way to Salzburg in Austria, where the spires and domes of the old town are often draped in snow come December. A walk with a Local Expert will show you Mozart's family home and the rosy hues of the 500-year-old Christmas Market in front of the cathedral. Head through the mountains to your Innsbruck hotel. In the evening, drive to the charming town of Hall in Tirol - boasting one of Austria's bestpreserved historic centres. Soak up the unique atmosphere in a 700-year-old building and delight your palate with a medieval banquet and wine. Hotel: Hilton, Innsbruck for 2 nights

DAY 5: INNSBRUCK AT LEISURE &

Spend the morning at leisure. Immerse yourself in the festive atmosphere of the Old Town and Christmas Markets, set in front of the Golden Roof, graced by beautifully preserved medieval façades. In the afternoon, enjoy delightful scenery and crisp, fresh air on a horse-drawn carriage ride through the countryside of Tyrol.

DAY 6: THE BLACK FOREST (B / D)

After breakfast this morning we take Austria's longest road tunnel back into Germany and pause in the tiny island-town of Lindau. Walk through the maze of ancient streets down to the harbour. Across the lake, often shrouded in mist. look for the rising silhouette of snowcapped peaks. explore, continue

along the shores of the Bodensee to your hotel in the Black Forest for three fabulous nights. Hotel: Maritim Titisee Hotel for 3 nights

DAY 7: FREIBURG SIGHTSEEING (B)

This morning we visit Freiburg - a lively university city with a charming Christmas atmosphere. Walk from the medieval Münster through the heart of the historic old quarter, past colourful stalls offering a range of festive goodies from the Black Forest.

DAY 8: STRASBOURG & ALSACE

EXPERIENCE (B / D) After a leisurely start to this morning we

cross the Rhine to the region of Alsace, wedged between the Black Forest and the Vosges Mountains. This area has changed nationality four times since 1870! Arrive in Strasbourg, the 'city at the crossroads', where the Christmas Market is the oldest and one of the largest in France. Spend time in a cosy neighbourhood of timbered fairy-tale buildings, with Christmas shops and a gingerbread bakery, warm with fragrant promise. Return to Germany and your Black Forest hotel in time for dinner.

DAY 9: SWISS CITY OF ZÜRICH (B / D)

Today we cross the Swiss border and head for Zürich where sightseeing includes the imposing Grossmünster, elegant Fraumünster, and winding alleys of the old town alongside the River Limmat. A highlight is Europe's biggest indoor Christmas extravaganza held in the main railway station, with over 160 wooden chalets and a three-storey Christmas tree, draped with Swarovski crystals. In the evening, toast to the culmination of your Yuletide tour with a festive Celebration Dinner and wine. Hotel: Mövenpick Hotel Zürich-Airport for 1 night

DAY 10: ZÜRICH AND LOVELY LUCERNE (B / D)

1800 677 760 (freecall)

Enjoy a relaxed breakfast before checking out of the hotel and transferring to Lucerne. On arrival at the hotel you will have the afternoon at leisure and the we will enjoy wine and dinner. Hotel: Hotel Astoria for 1 night

DAY 11: LUCERNE AND ST. MORITZ (B / D)

Today you will experience Lucerne, a beautiful 14th century city still protected by medieval fortifications. Your Tour Director will reveal the covered wooden bridges, the painted gables and the sorrowful Lion Monument. Then there's time to enjoy the excellent shops and lakeside walks before heading along the dramatic Walensee, past Chur, to the fashionable ski resort of St. Moritz. Set in the sparkling Engadine Valley, this elegant resort nestles below the awe-inspiring, majestic

Hotel: Hotel Laudinella for 2 nights

DAY 12: ST. MORITZ AT LEISURE (B) This whole day is completely at leisure, so maybe opt for a late breakfast to start? Then, perhaps explore the spa quarter of this chic resort, see the houses with their traditional 'sgraffito' façades or indulge in the stylish boutiques? You may even consider joining the Bernina Express for a scenic rail journey of such epic proportions that it has been declared a UNESCO World Heritage Site?

DAY 13: CHRISTMAS EVE -GLACIER EXPRESS TO BRIG (B / D)

Today we board the world famous Glacier

Express for a spectacular ride with lunch included, through the heart of the Swiss Alps. Descend through the tunnels of the Albula Pass and traverse the lofty Landwasser Viaduct. Your train then joins the broad Rhine Gorge and meanders beside rock-strewn rivers before climbing through snowy pastures and woodlands. Picturesque landscapes of icecapped mountains and stone-built villages with chalet-style houses glide by. After a series of spirals, you will reach the highest point of the route: the icy Oberalp Pass. Modern, panoramic viewing cars ensure that you won't miss a thing on your descent to Andermatt and down the Rhône Valley. Around mid-afternoon, you will disembark in Brig. Hotel: Hotel Alex for 2 nights

DAY 14: Christmas Day THE MATTERHORN VILLAGE OF ZERMATT (B)

Merry Christmas. Today enjoy dramatic Swiss scenery as you follow the narrow valley which leads to Täsch. Here, you leave the coach to board the cogwheel train that takes you to the traffic-free haven of Zermatt, at the foot of the Matterhorn. Wander along its cobbled streets to browse among the shops, explore the ancient wooden farmhouses and 'mazot' barns in the back alleys, or visit the Matterhorn Museum to pass through the homes of yesteryear. If you have a head for heights, then you may like to board the cable car up the

Klein Matterhorn. From the summit, marvel at the incredible views of the icebound Swiss Alps (weather permitting). Return to your hotel in Brig where the remainder of the day is at leisure.

DAY 15: CHILLON CASTLE AND GENEVA (B / D)

After breakfast journey along the Lower Rhône Valley to the shores of Lake Geneva where the associations with the early European 'Romantic' movement are very strong. With a Local Expert, visit beautiful Chillon Castle, former home to the Counts of Savoy, set on a rocky islet in the lake. In 1816, the castle inspired Lord Byron to write the poem 'The Prisoner of Chillon', following his walk through the dungeons. Look out for his name, which he carved into a pillar. Close by is the sophisticated tiered town of Montreux, where it is delightful to stroll along the lakeside promenade. A beautiful drive beside the lake, passing Vevey and Lausanne, brings you to the immaculate town of Geneva. On arrival, sightseeing includes the United Nations Building (Palais des Nations), the Old Town, Reformation Monument and if operating, the Jet d'Eau. Spend your night in Geneva, rejoicing with your friends at a finalé Celebration Dinner complete with wine. Hotel: Warwick for 1 night

DAY 16 / 17: GENEVA TO PERTH (B / IFM)

Today your magical journey comes to an end after breakfast. We depart from the hotel and transfer to Geneva airport for our flight home to Perth. Upon arrival into Perth your driver will be waiting to take you safely home.

Tour Highlights

- ★ Visit the 500 year old Christmas Markets in Salzburg
- ★ Horse-drawn carriage ride through the picturesque countryside
- ★ Attend Europe's biggest indoor Christmas Market in Zurich
- ★ Visit Chillon Castle on the shores of Lake Geneva
- ★ Take a ride on the famous Glacier Express in the Swiss Alps
- ★ Christmas Eve Highlight dinner in Brigg

Tour Inclusions

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- ✓ Kings Tour Manager*
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- √ 14-nights deluxe accommodation
- ✓ First Class coach touring
- ✓ Breakfast Daily and 9 dinners
- ✓ Tea and coffee with all dinners
- ✓ All excursions, scenic drives, sightseeing and entrances as described in the itinerary
- ✓ Pre-paid gratuities
- ✓ Multiple night stays

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ta rays and whale sharks. Ningaloo Reef is one

of the few places in the world where these creatures congregate in great numbers.

Every year, between mid March and mid July, whale sharks, the gentle giants of the ocean, congregate following the mass spawning of coral. Harmless to humans, they are the world's largest species of fish and can grow up to 18 metres

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Whale shark tours are available both in Coral Bay and in Exmouth.

Swimming with the manta rays is available year round in Coral Bay.

Manta rays are filter feeders and have a large and toothless mouth which they use to scoop up plankton and krill.

Unlike stingrays they do not have a sharp barb which makes them very safe to swim and snorkel

These beautiful creatures have a wingspan which can measure up to several metres which enables them to swim at high speed. Occasionally they can be seen leaping out of the water and landing with a slap. It provides a theatrical experience for those lucky enough to experience it.

They glide elegantly and effortlessly through the water and to see a

group of males displaying their acrobatic skills competing for a female's attention is a sight to behold.

Last year the inaugural swimming with humpback season was held in Ningaloo with the trial proving very successful.

Again this year visitors to the region will have the opportunity to take part in this experience from Auaust to November.

Last year more than 1600 people experienced swimming with these beautiful creatures. Interest has been so great that you should register now to ensure you get a spot.

The tours focus on small group encounters and there is a maximum of ten swimmers per tour with five in the water with any one whale pod.

The humpback whale was previously an endangered species along the WA coast but due to conservation efforts the population in the area is around 30,000 now.

The whales usually arrive in the area from mid-July and the operators in the area offer a full day

It costs around \$400 to \$500 per tour but is an experience of a lifetime to swim amongst these gentle giants in the sea.

There are a variety of experiences to be had with sea creatures along the Coral Coast from feeding the dolphins in Monkey Mia, to kayaking with sea turtles and dugongs in the Ningaloo Marine Park.

A visit to the coral coast provides an opportunity for people to get in touch with nature in one of the cleanest environments in the world.

A full list of tour operators is available from www.australiascoral coast.com



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There's much to do in Kalbarri and the only catch is the seafood

TAKING about six hours to drive north from Perth, the town of Kalbarri is the perfect spot for a relaxed getaway.

It's also easily accessible by TransWA coach or by regional plane service with Qantas or Vir-

It's a definite 'must do' stop for the grey nomads as they head north and there's many reasons to spend some time in this lovely seaside town.

Kalbarri is perfect to visit all year round and provides visitors with an opportunity for the quintessential Australian laid back holiday.

It's also the perfect

place to get your fill of deliciously fresh fish and seafood and there's an abundance of eateries offering some of WA's freshest and finest.

Kalbarri is one of the few places where tourists can try a lobster pot pulling tour, where a local guide will take you to catch your own western rock lobster.

Once in the bag so to speak guests can take their catch to a local restaurant where it will be prepared, cooked and served.

It really doesn't get much fresher than that.

There's an array of accommodation in the area for all budgets and tastes including selfcontained houses for rent, the popular Murchison Caravan Park, Kalbarri Sea Front Villas and the four star Kalbarri Edge Resort.

A visit to Kalbarri is not complete without a visit to Nature's Window (pictured left) in the National Park.

There's much to do in the park from walks and hikes to boat trips along the river and soon the addition of the skywalks.

A visit to the largest free flight aviary at the Rainbow Jungle to see some of the world's most colourful birds is a fun day and afterwards wonder through the outdoor maze.

In summer enjoy an evening under the stars at the outdoor cinema.

For those who are looking for some adventure, you can explore the region by quad bike or hop on a dune buggy and enjoy an afternoon billy tea with an indigenous elder

The coastal walks along the cliffs are picturesque. During the whale migration season humpbacks can be seen from the cliffs.

South of Kalbarri, the seaside towns of Port Gregory (home of the Pink Lake - Hutt Lagoon) and Horrocks offer great swimming and fishing.

The Pink Lake is found on the scenic coastal road between Port Gregory and Kalbarri.

Depending on the day the lake's colour, which is caused by naturally occurring beta carotene algae can change from red to bubble gum pink to a lilac purple.

It's been used for plenty of fashion and cosmetic photographic shoots and is something not to be missed.

There's plenty to discover in and around Kalbarri and the only catch is some of WA's best seafood.

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So many great holiday options to tour around the country with Villa this year



Visitors at Kata Tjuta

VILLA Carlotta Travel's popular AFL tours continue in 2017 with the mighty West Coast Eagles battling Port Power in Adelaide this May. This five-day AFL in Adelaide tour departs 4 May and will feature not only the big game but also some fantastic Adelaide sights including the famous Central Markets, a cruise down the River Torrens, tours of Ayres House and Carrick Hill and also a tour of the famous Adelaide Oval before the game.

Villa also has a dedicated solo traveller adventure showcasing spectacular Uluru and Alice Springs. This nine-day tour will have people in awe as they watch the sunrise and sunset over Australia's most famous rock. Other highlights include Kata Tjuta (the Olgas), camel farm tour, RFDS Centre, West Mac-Donnell Ranges and a variety of outback experiences. Departing on Tuesday 2 May with a guaranteed single room from \$5205, this will be an unforgettable

Do you want to journey from the spectacular Northern Territory across the top to Townsville but worry it's too big a drive? Well worry no more and let Villa Carlotta Travel take guests across the top in comfort and safety. Villa's fully escorted Discovery Across the Top Drovers Dream holiday takes you from Darwin to Townsville with stops on the way including Katherine, Mataranka, Tennant Creek, Mt Isa and Charters Towers. Enjoy outback bush barbecues, visit extensive stations and experience life like the locals. Departing Friday 23 June and starting from only \$6320 per person twin share, this will be the adventure of a lifetime.

Finally, come with Villa to experience two wonderful productions in Australia's events capital, Melbourne. First up is Disney's Aladdin, a hit Broadway musical that will delight. This show-stopping production is filled with astonishing visual effects and will leave people breathless. Next, My Fair Lady, directed by the incredible talent of Dame Julie Andrews will be the thrill of a lifetime. Along with these amazing theatre experiences, you will enjoy some great holiday touring including the Yarra Valley, Ballarat and Melbourne. Departing Monday 19 June and starting from only \$3255 per person twin share, this six-day tour is not to be missed.

To book on any of these amazing holidays, FreeCall 1800 066 272 or email travel@villa.com.au and speak with one of Villa's friendly travel coordinators today.

Skywalks will prove to be a great attraction in Kalbarri

KALBARRI is one of the WA's most loved country towns with its balmy climate. Moreover there is much to discover in around the town.

The town is located where the Murchison River meets the Indian Ocean, and offers visitors river and coastal gorges and protected swimming bays.

The Kalbarri National Park has superb walking trails and boasts more than 800 species of wildflowers which create an awe-inspiring display from July to October.

In August this year the breathtaking twin Skywalks will open in the Kalbarri National Park.

It will become a major tourism drawcard for the region providing stunning vistas of the Murchison River gorge's rust red cliffs.

The skywalks will be built 100 metres apart at the Inyaka Wookai Watju site (the West Loop) which will project beyond the gorge rim.

One walk will project

20 metre beyond the rim and the other 12 metres.

Currently the area is experiencing a large redevelopment with parking for coaches and large caravans, a kiosk, shade shelters and toi-

Two indigenous park rangers will be employed to welcome tourists and an anthropologist is currently collecting the Nhanda stories which will be used for interpretive signage.

The Nhanda community have been heavily involved in the project and will be producing outdoor art works for the new precinct.

The area is about to become more accessible with sealing of the Loop/Z Bend Road.

Mobile phone access in the park will also be improved and the skywalks will be accessible to people of all ages and abilities



Changing of the guard at Emu Creek Station

DARRYL and Joyce Penny wish to thank all their wonderful guests over the past seven and a half years. They've made them laugh, cry and reinforce the gratitude they have felt at being able to live in such a naturally beautiful part of the world. The Pennys' know visitors to Emu Creek Station have enjoyed sharing the homestead and campground facilities with them and marvelling at the variety of bird-life and other critter company.

Some guests have been around the station at muster time and watched the chaos convert into trailer loads of cattle for market. They've gone on amazing sunset tours and seen more stars than they thought existed. They've taken part in windmill tours and seen a tiny bit of what it takes to put a steak on a plate. They've sat round campfires, glass in hand and laughed at yarns (some even true). **Darryl and Joyce thank** everyone who has visited for the memories.

They are happily passing on the baton to a younger family - Kurt and Nikki Elezovich and their young boys who hail from Broome and look forward to welcoming campers and caravanners at Emu Creek. Bookings for homestead stays will be considered from April.





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www.dandaragan.wa.gov.au/tourism.aspx - www.facebook.com/TurquoiseCoastWA

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Email: emucreekstation@hotmail.com www.emucreekstation.com





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Kalgoorlie Boulder is a great base to discover the goldfields...









From left to right; Paddy Hannan's statue - Hannan's North Tourist Mine - the Super Pit - interactive display at Hannan's North

KALGOORLIE Boulder's thriving days of glory began in 1893 when three down on their luck Irishmen, Patrick Hannan, Tom Flanagan and Daniel O'Shea stumbled across 100 ounces of alluvial nuggets when they were forced to stop to replace a shoe for their horse.

Hannan then rode

through to Coolgardie and registered the claim on 17 June 1893, and so it was through that ensuing Goldrush that Kalgoorlie was born.

In 1989, the two towns of Kalgoorlie and Boulder amalgamated to form one twin City. Kalgoorlie Boulder is still one of the world's biggest gold mining cities and that

bathroom,TV, fridge, toaster, kettle, tea/coffee. Meals, bar with bottle shop, and parking. Local attractions include salt lakes,

Lake Grace Hotel welcomes you with local accommodation.

Rooms are motel units with individual

granite outcrops, wildflowers and bushwalking trails

*Hotel accommodation rates per night: Single \$65 • Twin \$70

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feeling of excitement and discovery is still in the air today. Both Kalgoorlie and Boulder have beautiful examples of Goldrush architecture to explore.

Walking down the main street in Kalgoorlie is, for many, like going back in time. You will find great examples of architecture from bygone eras, including such gems as the City Markets (1901), Government Buildings (1899), the York, Palace, and Exchange Hotels and The Kalgoorlie Miner building (1900).

Located within the walls of the historic Kalgoorlie Town Hall (1908) is the original tribute statue to Patrick Hannan, with a replica statue positioned outside the building welcoming visitors old and new.

At the top end of Hannan Street, underneath an original poppet head, more treasures can be found at the WA Museum of Kalgoorlie Boulder. The displays of historical memorabilia regale amazing tales from the early pioneers of the City. The history of mining in Kalgoorlie Boulder is a fascinating journey - a celebration of innovation, ingenuity and sheer hard

Kalgoorlie and Boulder owe much of their success to the engineering skills and vision of CY O'Connor. O'Connor was responsible for the design and construction of a pipeline which was to supply much needed water to the re-

gion. The pipeline was opened in 1903, delivering fresh clean water from Mundaring Weir to the Mount Charlotte Reservoir in Kalgoorlie. The original pipeline is still in use and remains the lifeline that supplies water to the region today. With a guaranteed supply of fresh water and ever increasing finds of gold, the population of Kalgoorlie Boulder swelled as men came by the thousands to find their fortune on the Gold-

With the influx of single men, so too came the demand for goods and services. Like Kalgoorlie, the main street of Boulder, Burt Street, boasts many architectural beauties. The most notable of these include the Palace Theatre (1930) and its art deco design, the Court Hotel (1900), the Loopline Railway Museum and the Boulder Town Hall (1908). The Boulder Town Hall houses the remarkable stage curtain painted by Philip Goatcher, the famous theatrical scene painter, it is the only one of its kind left in the world. Burt Street underwent extensive restoration

early 1900s. In the main street of Boulder stands the Miners Monument, a proud statue erected in tribute to the miners of the Goldfields - past, present

work during 2014-2015

to return many of the

shop fronts back to their

original facades of the

and future.

In Kalgoorlie on the first Sunday of every month, market day is held in Saint Barbara's Square located on Hannan Street in the central business district. There is a wide range of stalls and family activities, with all stall holder proceeds going to the Lion's Club to assist those in need.

On the third Sunday of every month, Boulder Market Day takes place in historical Burt Street. From 9am until 1pm, shops open their doors for business and the streets overflow with a diverse range of multicultural food stalls, art, craft and gift stalls, buskers, entertainers and dis-

continued on page 35





DISCOVER KALGOORLIE

Kalgoorlie, one of Australia's largest outback cities is a colourful mix of gold rush history, colonial architecture and gigantic mining operations. Come and explore one of Western Australia's jewels of the desert from our back yard. Discovery Parks -Kalgoorlie has a range of accommodation for all types of travellers from Powered Sites to self contained Deluxe Cabins.

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- 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







Enjoy a stay at Discovery Parks Kalgoorlie in autumn

HAVE you ever wanted to discover goldfields with its ghost towns, history and high adventure in the heart of Western Australia's wild west?

Discovery Parks - Kalgoorlie, the number one family accommodation provider in the area is calling on kids of all ages to start planning their next school holiday adventure, as Goldfields Kidsfest 2017 rolls into town.

Mark the calendars for 22-23 April as Goldfields Kidsfest kicks off its two-day, free family event with activities, workshops and entertainment set in a desert oasis. There is no better time for families to visit this hidden gem.

Whisper in mum, dads or the grandparents' ear, pack the pickaxe, maps and a bit of good luck and come and encounter the best of Western Australia's gold country, exploring the rich history and a taste of true Aussie outback adventure.

It's not just the kids who can

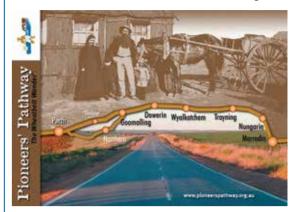
take advantage on what's on offer, Kalgoorlie oozes that gold rush romance from its charming colonial architecture to historic pubs. It is also a great place to encounter an authentic Aboriginal way of life.

Discovery Parks - Kalgoorlie has a diverse range of accommodation types including deluxe cabins and ensuites and for campers there are large powered and unpowered sites. You will have no trouble finding the right accommodation type that suits the size of your family. The park itself has barbecues, playground and swimming pool so you can entertain the little ones without stepping out the park.

If you are thinking about an adventurous and fun getaway, head to Kalgoorlie and stay at Discovery Parks for some fun family time.

For more information on Discovery Parks, please visit: www. discoveryholidayparks.com.au/.

Take a self drive through the Pioneers Pathway



THE PIONEERS Pathway Self Drive follows in the footsteps of the early farming and gold mining pioneers who journeyed east into the WA wheatbelt to find their fortunes living on the land. It's a three day journey which covers more than 500km. It's a great opportunity to follow the path of the pioneers when heading east to discover the goldfields.

Day 1: Perth - Dowerin - 160 kilometres/two hours Leave the hustle and bustle of the city behind and follow Pioneers Pathway Self Drive through the hills to the pretty farming town of Toodyay. Valley views and a patchwork of farmland make this a scenic stop for lunch at a local pub or riverside picnic spot. Continue north east to Goomalling, crossing the Avon River tributary at Mortlock River - a well known wildflower stop during spring. The Tin Dog sculpture welcomes you to Dowerin. Take the walk trail to see local wildlife.

Day 2: Dowerin - Merredin - 155 kilometres/two

The drive from Dowerin winds through farmland, bush reserves and spring time wildflowers. Enjoy a pub lunch at Wyalkatchem and a visit to the local museum before heading through Nungarin and Trayning to Merredin in the heart of the wheatbelt. See the biggest grain storage facility in the country and learn more about the daily life of this friendly farming community.

Day 3: Merredin - Perth - 260 kilometres/three

Return to Perth along the Great Eastern Highway, or perhaps take a detour south via Hyden and Wave Rock, one of Australia's best known natural icons.

To ensure people enjoy a safe and well-planned journey, take a look at travel times and distances, road safety and important travel tips. If people have their camping gear or caravan in tow, check out the range of caravan parks and camping sites available in Australia's Golden Outback.

For more information visit www.australiasgold enoutback.com

continued from page 34

Kalgoorlie Boulder is a great base to discover the goldfields...

ern outskirts of the City. Enjoy one of the many walking trails which meander through the park and marvel at the Gimlets, Salmon Gums and Wildflowers. A viewing Walking down Hanplatform is located in the nan Street, there are heart of the park, offera wide variety of retail ing superb 360 degree outlets - both boutique views of surrounding stores and major housebush lands - a majestic hold names alike. There sight, particularly at sunare lots of independent rise or sunset. stores where people can

browse local products

and handmade items,

as well as international

fashion and accessories.

permarkets in the City,

with Coles, K-Mart,

Woolworths, Target and

IGA all within walking

distance of the CBD.

Boulder too will surprise

you with an eclectic mix

of different stores. If you

prefer shopping in a

mall environment, Han-

nans Boulevard is situ-

ated to the north of the

City, where you will find

specialty shops, a post

office, chemist and su-

If you're a lover of na-

ture and the great out-

doors, you'll delight in

the natural woodlands,

trails and leisure parks

in and around the City.

Kalgoorlie Boulder is

situated on the edge of

the largest temperate

woodlands on earth.

Spanning 16 million

hectares, it is home to

almost 20 per cent of the country's known plant species. The Great Western Woodlands, also known as the Gold-

fields Woodlands, have

been kept largely intact because of their remote-

ness and unsuitability

for agriculture. A show-

case of the woodlands

can be seen at Karlkurla

Park (pronounced 'gull-

gurl-la"), 200 hectares of

bush land on the north-

permarket.

There are many su-

The City has many leisure parks in both Kalgoorlie and Boulder. A favourite with families is Hammond Park, located in the northern suburbs of the City.

The park is home to a range of native animals and features a miniature Bavarian castle made from local rocks and gems. It is surrounded by expansive open grassed areas, children's play equipment and has free barbecue facilities. The Arboretum is the perfect place for a stroll with its wide variety of indigenous flora, interpretive walk trails, a small dam and recreational facilities.

The goldfields is also

a hot spot for wildflower enthusiasts, with a wide variety on display during wildflower season. The wildflower season runs from July to October (the middle of winter through to the middle of spring). Good winter rains see the forests and shrubs burst into colour in the spring time – where you can witness a striking array of native flowers.

Kalgoorlie Boulder is often used as a base for people exploring the Goldfields region.

There are some fantastic driving trails that can help you make the most of your time here. For the more adventurous explorers, the Golden Quest Discovery Trail is a 965km self-drive adventure trail through the goldfields region. This trail takes you to many interesting spots, including Lake Ballard, the living ghost towns of Kookynie and Gwalia and panoramic views at The Terraces north east of Leonora.

Linking in with the Golden Quest Discovery Trail, The Green Trail

highlights sites in the Coolgardie bioregion with outstanding environmental, historical and cultural values. At each of these sites you will discover different landscapes, become aware of unique flora and fauna and learn about ancient Aboriginal culture and European practices of the area.

The National Trust of Australia has developed a range of exciting programs from the award winning exhibitions at No 1 Pump Station, part of the "Golden Pipeline Trail" as well as a range recreational trails to help residents and visitors discover more about the incredible goldfields water supply pipeline.

For more informa tion visit www.kalgoor lietourism.com

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The best little fair in the west



BE SURE to visit historic York for the annual Antique Fair and markets at the Town Hall and surrounds on Easter weekend Saturday 15, Sunday 16 and Monday 17 April. This popular event has been on York's Calendar since 1988.

The historic town of York is only an hour's drive from Midland and Easter is the perfect time for a visit to the town.

There will be many diverse sellers displaying goods from bygone years from period pieces to the very popular retro.

There is also a Saturday and Sunday Market in the Peace Park opposite with lots of bric a brac in the local shops.

The event at the Town Hall is run by the York Friendship Club and costs Adults only \$5, kids are free and once again all proceeds go to the Fred Hol-

lows Foundation. Proudly presented by the York Friendship Club

Inc for various charities world wide. Enquiries phone 9641 1541 or email crcrecep tion@westnet.com.au

let's go travelling trave



Celebrating the strong WA women from our history



Georgiana Molloy
© https://commons.wikimedia.org/wiki/
File:Georgiana_Molloy_2.jpg

AS Have a Go News celebrates its 300th edition, the WA Women's Hall of Fame celebrates its sixth year of recognising remarkable women in our community. Women who have paved the way for others and who have already, and will continue to, mark their mark in our State's history.

The WA Women's Hall of Fame was launched in 2011 to celebrate the centenary of International Women's Day in Western Australia. Whilst the women acknowledged have left their mark, it was not easy for our fore-bearers.

Born in Adelaide in 1874, Bessie Rischbieth married in 1898 and moved to Western Australia with her husband Henry, a wealthy wool merchant, who successfully traded as Henry Wills & Co. In 1908 they travelled to London and Bessie attended a suffrage meeting which changed the course of her life. Having already founded the Children's Protection Society in 1906,

on her return Bessie went onto become possibly WA's most influential leader in the women's movement.

Bessie was the inaugural vicepresident and later president of the Women's Service Guilds of WA. The Guild lobbied for equal rights for women and men including; equal pay, women doctors in public service, female lawyers and equal guardianship of children. Through the guilds' lobbying, King Edward Memorial Hospital for Women was established in 1916.

Bessie was appointed in an honorary capacity to the Children's Court in 1915 and in 1925, became the inaugural secretary to the WA Women Justices' Association. Her tireless pursuit for equality did not end there. She was the first president of the Australian Federation of Women's Societies from 1921 to 1942 and co-founder of the British Commonwealth League of Women. Bessie was rightfully awarded an OBE in 1935. In 1955, she was made a life member of the International Alliance of Women for Suffrage and Equal Citizenship.

Georgiana Molloy was born in 1805 in England and went onto become a pioneering botanist. She was a resilient, independent woman of strong values, whose appreciation and wonder of the landscape around her become her salvation, and her legacy. Leaving England in 1829 for the new colony, Georgiana and her husband Captain John Molloy decided to settle in Augusta when the Blackwood River on the Flinders Bay was opened.

It was tough life and for relief, Georgina turned her attention to botanizing. Already a keen gardener, she turned her attention to studying the indigenous flora. She gathered and pressed samples in hortus siccus (an arranged collection of dried plants) and then in 1836 Lady Stirling's cousin, Captain James Mangles, R.N. of England, invited her to collect and send him seeds of the native plants of the region. Georgiana embraced the challenge and not only sent the samples, but accompanied them with written descriptions of the pressed flowers. Her work resulted in seeds being given to different botanical gardens in England. Unfortunately our first female botanist died in 1843, but her work will be remembered.

The women in our State's history have not only helped change the course of our society, they have left their mark in business, agriculture, health and in parliament.

The WA Women's Hall of Fame provides a list of extraordinary women from our past and present, and gives us a glint of what the heritage others have left behind, and how they have impacted on our heritage and will continue to do so in our future.

For more information about the WA Women's Hall of Fame and the inductees, visit www.wawom enshalloffame.com.au. For more information about Heritage Perth visit www.heritageperth.com. You can also follow Heritage Perth on Facebook www.facebook.com/HeritagePerth and twitter.com/heritageperth



Meandering through the backwaters of Kerala





Top; One of the Houseboats Above; Mary Helen and Frank Smith on board

by Frank Smith

THERE are few more relaxing ways to see India than wandering through the backwaters of Kerala, southern India, in a kettuvallam, a traditional rice barge converted into a houseboat.

Some 700 of these ply between Kollam and Alappuzha. They come in all sizes from small houseboats carrying one couple to massive boats with bunks for eight or more adults.

Each houseboat comes with a crew of three, a cook, steersman and deckhand and can be hired by the day or for the 200km two-night, three day north to south or vice versa cruise.

Our boat had comfortable staterooms with queen sized bed and en suite, not dissimilar to an Indian three star hotel. Meals were largely vegetarian with fish, fruit and eggs much in evidence. Try as hard as I can to eat like the locals I still can't handle curry for breakfast.

The houseboats moor at night and stop for interesting shore excursions and to meet the locals, but for me the bird life was the highlight. Brown and white sea eagles – ospreys – hovering overhead and diving to catch unwary fish with their talons.

We travelled during the Kerala festival of Onam. Villages we passed were in festive mode with lights, decorations and images created from flower petals or coloured salt crystals. During festi-

vals each village made a lot of noise, but thankfully ceased around midnight. You can always tell when Indians are happy by the volume of music played.

Along the way we met teams practising for coming boat races including the prestigious Nehru Cup at Punnamada – Alappuzha District. Up to 20 rowers enthusiastically ply their paddles in a long boat not dissimilar to the Dragon boat races of China.

We passed many traditional fishing nets. These are lowered into the water and then hauled up using brute strength aided by counter-balanced weights, hopefully with fish trapped in the net.

Another side trip took us to a Syrian-Catholic church of Saint Mary's Forane at Champakulam. Christianity in Kerala was founded by St Thomas (doubting Thomas) around 52 AD. The first church on the site was built on land given by the local Hindu King Devanarayanan in 427AD. The present church was built on the same site in the seventeenth century.

Nowadays the population of Kerala is roughly equally divided between Christians, Moslems and Hindu and unlike many parts of India relations between the religions are cordial, with each faith participating in festivals held by the others.

The backwaters are important as a tourist attraction but are under threat due to pollution and industrial and agricultural development. There are 29 major lakes of which seven drain into the sea. Reclamation for rice paddies has reduced the area from 440 square kilometres to around 350 over the last 50 years. In the 19th century they were some three times their present size.

Ecological damage includes pollution, extinction of mangroves, crocodiles and oyster beds but the most obvious problem is the proliferation of water hyacinth that blocks channels of slow moving water and can make navigation difficult.

That said a backwaters cruise remains one of the highlights of an Indian holiday and perhaps the only bit that is truly relaxing.

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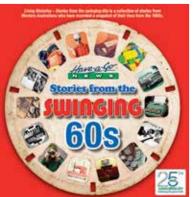
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Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now. \$25.

Copies are available for purchase direct from *Have a Go News* office at 137 Edward St, Perth or have it mailed out for an extra \$12 postage and handling.

For further information contact Tahlia at *Have a Go News* on either Tahlia@haveagonews.com.au or 9227 8283.

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Take an Adventure from **Perth to Broome**



Join us on an adventure from Perth to Broome as you travel through the heart of Western Australia. You will enjoy the thrill of Karijini National Park during a two night stay in the amazing Deluxe Eco Tents, 'glamping' at its best, and find out about WA's iron ore industry with tours through Mt Whaleback in Newman and the BHP iron ore loading facility in Port Headland. Finally, we make our way to beautiful Broome for a little bit of Broome time before flying home to Perth.

Highlights | Mount Whaleback Tour, Newman Karijini Eco Retreat Karijini National Park BHP Billiton Loading Facility Tour, Port Hedland Broome Cable Beach | Broome Astronomy Experience | Sunsets and Drinks

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This tour combines the best of three very special coastal areas of the Coral Coast which bring to you a treasure trove of beaches, exotic marine life and national reserves. This tour includes Geraldton, Monkey Mia, Camarvon and Exmouth before flying home to Perth from Learmonth.

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and Katherine Gorges, bathe in the hot springs at Katherine Hot Springs and travel into the heart of Kakadu National Park. Your Kimberley, Katherine and Kakadu tour culminates in the thriving multicultural city of Darwin.

Highlights | Broome Pearl Luggers Museum | Lake Argyle and the Ord River | Fitzroy Crossing and Geikie Gorge Katherine Gorge Cruise Katherine Outback Experience Katherine Hot Springs Kakadu National Park Aboriginal Rock Art and Paintings | Jumping Crocodile Cruise | Darwin Harbour Cruise

Kimberley, Katherine and Kakadu Road Trip Broome to Darwin 12 Days Sunday 18 to Thursday 29 June 2017 Price \$5825 pptw Single Option \$1335

Travel the Gibb River Road

Fly over Lake Argyle and Explore the Bungle Bugles



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Highlights | Darwin Sunset Dinner Cruise | Mindil Beach Markets | Litchfield National Park Nitmiluk (Katherine) Three Gorge Cruise Kununurra, Lake Argyle and Ord River Dam Geikie Gorge Cruise Bungle Bungles Scenic Flight and Walks | Broome Sightseeing | El Questro Chamberlain Gorge Cruise

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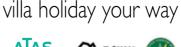
















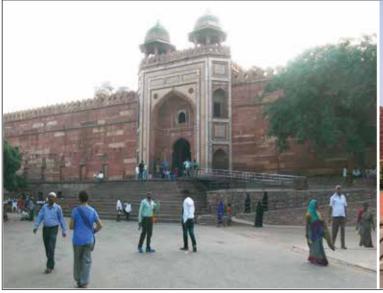
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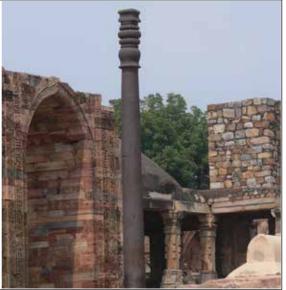




The golden triangle - Mughal monuments of India in a nutshell







Left to right; Fatephur Sikri - Agra fort - Seven-metre iron pillar in the courtyard of Qutab Minar

by Frank Smith

SEEING the Taj Mahal, India's premier tourist venue must be on nearly everybody's bucket list. Seen in the early morning light of Agra, India this white marble mausoleum is truly stunning, and its appearance varies during the day as the angle of the sun changes.

Mughal emperor Shah Jahan built the Taj in memory of his second wife Mumtaz Mahal who died giving birth to her 13th child in 1631. Building took 22 years and involved more than 20,000 workers.

Long before it was completed Shah Jahan was deposed by his son Aurangzeb and confined to the massive red sandstone Agra fort from where he could look out and see the Taj Mahal every day. After his death he too was buried in the Taj.

An easy three-day trip from Delhi by bus or car can cover all major surviving Mughal buildings in northern India, known as the Golden Triangle. All are world heritage sites listed by UNESCO and all are well curated by the Indian Archaeological survey and kept uncharacteristically clean and free from beggars and touts.

Start at Delhi with its modern planned capital of New Delhi visiting the red fort, the tomb of Humayun, the second Moghal emperor and Qutab Minar.

Humayun's tomb, built in 1570, is of particular cultural significance as it was the first garden-tomb on the Indian subcontinent. It inspired several major architectural innovations, culminating in the construction of the Tai Mahal. It was built by Humayun's son, Akbar. Persian and Indian craftsmen worked together to build the garden-tomb, far grander than any tomb built before in the Islamic world.

The Qutab Minar is a soaring, 73m-high tower of victory, built in 1193 by Qutab-ud-din Aibak immediately after the defeat of Delhi's last Hindu kingdom. At the foot of the tower is the Quwwat-ul-Islam Mosque, the oldest mosque in India. A seven-metre high iron pillar stands in the courtyard of the mosque. The thousandyear-old pillar is made of high phosphorus rust-resistant wrought iron, a technique only developed in Europe during the 19th century.

The next city on our itinerary is Jaipur, capital of Rajasthan. Jaipur is noted for its elegant wind palace, the Hawa Mahal designed to allow harem women to observe life in the city without being seen. Five stories high but only one room in width it takes advantage of every cooling breeze.

The Amer fort built by a Rajput prince dominates a hill just outside Jaipur. The massive yellow sandstone fort and contained palace were built in the 1600s and embellished over the years. At the entrance to the palace there is a Hindu temple dedicated to Sila Devi. Visitors must remove their

my belt was plastic. Next on the itinerary is the abandoned city of Fatephur Sikri. The city contains palaces built by the greatest of the Mogul emperors Akbar. Each of his principal wives, one Christian, one Hindu and one

Muslim had a separate palace

shoes and anything made of

leather. I was relieved to find

within the overall palace.

Some 50km later we arrive in Agra best known for the Taj Mahal but also containing the Agra fort, a walled city originally built as a military base with two and a half kilometres of massive 20m high walls encircled by a moat. During Shah Jahan's reign it gradually developed into a palace and became the imperial residence of the Mughal dynasty.

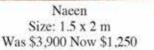
Returning to Delhi completes the golden triangle after a visit to most of the major architectural wonders of India in the space of three to four days. Lonely Planet refers to the trip as India 101. It's a much less arduous trip than most in India.

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let's go travelling







Delhi, a quiet street

by Frank Smith

ONE driver told me that to drive in India you need good reactions, good brakes and good luck. The latter applies particularly to passengers.

In addition to conventional taxis, Indians travel by scooters and threewheelers motor bike taxis, also known

as tuk-tuks or auto-rickshaws.

On my first day in Trivandrum, Kerala's capital, I took a ride in a tuk-tuk. Appropriately it was on World Suicide Prevention day.

Tuk-tuks are noisy, with a single cylinder diesel engine, ubiquitous, cheap and convenient, but safety is not their

Travelling to India is an eye-opener...

Calcutta (Kolkata) has 12,000 of them and according to the Calcutta Telegraph only half are legal. One reason for this is that legally registered tuk-tuks must take an annual fitness test, which many would probably fail.

Without tuk-tuks the city would come to a halt so police regularly turn a blind eve to unregistered vehicles.

Drivers charge around 20 rupees (40¢) for a one kilometre ride although foreigners usually pay more. Meters sometimes work in some cities but generally fares are a matter for nego-

In spite of spending their life driving around the city many drivers could not find their way out of a paper bag. On my first ride the driver took me to the wrong museum, on return the driver could not find my tourist hotel and took me for a long run round the city before stopping to ask the way.

But the real excitement is the ride. The only road rule consistently

obeyed is to honk when wanting to pass a cow, vehicle, pedestrian or anything mobile. Otherwise three tuktuks abreast fill a two lane carriageway. They happily drive the wrong way down a divided road and think nothing of passing other vehicles on either side or jumping the queue while waiting for traffic lights to change co-

In theory tuk-tuks have room for a driver and two passengers. A third can usually be squeezed in the back seat and often a fourth added by a passenger precariously sharing the driver's seat.

While drivers usually try to avoid road humps and potholes it is well nigh impossible for a three wheeler to avoid potholes, so progress down illmaintained roads is hazardous.

Tuk-tuks are used to carry an assortment of goods as well as people. Often piles of boxes are tied on the roof creating an unstable appearance.

Scooters are even more dangerous than tuk-tuks. You will often find a father in the driving position with a small boy astride the petrol tank in front of him. His wife is sitting side saddle behind him with a baby on her knee. Other sights we observed included one scooter with the pillion passenger carrying a sheet of plate glass about one metre wide in his two hands. The driver was meanwhile carrying on a conversation on his mobile.

Another scooter had driver and pillion passenger sitting astride with a goat on his knee across the scooter.

Cows, donkeys, goats and water buffalo share the road in many cities with cows showing little fear as they wander across roads in search of grazing or edible rubbish.

Being fatalistic is the only way to travel in India. At least if you are unfortunate you can hope for reincarnation as a higher status person or perhaps

Kings tour manager honoured for 16 years of service



Kings Tours and Travel owner Jenny Franceschi presents Dorothy Buktenica with some memorabilia of her tour leading at her retirement lunch in February

ONE of the most enjoyable aspects for guests on any escorted tour is the wealth of experience that comes from the tour manager.

Kings Tours and Travel's Dorothy Buktenica has had a 16-year career as a tour leader.

Dorothy was meant for a career in travel, her family owned a travel agency and she started her career as a flight attendant. After flying she joined 6PR and then went on to Channel 7 Perth were she and former owner of Kings Bob Page worked together.

After Bob started Kings he asked Dorothy to come and train as a tour manager and during that 16 years she has led tours all across the world.

Her very first tour was with the Kings' only tour manager at the time, Rae Pearce. Dorothy's name was on the passenger list as trainee.

At 55 years old she began her new career in tour lead-

She has looked after hundreds of clients during her time and has been a much loved tour leader and her wealth of experience has helped people enjoy the best aspects of touring.

Dorothy said that while the overseas trips were always amazing, she remembers fondly many of the Australian

"Visiting Mt Augustus in the early days of Kings was a real experience, the accommodation was basic, the guides were authentic and the clients had a real experience of outback Australia," she said.

When Dorothy started there were only two tour managers and as Kings has grown there are now eight tour leaders in the company.

Kings owner Jenny Franceschi says that Dorothy has been a wonderful tour leader for the company.

"Dorothy has been part of the Kings family for so long, she has watched the company grow, been a great friend to me and my family and I am so happy that she has been part of our team," said Jenny.

Dorothy Buktenica was honoured at a special retirement lunch last month.

She has hung up her tour leading cap now but will remain part of the Kings family and will help at presentations and document hand outs.

She looks forward to spending more time with her family and helping the Little Sisters charity. Kings' guests may even find her joining a tour as a passenger.

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& Kati Thanda-Lake Eyre

All tour entry fees, guided tours and tastings

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Downsizing



A detailed look at exit fees and how they affect people...



Sharon Officer from Seniors' Housing Advisory Centre ...help is only a phone call away

and move to a village clos-

er to my children. The exit

fees they tried to charge

were horrendous. The De-

ferred Management Fees

(DMFs) were OK, but the

refurbishment fees were

ridiculous. I was not con-

sulted at any time, and

had virtually no feedback from the [person] selling

my apartment. I had to

consult a solicitor to get

Following an article I wrote about retirement vil-

lages a Have a Go News

a retirement village as you

village, we understood at

sale the selling price paid

to him would be five per

cent of the difference be-

tween cost and sale price.

Fine we thought, not

took place of a friend

there, that person actual-

ly was given the five per

cent but \$100,000 was

added to the exit fee. He

received \$270,000 for a

home that will be sold for

"When a recent sale

much but he's safe.

discuss in your article.

"My father was in such

"When he entered the

reader wrote:

\$8000 taken off my bill.

by Frank Smith

RETIREMENT villages provide a lifestyle for people that can be way better than any alternative, but it comes with a caveat. Beware the exit fee.

Exit fees, also called deferred facilities fees, deferred management fees or deferred payment are payable when you leave the village.

The amount depends upon how long you have been in the village, and will be determined by the contract between you and the operator and can be high

high.
"People often only find out about them when they become frail and want to move into aged care," said Sharon Officer of the Seniors' Housing Advisory Centre.

Exit fees are the most frequent cause of complaint about retirement village living. One respondent to the National Ageing Research Institute (NARI) survey on retirement villages said:

"... I decided to leave

\$450,000. He bought the unit for \$330,000.

"The comment from the management was: 'Didn't you read the contract?'

"We did but with such clever wording using percentages and legal jargon we were all tricked..."

"This sort of story is what we hear all day, every day. Retirement village contracts are lengthy and complex. You don't own the property only the right to live there," said Ms Officer.

"Exit fees can come to 70 per cent of the total proceeds, excluding refurbishment cost which can be up to \$70,000."

The village owners' organisation, The Property Council says exit fees are widely misunderstood.

They say exit fees help to compensate the village owner for the cost of building the village and allows the resident to partpay for this at the end of their residency rather than the start.

It is designed to ensure the entrance price (ingoing fee) into the village is more affordable. Some prospective residents may not be able to afford to pay full market price for a village unit when they move in, and are happy to pay for some of the value of their residency by way of a larger amount retained by the operator when they leave, they say.

In a report entitled Security of Tenure for the Ageing Population Perth lawyers Aviva Freilich, Pnina Levine, Ben Travia, and Eileen Webb wrote...

"There is no legislation

governing the quantum of deferred management fees (or exit fees) that may be charged.

"In our view, there is a need for more transparency for residents in relation to the nature and purpose of the exit fee – to provide them with some understanding as to what they are paying for, even if they are informed that this amount constitutes the profit of the operator.

"The deferred manage-

ment fee terminology that is commonly used to describe the exit fee makes it very confusing for residents..."

The authors suggest the exit fee may be the subject of the unfair contract terms in Australian consumer law.

"You can't take the retirement home contract on trust. In the small print it will say you won't get any money back until your unit is re-leased,"

said Sharon Officer.

"We've had people waiting two years to go into aged care because they can't get their money out.

"Get legal and financial advice from someone knowledgeable in the area before you sign.

"We are only a phone call or email away and we'll go through the pros and cons of entering into a contract with you," she said.



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Come to the Association of Independent Retirees March meeting in Mandurah

ASSOCIATION of Independent Retirees (AIR) next guest speaker will be Moffat Lindsay, who will be speaking about Islam in Australia. He was a missionary in Pakistan for several years.

Regular AIR meetings take place on the fourth Monday of every month (except when that clashes with a public holiday). The next monthly meeting will be held on Monday 27 March at 9.30am at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Visitors are welcome to join the group and are invited to stay for morning

For enquiries please ring Eva llett on 9534 5215, or Jim Landells on 9586 9174.



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First display home under way at the Heights in Kardinya

THE first display home and key infrastructure works have commenced on Stage One of The Heights, a private estate being developed by leading WA property group Pindan, in the well-established suburb of Kardinya.

Pindan's partner division, Switch Homes, has recently laid the slab for a four bedroom, two bathroom display home as part of the up and coming estate.

Located on an elevated site overlooking the open space of Alan Edwards Reserve. The Heights provides a perfect buying and building opportunity for either downsizers or voung families looking to enter the local property market in a more substantial way, by securing a great lifestyle and long-term value through investment in a new home.

House and land packages at the Heights feature a range of contemporary single and double-storey three and four bedroom, two bathroom homes.

Typically, buying a new home in the prime Kardinya location requires demolishing an old home to build a new one, which is not only time consuming and costly, but can be stressful and off-putting for busy people who want to live in this dynamic south of the river location.

At the Heights, all the work will be completed for buyers with complete house and land packages starting at \$530,000.

Pindan's sales manager, Matthew Smith, said the new development provides a unique opportunity for downsizers looking to build in a well-established area close to a number of amenities.

"In our experience many downsizers are looking for a new property that is of a similar standard to their family home. People still want the same beautiful home in a good area, but it is our experience they want a lower maintenance lifestyle in a well established area,' he said.

The lifestyle benefits include no large gar-

dens to tend to and the

convenience of being

close to shops, cafes,

restaurants, transport

and a community net-

work," he said. "It is exciting to see the start of works at The Heights as it is great to be bringing a new level of housing to Kardinya and offering new and existing residents modern homes with contemporary plans and co-lours designed for low

maintenance living and a great local lifestyle."

The estate is in a prime location just 250 m from Kardinya Park Shopping Centre, 10 minutes to Fremantle and the beach, Garden City and some of Perth's best boutiques, as well as Murdoch station, with trains to Perths CBD.

Residents also gain easy access to world class health facilities at Fiona Stanley Hospital and St John of God Hospital, as well as excellent educational facilities, including primary and secondary schools, Challenger Institute of Technology and Murdoch University.

Interested possible purchasers are invited to visit www.theheights kardinya.com or con-Smith tact Matthew on 0430 766 360 or Glenn O'Connor-Smith on 0413 545 044.



Artist impression of the display home under construction

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Enjoying the peaceful life at Willow Creek Mews

WILLOW Creek Mews is now three years old and after a few early teething problems, is now establishing itself as one of the most affordable villages in Western Aus-

It appeals to retirees who want a quality home in peaceful surroundings and the assurance of continued affordability in an unpredictable world. This has seen the village mature into a community where like-minded retirees, or in some cases nearly retirees, are making the most of life.

Looking back at what has made the village so appealing, Louis May, director of Mayco Properties Pty Ltd who manage the village said: "We thought initially it would be price driven due to the initial \$140,000 price tag, but were quickly proved wrong.

"Retirees want a place of permanence, and this is where Willow Creek Mews excelled, because a low entry price means nothing if after a few years the village is unaffordable to live in.

'The unique financial structure of our village means it is virtually impossible for it to become unaffordable. And the design principles of 'Ageing in Place' where every aspect of ageing has been taken into consideration, ensures a resident does not need to move out of their home before nursing home care is needed. That is a tremendous asset to the village.

Mr May explained how even though the entry cost was very modest the residents still embraced the fact that their financial investment increased over the years in the same way as other property values and would benefit them or their heirs, rather than disappearing in exit fees.

As a chartered accountant, Louis deals with these issues regularly.

"There is nothing savvy about giving over 40 per cent of your assets away to a village operator just because you have lived in a particular village for 10 years.

"I have never been able to see the value in villages where high entry and exit fees dominate the fee structure," he said.

When talking of value for money he is also quick to point out the auality of Willow Creek buildings. Villas have a seven star energy rating and a host of other features, like a raised ceiling in the open plan living areas, a huge double bedroom and an extra-large study or spare bedroom.

"They come with European appliances, new fitted carpets and are presented just as new," he said. "The two villas for re-sale are indistinguishable from new. But ideal for the bargain hunter. "We are now selling our last new

villa. It has been our display villa and is no longer needed, so anyone wanting a brand new villa, this is your last chance. And at \$159,000 it is a real bargain," he said. Located in Greenfields and con-

venient for shops, buses, and the Peel Health Campus, the village could not be better located.

It is only a few minutes bus ride to the train station or to the Mandurah foreshore where the unique lifestyle of Mandurah can be enjoyed to the full.

The village is regulated by the Retirement Villages Act and is financially structured to maximise all current State and Federal concessions. Villas can be inspected at most times, but by appointment only. Call Stephen May on 0419 042 300 first. He will ensure people are connected with the best person to handle an enquiry. More information visit the website at: www.willowcreekmews.com.

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Yanchep

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Downsizing FEATURE



You can take it with you - some pension that is...

by Frank Smith

MANY of us dream of retiring to a tropical paradise where the cost of food and housing is much less than in Australia and where our pension goes much further. Around 60,000 Australians are already doing just that.

Others want to return to the land of their birth, be it Greece, Italy or the UK to live out their remaining years in a culturally familiar environment.

Some countries, notably Thailand and Malaysia, have made a pitch for Australian retirees – provided they have enough income and money to purchase a property.

If you do retire overseas the rate of the Australian age pension you will be paid is not without complications.

Centrelink say your pension will not change if you travel outside Australia temporarily for less than six weeks, but after six weeks your pension supplement will reduce to the basic rate and your energy supplement will be lost. If you tell immigration that you intend to remain overseas permanently this change will take place as soon as you step on board the aircraft.

If you are paid an age pension under an international social security agreement, the agreement will determine the amount that you are paid while you are outside Australia. In most case you will be paid the normal rate for 26 weeks but after that payment will be based on how long you have been an Australian resident during your working life.

Australia has international social security agreements with Austria, Belgium, Canada, Chile, Croatia, Cyprus, Czech Republic, Denmark, Finland,

Germany, Greece, Hungary, India, Ireland, Italy, Japan, Korea, Latvia, Macedonia, Malta, Netherlands, New Zealand, Norway, Poland, Portugal, Slovak Republic, Slovenia, Spain and the USA. Notably missing is the United Kingdom.

These agreements help people who migrate between agreement countries to get certain social security benefits. The countries where you have lived share the responsibility.

In some instances you may receive pensions from more than one country, with each paying a part pension to you. The pension will take into account your periods of social insurance or residence in the foreign country and your periods of Australian residence, to meet the minimum requirements for a pension.

If you have lived in Australia for 35 years between the ages of 16 and pension age (your working life) people will receive the full means tested rate of pension, less any add-ons; while a person with less than 35 years will get a rate proportionate to the length of working life spent in Australia.

Your Australian pension will be means tested for assets and income as in Australia, even if any pension received from the country you have moved too is not. However Centrelink might not be able to check up on what you tell them.

If you are thinking of retiring to another country your pension is the least of the hazards you face. A major one is access to health care - international health insurance - particularly for older age groups, can be very expensive. It is important to consider your risks and take advice from a financial adviser with expertise in the area well before making the move.

UK expats forget to claim their unfrozen pension when returning to the UK



by Mike Goodall

GIVEN the length of time that I've been writing this column I am amazed that there are still so many UK expat pensioners who are unaware that when you visit the UK, Europe or any of the unfrozen countries (with the exception of the USA and Barbados), you are entitled to receive the full UK State Pension that you would have been receiving if you were living in the UK.

I've had two calls this last week from people who haven't been claiming for more than 12 years. This amounts to a lot of money.

Provided that you are in the UK for the whole 24 hours of your pension payday you will receive the pension for that specific week even if you aren't in the UK for the whole week. Pension payday for those who

received a pension before 6 April 2010 was a Monday and for those who reached State Pension Age after that date it is determined by the last two digits of your National Insurance number.

I won't list here the specific pay dates or the countries where you can claim the increases but they do include the Philippines and overseas territories of European Union countries. Additionally, if you are cruising out of the UK and back or visiting Europeam Economic Area countries you can claim for the whole of that period as if you were in the UK.

In previous articles I have written about changes for those making additional voluntary contributions (AVC's) from Australia to top up their UK State Pension. At this point in time, as HM Revenue and Customs staff do not yet have any information about a change expected on 6 April 2017, it is probably unlikely to happen then. However I will keep a close eye on this and let you know as soon as there is an update.

Under the new State Pension Scheme, those reaching UK state pen-

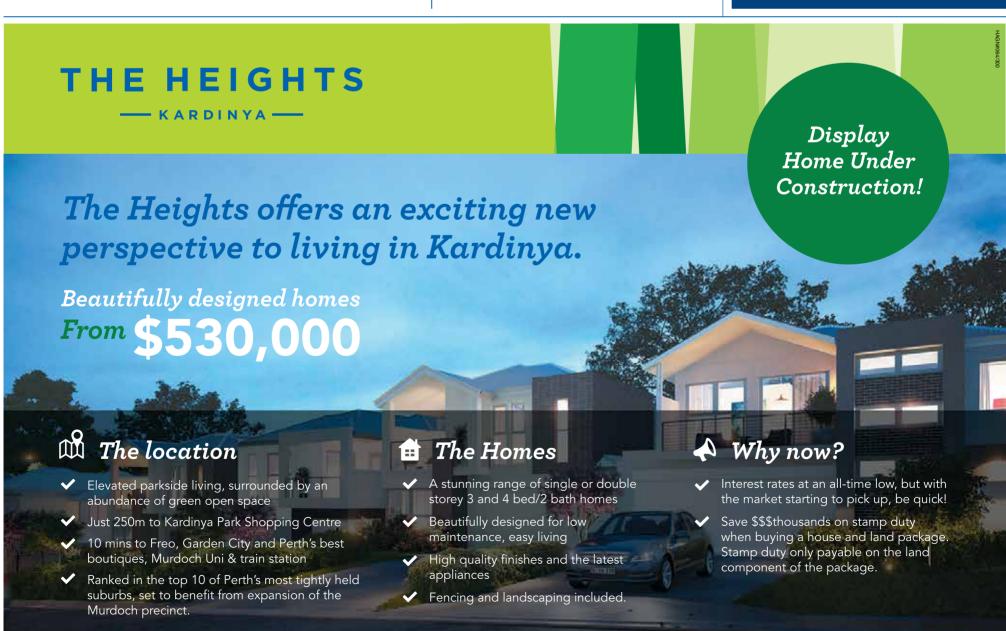
sion age after 5 April 2016, deciding whether to pay or how many AVC's to make is extremely complicated and needs to be looked at by

an expert. It is a minefield for those considering to go it alone and requires very specific knowledge that is affected by each persons' individual circumstances.

If anybody wishes to know more about AVC's please give me a call.

Anyone who would like to discuss the above in greater detail or require voluntary guidance and help on any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on (08) 6364 0859 email: mikecgood all@btconnect.com





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Downsizing ADVERTISING FEATURE



New blood brings in fresh perspectives to community governance

by Frank Smith

SOUTHCARE CEO Dr Nicky Howe is keen to encourage greater diversity in governance by persuading younger professionals with leadership potential to involve themselves in aged care and community boards.

"Diversity brings different skill sets, different perspectives, different experiences, we need a range of educational qualifications and new

knowledge of how markets function, people with different interests, personalities different and most importantly from different demographics of age, gender and ethnicity," she said. As a result Southcare's

Emerging Leaders in Governance Program (ELGP) for 2017 was launched last month.

The aim of the program is to create diversity on aged care and community boards. At present only 12 per cent of members of publically listed boards are under 40.

"We try to balance genders in the group of people selected but we have had more females, mainly because more apply for the program." she said.

Among the 20 young leaders accepted on this program were Riley Upston and Belinda Gran-

Riley is a metallurgist who co-founded a scientific products company that has grown to become highly regarded with many blue-chip clients while Belinda works as a senior community development officer at the City of Bayswater. Her passions lie in the areas of access and inclusion, multicultural affairs, age-friendly and homelessness. She holds a Bachelor of Preventive Health and Master of

Public Health. participants Other in the program have backgrounds in media, finance, employee relations and human resources.

ELGP launch The starts off an intensive program for the participants which includes leadership and industry training, mentor assistance, panel discussions, board observation opportunities, site visits and team projects.

Upon graduation these professionals will be equipped to secure their first internship or full board position due to their participation in this program.

More than 75 people under 40 have already graduated from the program. Since inception nearly one quarter of course participants have taken board positions.

The program is supported by 38 Community Partner organisations financially and by providing experiential learning via board observations, internships and mentoring.

Community Partner organisations and program participants will next gather together at a program Unconvention on 14 March to explore strategies to "Future of Board Leadership".

Unconventions bring board directors, CEOs, senior executives, academia and young leaders together to work for better board governance in the aged care and community sector. They are a forum to explore, debate, review and have conversations about board governance, leadership and the inclusion of young



Alicia Curtis launches the Emerging Leaders in Governance Program

people on boards. ELGP participants have the opportunity to meet, network and learn from the real-world situations and experiences of industry leaders.

The result for Southcare has been positive.

"Our own board had an average age of 64," said Dr Howe. "It's now been reinvigorated; we have age diversity, ethnic diversity, wider background experiences and a broader skill set.

would benefit from more diverse talent and broader outlooks at board lev-

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Coral Estate (Unit 34) 1 Anzac Place, Mandurah (price dropped to \$260,000 ono)

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

Coral Estate (Unit 35) 1 Anzac Place, Mandurah

\$280,000 ono

\$275,000 ono

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

Coral Estate (Unit 46) 1 Anzac Place, Mandurah

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- Built in robes to all bathrooms
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and deserve!

Bidet conversion for the bathroom - funding options for veterans



RETURNED Serviceman Trevor Brown says he knew his luck had changed when he saw an advertisement for the Coway bidet.

"I saw the bidet toilet seats advertised and it mentioned warm water, heated seats and warm air rvers. It simply replaces my existing toilet seat he said.

Having suffered with a medical condition for years Mr Brown decided to investigate further.

The Bidet Shop sent its representative Stephen Bingham to demonstrate how easily a bidet is installed and operated. For peace of mind, Trevor and his wife Aileen decided to have The Bidet Shop organise the installation.

Trevor and Aileen say that apart from the heated seat and warm water, they were also impressed by the comfort and health factors the seat offers.

Trevor explained that the seat worked by: "pressing the auto-wash button on the easy-touse remote control unit and a stream of warm water cleans you thoroughly. Then an in-built fan dries you off with warm air.

Aileen said she is already saving money on toilet

Mr Brown said the Bidet toilet seat was one of the best investments they had made in their personal health and hygiene. After years of toileting problems Mr Brown no longer finds going to the loo an issue.

"Give it a go," they say, "it's marvellous".

For more information or to purchase call The Bidet Shop® on 08 6315 4252. Have a Go readers may qualify to have their bidet fully funded. Please call us to ask how.

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in the Margaret River Region with a \$100 deposit



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Downsizing

Home and small furnishings can upgrade your living space



Above; Zofia St James - left to right, items from James Said Store. Stirling Hwy Nedlands



by Zofia St James

I HOPE that February has been a great month for you and that I may have inspired some to make your personal habitats more inviting and inspir-

I have been out and about visiting lots of retailers who are offering wonderful ranges

home wares and furniture options.

This month I really want to focus on how to introduce more atmosphere, mood, colour and warmth into a room.

I mentioned last month that the simple addition of some new cushions and a throw can transform a bland room before your eyes. Just by adding a few simple cosmetic changes suddenly a room can change its look.

A new season always heralds new colour palettes and fabric textures. It doesn't mean that you have to feel you must update every season but right now I definitely love what's available

A few little additions of what's currently on offer can keep an interior looking fresh and up to date.

For those who are thinking of purchasing sofas and upholstery, the benefit of buying those pieces in neutral tones means that introducing new colour accents and accessories is much eas-

Personally I have always had to work to a shoestring budget, which has made me acutely aware of how to decorate well and shop in what I call a high/low manner.

You can achieve a great look by investing more into particular items, say velvet and linen cushions from Empire, Adairs or James Said and purchasing other items at budget outlets.

A great example is the white marble accessories and home wares currently available at Kmart.

In stores currently there are a selection of cushions and throws in jewel colours ranging from midnight blue, amethyst, emerald green and honey mustard yellow.

underestimate the honey mustard yellow because its looks amazing paired with a charcoal grey sofa for instance.

to keep bench tops un-

cluttered, even a small

kitchen appears more

spacious with fewer appli-

ances in sight. Displaying

some beautiful cook-

books, an orchid and can-

dle are my favourite ways

ble will always look invit-

ing with a candle, fresh

flowers or even a beautiful

fruit bowl - add a fresh

pineapple as it exudes a

The living room area

great conversations and

of course TV viewing.

This area is definitely en-

hanced with the addition

of a rug under the coffee

table. It defines the space

and if there are neutral

tones and block colours

used with the cushions.

then this is where you

have the opportunity to

introduce a pattern or

design and bring life and

erous sized coffee table

looks great with some

special coffee table books

that reflect your passions

or hobbies, a candle and

interest to that area. If space allows, a gen-

have furniture

to encourage

lovely aroma.

should

A kitchen or dining ta-

to decorate this area.

When I talk about furnishings being in neutral tones I mean anything from white through to a dark grey and plain - not patterned - is the best way to go.

I am about classics that last and it's colour which is the fashion aspect in a

Let's plan a makeover. Most living areas currently tend to be open plan, whether yours is small or large, positioning furniture in those areas is paramount to maximising the space and style of the room.

I like furnishings placed as symmetrically as possible, this creates designated areas instead of just placing furniture around the perimeter in order to make a room appear larg-

In an open plan area that would likely include a kitchen, it's nice to carry a chosen accent colour all the way through as flow is important.

I know a kitchen is a practical area, but do try You may even want to

consider painting or using wallpaper on a feature wall in tones that tie together the whole area.

a decorative accessory or

Lighting is really important and I tend to favour lamp and candle light over ceiling lights, it really is much more flattering.

Balconies are another living space, which allow lots of creative opportu-

Potted plants or succulents and an outdoor setting, even a small table and two chairs, provides an extra space in which to breakfast or watch the world go by. My passion is definitely about being able to live well at home in order to promote that contentedness we all crave.

Homes are about you and who you are, but I am about helping you tell that story.

Enjoy March and the autumn to come. I look forward to sharing more inspiration with you all in April. Please don't be shy to call for any advice or stockist information. I always love to be of assistance.

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

For those who would like to contact Zofia call her on 0406 336 607 or email zofiastjames@hot mail.com

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'Subscriptions' Have a Go News, PO Box 1042, West Leederville WA 6901 or email payment details to accounts@haveagonews.com.au. Address: Phone: Email: Payment (please circle): Cheque / Credit Card / Money Order **CREDIT CARD DETAILS:**

Stay sharp with physical and cognitive exercise program

STAY SHARP is a 12 week program designed for over 55s to reduce their risk of developing dementia related diseases through physical and cognitive exercises.

Professor Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the benefits of eccentric exercises and brain fitness doctor and author Dr Jenny Brockis has developed the cognitive component of the program.

To date thousands of people in

Australia are suffering with a dementia related disease. Numbers are increasing daily and to date there is no cure.

It is never too late to start exercising. There is also a need to become better thinkers and optimise our brain to operate at its best in this industrial and technological age.

Last year saw the success of three 12 week programs presented by Prof Nosaka and Dr Brockis and various other inspirational speakers and presenters.

The Stay Sharp program will commence at 9.30am on 15 March. The team has secured a new venue - Tattersalls Bowling Cub in Plain Street, East Perth. That is just a five minute walk from the Rod Evans Community Centre which has been closed.

Please see advert on page 3 for further information and registration for the program.

Places are filling fast so it is best to act now, phone 6558 1833 or email info@staysharp program.com.



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You're invited to Jurien Bay Village on Saturday 29 April from 11.00am as we launch our four new display homes! This is your opportunity to see the Village and all that Jurien Bay has to offer, from its glorious beaches to its community lifestyle. Plus you can walk through the new two and threebedroom display homes. Each features a double garage and can be yours from \$249,000. Book early to reserve your spot.

Register today at jurienbayvillage.com.au or call Candice on 0477 474 274.



Downsizing FEATURE



Issues affecting older people discussed at the COTA election forum



Left to right; Minister for Seniors, Paul Miles - Greens' Lyn McLaren MLC - shadow Minister for Seniors, Margaret Quirk

by Frank Smith

ELECTIONS concentrate the minds of politicians and as a result three senior politicians were happy to talk to some two hundred seniors at an election forum organised by COTA last month.

Labor was represented by Margaret Quirk, shadow Minister for Seniors, the Liberals by Paul Miles, Minister for Seniors, and the Greens by Lyn McLaren MLC for south metro division. The Nationals and One Nation were invited but did not front up.

Ms Quirk started the ball rolling.

"One size does not fit all seniors," she said. "They are not a homogeneous group and government policy often doesn't respect the fact the different ages have different needs. As we live longer we need to value our seniors both for themselves and for the immense amount of volunteer work they do.

"We need to make WA more age-friendly. On World Health Organisation criteria we are good on some points but poor on others. The 2014 all-party report that I chaired on making Perth age-friendly has gathered dust and many recommendations have yet to be addressed.

The proposed Metronet was designed to gradually achieve an inte-

grated system suitable for everybody.

"We need an integrated transport system, with east-west as well as north south routes," she said.

The cost of living is a major concern of many seniors.

"We should not make seniors pay for the state debt through withdrawal of concessions or higher electricity charges that might result from the privatisation of Western Power." she said.

On health Labor is proposing to set up medi-hotels to help patient transition from hospital to home, thus freeing up hospital beds and helping people convalesce where there is no support for them at home.

Lyn McLaren said parliament needs an independent voice to keep government on track.

"Things that make life easier for seniors also make life easier for all people," she said.

"Seniors need financial independence. The people on the lowest incomes are the most vulnerable. Greens support increased public and social housing so seniors are not faced with homelessness."

She proposed providing subsidised solar panels for low income families and retaining Western Power to keep electricity costs down.

The Greens also plan a series of Greenways

forest' in Perth to transform the cityscape and retain urban biodiversity.

Paul Miles for the Liberals praised the value of ministerial advisory committees and senior's lobby groups such as COTA, which had just received a \$130,000 injection of funds from his portfolio.

He said although there were 480,000 eligible seniors only half had been issued with seniors cards. This needs to be addressed. The card's reach was expanding with new businesses offering discounts.

"Most people want to age at home. We need to break down barriers that make this difficult," he said.

- network of protected

natural habitats linked to-

In a pilot program called Silver Sports, 450 seniors have received grants of \$200 each to enable them to participate in club

"Liberals treat all people equally, so those who live in the regions can receive a \$570 fuel card to help them get about where there is no public transport.

"One highly successful program has been to help grandparents who are carers for their grand-children. Some times the parents are hopeless and parenting by grandparents is more effective than state intervention.

He defended the proposed privatisation of Western Power, saying that Synergy was the electricity retailer and that prices were determined by the government.

"The cost of electricity will only increase at the same rate as inflation," he promised.

The audience also asked several questions during a Q and A session.

Two people raised the question of voluntary euthanasia.

All three politicians agreed on the need for a conscience vote, but were coy about how they would vote when a private member's bill was introduced.

Ms Quirk said a lack of suitable palliative care might have led to a demand for euthanasia. "The issue is too serious for political game playing," said Paul Miles. "Palliative care at the end of life might be a better option, but people have the right to refuse medication if they want to."

As it is a private bill, it is essential to make certain all safeguards are in place and that it will stand up in court, he said.

"Euthanasia legislation is long overdue. We have a responsibility to address the issue of end of life. If it is possible to do it, we should do it," said Ms Mc-Laren.

It was announced after this forum that the LNP Government will offer seniors a stamp duty rebate if re-elected - ED.



Bayswater City VIEW Club seeks new members

BAYSWATER City VIEW Club has about 40 members who enjoy a wide range of social activities while raising funds to sponsor six financially disadvantaged students with their education through The Smith Family Learning for Life program.

The Club meets at the Morley/Noranda Bowling club, Noranda on the second Tuesday of each month at 10am for coffee/chat with the meeting starting at 10.30am.

VIEW stands for Voice Interest and Education of Women, a national volunteer organisation affiliated with The Smith Family. More lady members would be most welcome.

For further information call Glenys 0417 946 779 or email bayswatercityviewwa@gmail.com.



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To find out more, contact Cath Acton on 1800 678 683 or visit our Sales and Information Centre.

*Price correct as at 1 March 2017. ^Terms and conditions apply. Visit lattitudelakelands.com.au for more information.

For more details visit lattitudelakelands.com.au



It's an age old question for us all...how long will we live?

by Frank Smith

SHOULD you put off that holiday, major purchase, or family reunion until later or will it be too late? Is it worth making plans far ahead when you are getting on a bit?

There is no certain answer to how much longer you are going to live, but there are some

For a start there are the Australian life tables. These tell you men and women's average life expectancy at a given age. At the time of writing I'm 76. According to these tables I can expect on average, another 10.5 years.

But that's an average of everybody, sick, ter-

minally ill or a fit as a mallee bull.

John Appleby, chief economist at the Nuffield Trust, used online websites to calculate the date of his demise, but found that his life expectancy varied depending on which one he accessed.

Of course, many factors can affect life expectancy, such as genetics, lifestyle, wealth, education and employment. Being married, for example, can add over a year to life expectancy compared with being single. And one study even suggests that optimists have a 55 per cent lower risk of early death than pessimists.

Based on his sex and the current mortality for his age group, life tables suggest Mr Appleby will die around May 2040, about a month after his 82nd birthday.

But plugging in a few more personal details such as his marital status, income, and stress levels - into a random selection of online life estimators gave predictions for his life expectancy ranging from 67 to 89.

Some of the variation in predictions is due to differences in the basic life table data that the websites use (some are based on US data for example). Differences also arise from the prediction models used, the number of variables included, and the way they combine

variables to produce individualised forecasts. Writing in the British Medical Journal last month Mr Appleby said the websites should

come with a health warning. "Calculating the date of your demise is somewhat sobering and the results should be taken with a pinch of salt," he said.

To check up on his conclusions I obtained estimates of my longevity from four websites: www.mylongevity.com.au/ saw me living to 86. media.nmfn.com/tnetwork/lifespan/ was more generous at 94.

www.livingto100.com/ said I'd make it to 90. www.myabaris.com/tools/life-expectancy-calculator-how-long-will-i-live/ gave me 93 years.

Most come also with nagging advice to exercise more, eat more fruit and vegetables and drink less red wine.

Keep reading Have a Go News for a few more years and you might find out which website was



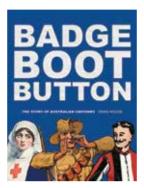
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2 Bedroom unit at \$340 per week

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The evolution of Australian uniforms, fashion and their role in shaping Australian society



OVER the centuries, uniforms have played an important part in Australian history, from the landing on Gallipoli to the High Court decision on the Mabo case. They've made soldiers and firefighters braver: humiliated convicts; empowered

sporting heroes; both liberated and shackled women and made corporates fashionable.

In his new book Badge, Boot, Button: The Story of Australian Uniforms, historian Craig Wilcox provides a fascinating look at the various civilian, corporate, sporting and defense uniforms worn in Australia from 1788 through to today, and how their evolution mirrored a changing nation.

He examines all aspects of the various uniforms-what they look like, the materials they're made from, how they've changed and what they reveal about Australians and our history. Cover-

ing more than 200 years, Badge, Boot, Button examines the uniforms worn by people from all walks of life, including: convicts, servants and military men and women.

Sporting teams. school students, scouts, police and nurses. Transport workers, emergency service workers and corporate employees. Flight attendants, the legal community, and vice-regal and ecclesiastical men and women.

Richly illustrated with photographs, drawings, postcards and pages from magazines, this book provides a fascinating insight into the role uniforms play in de-

fining and strengthening ties in Australian society. Badge, Boot, Button: The Story of Australian Uniforms (NLA Publishing, \$44.99).
WIN WIN WIN

To be in the draw to win one of two Badge, Boot, Button: The Story of Australian Uniforms books simply email win@haveagonews. com.au with Fashion in the subject line or send an envelope to Australian Uniforms Book Competition – C/- Have a Go News – PO Box 1042, West Leederville 6901. Please include vour name, address and phone number on the reverse side. Competition closes 31/3/17.

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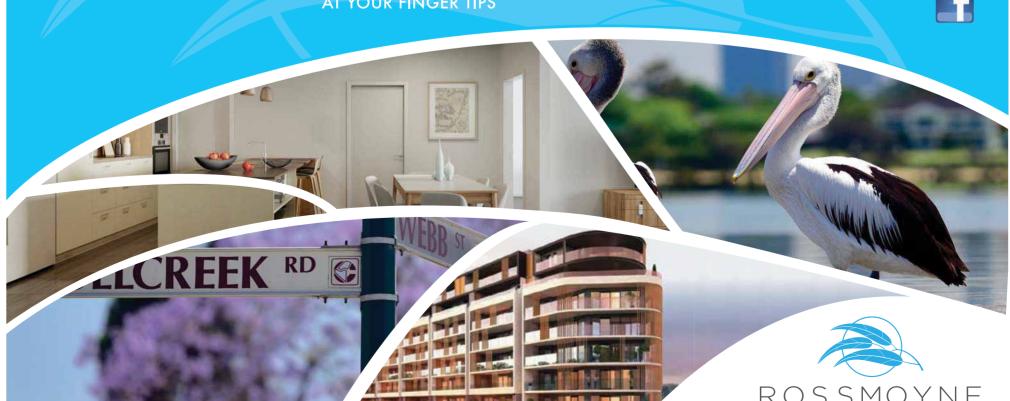
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Downsizing ADVERTISING FEATURE



Smell the coffee and find the Motive-ation to downsize close to the city



Motive Apartments is located at 172 Railway Parade West Leederville

MANY people are attracted to the idea of being able to wake up of a morning and be only steps away from the burgeoning café lifestyle that is sweeping across Perth. West Leederville

is a suburb which is currently transforming into one of the most exciting new foodie and coffee hubs.

It is a sign of the times when the provenance of the coffee bean is a status symbol trumpeted by these new establishments.

The names of the coffee roasters are scrawled on blackboards amid talk of "house roasted" "five senses" and "wild horses". Most of just know that the coffee they serve is mighty fine.

With menus that drip with chilli cheese scram partnered with jamon and truffled mushrooms, there is much to delight the taste buds in the

Locals have been keeping their new, best kept café secrets to themselves but word is getting out and the queues out the door catch the eye, hinting at the delicious servings within.

Recently adding to the local population has been Finbar's Motive Apartments development on Railway Parade which began welcoming new residents in Febru-

The surrounding cafes are just one of many conveniences that come with living at Motive.

A short stroll away is a Coles supermarket and other specialty shops; a ten minute walk one way takes you to Oxford Street, Leederville and ten minutes the other takes you into the heart of Subiaco.

For those who want to venture further afield. the West Leederville train station and a free CAT bus are on the doorstep.

Motive sale agent, Chris Tonich from Burgess Rawson said that what has struck him is the number of downsizers interested in the development.

"About 70 per cent of Motive enquiries have been from downsizers, people looking at purchasing an investment property now with a view

to move in when they retire in a few years.

"Clearly they are attracted to the lifestyle on offer that is only steps away from the lobby," he said.

Motive features a number of amenities including a pool with cabana and barbecue entertaining areas, a resident's lounge, games room, sauna and gym.

In addition to the amazing range of amenities, the Motive apartments themselves feature beautifully designed open plan living spaces, Blanco appliances, stylish colour schemes and clever storage options.

Limited apartments are still available, with one bed apartments \$420.000 from and two bed, two bathroom apartments from \$535.000.

Visit the development and display apartments which are open daily 10am to 1pm.



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

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For enquiries, contact **Judith Childs 9758 1257** email: judithachilds@gmail.com

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Join in on a harbour swim in Albany this Easter

PRINCESS Royal Harbour Annual Swim will be held in Albany on Easter Saturday, 15 April. The distance is four kilometres from the Princess Royal Sailing Club to ANZAC Peace Park. Participants may swim either the whole distance or in relay teams of two or four. Anyone aged from 10 years older or over may enter. (10 to 12 year old swimmers may only enter as four member teams.)

More information and entry registration can be viewed on the Albany Masters Swimming web site www.albanymastersswimming.org.au Home Page > Events > 2017 Harbour Swim.

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Autumn adventures in the garden - there's plenty to do in the yard



Patsy Durack's Rose Gardens

by Colin Barlow

AUTUMN is here and it feels like we missed out on summer. Record summer rainfall has many gardens much greener than they usually are, with gum trees and lawns lush with healthy green leaves. But

are plenty of jobs to do now to keep your garden in top condition and build upon the bonus of the abundant summer rainfall this year.

Top tips for a great look-

don't be lulled into a false sense of security, there

ing garden this autumn:

A beautiful rose garden with

hundreds of roses in the old

Archbishop's holiday home

Devonshire Teas

Gift Shop

turned the whole of the Perth metropolitan area into a quarantine zone, requiring that all affected crops are sprayed before being moved into regional areas. Symptoms of the pest damage include stunting and purpling of the plant leaves and stem

Lawns

in the mornings is usually

the time that lawns recov-

er from the ravages of hot

summers. This year the

grass is growing strongly,

so now is the ideal time

to fertilise your lawn with

a lawn fertiliser high in po-

tassium to promote good

pest and disease resis-

tance before the cooler

weather of winter sets

in. Scott's Lawn Builder,

Baileys 3.1.1 and Yates

Lawn fertilizer are ideal for

a healthy lawn. Raise the

height of your lawnmower

so that the grass blades

will shade the roots, keep-

ing it cooler and less

The weeds are also be-

ginning to pop up. Always

use a selective herbicide

for your specific grass

type. Remember buffalo

lawns require the selec-

tive herbicide Bromoxynil

otherwise you may kill or

seriously harm your lawn.

Vegetable Patch

dreaded tomato potato

psyllid. This insect has

been found in Belmont,

Palmyra and Mount Haw-

thorn and affects crops

of tomatoes, chilies, cap-

sicum, eggplant and po-

Keep a look out for the

prone to drought.

Cooler nights and dew

death. It is time now to plant brassicas for a delicious winter crop. Try cabbage, cauliflower, broccoli, brussel sprouts and kale. Alternatively you may like to grow your own stir fry by trying Asian greens such as buk choy, pak choy, tatsoi, chinese cabbage, mizuna, mustard greens or gai lan.

Fruit

Finish pruning to shorten the side shoots and leaders of any stone fruit to reduce their vigour and to reduce the incidence of bacterial canker on apri-

Try training some cucumbers up a tomato or vegie frame or over an arch to provide a talking point as well as a bumper crop of easy to pick fruit.

Keep feeding your pumpkins, watermelons and rockmelons with a high potash fertiliser and avoid watering over the leaves to deter mildew, which can affect overall

Garden

With moist, warm soil, autumn is the perfect planting time in the garden. For most sandy soils in the Perth metropolitan regions always mix in some organic matter and Bentonite clay to improve the soil before planting. The addition of some slow release organic fertiliser such as Powerfeed with Troforte, Energy, Dynamic lifter or Pure Organic will feed the soil and your

Pot up some pots, containers and hanging baskets with annuals to flower from autumn through to spring. Colourful pansies, violas, primula, begonias, cineraria, stocks, marigolds, salvia and lobelia are ideal.

Melbourne Flower Power

The 22nd annual Melbourne International Flower and Garden Show (MIFGS) will again light up the heritage listed Royal Exhibition Building and Carlton Gardens from Wednesday 29 March until Sunday 2 April. Show stopping landscape displays, vibrant floral designs and innovative gardening products will enthrall visitors from all around Australia to this prestigious event.

On Friday 31 March, evening visitors to MIFGS will be able to wander through the show from 6-9.30pm during the popular Gardens by Twilight. Twinkling festoon lighting

will highlight the Show features and will provide the perfect setting for enjoying the gardens with a glass of wine and exquisite food.

Charlie Albone from Selling Houses Australia and silver-gilt medalist at the Chelsea Flower Show in 2015 and 2016 will bring his flair and creativity to produce a garden to showcase his talents. Other inspiring pop-up show gardens will be created by AQL Landscapes, Phillip Withers Landscape Design, Cycas Landscape Design, MPF Garden Company, Waddell Land-scapes Design, Candeo Design, Tract Consultants and the Tree and Shrub Growers Victoria.

Go to www.melbflow ershow.com.au for the latest information on the show. If you are lucky enough to be in Melbourne and visiting the show, why not try to catch one of my talks? I'll be at the Scott's Australia stand on Wednesday 29 March at 12 noon until 1pm and Thursday 30 March at 10.30 am until 11.30am at stand A43 in the Carlton Gardens. You can also pop into the Ross Garden Tours stand where I will be talking about my United Kingdom gardening tour

Flower festivities

Don't miss on checking out the new Open Gar-

dens WA scheme with the latest offering: Cynthia's Garden, 62 Kaiber Avenue, Yanchep. Open on Saturday 11 and Sunday 12 March from 10am until 4.30pm, this delightful little garden is hidden from the street and contains a series of small garden rooms where you can sit and relax in the shade. A small vegetable garden keeps the owner supplied with herbs and salad and a huge Norfolk Island pine shades the house in summer. The garden is planted with succulents, geraniums, roses and many more plants. Entry is \$7 and morning and afternoon teas are available.

Why not head on down to Donnybrook for the Begonia Society of WA show and plant sale on Saturday the 18 March. There are suitable varieties of begonias for both sun and shade positions and there are many begonias with an abundance of flowers and beautifully marked leaves. For more information call Drusilla Williams on 9299 6571 or go to www.begoniaswa.

org
The not-to-be-missed Western Australian gardening event the Perth Garden Festival is on again next month from Thursday 27 April to Sunday 30 May. Go to www. perthaardenfestival.com. au for more information.

tatoes. It is the first time it has been detected in Australia and is a seri-Patsy Durack's Rose Gardens ous pest problem in the 33 Parke Rd, Gooseberry Hill United States and New Tel 9293 2719 Zealand. patsy@patsydurackrosegardens.com ment of Agriculture has www.patsydurackrosegardens.com

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Knife and fork talk with the Dining Divas









Clockwise from top left; entrees, chicken, carrot and coriander rice paper rolls - confit duck and quails egg tart - main courses; kale sauteed in butter served with grilled asparagus and confit cherry tomatoes - Moroccan spiced lamb loin

by Pat Paleeya and Judith Cohen

DINING Divas tried the Mantra on Murray this month for their review of senior's weekday lunches.

Should you feel a little peckish whilst in the city, take a wander west up Murray Street to The Mantra on Murray, located just over William Street.

We had the express lunch for \$19 which includes two courses of an entrée and main. There are five entrée's and eight mains to choose from.

One Diva chose slow cooked chicken, shredded carrot and coriander in rice paper rolls which were delectable and quite

The main consisted of kale sautéed in butter, grilled asparagus, confit cherry tomatoes and goat's cheese. This was drizzled with a vincotto dressing that was a perfect complement to this tasty dish.

The other Diva picked confit duck and quails egg tart. Simply delicious it was presented in a square pastry shell.

It was followed by a main course of Moroccan spiced lamb loin, rocket, grilled capsicum, Spanish onion and a mint yoghurt dressing. The lamb was succulent and ample, with a tasty dressing to enhance the whole meal.

The waiter was very attentive and efficient. The décor is modern but not pretentious. Although not in Amsterdam we ladies sat by a big window in full view of the passing pa-

Rating - 4 forks Mantra on Murray, Murray 305 Street. phone: 9347 7000

Mad March wines - a mixed bag to enjoy



by Frank Smith

IN THE northern hemisphere spring hares run madly around the fields looking for mates. That's the origin of Lewis Carol's March Hare. It is also a good time to try new and different wines. Here is a mixed bag of wines that are a little bit out of the ordinary.

Gartelmann 'Philip Alexander' 2013 is an interesting blend of Merlot, Cabernet Sauvignon and Petit Verdot. The colour is a rich cherry red. The nose is of ripe dark fruits from the Merlot, complemented by the plum and earthiness of the Petit Verdot and Cabernet. The softness of the Merlot and firmer structure of the Cabernet and Petit Verdot deliver an intense blend of deep berry fruits, herbs and intense fruit characters. RRP \$25.

Windowrie Family Reserve Shiraz 2012 The Family Reserve Cowra Shiraz received special treatment in the vineyard/winery, with traditional hand plunging, extended skin contact and 12 months maturation in French oak. It is a complex wine with excellent balance and structure. The plum, briar fruits, pepper and clove spice aromas are supported by a smooth, rounded palate, RRP \$25.

Patina Wines Scandalous Riesling 2014 is pale straw in colour with aromas that are fruity, floral, rose petal, pear and citrus - very fragrant yet delicate. Palate is fruity upfront with light minerality leading to lemon/apple sorbet mid palate and a refreshing lime finish. A very fruity wine with a good balance

How the family bush life nurtured Banjo Paterson

between up front sweetness and tangy citrus finish. RRP \$25.

Patina Rosé a blend of Cabernet Sauvignon, Merlot, Pinot Noir, Chardonnay and Cabernet Franc. This wine displays aromas of strawberry and peach up front combined with crisp apple mid pallet and culminating in a long fruity, refreshing apple finish. RRP \$25.

Moppity Vineyards Lock and **Key Reserve Hilltop Tempranillo** 2015 is a modern Australian take on a Spanish classic. This Tempranillo is packed with soft, juicy, jubey fruit flavour but the lingering savoury notes provide complexity and gives away its old-world heritage. RRP

And here are some affordable French bubbles, or as the French say un vin effervescent:

Paul Mas L'Eglise St Martin Blanquette de Limoux is the region where the first sparkling wines were made in the nearby St Hilaire Abbey back in 1531. The recipe was then transferred by Dom Perignon in the Champagne district. The wine is a bright yellow colour, with gold tints, fine and numerous bubbles. The nose is intense, with both fruits (pear and green apple) and flowers aromas (white flowers). The palate is fresh and well balanced. The wine produces elegant and fine bubbles. The mouthfeel is crisp and refreshing. RRP \$14.99

Knife and fork talk ratings

Five forks - excellent food and service

Four forks - overall good food and service

Three forks - reasonably good food and service but

could make some improvements

Two forks - food and service needs improvement

One forks – would not recommend

WEEK DAY SENIORS LUNCH SPECIALS

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\$11 Lunch special Monday – Friday 11.30-3pm Canning Hwy. Bicton 9339 1100

THE BROOK BAR AND **BISTRO**

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MANTRA ON MURRAY

Society Bar & Kitchen \$19 Express lunch (2 course) Monday - Sunday from 11am 305 Murray St Perth 9347 7000

KINGSLEY TAVERN

\$15 Senior lunch special Monday-Friday 11.30-2.30pm Kingsley Dve. Kingsley 9409 6767



Looking for Rose Paterson

AUTHOR Jennifer Gall provides a new insight into the life of Banjo Paterson with her intriguing research into the life and relationship of Banjo's parents Rose and Andrew Paterson, and how that family life and environment came to shape the famous Australian poet.

Her book describes how Rose had to manseven children alone, isolated on a rural station with no domestic help and a tight budget while Andrew was frequently away. Rose, coming from an upper class family, had a good education from her mother. The harsh Australian environment would have been a shock to her.

Looking for Rose Paterson provides the reader with a fascinating historical insight into the Paterson family with the first known publication of family photographs, letters and a collection of illustrations.

It is a must read for any lover of Australian history. The author's intimate knowledge of that time with news articles about societal expectations, give the reader a true insight into the Patersons' lives.

The book is available for purchase for \$39.99. **WIN WIN WIN**

We have a copy to give away. To enter please email to win@ haveagonews.com. au, with the book title in the subject line or write Looking for Rose Paterson, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Competition ends 31/03/17.

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Brunch with T - Celebrating Pancake Tuesday at Sayer Sisters







Left; Tahlia Merigan - Clockwise from top left; Sayer Sisters' eclectic decor is friendly and welcoming - buckwheat pancakes served with custard, apple crumble and vanilla ice-cream - beetroot salmon gravlax served with spinach, scrambled eggs, baked ricotta upon sourdough - a red espresso

by Tahlia Merigan

THIS month our editor Jen and I went out for brunch to celebrate the last day of summer and Shrove Tuesday, also known as Pancake Tuesday. Shrove Tuesday is part of the Christian Easter celebrations and occurs the day before Ash Wednesday. Pancakes are made on the day in celebration because in older times people often fasted dur-

ing lent. I love Sayer Sisters, when you walk in the cafe has a feel of friendliness not only with its table service but with its eclectic décor from the wing backed chairs, big central bar, exposed brick, chandeliers and interesting pieces of artwork.

They have an extensive breakfast menu with breads and muffins all home made and they offer cocktails and prosecco for those who want a little celebratory tipple.

We each indulged in a

glass of a light and fruity Prosecco (\$8) which was the perfect companion to the delicious brunch. I also ordered a red expresso with apple juice and rasp-berries (\$8.80). Red expresso is the extract from rooibas tea which has no caffeine and lots of antioxidants and this was a particularly good one.

Jen was the pancake girl and ordered the buckwheat pancakes, custard and apple crumble and vanilla ice-cream (\$17.50). It was a delicious dish and tasted just like apple pie. Buckwheat is a heavier grain but the pancakes were still light and fluffy and came served with a generous helping of nuts, stewed apples, caramel sauce (not too sweet) and ice-cream. It was a huge serving and Jen remarked she had better give up eating sweets for Lent.

I ordered the beetroot salmon gravlax, spinach scrambled eggs, baked ricotta and toasted sourdough (\$23). The light

fluffy eggs are delicious with not too much spinach and the home made cured salmon melts in your mouth. The beetroot relish makes the whole dish come together and I love the crunchy, fluffy homemade sourdough bread.

Our only warning is make sure you go hungry, as the servings are especially generous and great value for the price. They also have a separate lunch menu and serve a variety of home made cakes which looked delicious

We will definitely make a return visit.

Rating - Four spoons Sayer Sisters, 236 ake Street, Perth, Street, Lake 9227 7506

Opening Hours Monday to Sunday 7am -

Breakfast 7-11.30 Mon to Sat. 7 - 2pm Sunday. Lunch Mon-Thurs 12 -2.30, Fri-Sat Lunch 12 -3. Sun closed for lunch







T's spoon ratings

Five spoons - excellent food and service

Four spoons - overall good food and service well worth a visit!

Three spoons - reasonably good food and service but could make some improvements.

Two spoons - food and service needs improvement. One spoon – would not recommend.

Concetta's stuffed eggplants



by Vince Garreffa

THIS is a family recipe from my book The Flesh In My Life, which I have just published. I would love you to read my life story. Proceeds from the book go to Lifeline WA and you will find an abundance of wonderful recipes. See page 51 for stockists.

Eggplants or aubergines are grown in Perth gardens and my Mum produced an abundance of beautiful plump ones every year. She would get the smaller young eggplants which work best for this recipe and stuff them for a true Calabrese meal.

Serves 4 Ingredients

WA lake salt

2 medium eggplants (approx. 500g each) 500g minced lamb or beef 140g diced onion 130g diced carrot 90g diced celery 2 eggs beaten with a fork 80g fresh breadcrumbs plus 30g extra for topping 30g flat leaf parsley chopped 60g grated parmesan cheese plus 20g extra for topping 100 ml olive oil 100 ml white wine

Method

Split the two eggplants into halves, lengthways.

Hollow out each half out with a little paring knife and spoon, leaving a half centimetre shell of eggplant shaped like an empty row boat.

Save the removed flesh, chopping it roughly.

Saute the onion, carrot, celery in oil until they are soft then add the scooped out flesh of the eggplants. Add wine to keep it all moist.

Cook until the eggplant is soft, about 10 minutes then set aside to cool.

Mix the raw mince into the cooled

vegetables well. Add the eggs, parsley, breadcrumbs, salt and pepper and mix thoroughly.

Now fill the eggplant halves so they are plump with filling.

Mix the extra cheese and breadcrumbs and sprinkle over the top of each filled egoplant. Place them on an oiled tray, cover

with foil and make a few slits in the foil with a knife.

Bake at 175° for about 60-90 minutes until cooked through.

Remove the foil and cook for another 10 minutes until they are golden on the

Buon Appetito



Freshly cracked black pepper

Letters to...Vince Garreffa

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

Please include your telephone number so I can call you!



The Eagle Huntress - awe inspiring cinematography

AISHOLPAN, a 13-yearold girl, trains to become the first female in twelve generations of her family to become an eagle hunter, and rises to the pinnacle of an ancient tradition that has been handed down from father to son for centuries.

Set against the breathtaking expanse of the Mongolian steppe, The Eagle Huntress features some of the most aweinspiring cinematography ever captured in a documentary, giving this intimate tale of a young girl's quest the dramatic force of a narrative film.

Directed by Otto Bell, The Eagle Huntress is narrated by Daisy Ridley (Star Wars), and executive produced by Ridley and Morgan Spurlock. Director of photography is Simon Niblett. The end credits feature an inspirational new song by Sia Angel of The Wings.

Screening exclusively at Luna Leederville from 16 March

#theeaglehuntress **WIN WIN WIN**

To be in the draw to win one of ten double passes The Eagle Huntress simply send an email to win@ haveagonews.com. au with Eagle in the subject line or call the Have a Go News office during business hours on 9227 8283. Competition closes 18/3/17.









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Apples and pears - new season fruits for the heart

by Noelene Swain

THE first of this year's harvest of apples and pears are now available in-store, signalling the launch of the new season of Western Australia's favourite fruit.

In WA the apple and pear harvest occurs from February to June, commencing with the first picked varieties Galaxy apples, Red Sensation and Bartlett Red Sensation and pears... so lets get crunching!

Both apples and pears are extremely nutritious and should be an important food in our eating regime. Apples are rich in antioxidants and the soluble fibre pectin, which are both known for their heart protective capabilities. Dietary fibre aids in reducing the risk of some cancers and helps to control blood sugar levels, which is important in diabetes sufferers. Interestingly, pears are one of only two food products that are nonallergenic, making them ideal for introducing solids to babies and for people on elimination diets.

To increase your consumption of fresh fruit, simply add to your daily breakfast cereal, use as a garnish on your salad or eat an apple or pear as an in-between meal snack - you can spice things up by trying a different variety each day.

Whilst the weather is warm, store apples and pears in the fridge to ensure they keep that freshly picked crunch.

Fresh is best with WA apples and pears, yet they are just as delicious cooked in savoury and sweet dishes. Generally, the sweeter the fruit, the better it will perform in a cooked recipe. Grab an apple and pear today and enjoy this month's recipes.

Brought to you by Fresh Finesse Fresh Food Promotions - www.

Coconut baked galaxy apple wedges



Preparation: 10 minutes; cooking: 25 minutes; serves 4

- 4 Galaxy apples, peeled, quartered and cored
- 1 lemon, zest and juice
- 3 tablespoon macadamia nuts, finely chopped
- ½ cup shredded coconut
- 1 egg, lightly beaten 2 teaspoon sugar

Preparation: 10 minutes;

serves 4

Preheat the oven to 180°C and line a baking tray with non-stick baking paper. Toss the apple quarters in the lemon juice. Combine the lemon zest,

chopped macadamia nuts and coconut in a bowl. Combine the egg and sugar in another bowl and dip the apple quarters into the mixture. Allow the excess egg to drip off, then roll the apple quarters in the coconut mixture. Place on baking trav and bake for 20 - 25 minutes or until the apples are cooked and golden.

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 Bartletts. They're medium sized and are sweet and aromatic with the Red Sensation being slightly tarter.

the market for March

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, brightlooking 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 with natural yoghurt and minced garlic to taste.

Prepared by Fresh Fiwww.freshf.com.au

freshf.com.au What's fresh from

the cucumber. If the skin is tough and the seeds are large and bitter, it's best to peel and deseed it. A fantastic way to eat cucumbers is in a homemade Tzatsiki, a Greek yoghurt-based dip. Simply peel and seed one cucumber and combine

Sweetcorn: Nothing beats piping hot sweetcorn eaten straight from 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

nesse Food Promotions

Preparation: 10 minutes; cooking: 15 minutes;

Pear. avocado and rocket open

sandwiches

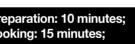
Ideal for

one...

2 slices sour dough bread ½ ripe avocado 1 ripe Bartlett pears, quartered, cored and sliced ⅓ cup baby rocket aves, was

25g shaved parmesan Freshly ground black pepper Lemon wedges, to serve

Lightly toast the sour dough bread if desired. Roughly mash avocado onto each slice and season with a pinch of salt. Top with slices of pear, rocket leaves and shaved parmesan. Grind over black pepper and serve with lemon wedges.



serves 4

1 cup ricotta cheese

1 cup grated Royal Gala apples

1 tablespoon honey

1 tablespoon chopped pecans

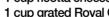
½ teaspoon cinnamon

Sprinkle of nutmeg

4 eggs, separated

Apple ricotta pikelets





½ cup white flour

1/4 cup wholemeal flour

1 teaspoon lemon juice

Natural yoghurt and fresh fruit,









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Community NOTEBOOK

VOLUNTEER DRIVERS

Home Volunteer Support. Urgently needed to transport frail aged clients Monday to Friday

between 8am and 4pm within the south west metro area.

Phone 9331 2933

BASSENDEAN MELODY CLUB

Community Hall Bassendean. Meets Fridays 10am-12pm. Sing-a-long entertainment and friendship. Phone Carol 9279 3718

JAZZ IN THE PARK BY JAZZ CLUB WA

26 March, 12.30-4pm

Enjoy the sounds of traditional and swing jazz while you relax in the sunshine, BYO picnic. Yokine Regional Open Space, Coolbinia Reserve.

CHANNEL SEVEN MANDURAH CRAB FEST.

18 and 19 March

Fresh food, live music, aquatic entertainment, competitions and much more. Free community event.

STORIES ON STAGE

With author Norman Jorgensen. Thursday 29 March at 7pm Cost \$15 includes meet and greet over supper. Koorliny Arts Centre. Contact www.koorliny.com.au 9467 7118

WA GERBERA SOCIETY AUTUMN SHOW

8 April at the South Perth Community Centre. Helen Hollett 9364 7175 hrhollett@amnet.net.au

EOS SOCIAL CLUB

Invites 50 plus singles to make new friends and enjoy a variety of social activities including a monthly social evening in South Perth. Contact Carol 9450 4686 email admin@eosclub01.com

LADIES CRAFT GROUP

First and third Friday of each month. 10am-3pm – arrive any time. Morley /Noranda Recreation Centre 85 McGilvray Ave Cost \$5. All crafts welcome, power available to all tables.

Marie 0407 083 697 email keepcalmscrapbook@gmail.com

SATURDAY NIGHT DANCE

Main floor, Melville Recreation Centre 25 March, 7.30-10.30pm Cost \$15 Music from the 60s to current day. Stan Morgillo 9330 6737 stan.morgillo@gmail.com

HARVEY HARVEST FESTIVAL (LiveLighter)

Sunday 19 March. Snell Park Harvey. A feast of the senses with arts, culture, music and entertainment.

There's something for everyone. Lisa Bevans 0401 325 595

SHIRE OF MANJIMUP

Wellness and Lifestyle Expo Monday 3 April 10am-3pm. Manjimup Town Hall. Gain information on services and groups that can support you in living a healthy happy and active

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

Volunteers needed in the Rockingham area...

SRC need people who want to have fun and bring

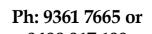
Consider volunteering with Seniors Recreation Council of WA Rockingham as they need help.

For those people interested in volunteering for the SRCWA Rockingham Branch, an information session will be held on 24 March at the Gary Holland Community Centre, 10am-12noon. Light refreshments will be provided.

For more information please call Kate on 9492 9771 or Frances 9592 7651.



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Vive La France at this year's French Film Festival

ALLIANCE Française French Film Festival 2017 returns to Luna Palace Cinemas. Now in its 28th season the festival showcontemporary cases films, documentaries and delivers audiences the very best of French cinema.



Xavier Dolan's It's Only the End of the World

With more than 40 films in this year's season there

is a great selection to choose from including: It's Only the End of the World (Juste la fin du monde), which garnered director Xavier Dolan the grand prize of the Jury at the 2016 Cannes Film Festival. The multi-award winning Things to Come (L'avenir) starring Isabelle Huppert and the deliciously comedic Slack Bay (Ma Loute). Planetarium, from writer/director Rebecca Zlotowski stars Natalie Portman and Lily-Rose Depp who portray sisters surviving as mediums in 1930s Paris.

The Odyssey (L'Odyssée), starring Lambert Wilson and Audrey Tautou as the famed oceanic adventurers Jacques-Yves and Simone Cousteau. Other films worth a look include director Anne Fontaine's haunting 1940's drama The Innocents (Les innocentes) and The Dancer (La Danseuse), the story of Loïe Fuller, the toast of the Folies Bergères which is the embodiment of the Art Nouveau movement.

The Festival runs from 15 March - 5 April with more information on session times and tickets available from www.lunapalace.com.au under festivals or alternatively www.affrenchfilmfestival.org

WIN WIN WIN

To be in the draw to win one of five double passes to the festival simply send an email to win@ haveagonews.com.au with French in the subject line or call the Have a Go News office during business hours on 9227 8283. Competition closes

A Few Less Men

hit A Few Best Men, a destination wedding in Australia's Blue Mountains goes horribly wrong when Luke gets drunk and falls off a cliff. Our boys, David (Xavier Samuel). Tom (Kris Marshall) and Graham (Kevin Bishop) suddenly find themselves transporting their friend's corpse back to London, where his grieving aunt is planning the funeral.

When their private jet crash-lands in the bush, the boys must carry the body across the treacherous landscape, resist some sexy ravers,

dodge a machete-wielding mother and handle a mix up with a giant gold penis, all in a race against time to return Luke home. Will they all survive... intact.

In cinemas 9 March

WIN WIN WIN

Thanks to Studiocanal Australia we're giving away 10 in-season double passes to A Few Less Men, to be in the draw simply email win@haveagonews. com.au or call the office on 9227 8283 during business hours. Competition closes 15/3/17.

Space thriller sure to have audiences on the edge of their seats



LIFE tells the story of the six-member crew of the International Space Station that is on the cutting edge of one of the most important discoveries in human history – the first evidence of life on Mars. As the crew begins to conduct research and their methods end up having unintended consequences, the life form proves more intelligent than anyone ever expected. Starring Jake Gyllenhaal, Rebecca Ferguson, Ryan Reynolds, Hiroyuki Sanada, Ariyon Bakare, Olga Dihovichnaya and directed by Daniel Espinosa.

In cinemas 23 March

#LifeMovie

WIN WIN WIN

To be in the draw to win one of ten double passes to the movie Life simply send an email to win@haveagonews.com.au with Life in the subject line or call the Have a Go News office during business hours on 9227 8283. Competition closes 23/3/17.

Relive the music of Elvis Presley at Perth Arena



LAUGH-OUT-LOUD

romp across Australia,

also starring Shane Ja-cobson and Ryan Corr,

A Few Less Men crashes

into cinemas nationally in

It's the hilarious se-

quel to the worldwide

March.

ELVIS PRESLEY The Wonder Of You is a triumphant celebration of Elvis Presley and his music.

The show will feature Elvis Presley on state-of-the-art screens that have been

specially designed for the arena tour, backed by a full 40-piece symphony orchestra under the baton of one of Australia's foremost musical directors, Chong Lim.

The Australian tour follows hot on the heels of the sold out 2016 arena tour in the United Kingdom, as well as the recently announced European arena shows which are selling fast.

The Elvis Presley The Wonder of You tour Perth performance will be held at Perth Arena on Friday 26 May.

Tickets for The Wonder Of You 2017 are on sale now via TICKETEK. Visit www.elvislive.com.au for information.

Disney's live action Beauty and the Beast

DISNEY'S

and the Beast is a

live-action adaptation

of the studio's ani-

mated classic which

refashions the classic characters from the tale as old as time for

a contemporary audience, staying true

to the original music,

while updating the score with several

Belle is a bright, beautiful, and inde-

pendent young woman who is taken prisoner by the Beast in

his castle. Despite her fears, she befriends the castle's enchanted staff and learns to look beyond the Beast's hideous exterior to recognise the kind heart and soul of

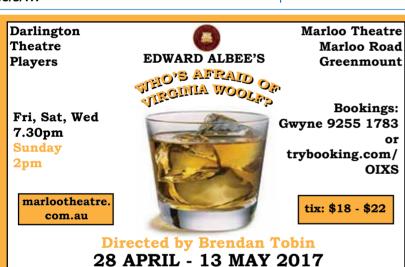
the true prince within.

action Beauty and the Beast, opens in cin-

A tale as old as time, Disney's live-

new songs.

Beauty





An exciting exhibition by our talented teachers includes March 22, 12-2pm

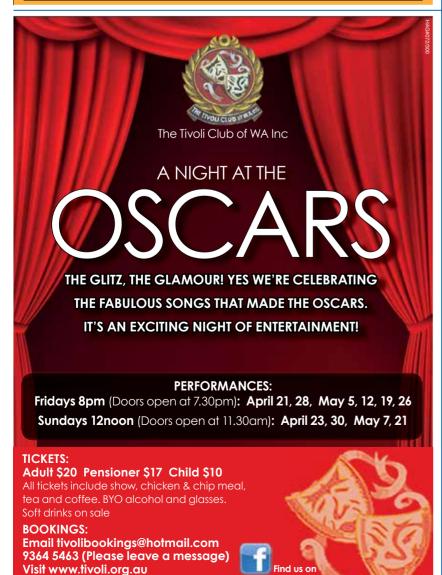
Lunch in the Gallery with 2 of our teachers, Natalie Zuchetti and Bridget Seaton

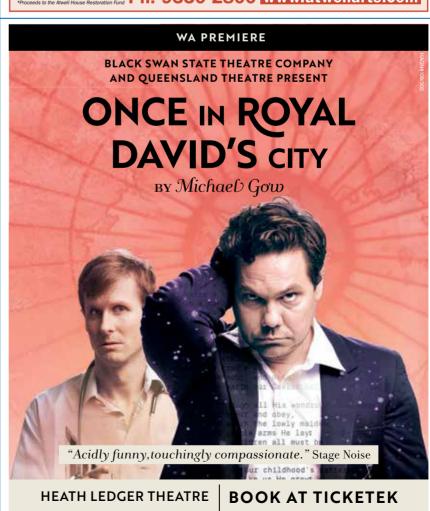
March 27 - April 2

"Art for the Soul" exhibition with Isabel Pease, Luzanne White and Sa Silvano "three intuitive artists who express their soul's delight and creativity through the medium of acrylics".

ATWELL GALLERY AT ATWELL ARTS CENTRE verside location on bus route - Plenty of parking - air conditione 586 Canning Hwy, (Cnr North Lake) Alfred Cove

Ph: 9330 2800 www.atwellarts.com





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CONC/GROUP 8+ \$66.00

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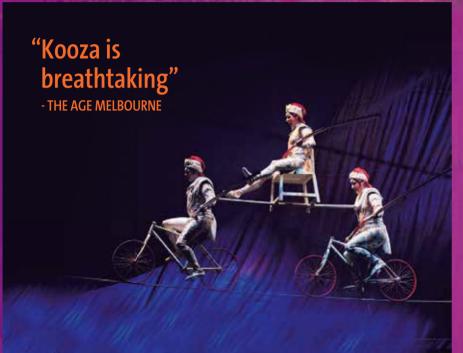
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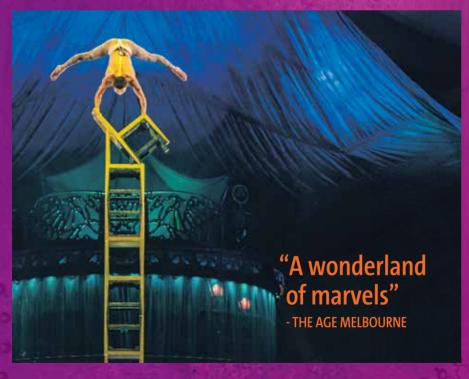
emas on 23 March. **WIN WIN WIN** To be in the draw to win one of 10 double passes to Disney's Beauty and the Beast simply email win@ haveagonews.com. au with Beast in the subject line or call the office during business hours on 9227 8283 to enter the competition.

Competition closes 20/3/17.











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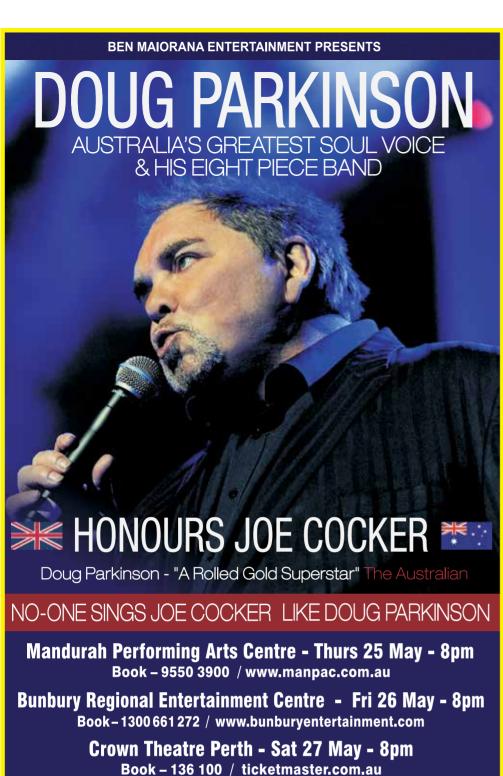




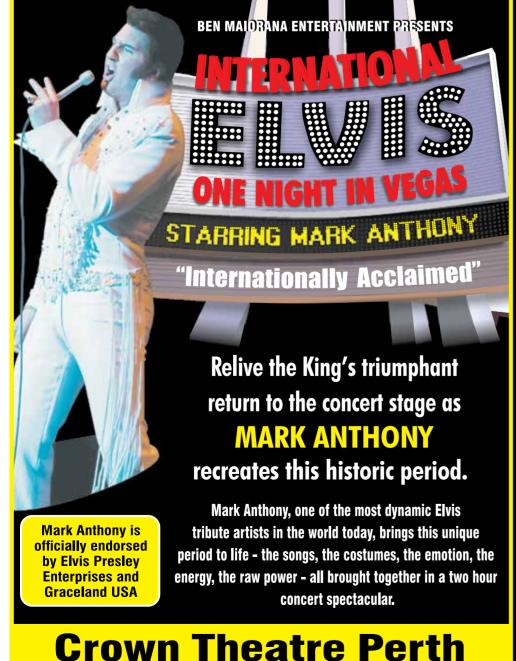


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Saturday 8 July 2017 - 8pm Book now at ticketmaster.com.au or 136 100 Groups 8+ call 1300 889 278 or email groups@ticketmaster.com.au



Celebrated Moscow Ballet brings its renowned classical ballet Swan Lake back to WA



FOLLOWING their 2015 sell-out performances of Sleeping Beauty, the Moscow Ballet - La Classique makes a triumphant return to Australia in March and April presenting their spectacular and critically-acclaimed the performance of

spellbinding classical romance Swan Lake presented by Grand International Concerts.

Current artistic director Elik Melikov established the company in 1990. It is sponsored by the Moscow Government and will bring this classical two-

act ballet to life with superb dancing skills, lavish costumes and magnificent stage sets.

It has been said that the greatest success of Russian theatre is undoubtedly classical ballet and this production is sure to please ballet lovers.

Swan Lake is renowned as the most splendid ballet of all time and is brought to life by composer Pyotr Tchaikovsky's spectacular masterpiece score.

From scenes of the moonlit lake where elegant swans silently glide, to the magnificent opulence of the palace ballroom, Odile, the temptress in a cloud of black tulle provides a ravishing counterpoint to the purity and innocence of the beautiful swan queen Odette. This fairy tale story conveys all the drama of a tragic romance.

Principal dancers Idaliya Nazmutdinova, Nadezhda Illarionova, Sergey Kuptsov, Irina Tiablikova, Mikhail Vasilev, Olena Antsupova and Alexander Tarasov are all outstanding in their respective roles as company soloists.

dein Constantly mand, Moscow Ballet -La Classique has thrilled ballet lovers over the past few years with successful tours in Italy, Morocco, Spain, Egypt, Austria,

1920s?

Norway, Taiwan, China, France, Switzerland, Australia, New Zealand and the UK.

Moscow Ballet – La Classique presents Swan Lake in regional centres:

Mandurah Performing Arts Centre on Thursday 30 March bookings: 9550 3900.

Bunbury Regional Entertainment Centre on Friday 31 March - bookings: 1300 661 272

Albany Entertainment Centre on Sunday 2 April bookings: 9844 5000.

The Perth performance will be on Saturday 1 April, at the Regal Theatre with bookings available at 132 849 or www.ticketek. com.au

Anniversary concert launches Pipe Organ Plus 2017 series

FREMANTLE organist Dominic Perissinotto will launch his 2017 Pipe Organ Plus concert series on Saturday, 18 March at 7.30pm in the Basilica of St Patrick, Fremantle with a spectacular evening combining organ music with the harmonic voices of the Winthrop Sing-

This year marks the tenth anniversary of The Winthrop Singers and the 17th concert season for Pipe Organ Plus. The anniversary concert program will combine organ and choral favourites with music by Haydn, Mendelssohn, Howells, Handel and Stanford.

The combination of a choir with the organ will sparkle in the Basilica's grand acoustics, ideally suited to the beautiful music on this programme," Dominic said.

"I am delighted to have The Winthrop Singers returning to my Pipe Organ Plus series. Their singing, under Nicholas Bannan's conducting, is joyous and vibrant, bringing the music to life.

Our anniversary program includes some of the alltime favourites of choral and organ music, with pieces bound to inspire and excite.'

Winthrop Singers conductor Nicholas Bannan (Duncraig) said the 30-50 member-strong choir will make an exhilarating sound in the Basilica.

"Our home base at St George's College is a significantly smaller space, so being able to unleash the full potential of an expanded choir, including the mature voices of alumni, in conjunction in with the magnificent organs under Dominic Perissinotto's expert play-

ing, is very exciting," Mr Bannan said.

The Winthrop Singers were formed in February 2007 in a partnership between the School of Music and St George's College at the University of Western Australia in Perth. For bookings visit www.trybooking. com/OODY

WIN WIN WIN

To be in the draw to win one of two double passes to the concert on 18 March simply email win@ haveagonews.com.au with Pipe Organ in the subject line or call the office during business hours on 9227 8283. Competition closes 15/3/17.

Classical Embrace

Soprano Petrina Bishop,

'Rising Star' Katie Price

& Australia's pre-eminent

accompanist David Wickham

will join for a very special concert.

www.akannaentertainment.com.au 🖁

'Showcasing Rising Star Katie Price'

Sunday 26 March, 2pm

Venue: Cottesloe Civic Centre

Tickets: \$25

TryBooking: https://www.trybooking.com/OBYJ

A new heartfelt Australian production for Black Swan State Theatre



Once in Royal David's City actors Adam Booth and Jason Klarwein © Robert Frith

FACED with loss, do we rage against the universe, search for connection or hope for an epiphany?

On the beaches of South Wales, New Brecht-obsessed theatre director Will has planned to share a restful, halcyon Christmas with his recently widowed mother.

But then she unexpectedly falls seriously ill. During a bedside vigil. Will is forced to piece together the splintered shards of his own life. Angry and bewildered. he questions his role as an artist, a son and his place in a world where his dreams and ambitions appear forsaken.

Once in Royal David's City is a heartfelt piece by Australian playwright Michael Gow and is directed by Queensland Theatre's new artistic director Sam Strong.

It marks Black Swan State Theatre's next exciting collaboration with this company. Intimate and sweeping, balancing warmth with wrath, Once In Royal David's City is a life-affirming story about family, loss, purpose, politics and the endless possibilities of art.

The includes cast Adam Booth, Penny Everingham, Emma Jackson, Jason Klar-Toni Scanlan, wein. Adam Sollis, Kaye Ste-

venson and Steve Turner.

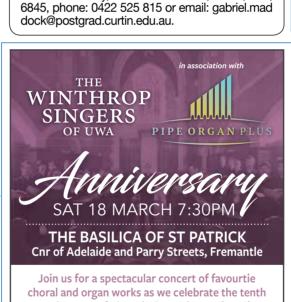
Playing at the Heath Ledger Theatre at the State Theatre of WA from 25 March to 9 April this will be a highlight in the Perth live theatre calen-

Prices: \$34 to \$87.50 with bookings via Ticketek 1300 795 012.

WIN WIN WIN

To be in the draw to win one of three double passes to see Once in Royal David's City at the State Theatre Centre on 25 March simply email win@ haveagonews.com.au with David in the subject line or call the office during business hours on 92278283 to enter. Competition closes 20/10/07.





Information wanted: WA

carnivals and amusement

parks in the 1920s?

DO you have any family stories or historical ar-

tifacts related to local amusement parks in the

Gabriel Maddock is seeking information for her

PhD thesis which will explore the history and sig-

nificance of carnivals in Perth and Fremantle such

as White City, Uglieland, and Coo-ee City. Once

complete, the thesis will be available through

Contact: Gabriel Maddock, c/o Anna Haebich,

Curtin University, GPO Box U1987, Perth. WA.

the Curtin University library.









Seeking a Friend

ASIAN caring lady, 65, semi-retired. NS, NG. ND, positive, healthy lifestyle, enjoys swimming, gardening, movies, music and travelling. Seeking a gent life long friend with same values. ALA.

Reply Box 7432

AUSSIE male, fit, healthy, happy attitude, 59, NS, SD, I enjoy all the good things in life. WLTM a similar lady.

Reply Box 7427

AUST gent still searching for Aust born lady with good nature and happy outlook to start over again. I'm 76, live in Fremantle, happy, caring, no hangups, life is for living and to enjoy!

Reply Box 7426

SOLUTIONS MATCHMAKING

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FLOREAT LADY 70 fun loving, affectionate, slim, blue

eyed blond, wid, o/door person, loves the beach,

Sailing, camping, c'van travel, cooking, footy.

Sk d.t.earth aussie aent 67-75

MINDARIE LADY 72 looks 60. Very slim, petite, pretty grn

eyed blond, girlish, bright, educated, creative, full of life

& vitality. Sk funloving, intell man w/ gd character 68-78.

SOUTH RIVER LADY 58 very pretty, Filipina, young, slim,

petite figure, kind, educated, feminine, indep. Sk bright,

o/going man 55-63 wanting love & togetherness.

SORRENTO LADY 69 lovely blue eved brunette slim

beautifully grmd, gentle, ladylike, reliable, friendly, enj

various social & home interests. Sk retired gent who has

time for a r'shp.

GUILDFORD LADY 68 slim, petite, grn eyed brunette,

natural, d.t.earth, natural, country girl, animal lover,

honest, reliable, not high maintenance. Sk simple,

peaceful life w/ gent 66+

MYAREE GENT 70 Tall, fit, nice looking, ret educated

prof, very active, academic, thoughtful, conservative,

friendly, social, christian o/look, sk genuine lady 62-72.

DIANELLA GENT 74 jovial Englishman w/ a heart of

gold. Generous, kind, clean living, fin secure, content &

happy life. SK sincere, Asian/aust lady 60 plus.

ROLEYSTONE GENT 76 fit & healthy, good company,

GSOH, tidy & well spoken/grmd, enj exercise, is an

unskilled dancer, loves music, social & active.

Sk ladyfriend 72-78.

HALLS HEAD GENT 71 confident, happy-go-lucky, out-

going, kind & considerate, loves people, socialising, enj

travel by c'van or plane, sk loving lady 62-72 any nat.

AUST lady 70+, slim, active, various interests, NS, SD, ALA, GSOH, loves 60s music. If honest and caring please answer. WLTM over coffee.

Reply Box 7431

AUST widow, attractive, active, loving, sincere, own home, fin secure, WLTM tall, slim, healthy gent, 76, NS, love, travel, music, garden, animals, dine in/out for closeness, companionship, together-

Reply Box 7405

BRIGHT blue-eyed gent, late 60s, medium build, outgoing, enjoys dancing, music, outdoors, gardening, walking. I'm easy-going, DTE, NS, GSOH, WLTM presentable, affectionate lady over a coffee and chat. See where this leads. I'm 5'4" tall

Reply Box 7423

Visit Have a Go News online: www.haveagonews.com.au

EASY going, slim, sincere lady, NOR, WLTM gent 75+ who likes music, theatre, dance, quiet times, GSOH, company, conver-

sation, fin sec.

Reply Box 7419

GENT 75, postcode 6225, healthy, slim, caring, physically active, cycling, hobby farm, likes animals, nature, woodwork, art, NS, SD, has dog, chickens, sheep, into country life. WLTM happy, attrackind. affectionate lady with similar interests, friend, lover, lives southwest.

Postcode

Reply Box 7416

GENT UK/Australian, 180cm tall, 67, present-able, educated, VGSOH, NS, SD, interests; gym, coastal walking, beach, family, seeks slim to medium build, attractive, NS, lady to 65, companion, travel, maybe relationship later. Northern suburbs preferred. Discuss situation over a coffee.

Reply Box 7422

GOOD looking lady, 59, medium build, NS, SD, GSOH. Loves music, outdoor activities, intelligent conversation. WLTM well presented gent with similar interests for sincere friendship, possible relationship.

Reply Box 7430

HAPPY guy, 66, med build, 5'6", fit, available. Loves movies, music etc. Seeks lady 50s. Come on ladies start this year with happy man. Give me a try. Photo appreciated. Goodbye to being lonely.

Reply Box 7406

I AM 52, lady, widow, seeking friend, partner. GSOH, NS, SD, TLC, living in Denmark, WA, own home, no longer working, have grown up son. WLTM man 50-67.

Reply Box 7408

LADIES are you fed up with having coffee with the wrong guys? Call me I'm different. Gent in my 60s, WLTM lady for occasional coffee meetings, minimum 165cm tall, maximum of 60kg, SOR, NS, ND, ALA.

Reply Box 7425

LADY 5'6", slim, SOR, GSOH, NS, enjoys country life, loves animals, walking dogs, well travelled and educated, seeks gent who is kind to enjoy life with.

Reply Box 7424

LADY 62, active, happy, healthy, loves bushwalks, nature, movies, garden, camping, travel. Looking for gent 60-66, similar interests and wanting to laugh, love and enjoy life, SOR, NS.

Reply Box 7415

LADY 70 WLTM gent 68+, who like me is still hoping to meet their soul mate. Must be honest, caring, camping, bush, beach, up front, GSOH, NS, DTE, crayfish, enjoys life, travel, out-WLTM similar lady, 60s-70s to spend quality doors, caravanning, positive, no baggage. Quiet companionship together. I would tend to pamper the times if you have been there and done that you right lady. have not done it with me so come on have a go.

LADY 75+, young at heart who enjoys life. I like outings, drives, reading, dancing and walking, and would love to meet a gentleman to share some simple pleasures. Let's meet for coffee.

Reply Box 7433

Reply Box 7410

MATURE gent, widower, own home, sincere, caring, lots of TLC, SOR, GŠOH, NS, SD, NG, would love to meet homely lady with similar attributes for friendship and long term relationship, if compatible let's meet for coffee.

Reply Box 7412

MIXED friendship group, no fees, for active seniors under 70. Meet SOR monthly to plan social outings all areas, eg ten pin bowling, picnics, movies, concerts, local theatres. Landline preferred, mobile okay.

Reply Box 7413

WANTED; sincere gentleman to accompany lady for movies, dining, country drives, markets, museums, shows. If compatible maybe more. I'm early 60s, medium build, NS, GSOH, sincere, gentle nature, happy. But missing a nice man's company.

Seeking a Partner

AUST gent, 70+, medium build, fit, healthy, 5'8", NS, SD, GSOH, NG, love country music, dancing and most things. WLTM lady with similar tastes living Kelmscott, Armadale or near. Let's talk over cof-

Reply Box 7421

ENGLISH Australian lady 68, young at heart, looking for UK gent, all-rounder, top family man, educated, kind, loving heart, caring, adventurous, own home, Pommy sense of humour. loves animals. compassionate, spiritual person, DTE.

Reply Box 7414

GENT 71 NS, SD, DTE, GSOH, enjoys guitar, landscaping, my home,

Reply Box 7420

adventurous,

GENT 72, NS, ND, NG, TLC, GSOH. Enjoys 50s/60s music, romantic films, a home body, placid nature, outdoors, studying ancient history as hobby Looking for a like minded lady who cares for herself for permanent relation-

Reply Box 7407

Reply Box 7428

I AM here so come and find me. Lady, 70, still waiting for that special guy who is genuine, sincere, honest, up front, 68-76, NS, GSOH, loves life and all it still has to offer, and so much more you will never know if you don't have a go. Don't hesitate before it's too late. ALA.

LADY 68, attractive, well presented, medium build, educated, UK born, GSOH, DTE, ND, own home, fin sec, SOR. Interests; socialising, reading, walking, gardening, coutry drives. WLTM sincere. caring gentleman, 65-72, genuine replies only. Photo appreciated. ALÁ.

Reply Box 7411

LADY 70+ caring, enjoys family life, social outings, gardening. WLTM gent with GSOH, NS, SD in metro area

Reply Box 7418

WIDOWER 68 smoker seeks slim, healthy Australian lady without baggage, view to permanent relationship and travel Australia. My postcode 6056. Janice, FTF reply box 7359 from the January edition of Have a Go News, you didn't supply contact details.

Reply Box 7417

Seeking a Travel Companion

SENIOR lady would like to contact senior lady interested in sharing state room on short cruise in 2017 etc Coral Coast, Fly cruise Singapore Fremantle, likes mixing activities, NS, SD.

Reply Box 7409

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care

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:

West Leederville WA 6901.

Obtaining replies to your Friend to Friend

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.

Do you need a companion or friend? Don't be lonely in 2017. Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

Friend to Friend: When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100

c/- Friend to Friend,

PO Box 1042, West Leederville, WA 6901. (example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B

(measures approx. 14 x 9cm). No greeting cards or bulky items.

All replies will be forwarded at the end of each

All replies are strictly confidential and are not

Replies must be in response to reply boxes no older than three months.





Join us online: www.haveagonews.com.au



Have a Go News is now available from **Mandurah Visitor Centre located at** 75 Mandurah Terrace, Mandurah







SCENE SOCIALLY























SCENE (1): VINCE Garreffa officially launched his book The Flesh In My Life on 6 February at the Perth Arena. More than 500 people attended the event. Vince spent much of the function signing books for people. During his speech he told the audience of his love for helping people and how much better his life had become since he began raising money for Lifeline. Vince has raised thousands of dollars for the organisation and proceeds from the book also go to the cause. The book tells of his life and is sprinkled with recipes. See page 51 for details about how to purchase the book.

SCENE (1): Seen, top row, from left to right; Vince and Anne Garreffa - Russell and Carol Bramston - Graham and Merle Mabury - Mike Scott, Sabine Treder and Soren Koberstein - Mireille Tewfik, Gillian Huo, Helen Morris - John Bradbury, Moraig and Carlo Ricuperio. Second row, from left; Alun Bartsch and Gail Williams - Quentin Smythe and Denise Cheir - Albert Pisconeri and Mark Young - Sophie Budd, Michael Tamburri and Carmelo Musca



SCENE (2): ADVOCARE launched its The Move Into Aged Care website on Thursday 23 February to help people and their families with information and resources in relation to the transition into aged care. The Minister for Aged Care and Indigenous Health Hon Ken Wyatt officially launched the website and was available for a question and answer session about this important sector of public health. Seen there were:

SCENE (2): Seen, top row, from left to right; Advocare CEO Greg Mahney with Minister Ken Wyatt.

Second row, from left to right; Margaret Quirk MLA -Christine Allen, Deborah Rose and Michelle de Ranchi - Kylie Pratt and Katrina Mckinley.

Third row, from left to right; Rhonda Parker with Todd Jemenson - Hazel Mangazva with Barbara Ball -The-













Enjoy some Unforgettable L.O.V.E. at the Ellington

WE pass our love for music onto our children and onto our children's children.

So it was with the late Valentine Dennis (1927 -2004) whose love for the music of Nat King Cole continues with his grandson, entertainer Jake Dennis who is proud to present Unforgettable L.O.V.E. - a tribute to Nat King Cole and his daughter Natalie Cole which co-stars soul singer Marian Berege.

"My grandfather used to listen to Natalie Cole's tribute album to her father, Unforgettable, with Love, over and over," remembers Jake. "It brought him joyous memories. The familiar music cut like light through the darkness of his dementia."

Affected by his grandfather's infectious fondness for jazz, Jake attended Natalie Cole's concert at the Convention Centre's opening which served to further inspire him at 13 years of age to begin a jazz career of his own.

Having since performed at sold out cabarets at His Majesty's Theatre, Fringe World, Don Russell, Kalamunda, Mandurah and Subiaco Performing Arts Centres, Jake had always planned to eventually create a Nat King Cole show.

After Natalie Cole's death on 31 December 2015, Jake was determined to expand the show to include Natalie Cole and the lead female singer from his father's band Soul Corporation (yes, it's

quite a musical family).

Covering classics like *Mona Lisa*, *Nature Boy*, and the show's title songs, Unforgettable L.O.V.E. it promises to be a romantic show which Jake hopes will light up memories for all who attend.

The show plays at the Ellington Jazz Club from 3-6pm on Sunday 9 April.

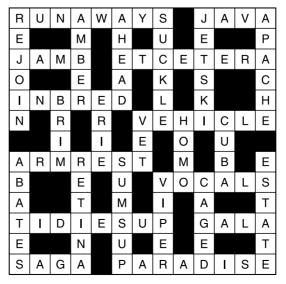
Tickets for Unforgettable L.O.V.E. can be purchased from www.ellingtonjazz.com.au/event/ unforgettable-love-with-jake-dennis-and-marian-

SCENE (3): A NEW intergenerational playgroup for the Mundaring community, has been launched at Baptistcare Yallambee residential care facility.

The playgroup brings elderly people from the Yallambee residential care facility, parents and young children together for quality interaction through activities and playtime for a few hours each week. "We encourage anyone to come along and be a part of it. If you have any talents, piano playing or dancing with kids, anything like that would be an amazing help. Donations will never go astray, we can always get new and better things for the kids and residents," said coordinator Ms Clark. For more information visit www.baptistcare.com.au.

SCENE (3): Seen left to right: Larissa Clark, Karen Beale, Baptistcare Yallambee resident June, James Townley and Karissa Donaghey at the playgroup launch with some of the toys supplied through Mundaring Community Bank's community grant.

#300 March edition PUZZLES Solutions



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

Wheel Words

Solution: Baud, Beau, Cube, Cued, Curb, Curd, Cure, Daub, Drub, Ecru, Rude, Rued, Urea, Crude, Cubed, Cured, Deuce, Educe, Redub, Curbed, Dauber, Dubber, Earbud, Reduce, Rubbed, Barbecue. 9-letter word: BARBECUED

Alphabet Soup: Solution: Darts, Pontoon, Mah Jong, Yahtzee, Quoits, Poker, Whist, Fives, Chess, Mar-



A friendly visitor makes all the difference

The Community Visitors Scheme (CVS) is a free service, connecting caring and enthusiastic volunteers with people who live in their own home, don't have regular contact with family or friends, and are receiving services through a Home Care Package.

Through regular social visits the volunteer provides companionship and friendship, which may include sharing a chat and cuppa, reminiscing, reading or listening to music.

Anna and Jodie met through the Red Cross Community Visitors Scheme (CVS).

Anna lives on her own and was looking for someone to visit regularly and have a chat.

Jodie is a CVS volunteer – she visits Anna once a fortnight and together they enjoy a chat and a cuppa, and their love of card making and reading.



For more information about the Community Visitors Scheme please call the Coordinator on 9225 8848



