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WA's solo sailor drops anchor



WA's solo sailor Jon Sanders celebrates his 10th world circumnavigation © Royal Perth Yacht Club

by Lee Tate

JON Sanders, who has had the wind in his sails for more than 70 years, earning him boat loads of sailing world records, believes keeping active is central to a contented life.

"At least it is for me," says Jon at Royal Perth Yacht Club, home to his history-making, blue-hulled yacht.

"People in retirement should do what suits them. Jump in the car and drive around Australia; or go on the *Queen Mary 2*; or the *Ghan*. But you do need to do something physical," says the living legend.

Coming up for 79, the oldest person to circumnavigate the world and

the only person to do it 10 times, Jon has set a simple course to sail to his final sunset. Merely to stay active, sailing only locally and leisurely.

Asked how he'd like to be remembered, Jon says: "I don't know how I'll be treated when I'm gone. I'm not like that. I suppose I might be a bit of a legend for a while. And then I won't."

In the world of sailors there are the elite, the super sailors and the legends. Jon qualifies as all three.

There are few ports, even the remotest spots around the world, where Jon Sanders isn't recognised and hailed. He's sailed into ports so many times, he can do it with his

eyes shut.

"I sleep at night while sailing," he confirms. "My body clock wakes me every 20 minutes to check the instruments."

These days, Jon's boat, *Perle Banou II*, is fitted with technology that detects and reports nearby ships or fishing boats.

"Where I mostly go, near islands, there's not much traffic. But you always have to be aware of boats. There are more fishing boats, I reckon, than there are fish."

Jon sights plenty of whales and believes they're growing in numbers.

On his latest circumnavigation feat, Jon sailed for 15 months over 28,844 nautical miles.

"This one was easy," he says, choosing to take his time.

Before he got his sturdy sea legs, Jon was a wool classer, sub-contracting his outfit to WA's big sheep stations.

Then a landlubber, he used his money to dabble with boats until his hobby steered him out to sea. His mostly solo existence, far away from civilisation and at the fate of the elements, was led by his passion for new horizons.

But he's not a recluse. "I like being with people, but in what I do on a boat of my size (13m) it's a bit tight for others to come."

"I enjoy sailing with the crews bringing boats to

Australia from Japan or Hong Kong or Indonesia," he said. Jon says his life's choice wasn't conducive to marriage and he's remained single.

Jon won't touch alcohol while sailing but says he enjoys a beer and a restaurant meal while catching up with people after he comes into a port.

His sailing life is frugal; something light to nibble for breakfast and during the day but making himself an evening meal.

"It's mostly canned or packaged. I make a point of having greens and healthy food," he says.

With a heart scare behind him, Jon is feeling his ageing bones but is committed to being as active as possible. He accepts what the proverbial tide washes in and paces himself.

Jon keeps in touch with another West Aussie solo-sailor, David Dicks, the youngest man to circumnavigate the world.

"He sometimes helps me with the boat," Jon says of the younger man he inspired.

David is now a commercial helicopter pilot, flying passengers from a luxury Kimberley cruise boat to tourist hotspots. David, father-of-three, follows in the family tradition with his dad, mum and sister all flyers.

In honour of a triple-circumnavigation, the Royal Perth Yacht Club awarded Jon its inaugural James Cook Award, a gold medalion for sailors who have performed 'rare and exceptional feats of seamanship and navigation'.

The club supports its world-honoured member, arranging advance moorings for him around the world, handling arrangements for his various attempts and assisting with the media. Various companies provide Jon with materials including Rolly Tasker sails and from B & G, his major sponsor, more than \$40,000 in electronic equipment, including his navigation system.

continued on page 8

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From the editor's desk



I VISITED the Swan Park Leisure Centre this month to interview 85-year-old Marguerite Petit for our inaugural Active Ageing guide which is contained in this issue. I was pleasantly surprised to see so many over 50s at the gym. I even ran into our journalist Frank Smith's wife Mary-Helen who was working out. It's so inspiring seeing so many people getting out and having a go! There is lots of great information contained in the Active Ageing liftout; all designed to encourage healthy ageing.

I came across a great community initiative called Repair Café Perth recently. The idea is to minimise waste, strengthen community

and to discourage the culture of discarding broken items by offering a repair market. This is held every third Saturday at Academy Cafe in Hawaiian's Mezz at 148 Scarborough Beach Road in Mount Hawthorn. People can bring along broken items which can include clothes, bikes, small furniture and jewellery. Basically if you can carry the item, you can bring it along for repair. It's a wonderful idea and they are always on the lookout for more volunteers, so if you would like to get involved or have something fixed visit www.repaircafeperth.org for more information or turn up on the day.

This month we begin a series of stories shaped around 'charity begins at home'. We will be looking at the programs that local charities are offering in our own backyard. We've kicked off with the Save the Children fund who are running various initiatives throughout WA. See page 5 for this story.

The Citipace Com-

munity Centre which is upstairs at the Perth Railway Station is planning lots of events for the year. On 19 March they will hold a 50 cent book sale and have hundreds of books to sell. The centre's supervisor Bonny is also keen to hear from any entertainers, musicians or poets who could offer their services during National Volunteer Week from 21 - 27 May. They will be running free high teas in the afternoon for volunteers around the city and would love to include some entertainment. Please call Bonny on 9461 3552 for details.

Our *Living Histories* program offers clubs and groups a talk covering the project which has seen hundreds of people share their stories of what life was like for them in WA in the 1950s and 60s. In the talk we cover these decades and provide tips on writing your own piece of history. If you would like to book a talk, please call the office on 9227 8283 or email Tahlia@haveagonews.com.au.

I hope you enjoy our bumper issue and don't forget to visit the *Have a Go News* website which is updated daily with stories, information and competitions that we can't always fit into the paper. Stay well and happy.

Jennifer Merigan
Editor
jen@haveagonews.com.au
www.haveagonews.com.au

Great West Aussies - Did you know?

FIONA Stanley (with a hospital named after her) is recognised worldwide for her major contributions to combat childhood illness. As well as her WA education and training, the Australian of Year in 2003 trained in epidemiology, biostatistics and public health in Britain and the US.

Have a Go News Quick Quiz

1. Julie Bishop represents which electorate?
2. Which international group finds home accommodation for travellers?
3. Where are WA's Railway Stakes held?
4. Who does Samantha Jade resemble?
5. Which bank owns BankWest?
6. What building houses the State Library Theatre?
7. Which body oversees WA's environmental enforcement?
8. Which Perth hospital has a regal name?
9. Which major park has a regal name?
10. Which Perth suburb is a maritime hub?

See page 16 for answers.

Word of the month

Quiddle
Verb

An old 17th-century word from New England, variously used to mean 'to play with something idly,' 'to talk at great length about something trivial,' or 'to fuss over inessential, unimportant things.'

Urban slang

Woke - being aware of the social and political environments regarding all demographics and socio-economic standings. After seeing that someone is completely clueless to the latest political mess: I can't believe she doesn't know what's going on, or why it's a problem. She is so not woke.

Quote of the month

"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." **Andy Rooney**

Ageing research snippet

IT'S time to start thinking about your flu vaccine and this year the Federal Government will provide two new 'enhanced' flu vaccines for free to people aged 65 and over. Following last year's 'horrific' flu season the chief medical officer, Professor Brendan Murphy, believes the new enhanced vaccines will be more effective. The vaccine will be available from April and are specifically targeted at the strains, in particular the mutation, that was prevalent last year.

Funny historical fact

OXFORD University in England once had a rule forbidding students to bring bows and arrows into class.

Find the word - win a \$200 shopping voucher

FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles or IGA gift voucher.

There are 11 advertisements in this issue including in the Active Ageing Liftout which contain a blue circled letter for the Ad Words promotion.

Find the 11 letters to make up the word and then send your entry in to be in the draw to win.

Look out for these advertisements in sequential order in the March edition and the Active Ageing Liftout to discover the blue circled letter to make up the Ad Word.

1. Three Dimensional Healing
2. Attune Hearing
3. Helloworld
4. Memory Nurture
5. Colliers International
6. The Professionals Wellstead
7. Atwell Arts Centre
8. Skids Swimwear
9. City of Cockburn
10. Care Partnerships
11. Bold Park Aquatic Centre

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/03/18.

Congratulations to Gael Brown our December 2017 winner.

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- Old Silver items
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Doing it his way - Basil Zempilas talks about work, family and sport



Left to right; Basil Zempilas, wife Amy, children Ava, Chloe, and Anthony
© Sarah Fong - Basil Zempilas

by Lee Tate

BASIL Zempilas says he has a funny name, a big nose and an unusual face. Hardly attributes for a national television presenter. But he is poised for even bigger things.

Baz has survived, prospered and now boomed in front of national TV cameras, winning over mass audiences with his personality, smooth delivery and man-next-door touch.

No-one has done it quite like Baz. And he's truly done it his way.

"I think it's a mistake trying to pretend you are somebody you're not," he says simply.

When I track him down interstate, Baz (everyone calls him Baz) is on yet another sports assignment while swatting-up on sports happenings around the world.

As Channel 7's national sports presenter, Baz has to cover an enormous range of events that form the basis for extremely important happenings in the lives of millions – sports. He's up there to be analysed, scrutinised and judged. How does he do it?

"I have an intense swatting period every January, for example, of tennis. And as it gets closer to the Olympics, I'll have a different focus and, of course, there's a football focus as we approach the season," he says.

"I also present sports news on nightly televi-

sion, so that helps keep me informed."

Baz says he also has a thick skin and can laugh at himself.

Turning 47 in July, Baz has put in the years, the sweat and the focus. Somehow he makes it seem like a breeze.

"It helps that my hobby is also my work. Truly, I am lucky," he says.

Baz says no-one is more supportive than Amy, his wife and mother of their three children, Ava, 7, Chloe 4 and Anthony six months.

"Every husband thinks his wife is incred-

ible but Amy really is that and extremely capable.

I was away for 10 days covering the world swimming championships last year just after Anthony's birth and Amy was juggling a newborn and the girls and doing everything else. I really appreciate and love her for how she does that.

"She didn't miss a beat."

Baz is in and out of home every working day which begins with a 4.30am walk from his home to 6PR's studios where he's a breakfast radio commentator.

He gets home about

9.30am to catch-up with Amy and kids and do a couple of hours of homework before leaving for Seven's studios.

Usually home by 7pm, Baz gets the children to bed, catching-up with their stories.

He's away at weekends, co-hosting *Weekend Sunrise* and covering the things that dominate his busy life – sports.

"When I started media courses, I wasn't desperate to become a sports journalist but when handing out assignments lecturers knew I was playing footy for West Perth would say: "Basil, you know something about sport you can cover that."

"It was probably an advantage."

Baz was named as one of the best players in his side and noted by Eagles talent scouts.

It was Baz's destiny. And he has made a fist of it, slipping into commentary on footy, tennis, swimming and myriad elite-level sports.

Baz's timing was perfect, stepping into roles occupied by the legendary Dennis Cometti.

On our screens, Baz, doesn't come across as egotistical, excessively facts-filled or intrusive in our lounge rooms.

"I'm just me. I think the person you see in the queue at the shops should be the same person you see on TV."

"I'm both a dork and a dog."

In Basil's media evolution, he has been able to embrace general current affairs topics as well as sports, firstly on breakfast radio and now on breakfast television.

Baz's life is rich, professionally and personally, not least because of his proud Greek roots.

Baz's mum, Jessie, was born on the Greek island Kastellorizo where Baz and Amy were married. Baz's dad, Anthony, born in Perth, also has Greek heritage.

The Zempilas families regularly visit each other. Baz has two sisters, Diane, and Roslyn.

Baz, by all accounts, was a cheerful pupil at Floreat Park Primary School before attending Hale School.

After school he played footy for West Perth. He went on to Murdoch University, graduating with a Bachelor of Arts degree and a double major in Communications and English and Comparative Literature. Baz also picked-up a Graduate Diploma of Journalism.

In his final university year, Baz began reporting for the *Sunday Times*; working as a casual covering athletics at Perry Lakes Stadium.

He was a volunteer radio broadcaster on RTRFM, a writer for *Westside Football* and editor of new junior sports newspaper, *Rookies Review*.

In 1994 Baz became a

Seven sports reporter in what's been a 24-year marathon. Baz says it seems more like a sprint.

Baz wrote the best news story for the WA footy media awards for a story about the Melbourne Football Club being thrown out of a West Coast Eagles closed training session and twice won the Geoff Christian Medal for Excellence.

He hosted *Basil's Footy Show* and took over when Cometti switched to Nine.

A Telethon regular, Baz was chosen as host on the retirement of Jeff Newman.

In the 90s Baz hosted *Glory Days* and he hosted and called Perth Wildcats home games. He also hosted magazine program *Time Out*. In 2001 Baz hosted *Perth at Five* with Yvette Mooney.

Master of ceremonies at the Melbourne

Cup, he has hosted WA Sports Star of the Year Award since 2001. Baz is a member of both West Coast and Fremantle.

In 2004, a portrait of Baz by Perth artist Melinda Mackay was entered in the Archibald Prize. In the same year he featured in *Cleo's* 50 Most Eligible Bachelors.

Yes, Baz has made it. And he's deeply rooted in Perth. But can it last? Would he leave Perth for an even greater television role that, likely, is ahead?

"I love Perth. We'd be happy to spend the rest of our lives in Perth. Would I look at something much bigger outside of WA? All I can say is who knows what might happen? I'll just keep going. I'll just be me," he said.

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The Intergenerational Playgroup Service is provided by Playgroup WA and funded by the State Government through the Department of Local Government and Communities.



Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor,
I LOVED the final paragraph from Rick Steele's February *Have a Go* column which quoted the person who wrote on social media that she never got married because: "There was no need. I have three pets at home that answer the same purpose as a husband. I have a dog that growls every morning. A parrot that swears all afternoon and a cat that comes home late at night."
This immediately reminded me of someone who may well have uttered these words but on deeper reflection I became more and more convinced that she is not actually on Facebook.

Ian Campbell
Armadale

Dear Editor,
WATCHING TV 7 *Today Tonight*, about the iron-ore trucks working without a driver it brought back a few memories of yesteryear 1967/9 when I worked at the Tom Price mine.
My first job was as a 100 ton ore truck driver, as I was already a truckie I was put on the articulated vehicles, a real hair raiser.
We worked a 10-hour day, 60 hour week – a more boring job would be hard to find, upload four bucket loads then away to the crusher, twelve-fifteen round trips a day.

I was then offered the fuel tanker, refuelling all machines on site sometimes twice a day which boosted my hours to nearly 80.
The giant shovels took three hundred gallons per shift. I also drove the works bus having twenty-one nationalities in the forty-six seats, never any aggro, first fist raised both out on the next plane.
I'm sure a few of the old guys are still around to say "Yer'e, I worked there," with pride in their voices. I'd love to get in contact.

Bill Daking (89)
Kingsley

Letters to the editor... opinion column

LAST month in the opinion piece Lee Tate explored options for tourism in Western Australia.
Here's some of the feedback we received from the article...
John Bristow – If you build it they will come.
Madge Huntley – We could do with the income that would come with it.
Christine Sutherland – It's imperative that Elizabeth Quay and Yagan Square are completed asap. Both are still far from their best for tourists to experience and talk about. Perth doesn't yet have a vibe as Melbourne does. I'm not saying Perth should be like Melbourne, but we don't have an image or vibe at all.
Michelle Legge – We have so much nature to offer. This is what we should be concentrating on

promoting. I have hosted hundred of couch surfers from all over the world and not once has anyone said I wish there were theme parks. It is about the natural beauty and the vastness that attracts people.
Carmen Jenner – I'm not sure how I feel about theme parks built purely for tourists? How about investing in those regions other than Margaret River, Broome or Ningaloo, reducing the cost of flights and transport so that popping over to Kununurra, Kalgoorlie and Albany is feasible. Those regions are exotic to foreigners.
Michelle van de Kroft – New flights are starting from Singapore directly into Broome next month to encourage tourism to the Kimberley, which is great.
Diane Miles – I would not want theme parks which I feel cheapen the state not to mention being

environmentally unfriendly. I feel we need more resorts along the coast that offer water sports, fishing, snorkelling, eco-education and bush food. Also Aboriginal education parks. I think it would be silly to destroy our lovely flora and fauna for the masses.
Janice Kelly – Moderate numbers are good. Too many and we come to depend on it in our economy. Think of Bali and its disasters. We never want to depend on them and you can't. It's a problem with a lot of country towns and they have to have events to attract tourists. Usually a lot of hard work goes on behind the scenes by volunteers.
If you would like to read more feedback about this article or the original article again please visit our website at www.haveagonews.com.au and click on the feedback page.

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Second-hand book sale

ROYAL Historical Society of WA's giant second hand book sale is on the weekend of 7 and 8 April at its headquarters in Nedlands.
There will be more than 15,000 books to browse through including specialist categories on West Australia, fiction, non-fiction, children's and young adult books, biographies, travel, the arts

and a selection of magazines.
Don't miss the thrill of finding the unexpected and unknown – such as interesting maps, vinyl records, CD's, cookery books by famous chefs and postcards all at bargain prices.
A selection of the most unusual donations will be going under the hammer at 10.30am on Saturday 7 April and details of these can be found at www.histwest.org.au
On Sunday all books will be half price from midday and people can fill a box for \$10 after 3pm.
All profits go to supporting programs that promote the interest and enjoyment of Western Australian history.
The sale is held at the Royal WA Historical Society, 49 Broadway Nedlands, call 9386 3841 or email admin@histwest.org.au for more details.

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Save the Children - there is still a big need for this quiet achiever



Save the Children (STC) programs in the Dampier Peninsula

by Josephine Allison

IT seems a world away from the city but Save the Children (STC) Australia state manager Juan Fernando Larranaga was off to the Kimberley at the start of a busy year for the organisation. Established in 1919, Save the Children has a long and illustrious history of helping achieve change in disadvantaged children's lives.

"Our big focus is on working with the most vulnerable and disadvantaged communities in WA, equipping children

and helping them engage meaningfully with quality education," Mr Larranaga says at the STC's West Perth headquarters.

More than 110 people work for the organisation across WA, including 17 in Perth and there are about 700 volunteers. The STC has branches in Armadale, Gosnells, Newman, Dampier Peninsula and Kununurra.

The main aim of STC is to work with children and young people, Aboriginal communities, refugees and recently settled migrants but sometimes the general public is unaware

of what it does.

To enable Save the Children to provide quality programs in WA, it relies on both government and non-government funding through grants, corporate support, trusts and foundations, op shops, book sales, fundraising activities and general donations.

"Save the Children in WA works with disadvantaged children, preparing them and supporting their transition to school," Mr Larranaga said. "We support the family, helping solve any problems that might arise. We also

work with the community to help them understand and support these families and their children."

Mr Larranaga, who has headed the STC in WA for the past 10 years, visits the Kimberley every few months. He said the organisation aims to provide families with the right support at the right time.

"The more we can understand these communities the better we are in finding solutions provided by the community itself."

Because of its isolation and high proportion

of complex and troubled communities with a desperate lack of services, the Kimberley had the biggest need. The Australian Early Development Census that measures a child's readiness for school estimates 50 per cent of children surveyed in the Kimberley were vulnerable in two or more domains compared with 10 per cent of children in the mainstream.

"These kids have a high likelihood that the system will fail them which means they enter into a cycle of welfare dependency, poor health

outcomes and premature death or incarceration."

Mr Larranaga said it was pleasing 80 per cent of STC staff in the Kimberley were Aboriginal which meant they understood their community, the need to strengthen the workforce, maintain sustainability and support community-led solutions.

"I travel there to meet local partners and staff, visit programs and understand the level of support the region needs."

Covering 2.6 million square miles of WA might seem daunting but the STC has become quite sophisticated in using evidence of what works, how it works with the community and community-led approaches. It also works with state and federal governments to help understand and ad-

dress various issues.

Volunteers play a key role in STC work, from university students - who want experience across the sector - to retirees who want to give back, their interests tailored to a specific program to showcase their specialist skills.

"We are well known to government in what we do, but our profile with the general public could be stronger; we are really quiet achievers," Mr Larranaga said. "People who contribute have the opportunity to visit and see for themselves what a difference their contribution is making to the lives of children in the WA community."

For more information, please visit savethechildrenkunurra.tumblr.com or savethechildrenwablog.wordpress.com

Welcome back to the Holly Wood Tuesday morning show



Silver Threads Band's Irwin Palmer

by Michelle Davies

IT'S such a joy to be back at the free Holly Wood Tuesday morning show. This show creates a pattern for the week; a much anticipated day out for seniors, where great friendships are made and stories shared, while enjoying a cuppa and biscuit for only 50 cents.

This lovely morning of entertainment and information is put on each week, completely free, by City of Perth and Have a Go News. There is also a raffle with

a book prize and often tickets to a current show in Perth.

To welcome us back this year the wonderful *Silver Threads Band*, sets the scene for 2018 looking very colourful in their blue tops and shining golden instruments sparkling in the light.

No Business like Show Business, Get Me to the Church on Time, That's Entertainment, 76 Trombones was enough to get the audience in the mood. The band played a variety of waltzes, music from the 50s and 60s,

and then it was time for the audience to get involved.

Bandmaster, Irwin Palmer asked for volunteers and six audience members came out the front while Irwin (who was awarded the OAM in 1997) lead them in the *Hokey Pokey*. The jokes were hilarious, the music joyous and stirring and Irwin reminded us all to 'Love a lot, laugh a lot, and look forward.'

Our coordinator Bernard Carney said this was a wonderful way to start the year off. Jean read out the birthday list; Loyal one of our regular audience members who has been coming for many years has turned 98 years old. Congratulations, Loyal.

There were 190 people in the audience, and The Perth Town Hall was jumping.

Please join us each Tuesday, at the Perth Town Hall, 11am to 12noon, corner Barrack and Hay Streets, Perth. You will be most welcome. For enquiries please phone 9461 3145.



WANTED: Volunteer Secretary

Do you have the desire to help others? Lions Cancer Institute Inc are looking for a suitable person to join our board in the voluntary role of secretary for the institute.

Our main activity is to conduct skin cancer screenings throughout WA with our two mobile units, as well as sponsor PHD students undertaking research in cancer treatments and care.

Requirements include: Computer literate, attend board meetings (Monday evenings, every 8 weeks), metro area, taking minutes (written & recorder), generate written minutes for our chairman and board members to review by email.

It would also require to check LCI email address a couple of times a day and forward to relative board members any emails received from outside the board, including requests for skin cancer screenings.

There will be preparation of notices and agendas ready for board meetings as well.

Respond to Lion Phil Chinnery
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Email philchinnery67@gmail.com

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The annual campout for canoe club offers a paddler's delight



Over 55 Canoe Club paddlers admiring Monastery Landing's beautiful and serene karri forestry

by Jeremy Haslam

FRANKLAND River, Kent River, Deep River — it reads like an explorer's

diary. And there's more: Normalup, Monastery Landing, Owingup Swamp. The Over 55s Canoe Club were at their

intrepid best at the annual campout at Walpole this year. The second visit to this delightful part of WA, it was the biggest campout in the club's history with 30 or so paddlers out on the rivers each day. As you might imagine organising that number of retirees, never mind spouses, friends and relatives, makes herding cats seem like a breeze. And breezy it was - the Southern Ocean is guaranteed to deliver its promise of onshore winds sometime during the day, so the first trick was to get back to the starting point before the breeze kicked in. The week started off with an easy paddle on

the Frankland up to the evocative Monastery Landing. Nothing to do with monasteries on the site, but the remark of an earlier explorer who thought the karri forests were like a monastery. Certainly the scenery is striking, and when the chatter stops the beautiful silence of the forest soaks into one's bones. Then it was the turn of the Walpole River from the town jetty. On the way back with a following wind, a couple of kayaks were clocked by a passing jet-ski as doing nine knots! Now that is 18km/hr which is virtually equivalent to flying. Time for a day off — Wednesday was a free

day, with people taking off in all directions. Some walked the Bibbulmun Track for a good while, one couple took off for a day and a night. Many took the wilderness tour on a boat across the Walpole Inlets to the ocean — an experience of history and wildlife not to be missed if you are in that area. But such slackness was not to be for long — there was the Kent River to tackle. The Kent does not really go anywhere, but has fun doing it. It ends in the beautiful Owingup Swamp which is more of a lake, where all the paddlers took off in their chosen directions for an hour to enjoy the

pure air and clear water. The final day was on the Kent River West which was a struggle because it is so shallow. On all these paddles there were considerable difficulties, mainly getting in or out anywhere along the river banks. The trees mostly come right down to the edge, which gives the area the lovely feeling of being closed off in a private world miles from anywhere. Of course the Duckmaster was ready to pounce on those who thought gravity, buoyancy, and centre of gravity just theoretical concepts — two worthies sought fame, and were duly rewarded. There was more of

course than just paddling — social time, a meal out together, a barbie at the campsite, a sing-along and just plain good friendship. Although the club is now full and not anticipating any new members in 2018 unless there are some retirements, you are welcome to contact club president Kate (9526 2168) or secretary Ken (9447 5624).



Walk for fun and fitness

IF you love walking then why not join a group of like-minded people to walk for fun and friendship. OFFWA meet for the following walks at 10 am: Tuesday 20 March: South Beach Kiosk Car Park, Ocean Drive — with a walk from South Beach towards

the Round House and South Mole. Tuesday 27 March: Clarko Reserve, Trigg (south end of Karinyup Road) — with a coastal walk northwards. Tuesday 03 April: Burwood, Kagoshima Park — walk along the river or around the bridges. Registration day commences on Tuesday 13

March from 9 am at Alderbury Reserve, Perry Lakes, followed by the walk around the park. Registration fee for the year is \$10.



Masters Swimming LiveLighter Awards

by Nadine Georgiades, project coordinator



Pamela Walter and director of administration and communication Lynne Duncan.

MASTERS Swimming WA's February quarterly Council of Clubs meeting awarded several Masters Clubs for their outstanding achievements in 2017 in two programs sponsored by Healthway under the LiveLighter health message. President Graham Senders presented gift cards to the clubs for their outstanding efforts in the 2017 LiveLighter Swim into Spring membership growth project. This project rewards Clubs which achieve the best increases in new members within the September to November period. Swan Hill Masters was awarded the top gong for achieving a new member increase of over 45 per cent and Kwinana was awarded the runner-up prizes for achieving a new member increase of nearly 22 per cent during the spring discount period. Our volunteer of the year award was won by Darryl Kelly from Busselton Masters. This trophy is a legacy from one of our greatest volunteers, Perc Edwards. Nick Wyatt from Cockburn Masters won our service award and was also recognised for his five years service to Masters Swimming WA. Masters Swimming not only relies on volunteers but also the time and commitment of coaches and officials to run and guide our swimmers in both pool and open water events. Coach of the year was won by Jeff Sanders from Armadale Masters and our official of the year is Pamela Walter from Stadium Masters. Jeff, Pamela and Nick will now automatically be nominated for the national awards to be announced in April at the National Championship which is being held in Perth at HBF Stadium from the 18 - 21 April. Anyone wanting to know more about how you, as a Have a Go News reader, can enjoy being part of our wonderful sport, please contact Nadine Georgiades on 9328 9469 or via masters.admin@mswa.asn.au with any queries. Or contact your local Masters Swimming Club (contact details www.mswa.asn.au). The clubs offer swimming for fitness, health and fun for all adults regardless of age or ability, stroke correction and training sessions by qualified coaches, pool and open water swimming an active social calendar and a free one-month trial. Masters swimming clubs are more fun than swimming on your own and provide a great platform to make new friends in a welcoming and supportive environment.

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Where opinions matter - mind your manners



HAVE a Go News wants to hear what you think about this subject. Feel free to email or write with your opinions. We want to encourage healthy and friendly debate...

by Lee Tate

MIND your manners! It's a catch-phrase from the past but couldn't it be put to good use today?

Society is slipping. Every-day we tolerate:

Fewer people keeping to the left when walking, shopping or riding bikes (despite council signs).

Students on public transport or school excursions, accompanied by teachers, making little allowance for others.

People with their feet and bags on train seats and ignored by ticket inspectors.

A young man asking a stranger for the time without a please or a thank you.

People leaving all their rubbish behind in theatres, despite rubbish bins at exits.

Theatre-goers with their feet on the seats in front.

Nurses, police officers, parking inspectors and public officials defied and ignored.

The question is: When are we truly going to take stock of ourselves?

Offenders give all their excuses to the police and the courts, blaming others. School students get family members to do their home assignments and tests for them. Little

kids' mothers cheat for them.

Plenty of people are excelling, breaking new ground and making their marks in society. They are winning scholarships and earning skills that launch them into the high-tech, new age stratosphere.

But at the other end, society is being dragged down. When New York authorities cracked down on minor crime and misdemeanours, it reduced major crimes. It made New Yorkers feel better about themselves. And safer.

Sure, every generation bleats about the good old days when standards were higher.

"Why can't they be like we were? Perfect in every way. What's the matter with kids today?" It's a great old song line.

But it's not just kids. It's coming from their parents. The parents who aren't home for their kids after school, parents who dump their problems and issues on schools and authorities. Parents who fail to feed their children nutritiously and send them to school with a poor excuse for a lunch.

Inattentive young mums pushing their prams while walking their dogs and talking on mobile phones. Blokes spitting on the footpath. Bus drivers being abused. Agro in clubs and pubs.

The world has become vastly more advanced, living standards are the highest in history, those at the top have never made as much money, medical and other scientific breakthroughs are improving and extending human life, we have a better understanding of nature, the earth and the cosmos.

At the other end, however, our standards are spilling out. We are belly-soft on fundamentals such as manners, courtesies

and respect for authority and our seniors.

It's surely reached the stage when we have to say: Enough is enough. And stop making excuses.

We need to stop the rot. To have some collective backbone. Take responsibility for our actions and reinforce our support for decency at all levels.

It is done in totalitarian societies but, considering past dictators, that's hardly desirable.

There is widespread lack of faith in politicians and politics. Politicians themselves are breaking the rules or thumbing their noses. It all about what they - and businesses like the banks - can get for themselves. Or at least, that's the widespread public perception.

The WA Inc Royal Commission didn't uncover vast crimes but plenty of moral breaches, self-interest and cover-ups.

We Australians pride ourselves on our relaxed, care-free, fair-go way of life. But ask yourself, are you happy living in the current climate? Do you

accept the chipping away of standards for the next generations?

Do we continue to turn our backs on unpleasant behaviour by a minority? Do we take the risk of being abused or attacked for speaking out against public misbehaviour?

The issue won't get solved by burying our heads in the sand. We're not taking enough responsibility for our actions or our children's. And society is paying a high price. What can be done?

Community and school awareness programs are needed, politicians need to respond to the experts and those who have been calling out. Support groups need more support. Money and resources need redirecting to these issues undermining our society.

Society needs to show support for our teachers, law enforcement, nurses and public officials. They are bearing the brunt of an ugly side of life. Every day.

A unified community with a common goal can make worthwhile inroads,

perhaps even stop the rot. What do you think? Email us at info@haveagonews.com.au with Manners in the subject line or head to our Facebook page to write

your thoughts. You can also write to us at Opinion c/- Have a Go News PO Box 1042, West Leederville 6901. We have listed some of the comments received

on our Letters to the Editor section on page 4, if you would like to read the full list of comments visit our feedback page at www.haveagonews.com.au.

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As the world heats up addressing climate change is essential



by Karen Majer

HOW did you fare this summer? Perth had its share of high tempera-

tures and it's been a scorcher in parts of the eastern states where the heat affected sporting events as well as people's lifestyles and health. In mid-January, extreme heat forced organisers to shorten a stage of the Santos Tour Down Under cycling event in South Australia and cancel a public ride. Tennis players at the Australian Open in Melbourne en-

dured extreme heat, with on-court temperatures reaching 69 degrees at Rod Laver Arena. This followed a series of record-breaking summers. Australia's Climate Council says new data has confirmed that the world experienced its hottest five years from 2013 through 2017 and intensifying heat is worsening extreme weather. In Australia, last summer had more than 200

record-breaking extreme weather events in just three months. This is part of a long-term upswing in global temperatures, with 17 of the 18 years hottest years on record occurring in this century. Clearly, addressing climate change is an urgent priority. Some encouraging signs include the rapid uptake of renewable energy and divestment from coal.

Lloyds of London, the world's oldest insurance market, is the latest to announce plans to stop investing in coal companies. Some 28 global banks, including the big four in Australia, have ruled out investing in Queensland's proposed Adani coal mine. However Australia is lagging behind on climate action. What can we do? You can put your vote behind

effective policies to curb climate change, and adapt your way of living to hotter summers. Heatwaves can be a killer so plan ahead and respond to heatwave warnings. Think about how to keep your home cool, for example by managing curtains and air circulation to keep the heat out in the day and let cool evening air in. Consider visiting a library or

shopping centre during peak temperatures and rescheduling outdoor activities to cooler parts of the day. Before next summer, think about whether your home needs adapting – insulation, awnings, shade trees, or solar panels to run the air-conditioner. Take care when the heat is on. Find out more: www.climatecouncil.org.au/2017-heat-report

continued from front cover

WA's solo sailor drops anchor

by Lee Tate



Jon Sanders helming his boat © Royal Perth Yacht Club

"I had some assets, some land which I gradually sold off. I could

probably manage finances without the supporters but it would be a bit tight," says the man with no interest in seeking gain or glory from his sailing feats. At the conclusion of his momentous, lifetime journeys, Jon stands out like a beacon. Worldwide, nobody on water ranks anywhere near the West Aussie. Most recall the world's first solo, non-stop, triple circumnavigation in 1988 on board SV *Parry Endeavour*. The 71,000 nautical mile journey took 658 days – the longest distance sailed continuously by any person or vessel. The boat takes pride of place next to the 1983 America's Cup-winning *Australia II* in the Fremantle Maritime Museum. Jon's first-time solo sailing records include: Five Cape Horn roundings (one east-west and four west-east); Five Cape Horn roundings during non-stop circumnavigations;

four roundings of the five southernmost capes; a circumnavigation using the east-west route; four circumnavigations using the west-east route; circumnavigate non-stop via Cape Horn west-about and east-about; skipper of small yacht (less than 15.5m) to complete five circumnavigations, crewed or single-handed and only yachtsman to complete five circumnavigations via Cape Horn, crewed or single-handed. From 2000, Jon has skippered a 44ft sloop from Sydney to Europe via the Red Sea and Suez Canal, including his 11th crossing of the Indian Ocean and fourth transit of the Suez Canal. Other voyages include: Indian Ocean (14 times), Atlantic Ocean (11 times), Pacific Ocean (12 times), Australian seaboard, west-to-east and east-to-west (45 times) and Cape Horn (five times). And there are many more by the bloke who says he's "just a sailor".

Walkers flex their muscles



Nina Bronkhorst, Helen Blencowe, Lorraine Pearse and Elizabeth Tilley

THREE times a week a group of walkers from North Coast University of the Third Age (U3A) flex their muscles, put on their walking shoes and meet at various locations. Nina Bronkhorst arranges the walks and keeps the group informed about the venue for the day by regular emails. Each Friday they walk for 30 minutes during the U3A North Coast lunch time.

They also walk on Mondays and Wednesdays. Recent walks have been at Carine open space, Craigie Leisure Centre, Star Swamp in North Beach, and Gwelup open space. Plans for this year will add even more variety to the venues. After walking for about 45 minutes the group meets for coffee at nearby coffee lounges where they chat about the day's activity and enjoy each other's company. As well as providing regular exercise this initiative of Nina's gives a welcome social outlet for keen walkers. In this photo some Friday walkers have just returned from their stimulating 30-minute walk at the Stirling Leisure Centre in Belvedere Road Hamersley. Here they meet up with other members of the University of the Third Age (U3A) for a presentation by a guest speaker and afternoon tea. Visitors are always welcome at these meetings. For further information please contact June on 9448 6432.

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Beware the Ides of March and St Patrick's day



Above; Rick with his first born son!

by Rick Steele

WHEN Julius Caesar copped a few blows up the aorta and other places, after a warning from the soothsayer – according to Shakespeare – I don't think St Patrick's day had been invented.

The 15 March is the date recorded for the fatal attack, just two days before the Irish take over the world for their legendary celebrations of their beloved Saint.

This year St Patrick's day falls on a Saturday and I imagine the celebrations will be even longer and harder than usual (to be sure, to be sure).

That, in itself, was just one of the reasons that I decided, as president of the Perth Blues Club, that we should declare that the Tuesday night before St. Patrick's day should be a night dedicated to: 'the Irish play the Blues'.

I am pleased to announce, well known and respected Irish bros, *The Heals* will be our house band for the evening. I am hoping Mr Sean Healy will also perform along with numerous other special guests including Alan Payne, Rhys Wood and guitar man Gary Cox.

Sean and I have three sons each, who have all benefited from their teenage introduction to

music and indeed about 25 years later five out of the six make their income from music.

I remember the young Healy's first band was called, *Wasted Youth* but it seems like they have done anything but, and we look forward to a fun night set to become an annual event at the home of Perth blues.

March is set to be a busy month with another wonderful cruise on the Swan River on board the *Decoy*. This particular sojourn will be just a little different because I will be celebrating three score and ten years on my favourite planet. And they said: "he'd never make it!"

Sharing the occasion will be some people I've come to know over the years, one wife, one son and a very pregnant daughter. Why am I telling you this?

Well, my father died a week before my first son was born, and I'm just a little wary about the Ides of March. One leaves as a new one arrives.

Only the good die young, so I should be OK.

Sunday 11 March at 6pm, my band the *Blues Busters* will be performing at the Indy bar in Scarborough as part of a fundraiser for Legacy. Proceeds from this event are used to help support widows and families of deceased and incapacitated servicemen and women. Let's not forget.

Did you see on the news? Demolishing a house in Dublin last year, workmen found a skeleton with a medal round its neck. The inscription read... Irish Hide and Seek Champion 1910.

Cheers dears.

I have to buy my wife a new watch



by Jon Lewis

QUITE some years ago I decided to buy my darling wife a lovely birthday present.

I thought about all the things I would like Gloria to have and then I thought about what she might actually like. This led me to make my way to a local shop, to choose a delicate gold ladies wristwatch.

To my delight, shamelessly, they were having a sale and this seemed

perfect for me. I looked at the many lovely watches, each more interesting than the last. After a while I became torn between two or three.

One was a little more expensive and not quite so beautiful, another was a little cheaper and more beautiful, while yet another was more practical and a bit more expensive.

I am ashamed to admit that I was probably driven more by price. Consequently I chose a delicate, pretty watch, at a lower price.

Gloria, loved it!

Some years passed and the watch stopped working. It had become wet. My darling wife loves the outdoor life and would regularly wear it to the beach.

Not realising it was not

waterproof, she would swim with it. It now needed repair.

After this my darling wife chose to take it off before going in to the ocean.

One-day, while having a holiday at Rottnest, she took the watch off and placed it in her pocket while we went for a swim.

It was only after we were riding our bikes back to the ferry, we realised the watch was not with us. It had slipped out of her pocket and was somewhere in the sands of that lovely little holiday island.

Gloria was upset and I was embarrassed, as I actually felt ultimately responsible. If I had not been so frugal with my money, if I had spent just a little bit more, if only I had bought the practical

and beautiful watch, the one that was waterproof. If I had done this, then perhaps my darling would still have it today.

A friend of mine 'Bob Glover' shared with me once very wise words: "Spend big, cry once, spend small, cry often."

I think he is correct. I really feel if I had spent a sensible amount of money and purchased a truly well thought out gift both economically and emotionally, we would both have been the winners

Now, I need to spend

that money all over again! Plus, just a little bit extra to have the one that's waterproof.

Thinking back, it seems I had purchased my wife a nearly thoughtful present. Now I intend to purchase her a present and a future.

I have learnt my lesson.

All the best,

NB: Watches cannot ever really be called waterproof, however, water resistant to a depth of 50m is effectively the same.



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While you're here, take the opportunity to tour the last of our stunning display homes and chat to our residents about why they love the Lattitude Lakelands resort lifestyle. And ask about our free air conditioning offer for deposits taken before 30 April*.

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She brings the zoo to your community and this is a great opportunity to find out about Perth Zoo's programs and conservation work.

AIR meets on the fourth Monday of every month (except when that clashes with a public holiday). Their next meeting will take place at 9.30am on Monday 26 March at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

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Hey, Hey, it's Daryl Somers-day - Australia Post celebrate this Aussie legend



by Mickel Smits

KNOWING I'd likely be nursing a massive hangover consequent to celebrating a best friend's 21st birthday, my parents excused me from working in the shop one Saturday way back in 1980. After downing Berocca Bs and toasted sandwiches, my mates

and I crashed in front of the TV and watched *Hey, Hey, It's Saturday* which for me was the first time. I loved it. Not since the *Norman Gunston Show* had I laughed so much and fortunately, it proved to be a soothing remedy and perfect distraction from my throbbing head.

It was zany, wacky and irreverent rapid-fire comedy that cleverly appealed to the typical Aussie sense of humour by taking-the-mickey on whatever, whoever and ourselves. The show's masterfully sharp and witty yet cuddly-type host, Daryl Somers, was recently honoured by

Australia Post in a series of Australian Legends of TV stamps, which also includes Denise Drysdale, Kerry-Anne Kennerley, Ray Martin and Bert Newton.

Beginning as a children's cartoon show in 1971, *Hey, Hey, It's Saturday* was co-written and produced by Ernie Carroll who auditioned and gave the nod for Daryl to host the show. Formerly a writer for *In Melbourne Tonight* starring Australia's King of Comedy, Graham Kennedy and his sidekick Bert Newton, Carroll progressively transformed the format of *Hey, Hey* by gradually phasing-out the car-

toons and replacing them with live performances. He also introduced and became the life and soul of Daryl's co-host, Ossie Ostrich. With voice-overs by the equally comedic and silver-tongued, John Blackman, the show's popularity broadened by also appealing to parents and young adults. This became particularly so when the delightful and slightly gullible yet care-free, Jacki Macdonald, joined Daryl and Ossie in 1979.

Hey, Hey's ratings exploded as did the production's talent base. Red Symons of *Skyhooks* fame joined the

following year as a member of the show's house-band and resident judge of *Red Faces*, the segment of the show which was a parody of the talent quest show, *New Faces* (as the drummer in a band, Daryl competed in the 1968 and 1970 series of *New Faces*). Contestants on *Red Faces*, were not judged so much on their talent but rather as to how bizarre, outrageous and original their performance was, which invariably allowed Symons to vent his supposedly sardonic disposition by casting acidic adjudications that would have the audience cringing with expectation and

delight. Also central to the show's growing success were the impromptu contributions of sound effects guru, Murray Tregonning, cartoonist Andrew Fyfe, floor manager and cameraman, Phillip Lambert, and of course, the very naughty and rude, Dickie Knee (John Blackman).

Daryl won the first of his three Gold Logies in 1983. The following year, the show was moved to the 9.30pm time slot and then in 1985 to primetime, 6.30pm. This proved to be a ratings coup for Channel 9 as it captured a loyal family audience who were glued to their screens

from dinner time to mid evening and pipped Channel 7's *Young Talent Time* from its ratings pedestal contributing to its demise a few years later. Daryl and his team truly hit the big time, their success being measured in the show winning the Most Popular Light Entertainment / Comedy Logie almost every year from the mid 80s through to its shock axing in 1999 which I feel has since left a huge vacuum in Australian television entertainment... what a shame, hey?

For more information email - smits@westnet.com.au or call 9325 3252.

No 'Luck of the Irish' for the Kellys - commemorating the convict era in coin



by Mickel Smits

PROMOTING three new coins recognising Australia's Convict Era 1788 to 1868, the Royal Australian Mint's website makes reference to John 'Red' Kelly, the Irish father of legendary bushranger, Ned.

In 1841, aged 21, Red Kelly was convicted for stealing two pigs. He

was transported from Ireland arriving the following year in Van Dieman's Land where he was imprisoned for seven years. Upon his release he made his way to the Port Phillip District, nowadays Melbourne. Two years later, in 1850, he married 18 year old, Ellen Quinn.

Ellen was also of Irish stock and something of a rebel. As a young girl she disliked school and being cooped up. Having a love of horses she would regularly wag school and ride through the countryside. In the midst of the Irish Famine, her family consisting of parents, James and Mary, along with

four sisters and three brothers, sought a more hopeful future by journeying to the Port Phillip colony, arriving in 1841 as assisted migrants. However, as was the lot of many, they struggled to make ends meet in the harsh conditions on inferior land granted to them north of the colony and so, in order to survive, resorted to stealing horses and livestock.

Against her father's wishes, Ellen married Red Kelly after having fallen pregnant to him. Tragically, the newborn girl died soon after. Red sought fortune in the goldfields and managed to find

enough money to buy a farm near Beveridge. A daughter was born followed by Edward (Ned) in 1855 and another five children coming one after another. The young family struggled, Red reverted to stealing, was constantly under the scrutiny of the police, succumbed to alcohol, and died in 1865 of dropsy, leaving his family stranded. They then moved further north to be nearer to relatives.

At 14 years of age, Ned joined up with bushranger, Harry Power, a friend of the family while his mother sold sly-grog for an income. Bitter and desperate,

she appeared in court several times because of her now notoriously violent temper. Several of her siblings and offspring served time in prison, in particular: Ned spent six months in 1870 for summary offences and a further three years soon after for receiving a stolen mare; younger brother James was sentenced for six years in 1873 for stealing cattle; and third brother Dan served three months for damaging property in 1877 with a warrant being issued after his release for stealing horses.

Through this time Ellen had another child to Bill Frost and then

three more to a Californian horse thief named George King who was 17 years her junior. Both men abandoned her; King married her but skidaddled six months before their third child was born. Days after the birth, Ellen was charged and sentenced to three years imprisonment for the attempted murder of a police trooper who claimed that when he arrived at her place in search of her son, Dan, to arrest him for the horse stealing charge, he was shot by Ned, who then escaped while she set upon him with a spade.

Two years later in 1880, Dan and two

other accomplice bushrangers were killed at the siege of Glenrowan. Ned was captured and charged for the murder of a constable. Because she was a well-behaved prisoner, Ellen was permitted to visit him while in custody. On the eve of his execution, she is purported to have said to him 'Mind you die like a Kelly, son.' She was released the following year, converted to leading a respectable life and died in 1923 aged 91. Of her 12 children, only five survived her.

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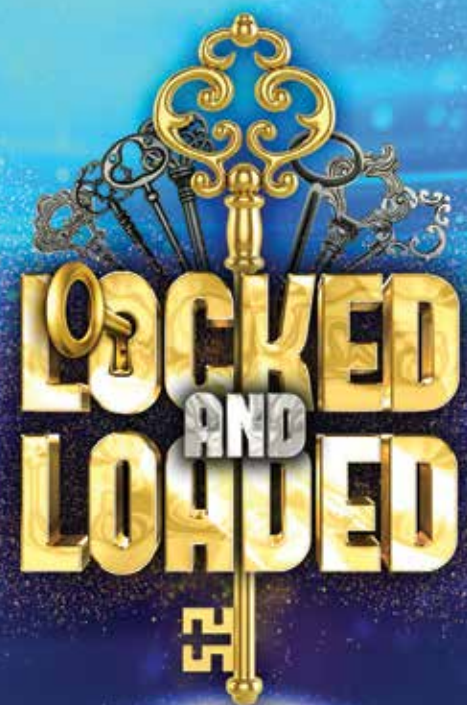
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TV Talk - how the tide has turned with what we watch on the box



by Lee Tate

GENERATIONAL change is having its impact on what we watch on the box. I'll show you how the tide has turned.

But first, here's how it's judged. TV networks, as we know, scrutinise every ratings figure and virtually our every switch to a different channel. OzTAM measures ratings from 3,500 homes, just 500 homes each in Perth and Adelaide and 950 homes in Sydney, 900 in Melbourne and 650 in Brisbane. It's called the 'five city metro ratings'. OzTAM is jointly owned by networks 7, 9 and 10. Regional TAM moni-

tors 2,000 homes outside the five major cities. Another 1,200 homes are monitored for subscription TV viewing. Ratings are monitored year round but viewership figures are officially only counted for 40 weeks. There is a two-week break during Easter and 10 weeks over summer. Here are some national ratings highlights, based on that ratings system. Australian Open Men's Final - 3.636 million viewers. AFL Grand Final - 3.562 million. Melbourne Cup - 2.529 million. My Kitchen Rules final - 2.305 million. The Good Doctor - Tuesdays, 2.019 million, Thursdays, 1.848 million. House Rules - 1.704 million. Little Big Shots -

1.892 million. "Seven delivers the most-watched programs across Australia," boasts network Seven. Their program Sunday Night, Australia's number one public affairs program for 2017, averaged 845,000 metropolitan markets viewers and 1.3 million viewers. Sunrise topped breakfast television, leading Nine's Today across the five major metropolitan markets and across metropolitan and regional markets combined. Nine is also able to blow its trumpet, claiming a strong hold on the audience in the right demographics. "The Nine Network wraps 2017 with the greatest share of prime-time viewers (6pm-midnight) for people 25-54, 18-49, 16-39, and grocery buyers with children, it claims.

Its Australian Ninja Warrior grabbed a national series average of 2.505 million viewers, the best performing new series since The Voice in 2012. The Block, in its 13th series, was strong with the winner-announced moment" gaining 3.564 million. Married at First Sight delivered 1.681 million viewers and 2.151 million for its finale. The Voice completed its fifth series with 1.574 million. True Story with Hamish and Andy wrapped its 10 episodes with 1.460 million. This Time Next Year, hosted by Karl Stefanovic, grabbed 1.398 million. The new Travel Guides, in which groups of people discuss their shared holiday experiences, achieved 986,000. Nine's Doctor Doctor

averaged 1.306 million viewers. TV Week Logie Awards saw 1.270 million viewers. The third State of Origin Rugby League match scored a mighty 3.709 million. The second Socceros' World Cup Qualifier against Syria had a national average audience of 742,000. The final match against Honduras delivered 1.575 million. Cricket always scores well with one in three Australians watching the First Ashes Test between Australia and England. A Current Affair is solid at 1.137 million. 60 Minutes, in its 40th series, delivered 1.237 million viewers. Some highlights for the ABC were the Mike Willesee Australian Story (part 1, 872,000, part 2, 797,000). Four Corners, featur-

ing leadership jostling within the Liberal Party grabbed 665,000 after 765,000 tuned in the previous week. Media Watch does fairly. The special edition of how Facebook trolled the US election in 2016 was watched by 555,000. Q&A followed with 454,000. On SBS, River Cottage Australia scored 160,000. The World's Most Extraordinary People delivered a solid 185,000. Of note was the ABC's New Year's Eve concert with Jimmy Barnes, Phil Jamieson, Stella Donnelly, Casey Donovan and Marcia Hines performing Countdown hits. Watched by an average 707,000 viewers, at midnight for the fireworks, 1.49 million viewers tuned-in. What programs are you watching? (Email leetate@live.com.au)

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How far would you go to save a child?

by Jennifer Merigan

HOW far would you go to save a child will be the question you will ask yourself when you read PJ Kelly's book *The Good Teacher*. Set in Western Australia, the book's protagonist, primary school teacher Jessica Bell only wants the best for her pupils, but her actions will have you questioning what is right and wrong in this thrilling moral dilemma. The story begins with a copy of the 2004 Children and Community Services Act which provides the objects and principles to be observed for the care of children. These principles form the foundation of the story and how Bell adapts them to her plight. Part one of the book was hard to put down, with a suspenseful race against time to save two of her pupils, Kelly has the reader on the edge of their seat. Part two is set 10 years later and deals with the consequences of Bell's decision, this is the part which will really have you thinking about her actions and questioning your morals. Would you do the same?

I really don't want to give much away about the story, but this fictional offer is a well researched and written story. A great contribution to the literary world from a local author which I enjoyed immensely. *The Good Teacher* by PJ Kelly IS Published by EText Press. RRP \$24.95

The Good Teacher is available from most Dymocks, and a selection of book shops in Margaret River, Dunsborough and Bunbury. It's also available on Amazon.

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#312 March edition PUZZLES Solutions

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Wheel Words: Gash, Gosh, Gush, Halo, Haul, Hoar, Hour, Hula, Hurl, Lash, Lush, Rash, Rush, Sash, Shag, Ghoul, Laugh, Rough, Shoal, Shrug, Slash, Slosh, Slush, Sough, Surah, Galosh, Slough, Goulash. 9-letter word: HOURGLASS

Transformers: Cube, sway, soda, fast.

Have a Go News Quiz Page 2: 1. Curtin. 2. Air BnB. 3. Ascot. 4. Kylie Minogue. 5. Commonwealth Bank. 6. Alexander Library Building. 7. Environmental Protection Authority. 8. Royal Perth. 9. King's Park. 10. Henderson.

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Community
NOTEBOOK

A SWEET DAY OUT
Organised by Mili Markets
Sunday 25 March 10am-3pm
An expo of all things sweet.
Location Houghton Wines, Dale Rd, Middle Swan

LADIES CRAFT GROUP
Meets first and third Friday of each month
10am-3pm Arrive anytime. Cost \$5
Morley/Noranda Recreation Centre
85 McGilvray Ave, Noranda.
All crafts welcome, power available to all tables.
Email keepcalmscrapbook@gmail.com
Marie 0407 083 697

WANT: CONTEMPORARY JEWELLERY FROM WA
Exhibiting exciting work from 19 artists whose origins
span nine countries.
Venue, Ellenbrook Arts, 34 Main St. Ellenbrook
From 14 March-15 April.
Gallery hours 10am-4pm Wed-Fri, 1pm-5pm weekends
and public holidays. www.ellenbrookarts.com.au
Artists are members of the Jewellers and Metalsmiths
Group of WA

PERTH HILLS ARTISANS MARKETS
24 March, 9.30am-3pm. Free
Come and have a fabulous day amidst artists, musi-
cians, tempting homemade products and much more.
Helena College, 52 Bilgoman Rd. Glen Forrest.

COOGEE LIVE-SUMMER FESTIVAL
23-25 March.
Locals and visitors will be able to go to this festival and
see interesting works of art, interactive activities, com-
munity group demonstrations, food and drinks, outdoor
movies, live music, markets and more.

KALGOORLIE BOULDER COMMUNITY FAIR
Friday 23-Saturday 24 March.
Live entertainment, exhibitions, music, dance groups,
sideshow alley and fireworks Saturday night.
Tickets \$5 six years and over, \$10 per family 2 adults 2
children
Cruickshanks Oval. Info 9021 4995

MYALUP EASTER FAIR
Sunday 1 April. 10am- 3pm. Myalup Hall
Good old fashioned family fun.
Live music. Egg hunt. Market stalls.
Support the Myalup Volunteer Firebrigade by purchas-
ing a hamburger.
Email themyalupeasterfair@gmail.com

DWELLINGUP PUMPKIN FESTIVAL
Saturday 31 March 10am-4pm
Competitions – including busking, smashing pumpkins
(Guinness World Record attempt) workshops, helicopter
tours and much more, including more than 60 market-
stalls. 10 Newton St. Dwellingup.

DUNSBOROUGH LIONS CLUB EASTER FAIR
31 March 8am-2pm. Free event.
More than 170 stalls, including jewellery, clothing,
fruit and veg etc, plus lots of entertainment for the kids.

TOODYAY MUSIC FESTIVAL
Saturday 24 March 10am-9pm. Free event
Performances by bands and artists in both parks.
St Stephens Church will showcase choirs and
instrumentals. An assortment of foodstalls.
Stirling and Duidgee Parks. Toodyay. 0409 181 404

CLOVERWEST SQUARE DANCE CLUB INC
2018 Beginners' classes commencing Monday 9 April
7.30pm to 8.30pm
Come and learn to square dance
Be Active
Entry \$8 per person per night
Classes will be held at the Shenton Park Community
Centre, Onslow Road, corner Herbert Road, Shenton
Park
For more information phone 9305 4096 (Kevin and
Heather) or 9341 3686 (Colin and Margaret)

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

Enjoy an evening of
cocktails and canapés
for a cure...

COME along and help raise important funds for leu-
kaemia research while enjoying a fun night of enter-
tainment on Wednesday 21 March from 6.30pm to
9.30pm at the South Perth Civic Centre.
Enjoy delicious creations from Perth's best chefs
including Vince Garreffa, Chris Taylor and Justin Bell
to name a few.
Entertainment includes a performance from the
young dancers at the Charlesworth Ballet College and
there will be a live auction and raffles.
Tickets cost \$70 and include all food and beverage-
s. All funds raised go to the Leukaemia Foundation.
For bookings visit bit.ly/LFBoxOffice or call Mireille
on 0403 232 129.

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BOB MAUMILL SAYS

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- ✓ OWN your home with the title in YOUR name;
- ✓ Can borrow against it;
- ✓ Leave it to your loved ones; and when
- ✓ You sell YOU get all the sales proceeds after paying the agent you choose.

At THE GREEN free golf club membership come with your new home and at THE GREEN, there are more quality community facilities that are the best possible standard...which, by the way, you own too.

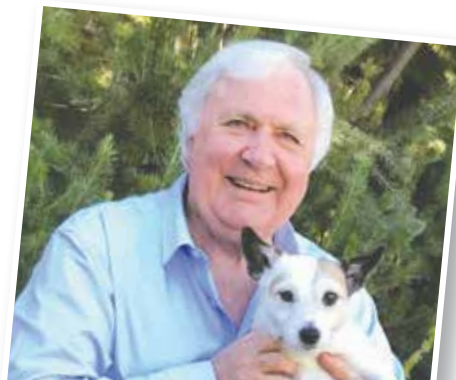
Bob Maumill

See the Frequently Asked Questions here <http://www.fairwaythegreen.com.au/faqs>

“THE GREEN is a Fairway Village setting new standards” says Bob Maumill

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- R** Ducted Reverse Cycle Air Con
- E** Stone Benchtops
- E** Golf Memberships*



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SUNDAY 29th APRIL 18 11AM - 2PM

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THE WHOLE
FAMILY**

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PAINTING

COFFEE
VAN

BOUNCY
CASTLE

SAUSAGE
SIZZLE

**REGISTER ONLINE & RECEIVE
2 X ENTRIES TO WIN \$1,000**

Seniors Recreation Council Jottings



SRCWA Annual Seniors Camp at Quararup

IN EARLY March a group of campers went to Quararup in Albany for the 26th annual SRCWA camp. This provided the ideal forum for old friendships to be renewed and new ones made. During the camp participants took part in numerous activities including bush walks, canoeing, archery, craft, line dancing, table tennis, exercise programs, a movie night and a camp concert. Also included were talks and demonstrations from the Albany Surf Lifesaving Club. Participants were also treated to a day out where they visited the Albany Entertainment Centre for a tour, the bridal museum at Wesley Church and they all enjoyed lunch at Eyre Park followed by shopping on York Street. SRCWA would like to thank camp coordinator Eileen Stark and her group of dedicated volunteers, the camp office and kitchen staff for making the SRCWA Camp Quararup an event many look forward to annually.

Tech Savvy Seniors

For the past few years SRCWA has been quenching a huge thirst for knowledge among Perth seniors to master modern technology. In partnership with Telstra SRCWA delivered a free technology-based workshop for 80 seniors on Friday 16 February. The workshop helps break down barriers for the older generation about modern technology. The session started with an overview of benefits and pitfalls and a question and answer session. Fifteen Telstra digital ambassadors were on hand to facilitate small groups where people explored and tried equipment and asked relevant questions. Attendees were thrilled to be able to take part in these sessions and there was a real buzz as people explored their options of what technology can do for them. There were lots of prizes at the end of the event courtesy of Telstra including a Google Home Mini, HP Tablet and tickets to the Roger Waters (Pink Floyd) concert. A big thank you to Telstra and its digital ambassadors, NBN Co, Camera Electronic, Consumer Protection WA and the SRCWA volunteers for their efforts.

LiveLighter Aged Care Games Boddington

On 21 February, SRCWA held the Boddington LiveLighter Aged Care Games where enthusiastic teams came together to play adapted games for seniors in care. The children from Boddington District School performed the National Anthem at the opening and during the lunch break entertainment was provided by a piano accordionist, Susan who led the participants in a sing-a-long. A big thank you to Dawn Newman and the volunteers from Boddington Hospital Auxiliary, Newmont Mines and SRCWA. The winners of the Boddington LiveLighter Aged Care Games were - first Boddington HACC, 325 points, second Harvey Southwest Community Care, 285 points and third, Boddington Social Group 276. The best presented team was Harvey SWCC and the oldest competitor was Gloria Batt, aged 95 years young. The LiveLighter Aged Care Games are Sponsored by LiveLighter Healthway, Dept of Local Government, Sport & Cultural Industry and Dept of Communities.

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

On Wednesday 18 April, Seniors Recreation Council of WA's Rockingham branch will hold a Have a Go Day at the Aqua Jetty, 87 Wambro Sound Avenue, Wambro 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 senior specific static displays. Any club, group, community organisation or business that would like to showcase their organisation can contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173 for further details. This event is proudly sponsored by Aqua Jetty, City of Rockingham, Have a Go News, LiveLighter Healthway, Telstra, Kennards Hire, Simply Swing, IGA - Chelmsford Ave, Dept of Local Government, Sport & Cultural Industry and Dept of Communities.

SRCWA Annual Seniors Ball

The Enchanted Garden Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 6 June from 1pm to 4.30pm. Afternoon tea is provided and features the live band Satin Doll and a floorshow by Rock n Jive. Tickets cost \$37.50pp. There will be a door prize and many other prizes donated by Crown Perth, Have a Go News and Casey Australia Tours. To book your tickets or for further information call 9492 9773. This event is proudly sponsored by Crown Perth and Have a Go News.

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



Hugh Rogers
President

Marking the anniversary of Consumer Directed Care



Rhonda Parker

by Rhonda Parker,
CEO Alzheimers WA

FEBRUARY was the first anniversary of the introduction of the system known as consumer directed care in community aged care packages across Australia.

Aged care packages help people live independently in their own home for as long as possible. In the past, the Federal Government contracted aged care providers to deliver a certain amount

of care services. The providers then delivered care to clients. The contractual arrangements required the provider to report back to the Government. By contrast, consumer directed care directs the funding to the individual who now has choice and control over what care and services they receive, and from whom.

In theory, the model works well. However, a year on and we are beginning to see evidence, actual and anecdotal, of the reality of this new system.

In December 2017 the second Home Care Packages Program Data report was released by the Department of Health. The report gives a clear picture of the growing needs for home care within the aged care sector and the terrible

gap between the level of need and the funding to respond to it.

In WA alone there were almost 10,000 people on a waitlist for packages in the reporting period (October - December 2017). Of those, almost 6,500 had been assessed at level four, meaning the largest group of people waiting for packages were those with the highest care requirements.

What Alzheimer's WA and other providers are hearing from families is consistent with this disturbing data, with the waitlists being longest for those with the greatest need, with some families waiting up to a year for a level four package.

The concern about wait lists for an aged care package at home is that the carer and the person needing the care are often at crisis when they

apply for support. Waiting for a year for the care to arrive is an untenable situation.

Approximately 70 per cent of people living with dementia live at home. People living with dementia are over-represented in those accessing home care packages, particularly at the higher levels (assessed at levels three and four).

The waitlist for home care packages is arguably large and growing. With the number of people diagnosed with dementia rising rapidly over the next decade, the total number of people requiring access to home care packages will continue to increase.

Why are there waitlists? Assessments happen without undue delay and there are more service providers.

However, no matter

how world class your aged care is, its success ultimately lies with how well it is funded.

The Federal Government funds a finite number of home care packages at each level. Late last year an additional 6,000 level three and four home care packages were released across the nation, to help alleviate the strain on the ever-growing waitlists. However, it is not enough.

I acknowledge that the challenge of funding aged care is significant, no matter who is in Government. However, consumer directed care was introduced to give choice to our elders and their families. The irony is that within 12 months of the introduction of consumer directed care, there is neither a choice nor a service for a large number of people on waitlists.

The benefits of being physically active with diabetes



Zara Secker

PHYSICAL activity is good for everyone, but is particularly beneficial to people living with, or at risk of, diabetes.

Regular exercise helps to reduce the risk of developing type 2 diabetes, and it lowers insulin resistance in people with type 2 diabetes. It has even been shown to improve mental health.

Armadale resident Zara Secker was diagnosed with type 2 diabetes in March last year. After the shock of diagnosis wore

off, she decided to see it as a wakeup call and do something about changing her outcomes.

"I went to the local library and borrowed lots of books on diabetes. It made me start taking better care of myself - eating better, reducing portion sizes, and exercising," she said.

In the year since this turnaround, Zara has tried different types of physical activity and settled on group fitness classes and individual coaching at the gym.

"I've moved from hating exercise to liking it because I've seen the benefits. I like the way I feel inside when I'm fit. My blood glucose levels have come down through the combination of diet, exercise and medications. My skin and hair feel and look better, and I'm start-

ing to like the way my legs look," she said.

How much do you need?

Experts recommend at least 30 minutes of moderate aerobic activity every day, plus two or three resistance training sessions (weights and strength training) each week. Depending on your initial fitness level, you may need to work your way up to this goal.

Credentialed diabetes educator and exercise physiologist Marian Brennan said that for people who don't think of themselves as the physical activity type, the idea of starting an exercise program can be intimidating.

"A good place to start is to just do a little bit more than you currently do. For example, you could start by walking around the block after breakfast."

Exercise for people with diabetes

People living with diabetes may be at higher risk of injury so before starting any new exercise or activity program, check with your doctor to make sure it's suitable for you.

If you are on insulin or certain glucose lowering medications, you may need to take special precautions in order to prevent your blood glucose level from dropping too low (hypoglycaemia).

If your doctor has asked you to monitor your blood glucose levels, you should check your levels before and after exercise, and during exercise if it's

for longer than 30 minutes. Your blood glucose levels may be lower for up to 48 hours after exercise.

Don't be worried if you see your levels rise during or for a few hours after vigorous exercise, as exertion may stimulate the liver to release more glucose into the blood stream. The long term benefit of high intensity or vigorous exercise is that it helps lower blood glucose levels and improve cardiovascular health.

If you have a question or would simply like more information about diabetes, call Diabetes WA on 1300 001 880 to speak to a diabetes educator.

diabeteswa®

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ASCOT RACECOURSE

SUNDAY 18 MARCH 10AM-3PM

ADULTS \$10, KIDS SCHOOL AGE OR UNDER FREE
FREE PARKING FAMILY FRIENDLY

councilofmotoringclubs.asn.au

Seniors Recreation Council of WA Inc presents the

Enchanted Garden Ball

Wednesday 6 June
1pm to 4.30pm
Astral Ballroom, Crown Perth
\$37.50 per person
(includes afternoon tea)

Entertainment: Live band Satin Doll
Floorshow: Rock n' Jive Social Dance Club

Phone 9492 9773 for further information and ticket sales



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Deferred management fees or exit fees	Yes - up to 40% of the property value	No Fee
Exiting refurbishment costs	Yes - varies from village to village	No Fee
Repayment of funds subject to the sale of life lease to another buyer	Varies from village to village, sometimes controlled by the village operator	No

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www.sterlingnewlife.com.au



Benita's joyful leap from *Play School* to *Senior Moments*...

by Josephine Allison

BENITA Collings' happy voice comes down the line, fresh from the first day of rehearsal in Sydney with the cast of the hilarious *Senior Moments* comedy revue which opens in Perth this month.

It might be almost 20 years since she gave up her gig as presenter for *Play School* on the ABC but her enthusiasm and charm appear as strong as ever.

Benita is perhaps best known for her long-running stint as a presenter for *Play School* starting in 1969, a role she held for more than 30 years spanning 400 episodes. Along with John Hamblin and Don Spencer she was one of the longest serving cast

members.

"They would only make 45 programs each year split between five couples so you only worked 10 days a year and the rest of the time we were off doing theatre, film and television. But it's lovely to come back and tread the boards as they say."

Apart from *Play School*, Benita has been a stage and screen performer, appearing in Australian television dramas *The Sullivans*, *The Young Doctors*, *Sons and Daughters*, *The Restless Years*, *Homicide*, *A Country Practice* and others. In film, she appeared in the feature film *Knowing*, as the mother of Nichols Cage's character John.

Benita hasn't visited Perth since the *Play*

School concerts back in the early 2000s when she played Perth and Bunbury.

"I say to people when I come to Perth I can look this and that up, but mind you I am really working."

There is a sense that Benita is really enjoying playing in *Senior Moments* which will have visited Adelaide, Melbourne, Hobart and Sydney before Perth. She describes it as a comedy revue about older people and the young people they have to deal with. So it's sort of like how do the older generation cope with the younger generation. There are some lovely moments in the show when that comes out strongly.

"There's one sketch called *Old School* and it's a sendup of *Play School* and in it we do fun things such as nursery rhymes like *Rub a Dub Dub Three Men in a Tub*... that's a valid lifestyle choice and I am not judging it. Another one is *Star Light, Star Bright, Hope I Make It Through the Night*."

"In the sketch *Old School*, I am not being Benita but Miss Jane. I would never ever perform in *Play School* the way I do in *Old School* so there's lots of fun with all the cast being different characters. I tell stories and they be-

come characters in the stories and act it out and it really is a lot of fun – a hoot.

"There are sketches, songs and performers who are old enough to know better. The cast of *Senior Moments* are old friends with John Wood, Max Gillies and Kim Lewis who I worked with in television way back in the 70s, so it's like old home week."

"We all came together in Sydney after the boys rehearsed in Melbourne – the cast is split between Sydney and Melbourne – and so far everything has worked well."

The popular Geoff Harvey is on piano and Benita says the cast and people are delighted he is part of the show.

What drives her?

"As I said to someone a while back when I walk on stage or walk on set, I'm home, that's how it is for me. It's something I have had all my life and I love and enjoy it, it's my place to go to."

"We were all talking about the fact there is a show like this and it has an audience. It's not as if anyone won't come. When we played in Sydney at different venues a year ago people came and laughed and laughed. This time we have a new cast



Senior Moments' cast members, from left to right; Geoff Harvey, Benita Collings, John Wood and Max Gillies

and we are really looking forward to it. It's not just for older people but young people who come back later and say: "that was so much fun, I so enjoyed it," So it's not just for oldies."

Benita lives in the Sydney suburb of Camperdown and says she is very happy there.

"Lots of people even now recognise me. Some have children and grandchildren so if you go back to when *Play School* started in the 60s these people were tiny tots then and are now grown up with children and grandchildren. They approach me and

say, "Oh Benita I watched you on *Play School* so that is a good drawcard."

Outside the theatre, she is a member of a choir at Royal Prince Alfred Hospital which has a nearby cancer hospital, Lifehouse.

"Patients there are being treated and other patients come and go, so the choir is made up of ordinary people like me and ex-cancer patients and people still coming in for treatment."

"They join the choir and sing and it's terrific music therapy. We have funding for another three years

which is terrific."

After *Senior Moments*, Benita isn't sure what awaits for her the rest of the year.

"But that's the way it is for actors, they often don't know what their next gig is. Luckily that has never bothered me, I don't fret and worry but believe something will happen and it does."

Senior Moments plays at Perth's Heath Ledger Theatre, from 21 March-25 March, 90 minutes, no interval, Bookings: Ptt.wa.gov.au or ticketek.com.au or 08 6212 9292.

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For more information, or to purchase tickets go to: <https://www.affrenchfilmfestival.org> or <http://www.lunapalace.com.au>

WIN WIN WIN

Thanks to The Alliance de Perth we are giving readers the chance to WIN in season double passes to the 2018 Alliance Française French Film Festival. Simply email win@haveagoneews.com.au with French in the subject line or phone the Have a Go News' office on 9227 8283 during business hours (Monday to Friday, 9am to 5pm). Competition closed 14/03/18.



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Information on government pensions and claims for British expats



by Mike Goodall

I HAVE spoken with two people recently who received e-mails inviting them to apply for their UK State Pension using a link in the e-mail. The UK Pension Service does not (except in very exceptional circumstances) use e-mail to contact expats informing them of their entitlement to a UK State Pension. Please take note and do not open any of these emails.

Members of our campaign group British Age Pensioner Alliance (BAPA) in Australia have received responses from letters sent to the Foreign Minister Julie Bishop.

Ms Bishop wrote to the UK Foreign Secretary, in December 2017, outlining the Australia Government's serious concerns over the UK policy on this issue. In response, Mr

Boris Johnson reaffirmed the UK's determination to retain the policy, principally for financial reasons.

She said that the forthcoming Commonwealth Meeting (CHOGM) in London in April will be an opportunity to press the UK on the issue again.

At previous CHOGMs the UK Government claimed that this was not the right forum to discuss the issue. However, this year's CHOGM will have a different format and the UK, probably because of BREXIT, is promoting the benefits of potential improvements in trade and business between member countries.

Very few people are aware that if you are under UK State Pension age and as a grandparent have returned to the UK to care for a grandchild (under 12 years of age) you can apply for National Insurance credits for periods from 6 April 2011. These credits may be used to add an additional year (or years) to enhance your UK State Pension contribution years.

On a similar theme, many living in Australia will have claimed Child Ben-

efit in the UK for a child under 16 between 6 April 1978 and 5 April 2010 and could qualify for what is known as Home Responsibilities Protection (HRP). Some may have received this automatically. If you were living in the UK and looking after a child under 16 during that period it is worth checking whether these years can be added to your National Insurance contributions record as any additional years can go towards your State Pension.

Don't forget to claim your pension increases when returning to the UK or Europe. The rules have been tightened up and they only accept applications (better by telephone) less than four weeks before you go and up to four weeks after you arrive. Waiting until after you return home means you will most likely miss out.

Anyone who would like to discuss the above in greater detail or require guidance and help on any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail: mikecgoodall@btconnect.com

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New exhibition at the Art Gallery of WA captures Italian art at its finest



The Palazzo Corsini in Florence is home to one of the most amazing collections of artwork

by Josephine Allison

WORLD War II was raging in Europe in 1944 when brave Italian woman Princess Elena Corsini

smuggled from Florence priceless paintings belonging to her family. She hid some paintings from the Germans in the countryside and, when peace

came, the works were returned to their rightful place inside the family home the magnificent Palazzo Corsini on the banks of the Arno river.

Thanks to Elena Corsini's bravery, a new generation has the opportunity to view the works from the esteemed Corsini collection at the Art Gallery of WA's next international exhibition, *A Window on Italy-The Corsini Collection: Masterpieces from Florence* which opened last month and runs until 18 June.

Historical and modern art curator Melissa Harpley, who visited Florence last year and spent several days with the Corsini family, says her visit was a fantastic opportunity to meet the family, "They were delightful, excited about the collection, passionate and proud of it," she says.

"It was also terrific to see the works in the flesh so to speak, in the home

where they normally live and are on display in the Palazzo Corsini overlooking the Arno River. Most of the collection was saved during World War II and hidden away by Princess Elena Corsini, an extraordinary brave woman."

Towards the end of World War II the German army was retreating through Italy. The Corsini family was aware the German army had been looting artworks along the way so Princess Elena worked with some of her staff to hide as much of the collection as they could to try and preserve it. Some works were hidden in a crypt in a church in Florence, and others were loaded onto a truck and driven to one of the family's country properties.

Princess Elena instructed that a false wall be built to hide the artworks. The Germans arrived, noticed the false wall and one officer - thinking there might be people behind it - shot at it. Luckily, the only work damaged was the painting of the family saint, Saint Andrea Corsini and this work is included in the Perth exhibition. The family decided not to have the work conserved so that bullet hole is still visible.

"People will find that quite a moving experience," Melissa Harpley said. It is the first time 74 works from the Corsini collection have left Florence

though individual works have been lent to different exhibitions. The collection tells many stories; the history of Italian art and the fascinating story of the Corsini family themselves told through the exhibition and the collection."

The Corsini family came into prominence in Italy in the 13th century and occupied various professions. One of the Corsinis was the Pope Clement X11. The Corsini princes were among the most important and influential families in central Italy from the Middle Ages to the 17th century.

Melissa Harpley says the collection features paintings from Italian artists such as Botticelli, Pontormo, Tintoretto and Caravaggio and is rich in Italian paintings from the Renaissance and Baroque period with the subjects of the paintings covering religious stories, portraits and mythological scenes. Decorative objects, furniture, costumes, works on paper, along with a lavish dining room setting for six, portray the life of the Corsini family and bring the ambience of Palazzo Corsini to Perth. Highlights include Madonna with Child and Six Angels by Botticelli and the Caravaggio portrait of Maffeo Barberini.

"The exhibition is something the Corsini family has been thinking about for a while," says Melissa Harpley. "It is a

collaboration between Mary Kisler, senior curator at New Zealand's Auckland Art Gallery, who was doing some work in Florence and met the Corsini family and our director Stefano Carboni."

"The exhibition presents an exquisite and absorbing window into Italian art and history," says Mr Carboni. "Through their patronage of the arts over hundreds of years, the Corsini family has acquired and safe-kept a magnificent collection of works, rarely seen outside Florence."

"The works not only tell the story of Florence and Italian art over the centuries but also reveal the history of an extraordinary Florentine family."

A personal touch at the exhibition opening was the presence of Corsini family members Countess Livia Branca and Countess Elisabetta Minutoli who came to Perth from Italy especially for the opening, along with David Gramazio, of exhibition partner Monde Mostre.

WIN WIN WIN

Thanks to the Art Gallery we have five double passes to giveaway to the Corsini Collection. To be in the draw simply email win@haveagonews.com.au with Corsini in the subject line or write to Corsini Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/3/18.

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Norseman reunion on again

A REUNION for former and current residents and families of the historic gold mining town Norseman will be held in Mandurah on Sunday 29 April from 10am.

The venue is the clubhouse at St Ives Retirement Village, 22 Carnegie Place Greenfields.

Please advise Bill King on 9534 9913 or email newbill13@bigpond.com if you will be attending so that parking arrangements may be made or if coming by train a pickup organised.

Please wear a name tag and BYO drinks and food and any memorabilia of interest.

Enjoy a great day out at Ascot



club plans to have the largest number of Model A's in Perth at the show.

This year's show will be held at Ascot Racecourse which is a great location and close to the city and transport. There is also more shade and better food and beverage facilities as well as music and kid friendly activities.

Car shows appeal to all ages, for the seniors there is the nostalgia of seeing cars they used to drive, while for youngsters there is the novelty of seeing something rare and unusual.

"You don't see many old cars on the roads these days," Mr Markham said, "A large event like this brings all these vehicles together in one place."

Almost 1000 cars are expected to be on show.

Entry price is \$10 per adult with accompanying children under 16 free. There is free parking in the Ascot carpark and a free program for all visitors. Gates open at 10am and close at 3pm.

MORE than 60 motoring clubs will be attending this year's Classic Car show at Ascot Racecourse on Sunday 18 March.

"There has been a record interest from car clubs to this year's show," said organiser, Paul Markham.

The annual car show organised by the Council of Motoring Clubs of WA has been a fixture of the classic motoring calendar since it was first held in the 1960s.

All manner of vehicles from all eras of motoring will be on display.

"We have vintage cars and motorcycles, classic performance

vehicles, American and Aussie muscle cars and exotic European cars," said Paul.

The displays range from vintage trucks and buses down to micro-cars and scooters. There will also be some displays from related interest clubs, such as vintage radios, Morse Code Society and vintage pram collectors.

"2018 is the 90th anniversary of the Model A Ford, the 80th anniversary of the Volkswagen Beetle and the 50th anniversary of the Holden Monaro and the Veteran Car Club is also celebrating its 60th year."

The Model A Ford

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ADVERTISING FEATURE



Above: A piece of signage Rob Rippingale found in Delhi
- Jennifer Merigan

THANKS to the many readers who have entered our Scoot to Singapore competition to win a

trip for two to Singapore. We've had thousands of entries and the lucky winner will be announced on 15 March. We look forward to bringing you more fabulous competitions during the year.

★★★★

Following on from Frank Smith's funny travel photo included in last month's edition, Rob Rippingale has sent us the above photo from a sign he saw over a shop in Delhi. It certainly doesn't engender confidence in the builder. We love seeing fun photos from people's travels, so please feel free to send them to us on the email below.

★★★★

There is lots happen-

ing in Perth this month with the Perth Holiday and Cruise Expo at Crown on 17 and 18 March and the Caravan and Camping Show at the Claremont Showgrounds from Wednesday 21 to Sunday 25 March. Both these expos offer great information for travellers and we have special features about them in this section.

★★★★

It's the perfect time to start planning adventures in your caravan and this month Lee Tate offers some practical advice for those thinking about hitting the road. See page 30 for his comprehensive story.

★★★★

I was lucky enough to attend the very first function held at Yagan Square this month to launch the Taste Great Southern festival running through March. Yagan Square is now open and this provides a much needed link from the city and Northbridge as well as a hub for tourists promoting local food and our indigenous heritage.

★★★★

Following on from Lee Tate's opinion column about tourism in WA

last month, I personally think increasing our tourist numbers can only be beneficial for our economy. It was good to hear so many people's feedback. I think most of us were in agreement that we need to promote our natural resources rather than focus on things such as theme parks. If you missed the article you can head to our website and read it there.

★★★★

If you have a travel issue, enquiry or would like to share some infor-

mation, don't hesitate to contact me on the email below.

Our website has lots of great travel information - take a moment to visit it at www.haveagonews.com.au

Happy trails

Jennifer Merigan
Travel Editor



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

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The best little fair in the west - only an hour's drive from town



BE SURE to visit historic York for the annual Antique Fair and markets at the Town Hall and surrounds on Easter weekend Saturday 31 March, to Monday 2 April, 10am to 4pm.

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 à 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 Hollows Foundation.

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ADVERTISING FEATURE

travel options for the mature west australian

Enjoying a staycation at the jewel in Perth's crown



From left to right; Crown Towers Premier King Room - deluxe bathroom - Crown Towers Crystal Club

by Jennifer Merigan

WHEN Crown Towers opened just over a year ago the Perth hotel scene was changed for the better.

I was keen to 'have a go' and stay at the Towers after a few of my friends had enjoyed staycations over summer. One stayed for Christmas, another for the Australia Day long weekend and both raved about the hospitality.

To say I was a little excited about my two-night staycation on a Friday and Saturday night at the Towers was an understatement.

I like the word staycation – it refers to having a mini break somewhere in the city in which you live.

My partner and I had an event to attend on the Saturday in the Grand Ballroom, so we thought it would be perfect to enjoy a mini break and stay on the Friday night.

On check-in, the concierge told us that 90 per cent of the people that stayed at the Towers were from WA and now we understand why.

It's the perfect place to have a fun-filled weekend and really make the most of the facilities on offer at Crown.

We checked in at 3pm into a King room which had magnificent views of the city. Looking out the window we just 'ooded' and 'ahhed' and both

commented that we live in the best city in the world.

The room's focus is all about the view, with a divine bed facing the floor to ceiling windows, it allows you to lie back and soak up what has to be the best view of Perth.

There's a chaise longue by the window, a huge television set that can be extended, a table and chairs and the room design maximises everything around the view. The mini bar, dressing room and bathroom are located behind the bed.

The mini bar comes with a coffee machine and there's a selection of quality snacks and drinks, everything you need to make the most of your stay and room service is a press of a button or phone call away.

Personally, I always judge a hotel room by its bathroom and this one met my every expectation.

Beautifully appointed with a cream stone bath it is one of the best I have ever seen in a hotel. Big white fluffy towels, a separate toilet cubicle and shower recess with rain shower head and two sinks just oozed luxury.

The quality consumables in the bathroom just add that extra pizzazz, it's these little things in a hotel that really add to my enjoyment.

We relaxed for a couple

of hours and then went to dinner at Epicurean to try out Perth's largest buffet.

There is something for everyone at the buffet and we left having given it our best shot to try as much as we could from the round the world feast.

When we returned to the room, the turn down service had been, our slippers were by our bed and chocolates were on our pillow.

We treated ourselves to an in-room movie and about 10pm I heard the pop of fireworks and using my bedside tab-

let for the room controls opened the electronic curtains to enjoy a stunning fireworks display celebrating Chinese New Year from Gloucester Park.

We slept so well that we didn't wake up until the knock at the door at 9.40am with the in-room breakfast.

After breakfast it was time to enjoy the pool area which is one of the highlights of a summer stay. Sunbeds surround the many sections of the pool and drinks and food are ordered with a quick

flick of your flag.

After basking by the pool, we headed to the Crystal Club lounge for afternoon tea before it was time to get ready for the ball.

The Crystal Club offers guests breakfast, afternoon tea, cocktails and canapes in the evening and is a worthwhile addition to a stay.

We chatted to quite a few people in the club who were there celebrating milestone moments.

One lady told me that she had everything she could possibly need,

so celebrating her 70th birthday with her family and staying at Crown was the perfect experience for her.

Our ball started at 6 pm and we didn't get to experience the cocktails and canapes but returned for breakfast the next morning, enjoying the superb views and delicious food.

The room, the service, the food (especially the food) is unbeatable including the dinner in the ballroom, we couldn't fault anything.

All good things must

come to an end and my only complaint was that time went far too quickly and we had to leave.

The writer was a guest of Crown Perth.

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Begin by exploring the village of Fairbridge and Dwellingup before travelling onto Narrogin and the heart of the Wheatbelt country. From Narrogin celebrate the life of Albert Facey, visit community markets at Wickiepin and travel the Dryandra Country Art, Food and Wine Trail. We will also celebrate a wonderful Mother's Day luncheon, explore the Narrogin Old Courthouse Museum and take a nocturnal tour to discover some of WA's most threatened native wildlife.

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Set amongst the colourful deciduous trees, brooks and rolling hills of Balingup, the annual Balingup Small Farm Field Day is a truly amazing event. People from small farms and cottage industries exhibit and sell their produce and products and scarecrows appear all over the village! Demonstrations, fashion parades and free live entertainment bring this quaint rural event to life.

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See the Dolphins of Monkey Mia

Unspoilt and uncrowded, the Coral Coast is a magnificent area and includes many of Western Australia's well known attractions and experiences including the Shark Bay World Heritage Area, the dolphins of Monkey Mia and the Ningaloo Reef. This tour combines the best of three very special coastal areas of the Mid West and Gascoyne regions which bring to you a treasure trove of beaches, exotic marine life and national reserves. This tour includes Geraldton, Monkey Mia, Carnarvon and Exmouth before flying home to Perth from Learmonth.

Highlights | Shark Bay World Heritage Area | Monkey Mia Dolphins | Francois Peron Peninsula | Shell Beach | Hamelin Pool Stromatolites | Shark Bay Cruise | Bumbak's Plantation | Historic One Mile Jetty, Carnarvon | Yardie Creek Cruise | Cape Range National Park | Ningaloo Marine Park

West Coast Wonders Featuring the Dolphins of Monkey Mia

7 Days | Thursday 31 May to Wednesday 6 June 2018 | Price \$3285 pptw | Single Option \$510

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Go Glamping in Karijini

Australia's North West Pilbara is an ancient and rugged land where the red desert meets the azure blue ocean and splendid coral reefs. Inland, amidst the rugged landscapes, explore Karijini National Park, a tapestry of deep gorges, plunging waterfalls and hidden rock pools. Be spoilt with a two night experience amidst the Karijini National Park staying in deluxe style tents with en suites. On the spectacular coast, tour the ranges and beaches of Cape Range National Park and stay two nights in Exmouth before returning south along the Coral Coast through Coral Bay and Geraldton.

Highlights | Karijini Eco Retreat | Cape Range National Park | Dales, Hancock and Weano Gorges | Fortescue Falls | Exmouth and North West Cape | Yardie Creek Cruise | Coral Bay | Geraldton | Ningaloo Marine Park | Glass Bottom Coral Viewing Cruise | Mt Whaleback Iron Ore Mine Tour | Hamersley Range

North West Spectacular Featuring Karijini National Park

10 Days | Thursday 14 to Saturday 23 June 2018 | Friday 10 to Sunday 19 August 2018

Price \$3815 pptw | Single Option \$805



Visit the Red Heart of Australia

Venture into the Red Centre and the heart of Australia to experience the spirited outback, unique pioneering history, exhilarating natural wonders, hauntingly beautiful mountain ranges, evening experiences under the stars and fiery sunsets and sunrises over Australia's greatest landmark, Uluru.

Highlights | Uluru-Kata Tjuta National Park | Sunset and Sunrise Over the Rock | The MacDonnell Ranges | Walpa Gorge Walk | Desert Park | Outback Dinner and Astronomy Show | Curtin Springs Station | RFDS and School of the Air Tours | National Pioneer Women's Museum | Camel Farm Experience

Alice, Uluru and the Red Desert The Heart of Australia

7 Days | Friday 18 to Thursday 24 May 2018 | Price \$4245 pptw | Single Option \$695



Journey to Far North Queensland

Relish in the tropics and immerse yourself in everything that is Queensland! From Cairns to the misty mountains, a rich diversity of destinations and experiences awaits you. Bask in the warmth of the tropics, travel the famous Kuranda Railway, discover the beauty of the World Heritage listed tropical rainforests, enjoy tropical cruises, visit quaint villages and recline in comfort at your centrally located hotel.

Highlights | Kuranda Railway and Skyrail | Cairns Harbour Cruise | Atherton Tablelands Produce | Atherton Tablelands Scenic Touring | Paronella Park | Tjapukai Dinner and Show | Hartley's Crocodile Adventures | Port Douglas | Cairns Botanical Gardens Tour | Famous Cairns Markets

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Singapore and the Biennial Garden Festival

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Highlights | Singapore Garden Festival | Singapore Sightseeing Tour | Jurong Bird Park | Chinatown Evening and Trishaw Ride | Famous Night Safari | Changi Chapel Museum | Singapore Flyer | Kampong Glam and Arab Street | Free Time in Singapore

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8 Days | Thursday 19 to Thursday 26 July 2018 | Price \$5275 pptw | Single Option \$1320

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Perth's best travel expo is back



PERTH Holiday & Cruise Expo remains Perth's most popular and only independent travel exhibition, operating successfully for more than 30 years. This year the expo is held on the weekend of 17 and 18 March from 10am to 4pm at Crown Perth Ballroom.

For those thinking about booking their next holiday, or just love to travel, then you'll be in holiday heaven when you see what's on offer.

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

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

Booking your next

holiday will be a breeze with travel experts offering great deals and savings that you won't be able to resist and will be exclusive to Expo visitors.

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

In the travel theatres one of the highlights will be International guest speaker Francisco Dousdebos from Ecuador talking about visiting Ecuador and the Galapagos islands. Learn about how fascinating wildlife observation in Galapagos can be, plus get some first-hand tips for successful planning. Also, get to know about the beauty of Ecuador with places like Mashpi Lodge a favourite lodge with Aussie travellers, as well as exploring the Andes, quaint villages, ethnic markets, great scenery, and stunning cities like Quito-the first World Heritage Site City declared by UNESCO.

Other topics will include European River cruising with Australian Pacific Tours (APT); Cuba is not a holiday it is an experience with Experience Cuba;

The Essence of South America with the South American Tourist Office; Destination Asia find inspiration with Wendy Wu Tours; Europe with a difference by Albartross Tours; Affordable Africa with bench Africa; Oberammergau The passion Play 2020 by Helloworld Travel Belmont and Treasures of Russia river cruising by Helloworld Travel Belmont. Full details of the listings of talks in the travel theatres visit the website.

One lucky attendee will have the chance to win some fabulous prizes including a holiday to South Africa with South African Airways and Bench Africa, Accommodation in Bali at the Bali Mandira Beach Resort and Spa, plus weekend Getaways at Quest apartment hotels.

Tickets available at the door or visit www.holidayexpo.com.au for pre sales.

WIN WIN WIN
We have 20 double passes to giveaway to the show – an email address is required for this giveaway – email win@haveagonews.com.au with Holiday Expo in the subject line. Closes 15/3/18.

Floreat World of Travel on show at expo

FLOREAT World of Travel are celebrating their 20th year in business and are delighted to team up with Swagman at Perth Holiday and Cruise Expo.

Swagman have been offering personalised travel arrangements of unbeatable value for more than 30 years. They are Africa and India specialists, and they recently added Sri Lanka and the Middle East to their portfolio. These des-

tinations feature stunning scenery and fascinating culture.

Swagman staff have the passion, skill and experience covering all tastes and budgets from basic camping to five-star luxury, escorted tours to independent travel. They look forward to helping people choose the right transport and accommodation for their trip.

Whether it's cruising lazily along

the Zambezi in a houseboat or driving on safari through the Kruger National Park, relaxing on a beach in Goa or driving a Ferrari in the desert, they can help people book a journey of discovery to create memories to cherish forever.

For further information contact the professional sales team at Floreat World of Travel on 9387 6211 or visit www.floreat-travel.com or see them at the expo.

Relax and rejuvenate on a springtime voyage



Enjoy leisurely days on board the Astor

ASTOR'S sixth season of cruising down under comes to an end in March, but there's still an exciting round of cruising options available as she heads back to the north-

ern hemisphere.

The 43-night journey includes the most picturesque ports in and around Africa and Europe – all in the one itinerary.

Enjoy leisurely days at sea and recharge your batteries interrupted by wonderfully contrasting ports of call on Astor's springtime voyage from Australia to the UK.

Nestled between the sea and the mountains, Port Louis, on the stunning island of Mauritius, is a melting pot of varied cultures with historic colonial architecture and heritage and Reunion, a beautiful island belonging to France, offers a coastline of beaches and resort towns. Next call is at Maputo, capital of Mozambique and your gateway to the Kruger National Park.

Richards Bay boasts South Africa's largest harbour and magnificent wetland scenery. You can choose to ex-

plore a game reserve with the chance to see rhino, hippo and crocodiles. Durban has a string of white sand beaches known as the Golden Mile and beautiful Mossel Bay is on the famous Garden Route. Cape Town is a picturesque city with the majestic Table Mountain visible from almost any vantage point. A trip to the summit by cable car offers breath-taking views. A call in Walvis Bay, Namibia, gives you the perfect opportunity to discover the spectacular wetlands intrinsic to the survival of thousands of migratory birds.

Astor passes by the isolated island of St Helena, the island where Napoleon died and was exiled by the British. Enjoy lazy days at sea as you cross the equator sailing north.

From Praia, Santiago and Mindelo, São Vicente explore these stunning Cape Verde islands. Casablanca, Morocco's largest city, is a fusion of Africa, Arabia and Europe with its wide boulevards, bazaars and imposing Hassan II Mosque.

The Portuguese capital of Lisbon will delight visitors with its rich maritime heritage and Leixões, the port town for Oporto, famous for its Port wine. Finally, after an unforgettable voyage, Astor will arrive in Tilbury.

For more information contact Helloworld Travel Morley, Suite 1, 2-16 Bishop Street, Morley, 9276 5577.

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<p>8 Days Kenya Vista Nairobi, Shaba Game Reserve, Adardares, Lake Nakuru, Masai Mara Fully inclusive From \$4,629</p>	<p>15 Days Japan Cherry Blossom & Garden 2018 Tokyo, Hakone, Mt.Fuji, Takayama, Kanazawa, Kyoto, Nara, Hiroshima, Miyajima,Kobe, Osaka Fully inclusive From \$7,480</p>
<p>16 Days Mighty Yangtze & Hong Kong Shanghai, Nanjing, Wuhan, Fengdu, Chongqing, Victoria Cruise on Three Gorges & Hong Kong Fully inclusive From \$4,885</p>	<p>14 Days Wandering South Africa Johannesburg, Mpumalanga, Swaziland, Zululand, Durban, Knysna, Oudtshoorn & Cape Town Fully inclusive From \$6,799</p>
<p>15 Days Natural Wonders of China Zhangjiajie, Tian Men Mt, Yichang, Yangtze River Cruise, Chongqing, Jiuzhaigou & Chengdu Fully inclusive From \$4,885</p>	<p>16 Days Glittering India Diwali & Camel Fair Kolkata, Varanasi, Agra, Fatehpur Sikri, Jaipur, Pushkar & Delhi Fully inclusive From \$5,485</p>

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Everything you need to explore WA



FROM Wednesday 21 to Sunday 25 March Claremont Showgrounds will be buzzing with everything you need to start planning your next adventure.

Open from 9 am to 5 pm, this year's show will feature more caravans, camper trailers and more gadgets, gizmos and accessories than you could poke a tent pole at.

Whether you're looking to upgrade your existing set up or just starting out, WA's biggest caravan and camping showcase has everything you could possibly need for your next outdoor adventure, and all in the one place.

And it's not just for big kids. Across the weekend is a range of free activities to keep the smaller ones amused. It's a guaranteed fun day out for the whole family with loads of entertainment and always something new to see and do.

Purchase your ticket online beforehand to receive free Transperth transport to and from the show. Jump the queue when you arrive at the show and go into the draw to win a 40L Engel Fridge Freezer.

For more information visit www.caravanandcampingshow.com.au. Tickets: caravanandcampingshow.oztix.com.au Phone: 1300 762 545 or email info@oztix.com.au.

Entry \$19.50 adult, \$17.50 adult RAC member, \$14.50 concession, \$13 concession RAC member. Children under 16 FREE

RAC Members receive 10 per cent off show tickets.

The Passport to Freedom competition is back at the show

PASSPORT to Freedom competition is at the RAC Perth Caravan and Camping Show. To enter simply collect your show map with the entry form from one of the information booths and visit all five special locations around the show marked with the icon. Simply match up and punch all five holes on the entry form, fill in your details, drop it into one of the entry barrels and be in the draw for your chance to win a variety of prizes including an 11ft Gecko Pop Top Caravan valued at \$47,540.

Travel to the Perth Caravan and Camping Show and parking

LIMITED onsite parking is available for \$5 per vehicle and this is managed by the Royal Agricultural Society of WA.

Their helpful parking attendants will be on hand to direct you to the nearest available parking spot. Please be aware of parking signs surrounding the Claremont Showground to avoid receiving an infringement. Town of Claremont rangers regularly patrol the area for cars parked illegally, so please be courteous to local residents and park in accordance to the signage.

With the Claremont Football ground development still underway parking in the area and near Claremont train station is limited.

To help get around this inconvenience, this year there is a free

parcel pickup area at Gate 12 (off Shenton Road) where you can leave an item(s) and return later with your car to collect it.

This year, with the support of Swanbourne Primary School, visitors to the Show can park for free at the school on Saturday, 24 and Sunday, 25 March. There will be a courtesy shuttle bus running between the parking facility and Gate 1 (Graylands Road) at Claremont Showground. The buses will be doing a continuous circuit between the two locations starting at 8am, with the last bus departing the Showground at 5.30pm.

Visitors can access the parking via Narla Road, Swanbourne. Please follow the signs and directions from the parking atten-

dants. There is directional signage from Alfred Road and the main entry to the Showground at Gate 8 (Ashton Ave).

Disabled parking: Dedicated ACROD parking bays are available, but limited through Gate 8 (off Ashton Avenue) and Gate 6 (off Graylands Road), so please arrive early to avoid disappointment.

A drop off/pickup point is available outside the Gate 1 entrance that may be available depending on road closures due to neighbouring development.

Public Transport: All entry tickets purchased online include free travel on the Transperth network (bus or train), to and from the 2018 RAC Perth Caravan & Camping Show, three hours

before opening, during and three hours after closing. Public transport users are required to provide proof of purchase (show ticket) upon request so be sure to hold on to your show receipt.

The Showground train station on the Fremantle line will be operational across show opening times. Please be aware express trains do not stop at the showground station. If you miss the Showground Station, simply disembark at Claremont train station, 400 metres from Gate 1.

Bus route 102 arrives at the Claremont Showground travelling from Perth CBD; and bus route 98 if travelling from Fremantle.

Visit www.transperth.wa.gov.au for schedules and directions.



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Caravanning kick-start - everything you need to know



by Lee Tate

AT THE end of a three-month north-west trek, the culmination of a few years caravanning with Robyn, his wife, Lee Tate spells out some tips for anyone hearing the call to join the caravan caper.

NOTHING totally prepares the caravan novice for what's on the road ahead: the adventures, the surprises, the delights and the disappointments.

But ask the seasoned tower and he/she will invariably say: "I wouldn't have missed it for quids."

Or "I wouldn't be anywhere else."

Owners of Australia's 500,000-plus caravans and campervans can't all be wrong. And no-one is more van-mad than West Aussies.

WA has Australia's highest combined caravan and campervan registrations per head of population – nearly three out of every 100 people own one.

Mandurah has the highest

combined number of caravan and campervan registrations in Australia. Albany is fifth.

In one year, that adds up to over 50 million nights and nearly 12 million overnight trips by caravans and campers.

Buying your van and car.

There are myriad choices. Spend time looking at different caravan configurations. Narrow it down to a model and search online: New or near-new. Second-hand vans can hide much internal damage.

The car. Not all 4WDs have the power needed to tow a van of two tonnes or more. Check models with the RAC.

Tip: Take a few trips wandering through caravan parks. Check-out models: Pop-ups, push-outs, awnings, annexes and sizes. It all helps.

Cost. Spend about \$40,000 on a near-new van if you can't afford new and the same on a 4WD. Naturally, for greater comfort, you can go far higher. Good models of

van and car seems to hold their value.

Decide: Do I really need a washing machine? Will I be comfortable towing and maintaining a van longer than 20ft (they still talk in old measurements).

Planning your trip.

Think like an astronaut: Travel light. Don't cater for others. Campers provide their own everything: when joining others for sundown drinks, you take your own chair and own drinks and nibbles to share.

Pack your van only for the two of you: plates, cutlery etc. Keep your van free of clutter. It makes the van lighter and cheaper to tow. Run short of anything? Get it at the next discount shop. Not all your travel will be long-term in remote areas without facilities.

Booking ahead.

Big numbers of campers don't book ahead with the exception of school holidays when it's always a risk. Vans generally stay only a few days so there's a huge turnover and likelihood of a site.

Sometimes you may have to free-camp without power for a night until a site is available. More councils provide space free for free-camping but some require you to catch and dispose of your grey water.

Costs to camp are rising. But so too are facilities: campers' kitchens, private bathrooms, entertainment, grassed and manicured areas. Sometimes a little bowling green and dog exercise area. Many parks don't allow dogs (they are listed in guides).

Insurance.

Car and van insurance is highly-recommended. We have called

for the RAC and heard many stories of RAC rescues. Go for the premier country travel option.

Travel time.

A common practice is to drive for a few hours a day (check-out time is 10am), and if a van park is not within range, free-camp for a night. Join other campers where possible for security. While towing, fuel could cost \$50-\$100-a-day and the object of camping isn't to keep driving endlessly to see how far and fast you can go.

A general rule when towing is to travel 10 km/hr below the speed limit. Many campers make a point of stopping for refreshment breaks. More-and-more roadside areas and equipped with toilets, rubbish bins, tables and seating. Water, of course, is a priority and bottled drinking water can be bought cheaply, especially in bulk.

Accessories

Don't rush into buying a generator or an extra fridge or freezer until you discover whether you are a consistent remote-area traveller. Caravans have fridges, clever shopping doesn't have to cost the earth (plus you haven't splashed out thousands of dollars on coolers) and van parks often provide kitchen fridges.

Caravan annexes, awnings and shade cover are important. Many people make-do with the van's awning, simple and easy to pull-out and wind-up, especially in a hurry. But an annex will provide space for your activities including watching TV even though there's a TV inside. Sitting outside is part of the game. Also an annex can serve as a bedroom for your guests such as school kids.

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Demonstrations and seminars during the Show...



DEMONSTRATIONS

- 10am (daily event), Learn to Tow with Global Gypsies Site 350 (Next to Silver Jubilee Pavilion), daily event
- 10am - 4pm (daily event), Recovery Gear Demonstrations with Eureka 4WD Site 421
- 11am (daily event), Learn to Tow with Global Gypsies Site 350 (Next to Silver Jubilee Pavilion)
- 11.30am (daily event), How to use a Snatch Strap Safely with Eureka 4WD Site 421
- 1pm (daily event), Learn to Tow with Global Gypsies Site 350 (next to Silver Jubilee Pavilion)
- 2.30pm (daily event), How to use a Snatch Strap Safely with Eureka 4WD Site 421
- 3pm (daily event), Learn to Tow with Global Gypsies Site 350 (next to Silver Jubilee Pavilion)

SEMINARS

- 10am (daily event), 90 years of the Royal Flying Doctor Service, Site 366, The Piazza
- 10.30am (daily event), Camp Oven Cooking with Jo Clews, Site 366, The Piazza
- 11.30am (daily event), Caravanning Made Easy with Sid Whiting from Grey Nomad 101, Site 366, The Piazza
- 12.30pm* (daily event), Camp Oven Cooking with Jo Clews, Site 366, The Piazza
- 1.30pm (daily event), Travelling Australia with Kids with Mandy Farabegoli from TAWK, Site 366, The Piazza
- 2.30pm (daily event), Camp Oven Cooking with Jo Clews, Site 366, The Piazza

*Saturday and Sunday at 12.30pm will be a Kids Cooking Demonstration

Broaden your fishing - don't forget the boat!



A dinghy can open up heaps of fishing options

by Mike Roennfeldt

TAKING a boat along with you on your next family fishing holiday broadens your horizons immeasurably. Given fair weather and sheltered water, your chances of having fish for the table are much better than if you are stuck on the bank. Those tucked away snags, sandbars or deep fishy holes are now within easy reach.

Some of my favourite dinghy fishing has been over clean white sand patches scattered among the inshore seagrass meadows where King George whiting love to cruise. You'll find them at many spots along the south and south west coasts including Albany,

Augusta, Eagle Bay and Quindalup. Such places can even be within rowing distance. You don't need a big boat to get into serious fishing.

If you have a caravan or camper trailer, towing a boat isn't an option, so you need something that can either be carried on top of the car or the mobile accommodation. I had a little 3.4m rig that was ideal, but a lightweight 3.7m boat is still a feasible proposition, just make sure it's within the load carrying capacity of the roof rack or bars.

Ensure your outboard motor is small enough to be manageable, say to a maximum of 15hp, and it's not bad insurance to include a set of oars and rowlocks. Remem-

ber though that using a motor bigger than 6hp means you have to have a Recreational Skippers Ticket and it pays to check out the Department of Transport website for the latest boating regulations and useful hints.

In terms of fishing gear, you can't go past a little single-handed spinning outfit, or flick rod as they are often called. Keep the length to a maximum of two metres so it can be easily handled in the confines of a small boat. Loaded with 3-4 kg line this sort of gear is ideal for most of the small species you will encounter within the operating range of a dinghy. Sand whiting, King George, skippy, black and silver

bream, tailor, herring, flathead and flounder are found throughout most of the southern estuaries and lower reaches of the rivers.

Of course, if you're heading for the Pilbara or Kimberley and hope to troll for barramundi or any of the hard fighting tropical estuarine species such as queenfish, trevally or threadfin salmon, the gear needs to be beefed up a bit.

A small tackle box with a selection of hooks, swivels, light sinkers and lures will cover most situations. Toss in a landing net, bait knife and cutting board, long nosed pliers for hook removal and sharp filleting knife and you're away. Handy too are the fish measuring stickers available from Department of Fisheries offices. Most dinghy anglers have one stuck along the inside of the side of the boat to easily check that their fish are legal minimum length.

Once at your holiday destination the fun starts, one of the nice things about having a car topper is that you don't usually need a launching ramp to get the boat in the water.

Next time you go camping, don't forget the boat and double your holiday fishing fun.

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Camping in Quararanup with a gang who never grew up



Rusted whaler ship, Cheynes II, became grounded on a sand bank when it broke its moorings at Albany town jetty during a violent storm in 1992

by Rose Hope

THE VERANDA from my dormitory was only metres from a steep embankment covered in eucalyptus trees. It led to a rocky foreshore which fringed the wide expanse of silvery, grey water that formed the huge har-

bor. On the opposite side mountainous hills stood sentinel over the entire lot.

Nearby a mob of kangaroos grazed contentedly beneath the canopy of the trees. In the early dawn the scene held a brooding, haunting quality.

Throughout the day it came alive,

the water turning a brilliant blue with anything from an ocean liner to mall boats bobbing along its rippling surface. The houses dotting the hills opposite were clearly visible. But as dusk turned to dark that's when the place became magic as one by one the residents turned on their lights and the entire mountains came alive like a huge Christmas tree with a multitude of glistening bulbs.

I was at Camp Quararanup which operated as a quarantine station around the late 1800s. The place was redolent in history. There were stone buildings including the doctor's residence which overlooked the bay and the old hospital. Beautiful stonework was also evident in many of the other buildings in the complex and the old school rooms were built of weather-board.

In the harbor a whaler ship sat rusting where it became grounded on a sand bank when it broke its moorings during a violent storm in 1992.

For five wonderful days I joined Come Out Camping Older Adults (COCOA), a mob of wildly spirited

adults who never grew up. I tried archery (least said about that the better) at least, thanks be to heaven, I didn't shoot anyone.

I was invited to go canoeing, however, thinking about my archery score and wishing to stay alive a little longer, I declined the offer.

We went for long treks down winding paths, past the old nurse's quarters and the morgue, where morbid curiosity got the better of me and I had a peek inside. I wondered who the poor devil had been who'd had to lay the stiff on the stainless steel slab and wash hands in the now rusted corner basin and whose task it had been to bury the poor departed in the ancient cemetery nearby.

We carried on walking through sand dunes to a beautiful white beach where some of us went on to a nudist beach. Remembering an article that I had read once about a stripper past her prime, doing her bit, when a raucous voice from the crowd roared 'Get it Or!' to find that upon obliging, the same enthusiast screeched 'Arrh!! For Gawd's sake!! Put it back on' I

decided to turn tail back to camp.

We went to Albany where we inspected the Entertainment Centre, visited John's opportunity shop and I came back loaded up like a camel. And at the end of those beautiful days we played games and got plastered.

I came down to Albany on a TransWA bus using my free senior's pass.

I'd recently joined COCOA and the fee was \$23.

We paid a small levy and were picked up by Albany Taxi Bus for the remaining journey to the camp. My dorm was called Eclipse and I shared that with four other women.

They were so friendly that I soon became part of the group. The food was excellent, even the skinny blokes left with a little gut.

The camp ran from Monday to Saturday and cost \$355.

So come on boys and girls, if you are over 50 lonely and bored, even if you're not, join in bring a mate or two or three. There are other camps coming up soon and they don't do tents,

Ring Judy Hampson on 0450 735 415 for further information.



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Cheese lovers set new world record title in Margaret River



MARGARET River Dairy Company now officially holds the new Guinness World Records title for the largest cheese tasting event at a single location.

The Dairy was overwhelmed with the response it had to a call out for cheese lovers to join in the attempt on 25 February at their rural dairy in Metricup.

Margaret River Dairy Company head cheese-maker and production manager Thiago Bacellar said it was a huge buzz for him and his team to see so many people tasting three of their most popular cheeses in unison.

"The population of Metricup is around 200 – made up mainly of dairy

farms and wineries, so to have 560 people join us was quite an achievement.

"We do cheese tasting for visitors to the region on a daily basis but to see the number we had for the record attempt was incredible. It shows you how many people truly love cheese!

"We had to set up a

special area outdoors for the largest cheese tasting event because we couldn't fit them all in the tasting room, and then a formal process was required to adhere to the rules set by Guinness World Records.

"We had an official adjudicator and witnesses to ensure the tasting went to plan. I described each of the cheeses to the tasters and they were then invited to eat and rate the cheese, starting with our Farmhouse cheese, followed by Original Cheddar and finally the Original Brie," said Thiago.

Brian Sobel is one of three Guinness World Records adjudicators based in Australia and was onsite to make the official record announcement.

"It was great to be back in WA and the Margaret River region and I love mass participation events," Brian said.

"The team efforts are

great to witness when there's been a lot of people involved both in the preparation for the event and the attempt itself.

"That's what Guinness World Records is all about, seeing attempts happen around the world that bring people together on a large scale.

"Congratulations to Thiago and the Margaret River Dairy Company team, and all the cheese tasters for making it happen and being the holders for this new Guinness World Records title."

Margaret River Dairy Company produces a range of award-winning hard and soft cheeses and yoghurts from its dairy and production facility on Bussell Highway in Metricup. Visitors can enjoy free cheese and yoghurt tastings, order coffee, milkshakes, and ice cream, and purchase picnic hampers, gifts and more. Visit www.margaretriverdairy.com.au

Enjoy the beautiful south west with an exclusive offer

MARCH is a special time of year when the south west has a quieter and more relaxing feel. The sun is still shining and there is plenty to do in Busselton and the surrounding areas.

Busselton Villas and Caravan Park offers a tranquil beachfront place to stay, with a wide selection of villas, caravans and tent sites set amongst the big, shady peppermint trees.

Relax by the below ground swimming pool whilst having a meal cooked on one of the modern electric barbecues or utilise the spacious games room.

The park provides comprehensive laundry facilities and clean, bright ablution blocks.

For those who want to venture further, being right on the doorstep of the Margaret River region provides the opportunity to enjoy all of its natural beauty, delicious food and world class wine and beer. There is always something to discover in the region.

Some of the events being held throughout March include the South West Craft Beer Festival, Dunsborough Arts Festival, 100th Anniversary for the Busselton Historic Museum, the Jackson Browne Leeuwin Concert and the Yalambi Jumping Classic.

This is an amazing offer to come and experience Busselton Villas and Caravan Park for yourself. Stay four nights and pay for three or take advantage of 20 per cent off caravan and tent sites for five or more nights when you book directly with the office.

To book, simply get in touch and quote the code VILLAS2018. All bookings dependent on availability and must be made before 30 November.

Call 9752 1175 email stay@ourpark.com.au.

Come for the trees



Manjimup Timber and Heritage Park
© www.manjimup.wa.com.au

CLEAR clear, crisp air and a magical landscape of magnificent karri, marri and tingle forests, vine clad hillsides, fertile orchards, dramatic cliffs and white sandy beaches with exhilarating views across the vast Southern Ocean. All this awaits you on a visit to the Southern Forests region in the shire of Manjimup.

The Manjimup Timber and Heritage Park provides a unique experience that combines museum and recreation

activities in the same place for young and old, groups and individuals. In the heart of the Park is an awe-inspiring 17 m tall lookout with giant slide beside one of the best free inter-generational adventure playgrounds in Western Australia.

The recreation area boasts generous lawn space, gazebos, barbecues, tables, a café and plenty of shade underneath native vegetation.

Explore the Park further and discover a series of museum exhibitions and displays that tell the story of the region's history including the Age of Steam Museum and Historic Hamlet. The historic hamlet also contains History House which is home to the Manjimup Historical Society which collects, records, classifies and preserves records relating to the history of Manjimup and the region.

The Manjimup Timber and Heritage Park is open seven days. In the months April to September it is open from 9am – 5pm. From October to March it is open from 9am – 8pm. Entry is free.

Rewarding fishing at rugged Windy Harbour

WINDY Harbour is a unique holiday settlement on the south coast, situated on 190 hectares of Crown reserve and surrounded by the world famous D'Entrecasteaux National Park. Windy Harbour consists of leasehold holiday and fisherman's cottages and a camping ground.

It is a scenic 90 minute drive south of Manjimup and is 27 km south of Northcliffe. About 230 cottages have been developed on individual leases

since the early 1900s. Leasehold tenure, seasonal occupation and a strong community spirit have generated a settlement of unique character.

After the great depression, inexpensive camping holidays on the south coast were favoured by many of the south west timber workers during the Christmas break when mills ceased to operate for several weeks. It was during these times that the strong social ties and community

spirit, which still typify the Windy Harbour settlement, were first established.

Fishing has always been, and still is, a major recreational activity at Windy Harbour and

one of the principal reasons for establishment of the settlement. The settlement provides visitors with spectacular scenery, safe harbour on the rugged coast line and rewarding fishing.

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Phone 9776 7203

Email ncfvisitorcentre@westnet.com.au



Much to do and explore in the Goldfields during the cooler months



Left to right; Street art in Menzies - Hessian and tin shanty home - Hoover house bedroom

by Jennifer Merigan
AS the weather cools down, it's the perfect opportunity to discover the beauty of the Goldfields. The thriving town of Kalgoorlie is the place to

start a Goldfields holiday with a range of quality accommodation and many experiences for visitors. The Visitor Centre located in the main street of Kalgoorlie has a wealth of information for tourists

and can assist with tour bookings. Don't miss a visit to the museum with the many interesting displays about mining and the town's heritage. A tour to the massive Super Pit is worthwhile and gives an insight into this huge working mine. The centrally located Quality Inn Railway Motel is a good home away from home with quality rooms and good meals. It may sound morbid but a wander through the cemetery provides a snapshot of the history of the people of the town. After a visit to Kalgoorlie head north and discover the goldfield towns of Leonora and Gwalia. Gwalia is a short drive from Leonora and is home to the historic Victorian Hoover house. Designed in the late 1800s by the 31st president of the USA Herbert Hoover who worked as the mine manager before going into politics. It is now a bed and breakfast business and guests can book the Hoover bedroom and sleep where the former president laid his head. The miner's ghost town at the bottom of the hill in Gwalia is a living museum and a tribute to the courage of those pioneers who lived in truly harsh conditions. Hessian and tin shanty homes have been left untouched and it's worth spending a few hours here to step back in time. From Leonora head to the cute little town of Menzies dotted with pretty heritage buildings, a pub and along the main

drag a selection of street art depicting everyday life and incorporating how the local Aboriginal people, the Wongi adapted to the Goldrush. About half an hour's drive from Menzies is Lake Ballard which is home to the Antony Gormley statues. These iconic statues were modelled on residents from Menzies and have been placed around the salt lake to provide one of the world's most unique and isolated art installations. Many people have family links to the Goldfields and there is much history to discover. There is a website called Outback Family History which has an active Facebook page and a comprehensive historical website. I found some long lost relatives here and some interesting family heritage from my Italian and English forebears. Visit www.outbackfamilyhistory.com.au for more information. As the weather cools down, this is the season to plan your visit to the Goldfields. There are many options to get there; use TransWA services on the Prospector train, take an escorted tour or self-drive with either car or caravan.

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

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Part-time caretaker required in the Goldfields town of Leonora

joy spending time in the Goldfields environment. The work required centres mainly around animal feeding and plant watering and would be for a few hours per day depending on the season, five days per week in exchange for free rent. The property has many animals including dogs, poultry, ducks, geese, pigs, goats, alpacas, donkeys, horses, camels and several cattle. They would prefer people who are interested in staying long term and offer a trial period of two to three months. Interested candidates should contact Rene on 0419 195 665.

RENE and Rosemary Reddingius live in the small town of Leonora and are in the early stages of developing their property the Prickle Patch as a minor tourist attraction. Rene is a retired school teacher and Rosemary continues to work as a fulltime teacher at the local school. They are looking for someone who is self-sufficient with their own caravan, active and healthy, have an interest and love of animals and would en-

continues to work as a fulltime teacher at the local school. They are looking for someone who is self-sufficient with their own caravan, active and healthy, have an interest and love of animals and would en-

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Every year, between mid March and mid July, the gentle giants of the ocean, whale sharks, 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 in length.

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

Swimming with the manta rays is an activity which 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 with.

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

Swimming with humpback whales is now available in the area and from August to November visitors to the region will have the opportunity to take part in this experience.

Interest in this activity is so great that you are recommended to 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 no more than 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 has increased to more than 30,000.

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

Explore the delights of Salmon Beach near Windy Harbour

THEY grow them big on the south coast and salmon can be caught from – would you believe – Salmon Beach near Windy Harbour.

Visitors can drive there on sealed roads and for those with a 4WD, there are lots more places to access and camp for the small price of a national park pass. Easter sees the beaches dotted with fisher families as far as the eye can see and beyond.

It's also a good time for other species, such as the related Australian herring and for those who want to launch a small boat then Windy Harbour offers more possibilities along with a camping ground.

And the weather's usually calmer.

For those who love the forests then there's lots to explore in this incredibly diverse region. Start with the Northcliffe Visitor Centre where visitors can be directed to what's flowering and to the RAC top ten rated Understory Art and Nature sculpture trail.

Late autumn sees the appearance of fungi – from incredible to edible. And for those into all things botanical, visit Northcliffe in spring where they'll come to understand the reason

for the area's biodiversity hotspot status.

Finally, for those who bring a mountain bike, then aim to take part in the Northcliffe Karri Cup MTB Challenge, with sub-sections catering for all levels from elite to over-the-hill and a separate Karri Kids event for the younger riders.

See www.karricup.com.au for details.



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The Ningaloo Whale Shark Festival - a great time to visit Exmouth



Tug of War on the beach is one of many fun activities at the Ningaloo Shark Festival's festivities

BIG names at the 2018 Ningaloo Whale Shark Festival include celebrity chef Anna Gare and musicians Ash Grunwald and *Blue Shaddy*. The Festival week-

end runs from 25 to 27 May, in and around Exmouth and highlights the community's relationship with the annual return of the whale shark.

This year's new look festival featuring top bands in the Whale Shark Marquee (Saturday, 26 May), on Talankee Oval, with props and theming will be

turned into a rustic and tropical sea life wonderland.

Kicking off the week-end festivities is the Gala Festival Opening, poolside at Mantarays

Ningaloo Beach Resort, just metres from the waterline. Transformed into a tropical wonderland, it's the chance to dress up and enjoy decadent food and drink, dance to the DJ and watch exceptional performances from the unique band of artists with Gascoyne In May. This +18 ticketed cocktail event is \$110 per adult.

From 10am Saturday activities start at Talankee Oval. The 35m Whale Shark Marquee will hold live entertainment throughout the day with surrounding market and food stalls closing at 5pm.

Junior Masterchef judge and celebrity chef, Anna Gare, will present a demo featuring mouth watering fresh Kailis prawns.

The day includes

the *Gascoyne In May* troupe delivering energetic and inspiring acts along with kid's activities and workshops, a fun run, informative talks and activities from renowned marine professionals.

One of Exmouth's favourite bands, *Blue Shaddy*, back by popular demand, will have young and old stomping their feet to the group's high energy, powerhouse blues (Saturday night's ticketed event). Supporting act, *The Tommyhawks*, a fierce femme-fatale foursome, will explode with quirky, blues-fueled songs.

Sunday's Big Day Out on Ningaloo Reef is where the stars of the show shine – the Ningaloo whale sharks.

Whale shark tours are discounted and entry is

free to Cape Range National Park (27 May).

Ash Grunwald will hit Exmouth with his exciting and hypnotic blues sounds on Town Beach at Sunday's Festival sundowner sponsored by Woodside and starting at 3pm.

The afternoon beach activities, Dig For Cash and Tug of War start the event with food stalls and other kid's activities and workshops. Evening entertainment from *The Tommyhawks* and *Gascoyne In May* performers will see out the festival. Children 17 years and under are free and \$20 adult tickets are available at the event.

For further information go to www.ningaloo-whalesharkfestival.com or email whale-sharkfestival@westnet.com.au.

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rine life and a boardwalk. Most, with a few exceptions, are wheelchair accessible. Stop at the Visitor Centre to get your free map.

All roads into the National Park are fully sealed with toilets and picnic facilities at most sites. Now is the perfect time to explore and marvel at the amazing gorge system within the Kalbarri National Park.

There are loads of tour options available and the girls at the Visitor Centre can help with any question and bookings.

A blessed climate allows swimming, snorkelling and sightseeing year round at pristine beaches and of course fishermen and women are catered for with excellent river, beach as well as offshore fishing.

With perfect fishing weather in April and May, people from all over the state head to Kalbarri along Australia's Coral Coast to relax, fish and enjoy the scenery.

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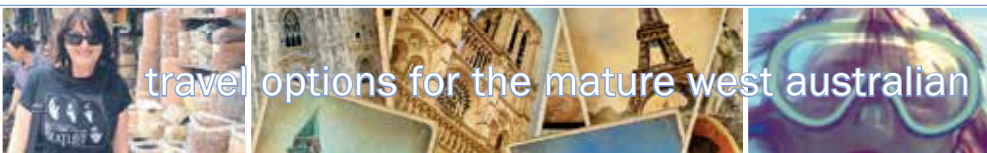
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ADVERTISING FEATURE



It's vintage time in the Swan Valley-celebrating all things wine



by Frank Smith

IT IS vintage time in the Swan Valley and for every weekend in March there is something new and interesting happening.

It is the perfect time to visit for the day or stay for the weekend to enjoy some fine wine, good company and experience first-hand the craft-

ing of Swan Valley wine from vineyard to bottle.

This month we sampled wine from four of the less well known wineries in the valley

Nielsen Estate 2006 Merlot is a brilliant crimson red full bodied wine. The aroma is of intense black berry fruit with an undertone of vanilla. The palate displays ripe concentrated blackberry fla-

vours blackcurrant characters and herbaceous overtones with a long, persistent finish. RRP \$20.

Nielsen Estate 2008 Cabernet Merlot is ruby red in colour. The nose is of intense oaky cherry and plum. The palate is medium bodied with blackcurrant flavours and a full flavoured finish. \$20 (two for \$35).

Nielsen Estate 2008 Reserve Shiraz is dark imperial purple in colour with an aromatic nose of sweet ripe plummy fruit and cedary oak. The palate is medium bodied showing rich shiraz fruit and toasty oak flavours and an extended finish. RRP \$25 (two for \$45).

All Jim Nielsen's wine has been cellared for a long time and are ready to drink now. No waiting for flavour to develop, the cellaring is already done for you. Jim calls them museum specimens.

Jim sells his wine over the Internet (www.neilsonstate.com.au) or at Farmer's Markets. A good place to look and taste before you buy.

Corymbia 2014 is an unusual blend of Tempranillo (83 per cent) and Cabernet Sauvignon (17 per cent) produced by the Mann family (of wine and cricket fame) in the

Upper Swan. It is a medium bodied Australian Burgundy style with aromas of black berry fruit and an extended fruity palate with hints of oak. RRP \$39.

Talijancich Zabava doesn't fit into any established category of wine but it is an ideal drink on the odd hot day as summer changes to autumn. It is a light red style wine, deep purple in colour with a light spritz and flavours of fresh black cherry and spicy fruit. The finish has touch of sweetness and a refreshing natural spritz. Serve it chilled in a champagne flute for any celebration. Zabava is a Croatian word meaning fun and entertaining – it is appropriate. RRP \$19.

Talijancich Peter's Ruby. A rich fortified wine made from ripe shiraz fruit with a touch of Grenache and matured in old oak. It is blended every year to

maintain consistency of the fruity palate. RRP \$22 for 1.5 Litres.

Fortified wines were the traditional product of the Swan Valley before the days of temperature con-

trolled fermentation and Peter's Ruby is probably the best known Port style wine. It was the mainstay of Peter Talijancich's production in the 1950s and it is still available.

Visiting breathtaking Bruny Island by boat



Powerful custom-built boats provide great access to the rugged coastline © Pennicott Wilderness Journeys

by John Maddocks

TOBY couldn't believe it. This nine-year-old roller-coaster and Wet'n'Wild aficionado was dumbstruck as our fast, custom-built open boat roared out of Adventure Bay on Bruny Island. Toby's eyes widened as the boat engages the two-three metre waves, skipped over the surface of the Tasman Sea and occasionally landed with a thump that sent spray over the thirty passengers. And the look on my grandson's face told me that the exhilaration we're experiencing easily eclipses that of any theme park ride.

Getting to Adventure Bay is easy. Our day trip with Pennicott Wilderness Journeys starts at 8am in Hobart. On the way down to the Bruny Island ferry, our bus driver/guide Nick gives us plenty of information about the towns we pass through and the history of this part of southern Tasmania. After 45 minutes, we reach the small town of Kettering, where we board the vehicle ferry.

Bruny Island is about the size of Singapore. The difference is that Bruny Island has fewer than a thousand residents rather than five million. Bruny is beautiful and remote, without the five-star resorts and big hotels found elsewhere. On the way to Adventure Bay we stop at a lookout giving a wonderful view of the Neck, an isthmus joining North and South Bruny. Fifteen minutes later we are eating freshly baked muffins for morning tea in Pennicott's new beachside café.

The staff at Pennicott are quite open about the conditions before we set off, telling us that there is a decent swell running for our trip down the coast to the Southern Ocean. The tidal swell has apparently been increased by the recent super blue blood full moon, and it's well known that the Southern Ocean can be wild at any time.

The choppy conditions don't stop us from cruising beside the majestic sea cliffs, which are among Australia's highest. The cliffs are made of Jurassic dolerite, an extremely hard and distinctive rock. Two albatrosses follow the boat and a dolphin leaps out of the water nearby. We stop

for some minutes on the southern side of a massive rock formation known as the monument, which stands alone some metres offshore.

As we go further down the wild and enchanting coast, we see many more birds, including an improbability of shearwaters (I learn that an improbability is the name for a group of these birds). Around 50 shearwaters rise from the ocean's surface in front of us, creating quite a display.

We reach the turning point at some rocks known as the Friars, where there are thousands of fur seals. The Friars are known as a haul-out place for seals, where they spend time on land for reproduction and rest. It's a stunning sight to see so many seals gathered in the one area, and all the cameras on board are clicking away frantically.

We have reached the Southern Ocean and the next stop is Antarctica. So we head back up the coast, using the heavy swell to propel us towards Adventure Bay. It's an exciting trip, with plenty of sea spray as our boat surfs the waves.

When we return it's time for a leisurely lunch at the beachside café. The ocean

journey has made us hungry. Toby hoes into some fish and chips, while I enjoy homemade pumpkin soup and a salmon and salad roll.

On the way back to Hobart, I reflect on the wilderness cruise experience. I now understand why it has won so many awards, including 'Australia's best tourist attraction' three times. To my mind, this cruise stands out because it's accessible to all ages. And it's fantastic fun.

The writer travelled courtesy of Pennicott Wilderness Journeys.

Fast Facts:

Getting there: Drive to Adventure Bay on Bruny Island yourself or take the full day tour from Hobart. The full day tour leaves at 8am and returns at 5.30pm. Ferry crossings, morning tea, lunch and the three-hour wilderness cruise are included.

Cost: Full Day tour – adult \$225, child 3-16 \$165, child under 3 free.

Three-hour cruise only – adult \$135, child 3-16 \$85, child under 3 free.

More information: www.pennicottjourneys.com.au/

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ADVERTISING FEATURE



Perth woman's bequest motivated by the impact of diabetes



Yogi eye scan

THE generosity of a Kingsley woman whose diabetes caused her to lose some of her

eyesight could help ensure others with the condition don't suffer the same fate. Royal Perth Hospital-based group Diabetes Research WA, WA's peak diabetes research funding group, recently received a significant donation from 79-year-old Catherine Hardy who passed away last July. Executive director Sheri Westlund said Mrs Hardy chose to leave a gift to diabetes research in her will because she'd lived with type 2 diabetes for many years and wanted to make a difference to others. "Mrs Hardy was losing her vision because she'd developed diabetic retinopathy – which is the most frequent cause of new cases of blindness among adults in developed countries, with one in three people with diabetes impacted by it," said Ms Westlund.

Ms Westlund said it was inspiring when people chose to give back to charity in their will. "There's no greater legacy than being able to help others after you're no longer here and we're pleased that we can channel Catherine's bequest into a new avenue for reducing rates of diabetes-related blindness in the hope of ensuring others aren't impacted by it like she was," she said. Diabetic retinopathy is caused by damage to the tiny blood vessels inside the retina at the back of the eye. In the early stages there may be no symptoms, meaning the disease may not be diagnosed until it is advanced. "One of our latest \$80,000 research grants supports the next phase of the development of a new artificial intelligence-based screen-

ing system for diabetic retinopathy, which will for the first time allow GPs to screen patients," Ms Westlund said. "Currently patients are referred to specialists so they're waitlisted or have to be sent to another clinic. Many patients, for one reason or another, don't follow up and the chance of early detection is often lost, causing irreversible loss of sight." The technology has been developed by the WA-based Australian e-Health Research Centre at the CSIRO. Ms Westlund said that without bequests, Diabetes Research WA would not have been able to fund some of its most important work. Visit www.diabetesresearchwa.com.au or call 9224 1006.

Peace of mind for pet loving family



RSPCA WA A Home Forever's participants, left to right; Terry and Sooty with Carole and Snowball

FOR mother and daughter Terry and Carole, the wish for their pets to be well provided for was all the motivation they needed to enrol their beloved dogs Sooty and Snowball in RSPCA WA's 'A Home Forever' pet bequest program. They wanted assurance that their pets would be placed into good homes when they're no longer around to take care of them and trusted the RSPCA to do just that. A Home Forever is a free program open to all WA pet owners who

leave a gift in their will to RSPCA WA. These generous donations help to fund the charity's work; rescuing animals from cruelty and neglect and bringing the perpetrators responsible to justice. Both passionate animal lovers, Terry and Carole have been supporters of the RSPCA in WA for many years. The pair regularly donate items to help the animals in the shelter, including blankets hand-knitted by Terry. As Terry is in her late-eighties and Carole suffers from multiple sclerosis; they wanted to safeguard their dogs' futures should they no longer be able to care for them. Like many who enrol their pets in the program, they have no other family willing or able to take their pets on should the need arise.

By registering Sooty and Snowball in A Home Forever, Carole and Terry now have peace of mind knowing the RSPCA will find a loving new home for their pets if – or when – the time comes. They describe the enrolment process as straightforward and easy, and would recommend it to anyone who loves their pet. "By enrolling our pets in the program, we know everything is taken care of as we wish," Carole explained. "All we hope for in a new owner is that they take care of them and love them like we do," Terry added. To learn more about how you can plan for your pet's future through RSPCA WA's A Home Forever program, visit www.rspcawa.asn.au or call 9209 9332.

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ADVERTISING FEATURE

The importance of giving back to your community



Heart Foundation WA receptionist Fiona Graham with volunteer Ernie Lopez

HEART Foundation long time volunteer Ernie Lopez says the best thing about living in Perth is the friendly people, the beautiful weather and the wonderful lifestyle we all enjoy.

Ernie grew up in Malaysia and as a young man he joined the Malaysian army, becoming an officer and later leaving the army to pursue business interests. In 1999 he retired and moved to Perth

with his wife Loeky. Ernie has volunteered at the Heart Foundation for more than 15 years, including two years as a doorknock collector, and in 2012 he made the decision to leave a gift in his will to the foundation. "My wife and I don't have any children and my family are all well taken care of, so I decided to leave a bequest to support the Heart Foundation and the many West Australians who benefit from their great work," said Ernie. "It was an easy decision and it's good to know that my legacy will be invested in heart research and prevention programs for a community that I have grown to

love and feel part of. "I became interested in heart disease many years ago when my older brother had a heart attack and I saw him endure a long wait before he had a coronary artery bypass and his health started to improve. "Not long after I arrived in Perth I contacted the Heart Foundation to ask what I could do to help and they invited me to volunteer to support staff in their Subiaco office. "I go in every Friday and I'm always happy to do whatever they ask because I really want to contribute to the fight against heart disease, which is the single biggest killer of Australian men and women."

Cancer-free future - goal worth investing in



Melba and John

IT was the long term goal of achieving a cancer-free society that lay at the heart of John and Melba Hilton's decision to include Cancer Coun-

cil Western Australia as part of their wills. The retired Perth couple said they were determined that including a charity should be a part of their financial planning, and Cancer Council WA was an obvious choice. "I don't think that anyone could do any better than leave a bequest to cancer research," John said. "Cancer strikes so many people. We thought the only thing that's going to change anything is research - and good research costs money." "We were determined

that it had to go where it could have the biggest impact, so we created a research trust, so the money specifically goes to research." Melba said people can be under the misconception that including a charity in your will is only worthwhile if there is a lot of money involved. "It's the thought behind it. If everyone gave a little bit it would end up being a lot," she said. "There are many great reasons for doing this, for us it was to be a small part of helping to eliminate cancer, but for others it could be to honour a loved one who has cancer." John and Melba said they take comfort in knowing their bequest is going to the state's leading independent, evidence-based cancer organisation and the only one fighting every cancer from every angle. Ironically, two years after making the bequest, John himself was diagnosed cancer. He's since received treatment and is thankfully now in remission. Still, he considers himself one of the lucky ones. "You can sit back and say I'm immune but you have to look to future generations," John said. "We know there's an end goal that we want to be a part of; it won't happen in our lifetime but there is a bigger goal." "It's nice to know our planning now will benefit others in the future," Melba said.

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Barry's dancing Bunbury days took him to new heights



Barry White and Lennie Hood

by Adam Penn

BUNBURY born Barry White started dancing at 15 with Clive and Anne Dorney at their local studio. Born in Collie on Christmas Eve 1947 Barry's teenage dance ambitions turned into a lifelong love affair with dance which took him to illustrious heights. Barry worked through his exams, partnered by Nancy Norris and Pam Gatley for his star medals and was only 17 when he started dancing competitively with Lennie Hood. Competing all over WA, especially Bunbury, Albany and Geraldton, Barry fondly remembers how regular competitions were held at Canterbury Court ballroom on Monday nights. He and Lennie would finish school or work on Monday afternoon, jump in the car and drive up to Perth, compete and then drive back to Bunbury for commitments the next day. Road trips seemed the flavour of Barry's competitive dancing with convoys of vehicles travelling every year from WA across the dirt and gravel Nullarbor to compete in the eastern states, including at the 1965 and 1966 South Pacific and Australian championships. After six years as an

amateur competitor, Barry and Lennie decide to turn professional, teaching with Ken and Nancy Norris and studying under Derek Gatley, Gwen Johnson and Ailsa Miller with the AID (Australian Institute of Dancing), then Daele Fraser with WADMA (WA Dance Masters Association, now Dance Masters International) and examined by Robert Wrightson and Kay Gilkison. The couple continued to compete, now in the professional field, and in the exhibition category, training under one of Barry's favourite coaches, the late Ron Barker. Barry recalls how daunting it was to walk onto the floor with the likes of champions Len and Pam Humphreys and Bary and Cheryl Wrightson. But it was mainly the experience of working with and competing against leading dance identities that equipped Barry to open his own school in Bunbury, the Bunbury Dance Studio, in 1974. He remembers how hard his mother worked at the school, running the coffee shop and manning the office. Barry also pays tribute to the late Robert Wrightson, a mentor in dance and the intricacies of the dance business industry. In the 24 years he ran the school, Barry helped

train numerous champion dancers including Graeme Welsh and Vicky Parkes, who he took to New Zealand in 1977, proudly watching them take the South Pacific adult Latin championship title. Barry also watched John Strawn and Amanda Brian, who he had taught and trained since they started, win the juvenile titles in ballroom, Latin and new vogue in the Closed Australian championships at Perth Entertainment Centre in 1980. Barry also expanded his school to the Perth city area, when he opened a branch of his school in Piccadilly Arcade, formerly Winnie Wright's ballroom which he continued for four years. He sold his Bunbury school in 1998 to Stephan Whiteside, who continues it today. Barry had a change of career, opening a bed and breakfast hotel in Fremantle which he has run for 12 years. He became a major sponsor of the dance industry in WA, helping the WA Open Dancesport championships and holding naming rights sponsorship for three years, sponsoring the 2014 ADS Night Of Stars and other events. Apart from his executive roles, Barry continues to be active as an adjudicator and examiner in WA and nationally. He has also judged at international events in Singapore, Penang and Malaysia, coaching many international couples. Barry was recognised for his contribution to the industry by DMIA with a life membership in 1996. Barry says he is proud to be involved in such a diverse and colourful industry. If anyone in the Perth dance scene has historic photos and information for Adam Penn's ongoing dance series, please contact Adam at tophat97@optusnet.com.au or on mobile 0412 361 917.

The road to well-being



President Mary Paul (left) and Mary Rayner

by Michelle Davies

OSWA stands for Orthomolecular Support WA. The support group looks at nutrition, environment and medicines and covers other issues concerning

health and general well being. They encourage a life style of eating well - thinking positively and including exercise in your routine. The group believes thoughts and perspective of life have a direct bearing on your body's cells and all over health. You can change your life with the power of thought, and take responsibility for your own lives. Study your environment: the water you drink and the chemicals in cleaning products or cosmetics. Cut out those chemicals and retrain your brain to be in charge of your life. The talks are simple to follow, inspiring, and informative. Meetings are held promptly at 2pm on the first Saturday of each month at 257 Barker Road, Subiaco (Anglican Church hall). Contact Mary: 9571 0416 or Tessa: 9383 9050.

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Positive attitude to ageing protects people from dementia

by Frank Smith

A STUDY of nearly 5000 retired Americans found those with positive attitudes to aging were nearly 50 per cent less likely to develop dementia over a four-year study period than those with a negative attitude.

One in four people carry the variant of the APOE gene which is a strong risk factor for

developing dementia, but fewer than half the carriers actually develop dementia. Scientists are trying to find out why this is so.

Older adults who have acquired positive beliefs about old age from their culture are less likely to develop dementia, according to a study by epidemiology professor Becca Levy and her colleagues at the

Yale School of Public Health, USA.

Those with a positive attitude interpret their environment in a more age-friendly way. Psychologists have found that this is a means of coping with exposure to the ageism prevalent in society.

Participants in the Yale study were at least 60 years old and dementia free at the start of the four-year trial,

with an average age of 72. Over 25 per cent were carriers of the APOE gene variant as assessed in saliva samples.

Dr Levy measured beliefs by a standardised five-item questionnaire asking agreement (or not) with questions such as “the older I get the more useless I feel”. Higher scores reflect a more positive and lower scores more negative attitudes.

Results were corrected for other variables such as whether participants had heart disease or diabetes.

Dementia increased with age, less education, cardio-vascular disease, presence of the APOE gene and initial poorer cognitive performance.

The research team found that positive age beliefs approximately halved the risk of older people developing dementia. Those with positive beliefs at the start of the trial had a 2.6 per cent chance of developing dementia within four years compared to 4.6 per cent for those with negative beliefs.

Moreover positive beliefs protected carriers of the APOE gene

variant to the same extent at those without the variant. However having both a negative attitude and the APOE gene was a double whammy resulting in a much higher (6.14 per cent) chance of developing dementia within four years.

The authors said a positive attitude to ageing appears to help offset the extra risk due to having the gene variant. They suggested this may be due to reduced stress that resulted in an epigenetic process in late life that limited expression of the deleterious gene.

“We found that positive age beliefs can reduce the risk of one of the most established genetic risk factors of dementia,” said Dr Levy. “This makes a case for implementing a public health campaign against ageism and negative age beliefs.”

Psychologists have devised ways to bolster positive and mitigate negative age beliefs which if applied could halve the incidence of dementia.

The study was published in February 2018 in the open-access journal *Plos On*.

Quality care and advice for families and people living with dementia



Dementia Care consultant,
Michelle Harris Allsop

care provider.

Michelle has a 35-year career as a registered nurse and as specialist in dementia and palliative care (qualified Masters degree in Gerontological Nursing).

She is confident that she can advise and support families to connect and communicate well with their loved one and find the right care they need as they age.

Michelle provides practical knowledge to improve the lived experience for the person who has dementia.

The goal is to enable choice and autonomy for all clients. Dementia impacts everyone involved and it takes a team to be able to work together.

They utilise occupational therapists from Memory Nurture with project adviser Sheila Lapping.

Further information is available on www.carepartnerships.com or email carepartnershipaustralia@gmail.com. Telephone 0451 763 930 Monday-Saturday 9-5pm

Please refer to the advertisement on page 9 of the Active Ageing Liftout.

MORE than 400,000 people are living with dementia in Australia, and 1.2 million people are involved in their care.

Care Partnerships Australia was established by Michelle Harris Allsop and Andrew Allsop in 2017 to provide more support for people looking for advice on dementia and advance care planning.

They build relationships and partnerships with a person who has a cognitive disability, their friends and family and their nominated



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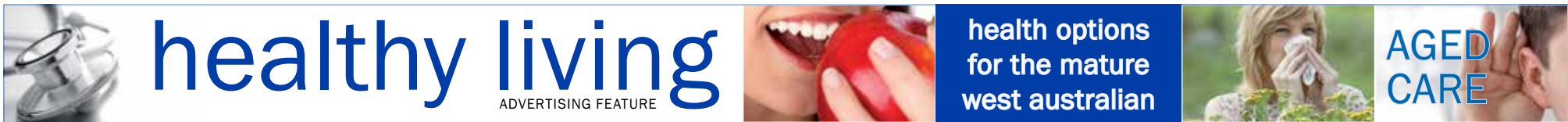
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Comprehensive holistic care from Catholic Homes caters for everyone



CATHOLIC Homes is a Christian based, fully comprehensive not-for-profit age care provider. They have been caring for Western Australians

as they age for more than 50 years. They are committed to creating an environment of love, trust and respect, where the priority is happiness and wellbeing. They pay special attention to those who are disadvantaged, marginalised or vulnerable within the community. The care model 'Care with Purpose', is based on Montessori principles. The aim is to encourage people to remain active and busy for as long as possible, whilst continuing to do the things that bring them joy. Catholic Homes values are Joy, Love and Hospitality. Through services they seek to promote and enhance the spiritual, physical and emotional journey of each person. Services range from care at home, comfort care, short term restorative care, day therapy services, pastoral care, as well as respite and

private services. Retirement living and residential care are also provided, offering a safe and secure environment. For home care, supports are tailored to suit individual needs. This allows people to live in their own home as well as continue being active and independent in the community that they are familiar with. They help people stay connected. A purpose built Comfort Care Centre was opened in early 2017 to provide end of life care. Offering home like facilities, the service is unique to Catholic Homes and the only one of its kind in Western Australia. It has been at or near capacity since its opening and has received exceptional feedback from residents and families. Additionally, a Short Term Restorative Care service, an early intervention program to help

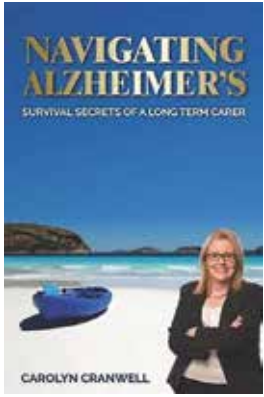
prevent, delay or reverse the need to enter long-term care was launched. This care service provides a range of services for up to eight weeks, depending on the needs of the person. Such an innovative and proactive approach to aged care has won them numerous awards, including two Better Practice Awards in 2015 for its care model and the Circle of Men project (a support and social group for men in aged care); a national winner for 'Catering Innovation of the Year' at the 2017 ACHA OSCAR Hospitality Awards and; a Finalist for 'Team Innovation' at the 2017 HESTA Aged Care Awards. Catholic Homes believes in supporting people to achieve their potential and is centred on knowledge of the person's past, their current abilities and physical, social and emotional needs.

Is it possible to live well with dementia?

LIVING well with dementia doesn't overlook the very real impacts of the disease, rather it considers the impacts and includes them in the full picture of being a person living with dementia. A lot of change happens throughout our lives and a diagnosis of dementia is one of those times when change occurs. Living well with dementia means finding ways to promote wellbeing and quality of life for everyone affected by the disease. It acknowledges that life can still be positive and enjoyable, even with a diagnosis of dementia. Social engagement and keeping physically and mentally active are the key to maintaining your brain health, and to living well with dementia. A healthy and balanced diet is also important for maintaining physical and mental wellbeing. For those living with dementia, or caring for someone with dementia, it is common to experience a gradual isolation from social connections, friends and extended family. This can leave people feeling lonely, isolated and disconnected. Social connections are important contributors to our overall wellbeing, sense of self and quality of life. Being physically active can have a significant impact on a person's

wellbeing, including helping to improve cognition. This means you, or the person you care for, can remain independent and at home for as long as possible. Exercise can also create opportunities for social connection. Alzheimer's WA offers social clubs and volunteering programs to help people stay mentally and physically active, and create and maintain social connections with others. A diagnosis of dementia is not something anyone plans for. If you, a family member or a friend are living with dementia, Alzheimer's WA is here to help people understand what support is available and where to begin. They are happy to speak to anyone concerned about their memory, whether you have been diagnosed with dementia yourself, or are supporting someone living with dementia. At Alzheimer's WA they recognise everyone is an individual and has unique needs. They offer counselling, training, information, respite and social support programs for people living with dementia, their families and carers. They understand that navigating service availability and eligibility can be challenging and encourage people to contact them to discuss individual situations and needs. To find out more, call Alzheimer's WA on 1300 66 77 88.

Book review: Navigating Alzheimer's for carers



Navigating Alzheimer's by Carolyn Cranwell Reviewed By Pat Paleeya

OFTEN carers are unintentionally overlooked by friends and family, the focus

being on the person being cared for. If a carer seems to be coping well they are usually held to be strong, magical, super-human beings, but this isn't always the case. Most carers juggle work, family and finances and stress levels that may be hidden for everyone else's sake. The author writes that one day she visited her doctor because she was sleep deprived and crying uncontrollably – finally someone recognised the emotional pain and turmoil I was in and the impact this stress was having on me. Navigating Alzheimer's is an insightful account

of Carolyn Cranwell's 18 years of caring for her husband who was diagnosed with Alzheimer's in his early 50s. Her experience, however fraught, has cumulated into a significant, sensitive and helpful book for those who may feel overwhelmed with their role as carer. There are many survival tips that provide not only down to earth practical advice but also encouragement and inspiration. Each day had its own hurdle to be surmounted, each week another curved ball, and each year more courage and resilience was needed and found by this remarkable woman.

Navigating Alzheimer's is an absolute must for carers and their families. It is available online at navigating-alzheimers.com/shop/ and online retailers Angus & Robertson and Booktopia. **WIN WIN WIN** We have one copy to give away. To enter please email to win@haveagonews.com.au, with the book title in the subject line or write to *Navigating Alzheimer's*, 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 your envelope. Competition ends 31/03/18.

Have a Go News is available on subscription

Have a Go News is available on a 12 month or 24 month subscription. This will ensure the delivery to your home of a copy of each issue as well as chances to enter our monthly competitions. \$35 for 12 months or \$70 for 24 months, covers postage and packaging from your first delivered copy. Simply fill in your details, cut out and send to: 'Subscriptions' Have a Go News, PO Box 1042, West Leederville WA 6901 or email payment details to accounts@haveagonews.com.au.

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Early intervention of hearing loss the key for hearing health



ONE in six Australians suffer from some degree of hearing impairment and by the age of 60, it is one in three.

The most common causes of hearing loss are ageing and prolonged exposure to loud sounds. What people often don't

realise is that hearing loss becomes more noticeable when you do nothing about it. It is most noticeable to others, often it's those affected who are last to recognise they have a hearing problem.

Hearing deteriorates with time. As we get older the brain's ability to adapt to new sounds can deteriorate due to sound deprivation. This weakens neural pathways and as a result, when new sounds are introduced to the brain after years of absence, the brain is overloaded and simply cannot process it. The brain takes time to create new neural pathways to process and interpret what is heard.

In other words, if you don't use it, you lose it! Early intervention and awareness is therefore vital. The average Australian waits seven years before they do something about their hearing difficulties.

Have your free test this month.

A complete hearing test should be part of any adult's health plan by the time they

are 60. Early intervention and identification of hearing loss is the gold standard to hearing healthcare.

Workplace noise and recreational noise (such as shooting) are the most common source of noise injury and the most common form of preventable hearing loss. Over time, exposure to very loud noise may result in trauma to the ears which can lead to permanent hearing loss and ringing in the ears (tinnitus).

Regardless of age, no hearing impairment is insignificant - visit an Attune Hearing Clinic for a free hearing screen and free trial of the latest technology during March.

Attune Hearing have five clinics in WA and all of the team have post graduate degrees in Audiology. They are passionate about educating others on the importance of prevention and early intervention of hearing loss.

For further information see the Attune Hearing advert on page 14 of this issue.

Helping people to plan for the last stage of their lives

PALLIATIVE Care WA (PCAWA) is helping people living in Peel to plan for the end of life and discuss their care wishes with their families.

Eighty-five per cent of Australians believe that it is important to have a conversation with family about the care one would like to receive at end-of-life, but only a third of those surveyed have actually had the discussion, according to a survey by Palliative Care Australia in 2017.

PCAWA executive officer Lana Glogowski said while Australians clearly agree on the importance of planning for the end of life they need to take steps to inform their loved ones about what is important to them.

"Dying is a normal part of life and everyone deserves a positive end-of-life experience. It's important we normalise conversations around death so that people can plan ahead and their families know what they would want if they can no longer talk for themselves," Ms Glogowski.

Palliative Care WA is running interactive community workshops in

the Peel region to help people to plan ahead and let their families and health care providers know what they would want if they could no longer speak for themselves.

The workshops cover topics such as: what is advance care planning; how to have a conversation about death and dying with your family, loved ones and health care providers; exploring your values and what you want at end of life; what is palliative care and what are the health and lifestyle choices you can make at the end of life?

Also how to make an Advance Health Directive, Enduring Power of Guardianship and an Enduring Power of Attorney.

The Peel half-day workshops are being held in Mandurah, Mundijong, Pinjarra, Boddington and Waroona. More information is available from Palliative Care WA palliativecarewa.asn.au/site/peel-acp-workshops or call 1300 551 704. The workshops are free and open to all community members, regardless of age or health conditions.

Are you good to go?

- Who will make decisions when you can't?
- What treatments do or don't you want at the end of life?
- Do you have an Advance Care Plan?



Advance Care Planning Free workshops in Peel

Mundijong SJ Community Resource Centre, Thur 15 March 9.30am-1.30pm

Boddington Shire Recreation Room, Thur 22 March 9.30am-1.30pm

Pinjarra Lesser Hall, Pinjarra Civic Centre, Tues 27 March 9.30am - 1.30pm

Waroona Community Resource Centre, Thurs 12 April 10am - 2pm

Mandurah Falcon eLibrary, Thurs 3 May 9.30am - 1.30pm

The workshops are free. Please RSVP. Bookings & more info:

palliativecarewa.asn.au/site/peel-acp-workshops

Palliative Care WA 1300 551 704 pcwainc@palliativecarewa.asn.au

The workshops are supported by Royalties for Regions through the Peel Development Commission

Workshops assist with transitions

FOR those who have a family member with dementia, considering a move into residential aged care or choosing a community care provider to stay at home, can be a difficult and daunting decision.

Dementia consultant with Care Partnerships Australia, Michelle Harris-Allsop together with occupational therapists from Memory Nurture, will be hosting Nurturing Care Partners courses throughout the metropolitan area to assist people with dementia and their families in this transition.

Michelle and the occupational therapists from Memory Nurture have a background in residential aged care and are now working with people with dementia and their families in the community and in care residences.

They understand the emotional experience this can be for people and would like to share their knowledge and strategies on how families can work together in a partnership with the aged care residence to support a family member and nurture their wellbeing enabling them to enjoy life in their new home.

The course will cover information about dementia, symptoms and the disease progression. Suggestions will include what to look for when considering aged care residences, empowering and supporting the family to be partners in care while maintaining the special relationship with their family member.

Practical suggestions on how to support a family member will be provided such as creating a homelike environment, life stories, musical reminiscence and cognitive stimulation to ensure meaningful engagement to support wellbeing and quality of life.

The Nurturing Care Partners courses will be held in Joondalup, Melville, Manning, Floreat, Cottesloe, Fremantle, Rockingham and Mandurah as well as additional venues on request. Contact info@memorynurture.com and see websites www.carepartnerships.com.au and www.memorynurture.com for details regarding venues and dates.



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Free Living Longer Living Stronger trial



Longer Living Stronger participants at Bold Park Aquatic Centre

NOW is the perfect time to come and join Living Longer Living Stronger at Bold Park Aquatic Centre. Free trial classes and free initial fitness assessment, worth \$70, are available throughout March.

Living Longer Living Stronger is a progressive strength and exer-

cise program aimed at reducing the incidence of falls and improving the health, well-being and independence of people over the age of 50 in Western Australia.

The centre provides a range of cardio vascular and strength equipment which is utilised in the classes and in-

cludes exercise bikes, rowing ergometers, free weights, resistance bands and much more.

The program optimises conditions for social engagement of participants to both foster a positive training environment and minimise the social isolation frequently experienced by older people with poor health.

Sessions are held in an atmosphere that is fun, enjoyable and welcoming. Their instructors are fully qualified and carry a Living Longer Living Stronger accreditation from the Council on the Ageing. An instructor supervises every session and will encourage and support people while giving feedback on correct technique and safety.

Classes are run at Bold Park Aquatic Centre in City Beach at the following times:

Mondays 12.30pm – 1.30pm and 1.45pm – 2.45pm.

Wednesdays 12.30pm – 1.30pm and 1.45pm – 2.45pm

Fridays 12.30pm – 1.30pm.

On the last Friday of each month participants meet at 1.30pm with their instructor for coffee. Sessions are available at a heavily discounted rate to ensure affordability and further subsidies can be claimed through HBF.

A doctor's clearance must be provided prior to taking part in the trial class. Please contact Bold Park Aquatic on 9385 8767 for more information or to request the doctor's clearance form.

Changes to HACC funding

PEOPLE currently receiving support services through the state Department of Health's Home and Community Care (HACC) program, may have heard of the changes to their funding from 1 July this year.

From this date, home support funding will be provided through the Commonwealth Government's Commonwealth Home Support Program (CHSP).

Avivo's general manager community services east, Janette Spencer says that people will not notice any changes in services through the transition from HACC to CHSP funding.

The changes are a result of the Commonwealth Department of Health taking responsibility for all funding related to home support for our older community members.

"We're in the process of notifying all our customers of the change and letting them know that through the transition there will be no changes to their current funding or level of service. It will be business as usual," she said.

Janette suggests people with other support providers should look out for information notifying them of the changes and says there are also some other handy resources if people want more information.

"The My Aged Care website is a good resource for people to learn more about available services and supports, eligibility and how to access," Ms Spencer said.

If you want to learn more about the services Avivo provide to work alongside people to live at home and keep active in their community, head to www.avivo.org.au, or call 1300 428 486.

Difficulty hearing the TV clearly?



A NEW TV Listening Device has been released that is specifically designed to deliver clear TV audio for those with any level of hearing loss. The prod-

uct was developed by two hearing specialists from Australia who have engineered the sound to not only work for all degrees of hearing loss, but also to focus on speech frequencies for television listening.

Hearing specialist Don Hudson says he worked with another hearing specialist and audio engineers to create the product.

"If you have any level of hearing loss, and are having difficulty hearing the TV audio, then this is the product for you. The headset is completely wireless, you can listen at the volume you prefer without affecting others in the room, and most importantly you can expect to hear the television dialogue with excellent clarity."

Hearing specialist Don Hudson says trouble hearing the television is one of the strongest complaints by those with hearing loss.

"Even those with the very best hearing aids often complain that

television dialogue is unclear, and their family complains if the TV volume is turned up."

"We have worked for two years to optimise the speech circuitry to work for the three most common configurations of hearing loss. Other headsets focus on stereo sound effects and quality bass, but those features are generally not beneficial to those with hearing loss. My patients' main concern is to hear the TV dialogue, and the TV Voice Pro system uses circuitry that is customised to work for hearing loss and optimise speech clarity for television listening. That's what makes it so effective," he said.

The TV Voice Pro headset is completely wireless, has up to 120 dB of volume, weighs just 70 grams and is a fraction of the cost of purchasing a hearing aid. The device is rechargeable and guaranteed to connect to any television.

The purchase price of \$349 comes with a

standard 30 day money back guarantee. The TV Voice Pro headset comes with free delivery Australia wide for the next two weeks. Simply call 1300 300 446 to place your order.

Visit www.TVVoicePro.com.au for further information or to purchase online.



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- Restorative Care
- Pastoral Care
- Day Therapy Centre
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Her 30+years of experience is testimonial to her ability to cut through and get to the bottom of any situation you are facing. Her available therapies include: tapping (Thought Field Therapy), quick hypnosis, Master Reiki, Inner Child Work and Counselor (MACA).

"You won't get the run

around from Nita. What you will get is someone who listens and who aids you in finding a resolution to your problem." T. Tasmania.

Offering internet, face-to-face or phone sessions, Nita is available for everybody. Private and confidential with a strong focus on empathy, 30-minute free chat. Call 0450 588 048 to make an appointment and get your life back into a place of fun.

If you're serious about improving your life check out her website: www.threedimensionalhealing.com or contact Nita on 0450 588 048.

Downsizing

ADVERTISING FEATURE



Family law and how it relates to de facto, pre-nups and blended families



Framy-Anne Browne

by Framy Anne Browne
Partner Lavan

WITH second marriages
and blended families on

the rise, and with couples getting married or entering into de facto relationships in later years when they have accumulated some wealth behind them, there are advantages in carefully considering the value of a pre-nuptial agreement.

Pre-nups, as they are colloquially known, are agreements entered into by couples who are contemplating marriage or a de facto relationship.

These agreements are more formally known as Binding Financial Agreements.

In many family law matters and disputes when couples have separated and are divorcing, the parties often express regret about having not entered into a pre-nup.

Why? Well, for starters, family law disputes are often costly, emotionally draining and the discretion of the Family

Court as to how it divides marital property is so broad, that you never really know exactly what you're going to get. In the absence of an agreement after separation, the only option left is to go to Court.

In the event a couple have entered into a pre-nup, neither spouse is allowed to commence Family Court proceedings. The pre-nup essentially ousts the jurisdiction of the Family Court, meaning the Family Court cannot make a decision as to how the couple's property is to be divided and the property of the relationship is to be divided in accordance with the terms of the pre-nup.

Of course, either party can ask the Family Court to set the pre-nup aside.

The High Court of Australia handed down its landmark decision in November 2017 in the eagerly awaited decision of *Thorne v Kennedy*. In this case, the couple had first met online via a website for potential brides. He was 67. She was 36. She was of eastern European background and living overseas. The husband, a wealthy Australian property develop-

er, was worth about \$18 million and had adult children from his first marriage. At the very start of the relationship, the husband said to the wife-to-be that if they were to wed, she would need to sign a paper and his money was for his children. Eleven days prior to the wedding, he said that if she did not sign the financial agreement the wedding would be called off. At the time, the wife-to-be was in Australia and some of her relatives had travelled to Australia for the ceremony. She signed the financial agreement four days prior to the wedding.

The pre-nup provided for the wife to receive a total payment of \$50,000 adjusted for inflation in the event of separation after at least three years of marriage.

The couple separated about four and a half years later. They had no children. The wife sought relief from the Federal Circuit Court of Australia seeking an order that the financial agreements be set aside and that she receive \$1.1 million lump sum and spousal maintenance of \$104,000.

The trial judge found in the wife's favour and

set aside the financial agreements. The trial judge found that there had been "undue influence and duress" on the husband's part. The husband's adult children (the husband had since died and his adult children represented his estate) appealed the decision and the Full Court of the Family Court of Australia found that there was no duress and that the financial agreements were in fact binding. The wife appealed to the High Court of Australia.

The High Court did not agree with the decision of the Full Court of the Family Court of Australia which had upheld the financial agreements as binding. The High court found the financial agreements should be set aside for "unconscionable conduct" and "undue influence".

In light of the High Court decision, are pre-nups worth entering into? The simple answer to that is – depending on your circumstances and subject to bearing in mind the factors carefully considered by the High Court in their recent decision – yes.

When entering into a pre-nup careful consid-

eration must be given to factors including but not limited to:

- whether or not the agreement was "negotiable" or "non-negotiable";
- whether or not any threats or ultimatums were made about ending the relationship or calling the wedding off if an agreement was not signed;
- whether or not each party had sufficient time to consider the agreement and also sufficient time for a party to consider the legal advice that they were given prior to signing; and
- the circumstances of each party, in particular the disadvantaged party and the terms of the agreement.

Australian law makes provision for these financial agreements to be entered into. There are obvious advantages to having a pre-nup, however a great degree of caution is required in relation to the preparation of pre-nups and the circumstances in which these pre-nups are entered into.



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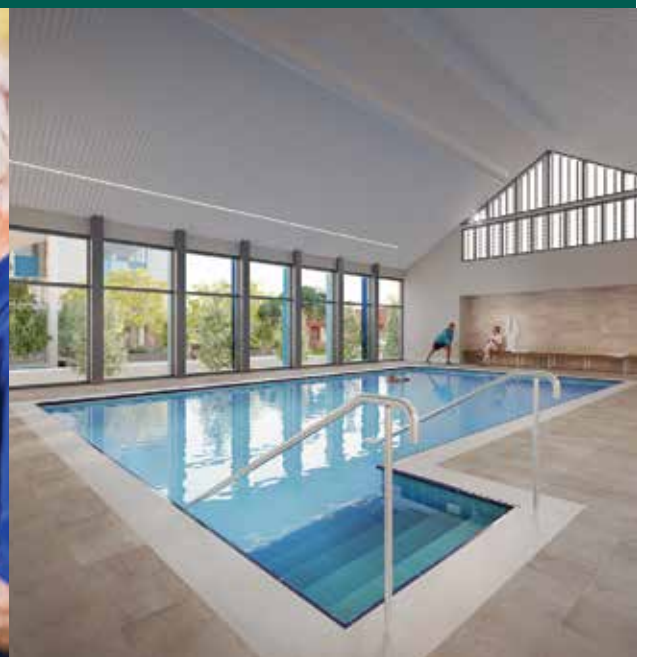
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Downsizing

ADVERTISING FEATURE

There is a colour palette to suit every style and budget this year



by Zofia St James

AUTUMN is a lovely season and one where we can start to think about adding some touches



and layers that inspire and excite our imagination as we prepare to spend more time indoors.

It was a mild summer to say the least, so if that's any indication it could be a very cold autumn/winter, therefore adding elements to keep you feeling warm and stylish is worth considering.

Think lovely reds and slow cooked hearty food, dinner parties and all that you can enjoy this season amongst some seasonally inspired decorating.

There are some simple and lovely things that you can add that not only give your room a makeover but instantly warm it up.

Most people who have downsized and moved into modern apartments have white or very neutral interiors and therefore it is easy to change it up with as little as a rug, cushions, artwork and a throw.

There is a palette to suit anyone's taste but going into winter there are a couple of options I would like you to consider.

In homeware stores

you will be confronted by pink, pink and more pink. I do have to say it's has grown on me. Paired with charcoal it becomes far more sophisticated. The pink's palette range from a burnt rose to blush, a beige pink and nude to a pinky ivory. Any of these colours, depending on the depth of shade, pair with charcoal right through to soft dusty blues, grey and silver.

Homewares and furniture these days is as much about fashion as fashion itself and whilst I have never been an absolute slave to it, staying modern and up to date does make you feel good.

Other shades that look stunning and give a completely different take, is choosing from a palette of midnight blue, teal, turquoise, aqua or grey and then add the shade of pink as an accent, say as a cushion,

backed up by using one of the colours featured in an artwork. It's important always to tie together the accent colour in at least two ways so it belongs in the room.

What I have traditionally done with interiors is to go lighter for the warmer months and then of course use deep, richer and darker tones for winter.

For bedding and linens, white in summer is always fresh after a long cold winter. Another matter to consider is budget. Kmart right up to higher end stores such as James Said offer similar items such as cushions and decorative pieces with an obvious varying degree of quality.

I have always prescribed to a hi-low shopping style. There are items worth investing in and then others you know will date so buying from discount outlets is

the way to balance out the budget.

Items that provide feel, warmth, style and quality are the things worth investing in as the enjoyment over the years will outweigh the cost. Other more fashion-inspired objects can be shopped around for and compared before you buy with a decision based on the importance to the look. I have always aspired to buy the best that I can afford. I look at my own interior as a canvas, always evolving. It's my playground and passion but most of all my sanctuary. I do adore sharing it and entertaining as much as possible That's why I love what I do, and love helping others to explore and create the looks they would love to achieve.

Happy autumn and decorating. ZX

Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and she knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofia@hotmail.com

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Downsizing

ADVERTISING FEATURE



Bob Maumill talks about The Green...



MY first impression when I drove through the gates of the Lakelands Country Club and Golf Course at Gnamara was the lush greenness of the beautiful golf course on my left. I could see why the developer had chosen the name The Green.

I had been offered a role as spokesperson for The Green but before I made a decision on whether or not to accept I wanted to inspect the site and ask some questions.

First question, "How far will the village be from the golf course and club?"

My guide pointed to an area a few metres from the fairway and said, "The village starts there, let's call it a short stroll."

I asked if residents would get discounted golf and Country Club

memberships. He smiled and said "better than that, people who buy into The Green will be entitled to one free five-year membership and one junior membership."

Next stop was the sales office to view a model and the plans of The Green.

I examined plans that included a gym, swimming pool, community centre, gardens and walkways.

It all looked good. Things were on the move. Blocks had been sold. Earthworks were under way. Everyone was full of enthusiasm.

I held my hand up and said "Wait. Let's talk about ownership. Who owns the homes? Is this one of those lease things?"

Everyone grinned. The man in charge said, "No, this is not a lease thing. This is

an ownership thing. Residents of The Green own their homes. They hold the title and, if they wish to sell they set the price. They get the money. Their choice, it's about lifestyle and choice."

He paused for breath then said "lifestyle and choice. Got that?" I said, "got it." He said "any more questions?"

Of course, I had questions. Such as: "If people are already locked into a lease-for-life arrangement is it possible to move from that village to home ownership at The Green?"

My guide nodded in the affirmative and said, "Our people are experts

in these matters. We can assist with free financial advice, relocation support, and clear concise answers on the best time to buy or sell. Talk to us without any obligation and use our expertise to allow you the option of enjoying the wonderful lifestyle and amenities The Green has to offer." Find out more at www.fairwayvillages.com.au



Improve hygiene with a bidet



"AS a health conscious person and personal hygiene being high on my list I always wanted a bidet in my bathroom, but I got a quote from a plumber a while ago and I was shocked by the price" said Ms Nash.

Ms Nash's luck changed when she discovered the Bidet Shop ad in this

newspaper a few months ago, offering Coway Bidet Toilet seat that replaces her existing toilet seat. It can be installed in just a few minutes and is much cheaper.

She contacted The Bidet Shop and spoke to one of the very helpful staff who explained how the bidet worked and its other features such as a heated seat and soft closing lid.

Ms Nash said, "The bidet is wonderful because it just replaces my existing toilet seat and automatically cleans without the need of toilet paper."

How it works is quite simple. With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries you off with a gentle stream of warm air. Ms Nash ordered one and her new bidet arrived in the mail a few days later.

For more information or see if you qualify for a fully funded bidet, call 08 6315 4252.

Make your next step with the security of RAAFA.

As one of Western Australia's longest standing, largest and most respected providers of Retirement Living Estates, RAAFA offers you the benefits of an organization with an impeccable record on all aspects of security.

With a RAAFA Retirement Living home you can be assured of joining a warm and friendly community enjoying a wide range of superb resort-style facilities, and endless social and recreational activities.

Retirement Living apartments and/or units, are located in RAAFA Estates in Bull Creek, Merriwa, Mandurah and Albany. In all these communities you can have the peace of mind to Lock-up-and-Leave knowing your investment, home and belongings will be in the same state you left them in when you return.

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With walled estates, a range of security systems and procedures operating 24/7, and close-knit communities providing organised passive surveillance, RAAFA has an exemplary record on personal security.

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As a well-managed, self-funded, not-for-profit organization offering low fees, total transparency and a history of resident's satisfaction in WA for over 40 years, RAAFA can be trusted to provide the optimum financial outcome on your investment.

Two Bedroom Retirement Homes available now in Mandurah, Merriwa and Albany from \$250,000.



The newly completed and fully occupied Orion Terraces apartment complex in Bull Creek.

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Call now to inspect Retirement Homes available in a RAAFA Estate near you on (08) 9288 8400.

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Downsizing

ADVERTISING FEATURE



Bassendean and surrounds are the perfect suburbs to downsize



Ilan and Denise Wellstead

THE Professional Wellstead Team is a family business that has been in the real estate industry for more than 20 years, servicing Bassendean and surrounding areas.

Ilan and Denise Wellstead and their team pride themselves on team work and treating clients like they are family. They understand that when people are considering downsizing that it means different things to different people.

They have a stable of properties which they believe could be perfect for most downsizers.

The leafy riverside precinct of Bassendean and surrounds offers a unique lifestyle on the doorstep of Perth with a rural like atmosphere, but with all the city

facilities and only nine kilometres from the CBD.

Ilan and Denise Wellstead call Bassendean home and invite people to join them. They can provide with any real estate needs and offer assistance and service in any way. They cover everything from selling a home, buying, managing an investment property or renting.

There's nothing better than hearing from customers and here are some testimonials from some of their satisfied customers:

"We cannot speak highly enough of the professional manner in which Denise and her team handled the sale. We were treat-

ed with friendly courtesy, and all areas of the sale were dealt with most efficiently, including cleaning, clearance of rubbish and necessary repairs, thus relieving us of the worry and the burden. We were kept informed promptly of all progress and the final details of the sale were dealt with without a hitch. We would happily refer our friends to the team should the occasion ever arise and have every confidence that they too would receive the same excellent service."

Patrick, Bassendean

"Sincere thanks for a timely and seamless positive result of our property. We would like you and your team to know that we

were most impressed with your advice from the beginning of the process to the end. We also noted that everything you promised actually happened and we really appreciate the absolute professional service – we couldn't ask for anything more. Choosing you and your team to sell our property was the best decision we made and receiving a truly fantastic offer on the first home open really gave us no doubt we had the best agent working for us. Thanks again for removing all the worries that sellers feel during this process."

Nick and Melanie, Bassendean
For further information please see advertisement on page 48.

Enjoy a FREE Devonshire tea at The Green



Fairway Villages at The Green would like to invite you to a free Devonshire morning tea to learn more about the Retirement Lifestyle Village where you OWN your own home.

The morning tea will be held on

27 March at 10.30am

at Lakelands Country Club & Golf Course,
Clubhouse Lane, Gnaragana.

If you would like to attend please RSVP by
Thursday 22 March to Jan Pagonis on 0422 101 636,
email jan@fairwayvillages.com.au
or register online at www.fairwaythegreen.com.au



Affordable resort style luxury at Palmyra Apartment Estate



Peter and Lorna Mazza

PALMYRA Apartment Estate, located on tree-lined McGregor Road, is a gated residential community made up of one, two

and three-bedroom apartments and an extensive list of resort style facilities including a 25-metre lap pool, poolside cabanas, sun deck, barbecue, commercial grade gymnasium, spa, sauna and residents' lounge.

For people looking to purchase a home south of the river, Palmyra is perfectly located close to and convenient for Fremantle, the coast, and the Perth CBD.

When Peter and Lorna Mazza saw an advertisement for Palmyra Apartments Estate it was love at first sight, and within less than a week they made the decision to purchase a three-bedroom, two-bathroom ground floor apartment.

"We had been looking for a property south of the river for some time and hadn't found anything we liked. As soon as we saw this one we knew it was the right one for us," said Mrs Mazza.

"We are ready to embrace the apart-

ment lifestyle. We are currently living in a four-bedroom, two-bathroom house with a pool, however, we honestly don't think we'll miss the extra bit of space. We will still have a pool which we can enjoy without the maintenance, and we will have two spare bedrooms and two generous courtyards for entertaining," she said.

All apartments have been designed to be bright and spacious with a clever use of space, natural light and classic choices of colours, textures, and materials. With European-style kitchen appliances, reconstituted stone benchtops and quality carpets, these apartments offer a luxurious home at a very affordable price.

One-bedroom apartments start from \$259K, two-bedroom from \$339K and three-bedroom from \$495K.

For more information call Robin Schneider on 0418 914 281 or visit www.palmyraapartments.com.au

Akora: Award-winning Retirement Apartments



The best move
you'll ever make

SwanCare's Akora Apartments have been named best seniors/aged persons multi-unit development at the annual Master Builders Association of WA Awards 2017.

The award recognises the innovative features built into Akora Apartments by BGC Contracting including internal communal spaces, energy efficiency, building adaptability, a rooftop terrace, generous living spaces, an engaging piazza and a ground floor café.

Cyber crime talk in northern suburbs



MARLENE Robins (pictured) from COTA will speak at the Northern Suburbs branch of the Association of Independent Retirees (AIR) this month on 'Cyber Crime'.

Marlene has been running the Cyber Crime program for COTA for the past three years and has worked for COTA for 13 years.

Her talk, on this essential subject for seniors, will teach people about five main areas of Cyber Crime and security:

- How to recognise online deception
- How to protect yourself from phone and computer scams
- About e-mail stings
- How to avoid identity theft and social media tricks
- How to safely access monies.

Everyone is invited to join AIR for their March meeting at 9.30am on Thursday 15 March at the Fleur Freame Pavilion at the corner of Marmion Avenue and Forrest Road in Padbury (entrance off Forrest Road).

All AIR members and any interested guests are welcome and there will be tea or coffee and biscuits provided. Cost \$4 per person including raffle.

For further information please contact John Muller of 9448 2520 or e-mail pnair@gmail.com for further details.

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food & WINE

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



Brunch with T (and Dan) - what to choose at Maurizio's No Menu in Highgate



T's spoon ratings

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



by Tahlia Merigan

THIS month Dan and I ventured to Maurizio di Ciano's new restaurant



No Menu in Highgate.

For many years Maurizio ran a successful restaurant in North Perth next door to the Italian Club. After closing last September, he decided to start afresh in Beaufort Street with this modern eatery which is open for breakfast, lunch and dinner.

No Menu's concept is that the menu is determined by what fresh produce is available on a daily basis.

We ventured there on a Saturday morning where they also have a small market in the alley down the side of the restaurant offering a selection of Italian goods.

Maurizio came to the table and introduced himself, then explained how the concept for the restaurant works and

what was on the (non-menu). He is a vibrant character and his personality adds an extra charm to the whole dining experience.

Dan chose Eggs Purgatory (\$18.50) and I went for the Eggs Roman (\$18.50).

Dan also ordered a cappuccino (\$3) which came with a selection of homemade biscuits which were delicious (we shared these) and it was a perfect start to the morning.

Our toast arrived, a little too early, as our main dishes took another ten minutes to come to the table, but it was worth the wait.

Dan's Eggs Purgatory came with three poached eggs served in a rich tomato and vegetable sauce and he said had

an amazing flavour. My Eggs Roman consisted of two poached eggs on mushrooms with truffle oil and asparagus with a side of mustard.

We both agreed that we have never had poached eggs that were so light, fluffy and melted in your mouth as these. The truffle oil and mushrooms in my dish were rich and with the added creaminess of the egg it really was a perfect brunch dish.

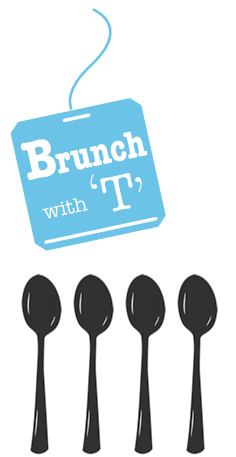
Dan said his sauce was rich and delicious and complemented the eggs perfectly. Both servings were excellent value for money as the toast was included in the price.

Overall, we give No Menu four spoons for tasty food, value for money and friendly ser-

vice, albeit a little slow. To view the daily menu visit www.today.nomenu.net.au

No Menu, 448 Beaufort Street, Highgate, WA 6003. Phone 0435 805 301,

Open Wed-Fri 12pm – till late, Sat-Sun 9am – till late



Vince's sage and butter polpettine with pasta



by Vince Garreffa

PASTA with meatballs without tomato – now that's different and delicious.

Ingredients for 4
500g minced steak (beef, lamb or pork)
100g finely diced prosciutto
100g finely diced mortadella
100ml white wine
2 heaped tablespoons grated parmesan
2 heaped tablespoons bechamel sauce
250g dry spaghetti
150g butter
1 cup of sage leaves
1 cup of seasoned flour
WA organic lake salt
Freshly cracked black pepper

Extra virgin olive oil (EVOO)

Method

Mix the mince, prosciutto, mortadella, parmesan, bechamel sauce and a little salt and pepper in a bowl until it is thoroughly combined. Now roll the mixture into little meatballs and set aside. Boil your pasta in lots of salted water till cooked al dente.

At the same time in a large frypan melt half the butter and 100ml of EVOO and cook the meatballs after dipping them into the seasoned flour. Add half the sage leaves as they cook, stirring the meatballs and sage often. Add the 100 ml of white wine and cov-

er with a lid.

After five minutes test a meatball to see if it is cooked. When cooked put meatballs in a bowl covered with foil. Now using the same frypan (don't clean it after removing the meatballs) heat it on a medium flame and add the other half of the butter and sage leaves stirring well. Now add the cooked pasta to the pan and half cup of hot pasta water and toss and stir well, releasing and melting the burnt bits stuck to the bottom of the pan into the liquid for flavour.

Take off the heat and serve with the meatballs, cracked pepper and any pan juices. Very yum! Buon Appetito.

Friendly service and good food on offer

THE INGLEWOOD Hotel has been a privately owned, friendly local pub since 1936.

Have a Go News readers have the opportunity to enjoy \$16 light lunches from Monday to Friday, 11.30am to 3pm.

There is a selection of five different dishes on the menu including BLT with chips, chicken skewers and Greek salad, beef, Guinness

and mushroom pie served with salad or chips, Shark Bay crab and prawn linguine and fish and chips.

Enjoy a great value lunch in the atmosphere of this friendly hotel – you can even pick up a copy of Have a Go News at their bottle shop.

March sees the return to the menu of the Sunday roast available all day every Sunday.

Join the Inglewood's birthday club and receive a \$30 gift voucher from them every year.

Pop in during the week for Happy Hour which is available from Monday to Friday from 5-6pm.

The Inglewood Hotel at 803 Beaufort Street looks forward to welcoming Have a Go News' readers to their friendly pub. Call 9370 5522 for bookings.



Join us online for more recipes:

Seniors' Special: Meal and a Middy \$15*

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Meals on Wheels: Available over holiday season, delivered daily, \$10 per person, soup, main course & sweets.

25 March: 10th Year Anniversary Gopher Muster, breakfast/morning tea, gold coin donation

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53 Coode Street, South Perth

For bookings or further info

phone the centre 9367 9880

*conditions apply, advertised prices are for members

Letters to... Vince Garreffa



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



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Fruit for the heart...

by Noelene Swain

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 gala apples and red sensation and Bartlett pears... so let's get crunching!

Fresh apples and pears are extremely nutritious and should be an important part of your eat-

ing 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 non-allergenic, 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.

While 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 the recipes below.

Pear, fennel and prosciutto salad - recipe for one

Preparation: 10 minutes; serves: 1



- 1 tablespoon white wine vinegar
- 2 tablespoon olive oil
- ¼ teaspoon dijon mustard
- Salt and cracked black pepper
- 75 g prosciutto, roughly flaked
- 1 Red Sensation pears, thinly sliced
- ¼ baby fennel bulb, trimmed and thinly sliced
- 1 cup watercress, trimmed and sprigs separated
- 1 tablespoon Persian feta
- 1 teaspoon chopped chives

Whisk together the vinegar, oil, mustard, salt and pepper until fully combined. Place the prosciutto in a pan over medium heat till crispy. Remove from pan, crumble roughly. Place prosciutto, pears, fennel, watercress and chives in a large serving bowl. Scatter with feta. Pour over the dressing and toss lightly and serve.

Note: This salad is best made close to serving. If this is inconvenient, drizzle a little lemon juice over the sliced pears and fennel to prevent any browning.

Coconut baked gala 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
 - ¾ cup shredded coconut
 - 1 egg, lightly beaten
 - 2 teaspoon sugar
- 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 tray and bake for 20 to 25 minutes or until the apples are cooked and golden.

Apple ricotta pikelets

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

- 1 cup ricotta cheese
 - 1 cup grated Royal Gala apples
 - ½ cup white flour
 - ¼ cup wholemeal flour
 - 1 tablespoon honey
 - 1 teaspoon lemon juice
 - 1 tablespoon chopped pecans
 - ½ teaspoon cinnamon
 - Sprinkle of nutmeg
 - 4 eggs, separated
 - Natural yoghurt and fresh fruit, to serve
- Combine all ingredients together except egg whites. Mix until well combined. Beat egg whites until stiff and fold into batter. To make pikelets, brush the base of a pan with oil. Spoon about two tablespoons of batter into pan to make individual-sized servings. Allow to cook until golden on both sides. Continue until all the batter has been used. Serve warm with natural yogurt and fresh fruit.

Knife and fork talk at Crown



by Pat Paleeya and Judith Cohen

A SPUR of the moment decision had us boarding the train for Burswood, not to gamble, but to try one of the two or three restaurants that offer under \$20 lunches. After much debating we joined the queue outside the 88 Noodle Bar.

The menu at the entrance gave us an opportunity to choose a dish before being seated, which gave us time to select from the 20 dishes on offer.

We decided on a bowl of laksa and a teriyaki chicken and rice both priced at \$17.80.

The laksa consisted of a lightly spiced coconut curry soup with seafood, tofu, Asian greens and egg noodles. This was enjoyable but a little more spice would have enhanced the flavour. The prawns were moist and pleasantly plump which blended well with the greens and noodles, all in all a satisfactory meal.

The teriyaki chicken and rice was very tasty indeed. Usually chicken skin is a no, no but this was a yes, yes as the skin was really crunchy. With the addition of sesame seeds it became a treat for the taste buds. There was a good teriyaki sauce which added flavour to the steamed rice. A few bits of greenery wouldn't have gone astray, nevertheless a good meal.

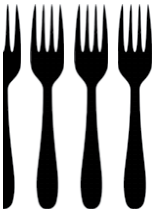
The restaurant was clean, nicely decorated and offered quick and efficient service. Lunch from 11.30am.

3½ Forks

88 Noodle Bar 1800 556 688, situated in the Crown Casino

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 LUNCH SPECIALS



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Railway Pde
9271 7111
- CHARLES HOTEL**
\$14 Senior lunch special
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Charles St North Perth
9444 1051
- ESTIA CAFE AND RESTAURANT**
\$20 Lunch special incl a glass of wine or a beer.
Wed-Sun 11am-3pm
836 Beaufort St Inglewood
9371 5585
- ODIN TAVERN**
\$16 Seniors lunch (present Seniors Card)
Mon-Fri 11.30am- 3pm
51 Erindale Rd, Balcatta
9345 3316

- SPIRIT HOUSE THAI RESTAURANT**
Lunch special \$12.90
Tues-Sun 11am-3pm.
4/18-22 Risley St Ardross
9364 2499
- 88 NOODLE BAR**
Inside Crown Casino
Under \$20 lunch menu
Every day from 11.30am.
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- RAVENSWOOD TAVERN**
\$13.50 Seniors lunch
Mon-Fri from 11.30am
Lot 65 Lloyd Ave Ravenswood
9537 6054
- THE CARINE**
\$12.50 Seniors lunch
Mon-Thur 11.30am-3pm
493 Beach Rd Duncraig
9444 7400
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\$16 lunch special
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Beaufort St Mt. Lawley
9370 5511

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GRAZE ON MORE Green

What's fresh in the markets for March

Royal gala apples: For the lovers of freshly harvested fruit, the new season Royal Gala is a welcome arrival on the scene. They are as sweet, crisp and juicy as you would expect from a freshly picked apple, with a beautiful peach coloured skin and an exterior of red stripes over a pale cream background. Choose carefully, keep your purchases in the fridge until you are ready to eat them, and you'll be rewarded with a perfect eating experience. Gala apples make wonderfully moist cakes and muffins and are fantastic in a hearty crumble.

Bartlett pears: Another lovely new-seasoner, Bartlett pears are a light green to yellow pear, or a red-green in the case of 'red sensation' Bartlett's. They're medium sized and are sweet and aromatic with the red sensation being slightly tarter. These pears are a good all-rounder being suitable for both cooking and eating fresh. To test for

ripeness, the flesh near the stem should give when gently pressed. It's often best to buy them quite firm and let them ripen at room temperature for a couple of days, however remember that pears ripen from the inside out, so don't leave them too long. Pears and a strong cheese such as a blue or a goat's cheese make a gorgeous combination.

Cucumbers: Indeed a very cool addition to salads and dips. Picking up a cucumber to feel its weight for a good indication of freshness; they should feel heavy and have firm, bright-looking skin. Lebanese and burpless (continental) cucumbers are very similar in texture and flavour but they differ in size, the Lebanese being the smaller of the two. One of the most commonly asked questions about cucumbers is whether to peel and de-seed? The best way to decide this is to slice a small round off the cucumber. If the skin is tough and the seeds are large and bitter, it's

best to peel and deseed it. A fantastic way to eat cucumbers is in a home-made tzatziki, a Greek yoghurt-based dip. Simply peel and seed one cucumber and combine with natural yoghurt and minced garlic to taste.

Sweetcorn: Nothing beats piping hot sweetcorn eaten straight 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 cumin.

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

GREAT HOME and GARDENING

ADVERTISING FEATURE



Get organised and add a sparkling diamond to your garden this autumn



Left to right; Diamonds in the Dark Lavender Lace and Dark Pure White

by Colin Barlow

ANOTHER summer has been and gone and yet again we have received record summer rainfall with no hot days of 40°C or more this summer. This windfall for the garden has many lawns and gardens looking bright and lush green when usually they would have been rather bare and brown. Let's hope that this cooler weather continues throughout autumn, which is an ideal time to improve your soil and your garden. As the days get shorter and the nights grow longer, the autumnal weather it is perfect for adding some new plants to your garden.

I have been an avid grower and fan of crepe myrtles for many years now and use them regularly in my landscape designs and projects. Most crepe myrtles have attractive mottled bark, are compact in size and both heat and drought tolerant with spectacular flowers, so it is no wonder they have become so popular. Lagerstroemia 'Tuscarora' has been a particular go-to crepe myrtle for me with dark fuchsia pink flowers, but now it has some serious competition with the new range of 'Diamonds in the Dark' crepe myrtles from Touch of Class Plants, which are sure to add some sparkle to your garden.

'Diamonds in the Dark' crepe myrtles produce immaculate near-black foliage in early spring that is enhanced with an abundance of vibrant blooms from summer until the winter months or first frost. The colours in the range include shades of white, pink, lavender, purple and red that contrast with the remarkable dark foliage to create a luxurious feel to the garden. Most plants in the range grow up to a manageable three metres high and two and half metres wide with a compact growth habit so are suitable for smaller gardens. The 'Diamonds in the Dark' range can be used as a street or specimen tree or as an attractive flowering hedge and when planted en masse they add a vibrant show of colour to the garden. They are also useful for planting in decorative pots or containers to enhance your outdoor area or balcony. Being deciduous they will generally lose their foliage between late autumn and mid winter, although some varieties will retain some of their leaves in warmer areas. This allows you to grow spring flowering bulbs or other understory plants beneath them, until the stunning new growth reappears in spring. The range is highly resistant to mildew, and is best planted in full sun for the finest colouring of the flowers and foliage.

The 'Diamonds in the Dark' range of crepe myrtles are available from leading nurseries, garden centres and hardware stores or you can view the spectacular range at www.diamondsinthedark.com.au

Melbourne International Flower and Garden Show
This year marks the 23rd annual Melbourne International Flower and Garden Show (MIFGS) from Wednesday 21 March until Sunday 25 March held in the leafy surrounds of Carlton Gardens and the Royal Exhibition Building. A new feature will be the unveiling of the 'Welcome Garden' by 2017 Best in Show award winner Phillip

Withers. Designed to be a place for visitors to relax and recline and plan their day at the show while enclosed with luxurious shades of greenery. Talks and tours by designers and growers will be held throughout the day to encourage visitor participation and interaction. For the latest information on the show go to www.melbflowershow.com.au. If you are in Melbourne and visiting the show, why not try to catch one of my talks at the Scott's Australia stand from Wednesday 21 March until Saturday 24 at stand B44 in the Carlton Gardens.

Garden delights
The cooler autumnal weather also means that it is also time to check out the latest offerings from Open Gardens WA at www.opengardenswestcoast.org. Denise's Garden in Carmel will be open on Saturday 17 and Sunday 18 March from 8am until 4pm and Krannynook in Helena Valley will be open on the following weekend of Saturday 24 and Sunday 25 March from 10am until 4pm each day. Western Australia's premier gardening event, the Perth Garden Festival is on again next month from Thursday 12 April to Sunday 15 April. For further details go to www.perthgardenfestival.com.au.

Perth Garden Festival

PERTH Garden Festival is WA's longest running, and most prestigious, garden, landscape and outdoor living event. Bursting with colour, the Perth Garden Festival delights visitors with stunning garden concepts and landscaping, breath taking floral displays, sustainable living ideas, garden trends, fresh produce, new products and an abundance of information on outdoor living. From 12 - 15 April, McCallum Park will be transformed from tranquil parkland, into a bustling hive of activity with spectacular landscaping displays and product offers. This is the third time the event is held at McCallum Park and with Kleenheat continuing on as naming rights sponsor, this year is set to be the largest yet. With more nurseries, exhibitors and show gardens it will certainly be a festival not to be missed.

WIN WIN WIN

To be in the draw to win one of 10 double passes to Perth Garden Festival email win@haveagonews.com.au with Garden in the subject line or write to Perth Garden Festival c/- Have a Go News PO Box 1042, West Leederville, 6901. Competition closes 31/3/18.

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Just a few hours a week providing support to people by helping with daily tasks like getting ready for the day, attending medical appointments or doing the shopping means people can remain living independently in their own home.

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Call 1300 428 486 or email hello@avivo.org.au

avivo Leaders in Aged Care, Disability and Mental Health

SUDOKU

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

Rating: ★ ★ ☆ ☆ ☆

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CROSSWORD

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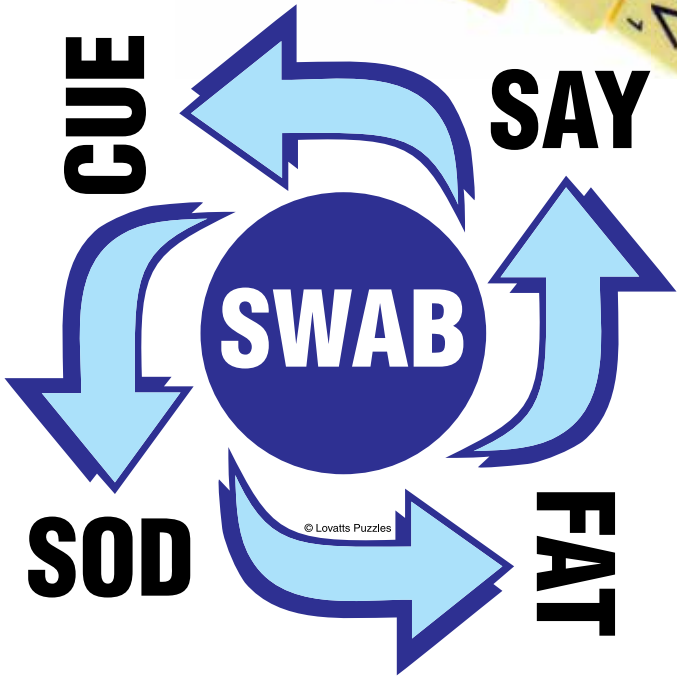
- ACROSS
- 1. Redo
 - 5. Qualifying race
 - 7. Peculiarly
 - 8. Lash scar
 - 9. Cult actor, James ...
 - 10. Outcast
 - 11. Morning sickness
 - 13. Ardent
 - 14. Strappy shoe
 - 18. Shillyshally
 - 21. Cordon ... cookery
 - 22. Ouija session
 - 24. Peace prize
 - 25. Tangle
 - 26. Beseech
 - 27. Strain
 - 28. Sudden invasion
 - 29. Excused (from tax)

- DOWN
- 1. Reverses (tape) to start
 - 2. Promises
 - 3. Bear-like marsupial
 - 4. Took in (child)
 - 5. Water-main outlet
 - 6. Greed
 - 12. Evita, ... Peron
 - 15. US capital of Georgia
 - 16. Disheartened
 - 17. Sought to influence (legislator)
 - 19. I have (1'2)
 - 20. Vote in again (2-5)
 - 22. Bluish-grey
 - 23. Mistreatment

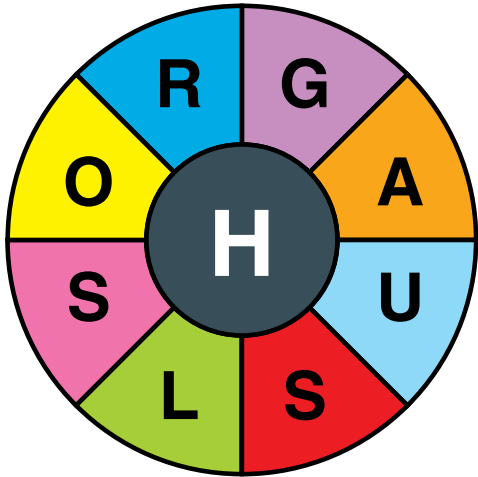
#312 March edition PUZZLES
Solutions appear on page 16

TRANSFORMERS

Take a letter from the middle word and, without changing the order of the letters, fit it into the three letter word to make a new four letter word. Repeat the process, using all the letters of the middle word.



Wheel Words



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

12 Good 18 Very Good 22+ Excellent

Stories from the Swinging 60s... a snapshot of WA history



BUY YOUR COPY NOW!

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. \$20.

Copies are available for purchase direct from *Have a Go News* office at 137 Edward Street, 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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Name:

Address:

Contact number/s:

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<i>Living Histories</i>		<input type="checkbox"/> Cheque
<i>Stories from the Swinging 60s</i>	___ x \$20 (inc gst)	<input type="checkbox"/> Money Order
<input type="checkbox"/> Postage (\$12 inc gst)	___ x \$12 (inc gst)	<input type="checkbox"/> Credit Card
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Friend to Friend

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Tick one box only.

- ☐ Travel companion
- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered
- GSOH: Good sense of humour
- SD: Social drinker
- NS: Non smoker
- SOR: South of River
- WLTM: Would like to meet
- DTE: Down to earth
- ND: Non drinker
- NG: Non gambler
- NOR: North of River
- TLC: Tender loving care



Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

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:
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Obtaining replies to your Friend to Friend Reply Box entry:
Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

AMAZING grace, I sang for you whilst holding your hand. WLTM you now on land. Please code me do, for a friendly chat and perhaps rendezvous. R&J.
Reply Box 7810

ATTRACTIVE, tall, young looking, educated, 69, lady, NS, SD, VGSOH, well groomed, enjoys travel/cruising, reading, music, theatre, dancing, dining in/out. WLTM a fin sec, well groomed, caring, honest, loving, gentleman, 67-72 for friendship, companionship, Melville area. Genuine replies only.
Reply Box 7790

AUSTRALIAN male, 70. Interests; boating, fishing, dining out, movies, keeping fit and horse racing. NS, SD, not a world traveller, seeks slim lady, similar interests, SOR, postcode 6163.
Reply Box 7809

AUSTRALIAN caring lady, 67, enjoys movies, theatre, nature, picnics, walks, cooking, life in general, NS, SD, GSOH, SOR. WLTM respectful, thoughtful gent. Let's meet for coffee and chat.
Reply Box 7811

GENT, 66, Croat/Aust average build, seeks friend who likes dancing, movies, dinners, 50s-60s, NOR, SD, GSOH, meet me for coffee, prefer European lady.
Reply Box 7792

GENT, 70, GSOH, nice personality. Interests; movies, travel, outings, music. WLTM sincere, slim, well dressed lady for friendship. Let's meet for coffee.
Reply Box 7791

GENT 70s, seeks feminine submissive lady to love and look after.
Reply Box 7822

GUY 66, 5'6" tall, medium build, NS, SD, WLTM lady, to 65. Will bring you happiness and light up your life. I'm into music, movies etc a man to be the wind beneath your wings. ALA.
Reply Box 7796

GUY 70, presentable, GSOH, genuine, caring nature, NS, seeks lady for company, relationship. Enjoys movies, travel, drives, restaurants, comfortable relaxing home. WLTM. Coffee, SOR. Who knows anymore. Romantic wining, dining, however friends first. TLC. ALA.
Reply Box 7826

I'M a widow, 60+, Catholic, 155cm, 68kg. Interests; cooking, cleaning house, music, honest, GSOH, NS, ND, NG, TLC, WLTM. Look for similar age for friendship, meet have a cuppa.

Reply Box 7793

LADY 70 born England. Enjoys social activities, walking day trips, honest, Looking for a man friend to spend times together. I want a genuine, honest loving person who is looking for new things to do.

Reply Box 7806

LADY mature, slim, attractive, gentle, kind, caring nature. WLTM genuine, unattached, intelligent, fin sec, gent for long term friend, partner if compatible. NS, SD, NG, NOR, no country gents!

Reply Box 7814

LADY WLTM a pleasant, kind, honest, respectful, caring gentleman, fin sec, GSOH, NS, 70+ for long term friendship, companionship. I have the same values. Also NS, NG, ND, SOR, don't be shy, reply!

Reply Box 7817

MALAYSIAN lady, 60s, healthy. Looking for friendship with decent men and women, same age for social activities, sharing interests in walking, cycling, cooking, dining out, cinema, travels etc. NS, SD, NG and good manners required.

Reply Box 7804

NICE guy, 60, seeks a NS, SD, lady. I am well presented, intelligent and fin sec. Look forward to your reply.

Reply Box 7812

NOR lady with kind and caring nature plus various interests. WLTM good humoured well mannered happy gent to share good times outings travel theatre. ALA.

Reply Box 7807

RELIABLE, quiet, clean living female seeks lady similar, reasonably fit and healthy, early to mid 70s for house mate, companion if compatible, share expenses, DTE, NS, SD, NG, GSOH, friendly and sociable. Must love animals.

Reply Box 7798

RETIRED gent, mid 70s, slim build, lives south west, 5'10", 82kg, NS, fin sec, own home, active and healthy. Interests; travel, explore, WLTM slim healthy lady to join me in whatever we want to do. Any nationality ALA.

Reply Box 7800

WELL presented, educated, kind, caring, honest gent, fin sec, interested in travel, classical music, wining and dining, cooking, gardening, looking for genuine lady 65-85 to become friends. Let's meet for coffee/lunch. ALA.

Reply Box 7805

WELL presented, lonely, very feminine crossdresser WLTM understanding, accepting male or female friend SOR. Enjoy good conversation, humour, TLC, quiet times together.

Reply Box 7827

WIDOW 80, WLTM a gentleman with GSOH, NS, leading an active life. Meeting first for coffee and a chat would be a good start. Must reside in the 6210 postcode.

Reply Box 7819

WOMAN 65, widow, postcode 6007, NS, SD, GSOH, loves dogs, nature, family, movies, fishing, golf, gardening. WLTM kind, gentle, NS, NG, SD, male for initially companionship then let's see where we go. NOR. ALA.

Reply Box 7825

Seeking a Partner

ARE you a gentle man, 78-85, NS, SD, DTE, GSOH. Interested in life, travel, music, family reading, maybe you are looking for a lady like me who knows magic might happen. SOR preferred. ALA.

Reply Box 7794

ATTRACTIVE English lady slim, 50, GSOH, NS, SD, DTE, WLTM tall, well built, secure, mature, loving, romantic, truthful man, NS, generous, thoughtful, kind, attentive, no baggage, GSOH, likes socialising, travel, restaurants, movies, music, relaxing, ALA.

Reply Box 7820

ATTRACTIVE lady SOR WLTM sincere, well mannered, unattached, fin sec, gentleman, 65+ for longterm relationship. Myself; UK born, educated, medium build, fin sec, enjoys music, reading, walking, good conversation, country drives. Genuine replies only. ALA.

Reply Box 7802

AUSTRALIAN lady, SOR, DTE. GSOH, outgoing, friendly, late 60s, various interests. WLTM genuine, sincere, caring gentleman who prefers a longterm partner to share life with who owns his own home, as I do. ALA.

Reply Box 7797

ENGLISH ex-secretary, young 60s, GSOH, NS, SOR. TLC, WLTM affectionate gentleman, 60-65, loves gym, photography, kayaking, movies, shows, reading. Positive outlook, need spoiling, cuddles, strong principled mate to enjoy togetherness with. No tats, paunches or earrings.

Reply Box 7795

GENT 68, 180cm tall, UK/Australian, presentable, educated, VGSOH. Hobbies; gym, coastal walking beach, family. Seeks compatible, attractive, slimmish built lady to 65, for usual social activities, also travel, possible relationship, easygoing, northern suburbs. Coffee?

Reply Box 7824

GENT 70, can look 60 but not before breakfast. I am a morning person, interesting content sensible. Seeking feminine, creative female for the rest of my life. Help!

Reply Box 7813

GENUINE Australian lady, 68, WLTM Australian or English gent 68-75, GSOH, DTE, NS, TLC, SD, SOR, movies, 50s to 70s music, picnics, barbecues, genuine replies only. ALA.

Reply Box 7803

LADY 70+, NOR, loves good company, social outings, family life, country drives, WLTM active gent, NS, SD, GSOH to share good times together.

Reply Box 7823

LADY Asian descent, kindhearted, caring, trustworthy, educated, practising Christian, enjoy simple things. WLTM gentleman, age 70-80, NS, ND, NG with Christian values, honest, considerate for meaningful platonic relationship, best friends and mutual respect.

Reply Box 7799

LADY WLTM gent, caring, genuine, honest, for company, outings, NS, SD, lives near Fremantle, 64-69.

Reply Box 7815

SPECIAL lady, 70, 5'5", Australian, attractive, medium build, looking for quiet, homely male companion. Lots of home life, meals out etc. Laughs, cuddles and good conversations, movies, picnics. SOR ideally. Australian English.

Reply Box 7821

Love the movies?
See the latest movie reviews and win tickets
www.haveagoneews.com.au

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
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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, bulky items and photos.
All replies will be forwarded early in the next month.
All replies are strictly confidential and are not opened.
Replies must be in response to reply boxes no older than three months.



SKINNY lady is sought by slim male. I am 60, active, healthy and well mannered, looking for a long term companion.
Reply Box 7816

SWISS Australian lady, slim, 70, young at heart, freelance health practitioner, independent living, SOR. Loves nature, ocean, swimming, travel, dancing, WLTM adventurous, spiritual gent from other cultures, 60-70, NS, SD, GSOH, TLC, meet for coffee?

Reply Box 7808

WHERE are all the good guys? Retired NOR lady likes movies, theatre, dining, travel, family. WLTM DTE, NS, SD, 65-73, over 5'7", intelligent, happy, kind, loving, loyal gent for friendship or relationship.

Reply Box 7801

Seeking a
Travel Companion

TRIP booked August by rail around Java with Alpha Travel. Travel companion required to avoid single supplement male or female. Active, easygoing, 80. No sex. Great trip, my second time.
Reply Box 7818

SOLUTIONS MATCHMAKING
"The safest way to meet a genuine
and suitable companion"
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COUNTRYMINDED LADY 65 attractive, funloving grm eyed blonde, wid, intell, self-sufficient, loyal, d.t.earth, enj walks, dancing, travel, speedway, animal lover, sk gent 62-70.

MORLEY LADY 65 pretty blue eyed blonde, bright, slim, petite, young, friendly, gd listener, likes dancing, wants to laugh & enjoy life w/ caring, e/going man 64-74.

VIC PARK LADY 70 warm, loving, humorous, British, widow, very well grmd, enj music, concerts, good films, art & would love to caravan travel w/ the right man 70-80yrs.

WANNEROO LADY 78 extremely youthful brunette, refined, personable, very well grmd/spoken, wid, enj theatre, dancing, live shows, sk active man w/ a love of life 75-85.

SOUTH PERTH LADY 75 slim, modern blue eyed blonde, active, sociable, stylish & good fun. Sk honest, loving, well mannered/presented man 72-82 to spend time as a couple.

EDGEWATER GENT 82 seek genuine lady 70s - 80s living nearby so we can meet easily for outings & companionship. I'm an intell, clean living man who enjoys most things.

BYFORD GENT 82 I am a retired professional, Brit, very active, live on large prop, love animals, tinkering, volunteering, social activities. Sk sincere lady 75-85 near by to join me.

MARMION GENT 70 well est, retiree, fit, active, fair w/ blue eyes, well grmd, e/going, love dancing, travel, outdoors, socialising... "what you see is what you get", sk lady similar 62-72.



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Ooh-Wakka-Doo-Wakka-Day Thunder and Lightning

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Friday 23 March 2018 - 8PM
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Mandurah Performing Arts Centre
Friday 25 May 2018
Bookings - 9550 3900 / www.manpac.com.au

Astor Theatre Perth
Saturday 26 May 2018
Bookings - astortheatreperth.com or **TICKETEK**



arts



The Death of Stalin - this year's must see intelligent comedy



(Steve Buscemi), and the sadistic secret police chief Lavrentiy Beria (Simon Russell Beale).

But as they bumble, brawl, and backstab their way to the top, just who is running the government?

Combining palace intrigue with rapid-fire farce, this audacious comedy is a biting funny takedown of bureaucratic dysfunction performed to the hilt by a sparkling ensemble cast.

In cinemas 29 March.

WIN WIN WIN

Thanks to Madman Entertainment we are giving readers the chance to win one of five in-season double pass to The Death of Stalin. Simply email win@haveagonews.com.au with Stalin in the subject line or write to Death of Stalin competition, Have a Go News PO Box 1042 West Leederville 6901. Closes 25/3/18.

THE one-liners fly as fast as political fortunes fall in this uproarious, wickedly irreverent satire from Armando Iannucci (Veep, In the Loop).

Moscow, 1953: when tyrannical dictator Joseph Stalin drops dead, his parasitic cronies square off in a frantic power struggle to be the next Soviet leader. Among the contenders are the dweeby Georgy Malenkov (Jeffrey Tambor), the wily Nikita Khrushchev

New album from Gina Williams and Guy Ghouse will lift the spirits



Gina Williams and Guy Ghouse © Jarrad Seng

LOCAL artists Gina Williams and Guy Ghouse have released a second album together titled *Bindi Bindi* (Butterfly).

Written and recorded in the Noongar language, *Bindi Bindi* comprises 10 tracks following the duo's four principles of heart (Koort), family (Moort), land (Boodja) and legacy/children (Koorlangka).

With Williams' smooth vocals and Ghouse's guitar talents this beautifully crafted album mixes classic pop, jazz and blues with traditional Noongar vocals.

It's a superbly crafted musical presentation which gives strength and meaning to our first people and to us all as Australians.

Featuring some of Perth's finest musicians including Russel Holmes, Daniel Susnjar, Roy Martinez, Ric Eastman, Lucky Oceans, Paul Tanner, Rupert John and the Dolce Ensemble and introducing Gina's daughters Lauren and Bella McGill on backing vocals.

Bindi Bindi is a collection of music which connects and welcomes the listener to country.

New Jersey Nights set to thrill WA audiences



NEW Jersey Nights, the hit musical theatre experience that celebrates the life and music of Frankie Valli and *The Four Seasons* has thrilled audiences and critics across the UK and USA and is about to take Australian, and indeed Western Australian audiences by storm.

Since announcing in November, tickets for *New Jersey Nights* in Western Australia including Bunbury, Mandurah and Perth have gone gang busters, with shows selling out and extra shows added by popular demand.

Presented by the promoters that brought the hit shows *In the Mood* and *Puttin' On The Ritz* to Australia, *New Jersey Nights* features a sensational cast of award-winning West End singers and dancers, including Australian theatre star on the rise, and now UK based singer and musician Ricky Rojas.

During their nearly 40-year career, Frankie Valli and the Four Seasons sold more than 100 million records, making them the most long-lived and successful white doo-wop group. Lead singer Valli (whose three-octave range and falsetto are the group's trademark) also maintained a successful solo career.

With a live band playing all of The Four Seasons' greatest hits, including *Sherry*, *Rag Doll*, *Big Girls Don't Cry*, *Walk Like A Man*, *Let's Hang On*, *Can't Take My Eyes Off You* and many more, *New Jersey Nights* is the musical extravaganza you won't want to miss.

For more info visit: www.mellenevents.com

The Guernsey Literary and Potato Peel Pie Society is adapted to film



LONDON, 1946. Juliet (Lily James), a charismatic and free-spirited writer receives a letter

from a member of a mysterious literary club started in Nazi occupied Guernsey.

Her curiosity piqued, Juliet decides to visit the island. There she meets the delightfully eccentric members of the Guernsey Literary and Potato Peel Pie Society, including Dawsey (Michiel Huisman), the rugged and intriguing farmer who wrote her the letter.

As the secrets from their wartime past unfold, Juliet's growing attachment to the island, the book club and her

affection for Dawsey will change the course of her life forever.

Adapted from the best-selling book, this is a film not to miss.

In cinemas 19 April.

WIN WIN WIN

To be in the draw to win one of 10 double passes to The Guernsey Literary and Potato Peel Society simply email win@haveagone.ws.com.au or write to Guernsey Competition c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/3/18.

Comedy adventure

SET at the dawn of time when prehistoric creatures roamed the earth, *Early Man* tells the story of courageous caveman Dug (Eddie Redmayne) and his sidekick Hoggnob who, together with their fearless new friend Goona (Maisie Williams), must unite their stone age tribe against the mighty bronze age enemy, Lord Nooth (Tom Hiddleston).



Early Man is the new prehistoric comedy adventure from four-time Academy Award® winning director Nick Park and Aardman, the creators of *Wallace & Gromit* and *Shaun the Sheep*.

The film will take audiences on an extraordinary journey into an exciting new world, unleashing an unforgettable tribe of unique and funny new characters voiced by an all-star British cast.

In cinemas 12 April.

WIN WIN WIN

Thanks to Studiocanal Australia we have five double passes to giveaway to readers. To be in the draw simply email win@haveagonews.com.au with Early Man in the subject line or write to Early Man c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/3/18.

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FRIDAYS 7.30pm* for 8pm:
13, 20, 27 April & 4 May
SUNDAYS 11.30am* for 12noon:
8, 15, 22, 29 April & 6 May
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TICKETS: Adults \$20 Pensioners \$17
Tickets include show, chicken & chips, tea and coffee.
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SCENE SOCIALLY



SCENE (1): SENIORS Recreation Council of WA (SRC) in conjunction with Telstra held a Tech Savvy Seniors Morning on Friday 16 February with more than 80 people in attendance. During the morning experts from Telstra explain much about technology with up to date information on devices, scams and trends. Telstra have on hand a large group of tech volunteers to assist people with their devices. More events will be held during the year and pre-registrations are available by calling Martin at SRC on 9492 9774.

SCENE (1): Top row, from left to right; SRC president Hugh Rogers and Telstra's Jodie Wootton - Connie and Joyce - Brunetta and Rex Kaye - Nanette Murphy and Alice Scott - Janet Guy and Derek Cook - Adelaide Caracciolo and Graeme Sharp. Second row, from left to right; Lisa Richards, Lisa Turnston and Suzie Bartlett - Fay McDermot with Geoff and Julia Alcock - Malcolm and Elisabeth Stokes - Cathy Indimo and Juliet Bevan - Wayne and Carla Walker. Third row, from left to right; Lexi Davidson and Jodie Wootton - Geoff Becker. Fourth row, from left to right; Jesslyn and Kim Leow and Bev Wallis.



SCENE (3): LONG term Wearne Cottesloe resident Thelma McLeod celebrated her 111th birthday on Tuesday 13 February. Thelma is the second oldest person currently living in Australia and the oldest born in Australia. She has five grandchildren and nine great-grandchildren. Family, friends and fellow residents joined Thelma for an afternoon tea celebration in the Porthole Lounge at Wearne Cottesloe. Thelma has been residing at Wearne Cottesloe; managed by Bethanie, on behalf of Curtin Care for the past 16 years and her family considers Wearne and Bethanie's care practices a large contributing factor to her well-being. Wearne Cottesloe facility manager Janean Karsten said, "Thelma continues to enjoy walking with therapy staff three times a week and her family and friends visit daily." Happy Birthday Thelma from *Have a Go News*!

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SCENE (4): *Have a Go News* made a visit to the Swan Park Leisure Centre to meet some of the Living Longer Living Longer participants last month. The group of more than 20 people regularly attend the class on Tuesdays from 7.30am to 8.30am. They all said the program has immense benefits for their health and wellbeing. After class they all meet for a chat and a coffee and Swan Park Leisure Centres health and fitness supervisor Cassie Stacey said the centre has put on extra classes as they have been so popular.



SCENE (6): BONNIE Edgar and Lil Bond are celebrating 93 years of friendship. The ladies have been friends since they were six years old after meeting at East Fremantle Primary School. They said they couldn't have imagined still being friends at 99 and 98 years old. The ladies both reside at Braemar Cooida in Melville. *Have a Go News* congratulates the ladies on a lifetime of friendship.



SCENE (7): ON 26 February, 87 year old Margaret Cockman was thrilled to be carrying the Queen's baton for a leg of the relay for the Commonwealth Games in Wanneroo. Margaret's family was one of the first in Wanneroo, and she's a Freeman of the City, having previously worked in local government for more than five decades. She received the Medal of the Order of Australia for her community work in 1991. Margaret has lived at National Lifestyle Villages' Lake Joondalup Community since 2001 and has been an active member of the community. Many of her friends from the village were there to support her during the relay.



SCENE (2): READERS Alan and Jill True were the lucky winners of a double pass to the very first function held at Yagan Square for the launch of Taste Great Southern which runs from 8 - 25 March. The event was held at The Shoe bar which is owned by the Higgins family who formerly owned the Hyde Park Hotel. During the evening guests experienced tastes of the beautiful food and wines from the region as well as hearing interesting speeches about the growth of the area and how well this event has developed over the years.



SCENE (5): EFFIE Hamilton received her seventh letter from Queen Elizabeth II marking her 107th birthday in early February but the highlight was celebrating with friends and family at Baptistcare Gracewood Residential Care in Salter Point. While Effie may have been the oldest at the party, she shared the celebration with a number of other residents including her friend Pam Beard who celebrated her 102nd birthday, Peggy Morrissey who will be 101 in April and Nancy Ashton who is 95. These inspirational seniors all agree that keeping busy, walking, eating healthy food, and not smoking, has been the key to their longevity. Happy birthday ladies from *Have a Go News*!

SCENE (1): Celebrating at Gracewood (from left to right); Valerie Yates (Effie's daughter), Effie (107), (Evelyn) Hamilton, Peggy Morrissey (101), Nancy Ashton (95), Pam Beard (102) and Ellie Collins (Pam's daughter)



Empowering People

Help STOP Elder Abuse

Advocare supports and protects the rights of older people in the WA community by providing advocacy, information and education. One of the important issues we deal with is elder abuse.

Elder abuse affects one in 20 older people in WA. Which makes it an all too common issue facing older members of our community at a time when they are often most vulnerable. Every week our advocates work with people who are experiencing elder abuse. We offer advice, organise access to suitable resources and support services, and work with them so they can resolve their situation.

How YOU can help

You too can play a part in helping to stop elder abuse in your community by:

1. Being aware that elder abuse comes in many guises.

- **FINANCIAL** - improper use of an older person's money or assets. This can cover withholding money or making decisions on how their money is used without their consent.
- **NEGLECT** - withholding essential care such as food, shelter, clothing, medical or dental care.
- **PSYCHOLOGICAL** - Inflicting mental anguish, fear, or feelings of shame and powerlessness.
- **SEXUAL** - non-consensual sexual contact or language.
- **SOCIAL** - isolating an older person by restricting social contact with family, friends or social activity.
- **PHYSICAL** - deliberately causing physical pain or injury, including physical coercion and physical restraint.

2. Understanding elder abuse can happen anywhere in our community - in residential aged care, in community housing and in families... anywhere. You may even recognise it in your own family.

3. Listening to and supporting an older person who is concerned or stressed about their situation. Encourage them to call our Elder Abuse Helpline on **1300 724 679** for advice and assistance from one of our advocates.



Gwen's story...

Gwen (not her real name) contacted Advocare via her Residential Aged Care facility. She was upset that her son was taking advantage of her through the abuse of an Enduring Power of Attorney. Gwen had set up the EPA when she went in to hospital for major surgery.

After she recovered, Gwen wanted to take back control of her finances and discovered her son had been using her money for his own purposes and not paying her bills.

As with many people who find out a member of their family is involved in financial abuse, Gwen was highly distressed at the thought of confronting her son. She also felt ashamed about the situation.

One of our Advocates discussed various options open to Gwen and she requested assistance to revoke her son's EPA. We prepared a letter revoking the EPA for Gwen, and her Residential Aged Care facility then assisted Gwen to provide copies of the letter to Centrelink and her bank. It was important to Gwen to be able to make her own decisions and be back in control of her own money.

If you are being abused or suspect abuse is occurring call the WA Elder Abuse Helpline on

1300 724 679

For more information visit www.advocare.org.au