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LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

PRINT POST 100022543 VOLUME 28 NO. 08 ISSUE NO. 324 MARCH 2019

Proud partner AGL - It's gas, plus a whole lot more



Superstar Hugh Jackman says: Have a go!



Mates Hugh Jackman and Paul Boon

THIS ISSUE



let's go travelling

- Kuala Lumpur
- Australia's Golden Outback Fishing with Mike Roennfeldt
- Perth Caravan and
- **Camping Show** Australia's Coral Coast



Have a Go News Jo Allison . Alan Carter



- Downsizing
- Where opinions matterFood & Wine - reviews, recipes and more

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by Lee Tate

HUGH Jackman is atop the entertainment world but not too busy to put in a word for his mate, Broome's Paul Boon.

Paul, a non-indigenous musician who teaches Aboriginal kids to play the didgeridoo, has become a key player in Hugh Jackman's world-touring extrav-

Jackman, 50, told *Have a Go* News: "Boony has been a mate and collaborator since I first began this journey of doing my own

"I always aimed to take risks, open myself up to the audience, try new things and above all have fun doina it.

"No-one embodies that spirit more than Boony. But don't tell him. It will definitely go to his head.'

Paul, laughing, says: "Hugh and I have forged a great relationship through this period and I look forward to this next adventure. As Hugh always says: Have

Their adventure is *The Man.* The Music. The Show, traversing the globe with Jackman performing hit songs from The Greatest Showman, Les Miserables and from Broadway and film, accompanied by a live orchestra.

Paul adds the distinct Aussie sound of didgeridoo. And audiences have been wowed.

In 2015, Paul performed and managed an Over the Rainbow section in the Hugh Jackman show in Istanbul and also the Broadway to Oz show at New York's Metropolitan Opera House.

Paul, 48, is a self-taught didgeridoo performer - as well as a respected artist - living in Broome with his partner, Denise, and children Rider and Scarlett.

Denise, head of English at Broome SHS, is a passionate educator with particular energy for indigenous education.

ex-Willetton Subiaco-born, boy Paul said he experienced no negative feedback for playing didgeridoo as a non-indigenous

"A few years back they tried to ban public didgeridoo-playing in Broome even if you were indigenous. Local Yawuru elders didn't like it been played on their country because it wasn't their traditional instrument.

"Time has passed and it's all good now. People love to come to the Mangrove Hotel and hear the didgeridoo being played while they watch the 'staircase to the moon'.

'It's one of the great natural theatres a didgeridoo player can play in. I love it!

"Ît's almost a spiritual experience and people often come up after, crying, telling me something special has just happened. It's a very satisfying moment for a per-

"In the Hugh Jackman Show, equally as satisfying was how we have facilitated the speaking and singing of the indigenous

language Walmajarri by Clifton Bieundurry and his mum Olive

"In Toronto, after our first night, the audience stood and applauded for five minutes. It was totally humbling and we went on to do 14 shows in Canada for 14 standing ovations after our segment.

"I guess that's why we're still getting a gig," he quipped.

Paul has recorded and performed with The John Butler Trio, featuring on the "3" and "living" albums.

He also played at the Leeuwin concerts with Jane Rutter and recorded didgeridoo for a collaboration with International DJ/ producer Paul Oakenfold. Paul worked with Keith Harris, Grammy Award-winning producer for The Black Eyed Peas.

In 2006, Paul started his band, Groovylips and the Yang, with Clifton Bieundurry and Rob Pascoe and they recorded a self-ti-

continued on page 24



Caring for your family is a natural thing to do... it's what we do best!





From the editor's desk



Jennifer Merigan

MARCH is one of my favourite months of the year. I enjoy those lovely warm long days which are inspiring for getting out and about. It's also the perfect month to start exercising and inside this month's issue we present our Active Ageing guide. There is loads of interesting information to encourage people to get out and have a go and try new activities. Keep the handy pullout in the centre pages of this issue.

CEO of Alzheimer's WA Rhonda Parker would like me to advise readers that she is currently working on a submission for the Royal Commission into aged care and due to this commitment is unable to submit her column this month.

In our third installment of our *Meet the Author* series, Josephine Allison interviews author Alan Carter about his new book *Marlborough Man* which focuses on a former undercover cop from the UK. Alan has also developed a crime series and is onto writing his fifth book. Read more about the former Perth resident on page 6.

I am always thrilled to hear success stories from people who advertise in our Friend to Friend section. I have had two people reach out this year who are happily coupled from the service. Brad Elborough talks to Henry Sills on page 3 who met his bride through our free Friend to Friend service.

Orlando Rebello from the Gosnells Senior Tennis is keen to attract more members to their social tennis mornings on Mondays and Wednesdays from 8am. They play at the courts adjacent to the Gosnells Shire on Mills Road. People are welcome to turn up on the day or they can call Isabell on 0424 912 787 for more information.

The Mandurah branch of the Association of Independent Retirees is holding their March meeting on Monday 25 March at 9.30am at the Halls Head Bowling Club

in Sticks Boulevard, Erskine. Their guest speakers for the event will be David Smeeton and Vicki Barry who will give valuable insights into palliative care. Visitors are welcome to attend the talk. Call Eva on 9534 5215 for details.

There is a new friend-ship group in Mandurah which meets every Wednesday from 1pm to 4pm at the Leslie Street Centre. It's \$4 a visit and this covers refreshments. The group provides an opportunity to meet new friends. Call Rita on 0412 151 937 for more information.

Don't forget you can keep up to date with us between issues of the paper on Facebook and our website. We also offer a service to deliver the paper electronically to peoples' inboxes on the day of publication. Just sign up at our website or email readers@ haveagonews.com.au for this free service.

I wish you a happy and healthy month and hope you enjoy the great reading in this month's issue.

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

Have a Go News Quick Quiz

Question

- 1. What was Busselton 's original name?
- 2. Who was first Perth bishop?
- 3. What Busselton school is named after the colony's first unofficial botanist?
- 4. How many convicts arrived in WA between 1850 and 1868 (10,000, 9669 or 14,000)?
- 5. In which year did WA join the Commonwealth of Australia?
- 6. How many quokkas live on Rottnest Island (10,000, 25,000 or 6,500)?
- 7. Name Australia's richest horse race?
- 8. How much does the winner of Australia's richest horse race get? (\$3m, \$5m or \$6m)?
- 9. Which Channel 7 presenter works at 6PR? 10. What number is the ABC on the radio dial? See answers on page 16.

Funny historical fact

THE oldest treaty of alliance still in operation is the Treaty of Windsor signed by England and Portugal in 1386. It is an agreement of mutual support of the two countries.

Quote of the month

EVERY day brings new choices.

Martha Beck

Urban slang

Emoji

A small digital image or icon used to express an idea or emotion, particularly in text messages.

will (

Great West Aussies - Did you know?

SWIMMER Priya Cooper, born with cerebral palsy, won paralympic medals at Barcelona (four gold, two silver), Atlanta (five gold, silver, bronze and world records) and Sydney (gold, four bronze). With nine gold medals at the National Wheelchair Games, Cooper was Young Australian of 1999 (sport), Australia Day ambassador and WA Disabled Sports Star of the Year.

Ageing research snippet

Start healing from head to toe with Tai Chi

FOR thousands of years, the ancient Chinese practice of Tai Chi has proven to be one of the most powerful ways to improve physical and mental health. It's often called meditation in motion and can help improve balance. The key to tai chi's scientifically backed health benefits is qi. Rooted in ancient Asian traditions, qi is your vital energy. When your qi freely flows, you are balanced and healthy. But, if your qi is weakened or blocked, you can experience physical, mental, and emotional problems. Tai chi promotes the flow of your qi. In an increasing number of university health studies, tai chi has been found to lower blood pressure ... reduce stress ... build strength and balance ... slow the onset of dementia ... relieve pain ... and the list just goes on and on. Everyone can benefit — no matter what their age or fitness level. It's a tried-and-true practice of top athletes, active adults, and has excellent results for people in their 70s and 80s who want to improve their health and wellness. There are myriad benefits from practising tai chi, whether you're in your 50s, 60s, 70s, 80s or more. Tai Chi is practised at many places in WA, it's worth 'having a go!'

Word of the month

Latromelia (noun)

Neglect by a medical professional or institution.

Don't miss the new touring exhibition from the National Archives

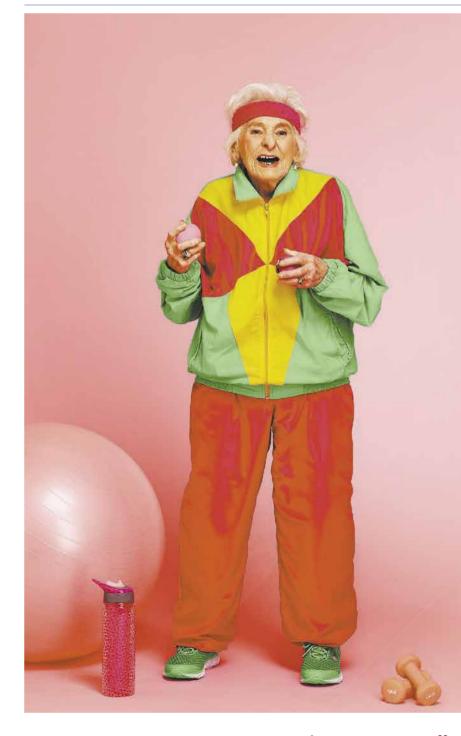
A GREEK girl sent across the world to marry a man she'd never met, an African journalist fleeing for his life, and a stateless baby born in India to Iranian parents. They're just some of the human stories that feature in *A Ticket to Paradise?* opening Friday 8 March at the Museum of Shipwrecks, Fremantle.

The new touring exhibition from the National Archives of Australia examines the rich diversity of Australian immigrants and the government's ambitious plans after World War Two to encourage mass migration.

A Ticket to Paradise? reveals the human aspect of migration through recordings of new and archival personal accounts. These stories provide an insight into the rich, complex and very different experiences of the migrants and refugees who have settled here, and the promotional campaigns that persuaded them to come.

The National Archives and Museum of Shipwrecks encourage other post-war immigrants and their families to visit the exhibition and contribute their personal memories online at www.destinationaustralia.gov.au.

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If you find a warm hand, don't let go... Have a Go News' Friend to Friend section success story

Friend to Friend) on the

back page of Have a

Go and replied to a few

ladies. A couple wrote

back and there were a

few cups of coffee here

I fancied, but they didn't

want to hold my hand.
"Then I got a reply

from this girl and we

met for coffee. We

caught a train to Man-

durah and had fish and

chips for lunch on our

A while after Marian's

second husband died,

she got tired of go-

ing home to an empty

Her family was there

for her, but she didn't

want to rely on them too

A regular churchgoer,

she started to pray for

answers. After a bit of

internal toing and fro-

ing, she decided to

engage in Have a Go's

Friend to Friend ser-

And then she saw the

"There were a couple

and there.

first date."

house.

much.



Henry and Marian Sills

by Brad Elborough

THERE must be millions of songs written about love.

"All you need is love," crooned the Beatles. "The power of love," Celine Dion belts out.

But none of them put a limit to the age you can be in love; nor restrict you to just one go

at enjoying it. If anyone is looking for inspiration for the next great love ballad,

keep reading. Henry and Marian Sills have been married since last June, having met only five months earlier.

Widower Henry, 74, and widow Marian, 76, had both realised they

didn't want to be alone. They still had lives to live, so they started dat-

ing again. Henry tried a couple of dating services.

introduced "They me to someone once a month, but none of them lit my fire, or I didn't light theirs'," he

"I read an ad (for

sign she was looking

was supposed to go to Coral Bay with my sister for the school holidays. But I backed out; I told her it was too hot and I couldn't afford it,' she said.

"So I didn't go.

"On Sunday, Henry rang and we met up on Monday.

"I felt like someone would on a first date. I wondered what he looked like and I was nervous as to whether he would like me.

When Henry showed up to their coffee date, Marian saw a second sign that gave her confidence things would go

He had a newspaper tucked under his arm, opened at the puzzle page. Neither of her previous husbands did puzzles.

"And because she does puzzles, now we fight over them," Henry laughed.

Have a Go News is the last newspaper which offers a personal column that helps people get together, whether they are looking for a friend, companion, or a relationship.

Marian says if you, like her and Henry, are alone and would rather share your lives with someone else, give Friend to Friend a go. "You don't know what

you're going to get, but even when you're a teenager, the same is true," she said.

'As they say, have a go. You can always back out if you don't like what's on offer."

"But if you find a warm hand to hold, hang on,' Henry adds.

When Marian told her two grandsons she was getting married, the youngest quipped that someone of her age

couldn't afford to wait too long before tying the knot.

Waterman's The aren't waiting couple around before creating new memories together either. In May, they are heading off on a sevenweek world trip.

This couple knows how to have a go.



Supporting diabetics in WA

DIABETES WA is committed to supporting more than 130,000 Western Australians who are living with, or affected by, diabetes.

Their helpline puts you in touch with a credentialled diabetes educator. It is a great way to have your burning questions about living with diabetes answered in a timely, confidential and friendly manner.

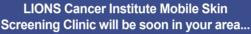
"Carly, from Diabetes WA, was so helpful this morning and explained things in a way that I could understand," said one Helpline caller.

Anyone can call the Diabetes WA helpline on 1300 001 880 - someone living with diabetes, a friend, a family member, a pharmacist, an interested community member - to receive assistance from our diabetes educators.

Are vou overwhelmed by your recent diabetes diagnosis? Do you have a question about a medication that could help manage your diabetes? Or maybe you are cooking dinner for a friend, who lives with diabetes, and want advice on what to cook them?

"It is very re-assuring to know advice and understanding is just a phone call away," said one caller

The Diabetes WA helpline is open, 8.30am - 4.30pm, Monday - Friday, and is based locally in Subiaco. It is also available via email on info@dia beteswa.com.au. Translators can be made available.



For bookings please contact: Saturday 16 March Dalwallinu Lions Club 0428 642 005

Sunday 17 March Wongan Hills CRC 9671 1691

Saturday 23 March Goomalling Lions Club 0427 003 788

Saturday 30 March Girrawheen Lions Club 9342 3134

Saturday 6 April **Lions Club Claremont Nedlands**

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Call our diabetes helpline on

1300 001









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Scene Socially

A friend of the family since 1889

Letters to the editor

FINANCIAL ADVICE

Submissions may be edited for clarity and space.

Dear Editor, A retiree's nightmare

I'M KINDA

GLAD THE BANKING ROYAL COMMISSION IS OVER. I'M TIRED OF ALL THE DEPRESSING REVELATIONS.

CLOTHES FOR

EMPERORS

AS a retiree who has worked very hard during his working life to build a nest egg for my retirement and to enjoy a reasonably comfortable lifestyle, be healthy and be independent of any Government subsidy, I now find that maybe in four months' time with a change in Government my lifestyle and wellness will be drastically affected.

How? 1 With the removal of

the franking credit refund I will be forced to draw down on my capital. The final outcome will be that I will be forced to accept a Government part pension and be a burden on the public purse.

I GUESS

IGNORANCE

WAS BLISS.

2 With the introduction of a special low cost first home buyers scheme again I will be affected by the drop in my house value. I was relying on a high value to provide for my aged care. The outcome will now be a Government subsidy to provide this service and therefore an increased burden on the public purse.

3 The change in the immigration proposed policy further undermines my wellness with the threat of people who will

place an extra burden on the public purse which will mean retirees will be required to support them. The outcome will be that I will have even less capital and therefore become a bigger burden.

YOUR IGNORANCE...

MY BLISS.

0 0

4 The change in negative gearing will affect my investments and house value. This will reduce investors, which in turn existing valreduces ues and hence house/ property values. The outcome means I will have a reduced property value and therefore will not be able to afford aged care, hence a greater burden on the public purse.

5 The increase in the capital gains tax places a further burden on me as well. If it is grandfathered, good, but if not, then I

O Marcoe

No SERVICE

FEE

It would seem reasonable to assume that with the increase in government expenditure will mean more borrowings and higher debt and possibly a recession.

I am sure there are plenty of other retirees in a similar position.

Sometimes it is better to stay with the devil you know than the one you don't.

> **Ken Purnell** Mandurah

Dear Editor.

I AM writing to thank you for the lovely trip I went on to Antarctica on Australia Day. I had thought about it over the past few years and finally took the plunge. A big special thank you to Jen for all your assurances it would be great - it was!

To any readers who have hesitated about going on the flight - just do it, you will enjoy the experi-

Again, thank you to all at Have a Go News for a wonderful paper so full of information and things to do and see.

> Kath Jacka **Armadale**

Ed's note - our next trip to Antarctica will be held on Australia Day 2021.

Dear Editor, Nursing memorabilia A FRIEND of mine suggested I contact you to reach out to older people or their families.

I am looking for nurses or their family members that are able to assist with a archi-

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val project involving nurse training schools I have been conducting for many years.

This involves the collection of hospital nurse training memorabilia from schools of nursing and registration items from former students and organisations.

The items I am looking for are badges, certificates, capes, photos and similar items to add to this unique collection.

For more information please contact gregg@mbbk.com. au or write to Gregg Barr 6 Bungana Drive Murray Bridge SA 5253. A receipt will be given for all donated items.

Many thanks to the team at Have a Go News.

Gregg Barr Murray Bridge South Australia Dear Editor.

ACCORDING to the agricultural land ownership register, nearly 20 per cent of WA's total agricultural land is now owned by foreign interests. Foreign ownership of agricultural land in WA is growing at the fastest rate

Across Australia, Chinese ownership of farmland is skyrocketing. After the UK, China now has the second largest stake in Australian farmland, with some 9.17 million hectares. This is at a time when Australians' concerns about foreign interference and suspicions of Beijing's intentions are rising.

As Chinese ownership of Australian farms rockets ahead, the Commonwealth Government has gone to water on revealing how much farm water they and other foreign entities own. The Coalition has thus far failed to keep its promise to release a foreign ownership of water register in Australia.

Australia should welcome investment in our country. However, strategic, non-commercial investments by foreign state-controlled entities or their associates are unlikely to be in our long-term interest, particularly where significant or strategic Australian assets

The Australian Conservatives believe that we must not compromise our long-term national interest or economic well-being for short term gain in the form of foreign capital. There needs to be an 'ethic of reciprocity' in our foreign investment and free trade agreements, where foreign investors are granted similar rights to those Australians are granted in their

I believe that we need people in Canberra prepared to stand up for our national interest.

Kind regards

Jonathan Crabtree **WA Senate Candidate, Australian Conservatives** jon.ian.crabtree@gmail.com

Dear Editor,

SINCERE thanks for the double pass to see Stan & Ollie that I won, it was a good movie that reminded us of when we were young and the old black and white movies on a Saturday afternoon when it only cost you a shilling (10¢) to go to the pictures and you got two movies and a cartoon and newsreel for that.

Again many thanks. Regards,

Bruce J Crane Canning Vale

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Acknowledging Rhonda Hemsley's 40 years of volunteering for the SES



Governor of WA Kim Beazley, Rhonda Hemsley and Department of Communities assistant director general policy and service design Helen Nys at last December's award ceremony at Government House.

by Josephine Allison

THE tap on her bedroom window at an ungodly hour summons Rhonda Hemsley into action, as she heads to the State Emergency Services building with its big tower next door to her Mount

every Tuesday from 12-2 pm.

6293 1823.

Hawthorn home to unlock the building for an urgent callout.

At 85, Rhonda gives no signs of slowing down. As a much-needed SES volunteer for 40 years, she has seen her fair share of disasters from big storms, cyclones,

Have a Go at 10 pin bowling

NEW members are most welcome to join the Cannington 10 pin bowlers

They meet for a fun game at the AMF Bowling lanes, Manning Road, Can-

nington. No experience necessary. For more information please ring Grace

floods, cars crashing into houses and searches for missing people.

Her hardworking efforts were rewarded at Government House last December when she received a Certificate of Recognition WA Volunteer Service Award for 40 years of service from the Governor of WA, Kim Beazley during a cer-emony to recognise 53 long-serving volunteers.

Rhonda proudly shows Have a Go News her bookcase filled with certificates, plaques and shields, commemorating her many years of voluntary service. There is even a bright orange towelling dressing gown with her name and the SES emblem stitched on it, especially given to her so she can quickly slip it on for night-time callouts.

"I first joined the SES 40 years ago when the building was empty, I watered the lawns and then the SES took over the building," Rhonda said. "I started to help out, making pikelets and scones for volunteers to take with them and then I became involved my-

Early on, Rhonda provided operational support to the entire metropolitan region during large incidents, as well as to the metropolitan peer support team and dog

when they were based Mount Hawthorn. Husband Jack, now 98, also provided invaluable support and, as Rhonda says, she could not have achieved anything without him.

In 1998 the SES reheadquarters gional transferred to Belmont and Rhonda remained in the Mount Hawthorn building which became Northshore SES, resigning her position as welfare officer but supporting the new officer. She has been a member there ever since.

A citation for her 40-year award says: "Rhonda's service and assistance have been invaluable to the unit and she is always there to help when needed. She still attends training every

"Rhonda is forever letting contractors in to conduct maintenance work on the ageing building. Also, she will open up the unit for callouts at any time of the day or night with members knowing they can just tap on her window if they

TO BU

Old china, Lladro, Royal Doulton, silver, tapestry, metal figurines, old jewellery, pearls, opals, small furniture plus any items of interest.

CALL 0419 277 333 don't have a key and she will let them in.

"When Rhonda isn't letting people in, she can be seen maintaining the gardens, in particular her beloved frangipani and grass. She has seen huge changes during her time in the SES. Despite this, she has still managed to be an integral part of the Mount Hawthorn facility. She still loves the SES and all the volunteers."

"I attend training every Wednesday night and still do the dusting and fiddly things," Rhonda said. "So many volunteers have come and gone but I plan to continue on as long as I have my health, I have always loved helping society.'

Until retirement, the couple worked for the Metropolitan Transport Trust, Rhonda as a conductress and Jack as a driver. Up until the last few years, the couple have enjoyed many Villa Carlotta coach tours throughout WA and the eastern states including Tasmania.

Apart from cooking and caring for her husband. Rhonda loves frangipani and her well-kept garden is filled with various varieties, as well as roses. But when the call comes to leap into action for her beloved SES, all else is forgotten.

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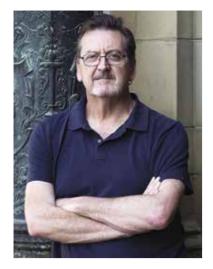


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rize-winning crime writer Alan Carter swims to success



Alan Carter

by Josephine Allison

IN another life author Alan Carter was working in Perth as a documentary film maker when he encountered a Chinese-Australian police officer at a Perth police station at an ungodly hour of the morning. When Carter finally turned to serious writing a few years later, he was inspired to write

about the man, called Cato by his police colleagues.

And so the highly popular Cato Kwong series was born with the first book Prime Cut, followed by Getting Warmer and Bad Seed, Carter explains from Margate near Hobart where he and his wife Kath settled a few months ago after moving there from Marlborough, New Zealand. The couple lived in Perth for almost 20 years and still have family and prop-

erty in Fremantle.
"We're a bit like grey nomads, we keep moving every couple of years when people catch up with us,' Carter chuckles. "I came to Australia from Sunderland in the UK aged 32 in 1991, a sort of midlife crisis. I met my wife, had four children here and have never looked back."

Carter's latest novel, the sleek, gritty and moving Marlborough Man, is set in New Zealand where the couple lived for three years on a farm, about 10km up a remote valley which the author describes: "as a beautiful spot with hills and a river."

"When we moved there, I was meant to be writing the fourth in the Philip Cato Kwong series but the Marlborough Man novel kind of took over. It is a stand-alone novel about a former undercover cop from the UK, a Geordie of all things like me, and he is kind of in hiding after an undercover job gone wrong.

"He has some UK gangsters after him which is why he is in hiding on the other side of the world. He is being hunted and the hunters inevitably catch up with him but meanwhile in this small town in which he lives there is also a predator on the loose snatching kids off the street. So the hero Nick Chester needs to try and solve that and hunt that person. It is a hunter and hunted story.'

Marlborough Man was released in 2017 and, in 2018, won the New Zealand Ngaio Marsh award for Best Crime Novel and is on the Dublin Impac longlist.

"Leaving New Zealand wasn't part of the plan," Carter says. "We intended to stay for a long time but Kath had an accident on our small farm, came off a ladder and broke some bones. It was hard to manage that kind of property when it was not so easy to get around. So we heard the call of the wild and came to Tasmania where we have a daughter who wanted us to be around and be proper grandparents."

The latest and fourth in the Cato Kwong series, Heaven Sent, was released just before Christmas and focuses on Cato back in Fremantle dealing with a series of murders in the homeless community. Carter says Cato had a pretty miserable life - as police and detectives sometimes do in the earlier three books, but in Heaven Sent has finally found love with wife Sharon Wang and a baby.

"He is happy and tired but I am about to take all that away from him." Prime Cut, the first novel in the Cato Kwong series, won the Ned Kelly award for Best First Fiction (2011).

"Before that I was involved in documentary work but Kath made me an offer I couldn't refuse. She said if I remained at home for a year, looked after the kids and did the housework she would take care of the bills and possibly I could write this book that might be inside me.

And so not expecting to be published, I took up the challenge and the rest is history.

"After Heaven Sent, I have written the first draft of the sequel to Marlborough Man and I am about to complete the first draft of the next in the Cato Kwong series. I am lucky enough to be able to write full-time not because I am rich and famous but because we lead a very simple life."

Carter says Marlborough Man will be available in Germany mid-year.

"Although it is about a place on the other side of the world, it seems to have attracted the attention of German readers.

This year he hopes to have a busy year concentrating on writing after much travelling last year promoting Marlborough Man and Heaven Sent.

"I came to Perth last year to promote Marlborough Man, was in New Zealand for the Ngaio Marsh awards, attended Newcastle Noir in the UK and was in Europe for a book festival.

"Kath and I do a lot of pool and ocean swimming (the couple were about to head for Launceston for an ocean swim to escape the bushfires) and cycling.

'We were inspired by a couple of 70-year-old swimmers, part of our group in Fremantle, to cycle from Lands End to John O'Groats. There's life in us oldies yet.'

Marlborough Man (\$29.99) and Heaven Sent (29.99), Fremantle Press, are available at good book-

The Royal Historical Society's giant second hand-book sale - a must for book lovers

Some of his antique

books that have little

on Western Australia,

and a few books that

purely relate to Victoria

or NSW, will be offered

The society wishes

to thank Mary and Da-

vid Lilburne for their

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donating so many fine

for sale on-line.

THE Royal Historical Society is holding its annual book sale on the weekend of 6 and 7 April.

This year the Society has been very fortunate to have been given the best part of Dr Geoffrey Lilburne's large library.

Dr Lilburne was an

obstetrician and gynaecologist who delivered many of the present inhabitants of the western suburbs, but he was also an avid book lover.

His son David grew up to make a career out of buying and selling books and old maps and the like. Geoffrey

was president of the Society from 1995 to 1997 and at one stage chairman of the UWA Press Board.

history of Australia and elsewhere - in birds and in art - is evident in the many beautiful books that have been donated.

His deep interest in

books. Other donations have been received for the sale from many downsizers and there is a range of many beautiful books in pristine condition.

There are books covering all subject areas and there is something for every taste.

An auction will take place at 10.30am on Saturday 6 and from noon Sunday all books will be half price and from 3pm it will be filla-box for \$10.

The sale will be held at the Royal WA Historical Society at 49 Broadway (corner Clark Street) Nedlands



from 8.30am to 5pm on weekend 6 and 7 April.

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by Lee Tate

TO attract tourist hordes to WA it's clear there won't be a silver bullet attraction at least not before an exhaustive bureaucratic process.

Good to see the ideas keep coming - in the wake of Colin Barnett's proposed breeding zoo outside Perth and a King's Park chairlift.

I think a reverse-Rotto ocean swim would work

- an international invitational event starting on the island and finishing on a mainland beach where it can be open to events, fun and a finishing line, all televised worldwide. Extreme sports have a big following around the

Promotion of WA's natural assets seems to be an obvious choice: let's bombard the overseas and interstate markets with marketing of the widely-differing parts of the state with packages to all our world-ranking features. Basically, more of the same but vastly bigger campaigns.

That is, if - as we've said before - we genuinely want the hordes.

Peter Tate, a retired army major, suggests to Have a Go News that Perth hills are alive with possibilities.

"Perth hills has an undervalued, steep, high escarpment that overlooks, for 180 degrees, the coastal plain, ocean, islands, and sunsets. To my knowledge, there is no public lookout to enable people to take in the panorama.

"Foreign and Aussie tourists - and locals would appreciate a public viewing platform (with parking and facilities).

Attractions would include a 200-metre. 180-degree vista to the city, coastal plain and ocean.

Views from Greenmount and Lesmurdie are spectacular. Red Hill Auditorium (Toodyay Road) is about 235m.

The appeal would be: views, by day and night, in different weather and seasonal conditions; weather fronts moving up and down the coast; city and suburban lights at night; ocean sunsets; fireworks displays; aircraft arrivals and departures and of course photo opportunities.

Other ideas centre on theme parks, previously reported after feedback from foreign tourists. They want more to do with their kids on holidays and opt for Queensland because of their many fun parks.

But first, the bureaucratic challenges to get something up-and-run-

For events planning, I'm told, it is beneficial to think

of the "five A's of tourism": accommodation, access, amenities, activities and attractions.

Bureaucrats want to know who will benefit, how many voters are affected, their costs to plan and build, financial benefits to the community and possible private funding.

Will coaches want to stop there, what facilities are available/needed parking, toilets, food and beverage. Does it fit into the government's various schedules and plans?

Maybe a Hills lookout in conjunction with an interpretive centre for wildflowers and wildlife. Or a giant slide like Dismal Swamp in Tasmania (The

WA Government looked at this several years ago).

I also like the idea of a standout venue on the ocean or river, incorporating water activities: suitable for children, hands-on, interactive and high-tech. Including all the aspects of water and the associated activities that West Aussies excel at: surfing, sailing, snorkeling, diving, fishing, paddling, swimming.

Stories with dramatic footage of our giant surf, sharks, lobsters, Indigenous hunting, whales, sharks, orcas, whale birdlife, reefs - especially Ningaloo, offshore oil and gas, shipwrecks, surf lifesaving, ironmen and ironwomen, extreme sports including Rotto swim, crabs, abalone, oysters, pearls, rare sea shells, pinnacles, stromatolites and the world's best beaches and whitest sands.

So much of WA is world-class, world-unique and highly-appealing.

We are awash with ideas and wealth, including billionaires, millionaires and mining companies making fortunes from our ocean. Bureaucratic motivation, on the other hand, flows in-and-out like the tides.

Tell us what you think email info@haveagonews. com.au or write to Have a Go News PO Box 1042, West Leederville 6901.

Welcome back - Holly Wood Tuesday Morning Show





Left to right; Loyal cutting her 100 year cake - Coordinator, Bernard Carney, Loyal, with sons Barry, Ross and Iris

by Michelle Davies

WHAT a joy it was to be back at the Holly Wood Tuesday Morning Show with greetings, hugs and laughter for everyone as we started back for 2019 season after the Christmas break.

We eventually settled down to enjoy the music of The Silver Threads

Band. The band consists of cornet, flugel horn, tenor horn, baritone, euphonium, tubas, trombone, and percussion (drum). This great band had us dancing and singing, with a selection of Mary Poppins songs, A Spoonful of Sugar, Let's Go Fly a Kite, Supercalafragalisticexpialadocious, and then there

were the many hilarious jokes. There was audience participation, as we stood out the front playing percussion instruments and doing the Birdie Dance. A great welcome back.

Loyal 100-years-old We were very privileged

to share a special birthday with our long-time audience member, Loyal.

Every week, for years, Loyal has been part of the Holly Wood Tuesday Morning Show. On this special occasion family joined her, bringing with them 250 scones with jam. Loval made all the jam. There was a letter from the Queen; The Governor-General Sir Peter Cosgrove also sent Loyal a letter of congratulations. and more.

It was a very special moment for all of us, and much anticipated. Happy birthday Loyal, we all love you, and look forward to seeing you with us for many more years.

Enjoy Dancing? Join The Hollywood Dancers after our concert. Ask for Vera the coordinator for details.

Come along and join us for our free concert at The Perth Town Hall every Tuesday from 11am-12noon. For enquiries about guests or artists contact 9461 3145.



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Choir singing is good being too. It is believed to release the 'feel-good' hormones endorphins and oxytocin and may also reduce symptoms of

depression. Swan Harmony Singers is a community choir that meets weekly in Swan View and is keen to welcome new members. Their repertoire spans jazz, pop, swing, folk and classical music. There are no auditions and you don't need a musical background to join. Now is the perfect time as choir members learn a new repertoire at the start of each year.

The choir meets every Wednesday (7-9pm) at the Salvation Army Church Hall, 371 Morrison Rd, Swan View (opposite Swan View Primary School).

For more information, phone Maureen on 9299 6588.

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Pisces time... beware the ides of March and horoscopes



by Rick Steele

LET it be recorded that during my years as an amateur piscator I have created some wonderful memories and that's without even mentioning the one that got away.

My mother's beer batter, that she learnt from Mr Zinzan next door, has never been bettered.

These days my fishing expeditions are limited and my piscivorous ways reduced to the odd Friday night with chips

We know change can be good for you. I spent twelve years of my life without touching a drop of alcohol. Then I turned thirteen. That communion wine from the St Barnabas vestry was



Left; Rick fishing as a tacker Above; Rick Steele

truly awful. Maybe I did the parishioners a favour by topping up the bottle with water. Reminds me, when I took over a nightclub in 1975 and bought twenty-one bottles of white spirits (vodka, Bacardi and gin) for opening night we discovered it was all water.

Pisceans are in birthday season now, and for some unknown reason I have been reading my horoscope lately. My wife is also a Piscean, so what can a poor boy do?

Par example: "Is a personal problem or a financial matter worrying you? Take heart, you have more support around you than you think. All you have to do is ask."

So, over breakfast I say: "darling, dear, honey pie, I need \$100 to go the pub with the boys.

Dinner time she says to me: "oy you, look at me when I'm talking to you, yes you, give me the \$150 you owe so I can take my mother out."

Is this a win, win situ-

Example two: (this week, 26 February)

"Tread carefully with a loved one, as unresolved issues could cause some stress. Try to see the situation from their particular perspec-

So is this a case of: if I want your opinion - I'll tell you it?

From the Sunday paper: "The cosmos is encouraging you to follow your intuition. Whether vou hold onto something, or let go, there's a sign of great hope."

Well my intuition is telling me I'd better keep moving, maybe buy a lotto ticket, get busy, earn some dollars and look for a sign from God.

Spirit of the Streets choir is back rehearsing and I'm taking a trip on

the paddle steamer Decoy on 10 March. Fun times continue at the Grosvenor Hotel each Wednesday night with my medley of hits. Come

down for a night of fun. I'm taking a bus load of customers to Kalgoorlie for a weekend late March and the Perth Blues Club is firing nicely on Tuesday nights at the Charles Hotel.

I think I just got my sign from God.

My wife asked me if I would like her to wear her 'birthday suit' to my party next week.

I said: "it's a bit wrinkly and looks like it could do with an iron.'

Sleeping outside with the dog is not too bad this time of year. Beware the ides of March.

Cheers dears.

Taking a big leap and planning for success in 2020

by Jon Lewis

I'VE already started, no pressure... Why wait?

You may remember some time ago, I wrote about an inspirational concept of looking back from a year into the future. Now I intend to put that concept into practice and I think I know

For a few weeks I have been thinking what I would like to achieve in a year's time. I mean really achieve. It needs to

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be something that matters to me, something I will feel relief and elation about when I have succeeded.

One achievement, it occurred to me, may not get me through what I imagine may be some tough times. So I decided two minor achievements were necessary, to keep me moving when I lose focus of my main achievement.

I have learned when I have a major task to complete there are times when I need to take a break and that break can be quite all consuming. If I can turn my break into something relaxing while achieving it, then I can maintain momentum.

I discovered this tactic while trying to complete my tax last year. Whenever I became lost in numbers and dates I would stop and commence my secondary task. This was tidying up my office. I found it rested my mind and a clean office helped with my main goal. By the time I had my tax done, I had

a bonus - my office was spotless.

I believe it's important to maintain momentum if you really want to have a task done in a useful amount of time.

That's not an original idea. I adapted it from lan Flemings' James Bond who when travelling a long distance used a calmando technique. Run hard, then walk fast while catching your breath, until you have sufficiently recovered then run hard.

It's a great way to cov-

er a distance and with my adaption it's a great way to get a lot done.

February 29, 2020, it's a date with future me. My aim is to speak Spanish in a conversa-

My second is to speak another language and I've even given myself a third task to be more professional.

The third task is great, because it's vague. How much more professional? Just more. The second task will help me focus on my first to speak

with my darling wife in the language of her birth.

So next time, should

you see me, ask me how

I'm going? Hopefully my reply will be "Muy bien!" What could your goal and complemen-

tary back up goal be? Join me for my big

All the best.

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

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

Gordon M, Rochedale, QLD

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Masters Swimming WA clubs and volunteers recognised at RAC WA Sports Star Awards



L-R; Busselton Masters, Trish Miller - president Masters Swimming WA, Fiona Wilkins - president Busselton Masters, Darryl Kelly executive officer Masters Swimming WA, Sophie Row - Busselton Masters' Tim Alcorn and Sharon Galliers

by Nadine Georgiades, project co-ordinator **Masters Swimming WA**

WE were thrilled to have two nominees at the recent RAC Sports Awards held at Optus Stadium.

Congratulations to Nick Wyatt for being nominated for the Roobix Service to Sport - May Campbell Award. Nick is a member of Cockburn Masters and the contributions Nick has provided Masters Swimming Western Australia Inc. (MSWA) over a number of years are substantial and have significantly contributed to the ongoing financial stability of the organisation.

Nick's involvement spans numerous club roles, state association positions on the board and various sub-committees as well as national level in his role on the organising committee for the recent Nationals 2018 (N18) swim meet hosted here in Perth in April 2018.

Nick's involvement in both the 2011 and 2018 Nationals organising committees has

been exceptional, specifically in the finance area but overall as part of strong team, developing fantastic stakeholder relationships and bringing a professionalism that contributed enormously to the outstanding financial success of the event. This financial legacy from N18 has provided a springboard for MSWA to grow and bring new benefits to all our members.

Also massive congratulations to Busselton Masters for being one of three finalists in the RAC Insurance Community Club of the Year Award.

It was very well deserved for Darryl Kelly and his fantastic committee, who have been real innovators in promoting their club. Busselton Masters Swimming Club was established early in 2015 with eight founding members. In only its fourth year of operation, the

club has seen rapid growth such that by the end of 2017 it recorded a total of 58 registered members and at the end of December 2018 has grown further to 79 registered members, becoming one of the larger Masters swimming clubs in the state.

The success of Busselton Masters has been achieved through outstanding leadership, with an extraordinarily inclusive culture that embraces new members of all ages and abilities, nurturing swimmers to achieve their swimming goals. Busselton Masters actively encourages swimmers to engage in club social and sporting events. They have a very active social calendar as well as regularly attracting guest speakers and coaches to run swimming workshops. Their engagement with the local community has resulted in mutually rewarding relationships between Masters and local business and other swimming clubs.

During the past year, Busselton Masters have initiated a Restart Program, encouraging swimmers to try a coached swimming session where they can improve their technique and develop confidence. This program has been incredibly successful and has contributed to the positive image of Busselton Masters in the local com-

They truly live up to the Masters motto of 'fitness, friendship and fun'.

If you want to be a part of a Masters Swimming Club both for what it can offer your swimming and also your social calendar, please visit our website to find your local club and join now www.mswa.asn.au.

Turning climate action from a trickle into a cascade



by Karen Majer

IF you wondered whether there might be a connection between North America recently experiencing a big freeze, with temperatures in Chicago colder than Antarctica, while Australia broke heat records, you're not alone.

The complex ways that climate change is affecting atmospheric air circulation, winds and ocean currents, as well as marine heat storage, are the subject of a great deal of research.

We know that the freeze was caused by disruption to the polar vortex. a mass of low-pressure freezing cold air over the Arctic that reaches right up into the stratosphere. The earth is warming more quickly at the poles than at mid-latitude regions. Intrusion of warmer air and disturbances to arctic jet stream winds disrupted the polar vortex causing masses of extremely cold air to flow south bringing frigid conditions and storms.

Here it was a different story. While the south west of Australia experienced a relatively mild summer, much of the country has baked. During an extreme heatwave in December, the max mum nudged an almost unthinkable 50°C in some places. Fires destroyed irreplaceable ecosystems in Tasmania. Then North flooded Queensland while much of the State continued to experience drought.

The IPCC (International Panel on Climate Change) has confirmed that climate change leads to changes in the frequency, intensity, spatial extent, duration and timing of weather and climate events, resulting in unprecedented extreme weather.

The news headlines are confronting, but don't despair. Global action now could still limit the worst impacts of changing climate. While it may feel that we little people are helpless to make a difference, think about this: cascades start with a small stream. Remember that when you feel like you're not making a big

enough difference.

Good news in February included release of findings by an Australian National University study that showed Australia is installing renewable energy faster than any other country. According to the lead researcher, Australia is on track to reach 50 per cent renewable electricity in 2024 and 100 per cent by 2032. The Australian renewable energy experience offers real hope for rapid global emissions reductions to preserve a living planet.

In other news, the NSW Land and Environment Court rejected the Rocky Hill coal mine near Gloucester on social and climate change grounds. The court ruled that a new coal mine would increase greenhouse gas pollution when what is needed to meet the Paris Climate Agreement commitments: "is a rapid and deep decrease in greenhouse gas emissions".

Around Australia, businesses, local governments and grass roots community projects are leading the way, and individuals can play a part.

There are many things we can do. Saving energy at home and at work will reduce power bills as well as greenhouse gas emissions. You might think about joining the rush to install solar panels or a solar HWS. My family plans to add a battery and eventually an electric car to our solar panels. Use your purchasing power to

support environmentallyconscious businesses.

An important contribution with elections looming is to let political candidates know that serious action to reduce carbon emissions is an issue for voters, and that means no new coal mines and support for the transition to renewable energy.

Each little action may be just a trickle, but we're seeing the trickles coming together as a stream. We can all be part of helping to create the cascade and a safer future for our

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Pensioner discounts CURRENT POLICE CLEARANCE email: slidingdoorswa@gmail.com

Enjoy a benefit extravaganza concert

ENJOY a trip down memory lane with tunes from some popular entertainers on Saturday 27 April as they celebrate The Way We Were.

Performers include Kelly Green, Eddie Storm OAM, Jenny Wren, Ray van Ross, Brenton Fosdike, Blue Diamond, Wayne Pride and George Boyer.

The concert will be held at 12.30pm on Saturday 27 April at the City of Mandurah Seniors Centre, 41 Ormsby Terrace Mandurah. Bookings call Bethany on 9550 3799.

Improve physical & cognitive health

for the over 55s - as seen on Channel 7 Today Tonight

Have you attended any of our previous programs? Do you wish to improve your physical and cognitive well-being? We invite you to our on-going Stay Sharp Program

The Stay Sharp Program is an 8 week progressive program for the over 55s introducing you to the basics of eccentric exercises coupled with cognitive and memory exercises to aid in reducing a persons relative risk of developing dementia related diseases and improving overall health and wellbeing

Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises.

Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed her valuable time to help us develop the cognitive component of the program to keep those brains active!

weeks

Register soon as places are limited...

FREE PARKING

REGISTRATIONS: (08) 6558 1833 info@staysharpprogram.com

2019 Term 2 Program dates; Thursday 16 MAY - 4 JULY

> 9.30am - 12noon Perth & Tattersall's **Bowling Club**

2 Plain St, East Perth



Live and Learn Showcase Yesterday, Today and Tomorrow



Friday 29 March 2019, 9.30am - 12.30pm Registration: 9.00am City of Joondalup Leisure Centre - Duncraig Cost: \$10.00 - cash only, payable at the event.



The event will host interesting workshops and activities featuring information sessions, door prizes. light refreshments, community service expos and some great entertainment.

Free parking. Limited places available. Bookings are essential.

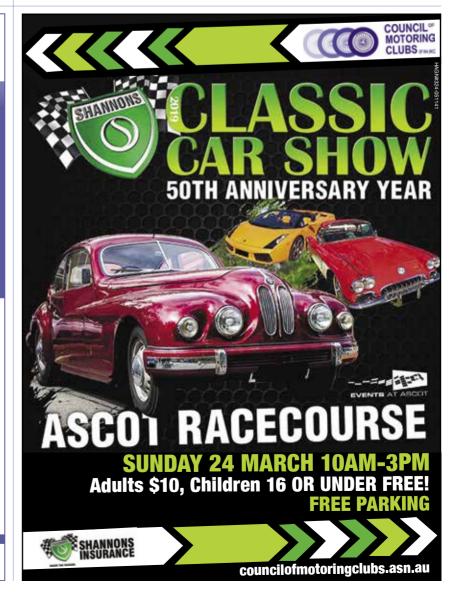
To register please call 9400 4503 or visit joondalup.wa.gov.au











How gifting can affect your Centrelink aged pension payments

general manager. **Department of Human Services**

IF you're thinking about gifting some of your assets to friends or family, it's important to understand how this may affect your Centrelink payment.

Gifting is where a person gives away money, income or assets or transfers them for less than the full market value. It can apply to houses, farms, trusts, inheritance, wages and even cash.

It includes things like buying your daughter a car as a present, transferring your shares in a company to your son, selling a rental property to your daughter for less than market value, donating 10 per cent of your wages to your church, or repaying your son's loan because you guaranteed it.

It won't count as gifting if you pay for services like lawn mowing, or sell or reduce your assets to meet normal costs, such as taking a holiday or making home improvements.

Gifting can affect how you meet the income and asset tests for the payment you're receiving. It's easy for people to think that giving away their money or assets will get them a higher rate of payment - but this isn't always the case. This is because we have rules around how much you can give away each year. We'll assess any gifting to see how it reduces vour assets, and if it goes over the allowable amounts.

The allowable amounts for gifting is the most you can gift without it affecting your payment from Centrelink.

The allowable amount for a single person or a couple's combined amount is \$10,000 in a financial year, or \$30,000 over five consecutive financial years, provided it doesn't include more than \$10,000 in any one year.

If you gift more than these amounts, for the next five years, the asset value over the allowable amount will count in your assets test, and it will be deemed and included in your income test.

Deeming is where we work out income from your financial assets. We'll add this to your other income and apply an income test to work out your payment rate.

You must tell us about any gifting or transfers within 14 days. For more information on gifting, go to humanservices.gov.au and search for 'gifting'.

You can also contact our Financial Information Service if you have any questions about gifting, or other financial matters. This free service can help you make informed financial decisions, take control of your finances, and prepare for retirement.

To find out more about the service, go to www.humanservices. gov.au/FIS.

If you have a question for Hank email info@haveagonews.com.au and we'll put them to him.

It's never too early to think about retirement planning

THE Association of Independent Retirees (AIR) is holding an evening seminar for those over 50 who would like to plan for an independent lifestyle in retirement.

Most retirement and superannuation rules change when you turn 65.

Guest speakers include well known financial planner, economist and writer Nick Bruining Panic - Why you don't need \$1 million to retire

Then Ken Moffitt will explore financial planning as well as strategic decisions that need to be taken over personal investments and superannuation assets, which could take up to 10 years to implement.

The seminar will be held at the State Theatre Library from 5.30pm to 8.30pm on Thursday 21 March.

Ticket price is \$20 and includes refreshments. Seating is limited – call 0487 290 097 or email marghw@iinet.net.au or book at www. eventbrite.com/e/air-perth-seminar-tick ets-56475624112

Enjoy life with the security of RAAFA Retirement Living.



With RAAFA Retirement Living you not only become part of a warm and friendly community enjoying a wide range of resort-style facilities and endless social and recreational activities. You enjoy personal security, and the peace of mind that someone else is taking care of the maintenance and gardens. You have the financial security of a self-funded, not-for-profit organisation offering low fees and total transparency.

Call now to inspect Retirement Living in a RAAFA estate near you

RAAFA Estate Meadow Springs

41 Portrush Pde, Meadow Springs T: 9582 5000

RAAFA Estate Merriwa

19 Hughie Edwards Drive Merriwa T: 9400 3400 E: enquiries@raafawa.org.au T: 9288 8400 W: www.raafawa.org.au 📝 RAAFAWA

Choose from a range of apartments or units in Bull Creek, Merriwa, Mandurah and Albany, and enjoy peace of mind with one of WA's longest standing, largest, most respected providers of Retirement Living.

Two bedroom retirement homes available now at Meadow Springs Estate from \$250,000, and Merriwa Estate from \$275,000.



Seniors Recreation Council Jottings

Healthy Lifestyles Expo 55+

This expo will be held on Friday 29 March at LeisureFit Melville, cnr Canning Highway and Stock Road. It is a free event for people over 55+, and in excess of 80 static displays and activities will provide senior specific information, free light refreshments and an opportunity to take part in activities including round table discussions on specific topics relevant to seniors. This event is proudly supported by City of Melville, City of Cockburn and City of Fremantle to promote their Age Friendly initiatives.

SRCWA Rockingham branch,

On Wednesday 17 April, Seniors Recreation Council of WA's Rockingham branch will present a Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro, 10am to 2pm. This free event will showcase clubs and groups from Rockingham and surrounding areas. There will be a variety of activities to 'have a Go' at and many static displays. Any club, group, community organisation or businesses which would like to attend on the day are welcome to contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173. This event is 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 and Cultural Industry and Dept of Communities.

SRCWA annual Seniors Ball 2019

The Winter Wonderland Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 5 June, 1pm to 4.30pm. Afternoon tea is provided with the entertainment featuring the live band Satin Doll and afternoon floorshow, tickets cost \$37.50 per person. 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.



SRCWA 27th annual seniors camp at Camp Quaranup

On Monday 4 February, a group of 40 campers arrived for the SRCWA 2019 Camp Quaranup in Albany. The camp is the ideal forum where old friendships are renewed and new ones made. During the camp participants took part in numerous activities including bush walks, canoeing, archery, craft, line dancing, defibrillator instruction and revision, table tennis, exercise programs, a movie night and a camp concert. The campers also had the opportunity to visit the Field of Lights display at dusk. SRCWA would like to thank camp coordinator Eileen Stark and her group of dedicated volunteers and the camp office and kitchen staff for all their hard work in making the SRCWA Camp Quaranup an event many look forward to annually. A huge thank you to Southern Bus Charters for providing excellent service.

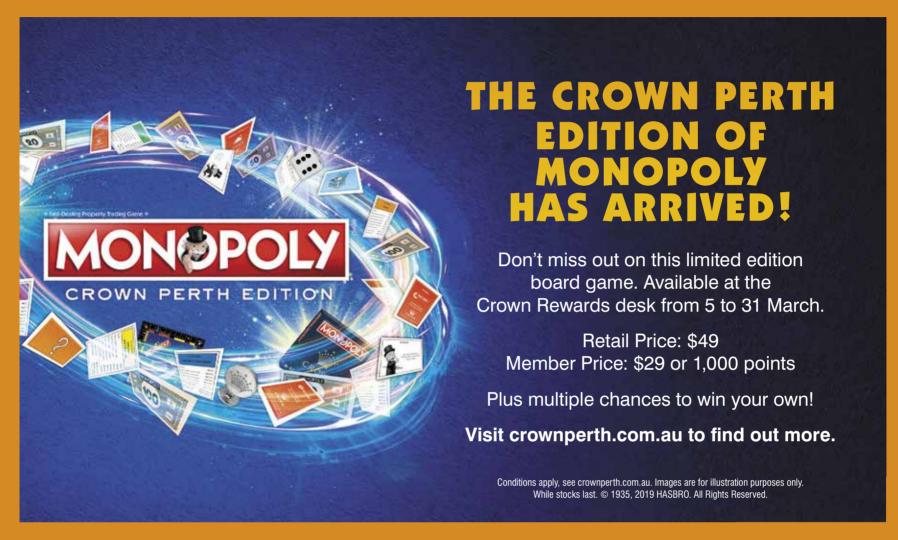
Tech Talk at Crown Perth

SRCWA's Tech Savvy Seniors project manager Martin Yates presented a Tech Talk to 50 people at Crown Perth in February. The Tech Talk, delivered as part of the Crown Life program, encourages their patrons to participate in healthy active and engaging activities. The main topic of the tech talk was email security. The main message was 'Think Before You Click!' Many people have clicked on a link in an email without checking where the link leads. By simply placing the cursor over a link in an email if will display the link for you to check before actually clicking on it. Clicking on links in phishing (scam) emails may lead you to fake websites made to look like a financial institution where you will be instructed to enter your credit card details, there may even be a phone number to call for help displayed. Under no circumstances follow these instructions, always refer to an original source of truth such as your statement and contact your financial institution to verify any requests. Another issue raised was telephone scams, a call to your number with the person making a request or demand, as with email scams always refer to an original source of truth such as your statement and contact your financial institution or look up the details of the department they claim to represent. The general rule is 'maintain a healthy level of scepticism', never cave in to demands, and never call back on the number the caller aives you to verify their authenticity. Should people believe they have fallen fowl of a scam I encourage them call WA ScamNet on 1300 30 40 54, or visit the website www.scamnet.wa.gov.au.

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



WHAT'S HAPPENING THIS MONTH





ALL ABOARD THE CROWN BUS

Crown Rewards members can enjoy transport to and from Crown Perth, a delicious buffet lunch at Carvers and bonus vouchers for just \$10. If you're not a member Visit our website for the full Crown Bus timetable.



Conditions apply, see crownperth.com.au. Images for illustration purposes only. Fun Pack \$10 for Crown Rewards members and \$15 for non-members. Must arrive on the Crown Bus and purchase a Fun Pack. Valid on day of purchase only.



MEMBER MEALS UNDER \$15

Enjoy a selection of meals for lunch and dinner at Junction Grill, 88 Noodle Bar or Market & Co for just \$14.95 for members every day.

Available for a limited time.





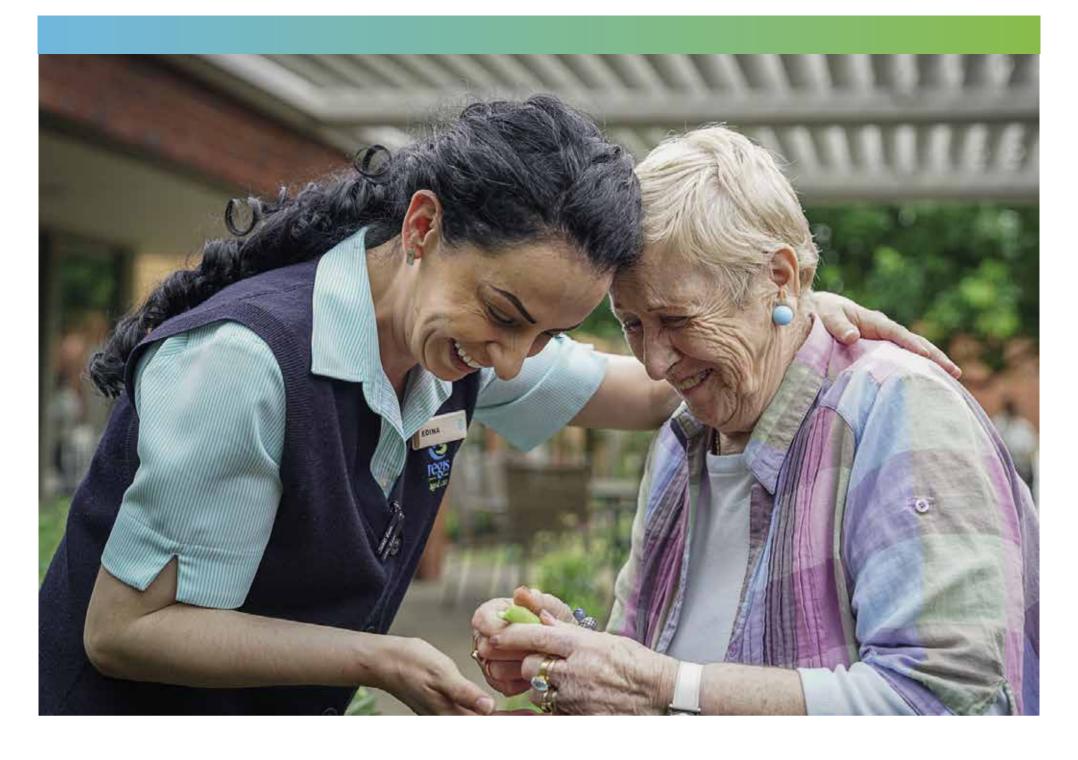


Offer available until 31 March 2019. Crown Rewards card must be presented to redeem offer, one card per guest.

Not to be used in conjunction with any other offer or discount. Surcharge of 10% applies on Public Holidays.

Images for illustration purposes only. Junction Grill and 88 Noodle Bar are 18+ venues.

LIVE A LITTLE BRIGHTER



REGIS AGED CARE THE CARE YOU NEED IS HERE

With over 20 years of experience in aged care, we have come to truly understand the unique challenges that dementia can present for patients and their families.

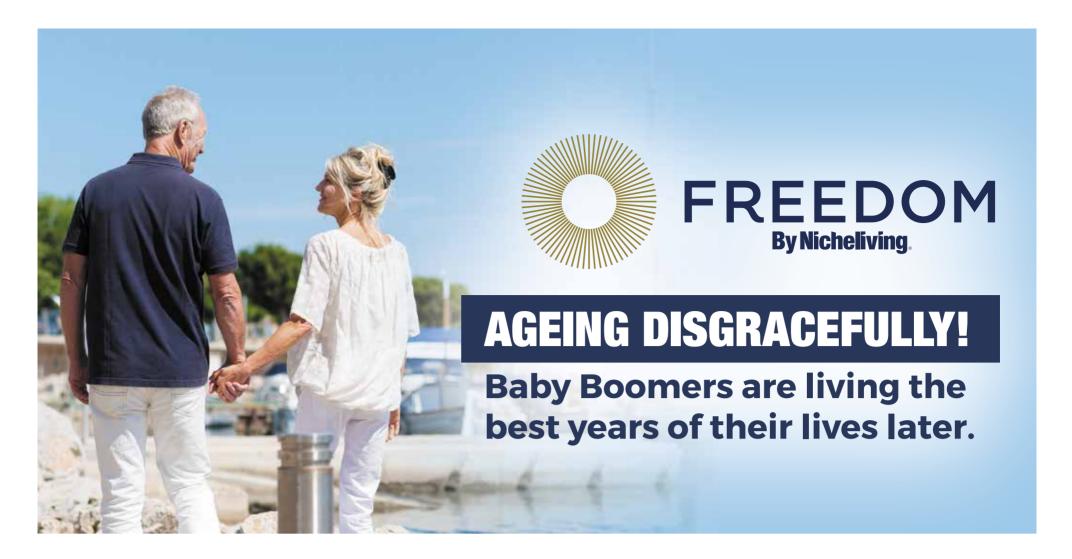
To help meet those challenges, our Regis North Fremantle, Port Coogee and Nedlands facilities all house dedicated 'memory support unit' dementia wings.

Everything has been developed to provide comprehensive, specialised care from facility design and staff training, through to nutrition, therapy and leisure activities. We ensure our residents have every opportunity to enjoy a safe, sustainable and comfortable life.

If a loved one is contending with dementia and is ready for residential care, call us today. We offer the tailored care they need and the comfort they deserve.

Call **1300 998 100** Visit **regis.com.au**





Breaking down expectations and challenging stereotypes, Baby Boomers are looking to live life to the fullest!

Growing old gracefully is a thing of the past. Seniors are now living for the present! It's not so much retiring anymore as it is starting a new journey beyond work. Baby Boomers are focusing on themselves, putting their priorities first and living in the now.

Having spent two decades researching Australians attitudes, social researcher Neer Korn has found one of the biggest shifts in their thinking is their attitude to ageing. "This is a group that isn't retiring from society – they are determined to live life to the max..."

"Older Australians, especially those that lived through the Great Depression and war years, expected to grow old gracefully, shut away from society. But, Baby Boomers have always had a different attitude. They intend to age disgracefully," he says. Many seniors are looking to "scale down" their work activities, rather than retire altogether, and this may mean "working part time, consulting, starting a new business, volunteering or finding a new passion", all of which has implications for their housing choices.

He goes on to compare generations changing habits; "Gen Y and Baby Boomers share similar attitudes – they want to live for today, spend more on themselves and focus on their own needs."

This reinvention of retirement means these aren't the people to sit around and do nothing with their after-work years and consequently this has an impact on their rightsize housing requirements and property choices.

At Freedom Nicheliving our professional approach ensures you receive the guidance you need to get the smoothest, most stress-free experience possible. With many options available we'll work with you to find the best rightsize solution for your needs.

For more info please contact:

Ian Barr - Senior Advisor Freedom Nicheliving

E: lan.Barr@nicheliving.com.au M: 0417 910 473 or P: 9483 0000



FIND OUT MORE AT NICHELIVING.COM.AU Nicheliving

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Paddling around Walpole is good for the soul

weather and a little rain.

A huge challenge



by Iris Mickiewicz

THIRTY-TWO members and partners of the Over 55 Canoe Club have just returned from a wonderful week of paddling around Walpole. We were very fortunate to enjoy a week of delightfully cool weather which included two days with a little soft drizzle. However, the drizzle only enhanced our experience with beautiful mist over the tree tops and a natu-

by Mike Goodall

OVER the years I have

received many enquiries

Australian Government

National Archives of Australia

Department of Communications and the Arts

ral aroma released in the

For our first paddle we launched from Nornalup. We paddled 18 kms up the Franklin River to Monastery Landing and return in two groups. What an amazing paddle. Upstream it is so picturesque with steep banks, topped with towering karri trees with a lovely soft undergrowth. The frog and bird choruses indicated their enjoyment of the cool

achieve an unfrozen pen-

sion while living in Austra-

lia. It used to be that you

could just go back to the

UK for 183 days then re-

turn to Australia with your

However, the UK have

been tightening up on this

legislation. It is not pos-

sible legally, without ac-

tually having returned to

live in the UK and paying

rent and utility bills in your

name and residing there

This effectively changes

for more than 183 days.

increased pension.

awaited us at Monastery Landing to exit our kayaks for a short break and morning tea. We needed to disembark from our kayaks at the landing.

This we could not do as well without the assistance from lan our much-appreciated club supporter, and another strong club member to hold our kayaks steady, as we heaved ourselves up onto the landing without taking an unintended dive.

Following our paddling trips, the afternoons were free for members to explore the fabulous area of Walpole, Denmark, Albany or to quietly disappear to take an afternoon nap.

cool weather and mild winds every day which is ideal for paddling. With many paddle locations available around Walpole

your tax liability because

your place of domicile has

changed. You become li-

able for UK taxes, such

as Inheritance Tax which

includes property owned

UK laws of domicile are

continually being tight-

ened up. Anyone requiring

advice about them needs

to consult a specialist in

And it is not a good idea

boat in the UK and use it

purchase a narrow

abroad.

we were able to find suitable paddles to avoid the wind, except for our return downstream on the Deep River. The last few kilometres required a somewhat herculean effort from us all, however paddling upstream was a breeze with the wind at our backs. Every paddle location we chose offered something different whether it was upstream, downstream, into a swamp, into an inlet or the variety of vegetation, bird and animal life

Each evening we enioved the company of our club members and their partners in a happy hour sharing nibbles, drinks, paddling stories and sometimes accompanied by a karaoke Thankfully singalong. there were no solo performances.

We booked out a local restaurant 'Top Deck' farewell barbecue. The ambience of nature is a gift to behold in a place where there are few other people to be seen or heard.

We left barely a footprint and definitely respect and enjoy the environment. We also enjoyed the serenity and beauty of this wonderful wilderness area of Western Australia and are already looking forward to our camp again in February 2020.

Please call Iris Mickiewicz, president on 0438 926 578 or Dale Winn, secretary on 0420 733 024 for more information or to register your interest in joining us.



COMMUNITY NOTEBOOK

THE JOYS OF WOMEN ITALIAN CHOIR

Seeking new members and a musical director Friendly group of ladies, no auditions required, fun way of learning Italian. Contact Silvana 0423 135 591

FREE JAZZ CONCERTS IN STIRK PARK

Starting 6.30pm-8pm every Thursday Feb-April Presented by the Kalamunda Youth Swing Band Stirk Park 18 Kalamunda Rd., Kalamunda. (Weather permitting)

BALLAJURA SENIOR CITIZENS ASSOCIATION

Meets Tues, Thurs and Fridays 9am-4pm at the South Ballajura Community Centre. Contact Margaret 9249 2396 / 0418 918 425 Office 9249 7800. New members welcome.

ROTARY CARINE COMMUNITY FAIR

Sunday 17 March 10am-4pm Carine Regional Open Space Cnr. Beach & Oakly Rd., Carine A day of fun and adventure for the whole family.

HARVEY HARVEST FESTIVAL

Sunday 17 March, Snell Park Cooking demonstrations, street theatre, grape

Loads of music and entertainment, arts and culture.

GERALDTON HARMONY FESTIVAL

Saturday 16 March 10am-3pm Multicultural event celebrating the cultural diversity of the Mid West

A variety of stalls, street parades, entertainment and much more.

JOONDALUP FESTIVAL

5 - 7 April, 5.30pm-11pm.

Central Park Grand Blvd.

Three days of live entertainment. Food and drink, interactive art installations, circus, children's shows and more.

Free event. Info 9400 4705

CITY OF BAYSWATER

Evening in the Park. Saturday 23 March, 6pm-9pm Bert Wright Park. King William St. Live music, food vendors and free activities.

PURPLE WALK FOR EPILEPSY WA

Sunday 24 March, 10am-2pm Dress in purple for laps of Curtin University's Edinburgh Oval South Live entertainment, food vans. Reg. at www.purplewalk4epilepsywa.com.au or 1300 852 853

FREMANTLE ARTS CENTRE

Revealed: WA Aboriginal Art Market Saturday 13 April 10am-5pm. Free entry. Works by some of the states most talented Aboriginal artists.

1 Finnerty St. Fremantle.

BINDOON PRIMARY SCHOOL FETE AND MANGO FESTIVAL

Saturday 16 March at the school grounds. A fabulous day to enjoy tasty local fruit and support local growers whilst enjoying a community fair.

KALGOORLIE BOULDER COMMUNITY FAIR

Friday 22 and Saturday 23 March 10am-10pm Family tickets: 2 Adults 2 children \$10: others \$5: under 6 free

Cruickshank Sports Arena.

TOODYAY MUSIC FEST

Saturday 23 March 10am -9pm. Duidgee and Stirling parks will each have a stage for bands and artists. St Stephens Church will showcase choirs and instrumentals.

This is a free family event.

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



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The West Australian | Sünday Times | we're for you

bush.

We were blessed with

for an enjoyable evening out together as well as a

Many people try to

cheat the system by re-

taining an accommoda-

tion address in the UK.

However, under recent

OECD regulation most

banks are now aware of

where a customer's tax

liability lies and they com-

municate with govern-

If you are caught you

become liable for fines

as well as having to repay

any excess payments. Big

Australian permanent

Brother is watching you!

ments.

A national touring exhibition

developed and presented by the

National Archives of Australia.

Don't try and cheat the system for a UK pension - big brother is watching... residents pay all their taxes in Australia and any pensions you receive from overseas must be declared to the ATO as income.

people Many worked in the UK but not long enough to qualify for a UK State Pension have decided to move back to the UK. Reciprocal agreements between Australian and the UK in force up to the end of March 2001 allowed for years worked in Australia to count towards a UK State Pension (the UK will require proof of your working in Australia).

However, this is only valid while you are living in the UK, if you move to another country you lose that UK State Pension entitlement unless you had the minimum number of contribution years to retain it.

Nearly a whole month has passed without speaking of BREXIT but last month the UK and Ireland reached an agreement guaranteeing the continued payment of State pension, child benefits and other social welfare payment if the UK leaves the EU without a deal.

The legally binding agreement has yet to be finalised by the Irish Parliament but as there are more UK expat pensioners in Ireland (133,000) than Irish pensioners in the UK (29,000) then the balance is in Ireland's favour.

So why Ireland and not Australia? I wonder how many Australian pensioners actually live in the UK as they receive their twice annual increases from Australia

Isn't it time that our Commonwealth Government started playing hardball with the UK Government? Write to your Federal MPs and state your case. After BREXIT the UK will be looking for trade deals with Australia therefore it is a great time for our government to put pressure on them.

Anyone who would like to discuss the above in greater detail or require to understand their options 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



WA SHIPWRECKS MUSEUM



Lendlease is one of Australia's leading providers of retirement living and with 10 villages across Western Australia, we have an affordable home to suit everyone. We create places where it's easy to meet like-minded people and be part of a secure over 55's community. Choose from a range of stylish, low-maintenance homes and enjoy the resort-style facilities and friendly communities that are buzzing with activity.



HARBOURSIDE VILLAGE 7 Honiara Way, Mindarie

2 Bedroom Apartments from \$385,000* 2 Bedroom Villas plus study from \$495,000* 3 Bedroom Villas plus study from \$650,000*

Contact Lorraine on 08 9407 8231 to view properties



TIMBERSIDE VILLAS 10 Timbercrest Rise, Woodvale

- 1 Bedroom Villas from \$359,000*
- 2 Bedroom Villas from \$339,000*
- 3 Bedroom Villas from \$495,000*

Contact Lorraine on 9403 8101 to view properties



PARKLAND VILLAS WOODLANDS 52 Liege Street, Woodlands

Bedsit Apartment from \$85,000* 1 Bedroom Apartments from \$230,000* 2 Bedroom Villas from \$279,000* 3 Bedroom Villas from \$310,000*

Contact Deborah on 9446 5584 to view properties



HOMESTAY VILLAGE 267 Wharf Street, Queens Park

2 Bedroom Villas from \$270,000* 3 Bedroom Villas from \$299,000*

Contact Wendy on 0417 406 760 to view properties



PARKLAND VILLAS ELLENBROOK 25 The Parkway, Ellenbrook

2 Bedroom Villas from \$338,000* 3 Bedroom Villas from \$379,950* Last Brand New Double Storey Villa \$485,000*

- Open to offers! Contact Louise on 9296 7322 to view properties



THE PINES 21 Ponte Vecchio Boulevard, Ellenbrook

1 Bedroom Villa \$239,000* 2 Bedroom Villas from \$270,000* 3 Bedroom Villas from \$290,000* Contact Michelle on 9296 9914 to view properties



PARKLAND VILLAS BOORAGOON 510 Marmion Street, Booragoon

2 Bedroom Villas from \$429,000* 3 Bedroom Villas from \$565,000* 1 Bedroom Apartments from \$250,000* 2 Bedroom Apartments from \$315,000*

> Contact John on 9330 3711 to view properties



LAKESIDE VILLAGE 14 Lewington Gardens, Bibra Lake

1 Bedroom Villas from \$240,000*

- 2 Bedroom Villas from \$275,000*
- 3 Bedroom Villas from \$350,000*
- 1 Bedroom Unit from \$175,000*
- 2 Bedroom Unit from \$200,000*

Contact Wendy on 0417 406 760 to view properties



PARKLAND VILLAS MANDURAH 2 Hungerford Avenue, Halls Head

2 Bedroom Villas from \$180.000* 3 Bedroom Villas from \$260,000* Contact Glenys on 9535 2414 to view properties



WOODSTOCK WEST 146 Strickland Street, Bunbury

2 Bedroom Villas from \$329,000* 3 Bedroom Villas from \$369,900* Contact Vicki on 9791 6199 to view properties

Sounding like your cup of tea? Stop by for a weekly village tour. Visit retireinwa.com.au or call 1800 550 550 for more information.



Embassy Ballroom, beautiful venue to dance the night away



The beautiful ballroom

by Adam Penn

BALLROOM dancing in Perth took on a special significance in 1928 when the Embassy Ballroom (then known as the Temple Court Cabaret and Tea Rooms) was opened on 22 December to much acclaim by WA Governor Sir William Campion. The building was located on the corner of William Street and Mounts Bay Road, or the Bazaar Terrace as it was then known.

Tickets for people attending the grand opening, hosted by American ballet master Maurice Diamond as MC were 10 shillings and sixpence, with the band under the baton of Merv Lyons.

Located next door to the Capitol Theatre,

the venue was originally named after its designer British architect George Temple-Poole, renowned for his design of such Perth landmarks as the Treasury Buildings and the Royal Mint.

Renamed the Embassy Ballroom in the early 1930s, the venue was destined to become WA's premier, and one of the nation's best, function

venues. It was acclaimed as 'Australia's greatest and most beautiful cabaret', 'the wonder of the West' and 'a wonderful wonderland' by the media of the day.

It was indeed the place to be seen with the venue dominated by a 12,000 square foot jarrah floor, loggias in which people could dine or sip tea and coffee, as well as a balcony from which patrons could watch the dancing below. A dining area bordered the floor with views to the dancing or the beautiful Swan River. A gracious staircase took patrons on a breathtaking journey from the ticket box at William Street level to the ballroom.

The ballroom could comfortably seat 650 people, but most functions had a minimum of 800 people, with many yearly events attracting more than 1000 guests.

Sadly, the building was almost completely gutted by fire in 1933 but it was fully refurbished within six months and opened

again to much excitement. Originally managed by Sam Epstein, the bestknown manager was the incomparable, Miss Mac, Kathleen McIntyre, who held the position for 25 years. Many people reminisce about the superb cakes and pies she supplied for her popular weekly 'golden hour'.

For around 40 years, the venue hosted many of Perth's top viceregal and political functions with thousands of balls, parties and celebrations. It saw many dance champions crowned and spectacular challenges and competitions between some of Australia's and the world's best dancers of the day.

In 1980 the Perth landmark hosted the world professional championships, with the Pagoda Ballroom and Canterbury Court to headline the best dancers in the world with internationally renowned band leader, Tony Evans.

Well known Perth identity Derek dance Gatley OAM remembers:

"queuing along William Street past the Capitol Theatre waiting to be allowed into the venue to compete, chilled by the cold breeze blowing straight up the street.

"Change rooms were small and crowded, especially during dance festivals when there could be up to 10 medal candidates on the floor at any

Popular dance identity Len Humphreys OAM recalls during the spring ball season there would be a ball almost every evening, dancing to a 12-piece Embassy band, such was the popularity of dancing and the attraction of this fabulous venue.

"While dancing with a partner at one of the many medal festivals, a pendant light detached from the ceiling and crashed to the floor, directly beside me."

Bands led by WA musical people such as Will Upson, Harry Bluck, Ron Jenkins, Norm Wrightson, Sammy Sharpe, Wally Cruikshank and

Hans Jerome among others had the pleasure of entertaining while dancers thronged the lustrous highly polished soft floor.

The late Sam Gilkison is quoted as saying: "To be there, to breathe in that atmosphere made you dance all the lighter. It was always the most gracious and impressive ballroom in Australia. When it goes, so will an

Apology

In the article: History of Ballroom Dance (September 2018) paying tribute to Graham Thomas, I mistakenly mentioned that Graham was responsible for the construction and design of the Talk Of The Town Ballroom. This is incorrect as Colin and Jean Whittaker were the couple solely responsible for the design, construction and financing of the building and subsequently, the appointment of the managers. My sincere apologies to Colin and Merrilyn, and the delightful late Jean Whittaker. Adam Penn

TV Talk with Lee Tate - celebrity reality television - get me out of here



TELEVISION reviewers sit through – and sift through - many random programs not to their normal tastes.

A dose of Network Ten's I'm a Celebrity... Get Me Out of Here! is about as bad as it gets.

Are they serious with this format? Celebrities?

If you had a mild idea

that it was to do with wellknown celebrities stuck in Africa, facing natural disasters in the jungle and competing to get out of embarrassing situations with hilarious outcomes.

you'd be wide of the

mark.

If you expected a program that was a bit silly because, being in prime time, it would be aimed at younger audiences, you'd be wrong again because it's far worse than

The so-called 'celebrities' include a smattering of B-ranked people in the public eye and some you've never heard of such as one bloke identified as an international model.

Some of the current celebrities have been Shane Crawford, Jackie Lambie, Dermott Brereton, Richard Reid and Sam Dastyari.

The series is based on a British television show of the same name and is hosted here by a screaming, sadly unfunny Julia Morris and 'doctor' Chris Brown, the mild-mannered, Superman lookalike and vet who hosted his own successful show Bondi Vet.

Both are highly talented in their right but are brought seriously undone in this insult to entertain-

ing, mature television.
The series, we're told, sees celebrities living in the jungle with few creature comforts and competing in various challenges to earn meals and other luxuries.

The celebrities compete for \$100,000 to be donated to their chosen charities. The series is set in Africa's Kruger National Park with Morris and Brown presenting from a nearby studio.

Why Africa? It might as well be set in a public park. No menacing animals or plants were sighted before we switched-

The public votes on

who competes in a tucker trial and who to evict from the campsite.

Sunday programs include a Sunday Slam, described as a large and hilarious obstacle course.

Instead of tackling natural jungle obstacles, the contestants are directed onto human-made, tacky-looking slides, water courses and pieces of junk you'd expect to find - smaller scale - in kindergartens.

Why go all that way to Africa and at vast expense - with huge payouts to the stars (up to hundreds of thousands of dollars, we hear) to play on corny, ar-

Some real humour would go a long way and perhaps lift the tone, but the word wit doesn't come into the equation.

The show opened with the cast sleeping in the open and Shane Crawford being told by another contestant to get back into his bed. The stars are then woken in the morning with someone annoyingly scratching away on a violin. Ha-

The 'celebrities' then feign anger at the virtuoso until Crawford calls everyone to get onto their feet for some humdrum stretching exercises. Some virtually ignore the call. 'Dermy' makes a few token wriggles and looks disinterested and totally out of place.

Ex-pollie Jackie is a wildcard on television at the best of times, speaking her mind and dividing audiences. Just what the producers want. But there's little of that here.

Entertaining, mative, enlightening, funny? Like wild African animals, you won't find any of them here. Not from what I saw.

Or perhaps it's just an

ageing viewer thing.

What are thoughts? Write to me at info@haveagonews.com.

Find the secret word inside to 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 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 to discover the blue circled letter to make up the Ad Word.

- 1. Hetherington Funerals
- 2. Diskbank
- 3. Violets & Tea Luxury Garden Tours 4. Kalgoorlie Boulder Visitor Centre
- 5. WAITOC
- 6. Alzheimer's WA
- 7. Alchera Living
- 8. Healthy Ovens Plus
- 9. Puttin' On The Ritz

10. Atwell Arts

11. Skids Swimwear

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. Clos-

Congratulations to Param Kundal our December 2018 winner.

Dance classes in Midland



MIDLAND Junction Arts Centre has launched a new series of dance classes for people aged 60

The classes will be taught by Lynne Williams, a contemporary dancer/movement specialist who trained at the acclaimed London Contemporary Dance School. Lynne has more than 30 years' experience as a performer, choreographer and teacher.

Running once a week for six weeks, the classes will allow participants to exercise their mind and body, improve ease of movement, build strength and balance, and develop their creative movement style. These classes are for people who love to dance and enjoy working as a group. Fun is mandatory. No experience needed.

The classes will run on Thursdays from 31 May - 4 July, from 10.30am - 12noon.

Midland Junction Arts Centre is located at 276 Great Eastern Highway Midland.

You can find more information about the series by calling 9250 8062.

#324 March edition PUZZLES Solutions

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



© Lovatts Puzzles

Wheel Words: Anti, Aunt, Auto, Into, Iota, Onto, Otto, Quit, Tain, Taut, Tint, Toon, Toot, Tout, Tuna, Unit, Unto, Quant, Quint, Quoit, Quota, Taint, Tanto, Taunt, Titan, Quaint.

9-letter word: QUOTATION. Square Shuffle: Coat, Vest, Mini, Gown.

Have a Go News Quiz Page 2: 1. The Vasse. 2. Mathew Hale. 3. Georgiana Molloy. 4. 9669. 5. 1901. 6. 10,000. 7. The Everest. 8. \$6 million. 9. Basil Zempilas. 10. 720.

INTERNATIONAL GOLDEN CROWN ANNOUNCEMENT



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Pebruary 1954: Her Majesty Queen Elizabeth II became the first British Monarch to tour Australia. During the tour, Her Majesty wore a couture gown accented by a wattle motif as a symbol of the Queen's deep affection for the people of Australia. This landmark event heralded the start of a royal tour tradition which thrilled royal enthusiasts for six decades. Buckingham Palace has announced that Her Majesty will no longer undertake world tours which, sadly, brings to an end an important chapter of our history. A new crown coin has been struck to celebrate this history-making first royal tour. Struck to a high specification, only 9,999 numbered issues will ever be minted.

The earliest applications will receive the lowest edition numbers. For this reason applications will be processed on a strictly first-come, first-served basis and are limited to one per Australian household. Successful applicants also qualify to view the next coin in the *Royal Tours of Australia and New Zealand Crown Collection* for only \$79.99 (plus \$9.99 postage and handling) sent entirely without obligation on our 14-day home approval service. Applicants may cancel at any time and all purchases are covered by The Bradford Exchange 14-Day Money-Back Guarantee.

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money now.	

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104180

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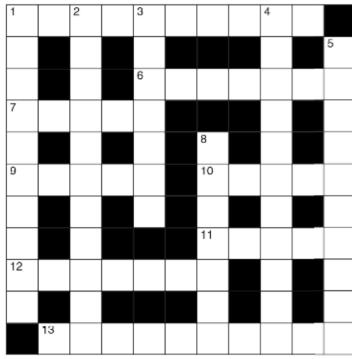
Title



Have a Go News PUZZLES PAGE Have a Go



CROSSWORD



#324 March edition

puzzle solutions on page 16.

© Lovatts Puzzles

STRAIGHT CLUES

Across

- 1. Fall guys (10) 6. Simple earring (7)
- 7. Rebuke, slap on the ... (5)
- 9. Leaves out (5)
- 10. Vote into office (5)
- 11. The Sound Of ... (5) 12. Pizza herb (7)
- 13. Appraisal (10)

Down

- 1. Action replay technique (4,6)
- 2. Deals out (justice) (11)
- 3. The Agony And The ... (7)
- 4. Dressmaker's aid (4,7)
- 5. Duke or earl (10)
- 8. Pulpit exhortations (7)

CRYPTIC CLUES Across

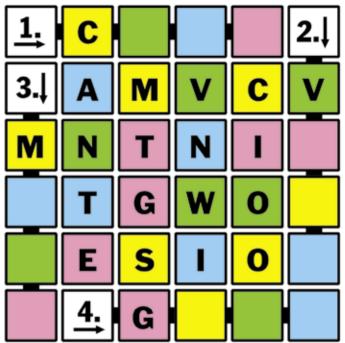
1. Spots a cage prepared for those copping the blame (10)

- 6. Inactive spy found under train tracks (7)
- 7. Sword is set evenly between arm and hand (5)
- 9. Overlooks moist mixture (5)
- 10. Choose to erect from right to left (5)
- 11. Rock or rap has to be faced in the end (5)
- 12. Wild marjoram is a bit of a terror, e.g. a no-
- 13. Ah! Cess meant to say analysis (10)

- 1. Strange to own limos that go at a snail's pace
- 2. Manages to increase the number of clergy ap-
- 3. Yes, cats curiously show sheer delight (7)
- 4. Record me a guaranteed device for calculating length of material (4,7)
- 5. Lord! Maybe it's a carrot! (10)
- 8. Speeches for the masses (7)

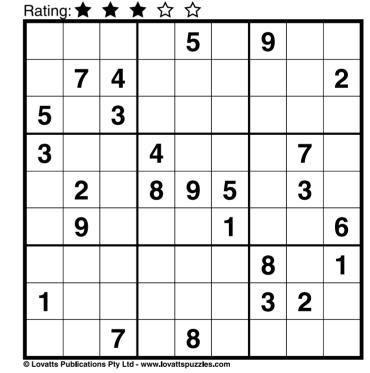
SQUARE SHUFFLE

Take one letter from each colour to make up 4 four-letter words that are all items of clothing. We have given you the first letter to get you started. Every letter must be used once only.





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



Create as many words of 4 letters or more using **Wheel Words** 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. O 13 Good 17 Very Good 20+ Excellent © Lovatts Puzzles



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Lot 10 is one of the many shopping malls to discover in Malaysia's capital city Kuala Lumpur. Chris Parry takes us on a shop and stay tour of this friendly city... read about his adventure on page 21

NEW TRAIN TO LAUNCH ONTO AUSTRALIAN TRACKS



Be one of a very lucky few villa travellers to experience the inaugural season of the Great Southern train. The four day southbound journey from Brisbane to Adelaide will feature Northern NSW, the Hunter Valley and Newcastle region and Christmas Day celebrations.

This brand new holiday begins with 4 nights in Brisbane and includes exciting highlights such as the Boggo Road Gaol tour, High Tea on the Brisbane River, Gold Coast Sea World and an evening at the famous Christmas markets. Then join Australia's brand new rail journey, The Great Southern Train with highlights including Gold Class service, the incredible coastline of northern NSW, beautiful Hunter Valley region and of course the spectacular Great Ocean Road as you enjoy Christmas on board before heading on to Adelaide. Very limited space!

8 Days: Thursday 19 to Thursday 26 December 2019

Can't get away at Christmas?

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For tour details FreeCall 1800 066 272 or email travel@villa.com.au

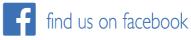
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let's go travelling trave





PERTH Caravan and Camping Show returns Claremont Showgrounds this month and is always a popular event with readers. Check out information inside this section on what's happening over the five days, which runs from Wednesday 20 to Sun-

day 24 March. We also have some passes to giveaway to some lucky readers, see page 36.

*** Lee Tate attended the opening of Rottnest's Discovery Eco Tent Relast month and road tested the glamping offerings. The resort is an eco sustainable resort and opened on 1 March. He came back with a thumbs up. We will share that story on this new accommodation offering, the first to open on the island in 30 years, next month.

Bicton Travel will be holding a River Cruise Expo on Saturday 16 March from 9 am to 1 pm at Journeys by Bicton Travel, 259 Canning Hwy (Corner Petra Street) in East Fremantle. Meet experts from the river cruise operators including APT, Aqua, Avalon, Evergreen, Pandaw, Scenic, Tauck, TravelMarvel and Uniworld. Enjoy informative presentations about the boats and exclusive savings on the day. Register for presentations at www.bictontravel.com. au/events or call 9339

We always enjoy hearing from people overseas and this month English garden tour operator Violets and Tea's CEO Eliza Ford has been in touch. Eliza will be in Perth in April and will have a stall at Garden Week. She is passionate about her garden tours of the UK and looks forward to meeting readers during her stay. See page 22 for details.

I came across an amusing survey from Compare the Market the other day which named

the top 10 travel destinations for introverts. Apparently, these destinations are for people who are not fans of bia crowds or buzzing hotels. Australia was named in the top 10 but other destinations included Canada, Russia, Finland, Bolivia, Iceland, New Zealand, Argentina, Norway and Namibia. It made me wonder what they will survey next. Then I received something from the UK about the sunniest spots to catch some rays which included destinations such as Dubai, Las Ve-

gas and Cairo. I think they forgot to mention Australia...

If you have been travelling recently and would like to share a photo of your trip whether it be something funny or just a great shot, feel free to send through to me on email to Jen@ haveagonews.com.au, I love hearing from readers about their travels.

*** If you have a travel issue, would like a particular destination featured or want to share some information, don't

hesitate to contact me on my email.

Our website has lots of great travel information updated regularly and I encourage you to 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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Staying connected after holidays end

KINGS Tours and Travel recently started a social club to encourage people to extend friendships following touring together and to make new ones.

Kings Managing Director Jenny Franceschi said that there were so many great friendships made on Kings Tours they wanted to provide people with the opportunity to socialise following the trips.

"Some of our guests told us that when they returned from holidays, they often felt flat after such wonderful holiday camaraderie and this inspired me to create this local social club.

"It also offers single like-minded travellers the opportunity to get together prior to a trip and possibly look at sharing accommodation to avoid single supplements," said Jenny.

The club has proved to be very successful, with trips organised from both Mandurah and Perth Kings branch-

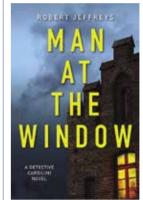
es on alternate months. The Kings Social Club aims for friendship, no annual fees, no committees to join and no sales spiels to attendees.

Since its inception the social club has visited His Majesty's Theatre, Perth Mint, Fairbridge Village in Pinjarra and made several trips to the cinema.

The next gathering on 4 April will be a Captain Cook cruise on the Swan River from Perth to Fremantle which includes lunch. Cost is \$65 per person.

If you would like to join the Kings Social Club call them either at the Perth office on 9380 6656 or Mandurah on 9246 1222.

Holiday reading



Man at the Window by Robert Jeffreys a page-turner set in Western Australia

Reviewed by Pat Paleeya

DETECTIVE Cardilini isn't a likeable character. He is jaded and he drinks too much which is sabotaging both his career and his relationship with his teenage son. Still grieving the death of his wife, his life is on a downward spiral.

In a nut shell Cardilini is a miserable bloke in a mire of self-loathing.

When he is sent to write up a report of an accidental shooting death of a teacher at a top-drawer private school it would seem like an easy task. Drawing on his instinct rather than fact he begins to suspect that this was no accident, but murder. As he probes deeper, he uncovers evidence of the teacher's sexual abuse of boys at the school.

St Nicholas is a very exclusive school where there are powerful men within the school system and other highranking ex-St Nicholas boys within the community.

When Cardilini gets too close, they band together to protect the school's name and reputation. There is a code of silence that forgoes justice - the old school tie protects the guilty.

Tenacious and unwavering Cardilini is like a dog with a bone, he won't give up and he won't back down, finally breaking the code but there is a price to pay.

This novel ticks all the boxes, skillfully plotted, believable characters (I could pick Cardilini in an identity parade) well written and highly absorbing. Set in Western Australia in the 1960s, the issues raised are just as pertinent today. A great page turner.

Published by Trade Paperback RRP \$29.99. Available at all good

bookstores.
WIN WIN WIN

We have one copy to giveaway to a lucky reader. To be in the draw simply email win@haveagonews. com.au with Window in the subject line or write to Man in the Window competition c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 31/3/19.





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Kuala Lumpur - you're not finished 'til you shop 'til you drop in Malaysia's capital





Left to right; KLCC - KL monorail - JW Marriott Kuala Lumper

by Chris Parry

WHAT do different cities do well? Perth does outdoor space well. Rome does history well, Melbourne does sport.

I've found a city that does shopping better than anyone else; for all ages; all abilities and all tastes – Kuala Lumpur.

As the airport is about 55 kilometres from the city you have a number of options for travel. There are plenty of taxis and buses but the best way to travel is on the KLIA Ekspres, the rail link that will get you into KL quicker than my mother can say: "Quick sticks!"

If you're in a hurry, the 28 minute express service misses all stops and takes you straight into KL Sentral Station. If you're not in a hurry the other service makes a few stops along the way to let the locals on-board. They have the look of commuters all over the world; sad because they're going to work or tired because they're go-ing home after work. The train has plenty of storage space alongside the doors for your luggage, which you can easily watch from the comfort of your seat.

The rail network in KL meets the requirements of tourists with stops at local attractions and a focus on getting you as close as possible to the best shopping malls in the city. Starting at KL Sentral Station is an elevated monorail that wends its way through the city for over eight kilometres. The stations are elevated above the road network, providing great views of the city as you glide towards your destination.

The other great way to get around is using the

KLCC-Bukit Bintang Walk-way. Like the monorail, it's elevated, so there's no need to worry about crossing busy streets. This 1.2 kilo-metre walkway is perfect for getting from Bukit Bintang to the KLCC, which is a very large shopping mall siting at the bottom of the Petronas Towers and adjacent to the impressive KLCC Park which has free evening water feature displays and light

If your reason for visiting KL is for shopping then your destination is Bukit Bintang. This extraordinary precinct is full of shopping malls and is within walking distance of the KLCC mall and Petronas Towers. It's also close by the monorail to the Berjaya Times Square which has more than a thousand retail shops and its own theme park within the complex

plex.

Now that you're ready to shop, where are you going to drop? The heart of Bukit Bintang is Jalan Bukit Bintang, the street that never sleeps. Whether you're shopping or just accompanying someone who is doing all the shopping then the perfect way to spend your Bukit Bintang experience is stay on Jalan Bukit Bintang at the wonderful JW Mar-

This is a hotel with enough glazing on the huge windows in your room to block the noise of the street life below, but if you want to open the curtains you will allow the life of KL to pour in. There is a large, outdoor pool on the sixth floor and incredible restaurants which include the Shanghai, the most prestigious Shanghainese restaurant in KL, serving classic dishes and some very quirky dishes, including jellyfish which

I was assured were not our friendly Perth Swan River brown jellies.

The hotel manager, Yannick Mauchle, is proud of the hotel's ability to slow and calm its guests and provide the opportunity to catch your breath before heading into the maelstrom of malls. As the concierge opens the doors and you walk out onto the street you'll see a group that is often found at the front of this luxury hotel. Looking for the right collective noun to describe this group I came across a shiver for sharks and a muster of peacocks. This group is an assortment of Lamborghini's and Ferrari's that, like a shiver of sharks are very sleek and like a muster of peacocks are all about showing off. How about we call them a shivering muster of supercars?

If you cross the road you walk straight into the Pavilion, a spacious mall with a range of shopping across the spectrum of affordability. Take the time to study the map for this mall because you won't get to see it all. If you try and mooch your way through every level then no matter how long you're spending in KL I guarantee you'll miss your flight home.

If, when you exit the hotel, you turn left you will find Fahrenheit 88 and Lot 10. Fahrenheit 88 is about a three-minute walk and renown for its large range of standard range retail outlets. Lot 10 is a five-minute walk from the JW Marriott and has a very active vibe and is also the home of

the Hutong Food Court, located in the basement floor. In the best hawker tradition, the Hutong Food Court is a collection of street food that Chinese Malays are known for and acknowledges the heritage role of this food in Malay culture. As you make your way up through the floors of Lot 10 you might like to try out your creative skills in Fab Space, the 3D printing store. After a splash of shopping and dash of creativity you'll no doubt be hungry. At the top of Lot 10 you'll find the Tokyo Restaurant which serves the world's best 6th Avenue

style cheesecake.

If you're craving some Malaysian food that is not in the comfort of the malls, head across to Kampung Baru, a short train ride from KLCC. This special village

precinct of KL retains its authenticity through traditional buildings and lifestyle. It's a sprawl of hawker markets and restaurants and on Jalan Raja Muda Musa you will find Antarabangsa, famous for its Nasi Lemak, Kopi and Tempeh.

Big cities are challenging but the challenges of KL are easily met. You'll travel, eat and shop well. Relax, at least until you check in for your flight and realise you've exceeded your luggage weight limit.

FAST FACTS How to get there:

Malaysian Airlines and Air Asia fly daily from Australian capital cities to Kuala Lumpur International Airport. From there, it's a 28 minute train journey to KL Sentral Station on the KLIA Ekspres. www.kliaekspres.

When to go:

Kuala Lumpur is hot and

humid all year with temperatures between 28°C and 35°C. From March to April is when Kuala Lumpur experiences its most monsoonal rain, while May to July is the driest time of year.

You have to:

Dine and recline at Tokyo Restaurant at Lot 10, Bukit Bintang, and eat at least two slices of 6th Avenue style cheesecake. Whole cheesecakes can be purchased in the Hutong Food Court, also located at Lot 10. www.isetankl.com.my/thejapanstore/restaurant_cafe/restaurant/tokyo_restaurant

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are still hidden discover to around the world. To visit some of them Travel Tree,

in conjunction with Travel Marvel, have designed a 17-day escorted tour that will visit Egypt and the Sultanate of Oman departing Perth on 24 October 2019.

The Egypt tour will include three nights in Cairo followed by a four-day cruise down the Nile on the MS Royal Lily to Luxor, Edfu and Aswan before flying on to Abu Simbel, a highlight of the trip.

The MS Royal Lily has only 56 cabins and five royal suites and is ideal for the Nile River Cruise with swimming pool and sun deck, access to wi fi in public areas and modern designed cabins with flat

Not only will the trip include an opportunity to view the great Pyramids, the Sphinx of Giza and visit the Colossi of Memnon, but will also venture into the Valley of the Kings and Queens, Karnak and

There will be opportunities to experience authentic food, dance and music along the way with visits to significant museums, bazaars and leisurely drift on a sailing boat (felucca) around Kitcheners Island

with its exotic plants and

After the Egypt experience the group will travel to the land of Sinbad the Sailor - the Sultanate of Oman. Following arrival they will sightsee in the city of Muscat, visiting the Grand Mosque, the Muttrah Souq with its mystic smell of sandalwood and the Muscat museum.

Next the tour moves on to Wadi Tiwi, Ras Al Jinz in four wheel drive vehicles and will start to experience and photograph the wadis (dry river beds) and dunes and visit the museum at Jalali Fort and Palace.

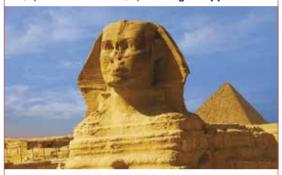
At Raz Al Jinz the group will visit the Turtle Reserve and fishing villages and visit a Beduion house. Then they will drive through the Wahiba Sand Dunes (up to 100 metres high) before an overnight stopover at Nizwa in the Arabian Oryx Camp. There they will visit the cattle and goat market, Nizwa Fort and head on to Jebel Shams mountain of the sun and the Grand Canyon which is the third

highest in the world, before crossing the Western Hajar Mountain Range visiting Al Hoota Caves and Misfah Al Ayyeen village.

On Thursday 14 March Travel Tree will have an interested persons evening at their Claremont office at 6 pm with an opportunity to meet George Booth and a representative of Travel Marvel. For details of the tour or attendance at presentation contact: Phone: Chris on 9382 5011 or email: chrisd@traveltree. com.au

ESCORTED TOUR OF EGYPT & THE SULTANATE OF OMAN

17 Days* Departs Perth 24 October \$7,995 twin share \$9,475 single supplement



TOUR HIGHLIGHTS

- · Enjoy the iconic sights of Cairo on a full-day tour, including the Great Pyramid of Giza and Great Sphinx of Giza
- · Discover the ancient Luxor Temple
- See the largest religious building ever made, Karnak Temple Journey to the West Bank of the Nile and explore the
- Valley of the Kings and Queens
- · Visit the incredible temples of Abu Simbel
- Admire the impressive Aswan High Dam · City of Muscat visiting The Grand Mosque, the Muttrah
- Soug and Muscat Museum

- · Return economy class airfares with Emirates between Perth-Cairo/Muscat-Perth
- All flights within Egypt
- · One way economy class airfare between Cairo-Muscat with Oman Air
- Four nights cruising the River Nile on the MS Royal Lily · Daily bottled water, as well as soft drinks, beer or wine with dinner on board the MS Royal Lily
- · 23 meals; 14 breakfasts, 5 lunches and 4 dinners · Quality accommodations throughout the journey
- · Services of a Travelmarvel Tour Director and local guides
- Transfers, port charges, tipping and entrance fees
- * 2 days are spent flying overnight from Perth-Cairo/Muscat-Perth Escort is subject to a minimum of 16 passengers

INTERESTED PERSONS EVENING Thursday 14 March, 6pm Travel Tree, Level 2, 3A Davies Rd, Claremont



TRAVELMARVEL | Travel More

For bookings, info and RSVP to interested evening contact Chris Dagostino PH 9382 5011 E: chrisd@traveltree.com.au www.traveltree.com.au

Luxury garden tour specialist to feature at Garden Week in April



LUXURY garden tour specialists **Violets** and Tea are a boutique company which provide carefully cu-

rated tours of English gardens and flower shows.

They focus on creating memorable re-

laxing and enjoyable experiences for their guests.

CEO Eliza Ford says that gardens are her passion and she believes that England has the best gardens in the world.

"Our philosophy is to create a truly unique experience for our guests with itineraries that go above and beyond a typical garden tour," said Ms

"Our tours stand apart because we find those special touches to make it a holiday of a lifetime whether its dining in a Michelin star restaurant, sipping Pimms on the River Thames or enjoying afternoon tea in a 400-year-old estate."

Violets and Tea conduct small group tours with no more than 15 guests, fully escorted with knowledgeable tour managers who act as a personal concierge for the tour.

Garden visits are supplemented visits to charming English villages, glorious landscapes and sumptuous dining experiences.

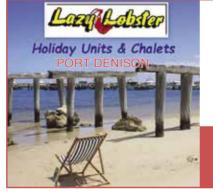
The tours are set at a relaxed pace and

a designed to be a holiday for guests to relax, be inspired and create wonderful memories.

Violets and Tea CEO Eliza Ford will be visiting Perth for Garden Week from 11 - 14 April at McCallum Park in Victoria Park.

She welcomes Have a Go News readers to come along and meet with her to talk about her itineraries and see why Violets and Tea stand out from your average garden tour.

For further information email tours@ violetsandtea.com or visit their website at www.violetsandtea. com



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11 NIGHTS **DEPARTS PERTH ON SUNDAYS**

Rail travel on the Indian Pacific, PER to SYD in Gold Service cabin • Includes meals, drinks and off train experiences • 3 x nts accom in SYD

• Sydney Harbour Story Cruise • Rail travel on the XPT, Day Service SYD to MEL • 3 x nts accom in MEL • City tour & river cruise • Rail travel on the Overland, MEL to ADEL • 2 x nts accom in ADEL• Adelaide City Sights Tour • Air travel, ADEL to PER.

GOLD from \$4800 pp t/share

PLATINUM from \$6520 pp t/share

ESCAPE NEW YEAR WITH YOUR RAIL SAIL **AND ISLAND**

Outside from \$4080 pp t/share

12 NIGHTS DEPARTURE **29 DECEMBER 2019**

· Indian Pacific PER to ADEL Gold twin with all meals, drinks and tour • 3 x nts Stamford Hotel or similar • Full day Barossa Food and Wine Tour • 3 x day/2 x nts Kangaroo Island package • Best of Kangaroo Island • 1 x nt Adelaide Hotel • Cruise on Vasco da Gama 7 x nts includes all meals and entertainment calling into the following ports; Esperance, Albany, Busselton and scenic cruising. Inside from \$3898 pp t/share

EXPERIENCE SOUTH EAST AUSTRALIA

20 NIGHTS **DEPARTURE SUNDAY 20 OCTOBER 2019**

NO FLY HOLIDAY • Rail PER to SYD - Gold cabin • 2 x nts SYD central hotel Captain Cook dinner cruise • Rail to MEL • 2 x nts MEL central hotel • MEL drinks and off train experiences • 4 x nts Murray Princess Cruise, outside highlights tour, river cruise and lunch • 5 x nts Golden Princess MEL to ADEL • 3 x nts Murray Princess cruise • 3 x nts ADEL central hotel • Barossa Food and Wine tour • rail ADEL to PER Indian Pacific - Gold cabin from \$8,890 pp t/share, \$10,799 Single

QUEENSLAND RAIL ADVENTURE

13 DAY DEPARTS FRIDAYS

Fly from PER to BNE • 2 nts BNE accom • Depart BNE on the Tilt Train 3 x nts Fraser Island accom • Fraser Island; 4WD beauty spots tour Marborough to Townsville Spirit of QLD • Magnetic Island - 3 x nts accom Island Leisure Resort - includes car hire. After Cairns fly home to PFR ADULT from \$3170 pp t/share PENSIONER from \$3010 pp t/share

TOWNSVILLE

27 JULY TO 5 AUGUST

Australian Festival of Chamber Music - Opening weekend extravaganza, includes the festival open night concert, governor's gala and concert convo with Kathryn Stott • 3 x nts hotel accomm and the above inclusions LAND ONLY from \$466 pp t/share

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MURRAY RIVER AND GHAN

11 DAY **DEPARTS MONDAYS**

Fly PER to ADEL • Transfer to Mannum for river cruise • Includes meals, cabin includes all meals • coach transfer back to ADEL • ADEL hotel for 2 x nts ADEL to Darwin on the Ghan in a Gold cabin, inc all meals and drinks • Darwin hotel accom for 2 x nts • Return flight back to PER.

LOW SEASON from \$4920 pp t/share Single and other season pricing available

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from \$4295 pp t/share, share with a stranger \$4475 pp t/share

2019 WEST AUSTRALIAN TOURS



5 DAYS | EASTER IN WALPOLE 5 DAYS | EASTER IN KALBARRI

The picturesque south coast township of Walpole Kalbarri at Easter is the perfect holiday experience. provides an ideal base for your Easter holiday. Come and revel in the warmth and immerse Explore giant forests of trees, tranquil inlets and yourself in the spectacular natural beauty of peaceful bays, spend time with the locals discovering Kalbarri and the Murchison. A popular resort style fascinating history and facts.

holiday destination, Kalbarri has it all.

Thursday 18 to Monday 22 April 2019

Thursday 18 to Monday 22 April 2019

FreeCall 1800 066 272 for full itinerary and prices



5 DAYS | ALBANY AND THE ANZACS

Join with villa to experience first-hand Albany's Anzac connections. Be part of the Anzac celebrations, explore the preserved and significant historical sights of Albany and Princess Royal Fortress, travel through incredible natural landscapes, witness the ruggedly beautiful coastline, view the Field of Lights and relax on a journey to remember.

Anzac Day Dawn Service, March and Ceremony | National Anzac Centre

Tuesday 23 to Saturday 27 April 2019 Price \$1385 | Single Option \$210



6 DAYS | AUTUMN GARDEN PARTY

Visit the Blackwood Valley during autumn. The mornings are cool and crisp, the valleys are filled with mist and the quaint towns come alive with festivities. Join fellow travellers to experience a Garden Party, historic hidden villages, the world's largest wooden pendulum clock, autumn festivals and local produce.

Ford House Garden Party and Tour | Festival of Country Garden

Tuesday 30 April to Sunday 5 May 2019 Price \$2055 | Single Option \$380



5 DAYS | JUST FOR SINGLES KALBARRI

Come revel with your fellow solo travellers in the warmth and spectacular natural beauty of Kalbarri and the Murchison. Kalbarri, the jewel of the Coral Coast features the spectacular Murchison Gorges and incredible rugged landscapes. Admire towering sandstone cliffs bordering the coastal reef fringes, cruise the pristine Murchison River, step out into the rugged outdoors, view ancient landscapes and relax in comfort at the Kalbarri Beach Resort.

Monday 6 to Friday 10 May 2019

Price \$1895 Guaranteed Single Room | \$310 Share a room and save





5 DAYS | NORTHERN GOLDFIELD RICHES

On this journey to WA's famous goldfields, discover a rich history as you explore magnificent heritage architecture, fascinating museums and historic ghost towns. Begin by following the route of CY O'Connor's pipeline aboard the villa luxury coach then in the towns and communities, the story of the early gold prospecting days will come to life. Travelling to Lake Ballard, admire wide sweeping plains, dry lake beds and fields of spinifex. This is a great opportunity to save by using your Transwa Free Pass.

Tuesday 14 to Saturday 18 May 2019

Price \$1615 Prospector Free Pass | \$1670 Pension/Seniors | \$1720 Adult | \$255 Single Option



GOLDEN OUTBACK TRIANGLE 6 DAYS

On this Golden Outback tour, experience the contrast from the rich red earth of the goldfields to some of Australia's whitest sand. Aboard the Prospector Train, travel from Perth to Kalgoorlie and while in Kalgoorlie explore the hub of WA's gold mining legacy. Tour south to Esperance where the rugged coastline and pristine beaches contrast with the arid outback and then drop by one of Australia's biggest waves, Wave Rock. The contrasts make for an epic scenic experience with outback pioneering stories to discover.

Saturday 18 to Thursday 23 May 2019

Price \$1885 Prospector Free Pass | \$1935 Pension/Seniors | \$1990 Adult | \$315 Single Option



10 DAYS | NORTH WEST SPECTACULAR

Australia's Pilbara and North West 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 staying in deluxe style tents with en suites. Then tour the ranges and beaches of Cape Range National Park, staying two nights in Exmouth before returning south via Coral Bay and Geraldton.

Thursday 6 to Saturday 15 June 2019 Price \$3935 | \$760 Single option



10 DAYS | JUST FOR SINGLES CORAL COAST

Unspoilt and uncrowded, the Coral Coast is a magnificent area to enjoy with your fellow solo travellers. Including many of WA's well known attractions and experiences discover a treasure trove of beaches, exotic marine life and national reserves including the Shark Bay World Heritage Area, the dolphins of Monkey Mia, Coral Bay and the Ningaloo Reef.

Friday 14 to Sunday 23 June 2019

Price \$4410 Guaranteed Single Room | \$725 Share a room and save



FREE TRAVEL INFORMATION SESSION 2019 Australian Tours and New Tour Releases

Tuesday 16 April 2019 Date:

State Library of Western Australia (Geographe Room) Venue: Sessions: Morning 10am - 12.00pm Afternoon 1.00pm - 2.30pm

Villa's Travel Presentations are designed to inspire and inform you. Meet the staff of villa, mingle with new and existing villa travellers, make new friends and hear about upcoming tour departures and new tour releases.

RSVP essential - FreeCall 1800 066 272 or email travel@villa.com.au







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et's go travelling travel options for the mature





Survey reveals CMV cruise line provides an affair to remember



Dance the night away at sea

CRUISE & Maritime Voyages (CMV) recently celebrated Valentine's Day with a survey highlighting why love and cruising go hand in hand.

The survey of more than 1,000 cruise enthusiasts revealed that when it comes to love and cruising 67 per cent of respondents travel with a spouse, partner or significant other (across all holidays). Almost one in five guests have celebrated a milestone/special occasion on board with CMV, with 30 per cent of these being a wedding anniversary.

Moreover 42 per cent have travelled on ten

or more cruises, reinforcing Australia's love affair with cruising, 87 per cent of respondents said they loved cruising because they only had to unpack once, and 85 per cent indicated it was also because everything was taken care

Regarding the top motivators for booking with Cruise & Maritime Voyages, 71 per cent of respondents selected value for money and 67 per cent love that CMV crew members are warm and friendly.

The most romantic moments guests had witnessed on board ranged from grand displays, such as weddings and commitment ceremonies, to the little things like couples holding hands or slow dancing in the eve-

When it comes to loving your travel agent... they were the most preferred way to book among respondents; 40 per cent of respondents were loyal to their agent while 21 per cent shopped around.

The top factors for using an agent were: having everything taken care of (e.g. flights, hotels, transfers); being able to discuss options with a travel expert; and being taken care of if something didn't go as planned.

Cruising really can be a life-long love for

some travellers, with one loyal Australian CMV guest, Kevin McCann, of Western Australia, kicking this year off by completing ten backto-back voyages.

Dubbed the 'back-to-back champion' by the Cruise & Maritime Voyages team, Mr Mc-Cann undoubtedly loves cruising and has iust returned from completing ten consecutive cruises with Astor this season (2018/19) over seven weeks. He will have completed 37 cruises with CMV by the end of this season.

This follows five back-to-back sailings on Astor in 2017/18. By the end of the 2019/20 season, he will have spent more than a year on board Cruise & Maritime Voyages ships.

As a solo traveller, Mr McCann said he en-

joys the interaction with staff.

"I like the intimate nature of the sailings and having contact with the entertainers, crew and captain - even the maintenance people are friendly and approachable."

When it comes to on-board romance, Mr McCann won't divulge much except to say, "I have had fun on the ship."

To book your cruise aboard the new Vasco De Gama which arrives next summer ship see Bicton Travel's advert on page 38 for some fantastic specials. Call them on 9339 0177.

Superstar Hugh Jackman says: Have a go!



Paul Boon performs with his 'didge'

by Lee Tate continued from front cover

In 2008, Paul co-produced the Kimberley leg of the Russell James project The Nomad Two Worlds, in the preparation and negotiations with artists and traditional owners for a 2009 New York exhibition.

In 2011, he produced and performed in Los Angeles and Berlin for The Nomad Two Worlds exhibitions.

In LA, Jackman attended Paul's show and asked him and artist Nathan Mundraby to perform in his San Francisco show. They were later joined by Olive Knight in Toronto then by Clifton Bieundurry for a 10-week record breaking season on Broadway.

The two men have covered a great deal of ground and material.

"I met Hugh in 2009 when we had a Russell James Nomad Exhibition at Donna Karan's space in New York. (Russell James, also Perth-born, is an internationally-renowned photographer).

"Hugh briefly left filming Wolverine in Canada to be the guest of honour at the exhibition.

'Coincidently, Clifton Bieundurry was exhibiting with Hugh's father-inlaw, Graham Duncan, in Melbourne so there was a layer of connections.

"When a tsunami hit Japan in 2010, it postponed Hugh's next Wolverine movie and freed him to start the Broadway show in San Francisco in May 2011

"In February, 2011, he walked into a Nomad exhibition where we were performing."

Jackman, at age 18, worked on Aboriginal community, Areonga.

Paul said: "Needing something that reflected his experiences and also his work on the Australia movie, Hugh wanted to have something in the show with that flavour.

"Lucky for Nate Mundraby and me, we were asked to go to San Francisco, then Toronto followed by the one-week stint on **Éroadway**.

"There were several small one-offs shows in Turkey and the Kodak Theatre in LA (where the Academy Awards are held) and a 2015 gig at the Metropolitan Opera house in NY. While there went to rehearsal in Brooklyn to see a new movie he was working on...The Greatest Showman."

In 2016, Paul took up a residency in the Clontarf Academy in Broome, working with more than 200 indigenous youth in a mentoring role.

His specialist didgeridoo-and-dance program focuses on developing the artistic skills in indigenous boys 12-18 years.

Paul is a regular collaborator with the Tura Music Foundation which engages the best inmusicians diaenous with some of Australia's greatest non-indigenous musicians, touring communities in the northwest.

Paul is also a respected visual artist.

"I use sands and ochres, mixed with acrylics and glues to create contemporary a reflecting Broome and the Kimberley," he told me.

He has worked with a variety of indigenous artists over the last 15 years with several major exhibitions. He collects sands and ochres for his art from around the world.

"I follow Hugh's saying

and have a go," he said.
The world tour of *The* Man. The Music. The Show. starts in June with a run in the UK and Europe. There's a 22-city North American tour including Houston, Chicago, Toronto, Boston, Las Vegas and New York with two shows at Madison Square Garden and two shows at the Hollywood

Bowl in LA. Paul says the Australian dates have just been announced for August.

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beaten track to explore some of the hidden gems of outback Australia

They believe that focusing on small group allows experiences greater engagement in the adventure. They offer a ratio of one staff member to a maximum of four clients. Personalised attention and in-depth knowledge, beyond the typical presentation, give an enriched experience. They also offer a specialised tour design service, to plan a trip around specific interests.

The tours are a mixture

of accommodated and camping and available as tagalong for some

This year Affinity have a brand-new range of exciting niche tours.

Join them for Country Garden Festivals, weekend getaways (including Christmas in July), botanical workshops and south west touring with a difference, including immersion indiaenous

workshops have also planned some fantastic experiences in the remote outback: including Along the Anne Beadell Highway and East to West. from Byron Bay to Steep Point through the centre.

Or try the early days of European contact with their Batavia Coast Explorer, focusing on the Shipwreck Coast, or More Precious than Gold: the Holland Track, Golden Pipeline and water to the Goldfields.

Prices are inclusive of meals, accommodation and activities.

For further information see advertisement on

Enjoy the best of WA beaches, villains and Elvis..

THESE are three totally unrelated sights, but they all have one thing in common - Aussie Redback Tours have included them in their upcoming tours for

Guests will see some of the best beaches on the Esperance - Bremer Bay at Easter tour which runs from Friday 19 to Tuesday 23 April. First visit Hyden, famous for Wave Rock.

edge resort

The next day guests will explore the very stunning Cape Le Grand National Lucky Bay, Rossiter Bay, Hellfire Bay, Le Grande Beach, and Thistle Cove. The beaches there are exquisite - some would even say the best in

the world. Other stops include Esperance's version of Stonehenge, Pink Lake, and a very interesting boat cruise to the nature reserve at Woody Island.

Along the way is the chance to spot white bellied sea eagles, dolphins, sea lions and seals, while enjoying an informative commentary about the

On this tour, Aussie Redback Tours will also visit the scenic lookouts at Fitzgerald River National Park, and Bremer Bay which is known for

its beautiful beaches and whale watching.

The tour takes in some remarkable WA spots and with an expert guide and driver, it is a perfect way to spend Easter.

Will Aussie Redback Tours have Easter eggs on board? You'll just have to wait and see.

As for villains and Elvis what is that all about? You can see these on two of Aussie Redback Tours' day tours.

Ón Sunday 5 May enjoy a visit to the Moondyne Joe Festival at Toodyay. Soak up the bushranger atmosphere as Toodyay re-enacts the capture of Moondyne Joe, Avon Valley's legendary bush-

The main street includes a variety of stalls and will be interrupted by shouts and scuffles as Moondyne Joe tries to evade his captors. Inevitably he's caught and guests get to see his mock trial. A fun way to learn a bit of history

On Sunday 12 May celebrate Mother's Day with an Elvis Presley Mystery Tour. Aussie Redback Tours have combined Mother's Day with an Elvis Presley show to give mums, friends, and family a fun day out.

The destination is a mystery, but the price does include a restaurant meal and a special surprise for all mums on the

If you would like to join Aussie Redback Tours any of the tours above, or if you'd like one of their chures sent to you, please phone 1300 662 026 or email aussieredback tours@vahoo.com.au.



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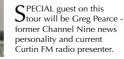


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A SSISTANT tour director, and keen photographer Roy.

has travelled on many of





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bioregion

Coolgardie



The Golden Mile of Kalgoorlie-Boulder offers an historic insight into this gold mining region









scapes, become aware of unique flora and fauna and learn about ancient Aboriginal culture and European practices of

with outstanding envi-

ronmental, historical and

cultural values. At each

of these sites you will

discover different land-

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

For more information visit www.kalgoorlietour ism.com

Left to right; gold panning - the city markets - the super pit and Paddy Hannan's statue

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

Hannan then rode through to Coolgardie and registered the claim on 17 June 1893, and in the ensuing goldrush Kalgoorlie was born.

In 1989, the two towns of Kalgoorlie and Boulder amalgamated to form a twin city.

Kalgoorlie-Boulder is still one of the world's biggest gold mining cities and that feeling of excitement and discovery remains in the air.

Both Kalgoorlie and Boulder have beautiful examples of Goldrush era architecture to explore. Walking down the main street in Kalgoorlie is like going back in time.

There are great examples of the age, including such gems as the City Markets (1901), Government Buildings (1899), the York, Palace, and Exchange Hotels and The Kalgoorlie Miner building (1900).

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

At the top end of Hannan Street, underneath an original poppet head, more treasures can be found at the WA Museum of Kalgoorlie Boul-

The displays of historical memorabilia regale amazing tales from the early pioneers of the city.

The history of mining in Kalgoorlie Boulder is a fascinating journey – a celebration of innovation, ingenuity and sheer hard work.

The twin city owes much of its success to the engineering skills and vision of CY O'Connor. He was responsible for the design and construction of the pipeline which supplies much needed water to the region. The pipeline was opened in 1903, delivering fresh clean water from Mundaring Weir to the Mount Charlotte Reservoir in Kalgoorlie. The original pipeline is still in use and remains the lifeline of the region today.

With a guaranteed supply of fresh water ever-increasing and finds of gold, the population of Kalgoorlie Boulder swelled as men came in their thousands to find their fortune on the Goldfields.

With the influx of single men, so too came the demand for goods and services.

Like Kalgoorlie, the main street of Boulder, Burt Street, boasts many architectural beauties. The most notable of these include the Palace Theatre (1930) and its art deco design, the Court Hotel (1900), the Loopline Railway Museum and the Boulder Town Hall (1908).

The Boulder Town Hall houses the remarkable stage curtain painted by Philip Goatcher, the famous theatrical scene painter, it is the only one of its kind left in the world.

Burt Street underwent extensive restoration work during 2014-2015 to return many of the shop fronts back to their original facades of the early 1900s.

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

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

to assist those in need. On the third Sunday of every month, Boulder Market Day takes place in historical Burt Street. From 9am until 1pm, shops open their doors for business and the streets overflow with a diverse range of

multicultural food stalls, art, craft and gift stalls, entertainers buskers. and displays.

If you're a lover of nature and the great outdoors, you'll delight in the natural woodlands, trails and leisure parks in and around the City. Kalgoorlie Boulder is situated on the edge of the largest temperate woodlands on earth. Spanning 16 million hectares, it is home to almost 20 per cent of the country's known plant species. The Great Western Woodlands, also known as the Goldfields Woodlands, have been kept largely intact because of their remoteness and unsuitability for agricul-

A showcase of the woodlands can be seen at Karlkurla Park (pronounced 'gull-gurl-la'), 200 hectares of bush land on the northern outskirts of the City. Enjoy one of the many walking trails which meander through the park and marvel at the gimlets, salmon gums and wildflowers. A viewing platform is located in the heart of the park, offering superb 360 degree views of surrounding bush lands - a majestic sight, particularly at sunrise or sunset.

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DAY 1. PERTH TO KALGOORLIE

Depart Perth on the Prospector at 7.10am and arrive in Kalgoorlie at 2pm. Transfer to your hotel (at your own expense) and free afternoon to explore the city.

DAY 2-3. TOURING KALGOORLIE-BOULDER Over these two days, undertake tours to the Super Pit Questa Casa Bordello and Kalgoorlie-Boulder Audio Walking Tour. Explore the streets, have a meal in a historical hotel, check out the museum. NB Clothing restrictions apply on Super Pit Tour

DAY 4. KALGOORLIE TO PERTH

Transfer to the rail station (own expense) and depart at 7.05am, arriving back into Perth at 1.45pm.

Book with Kalgoorlie-Boulder Visitor Centre 9021 1966

visitors@kalgoorlie.com kalgoorlietourism.com

rms & conditions apply. Prices per person queen share, extra costs for twin & single lid for travel until 31/12/19. Not available for travel between 4/8/19-7/8/19 & 2/10/19-5/10/19.



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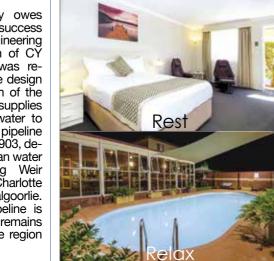












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DAY 1: DEPART PERTH

Your holiday begins when you are picked up from home by a private vehicle and transferred to the airport. Meet your fellow passengers and fly to New Zealand.

DAY 2: ARRIVE AUCKLAND (Free Day) (B,D) On arrival in Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel for immediate hotel check-in. Enjoy breakfast at the hotel followed by time at leisure. Tonight enjoy a welcome dinner.

Hotel: Grand Millennium Hotel

DAY 3: AUCKLAND - BAY OF ISLANDS (B,D) Enjoy a city tour of Auckland, dubbed the 'City of Sails', before travelling to Matakohe to enjoy a visit and informative talk at the Kauri Museum. Travel via Whangarei to Paihia, situated in the heart of the beautiful Bay of Islands. Enjoy a guided tour of the Waitangi

Treaty Grounds, the location of the signing of

the treaty between the Maori tribes and the

Hotel: Scenic Hotel Bay of Islands or similar (2 nights)

DAY 4: BAY OF ISLANDS (Free Day) (B) Today is a free day. Choose from the many optional activities available, including the Cape Reinga coach trip via Ninety Mile Beach or a spectacular scenic flight. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

DAY 5: BAY OF ISLANDS - AUCKLAND (B,D)

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins before returning to Paihia. Travel south via Whangarei, call into the Parry Kauri Park to see a magnificent example of a Kauri Tree before returning to Auckland.

Hotel: Grand Millennium Hotel

www.kiwirail.co.nz

DAY 6: AUCKLAND - ROTORUA (B,D)

This morning travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook for Rotorua to visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.

Hotel: Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

DAY 7: ROTORUA (B,SD)

Today begins with a gondola ride and breakfast at the Skyline Rotorua. There is also time for a luge ride! Next stop is Agrodome for an action packed hour of farming entertainment and education that's unlike anything you've seen before. Enjoy some free time this afternoon before travelling to Te Puia to see the boiling mud pools and awesome geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

DAY 8: ROTORUA - WELLINGTON (B,D)

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park to the Wellington Tramway Museum to view a display of tramway history and enjoy a nostalgic trip on one of the original trams that served Wellington city.

Hotel: James Cook Hotel Grand Chancellor (Lambton Room. 2 nights)

DAY 9: WELLINGTON (B)

A highlight this morning will be time to explore Te Papa, New Zealand's National Museum with exhibits that embrace both Maori and European views. Reboard your coach for an extensive city tour. Enjoy time at leisure this afternoon and this evening is also free to explore Wellington's lively food scene.

DAY 10: WELLINGTON - CHRISTCHURCH (B.D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other travelling through numerous tunnels and across several bridges. Enjoy a two night stay in the garden city of Christchurch.

Hotel: Distinction Christchurch (2 nights)

DAY 11: CHRISTCHURCH (B)

Today visit the International Antarctic Centre, designed to provide an informative account of life in Antarctica. This is followed by an introductory city tour of Christchurch. This afternoon includes a journey on board the Christchurch Tram at your leisure, one of Christchurch's leading attractions. This evening is free to explore the local cuisine.

DAY 12: CHRISTCHURCH -

ARTHUR'S PASS – FRANZ JOSEF (B,D) This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Board your coach and travel to Hokitika, famous for its Greenstone before arriving at the township of Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel: Scenic Hotel Franz Josef Glacier

DAY 13: FRANZ JOSEF - QUEENSTOWN (B) See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown, a year round resort situated on the shores of magical Lake

Wakatipu.

This evening is free to dine at one of the many fine restaurants.

Hotel: Copthorne Hotel and Resort Lakefront (2 nights)

DAY 14: QUEENSTOWN (Free Day) (B,SD) Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbecue dinner which the chef will prepare in front of you at the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

DAY 15: QUEENSTOWN -MILFORD SOUND OVERNIGHT CRUISE (B,D)

This morning travel to Arrowtown and visit the Lakes District Museum. Continue via Te Anau to Milford Sound and board the Milford Mariner for your amazing overnight cruise. There is plenty of time to view the fiord's spectacular waterfalls, rainforest, mountains and wildlife - you're bound to encounter seals and if you're lucky maybe dolphins and penguins. As evening falls enjoy a delicious carvery buffet prepared freshly by the onboard chef.

Overnight Milford Mariner

DAY 16: MILFORD SOUND - TE ANAU (B,D) Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord. Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau where you will enjoy an afternoon at leisure. You may like to visit the Te Anau Glow Worm Caves (optional).

Hotel: Distinction Luxmore (Deluxe Room)

DAY 17: TE ANAU - DUNEDIN (B,D) Travel via Gore and Balclutha to Pukerangi to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible

Bay of Islands 2

Queenstown

Dunedin

Milford Sound (1 Te Anau 1 2 Rotorua (2)

₹(1)1 AUCKLAND

2 Wellinaton

1) CHRISTCHURCH 7

by rail. On arrival at Dunedin's historic Edwardian Railway Station your coach will transfer you to the hotel.

Hotel: Scenic Hotel Southern Cross (2 nights)

DAY 18: DUNEDIN (B,SD)

This morning travel along the Otago Peninsula to Larnach Castle where you hear of the tragic and scandalous history on a guided tour. Enjoy time to wander around this Garden of International Significance followed by a delicious Devonshire Tea. Return to the city for an informative city tour followed by some free time. You might be interested in a tour of Speights Brewery (optional) or the chance to see wildlife in their natural habitat (optional). Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

DAY 19: DUNEDIN - CHRISTCHURCH (B,SD)

This morning visit Olveston, a prosperous merchants' home from the turn of the century before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends.

Hotel: Sudima Hotel Christchurch Airport

DAY 20: DEPART CHRISTCHURCH (B) Time to say goodbye. You will be transferred to the airport for your flight home after a memorable New Zealand holiday. Upon arrival into Perth your Driver will be waiting to take you safely home.

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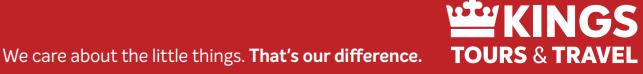












WA's GREAT Outdoors AUSTRALIA'S CORAL CARAVANNING CAMPING ACCOMMODATION

Mike Roennfeldt's enduring love of fishing in beautiful Exmouth



Spectacular action on a perfect day on the eastern side of Exmouth Gulf

by Mike Roennfeldt

ANYONE who has read fishing ramblings over the years will know

how much I love Exmouth. It's a place where there are more fishing options that you can point a stick at and in-

variably, never enough time to explore half of them.

One trip there really stands out in my memory because it was the first time I had visited the eastern side of Exmouth Gulf.

The sparsely fished eastern side is a maze of creeks, islands, rocks and sand flats, where huge queenfish, trevally and cobia are less exposed to the sight of a lure going past than they are in more populous ar-

I was fishing with local guide Shane Wunhym, whose tough-as-nails 7 m aluminium centre console made an ideal platform for chasing some of the most exciting sport fish on the planet. My regular fishing mate Thommo was in his own boat, together with his sons James and Dave.

There were so many moments during the couple of days we spent out on the gulf that it would be impossible to recount them all, but a couple were standouts. Easily the most memorable was on a vast sand flat covered with just a couple of metres of crystal-clear water. We were told to keep an eye out for manta rays and when we spotted our first we weren't disappointed.

It was actually a group of three mantas and in attendance were numbers of cobia and big golden and brassy trevally. Shane cast his hookless popper out over the cloud of fish and rays and the flat-out retrieve brought with it a murderous horde of predators trying to catch the wildly splashing lure.

Any lure or fly cast in their vicinity was immediately smashed and we had some vintage fishing, with double hookups, followed by chasing the fish over a featureless white sand flat that seemed to go on forever. Late the first afternoon,

we got out of the boats onto a tiny sand spit surrounded by deeper water in the middle of the gulf. The spit was completely submerged at all but low tide, but Shane knew there were some monster trevally and giant herring there. He showed us just how it was done, by hooking, playing out and releasing a thumping big trevally that was well in excess of 20 kg, while the rest of us had a ball on smaller trevally and giant herring before the rising tide and fading light dictated that we'd better get back into the boats.

We hooked queenfish to over 10kg, sometimes in water that wouldn't have wet our kneecaps, and anyone who has hooked a queenie over 3-4kg in shallow water will be able to imagine the sort of fireworks that a 10kg fish can turn on in that situation. The speed and acrobatics almost defy description.

Craggy outcrops of rock held tackle-busting mangrove jacks, and although we weren't lucky enough to catch one, there were barramundi lurking among the oyster encrusted reefs. Spanish mackerel, cobia, shark mackerel and tropical reef species ensured we never went long without some sort of action.

It was an unforgettable fishing experience with a real pioneering feel to it.

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Kalbarri is a great holiday spot

THIS season Kalbarri Palm Resort is offering a number of great packages including a free deluxe food hamper and many other features to make people's stay in Kalbarri a very relaxing and refreshing holiday.

Trans WA coaches arrive from Perth and Geraldton every Monday, Wednesday and Friday. With the package the Palm Resort mini bus will provide free transfers to and from the bus station in town.

The resort is only 200 metres from town and foreshore so once settled in guests can explore the shops and foreshore within a very short distance. Those who don't come

up on TransWA coaches and take advantage of the pensioner free pass they can self-drive and take advantage of plenty of choice in multi-night stay specials.

The best package on offer is the \$279 deal which gives two guests a twin or double room

nights. It includes free upgrade to a deluxe hibiscus suite, fresh food hamper, mini bus transfers, bottle of wine and chocolates which start a Kalbarri holiday off on the right foot.

At Palm Resort the

(queen bed) for three

value packages are designed especially for seniors and with the hamper, wine and chocolates guests receive upon arrival, this ensures guests' holidays begin the moment they arrive.

For those travelling alone, Kalbarri Palm will still look after you in their best hibiscus deluxe suite. The single supplement on this deal is just \$93 per night, with all the free additions and upgrades still provided.

The resort has recently been refurbished by managers Kellie and Brendan and is rated three and half stars. Guests will be pleasantly surprised with all the resort features and quality room amenities.

There is of lots to do in Kalbarri. Those who choose to stay at least five or six nights can extend the special package at just \$93 per night for the room (not per person).

This gives more time to enjoy walking on the beach and the scenic trails down towards the coastal gorges.

Treat yourself to a scenic flight to Monkey Mia or out to the incredible Abrolhos islands.

Meander through the shops with a difference around town.

Take a boat ride on the reef walker boat or the River Queen up the

There is daily pelican feeding on the foreshore. This is a must one morning during a stay. Then enjoy a latte, flat white or chai on the way back to the resort... or just relax on your private balcony and enjoy the Kalbarri sunshine and gentle sea breezes.

Free call the resort on 1800 819 029 to book or email them on stay@ palmresort.com.au. For details and prices on all seniors packages go to www.palmresort.com. au and click on the specials tab.

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WA's GREAT Outdoors AUSTRALIA'S CORAL CARAVANNING CAMPING ACCOMMODATION



Five cheap WA caravan stays that won't break the bank







Top, from left to right; The Cape Range offers stunning views - David and daughter Ruby admire the horses - Give me a home among the gum trees... Inset; Camp sites are simple but good



by David Allan-Petale

WESTERN Australia is sometimes known by funny names: Wait Awhile for its laid back pace, The Big State for its size, and Wallet Attack for its prices.

When you travel in WA each of these names can certainly ring true, but there's a new name - The Road Trip State - that the tourism sector is hoping will catch on and inspire people to hit the road, exploring far and wide.

Taking up the challenge, my family and I just got back from a three-month road trip towing a caravan behind a four-wheel-drive. We took the slow road up to Cue in the Murchison

We are a very neat and

tidy caravan park

of Geraldton

located 8kms south

from the city centre

Goldfields, seeing wildflowers in bloom along the way, before heading to the coast for a leisurely drive to Exmouth.

As chilled out as it is, as big as it is, let's face it WA can be expensive. To keep the costs down we constantly sought out cheap or free camping sites to help keep us in the black.

With autumn and its good driving weather coming up, there are sure to be many road trips being planned. Saving a few dollars here and there can take them further. Here are some places we found that won't break the bank, while showing a side of WA well worth seeing.

Osprey Bay

The Ningaloo Reef is a World Heritage-listed natural wonder, and some of the best places to see it are within the Cape Range National Park outside Exmouth.

Deep in the park, Osprey Bay has camp sites atop a cliff looking down onto a few sheltered bays with plenty of spots for swimming and watching the sun set.

Booked through the Department of Parks and Wildlife's website, for just \$22 a night per vehicle it's a steal. But be warned, it's long drop toilets only, no power, and you need to cart your own drinking water, a supply of which can be accessed freely at the Ningaloo Visitors Centre in Exmouth.

Wooramel River Retreat

Blink and you'll miss the turn, but if you catch sight of colourful flags just before the bridge over the Wooramel River, drive

in and you'll be greeted by a charming farm stay beside an 'upside down' ephemeral waterway.

Wooramel River Retreat 120km south of Carnarvon off the North West Coastal Highway, costs \$13 per person per night if you're towing a caravan in, or you can pay extra and stay in an eco tent or self-contained unit.

With fire pits at each campsite and majestic views of the dry riverbed and its mature river gums, Wooramel is magic place to spend a few days.

Geraldton and Dongara

Driving north, many people choose to stop in either Geraldton or Dongara for the night to break the trip up. But if you arrive late in the day, it can be a hassle to settle down, especially if you want to get going early the next day.

To help travellers on their way, both these Mid West destinations have established 24-hour parking bays for caravans and campervans. Geraldton's bays are right on the foreshore with a dump point, public toilets and the city's main street within easy reach.

In Dongara, the local shire has set aside a strip of land beside the cricket oval with a dump point and easy access for long vehicles.

Lucky Bay

Long a best kept secret amongst fishers and off roaders, Lucky Bay near Port Gregory in the Mid West has been opened up with a limestone road allowing easier access to a maze of sandy camping

For \$15 a night you get

a place in the dunes, a fire pit, newly built long drop toilets and picnic tables sheltered from the

The beach is just a short walk away through the dunes, and if you're feeling adventurous four-wheel-drive there's tracks and beaches for fishing.

Northbrook Farmstay

A working property that grows wheat and lupins and keeps sheep and horses, Northbrook Farmstay has a vast grassy area set aside for caravans and campervans with sweeping views of rugged hills.

There's a camp kitchen, games room, toilets and showers, plus water

Kalbarri Wagoe Beach QUAD BIKE TOURS is a fully guided self-drive quad bike & buggy tour along our pristine coastline at Wagoe Beach just 20kms south of Kalbarri.

www.kalbarriquad.co

and power points at a selection of sites just six kilometres from the historic town of Northampton.

We paid \$25 a night for a powered site and loved the simplicity of taking afternoon strolls on tracks beside the paddocks.

Staying in each of these campsites, we were reminded that the best kind of travel is often found off the beaten path, and keeping things simple can be rewarding. especially when it comes to the budget.

David Allan-Petale is a writer and travel blogger exploring Australia with his family. You can follow their adventures www.double-bar relledtravel.com.

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the office • Beach is 5 minutes walk • Free bbgs and

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WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION AUSTRALIA'S SO



Welcome to Country - rich Indigenous travel experiences across Western Australia





Some of the Indigeneous art and rock art in WA

by Lee Tate

RICH travel pickings are unfolding across Western Australia like never before. They are new, even for seasoned travellers. Yet they couldn't be older.

Indigenous peoples, with at least 50,000 years of world-unique history are opening their trails, their lands, their culture and their secrets like never before.

Travellers are snappingup the inside knowledge of the world's oldest culture from the experts themselves, the elders and the new Indigenous genera-

"Aboriginal elders used storytelling to pass on cultural knowledge and understanding that was needed in order to survive and protect the country," says the brochure in the tourist office.

"Today, these same stories continue to be passed on to each new genera-

And this is being shared with the wider community, as I witnessed over three months travelling in WA.

Stories of Indigenous artwork, hunting and survival skills, Dreaming stories, interaction with wildlife and bush tucker and walking trails are being shared.

It's happening on a wide scale and that's growing from the north-west to the

south-west.

There are clear signs to Aboriginal communities, to rock art sites, cultural centres with Aboriginal-theme sculptures and artworks displayed prominently. Aboriginal names in parks, lo-cal government areas and on streets are flourishing.

Clinton Walker, descendant of the Ngarluma and Yindjibarndi people, traditional owners of coastal and inland areas of the West Pilbara started Ngurrangga Tours to educate and immerse people in the ways of his culture and his-

Clinton has spent his life learning from his elders and family about the traditional

ways of his people. Éager tourists are taking Clinton's lead, following him in their 4WDs and listening-in to his commentary on their CB radios. A full day tag-along costs from \$220.

Bundy's Cultural Tours offers safari tent accommodation and bush tucker/ medicine plants, traditional fish-poisoning, night fishing and Dreamtime stories.

Broome Coastal Tours offers: "whatever mother dishes-up reflecting our connection to buru (coun-

Across the state our Indigenous hosts lead us in their harsh environment, effortlessly traversing

lands with spiky plants, rough stones and a worrying array of poisonous and threatening wildlife: snakes, spiders, ants and unknowns.

Many of us locals feel like fish out of water and international visitors, especially, are daunted by the outback. However, the easy

manner, clear explanations and shared experiences of our Aboriginal hosts has a calming effect on all of us. To experience the wil-

derness through the eyes of the Miriuwung people includes a Luridgii Tour through the Argyle Diamond mine - with a difference. The tourist hears about how diamonds came to be with the Jaliwang (Barramundi) Dreaming.

In Broome, Bart Pigram, a Yawuru man, is a trained curator with saltwater lifestyle background who can give the inside running on the fascinating life of mangrove forests.

To hear about the world's largest rock art gallery, a trip with Ngurranga Cultural Tours explains the Pilbara's 40,000-year-old ancient petroglyphs.

In Shark Bay there are cultural awareness pro-grams and bush tucker

Kalgoorlie Bush Ghoodhu Wongutha Tours appeals with honey ants, animal tracking, traditional language, significant sites and camping out. In Dumbleyung there's foraging and bushtucker as well as cul-

turally-significant sites. Near Yallingup, there's the Wardan Aboriginal Cultural Centre, developed by the Wardandi people to share their culture to understanding increase and reconciliation with the wider community. Their extensive art collection is well-respected.

Koomal Dreaming also at Yallingup explains the lives of the Wadandi people with didgeridoo music, artefacts, native foods, caving and bush walks.

Walyunga National Park. 40 kms north east of Perth, has a 5.2 km half-day heritage walk trail where the history of white water rafting is explained along with Indigenous culture, the plants and animals.

In Perth, Nyungar guides reveal the secrets of the city's past culture, the Whadjuk people and Dreaming stories as well as language, tools and weapons and traditional songs.

WA is a big canvas, over 2.5 million kilometres, unchanged for billions of vears and where seminomadic mobs thrived as hunter-gatherers and used 60 different language

Aboriginal heritage is protected with some regions, requiring transit permits. Mostly it's an easy process but at least 10 days' notice is required.

West Australians' understanding of their own immense and unique backyard and the peoples who tamed it has been lacking in past education. Travelling as tourists in our own land creates a knowledge thirst that, happily, is being met by Indigenous groups, authorities and individuals.

The Western Australian Indigenous Tourism Operators Council was formed to foster Aboriginal tourism experiences to "ensure visitors receive the real Aboriginal cultural experience they seek".

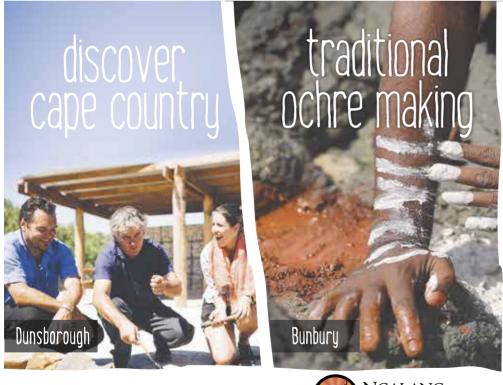
The council offers brilliant maps and brochures including Touring Map of Western Australia Aboriginal Tours and Experiences and also Aboriginal Cultural Tours and Maps (www.wai toc.com).

Indigenous peoples encourage children to join their tours. They spell it out:

"Whether it's ancient Dreaming stories told around a campfire, cooking freshly-caught crab or witchetty grubs over open tracking wildlife across the desert sands or making a traditional spear or tapping sticks, children feel better, behave bet-ter and learn more when we combine learning with outdoor nature-based and cultural activities.

"When children leave behind the social and technological complexities of modern life, it reignites their natural curiosity, inventiveness and sense of adventure".

Indigenous tourism operators say: "Welcome to our country".





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riginal lours and Experiences

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WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION

Margaret River's Open Studios provides fresh appeal...



Inside one of Margaret River's studios

SATISFY your artistic curiosity and celebrate originality at this year's Margaret River Region Open Studios held from 27 April to 12 May.

More than 100 painters, sculptors, illustra-

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tors, jewellers, printmakers, glassblowers, ceramicists, photographers, and furniture makers are taking part in this year's Open Studios, and 19 artists are throwing open their studio doors for the first

Meet artists in their home towns from Busselton to Augusta and off the beaten track for a unique behind-thescenes creative experience in this stunning region.

Margaret River Region Open Studios chairman Jim Davies said the 16-day event ticked many boxes in providing art lovers with

artists new to the event, so it's perfect for both first time and regular visitors," he said.

a memorable experi-"This year's artistic line-up includes many old (and young) favourites, plus a number of

whether it be learning about creative intentions and techniques, sharing ideas, admiring art, exploring out-ofthe-way back roads, or owning a piece of art created by an artist you have had the opportunity to meet.'

In keeping with the creativity of Margaret River Region Open Studios, this year's event has a new visual design, which will feature on the cover of the event guide and website. The free large-format event guide includes new-look maps showing studio locations, cross-referenced with artist images and biographies.

Local artists are the stars of the show and talent this year includes recognisable artistic names such as Leon Pericles, Rachel Coad, Rebecca Cool, Lauren Wilhelm, lan Mutch, Christian Fletcher, and John Miller.

Margaret River Region Open Studios is free to attend and bookings are not required.

To find out more visit www.mrropenstudios. com.au, email art@mr ros.com.au or follow the event on Facebook (mrropenstudios) or Instagram (@margaretriverregionopenstudios).

Pick up a copy of the event guide at your lo-cal Jackson's Drawing Supplies shop in Perth or the south west or local visitor centres and attractions in coming weeks.

Celebrating 45 years of touring



Casey Australia Tours' departure lounge

IT has been 45 years since Bryan Casey took his first group of five passengers around the country in his Volkswagen Combi, following his return from National Service in Queens-

Since then thousands of Casey Australia Tours passengers have travelled vast distances along remote dusty roads, shared laughs and stories and seen extraordinary locations.

Interestingly though it's the early breakdowns, boggy roads and mishaps that resonate with Bryan and the passengers of the 70s and 80s.

A couple of years ago Bryan wrote his memoirs, Never Dull on Tour. The book recalls some of the hard times of the early years and the naivety of his inexperience in the early days and how the company has developed to what it is today.

Bryan often jokes: "It is advice on how not to start up a coach touring company.

Last month Bryan and Rina Casey, now joined by son and daughter inlaw Tim and Jacinta Casey, hosted around 500 of their valued passengers to celebrate 45 years and the opening of their new office/depot fa-

The crowd were entertained by great live music as a backdrop as they mingled with past travelling companions and met up with future ones.

The event was opened with a smoking ceremony by Noongar man, Casey Tours passenger and friend,

Simon Forrest.

Simon himself boarded his first Casey Bus in 1983 on a school camp around the Pilbara and Karijini area and still works closely with the family.

In his welcome Tim Casey thanked the Casey Australia Tours loyal passengers and welcomed all the new passengers who are booked on their first tour for the 2019 season.

The mix of backgrounds and people coming together to enjoy each other's company and the Australian countryside is what made me follow my dad's footsteps into this business. After 12 years as business partners I can see why he started it and why he still loves the places and the people so much," said Tim.

During the event Bryan Casey took to the floor and shared his rendition of The Campers Cook which stirred memories and ignited many stories of similar recitations around campfires in remote locations across the country.

The family-run company is the longest running coach tour operator in Western Australia and now runs a fleet of luxury coaches and 4WD coa-

The new headquarters has been specially designed for purpose and comes complete with its departure lounge, allowing travellers the comfort of an airline lounge and the option to park and board at the O'Connor faci-

As well as remote outback touring across the country Casey Australia Tours are the largest operator of wildflower tours in the spring season.

Along with the expertise and knowledge of their team of botanical guides, the company has gone on to produce the colour-coded Field Guide of Western Australia Wildflowers. This guide has quickly become the 'go to' pictorial reference material for flower appreciators from Exmouth to Esperance and is available at more than 40 visitor's centres and outlets regionally.

To purchase copies of Never Dull on Tour or the colour-coded Field Guide of Western Australia Wildflowers or receive a full tour brochure call 1800 999 677 or visit caseytours.com.au



Come for the Trees, stay for the experience





Windy Harbour is a small holiday community situated on the Southern Ocean. There are a wide variety of activities for everyone in the family. Swimming, boating, hiking, beach fishing or simply relaxing and enjoying the peace and quiet.

Take a picnic hamper and sit on the headland at dusk and watch the spectacular sunsets over the Southern Ocean.

Windy Harbour has a Nature Based Caravan Park with ablution facilities and a number of powered sites, just a hop skip and a jump from the water.

Take a leisurely stroll along the beach and simply relax and unwind. To book into the Caravan Park contact the caretaker on 08 9776 8398

Manjimup Visitor Centre 9771 1831 **Pemberton Visitor Centre** 9776 1133 **Northcliffe Visitor Centre** 9776 7203 Walpole Nornalup Visitor Centre 9840 1111





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Pristine beaches and unspoiled lakes on the coast, fertile farmlands and peaceful jarrah forests on the scarp. The town of Waroona, just an hour from Perth, is RV Friendly and offers country hospitality and nature at its best

Waroona Visitor Centre + Gallery South West Hwy, Waroona, WA 62 Phone: **08** 9733 1506



www.waroona.wa.gov.au

EVENTS 2019

APRIL SUN 14TH
ALL AUSTRALIAN CAR DAY Cars, markets, kids' stuff...

> SEPT SUN 1ST **TROUTFEST** Family fun & fishing

SEPT SUN 22ND
VINTAGE MACHINERY RALLY All sorts & more

OCT ALL MONTH
SEA TO ART EXHIBITION Local talent on display

OCT SAT 12TH WAROONA SHOW All the fun of a country fair

NOV SAT 2ND
GRAPEST 5KM RUN and a 1km wine waddle!

Fishing experience explores the traditional Indigenous seasons in Yallingup...

FOR a unique experience, Cape Cultural Tours runs the Djiljit Coastal Fishing Experience between February and May.

Wadandi Guidea by cultural custodian Josh Whiteland, guests will explore Yallingup's Meelup Regional Park as they fish, discover and forage while learning how the Wadandi people fished using the phases of the moon.

Josh will explain the area's flora and fauna as well as teaching guests how to prepare the fish.

Guests will be treated to a gourmet barbecue lunch, complemented by local beer and wines.

The focus is not on the catch, but the experience, learning about the environment, how to fish sustainably and eat sustainably in the traditional six seasons," he said.

For bookings contact www.capecultural tours.com.au

WA's GREAT Outdoors CARAVANNING · CAMPING · ACCOMMODATION



Modern camping - the facts It's time to plan an autumn visit to Waroona



Camping in the modern era is comfortable and practical

sions.

raoke. Some cars come

with back seat televi-

We usually take our bikes even though they

can be hired (never

cheaply). But don't for-

get locks for the bikes,

the Weber, other costly

cookers and even your

tow bar (ours was nicked

simply insist on hav-

ing a caravan washing

machine and drier. Plus

fold-up clothes line. And

a hair dryer. Others bring

a satellite dish and solar

Animal-lovers

wouldn't dream of leav-

ing doggie or moggie

are open to them) and

there's a growing trend

to BYO herbs, growing

Cameras don't take

(more parks

folks

Some fussy

in the N-W).

panels.

behind

by Numbat, **Our Travelling Scribe**

BEFORE the rush of holidaymakers, the Busselton holiday park is vacant - except for one lone refrigerator, out in the open.

The fridge is like a sentry watching guard over a plot of land

I saw the same thing in the Broome Caravan Park. It is a symbol of the modern era.

A fridge has been prebooked by a camper and delivered to the holiday park by a local hirer, ready for the customer, who also pre-booked his camp site.

These days, travellers want their comforts and they are becoming practical about it. No need to load a hefty bar fridge in the car or trailer. Simply order one over your phone or computer.

On arrival, put in under vour awning, plug it in and load it up.

Why splash out for an Engel or car fridge or ice box? Pre-ordering a fridge is convenient. When finished and emptied, it's left for collection not loaded back into car or trailer.

A far cheaper Esky works short-term and is handy in the car for carrying bottles of drinking water.

The fridge option also supports Travellers' Rule #1– go lightly.

The modern era. how ever, also sees the defining of travelling necessities and essentials.

For the modern camper, a Weber is an essential. It's certainly useful and we now take ours on longer adventures.

Coffee-making chines are creeping in as essential travel items.

Of course, we simcan't go without our laptops, our mobile phones, our phone chargers and our Wifi (well, your correspondent is working while travelling). But we do like to keep in touch socially and use the computer for booking outings a camp sites ahead.

If there are kids, there are inevitably computer games, DVDs and music machines – perhaps ka-

up much room but don't forget the battery-char-

ger. Or the toilet blue to go into the caravan dunny. Some caring souls bring a garden hose, leaf blower and even fertiliser when going to their regular patch of grass in

Eighty Mile Beach). And they might be towing quad bikes to distant fishing reach spots further along the coast.

holiday parks (notably

course, they'll probably bring car covers. And their golf and tennis gear.

Some take so much gear for longer stays that dad tows the caravan and mum follows in her car, towing the boat with other gear - travelling in tandem day-after-day.

There are life jackets, water noodles, rashies, body-boards, surf boards, windsurfers or stand-up paddle boards to consider.

Many of us, for more protection from the elements and camp-ground space-grabbing, bring our fold-out gazebos to add to our caravans, awnings and annexes.

The modern era also delivers supplies into our camp grounds. Local merchants - there's the ice cream man, the French bakery lady, pizza truck man (with outdoor chairs provided and film projected onto the side of his truck), the jolly fruit bloke, the fish 'n chips people and the curry couple in their aromatic van

So much for Travellers' Rule #1 in the modern



Sofia embracing one of Waroona's iconic heritage bush poles

AUTUMN is a glorious time to visit Waroona as we say goodbye to the heat of summer and before the cold of winter sets in.

The Shire of Waroona, just 50 minutes north of Bunbury and 35 minutes south of Mandurah, stretches from sea to scarp.

In Waroona itself, the Visitor Centre is a popular first stop with its gallery showcasing local talent, and information stands to assist visitors to plan their stay.

From mid-April to mid-May the gallery will host a mini exhibition by Christine Hyde. Just in time for Mother's Day the display of beautiful cottage crafts and art will include tatting, ribbon rose cards, a variety of artworks featuring blue wrens and a Pot Holder Parade.

Also at the Visitor Centre bovine fashionista Mooriel will continue to surprise and delight with her outfits. Make sure to take advantage of this fun photo opportunity.

Nearby at the tourist bay is a forest of beautifully carved and painted bush poles, and an ever-changing yarn bombing display.

In and around town are a number of boutique shops catering for a wide range of tastes - boho, gypsy, country, fashion, antiques and collectables, upcycling and environmental.

For those who love fine woodwork and art, a number of artists invite you to visit their studios.

Self-drive tours options are varied - the forests around Lake Navarino (Waroona Dam), Drakesbrook Weir, Hamel, Lake Clifton with its impressive thrombolites, and Preston Beach renowned for its white sands, fishing and Yalgorup National Park.

Sunday 14 April is the annual All Australian Car Day at the Waroona showgrounds.

For more information contact Waroona Visitor Centre 9733 1506 or head to their Facebook page for event and website links.

Awesome WA book receives praise from all quarters



PRAISE has come from all quarters for the book: Awesome WA: 1,001 Fair Dinkum Facts about

More copies, by jour-nalist Lee Tate, our regular contributor, are available after a reprint to meet demand.

Premier Mark Mc-Gowan wrote: "It's a very wonderful book - filled with interesting facts and figures about this amazing state of ours.

"When I am next asked why I continue to live in Rockingham, I will simply point out that as well as being a great community, it is also the sunniest place in Australia. (The book shows Rockingham is Australia's sunniest city).

"I wish you the best with the book.'

Minister for Tourism, Paul Papalia wrote: "Thank you for helping to promote our state."

The book highlights truly fascinating facts about WA.

WA seemingly had the biggest, richest, rarest. hottest, sunniest, lon-gest, oldest and oddest of just about everything.

The book is highly entertaining and informative and suitable for overseas and interstate friends and relatives.

Awesome WA is available from Have a Go News for \$25 plus postage or can be collected

from 137 Edward Street, Perth, in office hours. Order through 8283 or see the coupon in this issue (Page 43).



CWA of WA has affordable self-contained accommodation available to the public.

Esperance Holiday Units 0419 096 039 Albany Seaside Flats (08) 9841 1591 Busselton Holiday Units (08) 9754 2506 Jurien Bay Holiday Home 0405 674 182 or call State Office on (08) 9321 6041



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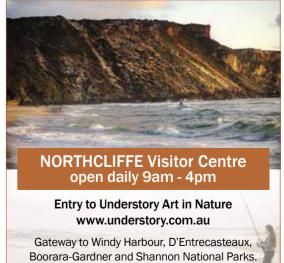
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NORTHCLIFFE Visitor Centre Phone 9776 7203 Muirillup Rd, Northcliffe Western Australia Email - ncfvisitorcentre@westnet.com.au



Your guide to the Perth Caravan and Camping Show

CRAZY about caravans and camping? Then it is time to hit the road and head to the Perth Caravan and Camping Show when it parks at Claremont Showground for its 46th year.

Whether you're looking for the latest caravan, motorhome or camper trailer to head off on your next holiday, or looking for the latest gizmos and gadgets, this is the show for you.

Here is a handy guide to check out what's on offer at the Show.

What to see...

Vintage Village (new for 2019)

What's old is new again! Step back in time and head to Vintage Village to explore a collection of vintage caravans from yesteryear from the 30s to the 60s. These classic caravans have been spectacularly restored.

Live Music

Enjoy the local music scene with a showcase of twelve 12 WA musicians through West Australia Music (WAM). Playing on Friday, Saturday and Sunday. There's something for everyone's taste.

The Piazza

The Piazza is an exciting precinct at the show that is a hive of activity, with live music*, catering, demonstrations, semi-

nars, the Royal Flying Doctor Service as well as the Online Prize PMX Albany-Z Camper Trailer and Passport to Freedom 1st Prize Coromal Element Evolution.

Demonstrations and Seminars

The following demonstrations and seminars can be seen every day at the show:

- Learn to tow with Global Gypsies
- How to use a snatch strap safely with Eureka 4WD Training
- Camp oven cooking with Jo Clews
- Travelling with kids with Adele Dyson and Mandy Farabegoli
- How to help with a snake bites with Glenn Willan of St John's WA
 Mantle of Safety with the RFDS

 St John WA: How to help with a cardiac arrest with Glenn Willan of St John's WA

Passport to Freedom Competition

The Passport to Freedom competition is on again with more than \$76,000 worth of prizes up for grabs. Collect a show map containing an entry form from one of our information booths or at the gate.

1st Prize: Coromal Element Evolution 612s thanks to Apollo, valued at \$66,990.

2nd Prize: Camec Chill Out Power Pack worth \$4,057.

3rd Prizes: Three prizes will be drawn individually.
• Evakool fridge and solar pack valued at \$1,943.

Thanks to EvaKool.

• Dometic cool com-

panions pack valued at \$1,516. Thanks to

Dometic.

 Eco Pot cooking on the go pack valued at \$1,500. Thanks to Eco Pot.

Event Details

Dates: Wednesday, 20 to Sunday, 24 March. Opening Times: 9am to 5pm each day. **Venue:** Claremont Showaround. entry through

Venue: Claremont Showground, entry through Ashton Avenue **Tickets:** Through Oztix

caravanandcamp ingshow.oztix.com.au/ **Phone:** 1300 762 545 or email info@oztix.com.au **Costs:** Adult \$20 concession \$15, children under 16 free.

Purchase your ticket online before the show 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 an Albany-Z Camper Trailer valued at \$14,500 thanks to PMX Camper Trailers and Caravans.

Free offsite parking (weekend only)

Across the weekend there will be free parking available at Swanbourne Primary School with a complimentary shuttle bus running between the school and Claremont Showground.

WIN WIN WIN

We have 10 double passes to giveaway to some lucky readers to the Perth Caravan and Camping Show. To be in the draw simply email win@ haveagonews.com. au with Caravan in the subject line or call the office during business hours on 9227 8283. Competition closes 18/3/19.















^> DOMETIC





let's go travelling travel options for the state of the state options for the state opti



Let's go motoring - going green and electric with Hyundai, a new experience





The power and effort-

lessness are extraordinary.



Left to right; Hyundai Hybrid plug-in and Hyundai Hybrid EV



by Tony McManus, 6PR Saturday night show host

WHAT a curious few weeks it's been, testing the Hyundai range of socalled green cars. There are three drive trains from which to choose, Hybrid, plug-in and EV. (\$33,990 -\$48,990)

The EV is the one that really captures the imagination and the future; a real game changer.

wonderful There's a old song from the '80s by Rose Royce. Over the past few weeks while driving a couple of these electric vehicles from Hyundai the words kept swirling around my head. Maybe it was because I knew I only had around 220 kilometres available to me on each charge. So, I hummed the song to ward off any anxiety about running out of

You abandoned me Love don't live here any-

Just a vacancy

Love don't live here any-

When you lived inside of

There was nothing I

could conceive That you wouldn't do for

Trouble seemed so far

You changed that right away, baby

In particular, the line in

verse two:

nothing I could conceive The Hyundai Ioniq expethat you wouldn't do for rience is hard to explain me" describes perfectly the really, because we are so sensation of driving a pure attached to the way a car electric car, the experience sounds and feels and have been for 100 plus years. of which was inconceivable, not that many years

But then last week much of that changed for me.

I was enjoying a coffee out front of a fantastic cof-

fee shop on Hay Street in East Perth called Higher Grounds. They do wonderful coffee, the place heaves for early morning workers scurrying into the respective offices. The staff are cool, no nonsense. You know the type, accommodating, friendly and even a

little cheeky. I managed to secure

rock star parking directly in front of where we were sitting this particular morning.

The apartment buildings opposite had washing out on 80 per cent of the balconies. Never a great look in our city. It was also rubbish day in East Perth. The bins lined the street in the hundreds. The untidiness of these peculiar yellow and green lidded receptacles seemed a throwback to a time before electricity, compared to the world in which we now live. But with a more courteous eye to the future than ever before.

What was fascinating within this backdrop was the unfamiliar attention the Hyundai Electric seemed to

command. Both men and women looked at this car in a way I had not previously experienced.

Now this is not a particularly beautiful car, although Hyundai may think differently. It is not in any way exotic. Its design, shape and demeanour are not spectacular. It's not a high-end Benz or classy new Volvo in design. Although from some angles there is a hint of Audi.

But what seemed to really draw the eye early morning coffee seekers and rubbish bin emptier brigade, was the one word well placed on the vehicles rear end. Just one word electric. Not even a capital E. How's that for understatement?

Perth businessman invents

dreamed of inventing something that would make a dif-

An electronics technician by trade, his lifelong interest in the body as an electro-chemical machine was ignited by marketing a Pulsed Electromagnetic Field (PEMF)

As he began to understand how exercise drives cellular recovery, he started to study biomedical science, leading to the design of the Oska Pulse, a portable and

This little gem is setting the standard worldwide in pain relief, rehabilitation and maintenance of musculoskeletal and degenerative conditions such as osteoarthritis.

Mr Hawker says the Oska is about helping people live their lives to the fullest, unhindered by pain and/or injury. It is perfect timing as an alternative to the worrying epidemic of opiate overuse and the side effects of longterm medications

In 2015 he took the prototype to America where it is now manufactured and marketed. It is acclaimed by pain and orthopaedic specialists and large rehabilitation companies in the US and well received by the general

If your enjoyment of life, including travelling (Oska is the ideal companion) is adversely impacted, drop by and meet this inventor in the flesh and test drive this life changing device. See them at the Perth Caravan and Camping Show, Stand 80 in the Silver Jubilee Pavilion.

www.oskapulse.com.au

a life changing device PERTH businessman Michael Hawker (77) always

ference in the world.

medical device in 2005 - 2010.

family affordable PEMF device.





Come and meet the Oska Pulse team, Michael, Shirley and Darren at the Perth Caravan and Camping Show, Stand 80 in the Silver Jubilee Pavilion.

Or you can call Michael on 0438 920 147 www.oskapulse.com.au



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- Lerwick, Shetland Isles Torshavn, Faroe Islands Seyðisfjörður, Iceland • Akureyri, Iceland • Ísafjörður, Iceland • Reykjavik, Iceland • Tilbury, London

▶ Tilbury, London • Rotterdam, Netherlands •



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- Transfer from Tilbury to London
- ► Flights from London to Perth
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healthy living Madvertising Feature



health options for the mature west australian



Country pets warm old hearts in aged care throughout W



SAFE Sarah Pickersgill, Barbara Race and Hattie

WHEN Barbara Race had to go into an aged care home 18 months ago, her old cat had to be put down. That, followed by the sudden death of her mother, caused Barbara to sink into deep depres-

Caring staff at Opal Aged Care in Applecross asked Barbara if she was interested in helping them adopt a resident cat. She jumped at the opportunity.

"I'd always had cats." Barbara said. "My last cat was 18 years old when she was put to sleep. I'd had her since she was a kitten, so I miss her terri-

Meanwhile. 1,500km away in Karratha, little Hattie was being put on a flight to Perth. Hattie was rescued by Saving Animals From Euthanasia (SAFE) founder Sue Hedley in 2017.

"We found Hattie a foster home and she was later adopted by the same family. Unfortunately, they were unable to continue to care for Hattie and she was relinquished to SAFE around a vear later.'

Hattie was placed in another foster home in Karratha. Once a vacancy became available at the Cat Haven, SAFE arranged to have Hattie flown from Karratha to Perth.

"Rehoming country pets is particularly difficult," Ms Hedley explained. "By flying country cats to Perth, we can significantly increase their chances of being adopted."

Shortly afterwards, Cat Haven contacted the lifestyle team at Applecross and suggested they meet Hattie. It was a perfect

Not only has Hattie given Barbara Race a new lease of life, Hattie has changed the lives of other residents.

"Hattie helps break down barriers and makes people smile," she said.

Lifestyle team member Sarah Pickersgill, explains. "Interacting with animals is therapeutic. It draws on our cognitive memory and helps us recall happy times.

The Applecross Lifestyle team are firmly committed to providing a purposeful quality of life for their residents. In addition to resident cats, they strongly encourage families and team members to bring their dogs to visit.

"Pets are part of the family," said Ms Pickersgill. "It's important to have them around so our residents can experience their unconditional love."

Sue Hedley from SAFE was thrilled to hear that Hattie had found such a loving home and is bringing joy to so many lives.

'We love to hear stories about our rescues," Ms Hedley said. "One of our volunteers adopted Jigs. a dog from SAFE Goldfields. She regularly takes Jigs and big brother Tom to visit an aged care home in Perth. We've heard firsthand about the positive

impact animals can have on residents."

Ms Hedley strongly encourages people to consider adopting a country pet. SAFE operates in 11 regional locations within Western Australia using a foster care model. For reasonable costs, SAFE flies pets to new homes almost anvwhere in Western Australia or interstate.

"SAFE is there for the pet's whole life. If something changes and you are unable to keep them,

SAFE will help find a new home," Ms Hedley said. "In these situations, our team work together to find positive outcomes for both people and pets. In addition to adopting a resident cat or dog, aged care facilities in both country and city locations may be ideally placed to foster.

Individuals and aged care facilities interested in fostering or adopting a SAFE pet, can find more information on SAFE's website, www.safe.org.au.

Lifting the lid on bowel and bladder health

DID you know one in five Australians have bladder or bowel issues? The good news is that up to 70 per cent of people can improve and manage their bladder or bowel problems through simple changes to their daily routine.

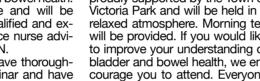
Lifting the lid on bladder and bowel health is an informative seminar that will cover topics such as: common bladder and bowel issues; why these issues occur and how to manage them and helpful hints for bladder and bowel health. The event is free and will be

conducted by a qualified and experienced continence nurse advisor, Dee Sutcliffe, RN.

Past attendees have thoroughly enjoyed the seminar and have said that: the presentation was very good and topic well covered, with humour added lightness to a serious problem.

The Lifting the Lid seminar will be held on 20 March and is proudly supported by the Town of Victoria Park and will be held in a relaxed atmosphere. Morning tea will be provided. If you would like to improve your understanding of bladder and bowel health, we encourage you to attend. Everyone is welcome.

Bookings are essential and can be made by calling Bladder and Bowel Health Australia on 9386 9777 or by emailing info@bladder bowelhealth.org.au.



Lifting the Lid

BRAEMAR Presbyterian Care has launched a new program designed to ensure that everyone associated with the organisation is able to have their voice heard about any issues that cause them concern.

Transparency matters

Braemar Cares - Your Call is an independent, third-party reporting service which allows residents, family members and staff to report any matters of concern in relation to the care and services offered by the 66-year-old brand.

Braemar CEO Wayne Belcher said: "Sometimes, for various reasons, people might feel uncertain or uncomfortable about directly raising an issue or reporting something they have seen. It is my hope that this new service will provide those living in care, as well as their families, friends and staff, with an environment in which to raise any concern - no matter how big or small."

Those lodging a report can do so by phone or online - 24 hours a day. All reports are forwarded directly to the CEO for immediate consideration and action. This service is available to all Braemar staff, Braemar residents, family members and friends.

"It is essential that as aged care providers we ensure we are transparent in all we do," Mr Belcher continued. "I am excited to see Braemar lead by example in this area.'

On bladder and bowel health Bladder and Bowel Health AUSTRALIA Inc.

WHEN: Wednesday, 20 March **TIME:** 10am - 12pm









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healthy living ADVERTISING FEATURE



health options for the mature west australian





awyers play a critical role in addressing elder abuse

by Lee Tate

LAWYERS have a critical role to play in addressing elder abuse, say Dr Kay Patterson, Age Discrimination Commissioner and Rachel McDonald, senior adviser at the Australian Human Rights Commission.

In a joint paper on elder abuse they wrote:

"Elder abuse has been allowed to thrive as a hidden, deeply personal

burden. We all need to work together to drive it into the light and address it effectively.

"Lawyers have a critical part to play. Wills, enduring documents and family agreements, if used correctly, are important tools for minimising risk.

"Lawyers have a responsibility to their clients to be aware of, and where possible protect against, elder abuse.'

The two officials say lawyers can learn to identify the risk factors and signs of elder abuse.

"This will enable them to educate older people about their rights.

Data suggests two to 10 per cent of older Australians in Australia experience elder abuse in any one vear.

The Australian Insti-tute of Family Studies is leading a 2018 National Research Project to increase knowledge of elder abuse.

The project will refine the definition of elder abuse using workshops across Australia with stakeholders and professionals and surveys with older people, the public and service providers.

"Elder abuse is certainly not a new problem and without sufficient intervention, it seems likely the problem will increase as Australia's population ages," say the authors.

Problems include differing Federal and State

Commonwealth powers cover aged care, social security, banking and finance. The states have responsibility for guardianship, powers of attorney law and most criminal laws.

"This is why a national plan is so vital," they

State neys-general have agreed to develop the national plan to consolidate existing work, develop best practice models and provide a tool to measure progress.

There are no laws in Australia specificly dealing with elder abuse. It is dealt with by general criminal offences and civil law.

Pressuring an older

person to make or create a will in a certain way constitutes elder abuse.

"Lawyers can be gatekeepers to ensure that clients are freely and voluntarily entering into wills and have a full understanding of their impact."

They point out that the older person may be ashamed or embarrassed that their child is abusing them or they may be reliant on the child for care or housing.

They may want to avoid negative consequences for the child or to preserve the relationship with their child and or grandchild.

Issues, even when

legal intervention available, are often best resolved in a non-legal way. But there is a lack of quality data on the most effective interventions for elder abuse.

"A multi-disciplinary response, incorporating the legal sector, is likely to be the most efficient way to address the varying and complex needs of the older person," say the officials.

If you or a family member feel like they are experiencing abuse call the Elder Abuse Helpline on 1300 724 679 (country callers 1800 655 566) or email rights@advocare. org.au.

Advocare

Empowering People



Uncertain about your rights in your home or residential care service?

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Human Rights Don't Diminish With Age

WA Elder Abuse Helpline 1300 724 679

Parkinson's WA offers an educational seminar

PARKINSON'S WA is holding a seminar for those newly diagnosed with the condition.

'The support offered by the team at Parkinson's WA has been incredibly helpful and I'd say to anyone who is newly diagnosed to contact the organisation to find out what services are on offer," says Don McAlister who has been living with Parkinson's for close to 14 years.

Don, along with his wife Jenny, attends Tai Chi classes every Monday which are offered through Parkinson's WA, and has also attended seminars and gained advice from a Parkinson's nurse specialist.

"I find the Tai Chi just fantastic, it's

great for balance and strengthening your core muscles, and on top of that after the class our group meets for coffee and a chat and, as a result, we've made new friends and have gained a great deal of support from one another," adds Don.

"Like anything in life you get out what you put in, and taking control of your health by getting in touch with Parkinson's WA and learning more about the illness and how you can gain support is really important; Parkinson's certainly is life changing but not life threatening and it can be managed well with the right support, information and appropriate medication."

Parkinson's WA seminar for those newly diagnosed will be held at The Niche in Nedlands on Saturday 13 April at 10.30am. To register please contact 6457 7373 or email info@parkinsonswa.org.au

Founded in 1984, Parkinson's WA is the peak body and not-forprofit organisation that represents more than 20,000 Western Australian's living with Parkinson's, their families, partners and carers, as well as clinicians and researchers.

In addition, the organisation has a wide range of educational resources that are available via its website - www.parksinsonswa.

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health options for the mature west australian





A new stage of development is set to invigorate RAAFA Bull Creek



The proposed new development

RAAFA's initial purpose was to support Australian aviation ex-servicemen and women, but it now provides services to all members of the broader community.

lages comprising 1.416 retirement living

units and apartments, 19 assisted living units, 446 residential aged care places and 13 short stay accommodation units in Bull Creek, Mandurah, Albany and The organisation has six retirement vil-Merriwa.

RAAFA also supplies homecare to the

community through a range of home care programs via RAAFA Connect.

They also support members of the association through welfare services and access to four licensed clubs.

In addition, RAAFA runs the Aviation Heritage Museum at Bull Creek, which is home to thousands of unique artifacts telling the story of Australia's civil and military aviation history. The museum is open to the public from 10 am to 4 pm

RAAFA is set to plough more than \$31 million into the next stage of development at its Bull Creek Air Force Memorial Estate.

Work will shortly commence by BGC Construction on the sixth stage of redevelopment on the site – the construction of 57 new apartments for independent retirement living, in addition to a new club house.

RAAFA CEO John Murray said the development was a continuation of the master plan to reinvigorate and reinvent

"The development represents a new and exciting phase for RAAFA and demonstrates our commitment to meeting the community's demand for high quality accommodation and ongoing amenities into the future," Mr Murray

"It also reinforces our commitment to caring for ex-service men and women and providing for their future needs, in addition to other older West Australians in our community."

The new retirement living options will provide long-term, sustainable and flexible living standards in a diverse mix of one, two and three bedroom apart-

ments, which will achieve Gold Standard under the Livable Housing Australia Guidelines.

The building design will incorporate key sustainability features, including high level natural lighting, ventilation and solar power. Provision will also be made in the basement car park for electric car charging and future battery storage technology.

In addition, the new club house will incorporate a dedicated function centre, restaurant, café and bar, with flexible spaces to cater for a variety of functions and uses. The design will also acknowledge RAAFA's aviation heritage.

Construction is scheduled to commence this month and will take about 18 months to complete.

For more details about RAAFA, please call 9288 8400.

Natural effective pain relief is on hand for active seniors

FOR most seniors, chronic pain from ailments such as osteoarthritis and sporting related injury can be frustrating and debilitating

Better Nature wants to help as many people as possible manage and control their pain with a 100 per cent natural alternative that works.

With about 2.1 million sufferers of osteoarthritis, Better Nature understands that convenience and effective pain relief products are essential in your day-to-day life.

Better Nature is built upon 20 years experience producing health and wellness prod-

Combining natural ingredients and innovative science, Better Nature delivers fast pain relief for your muscles, joints and bones. The ingredients include plants, herbs and marine based compounds that have been combined to deliver an effective pain relief outcome.

The pain relief products are 100 per cent naturally sourced, vegetarian and vegan, PETA (People for the Ethical Treatment of Animals) certified and Australian made.

The pain relief products provide a range of options to manage and control pain on a regular basis.

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Sandra Barnsley on

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tion.

Better Nature Pain Relief Cream, a neutral

sensation - a topical cream ideal for treating osteoarthritis, neck and back pain, headaches, muscle aches and strains. This cream smells minty and is great to use in conjunction with ice packs and heating packs.

Better Nature Pain Relief Sports Gel, a cooling sensation - a topical gel ideal for treating sporting injuries, soft tissue pain, osteoarthritis, muscle aches and strains. The gel has a unique formula that dries within 30 seconds allowing you to apply tape almost directly after application.

Better Nature Pain Relief BalmX, a heating sensation - a topical balm ideal for treating osteoarthritis, neck and back pain and nerve related pain. Provides a deeper heating sensation.

"I have been using the regular cream in my hand therapy practice for a while now and my patients love it. Amazing pain relief for arthritis, muscle aches/tightness and even nerve pain. It has a pleasant smell and doesn't leave an oily residue like some other creams I've tried. I can't wait to try the cooling gel and heating cream," a Better Nature customer wrote on Facebook.

Better Nature is not the alternative, but the way forward.

Visit www.betternature.com.au or phone 9474 1777 to place an order today.

Natural stem cell nutrition comes to the rescue



Sandra Barnsley

THERE has been a lot of recent publicity about stem cells, and now there is a great natural product that people can take to assist their own adult stem cell migration.

This product is not only safe, it is affordable, easy to take and effective, and it is now here in Australia.

Stem cells are the only cells in our body capable of repair and

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renewal. We need them every day, for our daily repair and renewal. Cells are constantly breaking down and being replaced where possible, but the older we get fewer and fewer stem cells are then able to be released.

The National Institute of Health has identified 74 treatable diseases using stem cells therapy. So, it makes sense to increase the number of stem cells available

The more stem cells you have in your blood stream the healthier you are; you always make stem cells, but their ability to move from the bone marrow decreases.

The number of stem cells in our blood stream as we age is down by 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per cent by the age of 65.

Specialised care for older hair

AS we get older hair growth begins to slow down, hair density decreases, and it may begin to grow finer. It then can often become weaker and prone to

Grey hair is one of the first signs of ageing hair. While many people will colour their hair, going silver isn't necessarily a bad thing and can look amazing when care is taken with haircut and style.

The @SalonBrighton recommends regular trims to help strengthen weakened ends and treatments to stimulate the hair growth, nourish the hair and conditioning perms to give the appearance of thick-

Seniors received special offers on Monday, Tuesday and Wednesday including cuts, sets, blow drys and perms.

For anyone who would like to feel their hair and style is important at any age, give the senior hair care exports a call on 9305 2680.

The Australian Museum of Motion Picture and Television, Western Region Inc





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starring Bob Hope and Joan Fontaine

Monday 25 March

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Sunday 17 March @ 10.15am Celebration of St Patrick's Day followed by Irish Luncheon - all welcome.

> Holy Saturday 20 April @ 5pm **Community Bonfire**

Easter Sunday 21 April @ 10.15pm Solemnity of Easter with renewal of baptismal vows



ww.stpatricksmtlawley.com Father Stephen Conway 0478 514 516



SENIORS Mon Tues Wed

Vince Garreffa's baked Genovese rice



by Vince Garreffa

MY friend Masimo is an Italian chef from Savona, a little town in the Genovese region of Northern Italy. He cooks this dish for my family when he visits us during our summer, leaving behind his winter and this year, lots of snow. It's great to catch up and eat a winter favourite while we crank up the air conditioner to forget the heat outside.

Ingredients for six:

- 500g Arborio rice
- 500g fresh Italian
- sausage pieces 250g small diced rump steak
- 1 finely chopped onion
- ½ cup of peas 100g butter
- 10g dry porcini mushrooms
- grated parmesan
- breadcrumbs
- 250 ml white wine
- 1.5 L veal stock West Australian
- organic lake salt
- freshly cracked black pepper

Method: Soak the porcini mushrooms in a little water for ten minutes, saving the water. Dice them finely, return them to the water and set aside. In a casserole pot fry the onion

in butter for two minutes then add the sausage pieces and rump steak. Fry and stir at a high heat to cook for about five minutes. Now add your raw rice and peas, stir in well and quickly add the white wine, mushrooms and their soaking liquid. Stir well again and then add hot veal stock a ladle full at a time, stirring until it is absorbed, before you add another ladle of stock. Continue to cook, add stock and to stir until the rice is tender. Check for salt and pepper to taste and take off the heat.

Now pour your cooked mix into a bak-Now ing tray that's three or four centimetres deep. Cover the mix with a thin layer of breadcrumbs (put enough so that you can't see the cooked mix), then sprinkle cheese over the crumbs and bake until you have a golden crust. Serve

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am - 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www. mondo.net.au

Brunch with T - sneaky spot in Leederville proves popular



Above; Hylin's buttermilk pancakes served with strawberries, salted maple, vanilla bean ice cream and puffed grains - croquettes and eggs - delicious latte and watermelon and strawberry juice Left; Tahlia Merigan



by Tahlia Merigan

DRIVING down Railway Parade recently I noticed a large gathering outside a small shop and realised that people were lining up for service outside a small

Well I thought there's nothing better than a line outside a café as a recommendation and so this month we paid a visit to Hylin which is located in a sneaky little spot on the corner of Railway Parade

and Abbotsford streets in Leederville

It's a small venue but accommodates extra people with an eclectic range of table and chairs on the verge under a shady tree in Abbotsford Street.

The menu has a good variety of breakfast items including homemade Bircher muesli, toast options, bruschetta and some hearty items including a breakfast burger.

There is a small dedicated brunch section which is served from 10.30am to 2pm which includes a cheese burger, chicken burger and pulled pork tacos.

There are daily specials available and it should be noted the kitchen stops taking orders at 2pm but coffee and cakes are still available until closing time

I decided to order the buttermilk pancakes (\$18) which were served with strawberries, salted maple, vanilla bean ice cream and puffed grains.

Two plate sized pancakes arrived with a big dab of ice cream. The dish looked exceptionally pretty and was decorated with some edible flowers. There was no sign of the puffed grains though. Apart from that the pancakes were light and fluffy, and all the trimmings worked well together. It tasted as good as it looked.

I washed that down with a latte (\$4) which was a delicious coffee and I understood why people lined up early morning for their caffeine fix.

My guest went for something heartier, ordering the croquettes and eggs (\$19) which arrived and was beautifully presented on the plate Three crunchy croquettes served on a bed of cauliflower puree with two poached eggs and a rocket, parmesan and pomegranate molasses salad. Again, the dish tasted as good as it looked. The watermelon and strawberry juice (\$7.50) was refreshing but a little tart.

The quality of the food was excellent and it's a great place to sit and while away an hour or so for brunch.

I thought the service was a little lacking, the staff were not friendly, and I don't like waiters who pass plates, they should place them on the table.

Hylin has excellent food and an eclectic atmosphere but some friendly staff would have meant they rated five spoons.

But definitely worth a visit for the food and cof-

3.5 spoons

Hylin, 178 Railway Parade (corner of Abbotsford Street), Leederville, 0476 644 997

www.hylincafe.com Open: Monday to Saturday 6.30am - 3pm; Sundays - 7.30am to 2.30pm







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@haveagon ews.com.au. Please include your phone number.

T's spoon ratings

Night Noodle Markets return to Elizabeth Quay

of thousands of people are expected to flock to one of Perth foodie's favourite events, the Night Noodle Markets.

The markets will be back at Elizabeth Quay for the fourth time and will run from 5 to 14 April, featuring a host of exciting Asian hawker

style food.

The Night Noodle Markets were launched in 2015 at the Perth Cultural Centre but moved the following year to Elizabeth Quay to cater to larger crowds.

Food vendors come from around Australia as well as Perth providing Asian hawker-style signature dishes and innovative tastes from the likes of Hoy Pinoy, Shallot Thai, Bangkok Street Food, What the Pho, Bao Wow, Bao Brothers, Twistto and Waffleland.

Melbourne-based Hoy Pinoy with its huge meaty skewers always attracts big crowds and

Twistto with its spirals of Korean Twist Potato is also popular.

Shallot Thai with its spicy flavours, Waffleland with its freshly baked waffles and the Thai flavours of Bangkok Street Food will also feature largely on the crowd's agenda.

There will be baos from Bao Wow, the people who created Lucky Chan's, What The Pho will be there with its noodle soup and so will the contemporary Asian flavours of the Bao Brothers.

Elizabeth Quay will be alive with the atmosphere of the great Asian hawker markets with 20 stalls selling a variety of dishes with everything from skewers and bao to delightful desserts.

Pop up bars with beer, cider and wine, will help add to the party vibe of the festival and will offer a great place for friends to gather and share in a huge range of dishes.

Live music and D will keep the crowds entertained.

Entry to the markets is free and are cashfree so visitors should remember their cards. Well-behaved dogs are welcome on a leash.

The Night Noodle Markets are run in partnership with the City of Perth as part of Good Food Month presented by Citi which is promising to make April a vibrant hub of food-filled events around Perth.

The markets are open from 5 to 14 April, Monday to Wednesday from 5pm to 9pm, Thursday and Friday from 5pm to 10pm, on Saturday from 4pm to 10pm and Sunday from 4pm to 9pm.

To view the full program, visit www.good foodmonth.com



'Be connected' FREE iPad classes - iPads provided 14 March: Sculptures by the Sea. BOOK EARLY! 21 March: Andre Rieu movie with afternoon tea - FREE

Members special 18 April: WADSA Indoor Bowls Competition, Act-Belong-Commit - includes \$1 raffle **BOOK EARLY!**



MYSTERY BUS TRIP ONCE A MONTH! 53 Coode Street, South Perth For bookings or further info phone the Centre 9367 9880 Join us on facebook

Seniors' Special: Meal and a Middy \$15* (Monday to Friday - bookings of 5 or more Come and relax in our beer garden and enjoy our handcrafted award winning naturally brewed beers and ciders with great Aussie Tucker to match!

Wood fired pizza (small) Chicken or vegetarian baguette Salt 'n' Pepper Squid Fish and chip basket with tartare sauce Spring rolls with sweet chilli sauce All meals (except pizza) come with chips.
PLUS 1 middy of beer/cider or

Your choice of one of the following;

1 glass of wine or cup of tea or coffee Bookings essential.

The Valencia Complex, 55 Benara Rd, Caversham Phone 9377 4400 OPEN 7 days www.ironbarkbrewery.com.au

Robust reds ready for autumn barbecues...





by Frank Smith

COOLER autumn evenings are an ideal time for outdoor cooking. I'm a great fan of robust red wines for barbecues. Deli-

in the smoke and sizzle of outdoor cooking, so I've selected a few robust reds that offer value for money and that I have enjoyed tasting. I hope my readers will enjoy them too, in

Longview Vineyard 2016 Shiraz Cabernet Vineyard Sauvignon. This single vineyard blend from the Adelaide Hills has aromas of blueberries with a rich palate of fruit with underlying mint and dark chocolate. It is balanced with restrained oak and a long finish, RRP \$21.

Castle Rock Estate 2018 Porongurup Shiraz. This wine from the Great Southern is deep red in colour. It has fruity aromas of plum with a touch of spice. The pallet is mouth filling with plums. There is a touch of black pepper, characteristic of cool climate Shiraz and French oak that adds cedar-like characters and blends comfortably with the spice. The wine has great length of flavour. RRP \$30.

Jacob's Creek Barossa 2016 Signature Shiraz Temperanillo. This Spanish influenced wine is deep red with aromas of chocolate, plum and coconut and a rich palate of dark cherry with a touch of cloves and pepper from the Shiraz. If you are into paellas or tapas this is the wine to match with it. RRP \$19.99

Natural Wine Company 2018 Organic Shiraz. This wine from Victoria is an iridescent cherry red hue and pink edges. It has aromas of red and black fruit and subtle hints of violets and spice, including cloves and liquorice. The palate is of red fruit with peppery tannins, with a long aftertaste of dark chocolate. RRP \$18.

Hastwell and Lightfoot 2016 Sands of Time Shiraz comes from the McLaren Vale in South Australia. It is dark red in colour with aromas of ripe red and black cherry with hints of crushed fruits, vanilla and chocolate. The palate shows more spice. vanilla, cloves and chocolate creating a complex mix of flavours. RRP \$30.

Huntington **Estate** 2016 Special Reserve Merlot from Mudgee, NSW, is dark red with black cherry aromas and a touch of smoky cedar. The palate is smooth with blackberry and dark cherry and hints of aniseed, spice and herbs. It has a long and fresh finish. RRP \$38.

Umamu 2009 Cabernet Merlot is a matured blend of Cabernet Sauvignon 77 per cent Merlot. 18 per cent and Cabernet Franc five per cent from Margaret River. The colour is plum with magenta notes. The aroma is fresh, intense and fruity and the palate smooth and mellow with soft mouth feel and good length. RRP \$34.

After Hours 2016 9 to 5 Cabernet Merlot. A traditional blend of Cabernet Sauvignon and Merlot from Margaret River. The wine is vibrant crimson in colour, with aromas of cassis and blackcurrant and a palate of red fruits and mocha flavours. It has a lingering smooth bal-anced finish. RRP \$17.

Knife and Fork Talk with the Dining Divas



by Pat Paleeya and Judith Cohen

AS we have reviewed the Noodle Bar and Market & Co which offer under \$20 meals at the Crown Perth, we decided that The Junction Grill would do for our hat trick.

We sashayed past the doormen in our posh frocks looking for all the world as though we had a thousand dollars to gamble instead of \$20 each to splash on lunch.

The dining area was large with ample seating and though we were early, quite a number of people were already seated.

There is a selection of dishes to choose from, ours were crumbed calamari and pan-fried snapper. Both meals were served with chips and salad.

A very green salad with

red onion and cucumber slices was decorated with half a cherry tomato. The chips were cooked exactly right for us fussy Diva's, non-fatty, crispy, crunchy and plentiful. The pan grilled snapper was a generous serve, flavourful and a little dry but still enjoyable.

The crumbed calamari rings were perfect, not rubbery at all, this is a hard thing to get right but they got it right. The light coating of crispy crumbs combined with the calamari brings one word to mind... manna. Both dishes were accompanied with a small pot of tartare sauce.

The service was fast and the restaurant was clean and comfortable. Be aware no split bills.

4 Forks

Junction Grill, Crown Perth Casino, www.crownperth.com.au

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 fork – would not recommend



cate flavours would be lost moderation of course.



CROWN Perth were proud to announce the launch Crown Life, a program designed to inspire members to live a healthy and active lifestyle at Have a Go Day in November.

Since its inception a variety of workshops have been running including Tai Chi lessons, cheese tasting and cooking demonstrations.

The free mid-week events hosted by Crown Perth

not only encourage guests to be a little active but to step out of their comfort zone, try something new and make new friends along the way.

More workshops are scheduled to run in March with guests invited to learn gardening tips from the Garden Gurus presenter himself, Trevor Cochrane, and participate in ballroom dancing lessons with celebrity dancer . Carmelo Pizzino.

The Crown Life program will continue over the next few months and we will keep readers updated with specific dates as they come to hand.

Gardening Tips

Guests are invited to join gardening expert Trevor Cochrane in Eve Nightclub as he shares all his tips and tricks on gardening.

Every Thursday in March, 11.30am - 12.30pm

Ballroom Dancing

Join 'Dancing With The Stars' dancer and choreographer Carmelo Pizzino in Eve Nightclub as he conducts ballroom dancing lessons, teaching guests a range of popular yet simple dance routines.

Thursday 21 March, 1pm - 2pm - Thursday 14 and 28 March, 6.30pm - 7.30pm.

There is no need to book, guests are welcome to turn up and just have a go.

WEEK DAY LUNCH SPECIALS



JUNCTION GRILL Light lunch \$15 Every weekday 11.30am-3pm Crown Casino Perth

BAYSWATER HOTEL

19.95 Seniors buffet Mon-Fri 12-2.30pm Railway Pde. 9271 7111

LOUDER LOUDER

(Thai)

Under \$17 Signature lunches 11am-4pm. Every day. 47 Lake St. Northbridge 9228 9358

il TAVOLO RUSTICO Under \$15 lunch Mon-Fri. From 11am

Downstairs Raine Square. Perth

BENTLEY HOTEL \$15 lunch special

Mon-Thu 12pm-3pm 1120 Albany Hwy 6253 4100.

THE HERDSMAN LAKE TAVERN

\$14.50 Senior lunch special 11.30am-9pm everyday. 33 Herdsman Pde. Wembley 9387 5555

THE GATE BAR AND BISTRO

\$18 seniors lunch special Mon-Fri 11.30am-2.30pm 86 Beelliar Drv. Success 9499 3399

MARKET CITY TAVERN

\$12.95 Fast'N'Fresh lunch Incl salad and dessert bars Mon-Sat 12pm-2.30pm 280 Bannister Rd. Canningvale 9455 2282

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Awesome WA, 1001 Fair Dinkum Facts about Western Australia Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.

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Living Histories: Stories from the Swinging 60s - a collection of stories from Western Australians who have recorded a snapshot of their ives from the 1960s.

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Post completed form to Have a Go News PO Box 1042 West Leederville WA 6901 Books can be purchased from the office Monday to Friday 9am-5pm. For further information contact Have a Go News on accounts@haveagonews.com.au or 9227 8283.



Remember when you buy a Western Australian apple it will be a great apple



Pear, avocado and rocket open sandwiches

by Noelene Swain

NEW season apples and pears are now available in-store. In WA the apple and pear harvest occurs from February to June... so lets get crunching.

Western Australian growers have launched an intensive apple quality testing program this week to coincide with the launch of 2019 apple season - so that when you choose to buy a WA apple you can be sure it will be a great apple.

WA growers will be making sure that their apples will be hitting retail in peak eating condition. The testing program has commenced with Gala apples now in season and in-store. Other traditional favourite apple varieties, Granny Smith and Pink Lady will follow.

WA apple eaters can look forward to great tasting fruit and, in-turn, make a significant contribution to the future of the local apple industry by taking the time to choose WA grown apples. Display signs and fruit stickers should assist to identify and promote fruit origin in stores and if you are not sure, ask your friendly retailer.

Pomewest's executive manager, Nardia Stacy said that the WA apple industry has an ongoing commitment to consistently delivering great apples to cus-

"With the ability to bring the whole industry together we are dedicated to provide excellence

in eating quality. We aim to promote consumer confidence and increase demand for WA apples.

Both apples and pears are extremely nutritious and should be an important item in our eating regime. Apples are rich in antioxidants and the soluble fibre pectin, which are both known for their heart protective capabilities. Dietary fibre aids in reducing the risk of some cancers and helps to control blood sugar levels, which is important in diabetes sufferers. Interestingly, pears are one of only two food products that are 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.

Brought to you by Fresh Finesse Fresh Food Promotions - www.freshf.com.au

Coconut baked gala apple wedges



Preparation: 10 minutes; cooking: 25 minutes; serves 4

- 4 Gala apples, peeled, quartered and cored
- 1 lemon, zest and juice
- 3 tablespoon macadamia nuts, finely chopped 34 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 them in the coconut mixture. Place on baking tray and bake for 20 - 25 minutes or until the apples are cooked and golden.



ROCKINGHAM BRANCH

Have a Go Day 2019

FREE activities and information day for over 50s Complimentary tea, coffee and water available

A fun day of activities, music, dancing, food and information sites specifically for seniors. Curtin Radio broadcasting live with Jenny Seaton.

Wednesday 17 April

Agua Jetty

Warnbro Sound Avenue, Warnbro 10am-2pm

For information please contact: Valma 9527 6660 or Carole 0412 715 173









Recipe - ideal for one pear, avocado and rocket open sandwiches

Preparation: 10 minutes; serves 4

2 slices sour dough bread ½ ripe avocados

1 ripe Bartlett pears, quartered, cored and sliced

½ cup baby rocket leaves, washed

25g shaved parmesan Freshly ground black pepper Lemon wedges, to serve

LIGHTLY toast the sour dough bread if desired. Roughly mash avocado onto each slice and season with a pinch of salt. Top with slices of pear, rocket leaves and shaved parmesan. Grind over black pepper and serve with lemon wedges.

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
- 1/4 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 yoahurt and fresh fruit.

What's fresh in the markets for March



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.

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, sweet and aromatic with the Red Sensation being slightly tarter. These pears are a good all-rounder being suitable for both cooking and eating fresh.

To test for ripeness, the flesh near the stem should give when gently pressed. It's often best to buy them quite firm and let them ripen at room temperature for a couple of days, however remember that pears ripen from the inside out, so don't leave them too long. Pears and a strong cheese such as a blue or a goat's cheese are a gorgeous combination.

Cucumbers: A very 'cool' addition to salads and dips. Picking up a cucumber to feel its weight is a good indication of freshness; they should feel heavy and have firm, bright-looking skin. Lebanese and Burpless (Continental) cucumbers are very similar in texture and flavour but they differ in size, the Lebanese being the smaller of the two.

One of the most commonly asked questions about cucumbers is whether to peel and de-seed? The best way to decide this is to slice a small round off the cucumber. If the skin is tough and the seeds are large and bitter, it's best to peel and deseed it.

A fantastic way to eat cucumbers is in a home-made tzatsiki, a Greek yoghurtbased dip. Simply peel and seed one cucumber and combine with natural yoahurt and minced garlic to taste.

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



Join us online for recipes and past reviews:



Give happy live happy - chicken soup for the soul...



Volunteers Barbara Harris and Denise Schmidt

LIVING in the same suburb is not the only thing two Dianella locals have in common both women share a cancer experience.

It is what motivated retiree Barbara Harris and banker Denise Schmidt to apply for a volunteer position at Cancer Council WA's wig library - a service dedicated to men and women experiencing hair loss as a result of cancer treatment.

Having been through her own cancer journey, the decision to take up a volunteer role was an easy one to make for newly retired

"After retiring I wanted to dedicate the extra time I had to do something meaningful and the Cancer Council wig library is a perfect fit for me, it's a very personal experience and I thoroughly enjoy it," Ms Harris said.

"A lot of the time clients at the wig library just want to talk first and I really empathise with them because, I've been there before.

"Most people don't really know what to expect when they first come, in but once I show them all the different wigs and scarves available to them they start to feel comfortable and go home feeling a lot better about themselves than when they came in."

Ms Schmidt has been volunteering with Cancer Council for 19 years, dedicating one Wednesday a month to the wig library pro-

Her cancer connection began in 2000 after her mother passed away from the disease.

"A year later my husband passed away from a brain tumour," Ms Schmidt said. "I go home and I get a bit teary and I just think 'wow'. I always tell my family not to complain because the people I see through the service really remind me how lucky we are."

Just last year, 409 wigs, turbans and accessories were loaned free of charge to cancer patients who accessed the service. In the last 20 years, the service has assisted over 14,000 West Australians affected by cancer.

The wig library service is run entirely by volunteers and Cancer Council WA is hoping to fill a number of current vacancies to keep up with the demand.

"If you have the spare time, why not give back? It's just so good for your soul," Ms Schmidt said.

"You don't need any experience and when a client walks out and they're beaming

that's just a delightful feeling." Ms Harris added: "When they give you a hug - that's when you really know how appreciative they are and it just makes our

Both ladies described the feeling as 'chicken soup for the soul'.

For more information about Cancer Council WA's wig library or to enquire about a volunteer role, visit www.cancerwa.asn.au or call 08 6389 7811.

For confidential cancer-related information and support call Cancer Council 13 11 20.

Downsizing ADVERTISING FEATURE Downsizing

New accreditation scheme to assure retirement village quality for residents

A NEW unified accreditation scheme for Australian retirement villages and communities has been unveiled. This will independently certify the quality of a village's services and operational processes.

The Australian Retirement Village Accreditation Scheme (ARVAS) has been created jointly by the Property Council of Australia and Leading Age Services Australia (LASA), two organisations that represent retirement village owners and operators around the country.

ARVAS, to be launched

in June this year, will replace existing schemes run independently by the Property Council and LASA to form one national accreditation scheme. This will provide village residents and their families with assurance about the quality of their community.

ARVAS will be operated on the Property Council and LASA's behalf by Quality Innovation Performance (QIP), an experienced not-for-profit provider of accreditation services to community organisations and primary, secondary and tertiary health care services.

Ben Myers, executive director – Retirement Living, at the Property Council of Australia, said ARVAS had been developed over more than 12 months of extensive consultation with the industry and stakeholders, including current residents.

"We believe strongly that an independent accreditation process can play an integral role in ensuring high standards in operations of retirement villages, and provide peace of mind to residents that their choice to live in a village is the right one," Mr Myers said.

"ARVAS has been de-

veloped after extensive research and consultation, utilising previous resident surveys and conducting resident focus groups to determine the key indicators of satisfaction with village life.

"These key indicators are reflected in the new ARVAS standards, which have been designed in a way that supports village owners and operators and promotes continuous improvement.

"Essentially, the AR-VAS standards also link directly to the recently released Retirement Living Code of Conduct, which completes a clear pathway to quality and accountability," Mr Myers said.

Sean Rooney, chief executive officer of LASA, said it is important to have a unified scheme that ensures a consistent standard of quality across the retirement village industry.

lage industry.

"The fact that this scheme has widespread support in the industry demonstrates the commitment of operators to provide high quality services to older Australians.

"Quality Innovation Performance has a strong track record for providing accreditation services to community organisations and health care services and is well placed to support the retirement village industry to provide the very best services for the commu-

Dr Stephen Clark, chief executive of the AGPAL group of companies which includes QIP, said he was pleased to be partnering with the Property Council and LASA as their preferred provider of accreditation services.

"QIP is looking forward to working with the Property Council and LASA to support retirement village managers and owners on their respective quali-

ty improvement journeys. "ARVAS will assist village managers and owners to minimise the risk inherent in managing within an increasingly complex and compliance driven environment and support continuous quality improvement so residents have access to the best possible housing, facilities and village operations", Dr Clark

said.
The proposed AR-VAS standards will be released for public comment in the coming weeks

Mends Street makeover attracts more people to South Perth



Apartment living at Aurelia

MENDS Street has always been a pleasant place to have a coffee – but in recent months it has transformed into a 'must visit' destination for coffee lovers who can now choose from a range of new cafés and enjoy a variety of retail outlets, whiling away the time window shopping or indulging in some more serious retail therapy.

Enjoying a morning coffee in the new Atomic Café located at the entrance to the refurbished Mends Street Arcade, there is a buzz in the air, and it is being generated by the dozens of happy, chatting groups of friends and families enjoying a perfect summer day in this beautifully designed indoor/outdoor space.

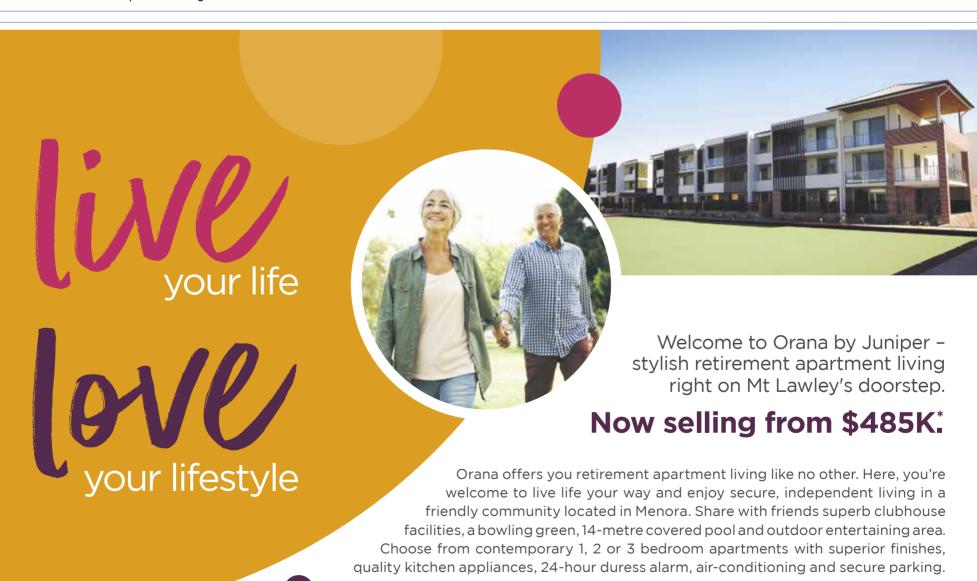
The old adage that the people make the place certainly feels true of Mends Street.

New apartment developments in South Perth such as Finbar's Aurelia and Reva developments have brought with them hundreds of new residents, and in turn have stimulated the growth of new businesses including restaurants, cafes and retail stores giving a much-needed lift to the area.

The Aurelia development, located at 1 Harper Terrace, is just a few steps away from Mends Street and all it has to offer. Coupled with the large range of amenities at Aurelia including a 25-metre solar heated pool, fully equipped gymnasium, sauna, resident's lounge, games room, boardroom, poolside deck and cabana with barbecues – all that's really missing is room service.

Limited numbers of apartments are still available including: one bed, one bath from \$455,000; two bed, two bath from \$690,000; and three bed, two bath from \$890,000.

For more information or to view a display apartment visit: aureliasouthperth.com.au or contact the selling agents Chris Dempsey 0402 653 533 or Neil Kay 0439 687 688.



Don't miss out on this exclusive opportunity to live life your way.

Call Glenda Cooper on **0418 944 051** or learn more at **orana.juniper.org.au**



But hurry - there's a limited number of apartments available.

*Terms and conditions apply

Jownsizing ADVERTISING FEATURE



Continuing our mission to declutter and create style and warmth in your homes



by Zofia St James

I HOPE that my column last month provided inspiration to sorting out some areas of your home and that you are now enjoying the fruits of your labour.

This month I want to inspire you to focus on your wardrobe, drawers, bathroom cabinet and cupboards.

Just like shopping, dockets seem to breed in your handbag and wallet, the bathroom is one of those places where things seem to accumu-

Beautiful house in Wooroloo for sale

73 El Caballo Lifestyle Village

PRICE REDUCED \$325,000

Two bedroom and two bathroom; open plan kitchen

/family & dining; gas hotplates; electric oven; stunning

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 ${\it Electric\ golf\ buggy\ and\ furniture\ included\ in\ the\ sale.}$

Contact: Helen Quicke 0448 816 764

or hquicke9@gmail.com

late and it can come as quite a shock to find so many unwanted items when you open the cup-

I am sure many of you may have heard about the Japanese internet sensation Marie Kondo and her household philosophies of keeping only what truly 'sparks joy'. I hate clutter, so for me it's the slam of the bin lid as unwanted items are removed which 'sparks joy'.

The wardrobe and clothes drawer situation requires constant effort to stay organised, but it does help to have some suit bags or even dry cleaning bags on hand to put away the high summer items in order to create space

Go through drawers and discover what you never knew you had and what is so ugly you can't believe it still lives with you.

Do the ground work that seems to be tedious first, however once that is done then we can really start to play and have fun with what we know is a room with no nasty se-

Autumn with winter approaching it is the perfect





Left to right; Zofia St James - All new season furniture and accessories available at Domayne City West

time to feel motivated about our home and the cosmetic changes we might make to induce a feeling of warmth and cosiness.

I like to use the words blank canvas for interiors and you then get to paint your personality and lifestyle upon it.

It's time to cast your eve around the room and decide what would immediately lift your living room and bedroom from 'meh' to wow!

The stock arriving in stores right now are introducing some winter looks in very bold and striking colours. They can be easily added and are instantly transformative for any room with a mainly

neutral palette.

I wasn't sure how I felt about some of the colours and textures but when styled and applied they are really stunning.

Artwork is large scale, bold and graphic in design which provides an instant statement and then combined with a rug to define the seating area, some cushions and a throw... automatically you create an incredibly stylish room.

Go rich, warm and bold in linens and layer for a luxurious and sumptuous looking bed and subtle artwork, or go white on white with artwork then as bold or subtle as you

I adore rugs as they our cosy homes think

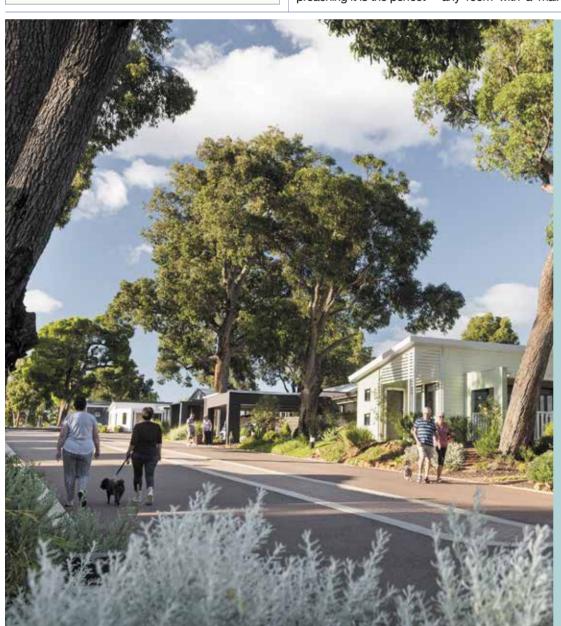
add texture, colour and are art in themselves. Persian or tribal kilims are my favourite and there is a brilliant store located within Coventry Market that I always pop into when on the search for pieces for my clients.

To finish a room beautifully lighting is important as it creates mood and defines space.

Every room needs a floor and table lamps. If you have the space, consider creating a reading nook in a neglected corner. Finally, greenery, adds life and freshness to any room.

As we bravely march into the colder months we can bunker down in about being able to serve and enjoy entertaining with a roast dinner soon. Take care.

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 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 zo fiastjames@hotmail.



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Downsizing



Environment affects the health of retirees and what retirement villages can do about it



A hop, skip and jump from the village

A RECENT study from Ontario, Canada found that the walkability of retirement homes could

impact resident's health. The study analysed 628 urban and suburban retirement homes determining the walkability for each.

People living in the walkable

could complete daily errands without the need of a car, while those who needed a car to complete almost all errands were considered the least walkable.

The study concluded that retirees who can walk to most essential amenities are more likely to take advantage of this form of regular exercise which can assist in maintaining cognitive functioning and social connectivity.

Growing urbanisation places many stresses on public health, however, one less often explored is retirees' access to walkable environments.

Walkability was one of the key considerations for Alchera Living in the planning of their new retirement apartment complex, The Reserve.

Alchera Living CEO, Alan Marshall, said Alchera recognised the importance of walkability and residents' health and had incorporated many features including level thresholds throughout the development. "Alchera Living had

land elsewhere within the City of Melville. However we decided to build The Reserve at our Weeronga retirement village knowing from experience how important proximity to amenities is for our residents," Mr Marshall said. "This decision takes advantage of walking distance to a variety of including ammenities shops, cafés, library, supermarket, pharmacy and a range of health and

medical services."

Alchera Livings' chairman, Graham Sauvage commented: "The location has great amenities, is away from major roads, traffic noise and associated pollution that goes hand in hand with those locations. Being right next door to the shops and a wonderful park, with lovely views, I would expect future residents to be encouraged to get outside and stay active."

According to a 2018 study from Barcelona, exploring the link between environment and daily walking time, Mr Marshall might be on to something.

The study found that people who were close to large-scale open spaces, such as beaches or parks

were more likely to walk for longer than those who did not have such ac-

If you are in the process of deciding where to retire, make sure you take into consideration the walkability of your chosen home.

The Reserve is a quality, great value, development at an affordable price which is set to be complete by May. The display apartment is open every Wednesday from 1pm to 2.30pm and Saturday 9.30am to 11am or by appointment. Contact David Gibbons on 0434 650 866.

If you would like any information or wish to interest register your in an apartment go to: www.thereserve.net.au

Beautiful home available for sale at El Caballo Lifestyle Village

THIS stunning two-bedroom, two-bathroom home includes open plan kitchen/family and dining room. The kitchen has a gas hotplate and electric oven and there is split system air-conditioning and ceiling

There spotted gum timber floors throughout the house and has been freshly painted both inside and out.

The house has a lovely alfresco areas with café blind which offers access via kitchen, lounge and master bedroom.

The gardens are reticulated and include a 1500 L water tank and a lovely frog and fish pond. Included in the sale of the house is an electric golf

buggy, free caravan parking, free furniture storage and free accommodation for family and friends (limited time).

El Caballo Lifestyle Village offers residents a secure complex with views to the hills and surrounding golf course.

There are many facilities including a gym, men's shed, pools, spa and sauna, put-put golf, tennis, billiards and bushwalks.

It's an ideal lifestyle for an active retiree.

The price has been slashed to \$325,000 and interested people can call Helen Quicke 0448 816 764 or email hquicke9@gmail.com. See advertisement on page 46.

It's all plusses at Rangeview Village



RANGEVIEW resident Peter Pustkuchen (pictured above) shares some of his thoughts about downsizing to Rangeview Village.

"It is just over twelve months since I made the life changing decision, with a degree of fear and trepidation, to downsize and become a resident at Rangeview Village. I can honestly say it was the best and most rewarding life style change I could have made.

"Joining with other wonderful people from many different walks of life has proved both refreshing and welcoming," he said.

"Modern brick and tile homes, carefully designed, functional and secure just make life so easy. A conveniently located clubhouse provides a meeting place for residents to socialise and engage in a variety of cultural activities, while still having the independence to join outside community clubs and organisations.

"Families and small pets are always welcome, enabling residents to experience a genuine feeling of belonging and security at all times.

"Rangeview Village enables us all to look forward to a positive and comfortable future in the very best environment possible," said Peter.

Rangeview Village is a stunningly built neighbourhood and private village for those over 55 years of age that offers a carefree lifestyle. If offers elegant homes built to suit all your needs, from spacious expertly designed villas to facilities that are planned to specifically suit your life stage, with appropriate fittings and finishings to ensure your every comfort and security is maintained.

Home Open is held weekly on Monday, Wednesday and Friday's from 10am to 1pm so take the time and with your loved ones stop by and experience the Rangeview culture.

Rangeview Village is conveniently located at 15 Chipping Drive (enter off Denver Rise), High Wycombe or telephone village management on 9355 3400.



www.lifestyleassistance.com.au

Let's get the real facts!





Join us for an informative session on retirement village living with real facts and a panel discussion to answer all your questions. With so much talk about this industry which is accommodating the ever-growing demand for baby boomers, let's get the real facts!

• Real Estate Agent - dedicated experience in the High Wycombe area, providing information on current market value, pitfalls of selling and buying and current sales analysis of your local catchment area;

• Financial Advisor - expert knowledge and experience for people considering a move into a retirement village and the associated financial implications, learn the truth about what DMF and exit fees really mean;

• Rangeview Village Resident – a village resident who will provide first-hand their experience on moving into a village, the reasons behind their move and what it's really like being part of a community-based environment

This session is open to the wider community to help expand your knowledge and overall consumer awareness, bring your loved ones, listen to the informative panel discussion, have a look around the village, enjoy lunch with the residents and enter the draw for a free dinner for two!

> Saturday, 30 March - 10.30am to 12.30pm RSVP 9355 3400 or admin@villagesolutions.com.au

Rangeview Village - Its not downsizing...its UPSCALING! 15 Chipping Drive (enter off Denver Rise), High Wycombe



Downsizing Feature

Consider the amazing health benefits of living at Arcadia Waters Village



family vour home and moving into a smaller home can be a big step. It's understand-

able that many people have reservations about moving away from a place they're so familiar with.

but there are a whole host of great reasons to make the change to an Arcadia Waters community, including safety, convenience, company and security, to name just a few.

But perhaps the most important reason to embrace moving into an Arcadia Waters community is that you can't put a price on your health. If you or a loved one is considering making the move away, then make sure you check out these amazing health benefits of living in an Arcadia Waters retirement village.

Happier and healthier

A staggering 93 per cent of residents report that their happiness and life satisfaction either increased significantly or stayed the same since they moved into a retirement village. With the links between mental and physical health becoming increasingly apparent, this can have a huge impact upon your quality of life and longevity.

Retain your independence

Studies have shown

that residents in retirement villages go into residential aged care an average of five years later than those that enter direct from their family home. That's five or more years of socialising, spending time with your family (including your grandkids) in a comfortable environment and generally living a more independent and fulfilled

Fewer doctor visits

Thanks to the services and staff available at Arcadia Waters, residents make far fewer visits to the GP than the six to seven a year that is common for the average Australian senior citizen. Should one need to visit a GP, Arcadia Waters offer convenient onsite medical consulting

Less Ioneliness

Isolation and Ioneliness affect one in five senior Australians, and the resulting depression and negative mental health effects can seriously impact upon your quality of life. The community atmosphere and engaging social activities offered at Arcadia Waters helps residents avoid loneliness and live a more fulfilling life.

With five villages in Western Australia and homes starting from just \$249,000, Arcadia Waters can help you or your loved ones live a much happier, healthier and more independent life.

Call 1300 88 98 35 or visit the website, arcadiawaters.com.au to find out about their upcoming events.

Active ageing at Australis at Rossmoyne Waters

AUSTRALIS at Rossmoyne Waters provides the perfect combination of quality apartments and facilities.

Australis consists of 86 architecturally designed multi-storey apartments constructed with high quality materials, a modern layout which includes a spacious balcony with superb views and well-appointed rooms and quality fittings.

The complex provides the perfect opportunity for residents to remain active and social at their place of residence.

There is an array of amenities to inspire residents to maintain an active lifestyle including a avm. spa. sauna, heated swimming pool, lawn bowls and mini golf.

These activities are open to guests of residents to take advantage of when visiting. Perfect when looking after the grandchildren.

Also, on site is a café, large function room, craft rooms and a community workshop. Various activities are organised throughout the year and there is a village manager on site.

Australis provides everything on hand for residents to enjoy comfortable no-fuss living and entertaining.

Residents can rest easy in the knowledge that they have brand new, secure accommodation close to the city, Bull Creek train station and major shopping centres including Garden City.

Rossmovne Shopping Centre is only a short distance away and there are various medical and dental centres close by.

Australis at Rossmoyne Waters is the first stage of a master plan incorporating five redevelopment stages which will see obsolete facilities make way for state-of-the art accommodation and associated amenities.

More than 70 apartments have been sold and interested people can visit the display apartment to see how Australis at Rossmoyne Waters could suit them.

For further information or to make an appointment to visit the display apartment call 9253 4456

Discover more about the north west

PETER Ellery will be the speaker at the meeting of the WA Self Funded Retirees Association on 12 April.

Peter's topic is Born in Fire - the Discovery and Development of Australia's North West Shelf Natural Gas Resources. He has been an observer and a participant in the development of the Pilbara resource industries for 50 years.

As a journalist for *The West Australian* and *The Age* newspapers he reported on the development of the iron ore industry and Wapet's Barrow Island oil project in the 1960s.

He then served as Woodside's manager of public affairs from 1972 to 1987 and as chief executive\officer of the Chamber of Minerals and Energy from 1987 to 1997.

Peter was appointed a Member of the Order of Australia (AM) for services to the minerals industry in 2006.

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

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



Completion Early 2020 SABINA 1 BED 1 BATH 2 BED 2 BATH 3 BED 2 BATH from \$420,000* from \$760,000* from \$597,500* sabinaapplecross.com.au

VIEW OUR DISPLAY APARTMENTS THIS WEEKEND Saturday & Sunday 10:45am – 11:45am, 1:30pm – 3pm at 1 Harper Terrace, South Perth.

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Saturday & Sunday 11am - 1pm, 2pm - 3pm 908 Canning Highway, Applecross



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GREAT HOME and GARDENING

It's time to take stock of our plant heritage chryssies in WA



Western Australia has been included in the National Chrysanthemum Council Register - The WA Chrysanthemum Society was founded in 1965 - Annual chrysanthemum flower show 9-11 May

by Colin Barlow

IT won't be long before Mother's Day comes round again and the florists and nurseries are packed full of chrysanthemums or 'chryssies'. But did you know that these ancient plants are the result of more than 2000 years of breeding? Chrysanthemums are believed to have been mentioned by Chinese philosopher Confucius in around 500 BC, and in the fifth century a notable breeder, T'ao Yuan Ming had the name of his town changed after his passing to Chu-hsien or the City of Chrysan-

Initial breeding in China spread to Japan at the end of the fourth century where further advances were made. In 797 the chrysanthemum became the sacred emblem of the Mikado and its use was strictly limited. They could only be grown in imperial gardens or those of the nobility and the Order of the Chrysanthemum was the highest honour that could be bestowed by the Emperor of Japan.

After the Second World War, restrictions on their use was lifted and

the emblem of a Chrysanthemum with sixteen petals around a central disc can now be used by non-members of the Royal family. Currently Japanese diplomatic missions and overseas institutions carry the em-

A few varieties were grown in Holland as early as 1689 with the first importation into the United Kingdom in 1764, although there were a few failures, this resulted in the first well grown chrysanthemum display at a Mr Colville's Chelsea Nursery in 1796. Further development and breeding followed through the introduction of new plant cultivars from the East in the mid 1800s by famed plant hunter Robert Fortune. The development continued along with French and American growers in the late 1800s.

During the early part of the 1900s
Thomas Pockett in Victoria produced some exceptional cultivars that were considered the best available at that time and were exported to the UK and USA. Many of these cultivars are still in existence and include Duchess of Kent, Mrs Wm Knox, Thomas W Pockett and Pockett's Maroon. Thomas received an OBE in 1945, the first OBE ever awarded for services to Horticulture in Australia.

The ability to freely move plants around the world led to their further development and popularity. Existing tough Western Australian quarantine restrictions have restricted the flow of plants in WA due to increased importation costs and regulations. These costs mean only large companies can now afford to bring in new varieties and the backyard hobbyist is limited to existing varieties in WA.

The Western Australian Chrysanthemum Society was founded in 1965 and currently meets in February, April, September and November. They distribute plants in October and hold their annual flower show at the Hawaiian's Forrestfield Shopping Centre from Thursday 9 May until Saturday 11 May, just in time for Mother's Day.

Members have noted that some previous chrysanthemum cultivars have not been shown at the displays or been available for distribution for many years. As their memberships ages and some members become less active, cultivars may be lost to cultivation in WA forever. Consequently the society has developed a strategy to preserve the range of chrysanthemum cultivars available.

Experienced members have been aiven the responsibility to grow and preserve a specific group of the different types of chrysanthemum so that they can be documented and preserved for posterity. These include Exhibition, Decorative, Anemone Centred, Single, Pompone, Fantasy Spider, Miniature Charm and Cascade, and Unclassified. The list of varieties currently known to be available in WA has now been included on the National Chrysanthemum Council Register.

So how can you help? Well that old chrysanthemum growing in your parents, grandparents or friend's garden or shade house may be much more important and uncommon than you think. If you know anyone who grows chrysanthemums, particularly old varieties or those that have a héritage, please contact Michael Drake-Brockman from the Western Australian Chrysanthemum Society on 0421 778 717 or via the website www.chrysanthemumwa.com or their Facebook page.

Dedicated members are propagating and spreading the chrysanthemum varieties throughout gardens in WA, so that we can proudly preserve our past plant heritage and the legacy of the Australian plant breeders.

Make a garden connection at the **Melbourne International Flower** and Garden Show

The largest horticultural event in the Southern Hemisphere the Melbourne International Flower and Garden Show (MIFGS) takes place from Wednesday 27 March until Sunday 31 March. Now in its 24th year, the event draws visitors from all around the world to see the spectacular landscape and floristry designs and installations set in the picturesque Carlton Gardens and the magnificent Royal Exhibition Building. Go to www.melbflowershow.com.au for the latest information on the show.

If any readers are visiting the show in Melbourne, don't forget to come and participate in one of my practical talks and demonstrations at the Scott's Australia stand.

WA's most prestigious garden, landscape and outdoor living event



2018 Landscape Show Garden Best in Show @ @perthgardenfestival

PERTH Garden Festival is Western Austraiongest running, and most prestigious, garden, landscape and outdoor living event in Western Australia.

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 pro duce, new products and an abundance of information on outdoor living.



From 11 – 14 April, Mc-Callum Park in the Town of Victoria Park will again be transformed from tranquil parkland into a bustling hive of activity with spectacular landscaping displays and product offers from leading garden brands.

With Kleenheat continuing on as naming rights sponsor, and the likes of Richgro, Baileys and Scotts all attending, this year is set to be the best yet with already more nurseries, more ex-

ALL AREAS

All Hot Water

Plumbing & Gas

hibitors and more show gardens it will certainly be a Festival not to be missed.

WIN WIN WIN

We have 15 double passes to give away to Garden Week for some lucky readers to win. To be in the draw simply email win@haveagone ws.com.au with Gar-den Week in the subject line or write to Garden Week c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31//3/19.





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Friend to Friend	Please nominate a category for your advertisement. Tick one box only.	Abbreviations used ALA: All letters answ	wered D
FREE	☐ Travel companion☐ Pen friend☐ Seeking a friend☐ Seeking a partner	GSOH: Good sense SD: Social drinker NS: Non smoker SOR: South of Rive WLTM: Would like to	N N r T
I Postcool	Address	W pp S S F P P W W C C 2 E E	Each personne en control of the completed in the complete in the com

Each person may submit one entry every month.

DTE: Down to earth ND: Non drinker

NG: Non gambler NOR: North of River TLC: Tender loving care

STOP: Please read new instructions carefully Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend PO Box 1042 West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ACTIVE gent 60, no baggage, neat appearance, financially comfortable, looking for a lady for companionship relationship.

Reply Box 8166

ARE you a lonely lady? Gent 74 unhappy at home. Would love to meet you for chats and a few laughs. Regular catchups at public place would be great. Where are you lovely lady?
Reply Box 8164

ARTIST lady, youthful 55+, slender, pretty, well dressed, refined, DTE, stable, intelligent, self sufficient, respectful, honest, clean, healthy holistic life, NS, ND, GSOH, no social media, sport religion or couch potato! WLTM sincerely genuine gent, same qualities, values, beliefs for friendship as equals, NOR coffee, chat.

Reply Box 8161

A TRUE Aussie lady looking for a gent Aussie or English 69-73, NS. I'm a neat dresser, enjoy good company, GSOH, barbecues, movies, reading. Hope to meet you, chat,

fee and chat, 60-70.

ENGLISH lady, educated,

coffee. Reply Box 8188 surrounding

COUNTRY lady, 65, WLTM happy, honest and sincere gent, NS, who likes music, drives, occasional dinner, must be active and loves life and family, let's meet for cof-

Reply Box 8157

attractive, pleasant personality, refined, GSOH. NS, NG, ND, WLTM fin sec, kind gentleman, 70-80. I like walking, swimming, reading, nature, art, writing. Interested in the good things life has to offer. I live in the Melville area. Coffee anyone?

Reply Box 8176

NEWS UPDATED DAILY www.haveagonews.com.au **GENT** late 70s. Engaged, lacking romantic times at home. Seeking a lady who has the same lack to return mutually and lovingly to what life has been created to offer. Keeping discreet! Mandurah and

Reply Box 8155

GUY 66 WLTM lady up to 62. Healthy, NS. SD, into music, movies etc. Try me this 5'6" medium build man and you will find a faithful companion. Come on ladies and say goodbye to loneliness forever. Reply Box 8179

I'M looking for my hero. You are kind, loyal and looking for caring and honest friend. You have integrity and love exploring our beautiful state, movies, dancing, photography and art may interest you, 55-73, NS. Reply Box 8158

LADY lonely, WLTM a genuine Aussie man 70s, DTE, with a GSOH, enjoys music, travel, camping, family, NS, SD, happy person, loves to laugh, no baggage, 75, widowed,

Reply Box 8181

LADY slim, 69, 5'8", nicely presented, WLTM tall guy NS, SD, GSOH, DTE, who enjoys dancing, country music, walking, occasional dining, coffees, travel within Australia. Lives Albany.

Reply Box 8174

LADY WLTM gent 80s. caring, dining in out, travel, quiet evenings, watch TV, music, walks, NOR, SD, NG, TLC, NS. Reply Box 8175

SENIOR widower, genu-

ine, sincere, honest, no healthy, active, vices, drives, handyman, own home, fin sec, wide range of interests. WLTM compatible lady, 40s vintage for TLC, long term relationship, NOR. ALA.

Reply Box 8187

WELL presented lady, 62, with an active lifestyle and easygoing nature WLTM tall gent 60-70 who shares my love of music, gardening and good conversation ALA.

Reply Box 8182

WELL presented senior gent with Asian background, educated, professional and financial secure. My interests are travel, music, food, wine, gardening, sports, arts and culture. I am searching for an elegant lady, 75+ for casual dating. ALA.

Reply Box 8165

YOUTHFUL 70 years young lady seeking to meet a well groomed, intelligent, caring gent for company on outings, activities and maybe travel if compatible.

Reply Box 8184

Seeking a Partner

ACTIVE gent, GSOH, NS, WLTM 71, loves life, seeking a happy easygoing lady that likes sport, dining out, travel, movies, driving to country, walking, need good company that a lady can give.

Reply Box 8162

ATTRACTIVE blonde Euro lady, 60s, considerate, active, fun, loves Italian culture, cuisine. I'm well travelled, excited about life, new experiences. WLTM a kind and decent man also loving good music, shows, books etc. Share good future.

Reply Box 8156

ATTRACTIVE blonde lady, many interests, young at heart, loves especially Italy, 60s, GSOH, NS, SD, DTÉ, WLTM decent gent, loving music, well groomed, positive outlook with Christian values share happy future together with fin sec gent.

Reply Box 8172

ATTRACTIVE English lady, 70, medium build, feminine, educated, fin sec, own home, Cannington area, VGSOH, WLTM genuine, unattached gentleman, 65-73 for permanent long term relationship who enjoys country drives, walking, reading, music, socialising. Genuine replies only.

Reply Box 8170

AUST male postcode 6163, retiree, 71, interests; dining out, fishing, movies, homelife, horse racing, NS, SD, meet female similar SOR.

Reply Box 8180

DANCING partner for 78 year old lady, New Vogue for south west dance festival 4-7 April. I am a good dancer in need of a good dancing partner.

Reply Box 8173

GENT Aussie, 75, slim, active, GSOH, NS, NG, SD, fin sec, loving, caring, kind, good listener, patient, drives, walking, movies, gardening, music, singing, photography, handyman, WLTM slim, loving, caring, lady, GSOH, 65 plus, SOR.

Reply Box 8160

GENT Aussie retired farmer, 77 years young, NS, SD, VGSOH, active, handyman, loving, caring, genuine, TLC, respect women, own home, 4WD, caravan, fin sec, interests many including yours. WLTM similar NS, active lady, share long term happy relationship. ALA. Reply Box 8169

GENT lives Mundaring area, WLTM lady for travelling, dancing, has caravan, NS, GSOH, NG, prefer good times etc.

Reply Box 8171

GENTLEMAN 68 tall, well presented, NS, SD, TLC. WLTM lady, 65-75, interested in movies, gardening, walks, travel, looking for permanent relation-

Reply Box 8167

HELLO Mr Gentleman, I am a young 68 lady NS GSOH WLTM you know. I've done the hard part so don't disappoint me by not replying take a chance nothing ventured nothing gained.

Reply Box 8163

LADY 53, seeks man similar age, GSOH, SOR, Spearwood area. WLTM ALA, looking for a sincere, loving man to make my life complete and hopefully you will feel the same. Reply Box 8177

LADY 57, single with old fashioned morals, GSOH, DTE, medium build, SD, smoker, likes outings, movies, country drives, beach, markets, travel, seeking single gent with some morals and happy views on life.

Reply Box 8159

LADY 70s WLTM honsincere gent 70-80. GSOH, NS, DTE, no baggage, easygoing not regimented, spontaneous, lives in the moment, enjoys all that life has to offer, music, outdoors, caravaning, travel, love and laughter, spend quality time together. Can't wait to meet you. ALA.

Reply Box 8186

LADY mid 70s, active, enjoys life in general. WĹTM gent loving, caring, GSOH, NS, SD, enjoys, family life, country drives not into travelling NOR. Reply Box 8168

Love the movies?

See the latest movie reviews and win tickets www.haveagonews.com.au RESPECTABLE male southwest coastal, 69, intelligent, medium build, easygoing, comfortable, quiet lifestyle, Enjoys no baggage. homelife, sport, camping, fishing, northwest exploring, heaps more. Seeking similar, GSOH, tidy, good natured country Viewing long term.

Reply Box 8178

WIDOWER 70 seeks DTE Australian lady 63 to 70 without baggage, fit, healthy, who enjoys everything outdoors, beach, fishing, gardening, car travel, music, home duties, quiet times, permanent relationship required. I live in the Swan Valley area. ALA.

Reply Box 8183

Seeking a Travel Partner

GENT UK/Aussie, late 60s, 6' tall, GSOH, educated, seeks intelligent, attractive lady, travel companion, assuming social, personal compatibility, all destinations travel modes considered eg cruising. Benefits companionship, security, fin sec, genuine replies only please, NOR meet for coffee?

Reply Box 8185

Friend to Friend: When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of

the ad) concerned and post to: eg. Reply Box 4100 c/- Friend to Friend,

PO Box 1042. West Leederville, WA 6901. (example only) Send your reply on a single sheet of paper.

Place in a small envelope 11B (measures approx. 14 x 9cm).

No greeting cards, bulky items and photos. All replies will be forwarded early in the next

All replies are strictly confidential and are not

Replies must be in response to reply boxes no older than three months.



Victoria Park Stamp Club is looking for new members

THE friendly bunch at Victoria Park Stamp Club encourage Have a Go News' readers to come along and have a go.

It's an opportunity to enjoy the hobby of stamp collecting with like-minded people, learn a thing or two and find some of those stamps on your wants

There are many ways to develop a collection whether its themed or on a subject like birds or roy-

Some members are avid pen pal writers to people all over the world - this also adds to their collection of international stamps.

The club meet on the first Wednesday of each

month at 7.30pm at the Uniting Church on the corner of Star and Archer Streets in Carlisle. Call Barb on 6363 6733 or George on 0429 087

231 for more details.

SOLUTIONS MATCHMAKING "The safest way to meet a genuine and suitable companion" 9371 0380 MANDURAH LADY 70 would love to go caravanning.

A fit, active, widow, indep w/a GSOH, considerate & adaptable. Sk gent 67-77 who is ready for a new beginning. CLAREMONT LADY 72 petite, pretty blue eyed blonde,

vibrant, feminine, intelligent. Can dance, enj walks,

swimming, yoga, tennis, music, camping, caravan

travel. Sk funloving gent w/a little refinement 70-80. DOUBLEVIEW LADY 73 gentle, elegant, slim/fit, healthy, green eyed, blonde, former ballerina, very easy to talk to & a gd listener. Loves life & wants to share it with an honourable, loving man 67-75.

BALDIVIS LADY 63 slim, attr, blue eyed blonde, very well grmd, indep, living comfortably, enj swimming, walks, outdoor activities, sk gent 60-70 For honest, loving r'shp.

personality, beautifully groomed, quirky, dare to be different, loves travel, wine/dine, walking, music, good films, just doing whatever makes you happy. Sk gent who has humour & smarts & wants to be loved 62-72. MARMION GENT 63 big hearted man, quiet at first, then

MANNING LADY 66 very pretty & an effervescent

a great conversationalist, jolly country boy at heart, ret. manager, enj local travel, garden, sport, friends, 60s music. Sk lady 58-65. NEDLANDS GENT 73 ft, active, well spoken, academic,

well travelled, keen gardener, exercise regularly, sk well

grmd, educated lady 63-73 for perm r'shp. CHIDLOW GENT 70 very active mind & body, 180cm, slim/fit, a good dancer, intelligent, spiritual, enj interesting conversation, current affairs, music, making things, loves animals. Sk lady similar w/ country



mindset 62-72.

SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995



From page to stage, bringing musical Mimma to Perth



Dr Giles Watson © Lata S Wright

by Josephine Allison

ALBANY man Dr Giles Watson's life-long fascination with Britain and the Second World War and serious study on the subject has materialised into writing the libretto for the world premiere of Mimma: A Musical of War and Friendship which opens in Perth next month.

"I have been thinking through some of the aspects for *Mimma* for most of my adult life really," Watson says from Albany where he teaches English at Great Southern Grammar School.

"There is a strong Albany and WA connection with *Mimma* which is very exciting for us. Composer Ron Siemiginowski, originally a touring classical pianist, spends a lot of his time between Albany and Geraldton running a cinema chain and I have lived here for four years and my parents around 20 years. It is kind of Albany home grown but after writing the script and music, the show has gone out to some pretty famous peo-

Mimma, opening at the Regal Theatre on 9 April, is a musical about the meeting of two very different hearts and minds, two women from different cultures, Watson says. Mimma (played by world renowned star soprano Mirusia Louwerse who works with Andre Rieu), is the main character, an Italian and quite young. She helps her mother and brother as journalists run a clandestine paper during the Second World War after her father was killed by the Black Shirts years before.

"She has a man who wants to marry her, but he makes some mistakes about asking her and ends up making threats about her journalist activities. So her family decide to send her to London to keep her safe. Her uncle Lorenzo owns a night-club and she meets Sarah (played by WAAPA graduate Holly Meegan), an

aspiring jazz singer from Soho and they share a room together and form a strong friendship" Watson

says.

"The action of the show follows her and her family back to Italy so there is a plot and a subplot. And we go into the war with Hitler, then Mussolini declares war and, at that point, Winston Churchill says all Italians in central London are to be arrested, saying, 'collar the lot' Some were interned and some deported, so Mimma ends up embroiled in all that."

Watson says the theme of the musical is friend-ship in adversity, there are touches of romance in the story but that is not the main theme which is a change for musicals.

"One thing I was determined about was these two women and their friendship was to be the absolute focus."

Watson says the actual process of writing the libretto took place over the past two years.

"I met Ron a couple of years ago and the project crystallised, this involved working with Ron on writing the libretto, writing the songs and the play script. After that we worked with director Adam Mitchell who has a strong vision of what everything is going to look like on stage and

what is practical and what isn't in terms of staging it.

"The actual writing of the first draft actually didn't take long, a school holiday, but since then there has been a much longer process of editing and rearranging the order to make it better on stage and, as that happened, new songs and all sorts of things have arisen."

It is the first time Watson has undertaken a musical for mainstream audiences but he worked on an album with local singer-songwriter Simone Keane and has directed school musicals.

"But nothing on this scale before," he says.

It's a natural progression for Watson who studied for a doctorate with his thesis on Britain during the Second World War.

"I spent six weeks in London and got to know the city while doing a Second World War topic in my thesis in the late 1990s. It was easy to imagine what London was like during the Blitz, and that has kind of fascinated me ever since.

"I was staying on Bayswater Road, spending a lot of time at Lambeth Palace and, as a student, I wasn't spending money on public transport so I was walking through Westminster and Soho, around Charing Cross Road, I have been back there several times. I was fascinated by the atmosphere of Soho and Seven Dials."

Watson says everyone would love the show to travel more widely but at present the focus is on making the Regal Theatre performances wonderful.

"It's very important for me, an ambition realised. I've wanted to write a stage play for quite a while and I have sequels in my head, it's really wonderful seeing all these talented people working to one goal to produce this beautiful thing and there is little me who wrote the libretto."

A fascinating footnote for the show is that Dr Watson's father, Leslie, was given a model Spitfire by his father, also named Leslie, during the Second World War.

"My grandfather in Britain was a wonderful carpenter by trade and this model aircraft has a 40cm or 50cm wing span, it's quite large and beautifully painted. Leslie Watson made a number of other World War II planes in 1942 when my father was four-years-old. He went into the pantry and there was this Spitfire waiting for him.

"I have this song Sarah is singing in the nightclub, Spitfires and Hurricanes,

she has just been to Serpentine in Hyde Park and seen children playing with model planes. She is sing-

ing the Battle of Britain.
"I have the Spitfire aircraft to this day and my father has two other planes, all made by my grandfather."

ing about that but foresee-

Mimma: A Musical of War and Friendship runs at the Regal Theatre from 9-21 April. For more information and to purchase

We have three double passes to giveaway to some lucky readers to Mimma the Musical at the Regal Theatre. To be in the draw simply email win@haveagonews. com.au with Mimma in the subject line or write to Mimma the Musical c/- Have a Go News PO Box 1042, West Leeder-

ville 6901. Closes 5/4/19.





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@ The Castle, 8 Attwood Way, Rockingham

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Calling all Francophiles of film



EACH new year heralds a sense of excitement and never more so than in 2019 which marks the 30th anniversary of Australia's most tantalising multi-cultural movie event, the Alliance Française French Film Festival.

Screening at Palace and Luna Palace Cinemas from 13 March -10 April, this cherished celebration of French culture will be pre-sented by the Alliance Française in association with the Embassy of France in Australia

and Unifrance Films.

This very special edition Festival will showcase its innumerable delights across 12 distinct categories with self-explanatory titles ranging from Paris Snapshots, Summertime, Lighten Up and Critically Acclaimed.

It will also present a selection of outstanding movies from Canada Belgium, and Switzerland in its Across Borders category including The Fall of the American Empire (La chute de l'empire Américain), a richly amusing comedy drama from renowned Canadian director Denys Arcand, which is essential viewing.

For more information, or to purchase tickets go to: www.affrench filmfestival.org

WIN WIN WIN

Thanks to The Alliance de Perth we are giving our readers the chance to win one of five in-season double passes to The 2019 Alliance Française French Film Festival. To be in the draw simply email win@havea gonews.com.au with French in the subject line or call the office on 9227 8283 during business hours to be in the draw. Closes 18/3/19.



Pascale Whiting © Belinda Sherry

WESTERN Australia's achievements in helping to save our planet

Music and nature in perfect harmony

will be celebrated in a spectacular concert by Perth Chamber Orchestra at Perth Town Hall on Wednesday 27 March at 6.30pm.

Audiences will be surrounded by native plants, immersed in a multi-sensory feast of strings and soloists playing music to satisfy the soul as they inhale the evocative eucalyptus scents of the Australian bush. Gavin Buckley, CEO,

TedxPerth will conduct short five minute interviews with leading experts from WA-based organisations including Julia Reisser, oceanographer and research from Minderoo Foundation's 'Flourishing Oceans', on how we are helping the following four themes: thriving oceans; drought mitigation; renewable energy; and protecting biodiversity. These experts will

share their ground-breaking work, give facts, figures, and insights into how Western Australia is leading the way in these areas," said Bourby Webster, founder and CEO, Perth Symphony Orchestra. "Each conversation will be followed by inspiring pieces of music on the four themes performed by Perth Chamber Orchestra and soloists, conducted by Jessica Gethin.

"Sounds recorded in the wild from the Western Australian bush will be a played in the background, transporting the audience into our natural environment. Film-footage of our natural planet will enhance the performance, totally immersing the audience in a feast for the senses," she said.

The concert is presented by Blue Ocean Monitoring, with support from UWA Oceans Institute. Additional thanks to event partners Anthologie, Sin Gin and Voyager Estate. Bar available.

The cost is \$70 for premium tickets which includes a complimentary ain or \$45 for a standard ticket.

To book visit www. perthsymphony.com

WIN WIN WIN

We have a double pass to giveaway to a lucky reader to this performance on 27 March at Perth Town Hall. To be in the draw simply email win@ haveagonews.com. au with Planet in the subject line or call the office during business hours on 9227 8283. Competition closes

Nicole Kidman stars in one of her best roles to date in new thriller



WHEN a fresh case exposes history from a former investigation, Los Angeles Police Department detective Erin Bell (Nicole Kidman) is forced to face her demons, in Destroyer a genre-defining film from Karyn Kusama.

As a young detective, Erin and her partner Chris (Sebastian Stan) were placed undercover in the California desert to infiltrate a notorious criminal gang, controlled by their dangerously unstable leader Silas (Toby Kebbell), but the operation ends in tragedy. Years later, struggling to maintain a relationship with her daughter and still haunted by her past, she embarks on a mission for redemption and closure when it appears Silas has re-emerged.

In cinemas 21 March.

WIN WIN WIN

Thanks to Madman Entertainment we are giving our members the chance to win one of five in-season double pass to Destroyer, a thriller with a dark story of redemption at its core. To be in the draw simply email win@haveagonews.com.au with Destroyer in the subject line or call the office on 9227 8283 during business hours. Competition closes 20/3/19.



Just a boy at 70 - the legendary Leo Sayer returns to Perth



Leo Sayer

BRITISH music legend Leo Sayer is touring Australia and New Zealand with his all-star band for a series of special shows to celebrate his 70th year on earth. This comes hot on the heels of his sold-out 2016, 2017 and 2018 UK tours and Grammy-award winning, international chart topping

A run of dates throughout February, March and April, will see Leo traverse his amazing back catalogue in Australia. Then the Just A Boy At 70 tour will head straight to the UK, Europe and the USA again for the northern summer touring season. So this is the only chance Aussie audiences will have to share in Leo's birthday bash.

Known the world over for his classic songs, which include Thunder In My Heart, More Than I Can Say, Moonlighting, The Show Must Go On, One Man Band, I Can't Stop Loving You, Orchard Road and the transatlantic number one smash hits When I Need You and You Make Me Feel Like Dancing. Leo is excited to be back on tour in his adopted homeland and can't wait to celebrate his auspicious

birthday with audiences through these high energy concerts, jampacked with hits from start to finish.

In the more than four decades since he embarked on his illustrious music career, Leo Sayer has written songs for some of the most influential names in the business, including the likes of Tina Turner, Cliff Richard, Roger Daltrey, Dolly Parton, Three Dog Night, Gene Pitney and Jennifer Warnes. He is revered world-wide for his song writing and his live performances and is one of the most well-respected musicians on the touring circuit today.

Audiences can expect these songs and more as the man described as 'one of the greatest pop voices of our time' takes music fans on a musical journey that features more than 20 international top 10 singles and 5 global

There isn't much Leo Sayer hasn't

done throughout his career. He's made appearances with The Muppets, The Wiggles and features on the Charles Angels' soundtrack - endearing him to music fans young and old. He has performed at every kind of venue imaginable, from intimate showcases, to the Olympic Stadium in Moscow, Central Park in New York, the Las Vegas Hilton, the Royal Albert Hall in London and in his home of Australia, the State Theatre in Sydney

Leo became an Australian citizen in 2009 and hasn't looked back since. He is working just as solidly in his music career now as when he started and his music is reaching new audiences. In 2007 his classic hit Thunder In My Heart got a dance re-make, which went #1 throughout England and Europe. The age range of audiences at a Leo Sayer show is massive - his music appeals to young and

and Hamer Hall in Melbourne.

old and his shows are energy packed from the beginning. His charismatic persona endears audiences immediately and he always has the audience on their feet. An evening with Leo is certainly unforgettable and most importantly fun. It shows to celebrate his birthday year are guaranteed to be one massive party.

Leo is also currently celebrating the UK release of his The Gold Collection, which saw him appear in the UK Top 40 for the 15th time. The album will be available exclusively to Australian audiences on the Just A Boy At 70 tour.

Don't miss his appearances on Thursday 4 April at the Mandurah Performing Arts Centre www.man pac.com.au and Friday 5 April at the Astor Theatre www.astortheatreperth.com

For more information or tickets, please visit www.leosayer.com.

MetSO's next concert showcases gifted young artist Aaron Dungey...



Aaron Dungey

METROPOLITAN Symphony Orchestra (MetSO) March concert will fea-

of MetSO's gifted young artists. Aaron, who plays the viola, is a member of WA Charity Orchestra and WA Youth Orchestra. He has also performed with UWA's Chamber Orchestra and WAAPA's Faith Court Orchestra and has twice attended the Australian Youth Orchestra's national music camp.

In 2018, Aaron received the Paul McGeorge Memorial Prize for Most Outstanding String Player and the Top Instrumental

lands Senior High School. Aaron will perform Weber's Andante e Rondo ungarese for the viola.

The concert will com-Weber's mence with Overture Der Freischütz, finishing with Schubert's Symphony No. 9, The Great.

Burhan Güner will conduct the concert. Burhan, is a conductor, musicologist, writer and presenter. He has worked in opera houses in both Australia and Europe including West Australian Opera,

Opera Holland Park (UK) and Komische Oper Berlin (Germany). He is currently working with the opera department at the West Australian Academy of Performing Arts.

MetSO is one of Perth's leading community orchestras. Established in 1977, the orchestra has performed regularly ever since, providing a musical home for keen amateur musicians covering an age range from 17 to 70s.

The next concert will be held at 3pm on Sunday 31 March, at the John Inverarity Music and Drama Centre, Hale School, Unwin Avenue, Wembley Downs.

Tickets available at the website www.metsoperth. org or Trybooking.com.

A limited number of tickets will be available at the door.

The door price of tickets

is \$30 and concessions \$25. MetSO recommends booking on line, which will save 10 per cent on door prices (\$27 adult, \$22 concession, group tickets

available). Tickets include afternoon tea. **WIN WIN WIN**

Metropolitan The Symphony Orchestra is giving away five double passes to its next concert, to be held on Sunday 31 March.

To be in the draw to win a double pass email win@haveagonews. com.au with Metso in the subject line or call the Have a Go News office on 9227 8283 during business hours. Competition closes 25/3/19.

Enrolments for Term 1





For enquiries phone 9641 1541 or email crcreception@westnet.com.au proudly presented by the York Friendship Club Inc Proceeds Fred Hollows Foundation

MANAGING by David Williamson Directed by Ann Speicher



Season dates

March 22, 23, 25, 27, 28, 29, 30 @ 7.30pm Matinees 24 & 31 @ 2pm

Book at www.TAZtix.com.au or 9255 3336 *Tickets: \$25.50 full • \$23.50 conc • \$20.50 child Child under 15 yo or full-time student *Ticket fees apply



www.harbourtheatre.org.au

Find us at Camelot









Palace Cinemas bring concession Wednesdays to the big screen...



PALACE Cinemas are proud to introduce a special discount day for pensioner and senior card holders.

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Each Wednesday at both Palace Raine Square Cinemas and Cinema

Paradiso, pensioners and concession holders will receive \$14 tickets between 9am and 5pm.

The newest cinema complex and the only one in the Perth CBD, Palace Raine Square offers state-of-the-art cinemas for patrons.

Palace Platinum is now open at Palace Raine Square and is truly cinema reimagined. It features four boutique-style auditoria fitted out with stylish décor and the most luxurious fully reclining seats with table, footrest and personal light, and an exclusive private bar and lounge for its customers. With call-button wait service, guests can enjoy meals from the best restaurants of the area delivered to their seats.

It screens the best blockbuster and new release movies across nine traditional cinemas that all feature reclining handmade leather seats, spacious plush interiors, 2K high definition screens and Dolby surround sound.

The complex also features three bespoke bar areas to enjoy a drink and snack before or after a movie.

Palace Raine Square is located in the new Raine Square retail development, with access from either Murray, William or Wellington Streets. It sits across from the Perth Busport on Wellington

Street with direct access from Perth Underground Station. Receive two hours free parking with your validated cinema ticket at both Wilson Parking Raine Square and Queen Street lots.

Palace Cinema Paradiso is located at 164 James Street, nestled in the heart of the bustling cultural hub of Northbridge and is home to four stylish cinemas with a European flavour which screen the best in world cinema. As well as quality art house, independent, foreign cinema, international film festivals and a selection of the best in high end mainstream movies screen in the repertoire.

Cinema Paradiso is walking distance to a cluster of bars, restaurants, boutiques, cultural venues and galleries, just north of the Perth railway station.

It is, just a few minutes' walk from the Perth Underground with street parking available. Nearby parking lots are available at Russell Square, Art Gallery of WA and Perth Arena.

Both cinema complexes are fully licensed and patrons are welcome to take in their drink. Pensioner and concession cards are required to be shown at the box office to redeem discount.

WIN WIN WIN

To be in the draw to win one of 20 double passes to either Palace Raine Square or Cinema Paradiso simplv email win@havea gonews.com.au with Palace in the subject line or write to Palace Cinemas Competition. C/- Have a Go News PO Box 1042, West Leederville 6901. Closes



An intimate evening of songs and stories with Ronn Moss

ONE of the world's favourite soap stars, Ronn Moss will be touring Australia in March 2019. Ronn is renowned worldwide for his portrayal of Ridge Forrester in television hit The Bold and The Beautiful, as well as his worldwide hits with Player including Baby Come Back. He will be presenting an evening of great songs and stories from an illustrious career that started at the tender age of 11 years old.

Experience the soul of Cuban music

AFRO-CUBAN All Stars recorded A toda Cuba le Gusta in an astonishing two-weeks in 1996. The show features nearly 60 performers including celebrated artists such as Compay Segundo, Omara Portuondo and legendary guitarist Ry Cooder.

The recording of these sessions became the subiect of the Oscar-nominated documentary Buena Vista Social Club.

Today, there's no slowing down the Afro-Cuban All Stars. They are still touring the globe with their 14-piece group of Cuban musicians and still led by original bandleader Juan De Marcos. Don't miss this all rhythm, all dancing, uplifting musical experience straight out of Cuba, but for the world.

For bookings to these events see advertisement for

details on page 53.

Silent art auction for leukaemia

BODDINGTON Medieval

SATURDAY 18 MAY

Boddington Rodeo Grounds

TICKETS (day pass only):

Adults \$20 Seniors \$10 Children (6-16) \$10 Child (u6) FREE

BOOK NOW - (Day pass with 3 course meal)

MIREILLE Tewfik, an avid fundraiser for the Leukaemia Foundation, has organised a charity art auction to raise much needed funds for blood

An array of local artists including painters, potters, textile and glass makers have donated one of more pieces to be auctioned.

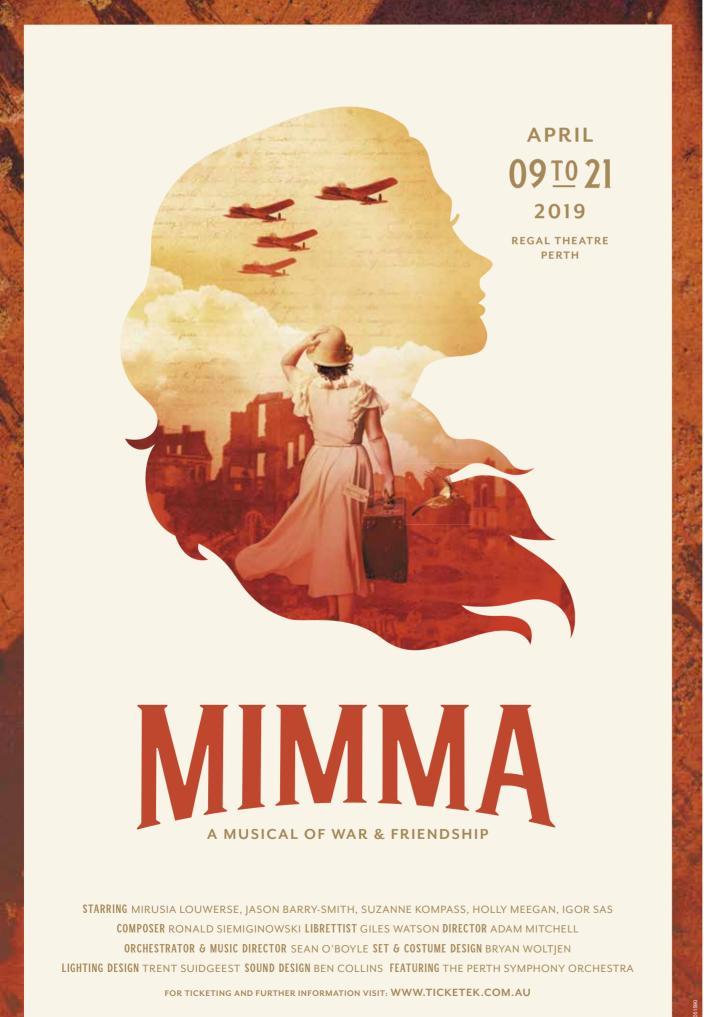
The work comes from artists Ian de Souza, Kendall, Ross Peter Potter, Helen Gordon, Helen Cockburn, Alma Hotchkin, Verna Duscher-Coopes, Andrew Tremain and some pieces from Adelaide artist David Braun.

At the event guests will enjoy live music, wine and canapes along with the silent art auc-

The fundraiser will be held on Wednesday 27 March at Old Customs House, 8 Phillimore Street, Fremantle from 6 - 8pm.

Tickets are only \$10 and can be booked through www.trybook ing.com/BBBZP





SCENE SOCIALLY







SCENE (1): THROUGHOUT February the 2019 Amana Living Arts Festival has been holding events and will run until 22 March. The festival celebrates life, learning and friendship by encouraging older people to take part in a wide variety of creative experiences. Amana Living residents and clients have been able to choose from more than 90 events with highlights including puppetry making workshops, water colour painting classes, song-writing classes, dementiafriendly 'tactile tours' of Sculpture by the Sea, and dancing. Singing Through Life was held at Moline Village and involved the West Australian Charity Orchestra taking participants through a lifetime of musical memories from childhood to retirement, with songs about falling in love, making friends, the hard times and the good times. The festival is a partnership between Amana Living, individual artists, and the State's leading arts organisations.

SCENE (1): Top row from left to right; Spare Parts Puppet Theatre: Pat Quinlivan, Judy Lypka, Sandy McKendrick (Spare Parts Puppet Theatre), Gwen Wiley, Fay Plowman -Fay Sullivan, Ursula Joensson, Ila Banks with musicians from the WA Charity Orchestra - Joan Garcia and Anne May. Second row, L-R; Illuminated manuscripts, Mary Bloomer and Frances Brennan holding their artwork from a watercolour painting workshop. Third row L-R; June Collins and Murray Loane.







LIZ and Cameron Bell (pictured) South of Perth were the lucky winners of the AGL cruise on the good ship

The cruise far exceeded their expectations. The ship was spotlessly clean, the food exceptional, the crew well trained and attentive to everyone's needs.

Every minute there was entertainment and activities for all passengers.

"Did I mention the food was outstanding with five mealtimes a day? The upside is we can't wait to join another Astor cruise. The downside is our need to reboot our New Year's resolution weight-loss diet," said Cameron Bell.

"We thank AGL for making this cruise available to win and Have a Go News for running the competi-

Ed's note - we thank our partner AGL for sponsoring this prize as well as the AGL Seniors Week Film Festival. As winter approaches I take this opportunity to remind readers they have a fantastic gas offer for anyone with a seniors card. See back page of the Active Ageing Liftout for more details.



SCENE (2): LAST month Gerry Coleman wrote to us in the Letters to the Editor section about his Mum Kitty who is 97 and living independently in Ireland. Gerry emailed us to say he had lots of feedback from the letter including it being discussed on Radio 6PR. Gerry wanted to share a photo of him and his Mum Kitty with readers.





SCENE (4): Top row from left to right; Crown Life guests were treated to world class cheeses from Blue Cow Cheese Company in a free cheese tasting event. Left; Paula Woods tries her hand at Tai Chi.

SCENE (4): LAST November, Crown Perth launched a program which is designed to inspire Crown Club members to live a healthy and active lifestyle called Crown Life. They have run a series of workshops including Tai Chi lessons, cheese tasting and cooking demonstrations since its inception. The free mid-week events hosted by Crown Perth not only encourage guests to 'have a go' but to step out of their comfort zone and try something new. More events will be held in March - see details of upcoming events inside this paper.



SCENE (7): AT the end of January Bethanie Gwelup Aged Care welcomed Home **Marianne** McCabe from Stirling Women's Refuge to receive a very special collection of soft toys being donated by a resident. It is the little things that can make a big difference when transitioning,

and that has certainly been the case for Perth born Bette Jordan, who recently moved from her long-term home in Mount Lawley when her husband passed away, and into the Bethanie Gwelup Aged Care Home. Bette has worked closely with Bethanie chaplain, Kerryn Monger to work out what to do with her treasured collection of soft toys that she has collected for the most part of her life. Kerryn says, "Each toy has a special story - where it came from, the circumstances she brought it or received it. She was adamant that she couldn't simply just dump them in an op shop, so we came up with a solution." Kerryn and Bette decided they would like to donate them to a local women's refuge.



SCENE (3): SENIORS at the not-for-profit aged care home Mercy Place Edgewater are the latest beneficiaries of the talented members of the knitting club at Pearsall Hocking Community Centre. Tapping resident Eleanor Rigby, who started the club in May 2011 along with her daughter, said the group had donated more than 55,000 items during that time to a wide range of charities including Mission Australia and the RFDS, as well as patients at Joondalup health campus and young children entering emergency foster care. "When we go to Mercy Place Edgewater, it's wonderful to see the residents pick out which blankets they would like and take them to their rooms where they often have pride of place at the end of their beds, and we all get great pleasure in seeing the happiness on their faces," said Eleanor. Mercy Place Edgewater service manager, Alison Devonport, says Mercy Health is hugely thankful to all members of the knitting group for donating their beautifully crafted blankets to residents.

SCENE (3); Mercy Health's Frances Wright with a collection of the donated goods.



SCENE (5): FIRST guests were indulged in the new Rottnest eatery, Pinky's Beach Club at the new glamping venue - Discovery Rottnest Island. Invited media, including Have a Go News, were briefed on the locally-produced produce that will be sourced for the restaurant.









Pat Gardhouse - Sharon Baldrey - Phyllis McMil-

lan and Karen Richards.

Second row L-R; Jenny

Kee, Nesta Mitchell, Lin-

da Jackson and Adrienne

Sylvester. Third row L-R;

Aldyth Rhodes and Gwen

Jupp - Wendy Whelan

and Pam C - Irene Miles and Kerry Meldrum.

SCENE (6): LENDLEASE Retirement Living in partnership with the City of Joondalup hosted a talk and collaborative knitting workshop with two icons of Australian fashion Jenny Kee and Linda Jackson at Timberside Villas, at the Lendlease Retirement Living village in Woodvale, on Monday 4 March. More than 50 guests attended and enjoyed hearing about the colourful textile careers of these two icons of Australian fashion while enjoying morning



tea and a stitch.

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Enjoy an independent, active retirement at Ocean Gardens.
Live life your way with 24/7 support services + free wellness program!

Strictly Limited
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1 bed apartments from \$380,000

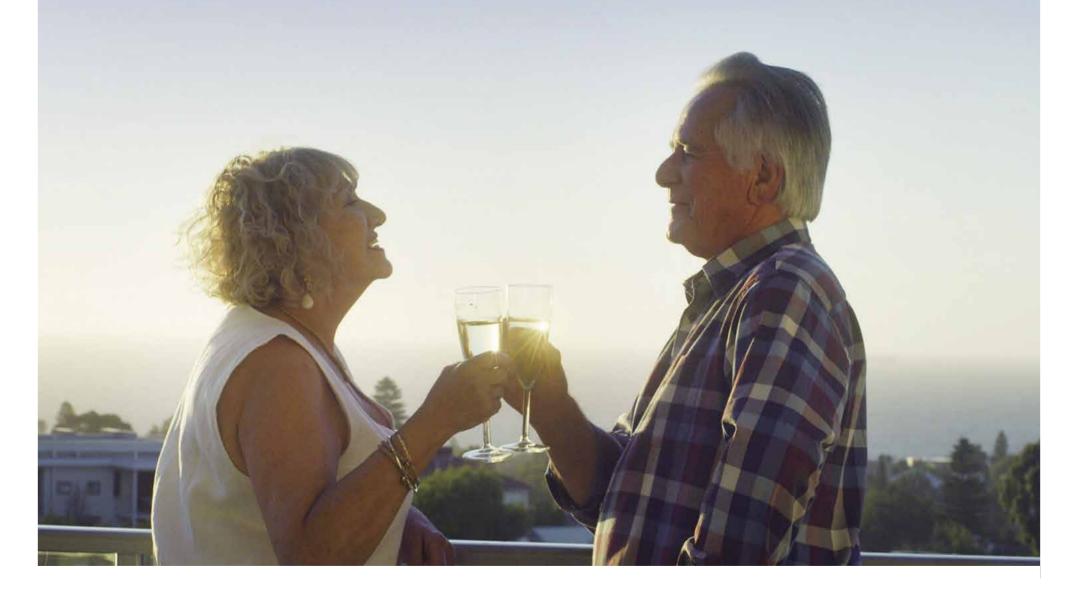
2 bed villas from **\$525,000**

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