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VOLUME 25 NO. 09 ISSUE NO. 289 APRIL 2016

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- Let's Go Travelling: Australia's North and South West plus more...
- Perth Garden Festival
- National Volunteer Week feature
- Food & Wine - reviews, recipes and more

COMPETITIONS/GIVEAWAYS



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FILMS
Florence Foster Jenkins - Meryl Streep
Eddie the Eagle - Hugh Jackman
Spanish Film Festival
A Month of Sundays - Anthony Lapaglia
Mother's Day
DVDS
Cuffs / *Doctor Foster* / *Black Mass* / *Ripper Street*

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A bird's eye view...



A bird's eye view of the revitalised Cathedral Square

HAVE you visited the beautifully revitalised and newly named Cathedral Square yet?

This inner-city precinct is filled with history from the 1906 St Andrew's Presbyterian Church, Burt Memorial Hall, which is an extraordinary example of love, the Gothic splendour of St George's Cathedral, the Old Deanery and of course, the jewel in the crown, the State Buildings.

The State Buildings, formerly the Old Treasury Building, General Post Office, the Lands Department and the Titles Office, have recently been restored after almost 20 years of dormancy. These three interconnected heritage buildings are located on the corner of St Georges Terrace and Barrack Street, Perth.

Designed by 19th century architects Richard Roach Jewell and George Temple Poole, the buildings are often described as some of Australia's finest and most dramatic classical style architecture. Over their 140-year history, they've been used as public offices, a police court and cellblock, treasury, survey department, GPO, immigration offices and office of the Premier and Cabinet, but were vacated by government two decades ago.

The renovation now offers a mix of hospitality and retail outlets, a hotel and a grand public lobby that was originally the postal hall, is simply superb and one of the best adaptations of a building you will see in Perth.

The original St Andrews Church was constructed in 1882. It was the first Presbyterian Church in WA and was built by the Reverend David Shearer, who had arrived in 1879 with his wife to discover there was no established place of worship for his flock.

This however did not deter him. He wasted no time in renting St Georges Hall in Howick Street (now named Hay Street), and holding the first Presbyterian service in WA only a few days after his arrival.

In 1880 he purchased 10 Pier Street (to the north of the present church) for £800 of his own money. The foundation stone was laid on 25 October 1881 and in August the following year the new church was dedicated. It had cost £1,343. It was not until 1891, after Rev Shearer's death from a long and painful illness, that the name St Andrew's was adopted. Soon after this it was decided that a new church capable of seating 800 people was required and a competition was held for the architectural design. The new church opened in 1906.

Also on Pier Street you will find the Old Deanery. Built in 1859 as a residence and office for the first Dean of Perth, the Rev George Pownall; it was sometimes called Pownall's Parsonage.

continued on page 44



HOME in WA TV Show returns!

home building

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Ageing research snippet

Socialising is good for the health

The British Medical Journal (BMJ) recently reported that the health and wellbeing benefits of belonging to a social group after retirement is equal to those of regular exercise, findings suggest.

A group of 424 people in the UK were studied over six years and the more groups an individual belongs to in the first few years after they stop working, the lower their risk of death, the findings show.

Subjectively rated health was not a significant predictor of death, but the number of group memberships was.

If you would like to join a club or a group visit our website at www.haveagonews.com.au and click 'join a club'.

Word of the month

Borborygmus
noun (plural borborygmi)
Definition A rumbling or gurgling noise made by the movement of fluid and gas in the intestines.
Origin
Early 18th century: modern Latin, from Greek *borborugmos*.

Urban slang

YOLO - (you only live once) an initialism used to express a carpe diem (seize the day) sentiment in relation to a silly, stupid or irresponsible act.

Funny historical fact

Walter Hunt (1796 – 1859) invented the fountain pen, the sewing machine, the knife sharpener and the ice plough.

Quote of the month

"You don't stop laughing when you grow old, you grow old when you stop laughing."

George Bernard Shaw

From the editor's desk

IN our 25th anniversary year we want to hear from our readership about what people like in the paper or would like to see added, so we can improve the product for you.

Thanks to the many readers who have completed our reader survey which runs again in our pages this month. It will only take 10 minutes of your time and you have the option of completing the hard copy or going on line to our website and clicking the reader survey button on the home page.

We have 25 prizes up for grabs and everyone who completes a survey goes into the draw to win.

Our new look website is live and I do hope you utilise our digital platform which allows you to read the paper on line and has a back Issues section where you will find copies of the paper since July 2013.

Other items of interest that we have on line include crosswords and horoscopes, a recipe section and a large travel section.

The Join a Club section is where you can find a plethora of clubs and groups offering a variety of activities with all their contact details.

We will also be launching a new property page which will list proper-

ties that are available in WA and relevant to our demographic which are available.

There's lots of interesting items at our website and don't forget to join us on Facebook too. We post on a daily basis and keep you up to date with interesting things, wise words and what is happening around town as well as extra competitions. We love interacting with our readers and Facebook offers a great opportunity for us to do so.

It seems we are having a resurgence in circus style shows and last month I attended the premiere of *Cirque Adrenaline* which ran at Crown for two weeks.

The standard trapeze seems tame these days with most of the acrobats using single straps and wowing the audience with their level of skill.

This show was highly entertaining and I am sure we will see similar shows coming to Perth again soon.

I also had the privilege to attend a rehearsal of Barking Gecko Theatre Company's *Bambert's Book of Lost Stories* at the State Theatre of WA.

Bambert is a particularly gorgeous puppet and I was enthralled with the snapshot of the show. This show runs until 23 April.

Each year I help out at Vince and Anne Garreffa's annual Lifeline brunch, which is held in their backyard. This year the event raised more than \$500,000.

It's a disturbing fact that the biggest killer of Australians aged under 45 is suicide. Lifeline provides an amazing 24-hour, 7-day a week service with trained counsellors and does help save lives.

If you know anyone in difficulty they can call 13 11 14.

Last month to celebrate International Women's Day, Clare McAlaney and Jennifer Rose Bryant launched the book *16 Inspirational WA Women*. I was so pleased when this book was launched as our founding editor Judith Treby has written the preface.

The book highlights some of the amazing WA women we have working hard to make a difference to people's lives both here and around the world.

The book is available through www.creatavisionpublishing.com

I hope readers enjoy this issue of the paper and I wish you a happy and healthy month.

Jennifer Merigan
Acting Editor
jen@haveagonews.com.au
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Supporting older Western Australians since 1949



Expert advice on wills, power of attorneys and deceased estates

THE speaker at the next meeting of the WA Self Funded Retirees Association on Friday 13 May is Etta Palumbo.

Etta is the director of Business Development and Marketing for the Public Trustee.

She was instrumental in establishing the WA Will Bank, WA Will Week and the Give2Good Foundation and is regarded as one of the Public Trustee's most entertaining

and informative speakers on wills, enduring powers and elder abuse.

She has worked for legal and accounting firms PwC, Ashurst and Jackson McDonald and also has extensive consulting experience in market research and strategic planning for public and private sector clients. She is also a board member of retirement living and aged care services provider, Swancare Group.

Etta's topic is one which will benefit the audience and give them an opportunity to ask lots of important questions.

The presentation will help people make informed choices about their will, enduring powers of attorney, the administration of deceased estates and clear up what really happens if people die without a will. The talk will also explore who can challenge a will.

Discussions will include choosing an executor and some of the problems an executor might face as well as appointing an attorney, guardian or a trustee.

Those who attend this meeting will certainly learn much from a lady who is eminently qualified to speak on this important topic.

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

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

Aged Care Financial Planning



We all want the best for our parents in their final years. We want to make sure that they are comfortable, well fed and looked after.

Unfortunately, the day to day pressures of everyday living may mean that the family unit is not always able to provide the level of support required to achieve the above. Hence, Residential Age Care may be become a more viable option.

Accommodation deposits for residential age care are not cheap. Do you pay this upfront as one lump sum or make daily payments? Or do you do a combination of the two? Do you sell the family home or is it best to rent it out? How will you finance the ongoing daily care fees and how does this affect their Centrelink Age pension?

These are questions I can help you with.

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See my aged care posts on LinkedIn



Graham Edwards – an inspiring man who has served our community well



Graham Edwards

by Josephine Allison

IT'S been 25 years since a fresh-faced Graham Edwards delivered a special message as WA Minister for Sport and Recreation for the first edition of *Have a Go News*, highlighting the message for people

to keep fit and active after age 50. In the years since, Mr Edwards has packed a lot into his life both personally and professionally.

Elected to the WA Legislative Council in 1983, Mr Edwards held various State Government port-

folios including Minister for Sport and Recreation, Minister for Consumer Affairs, Minister for Police and Emergency Services and Minister for the Aged. He retired from the Legislative Council in 1997 to pursue a federal career.

From 1998 to 2007 he was the ALP Member for Cowan in the House of Representatives which, he says, he found: "enjoyable and challenging, but with a lot of time spent in flats and travelling on planes away from home."

Now at 69, Kalgoorlie born Mr Edwards, who is currently state president of the Returned and Services League and the 2016 WA Senior Australian of the Year, is looking to retirement "for the third time in my life" with more time for wife Noelene, daughters Keryn and Jaynie and treasured grandkids Jake 10, and Nina six.

Regarding the recent Senior Australian of the Year award, Mr Edwards said it was a wonderful

experience to receive it while meeting inspirational people.

"But you also have to remember the thousands of Australians out there in the community with no recognition or accolades who are the backbone of communities and organisations such as the Parents and Citizens associations and sporting clubs across the country. Our nation is so much better for them."

Mr Edwards would be the first to laugh at the irony of not letting the grass grow under his feet after losing both legs in Vietnam in 1970. He was wounded twice before being evacuated. Down to earth and positive, he embarked on a life of community service and achievement which has inspired many.

"It was a life-changing experience, no doubt about that – any young person who serves in a theatre of war comes home changed. In many

aspects my wounds are visible whereas young soldiers return home with hidden scars unseen and untreated.

"I'm pleased there is a better understanding of post-traumatic stress disorder today and the young men and women returning home from overseas duty with the Australian Defence Service achieve the recognition they deserve."

Mr Edwards has always been one of the last to accept that he has no legs, tackling lots of activities including paragliding, competing in the Avon Descent river race, the 1993 Hanoi wheelchair marathon and at the 2000 Summer Olympics where he served as athlete liaison officer.

In 2000 he was chairman of the WA Paralympic Committee, being appointed a paralympic team manager. In 2001 he was awarded the Australian Sports Medal and in June 2012 the Australia

Medal.

"I lament the lack of funding for paralympic sport. It is one of the poor cousins of international competition. Part of the reason for this is because ministers for sport often don't see the value of being photographed with someone with a disability, but much prefer a higher profile with someone else. People with a disability love competition; it's a great doorway back into community life and participation."

On veterans, Mr Edwards said Australia has one of the best support systems but people still fall through the cracks.

The RSL has to be continually vigilant and often needs to battle to retain hard won benefits achieved over long periods.

Mr Edwards, who has been State RSL president since 2012, will step down in June.

"I'm very much looking forward to retirement and more time with the grandkids," he said. "One of the greatest things about having them is they put a spring in your step and a song in your heart. If we don't do things with our grandkids they will grow up not knowing a lot of things they should know."

Mandurah resident Connie House has 100 reasons to celebrate



Connie celebrates her 100th birthday with a high tea and beautiful cake - and is pictured with her photo from when she was younger.

MANDURAH resident Connie House celebrated her 100th birthday with a high tea held at Bethanie Peel last month.

Born in Grays, Essex, England in 1916, Connie worked as a domestic servant and did market stall cooking for many years.

She has memories of the Second World War and Great Depression, sleeping in the underground shelters at night due to bombing raids. In 1939, Connie was sent to work for the NAAFI in Middlesex, next door to the Royal Military School of Music where she met her husband, Robert (Bob).

Shortly after they were married, Bob became a band master, which saw them

move to Singapore with their daughter Patricia Anne and then Brunei where Bob worked as the band master with the police force.

Connie has fond memories of attending banquets at the Sultan of Brunei's palace.

In 1963, Connie moved to Western Australia with Bob where she travelled the state umpiring croquet tournaments.

She credits her long life to great genes and believes she's doing pretty well for her age.

Have a Go News extends birthday wishes to Connie on the auspicious occasion.

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Letters to the Editor

Submissions may be edited for clarity and space.

Dear editor
YOU recently published a review of my book *Manufacturing Factories 1900 Above and Beyond Perth and Suburbs*. It was a lovely review and I thank you very much.

If readers would like to purchase a copy please contact me directly. L Coates – PO Box 1825 Mandurah 6210 or call me on 0403 006 871.

Lorraine Coates

Dear editor
HAPPY 25th anniversary *Have a Go News*, thanks for such a great newspaper, it brings me great joy reading it. Love it, keep up your great work everyone.

Anita Felice

Dear editor,
THANK you so much for the opportunity to go and see the delightful film *The Beelie Family*. It was wonderful we both enjoyed it so much.

Irene Jenner

Dear editor,
SURELY many of your readers would relate to this about being young...

1. I was allowed to get dirty, make mud pies, play with worms and toads; if we found a couple of old pram wheels to make a handcart, four wheels would make a Billy cart.

2. I played out in the rain, walked to school in all weathers, climbed trees and fell out of 'em, got mumps, measles and chickenpox.

3. We played rough games, called each other nasty names.

4. We often cut and grazed ourselves; our handkerchiefs were our bandages.

5. Every boy was an army cadet

or boy scout, girls learned to cook at school, boys were their food testers.

6. We got the cane at school. Dad never had a problem with that, he had a little ash twig to keep us in line at home.

7. We dressed up for Sunday school or church, then we ate Sunday dinner of roast meat or chicken and vegies and apple pie at a table.

8. Our vegetables were grown in toilet waste from the thunder box dug into our own garden. They were delicious. We kept chickens to eat the leftover food and garden waste for good fresh eggs.

9. We made catapults, fishing rods, bows and arrows. Every boy

carried a small knife. We chopped wood with axes for mum's fire. We had to earn our pocket money by doing odd jobs for family or friends.

10. We left school at aged 14, if lucky we hoped for an apprenticeship, few had money to go to uni. Very few turned to crime, our local copper had a big boot and a swift hand.

11. We had no television, only one radio in the house, we read books and actually talked to each other.

12. If I had my growing up over again I wouldn't change a thing, but sometimes the kids of today worry me.

Bill Daking (87),
Kingsley

Dear editor
MANY thanks for publishing my letter detailing the non-cleanliness of the bathroom accommodation in Pemberton in the February *Have a Go News*.

I would like to clarify that the stay was organised by the Over 55 Walking Group on this occasion and I believed that all the units must have been of an approved

health standard and therefore I was loath to mention it to our hardworking committee from the club.

With many thanks and congratulation on a informative paper for mature people.

Shirley Wallace
Wembley

Dear editor,
APART from having a broadcast licence, the volunteers operating the seniors' radio station on 101.7FM will soon need to be registered as pharmacists if they continue to provide health-giving potions to the incapacitated elderly in the community.

A recent ABC TV programme *Catalyst* demonstrated how new research used patients' favourite music to obtain remarkable results with their previously considered incurable conditions.

Within a few seconds of playing tunes from her younger days, a depressed and unresponsive dementia patient became alert, smiled and began singing along with the music.

A Parkinson's disease sufferer could only shuffle along with assistance. As soon as the headphones started playing his favourite tunes, he began taking full strides. Strokes had paralysed the leg of another patient who despite conventional therapy had been unable to induce any movement in that limb. Once

he was piped favourite tunes from his younger days, his previously inert foot began tapping to the beat of the tune.

In each case the accompanying family members were amazed and even cried at the transformation.

While the station volunteers continue to dispense this sort of emotionally restorative medicine, I will always refer to Capital Community Radio as my musical fountain of youth.

Daryl Binning
Winthrop

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If it ain't got that swing...

LOCAL entertainer Gary Lynn will perform his *Frank Sinatra and Friends show* Sunday 8 May, 11am to 2pm, Karrinyup Shopping Centre, food court.

If people would like to book Gary for a performance call him on 0437 052 629 or visit his website at www.garylynn.net.

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Living Longer Living Stronger exercise program changes 63 year old man's life

by Josephine Allison

WHEN Bertram man John Pepper (pictured left) underwent a triple heart bypass last year it was a wakeup call that eventually changed his life and saw him take on new challenges.

The 63-year-old was visiting the Affinity Retirement Village in Baldivis last November with wife Fiona. There he met former COTA CEO Ken Marston who suggested he become involved with the Living Longer Living Stronger program.

"I had several spells in hospital and on each occasion was told there was something funny about my heart; my father died of a heart attack at 63 so there was a family history. I was told I had three blocked arteries so I underwent surgery at St John of God Hospital, Subiaco."

John had been a top athlete in his youth, taking part in snow skiing, karate and mountain climbing. Australian born, he lived in Germany and Austria and settled in Sydney for many years before moving to Perth with wife Fiona seven years ago. His two adult children live in Melbourne and Hobart.

Working as an IT consultant, John took redundancy last May and is semi-retired. Now Living Longer Living Stronger has changed his life.

"My program, which I do twice a week at Transitions Gym in Jandakot, has been worked out by a sports physiotherapist and the results are quite incredible. I've lost 100mm from my waist and my weight has dropped from 89 kilos to 84 kilos. I feel infinitely better and I plan to continue the program. I spend an hour each

time doing weights and step-ups and general exercise."

Apart from his regular gym sessions, John has also taken up archery which he does at a Baldivis Archery Club.

"I've done it for about four years now and find it gives me a sense of relaxation and concentration skills. He is also a keen motor cycle rider and rides with the Fremantle branch of the Ulysses Club.

"My advice to people contemplating taking up the Living Longer Living Stronger program, is simply do it. Riding a motor bike is an analogy for life. It's not about the destination, it's about the journey."

For more information or join COTA's Living Longer Living Stronger program or mall walking groups call COTA on 9472 0104.

Find out about Tai Chi and Qigong at Elizabeth Quay



Elizabeth Quay Barrack Square
© Metropolitan Redevelopment Authority

WORLD Tai Chi and Qigong Day educates people worldwide about the health benefits of Tai Chi and Qigong with mass Tai Chi participation sessions and demonstrations.

The free annual April event is open to the general public, and will be held at the Bell Tower Arbour, Elizabeth Quay from 10am – 12noon.

The world Tai Chi and Qigong Day begins in the earliest time zones of Samoa at 10am, and then participants across Oceania, Asia, Africa, Europe, North America, and South America take part, with celebrations in eighty nations and several hundred cities, ending with the final events in the last time zones of Hawaii almost an entire day later.

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You can take part in a world record-breaking event

PERTH charity People Who Care will Pay it Forward on the first official launch of International Pay It Forward day at the Bell Tower on the 28 April.

They will host a 'pay it forward' to all of Perth's seniors with an outdoors fitness world record attempt and family fun day with exhibitors and demonstrations thereafter from 9am - 3pm.

The record attempt will feature a 30 minute outdoor exercise class at Bell Tower Arbour, Elizabeth Quay 9am - 11am (registrations from 8am) that will be run by professional trainers from Mind Over Matter Health and Fitness. Everyone is welcome and gold coin donations can be made online at www.seniorsworldrecordattempt.eventbrite.com.au or on the day at the participant registration desk.

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Meet the columnists and contributors



Jemma Aldridge

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



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

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



Mike Smits

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



Rick Steele

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



Jeanette Woolerton

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

Walking, words and wild places



relaxed, happy, inspired? Dr Nandi Chinna, an award-winning Perth poet, has many.

"Perth's Beeliar Wetlands, the Kimberley, Walpole, all of these places offer the opportunity to have encounters with the wild. They are wild, beautiful, inspiring and moving," she said.

Nandi developed her deep love of the natural world as a small child.

"I was taken out into the bush and the desert by my parents even when still a small baby," she said. "I spent a lot of my childhood camping rough in wild and inaccessible places."

Over the years Nandi has woven together the things she loves most – writing, walking in wild places, seeking encounters with non-human species and water environments – to create inspiring poetry. She even has a special word for it, 'poepatetics' which means making poetry from walking.

"The act of walking is on one level conducive to thinking, dreaming and creativity, and on another level is a path towards an experience of the earth

and the development of a physical and emotional connection to soil, air, water and habitat," she said.

This connection underpins her strong sense of stewardship for our world and the other species who share it.

"Poepatetics offers an opportunity to engage with the responsibility of being human at a time of great ecological and climatic change and loss of natural places," she said.

How can we share in these feelings of connection, even if we are not writers?

"One way is to put on a hat and some sturdy shoes (or not), and head out for a walk, with no other purpose than to absorb the sights, smells, tastes, sounds, and physical effects of the terrain," Nandi said.

"How many footsteps will it take to walk a place into the body?" she asks.

Nandi curated the exhibition *Re-Imagining Perth's Lost Wetlands*, which told the story of Perth's swampy past and re-imagined the site of Perth pre-colonisation in 1829. museum.wa.gov.au/explore/wetlands.



Top; Award-winning Perth poet, Dr Nandi Chinna and Karen Majer

by Karen Majer

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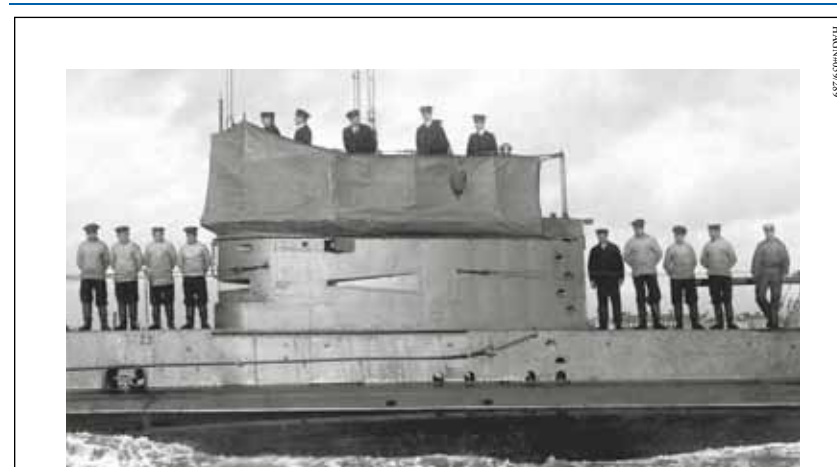
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Elder abuse

by Rhonda Parker

ALZHEIMER'S Australia WA applauds the Federal Attorney General George Brandis' announcement, committing to an inquiry into laws and frameworks which will better safeguard older Australians against the growing incidence of elder abuse.

It is devastating news that elder abuse continues to increase. What is more disturbing is that most of it is perpetrated by family members and not random strangers and Internet scammers.

In 2015, Seniors Rights Victoria reported that one in 20 older Australians were victims of physical, emotional or financial abuse by a family member or close friend. Based on ABS numbers of people over 65 last year, that is around 170,000 across Australia.

Sadly, the real numbers are likely to exceed these estimates because so many are reluctant to make a complaint against a family member or close friend, especially if they are someone relied upon for care.

A report by Alzheimer's Australia, *Preventing Financial Abuse of People With Dementia* (2014), highlights the problem of financial abuse of people living with dementia happening all too often, mainly perpetrated by those in positions of trust.

People living with dementia are at higher risk than other elders. We need to ensure that all older people, especially those with cognitive impairment, are protected against all forms of abuse.

As symptoms progress, a person with dementia loses the ability to make financial decisions and manage their finances, which increases their vulnerability and risk of falling victim to financial abuse and exploitation.

In saying this, a diagnosis of dementia does not necessarily mean that a person can no longer make decisions for themselves. By law, a person has capacity unless it can be proven they do not.

However, if someone you love has had a diagnosis of dementia and has lost some capacity, they need your support. This is the time you need to be watching out for them, because if it were yourself, you would want someone looking out for you.

This is a difficult subject to talk about, and to deal with. I welcome the government's commitment to an inquiry and hope the benefits are two fold; that the inquiry supports a societal discussion on the issue and that laws are strengthened to protect our elders who deserve much better.

This subject is also a timely reminder for all of us to get our affairs in order. Nearly half of all Australians don't have a will. For more information go to fightdementia.org.au.

Older Women's Network collaborates in the city

THE Older Women's Network Citi group will meet on the 15 April at 1pm.

Come and hear the speaker from the Red Cross Society and the President of OWNWA.

All welcome ring 9493 2734 for information.




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Mary, Sally, Jill, Carmen celebrate their third place at the finish line

by Sally Bell

IT was with trepidation that Stadium Masters members Carmen Harrison and Jill Mogyorosy, together with Claremont Masters member Mary McHenry,

hatched a plan during 2015 to attempt a Rottnest swimteam crossing in 2016.

With an average age of 64 they wondered if they'd left it too late. First problem was – who to get for a

Skirt Club triumphs - age no barrier to Rottnest Swim

fourth member? After being turned down by a few people, they asked Sally Bell from Claremont if she knew anyone who might want to help out.

After a moment's thought Sally said, "I'll do it!" And so the Skirt Club was born.

There was so much unknown ahead for the three Rotto novices, and their nerves were apparent in the 1,000 or so pre-race emails which flew through the ether, resulting in every medical preparation known to man, and enough ham sandwiches and jelly snakes to feed an army, being loaded onto the boat on the day of the swim.

However, with unprecedented fitness levels gained by all three 60 plus

ladies at the Swim Rotto Squad over the course of four months, it was with renewed confidence that the team lined up for the start on Saturday 27 February in near-perfect conditions.

With Sally off the beach first, gaining a lead over most of the more than 200 teams, the team linked swimmer to paddler, and paddler to boat, in record time. Swimming for 15 minute each, it was Jill in the water next, followed by Carmen and lastly Mary.

With Claremont member Kylie Leaman keeping tabs on the time and motivating the Skirts, it seemed in no time at all that they had the 10km Channel 10 buoy in sight.

"This is so amazing, and so much easier than

I thought!" said Mary for about the thousandth time – and that's the clean version – while Carmen and Jill continued to plough through the water with strength and confidence, getting quicker as their 15 minute stints progressed.

Once the team hit 15kms, there was no stopping them. With Sally overtaking a team of 200 plus men, not once but three times, in an hilarious battle of the sexes, it was against a backdrop of laughter and friendly banter that the team all jumped into the water at the 19km mark to swim down the finishing chute together.

With faces beaming and lurid mermaid bathers on show to the world, Skirt Club crossed the timing pad in seven hours

51 minutes, securing third place in the Women's 200 plus Teams category.

In the words of Carmen, Jill and Mary, "If we can do it, anyone can do it!" In the end, though, they did it easily – more than two hours ahead of cut-off.

It was a day they'll all

remember for a long time.

If you would like to join a Masters Swimming Club then contact Sam Noall on 9381 3550 or email sam@mswa.asn.au. You can find a list of the swimming clubs in your area at www.mswa.asn.au



by Jemma Aldridge

LOWER back pain is one of the most common and costly health conditions in Australia, in fact 80 per cent of the Australian population will experience it at some time in their life.

A staggering 25 per cent of Australians suffer from back pain on any one day. The causes of back pain are numerous and the source of the pain may in-

clude muscles, ligaments, tendons, vertebral discs or vertebrae bones in your back.

Arthritis, cancer and infection are rare causes of back pain but should be investigated if back pain is persistent.

Many people self manage their back pain and use simple analgesic medications or a hot pack to relieve their pain. Resting in bed has often been used as a healing remedy however we now know this is likely to delay the recovery. Movement now is considered the key to improving and moving normally again.

Effective treatments are available from your local physiotherapist or general

practitioner.

Most people do not need an X-ray, CT or MRI and surgery is only suitable for a small group of patients.

Based on a comprehensive review of scientific literature the Australian Physiotherapy Association (APA) has developed a recommendation for successful treatment of lower back pain.

Acute low back pain means you have had the pain for less than three months – for this the most effective physiotherapy treatment is:

Spinal mobilisation including passive mobilisation and manipulation.

McKenzie therapy (group of back exercises)

and encouragement of early active movement rather than bed rest.

Soft tissue massage, which offers a short term benefit

Chronic lower back pain means you have had back pain for longer than three months

Exercise programs result in a faster return to work.

Spinal manipulation has been shown to be more effective in the management of chronic lower back pain than bed rest, analgesics and massage.


The combination of soft tissue massage and specific exercises has increasing support in the management of low back pain.

If your back pain does

not resolve with simple self help options it may be useful to see a physio. Your physiotherapist can help relieve your back pain with evidence-based treatments and prevent more episodes of back pain. You can locate a physiotherapist in your area on the Australian Physiotherapy website under title find a physio.

If your back pain is more of a chronic nature you may qualify for a limited number of physiotherapy sessions subsidised by Medicare (Medicare Incentive Program) to get an exercise program individual to your needs. Speak to your GP for a referral to the Medicare Program.

Lower back pain - what treatment works?



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Changes to the UK State Pension have taken effect



by Mike Goodall

BY the time that you read this article the new UK State Pension

Law will have taken effect. This law will only affect those men born after 5 April 1951 and women born after 5 April 1953. Those who are already in receipt of a UK State Pension will not be affected. The major changes are that to be eligible to receive a fully UK State Pension (UKSP) you will now have to have accumulated 35

full years of National Insurance Contributions (NICs), have a minimum of 10 years of NICs and you will only be able to claim based on your own contributions. (Currently a spouse or legal civil partner is able to claim their partner's NICs). Other changes are in the calculation of the basic state pension. Currently the State

Pension is calculated using three components, basic state pension, graduated pension and state second pension (SERPS or S2P). After 5 April 2016 these will all be combined into one amount which for those living in Australia could be a slightly higher amount than they would have received under the current system. So what should those who are affected by this law change be doing now?

Many of you will find that when you reach the time that you are in the UK State Pension Age (UKSPA) you are not entitled to receive a UKSP because you do not have paid the minimum of 10 years NICs. If this is you, you will lose the years that you have already paid for. However, there are currently options open to you that can prevent you from losing these years and at the same time enhance your pension. These options might not be available to you in the same format after 5 April 2017 as legislation is currently being discussed in the UK to make further changes.

Therefore, if you moved to live in Australia in your 20's 30's or 40's and reach UK-SPA after 5 April 2016 it is imperative that you establish your entitlements.

It is your right; you have already paid the contributions. Don't lose your entitlement. Many of you will be considering returning to the UK during the next few months to visit family and friends during the UK summer. Remember if you are already a UK State pensioner that you are entitled to receive an increase up to the amount of what you should be receiving if you were still living in the UK or the other unfrozen countries, for the time that you are in the UK and Europe. There is no minimum time to qualify for this. I have received payment for less than a week in the UK. I hear every week of people who have been to the UK and have hired a car. BPIA have access to competitive car hire terms. If you would like more information regarding either UK pensions or car hire please contact us. Anyone who would like to discuss the above or any other aspects regarding their UK State Pensions is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPIA's coordinator in Western Australian on (08) 63640859 e-mail: mikecgoodall@btconnect.com



When you were last stressed, were you ok?

by Jon Lewis



THE topic of stress came up on the radio early one morning and rather thoughtful and beautifully a solution was offered. It started when a caller shared a topic of the stress that is building up in our modern world.

She talked about the bombardment of worrying news and the onslaught from social media and more, creating an uncomfortable feeling in her life. How can you escape it, she cried, and what can you do? It was then a thoughtful caller telephoned in with a possible remedy. He said a technique that could be used and that he used, was to look at what happened last time he felt this way. How did he handle it? How did he react? Was he okay afterwards? The short answer was yes he was OK. It was interesting that the most important part, of being OK, was the part he had the most difficulty remembering. As such he found it necessary to follow his earlier mentioned procedure. I found it interesting, on a side note, how when in love we tend to forget the bad times and in pressure how we tend to forget the good times. Both being very strong emotions. I wonder if there is a connection? Stress is real thing and can be measured chemically. It is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. As I'm sure you would know the management of stress is not a case of one size fits all. What is most common though, with stress, is the feeling of powerlessness. It is important to remember, no matter how powerless you may feel, you still have control over your lifestyle, thoughts, emotions, and the way you deal with events. I personally like the technique of remembering how we travelled through stress and how we came out the other side. So I ask myself, why remember the tunnel when I can remember the light? Now this is something I would like to... stress :-)



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The Wreck of the Batavia: Part 4



by Michel Smits

FOLLOWING the wreck of the flagship, *Batavia*, on the Abrolhos Islands on 4 June 1629, its commander, Francisco Pelsaert, accompanied by some crew and passengers, set off for Batavia (now Jakarta) in a nine metre longboat. Incredibly, all survived the

33 day journey which has been described as one of the most miraculous maritime feats recorded for an open boat. A week after arriving in Batavia, Pelsaert embarked the *Sardaam* with crew, divers and supplies to return and rescue the marooned survivors and recover the 12 chests of silver coins and other valuables.

The journey back took an agonising two months due to their difficulty in relocating the islands. To make matters worse, upon eventually arriving, they were intercepted by a soldier named Wiebbe Hayes and four men in a small, hand-made boat who informed Pelsaert

that the *Batavia*'s second-in-charge, Jeronimus Cornelisz, and a band of co-conspiring mutineers had reigned terror and suffering upon the other survivors, murdering over a hundred during his absence. During that time, Hayes and a group of about 40 faithful soldiers had repelled attack after attack by the mutineers. Pelsaert combined forces with them and together they captured the renegade group. There and then, the murderers were put to trial, some having to be tortured to induce confessions and information.

Cornelisz was convicted, both his hands were

amputated and then he was hanged on gallows constructed on Seal Island. Another half dozen met the same fate though only their right hands were cut off. Two others were marooned onto the mainland as a gesture of mercy while the other offenders were put to trial upon arrival back at Batavia. Of these, another half dozen or so were executed while the others were sentenced to corporal punishment or imprisonment.

Wiebbe Hayes and a few of his men were hailed as heroes for resisting the mutineers for which they received promotions which also entailed significant increases in pay. However the commander, Pelsaert, was subjected to an inquiry conducted by the Dutch East India Company which determined that because he had not exercised sufficient authority from the outset, he was therefore largely responsible and punished by having his financial assets stripped from him. He died soon after, devastated.

Though a tragic event in prior Australian history, and maritime history, the wrecking of the *Batavia* was the first recorded off our coast. I imagine this is the reason why the Royal Australian Mint has seen fit to issue a commemorative silver proof coin. A magnificent replica of the ship, built using traditional methods, was completed in 1995 and is on display at the Batavia Wharf in Lelystad, Netherlands.



by Rick Steele

CHANNELLING the words of baby boomer tennis brat John McEnroe "You can't be serious!"

Yes folks, it is April already and preparations are well under way for what is to many, one of the most significant days in our calendar.

On ANZAC Day on Monday 25 April, the City of Canning will present the ANZAC Legacy Blues Concert from 2pm at the Civic Amphitheatre, 1317 Albany Highway, Cannington.

This concert attracted an excellent crowd last year seated on their picnic rugs, blankets or deck chairs on the picturesque lawns of the Canning Civic gardens.

Food stalls abound and some grannies and grandpas even brought a little tippie to enjoy during the three-hour concert.

Award winning Texan Eugene Hideaway Bridges will be headlining the show.

Eugene is a bit like BB King meets Sam Cook and he is the consummate performer.

Legendary blues man Matt Taylor backed by the Legacy ALL STAR Band with the rippin'

Lest we forget

horn section will precede and *Birdland*, (Girls in Uniform) will delight with favourites like, *Boogie Woogie Bugle Boy* from *Company B* and *Rum and Coca Cola*.

Patrick Woodley will play authentic Indigenous blues and the West's answer to *The Sapphires*, *The Mirindas* will knock out some Soul.

Me? Well, after Welcome to Country, I get to open the show with my ANZAC Song accompanied by my favourite people; *The Spirit of the Streets Choir*.

The choir is in full rehearsal mode now for their huge show with seven other choirs at the Perth Concert Hall on Friday 20 May.

That is the culmination for Sing for Health Week I mentioned last month which will be held from 16-22 May.

For more information on Sing for Health Week email info@spiritofthestreetschoir.org.au or call 0414 406 816.

The Perth Blues Club has for the last twenty years run a special ANZAC show on the Tuesday before the big day and this year on Tuesday 19 April we will feature for the first time the WA Army local rockin' band *Rising Sun* plus the Legacy all star band *Rippin Horns* and boogie girls *Birdland*.

Part proceeds to Legacy who provide for families of fallen and incapacitated Australian

Defence Force men and women.

The fourth annual music show in Menora presented by Rotary North Perth will be held on Sunday 17 April at the Alexander Park Tennis Club in Clyde Road Menora from 3.30pm to 8pm.

I am delighted to say the organisers have invited me to provide the entertainment with my musical friends and I shall be encouraging fun and frivolity with dancing an optional extra.

The ticket price of \$35 includes a light meal plus tea and coffee and a chance to win some fabulous prizes. The tennis club bar will be open and drinks will be at social club prices.

All proceeds going to a local women's refuge. For tickets or more information please call Geoff on 0404851753 or book online at www.trybooking.com/183307

Speaking of Menora I am excited to tell you that one of Menora's favourite and famous sons has agreed to do our Variety Revue at the Astor Theatre on Saturday 2 July.

Yes sir, Mr Brian Cadd, the rock'n'roll icon who was born and educated in Menora and at Mt Lawley High School returns to Perth.

Yippee! I am so excited that I might even go for a jog... trouble is last time I went, I kept spilling my drink. Doh!

Cheers dears.

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John W, Benalla, VIC
18 Jan 2010

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

Paul E, Ormond
22 April 2008

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

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Gordon M, Rochedale, QLD
4 December 2009

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The Over 55 Canoe Club is 30 years young



by George Gouteff

HARD to believe, but this very young at heart paddling club will be celebrating its 30th birthday this year and the Over 55 Canoe Club articles have been appearing in issues of *Have a Go News* for nearly 25 years. The first article was contributed by Erin Hedley in October 1991. Erin later handed over the pen to former club president Stan Wallin.

The club owes its 1986 origins to the Department of Sport and Recreation (WA) Have A Go program. This program introduced canoeing to men and women over the age of 55 years. It was very fortunate that in the formative years of the club's existence that it was under the very firm, no nonsense, leadership of the late John House, a former World War II Special Forces (UK) sergeant.

In those early years the club hired aluminium Canadian canoes before eventually moving up to a variety of individually owned single kayaks. Apart from the regular Thursday morning Swan and Canning River paddles, many other venues, ranging from Moore River in the north to

the Blackwood in the south, have been paddled over the years.

White water paddling was introduced into the club after Stan Wallin accidentally drifted, right side up, over the rapid at Island Poole Dwellingup.

To kick off the 30th anniversary celebrations of the club's founding, Joy, who designed the official club logo, has produced a special anniversary logo to be affixed to members' kayaks. She is also a white water paddler and Alpine skier.

If you would like to have a go at paddling a kayak for fun be at Kent Street Weir, Wilson by 8.30am on Thursday 14 or 21 April. A loan kayak, PFD and instruction will be provided free of charge but you must be able to swim and exit a kayak unaided.

A very successful annual safety day was held in early March at Hillarys Boat Harbour where members practised various paddling strokes and self-rescue techniques that might be necessary in the event of a capsizing. The enthusiasm with which these young at heart members participated in the various exercises says a lot about the club ethos.

On the social scene the annual breakfast was held at The Secret Garden Café, South Perth. The numbers attending the breakfast seem to increase every year, so much so that someone was heard to remark that maybe the club should put an upper limit on membership based on the numbers that can fit into the Secret Garden Café.

For further information visit our web site, www.over55canoeclub.org.au or telephone club President Peter on 9409 3813.

The history and future of stamp collecting: Part 2

by Michel Smits

THE first record of some-one collecting stamps was an 1841 article in the *London Times* describing a young lady desirous of covering her dressing-room walls with Queen Victoria stamps and requesting of any good natured persons to kindly give her their unwanted used stamps.

In those early days, stamp collecting was the realm of children. As with the wallpaper girl, youngsters also collected stamps to paste on and cover jewellery and money boxes, pencil cases and various other objects including pieces of furniture to adorn their bedrooms. It seems this was something of a

novel, craft-activity fad. It followed that as their children became fascinated and consumed by stamps, their mothers naturally acquired an interest and so their appeal broadened.

By the end of the 1840s, early 1850s, most European nations recognised the success of Britain's reformed postal service, a key component being the introduction of stamps and so they too followed suit while also producing their own stamps.

Across the Atlantic, the United States issued their first stamps in 1847 and so henceforth a wider range of international stamps became available. This then captured the imagination of young

collectors from a different perspective, that being, to acquire as many different types and keep them for their own sake and not just for ornamental purposes.

From there new collectors emerged at an exponential rate, so much so, it created a new hobby phenomenon which became all-the-rage as we might say today. This was particularly so in Europe because the variety available was much greater.

Germany, for example, was still divided into states, 16 in fact, all of which issued their own stamps until federation in 1872 when the first German Reich stamps came into being.

Coincidentally in France

the hobby blossomed and so it is generally agreed its popularisation can be attributed to collectors in Germany and France, with Belgium not too far behind.

The French word for stamp is timbre. From this, the term timbromania eventuated to describe the new craze of the day. Across the Channel, stampomania was the English equivalent.

And so a new hobby was born that invariably inspired youngsters to pursue a greater interest in history and geography while also subtly gaining a sense of commerce and negotiation through the trading of stamps among themselves.

smits@westnet.com.au



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There will be demonstrations on felting, crochet and cushion painting to name a few. There will be various raffles for \$2 a ticket, book stalls and numerous other items for sale.

Entry is by gold coin donation. Morning tea is available too.

Enjoy a drive to Gingin and get crafty at The Little Pink House, 11 Constable Street, Gingin from 9am to 1pm on Tuesday 19 April.



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Mary Shaw – A long life dedicated to teaching dance



Mary T Shaw and Graham MacKinnon

by Adam Penn

MARY Shaw was one of the pioneers of dance in WA, beside other early identities including Ethel Philp, Sam Gilkison, John Paranthoine, Rene Esler, Bob Scudder and Dorothy Fairbanks.

Mary was born in 1908 into the hospitality industry; her parents were the publicans of the Roebourne Hotel in the early 20th century. Her exposure to numerous performers, employed to entertain the hotel's clientele sparked her interest in all things entertainment.

After the family's move from Roebourne to Geraldton, Mary aged 15, was thrilled to be awarded the principal role in the 1923 professional production of *The Trial of Mary Dugan* at His Majesty's Theatre.

With her parent's reluctant approval, Mary accepted the role and travelled to Perth to rehearse with the rest of the cast. During this time she met the Esler family, rehearsing with Rene and her sisters and receiving extra training and advice from the theatre's wardrobe mistress Margaret Esler, who encouraged Mary's love of dance.

This wasn't difficult as Mary had formed a love of anything connected with entertaining. It wasn't long after the show closed that she started her dancing career, taking lessons from Ethel Philp who almost immediately recognised her talent and potential as a

teacher. Encouraged to study dance at a more formal level, Mary by age 18 was employed by the Ethel Philp School of Dance for five years.

Having learnt her art and honed her skills from a woman recognised nationally and internationally as one of the foremost authorities in dance, Mary was in good stead to open her own school, the Mary T Shaw School of Dancing in the Pindawa Buildings in Perth.

Forming a partnership with Bob Scudder and Dorothy Fairbanks, the trio were soon joined by John Paranthoine with Mary and John focusing on ballroom, the new Latin style and exhibition and Bob and Dorothy specialising in old time and Victorian/Edwardian.

The year of 1940 changed Mary's life. She met Graham MacKinnon, an aspiring Member of Parliament and married him the same year. Soon after the wedding, Graham was deployed with his battalion, serving in Singapore. Within months of arriving in Singapore, the city fell to the Japanese and Graham became a prisoner of war. With her school going from strength to strength, Mary heard nothing from Graham for the next four years.

Thankfully, Graham returned safely from the war in early 1946 to his wife and young son Barry, himself a future Member of Parliament and government minister.

The family settled in Perth for the next five years. In 1951 the MacKinnons moved to Graham's electorate in Bunbury. Mary again set up a highly successful school, being one of the first dance professionals besides Doreen Dawson, to take formal dancing to regional areas.

Focusing her activities at the Bunbury Youth Club and the Bunbury Senior High School, Mary enjoyed teaching large classes of all age groups all three styles and expanding her school to cover numerous surrounding areas including Busselton.

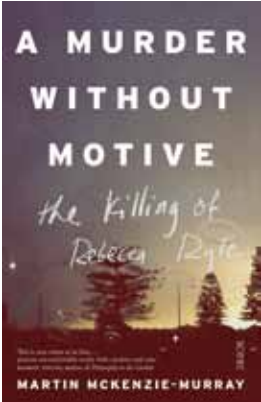
Mary is a highly respected member of the industry and fondly remembered by many people in Perth and Bunbury and numerous towns throughout the south west as being a strict dance teacher, who encouraged fun and laughter during her lessons, all the while expecting results.

She is also highly regarded by these communities for her extensive work in local theatre and numerous charities whom she supported voluntarily and financially for many years.

In 1974 Mary and Graham returned to Perth, where Mary continued to teach, examine and adjudicate. Though Graham had retired from politics, Mary continued to work in her beloved industry for a further ten years, retiring at almost 80.

If anyone has historic photos or stories for Adam Penn's dance series, please contact Adam at tophat97@optus.com.au or on mobile 0412 361 917. Adam's series have proved so popular he has been invited to speak about WA's dance personalities on the talk circuit.

Book review - a chilling real life tragedy



A murder without motive – the killing of Rebecca Ryle
by Martin McKenzie-Murray
Reviewed by Pat Paleeya

SO often when a murder has been committed we hear more about the perpetrator than the victim, as in the case of many true-crime books. Martin McKenzie-Murray has taken a different approach when writing

about Rebecca Ryle's murder and does so with consideration and compassion.

Rebecca was killed in the northern suburbs of Perth in 2004. Her killer was a nineteen-year-old local boy James Dugan. The author grew up in the same area, his brother knew the killer and both brothers were aware of the violence and hostility of the male subculture around them at that time.

Through the author's interviews with Mr and Mrs Ryle we see Rebecca as a beloved and loving daughter whose dreams and aspirations were so cruelly taken from her. We learn how this violent crime affected their life and their relationship with each other.

This is heartrending and for the Ryle's to be so candid and trusting, and open, can be attributed to Martin McKenzie-Murray's handling of

this delicate subject with respectful sensitivity. He said that he wanted to write a story that does justice for Rebecca, and one that honours the Ryles loss. He has done so in an insightful and compassionate manner, and comes across as a journalist who truly cared about the people involved in this story.

The book is available online – scribepublications.com.au/books-authors/books/a-murder-without-motive/ and through various other online stores, the RRP is \$27.99.

WIN WIN WIN
We have one copy to give away. To enter email win@haveagonews.com.au with book in the subject line or write to **A Murder Without Motive Competition, Have a Go News, PO Box 1042, West Leederville WA 6901. Closes 30/04/16.**



Reader survey - 25 Fantastic prizes to be won for 10 minutes of your time...



TO CELEBRATE our 25th anniversary we are asking if people could take a moment to complete a reader survey about *Have a Go News*.

We don't pry too much and certainly don't ask you about your financial situation or other personal information.

We use the information to improve the paper for our readership.

To celebrate our 25th anniversary and to ensure more of you have the opportunity to win a prize we have 25 prizes up for grabs.

Thanks to the many companies who have supplied prizes for this survey.

Computer Savvy? Visit our website and click the reader survey button on the home page.

To be in the draw for a prize please complete by 30/4/16.

How to enter...

Complete the form and post to
Reader Survey
Have a Go News
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- Reader survey prizes**
- 1 x Geronimo Sky Dive experience
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 - 1 x double pass to Event Cinemas Gold Class experience
 - 2 x 3 course dinners at Chez Pierre
 - 3 x vouchers to Siena's Sister Italian Kitchen
 - 2 x Mondo Butcher's Cooking Class vouchers
 - 5 x Roadshow DVD packs containing the popular series *War and Peace* and *Deutschland 83* DVDs, *A Beautiful Lie* DVD, and a box of chocolates.
 - 5 x Hampers which include wine and gourmet gifts

What is your gender?	<input type="checkbox"/> Female	<input type="checkbox"/> Male	
What is your age	<input type="checkbox"/> 35 - 45 <input type="checkbox"/> 65 - 75	<input type="checkbox"/> 45 - 55 <input type="checkbox"/> 75+	<input type="checkbox"/> 55 - 65
What is the postcode of where you live?			
How many people read your copy of <i>Have a Go News</i> ?	1 2 3 4 5 5+		
How long have you been reading <i>Have a Go News</i> ?			
What is your favourite section?			
How long do you keep an issue?			
How often do you refer back to the paper?			
Do you keep the recipes published?	Yes	No	
Do you use any of the companies that advertise in the paper?			
Do you enter our competitions?	Yes	No	
Are there any other activities or interests you would like to see featured in the paper?			
Please list			
Do you have a computer/tablet/smartphone?			
Please cross out what you don't have...			
Are you connected to the internet?	Yes	No	
Have you visited our website?	Yes	No	
Do you read <i>Have a Go News</i> on line?	Yes	No	
Do you use social media?	Yes	No	
Which platform do you use?	Facebook	Twitter	Instagram
Have you liked the Have a Go News facebook page?	Yes	No	
Do you read the daily paper?	Yes	No	
Do you read the Sunday paper?	Yes	No	
Do you watch the 6pm news bulletin?	Yes	No	Sometimes
Which station do you watch?	2	7	9 10
Do you intend to travel in 2016?	Yes	No	
If you are travelling where are you going? Please list WA			
Interstate			
Overseas			
How many times a year do you travel?			
What's your favourite destination to travel in WA?			
Do you own a caravan or camper trailer?	Yes	No	
Do you use it regularly?	Yes	No	
Do you intend to go on a cruise in the next 12 months?	Yes	No	
Where are you going?			
Do you intend to move house in the next 12 months?	Yes	No	
Are you considering downsizing or moving to a retirement village?	Yes	No	
Are you considering renovating your house in the next 12 months?	Yes	No	
Do you own a car?	Yes	No	
Will you purchase a new car in the next 12 months?	Yes	No	
What's will be your major purchase in the next 12 months? Eg Car, caravan, house, fridge, new furniture etc Please list			
Do you exercise regularly?	Yes	No	
Are you a member of a club, group or association?	Yes	No	
What's your No 1 item on your bucket list?			

READER SURVEY PARTICIPANT DETAILS:

Name: _____ Contact number: _____

Address: _____

Thank you for participating in this survey, all entries go in the draw to win one of 25 fabulous prizes.

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SRCWA President's Jottings



LiveLighter Seniors Activity/Information Day

SRCWA conducted a LiveLighter Seniors Activity/Information Day at Cockburn Seniors Centre on the 16 March. There were 83 people who participated in a range of activities including carpet bowls, seated hockey, beanbag toss, skittles, shuttle ball, cup ball, warm-up activities, pole walking and carpet golf. There was a lot of fun and laughter throughout the morning as everyone tried the different activities.

The organisations which attended on the day were: Breast Screen WA, Home Instead Senior Care, Independent Living Centre, ne solutions, Seniors Recreation Council and Spearwood Chiropractic.

Morning tea was provided as participants arrived and the activities concluded with a wonderful lunch, our thanks and appreciation to the Cockburn Seniors Centre chief and staff who provided and served the lunch and hosted the event.

The event was sponsored by LiveLighter Healthway.

Tech Savvy Seniors – Saving and sharing our memories in a digital

On Friday 26 February, 67 people attended the Seniors Recreation Council of WA and Telstra Connected Seniors Workshop in Perth. The workshop focused on saving and sharing our memories in a digital world and was presented by Martin from SRCWA, Mike from Telstra who presented about the NBN (National Broadband Network) and what it means to people, and tips on using a mobile device presented by Ash from Samsung Australia.

The connected senior's partnership between Telstra and SRCWA provides a forum where people can learn about digital devices and how they can be utilised in their everyday life. One of the participants remarked, "This is exactly what we need." Details for our next event will be available in the near future please call 9492 9774 to go onto our mailing list.

SRCWA Country Music Show

Following the very successful Christmas Variety Concert we have had many requests for a mid year concert to be held on the weekend to give those who are still in the workforce the opportunity to attend.

The next concert will be held on Sunday 19 June, at Morley Sport and Recreation Centre from 12.30pm to 5pm.

The concert will feature Laura Downing, Brian Letton, the Band of Mates, Kate Hindle and Kingsley Day.

Cost for tickets \$28pp includes refreshments during the interval.

For further information and/or purchase of tickets call Kate Chetwin 9492 9771.

SRCWA Rockingham branch – Have a Go Day

On Wednesday 13 April, Seniors Recreation Council of WA's Rockingham branch is conducting a Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro.

This free event will showcase club/groups from Rockingham and surrounding areas. There will be many different activities to "have a go" at and many static displays providing people with information.

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

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

SRCWA Annual Seniors Ball

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

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

Crown Perth and Have a Go News are the proud sponsors of the event. Mark the date in your diary and to book tickets contact Kate Chetwin on 9492 9771.

Registration is Open for Have a Go Day 2016 a LiveLighter Event, 9 November, Burswood Park

Have a Go Day, a LiveLighter Event is an activity and information sharing event for over 45s and last year attracted an attendance of 15,000 participants and 220 exhibitors.

Registration forms are now available for clubs/groups, not for profit agencies and commercial entities. Forms can be obtained by calling 9492 9771.

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



by Jeanette Woolerton

OLD age is often associated with wrinkles, grey hair, poorer physical health and declining cognition. However, could it be possible to reverse the ageing process in the future, or is this a sci-fi fantasy?

The good news is that although ageing is inevitable, some studies suggest the effects of ageing can be reversed. In simple terms, ageing creates a number of biological mechanisms that lead to deterioration of health.

Science is forever presenting us with answers to some of nature's most puzzling questions – and the reverse ageing process is one of them.

The answer does not lie in superficial aids like face creams or beauty masks, however, but in basic biology.

Recent studies have

focused on strategies that could combat ageing at its core, that is, at the cellular processes that contribute to age-related diseases and changes in our physical appearance ie: the biological causes of ageing.

Many researchers believe the effects of ageing are a result of a number of genetic and environmental factors that vary from person to person.

The genetic ageing theory suggests that, just like hair colour and height, our lifespan is influenced by the genes we inherit from our parents.

Such a theory may ring true as studies have shown that children of parents who have a long lifespan are more likely to live a longer life themselves.

Research from Sweden's Karolinska Institutet suggests that the ageing process is influenced by mitochondrial DNA that we inherit from our mothers.

But while evidence for the genetic ageing theory is strong, the fact remains that healthy ageing and

longevity is largely influenced by our environment, that is, what we eat, how much we exercise, where we live and the compounds and toxins we are exposed to throughout our lifetime.

As we age, our DNA accumulates damage from environmental exposure. While cells are capable of repairing most of this damage, sometimes the damage is beyond repair. This most often occurs as a result of oxidative stress, where the body does not possess enough antioxidants to fix the damage caused by free radicals (uncharged molecules that cause DNA damage).

Another major cause of DNA damage is the shortening of telomeres. Telomeres are the caps at the end of each DNA strand that protect our chromosomes – the thread-like structures that contain all our genetic data.

They cap the end of each DNA strand and protect our chromosomes.

They naturally shorten as we age, reducing in length each time a cell divides. But when telomer-

es become too short, they are no longer able to protect the chromosomes, leaving them susceptible to damage that can lead to premature ageing and disease development.

But what if researchers found a way to extend telomere length to protect against age-related diseases and other effects of ageing? Or what if they identified a strategy that could protect against oxidative stress? Such approaches may not be too far from reality.

Last year, a study published in The FASEB Journal, revealed that researchers from Stanford University School of Medicine in California have discovered a way to increase the length of human telomeres. The team – including study co-author Helen Blau, used a modified form of ribonucleic acid (RNA) that consisted of the coding sequence for TERT (the active component of telomerase) to extend the length of telomeres.

By applying three applications of the modified RNA to human cells in a

lab, they found they could increase the length of telomeres by around 1,000 nucleotides – around 10 per cent – in a matter of days.

Blau and colleagues said their findings bring us a step closer to combating both age-related and genetic diseases.

"One day it may be possible to target muscle stem cells in a patient with Duchene muscular dystrophy, for example, to extend their telomeres. There are also implications for treating conditions of ageing, such as diabetes and heart disease. This has really opened the doors to consider all types of potential uses of this therapy," she said.

While medical research certainly seems to be on the verge of finding promising strategies to reverse the ageing process, it is likely to be a long time before telomere-lengthening medications hit the market.

In the meantime, regular exercise and a healthy diet are the only ways to savour the nectar of the fountain of youth.

York Friendship Club senior ladies making a difference



THE York Friendship club is a group of older ladies who fundraise for different charities monthly, (UNHCR, Médecins sans frontières, Oxfam etc.).

Members have to their credit two successful yearly events, the Medieval Fayre early October for the homeless and the Easter Antique Fayre for the Fred Hollows Foundation.

They run the Peace Park markets on the

second Saturday monthly (8am-1pm) full of diverse stalls. York is a great little town to visit, only one hour from Midland. It was founded in 1832 and is full of history. There are brilliant bookshops and many nooks and crannies of bric-a-brac around town. Join them and enjoy that special York ambience.

For more information call Yvonne Dols on 9641 1541 or email crcreception@westnet.com.au.



Join us to celebrate Rockingham Through the Ages

Come along to National Seniors' Zone 114 Conference. You'll enjoy fine food, wonderful company and be entertained by a host of interesting speakers including Mayor Barry Sammels, historian Wendy Durant, and National Seniors Chairman, David Carvosso.

Pre-event dinner: Monday 16 May at 6pm,
Last Drop Tavern, Hokin St, Warnbro

Conference: Tuesday 17 May 2016 8.30am – 3.30pm,
Gary Holland Centre, Kent Street, Rockingham

Cost: Dinner \$30 and Conference \$35

RSVP: Essential by 29 April 2016.
Visit nationalseniors.com.au/events
or contact Jan Powell-Jones on **08 9420 7274**

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Seat lift designed to assist with standing up or transferring into a wheelchair. With its stylish wood design and comfortable fabric cushions, it is the perfect addition to any décor. Seat width 54.5cm x depth 46cm, seat height 49cm. Load capacity 125kg.

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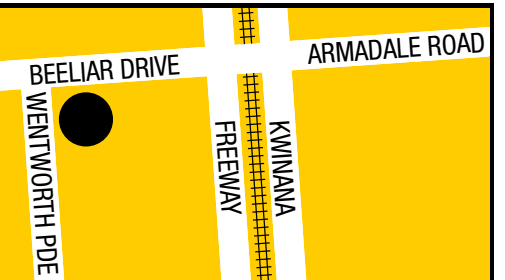
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The Dutch Mariners... Batavia heads for troubled times in local waters



The Evacuation © WA Maritime Museum

YOU'LL recall from last month that Corneilisz and Jacobsz had enlisted the support of a small number of the men aboard *Batavia* to hatch an incident that would dramatically impact life aboard the ship.

The chosen incident involved a physical as-

sault on one of the female passengers, Lucretia van den Mylen, who was travelling to the Indies to meet up with her husband, a senior employee with the VOC in Batavia.

As the story goes Lucretia was of high social standing and this provoked resentment with

Jacobz, not least because she had rejected his advances. According to the narrative...

"In mid-ocean Lucretia was assaulted by masked men who proceeded to hang her overboard by her feet whilst indecently maltreating her body."

The hope of the conspirators was that Pelsaert would be so enraged that he would dish out severe punishment to those involved in the assault, which would in turn see more of the crew challenging the authority of the captain. Pelsaert failed to act and so on this occasion a mutiny could not play out.

And so the voyage to the Indies continued on until...

The sounds of waves breaking in close proximity are not those that one wants to hear when sailing a square rig ship, for by the time the waves are discernible it is too late!

And so it was on June

4, 1629 that *Batavia* collided viciously onto Morning Reef and in doing so came to a shuddering halt. Imagine if you can the fear and panic that would have resulted. Waves were still thundering into the now stranded vessel, water was beginning to penetrate the damaged hull and they were still a good thousand miles from their destination... and the only possible source of help.

Yet it could also have been such a different outcome.

Morning Island where *Batavia* ran aground is part of the Houtman Abrolhos island group that

lies just 30 miles off the coast of what was known as Eendrachtstland. If *Batavia* had been sailing a mere two miles further east of her collision course and in a northerly direction she would have been in good navigable water and history as we know it would have been quite different.

Back aboard *Batavia* now, a sense of urgency existed. The continual surge of the waves and the jagged reef upon which she rested were tearing the ship apart. Pelsaert observed two islands nearby that appeared to offer good sanctuary for those aboard, and so began the

slow process of evacuation, using the ship's yawl and a small skiff.

Twenty four hours later those who had survived the ordeal had been relocated to the two adjoining islands. Sadly though some sixty people did not make it with many believed lost as they were trapped below deck and drowned as the hull progressively flooded.

A tragedy indeed...but worse was to follow...

See you next month when the tale of *Batavia* continues.

This article is brought to you by the Duyfken 1606 Replica Foundation. www.duyfken.com

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Clowns inspire older people in aged care to have a good giggle

introduce Elder Clowns.

The program, presented by The Humour Foundation, brings a professionally trained performer from the Foundation (the Elder Clown), into the facility, who encourages humour and laughter and works with staff to improve the quality of life of residents.

Each week the Elder Clown visits Wearne Cottesloe and meets with the Bethanie team to plan the session. Then, accompanied by staff, the Elder Clown visits individual residents, many of whom are living with dementia, encouraging laughter, song and movement in an engaging and fun session.

Now more than half way through the 12-week program, the Bethanie team at Wearne are seeing some very positive results from the participating residents.

As an introduction to the Elder Clown Program, The Humour Foundation provided a one-day workshop

for staff to help them develop the skills and confidence to bring laughter as therapy to residents.

Alex Fergusson, Bethanie occupational therapist says: "The program is a fantastic opportunity for staff to learn new techniques to improve the daily lives of residents.

"Bethanie is very forward thinking and keen to adopt new strategies, such as Laughter Therapy. It's been proven to relieve pain, reduce blood pressure and decrease stress and we can see the results already.

"There's a much more positive and warm atmosphere amongst the residents, following a session with the Elder Clown," he said.

Wearne Cottesloe is owned by not-for-profit organisation Curtin Care and operated by Bethanie to delivery high quality residential aged care to residents in the local areas of Cottesloe, Mosman Park, Peppermint Grove and Claremont.

Meet Bertie

(She thinks 90 is the perfect age to make new friends)

Words fail Bertie when she tries to describe the joy she feels for the people at Bethanie. She wants to be a friend to all who walk through its doors. *"You can always say hello. If you see someone who looks a bit down, you give them a little tap on the shoulder to see how they're doing and hopefully make them feel better."*

It's people like Bertie who make life at Bethanie so sweet.

Call 131 151, or visit bethanie.com.au



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ALA: All letters answered DTE: Down to earth
GSOH: Good sense of humour ND: Non drinker
SD: Social drinker NG: Non gambler
NS: Non smoker NOR: North of River
SOR: South of River TLC: Tender loving care
WLTM: Would like to meet



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one entry every month.

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Reply Box entry:
Please include two stamped (\$2) self addressed
C5 envelopes. These envelopes measure approx.
23x16cm and are obtainable from Australia Post.
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envelopes will not be considered for publication.

Seeking a Friend

70 YEARS OLD bad-boy? Loves 60+, intel-
ligent, attractive, slimish,
bad gals! Fun, laughter,
conversation, jazz, clas-
sical, art, theatre, nature;
intimate sojourns, sunsets
and sunrises. Write and
tell me how we can have
a great romance together.
Love and kisses.
Reply Box 7069

A LIGHT hearted slim lady
NOR with many interests
WLTM gent, 75+, similar,
good company, GSOH,
fin sec, happy times, care,
share life's journey.
Reply Box 7072

ASIAN born Australian
lady, 55, fit and healthy,
active, love music, danc-
ing, walk, laughter, easy
going, enjoy life, exercise,
movie, live show, travel,
SOR 6107. WLTM GSOH,
NS, romantic, caring gent
with sincere, positive at-
titude.
Reply Box 7056

ATTRACTIVE very youth-
ful Asian widow, slim, well
educated, lives around
CBD area, loves music,
gardening, current af-
fairs, walks, well travelled.
Seeks genuine, mannerly
gent, 65-75, NS, GSOH,
same interests for rela-
tionship. Genuine replies
only please.
Reply Box 7085

Visit *Have a Go News* online:
www.haveagonews.com.au

ATTRACTIVE widow,
young looking, WLTM
easygoing, tall gent, 68-74
with GSOH, good man-
ners. Interests; caravan-
ning, boating, barbecues,
dining in/out, country
drives, quiet nights home,
must be sociable, funlov-
ing, nicely presented, car-
ing, fin sec, prefer Peel
region.
Reply Box 7071

ENGLISH lady, widowed,
68, SOR, WLTM sincere
gent, 68+. Likes outdoors,
music, NS, SD, spiritual
outlook. ALA.
Reply Box 7079

FREE camping group for
mature people around
WA, singles, couples in
group, camps already or-
ganised, Margaret River,
Hyden, Wheatbelt, Al-
exander Bridge, regular
meetings at Mundaring
Hotel, 2pm, 10 April.
Hope to see you there.
Reply Box 7060

GENT 58, fit, healthy, well
off, enjoys walking, travel,
movies, fun and life in
general, looking for a lady.
Reply Box 7057

GENT 76, widower, UK
Australian, medium build,
DTE, easy going, 176cm,
NS, NG, SD, healthy, fit,
likes walking, drives in
country, nights away, trav-
el, WLTM nice lady, slim
medium, 70-76, SOR. Me;
honest, genuine, landline
preferred thanks.
Reply Box 7063

GENT 180cm, 66, UK/
Australian, enjoys out-
doors, beach, gym, dining
out, usual social activi-
ties, travel, seeks attrac-
tive, compatible lady, to
64, VGSOH, intelligent,
easy going manner, view
friendship, initially, later
maybe relationship, prefer
NOR, meet over coffee?
Reply Box 7073

GENT early 70s, looks
60s, fin sec, NS, SD,
GSOH, fit, reader, dog
lover, tv, travel, mov-
ies, WLTM 55-65, petite,
presentable lady whom
speaks English well, all
nationalities ok and wel-
come.
Reply Box 7061

ITALO-FRENCH search-
ing, child of the 50s, edu-
cated, looking for well
travelled man, enjoy red
wine, foreign movie, if you
know her please ask her
to intrigue him by sending
a reply. SOR.
Reply Box 7058

Visit *Have a Go News* online:
www.haveagonews.com.au

LADY 70s, independ-
ent, GSOH, DTE, kind
heart and generous spirit.
WLTM like minded gen-
tleman, 70-80s for friend-
ship, outings and travels.
SOR.
Reply Box 7070

LADY 70, young at heart,
WLTM gent 67-74, hon-
est, sincere, GSOH,
NS, SD, who enjoys life,
laughter, good times, no
baggage. I have so much
to tell you so please come
and find me. Can't wait
to meet you, have been
waiting for you for a long
time. ALA.
Reply Box 7055

PLEASANT lovely, edu-
cated lady seeks warm,
sincere, healthy, educat-
ed, intelligent gentleman,
50-62, NS, NG, GSOH,
happy and enjoy life, love
travel, good food and
wine. TLC. WLTM.
Reply Box 7075

SEEKING group of peo-
ple aged 68 and upwards,
SOR, five gents, five fe-
males for monthly outings
outings together as a so-
cial group. Includes travel,
barbecues, movies, din-
ing out, card nights etc.
Like to hear from you for
chat and your input. ALA.
No fees.
Reply Box 7068

SINGLE lady, 60, honest,
reliable, responsible. Likes
travel, walks, dining, mu-
sic, drives, SD, NS, WLTM
guy, honest, affectionate,
GSOH, long term if com-
patible, SOR, friendship
first. ALA.
Reply Box 7083

LADY 70s WLTM some-
one with GSOH, NS, in
Mandurah area for out-
ings and good company.
Let's meet for coffee and
see what happens.
Reply Box 7059

SLIM fit lady WLTM a
fit male friend, 58-65 for
movies and dinners. Let's
meet and have coffee.
NOR.
Reply Box 7081

UKRAINIAN gent 69
seeks Ukrainian lady, 55-
60 for a get together over
a chat. Me; mature out-
look, blue eyes, NS, ND,
VGSOH, dancing, cook-
ing and more. WLTM over
a coffee. Love to hear
from you.
Reply Box 7062

WELL presented, edu-
cated gent, live close to
Perth, 60s, looking for fun
filled romantic friendship
with a lady, 75+, ALA.
Reply Box 7084

WIDOW 70s, slim, living
NOR, WLTM gent, 70+,
NS, must have GSOH,
honest, TLC and loyal. My
interests; outings, movies,
sport, cruising and life in
general. Genuine replies
only.
Reply Box 7080

WLTM straight females,
60-70. I am an easygoing
female who likes read-
ing, swimming, lunches,
shopping, cruises, WLTM
new friends to share any
or all of these interests.
SOR, preferred.
Reply Box 7067

Seeking a Partner

EURO guy, look for really
slim lady for time machine
travel in the nice past time,
60-75, SOS, ALA.
Reply Box 7076

GENT 55, professional
yogi, skilled technician,
professional cooker, very
tidy, GSOH, nice person-
ality, easy to get along
with. WLTM a lady for cof-
fee, chat, quiet night at
home, music, dance.
Reply Box 7065

GENT 71, English born,
NS, SD, GSOH, DTE,
WLTM a lady, 65-72 who
has similar interests, 60s
music, travel in/out Aus-
tralia, cruising, caravan-
ning, dining out, movies,
country drives, let's meet
over a coffee.
Reply Box 7074

GENT retired in the great
southern Esperance.
WLTM mature, slim Asian
lady who would like to
come to this great part of
the earth and enjoy each
others company. Me; fin
sec, slim to medium build.
Reply Box 7082

GENT WLTM woman,
55-60, genuine compan-
ion, 6163, enjoys talking,
4WD, shops, dogs, gar-
dening, caring, sex not
important to start with. If
you SD, ND please help
yourself, write to start
with. ALA. Me; pensioner.
Reply Box 7064

LADY 71, widow, slim,
attractive, active, fin sec,
own home is spiritual, NS,
NG, SD, enjoys travel,
theatre, movies, art, likes
country drives. WLTM
gent with similar interests,
65-73, slim to med build,
let's meet for a coffee.
Reply Box 7078

LOVELY lady seeks spe-
cial, caring, happy gent up
to 70 for sharing time at
movies, dining out, trav-
elling, walking, spending
time outdoors. Need to be
fit and active with GSOH
and DTE attitude. Hope
you reply!
Reply Box 7077

Visit *Have a Go News* online:
www.haveagonews.com.au

PRETTY lady, 67, UK
born, medium build,
5'2", refined, feminine,
educated, DTE, GSOH,
ND, SOR, loves reading,
gardening, good conver-
sation, WLTM sincere,
refined European/Austral-
ian gentleman, 65-72, no
lounge lizards, prefer wid-
ower. Genuine replies only
ALA.
Reply Box 7066

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American play comes to Darlington

DARLINGTON Theatre Players in their Diamond Ju-
bilee year, are in rehearsal for *The Foreigner* – the hi-
larious comedy which will delight all audiences.

The Foreigner is a fun, two-act comedy by Ameri-
can playwright Larry Shue. The story takes place in
a fishing lodge in rural Tilghman County, Georgia
where two Englishmen, Froggy and Charlie, arrive as
guests. The shy Charlie agreed to accompany Frog-
gy on the trip after his sick wife begged him to go.

When people at the lodge try to talk to Charlie,
however, he remains silent, he is terribly shy, de-
pressed about his wife's illness, and cannot find the
words to reply. Froggy claims that Charlie cannot talk
because he is a foreigner from an exotic country, and
does not understand English.

Taking the explanation that he's a non-English
speaker as fact, the lodge's guests quickly begin
revealing their secrets, and Charlie soon discovers
scandals among some of the residents of the lodge.

The stellar cast directed by Rob Warner are having
the time of their lives with this extremely funny play
– be prepared to leave the theatre with huge smiles
on your faces!

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THORNIE LADY 65 cute, slim, petite blue eyed
blond, honest, dependable person w/ positive
o/look, keeps very fit & healthy, believes in balance
& liking a bit of everything. Sk gent 62-72 w/ sound
values & a sense of fun.

WANNEROO LADY 69 slim, attractive, very well
grmd, fair hair, blue eyes, loves music, the arts, plays
tennis, is an animal lover & a country girl at heart.
Sk gent who has not given up on life 66-74.

PERTH LADY 50s Beautiful, refined, intel, Eurasian,
very slim, petite, extremely well grmd/spoken, femi-
nine. Looks years younger & has vitality to match.
Sk smart, confident, professional man 50-62.

MANDURAH LADY 70 very fit, active outdoor person,
loves walks, fishing, caravan travel. Is an intell,
funloving & generous person who is casual & refined
at the same time. Sk countryminded gent 68-80.

WEST LEEDERVILLE LADY 72 slim, good looking,
very well grmd, kind, loving & ladylike w/ a warm,
friendly nature. Loves to travel, cook good food,
catch a movie or live show & keeps very fit w/ golf
& tennis. Sk gent 68-78.

KINGSLEY GENT 75 handsome, well grmd, very gd
communicator, 179cm, ref. Professional,
honourable, honest, caring & e/going. Enj travel,
golf, theatre, the garden, fine dining, current affairs,
sport, animals. Sk funloving, sophisticated lady 65+.

HALLS HEAD GENT 75 Active, quiet, articulate, ref
professional, likes to keep busy w/hobbies & interests.
Likes restoring things..antiques, sculpture,
classic cars, writing, reading, gd conversation &
would love to try a few cruises. Sk lady 60-75 close by.

ARMADALE GENT 70 Gentle, kind hearted,
generous, ref tradesman. Tidy & well groomed,
likes a bit of golf, footy, casual dining, weekends
away & cruises. Sk a nice, d.t.earth lady w/ simple
tastes 62-72.

TWO ROCKS GENT 72 quirky, funloving Brit, self reliant
& handy, extremely fit, looks after himself & is very
comfortable with who he is. Loves dancing, cook-
ing, gym, seeing new places, o/doors. Sk lady 62-72.

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

Parkinson's WA CEO Brenda Matthews is trekking for the Parkinson's cause in the Himalayas this month. At 63 she encompasses the Have a Go spirit – helping those less fortunate while doing something she loves, read her story on page 24

READERS BURMA RIVER CRUISE - SUPPORTING MANDALAY SCHOOL FOR THE DEAF

14 Day ESCORTED Fly, Stay & Cruise Holiday - Departs Perth Oct 7, 2016



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- A hands on visit to the Mandalay School for the deaf #
- 7nt Irrawaddy luxury river cruise on Cruiseco Explorer from Mandalay to Yangon including onboard gratuities, all meals, local beers, soft drinks and wine served with lunch and dinner

- 2nts Sule Shangri La Hotel, Yangon including breakfast and sightseeing
- All overseas transfers
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- All taxes, port charges and cruise gratuities

Mandalay School for the Deaf

Every booking includes a contribution towards the purchase of a Water Filtration unit to provide clean drinking water to the school children. Our goal is to raise over AU\$7,000 towards this. In addition we have requested permission from the local authorities to complete a "hands on" visit where guests can donate their time to assist with some much needed light maintenance.



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READERS CRUISE - PROUDLY SUPPORTING THE MANDALAY SCHOOL FOR THE DEAF

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ADVERTISING FEATURE

travel options for the mature west australian



Jen Merigan

AUSTRALIAN passport holders can now get a free Indonesian tourist visa for stays up to 30 days, provided they enter through Denpasar, Jakarta (Cengkareng), Medan, Surabaya or Batam airports.

I read a report about

two young Balinese girls who began campaigning a couple of years ago to have plastic bags banned on the island of Bali. They have had a victory this month with the Governor of Bali taking the pledge to ban plastic bags from 2018.

Our Talking Travel resumes this month and the group are going to be guests at the Peregrine Theatre in Hay Street, Perth.

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

See details below – bookings are a must for this event.

It seems robots are starting to be used in the travel industry.

In Japan an android named Chihira Junco is being used in a hotel as a hostess and in Belgium a robot named Mario is being used at the Marriott Ghent Hotel to welcome guests and provide information about hotel services, attractions and call taxis.

A recent survey by Travelzoo about the future of travel came back with interesting results.

Australians were notably concerned as whether

robots could provide the same skills for travellers and worried about robots taking jobs away from humans.

We also worried whether robots would understand informal language such as slang and irony and the Australian sense of humour.

I often hear from readers who are looking for a different travel experience, and last month I attended the launch of Secret Retreats which offers a group of smaller boutique hotels and experiences in Asia which are generally owner operated.

We heard from some

of the group's owners when they visited Perth.

Some of the locations and experiences included a camping trip in Sri Lanka, river cruising in Indonesia, an intimate hotel with a large collection of art in Chiang Mai's old city, a beautiful small hotel in Myanmar and a lodge with views of the Himalayas in Nepal.

Secret Retreats offers travellers an opportunity to discover more of Asia

away from the usual tourist trails.

Take a look at the website at www.secretretreats.com if you are looking at doing something a little different – I was suitably impressed with the quality of experiences and accommodation.

Dog lovers will love our feature this month highlighting the places where people can travel with their dogs. There is quite

a collection of places in WA which are happy to have your furry friends come along.

If you have a travel issue, enquiry or would like to share some information, don't hesitate to contact me on the email below.

If you're a Facebooker than like *Have a Go News* at www.facebook.com/Haveagonews.

Happy trails

Jennifer Merigan
Travel Editor



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



Mike Wood

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

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

Mike Wood from Per-

egrine Adventures will present the first talk for the year and this will be held at the theatre in his office in Hay Street in the city.

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

He has travelled to every continent including three times

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

People will be in for an

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

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

Date - Wednesday 27 April

Where - Peregrine Travel Centre, 862 Hay Street, Perth

Time - 2pm – 4pm

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

Refreshments provided.

Have a Go News' popular Talking Travel returns this month

Jewels of Spain tour

AU REVOIR Travel is delighted to invite people to join Clive and Jane Busch on their fully escorted Jewels of Spain tour departing Perth in September 2016.

Indulge a passion for food, history and art and discover the warmth of Spain. The country offers a rich and varied culture with unexpected architectural, geographical and gastronomic delights. These range from amazing Barcelona with its tree lined boulevards, medieval gothic quarter through the rest of Spain with its famous museums, flamenco dancers and authentic tapas bars.

All Insight Vacations itineraries are expertly designed for smaller groups. Each tour includes the services of an experienced tour director who takes travellers on a unique and revealing

look into the history and culture of each destination.

This tour includes such highlights as two nights in Granada with a visit to the exquisite Alhambra Palace built as a citadel by the Moors in the 13th century. We also stop at the Caves of Nerja a series of grottoes so large they are a popular venue for concerts. Enjoy seven nights in one of Spain's most charming jewels, Andalucia with white washed villages crowned with castles.

This exciting tour is priced from \$3,500 per person based on twin share accommodation.

For a detailed itinerary and further information please contact Jane or the girls at Au Revoir Travel Mt Lawley on 9242 3339 or email info@au-revoir-travel.com.

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GOLD \$3450 per person twin share
PLATINUM \$5620 per person twin share

Darwin & The Top End

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DEPARTS PERTH ON SATURDAYS

• Air travel, Perth to Darwin • 3 nights in Darwin • 2 day Kakadu and East Alligator Tour including all touring and 1 night accommodation in Kakadu • Darwin City Tour • Rail travel on The Ghan, Darwin to Adelaide in gold service cabin • Including all meals, drinks and off train excursions • 1 night in Adelaide • Air travel, Adelaide to Perth

GOLD \$3830 per person twin share
PLATINUM \$5530 per person twin share

Around Australia by Rail

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DEPARTS PERTH ON TUESDAYS

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ADVERTISING FEATURE

travel options for the mature west australian

Aurora: A great ship for you, the kids and grandkids to cruise aboard



by Chris Frame

IF you're looking to have an inter-generational cruise holiday, it can sometimes be difficult to pick the right ship. Some *Have a Go News* readers may look for a more mature, discerning cruise vacation aboard five

star cruise ships, some of which are adults only for that extra peace and quiet.

This can be different to what appeals to young families, who may find a casual, kids-friendly trip aboard *Explorer of the Seas* or *Carnival Spirit* more in keeping with

their lifestyle.

However there are options for cruises that suit the whole family, with some ships being expertly designed to allow inter-generational cruising that appeals to the young, and old, and everyone in between. These ships can offer an excel-

lent family holiday.

One such ship is P&O's *Aurora*.

Recently in local waters and returning to Australia in 2017, *Aurora* is designed to offer an array of activities for the young and the young at heart. Below are five things about *Aurora* that makes her a good choice for a family of all ages:

The Kids Clubs: For starters, the *Aurora* has a fantastic set of kids facilities located at the aft end of the ship. These include a play area for young children, a teen zone, video game room, an outdoor activity deck and a kids swimming pool, complete with little water slide. These kids' amenities are supervised by professional staff, allowing adults to have some time to themselves in the ship's more

formal bars and lounges, without having to worry about the kids getting bored.

Kids buffet and Night Nursery: The *Aurora* offers children a special evening dinner buffet. This early meal allows adults the opportunity to spend time with the kids or grandkids over their dinner while keeping the evening free for the traditional evening meal, after dinner entertainment and drinks with friends. And to facilitate that bit of time out in the evening, the ship has a night nursery, with eight beds and six cots for kids six months (12 months on world cruise) to four years old. A quiet area is created within the nursery for infants and parents or grandparents are given a pager to alert them if their child wakes up.

Evening Entertainment: *Aurora* has a great selection of smaller, intimate bars and lounges which allows for a fun evening for adults. Options include a show in the Curzon Theatre, cabaret or dancing in Carmen's, a movie in The Playhouse, or a drink and some karaoke at the Champions Bar.

The ship has a cinema: For movie lovers young and old, *Aurora* is one of the few ships these days to have a proper, dedicated cinema. Tiered seating and recliner movie seats as well as excellent sound and a good sized screen can be found at The Playhouse. The movie schedule includes films for adults and also kids; as well as family favorites; so everyone is entertained.

Family friendly cabins: *Aurora* offers families a wide range of choice for accommodation. The ship has a number of relatively spacious four-berth cabin with beds and bunks, while there are also several inter-connecting rooms allowing families to spread out. This option is good to allow families some extra space, while still staying relatively close together.

A cruise can be a really good way to share a family holiday while still affording you some personal time.

Aboard *Aurora* there are plenty of options for passengers of all ages, with P&O taking particular care to ensure there is entertainment for young cruisers to allow adults some time off.

Aurora returns to Australia in 2017.



by Jeanette Woolerton

IT'S been a long, hot summer. Earth's global temperatures in February 2016 were the most abnormally warm on record for any month, according to two, independent analyses from National Oceanic and Atmospheric Administration (NOAA) and NASA.

NOAA's global State of the Climate report released last month found that February's surface temperature

over the Earth's surface was 1.2°C above the 20th century average, the largest temperature anomaly of any month in NOAA's database dating back to 1880.

When you are feeling the heat, it is somewhat refreshing to bring your attention to cooler climates and global conditions.

Throughout history, mini ice ages emerge between large-scale ones although they are not quite as devastating as the great ice age, they can still cause famine and disease due to failed crops and sub zero temperatures.

The most recent of these little ice ages started sometime between the 12th and 14th century and was at its worst between 1500 and 1850. For hundreds of years,

the northern hemisphere was subjected to extremely cold weather.

In Europe, the seas routinely froze and the cold, mountainous countries (such as Switzerland) could only watch as glaciers advanced, crushing villages.

Years without summer were recorded and harsh weather conditions influenced every aspect of life and culture (perhaps contributing to why we think of the Middle Ages as a particularly gloomy period).

Science is still trying to ascertain what caused this little ice age. The reason may have been some combination of heavy volcanic activity during the era and a temporary drop in the sun's solar energy output.

Heading down to the southern hemisphere in modern times, we all know how unpredictable Melbourne's weather can be, but did you know there was another ice age coming?

And this one is great. If you happen to be in the Victorian capital these Easter holidays,

you may step back in time and experience a chilling adventure!

Jurassic Creatures, featuring 'Prehistoric Creatures of the Ice' is a premier interactive attraction, soon to be presented in Harbour Town, Melbourne.

It will be open for a strictly limited season, until 17 April, and is certain to educate, inspire and excite adults and children alike.

This is an exceptional event with extraordinary attention to detail and realism.

An ancient world with awe-inspiring dinosaurs and prehistoric creatures of the ice greets you as you make your way through this unique animatronic attraction.

You'll be amazed as these great creatures come to life, emitting a mighty roar. Get up close and personal with colossal Mammoths, the fearsome sabre tooth tiger and a popular favourite, Tyrannosaurus rex.

Your children and grandchildren can also become palaeontologists for the day and unearth their own fossil.

An expert digger outfit will be provided, which includes glasses and coat, a fossil with a chisel and a chipping hammer.

Marvel at the story of their 165 million year domination of life on earth. Explore the amazing fossil displays and learn about these amazing creatures.

In addition to Jurassic Creatures, there will also be an interactive fossil digging area, dinosaur egg photo opportunity, dinosaur sand art, dinosaur train live show, dinosaur sand pit and fossil displays, plus many other dinosaur activities for the entire family.

This spectacular show presents a wonderful opportunity for all to experience the Great Ice Age through interactive education. For school children in particular, the lessons learned will be priceless and more fun than sitting passively in science classes.

For more information on Jurassic Creatures - Featuring Prehistoric Creatures of the Ice and ticketing options, please visit www.jurassiccreatures.com.au.

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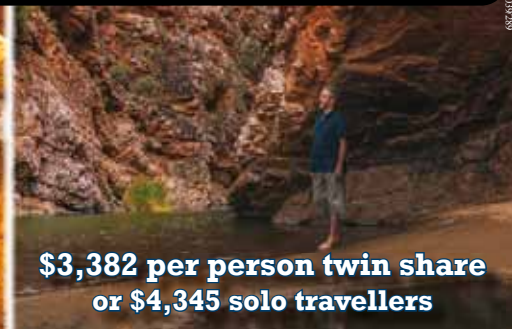


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ADVERTISING FEATURE

travel options for the mature west australian

Brenda's set to tackle the top of the world for Parkinsons



Brenda Matthews, left, and fellow trekkers in 2015

by Josephine Allison

WHILE many people of a similar age might be taking it easy, Parkinsons WA chief executive officer Brenda Matthews will soon be on her way to the Himalayas for the ninth time to help raise money

for the Parkinsons WA Nurse Specialist Team. Her dedication and courage to help the organisation she heads is an inspiration to many. British born Brenda, 63, who has headed the Netherlands-based organisation for the past 14 years,

describes herself as "very much an outdoors person" who goes into intensive training three months before the big climb. "Even though Jacobs Ladder has now closed, I usually go up it 20 times in one go, I walk six to seven kilometres every day and

now walk up and down Mount Street. At weekends, I do a 15km walk and I also use weights. I love the fresh air and dislike gyms." Brenda is a firm believer in exercise for people suffering from Parkinsons and has championed over the years exercise in tai chi, yoga and dancing. Next to medication, exercise is all important, she says. Accompanied by a girlfriend from Albany, this year Brenda has set a new challenge, to trek for 20 days to reach Lobuche High Camp and summit sitting at 6,100 metres. From there, she will have panoramic views of Mount Everest and surroundings. She left Perth on the three-week expedition on 29 March. "I fly from Perth to Kathmandu and then take a small twin Otter aircraft to Lukla airport, also known as Tenzing-Hillary airport," she said. "The higher you

go, the less number of people want to join so you usually climb with like-minded people accompanied by leaders and Sherpas. "My friend and I will be living in a two-man tent for three weeks with porters carrying items such as folding chairs, a table, kerosene stove and cooking utensils. Lukla has no roads so everything is carried. "The scenery is just amazing; you're in the open air virtually on top of the world where the sky is bluer and the snow whiter. I like to lead by example and enjoy the physical challenge to help raise money for Parkinsons." Brenda, who has always been an active person, did a lot of caving in Britain, Spain and Indonesia and has also done orienteering in Britain and WA. But the annual Nepal trek is now the driving factor. "I accept there are many

dangers involved such as people falling ill and even passing away through accidents or avalanches but it can be just as dangerous driving a car," she said. "My ultimate goal is to reach 7000 metres if all the stars are lined up and the weather holds. We have reached the 6500-metre peak twice but bad weather turned us back." The first consideration for any expedition was safety and the second getting up the mountain, given the weather can quickly change. In such a high altitude, the body is working to maximum capacity and trekkers are potentially at risk of altitude sickness. Blizzards and the high altitude can be a disaster. Brenda's husband, Ed, accompanied her to Everest base camp in 2001, which she describes as "the holiday of a lifetime. "Getting to the top was very emotional."

These days Ed remains at home enjoying golf and fishing, mainly because his body can't adapt to the high altitudes. But Brenda says he understands why she keeps returning. The couple follow a healthy lifestyle growing vegetables and keeping bees and chooks in their suburban backyard. "We grow mangoes, figs and avocados as well as other vegetables," Brenda said. Funds raised from Brenda's trek will help fund an eighth nurse for the Parkinson's Nurse Specialist Team. A second nurse has just been appointed to the south-west operating between Collie and Albany. If anyone would like to sponsor Brenda's Himalayan Hiking Expedition please visit <https://give.everydayhero.com/au/himalayan-challenge-for-parkinsons-s>. To follow her progress visit the website at: www.parkinsonswa.org.au

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27 April	New Norcia	\$80
9 May	Chidlow	\$75
20 May	Mundaring Crafty Corner	\$75
30 May	3 Day Wave Rock Tour	\$795*
10 June	Paddy's Bush Bar	\$80
28 June	Dwellingup	\$85
7 July	Xmas in July @ Seabird Tavern	\$85
25 July	Coorinja Winery Toodyay	\$85
10 August	York & Beverley	\$85
30 August	Mystery Tour	\$85

*twin share price per person

Call Elite Tours on 9314 2170
www.elitetours.net.au

Beyond Travel celebrates 100th anniversary of legendary rail journeys



THIS year marks the 100th anniversary of the opening of the Trans-Siberian rail line through Russia, undoubtedly the world's greatest railway journey. It runs like a steel ribbon across Russia for 9288km through 485 bridges, 87 cities, 16 rivers,

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more than 21 years with a dedicated sales team, many with first-hand experience on these legendary rail journeys as both tour leaders and passionate travellers on the trains and railways of Russia. The 2016 Russia and Beyond brochure has eight pages dedicated to rail travel including popular small group options with weekly departures in summer. The 13-day Trans-Siberian from Moscow to Vladivostok (or reverse) is priced from \$3,395 per person. Other popular options include tailor-made Trans-Siberian and Trans-Mongolian packages, that can be customised to suit individual travellers' requests. The 18-day Beijing to St Petersburg rail journey starts from \$7,500 per person for travel this June to September, including first class rail tickets, four star hotel accommodation, transfers and comprehensive sightseeing throughout. For those who would prefer a private train experience the Czars Gold departs from both Moscow and Beijing aboard a privately chartered first-class train and feature stops in Mongolia, Siberia and Tartarstan from \$12,200 per person for a comprehensive deluxe 15-day rail-tour. For a free brochure or to speak with a Russian rail expert call Beyond Travel on 1300 363 554 or visit www.beyondtravel.com.au

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Flat rate \$399pp S/Sup \$60	
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Three-day Wave Rock tour with Elite Tours

COME and join Kevin Oliffe on a personally guided tour to the Hyden district and see a lot more of Wave Rock then people can do on a day trip to the region.

Day 1: Departing Perth the tour heads to Mundaring for morning tea, continuing south-east through York, Quairading and a picnic lunch in the park. Continuing onto Corrigin and a visit to the dog cemetery then a afternoon stop in town. Then on to Hyden through Kondinin and the farming areas and on arrival at the Hyden Motel settle into the rooms and freshen up before dinner. Overnight Hyden Motel Hotel

Day 2: Today there is a full day in and around Hyden, starting of with feeding of the cows at Wandilla Farm settled in 1924 and still owned by the original family, looking through the Homestead, viewing of the vintage cars and the old workshop. Time to head to the café at Wave Rock for Devonshire morning tea served on the back veranda. After morning tea board the coach for a drive and visit to Lake Reclamation, community built airport, Salt Pond, Lake Magic, Amphitheatre and Wave Rock Resort then onto Hippo's Yawn. Time for lunch where the staff back at the café have prepared a barbecue chicken lunch including sweets. After lunch a visit to The Lace Place, Miniature Soldier Collection, Wave Rock and Wave Rock Wildlife Park. And the last visit for the day is out to The Humps and Mulka's Cave before heading back to the motel/hotel.

Day 3: Departing Hyden for Perth, travel via Kondinin to Corrigin for morning tea stop, continuing through Quairading to York for a picnic lunch in the park by the Avon River. Homeward bound for Perth arriving approx. 3.30pm.

Cost: \$795 per person twin share. \$180 single supplement. Departs: Monday 30 May. Returns: Wednesday 1 June.

Includes: All meals, Accommodation, morning tea each day, entries as per itinerary, lunch each day, luxury 5-star coach travel.

Departs, 8am 79 Paget St. Hilton, 8.30am Canning Hwy and Murray Rd Melville, 9am Pagoda Hotel Comer St Como, 9.30am. East Perth Terminal. Contact Elite Tours on 9314 2170.

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Celebrate Christmas in July on a Villa Carlotta Holiday!

Yuletide in the Blue Mountains and Norfolk Island



Celebrate Christmas in July and indulge in roasts and puddings with villa's joyful Norfolk and Blue Mountains tour. Begin in the Blue Mountains where Australia's original winter Christmas celebration began and finish with four glorious nights on Norfolk Island!

Highlights | Yulefest in the Blue Mountains | Blue Mountains Touring
Scenic World Rides and Walks | Blue Mountains Cultural Centre
Leuralla Toy and Railway Museum | Norman Lindsay Gallery
Darling Harbour, Sydney | Norfolk Island Feasts, Entertainment and Guided Tours
Norfolk and Blue Mountains Yuletide Celebrations

8 Days | Friday 8 to Friday 15 July 2016
Price \$4510 per person twin share | Single Option \$455

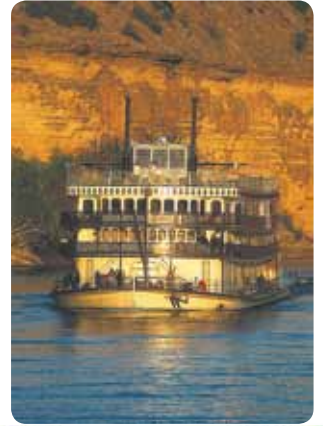
Christmas in July on the PS Murray Princess

Enjoy a wonderful Christmas in July with villa in South Australia and step aboard the PS Murray Princess, Australia's largest paddle wheeler for three wonderful nights. Add to this a traditional Christmas in July luncheon on board as you slowly cruise down the Murray, the perfect getaway.

Highlights | Monarto Open Range Zoo | Free Time in Hahndorf
Heritage Farm and Railway | Woodside Cheese
Christmas in July Lunch aboard the PS Murray Princess
3 Night PS Murray Princess Discovery Cruise

South Australia's Murraylands and Christmas in July Celebrations

6 Days | Wednesday 20 to Monday 25 July 2016
Price \$3195 per person twin share | Single Option \$345



Head to Kalbarri For a Winter Break

Highlights | Kalbarri National Park | Batavia Coast | Kalbarri River Queen
Murchison River | Murchison House Station | Exotic Rainbow Jungle
Finlay's Fish BBQ | Christmas in July Celebrations

Kalbarri Christmas in July

5 Days | Wednesday 27 to Sunday 31 July 2016

South West Celebrations

Highlights | Farming at Yallingup Shearing Shed | The Grove Vineyard
Wine and Flowers at Anniebrook Emporium | Rugged Cape Naturaliste Scenery
Busselton Museum and Old Butter Factory | Christmas In July Celebrations

Christmas in July in the South West

5 Days | Monday 4 to Friday 8 July 2016

Exclusive Solo Traveller Kalbarri Getaway

Highlights | Kalbarri National Park | Batavia Coast | Kalbarri River Queen
Murchison River | Murchison House Station | Exotic Rainbow Jungle
Finlay's Fish BBQ | Christmas in July Celebrations

Just for Singles **Kalbarri Christmas in July**

5 Days | Saturday 9 to Wednesday 13 July 2016

just for singles

Itineraries are subject to change. Terms and conditions apply. FreeCall 1800 066 272 for details.

Discover the Spectacular Sights of Queensland Now!



Get Into the Outback

Highlights | Toowoomba, The Garden City | Cobb and Co Museum
Downstream Tourist Railway Tour and Dinner | Bunya National Park
Roma Sale Yards and Town Tour | Carnarvon Gorge National Park
Guided Gorge Walk | Australian Workers Heritage Centre
Sunset River Cruise and Stockman's Dinner | Qantas Museum Tour
Spirit of the Outback Rail Journey | Station Tours, Lunches and Sunsets

Discovery **Queensland's Great Western Wilderness**

Featuring Spirit of the Outback Rail Journey Longreach to Brisbane and the Carnarvon Gorge Wilderness Resort

12 Days | Friday 3 to Tuesday 14 June 2016

Senior \$5950 pptw | Pensioner \$6035 pptw

Adult \$6125 pptw | Single Option \$825



ACTIVITY LEVEL **VERY HIGH**



MAX TRAVELLERS **18**

Explore Queensland's Beautiful Coastline and Islands

Highlights | Cairns and the Atherton Tablelands | Kuranda Train Ride

Spirit of Queensland Rail Journey (Cairns to Whitsundays)

Townsville Military History | Magnetic Island Touring

Reef HQ, Townsville | Airlie Beach Local Produce Tour

Hamilton Island and the Whitsundays

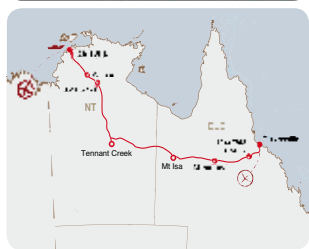
Queensland Rail, Reef and Tropical Islands

Featuring the Spirit of Queensland Rail Journey Cairns to Whitsundays

10 Days | Tuesday 19 to Thursday 28 July 2016

Senior \$4960 pptw | Pensioner \$5025 pptw

Adult \$5090 pptw | Single Option \$690



Adventure Across the Top Darwin to Townsville

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

Discovery **Across the Top - Drovers Dream**

12 Days | Friday 24 June to Tuesday 5 July 2016

Adult \$6465 per person twin share

Single Option \$910



ACTIVITY LEVEL **HIGH**



MAX TRAVELLERS **20**

Combine Exciting Gold Coast with a Rainforest Retreat

Highlights | Jupiters Hotel and Casino | Q1 Tower and the Observation Deck

Gold Coast Luncheon Cruise | Australian Outback Spectacular Dinner Show

Free Day on the Gold Coast | Tweed River, Lakes and Rainforest

Tropical Fruit World Experiences | Tamborine Mountain Village

Tamborine Station Farm Tour | O'Reilly Rainforest Retreat

Lamington National Park Adventures

Just for Singles **Gold Coast Hinterland and Rainforest Retreat**

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TIMETABLE

*timetable is subject to change

9.15am – 9.45am	Registration and General Enquiries
9.45am – 10.15am	Rail Journeys and Flower Festivals
10.30am – 11.00am	Christmas Holidays – Christmas in July and December Getaways
11.30am – 12.00 noon	Northern Territory, South Australia and The Kimberley
12.15pm – 12.45pm	Exotic Island Escapes

Friday 6 May 2016 - 9.00am to 1.00pm

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ADVERTISING FEATURE

travel options for the mature west australian

Light up your life in Singapore

FOR more than 10 years George Booth of Travel Tree has escorted an annual tour to witness one of the greatest Christmas light street displays in the world as Singapore switches on for the Christmas period.

The seven day tour departs Perth on Sunday 4 December and returns on Saturday 10 December with accommodation at the centrally located Peninsula/Excelsior Hotel in Coleman Street, utilising the deluxe rooms and with a full daily buffet breakfast included.

To ensure maximum value for money, the tour includes a lot of activities including Christmas lights open bus tour, afternoon sunset tour to Sentosa Island, three historical walks (China Town/Little India/Singapore River) plus a full day tour to Johore Bahru, Malaysia and farewell dinner.

The tour costs \$2445 per person share twin and \$3230 for single room sole use. The price includes economy class flights with Singapore Airlines, current airline taxes plus hotel and sightseeing.

George has visited Singapore many times over the years, but he always looks forward to revisiting this Garden city, not only to taste some of the best Asian food in South East Asia, to shop, to see the wonders of Gardens by the Bay day and night, the great Singapore Botanical Gardens and zoo, night safari and Raffles high tea. These are available to fill any spare time on the tour.

The tour always attracts a fun loving group to share the experience with and a number of people have been on the tour many times.

For more information and bookings email: george-booth@netspace.net.au or phone Faye Pafumi on 9382 5011.

Beautiful gardens, exotic locations, delicious foods and local cultures combine together



by Deryn Thorpe

AUTUMN in a cold climate is the year's last spurt of beauty as nature puts on a dramatic, grand finale burst of colour.

I live in sunny Perth, and while some trees shed a coloured autumnal coat, the seasonal change is less dramatic and affects fewer

plants than the colour transformation in cold regions.

This year I'm going to experience the full range of cold climate trees in divalike hues as I'm spending October admiring northern gardens while leading a fall colour garden cruise to Canada and the US for Travelrite International.

In that part of the world

deciduous trees like oaks, maples, beech and birch react to the shortening daylight hours by going into dormancy, showing off hues of spectacular bright yellows, rich oranges and brilliant reds.

I've enjoyed the splendour of the mostly yellow and orange toned autumns in Europe but the fall colour in North America and Canada is more dramatic with lots of striking red hues.

I'm excited to be joining the band of 'leaf peepers', a quaint local term for people that follow the changing foliage.

The trip is going to be even more special because we are spending ten nights of the three week trip on board the *MS Rotterdam*, the most luxurious ship in the Holland America fleet. Our transport mode means minimal unpacking and more time in port as we sail

in the evenings.

Our cruise finishes in New York, where we have four days taking in the sights including Innisfree Garden, sometimes listed as one of the top ten gardens in the world. This American stroll garden was designed by landscape architect Lester Collins and merges Asian and modernist philosophies. It is a sublime composition of rock, water, wood, and sky.

At the end of the tour there is an extension of four days in Philadelphia where we visit Longwood Garden, usually listed as the best garden in North America. It is one of the most spectacular displays I've seen with 20 outdoor gardens and 20 indoor gardens in heated conservatories. We'll be there for the Chrysanthemum Festival with 20,000 blooms on show. The gardens have an annual bud-

et of \$50 million (US) – so expect to be wowed!

We have guided tours at all our stops so we get the flavour of the cities with visits to the important landmarks. Even garden trunks need more to a holiday than just gardens.

We will visit a wide range of gardens to take advantage of the autumn leaves. They include parks and woodland, a farm, private gardens, Victorian-style gardens, national parks, modern gardens with integrated outdoor rooms, botanic gardens and Asian inspired designs.

Our first stop after sailing is the French-style city of Quebec. We also leave the ship to spend a day in the cities of Charlottetown, which is the gracious capital of Prince Edward Island, Sydney in Cape Breton and Halifax in Nova Scotia.

In the USA we visit Bar Harbor in Maine, the beautiful city of Boston in Massachusetts and swanky Newport in Rhode Island before disembarking for four exciting days in New York.

We'll undertake all the activities as a private group and since we will be mostly Australians, all with a love of gardens and travel, we always seem to have lots in common. One of my favourite parts of the tour is dinner, and I'll be searching out some great places to eat when we're not on the cruise.

I've worked as a tour guide for 30 years and know that it is the blend of beautiful gardens, exotic locations, delicious foods and local cultures that make the trip so satisfying.

A well thought out itinerary is also essential and our tour mostly has four day stop overs, because packing up and moving every couple of days, or even every day on some tours, is tiring and tends to take the gloss off the holiday.

Free time is also essential as while most love the new friends a tour brings, others like spending time by themselves.

Lastly the tour leader makes a big difference. I try to make people feel that they are travelling as part of a family, but also encourage them to feel free to explore for themselves if they find group travel overwhelming.

So if you fancy a relaxing holiday full of gardens and the joy of leaf peeping give the tour brochure a read, it lists all the gardens and day-to-day activities.

Deryn Thorpe is a passionate gardener and garden writer who has led tours for 30 years. There are a few places left on her England Italy and France tour in May 2016. For more information on both tours: derynthorpe.com.au or Travelrite International: 1800 630 343.

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7 Days / 6 Nights



DEPARTS Perth Sunday 4 December
RETURNS 10 December 2016

For more than 10 years George Booth has escorted the Singapore tour to see one of the greatest Christmas Light displays in the world. The trip is planned to coincide with pre Christmas shopping and the tour content designed to ensure participants enjoy the best that Singapore has to offer with interesting walks, sightseeing and farewell dinner included. Our Hotel is located in the heart of the City with access to Boat Quay, Clarke Quay, Fort Canning and City Hall MRT interchange. This tour will experience a full day trip to Johore Bahru Malaysia, Afternoon Sunset tour to Sentosa with the opportunity to undertake optional tours to Gardens by The Bay and High Tea at the Raffles plus more.

Twin Share **\$2445 per person**
Single room sole use: **\$3230**

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- Economy class airfares Perth to Singapore and return flying Singapore Airlines
 - Current airline taxes and charges
 - 6 Nights accommodation in deluxe rooms at Peninsula/Ex • Full daily buffet breakfast
 - Christmas Open top Bus tour of Christmas Lights
 - Full day tour to Johore Bahru Malaysia
 - Historical walks: China Town/Little India/Singapore River
 - Afternoon till Sunset tour of Sentosa Island
 - Farewell dinner (No alcohol included)
 - Tour escort (subject to 20 persons travelling)
- Not included:** Meals other than stated above • Personal expenditure i.e. telephone calls, alcohol etc. • Travel Insurance (Compulsory and policies available on request)
- Tips to Singapore guide

Payments: Deposit within 7 days of confirmation of booking and balance due by Tuesday 6/09/16



For bookings and information contact
Ms Faye Pafumi on 9382 5011 or
email: faye@traveltree.com.au
website: www.traveltree.com.au



Toll free: 1300 842 688
E: sales@mwtravel.com.au
W: www.mwtravel.com.au

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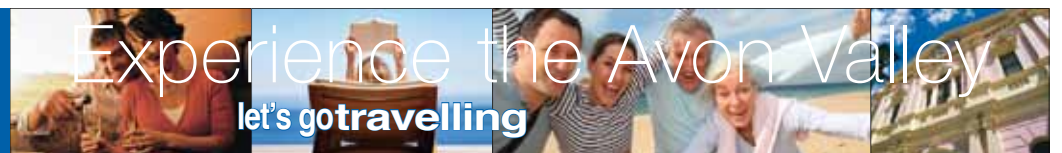
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BEVERLEY VISITOR INFORMATION CENTRE

132 Vincent Street, Beverley
Phone: 9646 1555 or 9646 1600
Email: beverleywa@westnet.com.au
Website: www.beverleywa.com

Open Monday to Friday from 9am to 4pm

CHITTERING VISITOR INFORMATION CENTRE

6180 Great Northern Hwy, Bindoon
Phone: 9576 1100
Email: bindinfo@iinet.net.au
Website: www.chittering.travel

Open: Monday to Friday 9am to 5pm

Saturday 9am to 1pm

GOOMALLING VISITOR INFORMATION CENTRE

Goomalling Caravan Park
Throssell Street, GOOMALLING WA
Phone: 9629 1183

Source: 2016 Avon Valley Holiday Planner

Email: caravanpark@goomalling.wa.gov.au

Website: www.visitgoomalling.com.au

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VICTORIA PLAINS

VISITOR INFORMATION SERVICE

Shire of Victoria Plains Administration Office

28 Cavell Street, Calingiri

Phone: 9628 7004

Email: reception@victoriaplains.wa.gov.au

Open: Monday to Friday 8.30 to 4.30

YORK INFORMATION SERVICES

81 Avon Terrace, YORK

Phone: 9641 1301

Email: info@york.wa.gov.au

Website: www.york.wa.gov.au

Open: Open Monday – Friday 10am to 4pm

Weekends and Public Holidays 9.30am to 3.30pm

Closed: Christmas Day, Boxing Day, New Years Day and Good Friday

Take a tour of a gold mine



Barbara Hugill and Yvonne Bradfield panning for gold in Boddington

HAVE you ever wanted to visit a working gold mine and see giant haul trucks operating in an open pit?

Go West Tours has joined with Newmont Boddington Gold to offer the tours, so that everyone aged from eight years upwards can discover the magic of gold and have the opportunity to experience a mine site up close.

Kitted out with high visibility safety gear, visitors are taken behind the scenes on a fully air conditioned coach. During the tour, people can disembark and look straight down into the south pit where ore is mined and watch as the haul trucks transport their loads to be placed on an overland conveyor and transferred to the processing plant.

The bus then follows the ore as it is fed into grinding mills. Once there, steel balls grind the ore into a fine powder and gold is separated, ready for melting in a 1100°C furnace and pouring into moulds.

Just an hour and a half from the city, tours leave daily from the Perth CBD at 8.30am and arrive at Boddington mid-morning. Visitors can also self-drive and board the tour at 10.45am from the Boddington Tourist Information Centre. The 90 minute tours end with a short drive to Boddington for lunch and where visitors can try their hand at panning for gold. Lunch is not included, but can be arranged with Go West Tours.

Since Go West Tours started the mine tours of Newmont Boddington Gold in 2015, thousands of visitors have discovered Boddington and the Peel region. "The Newmont Boddington Gold Mine operation is one of the biggest in the southern hemisphere and

these tours will open up the world of mining to everyone in Perth and surrounding areas as well as WA's key tourism market," said Go West Tours general manager David Haoust.

"The opportunity to see a gold mine is now on people's doorstep and is a fantastic day out for young and old, journeying through the picturesque Boddington region, which is just an hour and a half from Perth."

Go West Tours is WA's leading supplier of modern charter, rental and tour vehicles servicing the tourism, mining and government sectors. The company is owned by David and Stan Haoust of Bunbury and has offices in Bunbury (head office), Mandurah, Kalgoorlie, Albany, Newman, Mandurah and Port Hedland.

Go West Tours has been operating for more than 20 years, providing safe, continuous and reliable services to a wide range of companies in tourism, government, mining, schools and social groups.

For bookings and more information visit: www.gowesttours.com.au.

All aboard for the Avon Valley...

TRANSWA provides public transport to more than 240 destinations within regional Western Australia.

Luxury road coach services travel throughout the north as far as Kalbarri and Geraldton and throughout the south west as far as Albany and Esperance.

The rail fleet consists of the modern Prospector train to Kalgoorlie and the Australind to Bunbury, as well as the AvonLink to Northam and Toodyay.

The AvonLink train service has

been expanded to 28 services per week, including a Saturday service.

The AvonLink is a comfortable commuter service inclusive of air conditioning, access to power points for laptop computers and free Wi-Fi, making it an ideal choice for transport when visiting the beautiful Avon Valley region.

Transwa offers 50 per cent concession for WA Pensioners, national Seniors, WA full-time SmartRider Students and WA Health

Care card-holders. Frequent Avon-Link and Australind train travellers can take advantage of SmartCommuter fares (conditions apply).

Booking can be made at the East Perth Booking Centre at the Public Transport Centre on Summers Street; at the Midland Booking Centre, Midland Station on Victoria Street; at the Northam Booking Centre at Northam Station on Peel Terrace; or by telephoning 1300 662 205 or visiting www.transwa.wa.gov.au

Relax and enjoy entertainment in the Avon Valley



Dusty Springfield Show, one of El Caballo's upcoming shows

drive from Midland, El Caballo Resort offers the perfect overnight or weekend getaway. People can enjoy one of the two luxury suites with all the modern features of the resort as well the newly reopened restaurant with leading international Chef Mo Saber.

For further information, visit El Caballo Resort at 3349 Great Eastern Highway, Wooroloo or see advertisement on page 8.

EL CABALLO Resort in Wooroloo is proud to be offering corporate function packages as well as a range of short term accommodation suites. With more than 40 years or rich history El Caballo Resort offers a great function alternative to the traditional city based function centres. Nestled in the heart of the Avon Valley and only 30 minutes from the airport, the El Caballo Resort is surrounded by Australian bush and wildlife and is a great escape from the CBD, perfect for your next function.

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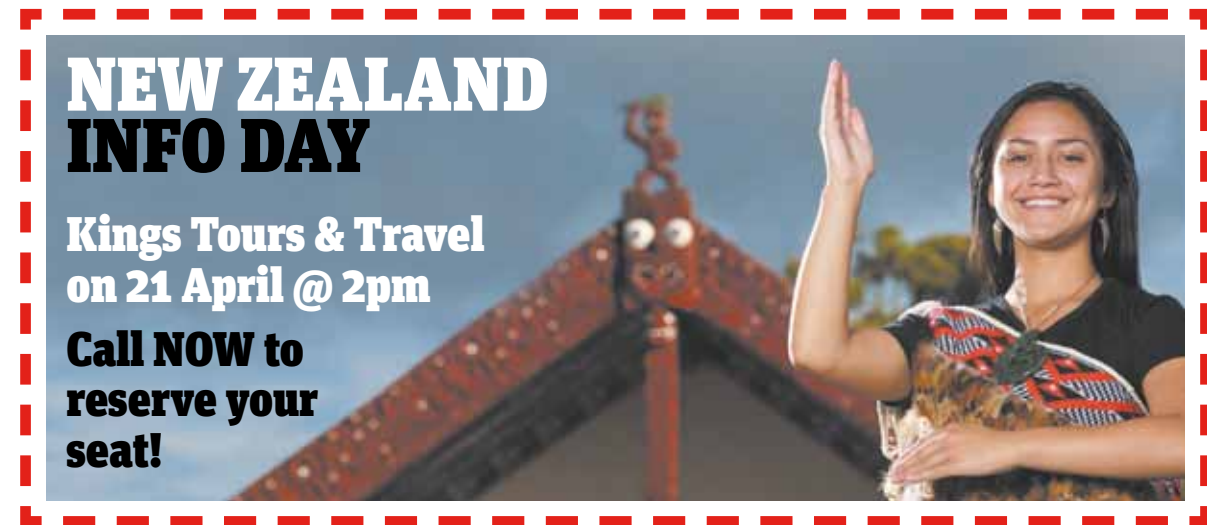
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- Enjoy 4 rail journeys - Glenbrook Vintage Railway, the Coastal Pacific, the world famous TranzAlpine and the Taieri Gorge Limited.
- Relax with 5 cruises including Dolphin / Hole in the Rock Cruise in the Bay of Islands, the vintage steamship TSS Earnslaw and the Milford Sound Overnight Cruise.

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SPECIAL DEPARTURES 24 October 2016 & 9 March 2017

>> ITINERARY

(B) Breakfast. (L) Lunch. (D) Dinner. (SD) Specialty Dinner.

DAY 1: Depart Perth

Today you will be transferred from your home to Perth Airport for your overnight flight to Auckland.

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. Early check-in and breakfast have been included at the hotel this morning. The remainder of the day is at leisure.

Hotel Rendezvous Grand Hotel Auckland

DAY 3: Auckland - Bay of Islands (B,D)

Today enjoy an Auckland city sights tour before travelling to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Continue through Whangarei to the Bay of Islands. This afternoon enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.

Hotel Scenic Hotel Bay of Islands (2 nights)

DAY 4: Bay of Islands (B)

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. The remainder of the day is a free day. Choose from the many optional activities available. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

DAY 5: Bay of Islands - Auckland (B,D)

Farewell the Bay of Islands and drive south via Whangarei and Dargaville to Matakohi where you will enjoy a visit and informative talk at the Kauri Museum. Continue to Auckland's north shore for some time at leisure. Why not take a stroll to the nearby beach for views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.

Hotel Spencer on Byron

DAY 6: Auckland - Rotorua (B,L,D)

Depart Auckland and travel to Glenbrook Vintage Railway for a nostalgic 15 km 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 and travel through magnificent countryside to Longlands Farm & Restaurant. Enjoy a delicious home cooked lunch hosted by a rural NZ family. Continue to Rotorua and 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 Skyline Rotorua. There is also time for a huge ride! Next stop is the 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 and then continue south along the Kapiti Coast to the capital city of Wellington for an extensive city tour.

Hotel James Cook Hotel Grand Chancellor (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. Enjoy free time at leisure this afternoon and this evening is also free.

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



- **Home pick-up and return by private car to and from Perth Airport**
- Early hotel check-in on arrival including breakfast
- Grand Pacific Tours Jacket and Cap
- Pre tour get together
- 400 page New Zealand Eyewitness Travel Guide
- Travel diary**

Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Travel through numerous tunnels and across several bridges before departing the train in Kaikoura. Travel via coach south through some of the finest farmland areas to the garden city of Christchurch.

Hotel Quality Hotel Elms (2 nights)

DAY 11: Christchurch (B,D)

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.

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 Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel Scenic Hotel Franz Josef Glacier (Douglas Wing)

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 Mercure Queenstown Resort (Lakeview Room. 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.

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Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau. This afternoon enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves where you will admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto.

Hotel Distinction Luxmore (Deluxe Room)

DAY 17: Te Anau - Dunedin (B,D)

Travel via Gore and Balclutha to Dunedin to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail. On return to Dunedin's historic Edwardian Railway Station your coach will transfer you to your hotel.

Hotel Scenic Hotel Southern Cross (2 nights)

DAY 18: Dunedin (B,SD)

Today travel along the Otago Peninsula to Larnach Castle for a guided tour. Next visit Glenfalloch Restaurant for a delightful morning tea. Return to the city for an informative city tour before some free time to explore at leisure. 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 House, a prestigious historic home 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.

Get on board with the Escorted Travel Specialists
(08) 9380 6656 or 1800 677 760 (Country Callers)



*Prices valid ex Perth and includes prepaid taxes of \$160, correct at time of print. Prices and taxes are subject to change. **Private car transfers arranged by Kings Tours & Travel and are provided within the Perth Metropolitan area including Mandurah. Early hotel check-in and breakfast included in itinerary. Travel insurance recommended. Jacket & Cap is one per person. One Travel Guide per household. Diary is one per person.





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Love from Nanna's Garden – Nannup Flower and Garden Festival



Entrance to Nannup Flower and Garden Festival
© Jodi Lewin

CELEBRATING 20 years of producing garden goodness, the Nannup Flower and Garden Festival takes a stroll back in time to bring 'Love from

Nanna's Garden'. Stirring up memories of sweet English lavender, steaming apple and rhubarb crumble, and playing on the Hills Hoist clothesline in Nanna's backyard, the Nannup Flower and Garden Festival brings the Nannup community together for a four-day spectacular to ensure that olden day traditions are kept alive and well. Each year the Nannup Garden Village Inc. comes together with the Nannup Historical Society, CWA, craft groups, community gardeners and local photographers to present the annual Nannup Flower and Garden Festival. Chairperson Denise Green says it takes a village to raise a garden bed. "Our passionate volunteers and community groups are what gives our local event the unity and

reputation of holding on to what is often forgotten traditions. This year, our theme 'Love from Nanna's Garden' will see us slow down and smell the roses, and bring back old traditions so that they can be passed down to our grandchildren ensuring the love of gardening keeps growing." Taking inspiration from their Nanna's garden will be the talented young gardeners of Nannup District Senior High School, who will design and install a beautiful show garden using recycled materials. Could there be a better place to gain inspiration than kids of all ages creating their own first garden in Nanna's garden? The who's who of local garden experts and celebrity chefs will be at the Festival to pass on their own gardening hints and tips including Neville Passmore, Darren Seiner,

Lisa Passmore, Dr Bob Longmore, Simon and Sarah Green, Shannon Fraser Butler, and darling of the garden – MC Deryn Thorpe. **Angus Stewart** – known as TV presenter on *Gardening Australia*, and as the doctor of dirt, surgeon of the soil, professor of the paddock – will provide information on low maintenance gardening, growing bush food, and lead daily panel discussions during Garden Talk, where visitors can ask gardening questions and get handy tips and all the tricks from the experts. **Paul West**, chef and host of *River Cottage Australia* will team up with internationally famed cooking sensation Sophie Budd, Josh Whiteland and Urban Tucker Woman, Caroline Harry for the popular Garden to Gourmet workshops.

And who can forget the quirky, fun loving **Ian Parmenter** OAM's *Consuming Passion* show on the ABC? With his love of food, passion for life, and all-consuming good looks and witty sense of humour, Ian is sure to be a showstopper at the Garden to Gourmet workshops which run Friday to Sunday of the Festival. Bursting with colour and creative ideas, the Festival will showcase more than 120 garden and craft stalls, landscape trends, new plant releases and stunning open garden displays. With plenty to do for the whole family from a dedicated children's area, garden talks, demonstrations and floral displays in the Great Hall of Flowers, don't miss the Nannup Flower and Garden Festival. Nannup Flower & Garden Festival Thursday, 18 August to Sunday, 21

August, 9am – 4pm daily. At the Town Hall Nannup: entry seniors \$4 (Thursday, 18 August only) general \$5. Showgardens: entry seniors \$4 (Thursday, 18 August only) general \$5. Both Town Hall and Showgardens entry seniors \$8 (Thursday, 18 August only) general \$10. Discounts for all venues are available for groups of 10 or more. Open Gardens are by small donation. For further information go to nannupgardens.org.au, follow Nannup Garden Festival on Facebook, phone 0476 208 573 or email coordinator@nannupgardens.org.au. The Nannup Flower and Garden Festival is proudly sponsored by the State Government through Tourism WA's Regional Events Scheme, which is jointly funded by Royalties for Regions.

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www.clovercottage.net





Traditional trades day at the South West Rail and Heritage Centre

THE South West Rail and Heritage Centre will be celebrating those traditional trades that have all but disappeared in today's modern world on 24 April. They have book binders, blacksmiths, wood turners, vintage machine restorers, spinners and telegraphy operators amongst others. Come along and see how things were done in a more gentle age. Also the amazing Gertrude Well-ease will be there to entertain and engage people. Not to be missed! South West Rail and Heritage Centre is located on Turner St., Boyanup and is open from 10am to 2pm. Entry is by donation. Light refreshments are available from the picnic van.

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Pilbara & Broome 14 day Tour
20 July - 2 August, BOOK EARLY
Adults \$3955 Seniors \$3920 S/S \$1045

Wildflower Wonder Tour
29 August - 1 September, 4 days, 3 nights
Adults \$1140 Seniors \$1120 S/S \$180

Narrogin, Barna Mia, Northam, Wongan Hills, Reynoldson Reserve
27-30 October, 4 days, 3 nights
Adults \$990 Seniors \$975 S/S \$240

Mystery Tour 14-16 November, 2 days/1 night
Adults \$850 Seniors \$835 S/S \$136

Royal Gala Tours
Please call 1300 233 556 now for a brochure or visit www.royalgala.com.au

What a beauty... the Busselton Beach Resort

by Vicki Williams

MY husband and I have just returned from a seven day stay at Busselton Beach Resort. The resort is well located on the waterfront in the Geopraphe Bay area. Our accommodation had lovely sea views and it was nice to wake up each morning to the sound of the ocean waves. Also there is a walking and bicycle track which stretches for many kilometres along the waterfront. There is a small shopping area about a 10 minute walk away where there is a supermarket and a fish and chip shop. Busselton is the gateway to the beautiful wine growing region of the southwest. There is so much to see and do especially the amazing restaurants with panoramic views. The accommodation was very pleasant and comfortable. Everything you need is there. The beds were very comfortable and we slept like logs. I would highly recommend a visit to the Busselton Beach Resort and I'm sure you won't be disappointed. For bookings or further information phone 9752 3444 or visit www.busseltonbeach.com.au.



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The Kimberley inspires artists to discover their talents through the landscape



From left; Artists at work - bull buggy tour of the station - Final night celebrations with the station crew.

by Josephine Allison

THERE is nothing quite like a Kimberley visit to inspire artists and photographers wishing to improve their skills while taking in the breathtaking landscape. Perth based company On the Verandah offers something different with their Creative Adventures in the Kimberley.

On the Verandah is run by Rachel Dillon and Andrew Kikeros who have more than 30 years of Kimberley guiding experience between them, as well as strong links with station owners and the local community.

"We love introducing guests to this wonderful landscape and to the people who live there," says Rachel. "We believe everyone should experience the spiritual resonance of the Kimberley at least once in a lifetime. We love hearing guests saying they feel less like a tourist and more like part of the family."

Perth based artist Nada Murphy runs the seven-day Artist's Adventures after being asked in 2014 by On the Verandah to work as a tutor with the first trip last year and again this year. On the Verandah also runs the Photography Adventure and the Women's Only Adventure.

"We are based at Digger's Rest 40

km from Wyndham and venture out in various directions to find beautiful bush settings in a variety of terrains," Nada said. "The 2015 adventure had nine people taking part, bringing their own art supplies from a list of suggested materials."

"The Kimberley is a big country so inevitably a lot of focus is on the country. We stay on a working station and there is plenty of scope for animal and botanical studies."

"People who took part in our last adventure were both experienced and first-time painters. I start at the artist's particular level so their visit is an adventure and an art experience. We camp out for one night, enjoying both the night and morning light and the bush studio gives us a sheltered place to continue working as the sun climbs."

"This is a rare experience to visit country of extraordinary beauty and strength. It gives time for contemplation as much as anything else. While the focus is on art, people can ride out with experienced instructors to see how a working station operates."

"We find solid bonds emerge not only with other artists but also staff and station visitors."

Challenges? The bush always has its

own challenges. This is remote country where the bush skills of tour operators will buffer the average participant. The adventure is well catered for and you can expect some great country catering; a moderate fitness level is desirable. A good sense of humour and willingness to have a go also make for a great experience."

Born in Victoria, Nada Murphy has a long and impressive art career working and exhibiting throughout Australia. She is currently artist-in-residence for the second time at the Beverley Station Art Gallery.

"Beverley is placed in country that is at the head of the Avon River, my residency is looking more closely at the layers of water stories of this place," she said.

After Beverley and before heading for the Kimberley, Nada returns to her Perth studio to consolidate and develop works for an upcoming exhibition. She also works in glass, a less portable form of artwork, and plans to come up with more ideas for this medium.

Diana Papenfus who took part in last year's Artist's Adventure said the trip was one of the best things she had done in her life.

"Digger's Rest provided a beautiful,

perhaps rustic location to eat, sleep, talk and imbibe landscapes, birds, form, shape, colour and paint. The opportunities for artistic discovery provided by Rachel and Nada were many and, to my mind, suitable for all levels of an artist."

"The generosity of materials was also appreciated. Though we brought our own gear from a list provided we were also able to use other supplies."

"Conviviality was the byword for the time we had together. The constant stream of visitors to the station as well as the volunteer station hands enhanced our experiences enormously. Our artistic outcomes reflected this supportive and inspiration experience."

"On the last evening, we had an art showing, professionally curated by Nada and we were all very proud. Digger's Rest was an inspiration with the power of the rugged landscape, intensity of colour and the distinctive boab trees."

Janice MacKenzie, who also took part in last year's session, said: "Although I have a diploma in art and design and know I feel good when painting, drawing and sculpting, I manage not to do it. I also love the outback – sleeping on the ground under the stars

and where there are few fences fills me with happiness."

"In recent years, I also have not had many chances to do this so when I saw a poster for travelling to the Kimberley to do art I decided to go. At Digger's Rest station you arrive and are immediately included in the warmth of a welcoming, active and busy station."

"The resident bower bird, pet emus and an On the Verandah art studio provide inspiration. Most of all, this is supported by Nada who creatively works with each person, gearing her input and inspiration to the level needed."

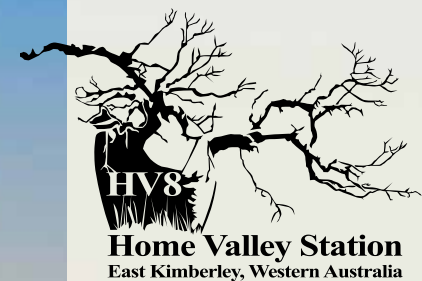
"For me, I needed the opportunity to find my skills again with the occasional compliment or piece of information I was searching for. I could not have asked for a more thoughtful and understanding tutor. I saw gentle encouragement and enthusiasm working with each person lead to learning curves of developing creativity."

"And to be fed three meals a day in good company supported by Nada, Rachel and Andrew. Joy!"

This year's seven-day Artist's Adventure to the Kimberley led by Nada Murphy runs from 11-17 July. Enquiries contact 0428 254 529 or visit www.ontheverandah.com.au.

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Big year ahead for Aussie Redback Tours



Aussie Redback Tours' Sharon and Renata

WHY not make 2016 the year to climb aboard Aussie Red back Tours and head somewhere different. They have just added two very comfortable vehicles, one being a 48 seater Scania coach and the other an all-terrain bus capable of travelling practically anywhere in Australia. Their glossy 12-page 2016 brochure is also out and bookings are coming in.

There is something for everyone – day tours for those who just want a day off from daily routine and would like a trip in the countryside surrounding Perth; extended tours to locations in Australia including the arid outback, rugged mountain areas and the beautiful oceans.

There are also art-spe-

cific tours which are also a combination of one day trips and extended trips.

Owner Sharon Kersting and her team have more than 18 years of travel and touring experience and people can be sure they will come home from each trip with fantastic memories and mementos, new friends, and the urge to start planning their next trip.

One Day Tours

Sunday 24 April: Peel Zoo – Pinjarra – a hands on experience with animals of all shapes and sizes.

Sunday 1 May: Moondyne Joe Festival – Toodyay.

Sunday 3 May: Country Mystery Tour.

Extended Tours
Monkey Mia Sunday 17

to 22 April: six days – seniors \$1680 adults \$1700 single supplement \$400. Take off five per cent of the price. See the magic of the Monkey Mia Dolphins and the pristine waters of Sharks Bay, the beauty of Kalbarri National Park and the rugged coast line.

Busselton – Margaret River Monday 2 to 5 May: four days – seniors \$950 adults \$999 single supplement \$240. This is wonderful leisurely tour of some of the south west region. We have an amazing insight into our rugged but beautiful coastline and forest areas. We visit Yallingup's The Shearing Shed, established in 1934 and cruise the Blackwood River to see bottle nose dolphins, all included in the fare.

Wave Rock – Mulkas Cave Saturday 19 to 20 May: two days – flat rate \$399 single supplement \$70. Don't rush to Wave Rock and back in a day, let's make it a comfortable weekend getaway. We will visit Brookton, Corrigin, Hyden, Wave Rock, Hippos Yawn, Malka's Cave, Narrogin, Pingelly, and York. The price also includes morning teas, three course evening meal and a cooked breakfast.

Gibb River – Bungle Bungalies Saturday 18 June to Saturday 2 July:

15 days – seniors \$4950 adults \$4900 single supplement \$980. A very popular tour, taking in the best of the Kimberley, this tour travels to the icons of the Kimberley region. We explore the Bungle Bungle Range and Cathedral Gorge and discover ancient Geikie Gorge as well as Bells Gorge and other attractions of the Gibb River Road. This is a fully accommodated tour, with most meals and attractions included in the fare. Seats are selling fast.

Savannah Safari – Monday 6 to 15 June: 10 days – seniors \$3530 adults \$3580 single supplement \$650. The Savannah Way is Australia's adventure drive, linking Cairns in tropical north Queensland with the historic towns of the Kimberley in Western Australia. A tour not to be missed.

All tours include air fares (where stated) air-conditioned transport, motel, cabin and en-suite safari tent accommodation, and departure from Perth, with pick-ups at Joondalup, East Perth, and Rockingham.

Contact Aussie Red back Tours today for bookings or full day-to-day itinerary descriptions on 1300 662 026, or visit aussieredbacktours.com.au for more information.

Wundowie Iron Festival

WUNDOWIE was the birthplace of WA's iron ore industry and this unique event celebrates the heritage of the area. On Sunday 18 May, Wundowie Oval comes to life with iron sculptures, paintings and photography, as well as kids activities, stalls and much more.

Nestled amongst dense bushland, Wundowie is approximately 65km east of Perth via the Great Eastern Highway and 30km west of Northam, the regional centre. Visiting this year's Wundowie Iron Festival is the perfect scenic drive for any day tripper.

The original concept for Wundowie was formed in 1942 following an investigation into the feasibility of establishing an iron and steel industry in WA. The industrial history of Wundowie was born on 15 April, 1948, when the completed Wundowie Charcoal Iron and Steel mill was opened. The mill was closed in 1981 after 33 years of operation and Bradken now operate out of the foundry facilities, keeping the link to Wundowie's commercial heritage alive.

The core feature of this year's celebrations is the Iron Beast Competition. The Iron Beast is an individual or team effort to build a device, predominantly from iron and steel, propelled by

the downward force of a 20kg weight. A prize of \$1,000 will be awarded for the longest distance travelled in 30 seconds.

For 2016 the Festival will include prize money of:

\$1,500 for the 2016 Bradken Iron Sculpture Award
\$1,000 for the Linley Valley Fresh Painting (iron theme) Award
\$500 BGC Iron Utility Object Award
\$500 Komcat Electro Photography Award

\$500 Weld Wundowie 16
\$350 each for the Afkos Peoples choice 2D and 3D Awards.

All work will be displayed in the Wundowie Community Hall from 10am to 4pm Sunday 18 May. Prizes will be presented on the Wundowie Sports Oval.

A very popular attraction will be the opportunity to enjoy a unique experience by taking a tour of the Bradken Foundry.

Date: Sunday 18 May 9am – 4pm
Venues: Wundowie Community Hall and Wundowie Oval

For more information please contact Trish Hamilton on (08) 9573 6265 or e-mail wif@live.com.au

"It's about our iron heritage."

Western Australian Heritage Festival – Discovery and Rediscoveries



Old Blythewood © National Trust

WITH events in cities and towns across the state, there are so many interesting events to be discovered at the 2016 Western Australian Heritage Festival.

Gilbert the Potoroo was thought extinct, but is again sitting on the brink.

Discover more about his very recent adventures and Australia's diverse natural, historic and Aboriginal heritage at fabulous workshops, festivals, family activities, talks and more.

With a corresponding heritage festival organised by the National Trusts in each state and territory, this is Australia's biggest heritage festival. Last year

more than 145,000 people attended events in the WA program.

This year's theme, Discovery and Rediscoveries, has inspired many events and the festival's Lazarus species mascots. All seven species were thought extinct but have since been rediscovered. Meet Gilbert the Potoroo, found only in WA near Albany, Norman the Night Parrot, Lenny the Lord Howe Island Stick Insect, Wally the Woylie, Pogo the Pygmy Possum, Dirk the Dibbler and Carlos the Crambione cookii Jellyfish in the festival's comprehensive event guide.

So discover local historic sites, rediscover her-

itage skills and crafts, let the kids be a curator or attend events for the 400th anniversary of Dutch explorers nailing a pewter plate on WA shores.

This community driven heritage festival offers loads of free and low cost events between 16 April and 18 May. Visit www.nationaltrustfestival.org.au to explore events, add events to an electronic calendar or forward an event invite to a friend. A comprehensive events guide is available now.

The Australian Government supports the Western Australian Heritage Festival through funding and promotion on the Australian Heritage Week website.

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Five essential tips for a smooth road trip with your pet



FOR MANY people, the thought of travelling without their pet is like travelling without an arm. A holiday just isn't the same unless their furry friend is coming along for the ride.

If this sounds like you, you'll be glad to know that there has never been a better time to hit the road with your pet. Many BIG4 parks now accept dogs, and this pet-friendly accommodation is scattered throughout Australia.

While taking a road trip with your pet can be a fun and memorable experience, it can have its challenges. Here's a list of handy tips when on the road with your dog to ensure you have a smooth journey.

1. Give your dog a checkup

Shhhh – don't say the V word too loudly. However, before you take to the highways, it's important that you visit the vet to ensure your furry friend is healthy, up-to-date with vaccinations, and equipped to travel.

2. Take a trial run

If your pet has never been on holidays, consider taking it on a trial run. A test run or two with your dog can familiarise it with the vehicle's surrounds and allow you to gauge how well it might travel when it comes to the real thing. Hopefully this groundwork will provide you with peace of mind, too.

3. Avoid pet sickness

It's important to minimise the chances of your pet being sick while on the road. One way to help avoid travel sickness is ensuring your furry friend has been fed prior to departure; at least three to four hours in advance. Your vet may have also recommended ginger-based tablets in case of travel sickness.

It also helps to exercise your pet long before you hit the road so as

to ensure they aren't dehydrated while travelling.

4. Take rest stops

It's best to be prepared if your pet can't read the sign that states 'next toilet stop 20km away'. Depending on the length of your road trip, be sure to factor in rest stops. A quick break to give your canine the chance for relief, fresh air, a stretch of the legs, and water will provide great benefit.

5. Safety first

Despite cute images suggesting otherwise, dogs should not have their heads hanging out of the window while the vehicle is moving. This exposes them to the danger of being hit by objects and can also be harmful to their health, as cold air can cause ear damage and even lung infections.

In addition, this obvious but important advice can't be stressed enough: never leave your pet alone in a parked car. Even if the weather is only mildly warm, leaving a pet in a parked car can result in heatstroke after as little as 15 minutes.

Sourced from blog.big4.com.au

Cruising with Holland America and Villa Carlotta Travel

VILLA Carlotta Travel is proud to partner with Holland America for three very exciting cruises.

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Departing early July 2016, spend 25 days cruising the northern reaches of the Mediterranean. Begin in Spain and explore the jewels of seven different countries with Holland America's world-class shore excursions. Discover lands where western civilisation began and ancient empires once ruled,

visit old towns and admire panoramic scenes.

Departing September 2016, Villa has combined a 10-day luxury New England and Canada fall cruise with time in New York and a coach tour from Quebec City to Niagara Falls. Starting in the city that never sleeps – New York, explore the Manhattan districts and American icons and see a Broadway show. On your cruise, behold majestic scenes and French culture, sample a lobster and explore the history. The six-day coach tour then features Montreal, Ottawa, Niagara Falls and Toronto.

In mid-January 2017, embark on what savvy world travellers consider the thrill of a lifetime – cruising ocean to ocean via the Panama Canal. Travelling from San Diego to Fort Lauderdale you will gently float through the famed series of locks that changed the course of history and explore Mexico, Costa Rica, Nicaragua, Colombia, the Bahamas and Guatemala with Holland America's extraordinary choice of shore excursions.

For more information on Villa's full range of holidays FreeCall 1800 066 272, email travel@villa.com.au or go to their website www.villa.com.au.

North Perth B&B offers a home away from home for guests and pets in lovely surroundings



WHAT makes a B&B appealing? Ask Dr Sarah Rossetti, who has been successfully running Above Bored Bed and Breakfast in North Perth for the past 10 years. Dr Rossetti, a personable television screenwriter, believes, "In addition to the price advantage

B&Bs offer, it's the comfort of knowing that an experienced host lives on-site.

"B&B guests are looking for something different to bog standard, often overpriced, hotel rooms. We have many regulars, who know they cannot run up a bill here.

They enter via a code and pull the door behind them when they leave, so it's relaxed. We include free breakfast, WiFi and parking, and if they book more than one room or stay a week, they receive great discounts."

Above Bored is a AAA 4 star rated, 1927 federation home and cottage just five minutes north of Perth CBD, in a quiet street. It is child friendly and offers pet friendly accommodation where pets stay free in guests bedrooms without a pet

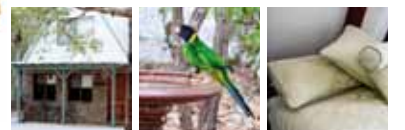
bond," Sarah says.

"It's knowing what pleases guests, like spacious rooms, no shared bathrooms or stairs, the comfort of knowing children are never frowned upon, and pets always welcome," Sarah says, "My personality as a writer and diver is reflected in the king sized room bathroom's amazing underwater fresco ceiling, which kids adore; in the romantic ensuite master room with French doors and a gas log fireplace."

"Pet owners and car fanatics love the garden room cottage because pets romp freely in the secure back yard, and cars are tucked away safely in a remote controlled garage."



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Holiday includes:

- Return Prospector rail Perth to Kalgoorlie
- 3 nights choice of accom, inc cont. b/fast (buffet b/fast at Quality Inn)
- Tram Tour
- Loopline Railway Museum
- Hannans North Tourist Mine
- Questa Casa Bordello Tour
- Kalgoorlie Boulder Audio Walking Tour

Day 1: Perth to Kalgoorlie

7.10am depart Perth on the Prospector and travel through the scenic Wheatbelt in air-con comfort, arrive Kalgoorlie 2pm. Transfer to your hotel at own expense, then free afternoon to explore the city.

Day 2: Kalgoorlie touring

After breakfast, make your way to the Visitor Centre at own expense to catch the 10:12am "hop on hop off" Tram Tour of the City. Stop at both Hannans North Tourist Mine then the Loopline Railway Museum. Hop on board again, perhaps for a final stop at the WA Museum* in Hannan Street.



Day 3: Kalgoorlie touring

After breakfast, make your way to the Visitor Centre at own expense and collect your Kalgoorlie Boulder Audio Walking Tour package, which includes your head set, souvenir guide book, bottled water, hat and stubby cooler. In the afternoon, join the most popular Questa Casa Bordello Tour starting at 3pm.

Day 4: Kalgoorlie to Perth

After early breakfast, transfer to the rail station at own expense. 7.05am depart Kalgoorlie Station and travel on the comfortable Prospector, arriving Perth 1.45pm.

Departs Perth Monday or Tuesday, every week

Cost per person (twin share)	Free Pass	Pen/Sen	Adult
Best Western Hospitality Inn	\$285	\$370	\$475
Ibis Styles	\$310	\$395	\$500
Quality Inn Railway Motel	\$310	\$395	\$500
Rydges Resort & Spa	\$315	\$400	\$505
The View on Hannans	\$330	\$420	\$520

* WA Museum entry is a \$5 recommended donation, not included in package price. Optional Extra. Add car hire to this package for an additional \$55 per car, per day

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Holiday includes:

- Return Prospector rail Perth to Kalgoorlie
- 2 nights choice of Kalgoorlie accom, inc cont. b/fast (buffet b/fast at Quality Inn)
- 1 night accom Leonora Lodge, inc cont. b/fast
- 3 days car hire, mid-sized auto sedan, unlimited mileage
- Golden Quest Discovery Trail 164 page self-drive guide book

Days 1 and 2: Perth to Kalgoorlie

7.10am depart Perth on the Prospector and travel through the scenic Wheatbelt in air-con comfort, arrive Kalgoorlie 2pm. A representative from Racey Rentals will meet you at the Station with your rental car. The next 2 days are free to explore this wonderful inland city. Wander its wide streets and take in the vivid architecture, check out the view from the Superpit and relive Goldfields history at Hannans North Tourist Mine or the Kalgoorlie WA Museum. In Boulder Town Hall, view the Goatcher Curtain and look down into an old mine shaft at the Metropole Hotel.

Day 3: Kalgoorlie to Leonora (235km)

After breakfast, explore the Northern Goldfields along the Golden Quest Discovery Trail, guide book provided. Driving



from **\$299**
twin share with
pensioner free pass
(adult \$475)

north, stop at Menzies for a coffee before heading to the Antony Gormley "Inside Australia" exhibit, at Lake Ballard. This afternoon, perhaps drive to scenic Niagara Dam and historical Kookynie, before arriving in Leonora for the night.

Day 4: Leonora to Kalgoorlie to Perth

After an early breakfast, head out to Gwalia. Wander through historic prospector's huts then Hoover House Museum on the edge of St Barbara open cut mine. Depart Leonora no later than 11am for the return drive to Kalgoorlie. Be at Kalgoorlie Station at 2.45pm, return the rental vehicle ready for a 3pm (Friday) departure on the Prospector, arriving Perth 9.45pm.

Departs Perth Tuesday, every week

Cost per person (twin share)	Free Pass	Pen/Sen	Adult
Best Western Hospitality Inn	\$299	\$385	\$475
Ibis Styles	\$315	\$400	\$490
Quality Inn Railway Motel	\$315	\$400	\$490
Rydges Resort & Spa	\$320	\$405	\$495
The View on Hannans	\$330	\$415	\$505

*Entry fees to suggested attractions and museums not included. Car rental is for 3 x 24 hour periods, pick up/return to Kalgoorlie Train Station. Unlimited mileage and collision damage waiver inc., normal excess \$1500. Drivers to be 21 and over, surcharge applies for P plate drivers. Car to be returned with a full tank of fuel.

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Gold was discovered in Kalgoorlie in 1893 and the gold rush began, but these days it's the GOLF RUSH! Play one of the world's greatest desert golf courses, designed by Graham Marsh. Travel to Kalgoorlie FREE on the Prospector by using your Transwa pensioner pass.

Holiday includes:

- Return Prospector rail Perth to Kalgoorlie
- 3 nights choice of accom inc cont. b/fast (buffet b/fast at Quality Inn)
- 2 days x 18 holes of golf on the Kalgoorlie Golf Course. inc. 2 days green fees & 2 days golf buggy hire

EXTRA COST: BYO golf clubs on Prospector extra \$15 per bag each way or rent clubs from KGC extra \$30 for the 2 games.

Day 1: Perth to Kalgoorlie

7.10am depart Perth on the Prospector and travel through scenic Wheatbelt in air-con comfort, arrive Kalgoorlie 2pm. Transfer to your hotel at own expense, then free afternoon to explore the city.

Day 2: Kalgoorlie Golf

After breakfast, you are free to enjoy the sights of Kalgoorlie or undertake the first of your two 18 hole golf games.



Day 3: Kalgoorlie Golf

After breakfast, you are again free to enjoy the sights of Kalgoorlie or undertake the second of your 18 hole golf games.

Day 4: Kalgoorlie to Perth

After breakfast transfer to rail station at own expense. 7.05am depart Kalgoorlie Station on the Prospector with in-seat entertainment, arriving Perth 1.45pm.

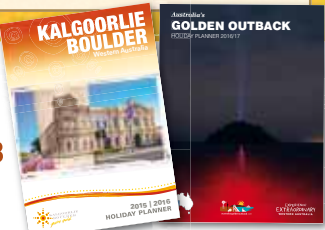
Departs Perth Monday or Tuesday, every week

Cost per person (twin share)	Free Pass	Pen/Sen	Adult
Best Western Hospitality Inn	\$320	\$410	\$495
Ibis Styles	\$345	\$430	\$520
Quality Inn Railway Motel	\$345	\$430	\$520
Rydges Resort & Spa	\$350	\$440	\$525
The View on Hannans	\$365	\$455	\$540

Optional extra: Add car hire to package for additional \$55 per car, per day

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Fishing classic an extra big affair



Gavin Bennett with the biggest pink snapper caught during this year's Blue Water Open Fishing Classic

by Mike Roennfeldt

EVERY February Marmion Angling and Aquatic Club hosts WA's biggest offshore boat fishing competition. It's probably fair to say that the Blue Water Open Fishing Classic has achieved iconic status after 32 years of attracting big numbers of anglers keen to share in a glittering array of prizes, which this year total more than \$40,000.

The 2016 Classic saw 731 participants on board 296 boats which had been launched at

Ocean Reef Marina and Hillarys Boat Harbour. With a 7am start and 3pm finish there wasn't a lot of time to waste. Some went deep and some went shallow in an event where the biggest herring or whiting could win just as big a prize as the biggest dhufish or snapper.

I've always seen the classic weigh-in as a good barometer for the state of fish stocks off the north suburban coast. As part of the crew on the stage weighing the fish for the past 20 years or more,

I've had a front row view of what is going on. The good news is that this year's weigh-in was a beauty, where every one of the 14 eligible species was represented by good quality fish.

But it isn't all about the top end size; that can be just a one-off. The average size is more indicative, as is the sheer numbers of certain species. Snapper is a great example. Ten years or so ago, most weigh-ins would feature just three or four snapper and a 3-4kg fish could win it. This year there must have been 20-30 weighed and the biggest went over 8kg. Several fish around 6kg were also weighed.

The recovery of the snapper numbers and size at the weigh-in has been gradual and steady in recent years. It started before the introduction of the annual demersal fishing closed season and is almost certainly largely a product of the protection of snapper spawning stocks in Cockburn and Warnbro sounds.

Baldchin groper were plentiful as well and

there was a surprising number of queen snapper. Baldchin numbers seem to be steadily building in metro waters but queen snapper are hard to pick. Some years there are lots and others just a handful. I'm not sure why.

It was among the smaller species that there appeared to be some decline. Herring and gardies were obviously harder to find because the average size and numbers were down. Any metro beach fisherman will confirm these species have been hard to catch for three or four years, which coincides with a period of warm inshore waters over the period.

All in all though, it was an extremely encouraging result, suggesting a healthy fishery for demersal species in particular within an hour or so's running of the major north suburban launching ramps.

And the organisers from the MAAC should be congratulated on one more smoothly run and entertaining Blue Water Open Fishing Classic.

Pensioner packages to Kalgoorlie Boulder has been launched again

THE Kalgoorlie Boulder Visitor Centre has just launched its new tourism package deals, and they look set to bring even more tourists to town than ever before.

The Visitor Centre began packaging together TransWA train tickets, accommodation and attraction tickets three years ago and these have been extremely successful in attracting new visitors to Kalgoorlie.

The three packages are predominantly aimed at pensioners who want to use their free TransWA rail pass this year. Prices

start from \$285 for a four-day holiday.

Angeleen Schimanski, general manager at the Kalgoorlie Boulder Visitor Centre, said, "We are delighted to be running the pensioner packages from Perth again this year. We have found this kind of holiday packaging is very popular with people and encourages them to come and explore the Goldfields."

"2015s packages brought an extra 277 visitors to Kalgoorlie Boulder, generating more income for the Visitor Centre

and our participating members, and injecting approximately \$155,000 into our local economy."

There are three themed packages available including a golf mini break, a self-drive adventure with Golden Quest Discovery Trail book and a four day history and heritage package in Kalgoorlie Boulder. The packages are available now until 31 July.

For more information, visit www.kalgoorlietoursim.com or call the centre on 9021 1966.

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STRUTH! Passing of the last of a legend



Fuzzy wuzzy angel Raphael Oimbari assists Australian digger, George "Dick" Whittington along the Kokoda Track in 1942. (Australian War Memorial)

IN his continuing search of the more off-the-beaten-paths in this world, David Ellis says the death last month of an old villager named Faole Bokoi high up in the Owen Stanley Ranges of Papua New Guinea would seemingly be of little or no interest to anyone in this country.

But the off-the-beaten-path that Faole lived on was the famous Kokoda Track of Pacific War history – and Faole was the last surviving member of the Track's legendary hundreds of wartime fuzzy wuzzy angels.

Word of his death flashed as fast as gunfire through many an RSL club, ex-services' groups and amongst serving army personnel across Australia, reigniting memories of the extraordinary efforts of those angels in helping Australian troops during some of the bloodiest fighting against Japanese troops in 1942.

Faole would have been in his late 80s or early 90s when he passed away, as

he was a teenager when he joined fellow fuzzy wuzzy angels in assisting wounded and sick Australian troops escape along the 96km Kokoda Track to Owers' Corner, and ultimately Port Moresby and Australia.

Many of them carried those Australians on their backs, and others on makeshift stretchers through the tortuous terrain, along tracks of calf-deep mud, across rushing jungle rivers, and through steamy, vine entangled forests.

More than 160 Australians died during the Kokoda campaign, but officials said at the time it would have been many more times this had it not been for the efforts of the fuzzy wuzzy angels.

Faole Bokoi died peacefully in his village of Manari high in the Owen Stanley Ranges on 2 March, surrounded by family and fellow villagers.

For more information about the Kokoda Track see Kokoda Track Foundation on www.ktf.ngo

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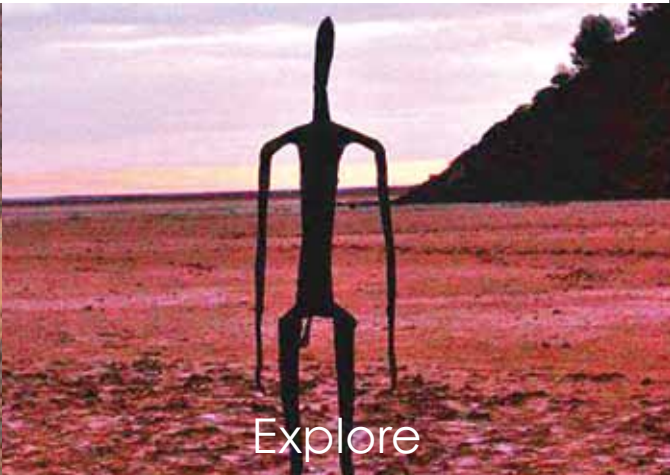
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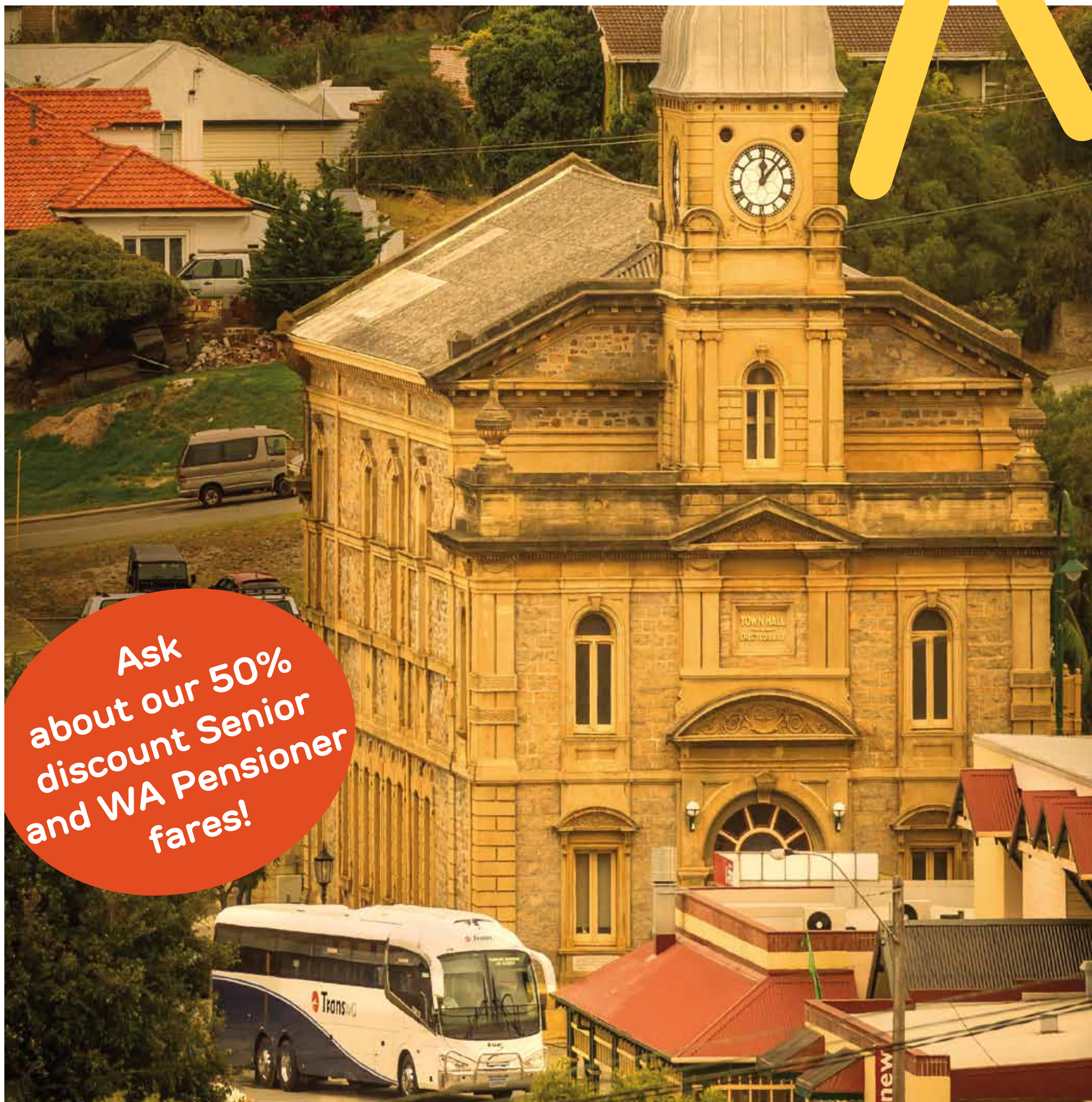


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Downsizing

ADVERTISING FEATURE



by Frank Smith

SPEAKING in Perth last month Mr Peter Harris OA (pictured above), chair of the Productivity Commission said retirees should draw on the assets locked up in the family home to improve their quality of life and at the same time reduce the cost to the government of paying aged pensions.

"There is a widespread perception among older Australians that the family home should not play any role in the funding of retirement," he said. "This constrains the range of accommodation and retirement

income choices of older Australians.

"Voluntarily freeing up the housing asset is unlikely to trigger the loss of the pension by retirees, but could benefit significantly the least well-off retirees and in the longer term take pressure off the aged care budget."

He said the family home has become a sacred cow, not to be utilised for the benefit of the owners or anyone else.

"We are in the midst of a demographic shift with a substantial rise in numbers of healthy retired people. In 2050 there will be seven million healthy people over 65.

"In 1909 people spent 75 per cent of their adult life working and earning. Now they spend only 60 per cent and by mid century it will be down to 50 per cent of their adult life.

The result is that younger

people will have to pay more tax to support pensions as the dependency ratio rises.

Over 70 per cent of retirees own their own home with an average asset value of \$480,000, but they only have \$95,000 of superannuation.

"The housing asset is the least drawn against asset. It is locked in wealth.

"We need mechanisms available that allow home owners to access their assets without losing their home.

The aged pension assets means test may have to include the family home in the future.

A less bold option would be to include the value of the family over and above the median house price. Productivity Commission modelling shows that would result in 2.5 per cent of people losing the pension altogether and eight per cent

receiving reduced benefits.

In Australia older people, even the less well off, are inclined to save in spite of their increasing wealth and they also tend not to blow their superannuation.

Mr Harris said the government should give plenty of advanced notice of changes in aged care, superannuation and pensions policy to allow people to adjust their lifestyle to the new circumstances.

"How can we put the sacred cow to work voluntarily?" he asked. "We need to encourage seniors to make life style changes ahead of a crisis.

"We should encourage downsizing by better information to individuals. The change is not as significant as people imagine and should be an option widely considered."

He said there are a number of possible ways to encourage this, includ-

ing explaining better options through appropriate language and better information; perhaps offering free valuations of the family home and free financial advice from accredited advisers.

Town planning can also act as an impediment to downsizing. People want to age in place, but not necessarily in the same house, but usually in the same locality.

"We need to plan for a range of appropriate accommodation options.

"We should support a comprehensive review of finances to ensure no Australian has lack of quality of life in old age," he said.

However there is a lack of political will to make changes until a crisis occurs.

"We need to better align the public policy interest with private interests," Mr Harris said.

Time to downsize?

THERE are many reasons why people might consider downsizing their home – to cut costs, reduce maintenance, or perhaps their kids have left home and there's too much empty space.

Whatever the reason, it's an exciting decision which can bring people a whole new, more relaxed lifestyle if a sprawling suburban setting is no longer so appealing.

Blackburne has upcoming developments in Swanbourne, Perth, Rockingham and Minim Cove. With different configurations available in each development, Blackburne can help people find an option to suit your preferences – whether

it's an open plan kitchen or a sprawling balcony with magnificent views (or both).

These buildings are located close to retail and entertainment hubs, where people can enjoy cafés, restaurants and shopping right on the doorstep.

People may also be able to move closer to their favourite recreational areas, like the beach, river and parks, while still staying close to family and friends.

Living in an apartment building is often vibrant, as Blackburne's projects offer resort style facilities, such as pools, gyms and barbecue areas, providing a place to connect and catch up with neighbours.

Not only does downsized living free up precious leisure time, it also provides a lock and leave lifestyle, allowing for regular travel with peace of mind.

Blackburne's apartments offer secure entry points, with facilities such as pools and common gardens taken care of, so there's no need to worry about who's going to water the plants.

Plus did you know that people are often allowed small dogs in apartment buildings too? So a furry friend can enjoy apartment living as well.

If anyone is interested in downsizing a home and upsizing a lifestyle, contact Blackburne on 9429 5775 or projects@blackburne.com.au.

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ADVERTISING FEATURE



Thinking outside the square to make the most of your retirement



JEAN Clegg (pictured above) and her husband had been living in a retirement village in Mandurah and they were not happy there. They were looking around for suitable accommodation and while they liked the concept

of a retirement village in regards to someone else doing the garden and maintenance it hadn't worked out for them.

The Cleggs loved living in Mandurah and that was the area in which they wanted to retire so they were keen to stay in the area when they moved again.

They had heard about Sterling New Life but had decided that the concept sounded too good to be true and had dismissed it.

They had discussed taking out a reverse mortgage but felt that this wasn't suitable for them as the compounding interest rates devour the asset base.

Her husband then met Sterling New Life Homes at a home open and went home telling Jean she should come and listen to what the sale representative had to say about the Sterling New Life concept.

They met with a representative who explained the concept of Sterling New Life which is to buy a 20 year lease on a property with an option for an additional 20 years thus securing the living accommodation. Further, during the term of the lease it was explained they will have no further costs except for their own utility consumption and content insurance. All other costs such as rent, council rates, maintenance, property insurance is paid on their behalf. Even

the gardens are maintained for them, although they can still do gardening if they wish!

Jean had been in business for 40 plus years so was still reasonably suspicious of the concept but after having it explained in detail she decided that this was going to be a worthy option for them.

When *Have a Go News* spoke to Jean she had only been in the new house a week and was busily unpacking.

"For us it was a god-send, we have a long term lease on a home in Mandurah which we love.

"Our neighbour and good friend from our previous village did the same and now we live next door to each other and we are so happy.

"I was so suspicious about the concept but Sterling New Life have been great to work with and has done everything promised, everything was explained about the legalities of the deal and now we are free to utilise our savings to travel and really enjoy our later years," said Jean.

"We don't pay rates or maintenance and if we go before the 20 year lease is up, our money goes to our estate.

"For us it was a win-win concept and I could not recommend Sterling New Life enough – it's just a brilliant concept".

Australis is coming to Rossmoyne



GONE are the days when retirement meant sitting back on your recliner chair reading the newspaper and drinking tea. Retirement now offers so much more. It is now all about the lifestyle people want.

Rossmoyne Waters is very excited to introduce first class independent living apartments, through the building of Australis to meet the demands of today's retirees.

Australis is the first stage of a whole-site redevelopment of Rossmoyne Waters, formerly known as Rossmoyne Adventist Retirement Village.

Australis promises to be a state of the art facility that will provide 86 architecturally designed modern, quality apartments, with generous sized balconies offering vistas to the Perth city skyline, and the ever popular suburbs of Shelley and Rossmoyne.


The lifestyle enhancing amenities such as the gym, heated swimming pool, spa, sauna, green bowls and café with alfresco areas, will surely appeal to individuals who wish to get more out of retirement.

Currently, more than 30 per cent of these apartments have been sold; and it's no wonder, being positioned within the highly respected suburb of Rossmoyne, adjacent to the bush-forever Yagan Reserve, and ideally distanced from the hustle of the city, Rossmoyne Waters remains the exceptional retirement village within Perth's southern suburbs.

If retirement is in your plans people may wish to consider the exciting opportunities at Rossmoyne Waters, visit the website – www.rossmoynewaters.com.au or like the Rossmoyne Waters Facebook page. See the advert on page 11 of this issue.


For further information please contact Daniel Gallop, Independent Living consultant on 9259 6603, or email rossmoynewaters@adventist.com.au.

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"My husband and I have loved living in an apartment, and it's the best decision that we've made. We love the security of it and we love the access to the different amenities within the building, so we won't be going back to living in a house ever again!"

- S. Higgins, Perth

National Volunteer Week 9-15 May 2016 “GIVE HAPPY LIVE HAPPY”



Senses Australia to help end the isolation for many older Australians



AGE related dual sensory loss or deaf-blindness is an isolating disability for our growing ageing population. Senses Australia will undertake an Australia wide project called Ending the Isolation to help older Australians living with deaf-blindness. Matthew Wittorff, Senses Australia's manager Deaf-blind Services and the lead researcher in the project, says the project will assist those working in the aged care sector to identify when a person has a combination of a vision and hearing impairment. "As a provider of services to people of all ages with disability, we will be applying our 120 years of experience and expertise to this project. This is a significant move for Sense Australia into the aged care sector and we are excited to be supporting older Australians and our community in this way. "We also have a long history and proven expertise with supporting people who are deaf-blind. We are the centre of excellence in deaf-blindness and dual sensory loss, our expertise dates back to our earliest beginnings. "It is our goal to educate and create resources for people working in the aged care industry, so they can support older Australians that receive care and give them the support they need. We want to help end the isolation for many older Australians experiencing hearing and vision loss," says Matthew. During the next two years, thanks to funding from the Commonwealth Government's Department of Social Services, the project will undertake significant research with the help of people receiving services from aged care providers in Western Australia. Findings will assist in developing resources as well as information packages, which will be available to the aged care sector nationwide. "Senses Australia is committed to providing information and support to Australians who are deaf-blind or have dual sensory loss, as well as conducting research and advocating on their behalf," says Matthew. As one of the oldest disability service providers in Western Australia, this year the not-for-profit, charitable organisation celebrates 120 years of service. To find out more about Senses Australia or its services visit www.senses.org.au.

CEO Kath Snell is celebrating ten years with Volunteer Task Force



Kath Snell

KATH joined Volunteer Task Force (VTF) as a volunteer in 2006 after migrating from the UK to Perth, taking on a paid role later that year and rising through the ranks to be appointed as CEO in late 2014. "I am delighted and honoured to be leading Volunteer Task Force in the next exciting stage of our journey," says Kath. "It has always been the positive, generous attitude of the workforce, both staff and volunteers to support clients in their choice to live independently, that has kept me interested and inspired. "The culture of flexibility, encouragement and professionalism makes for a successful, innovative and growing organisation." VTF's volunteer services supervisor Michelle Williams said, "We have such an amazing team of volunteers, with more than 400 people engaging with us annually. Our volunteering team is easy to join, completely flexible and volunteers can give as much time as they have available – even coming out a few times per year makes a big difference." "Our volunteers tell us that volunteering with VTF provides them with many benefits. In addition to feeling good for helping people in their local community they help raise personal confidence and mental well-being and reduce feelings of isolation." To find out more about volunteering with Volunteer Task Force email: volunteering@volunteer-taskforce.org.au or call: 9318 5700.



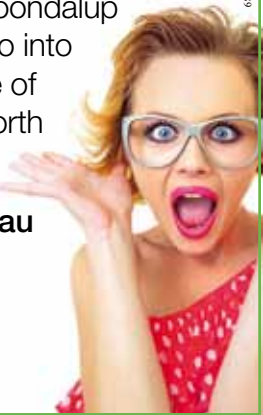
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The things you can do with your City of Joondalup library membership – all for free – may surprise you.

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joondalup.wa.gov.au



Thank you City of Perth volunteers



CITY of PERTH

At the City of Perth, we gratefully acknowledge the contributions of all our volunteers. They play a vital role in shaping the experiences of tourists, visitors and locals in our capital city every day. Approximately 200 individuals generously contribute their time and skills volunteering at various community services throughout the City including:

- History Centre at the New City of Perth Library
- Rod Evans Community Centre
- Citipace Community Centre
- iCity Visitor Information Service

Thank you City of Perth Volunteers!

Find out more information on the City and its attractions at the iCity Visitor Information Service in Murray Street Mall. Pick up free maps and brochures for self-guided walking tours, or go on a free guided orientation or specialised tour. Our iCity volunteers make it their duty to ensure every request is answered with confidence and enthusiasm.

For more information or to volunteer, contact our City Visitor Services officer at info.city@cityofperth.wa.gov.au

National Volunteer Week 9-15 May 2016 "GIVE HAPPY LIVE HAPPY"



Keep the Legacy going for our diggers

LEGACY, formed by Australian Diggers who returned from the trenches of World War I, has been caring for the families of defence force personnel who have given their lives or health since 1923.

Legacy provides a wide range of services and support for the families of Australian soldiers, sailors and flyers including pension advocacy, wills and free legal and financial advice, companionship, social activities and excursions, home and hospital visits, holidays, safety and mobility equipment and

educational activities as well as Christmas activities and hampers.

Legacy's Badge Day street appeal has been held since the 1940s. As well as the traditional enamelled lapel pins, Legacy supporters can purchase coloured camouflage rubber wristbands and the famous Legacy teddy bears.

Last year to celebrate the centenary of Gallipoli, the army, navy and air force bears were joined by a World War I digger and nurse bear. Look out for a Legacy collector at a train,

bus station or shopping centre near you, as well as in the city and Fremantle.

In Western Australia, Legacy cares for around 6000 widows, aged from their mid 20s to 103, and around 80 children and disabled adult dependents.

If you would like to volunteer to assist on Badge Day, or at other Legacy events, or learn more about Legacy and the services it provides, please call Sophie McDowell on 9486 4900 or email smcdowell@perthlegacy.com.au.

Did you know my library did that?

THESE words are becoming more relevant as public libraries worldwide embrace the role of providing communities with a social, learning and meeting environment for all to enjoy.

The City of Joondalup's Libraries – located in the suburbs of Duncraig, Hillarys (Whitford), Woodvale and Joondalup – have more than 85,000 members.

In 2015 members accessed more than 1.4 million resources. And they did so for free.

Books, DVDs, magazines and music remain as popular as ever with users. More than 43,000 new items were added to the City's collection last year with members able to borrow up to 15 items for four weeks.

One in 20 transactions are now done online via the City's eLibrary with the number of eBook, eAudio and eMagazine loans steadily increasing.

Other resources such as films, crosswords, languages and homework help with yourtutor (supported by ECU) can also be accessed online.

Did you know that almost 22,000 people attended an event at a City of Joondalup Library in 2015?

There is truly something for everyone. For instance, you can meet an author, play mahjong, build a Lego creation, listen to stories, learn about local history, sing rhymes and learn how to use and access new technologies.

Many events, such as school holiday activities for children, are often booked out within hours due to their popularity.

Look out for library activities and the City showcase at local festivals, school and university open days and other community events.

Libraries staff will even visit your local group or organisation to talk about library activities and resources, tailoring the theme to meet your specific needs.

Presentations to local teachers this year has had them jumping with joy – I didn't know my library did that.

It says it all. For more information contact City of Joondalup Libraries on 9400 4751.

Brightening the lives of older people one visit at a time



WITH OLDER people often feeling debilitating loneliness and isolation, Australian Red Cross has operated a much-loved scheme for more than 20 years to tackle this social isolation.

The Community Visitors Scheme (CVS) connects older people who could benefit from more social contact with caring volunteer visitors who provide valuable friendship and companionship. It's delivered to older people living in residential care or alone in their own home, who often have no other visitors to drop in.

There are currently openings in regional and metropolitan areas in Western Australia for eligible older people to receive a visitor. As well there are openings for new volunteer visitors throughout the Perth metropolitan area.

Recent research has found that loneliness and social isolation can be as damaging to the mental and physical health of older people as chronic diseases like obesity and heart disease.

The Community Visitors Scheme aims to improve the lives of older people experiencing isolation and loneliness by re-establishing healthy social connections.

Caring volunteers are matched with an older person who receives a Home Care Package of services. The match is made based on common interests, hobbies, and preferences. At least fortnightly, volunteers visit the older person for a relaxed social visit.

They may play cards, reminisce, take a walk in the garden, or even just have a cup of tea together. It is a simple idea but it has powerful effects. These social visits help older people to develop strong social bonds with their visitor and act to diminish feelings of loneliness and isolation from the wider community. This social time spent with volunteer visitors can benefit older people in so many other ways.

The extra social connection improves the quality of life of older people by increasing their self-esteem and general sense of wellbeing. Through their visits, volunteers bring the community to the older people, giving them a stronger link to the rest of society.

In addition, older clients feel more valued by their community and are actively contributing to it through their involvement with the program.

For the volunteers of the Community Visitors Scheme, the bond formed with older people can be equally as rewarding, says Service Coordinator Barbara Ball.

"The service makes a world of difference to the lives of older people. For our volunteers, the experience can be just as important. Through regular visiting, volunteers are giving back to their community. Volunteers also often comment that they form a genuine and lasting friendship with their older participant as a result of the program," she says.

To be eligible to receive a community visitors, people can be living in their own homes and receiving a Home Care Package. For more information on CVS, please call Red Cross on 1800 441 014 or email wacvs@redcross.org.au

Celebrate volunteer week by being extraordinary

ONE person is diagnosed with diabetes every five minutes in Australia. Hence the need for research to defeat all forms of the condition is urgent.

This year, celebrating National Volunteer Week and making a difference in beating diabetes go hand in hand.

Be it a breakfast, bowls game, business lunch, barbecue, or any other gathering, hosting a Diabetes Research WA Be Extraordinary event any time between May 9 and 15 is an opportunity to spread the message of the power of giving regularly to local diabetes research.

As they celebrate 40 years of success and the raising of \$4.5 million in 10 years – none of which would have been possible without many generous volunteers – the focus is on ensuring they can keep directing 80 per cent of the funds they receive into critical research projects.

Regular giving is the key to this. Regular fixed donations help keep fundraising costs low and give the best scientists certainty of funding for their promising initiatives, meaning they can better the lives of those with diabetes faster.

"The community can join us in making these breakthroughs a reality through supporting our regular giving program. Giving even \$20 a month could make all the difference in finding a cure or better treatments," said Diabetes Research WA executive director Sherl Westlund.

Visit diabetesresearchwa.com.au or call 9224 1006 for details about hosting a Be Extraordinary event this National Volunteer Week.

Be *extraordinary* this National Volunteer Week!

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CITY OF BELMONT VOLUNTEERS WE NEED YOU

THANK YOU TO OUR STAR VOLUNTEERS

The City of Belmont would like to thank its dedicated volunteers for their contribution to the local community. The City of Belmont volunteers are an important part of our community services and event teams. The time and enthusiasm each volunteer puts into their role is appreciated by the City – our services could not run without you.

Thinking of Volunteering? We currently need:
Volunteer Community Transport Drivers for:
• Home and Community Care and
• Ruth Faulkner Public Library.

Please contact the City of Belmont Community Development Department for all information in regards to volunteering on 9477 7448, or email community.development@belmont.wa.gov.au

National Volunteer Week 9-15 May 2016 “GIVE HAPPY LIVE HAPPY”



You can teach an old dog new tricks - old dogs for older people



by Frank Smith DOGS END up home- less for many reasons and most, in spite of their history, are still capable of

giving many years of companionship. Annabell Lim of the Shenton Park Dog Refuge says ideally there should be no dogs in the refuge, but the reality is different. “Dogs end up here when their owner dies, or they are surrendered by their owners who feel they can no longer care for them. “Others come from the shire pound, are strays or have been adopted out but are returned as not suited to the adoptee.” The refuge houses ownerless dogs and tries to find them a new and suitable home. Potential adoptees fill in a questionnaire about their lifestyle and living arrangements. Dogs can offer older people companionship, provide a reason to get out of the house, and offer many health benefits associated with daily walking. However, many older people feel unable to take on the responsibility of puppies and younger dogs. The Seniors for Seniors program aims to support the re-homing of refuge dogs over seven years old with older people, who may not want a younger dog. “We hope to match people with exactly the right dog and, in doing so, enable our older dogs to find a good home where they will be well cared for. “Not everyone wants a puppy. We try to find match dogs to the lifestyle of adoptees. For example older people seldom want a very active dog that is too demanding and people with arthritis often want a smaller dog. “We select dogs to offer to potential owners with similar temperament and characteristics. They can also walk round the refuge and see what is available. “If you are more active you could consider a greyhound. They are couch potatoes at home but do need two 45 minute walks every day.” However not too many suitable dogs may be available at any time so potential adoptees go on a waiting list. The refuge maintains a register of people willing to adopt an older dog and make contact when a suitable dog arrives at the refuge. “We have only two senior dogs available at the moment,” said Annabell. Ray Foster adopted six-year-old Bowie two years ago after his wife died. “He was in a terrible state when I first saw him. He had just been neutered and his previous owners had neglected him, although they had not mistreated him. “Bowie has changed my life. He’s a great companion. I’ve fallen in love with him. When he sits and gives me a fixed gaze, my heart melts. The only problem I’ve had is that he’s a great hole in the fence detector.” He kept escaping and Ray had to search for him or neighbours found him and returned him. “Now I’ve found all the holes and fixed them.” And Bowie has clearly settled in as top dog in Ray’s home. For Bowie’s take on adoption see www.youtube.com/watch?v=1-bKkm2IP7M. If you are interested in teaching an old dog new tricks, contact the Refuge to register for the program.

Volunteers wanted for Angel Gowns Australia...



A beautiful Angel Gown garment made by Mary Bellas © Moffatt Photography

ANGEL GOWNS Australia is a charity organisation and has been operating in Australia since 2014. The funder Fiona Kirk from Canberra was in the USA and happened to come across the program and thought it was a wonderful idea and decided to bring it to Australia. It has been going for many years in USA and was initiated by an obstetrician’s wife who witnessed the distress and grief of parents of still-born babies and miscarriages. She came up with the idea that there was a lot of wedding gowns around why not use them to make little angel gowns and gift them to grieving parents. Fiona Kirk came back to Australia got on Facebook looking for people to donate wedding gowns and volunteers to collect the gowns, deconstruct them and seamstresses to make little angel gowns. Angel Gowns was started in WA by two young mums who started, got volunteers, collecting gowns, deconstructing and making little angel gowns. However they both were working full time with young children and studying, so not much happened initially. Ilga Boomsma heard about the program from a friend in Esperance, and got involved taking over as the state president as she was retired and had more time to devote to the organisation. Angel Gowns have collected about 410 wedding gowns in WA and at present they have a temporarily stop on collecting. They have supplied all hospitals in Perth and the country hospitals with angel gowns, and thanks to TOLL Couriers have been able to deliver gowns to all country hospital for free. The responses from the grieving parents have been very positive. They make the gowns, deliver them to the hospitals and any special requests, give talks, spread the word and break the silence. They have also supplied PMH and the Star Foundation with little tutus for sick children as they have a lot of tulle and veils leftover from the wedding gowns. More volunteers are required for the organisation, especially those who are good sewers. If you can help out please contact Ilga Boomsma on email westernaustralia@angelgownsaustralia.org.au

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senses.org.au



GREAT HOME and GARDENING

ADVERTISING FEATURE

Lawn solutions: the grass can always be greener on your side



by Colin Barlow

DURING the last few weeks, on my radio segment on 98.5 Sonshine FM and my in-store appearances at Bunnings, I have had a number of people

ask me why their lawn is currently looking brown and dry despite watering it.

This problem is pretty common around Perth at the moment due to the damage caused by the hot summer. For many gardens

and lawns, watering twice a week for ten minutes is not enough to maintain a healthy lawn, particularly if the water is not penetrating into the soil. Always check your watering days and try to water deeply usually



Left to right; City of Melbourne Award of Excellence Best in Show winner, The Greenery Garden Centre Show Garden - Scott's products for achieving healthy lawn

around 20-25 mins depending on the type of sprinkler system used. Low pressure MP Rotators require running for around 45 mins per station to apply the correct amount of water.

Most importantly make sure that the water is soaking into the soil by using a wetting agent. These will break down the anti-wetting waxy coating on hydrophobic soils allowing water and fertiliser to soak into the soil and not leach into our precious waterways. A wetting agent will also promote a deeper root system and make your lawn more resistant to drought.

Once this has been applied, it is time to fertilise your lawn. Sparse, worn and damaged lawns are open to invasion from weeds and can become overrun when the autumn rains bring the weed seeds to life.

Bare patches on lawns containing warm season grasses such as couch and buffalo lawns need to be completely covered before winter sets in. Their growth slows right down once the weather gets below 21°C.

On the other hand applying fertilisers high in readily available nitrogen can make the grass soft and more susceptible to attack from pests and diseases.

So what is the answer? Well one solution is to apply the Scott's Lawn Builder range of fertilisers, which contain a slow or controlled release fertiliser including a patented time-release form of nitrogen.

Scott's Lawn Builder supplies essential nutrients, as the plant roots need them, without promoting a surge of soft growth along with an initial quick green-up. The high potash levels help toughen the plant cell walls making them more resistant to disease during the colder months. There is also a Lawn Builder plus Wetting Agent, so that you can do two jobs at the same time. Application is easy. Just apply at the beginning of each season either by hand or with one of the specially calibrated spreaders and let Scott's Lawn Builder take care of your lawn.

If weeds have already taken hold of your lawn, don't despair. You can apply the innovative hose-on Scott's Lawn Builder Weed, Feed and Green Up to easily control them. This selective lawn herbicide is the only one on the market with the unique ergo sprayer that does not leak or drip so you - not the weeds - will be in complete control. It is suitable for most grasses

except buffalo.

Melbourne Magic

I have just returned from the 2016 Melbourne International Flower and Garden show, which ran from 16 - 20 March. It was typical Melbourne weather, humid and 32°C for two days then pouring the next, although this did not dampen the spirits of the public.

This year's coveted award City of Melbourne Award of Excellence for Best in Show was won by The Greenery Garden Centre Show Garden, designed by Vivid Design, constructed by Semken Landscaping. This classical garden incorporated a sunken central dining area surrounded by soft plantings of shrubs and perennials with a lush green backdrop of bay tree and magnolia hedges. The standard of detail was exceptional and the garden would not have been out of place at the Chelsea Flower Show.

The other winners of the Gold Show Garden category were Reflection by Ian Barker Gardens, A Garden called Frank designed and constructed by BLAC and Do The NT presented by Tourism NT and designed by Candeo Design.

The Debus Avenue of Achievable Gardens showcased what could be done within a small garden and a limited budget by up and coming designers from TAFE colleges and universities. The first place winner was Refuge by Lincoln Flynn of Holmesglen Institute.

The Boutique Garden category set the designers the task of designing an innovative small garden limited only by their imagination. This was won by Ben Harris Gardens.

Come in store and pick up some free garden advice this autumn

If you are wondering how to take care of your garden this autumn why not pop into your local Bunnings store and find out. I will be on-hand each Saturday to

provide answers to your gardening queries. Whether you want to know how to care for your lawn, grow herbs and vegetables organically, or to get the best from your bulbs and roses I can help you select the best varieties and products. I will be appearing at the following Bunnings stores below from 10am until 2pm each day.

Saturday 9 April
- Claremont
Saturday 16 April
- Maddington
Saturday 23 April - Balcatta
Saturday 7 May - Melville

Autumn show time

The Western Australian Gerbera Society show will be held on 16 April at the South Perth Civic Centre, Corner of Sandgate Street and South Terrace, South Perth. For more information on these bright and cheery plants call Joyce Riordan on 0429 552 519.

Don't miss the improved Perth Garden Festival from Thursday 28 April to Sunday 1st May at the scenic McCallum Park, located just off Canning Highway in Victoria Park. There will be nearly 100 exhibitors including some of Perth's best local garden centres, nurseries and retailers offering a huge variety of plants for sale. The SunSmart Landscape Show Gardens are again set to be a show highlight with innovative and inspirational landscaped displays.

Meet some of your local gardening heroes on the BUPA main stage each day throughout the Perth Garden Festival. I will be talking about growing vegetables the organic way at 12.30pm on Saturday 30 April, so why not come along?

The festival is open from 9am to 4pm each day with admission \$20 for adults, concessions \$14 and children under 18 are free. For more information or go to www.perthgardenfestival.com or www.facebook.com/perthgardenfestival.



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GREAT HOME and GARDENING

ADVERTISING FEATURE



Perth Garden Festival will help inspire your garden plans



PERTH Garden Festival is Western Australia's longest 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, landscape show gardens, breath taking floral displays, sustainable living ideas, garden trends, innovative products and abundance of information on outdoor living.

The Perth Garden Festival is home to Western Australia's largest nursery and plant market with more than 25 WA nurseries exhibiting new release plants and old favourites. This year also brings the Perth Garden Festivals biggest Sunsmart Landscape Show Gardens with 11 creative designers showing their skills to inspire your own back yard.

Get expert tips and gardening secrets on a wide range of topics from knowledgeable members of the Horticultural Media Association at the Perth Garden Festival BUPA main stage.

With more than 150 exhibitors offering products and services to enhance your outdoor living and lifestyle, the Perth Garden Festival is the one stop shop for your inspiration, concept development and shopping. The festival will be held from Thursday 28 April to Sunday 1 May at McCallum Park in Victoria Park.

When is it time to talk to your parents about home care?



OUR primary concern for our parents as they age is that they are safe, maintain their desired independence

and continue enjoying life. As they age they may face frailty, memory loss or even chronic disease, making everyday tasks such as preparing a meal or driving to the shops a challenge.

Warning signs that your parents may need care at home.

Increasing forgetfulness. You might notice that Dad is always searching for his car keys or Mum has trouble remembering appointments.

Messy Home. You might notice that the rubbish is not being taken out, dishes are left undone or laundry is piling up.

Poor Hygiene. You might notice that Mum is no longer taking care of herself or Dad hasn't brushed his teeth in a few days.

Falls or Injuries. You might notice bruising and other discolouration even though Dad won't admit to falling.

Changes in Personality. You might notice that Mum has become withdrawn or moody and no longer enjoys the hobbies and activities she used to participate in.

Social Isolation. You might notice that Dad no longer makes any trips out of the house. Maybe he no longer keeps up with his friends or goes for walks around the neighbourhood.

How can home care help you?

A caregiver can be a tremendous source of support for seniors as they age. Home Care Assistance caregivers can provide support for all activities of daily living, including bathing, grooming, dressing, household tasks, meal preparation, medicine prompting and transportation. They also provide companionship, encourage mental and physical stimulation and promote independence and overall wellness.

Caregivers are available for a few hours each day or around-the-clock, depending on each client's needs. Our care plans at Home Care Assistance are tailored specifically to each client's needs and our caregivers are trained to support older adults transition home after a period in hospital, recovering from a stroke or a major medical procedure, or managing chronic conditions such as Alzheimer's or Parkinson's.

To contact Home Care Assistance please phone 9385 5675 or 6167 5610.

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Agatha Christie's 125th anniversary

TO mark the 125th anniversary of Agatha Christie's birth, award-winning director Susan Vincent is bringing the author's most celebrated whodunnit *And Then There Were None* to the stage this April at the Garrick Theatre in Guildford.

The tale sees 10 strangers, each with a secret in their past, brought together in an isolated location after responding to a mysterious invitation. The strangers begin dying one by one. What is happening? Are they being murdered? And why?

Mrs Vincent said the best-selling murder thriller was one of her favourite plays and would keep audiences gripped in suspense right until the surprise ending.

"I have directed this play three times before and it was regarded by Agatha and critics as her best book and play," she said.

"The play is set in the 1930s and the ending is different to the original book ending or movie endings.

"And Then There Were None" has been made into a movie several times in England and in other countries including Russia, and recently a mini-series on BBC Television."

Mrs Vincent said the play was not without its challenges.

"Agatha was the queen of subterfuge and would cunningly plant a carefully laid clue or a chance remark that ended up bursting with importance," she said.

No stranger to the theatre world Mrs Vincent has been performing since the age of 11. She trained in London at The Maurice Burman school of singing as well as the London stage school Baker Street.

And Then There Were None plays on 7 - 10, 15 - 17, 20 - 23 April. Performances are at 8pm except for 2pm matinees on 10 and 17 April. Adults \$20, concession \$17 and children and members \$15. For bookings call 9378 1990 or email bookings@garricktheatre.asn.au

The Garrick Theatre is located on Meadow St in Guildford.

Multicultural flavour at the Hollywood Tuesday Morning Show



Sonia Yeates, 90 years young

by Michelle Davies

WE'VE had a great opening month

and have enjoyed radio personality Kelly Green, entertaining us, then The Perth Scottish Fiddlers, a group of musicians who played a rich and extensive violin and dance repertoire of music from Scotland, followed by *The Dutch Singers* who entertained us with wonderful songs.

In a special show for St Patrick's Day, *The Entertainers* presented a sing-a-long with a touch of the Blarney. Audience members had strict instructions to wear green that day, and the hall was a sea of green, the stage being decorated appropriately with shamrocks and greenery.

When the Perth Town Hall was renovated some years ago a lift was installed but it had some problems with people often becoming stuck in it. The City of Perth then decided to replace the lift. Over the last few weeks, the Tuesday Morning Show

audience members have had to use the magnificent staircase and many people who required help were ably assisted by the venue's Richard, Bryan and Aziz. The lift is now installed and we thank the City of Perth for their efforts.

Birthdays of audience members are called out each week, and a very special birthday girl was Sonia Yeates, celebrating her 90th birthday. Sonia was presented with a beautiful orchid, and we all sang an enthusiastic Happy Birthday. Congratulations, Sonia.

Ed's note: Sonia has been a long time member of the *Have a Go News* family and at 90 seems to be getting younger each year - we wish her the happiest birthday!

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

continued from front cover Rediscover Perth's Cathedral Square

He initially lived in rented accommodation, where the Weld Club now is, but Bishop Hale agreed to the urgent need to construct a dedicated building. The site selected was originally the old Perth Gaol that had been built in 1830, and demolished 25-years later. At this time, St. George's Terrace and Adelaide Terrace was a fashionable residential area and thus owners were required by regulation to build homes costing at least £200.

The cost of the building was met by Government grant of £300 with public subscrip-

tions raising £300, and the Anglican Church contributing £300. This important building in our history was used as a residence for more than 90 years. It is currently undergoing renovation.

The stunning St George's Cathedral, the principal Anglican Church in the city, was completed in 1888. Its design features a blend of local and imported materials including jarrah, limestone from Fremantle, hand-made Swan River bricks, blue-stone from Victoria, Oregon pine, marble from Italy and a Caen stone pulpit carved in France.

This is not the only link the Cathedral has to France. In 1916 23-year old Lieutenant Theodore (Bob) Charles Arthur Burt was killed in action near the village of Montauban in France. His father the prominent lawyer, grazier and politician Septimus Burt, and his wife Louisa decided to erect a memorial to their much loved son.

The Burts wanted to build something that would be useful and approached the diocese for permission to build a hall for the cathedral to aid the work of the church. Very sadly by the time the building

was completed, another of their sons, Lieutenant Francis Sinclair Burt had also been killed in France.

If you are interested to hear more about this revitalised inner-city area, you can join Heritage Perth's executive director Richard Offen for the next 2016 Walk and Talk Series event, a gentle guided stroll around Cathedral Square on Tuesday 26 April at 12noon and again at 1.30pm.

This is a FREE event but bookings are required as spaces are limited. Bookings open 11 April at www.heritageperth.com

Heart disease main killer of Western Australian women



Heart Foundation WA's Wendy Mathews with new booklet

HEART disease is the number one killer of Western Australian women, however only one in three women is aware of this statistic. This is despite more than 90 per cent of women having at least one risk factor for heart disease.

On 4 May, the Governor of Western Australia, Kerry Sanderson AO, will attend a breakfast to launch heart disease booklet *Getting to the Heart of the Matter*.

This informative, interactive booklet was produced by the Heart Foundation to provide women with the facts about heart disease and tips on how to live a heart healthy life.

Fundraising director Wendy Mathews says *Getting to the Heart of the Matter* will inform and en-

gage women across Western Australia.

"The booklet provides a wide range of information for women, including risk factors, a quiz, the role of hormones, inspirational stories and services available from the Heart Foundation.

"Have a Go News readers interested in attending the breakfast or obtaining a copy of the booklet are invited to contact us on 9388 3343 during working hours," said Wendy.

The breakfast in the Terrace Ballroom at the Hyatt Regency Perth Hotel will take place during Heart Week, which runs from 1 to 7 May. Tickets are \$75 per person with proceeds going towards the work of the Heart Foundation WA.

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you will enjoy a relaxing head massage. To finish we apply a moisturiser to leave you feeling refreshed and rejuvenated.

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and Luxe foot massage The treatment begins with a foot and lower leg salt scrub, followed by a heated towel wrap to refresh. Then lie back and enjoy a deeply relaxing foot and lower leg massage.

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An easy solution for simple suppers

by Noeline Swain

MANY a night there's that desperate need for some nourishment but hardly an inclination to cook food requiring anything that resembles effort. You're craving something comforting that hits the spot, but the thought of chopping and assembling a medley of pans makes you shudder. You've filled your takeaway quota for the week, so that option's out.

It's time to bite the bullet, fling open that fridge door and create a stylish supper out of, well, next to nothing. Despite the fridge looking a little on the sparse side, you've still got plenty of options. Omelettes and frittatas are always your

friend – eggs, milk and potatoes are generally omnipresent in any kitchen and then it's just a matter of bunging in whatever other ingredients are at hand.

Old-fashioned toasted sandwiches can be given a revamp with the addition of delicious white cheeses and any number of marinated vegies – it's really just a matter of slicing some bread and opening a jar. Add a little rocket or baby spinach and you've got a meal to make any chic café proud. With these few basics you can whip up a veritable feast in no time flat and give that Nigella a real run for her money!

Info supplied from Fresh Finesse: www.freshf.com.au

Mushroom croque monsieur



Preparation: 10 minutes, Cooking: 10 minutes, Serves: 4

Olive oil cooking spray
4 large flat mushrooms, stalks trimmed
Salt and freshly ground black pepper
60g softened butter
2 tablespoons Dijon mustard
8 thick slices wholegrain bread
200g thinly sliced cheddar cheese
250g thinly shaved leg ham
30g baby spinach leaves

This is variation on a French traditional dish is a tasty and nutritious simple supper for one or more hungry folk. Spray both sides of mushrooms with oil and season with salt and pepper. Heat a large non-stick frying pan over high heat until hot. Add mushrooms and cook two minutes each side or until just tender. Remove to a plate lined with paper towel.

Wipe frying pan clean. Beat the butter and mustard together until combined. Spread over four slices of bread and place on a piece of baking paper, butter-side down. Top the bread with half the cheese. Top with ham, mushrooms, spinach and remaining cheese. Season with pepper and sandwich together with the remaining bread. Spread remaining butter mixture over bread. Heat a large non-stick frying pan over medium heat. Cook sandwiches, two at a time, for four minutes on each side or until golden and toasted. Cut in half and serve.

Plum and pear dessert cake



THIS is a delicious cake to savour the sweet tangy of fresh plums. It will work equally well with other fresh - like peaches and apples.

3 - 4 plums, halved and stone removed
2 ripe pears, quartered and core removed
3 tablespoons butter
1/3 cup sugar
1 tablespoons extra sugar
1 teaspoon vanilla
1 egg
1/3 cup buttermilk
3/4 cup self raising flour
100g white cooking chocolate, chopped

Method:

HEAT oven to 180°C. Grease and line a 23 cm round cake tin.

Whisk together butter and sugar till creamy. Add egg, vanilla and buttermilk. Whisk till well combined. Fold through sifted flour till batter is smooth then pour into prepared cake tin.

Arrange plum and pear pieces onto cake. Scatter with white chocolate. Sprinkle with extra tablespoon of caster sugar.

Bake for 25 - 30 mins or until cake is cooked when tested.

Preparation: 20 mins,
Cooking: 30 mins,
Serves: 6 - 8

The streets of Subiaco come alive in April



THE inaugural Subiaco Street Party will take place on Saturday 23 April throughout the Subiaco town centre between 2pm and 9pm.

This free community event will be a celebration of Subiaco's rich character and café strip culture and is expected to attract 20,000 people. The party will take over Rokeby Road between Hay Street and Barker Road as well as the surrounding alleys and laneways.

There will be something on offer for all ages with the program reflecting Subiaco's iconic origins as the unique destination day out for all ages. The streets will be alive with live music, roving entertainment, street food and bars, vintage market stalls, family fun with side show alley, and mini-fashion shows.

What's fresh for April

AUTUMN giant plums:

The name says it all, as these lovely large fruit are the last of this season's stone fruit to arrive on the scene. They ripen slowly, keep well, and have very juicy, sweet flesh, even though they remain firm when ripe. Simply divine and leave a wonderful lingering memory of the stone fruit season – until the next season begins.

Packham pears: Buy when they are firm and green and keep at room temperature. They usually take about a week to ripen to their sweet, juicy best – you'll find they are ready to eat when the skin is tinged yellow. For

a simple autumn dessert, melt a little butter, cinnamon and caramel syrup together and pour over pear slices in a heatproof serving dish. Grill until browned and tender.

Parsnips: Mashed, chipped, or roasted, this peppery flavoured root vegetable has had a resurgence of popularity and it's no wonder. Parsnip keeps well and there's very little waste. Dress with a little fresh orange juice or rind, olive oil and freshly ground black pepper.

Okra: Otherwise known as lady fingers due to their long elegant shape, okra adds an authentic

twist of the deep south to a vegetable hotpot or medley. Very high in soluble fibre, the characteristic gel inside the pod can be minimised by cooking pods whole or in acidic ingredients or by long slow cooking as in a gumbo.

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ADVERTISING FEATURE

...eat, drink and be merry...



Vince Garreffa's



South Indian vindaloo beef

by Vince Garreffa

ONE of our readers, Sally Petersen from Bindoon, wrote in and asked for a curry made from scratch.

I love this recipe as I have spent some time indulging in the kitchen using spice mixes made in the kitchen rather than store bought jars. I have found the flavours created so personally satisfying for my family as well as our guests. Replace the beef with mutton, lamb or goat meat and change the cooking times to suit so that the meat is very tender but doesn't fall apart.

You could make a bigger batch of the pastes and freeze them, but I really feel to do the dish justice they are zestier if made fresh.

Ingredients to feed four
1 kg diced oyster blade of beef
2 large sliced onions
Half a stick of cinnamon
2 tablespoons of brown sugar
100 ml of white wine vinegar
Extra virgin olive oil (EVOO)
WA salt
Ginger paste
40 g grated ginger
6 chopped garlic cloves
1 teaspoon coriander powder
1 teaspoon turmeric powder
50 ml water

Vindaloo paste
2 dried chillies chopped
(you can add more or less chillies depending on your palate)
1 teaspoon black peppercorns
1 teaspoon green cardamom pods
1 teaspoon black or red mustard seeds
1 teaspoon fenugreek seeds
2 teaspoon cumin seeds

Method

1. Make the ginger paste by mixing the ginger, garlic, coriander, turmeric and water in a blender until it is a puree. Set aside for use later.

2. In a frypan warm the chillies, peppercorns, cardamom pods, mustard seeds, cumin seeds and fenugreek seeds and then grind in a mortar and pestle or use a grinder that you use for spices only in a blender. After grinding the spices into a bowl, add the vinegar, brown sugar and a little salt then mix the vindaloo paste together and set aside.

3. Fry the meat in a little olive oil and salt on high heat to get a good colour (about six minutes), add the onions and cook together for two minutes and then add the ginger paste. After two minutes add the vindaloo paste and stir well. Next add 400 ml water stirring the mixture well.

When the mix is bubbling, lower the heat to a steady simmer and cook for about two to two and half hours stirring often. You want the meat tender but not falling apart. Do not allow to dry out; add water if required.

Taste for salt and serve with rice or mash. Some of my customers have suggested it would be delicious served with a mint yoghurt sauce.

Buon appetito

Discover the streets and laneways of Mount Hawthorn



Mount Hawthorn Streets and Laneways Festival returns for 2016 on Sunday 1 May © Ryan Ammon

THE annual Mount Hawthorn Streets and Laneways Festival will return on Sunday 1 May after its successful debut last year that attracted 35,000 people.

Thanks to major sponsor the City of Vincent, the boutique village-style street festival will again take over the streets and laneways of Mount Hawthorn from 11am – 7pm with food, music, family fun, market stalls, entertainment stages, pop-up street bars, street food, cooking displays, roving performers and family fun with Hawaiian's Mezz Family Laneway.

This free event celebrates the unique sense of community and diversity of Mount Hawthorn with key locations and activity points along Scarborough Beach Road incorporating Mount Hawthorn landmarks like the New Norcia Bakery and The Paddington Ale House, along with hidden-alley gems like Neighbourhood Pizza and the Jazz Cellar.

Do wine medals matter?



by Frank Smith

the bronze. So a bronze medal on a bottle of wine doesn't mean it's the third best wine in its category – it just means that the judges found it drinkable.

Here are a trio of new and different drinkable wines from the Wingara wine group. All are priced at \$16 per bottle but look for bargains in discount liquor stores.

La La Land Pinot Gris 2015. This 100 per cent Pinot Gris is light and fresh, with aromas of crunchy nashi pear, white peach and hints of zingy, refreshing lemon and lime and a dry and textural pallet. It goes down nicely now with sushi, fish tacos and butter chicken.

La La Land Tempranillo 2015. This 100 per cent Tempranillo spent nine months in American oak after fermentation. The aromas provides whiffs of black plum, juicy red berries and spice, with a pallet that is juicy, soft and full flavoured with rich berry fruit and hints of smooth textured oak. The flavours will develop more if cellared for 4-6 years. Goes well with spicy Spanish and Mexican dishes.

La La Land Malbec 2015. This 100 per cent Malbec fruit was fermented on skins and matured in a combination of French and American oak for 10 months. The aroma is of red cherry, blackberry, light violets and a spicy mocha background. The palate has bold flavours of forest fruits and exotic spices with splashes of dark chocolate and savoury herbs. Drink now with meaty dishes or cellar for up to six years.

From the cool climate of Orange New South Wales comes **Sassy The Ivor Arneis 2013.** This rare Italian variety results in wine that is light lemon in colour and has a floral nose with aromas of citrus, white flowers and nuts. The palate has beautifully balanced flavours of pear, citrus and spiced lemon with a soft lemon minerality. \$24.

Also from the cool climate region of NSW is **Stockman's ridge Rider Shiraz 2014.** This wine is bright red ruby in colour with a vanilla aroma upfront leading to raspberry and mint. The palate is warm and balanced with dusty tannins and cocoa. Great with lamb or venison. \$23.

Stockman's ridge Rider Pinot Noir 2014 has a light bright ruby hue. There is vanilla upfront on the nose with cocoa and hints of raspberry. The cocoa comes through on the palate with dusty tannins and French oak. Serve with a rich gamey meat like rabbit. \$23.

Letters to... Vince Garreffa



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

AUTUMN is the season of mists and mellow fruitfulness and the start of the wine show season. Australia host more than 100 wine shows of varying significance. Medals are not like Olympic gold, silver, bronze; they are more like a school grading system.

Wines are given a score out of 20. Every wine above 18.5 points gets awarded a gold medal, those between 17 and 18.5 get silver and the rest between 15.5 and 17 get

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food & WINE

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Brunch with T - A little piece of Tuscany in Inglewood



Left: Fried chicken with truffle scrambled eggs and breakfast linguine.
Right: Cecchi's desserts, clockwise from left, mini whipped chocolate ganache petite fore - chocolate custard pear tart - Mini brioche croissant with salted caramel ice-cream - profiterole with chocolate-hazelnut spread, strawberries and cream



by Tahlia Merigan

THIS month my brunch partner Monique suggested we try Cecchi's in Beaufort Street, Inglewood for the column because she had heard great reports about their brunch offerings.

Walking into the courtyard entrance I felt like we had travelled to Tuscany with the rustic décor inviting us to come and sit under the shade. We chose to sit alfresco (outside).

The wait staff were very polite and attentive, almost old fashioned compared to the relaxed service we find at other places.

To start with I ordered my usual tea, this time peppermint (\$4) and it was not too hot when served – the cup and saucer was white and nice and big. Monique ordered orange juice (\$7.50) which they order in from The Juicist as it is cold pressed. She said it was nice and refreshing.

As it was a bit hot that day I decided to also get a cold drink and ordered the Mork iced chocolate (\$5) and added a scoop of salted caramel ice-cream (\$2.50). Mork isn't very sweet and has a more cocoa taste so the salted caramel ice cream balanced it very well and I would recommend it.

Deciding what I wanted for mains was harder; Monique had already made up her mind with the breakfast linguine (\$17) made with house cured bacon, egg and parmesan. She said it was nice and creamy but not too heavy and a good

serving size. She ate it all, which as Monique often doesn't finish her meals, I knew this meant a big thumbs up from her.

I tossed up between the mushroom trifolati and fried chicken with truffle scrambled eggs (\$18) and finally decided on the fried chicken, as I can never resist truffles. I ordered some mushrooms (\$4) on the side. When it came I wasn't expecting two marinated field mushrooms but they were delicious. The fried chicken was nice and crunchy and still tender and had a good bit of spice to it, and the

truffle scrambled eggs were light and fluffy – absolutely perfect, I want to eat them again.

The only downside about sitting outside was when our mains came to the table we were attacked by little bugs who also wanted to eat our food, they obviously know how good the food is, maybe next time we will sit inside.

Monique really wanted to sample their breakfast desserts and I was keen as well. We might have gone a bit crazy... all in the name of research!

We ordered the brioche croissant with salted caramel ice-cream (\$10) the ice-cream is so amazing but the croissant was a bit stale and not up to my standard (I've lived in France).

We then tried the mini whipped chocolate ganache petite fore (\$3) the ganache was lovely and the pastry was nice and crisp. It was a crunchy little mouthful of loveliness.

The profiterole with chocolate-hazelnut spread, strawberries and cream (\$6) was delicious and probably my favourite as the cream was nice and light – the profiterole had a good crunch and

the mixture of flavours was amazing.

Lastly we ordered a chocolate custard pear tart (\$10). The custard was really nice and creamy and the pear a good complement to the cream. This dessert ended up being Monique's favourite dish; as she loved the flavours and pastry.

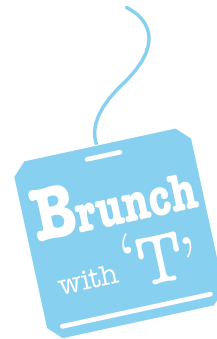
I definitely want to come back and try their dinner menu.

After much debate we decided it deserved four spoons.

Cecchi's 965 Beaufort St, Inglewood, Phone: 9271 6366

Brunch: Wed – Sun 7.30am to 3pm

Until next month – if you would like me to review a venue or would like to recommend somewhere to me please email on Tahlia@haveagonews.com.au



T's spoon ratings

- Five spoons** – excellent food and service
- Four spoons** – overall great food and service
- Three spoons** – reasonably good food and service but could make some improvements
- Two spoons** – food and service needs improvement
- One spoon** – would not recommend



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BELMONT TAVERN (Cloverdale)

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Monday-Friday 11am-3pm
Wright St. Cloverdale
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BRIGHTON HOTEL (Mandurah)

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Monday - Thursday 11am- 2.30pm
Mandurah Terrace, Mandurah
Ph 9534 8864

COMO HOTEL (Como)

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Canning Highway, Como
Ph 9367 6666

LEISURE INN (Rockingham)

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Rockingham
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LEOPOLD HOTEL (Bicton)

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ROD EVANS COMMUNITY CENTRE (East Perth)

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CHARLES HOTEL (North Perth)

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The 2016 Spanish Film Festival will delight audiences



LUNA Palace Cinemas is delighted to announce the program for the 2016 Spanish Film Festival.

The festival will kick off with a bang with a special opening night event featuring *A Spanish Affair 2 (Ocho Apellidos Catalanes)* and after-party at Connections Nightclub in Northbridge.

Audiences enjoying the film will find out what made the sequel – which again teams director Emilio Martínez Lázaro and with stars Clara Lago and Dani Rovira – the highest-grossing film of 2015 at Spanish theatres.

Soccer fans will also get a kick out of *Barca Dreams (Suenos de Barca)*, which details the amazing history of one of the most popular and admired football clubs on Earth, FC Barcelona. It features interviews with arguably the world's best player of all time Lionel Messi, the famous coach Pep Guardiola and the man who revolutionised this sport with his innovative vision, Johan Cruyff.

This year's festival presents a diverse and entertaining line up of award-winners, comedies, dramatic features, thrillers and documentaries. The program of 31 films and a session of shorts will screen exclusively at Cinema Paradiso and Luna on SX from 21 April – 11 May.

WIN WIN WIN

To be in the draw to win one of ten double passes to the Spanish Film Festival simply send an email to win@haveagonews.com.au with Spanish in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 25/4/16.

Doctor Foster on DVD



WRITTEN by award-winning writer Mike Bartlett and directed by Tom Vaughan, *Doctor Foster* tells the story of a woman seemingly in control: she is a trusted GP, the heart of her town, a woman people can trust.

But Doctor Gemma Foster's life is about to explode. When she suspects her husband is having an affair she is deter-

mined to find out the truth.

She throws herself into an investigation that is going to propel her, her family, and even some of her patients, into chaos.

Bit by bit, Doctor Foster uncovers secrets that shock her to the core.

Now she has to choose how to react. One thing is certain – she is going to behave in ways she could never have imagined.

Starring Suranne Jones (Scott and Bailey), Bertie Carvel (Jonathan Strange and Mr Norrell)

Released by Roadshow on DVD \$29.95 Rated M

WIN WIN WIN

To be in the draw to win one of ten six Doctor Foster DVDs simply send an email to win@haveagonews.com.au with Dr Foster in the subject line or write to Dr Foster C/- Have a Go News – PO Box 1042, West Leederville 6901 competition closes 30/4/16.

Perth family lawyer cooks husband

TAKE three highly talented actors, a local theatre company with a deserved reputation for excellence, and some tight direction. Add one mouth-watering script, an original and spicy take on the love triangle scenario, sprinkle liberally with tasty lighting and a delicious soundtrack. Mix in some pitch-black humour and serve with a generous helping of acerbic wit.

And there you have it – the basic ingredients of Debbie Issitt's *The Woman Who Cooked Her Husband*, the dish being served up at Harbour Theatre.

Meredith Hunter, Perth family lawyer takes to the stage as Hilary the wronged wife pairing up once again with fellow actor Jarrod Buttery as Kenneth, both having previously appeared in Harbour's extremely successful and also somewhat black comedy *Ghost*

Writer in 2013.

Hunter says, “*The Woman Who Cooked Her Husband* is such a strong script and the opportunity to play the part of Hilary was just too good to refuse. Powerful parts for women are hard to come by and this role certainly has it all.”

The Woman Who Cooked Her Husband also introduces the talented Cordelia Clarke who plays Laura, the other woman. Although this is the first time at Harbour Theatre, Cordelia is no stranger to the stage, in recent years working backstage for Harbour on various productions. She says she is enjoying getting the opportunity to use all the experience and knowledge she gained at drama school in England.

The Woman Who Cooked Her Husband will be performed at Harbour Theatre for nine performances from 6 May.

Come and support Australia's Biggest Morning Tea at Belswan Pinjarra

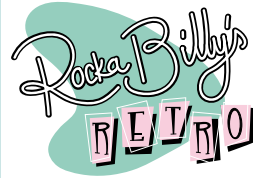
PEOPLE are welcome to come along and join in on a fun morning and support the Cancer Council's greatest fund raising initiative Australia's Biggest Morning Tea in Pinjarra.

Belswan Lifestyle Estate is holding the event this year at their clubhouse on Tuesday 24 May from 9.30am to 12.30pm.

Entry is \$5, which includes morning tea, a chance to win great prizes in the raffle and join in on an auction.

Entertainment will be provided from Pinjarra Senior High School and *Swing and Sway*.

Bookings are essential and can be made by calling Amanda on 9531 0368 or emailing Amanda.nulty@belswanpinjarra.com.au by 20 May.



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Have a Go News celebrates 25 years in 2016 - new technologies allowed the paper to really grow...



by Jennifer Merigan

RUNNING the paper really was a family affair and during the 90s, my brother Stuart worked for the paper and introduced computers to the operation.

This allowed for the accounts and distribution to be run on a computer and started to speed up the systems and processes of these two important areas.

He also brought on



board our long time fishing columnist Mike Roennfeldt and introduced the readership to movie reviews and tickets which are still featured in the paper today.

In the mid 1990s technologies started to change. Apple computers introduced new computers and along with some software companies which allowed publishers to create their own desk top publishing.

My brother took advan-

tage of this technology and left the paper and went and retrained as a graphic artist using these systems.

In 1996 I was still living in Melbourne and found a computer company which sold these products at a good price - much better than in Perth and the paper took a giant step forward and purchased its own desk top publishing system.

In those early days we worked with typesetters who used big machines, which produced bromides of text and then bromide cameras which allowed photographs to be reproduced in dot form and only in black and white. Then the pages had to be put together with all the copy stuck on special pages with wax. Any colour pages had to be supplied in films, which were similar to negatives, and this was done us-

ing machinery, which was extremely expensive and those costs were passed onto the publisher, so colour was used very sparingly in those days. Back then the process of publishing a paper was very time consuming.

The new computer and software allowed us to save money, gave us a lot more flexibility and control over deadlines and production.

It was a steep learning curve using the desk-top publishing system. When I arrived at the paper in 1998 it was one of the first jobs I learned to do.

As the old saying goes: necessity is the mother of invention and within a couple of months I had become proficient in the process.

Thank goodness my brother had learned these skills and was working with these computers because I don't think I would have

been able to get through without him.

Both Judith and I took crash courses, literally on the job, in the process and as the paper averaged around 36 pages back then the process could be done in a few days.

I believe this change in technology allowed the paper to really grow and by the end of the 90s, the pages and the print run were increasing each month.

It's hard to believe now that our paper is produced in our office by the ever-efficient Suyin and then sent via a file transfer to our printers in Mandurah.

We don't even have to leave our office and the paper is printed in less than 24 hours.

Next month we look at the new millennium and some of the different things the paper achieved during the naughties!

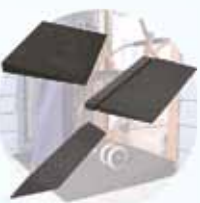
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Community NOTEBOOK

YOKINE OVER 50s CLUB

Seeking new members for their weekly meetings.
287 McDonald St Yokine. Between 1-3.30pm.
Cost \$3
Badminton, carpet bowls, card games and other activities.
John or Ena 9276 4615

ALTONE PARK SOCIAL CARPET BOWLERS

Meets every Wednesday 9am to noon.
At Altone Park Recreation Centre.
Joss 9262 8546 or Maggie 9294 4919

JUST FRIENDS SOCIAL CLUB FOR UNATTACHED OVER 55s

Meet and form friendships.
2nd and 4th Tuesdays
7.30pm at Claremont Yacht Club.
New members welcome
Christine 9345 4565

GERBERA RESEARCH GROUP INC

Annual Show and Pot sale.
Sat 7 May 10am-4pm
Community Hall, Belverdere Rd. Hammersly.

BINDARING CLOTHING SALE

Sat 14 May. Robinson Pavillion Claremont Showgrounds
9am-3pm. New and nearly new clothing, vintage treasures and stunning accessories.
All proceeds to the Red Cross.

BICKLEY HARVEST FESTIVAL

30 April - 1 May, 10am-5pm. Fine wine, fabulous chefs and tastiest menus.
A range of activities to enjoy. Free parking and free admission.

ANZAC PARADES AND REMEMBRANCES 25 April 2016

CAMBRIDGE RSL SUB BRANCH

West Leederville Cenotaph followed by breakfast at Leederville Sporting Club.

CITY OF CANNING

March and service 8am. Anzac War Memorial Concert 2pm. Civic Amphitheatre
1317 Albany Hwy Cannington

CITY OF FREMANTLE

Dawn service 5.50am.
Fremantle War Memorial.
There will be a march and a commemorative exhibition at the town hall.

ALBANY

Dawn Service at the Desert Mounted Corps Memorial
Mt Clarence followed by a Gunfire Breakfast at 6am.

BUNBURY

Dawn Service 6am. at the War Memorial.
March starts at 10.45am
at Sandridge Rd. for the Commemorative Service.

GERALDTON

Dawn Stand to 6am at the Birdwood House.
March 10.50am from the Museum to Birdwood House.
Followed by a Commemorative service.

YARLOOP

Dawn Service at the War Memorial. Organised by the Yarloop Volunteer Bush Fire Brigade.
Many people donated their services towards the restoration of the memorial after the recent bushfire.



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



Celebrating *Mother's Day* 2016 Sunday 8 May

An interview with Brigid Lowry author of *Still Life with Teapot*



THE author of *Still Life with Teapot* talks about creativity and embracing your inner list maker.

What can Mums and other readers expect from your book?

I wanted to share my inner world and thoughts, to reflect on the things that interest me, including the thou-

sand joys and sorrows that come with being human. I hope everyone who reads *Still Life with Teapot* will be inspired towards authenticity and creativity in their lives. By sharing my world, I hope to open windows in the worlds of others.

Do you think it's important to exercise creativity as you get older?

Absolutely. Children are naturally creative but many of us have become much too sensible as adults. By bringing fun and ingenuity into our lives we enhance our own world. We can then bring these wonderful qualities into the lives of our families, and the wider community. Everyone deserves merriment and creativity. It's never too late to have a happy childhood.

You are a list maker, why are you in favour of lists?

Lists rock. I love them as much as I love sunsets, frangipani, kimonos, coloured pencils, and raisin toast with lashings of butter. Lists can be practical, whimsical, inspiring, imaginative and thought-provoking. They are a fabulous literary device, a wonderful tool for writers and for anyone who loves to journal.

List five things Mums should do with their kids on Mother's Day.

Make a daisy chain. Admire the clouds. Eat delicious foods. Pray for world peace. Kiss and hug. Run around on a green lawn and be happy.



FOLLOWING the success of New Year's Eve and Valentine's Day director Garry Marshall promises to again deliver big things for *Mother's Day* with his winning storytelling style and an all-star cast.

This heart-warming film follows the very different relationships between

Celebrate the film...*Mother's Day*

mothers and their children. *Mother's Day* intertwines poignant tales of parenthood which include a mother's attempts to share parenting roles with her ex-husband (and his much younger partner), a daughter who is desperate to find and build a relationship with her absentee birth mum, a father struggling to fill the hole in his children's lives after the tragic loss of his wife and an adult daughter with children of her own finding it difficult to reconnect with her parents.

Filled with touching moments and big laughs, *Mother's Day* is guaran-

teed to melt the hearts of audiences the world over. *Mother's Day* opens in cinemas 28 April and thanks to Studiocanal Australia we have 10 in-season double passes to giveaway.

WIN WIN WIN
To be in the draw to win one of ten double

passes to *Mother's Day* simply email win@haveagonews.com.au or mail to Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number. Competition closes 30/4/16.

Wrap your mum up with *LOVE* this Mother's Day...



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Mattress protectors

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Sheets

PILLOWS

KOALA

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So don't put it off any longer, gather together those shoeboxes, bags and photo albums that contain your life and bring them into DiskBank, 94 Jersey Street, Jolimont, 9388 0800 and save those precious memories from any further deterioration before it's too late, your family and loved ones will be glad you did. See advert on page 18.



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A Segway guided tour is the most exhilarating and relaxing way to soak in the beauty of Perth and its picturesque foreshore. If you think they might like something more adventurous than the Rottnest Island Segway tour which goes off-road may be the one. The professional guide will talk to you along the way through headsets and fascinate you with stories of Perth and the Island. We operate seven days a week and offer 60 or 90 minute guided tours.

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GRAND ACTIVITIES

A school holiday guide for parents and grandparents

ADVERTISING FEATURE



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Puppeteer Tim Watts with the enigmatic Bambert

Bambert – the very small puppet with a big character will thrill young and old alike...

by Jennifer Merigan

IT was a privilege to attend a rehearsal for Barking Gecko's new production *Bambert's Book of Lost Stories* at the State Theatre of WA.

Stepping behind the scenes of a production provides you with an idea of how much preparation and rehearsal takes place to put on a show.

Barking Gecko Company gave us an overview about this production and also the process of getting it to the stage.

We met the director,

cast and puppeteer who took us through the development of the story from book form.

The story is adapted from a German tale about a very small man with a very big love of writing.

Bambert lives above a grocery store in an attic and his only companions are the characters he's created from his stories and the grocer who has the shop downstairs.

Though targeted to children, the brochure says that it is suitable for ages from 8 -108 and I wholeheartedly agree. I fell in

love with Bambert and his story during the rehearsal.

We were treated to a couple of scenes from the play and people are going to be in for a treat of excellent live theatre, a great set and quality performances with this delightful tale.

Don't miss an opportunity to see Bambert who is a very small puppet with a very big character, and is the star of Barking Gecko's production which will be performed at the Studio Underground at the State Theatre until 23 April.

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offers affordable customised balloons at the click of a button.

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Complete with a 100 per cent money back guarantee, the Aussie website has streamlined its services in three simple steps, making planning your next party easier than ever.

Print My Balloons can convey your theme

through imagery, slogans or logos too.

Whether your party is big or small, Print My Balloons offers a range of packages from 25-1000 balloons and deliver throughout Australia.

The easy-to-use website allows you to pick and choose everything from the balloon type to colour, imagery, text and accessories, making Print My Balloons the one stop shop for all your decorating needs.

Environmentally conscious, Print My Balloons follows state of the art

printing technology, using the highest standard in biodegradable and helium quality latex balloons.

Not just for kids, Print My Balloons offers designs for a variety of milestones including, bridal and engagement parties, weddings as well as 18ths, 21sts and adult birthdays.

For more information please see www.printmy-balloons.com.au

WIN WIN WIN

To help make your next party the best ever, *Print My Balloons* are giving away three per-

sonalised balloon packages worth \$49 each. Each package includes 25 balloons that can be customised with your own photo, wording and imagery. To enter, simply tell us in 25 words or less why you should win. To be in the draw simply email win@haveagonews.com.au with Balloons in the subject line or write to *Balloons Competition* c/- Have a Go News PO Box 1042 West Leederville 6901 with your details. Competition closes 30/4/16.

WORLD PREMIERE
BARKING GECKO THEATRE COMPANY PRESENTS
BAMBERT'S BOOK OF LOST STORIES
Adapted for stage by Dan Giovannoni & Luke Kerridge
from Bambert's Buch der verschollenen Geschichten by Reinhold Jung

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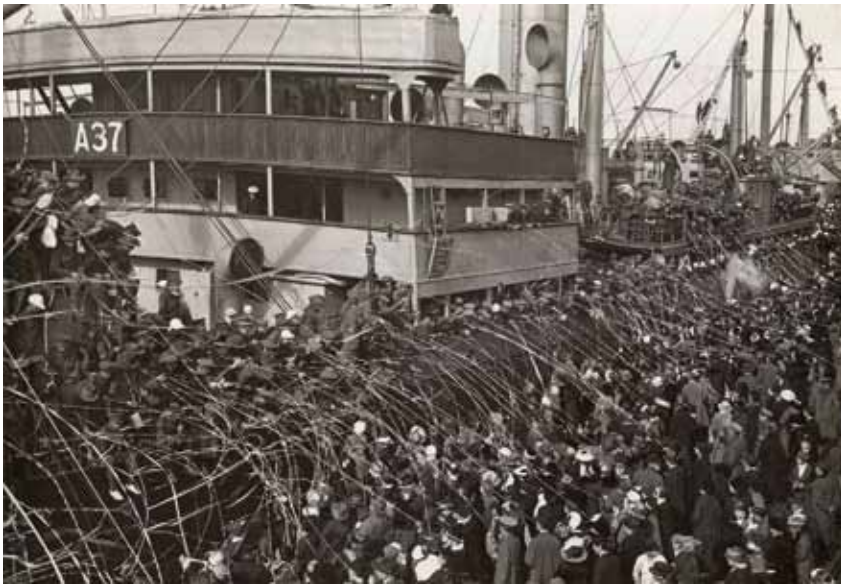
GRAND ACTIVITIES

A school holiday guide for parents and grandparents

ADVERTISING FEATURE



WA Maritime Museum: Submerge yourself in war at sea



Farewell to the troopship Barambah

SUBMERSE yourself in naval history in Fremantle these school holidays – see the War at Sea ex-

hibition and undertake the periscope challenge or the Indian Ocean Raider Mission at the

Maritime Museum. Become a legendary Spice Captain and reap your collectible coin reward in

the Trade Winds trail at the WA Museum – Shipwreck Galleries.

War at Sea – the Navy in WWI

War at Sea – the Navy in WWI tells the story of Australia's first submarines AE1, which disappeared near present day New Guinea in 1914 and AE2, which became the first Allied vessel to reach the Dardanelles and had an important role in the Gallipoli campaign in 1915. Visitors will see rare archival footage of the navy during the First World War.

Dates:

12 March to 29 May

Times: 9.30am – 5pm

Cost: exhibition is free with Maritime Museum entry

Ages: all ages

Bookings: required for groups of 10+ on 1300 134 081

Submerge Yourself

Submerge yourself at the Maritime Museum these school holidays: make your own periscope and undertake the periscope challenge, create your own 'Dazzle' naval camouflage and unlock the secrets of Morse Code in the Indian Ocean Raider Mission.

Dates: 11 – 15 April and 18 – 22 April

Times:

10.30am – 1.30pm

Cost: free with Maritime Museum entry

Ages: 4+

Bookings: required for groups 10+

Six Simple Machines

Join in the Discovery Zone and explore incredible structural achievements of the past, and learn about the six simple machines that made them possible.

Dates: Daily from

Saturday 9 April

Time: 9.30am – 5pm

Cost: exhibition is free with Maritime Museum entry

Ages: all ages

Bookings: no bookings required

WA Museum

Shipwreck Galleries Trade Winds

Step back in time to an era of traders, treasures and triumphant discoveries. Become a legendary spice captain working for the Dutch VOC Shipping Company. Collect your Trade Winds clue sheet and set sail across the oceans to collect exotic and valuable spices and reap your coin reward!

Dates: 11 – 15 April and 18 – 22 April

Times:

10.30am – 1.30pm

Cost: \$3

Age: Ages 4+

Bookings: Bookings required for groups 10+

Venues:

WA Maritime Museum, Victoria Quay, Fremantle and WA Museum – Shipwreck Galleries, Cliff Street, Fremantle

Further information: Maritime Museum: 1300 134 081 or visit museum.wa.gov.au/whats-on/school-holidays/maritime

Shipwreck Galleries: 1300 134 081 or visit museum.wa.gov.au/whats-on/school-holidays/shipwrecks

Bookings are required for some activities phone 1300 134 081.

Programs are subject to availability. All children 12 years and under must be accompanied by a parent or guardian.

Australia's largest exhibition of Lego comes to Perth



THE Brick Man Experience – The Complete Collection by Ryan McNaught is heading to Elizabeth Quay for 14 days only.

Ryan brings a remarkable collection of 60 Lego works to Ashton's Big Top Tent on the foreshore site from 7 – 20 April.

The Brick Man experience features 60 works with their own unique behind-the-scenes story as well as interactive building zones.

"I am really excited the Brick Man Experience is heading to Perth for the school holidays. I've got a few exciting things for the kids (and the big kids) to participate in so everyone can enjoy creating brick masterpieces as well as the exhibition," said Ryan McNaught.

Tickets available at www.brickmanexperience.com.au



COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 23 and Sunday 24 April from 9.30am to 4.30pm where people can visit more than 300 indoor market stalls from across the three-way combined event at the Claremont Showgrounds.

The event comprises three individual fairs which include handmade crafts, antiques and col-

lectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

Handmade Crafts

The craft exhibitors offer a wide variety of unique and different quality handmade crafts for sale including jewellery, clothing for adults and children, fabric craft, woodwork, toys, pottery, homewares, patchwork, scrapbooking and much more. Enjoy a shopping experience where the person selling the product is the person who made it.

They also have a wide range of food products including delicious sauces, condiments, preserves, cakes, biscuits, chocolates and confectionary.

Craft stalls are situated inside the Robinson Pavilion.

Antiques and Collectables

This fair includes antique and collectable dealers selling their wares through more than 100 stallholders. Free antique valuations are also avail-

Treasured finds and much more

able from 12pm to 3pm daily where customers can bring along a family heirloom.

Stalls are situated inside the Silver Jubilee Pavilion.

Polka Dot Vintage Market

People with a passion for vintage and retro clothing and accessories, can browse in the 3 in 1 Market's Polka Dot Vintage Market. Whether vintage, retro, pre-loved designer clothing and/

or accessories, the fair's Polka Dot Vintage Market is worth a look.

Admission to the 3 in 1 Market is \$7 with children less than 10 years admitted free.

There will also be a chance to be in the draw to win the \$2000 door prize.

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations.

For further information about the fair, phone

9457 9315 or visit www.treasuredcraftcreations.com.au

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) or email win@haveagonews.com.au and include the word handmade in the subject line. Competition ends 20/04/16.

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KOALAS
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Daily
10am 1pm 3pm

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Perth Cultural Centre

WA MARITIME MUSEUM

Submerge Yourself

See the *War at Sea* exhibition, take the periscope challenge and the Indian Ocean Raider Mission or join a Recfishwest free SunSmart Fishing Clinic.

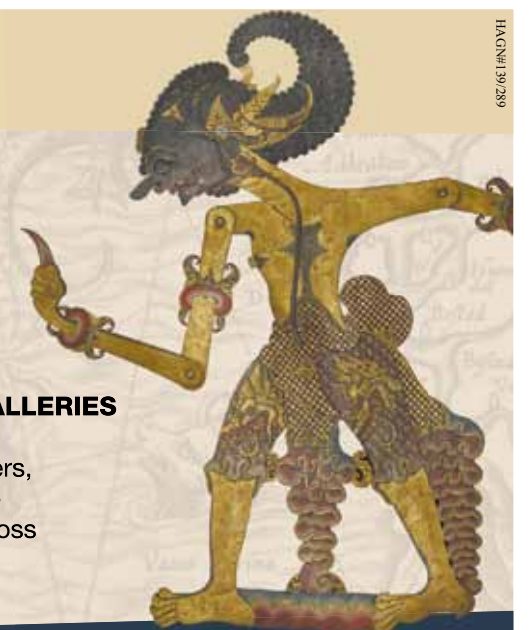
Victoria Quay, Fremantle

WA MUSEUM – SHIPWRECK GALLERIES

Trade Winds

Step back in time to an era of traders, treasures and discoveries. Become a legendary Spice Captain, sail across the sea and reap your reward!

Cliff Street, Fremantle





Black Mass - 1970s US history drama



JAMES 'Whitey' Bulger is one of the most feared, the most wanted and the most notorious gangsters in US history.

Black Mass is the drama that tells the story of

the unholy alliance between Whitey and the FBI.

The unholy alliance that spiralled out of control, allowing Whitey to evade law enforcement, consolidate power, and become one of the most ruthless and powerful gangsters in Boston history.

Black Mass is set in 1970s south Boston and stars Johnny Depp, Joel Edgerton, Benedict Cumberbatch, Dakota Johnson, Kevin Bacon and Adam Scott.

Special features include Deepest Cover Darkest Crime, Johnny Depp: Becoming Whitey Bulger

and *The Manhunt* for Whitey Bulger.

Out now on DVD and Blu-Ray RRP\$39.95/\$44.95 Rated MA15+

WIN WIN WIN

To be in the draw to win one of five *Black Mass* DVDs simply email win@haveagonews.com.au with *Black in the subject line* or write to *Black Mass - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 30/04/16.*

Dancing in the rain



LEGENDARY singer-songwriter Mike McClellan returns for concerts featuring songs from his latest album *Dancing in the Rain*, his second in three years.

Mike has recently returned from a highly successful trip to the USA. The trip took him to Kansas City where he was invited to play an official showcase at the Folk Alliance International Conference. The conference hosts more than 2,500 delegates from all over the world and is the one event that every acoustic artist aspires to be part of.

The Americans loved him and he has invitations to return in 2017 to play the Woody Guthrie Centre in Oklahoma City and several major festivals in Canada and the USA.

Then it was on to Nashville to co-write with some of the most successful songwriters in the US.

Last year marked the 40th year since *Song and Danceman* was a national hit and voted song of the year, and his songs have earned him an honoured place in the history of Australian music. And you'll still hear *Song And Danceman*, *The One I Love* and *Rock'n Roll Lady* on radio.

Between 1972 and 1980 Mike released six albums of which two went gold and many of his songs were covered both here and overseas. He compèred his own ABC TV series and toured extensively both in Australia and overseas. By the time he released his *Heartland* album in 1989 he had quit touring to pursue a successful career in advertising.

The release of his comeback album *If Only For A Moment* in 2011 saw him return to the road, playing concerts all over the country.

"For as long as I can still deliver I will continue. I love performing, always have, and the response from audiences around the country has been wonderful," said Mike.

"Many years ago I called an album *Until The Song Is Done*. It still isn't"

Dolphin Theatre UWA Perth - Thursday 28 April 8pm
Albany Entertainment Centre - Saturday 30 April 8pm

For further information visit www.mikemcclellan.com.au

A toe-tapping secret in Fremantle on Sundays

JAZZ Fremantle showcases talented jazz musicians with a variety of local, interstate and international artists entertaining their audiences every Sunday afternoon.

Veteran jazz musician Lew Smith has been running the show for many years and invites readers to come along and have a great afternoon enjoying some of the best jazz in WA.

Lew has been involved in the jazz scene since moving to Perth in 1974. He and his wife June formed the *June Smith and Apple Band* and played around town for many years.

June no longer performs but Lew continues to play regularly at the club and is the only surviving founding committee member of Jazz Fremantle.

For 24 years Jazz Fremantle has offered people the opportunity to get their toes tapping on a Sunday afternoon from 4pm to 7pm with live music, friendly people and a great venue - the Navy Club in Packenham Street, Fremantle.

See the diary listing on page 53 or visit www.jazzfremantle.com.au

Swing the morning away at the Perth Concert Hall



COTTONTAIL Trio and the big band The Supper Club will be the first performance of the new *Morning Music Series* at the Perth Concert Hall this month.

The Trio combine their love of singing, dancing and theatricality along with a six piece big band to bring back the golden

era of swing music.

They weave stories and audience interaction in between songs from *The Andrew Sisters* and *The Boswell Sisters* throughout their concerts.

"Swing is what we like to think of as the first pop music. It was incredibly infectious at the time when radios were becoming the main way to deliver mass-media to the population and these recording artists were being broadcast into people's homes," says Cottontail singer Amy Rosato.

"There's something about swing music that is always joyful or hopeful, the toe tapping numbers make it difficult to sit still." *Cottontail Trio and The Supper Club* are sure to showcase a morning of nostalgia and light entertainment at the Perth Concert Hall followed by the option of a light luncheon in the Wardle Room after the performance.

The show will be held at 11am on Tuesday 19 April and tickets are available by calling 9231 9999 or www.perthconcerthall.com.au

WIN WIN WIN

To be in the draw to win one of five double passes to the Perth Concert Hall's Morning Music Series on Tuesday 19 April at 11am, simply email win@haveagonews.com.au with *Music in the subject line* or call the Have A Go News office during business hours on 9227 8283, please include your contact details in the email. Closes 16/4/16.

MIKE MCCLELLAN
THE SONG AND DANCE MAN

DOLPHIN THEATRE UWA
Thursday 28th April 8pm
ticketsWA.com

No online booking charges or call 6488 2440 (noon-4pm weekdays)

ALBANY ENTERTAINMENT CENTRE
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Music legends Leo Sayer and Lulu announce first ever tour together...



Leo Sayer and Lulu

TWO of the great voices of British pop, Leo Sayer and Lulu, are joining together for the first time for a tour of Australia. Lulu was just 15 when

she recorded her first UK hit, a version of the Isley Brothers' *Shout*, and in 1967 her stunning performance of the theme tune from the film *To Sir, With Love* (and in which she also appeared alongside Sidney Poitier) took her to the top of charts around the world. Hits like *The Boat I Row*, *Let's Pretend* and *Love Loves to Love*, Love established her as one of the most dynamic voices of the era and the way she lit up a screen made her a natural for televi-

sion events like the Eurovision Song Contest (which she won in 1969 representing the UK).

Born a few months before Lulu, Leo Sayer broke through as a singer and songwriter with a string of hits including *The Show Must Go On*, *One Man Band*, *Long Tall Glasses* and *Moonlighting*. His career went into overdrive in 1977 with two global chart-toppers, the disco-fired *You Make Me Feel Like Dancing* (a Grammy winner for best rhythm and

blues song) and the ballad, *When I Need You*.

Sayer had phenomenal nine top 20 albums and 14 top 20 singles from 1973 to 1983 and has sold more than 80 million albums worldwide, and in 2006 a remix of his 1977 hit *Thunder In My Heart* took him back to the top of the UK charts.

Leo has lived in Australia since 2005 and became an Australian citizen in 2009.

In 2015 after promoters suggested that Leo

and Lulu tour together, Lulu went to see Leo performing in London and was blown away by his vital stage presence and a voice that could match her own soulful delivery. In fact, she was so impressed she joined him on stage that same night. The two music legends hit it off so well that the Leo and Lulu tour was on.

"I am beyond excited to be coming to Australia for these gigs and sharing the stage with Leo. Leo Sayer is musically

the real deal so bring it on. I can't wait," said Lulu.

"Lulu was already an icon when I came on the scene and I've been a huge fan ever since. We're good pals and I can't wait to welcome her to Australia," said Leo.

The tour comes to the Perth Concert Hall on Sunday 3 July, with these two icons of the industry performing all their hits separately and together. Tickets on sale through Ticketmaster.

Local cabaret star Jake Dennis returns with more shows



JAKE Dennis and the Mint Jazz Band had sold out shows around Perth in the last few months. He invites people to discover his cabaret talents at two shows in April and May.

Like Blown Smoke invites you on a journey of soulful blues, swinging jazz, and funky pop tunes from this mysterious and romantic gentleman who is ready to tell-all in love, relationships, and loss.

This great night out includes Rigby's scrumptious three-course meal.

Like Blown Smoke is

an emotional rollercoaster of romance, comedy, and swagger. Expect a moody cabaret with songs made famous by Ray Charles, John Legend, Nina Simone, Bruno Mars, and Billie Holiday. This cabaret encourages audiences to reflect on their own romantic histories as the story rises like smoke blown into passionate fire because, although the embers of your heart may be reduced to a slow sad pulsing glow, love's breath can rock you back to life.

Like Blown Smoke – Friday 29 April: Rigby's Bar & Bistro, 7pm. Tickets \$30 – Dinner and show \$60

Bookings 9324 1196
Memory Lane is a nostalgic cabaret show featuring songs by Doris Day, Nat King Cole, Billie Holiday, Frank Sinatra,

and Judy Garland.

Wander back through time on a sentimental journey with Jake Dennis as he invites you into his garden of memories with Mint Jazz Band as they perform classic jazz, swing, blues, and musical songs from the 1910s-1950s.

Look forward to familiar and forgotten standards you love from cinematic and musical icons of the first half of the 20th Century, including Charlie Chaplin, Walt Disney, Harold Arlen, Cole Porter, Johnny Mercer, and Tommy Dorsey's Orchestra. Book now to avoid disappointment.

Memory Lane, Sunday 22 May, 6pm: Ellington Jazz Club. Bookings 9228 1088.

CNR MENDS ST/MILL POINT RD,
SOUTH PERTH (opposite Windsor Hotel)

the habit of art

by alan bennett

Directed by Anthony Howes

A dramatic comedy

Some adult themes and language

8, 9, 14, 15, 16, 20, 21, 22, 23 April @ 8pm
Matinees: 10 & 17 April @ 2pm
Tickets: \$25 or \$20 concession

An amateur production by arrangement with Origin Theatrical on behalf of Samuel French Ltd

FOR BOOKINGS PHONE 9367 8719 or visit www.oldmilltheatre.com.au/tickets

YOU CAN'T HAVE ONE

WORLD PREMIERE

A new comedy by Peter Flanigan
Directed by Peter Flanigan & Jann Rutherford

Stirling Theatre, Morris Place, Innaloo

29, 30 April and 5, 6, 7, 12, 13, 14 May at 8pm
Matinees: 1 and 8 May at 2pm

Tickets: \$22 full, \$20 conc, \$18 members
Bookings through Morris News
9440 1040 or www.trybooking.com/KIWIY

The Riders debuts the WA Opera's 2016 season

WEST Australian Opera's first mainstage production in the 2016 season will feature *The Riders*, the critically acclaimed new Australian work based on the novel by Tim Winton.

Multi-award winning Western Australian composer Iain Grandage and Melbourne-based librettist Alison Croggan have reimagined Winton's gripping portrait about everyone's worst nightmare: the disappearance of a loved one.

The Riders tells the deeply personal and spiritual story of Scully, an ordinary Australian man living abroad in Ireland who sets off across Europe on a frantic search for his wife, Jennifer, after she fails to arrive in Ireland to be re-united with him. Overwhelmed by suspicion, jealousy and pain, Scully's behaviour becomes more irrational as his journey take him to Greece, Italy and France with his young daughter, Billie, in tow. It is Billie's intuitive and innocent com-

prehension of a father's need for love that saves him in his darkest hour.

This production features James Clayton as Scully and Emma Pearson as Jennifer. The shared role of Billie will be taken by Mia Beattie and Rosanna Radici while Wade Kernot appears as British ex-pat, Arthur, Fiona Campbell will sing the role of Jennifer's friend, Marianne and Matthew Lester as the role of Alex.

Brad Cohen, artistic director of WAO, will lead the West Australian Symphony Orchestra in this production which will also feature Australia's recorder virtuoso, Genevieve Lacey.

The Riders is a powerful production exploring loss, longing and acceptance in a distinctly Australian voice; and promises to be a memorable highlight of the 2016 season.

The Riders plays at His Majesty's Theatre on 13, 14, 15 and 16 April at 7.30pm.

Jazz Fremantle has been the best kept secret in the Fremantle area, for 24 years now. Since 2005 we have been based at the Navy Club in Fremantle. In that time we have entertained our audience of members and guests with Inter-state and International artists. Also many of our local talented musicians and singers have entertained us, some who have come through the WAAPA system. It is the best social club in the west, with friendly people, live music and a great venue.

If you have never been or haven't been for a while to Jazz Fremantle - then why don't you come down. Have a look at our programme on the right - or visit our website at www.jazzfremantle.com.au

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JAZZ FREMANTLE

Presents

APRIL 2016

SUNDAY 17
Lew Smith & Friends with Garry Lee & Libby Hammer

SUNDAY 24
Danny Moss Jr Quartet

MAY 2016

SUNDAY 1
The Grain with Sue Bluck & Friends

SUNDAY 8
WAYJO with Andrew Murray

SUNDAYS 4pm - 7pm
Navy Club,
Cnr High @ Pakenham St, Fremantle

ART for ALL

- 12 to 21 April** Artists by the River Exhibition, opening 12 April, 6.30pm, with entertainment by Catch Music
- 23 April to 8 May** Autumn Bazaar - Unique hand-crafted items - a special gift for Mother's Day!
- 9 to 22 May** Out & About; an exhibition inspired by the artists' travels - including a feature wall of artworks created "en plein air"

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Riverside location on bus route - Plenty of parking - air conditioned
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20 APR Strike Up the Big Band
6 JUL West Australian Opera Concert
28 SEP Cole Porter
14 DEC A Very Merry Morning Melodies

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IN THE AUSTRALIAN JERSEY BOYS

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22 APRIL – 7 MAY

Adults \$22
Conc/child \$20
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Groups 10+ \$18 pp

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Sundays 2pm

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92551783 or
www.trybooking.com/KNKS
www.marlooththeatre.com.au

The FOREIGNER

A comedy
by Larry Shue
Directed by Rob Warner



On the Silver Screen – April



Florence Foster Jenkins, Eddie the Eagle and Marguerite

Marguerite

IN 1921, the beginning of the golden Twenties, not far from Paris, it is party day at Marguerite Dumont's castle. Like every year, an array of music lovers gathers around a great cause at the owner's place.

Nobody knows much about this woman except that she is rich and that her whole life is devoted to her passion: music.

Marguerite sings.

She sings wholeheartedly, but she sings terribly out of tune. In ways quite similar to the Castafiore, Marguerite has been living her passion in her own bubble, and the hypocrite audience, always coming in for a good laugh, acts as if she was the diva she believes she is. When a young, provocative journalist decides to write a rave article on her

latest performance, Marguerite starts to believe even further in her talent. This gives her the courage she needs to follow her dream.

Despite her husband's reluctance, and with the help of a has-been diva, both funny and mean, she decides to train for her first recital in front of a crowd of complete strangers. Loosely inspired by the life of Flor-

ence Foster Jenkins.

In cinemas 21 April
Eddie the Eagle

The film details the inspiring exploits of Michael Edwards, better known as Eddie the Eagle, the most famous ski jumper in British history. The film's portrayal of Edwards' never-say-die approach to the sport, celebrates the human spirit and resilience in the face of extraordinary odds and challenges. Taron Egerton, who made his feature film starring debut in *Kingsman: The Secret Service*, portrays Eddie the Eagle, and Hugh Jackman plays a ski jumping expert who helps Eddie train for the Calgary Olympics.

In cinemas 21 April
Florence Foster Jenkins
From acclaimed director Stephen Frears (*Philomena*, *The Queen*) and starring Meryl Streep, Florence Foster Jenkins tells the true story of a New York heiress and socialite who obsessively

pursued her dream of becoming an opera singer. The voice Florence Foster Jenkins heard in her head was beautiful, but to everyone else, it was hilariously awful.

Her manager and dearest friend, St Clair Bayfield (Hugh Grant), an aristocratic English actor, was determined to protect his beloved from the truth. But when Florence decided to give a public concert at Carnegie Hall in 1944, he knew it was only a matter of time before her beautiful dream would be shattered.

In cinemas 5 May
WIN WIN WIN
To be in the draw to win one of ten double passes to any of the movies above simply send an email to win@haveagonews.com.au with Silver Screen in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 30/4/16.

Celtic Thunder return to Australia with special guest Damian McGinty



INTERNATIONAL singing and touring powerhouse Celtic Thunder will be taking Australia by storm this May as they head down under to perform an all encompassing national tour. The spectacular Legacy is a show like no other with an array of Celtic Thunder's most popular songs to date.

Joining the Legacy Australian Tour will be special guest Damian McGinty, an original member of Celtic Thunder who went on to win *The Glee Project* before landing a recurring role (as Rory Flanagan) in the worldwide hit series *Glee*.

"I am really looking forward to my first Australian tour and my first visit Down Under. The boys keep telling me how beautiful it is and how warm and embracing the fans are," said Damian.

Since its inception, Celtic Thunder has thrilled audiences the world over with their signature vocal harmonies and ensemble productions. They bring a new twist to an eclectic repertoire ranging from traditional Irish and folk music to adult contemporary, rock and classical crossover.

Celtic Thunder's Keith Harkin, Ryan Kelly, Emmet Cahill and Neil Byrne will be alongside special guest Damian McGinty and all five will perform popular solo and ensemble numbers. Classic favourites such as Emmet's *Danny Boy*, Damian's *Buachaille* on Eirne, Neil's *Noreen*, Ryan's *Ride On*, Keith's *The Mountains of Mourne*, as well as contemporary classics *Falling Slowly* and *Now We Are Free* are guaranteed to have the audiences begging for more.

Celtic Thunder will perform in Albany on Thursday 5 May at the Entertainment Centre, Perth on Saturday 7 May at the Perth Arena and Bunbury on Sunday 8 May at the Entertainment Centre.

To book your tickets and for further tour information visit www.ticketek.com.au

WIN WIN WIN

To be in the draw to win a double pass to either the Albany, Bunbury or Perth performances of Celtic Thunder simply email win@haveagonews.com.au and put Celtic in the subject line. Please include your name, address and phone number. Competition closes 30/4/16.

Ripper Street - a gripping crime drama returns in its third series

THE third series of this riveting crime drama opens with a cataclysmic event which reverberates throughout the series. Fifty-five souls are lost to a terrible locomotive disaster with the wreckage landing right in the lap of H division on Leman Street itself.

From the twisted debris of the crash emerge clues that uncover long hidden

deceits. These crimes threaten to not only destroy Reid's iron grip on H Division but to unravel his fragile psyche too.

The personal damage to Reid is profound and there is no limit to what he will do to avenge his own deep-seated grief.

Starring Jerome Flynn, Adam Rothenberg, Myanna Buring and Matthew Macfadyen.

Available now on DVD \$39.95 RRP



WIN WIN WIN

To be in the draw to win a copy of the Ripper Street Series 3 simply email win@haveagonews.com.au with Ripper in the subject line or write to Ripper C/- Have a Go News PO Box 1042 West Leederville 6901. Don't forget to include your contact details. Competition closes 30/4/16.

New top rating UK cop show is coined as the 'The Bill by the sea'...



CUFFS is a fresh, authentic, contemporary eight-part cop show for BBC

One. A visceral drama that takes the audience on an exhilarating ride through the challenges of frontline policing in the vibrant and alternative seaside city of Brighton.

The show is packed full of dramatic incidents and colourful characters. Every episode sees the cops put their lives on the line to protect

the public; from a boo-by-trapped cannabis farm in a suburban semi, to an elderly farmer's wife with a shotgun – this is a job fraught with danger. But the high stakes are also matched with more absurd altercations such as a middle-class dog napping and naturalists fighting on the beach.

Out on DVD now.

WIN WIN WIN

To be in the draw to win one of five DVD's of the first series of CUFFS simply email win@haveagonews.com.au with CUFFS in the subject line or write to CUFFS – C/- Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number. Competition closes 30/4/16.

A Month of Sundays



REAL estate agent Frank Mollard (Anthony La Paglia) won't admit it, but he can't move on.

Divorced but still attached, he can't sell a house in a property boom – much less connect with his teenage son.

One night Frank gets

a phone call from his mother. Nothing out of the ordinary, apart from the fact that she died a year ago.

A Month of Sundays is about parents, children, regrets, mourning, moments of joy, houses, homes, love, work, television, Shakespeare and jazz fusion – about ordinary people and improbable salvation. Because everyone deserves a second chance. Even a real estate agent.

A Month of Sundays opens in cinemas 28 April and thanks to Madman Entertainment we have 10 in-season double passes to giveaway.

WIN WIN WIN

To be in the draw to win one of ten double passes to A Month of Sundays simply email win@haveagonews.com.au or mail to Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number. Competition closes 30/4/16.

Seniors Recreation Council of WA Inc



COUNTRY MUSIC SHOW

presented for your enjoyment
by Phil Paddon and Red Dog Music

Sunday 19 June, 12.30-5pm

Morley Sport and Recreation Centre

Cnr Wellington Rd and Mangini St, Morley



Special guest multi-talented balladeer and yodeller
Laura Downing from Queensland

Renowned artist balladeer Brian Letton
from Tamworth

Band of mates Terry Bennetts, Evan Platschinda and
Ginger Cox talented guitarists and country balladeers

Local crowd favourite Kate Hindle

Special guest appearance by Kingsley Day

For tickets phone

Seniors Recreation Council of WA
9492 9771

Refreshments at interval

Tickets \$28 per person - No door sales

Seniors Recreation Council of WA Inc presents the



Seniors Masquerade Ball

Wednesday 8 June 2016
1pm to 4.30pm

Astral Ballroom, Crown Perth

\$35pp inc afternoon tea

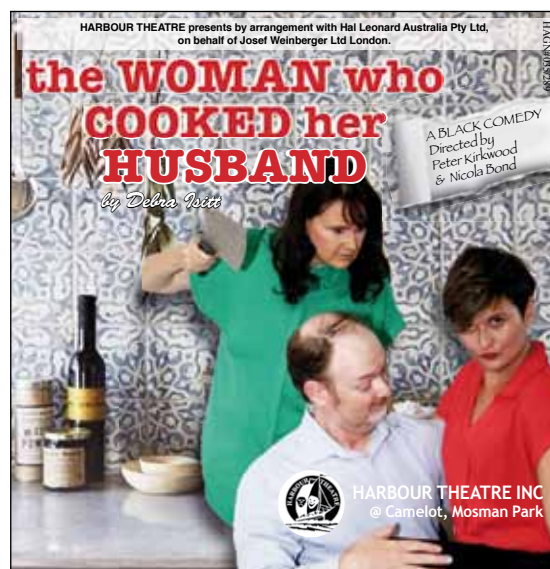
(Discounts for group bookings)

Entertainment:

Live band 'Offspring'

For further information and ticket sales:

9492 9771



6, 7, 9, 11, 13, 14 May @ 7.30pm
Matinees on 8, 14 and 15 May @ 2pm

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\$25.50 F \$23.50 conc \$20.50 f/t student or child u15 yrs



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For further info visit www.harbourtheatre.org.au



SCENE SOCIALLY



SCENE (1): THE 8 March saw hundreds of women gathered at the State Reception Centre to celebrate International Women's Day and the Induction of 16 women into the WA Women's Hall of Fame. The evening started with a female piper heralding the arrival of the Governor of Western Australia Her Excellency the Hon. Kerry Sanderson AO with our national anthem. After a welcome to country by 2015 Inductee and Noongar Elder Doolan-Leisha Eats, the 2016 Inductees were announced and presented a pin by the Deputy Premier Hon. Liza Harvey MLA. The presentation ended when all guests joined together to sing *I Am Woman*. Guests celebrated enjoying fine Western Australian food and beverages from Frasers restaurant. Seen were:

SCENE (1): Back row left to right; Margaret Seares AO - Arts, Drisana Levitzke-Gray - Disability / Community, Ms Patricia Tassell representing the Hon Cheryl Davenport - Government, Hon. Liza Harvey MLA, Deputy Premier, The Hon. Kerry Sanderson Governor of Western Australia, Glenda Kickett - Indigenous / Community, Dr Erica Smyth - Business, The Honourable Justice Carmel Joy McLure.
Front row left to right; Holly-ann Martin - Education, Pamela Halbert - Regional / Community, Oriel Green - Indigenous / Community, Annette Knight - Government / Regional / Community



SCENE (3): BLACK Pepper fashion store at Floreat Forum held a morning tea in store to raise money for Ovarian Cancer Awareness Month. They also held a raffle with all monies raised going to OCM as well as \$5 from every Asari style top sold during the month. Store manager Fiona and her team dressed in 1950s style and made a great selection of tea items for the customers.

SCENE (3): Seen at the event, clockwise from top; Black Pepper Floreat staff Fiona, Tania and Barb - Geraldine Jorgensen and Fiona Mackenzie - Colleen Beckwith and Tania Thompson - Barbara Manning and Wanda Balkau - Joan Pell and Janice Barnes.



SCENE (2): PERTH'S Eat Drink Perth Festival was launched with chefs from the State Buildings serving up some delicious fare in the Cathedral square outside the new Treasury building. The festival which runs until 23 April celebrates the city's exploding restaurant and bar scene. There will be markets, festivals, degustation dinners and lots of offerings from bars to celebrate Perth's food scene coming of age. A select few of the city's restaurants have created dishes to celebrate the event. See what's on the menu at www.visitperthcity/eatdrinkperth - Seen discussing the new trends in Perth's dining and drinking scene were: (L-R).

SCENE (2): Kate from Halford, Petition's Jesse Blake, Como's Wildflower restaurant Jed Gerard, Hotel Como's Kim Brennan and Long Chim's Matthew Albert.

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SCENE (4): VINCE and Anne Garreffa have been hosting the Lifeline Brunch for 20 years in their backyard to raise much needed funds for this organisation. More than \$500,000 was raised this year and every cent goes directly to Lifeline. Through Vince and Anne's handwork and tenacity their yard comes alive with some of Perth's best chefs as well as the many people from Mondos Butchers to provide a delicious brunch for attendees who reach deep into their pockets to support the cause. This year once again Perth's generosity was on show with such a large amount raised. Three cheers to everyone who contributed - seen there this year were:

SCENE (4): Seen at the event, top row from left; Chef Sophie Budd, MC Verity James with chef Peter Manifis - The king of the oysters, Jerry Fraser - Raphael and Desiree Kurganoff - Bianca Wheeler and Graeme Marshall - Linda Tong and Andrew Barber - Patti Chong. Second row, L-R; Maurie Tong and David Morse - Luke Chun and Jim Ellem - Camela Danze and Amanda Watson - Michael and Janine Rogers - Ian Hearn, Sandy Breeze, Graeme and Michelle Nichols. Third row, L-R; Livia Majorana and Mijan Patterson - Marisa and Mark D'Angelo - Nick and Karen Way with Leona Vivien and John Davidson - Anne Arrigoni with Mayor Giovanni Italiano - Rosalba and Dario Bottega. Fourth row, L-R; Lifeline CEO Lorna Macgregor - David and Kathy Aspinall - Andrew and Wendy Tait - Ifisa and Mark Caruso - Graham Mabury with Anne Garreffa - Vince Garreffa



Discover the magic of gold on Go West's Gold Mine Experience tour of Newmont Boddington Gold, one of Australia's largest producing gold mines.

Kitted out with "high vis" safety gear, you will be taken behind the scenes to see a working gold mine up close.

Look down into the South Pit where ore is mined and watch as the giant haul trucks transport their loads to be placed on an overland conveyor and transferred to the Processing Plant to be turned into gold.

Watch the ore as it is fed into grinding mills in the Processing Plant where steel balls grind the ore into a fine powder and gold is separated, ready for melting in a 1100°C furnace and poured into moulds.

The 90 Minute tour will end with a short drive to the picturesque Boddington town for lunch (BYO).

You will learn about the gold mine's long history in the Boddington township, going back 35 years when gold was first discovered and can try your hand at panning for gold!

Located just 130km from Perth, it's the closest working mine to Western Australia's capital city and a comfortable day tour to Boddington.

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Tour Route



Tour Prices from Boddington

Children (8 to 17):	\$ 29.00
Adults (18 years and over):	\$ 45.00
Family Pass (2 adults, 2 children):	\$ 130.00
Seniors:	\$ 39.00

Go West Metro Bus delivery service to Boddington return for an additional \$15 per person (subsidised)

What to Wear

- Covered shoes (not sandals or thongs)
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- Long cotton pants
- Camera

Safety Equipment

You will be issued with Personal Protective Equipment (PPE): Hard Hat, Safety Glasses, High Vis Vest

To book a tour visit www.gowesttours.com.au