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VOLUME 26 NO. 09 ISSUE NO. 301 APRIL 2017

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let's go travelling 20 page liftout

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 Bob and Carol Simpkins
 about their travels to
 South America



Frank Smith interviews the new Minister for Seniors' Mick Murray



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- reviews, recipes and more
- National Volunteer Week

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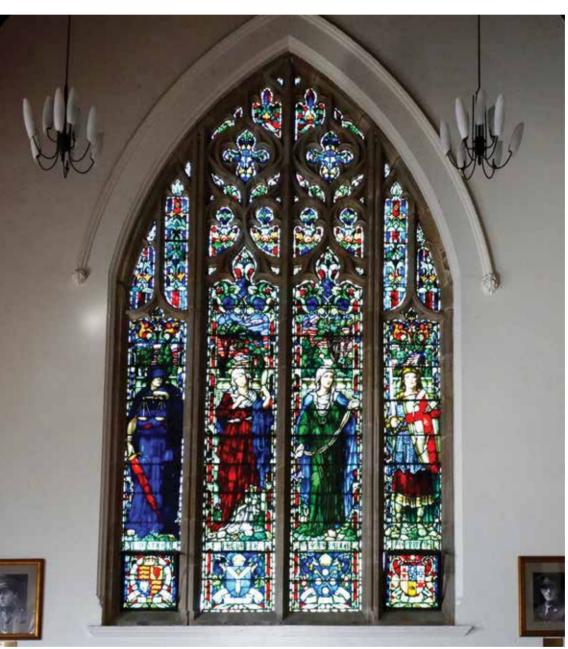


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Burt Hall celebrates its 100th anniversary



The beautiful stained glass window was incorporated into Burt Hall in 1922 as a dedication to Septimus Burt

BURT Memorial Hall celebrates its 100th anniversary this year. Located in the heart of the city, the hall is a lasting legacy to a family's love and devotion to sons lost in a war.

Septimus Burt, son of Sir Archibald Burt (the first chief justice of Western Australia), was born in 1847 at St Kitts in the West Indies. He was educated at a private school in England and in 1861, arrived in WA with his parents and four siblings. Here he attended Hale School.

He went on to have a distinguished career first working as an articled clerk prior to being admitted to the Bar in 1870. He

became a prominent lawyer, grazier and politician. In 1872 Septimus married Louisa Fanny Hare and had ten children.

Burt was a humble man; he declined several invitations to join the bench of the Supreme Court, including the position of chief justice, he was also offered a knight-

hood in 1901, but that he declined too.

War came and like many, Septimus and Louisa suffered the loss of loved ones. On 15 July 1916, at the tender age of 23, their son Lieutenant Theodore (Bob) Charles Arthur Burt, was killed in action near the village of Montauban in France. In

1917, Septimus and his wife decided to erect a memorial to their lost son.

Wanting to not only create a lasting legacy but also to build something which would be useful to the community, the Burts consulted with the Anglican Archbishop of Perth, who guided them to approach the diocesan trustees for permission to build a church hall for St George's Cathedral.

Architect George Herbert Parry, son of the second Bishop of Perth, prepared a design for the hall. The contract for construction of a Gothic Revival style hall was awarded to CW Arnott, who built many well-known buildings in Perth including the GPO Building in Forrest Place and Newspaper House on St Georges Terrace.

On 26 October 1917, Sir John Forrest, a personal friend of the Burts and their son's godfather, laid the foundation stone for what was from that point on known as Burt Memorial Hall. At the foundation ceremony, Mrs Arnott, wife of the contractor, presented Sir John with a mallet made from wood of the tree under which the first church service was held in Perth in 1829.

Tragically by the time Burt Memorial Hall was officially opened on 12 June 1918, the Burts had lost a second son in the Great War. Lieutenant Francis Sinclair Burt had been killed near Villers-Bretonneux in France, aged 32.

A large and representative gathering of churchmen and citizens of Perth attended the official opening and the report in the West Australian Church News of the time read:

continued on page 4



"No more loose lower dentures" Find out how you can claim your free consultation now!



I WAS very proud to attend the WA Women's Hall of Fame ceremony which was held on International Women's Day. Our founding editor and my mother Judith Treby, was posthumously inducted into the Hall of Fame for her work in establishing and running this paper - you can read more about this on page

When I was growing up I had absolutely no interest in learning to knit or

From the editor's desk

crochet, although most of the women in my family could. If these craft skills were relying on my generation to ensure their continuity they would certainly have become a lost art. Pat Paddon dropped into the office recently and was telling me that she is teaching the skill of crocheting to many younger people in her family.

My daughter Tahlia is a keen crafter and can knit and sew and has recently learnt how to crochet too. While in the office Pat and Tahlia showed off their talents with Pat showing her crocheted cotton dishcloths and Tahlia her Easter bunny items. It's lovely to see these craft

skills making their way into the new generation. See the picture right.

I tend to hit the snooze

button on my alarm several times before arising. Our journalist Frank Smith sent me some information about an amusing new product on the market called Snuxnluz. This is an alarm clock with WiFi and costs \$40. Every time you press the snooze button it makes a donation of your money to a charity that you least like. Now that would certainly get me out of bed quicker. www.thinkgeek. com/stuff/41/snuznluz. shtml#description

We've started a new competition for readers to win a \$200 shopping voucher this month called AD Words. Simply find the letters in advertisements to make up the 11 letter word and then enter the draw. You can find all the details about the competition on this page.

 $\star\star\star$ The Stories from the Swinging 60s book is a wonderful collection of short stories from our readers about their life in WA in the 1960s. It is available to purchase from the office for \$25.



Pat Paddon and Tahlia Merigan

We have an interesting presentation which we take on the road about the Living Histories project. This is available free of charge to clubs and groups. Contact me on the email below or call the office on 9227 8283 to arrange a speaker.

This month Jemma Aldridge and Jeanette Woolerton write their final columns and I would like to thank them for their contributions to this paper over the years.

*** As we come to celebrate ANZAC Day this month we have a story on David Bailey and his trek to the battlefields in Europe.

We have a selection of interesting stories in our pages this month and I do hope you enjoy the read.

I wish you a happy, healthy month and a pleasant Easter break.

> Jennifer Merigan Editor jen@haveagonews. com.au

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Ageing research snippet



Food and the brain...

The coffee bean...

A study by Indiana University researchers has identified 24 compounds - including caffeine with the potential to boost an enzyme in the brain shown to protect against dementia.

The blueberry...

The University of Exeter found that people aged 65 - 77 who drank concentrated blueberry juice had improved brain function. In the study, healthy people who drank concentrated blueberry juice every day showed improvements in cognitive function, blood flow to the brain and activation of the brain while carrying out cognitive tests. Cognitive function is better preserved in healthy older adults with a diet rich in plant-based foods.

Word of the month

doryphore

noun

A pedantic and annoyingly persistent critic. Oriain

1950s (introduced by Sir Harold Nicolson): from French, literally Colorado beetle, from Greek doruphoros spear carrier.

Great West Aussies -Did you know?

West Aussie James "Jimmy" Melbourne (1876-1937) was the first Indigenous Aussie to play senior Aussie Rules football in a major league (for West Perth on June 2, 1900).

Urban slang

Post Truth

Relating to or denoting circumstances in which objective facts are less important in shaping public opinion than emotional or personal beliefs.

Post-truth relies solely on personal beliefs and ignores any facts that may conflict with those personal beliefs.

Funny historical fact

The word robot was first used in a play by Czech writer Karel Capek, staged in 1920. In Czech, robota means forced labour.

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

Eleven advertisements in this issue contain a blue circled letter for the Ad Words promotion.

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

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

- 1. Captain Cook Cruises
- 2. Medihire & Sales
- 3. Pindan
- 4. David Bailey ANZAC Portraits
- 5. City of Belmont 6. Australian Holiday Centre
- 7. WA Visitor Centre 8. Southern African Safaris
- Bayswater Hotel
- 10. Akora
- 11. Frank Basile For Hair

Entrants can enter via email win@haveagonews. com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/04/17.

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How water-wise Warren broke new ground in much of WA





Warren Slade - the construction site of one of his dams

by Lee Tate

WARREN SLADE drives us along a dusty track somewhere out the back Bridgetown, turning into a deep valley at the bottom of a farmer's paddock he has visited many times.

We enter an expansive, part-bulldozed, moonscape setting: mountains of sand and strewn boulders bigger than the car.

Warren negotiates his 4WD through busy, heavy traffic of earthmoving equipment, turning on his CB radio to declare, for everyone's safety, our presence to the bulldozer and grader drivers.

We head across the bare. freshly-churned paddock to view progress of a towering 13.5mhigh wall of earth. These are the makings of a mighty dam.

Warren has agreed to give Have a Go News a guided tour after we learnt this is probably the 500th dam Warren has masterminded over his half-century career.

It's a highly-specialised field that Warren has had to himself; planning, advising and overseeing the creation of crucial rural dams, mostly in the south-west but also further north to the other side of Perth.

Water, of course, has always been vital for farming but Warren twigged much earlier than most to the importance of dammed water in supporting and expanding crops and businesses.

Busselton-based Warren became the expert in his field, overseeing construction of dams simultaneously in long, hot summers - thirstv

crops. Amazingly, Warren was masterminding up to 30 dams simultaneously.

Water was dammed to serve grapevines, sheep, cattle and alpacas, fruit and vegetables, trees, rural businesses, hobby farms, fish, marron and birds. And for aesthetics, to provide soothing, cooling views.

More vehicles are arriving at this monstrous basin: It's the property owner and the earth moving contractor from Perth who was engaged for the several months of the project.

Progress has been good and there's brighter news with the uncovering nearby of sufficient clay. as Warren predicted, to build the core section of the dam.

It's a unique and highly-specialised job embracing many fields. So how is it defined?

"I see myself as an agriculture consultant, says Warren, humbly.

"I don't need a catchy job description and I haven't had to advertise for business. People know about my work or find out from others," he

Word-of-mouth has sustained his one-man business for two decades.

Warren's unique achievements grew on solid foundations with humble beginnings. At 14. Warren was sent by his parents to Perth's Carmel Adventist College, a co-educational, day and boarding school.

"As boarders, we learnt many things outside our studies that helped set me up," says Warren.

"After our classes we worked on the farm and learnt to do maintenance was good. We learnt to do a wide range of things."

Warren's taste for independence and rural life never left him. When he finished school, he joined WA's Department of Agriculture and over 28 years picked up skills to make his mark as an achiever.

"You can't just dig a hole to create a dam, Warren says. "Well, not usually.'

Warren became a technical officer in the Ag Department's Soil and Water conservation branch before transferring to the irrigation and Drainage branch in Harvey as a Landcare irrigation and drainage officer to undertake works such as irrigation design and large volume dams in high-rainfall areas.

His original move to Narrogin proved for-tuitous. Warren's skills gained in land care and water conservation suited him and the environment. And, at the Department of Agriculture, he met his future wife Judy, now mother to their three children. She is involved in the business as office manager.

While at Narrogin, Warren worked east to the Rabbit Proof Fence for



eight years, then moved to work in the Harvey/ Bunbury district including areas surrounding Perth for a four-year posting.

He was then transferred to the Busselton office of the Department of Agriculture to work in the high rainfall areas of the south west.

After settling in Busselton, Warren worked for 18 years in the Department of Agriculture. He then left to start a private Agricultural Consultancy, Slade AgTech, that has continued for 20 years with no fanfare.

He is widely-known among progressive farmers and major property owners as the quiding light to turn to on matters of water supplies and irrigation.

Warren agrees to deviate from our drive to see some more examples of his important handiwork - and they range vastly

in size and purpose. His major project underway will cost a lot of money but the water will provide an enormous expansion of irrigated pasture growth for the cattle industry on the property and add a valuable asset.

After being commissioned by a property owner to plan, design and construct a dam, Warren inspects the land, its drainage and constitution, considers its purpose and enquires about proposed siting of trees, plants and buildings.

Property owners receive a complete breakdown of costs, detailed plans and drawings and additional recommenda-

"I recommend where the dam will go to best suit the property and its purpose. They might want to rethink where their house or other buildings are placed. They might want their home overlooking a lovely expanse of water rather than have it look down the back of a paddock.

"I'm happy to give them advice. they find it helpful," he says, also pointing that a dam's siting will also affect crops, pasture, trees and development.

We turn into a major winery outside Dunsborough. Tourists are dining in a silver-service restaurant with stunning views over a massive stretch of water, one of Warren's double-dams (one higher

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Warren's man-made lake creates an idyllic setting being enjoyed by ducks as well as diners and is on standby to quench nearby grape-

While Warren's lifetime work has been immensely rewarding - "I've loved meeting all the people and I'm travelling in such beautiful country" - he has quietly gone about another role, preaching in churches as a Seventhday Adventist, following in the footsteps of his father.

Warren has enjoyed a lifetime commitment to his cause. Moving around the State as a young man representing WA's Ag Department and recently his own agricultural consultancy.

"There were some small churches where I was both the preacher and the organ player,' laughs Warren.

But now the tide is turning for Warren. He is looking to different pastures where he can spend more time with Judy enjoying the grey nomad life travelling in their caravan and overseas

Well-deserved for this quiet achiever.



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Jean Marriott with her book Nobody's Children

WE at Have a Go News love to encourage people to record some of their life stories for their future generations.

Life history recorded for family and friends

We love hearing from readers who put pen to paper. Bethanie Fields resident Jean Marriott contacted us recently.

"I was disillusioned watching far-fetched television shows and reading books with very small print.

"So I thought to myself that I could write a story about my life," said Jean.

"I was lucky enough to meet Julie Goyder who worked as a lecturer in writing at Edith Cowan University and was a volunteer who regularly visited me," she said.

They set about writing Jean's life story which is packed with tales of her life from when she was sent to Australia from England and lived at Fairbridge Farm, to farm life in Boyup Brook and many recollections of family and friends.

Jean printed 30 copies of her story titled Nobody's Children for her friends and

"This project provided me with a great sense of purpose and the support I received from Julie and all the staff at Bethanie Fields was amazing," said

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

REUNION for former and current resiof Norseman will be held in Mandurah on Sunday 7 May from 10am.

The venue will be held at the Clubhouse at St Ives Retirement Village,

Attendees are requested to bring any dents of the historical gold mining town memorabilia of interest, wear a name tag and BYO picnic and drinks

Please contact Bill King 9534 9913 or email newbill13@bigpond.com to arrange parking directions or transport if coming by train.







Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor

THANK god they are gone! Colin and his Liberal gang left us with beautiful new hospitals, the Quay, a lovely Perth Arena, a wonderful new footy stadium and a few other bits and pieces all foolishly built on borrowed money.

They left a debt approaching \$40 billion, for our children to repay. How irresponsible was that? Labor treasurer Ben Wyatt will lie awake many a night trying to figure a way to pay it back. Good luck and all the best to Labor.

Yours truly

William Booth **Bentley**

YOUR booklet the Swinging 60s has many stories of people's lives. It could act as a stimulus for others to write their own history, not necessarily for publication but for themselves and their family's enjoyment.

Our lives are commonplace to us but our grandchildren and great grandchildren in years to come may read our stories with interest.

Each one of us is unique with events shaping our lives belonging to us alone.

We may have partnered and lived long lives doing similar things side by side but there is always an element which differs and makes our story just ours.

Many of us do not put pen to paper but I encourage people to try thinking of events which gave you pleasure or altered a section of your life.

The story does not have to be long just the bare bones and enlarge it as you see fit.

You will be surprised how much you remember when you begin writing down little bits of your personal

Yours sincerely

Dorothea M Morris Broadwater

A response to the letter from the Merry Widow from Duncraig, printed in #300 March edition, page

Dear Merry Widow from Duncraig,

DARLING, I am very sorry about the Valentine's Day card (with voucher for chocolates included) which I sent you several weeks ago.

I was down to my last concession stamp, and couldn't afford any more priority stickers until the next pension day. As we both know, Australia Post is having a degree of trouble, especially with their senior executives' wages.

All my love

Ian Campbell Armadale

PS - I hope my telegram for your 94th birthday arrived ok. xxx

Dear Editor

MOST people as they get older make wills. However as time marches on some aspects of your decisions made years ago may become out dated and require adjustment.

Few people are aware that if you are aged over 80 years a capability test may be required from a family doctor to ascertain that the person making the changes fully understands the intentions of the

My husband and I came across this situation when we wished to alter our wills and I would recommend checking with a solicitor prior to changing your will.

Yours sincerely

Dorothea Morris Broadwater

continued from front cover

Burt Hall celebrates its 100th anniversary

"As Septimus Burt could not trust himself to speak during the dedication service, Sir Edward Stone (another of Theodore's godfathers) read a letter from the Burts thanking the diocesan trustees for allowing them to build the hall for the double purpose of aiding the work of the church in this diocese, and as a memorial of our two dear sons who have fallen in the war."

The Hall is probably one of the

largest, and certainly amongst the earliest, WWI Memorials in Australia.

Septimus Burt died in 1919. In 1922 his wife, Louisa, incorporated the stained glass window depicting the four virtues into the building as a lasting memory to Septimus.

In celebration of the 100th anniversary of Burt Memorial Hall, the June Heritage Perth 2017 Walk and Talk Series event will be a talk at the hall presented by a direct descendent of the family, Julian Burt.

This talk will be given in the Hall on Tuesday 6 June, at 12.30pm. Attendance is free but bookings are required and will open 22 May. For more information visit www.heritageperth. com or follow Heritage Perth on www.facebook.com/Heritage Perth and twitter.com/heritage

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Founding editor of Have a Go News honoured in WA Women's Hall of Fame



2017 WA Women's Hall of Fame Inductees: Front row: Kvm Carly representing Rose Fuhrmann MBE. Tammy Solonec, Betty Smith-Gander representing her daughter, Diane Smith-Gander, Anne Leach OAM FNM (pictured), Dr Betsy Buchanan, Hon Cheryl Edwardes OAM, Dianne Reid, representing Frederick Georgina Cook (dec). Back row: Mark Webb representing Olga May Goss (dec), Jennifer Merigan representing her mother, Judith Treby (dec), Professor Arlene Chan, Jenny Davis, Hon Liza Harvey, former Deputy Premier, the Honourable Kerry Sanderson AC, Governor of Western Australia, Jan Cooper, Paula Wagg, Julie Shuttleworth and Justice Valerie French.

by Jennifer Merigan

FIFTEEN inspirational Western Australian women were acknowledged for their achievements on 8 March - International Women's Day - when they were inducted into the WA Women's Hall of Fame.

The women were honoured in the presence of Her Excellency Kerry Sanderson Governor of Western Australia, the former Deputy Premier Liza Harvey MLA and chairperson of the WA Women's Hall of Fame Andrea Credo.

It was a proud moment for me and the team at Have a Go News when our founding editor and my mother Judith Treby was honoured posthumously for her advocacy for older people over 24 years as editor of this pa-

The diversity of the inductees shows how much work that women have contributed to improve the community in

Recipients included Dr Betsy Buchanan for

her tireless advocacy for improving the lives of Aboriginal people in WA and human rights advocate for Aboriginal and Torres Strait Islander people

Tammy Solonec. The first female jockey to ride against men Paula Wagg was inducted as well as founding member and director of Breast Cancer Research Centre WA, Professor Arlene

Other inductees included AFL's national manager of female football Jan Cooper, wellknown Perth actor and director Jenny Davis, the first female Attorney General the Hon Cheryl Edwardes OAM and her honour Valerie French.

Business women Diane Smith-Gander and Julie Shuttleworth were also included for their contributions to the WA economy.

The oldest recipient was 102-year-old Anne Leach OAM who was a nurse with the Australian Army, served overseas and has spent her life serving the community through Legacy, Red

Cross and RSL.

Honoured posthumously for her work in agriculture was Olga May Goss, the first female Justice of the Peace Roseanne Fuhrmann MBE and Goldfields midwife Frederica Georgina

Multicultural Ishar Women's Health Centre

proudly hosted the event together with Lotterywest and the Department of Local Government and Communities.

The event and inductions hope to encourage greater gender equality and encourage support for innovative programs which foster women's empowerment in WA.

Following the lives of extraordinary women

The book makes the

perfect gift for any wom-

an who is starting her ca-

reer or those already on

Boost Juice Entre-

preneur and Shark Tank

Shark Janine Allis writes

the forward for the book

their journey.



RECENTLY published, Ordinary Businesswomen follows the stories of 34 Australian business women and is based around the themes of vision, leadership and passion as the reader follows each woman's journey to suc-

The women featured are from a diverse range of industries including arts, coaching, sports, law, hospitality, real estate, medicine, education, lifestyle and not-forprofit organisations.

Some of the women featured include Gillian Hartley who is in the business of decluttering lives and Nicolette Frailon who is the only female conductor of a ballet company in the world.

chef Sophie Local Budd who began her career with Jamie Oliver and Rick Stein was also included in the book.

The book is laid out to help woman aspire to the extraordinary in their careers. Showcasing their values and attributes in chapters to inspire other women.

with the sage advice to budding business own-

"Research vour market and customer. Create a business plan, ideally one that offers you a sal-

WIN WIN WIN

We have one copy to give away. To be in the draw simply email win@ haveagonews.com.au, with the Women in the subject line or write to Extra Ordinary Businesswomen, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Competition ends 30/04/17.





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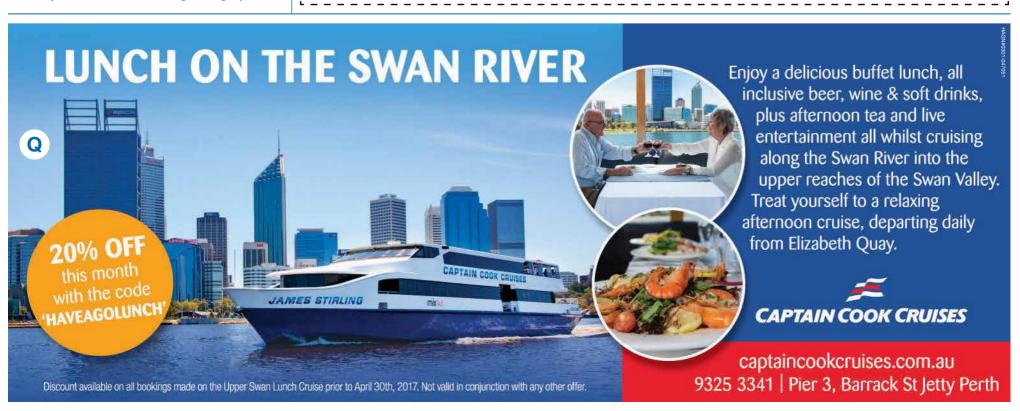
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Meet the columnists and contributors



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 a WA Campaigner for the Uprating of UK State Pension Worldwide. His monthly articles keep the reader updated with developments within the campaign, changes in the UK State Pension regulations and give guidance on how to maximise and claim your UK State pension entitlements.



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

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

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



Mike Smits

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



Rick 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

Jeanette has worked in the news guide sector of World Vision, as a eelance 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

HAVE-A-GO NEWS No. 301 APRIL 2017

Meet the WA world beater in the forefront of Alzheimer's disease research



Above; Rhonda Parker Right; Professor Ralph Martins

by Rhonda Parker

CONTINUING with my series of my list of contemporary heroes, I'd like to tell the story of a young man who moved from across the seas to Perth as a teenager to later became both a local household name and known globally for his research work.

I wonder if his school mates at St Francis Grammar School, Pakistan had an inkling their fellow student would be a world leader in Al-



zheimer's disease research? Or if it was the hand of fate and love that saw his move from studying biochemistry to neuroscience, a move that would change the research world in the ensuing years.

Soon, he would team up with Professor Colin Masters, also a renowned international researcher, to make the first significant discovery showing that the beta amyloid protein that coats the brain is hugely significant in the devel-

opment of Alzheimer's. His ground breaking research programs have focused on a range of diagnostic initiatives including the development of an early detection blood test.

After more than 30 years working on how to understand and ultimately cure Alzheimer's, he remains at the forefront globally. He has successfully built a well renowned, world-class research and clinical facility in WA. He has also been instrumental in bringing the latest state-of-the-art diagnostic technology to Perth.

The number of times Professor Ralph Martins has been professionally recognised is a great testament to his amazing body of work. In 2010, he was awarded the WA Australian of the Year (2010), the Western Australian Citizen of the Year (2011), the Member of the Order of the Knights of St John of Jerusalem

and the Officer of the Order of Australia (2013).

He founded the Mc-Cusker Alzheimer's Research Foundation and was its chief scientist for more than 20 years. He is the Inaugural Chair for Ageing and Alzheimer's Disease at Edith Cowan University, a role he has held since 2004. He is also Professor of Neurobiology at Macquarie University. There is no doubt that

Professor Martin has been a significant contributor in shaping the Alzheimer's research landscape in WA and did so in advance of a number of much larger and better resourced cities. When you hear him speak at the variety of lectures media presentaand tions that he provides each year, his passion for people living with dementia is unmistakeable. I think for those of us who have met Ralph know he is more than a highly credentialed intellectual boffin. He is a passionate proponent for change, a gentle advocate for those with dementia and a real catalyst for progress.

People with a diagnosis of dementia who have heard him speak have told us his words have made them feel the future of a cure was in safe and committed hands. His desire to understand the disease has inspired so many, emboldening a new generation of young researchers.

We don't yet know what will be the key that unlocks our understanding of Alzheimer's disease and its effective treatment and prevention. But we do know that Ralph's work, and the work of all those he has inspired, will have made a significant contribution to the impetus of the research effort and the final understanding of this condition that wreaks havoc in the lives of so many. And for that, Ralph Martins is a hero to many.

Perth Boys High School 60-year reunion



Ian Laurance, (chairman) discussing details with Malcolm Stokes (secretary)

RE-UNIONS are a great place to catch up with fellow students, especially if you have not seen or heard from them in many years.

Since 2013 a small committee has

organised a reunion for students who attended Perth Boys High School. This year marks 60 years since the last enrolments were taken for the school. It closed in 1959 when those students finished their third year or junior certificate.

lan Laurance has taken on the role of committee chairman. He and other committee members are keen to see as many previous students at the reunion scheduled for 12 July 2017. This year a 60-year theme will be adopted so they are particularly looking for those former students from years 1957 to 1959.

Any previous students including those from the final intake who wish to be added to the contact list are asked to forward their details to vince. baker@bigpond.com or telephone 9447 7484. The list is by no means exhaustive so if you were a student please pass the details to any of your contacts on so they can be included.

Have a good laugh on World Laughter Day

LAUGHTER Club members in 105 countries around the world will be celebrating World Laughter Day and sharing Laughter Yoga within their communities.

Laughter yoga is a group session of aerobic activity which creates genuine laughter from intentional laughter. The brain cannot differentiate between the

Laughter yoga consists of hand-clapping rhythms, deep breathing and playful laughter exercises. Within the group, genuine laughter becomes contagious, providing well-researched health benefits. You can find a Laughter Club in Western Australia by going to www.laughwa.org.au

Recent research has demonstrated that when we laugh heartily, the brain delivers a dose of happy hormones. These include dopamine - the pleasure hormone, oxytocin – the cuddle hormone, seratonin the mood hormone, as well as endorphins.

When people are stressed and want to change how they feel, they tend to resort to other chemicals to mask physical and emotional pain. These include comfort food, coffee, nicotine, alcohol, prescription and over-the-counter medications, as well as legal and illegal drugs, which have negative effects on

One of the best reasons to access a good dose of laughter is because it reduces cortisol levels and boosts the immune system.

Laughter revitalises people, improves the mood and makes them more awake and alert by increasing the oxygen supply to the brain.

Laughter yoga can be shared by anyone and everyone regardless of race, religion, politics, gender, ability, or any other perceived differences.

Everyone laughs in the same language.

So come and join the Laugh WA at the Synergy Playground, just below Zamia Café, Kings Park on World Laughter Day, Sunday 7 May between 12 noon and 2 pm and try a healthy dose of laughter.

Parliament of Western Australia PUBLIC TOURS

10.30am Monday and Thursday, 2.00pm Friday

(except public holidays).

Tours run for 1 hour No Bookings required. Group Bookings also available ph 9222 7259 www.parliament.wa.gov.au

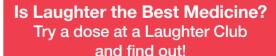


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Mick Murray takes on seniors and ageing ministry



Mick Murray

by Frank Smith

MICK Murray, MLA, Member for Collie Preston is the new minister for seniors and ageing, volunteering, sport and recreation.

Have a Go News spoke to Mr Murray about seniors' issues that concern us all, just after his appointment.

Several readers have complained to us about exit fees on retirement villages. The issue appeared to be new to the minister but he's ready to listen.

"I'm willing to engage on problems with retirement villages exit fees. We have to make sure village management and care for residents is up to scratch. I need to get on top of the issue. If necessary we will legislate," he said.

Senior's concessions on electricity, transport, water and council rates have been under pressure from the previous government

"Continuation of concessions is a cabinet issue. You must understand that we were not left with the best set

"I realise that many seniors are doing it tough, I can give no guarantee but it has to be looked at. Seniors' living costs go

up but income tends to stay the same.

The minister is keen to see medihotels as a half-way house between hospital and home.

"We have certainly taken a strong position on medihotels. It is a great idea and will be acted on. They will accommodate both patient and their partner. Separation anxiety is a major concern for older couples when one becomes ill.

"We need to act as the number of people 85 and older will double over the next ten years.

Making cities age friendly is another policy of the Labor party.

"Certainly I agree we need to make cities age friendly. We must do what we can to make it easier for seniors. For example traffic lights outside some seniors villages change too quickly for older people to cross the road safely. Its little things like footpaths, access to stops that make a difference. They are not big ticket items.

"Metro rail, (the proposed enhanced urban transport system) will include facilities for seniors such as hand rails at stations to make it easier to travel.

"Better transport will help seniors get into and out of the city and get around,"

Mr Murray is also keen to be proactive in adopting high tech applications that will help seniors.

"I'm a hands on person, a former mechanic, so I'm keen to get the job done and engage with seniors at all levels," he

Have a Go News got the impression that Mr Murray was just starting a steep learning curve. But he's keen to get involved.

Readers who have a problem should write, email or ring the minister's office.

Call 6552 6400 or email minister.mur ray@dpc.wa.gov.au.

Counting cockatoos for conservation



Above; Karen Majer Right; Baudin's Cockatoo at Callistemon in Boyd and Karen's Margaret River garden

by Karen Majer

HAVE you wondered why there are more forest redtailed black cockatoos around Perth suburbs than in the past?

Ornithologist (and my husband) Boyd Wykes explains.

"They discovered new food sources in gardens, starting with Cape Lilac berries.

"Once some got the hang of the new food, seem to have thev passed on the informa-

"Some managed to find nesting hollows in trees on the Coastal Plain, which is surprising given the premium on large hollows for other parrots and bees.

"This is a wonderful conservation story," he

Understanding



the changes in populations of cockatoos in the southwest is being improved by BirdLife WA's annual citizen science survey, the 'Great Cocky Count'

This March, Boyd took part in his third count since moving to Margaret

"The count has been running for nine years but until recently was focussed on Carnaby's black cockatoo on the Swan Coastal Plain," he

"However all three south-west black cockatoos - Carnaby's, Baudin's and the forest red-tailed black - are endangered and we need to find out how all of them are coping."

Boyd said the count is fun for participants and contributes to conservation efforts.

"Counting lets us monitor populations and distributions from year to year at a time when they are forming large roosts in the vicinity of remaining water sources at the end of

summer. "That's a beginning. We need to know a lot more about them if we are to prevent loss of their habitat due to pressures such as clearing, altered fire regimes, tree diseases, competition for nest holes and reduced rainfall."

Trying to save these beautiful birds from extinction makes us aware of the impact that population growth and development are having on our

"Cockatoos are birds that we can all relate to - large, intelligent, characterful and willing to live alongside people," Boyd

"Their life span is equivalent to ours, they need a life-long mate to have successful youngsters, a nesting home that they can rely on and food sources throughout the

"We can see how our reliance on growth is at the expense of most other species, starting with these with which we share

so many characteristics." Boyd has some suggestions for how you can

help the cockatoos. "The more cocky-counters, the better our cover-

"Between now and the next Great Cocky Count in April 2018, interested people can get to know the cockies in their district using the information on the BirdLife website and contacting local birdwatchers.

"BirdLife researchers are keen to hear about any roosts you find by tracking flocks down at dusk, any nest sites and other interesting records such as large flocks at feeding or watering sites, said Boyd.

Find out more: www. birdlife.org.au/projects/ southwest-black-cockatoo-recovery/greatcocky-count-swbc

www.noongarculture. org.au and www.derbal nara.org.au









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A problem shared with a special person can be a problem halved...



by Jon Lewis

IT was a normal day until I opened the letterbox.

My day had started nicely. Waking late in the afternoon, I made my way to the gym and before I had properly woken up and completed my one-hour work out. I find it's best to exercise before I thoroughly wake up, it then feels like it hasn't happened.

On returning home I checked the mailbox.

This is where my day took a turn. In the little box was a letter with a problem. It was something the sender felt I had to do and it was something this reader felt he did not have to do. Suffice to say it made me a little angry and upset. I was also a little agitated and a small amount of anxiety started to grow nside me.

This is where I surprisingly found interest in my own dilemma.

It occurred to me the actual problem here was my own growing anxiety not the actual problem presented.

The more I thought about the letter, the more I thought how it was not fair. The more I felt that it was not my problem. The more I thought about how 'they' should fix this. The more I thought about how do I prove my point to an organisation with stubborn, officious, mechanical minds? You may have noticed, I think

This all manifested itself as anxiety and it was still growing.

In truth this letter, on fine expensive paper, presented to me a first world problem of a realistically small nature.

I could only imagine if I magnified it with my still growing anxiety where that would leave me? I could be left never being able to handle actual problems, whether they arrive in an envelope or

I decided to take this windowed oblong message as a learning experience and decided to see how calmly I could deal with it.

The first thing I did was share the problem with my darling wife, Gloria. Normally I would take it upon myself to deal with all bad news so as to make the life of the company I am in easier.

I have learned over the years this is not really the best way.

Proceeding down this path denies the people you are near to the opportunity of helping you. Consider this – the shock may be that they can actually deal with it or see it better than you.

I wonder what made me think, over all these

years, that I had the best answer? I think it was a case of 'should-ing' myself... a voice in the back of my head telling me this is something I should be able to do... as I put myself under ridiculous pressure... why? When there are others who can and would like to help?

The second thing I realised was I have the opportunity of just removing the problem. I could just do as they say... simple! Dealt with! Anxiety gone!

Ah! Now I feel a whole lot calmer, I will discuss it with the letter's authors and see if they would like to help me.

Looking back on problems I have had it would seem the real problem has always been the anxiety.

Realising this, I now take the shortest and most sensible path to extinguish the problem and extinguish the anxiety too.

I value being calm and

They say time flies when you're having fun and April is busy



by Rick Steele

WELL I must have been having plenty good a time, cause I arrived in Perth via the Indian Pacific Railway on 1 April 1971. It was a glorious day with blue cloudless sky and a casual 28°. This place will do me, I thought, I like it already. I grabbed my one suitcase, my guitar and a shoulder bag and cabbed it to a pre-booked unlicensed hotel in Hay Street, East Perth.

In 1976, I married, returned to NZ to record my first album of origi-nal songs, and played at being a pop star for a few years doing festivals, television and limousines. Reality bit by '79 and we decided to return to Perth. Would you believe we flew into town on 1 April 1981 complete with two young sons, a mountain of luggage and the bank balance of a church mouse. Ten years to the

April seems to continue to be a busy and signifi-cant month for me and my time on the planet I love. Spirit of the Streets choir are celebrating their tenth year and on Wednesday 12 April there

will be a book launch at the Perth Town Hall. The book contains stories written by choir members about their life experiences, good and bad, with references to the benefits to health by singing in a

Apart from the normal shows in April, the Spirit of the Streets choir will also be appearing on Sunday 23 April at the International Folk and Roots Festival at Fairbridge. This will be a preview to the major concert at the Perth Concert Hall on Saturday 6 May which marks the beginning of Sing for Health Week.

April 1st after 46 years sees me heading to Rottnest to play in the Governors Bar.

Six days later and I'll be heading to LA for a week of babysitting duties and then a trip to Las Vegas where I open at the Cosmopolitan for my sons' band Empire of the Sun show. The following night in Reno, and back to LA. Fly back to play Fairbridge with SOS and get ready for ANZAC Day.

The last four years we - me with my Perth Blues Club hat on and retired major, Peter Heeney have been arranging and performing for the City of Canning for an ANZAC Special held at their Centenary Anzac War Memorial and Civic Amphitheatre at 1317 Albany Highway, Cannington, We also raise money to support Legacy WA, who in turn, provide for families

of fallen and incapacitated Australian Defence Force men and women.

This year's show promises to be the most spectacular yet. For the first time we will be incorporating a string section with arrangements and performance led by Ashley Arbuckle, who was lead violinist for the London Symphony Orchestra, just a few years ago.

We shall also increase our vocal strength with members from Bird-land and Pink and White Bridge, effectively giving us an eight-piece choir The Rippin' Horns will again return, and a special guest appearance from international, award winning blues man from Houston Texas, Eugene Hideaway Bridges. Add on to our list the Allstar Blues band with some classic anti war songs and we have something for all the family to enjoy. Bring your own blanket, chair and/or bottle, tipple cordial and grandmamma. Food stalls are provided with soft drinks and yummy food.

Somewhere in the middle of April (about 14,15,16) there is a rather significant religious celebration going on as well. I told you April is busy!

Just a quick reference to my story last month about boxing. Bob Hope says in his short stint with boxing, he was known as Rembrandt.

"I spent so much time on the canvas!"

Cheers dears.



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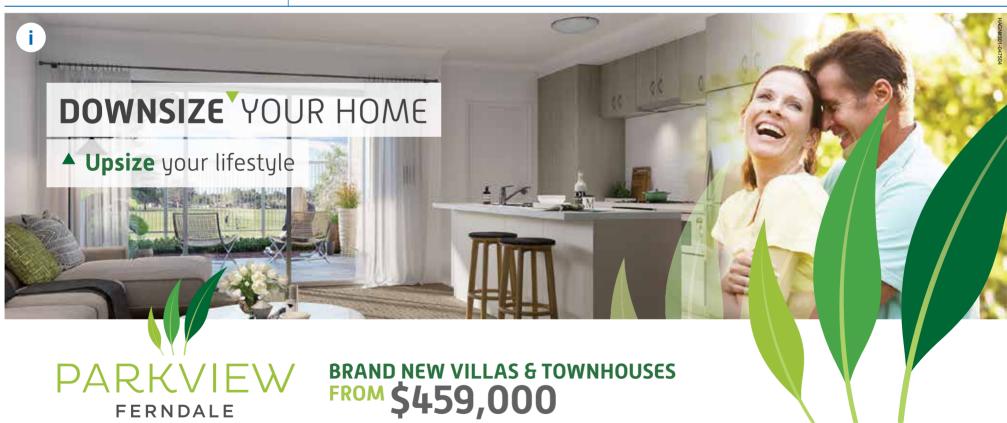
Lunchtime concert at the Leslie Street Centre in Mandurah

LESLIE Street Centre in Mandurah presents another lunchtime concert on Wednesday 19 April from 1.15 to 2.15pm.

Come along and enjoy music and comedy from International duo Heart and Soul.

Tickets cost \$8 for non-members and \$6 members and include afternoon tea.

Bookings essential. Call Vee on 0401 832 195.



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THIS MONTH'S DRINK SPECIALS

Daily, Casino bars

Enjoy a range of wine, beer or pre-mix spirits at selected bars. Specials start from \$5.

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Conditions apply. Limited time only. Not available in conjunction with any other offer or discount. Morgan's Bay wines and Willowglen Sparkling not available at The Merrywell. Offer excludes Eve and MINQ. Visit crownperth.com.au for more.



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Conditions apply, see crownperth.com.au. Limited time only. Excludes public holidays. Available for Crown Rewards members only, and up to 3 guests per card. Not to be used in conjunction with any other offer or discount, including tier Crown Rewards member discounts. Junction Grill and 88 Noodle Bar are 18+ venues.





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Saturday to Monday, 15 - 30 April Dine or play to earn entries then be at the main stage every hour for your chance to race for cash. Be at the hourly draws from 7.15pm - 10.15pm

Conditions apply. You must be present to win. Visit crownperth.com.au for full terms and conditions.

to see if your name is called.





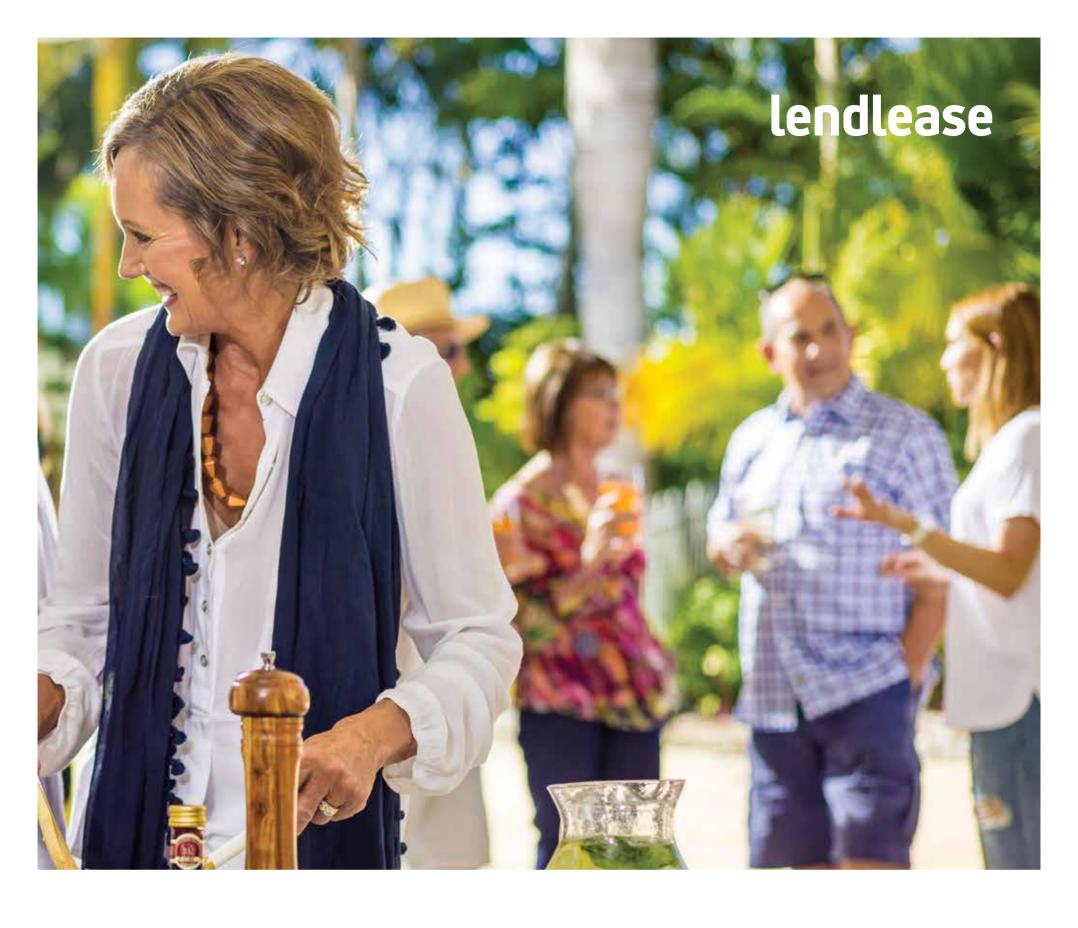
Dreamed of downsizing to a low maintenance home in a friendly over 55's community in the neighbourhood you already love?

Book a Tour Today 1800 550 550 Whether it's a sea change, a tree change or a low maintenance home in the area you love, now is the perfect time to downsize your home and upgrade your lifestyle!

Join us at our April village events for tours of the village and homes available for sale.

Bring your family or invite a friend to enjoy tours, delicious food and a chat with residents about life at your local Lendlease over 55's community.

Register today by calling 1800 550 550.



Village	Date	Date Time		
Woodstock West	Thursday 20th April	Twilight Tours 4pm – 6pm	146 Strickland Street Bunbury WA 6230	
Homestay Village	Friday 21st April	Twilight Tours 4pm – 6pm	267 Wharf Street Queens Park WA 6107	
Parkland Villas Booragoon	Saturday 22nd April		510 Marmion Street Booragoon WA 6154	
Parkland Villas Woodlands	Wednesday 26th April	Twilight Tours 4pm – 6pm	52 Liege Street Woodlands WA 6018	
Harbourside Village	Thursday 27th April	Twilight Tours 4pm – 6pm	7 Honiara Way Mindarie WA 6030	
Parkland Villas Mandurah	Thursday 27th April	Devonshire Tea & Tours 2pm - 4pm	ours 2 Hungerford Avenue Halls Head WA 6210	
Parkland Villas Ellenbrook	Saturday 29th April	Devonshire Tea & Tours 10am – 12pm	25 The Parkway Ellenbrook WA 6069	
The Pines	Saturday 29th April	Devonshire Tea & Tours 11am – 1pm	s 21 Ponte Vecchio Boulevard Ellenbrook WA 6069	
Lakeside Village	Saturday 29th April	Devonshire Tea & Tours 2pm – 4pm	a & Tours 14 Lewington Gardens Bibra Lake WA 6163	

Call 1800 550 550 to RSVP, or visit retireinwa.com.au/events for more details.

Capturing the Western Front in honour of ANZAC Day







Left to right; Raymond Dollez, 83, waves the flag at the Bastille Day commemoration in Pozieres last year. The local octogenarian has been the official flag banner man in the village for more than 40 years.- Soldiers from todays Australian Defence force carry the coffin of one of three soldiers from the Battle of Pozieres who died in war 100 years ago. The three who could not be identified were laid to rest in the local war cemetery. - The Caterpillar Valley Cemetery near Longueval, on the Somme in North West France.

DESCENDANTS of those who fought and died in World War I will soon be able to view some of the places where their ancestors are buried and the memorials that commemorate them.

WA photojournalist David Bailey has spent countless hours documenting and photographing the bloody battlefields of the Western Front.

This month, on the eve of Anzac Day, he will be holding a photographic exhibition in the old Courthouse, part of the Art Geo Cultural Complex, in the city of Busselton.

"The works I have chosen don't just represent places of war, they represent both the commemorative aspects of the battlefields and the people and places as they are now, 100 years later.

"It was called a war to end all wars, mainly because of such a massive loss of life and destruction of property. But as history shows it did little to stop future conflicts.

"We, today, are still dealing with the fallout of the events that took place more than a century ago," said David.

The Bunbury based photographer first got a passion for history and in particular World War I, as a young lad from his grandmother whose husband fought in that conflict.

"Both of my grandfathers fought in the war and both died young because of terrible injuries they suffered. My paternal grandfather died at the age of 30 due to bronchial pneumonia and constant chest infections as a result of being gassed."

In 2014 while working at a newspaper in the states' south west Mr Bailey began writing stories about local men and women who signed up to take part in what many saw as a great adventure.

He chronicled their lives before the war reporting on their service and the actions they took part in.

With his passion for history and the war re-ignited he travelled to Europe in 2015 and

The veteran photojournalist spent six months in 2015 capturing images of battlefields, war memorials and graves which will be put on to a website in the near future.

Last year he travelled back again to France and Belgium where he covered stories on the 100th anniversaries of famous battles including Fromelles and Pozieres, which were published in the nations' Sunday newspapers over a six week period.

The country's appetite for seeing where their relatives served and died is at its highest level in 100 years and sees one million Australians trekking to the Western Front each year.

"France and Belgium hold a special place in the Australian psyche. World War I created a strong connection between our countries. I believe there is a strong connection between France and Belgium and Australia and New Zealand because of the role the ANZACS played in liberating their countries," said David.

There was much excitement in Australia as a wave of patriotism and nationalism surged across the nation when war broke out in 1914.

Across the land young men overwhelmed recruiting offices and those who signed in the first weeks of the conflict had to build the training centres where they learned the art of war.

More than 300,000 Australians travelled to Europe to serve on the Western Front with 45,000 never coming back.

For Australia it was to be all quiet on the Western Front until July 1916 when they were called up to take part in the ill-fated Battle of the Somme.

As part of that battle plan to confuse the enemy a quickly concocted plan was drawn up for a diversionary assault at the village of Fromelles, more than 80kms north of the Western Front.

The Australian Imperial Forces first major action in Europe quickly became a bloodbath as poor planning and bad leadership saw the fifth division suffer more than 5,500 casualties in less than 24 hours.

A German high command assessment called the attack: "operationally and tactically senseless"

Less than a week later the AIF were again called to action in the small but important village of Pozieres on the Somme.

This time the Anzacs having drawn up their own plan fought hard and despite heavy casualties took the strategically important town, which today has strong links with its liberators.

In 1918 the AIF had its first Australian commander, in civilian life an engineer, General Sir John Monash, a brilliant military strategist.

The famous British WWII commander Field Marshall Bernard Montgomery called Monash the best allied general of World War I.

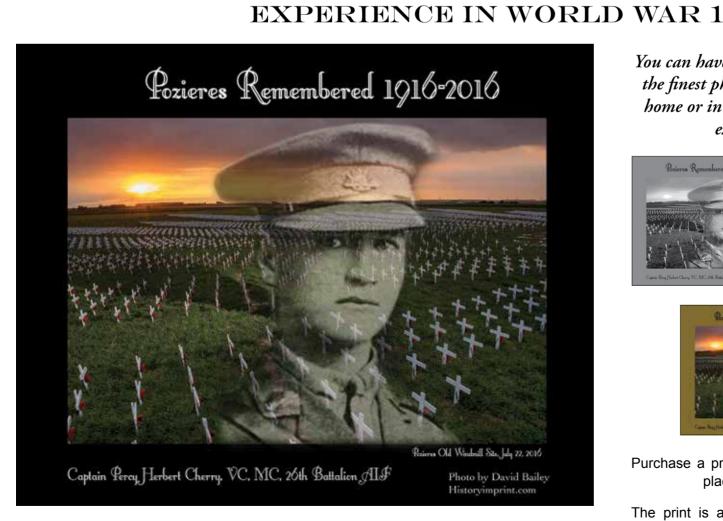
On the eve of this year's Anzac Day, as Australians prepare to flock to services throughout the land and watch parades and documentaries about great feats and achievements on the battlefield, take time to remember those who never came home.

"On the many thousands of headstones I saw in Belgium, France and Britain the most sobering and truthful words I saw was at the grave of Lieut Arthur Conway Young who was killed in 1917 and buried in Tyne Cot cemetery, Belgium. The epitaph his mother put on his headstone. It read, 'Sacrificed to the fallacy that war can end war,'" said David.

Lest we forget!

David Bailey will be holding his exhibition 'Capturing the Western Front' from 16 – 26 April at the Old Courthouse in Busselton.

COMMEMORATE THE ANZAC CENTENARY AND AUSTRALIA'S

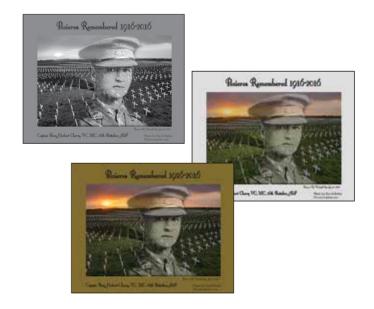


History Imprint is proud to offer this wonderful picture taken in France last year on the battlefields of the Somme, where Australia showed her spirit to make a major breakthrough on the Western Front in World War I.

This amazing photo, taken on the hallowed ground near the old windmill site shows the crosses that commemorated the battle that was fought there just over 100 years ago.

The photograph not only marks that battle, but all battles where Australia fought in the Great War. It is a wonderful commemoration of sacrifice and service.

You can have a photo of a relative printed on the finest photographic paper for display at home or in the workplace (as shown in the examples on this page)



Purchase a print with your relative having pride of place on this amazing image.

The print is available in 4 different backgrounds.

Purchase one of these amazing memory prints to commemorate Anzac Day

For more information, contact David Bailey at davidbailey9@me.com or call 0438 131 785

WE WILL REMEMBER THEM

HAGN#301-047550

Stamp collecting an inspiration for many down the years



by Mickel Smits

LAST month we introduced the science of philately and discovered, according to none other than the father of nuclear physics, Ernest Rutherford, that: "all science is either physics or stamp collecting".

In the article, I also related that three of my high school science teachers were collectors. One of them, Mr Quigley, sent me an email saying how he enjoyed the article, agreed philatelists

do follow scientific-like methodology in their research, and also added it was a bit of a stretch for me to include him in the class of Rutherford.

As much as I was pleased and had a chuckle over his last comment, I didn't reply or call him back straight-away because I was nearing completion of an assignment I'd set myself, the finalisation and outcomes of which I was fairly confident would intrigue and hopefully impress him. You see, Mr Quigley has a fine collection of Australian imprint blocks. Imprint blocks are mint blocks of four stamps removed from the bottom of a sheet of stamps. What distinguishes them further is, in the selvedge below these blocks is printed the name of the printer of the stamps. As

there are only two blocks like this available per sheet, they are highly collectable. however, more research is required to determine and record recognizable variations within their range. During the three weeks prior, I had gathered together and catalogued my entire stock of King George VI imprint blocks which span the period 1937 to 1952. Coincidentally, after 1952, the printer's name was no longer printed on the bottom of sheets. When the task was completed, I rang Mr Quigley and invited him

to come have a look see

- what I wanted to show

him was that the holes

that form the perfora-

tions around the stamps

existed in two distinct

sizes, with the larger hole

size being consistently

scarcer according to the

analysis I also undertook based on my stock inventory. Another thing was that it occurred in almost every one of the 100+ different stamps issued. He was somewhat astonished saying that not only had he never noticed the difference but also never heard of such which really surprised him. I told him I'd fairly recently come to know of just one other collector (and dealer) who, to only a certain extent, were aware of the distinction (philatelists should note here that the known perforation gauges were maintained irrespective of the differing hole sizes). I then showed him two different constant flaws, of which two or more examples are required to prove they're constant, which he also thought and suggested deserved consideration

for inclusion in the Australian Commonwealth Specialists' Catalogue.

As he was leaving, keen to get home and study his King George VI imprints, but as is characteristic of teachers, he said: "by the way Mickel, you did make a mistake in your last article – you mentioned Mike Adams was a biology teacher when in fact he taught geography at Churchlands."

I didn't study biology or geography (a shame in hindsight) and so Mike Adams didn't teach me but that's not really an adequate excuse. I do however remember how he was a much-liked and skilled teacher. From around that time in the 1970s, he has become a true stalwart and active supporter of the stamp club fraternity in WA.

A day literally does

not go by without Mike spending time on some philatelic activity. His teaching background and keen interest in social history have initiated the inspiration for some of his collecting pursuits. For example, because Mike's British grandfather fought alongside the ANZACS at Gallipoli, he has developed a collection relating to the decline and eventual break-up, by the 1940s, of the Ottoman/Turkish Empire. It emphasises the role the British and French played

administrations they established and the stamps they issued which were invariably their own stamps that they overprinted for use in the region.

The collection also includes specialised variations and flaws within these overprints. He recently read how Greek influences also contributed to the break-up of the empire and so this has set him off onto another path which just goes to show how there is potentially no end to stamp collecting



in the process, the postal

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Coin collectors prepare for Legends of the Anzacs special coin release

by Mickel Smits

AUSSIE coin collectors around the country are off-andracing again. Last time around it was a marathon six weeks of chasing down the six different \$2 coloured Olympic coins.

They were distributed exclusively through Woolworth's stores where people had to make a purchase to receive them as regular change. However the catch was, one coin per customer with each type becoming available over six consecutive weeks leading up to and during the staging of the Rio Olympic Games.

Right now they're back in the thick of it trying to acquire the set of 14 'Legends of the Anzacs' coins produced by the Royal Australian Mint through an arrangement with the News Corp national newspaper network. This time the game requires them to buy a newspaper, remove a coupon and present it at participating newsagents and IGA stores to buy each coin, individually released over 14 consecutive days, at the cost of \$3 each. The first coin though, featuring the Victoria Cross military medal was free; you also received a special folder so as to encourage collectors to complete the set.

The series features different military medals awarded for either gallantry or service in the forces. Four of the coins are 25-cent pieces made of a steel core (which makes them magnetic) that has been copper-plated. This is the first time the Mint has produced coins of this metal composition. The coupons for these will be available only in News Corp's weekend edition papers. The other 10 coins in the series are 20-cent pieces made of the usual copper-nickel alloy.

This marketing promotion by News Corp was initiated in 2015, the 100th anniversary year of the first ANZACS. Titled, 'Anzacs Remembered', the series comprised 14 different 20 cent coins which were made available on the same basis as this year's edition.

However, News Corp also commissioned a special edition \$1 coin featuring a coloured red poppy which was only made available to paid-up subscribers and Reward+ members of their newspapers who paid \$50 to receive the coin with the rest of the set.

Needless to say this created an immediate boost in subscriber sales but also, in no time flat, offerings of the \$1 coin appeared on Ebay and were changing hands for in excess of \$500. I imagine pressure from all collector corners must have erupted because then the Mint issued a notice saying limited quantities may become available through some dealers (dealers who were agents of the Mint). Less than two months later, the coin was being advertised by these dealers ranging in price from \$40 on a pre-order basis with delivery thereafter.

In the meantime, prices realized on Ebay more than halved. Its current individual catalogue value is \$160 and as part of the complete set, the value is \$250.

Apparently the mintage figure for the \$1coin was 13,500. If so, the current value may hold but a number of other modern collector coins of similar or lesser quantities are nowhere near as expensive, so only time will tell. But I can't help but feel sorry for those folk who got caught out at the outset.

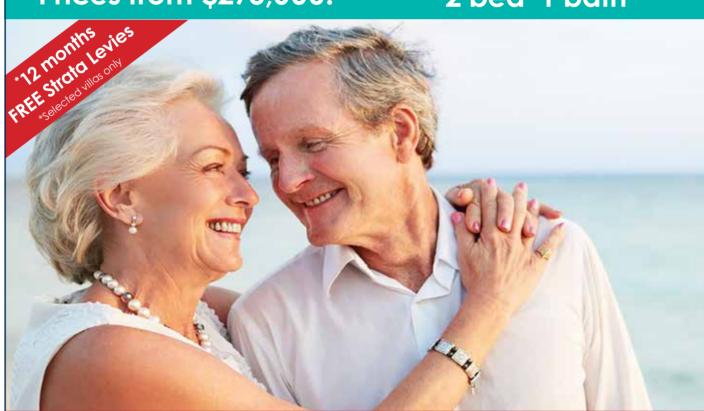
It appears the Mint and the marketing boys and girls at News Corp learned a valuable lesson too because last year's series titled, 'From Anzac to Afghanistan' was limited to just the 14 coins with no exclusive edition coin

Next year will be the 100th anniversary of the end of the First World War so we expect another News Corp series to be forthcoming. The following year will be the 80th anniversary of the beginning of World War Two. While almost every Australian. including coin collectors, honour and are grateful to those who gave their lives and served, the consensus of collectors' opinions is that they see the commercialisation that has ensued over recent years becoming demeaning to the sanctity and solemnness that is deserved and should be expected.

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SRCWA President's Jottings

New Seniors and Ageing; Volunteering; **Sport and Recreation Minister**

Seniors Recreation Council of WA would like to congratulate Minister Mick Murray on his appointment to the portfolios of Seniors and Ageing; Volunteering; Sport and Recreation. We look forward to working together on future projects and programs for and on behalf of West Australian seniors.

LiveLighter Aged Care Games – Avon The LiveLighter Aged Care Games were held on 2 March at the Northam Recreation Centre.

Manager recreation services, City of Northam Milton Brooks opened the games with Phil Paddon as MC for the day. The perpetual trophy and gold medal winners with 313 points were Dowerin HACC, the silver medal winners with 222 points were York All Stars and the bronze medal winners with 199 points were Killara Day Centre. The team presented with the best-presented plaque was the Kalkarni Curlews. The oldest competitor in these games was Carmel Redding who is a sprightly 91 years old. We would like to thank Live-Lighter Healthway for sponsoring this event and the Northam Shire, Department of Sport and Recreation and Dept of Local Government and Communities for their support.

LiveLighter Seniors Activity/Information day in Cockburn

On Wednesday 15 March a group of 70 enthusiastic people took part in a LiveLighter activity information day at the Cockburn Integrated Health Facility in Success. Activities included, Seniors Exergaming WA, indoor bocce, skittles, quoits, beanbag toss, seated hockey, carpet golf, bob (table billiards). The static displays were from Silver Chain, Stay on Your Feet, Kings Tours and Travel, Breastscreen WA, Consumer Protection, LiveLighter Healthway, Kincare, Curtin FM 100.1, Independent Living Centre and Seniors Recreation Council.

Thank you to Siobhan from the Cockburn Seniors Centre, the team from Wooroloo, SRCWA's hard working volunteers and LiveLighter Healthway for their sponsorship of this event, the Department of Sport and Recreation and Dept of Local Government and Communities for their support.

SRCWA Rockingham branch, Have a Go Day, on Wednesday 12 April, Seniors Recreation

Council of WA's Rockingham Branch will hold a Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro from 10am to 2pm.

This free event will showcase many club/groups, agencies and commercial organisations from Rockingham and surrounding areas. There will be a variety of activities for people to 'have a go'.

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

SRCWA Mid-Year Country Music Concert:

Perth and Mandurah This year SRCWA is pleased to announce that due to popular demand there will be two concerts held at Mandurah Seniors and Community Centre, Saturday 8 July, 12.30 to 4.30pm and Morley Sport and Recreation Centre, Sunday 9 July,

12.30 to 4.30pm. The concerts will feature artists, Laura Downing Brian Letton, the Band of Mates and Kingsley Day throughout the afternoon. Tickets are \$30pp contact Kate Chetwin 9492 9771 for further informa-

Have a Go Day 2017, a LiveLighter Event, Burswood Park, Wednesday 1 November

This year Have a Go Day celebrates its 25th Anniversary in Burswood Park. In 1993 SRCWA was invited to bring Have a Go Day to Burswood Park. This year we would like to invite people to come along and help with the celebrations. Have a Go Day, a LiveLighter event is a free event and is the premier event in Seniors Week.

Application forms are now available, to register attendance for static display space for clubs and groups, not for profit agencies and commercial organisations – contact Kate Chetwin on 9492 9771 or email kate.chetwin@srcwa.asn.au.

SRCWA Annual Seniors Ball 2017 Book now as tickets almost sold out

The Swinging Years Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 7 June, from 1pm to 4.30pm. An afternoon tea is provided and the entertainment features the live band Offspring and a floorshow by Simply Swing. Tickets cost \$36pp. There will many prizes donated by sponsors Crown Perth and Have a Go News. For further information or ticket bookings call Kate Chetwin on 9492 9771.

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



Medical miracles - what's on the horizon for cures



by Jeanette Woolerton

THE past decade has seen remarkable progress in the field of medicine.

Since scientists with the International Human Genome Project released a rough draft of the human genome to the public in 2000, new discoveries and inventions have opened up incredible possibilities in both the treatment and prevention of illness

Here are a few inspirational discoveries that could revolutionise medicine.

Disarming HIV

HIV/AIDS kills around 1.8 million people a year and ranks as the third leading cause of death in low-income countries.

However, a recent study in the journal Blood presents a potentially new way to combat the disease: instead of killing the virus, make the body resistant to it. When a person is infected, the body's innate immune system provides an immediate (but flawed) defense as HIV takes its membrane from the cell that it infects, effectively hiding it from the immune system

Researchers led by scientists at Imperial College London and Johns Hopkins University exposed HIV by removing cholesterol from this cellular wall, producing a large hole in the virus's membrane and making it

permeable, which in turn led to a stronger adaptive response, orchestrated by immune cells. While researchers have lengths to go before they can even think to announce a cure for HIV, this breakthrough could drastically reduce the amount of resources devoted to treating and combating the disease, as well as provide insight into fighting similarly complex diseases in the future.

Breakthroughs in stem cell research

Arguably no area of research has inspired public imagination and controversy as much as stem cell research. However. the clinical advances (even from pilot studies) have been remarkable.

In 2009, European researchers genetically manipulated bone marrow cells taken from two seven-year-old

then transplanted the altered cells back into the boys. Miraculously, the procedure arrested the progress of a fatal brain disease.

Now, scientists can embryonic-like make stem cells directly from skin cells, which makes it possible to model a multitude of human diseases.

Synthetic cells

While stem cell manipulation are remarkable advances, Dr. J. Craig Venter, co-mapper of the human genome, took the process one step forward by creating life in the lab and developing totally new synthetic cells in 2010.

Generated from a painstaking process of stitching together the chemicals that compose DNA, Venter synthesised the entire genome of a bacterium, which was inserted into a cell and was able to replicate.

Dr Venter hopes his findings will be the first of a long line of lab-made creatures in synthetic biology. Synthetic cells aren't a purely medical miracle: by mixing and matching genetic material into viable combinations, Venter is already generating organisms that may serve as new types of biofuel. But health-related applications are apparent.

For example, scientists could speed up flu vaccine production keeping artificial versions of different viral strains of influenza, or generate brand new strains of diseases to experiment on if the original host is inaccessible or spoiled. For researchers, the experimental possibilities are endless.

There is much to look forward to and always more to come.

How to deal with a frozen shoulder



by Jemma Aldridge

FROZEN shoulder is more technically known as adhesive capsulitis, a common disorder affecting two per cent of the general population.

The common complaint is pain and loss of motion or stiffness developing in the shoulder and it is more common in women between the ages of 40-70.

As with many disorders it is not known what causes a frozen shoulder. The process involves thickening and contracture of the capsule surrounding the shoulder

A physiotherapist can diagnose a frozen shoulder based on the client's symptoms and signs which are investigated during an initial examina-

X-rays or MRI studies are sometimes used to rule out any other muscular or soft tissue injury in the affected shoulder which could be causing

pain and stiffness also such as a muscle tendon tear.

Risk factors for a frozen shoulder

More common with diabetics affecting 10-20 per cent Underactive thyroid

(hypothyroidism) or overactive thyroid (hyperthyroidism). Recent shoulder trau-

ma or surgery. Inflammatory conditions such as shoulder

bursitis. Parkinson's disease and shoulder inactivity.

Auto-immune disease. Cardiac or breast surgery - sometimes a frozen shoulder can develop as the shoulder movement is compromised by the pain from the surgery which can lead to reduced shoulder movement.

Symptoms

Dull ache in shoulder. Increased shoulder pain with decreased shoulder movement.

Pain located in the outer shoulder area and occasionally the upper arm.

Restricted movement and motion of the shoulder joint.

There are three stages of a frozen shoulder.

Stage one: the freezing stage which may last

from six weeks to nine months. The client develops a slow onset of pain which increases as the shoulder movement decreases.

Stage two: the frozen stage is marked by slow improvement in pain but stiffness remains. This stage can last four to six months.

Stage three: the thawing stage sees a slow improvement in shoulder movement, eventually returning to normal. This stage generally lasts five to 26 months.

Treatment options

Frozen shoulder will generally get better on its own. However this takes some time which could extend up to three years. As long as there is no other shoulder soft tissue damage the recovery can be slow but with a good result. If a frozen shoulder is caused by injury or surgery it is advisable to seek treatment aimed at reducing pain and restoring the range of shoulder motion. Pain relief can be managed with anti-inflammatory medications and ice or heat packs or occasionally corticosteroid injections. To restore the shoulder movement, physiotherapy is usually started in the form of a home exercise program created by your physio-therapist. Exercises include shoulder stretching and exercises for movement at the shoulder.

CITY OF BELMONT LIVELIGHTER SENIORS ACTIVITY AND INFORMATION DAY 25 MAY 2017

The City of Belmont is partnering with the Seniors Recreation Council of WA to host a LiveLighter Seniors Activity and Information Day. The morning will offer the chance to:

- · Learn and play a range of recreational activities to promote fun and fitness including carpet bowls, X-box Kinect, seated hockey, quoits and pole walking
- Talk to service providers who provide support to people as they age and meet with local sporting groups to find out what is available for you in your community

Z

· Meet old and new friends.

Thursday, 25 May 2017 Date:

10am to 1pm Time: Venue: Belmont Oasis Leisure Centre, Progress Way in Belmont

RSVP: I May 2017

Morning tea and lunch included. Transport available on request.

Please wear comfortable clothing and footwear so that you can enjoy a range of fun activities. Booking is essential. For more information or to RSVP contact:

Seniors & Disability Engagement Officer Phone: (08) 9477 7149 or email community.development@belmont.wa.gov.au





Gerberas on Show in **Hamersley**

ANNUAL Gerbera championship and pot sale will be held on Saturday 6 May from 10am to 3pm.

There will be hourly demonstrations of how to divide your gerberas and light refreshments will be available.

The event is organised by the Gerbera Research Group and will be held at the Stirling Leisure Centre, 20 Belvedere Road, Hamersley.

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With FREE deluxe display case, & informative Certificate of Authenticity

A new crown commemorating the First World War Centenary

fully layered with pure 24 carat gold, yours for just \$29.99* - a saving of \$50.00

KEY DETAILS

EVENT: The First World War Centenary, honouring all who fought for their country

LIMITED RELEASE: The edition limit of this coin is 9,999

AUTHENTICATION: Each coin comes with a numbered Certificate of Authenticity

HIGH SPECIFICATION: Intended as a collectors' item, this crown is fully layered with pure 24-carat gold

YOURS FOR ONLY \$29.99 (*plus \$9.99 p&h): An informative Certificate of Authenticity is included FREE of charge and successful applicants enjoy other benefits (see right)

ENDORSED BY THE DEFENCE FORCE WELFARE ASSOCIATION: The Bradford Exchange proudly supports the DFWA whose aim is to promote and protect the conditions and well-being of the Defence Family that embraces over three million people.

WE WILL REMEMBER THEM: 2014 marked the centenary of the commencement of the First World War, the "war to end all wars". There are generations alive today who have no direct knowledge of this conflict or of the sacrifice made by all who fought for their country. Our debt to them is immeasurable making it more important than ever that we remember their courage with a lasting commemoration using the words from the famous 'For The Fallen' poem known as 'We Will Remember Them'.

A crown coin has been released to mark this important anniversary. Struck to a high specification, only 9,999 are available. Applications are now open for the 'We Will Remember Them' Golden Crown, fully layered with pure 24-carat gold, for just \$29.99 (plus \$9.99 p&h). This offer is likely to attract considerable interest, and not just from collectors.

INSTRUCTIONS FOR APPLICANTS

- 1. You may apply now to secure the 'We Will Remember Them' Golden Crown for just \$29.99 (plus \$9.99 p&h). A Certificate of Authenticity is included at no additional cost.
- 2. <u>Apply now</u>: Applications will be approved in strict order of receipt. If your application is successful you will be notified in writing within 7 days. Offer is limited to one per household.
- 3. Successful applicants will qualify to view the next coin in '*The First World War Centenary Crown Collection*', a series of gold layered crowns commemorating major campaigns of the First World War. These further crowns, which may be yours for only \$79.99 (plus \$9.99 p&h) each will be sent at monthly intervals after your 'We Will Remember Them' Golden Crown. Each will be yours to view on approval for 14 days. You may cancel at any time.
- 4. To apply now, send the coupon below. For priority, call now on 1300 725 103. Lines open 8am-5pm Monday-Friday AEST.

FORMAL APPLICATION

YES, I wish to formally apply for 'We Will Remember Them' Golden Crown, for just \$29.99 (plus \$9.99 p&h). An informative complimentary Certificate of Authenticity is included.

<u>I do not need to send any money now</u>. If my application is successful I will be notified in writing within 7 days.

I understand I can apply for only one coin, and that my application should be made within 7 days. I may return the coin within 14 days if I am not satisfied. I confirm I am aged 18 years or over. Applications are only open to Australian households and is limited to one per household.

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by Lee Tate

TV legend David Attenborough has done more to lift the quality of television viewing than probably anyone else in his long lifetime.

"Beginning with *Life on Earth* in 1979, Attenborough set about creating a body of work which became a benchmark of quality in wildlife filmmaking and influenced a generation of documentary film-makers,"

records one scribe.

The last time I looked, he was the only person to have won BAFTAs (British Academy Film Awards) for programs in each of black and white, colour, HD, and 3D.

Attenborough strad-dled nature and television, a rare combination. So who's next?

We've had our own naturalist/TV stars. Harry Butler, who lectured many of us at school while he worked for the WA Museum, was an early bird on TV screens with his ABC TV series In the Wild with Harry Butler, running during the 1970s and '80s.

Like Attenborough, Dr Butler, 1979 Australian

of the Year and Order of Australia 2012, was declared a Living Treasure. Both had spiders and other creatures named after them.

There was smiling Les Hiddins, TV's Bush Tucker Man with his magnificently-modified Akubra hat. The war veteran, a forward scout in the infantry, served in South Vietnam between 1966 and 1968 and wrote the Australian Army's survival manual. He was a Member of the Order of Australia.

The retired major led film crews around in a Land Rover, finding and describing native Aussie bush tucker. Hiddins appeared in two ABC

TV series of Bush Tucker Man, and the series Bush Tucker Man - Stories of Survival and showed up in the TV documentaries Pandora - in the Wake of the Bounty and The Bata-

TV Talk - audiences have a thirst for documentaries about nature

Since 2001, Hiddins has been establishing wilderness retreats for war veterans.

Then there's the unforgettable Steve Irwin who exploded onto international TV screens as The Crocodile Hunter, cohosted with his wife Terri. The couple owned and operated Australia Zoo, founded by Irwin's parents in Beerwah, 80 kms north of Brisbane.

It was while filming the underwater documentary Ocean's Deadliest that Irwin tragically died in 2006 after being pierced in the chest by a stingray barb.

Who will be next? Audiences haven't lost their thirst for natural history on the box.

Bindi Irwin, daughter of Steve and Terri, is already deemed a television personality and conservationist but has many other interests (acting, singing, songwriting, game show hosting, and a fitness DVD) and has vet to fully commit to the cause for the cameras.

But there is a naturalist who might fill the bill. Queenslander Tim Low is a biologist, environmentalist, prize-winning writer and co-editor of Wildlife

Australia magazine.

seventh His book, Where Song Began: Australia's Birds and How They Changed the World, is a sensation. It became the first nature book to win the Australian Book Industry Awards prize for best General Non Fiction, in 2015.

I've read it and its revelations are an eve-opener suitable for television The book tells how the world's songbirds originated not in Europe, as was believed, but in Aus-

Do yourself a favour and read the book or buy one for a gift. You don't have to be a bird nerd or a twitcher to relish Where Song Began (published, delightfully, by Penguin).

Australian birds, he writes, are distinctive and powerful, and exert more influence on forests than any other birds. What he reveals will knock you over with a feather.

As well as birds. Tim's interests include plants, mammals, fish and invertebrates. He works as an environmental consultant, writer and photographer and serves on government committees.

There's even a skink named after him (Menetia timlowi).

TV producers take note: Tim Low could be just your man. From what he's achieved it's natural evolution.

National Insurance Contributions and UK Pension update



by Mike Goodall

CHANCELLOR Philip Hammond, in the UK spring budget confirmed that Class 2 National Insurance Contributions would cease in April 2018. This means that those of you who are currently topping up your UK State Pensions using Class 2 contributions will not be able to make any further Class 2 contributions after the 2017/18 UK Tax year which ends on 5 April 2018. Therefore, the last letters that you should receive from HM

Revenue and Customs (HMRC) for payment for that tax year should arrive in April/May 2018.

However, many of you will have received letters from HMRC stating that you are entitled to pay for 'back years' of National Insurance Contributions (NIC's) up to 5 April 2019 without penalty. The final time limit is 5 April 2023, with a penalty. Currently I have been

unable to establish whether these letters are still valid if payments are made beyond the tax year 2017/18. I will let you know when I receive a response. However, in the meantime I would advise that when previous changes have been made by the UK Government, especially relating to State Pension Age changes, earlier letters have become null and void. Therefore, as it is only two years before the deadline date specified in the letters I would recommend that you do not lose the opportunity to contribute any unpaid years at Class 2 rates and make the payments before the 5 April 2018.

On 16 March Baroness Benjamin gave an excellent speech in support of frozen pensioners in the House of Lords during the Commonwealth Debate. If anyone would like to receive a copy please e-mail me or look it up on the British State Pensioners World Wide Facebook site. The entry is dated 18 March.

On 21 March the All **Parliamentary Party** Group (APPG) for frozen pensions met in the Palace of Westminster, primarily to discuss a challenge to the Social Security Benefit Up-rating Regulations 2017. Each year the UK Government votes through this which continues to freeze our pensions. Last year the pensions uprating was the only increase in social security benefits and this became clear too late to mount an effective challenge. This year pensions are again the only benefit to be increased and therefore there is a wonderful opportunity to get organised

to challenge the uprating regulations in both the Commons and the Lords.

Additionally the APPG will be campaigning for the preservation of EU resident expat pension rights in the context of the Brexit negotiations. We are aware that if these pensioners retain their right to receive their annual pension increases then this gives the Australian (and Canadian) Governments their strongest position for years in discussions and negotiations with the UK Government. This is because the UK Government have always stated that they will only uprate pensions where they have a legal obligation to do so. Exiting the EEA would mean that European expat UK Pensioners would then not have a legal right to receive their annual increases. Therefore if the **UK Government decides** to pay them it is not fair treatment to the others. The UK Government spokesperson Baroness Mobarik avoided ruling out freezing pensions of EU expats after Brexit.

This debate will heat up after Theresa May

Anyone who would on any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on (08) 6364 0859 e-mail:mikecgoodall@btcon

Fine art on porcelain on display in Guildford



UNIQUE, intricately designed porcelain art is original, hand painted. kiln fired works of art created by the skillful artists of the West Australian Guild of China Painters.

This centuries old, fine art of porcelain painting, will be on display at the historic

Guildford Town Hall, corner James and Meadow Streets, Guildford on Saturday 6 May and Sunday 7 May, between 9.30am and 4pm with an exhibition by members of the Guild. Admission is free with work available for sale. Light refreshments will also be available.

With individual, innovative artistic design concepts, members will interpret imagine, in rich lustres, precious metals and bold colours adorning porcelain shapes with an intriguing array of techniques, to ensure each exhibit is original and unique.

This year a special display, entitled Members' Treasures, will feature rarely exhibited pieces from the current members' own private collections, comprising both vintage and recent art works, by the Guild's past and present members.

The Guild, Australia's oldest china painting association, has been promoting the art since 1964 and this exhibition is a great opportunity to see some of the best porcelain artists in Australia, in both contemporary and traditional art.

For more information about the WA Guild of China Painters or the upcoming exhibition please visit the Guild's website www.chinapainterswa.asn.au or phone president Irena Kopec on 9375 7234.

triggers article 50. **Seniors Recreation Council** Lots of activities for people of WA Inc like to discuss the above to participate in at in greater detail or require quidance and help Mid North U3A

MID-north region of the University of the Third Age (U3A) has a variety of events designed for people with a broad

range of interests. Classical music lov-

ers are invited to attend the music group every fortnight on Tuesdays from 1.30 - 3.30pm at the Dianella community meeting rooms at 18 Kerry Street in Dianella. For further information contact Ann on 9444

7782.

The film club meets on alternate Monday mornings to see re-cently released films. This is followed by coffee, contact Carol on 9370 5692.

The discussion group meets once a month on a Tuesday morning at the Gloria Jean's Coffee Shop on second floor near Myer at the Galleria. Interested people can contact Margaret on 9276 3081.

Monday Regular meetings are held in Kerry Street, Dianella, to plan a variety of excursions and events. Contact Ginie for more details on 9271 7263.



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NEWS



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www.probussouthpacific.org

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Celebrate the Mother's Day weekend at El Caballo with a variety of options



EL CABALLO proudly presents an exciting entertainment and culinary experience to be enjoyed over the Mother's Day weekend on Saturday 13 and Sunday 14 May.

Guests can choose to treat their Mum's to a variety of package options. Why not treat her to an overnight package which includes overnight accommodation in a standard room, two tickets for dinner and the show and two tickets for brunch on Sunday morning including a complimentary glass of sparkling.

On Saturday night guests can enjoy a delicious buffet dinner then bop along to the hits of the late Jerry Lee Lewis performed by Peter Stone and his band.

Australia's finest tribute artists and will be on fire.

Overnight guests will enjoy sleeping in on Sunday until brunch is served at 10am.

This show will have the crowd singing,

dancing and tapping their feet along to these

great hit songs. Peter is renowned as one of

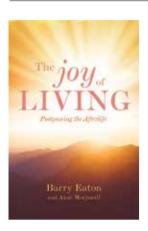
Overnight guests will enjoy sleeping in on Sunday until brunch is served at 10am. There is a complimentary late check for all in-house guests so after brunch they may continue to enjoy the facilities at the Resort. The cost is \$389 per couple. The dinner and show only overnight package offers guests accommodation in a standard room, two tickets for dinner and show but does not include brunch for \$315 per couple.

Other packages for Saturday 13 May in-

clude dinner only at 6pm for \$36 per person or show only for \$49 per person. Sunday Brunch from 10am is \$55 per person and includes a complimentary glass of sparkling wine. For bookings call El Caballo on 9573 3777 or visit www.elcaballo.com.au

WIN WIN WIN

To be in the draw to win two double passes to the Jerry Lewis Tribute Show at El Caballo Resort on Saturday 13 May at 8pm, email win@haveagonews.com.au and include the word mother in the subject line. Alternatively, address an envelope to El Caballo Resort Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901. Competition ends 30/04/17.



Psychic tells of his cancer battle

RADIO presenter, author and psychic medium Barry Eaton tells his story of battling throat cancer, with his fears of the battle, diagnosis and his family support.

It's a touching read pep-

pered with amusing anecdotes and recollections and shows why we should all appreciate the joy of living. RRP \$27.99 – in good bookshops now.

WIN WIN WIN

We have a copy to give away. To be in the draw please email to win@ haveagonews.com.au, with the book title in the subject line or write to The Joy of Living: Postponing the Afterlife, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Competition ends 30/04/17.

Visitors welcome to the Association of Independent Retirees meetings in Mandurah

ASSOCIATION of Independent Retirees (AIR) guest speaker in April will be Vicki Bowden. She will present on 'keeping mentally alert in our older years' which is a program about Neurosymmetry, a brain training program for older people.

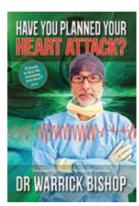
AIR regular meetings take place on the fourth Monday of every month (except when that clashes with a public holiday).

Their next meeting will take place on Monday 24 April at 9.30am at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Visitors are welcome to join the group and are invited to stay for morning tea.

For enquiries please ring Eva llett on 9534 5215, or Jim Landells on 9586 9174.

Tackling the issue of heart attack



ACCORDING to the Australian Heart Foundation, 55,000 Australians suffer a heart attack each year. Cardiologist Dr Warrick Bishop has written Have You Planned Your Heart Attack? to provide people with a well-designed book that engages the

audience to understand how to prevent cardiac disease from research and a proactive approach. RRP \$34.99 – in good bookshops now.

WIN WIN WIN

To be in the draw to win a copy please email to haveagonews.com. au, with the book title in the subject line or write to Have You Planned Your Heart Attack?, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Competition ends 30/04/17.

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Remove Ugly S(1) Tags (\$49.95)

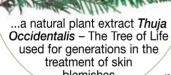
SIMPLY AND QUICKLY!

Name in tags are unsightly and embarrassing particularly if they show on visible parts of the body such as the face, neck or arms. They can make you very self-conscious and many people cover them with clothing that they wouldn't normally wear. They are surprisingly common and generally harmless, although they can be painful if you catch them on clothes or jewellery.

The usual treatment is surgery, chemicals or freezing which can all be painful and expensive.... but not any longer! Now you can remove skin tags yourself. simply and quickly, in the comfort of your own home with

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Very Simple to Use

You simply apply Natural Clear to the skin tag. It's completely clear so invisible to anyone else. Natural Clear then gets to work by drying the skin tag out and in a few days, it simply drops off it really is as simple as that!

At just \$49.95 and with a 90 Day Money Back Guarantee there really is nothing to lose in giving it a go. Try it out now, in the comfort of your own home and if it doesn't remove your skin tags painlessly and quickly, just send back the used bottle for a

We have thousands of satisfied customers from all over the world, and it's not surprising! Being able to treat skin tags yourself, in your own home, in just a few days for only \$49.95 beats painful surgery, appointments, freezing and chemicals all day long.

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Hurry, order now and all your unsightly skin tags could be gone in just a few days!



TAG UNTIL IT FALLS AWAY

✓ NO Pain

✓ NO Scars

✓ NO Surgery

✓ NO Chemicals

✓ NO Freezing



Amazing results. Can't believe I left them untreated for so long. Melissa Staves... West Hampstead

I had two tags on my neck, you couldn't miss them and I was very conscious of them. Now that I'm rid of them my confidence has soared and I'll happily wear an open neck blouse or dress. Sue Jones... Rainhill

I put off dealing with these for years, I found them so embarrassing but in less than a week they were gone. Amazing, thank you. Andrew Baines... Chester

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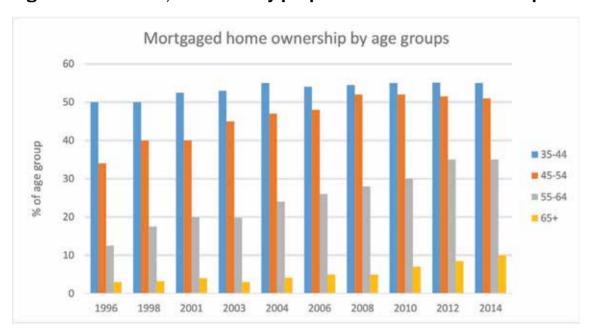
HOME SWEET HOME

- the impact of having a Mortgage when you retire.

An unprecedented numbers of retirees will drain their superannuation funds to pay off their mortgages opening up a new front in the housing affordability crisis.

New research from the former ANZ chief economist Saul Eslake who presented at the Conference of Major Super Funds, highlighted that there will be a wave of Australians aged in their 50s and 60s who will still be paying off a mortgage in retirement. As this group retires over the next 10 years many will use their superannuation to pay off their mortgages and then go onto the age pension.

Research shows that overall, home ownership is the lowest it has been since 1954 showing a sharp decline in middle aged homeowners too. Declining home ownership in retirement points to a growing proportion of retirees unable to afford aged care facilities, and for many people this is financed from the proceeds of selling their house.



WILL YOU STILL HAVE A MORTGAGE WHEN YOU RETIRE?

The decline in outright home ownership has dropped dramatically with about 45 per cent of homeowners heading into retirement with a mortgage and most of these Australians believe their savings will not carry them through retirement.

There is an alternative for asset rich and cash poor retirees...

Sterling New Life addresses that the key challenges that retirees and seniors face today, including paying off a mortgage, preparing for an active retirement and making sure something is left for loved ones.

Sterling understands retirees have most of their wealth tied up in their home or have debt secured against their home. This leaves few options for seniors to downsize effectively in order to free up enough capital to enjoy their retirement.

We are able to offer a range of options which includes new and renovated homes, villas and apartments and unlike retirement villages, our housing is located in existing communities so that seniors can choose to live close to their family and friends.

Sterling new Life offers the perfect solution to retirement living with NO Facility Fees, NO Exit Fees, NO Council or Water rates.

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What our customers are saying

"We had looked at all the options including lifestyle villages and retirement homes, but all of these alternatives included ongoing weekly fees". "What impressed us about Sterling New Life is they go out of their way to ensure everything is right for you." "It really is a 'win-win' situation and I am happy to talk to anyone about the process and recommend Sterling New Life".

Sylvia & Ray Staples

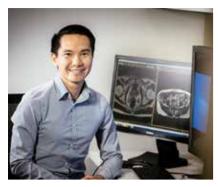
us today for an obligation free chat on

To find out how Sterling New Life can help you, contact

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Perth radiologists pioneer new ways of detecting prostate cancer



Dr Ronny Low

by Frank Smith

PROSTATE cancer is the most common cancer in Australia. More than 18,000 men are diagnosed every year. It is the most common cause of cancer related deaths with more than 3,000 men dying from it a year.

Urologist, Dr Matt Brown says most men develop benign prostate enlargement in 50s, causing difficulties in urination.

"This does not lead to cancer. Prostate cancer and benign prostate enlargement are two very separate conditions

"Most prostate cancers show no obvious symptoms until they are quite advanced. So screening is necessary to find it before it becomes serious.

"An expert panel recommends GPs get men over 50 blood tested for PSA (prostate specific antigen) every two years as part of their general health check up. If their PSA is in the top 95 percentile for their age they should repeat the test in three months and if it is still high refer them to a urologist.'

The next step is a digital rectal examination by an urologist. If the urologist detects a possible cancer this is followed by a biopsy. But a biopsy may miss a small cancer.

Dr Ronny Low, consultant radiologist at Envision Medical Imaging in Wembley and Fiona Stanley Hospital says over the past 15 years Australian radiologists have learnt how to detect cancers in an MRI (Magnetic resonance imaging)

"MRI scans of the prostate have been

shown to be effective in detecting and excluding prostate cancer in men," he

"Most MRI scans are made prior to biopsy but sometimes they are done after a negative biopsy if the urologist suspects a small cancer has been missed by the biopsy needle.

"MRI can also be used to guide the needle used in a biopsy. It increases the rate of finding cancers because we then know where to do biopsy in the pros-

"One problem of prostate cancer is that a lot don't require treatment."

Some cancers are so slow growing that the patient is likely to die of old age before the cancer can become a prob-

"Those cancer that don't need treatment don't show up on MRI scans, hence there are fewer unnecessary cancer treatments. MRI can tell if a cancer is aggressive." he said.

Dr Low said there are a wide variety in the quality of the scans being performed and the accuracy of the reports.

"My practice at Envision is the only practice with a Siemens Skyra 3 Tesla MRI machine in Perth, the most expensive MRI in town. This machine, in conjunction with our highly trained MRI radiographers produce the clearest and best images of the prostate in Perth which helps us detect prostate cancers more accurately.

"In addition, my colleague, Dr Tonya Halliday and I, are the two most experienced radiologists in Perth for reporting prostate MRIs.

MRI's don't come cheap. The advanced equipment at Envision in Cambridge Street where Dr Low consults cost \$590 and that cost is not covered by Medicare.

"We expect Medicare will cover MRIs for prostate cancer in the next year," he said. At present the department of veteran affairs (DVA) will pay for men to have prostate MRIs and MRI guided prostate biopsies.

"MRI is useful to a urologist but it is only part of the story. MRI often misses cancers in medium risk younger men and 10 per cent of these will go on the get aggressive cancer," said Dr Brown.

Celebrating Mother's Day Sunday 14 May

Lisa brings the joy of dance to women suffering from Alzheimer's Disease



Lisa Purchas with her mother Joanna

by Josephine Allison

WHEN Perth ballet dancer and teacher Lisa Purchas lost her beloved mother Joanna to Alzheimer's disease in New Zealand last year the tyranny of distance prevented her from putting together a program which could have helped.

Now Lisa has launched Ballet 4 You, an exercise program designed to help women with early stage Alzheimer's focus on balance, postural re-alignment and the use of the brain and body in simple cross-lateral sequences.

"Ballet 4 You is in reto substantial sponse research findings that endorse positive connections between music and movement that slowly and repetitively engage the brain and body in a way that improves executive function and movement and creates a feeling of well-being, Lisa said.

"Classes are tailored specifically for each individual and are held privately. The 45-minute class, suit-

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Step Line Dance Southern River

able for all ages, is a gentle and uplifting exercise program designed to engage both sides of the body and brain.

"Classical music is included to accompany the ballet exercises and we compile a unique playlist for each student that includes songs and pieces of music familiar to them. This activates good memories, helping each student to feel more relaxed and confident. Classical music is often used because studies have shown the positive influences this music, especially the Baroque era and Viennese classicism (Mozart) stimulates alpha waves in the brain. Being in alpha mode helps thinking, learning and intuition.

"Our teachers are professionally trained and retired dancers with a love of dance and an empathy for people suffering from Alzheimer's. In ballet we use a lot of brain power to remember the steps and coordinate the different body parts. For example, we exercise the left brain

Southern Suburbs:

Gosnells Maddington Rossmovne for getting the mathematical parts - the logic of the step combinations - correct. The right brain is for interpreting the music and expressing our body in an artistic manner, the upper rear portion for interpreting spatial relationships and the lower part for memorising the steps.

Lisa holds her one-onone classes for women aged generally aged from their early 60s to 80s at her Dancescene studios in, Nedlands and Claremont, Monday to Saturday.

"Ladies come from far and wide, often with their carers who are their husbands," she said. "The carers want something that will make their loved one feel at ease. It is wonderful to see ladies taking part develop from being really unsure to full of confidence.

"We recommend attending classes in consecutive weeks and some exercises can be done at home with a carer overseeing. We hope to unload our program to YouTube so that students can exercise at any time.'

New Zealand born, Lisa attended the National Ballet School, now known as the New Zealand School of Dance, in Wellington for a brief time and won the Most Outstanding Performance for contemporary dance in the North Island Easter competitions (Ray Gibbons cup in 1984). Her first ballet school became the largest dance studio in Hawke's Bay. It was from where her work in early childhood dance education started.

Lisa moved to Australia, with her husband and baby dauahter Simone, in 1988 and she has taught ballet to children and adults in Australia and Indonesia over the years. She currently has Dancescene studios in Nedlands, Claremont and Wembley. Her program for Ballet 4 You will eventually be taught throughout Perth. When the YouTube channel is up and running, it will be available to everyone so that students can take part at any time. People intending to become involved should wear comfortable clothing and sports socks.

For more details, contact Lisa on 08 9386 2700, mobile 0414 653 839 or email lisapurchas@westnet.com.



Experience the fun of **Boogie Beats**, a dance program especially for over 50's!

> Easy-to-learn dance steps | Great music Low physical impact | Lots of fun Cost is only \$8 per class!

MONDAYS 9:30am - 10:30am FRIDAYS 9am - 10am

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Right through the holidays we are operating seven days per week. Please check our website for tour times/dates of operation and location of

our tour bases. Come and have fun at Segway Tours WA www.segwaytourswa.com.au or call 1300 808 180

Don't miss the Easter long weekend at The Maze - home of Outback Splash



DON'T miss the Faster long weekend at The Maze - home of Outback Splash

EASTER Hunt is on again at The Maze this year with an interactive hunt activity for kids, prizes and a major chocolate prize give-away from Whistlers Chocolate in the Swan Valley.

To make the weekend even more special for Easter; on Sunday and Monday guests aged 4-16 will be welcome to experience the Easter Silent Disco.

Parties Kids will host the event and the outdoor silent disco will be the ultimate experience in children's entertainment. The silent disco will be included in the standard admission price... no ex-

tra charge. Pick up your tickets online or why not pick up an annual pass and enjoy the park all winter and all of next summer?

The Maze, home of Outback Splash is located at 1635 Neaves Rd,

Bullsbrook, phone 9571 1375 or email info@the maze.com.au themaze.com.au

WIN WIN WIN To be in the draw to

win a family pass (2 seniors and 2 childrens tickets) to The Maze, email win@haveagone ws.com.au or address an envelope to The Maze Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Closes 30/4/17.



Community NOTEBOOK

PEEL HARMONY CHOIR

Womens Barbershop style, 4-part harmony. Rehearsals are 7-9pm Thursdays. For information contact Carol 9592 7728 or Jenny 0418 906 843

U3A MELVILLE LECTURE

Friday 21 April 2pm Helen Edinger will speak on "The Life and Times of Florence Nightingale" Visitors are most welcome. Melville Recreation Centre (Apollo Room) Stock Rd. www.u3auwa.org/region/s-w-metro/

WA INSPIRED ART QUILTERS EXHIBITION

5 May - 18 June Mundaring Arts Centre. Tues-Fri 10am-5pm Saturday - Sunday 11am-3pm Closed Mondays & public holidays. Contact Pat Forster wainspiredquilters@gmail.com

SOUTHERN RIVER PROGRESS ASSOC DANCE

Dance held the 1st, 3rd and 5th Saturday of the 8pm-11pm Members \$6 Non-members \$7 Plate of supper to share BYO drinks SRC Hall. Cnr Southern River Rd and Bullfinch St Gosnells Ph 9490 2183

ANZAC COTTAGE

38 Kalgoorlie St Mt Hawthorn, A memorial commemorating the Gallipoli landing hosts a Sunset Service on Anzac Day at 5.15pm preceded at 3pm by a free wreath making workshop for children.

SOUTHWEST RAIL AND HERITAGE CENTRE

Traditional Trades day, 23 April 10am-2pm Showcasing a host of artisans demonstrating skills rarely seen in today's world. Turner St. Boyanup

WA CHRYSANTHEMUM SOCIETY SHOW

11 -13 May Annual flower show will again be held at the Forrestfield Shopping centre. Enq Michael Drake-Brockman 0421 778 7717 or mandijdb@iinet.net.au

COCKBURN CULTURAL FAIR

Saturday 22 April 10am-4pm. Free event Harmony Oval, Harvest Lakes Attwell. Family day, a diversity of foods, flavours, tradition and culture.

THE TOODYAY MOONDYNE FESTIVAL

Sunday 7 May 9am-4pm. Free event. Re-enactments of Moondyne's various escapades plus entertainment, healthy food, artisan and heritage crafts and loads of family activities.

ANTIQUE AND COLLECTABLES FAIR

Saturday 6 May 9.30am-4.30pm. Admission \$5 Concession \$4 Children under 14 free Austria Club 16 Staniland St. Orange Grove. A variety of collectables. Cheryl Stinson 0408 588 512 acacfair@gmail.com

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



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GRAND ACTIVITIES 🦋 🍟

A school holiday guide for parents and grandparents



The little people are well looked after during the school holidays



LOCATED in the heart of Clarkson is a business called The Atlantis Group. These guys know a thing or two about the smallest

people in our community.

Family owned and operated, Bob Hindle (pictured above) and his son Rory, started Atlantis in

2015. The company has since flourished and now encompasses five separate businesses: Atlantis Childcare, Atlantis Indoor Play Centre, Atlantis After School Care, Key Largo Professional Centre (corporate office space) and Greenhouse Education.

Last year The Atlantis Group took out the Wanneroo Business of the Year award. These awards, held annually by the Wanneroo Business Association, are designed to recognise contributions to the community by businesses in the City of Wanneroo.

Whether you are looking for prime office space, a Diploma in Early Child-Education and hood Care, a helping hand after school, a fun-filled play date or a loving childcare centre, this thriving, customer focused local company has people covered.

The Atlantis Group is offering a great deal to all valued readers of Have a Go News. During the April school holidays, receive a complimentary pass into their jaw dropping indoor play centre.

This play centre caters

to all members of the family, with designated age appropriate areas, a lovely café, a light up waterbed pool, inflatable seahorse merry-go-round, four lane wave slides, a climbing wall, a ball pit plus many more fun factors, the Atlantis Indoor Play Centre has people covered these school holidays.

Special Offer

Mention this article and receive one free entry for the Atlantis Indoor Play Centre during the April 2017 school holidays. Valid for one child per family and one use only.

Special offer for grandparents - it's a paradise for kids in Carlisle...



KIDZ PARADISE is a fun filled indoor play area with a fantastic four level play structure and huge fun slides to entertain any

With a toddler area and bouncy castle all set in a safe and air conditioned space, parents and grandparents can enjoy a snack and a cuppa in the centre's own café while the kids have their fun.

Kidz Paradise offers birthday parties for children of all ages and welcomes groups and functions as well as after hour bookings.

Kidz Paradise is offering a special discount for all grandparent playgroups - an exclusive grandparent playgroup membership allowing the grandparents to bring in their grandchildren for a reduced rate if they attend the centre with their playgroup.

For further information, contact Kidz Paradise on 9472 8655 or pop into Unit 15a, 179 Planet Street, Carlisle.

Bucket list or adrenalin fix Easter?

Call 0423 182 663 or email spacechameleon@gmail.com

Check out www.spacechameleon.com.au for photos and videos

Why not try WA's first and only

twilight abseiling adventure for

only \$164p/p (usually \$225p/p)?

awesome views of Perth from up

high, as well as 40m in the dark!

Abseil 60m on sunset with

The Jurassic creatures have arrived at Crown Pyramid



JURASSIC Creatures, featuring prehistoric creatures of the ice, is an interactive walk through event that will captivate young and old alike. Explore an ancient world full of animatronic dinosaurs and prehistoric creatures of the ice. Get ready to be amazed and thrilled as the greatest creatures ever to walk the earth

echanely of

BUTINE CO

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tripadvisor

return and come alive before your eyes.

Marvel at the story of their 165 million year domination of life on earth. Watch them move. Hear them roar! Get up close with the most infamous prehistoric animals including colossal mammoths, fearsome saber tooth tigers and everyone's favourite, the Tyrannosaurus rex.

Become a palaeontologist for the day. Children will be provided with an expert digger outfit before chipping away to unearth their very own fossil in the digging

Plus there will be many more activities to take part in, including dinosaur art and craft, fossil displays and amusement activities.

Jurassic Creatures will run at the new Crown Pyramid until 30 April.

Tickets are on sale now from Ticketmaster www.ticketmaster.com.au

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Bob and Carol Simpkins love to go off the beaten track when they travel. This month they share with readers their four-month adventure throughout South America. See page 25 for the full story.

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let's go travelling









Top; Glamping in Margaret River Left; Jennifer Merigan AS THE weather cools in Perth many of our grey nomads are preparing to head to warmer climes and it's timely that we have some good information for travellers to the north west.

For those who love their pets and don't want to travel without them, we have a great feature highlighting pet friendly accommodations.

*** Glamping is becoming popular in WA and Have a Go News' admin lady Lisa McMahon recently spent a weekend glamping in Margaret

River. She said it was perfect for those who wanted to have a go at camping but not buy all the equipment or have to set it up.

She and a group of six friends went on a hens weekend staying at Wharncliffe Mill Eco Retreat on Carters Road.

Lisa said that when they arrived their canvas bell tent was completely set up with beds made, heaters. lights, little touches like sheepskins and extra blankets, outdoor chairs and tables and they paid a little extra for a kitchen and pantry supplies box.

She said it was a great experience with everything really well styled in the tent, very comfortable beds and the location which was a couple of kilometres out of Margaret River was pretty and peaceful.

It cost her about \$60 per night and she said for someone who hasn't camped before it was a very comfortable and enjoyable experience.

booked The girls Wild Goose through Camping which set up the glamping experience at any destination.

*** Some trivia came across my desk the other day from my journalist extraordinaire Frank Smith...

He said he pities the poor Germans as they could be forgiven for having a confused identity. They call themselves Deutsche, we call them Germans with its hint of lack of hygiene. the Spanish Alemá, the Danes Tysk, the French say Les Allemands when being polite, the

Italians i Tedesci and the Poles Niemiecki which can be loosely translated as 'without brains'.

Maybe Donald Trump had read this when he decided not to shake Angela Merkel's hand on her recent visit to the US.

Many parts of the state are much greener and there are many more active rivers and waterfalls due to the substantial rains over summer. If you're heading north or east send us a photo or publish one

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

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

Discovering Gibb River, the Bungles and the Kimberley

IMAGINE travelling on the iconic Gibb River Road, or walking through the towering Bungle Bungle Range, or even marvelling at the ancient boabs that dot the Kimberley.

For people who want to do this, Aussie Redback Tours have three amazing tours to the Kimberley this year to experience the beauty and grandeur of the area, with its mind-blowing scenery and its powerful

Their 14 day Gibb River - Bungle Bungles tour, which leaves on the 10 June takes guests to places they've only dreamt about, such as Bells Gorge (pictured), Galvins Gorge, the unbelievable Cockburn Ranges, El Questro, Cambridge Gulf, Cathedral Gorge (in the Bungle Bungles), and Hidden Valley, just to name a few. They make sure guests enjoy each spot and have time to immerse themselves in one of the world's most pristine untouched landscapes in the world.

Their nine-day Kimberley Dreaming tour, departing on the 23 July takes guests to Kununurra, Tunnel Creek, Lake Argyle, Keep National Park, El Questro, Windjana Gorge, China Wall, Geikie Gorge and more. This tour would suit those wanting just a taste of the Kimberley but be warned, it will leave people wanting more.

Their 11-day Kimberley Landscapes Art Tour departs on the 27 May and has been tailored for artists and photographers to spend extra time in different locations to really capture the spirit of the Kimberley on paper and canvas. Well-known Australian artist, Greg Allen, will be the tutor for this tour.

This year the Kimberley experienced an aboveaverage wet season which means visitors should be treated to some of the most colourful scenery the area has ever seen. For those who have wanted to travel to the Kimberley, now is the time. All of the tours include the opportunity to fly by helicopter or fixed wing over these popular attractions. All tours include motel and cabin accommodation, flights, most attractions and

Contact Aussie Redback Tours on 1300 662 026 or aussieredbacktours@yahoo.com.au for a detailed itinerary or for more information.





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(cabin upgardes available additional cost)

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GOLD \$4170 per person twin share PLATINUM \$6180 per person twin share





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Much travelled Pinjarra couple enjoy big adventure to South America











Clockwise from top left; Magellanic Penguins -Tribute to the fallen Argentinians in the Malvine or Falklands war - pretty ice cream shop - Perito Moreno Glacier with tourist boat - San Martin's lake, town at far right

by Josephine Allison

INTREPID travellers Bob and Carol Simpkins of Pinjarra like to go off the beaten track when it comes to seeing other parts of the world. Not for them tourist buses and first class hotels; they like to sample the local culture firsthand and are not adverse to roughing it.

The couple returned last December home after a memorable fourmonth trip to South America where they climbed lots of mountains, saw wondrous waterfalls and wildlife and took a 40-day Dragoman Overland truck tour. Bob even survived being locked up in a chocolate factory in Ecuador.

To prepare for the trip the fit 65-year-olds, who have two adult children, undertook two years of training - three days a week at their local gym and 10km to 16km walks around Pinjarra, the Mandurah beach front, walking trails and parts of the Bibbulmun Track.

The Simpkins other people to know that people of their age group can do such travel, as long as they are fit and ready for anything. As backpackers in their youth, they were prepared for any problem and adapted well to difficult terrains and cultures.

They first went to Santiago, taking a cable car to the top of the hill, Cerro San Cristobal, for a view over the city and the snow-capped mountains. They then headed Valparaiso, Chile's political capital famous for its street art and where Augusto Pinochet launched his coup d'état in 1973 and later visited Arica at the extreme top of Chile on the edge of the Atacama Desert.

Bob said: "We decided to visit South America several years previously when we met a man the same age as us from Mandurah in Rwanda while looking at the gorillas and he inspired us. We set ourselves some goals to be physically fit to do the Machu Picchu four-day trail which is a real slog at high altitude. We joined an overland truck in Bolivia for 40 days and went down up to the border with Peru to Lake Titicaca.

"From there crossed into Peru and headed to Cusco where a political protest meant people were blocking roads and we had to make long detours. We did a four-day hike over passes, the worst is Deadwoman's Pass

whole of Machu Picchu below. The final section of the trek is known as the gringo killer which is straight up and aptly named, according to Bob.

at 4200 metres; the sec-

ond pass is around 4000

metres. It's pretty tough

"The truck had 13 peo-

ple on board and we were

the only two doing the

classic Inca trail, along

with four other people from Britain and Brazil

who joined us on it. The

British man was a pole

dancer and ultra mara-

thon runner and extreme-

ly fit, the Brazilian girl was

in the army. Only 500

people are allowed on the

trail on any one day, 200

hikers with the remainder

ahead and set up tents

and a three-course lunch.

then they run on again

"The porters go on

porters and guides.

'You go hand and foot up but we survived it. We were slower than some others but there is a lot of camaraderie on the trail."

to set up tents for the

night. On our last day we

were up at 3am to see

Sun Gate where the sun

shines through a certain

archway and lights up the

The couple visited the Colca Canyon, a river canyon in southern Peru to view the condors, waking early to see the birds with three-metre wing spans soar out of the canyons. They also saw the World Heritage listed Nazca Lines ancient geoglyphs in the Nazca Desert which can only be fully appreciated from the air.

They stayed at a homestay at Raqchi where they had a special homecooked meal by a local

"There are 3000 different types of potatoes in Peru and we had three or four different ones with each meal," Bob said.

Bob's brush with the chocolate factory happened in the small town of Salinas in Chile. The couple had a coffee and then headed down the valley but Bob's stomach started playing up so he headed back to the factory to use the toilet.

'When I came out it was siesta time and everyone had left not knowing I was locked inside. Carol realised my predicament when she heard the front door being rattled from the inside. I was finally set free by the manager about an hour later."

couple visited The Iguazu Falls (regarded as the best in the world) on the border of Brazil and Argentina. They flew to Buenos Aires for five days and then to Ushuaia - which has the most

southerly post office in the world - to join a 10day Tucan overland trip to Patagonia travelling in a truck to see the Torres del Paine national park.

As Carol says: "its turquoise lakes, snowcapped mountains and glaciers are breathtaking. It can cost up to \$500 (US) per person a night in hotels so we enjoyed the delights of camping and the beautiful views. Undeterred by previ-

ous reports of mishaps. the couple boarded a cargo ferry in Puerto Natales to see the Chilean The boat had fiords. basic cabins and cafeteria-style food but the couple said the trip was well worthwhile, with a naturalist on board giving daily talks.

crisscrossed through the stunning

Lake District between Argentina and Chile. Our trip was ending at Mendoza further north in Argentina," Carol said. "We had a few days to try the wines and beautiful steaks. Then we crossed back into Chile through the spectacular snowy peaks of the Andes, and returned to Santiago and our flight back home.'

Are they resting up for now? Travel to South-East Asia is being planned and maybe a big trip next

Bob and Carol Simpkins will speak about their South American trip at the U3A (University of the Third Age) in Mandurah from 1.30pm-3.30pm on Thursday 1 June. Cost: members \$2, visitors \$3. Program available online at u3amandurah.org.au/ program/



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et's go travelling travel options for the mature west australian



It's all laughs with Melbourne's super cool comedy festival



by Jeanette Woolerton

MELBOURNE International Comedy Festival is in full swing this month, so be prepared for some hearty belly laughs, From the 29 March to

the 23 April, the Victorian capital city is arguably proud to be the laughing stock of the country.

The festival's opening night, which commenced on the 29 March at the Regent Theatre, showcased hilarious and exceptionally talented acts from around the globe.

Hosts included Peter Helliar, Eddie Perfect, Tim Minchin and Julia Morris with the wonderful

Kitty Flanagan taking to the stage to deliver The Opening Night Comedy Allstars Supershow as

Events include tasty titbits from the all-original Aboriginal Comedy All-

Through these gifted individuals, you will experi-ence the oldest culture on earth delivering the freshest and funniest stand-up comedy in the country.

Featuring three of the brightest stars under the Southern Cross, namely Andy Saunders, Kevin Kropinyeri and Sean Choolburra, it doesn't get much better (or more Australian) than this.

But what's on the international menu?

From the USA, Arj Barker is back by popular demand, for ten days only, with his hilarious show -

Arj Barker is one of Australia's favourite American comedians. In recent years, he has spent more time in our country than he has spent in his own and appears to understand our culture better than we understand it ourselves. His stand-up is both insightful and on point as he tickles the funny bone with his spoofs on new age and alternative prac-

"As always, I start with the finest free-range topics, nurture them until they're brimming with wholesome hilarity, and ready for the tellin.

"Remember, my crueltv-free iokes are always tested on animals, and 100 per cent goat-approved by the time you hear them. That's quality you can trust," said Arj, then with tongue firmly in cheek, added, "may contain traces of nuts...

There are also a number of special events which invite audience participation, such as Deadly Funny - cheeky and loud, black and proud.

This national comedy competition unearths the freshest, fiercest and funniest new Indigenous performers from around the country. In this, the National Grand Final and Showcase, comedy competitors perform alongside the deadliest professional comedians in a bid to see who will take out the generous \$2,000

Hosted by Sean Choolburra, Shiralee Hood, Kevin Kropinyeri, and Andy





The Melbourne International Comedy Festival

Saunders, and featuring a performance by 2016 winner Jalen Sutcliffe, this one-of-a-kind comedy program (and competition) is open to Aboriginal and Torres Strait Island people aged 18 and over.

No festival would be complete with the joyful rendition of Anh Do's bestselling book *The Happiest Refugee*.

Anh has made people laugh and cry, and his book was described by Russell Crowe as "the most surprising and inspiring read I have had in years.

Anh's stage show combines stand-up comedy with real life drama, photos and filmed pieces which, combined to retell his incredible story.

Another highlight of the festival would have to be Abnormal Dick Tricks: A Dirk Darrow Investigation

Added to this spectacular line up is eight-time Fringe festival award-winning magician Tim Motley, creator of 2 Ruby Knockers, 1 Jaded Dick.

Motley is anything but motley. This performer is a mind-blowing mentalist who collides with danger in an all new thrilling filmnoir murder mystery. Tim's breath taking magic tricks will delight the senses and his comedy element will have you roaring with laughter.

Överall, this hilarious psychic detective puts on a killer show... be warned however, you may die laughing.

Voted the Funniest Show at the London Fringe, as well as Best of Fest at the Edmonton Fringe and Patron's Pick at the Winnipeg Fringe, this is one show that is a must see.

The Melbourne Comedy Festival is internationally renowned for good reason.

Please ensure that you head down to Victoria for this fabulous, fashionable,

For further information, show times, venues and bookings, refer to the website at www.comedy festival.com.au/2017

These April fools are super cool!

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around Australia? COLUMNIST front veranda of the Fitz-Mickel Smits wrote about Hold-

> in Australia in December 2016. This prompted reader Frank Pratt to send into us an old photo he took in 1950 at Fitzroy Crossing.

> en celebrating 160 years

"Was this the very first Holden to travel around Australia?"

Frank recalls he had travelled from Perth and was staying at the Fitzroy Crossing Inn as part of Doug Graham's team who were building a dinina room

He was sleeping on the

roy Crossing Inn at the time and recalls the early morning wake up when the FX Holden roared into the yard.

"I got out my Brownie box camera and took this snap which also featured the Inn's pig in the paddock.

Frank subsequently found out that the two men in the Holden were Sydney Anderson of Perth car fame and Bert Kanzler who ran a picture theatre in Albany.

They had gone anticlockwise around Aus-

tralia when they made a surprise stop at Fitzroy Crossing.

The pair where on the way back to Perth and had many a story of their trek around the country.

They had hit a kangaroo at 70mph. In the Kimberley near La

Grande Station became bogged and had to walk 30 miles to obtain a donkey team to pull them out. Near Anna Pains rain kept them stranded for two days and they ran out of cigarettes so they

smoked paper. On the way to De Pledge's Mandora Station the track was badly rutted and the tyres could not grip the road.

The only way they could make the car move was to set the hand throttle and push. When the car started they would clamber onto the back bumper. The ruts held the car on the track. When they arrived at Mandora the owners was amazed they had got so far.

The two men covered 10,600 miles and used 388 gallons of petrol, the trip took them over smooth highways at speeds of up to 80mph and much slower over tracks, deserts, mudflats and creeks with no mechanical trouble at all.

Frank would love readers' help to know whether anyone could confirm that this was the first Holden to travel around Australia. If anyone has any information about the car please contact the editor via email jen@ haveagonews.com. au or call the office on 9227 8283.



let's go travelling





Villa has Christmas and event holidays covered throughout this year



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this will be a wonderful

For those who prefer to

head to a slightly warmer

climate, Villa's Kalbarri

Christmas in July holiday

is the perfect trip. This

relaxing getaway features the Kalbarri Nation-

al Park, Batavia Coast,

a Kalbarri River Queen

cruise on the Murchison

River and Murchison

House Station tour. The

highlight will be a special

Christmas in July dinner

celebration at the resort. This five-day holiday will

depart on Monday 17 to

Friday 21 July and prices

start from \$1355 per per-

Finally, Villa's amaz-

ing Christmas in July on

the Murray will feature a

son twin share.

mid year getaway.

WHO doesn't love a great Christmas in July holiday? Beginning in WA, Villa Carlotta Travel's Christmas in July in the south west features a fantastic range of highlights including the Yallingup Shearing Shed, wine and flowers at Anniebrook Emporium, rugged Cape Naturaliste scenery and the Blackwood Valley.

The absolute highlight of this trip will be the journey to Dwellingup where the group will board the Dwellingup Restaurant Train and enjoy a five-course Christmas in July dinner in the 1919 vintage dining car as the train meanders through the night forest.

Departing Tuesday 18 to Saturday 22 July and

other delights including time at the Monarto Open Range Zoo, free time in beautiful Hahndorf and a tour of the Heritage Farm and Railway. This six-day getaway departs Wednesday 19 to Monday 24 July and prices start from just \$2915 per person twin share.

For those people who love arts and crafts then

three-day paddle steam-

er Murray Princess Dis-

covery Cruise as well as

love arts and crafts, then villa has the perfect holiday. Their brand new sixday tour, Craft and Quilt Fair Adelaide features markets, galleries, historic collections and scenic touring. The highlight of this holiday is Australia's number one craft and quilt fair. There will be a huge range of stalls, dis-plays and workshops to choose from all under the one roof. Add to this a great range of tour-ing including Hahndorf, Carrick Hill, the famous Barossa Valley and the Yalumba Estate. This will be a crafters' delight, so get your friends together for a wonderful holiday experience. Departing Tuesday 19 to Sunday 24 September and with prices starting from just \$2920 per person twin share, this will be the ultimate arts and

crafts pilgrimage.

Finally, Villa has a huge range of Christmas holidays on offer this year. Brand new this year is the Hahndorf Christmas Spirit tour. This holiday will feature the amazing Christkindlmarkt and Lights of Lobethal. Other fun highlights include a walking tour of Hahndorf, Heritage Platform 1 Railway, Heysen - The Cedars Tour, Adelaide Hills wine, chocolate and cheese, Murray River lunch cruise, Haighs at Christmas and the incredible Adelaide Christ-

mas lights display.
With four nights staying in beautiful Hahndorf, guests will enjoy this wonderful six-day break just before Christmas. Starting from just \$2895 per person twin share and departing Tuesday 12 to Sunday 17 December, this is the perfect, relaxing holiday with great opportunities to acquire some unique Chrissy presents for loved ones this year.

To book on any of these fantastic Villa holidays, FreeCall 1800 066 272 or email holidays@ villa.com.au now. And don't forget to check out Villa's huge range of holidays at www.villa.com.au.

Worldwide river cruising - information sessions in Mandurah

MANDURAH Travel and Cruise will be holding information sessions in April to showcase river cruising options around the world.

Destinations covered will include Europe, America, Burma, Asia, India, South America and Africa.

There will be product presentations by representatives from river cruise companies including APT, Uniworld and G Adventures. Owner, Annette Porter, will also present on Crystal River Cruises, Croisi Europe, Murray River and Mississippi River Cruises.

Brochures will be available and there will be special deals offered on the day for attendees.

Sessions will be held in Mandurah on the 19 April from 11.30am to 1.30pm and 22 April from 2.30pm to 4.30pm.

Solo travellers are welcome to join a special solo traveler meet-up with partners Travel with Me, held prior to both of the presentations.

Contact Mandurah Travel and Cruise on 9581 5944 or info@mandurahtrave landcruise.com.au for further information or to book a place.





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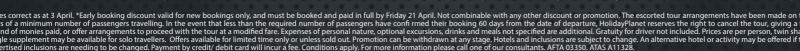
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The battle for supremacy on the transatlantic crossing part two



Chris Frame

THIS is the second in a three part feature by maritime historian Chris Frame and looks at the rise of heavier than air flight across the atlantic.

AS early as 1919, fixed wing aircraft had completed transatlantic crossings. The first direct transatlantic flight took place from 14 to 15 June 1919 when a British Vickers Vimy bomber travelled 3,600 km from St John's Newfoundland to Galway, Ireland.

The first non-stop westbound crossing in July that same year, travelling from RAF East Fortune to New York. This trip was undertaken by a British airship - R34; while in 1927 the first heavier than air flights between Europe and the American mainland took place.

This historic flight was followed 11 years later by an even more significant event; the first heavier than air transatlantic passenger service - a Boeing 314 operated by Pan American Airways.

Boeing's 314 utilised the large wing of the XB-15 bomber with a fuselage capable of carrying 74 passengers and a 3,500-mile range.

Nicknamed the Clippers, after the American ocean-crossing sailing ships, the aircraft offered highly luxurious air travel, with the seats being easily converted into bunks for overnight flights.

Aboard the Clippers, luxury hotels provided meals for the flights, which were prepared and served from on board galleys.

The passenger service was preceded by a transatlantic mail contract, providing a regular, reliable income from carrying mail. This system had been used by shipping lines throughout the early history of transatlantic

The following year, both Pan American Airways and Transcontinental Western Air (later Trans World Airways) commenced passenger services utilising Boeing 307 Stratoliners.

The design of the Stratoliner was based on Boeing's B-17 heavy bomber. Completed with a pressurised cabin, the aircraft could fly at an altitude of

This ushered in a new era of comfort, as the aircraft flew above prevailing weather conditions. The aircraft sported a 3.6 metre wide cabin; which allowed for comfortable overnight berths for passengers.

The Stratoliner was an instant hit with passengers. While they didn't eclipse the ocean liners in their popularity, they were a comfortable and luxurious way to cross the North At-

Pistons Rule the Sky

Following World War II, Boeing, Lockheed. Vickers and Douglas began to design larger and faster aircraft for the transatlantic service.

Each manufacturer based their designs on successful military aircraft, with Lockheed's Super Constellation being one of the most recognisable aircraft of its day. In fact, even today the four engine, tri-tailed airframe evokes a sense of glamour, adventure and excitement each time it undertakes a flight.

Lockheed had achieved success with their L.14 Super Electra in both military and passenger variants, with more than 350 airframes built. This success resulted in a commitment to build a large airliner capable of undertaking transcontinental flights within the USA and led to the development of the L-049 Constellation.

Its development was based around TWA's initial range and performance requirement. It was powered by the 2,000hp R-3350 18 cylinder Duplex Cyclone engines which allowed the aircraft to cruise at 482 km/h with a range of 4087 km.

The new aircraft made its first mark on international transportation in a military role. With the outbreak of World War II, it was developed into the C-69 series of fast transports for the USAAF.

After the war Connie, as the Constellation became fondly known, entered domestic service. A more powerful variant than originally intended, the L-649 and L-749 proved to be popular with airlines; with 22 and 119 built respectively. Orders came from airlines as diverse as Air France, KLM, Eastern and Qantas, as well as South African Airways, Air India and of course, TWA.

More popular vet was the 1950s era Super Constellation. Stretched, with new engines, the aircraft could carry over 20 extra passengers. It went on to sell 259 civilian models.

Constellations were not the only piston driven aircraft making transatlantic crossings. Douglas' DC-4 had been operated as early as 1946 on Atlantic services by Aerolíneas Argentina. Aeropopstal Venezuela. Ibera Airlines and Cubana. However the larger. pressurised Douglas DC-6 proved to be more popular on the transatlantic run, with airlines using it on services to South America, as well as direct North Atlantic services to America and Canada.

Pan American World Airways commenced transatlantic services in 1952, utilising a DC-6B. The aircraft was designed to carry 48,500kg and was equipped with engines rated at over

By 1956 Lockheed had responded with the introduction of the L-1649 Starliner.

1956 was the last year that more passengers travelled across the North Atlantic by ship than by air, signalling the end of an era.

Flying is a fad

As piston engined aircraft became more sophisticated, comfortable and safe, passengers started to fly on the transatlantic run.

The new airliner routes were expensive when compared to the shipping lines, and thus attracted mainly business travellers. Never the less, the speed and convenience of aircraft led

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tic by air than by sea for the first time in 1957.

BOAC pioneered transatlantic jet services with the Comet 4 on 4 October 1958. But this flight was just the tip of the iceberg. With the introduction of Pan American World Airways' first Boeing 707 services in October 1958, the transatlantic journey took hours rather than days.

The 707's swept wing design and four powerful Pratt and Whitney engines made it an instant hit with airlines; and soon many carriers were flying 707s - including BOAC.

Passengers flocked to the new jets. With the Douglas DC8 and Vickers VC10 following the 707 into transatlantic service, more airlines started to operate jet services.

The shift to transatlantic flight caught many shipping lines off guard. One Cunard Line director was quoted as saying: "flying is a fad". But flying was no fad and in just a few years jet airliners had conquered the transatlantic route.

Some shipping lines attempted to adapt to the new market by partnering with airlines. One such example was BOAC-Cunard, a partnership between the British Overseas Airways Corporation and Cunard Line.

The airline flew VC10s and 707s on services to the United States and the tropics, but was ultimately unsuccessful. The corporate cultures of BOAC and Cunard were too different to successfully merge. In the end, BOAC was far more successful going it alone than trying to cooperate with a shipping

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RAIL Plus has reported that Japan is one of the hottest destinations for rail travellers from Australia and New Zealand.

Already recording a 10 per cent year on year increase in sales this year, the rail provider says the busiest period for Japan rail travel is between December and April during the winter months and Sakura (Cherry Blossom) season.

Commercial director of Rail Plus, Ingrid Kocijan, says while Japan's rail network has a solid reputation of being one of the world's sa est and most punctual, naturally becoming an essential experience to any visit to the country, increased accessibility to and around Japan also plays a large part in the steady growth in visitor numbers.

"Japan been a fascinating country for many Australian and New Zealand

mix of culture, ancient traditions, cutting-edge technology, infrastructure, quirks and cuisine among other interests," says Kocijan.

"With more affordable and frequent flight options made available complemented by lower rail travel costs, there is no doubt we'll continue to see the numbers grow in healthy double digits."

According to Kocijan,

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more and more travellers are also appreciating and enjoying the bonuses and savings afforded by Japan Rail Passes. They include free seat reservations, outstanding on-board services and facilities, the free use of certain bus lines. ferries and airport trains, as well as free entry to popular attractions such as Tokyo Tower, Mt Fuji and Himeji Castle among

many others.

Rail Plus currently offers the lowest prices for Japan Rail Passes in Australia and New Zealand, with the seven-day consecutive pass starting at \$178 for children under 11 and \$355 for adults. Passes are valid for non-Japanese residents and must be obtained before travelling to Japan. Visit www.railplus.com.au for more information.

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Take an Adventure from Broome to Darwin

Begin your adventure in the holiday mecca of Broome, marvel at the expanse of Lake Argyle, cruise the cool deep waters of Geikie and Katherine Gorges, bathe in the hot springs at Katherine Hot Springs and travel into the heart of Kakadu National Park. Your Kimberley, Katherine and Kakadu tour culminates in the thriving multicultural city of Darwin.

Highlights | Broome Pearl Luggers Museum | Lake Argyle and the Ord River | Fitzroy Crossing and Geikie Gorge Katherine Gorge Cruise | Katherine Outback Experience | Katherine Hot Springs | Kakadu National Park Aboriginal Rock Art and Paintings | Jumping Crocodile Cruise | Darwin Harbour Cruise

Kimberley, Katherine and Kakadu Road Trip Broome to Darwin

12 Days | Sunday 18 to Thursday 29 June 2017

Price \$5825 pptw | Single Option \$1335





Travel on the Gibb River Road

Your adventure begins with two days discovering the history and culture of Darwin. Leaving the Top End capital, immerse yourself in the Territory's wilderness in Litchfield National Park and Nitmiluk (Katherine) Gorge. Travel along the Gibb River Road and into El Questro Wilderness Park. Experience a breathtaking scenic flight over Lake Argyle and the world famous Bungle Bungle Ranges and cruise along Geikie Gorge, before spending three nights in Broome, Australia's Pearl Capital!

Highlights | Darwin Sunset Dinner Cruise | Mindil Beach Markets | Litchfield National Park

Nitmiluk (Katherine) Three Gorge Cruise | Kununurra, Lake Argyle and Ord River Dam | Bungle Bungles

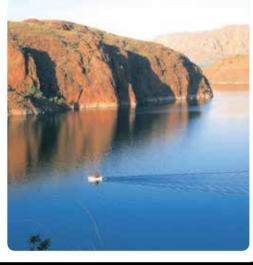
Scenic Flight and Walks | El Questro Chamberlain Gorge Cruise | Geikie Gorge Cruise | Broome Sightseeing

Discovery Top End and Kimberley Wilderness Wonders

14 Days | Wednesday 5 to Tuesday 18 July 2017

Price \$6875 pptw | Single Option \$1300







Head North This Winter

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

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

North West Spectacular Featuring Karijini National Park

9 Days | Friday 30 June to Saturday 8 July 2017

Price \$3495 pptw | Single Option \$735



Classic Cairns and Far North Queensland





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

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

Classic Cairns 8 Days | Saturday 10 to Saturday 17 June 2017 | Price \$3650 pptw | Single Option \$440

Solo Traveller Exclusive Departure | 8 Days | Thursday 13 to Thursday 20 July 2017

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Port Douglas, Cairns and The Daintree





Get on board and be immersed in the natural beauty of the reef, ranges and rainforests of Queensland's tropics. Fringing reefs, tropical islands, seaside villages, world heritage listed rainforests, hidden waterholes, relaxation and adventure await you. You will have the best of both worlds on this wonderful holiday with four nights in Cairns and three nights at Port Douglas. A highlight of your holiday will be a candlelight dinner amongst the rainforest. What are you waiting for, be spoilt and escape to the tropics with villa!

Highlights | Daintree Wilderness | Kuranda Railway and Gondola | Rainforest Evening Experience
Lake Barrine Cruise | Mamu Tropical Skywalk | Atherton Tablelands and Gallo Dairy | Port Douglas
Hartley's Crocodile Adventures | Working Sugar Cane and Cocoa Farm | Great Barrier Reef Outer Reef Cruise

Port Douglas, Cairns and the Daintree

8 Days | Saturday I to Saturday 8 July 2017 | Price \$4495 pptw | Single Option \$650



Villa holidays are fully escorted, depart Perth and include courtesy home collection*, airfares and taxes, travel insurance*, gratuities* attractions and entrance fees, quality accommodation and most meals. *Terms and conditions apply.

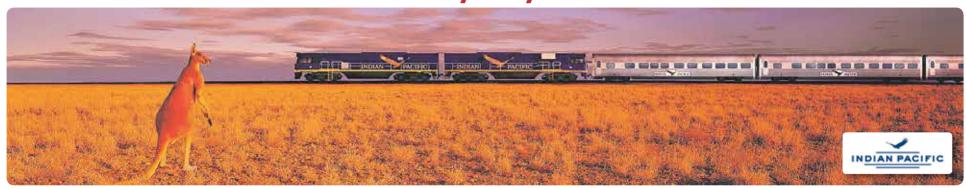






Explore Australia on These Iconic Rail Journeys

Travel from Perth to Sydney on the Indian Pacific



Come join us on an epic rail journey exploring Australia on this holiday that combines train and our harbour city and explores the breadth of our country. Travel one of the world's greatest rail journeys traversing 4,000 kilometres past and outback and vast open spaces on the famous Indian Pacific then explore the incredible sights of Sydney.

Highlights Indian Pacific Train Journey Perth to Sydney Nullarbor Plain Off Train Experiences Kalgoorlie, Adelaide, Cook and Broken Hill Sydney Museum Sydney Observatory Step Back in Time Tour Hyde Park Barracks Taronga Zoo Gondola, Show and Lunch Captain Cook Hop On and Off Cruise Royal National Park Grand Pacific Drive

Indian Pacific Coast to Coast and the Harbour City

8 Days | Sunday 10 to Sunday 17 September 2017 | FreeCall 1800 066 272 for full prices on this amazing rail journey



YOUR HOLIDAY ITINERARY (ex Perth, Western Australia)

The Indian Pacific Train

Aboard the Indian Pacific, relax as your epic journey from coast to coast commences. Travelling east to Kalgoorlie settle into your surrounds and enjoy the privileges of Gold Service. Overnight: The Indian Pacific Train.

DAY 2 Cook and the Nullarbor Plain BLD

Today you will arrive into Cook. There is time to disembark to stretch your legs and to explore the ghost town that has a population of four. Overnight: The Indian Pacific Train

DAY 3 South Australia and Broken Hill BLD

Travelling towards the Pacific Coast, your journey today will take you across South Australia and into New South Wales. You will wake this moming to the City of Churches. In the afternoon, discover Broken Hill. Overnight: The Indian Pacific Train.

The Blue Mountains

This morning from the carriage windows, watch as you travel through the Blue Mountains and descend into Sydney. On arrival into Sydney, your Coach Captain will greet you and take you on a tour of Sydney. Overnight: Novotel Sydney Darling Harbour, Sydney.

Sydney Sightseeing

Sydney shines today with some amazing museums and significant historic sites including the Museum of Sydney and Sydney Observatory. Lunch is at your

leisure at the iconic destination of "The Rocks" followed by Hyde Park Barracks which will showcase one of the most significant convict sites in the world and in the afternoon visit the Royal Botanical Gardens. Ovemight: Novotel Sydney Darling Harbour, Sydney.

DAY 6 South Coast

Less than an hour from Sydney is the entrance to the Royal National Park the world's second oldest and the beginning of the 140km Grand Pacific Drive. We have a delightful lunch planned before returning to the bright lights of Sydney. Overnight: Novotel Sydney Darling Harbour, Sydney.

DAY 7 Taronga Zoo and Free Time

Today enjoy a wonderful outing to the famous Taronga Park Zoo. With its spectacular views of beautiful Sydney Harbour, it is the perfect place to see native wildlife and rare exotic animals. Enjoy the rest of the day at your leisure before coming together for one final dinner. Overnight: Novotel Sydney Darling Harbour, Sydney.

Sydney to Perth

Your coast to coast journey comes to an end with transfers to the Sydney Airport for your return flight to Perth. On arrival, our courtesy small charter vehicles will be on hand to see you safely home. Itinerary is subject to change. Terms and conditions apply. FreeCall 1800 066 272 for details

Journey Darwin to Adelaide on the Legendary Ghan





Travel to the Northern Territory to explore the Top End's sights. You will share in the Territory's ancient landscapes, enjoy a sunset dinner cruise on Darwin Harbour, cruise the waters of the famous Adelaide River to see the abundant wildlife and tour Darwin. Then aboard a legend in Australian history, The Ghan rail journey, enjoy the exciting new four day journey from Darwin to Adelaide. Prepare for an experience of unimaginable proportions as the legendary Ghan takes you deep into the heart of Australia. And when the train stops along the way, the real adventures begin with amazing Off Train excursions that will leave you in awe and the promise of access to experiences

DARWIN Katherine THE GHAN NT Alice Springs Coober Pedy On to Adelaide

that can only be shared on a Ghan journey. Highlights | Darwin Sunset and Dinner Cruise Litchfield National Park Touring | Corroboree Billabong Cruise Darwin Sightseeing The Legendary Ghan (Darwin to Adelaide) Nitmiluk Gorge Katherine Off Train Excursions Alice Springs MacDonnell Ranges Outback Evening BBQ Off Train Excursions Coober Pedy

The Ghan and Top End

Featuring Darwin, Katherine, Alice Springs and Coober Pedy 8 Days | Sunday 2 to Sunday 9 July 2017 FreeCall 1800 066 272 for full prices on this amazing rail journey

Solo Traveller Exclusive Departure 8 Days | Sunday 30 July to Sunday 6 August 2017

YOUR HOLIDAY ITINERARY (ex Perth, Western Australia)

Perth to Darwin

The warmth of the tropical top end awaits you. On arrival in Darwin, an orientation tour will introduce you to your tropical surrounds. Ovemight: Hilton Hotel, Darwin.

Adelaide River and Darwin's Sights

Leaving Darwin, we travel the Arnhem Highway to the Adelaide River floodplain where a spectacular cruise on the Corroboree Billabong awaits. After a visit to the Museum and Art Gallery of the Northern Territory, enioy a special welcome dinner is planned aboard the Charles Darwin. Relax as a sunset cruise travels the Harbour and a unique tropical dining experience is provided for you. Ovemight: Hilton Hotel, Darwin.

Litchfield National Park

Today explore the thundering falls, the walking tracks, rainforest pockets, intriguing magnetic termite mounds and the pandanus lined pools on a full day adventure into the stunning Litchfield National Park. The spectacular Florence Falls cascades into a plunge pool and the platform above offers panoramic views of the open valley. Reinvigorated by the cool waters of the Litchfield National Park meander back to Darwin. Overnight: Hilton Hotel, Darwin.

The Legendary Ghan – Katherine

Departing Darwin, begin your great rail adventure aboard the legendary Ghan. For four days and three nights, you will discover the extraordinary landscapes of our outback at a relaxing pace in refined comfort and style with your all-inclusive Gold Service experience including Off Train Experiences and your

Gold Service sleeper cabin serviced by your own steward. On arrival into Katherine, the Nitmiluk Gorge will delight you. Overnight: The Ghan.

The Legendary Ghan - Alice

Each new day begins with a fresh new panorama. Awake to the essence of central Australia. Today you will arrive in the outback town of Alice Springs where there is time to explore the oasis of history, culture and beauty. Continue into the evening where your Off Train Experience in Alice Springs includes a dinner under the stars. Overnight: The Ghan.

The Legendary Ghan - Coober Pedy BLD Enjoy a full day in Coober Pedy, the sun-scorched opal mining capital of the world where more than half of the residents live underground. Venture into the tunnels and caves of this underground town, mined for riches and visit the stunning outback moonscape that is the Breakaways. Ovemight: The Ghan.

The Legendary Ghan – Arrive Adelaide BD Today is your last morning aboard The Ghan and the culmination of a north to south traverse across the centre of Australia. The red desert gives way to the fertile hills and vineyards of the Clare Valley and the Mount Lofty Ranges. Arriving into Adelaide we bid farewell to The Ghan. Your coach captain will provide an orientation tour of Adelaide followed by free time in the city at your leisure. Overnight: Ibis Adelaide, Adelaide.

Adelaide to Perth

Following breakfast, transfer to the Adelaide Airport for the return flight to Perth. On arrival a courtesy small charter vehicle will see you safely home. Itinerary is subject to change. Terms and conditions apply. FreeCall 1800 066 272 for details

Villa holidays are fully escorted, depart Perth and include courtesy home collection*, airfares and taxes, travel insurance*, gratuities* attractions and entrance fees, quality accommodation and most meals. *Terms and conditions apply.















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geysers, Larnach Castle and more.

Milford Sound Overnight Cruise.

• 19 breakfasts including 1 specialty breakfast

• HIGHLIGHT Milford Sound Overnight Cruise

• 17 nights 4 star hotel accommodation with 5 two night stays

• Professional Coach Captain and Tour Guide in New Zealand

· Prepaid activities and attractions including Kauri Museum,

Skyline Rotorua Gondola, Agrodome, Thermal mud pools &

• Enjoy 3 rail journeys - Glenbrook Vintage Railway, the world

• Relax with 5 cruises including Dolphin / Hole in the Rock Cruise

in the Bay of Islands, the vintage steamship TSS Earnslaw and the

renowned TranzAlpine and the Silver Fern Seasider

escorted by a professional Tour Guide. Highlights include 3 spectacular Rail Journeys - Glenbrook Vintage Railway, the world renowned TranzAlpine and Silver Fern Seasider Rail Journey. Relax on 5 scenic cruises, with an overnight cruise on the beautiful Milford Sound. This tour includes 2 night stays in the Bay of Islands, Rotorua, Wellington, Queenstown and Dunedin.

T xperience the romance of rail travel, the majesty of cruising and the luxury of coach on this

Lenthralling holiday. Visit all the 'best of' attractions of the North and South Islands and be

DEPARTS 24 October 2017 & 17 March 2018

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

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

DAY 1: Arrive Auckland (Free Day) (B,D)

On arrival into Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel for immediate hotel check-in. Enjoy breakfast at the hotel followed by time at leisure. **Hotel** Grand Millennium Hotel

DAY 2: Auckland - Bay of Islands (B,D)

Depart Auckland and travel to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Enjoy a visit and informative talk at the Kauri Museum in Matakohe, then travel via Whangarei to Paihia, situated in the heart of the beautiful Bay of Islands. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British. **Hotel** Scenic Hotel Bay of Islands (2 nights)

DAY 3: Bay of Islands (Free Day) (B)

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

DAY 4: Bay of Islands - Auckland (B,D)

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins before returning to Paihia. Travel south via Whangarei to Auckland's north shore, where you will see stunning views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.

DAY 5: Auckland - Rotorua (B,D)

This morning enjoy a city sights tour of Auckland before travelling

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

Hotel Sudima Hotel Lake Rotorua (Superior Room. 2 nights) DAY 6: Rotorua (B,SD)

Today begins with a gondola ride and breakfast at Skyline Rotorua. There is also time for a luge 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 7: 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 to the capital city of Wellington. **Hotel** James Cook Hotel Grand Chancellor (2 nights)

DAY 8: Wellington (B)

A highlight this morning will be time to explore Gallipoli: A Scale of War exhibition at Te Papa, New Zealand's National Museum. Cutting edge technology brings these stories to life through the eyes of New Zealanders who found themselves in extraordinary circumstances. Reboard your coach for an extensive city tour. Enjoy free time this afternoon and this evening is also free.

DAY 9: Wellington - Blenheim (B,D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Travel to Blenheim, the heart of wine-growing Marlborough. This afternoon a

EXCLUSIVE INCLUSIONS** ✓ Return home pick-up by private car to Perth Airport with professional and caring drivers ✓ Pre tour get together including a scrumptious morning tea and gift

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fascinating guided tour of the Omaka Aviation Heritage Centre will transport you from WWI to WWII featuring an extensive collection of aircraft belonging to Sir Peter Jackson.

DAY 10: Blenheim - Christchurch (B,D)

Hotel Scenic Hotel Marlborough or Chateau Marlborough

Today's travel takes you through the alpine village of St Arnaud, the enchanting beech Maruia Forest and the scenic Lewis Pass. Continue south to the Garden City of Christchurch for an informative

Hotel Quality Hotel Elms

DAY 11: 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 12: Franz Josef - Queenstown (B)

GRAND PACIFIC TOURS

See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown, a year round resort situated on the shores of magical Lake Wakatipu. This evening is free to dine at

one of the many fine restaurants. **Hotel** Copthorne Hotel and Resort Lakefront (2 nights)

DAY 13: 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 14: Queenstown - Milford Sound Overnight Cruise

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 15: Milford Sound - Te Anau (B,D)

Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord. Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau. This afternoon enjoy a cruise across Lake Te Anau





SUPPLEMENT \$1900

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 16: Te Anau - Dunedin (B,SD)

Travel via Gore and Balclutha to Dunedin. After time for lunch board the Silver Fern railcar for a journey along spectacular clifftops overlooking the Pacific Ocean and Blueskin Bay. On return to Dunedin's historic Edwardian Railway Station, board the coach for an informative city tour. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift. Hotel Scenic Hotel Southern Cross (2 nights)

DAY 17: Dunedin (B.D)

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 some free time. You might choose to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail (optional).

DAY 18: 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 19: Depart Christchurch (B)

Time to say goodbye. You will be transferred to the airport for your flight home after a memorable New Zealand holiday.







*Price is valid ex Perth departure and includes prepaid taxes of \$170, 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 are

WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION



Ningaloo manta ray named Aurora

EXMOUTH Visitor Centre's Name a Ningaloo Manta Ray competition has come to its conclusion, with the public voting to name one of the Ningaloo Reef's resident manta rays.

The Ningaloo Reef is home to a large population of manta rays, with more than 850 individual mantas having been identified using the unique dot patterns found on the belly of each ray. In conjunction with Project

Manta and The University of Queensland, the identification program was expanded in late 2016 to include the northern part of the Ningaloo Reef, around Exmouth.

To commemorate this, the Exmouth Visitor Centre and Project Manta asked the public to name the 50th manta ray identified as part of Project Manta's northern Ningaloo Reef expansion.

More than 120 names were entered, with the

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public then having the final say on the winning name via the Exmouth Visitor Centre Facebook page. By an overwhelming majority, the winning name was Aurora.

Two separate entrants suggested the name Aurora, Jasmine Pestell from the United Kingdom and 11-year old Kristian van der Meijs from Norway. Both Jasmine and Kristian chose the name Aurora in reference to the Southern Lights (Aurora Australis),

comparing the beauty of this incredible natural phenomenon to that of this graceful manta ray.

As the winners of the Name a Ningaloo Manta Ray competition, Jasmine and Kristian have both won tour tickets to swim with Ningaloo manta rays thanks to Coral Bay Ecotours.

Project Manta encourages citizens to contribute to its manta ray database by submitting any photos taken of manta rays they see throughout the Ningaloo region. The unique spot pattern on a manta ray's belly is like a fingerprint, so a photo of the underside of a manta allows the research team to cross reference their existing database and determine if it is a new or previously identified Ningaloo manta ray.

Project Manta Ningaloo representative, Jessica Smith said the Ningaloo Reef and in particular Coral Bay is one of very few places in the world that is home to a resident population of manta rays, and as such, ongoing monitoring of manta numbers and movements is an important part of extending our knowledgebase on the species as a whole.

"Project manta has been working on extending its monitoring range of manta rays in Western Australia, focusing on the Ningaloo Reef. Coral Bay is well known for its resident population of manta rays, but up until now very little was known about manta rays that are sighted around Exmouth and north Ningaloo.

"We currently have 57 mantas in the database first sighted around Exmouth and we continue to record sightings and identifications to gather an idea of where these individuals are traveling to after visiting Exmouth." Ms Smith said.

Project Manta researchers from Queensland will

Aurora the 50th manta ray identified under Project Manta's northern Ningaloo Reef expansion

be visiting the Ningaloo region again in May 2017 to continue this identification research and investigate the movements of manta rays throughout the Ningaloo.

For more information on tours to swim with Ningaloo manta rays, contact the Exmouth Visitor Centre on 9949 1176 or email: reservations@exmouth wa.com.au.

Visitors to the north west are reminded to protect themselves from mosquito bites

REMEMBER to take precautions to avoid mosquito bites if you are a resident and traveller in the north of Western Australia.

The warning follows a significant increase in Ross River virus (RRV) cases in the western Kimberley, as well as evidence of Murray Valley encephalitis (MVE) activity this year.

WA Health's senior scientific officer, Dr Andrew Jardine, said there had been a confirmed detection of MVE in the east Kimberley region and probable detections of MVE and Kunjin virus in

the Pilbara region.

"While no human cases of MVE or Kunjin have been reported in WA since 2011, evidence of the viruses has now been detected in sentinel chicken flocks, which are used as an early warning system for virus activity," Dr Jardine said.

"Both viruses are only carried by mosquitoes, and while the risk of being infected and becoming unwell is low, the illnesses can be severe.

"It is important that people in the north of WA protect themselves from mosquito bites into the Easter holiday period." Initial symptoms of MVE include fever, drowsiness, headache, stiff neck, nausea and dizziness. People experiencing these symptoms should seek medical advice quickly. In severe cases, people may experience fits, lapse into a coma, be left with permanent brain damage or die.

Dr Jardine said Kunjin virus usually caused milder symptoms than MVE virus, but in rare cases could also cause severe symptoms, including headache, neck stiffness, fever, delirium and coma.

Symptoms of infection with RRV include painful or swollen joints, sore

muscles, skin rashes, fever, fatigue and headaches which can last for weeks or months.

There are no specific cures or vaccines for any of these viruses so it is important that people take care to prevent being bitten by mosquitoes.

"People do not need to alter their plans to visit the Kimberley or Pilbara regions, but it is important they take some simple steps to avoid mosquito bites when camping, fishing or undertaking any other activity outdoors," Dr Jardine said.

Simple steps to avoid mosquito bites are:

avoid being outdoors with exposed skin around dawn and early evening.

wear protective (long, loose-fitting, light-co-loured) clothing when outdoors.

apply a personal repellent containing diethyl toluamide (DEET) or picaridin to exposed skin or clothing. The most effective and long-lasting formulations are lotions or gels. Natural or organic repellents are generally not as effective as DEET or picaridin or need to be reapplied more frequently.

Use mosquito coils and mosquito lanterns and apply barrier sprays containing bifenthrin in patio and outdoor areas around houses.

Ensure insect screens are installed and in good condition on houses and caravans.

Use mosquito nets and mosquito-proof tents when camping.

Ensure infants and children are adequately protected against mosquito bites, preferably with suitable clothing, bed nets or other forms of insect screening.

For more information about mosquito prevention visit: healthywa. wa.gov.au/Healthy-living/Prevent-mosquito bites



Planning a trip along the West Coast of Australia this winter?

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by Mike Roennfeldt

LATE last month I was supposed to be having a wonderful time aboard a mate's beautiful big boat up at the Abrolhos Islands, fishing the Geraldton and Districts Offshore Fishing Club's annual Abrolhos Gamefishing Tournament.

The promise of good company and red hot fishing in the awesome setting of the Abrolhos had been dominating my waking thoughts for a while, but sometimes things just

don't work out. In this case it was a wedding in the family and I hadn't woken up to the clash of dates.

At least it got me around to sorting out some fishing gear before the cancellation. And while I was working out what I'd need up there, I remembered some of the great fishing of times past in those waters.

The Abrolhos consists of three groups of islands in a north-south chain. Many of the islands are not much more than rocks, sitting just a metre

or two above sea level, but protected against the ravages of the open ocean by wide expanses of very shallow coral reefs. While the Abrolhos is renowned for its once violent history and the fact that it is one of our most important crayfishing areas, it also has the distinction of being the closest place to Perth where you can enjoy the best of the northern sport fishing experience.

Not only do some of our most highly regarded northern species call the place home, but there's a fair mix of the best of what the south has to offer as well. A session trolling around the maze of islands is just as likely to turn up a huge yellowtail kingfish as a hard running Spanish mackerel. And for those who get their kicks bottom bouncing, the next fish coming up could just as easily be a dhufish as a coral trout. In fact, there's everything from herring to marlin on tap up there. You just have to decide what range of species you intend to target.

The trolling can be awesome. We used to do most of our fishing around the middle and southern groups of islands, where you could invariably spot some sort of seabird activity somewhere if you scanned the horizon for a few seconds. Funnily enough though, the most action didn't always come from around the bait fish schools. There were particular underwater features that seemed to hold Spaniards, Samsons and kings, while the bird activity generally signalled the presence of smaller tuna and shark mackerel. These days the tournament is based around Pigeon Island in the Wallabi Group and most of our fishing takes place farther north than it used to.

There are plans to develop more tourism opportunities at the Abrolhos but as it is now, the only easy ways you can enjoy the islands experience is by taking a charter or owning a big boat yourself. Some of the more adventurous Geraldton locals make the long haul out there in boats as small as 6m in the right conditions, but it's not something for the inexperienced or underprepared.

Home Valley Station located in the East Kimberley re-opens for the new season



© Carlisle Rogers

HOME Valley Station in Western Australia's spectacular East Kimberley. will be welcoming guests from 1 May following its annual hiatus over the wet season.

To celebrate the reopening, the heritage cattle station offers a twonight package* from \$210

per person, twin share. "Home Valley Station

offers a quintessentially Australian outback experience where guests can enjoy genuine hospitality while discovering the spectacular landscapes of the Kimberley. We're delighted to be opening our doors for the 2017 season," says Voyages Indigenous Tourism Australia's chief executive officer Andrew Williams.

Located on the iconic Gibb River Road, at the foot of the majestic Cockburn Range, the historic station is the ideal base from which to explore the pristine wilderness.

Guests can enjoy a range of adventurous activities including sunset touring, Station 4wd tours, scenic flights or soaking up the atmosphere at the

famous Dusty Bar and Grill. During the season other activities on offer will include hiking, swimming in pools surrounded by ancient red gorges, helifishing, horse riding, boating, star gazing, nature crocodile spotting and barramundi fishing on the Pentecost River.

The package includes two nights' twin share accommodation in a guesthouse room, daily buffet breakfast, access to walking trails and entertainment at Dusty Bar and Grill

Home Valley Station offers a range of accommodation options for travellers - from comfortable guesthouse rooms and elegant grass castles overlooking Bindoola Creek to eco tents and camping facilities.

*Conditions apply, subject to availability. Rate is available for travel 1-31 May 2017.

For bookings contact travel@voyages.com. au or 1300 134 044 For further information go to: www.hvstation.com.au

Record rainfalls in the Kimberley make it the perfect time to cruise the coast



Complete comfort and luxury on-board

RECORD rainfall in the Kimberley during this year's wet season means that visitors to the area are in for a treat with waterfalls in full flow, an abundance of wildlife and stunning scenery.

It's the perfect time to visit the area and to cruise along the Kimberlev coast.

Multi-award winning cruise company Kimberley Quest is operating wilderness expeditions along the coast between Broome and Wyndham.

The Kimberley Quest II is a 25 metre vessel which has been designed for relaxing while exploring the coastline. The custom design of the boat allows them to visit areas that many other Kimberley cruises cannot reach.

While on board guests can enjoy indoor and outdoor dining areas, a refreshing dip in the spa and gourmet cuisine prepared by the on-board chef.

Kimberley Quest takes a maximum of 18 guests and the personalised service and attention to detail means that people will enjoy the amazing surrounds in complete comfort and luxury.

Guests can select from one of their exciting Kimberley cruise options for their Kimberley adventure.

There are a range of Kimberley tours available and the daily activities aboard provide lots of opportunities for guests to really explore the region.

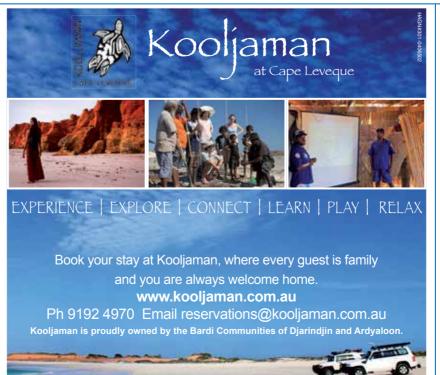
With custom-built tender vessels, guests have the opportunity to explore the untouched river systems, view ancient Aboriginal rock art and fish the tidal creeks. They will discover the in-depth history of the area, view rugged cliffs, caves, waterfalls and gorges, spot wildlife, enjoy refreshing dips in secluded waterholes and much

The Kimberley is prolific with islands, whirlpools, inlets, extensive waterfalls, pristine beaches and unforgettable scenery that will take a visitor's breath away.

The team at Kimberley Quest will convey their passion for this ancient land, forging the sights and sounds of the area into their guest's memory forever.

Don't miss the opportunity to visit the area as the phenomenal wet season subsides to reveal the extensive beauty which may be a once in a lifetime opportunity. Visit www.kimberleyquest.com.au for further information on Kimberley Quest cruises.







Ph: 9937 1000 Email: kalbarrihotel@wn.com.au

WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION

Holidays options with pets in WA

MOST dog lovers don't like to leave their precious fur babies behind when they go on holidays.

But before taking your pooch on holidays it's always good to make sure they are up-to-date with all their vaccinations. If it is likely that dogs will be mixing with various other canines, be sure to treat them with a C5 vaccination. C5 vaccinates against severe kennel cough and dogs of any age can be affected.

We all know dogs love to go exploring, especially when in new locations. It's well worth making sure your animal is micro-chipped and has a collar tag with your mobile number on it.

And don't forget to bring dog food, dog bowls for water and food, some clean bedding, a few toys and of course a leash.

This month we've compiled this handy guide to accommodation options which are pet friendly.

Albány

Coraki Holiday Cottages offers guests riverside accommodation on ten acres of rolling lawns and surrounded by beautiful bushland only 12km from Albany. Dogs are welcome to stay at the two and three bedroom cottages. For more information call 0456 704 008 or email info@corakicottages.com.au

Augusta

Flinders Bay Caravan Park is Augusta's only beachfront holiday park and they welcome dogs. Call 9780 5636 for bookings.

Bridgetown

Sunny Hurst Chalets in Bridgetown offer five fully self contained two bedroom chalets and welcome guests to holiday with their pets. Sunny Hurst is located in a tranquil area which is perfect to discover the delights of the Bridgetown area. Call 9761 1081 or email enquiries@sunnyhurstchalets. com.au for bookings.

Busselton

The popular holiday town is always a pleasant place to stay. Grangeview Guest House welcomes pets at its self contained two bed unit located in a relaxed bush setting. The unit is fully furnished with television, DVD, reverse cycle air-conditioning the master bedroom has an ensuite. There is plenty of space to walk dogs and it's close to the Margaret River wine region. Call 0400 765 244 or email jo.grangeview@gmail.com for bookings.

Cowaramup

Caves Road Chalets offer one and

two bedroom self contained rustic loft style chalets in 64 acres of natural bushland. Close to the heart of the Margaret River region and all its delights, this is the perfect spot to relax and enjoy a break with your pets. Call 9755 5266 or email admin@cavesroadchalets.com.au for bookings.

Greenbushes

The BlueSky Retreat offers a pet friendly three-bedroom cottage in a country setting on 100 acres. Offering outstanding views with a peaceful ambience this is the perfect place to enjoy a family holiday. Call 0419 929 310 or email blueskyretreat@westnet.com.au for bookings.

Margaret River

Beachside Prevelly Villas offer guests five holiday homes in Prevelly Park to choose from. The villas are located across from the store and it's an easy walk to the pristine dog beaches in the area. These villas offer the perfect affordable beachside getaway with you pooch. Call 0417 969 770 for bookings.

Nannup

The Loose Goose Chalets are located in the Jarrah Forests of Nannup and offer the visitor individual self contained chalets or a dormitory style bedroom for up to 20 people. These are popular all year round and the chalets offer log fires in winter. Dogs are welcome and it's the perfect spot to enjoy the pristine forests in the area. Call 9756 1170 for bookings.

Perth

For those who need to visit Perth and bring your dog, Above Bored Bed and Breakfast say they welcome children, pets and even adults.

Located close to the CBD in North Perth, this bed and breakfast is a home away from home where pets are welcome to stay in the rooms and their owners are not charged a pet bond. Contact stay@abovebored.com.au or call 9444 5455 for bookings.

Waroona

The Lake Navarino Family Holiday Park has a range of accommodation to suit every taste and budget. There are cabins, cottages, caravan and tent sites and the popular glamping tents all located in a bush setting. Located two minutes drive to a lake where visitors can swim, enjoy water sports or just relax, this is the perfect spot to enjoy a relaxed holiday with your dog. Call 9733 3000 or email linda@navarino.com.au

AAA RATED ★★★★

What makes a bed and breakfast appealing?

et's gotravelling



DR SARAH Rossetti (pictured above) has been successfully running Above Bored bed and breakfast in North Perth for the past 14

Dr Rossetti, a personable film and television screenwriter, be-

lieves that what B&Bs have to offer is the comfort of knowing that an experienced host lives on-site as well as the price advantage.

"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," she said. Above Bored is an AAA four star

rated, 1927 Federation home and cottage just five minutes north of Perth CBD, in a quiet street.

"We have child friendly and pet friendly accommodation where pets stay free. They can stay in guests' bedrooms without a pet bond," Dr Rosetti said.

"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," she said.

"My personality as a writer and diver is reflected in the King room bathroom's amazing underwater fresco ceiling, which kids adore; in the romantic en-suited 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 its own remote controlled garage."

For more information and bookings contact 9444 5455, email stay@abovebored.com.au or visit www.abovebored.com.au.

Explore Margaret River from your own private chalet

CAVES Road Chalets is the perfect spot to escape the bustle of everyday life. They are nestled amidst the picturesque bush land Margaret River is renowned for. Each chalet is fully self-contained, with air-conditioning, wood burning fires, linen and everything you need for a relaxing holiday.

Kids will have plenty to do, with their own playground, and loads of places to explore. There are wonderful attractions for families in the south west, including mazes, animal farms, mini-golf and heaps more. To make life easy for people with children, they have cots, high chairs and baby baths.

Pets are more than welcome to join in on a Margaret River adventure too, on request, and with 64-acres to run free, pups will love their new backyard. Most dogs are accepted. They are charged at \$11 per night per dog. Maximum two to a chalet. Each chalet has an enclosed dog run alongside it or at the back of it.

From the chalet, you can explore the many wonders of the Margaret River region. Dive into the beautiful Indian Ocean, just minutes from your new home, or take in the stunning wildlife and flora on a relaxing hike through

natural bush land.
Each chalet features one or two bedrooms, as well as a flat screen TV and DVD player – perfect for a cosy night in with a bottle of wine from the fa-

mous wine region. Guests may also like to visit the charming township, which features some of the best food and wine establishments in Australia.

During the day you can head out and join a wine tour, or explore the world-class vineyards, breweries, distilleries and restaurants. The getaway can be as action-packed or relaxed as required – one of the many beauties of Margaret River.

BlueSky Retreat Cottage

Quality pet friendly three bedroom cottage in a country setting on 100 acres with outstanding views and a wonderfully peaceful ambience.



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Lot 15 Huitson Rd, Greenbushes WA 6254

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Tracey & Cos invite you to stay in any one of their 5 chalets; The Sunrise, Sunset, Misty, Meadows & Shadow Chalet.

Coraki Holiday Cottages

Coraki Holiday Cottages is riverside accommodation

on ten acres of rolling lawns, surrounded by native

bushland, located 12 km from Albany's CBD.

You and your dog are welcome.

2 & 3 Bedroom cottages available.

\$15/dog (maximum 2 dogs)

16 Nanarup Rd, Lower King, Albany WA

Phone: 9844 7068 or 0456 704 008

Email: info@corakicottages.com.au

Website: www.corakicottages.com.au

One 2bed QB chalet and four 2brm Swiss style timber chalets, fully contained, an intimate atmosphere for winter and summer. Log fire, BBQ, TV/DVD, mini golf, ged the livestock, tranquil atmosphere.

Ph: 9761 1081 Lot 15 Doust St Bridgetown
Email: enquiries@sunnyhurstchalets.com.au

Grangeview Guest House welcomes pets



Wake up to the sounds of tranquility, relax and breathe the fresh air. Accommodation with style and comfort with a relaxed country lifestyle and bush setting. Located approx 10km from the town centre, close to the Margaret River winery region and nearby attractions. Self contained 2 bed QB private ensuite, fully furnished unit, TV, DVD, r/c air-con. Nature walks, paved verandahs, farm animals lots of space to walk dogs.

Phone 9753 1128 or 0400 765 244 Email: jo.grangeview@gmail.com 861 Queen Elizabeth Ave, Ambergate Busselton

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hotel accommodation in North Perth, Western Australia. Catering equally to the lone traveller looking for an inexpensive home away from home, couples seeking a romantic getaway, or families where the children and pets aren't frowned upon, this charming Bed and Breakfast suits all. Pets stay for FREE. No Pet Bond. Pets can stay in guest rooms. Free wifi and parking all rooms all stays. Take a virtual tour on our website.

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We are two minutes drive to the lake where you can swim, enjoy water sports, relax and even camp the night under the stars.

Come and see us, we look forward to meeting our old and new friends.

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Five spotless holiday homes located in Margaret River, some with ocean views.

Easy walks / access to pristine dog beaches
Priced from \$175 per night
Opposite local store and cafe

Dog friendly accommodation Ph 0417 969 770 or 9757 2277 www.prevellyvillas.com.au



1 and 2 Bedroom a/c, self contained, rustic loft style chalets, nestled in 64 acres of natural bushland in the heart of the Margaret River Wine Region.

Close to wineries, town, beach, all natural and tourist

attractions. Abundant birdlife and wildlife, pet friendly too.

Bookings: 9755 5266
Web: www.cavesroadchalets.com.au
Email admin@cavesroadchalets.com.au
Lot 5023 Caves Rd, Cowaramup WA

WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION et's gotravelling

Pets welcome at the beachside Prevelly Villas in Margaret River



ENJOY sea breezes, stunning sunsets and easy strolls to nearby pristine beaches (and dog beaches), from a superbly located holiday house.

The Sea Gardens Café is a beach cafe and is a brisk walk away and the Prevelly store is opposite the villas. The houses are well priced for guests and pets are

genuinely welcome, with enclosed yards at each villa. The five villas offer three bedrooms each, wood fires, air conditioning/heating and spacious private surroundings giving you the opportunity to truly relax and enjoy the seaside holiday ambience of Prevelly Park.

Call Peter and Deirdre 0417 969 770 or 9757 2277 or

visit www.prevellyvillas.com.au

Eurostar journeys on sale for Australian travellers

TRAVELLERS planning and budgeting for their upcoming 2017 European summer holidays can now take advantage of Rail Europe's discounted Eurostar journeys.

Bookings made by 24 April, can enjoy one-way fares on journeys between London/Ebbsfleet/Ashford and Brussels, and between Lille/Calais and Paris starting from

Travel is valid till 20 August 2017. Please allow for foreign exchange fluctuations.

Black-out dates and terms and

conditions apply.

Visit www.raileurope.com.au for more information and bookings.

Bush Poets head to the Moondyne Festival in Toodyay

MEMBERS of the WA Bush Poets will be sharing the stage with Jarrah Celtic Band at the Colonial Village at this year's Moondyne Festival in Toodyay on Sunday 7 May.

They will also be busking with musicians Kate Linke and Warwick Trant. Kate, a genuine country girl has been a popular attraction since the group started performing at Moondyne.

The Bush Poets will be

reciting poems from the early days of European settlement in Australia as well as more modern works.

WA Bush Poets will return to Toodyay for their annual state championships from 3 - 5 November. This year the Australian championships are being held in conjunction with the Bush Poetry Festival. Having been widely promoted in the eastern states, this event promises to put Toodyay on the bush poetry map and bring a good number of visitors to this historic town

Some of the best bush poets from across Australia will be converging on Toodyay for the Australian Championships. tors to the Bush Poetry Festival can be assured of a feast of traditional and modern poetry in the style of the great masters Banjo Paterson and Henry Lawson. There will also be a concert on the Friday night and a family bush dance on the Saturday night. Everyone is welcome and there is no charge for any of the weekend.

For more about the competition check the bush poet's website www. wabushpoets.asn.au or contact the president, Bill Gordon president@ wabushpoets.asn.au phone 0428 651 098.

Club 55 travel club present new day tours



A SELECTION of new great days out are planned for the Club 55 travel club starting on the 13 April and departing from Belmont, Bassendean, Bullcreek, Booragoon, Perth City, Innaloo and Whitfords.

Club 55 offers people free membership and a great way to meet and make new friends.

They have good news for seniors' social clubs with the 2017 Group Day Tour brochure recently released which contains more than 80 affordable day tours starting from only \$25 per person.

There are lots of new day tours this year and clubs only need to get a group of 15 or more people together for Club 55 to provide a pick up service from the club or a location wherever is convenient for the members.

You can be assured of a great day out with owner Chris Hadland who has been conducting tours for Perth's seniors for more than 30 years. His is a truly West Australian family owned and operated business.

Call Chris Hadland's daughter Tanya on 1300 653 696 between 9am and 2pm or visit their web page at www. club55.com.au where people can download the latest brochures. There is a section for group bookings and for individuals where they can book and pay for their outings online and signup for free membership to the travel club.

Club 55 Travel is proud to support Have a Go News and will be advertising all of their upcoming tours on page three each month. They will also be supporting Have a Go News with monthly prizes for a regular competition. They look forward to welcoming you on their tours.

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- ✓ Kings Tour Manager*
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- ✓ Return economy airfares
- √ 3 nights' accommodation at the Doubletree by Hilton Darwin
- √ 3 nights' accommodation at the Mercure Crocodile Kakadu
- ✓ Luxury Coach Travel throughout
- ✓ Breakfast daily, 1 lunch and 2 dinners
- ✓ Sightseeing and entry fees as per the

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8 DAYS \$4,350*

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✓ 1 nights accommodation at the Doubletree

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- ✓ Kings Tour Manager
- ✓ Return economy airfares and taxes flying Singapore Airlines
- ✓ Exclusive Kings Tour of Singapore
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- ✓ Sightseeing and entry fees as per the itinerary
- ✓ Breakfast daily, 1 high tea, 1 lunch and 2 dinners

8 DAYS \$3,990*

- ✓ Singapore Sights & Chinatown tour
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- √ Kings Tour Manager*
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- Australian dollars on-board
- 3 nights at the Royal Plaza on Scotts
- Sightseeing and entry fees as per the itinerary Breakfast daily, 1 high tea, 13 lunch and 12

16 DAYS \$3,750*



CUNARD 🛞

16 TO 22 FEBRUARY 2018 QUEEN MARY 2

TOUR INCLUSIONS

- √ Home pick-up and return by Hughes*
- ✓ Kings Tour Manager*
- ✓ Return economy airfares and taxes
- ✓ 2-nights accommodation in Melbourne
- ✓ Colonial Tramcar Dinner
- ✓ Melbourne Sights Tour
- √ 4-night Queen Mary 2 Cruise from Melbourne to Melbourne
- All meals and entertainment on board
- ✓ Transfers throughout

7 DAYS \$2,870*



3 TO 17 APRIL 2018 **JAPAN**

TOUR INCLUSIONS

- Home pick-up and return by Hughes*
- Kings Tour Manager*
- Return Economy Airfares & Taxes flying Cathay Pacific
- 12 nights accommodation including private facilities
- English speaking National Guide throughout the tour
- All transportation, daily tours and admission fees
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- ✓ Breakfast Daily, 9 Lunches and 8 Dinners

15 DAYS \$8,790*



12 TO 28 DECEMBER 2017 CHRISTMAS IN EUROPE

TOUR INCLUSIONS

- √ Home pick-up and return by Hughes*
- ✓ Kings Tour Manager* ✓ Return economy airfares and taxes
- √ First class coach touring throughout Europe
- ✓ Local Tour Director and professional driver
- ✓ 14-nights deluxe accomodation
- ✓ Breakfast Daily and 9 dinners ✓ All excursions and sightseeing
- ✓ Visit the 500 year old Christmas Market in Salzburg
- ✓ Horse-drawn carriage ride through the picturesque countryside in Tyrol
- Market in Zurich ✓ Christmas Eve Highlight dinner in Brigg

- ✓ Attend Europe's biggest indoor Christmas

17 DAYS \$9,250*



17 DECEMBER 2017 TO 1 JANUARY 2018 CHRISTMAS IN CANADA

TOUR INCLUSIONS

- √ Home pick-up and return by Hughes*
- ✓ Kings Tour Manager*
- ✓ Return economy airfares and taxes flying Cathay Pacific Arrival & Departure Transfers
- √ 2-nights Exclusive stay in Vancouver including touring
- √ 10-night Scenic in the Rockies Tour ✓ Luxury Coach Travel
- ✓ Breakfast daily, 2 lunches and 6 dinners
- ✓ Sightseeing and entry fees as per the itinerary
- ✓ Tipping and Gratuities and local guide Enjoy a magical Christmas Day at the Fairmont Lake Louise... and more!

17 DAYS \$11,295*



TO 2 JANUARY 2018

CHRISTMAS NEW ZEALAND CRUISE

TOUR INCLUSIONS

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- Solstice ✓ All meals and entertainment on-board
- the cruise ✓ Cruise Port Charges, taxes and gratuities

15 DAYS \$5,195*



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TOUR INCLUSIONS

- Home pick-up and return by Hughes*
- Kings Tour Manager*
- ✓ Return economy airfares and taxes
- 3-nights accommodation in the Adelaide Hills 3-nights accommodation in the seaside suburb of Glenelg in Adelaide
- Breakfast daily, 4 lunches and 6 dinners All sightseeing and entry fees as per the
- itinerary Deluxe coach travel throughout Luncheon Cruise on Captain Proud Paddle
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Celebrating the staircase of the moon in Broome









Left to right; Relics from the Pearl Luggers - Cable Beach - Sun Pictures - Beautiful scenery

by June Kingston Smith

"ARE you going to hire a car or do lots of tours?" friends asked. "No, we're just going to spend our time in town," we said. "No lazing on the beach or sitting in a coach or 4-wheel drive for hours."

"You'll run out of things to do," they said. But we didn't. We had five lovely days in Broome, soaking up its history and enjoying warm sunshine instead of hibernating during a cold winter in Perth.

Broome, named in 1883 after the Governor of WA, Sir Frederick Napier Broome, has a lot to offer. After a smooth flight, landing in what seemed like the middle of town, a quick trip in a mini-bus full of people soon had us at our hotel.

We were hungry and had missed lunch so were directed to the Runway Bar and Restaurant in Carnarvon Street. As we sat outside enjoying the weather and our meal (accompanied of course, by a nice Riesling) we soon found out why it was called the Runway.

Day two began with breakfast and, as we were now on 'Broome time', at 9.30 we strolled slowly down the road to Matso's, the award winning café and brewery, which had been recommended by our daughter.

Originally the Union Bank, it was built in 1910

in Sheba Lane, an area notorious for opium dens and brothels (probably a good place to locate a bank). The building was eventually moved and became a store, then was moved again in 1997 to its current location in Hamersley Street where it morphed into a café and brewery. Lucky for us.

After lunch we sauntered along Carnarvon Street, past four life size statues paying tribute to men and their involvement in establishing Broome as the centre of the world's pearling industry and stopped at Sun Pictures, the world's oldest operating open-air picture gardens.

The Kimberley Coast

has the biggest tides in the southern hemisphere - the difference between high and low tide can be up to 10 metres. At extremely low tides the full moon rises over exposed mudflats in Roebuck Bay creating the illusion of a staircase reaching to the

As it was the first night of this famous Broome phenomenon (and the reason we were here) we decided to watch it on the beachfront of the Mangrove Hotel.

The lawn area was filled with tables and chairs, food kiosks and a bar, and the atmosphere was buzzing. At 5.47 pm people were jostling for position at the railings as the moon made its first surreal appearance, a tiny curve of bright colour seeming to rise from the water. As it slowly climbed into the sky the 'staircase' appeared below it and we stood mesmerised.

Because of the crowd we decided to find another place for dinner, so walked to the 18 Degrees Restaurant, located in the Seaview Shopping Centre near our hotel, and managed to get the last available table. Good food and an extensive wine list. Bliss.

The following day we strolled into Chinatown, browsed the shops in Johnny Chi Lane and enjoyed coffee and sandwiches under some shady trees in the garden of a little café before joining Calvin, the owner/operator of Top Deck Tours for an afternoon tour.

We sat on the top deck of his wonderful old red double decker bus while Calvin provided an informative and humorous commentary as he drove our group around Broome's famous places, including of course, Cable Beach, to which we returned in the late afternoon on a local bus (reliable and easy to use).

Upon finding a table facing the ocean (naturally) at the Sunset Bar and Grill at Cable Beach Resort we sat back to watch the amazing sunset about which we had been told.

We weren't disappointed. As the sky turned from blue to orange the blazing

sun seemed to sink into the water with the same effect as the moon rising from it, a wonderful spectacle of colours.

Discovering we were in time to watch that evening's Staircase to the Moon at Town Beach, the site of the World War II Japanese air attack in 1942 and a few minutes from our hotel, we found a lively market taking place on the lawn area.

The following morning we walked to Dampier Terrace for the Pearl Luggers' Classic Pearling Tour, which actually took place on their premises. It was a fascinating hourlong talk on the history of the pearling industry which began in the 1800s with the collection of Mother of Pearl shell, used for the production of buttons.

In the afternoon we returned by local bus to Cable Beach. Well, we couldn't leave Broome without a camel ride at sunset, could we?

Plodding along that long stretch of sandy beach on Gemma and watching the wonderful sun sinking in a blaze of glorious colour again was an experience I will remember always. It's not every day you can see a marvellous sunset from the back of a camel.

Back in our room, I drew back the curtains. We had a view of the ocean over the roof tops and there was the first glimpse of the moon beginning its climb into the sky.

From the comfort of our balcony we watched it rise elegantly until the 'stairs' turned to a silver shimmer on the black water. A private viewing. What a way to celebrate our last night.

Five days had passed very quickly and now we had to adjust our watches from 'Broome time' back to Perth time.

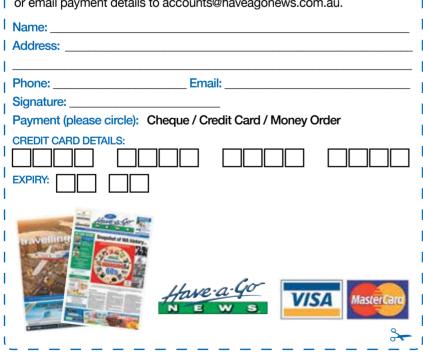
No helicopter flights; no four wheel driving; no 20,000 year-old Aboriginal rock art or horizontal falls, but as we waited to board our plane we decided that they were terrific reasons to return to the welcoming and colourful town that is Broome.

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York - Perth's historic playground hosts myriad events



PICTURESQUE York is the perfect place to start a historic journey with a range of activities, accommodation and events encouraging visitors to eat stay and play in this historic town situated less than 100 kms from Perth's CBD.

The journey through York starts at the York Visitor Centre, located at the iconic York Town Hall on Avon Terrace. Avon Terrace is home to many other beautiful heritage buildings and attractions

including the old courthouse and gaol, York Motor Museum, swinging bridge, Residency Museum, Mt Brown Lookout and the old Sandalwood Yards and Tipperary School Museum.

York also has a free 24-hour RV parking on Lowe Street, by the Avon River and Pioneer Park, and has more than 300 beds in accommodations that tailor to every taste and budget.

April sees York as the launching platform, in conjunction with the Annual Motorcycle Festival, of the Avon Valley Motorcycle Friendly Region, an initiative encouraging motorcycle riders to experience the Avon Valley on two wheels.

The Shire of York is focused on bringing a vibrant range of major events to visitors and the community throughout the year. Events include:

York Motorcycle Festival - 23 April.

Avon Valley on Two Wheels, Motorcycle Friendly Region Launch - 23 April.

Perth International Jazz Festival in York - 26-28 May.

Vintage Motor Show -2 July. York Festival - 9-10

September. Nature Play Family Festival - 7-8 October.

Art and Craft Awards -8-16 October.

For further information visit www.york.wa.gov.

York has the best little fair in the west

et's gotravelling



BE SURE to visit historic York for the annual Antique Fair and markets at the Town Hall and surrounds on

Easter weekend Saturday 15, Sunday 16 and Monday 17 April. This popular event has been on York's calendar

since 1988.

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

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

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

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

Proudly presented by the York Friendship Club Inc for various charities world wide.

Enquiries phone 9641 1541 or email crcrecep tion@westnet.com.au



Just one hour from Perth, travel through the rural landscape Visit of the historic Chittering Valley for a weekend escape or day Chillering visit to Bindoon.

A wide range of accommodation is available throughout the area complemented by picnic areas, food and walk trails. Seasonal fruit can be bought from roadside stalls and during spring the area is renowned for its wide range of wildflowers.

2017 Spring Flower Festival, Bindoon Friday 15 - Sunday 17 September, 9am-4pm Festival programme available on our website.

Chittering Visitor Centre 6180 Great Northern Hwy, Bindoon Ph 9576 1100 Email bindinfo@iinet.net.au www.chittering.travel

Clubs or groups wanted as helpers for the Avon Descent

AVON Descent Association is looking for a club or group to be the campsite management team at Cobbler Pool.

They would prefer an existing club consisting of 25 to 30 members who are available between 4 to 6 August.

They will be in charge of restoring, setting up and managing the Cobbler Pool campsite for the Northam Avon Descent Association.

The team's duties will include helping spectators with general services, taking care of the entry gate, traffic flow, pit areas, transport, tents and marguees.

If you are interested, contact media liaison officer Karolina Tanskanen on 0405 095 233 or email media@avondescent.com.au

Take a day trip to Wundowie for the Iron Festival in May

WUNDOWIE was the birthplace of WA's iron industry and Wundowie **Progress** Association celebrate its heritage by

holding an Iron Festival. The original concept for Wundowie was formed in 1942 following a feasibility study to establish an iron and steel industry in WA. By 1948 the Wundowie charcoal iron and steel mill was opened.

The town was built for the workers by State Housing and set out on an English Garden City plan. It has been registered as a heritage town. A drive around the streets of Wundowie is like driving through a 1950s town.

Wundowie was also the first home for many migrants who came to WA after WWII.

This year Wundowie Progress Association is holding the 10th annual Iron Festival on 21 May.

A feature of the festival is an art award and exhibition held in the community hall and the running of the Iron Beast competition on the adjacent sports oval.

With free entry to the festival, there is lots of entertainment and activities for children, including machinery and tool preservation displays, circle of swords demonstrations, produce and craft stalls, show bags and an art exhibition. There is something of interest for everyone. Food and refreshments will also be available.

Attending the Wundowie Iron Festival is

great opportunity to catch up with old friends.

Wundowie is in the Shire of Northam approximately 65km east of Perth via the Great Eastern Highway and 30km west of Northam.

Visiting this year's Iron Festival is the perfect scenic drive for any day tripper.



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\$15 MEAL SPECIALS Friday, Saturday, and Sunday

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T-BONE Wednesday \$20

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Group lunches 12-2pm and dinners 6-8pm available Bookings required for large groups. Open 11am - close (12 midnight) 340 Great Eastern Hwy, Bakers Hill Ph: 9574 1526 Email: mick.doyle@live.com.au

Wundowie Iron Festival

"It's all about our iron history"

FREE entry to Festival FREE children entertainment and activities Art competition & exhibition for both adults and youth Iron Beast

Circle of Swords Produce and Craft Stalls

Show Bags

Food and Refreshments available Visit our website for more info wundowieironfestival.com.au Like us on Facebook Wundowie Iron Festival or phone Helen on 0417 903 867

> Sunday 21 May 2017 9am-4pm **Wundowie Community Hall and Oval**









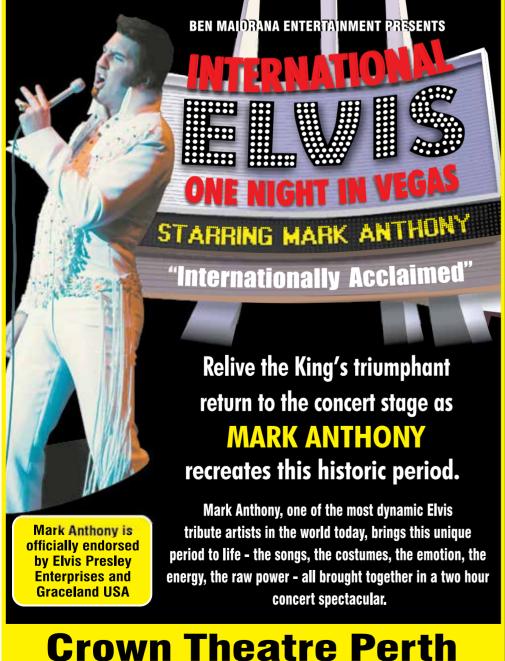








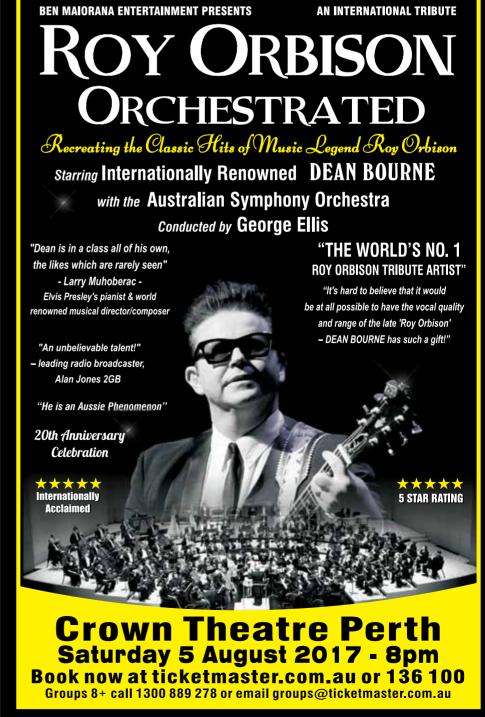




Saturday 8 July 2017 - 8pm

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Groups 8+ call 1300 889 278 or email groups@ticketmaster.com.au



National Volunteer Week 8-14 May 2017



Detective role helps uncover histories of artefacts

Colin Woods: part detective, part photographer

HAVING lived at RAAFA's Air Force Memorial Estate in Bull Creek for more than three years with his wife Doris, Colin Woods recently joined the Aviation Heritage Museum after manager John Park got wind of Colin's passion for photography.

As a volunteer in the accessioning department, Colin considers himself part-detective, part-photographer in his quest to photograph and document each unique artefact that finds its way to his

"Working in accessioning ends up being part detective work to ensure the database carries the correct photo and record of each item, particularly for the older entries" Colin says. "We trace the history of each object, and find out as much as we can about its background. Some objects remain mysteries, but we can find a lot about most of them,"

Colin points to one ar-

painting titled Under The Bridge which shows two Mosquito aircraft flying under Sydney Harbour Bridge on V Day at the end of WWII. Not only is it a memorable image, I actually met one of the

pilots involved, the late Lyall Bell, who was also

a resident at AFME and a

volunteer at the museum. "Photography caught my attention on my 15th birthday when my father gave me a Zeiss Contaflex 35mm camera," Colin said. "My passion has just grown from there. Even when I am photographing artefacts, I'm still aiming to create photographs that encapsulate the spirit of each item. It's an enjoyable learning curve.'

The Aviation Heritage Museum has more than 200 dedicated volunteers with opportunities ranging from guides, workshop, display maintenance to the library and shop. If you are interested in volunteering in the Aviation

Volunteering is something to smile about

PUT a smile on your dial. National Volunteer Week runs from 8 to 14 May, with the positive message of 'Give Happy, Live Happy'.

Research shows that a helpful life is more likely to be a happier, healthier, longer one with more than 600,000 Western Australians contributing as volunteers in thousands of community organisations.

The people of Western Australia certainly have something to smile about because four out of five residents lend a hand, sharing happiness and enriching the quality of life and social cohesion of the state. They dedicate 315,000,000 hours to the community, which equates to a contribution of more than \$39 billion to the Western Australian economy each year. Volunteers are the backbone of communities in cities and towns around the state.

Across Australia, volunteering peak bodies, volunteer resource centres and hubs, as well as thousands of volunteer-involving organisations will be paying tribute to the extraordinary contribution of their remarkable volunteers through a wide variety of exciting events, activities and

Volunteering WA's awareness campaign this year is 'Volunteering is something to smile about'.

To launch the week on Monday, 8 May, red smiles and Vs (the international symbol of volunteering) will appear around

the city at St George's Cathedral, The Perth Concert Hall and at the Perth Cultural Centre and during that evening, Parliament House, The Bell Tower and Council House will proudly shine red in acknowledgment of the wonderful volunteers.

Wouldn't it be fun to take a smile selfie with your volunteers or co-workers to show your support for volunteering?

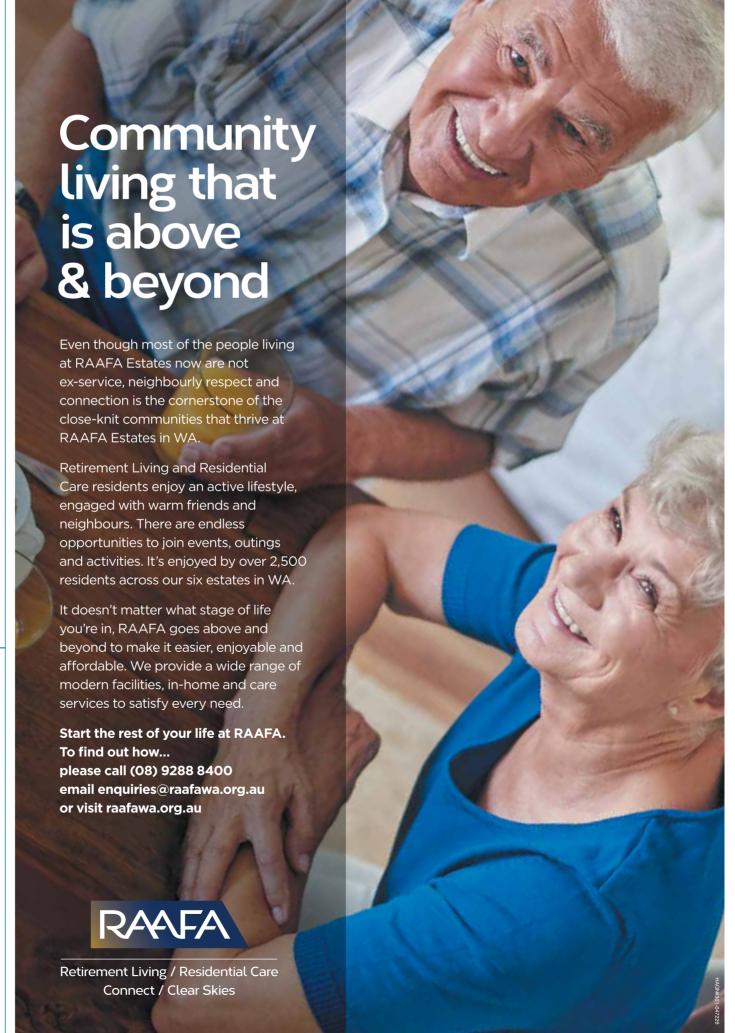
People will find teams of volunteers on Monday 8 May from 12noon to 2pm at Raine Square, the iCity Booth in the Murray Street Mall, Cathedral Square and the Perth Cultural Centre giving away smiles for people to use to take a selfie and post it on social media under the hashtag #givehappylivehappy. Look also for red smiles in your suburb or town, as many people around WA are getting into the spirit of National Volunteer Week.

Volunteering WA invites everyone to join them to spread the message that volunteering is indeed something to smile

So please support volunteering in WA.

National Volunteer Week 8 -14 May.

For more information on National Volunteer Week events and activities around Western Australia, contact your local Volunteer Resource Centre, volunteer involving organisations, Local Government authority, or www.volunteeringwa.org.





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THANKS TO OUR WONDERFUL VOLUNTEERS

National Volunteer Week 8-14 May 2017





Lillian Donald (holding the sign) with the team at Food Rescue

volunteeringwa

People's Choice finalist Lillian Donald exemplifies the volunteering spirit...

FOOD Rescue is a program run by UnitingCare West in Belmont which helps feed disadvantaged people.

Its aim is to alleviate hunger by rescuing perishable, fresh and nutritious food from cafes, caterers, supermarkets and wholesalers and then deliver it to disadvantaged and vulnerable people.

The program assists a variety of people in need including homeless, women and children in crisis, young people, indigenous, older people, refugees and families on low in-

Food Rescue relies on the support of public donations, corporate funding and the dedication of volunteers

Lillian Donald has been volunteering for Food Rescue for four years. She said that after her mother

passed away she was looking for something to fill her days and de-

cided to help out at Food Rescue.

The Food Rescue team have nominated Lillian. She is one of 10 finalists in the people's choice award section for the Spirit of Volunteering Award in this year's Volunteering WA awards.

At 76 nothing is too much trouble for Lil as she attends to her duties without fuss and always ensures her work is of the highest standard.

Lil is a woman of many talents and uses a pallet jack to hoist up to 1000 kilograms of food for sorting as well as training other food sort-

She has suffered a few health issues herself over the years but has demonstrated an unwavering commitment to Food Rescue.

Food Rescue told Have a Go News that Lil fills in for shifts at a moment's notice, bakes cakes for the team and proudly involves her grandchildren in volunteering in the school holidays.

"I take my two granddaughters in to help during the school holidays and they absolutely love it.

"I just love volunteering at Food Rescue and I would go in everyday if I could.

"I certainly would recommend volunteering at Food Rescue for people, come along and give it a try, you get to help others and it's a really enjoyable experience," she said.

Her fellow volunteers described her as kind, efficient and always willing to lend a hand. She has been a pivotal part in enabling Food Rescue to make hampers which feed more than 11,000 people per week.

For those who would like to volunteer at Food Rescue call the team on 9277 8851 and please take a minute to vote for Lillian at awards. volunteeringwa.org.au

STEP into Volunteering is an informal introduction to volunteering. It is of particular value to those who are volunteering for the first time.

The information given at Step Sessions is designed for everyone in the community but to acknowledge the upcoming Men's Health Week (12-18 June) at this session we will share volunteering opportunities with men in mind. However everyone is welcome and will leave armed with the knowledge they need to start volunteer-

Upcoming Step Sessions

26 April, 5pm to 6pm and 27 April, 10.30am to 11.30am at the Joondalup Library 102 Boas Avenue in Room 3 (upstairs).

For further information or to register, phone

Volunteering gives a sense of achievement and personal fulfilment

PEOPLE choose to volunteer for many different reasons. At Volunteer Task Force (VTF) the focus is on matching volunteers to roles that not only help the community, it assists people in achieving their own personal goals.

In addition to gardening and wellbeing volunteering, the organisation is able to support office volunteers to assist them in gaining meaningful work experience.

Veronica volunteers whilst studying accounting at university. She says: "Working in an office is so completely different to studying at university. I have learned so many different and relevant skills. Apart from workplace experience I have also gained confidence working in VTF's office.

VTF works with people to ensure their volunteer support also results in them going home with a feeling of achievement and new skills.

"The staff are all so kind and courteous and take every opportunity to show me different tasks. I don't feel like I am restricted to just doing one task - I do not feel bored or uninterested in my work. I have been mentored and supported throughout my volunteering experience, said Veronica

When asked what volunteering means to her, Veronica said: "I look forward to coming to volunteer each week. It has been an invaluable introduction into the real-world workplace and for that I am very grateful."

Volunteer Task Force is merging with Care Options and Community First International to create a stronger WA-based organisation which will provide even more volunteer opportunities. To find out more about volunteering, please contact on 9318 5700 or email vol unteering@volunteertask force.org.au

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National Volunteer Week 8-14 May 2017



Get your vote in for the WA People's Choice 'Spirit of Volunteering' Award

WESTERN Australian Volunteer of the Year Awards 2017 recognise the contribution volunteers make to the social, cultural, economic and environmental well being of Western Australia, by paying tribute to those who inspire and promote the spirit of volunteerism through their exemplary endeavours.

Tina Williams, CEO of Volunteering WA said that volunteers are the backbone of communities around the state, contributing \$39 billion to WA's economy each year.

"Volunteering contributes more value to the community than many major industries," Ms Williams said.

"WA's volunteers help both government and community services enabling them to operate many services and programs that build strong and resilient communities".

Ms Williams said the awards acknowledge the contributions of outstanding volunteers and organisations which generously give their time to making our communities better

places to live in.

"Many community services and programs supported by volunteers assist people experiencing hardship and have a direct, positive impact on the wellbeing and livelihoods of everyday Western Australians," Ms Williams said.

The Award recipients will be announced at a Gala Awards presentation dinner at the Hyatt Regency Perth Hotel on Wednesday 10 May.

People are welcome to vote for their fellow citizens for the WA People's Choice Spirit of Volunteering Award. This award is present-

ed in celebration of an individual who is an unsung hero in the community and who through their volunteering has enhanced the lives of others and the community.

Visit the website to place your vote: awards.volun teeringwa.org.au



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The appeal of Peel wine region



Rob Bunney with the basketpress

by Frank Smith

THE PEEL wine region includes Mandurah, Serpentine-Jarrahdale, Murray (including Pinjarra and Dwellingup) and Waroona. It is close enough for a day trip from Perth, just a short hop down the freeway or a more leisurely drive down the south-west highway. Stretching from the coast to the rugged terrain of the Darling Scarp, Peel offers a wide range of activities including waterways, national parks, bush walking trails and of course wineries.

Mick and Joanne Moore run New Bliss winery and vineyard between Piniarra and Dwellingup. There is a spectacular view across the coastal plain to the Indian Ocean from their café and tasting room. Try their New Bliss Unwooded Chardonnay, a light and fruity wine with hints of peach and tropical fruit, controlled acidity and a fresh finish. RRP \$14.10.

New Bliss Cabernet Sauvignon is a lovely deep red wine with a marked berry fruit aroma and a hint of vanilla. It is aged in American oak to gain structure to the tannins. RRP \$16.20.

Robert and Lee Bunney's Stakehill Estate Karnup is home to some unusual wines, including chilli wine and Durif, the Spanish variety sometimes described as Shiraz on steroids. They also produce more conventional wines.

Stakehill Estate 2015 Chardonnay is full of fruity citrus acidity. The palate is clean and fresh with a long finish. A good wine to accompany all fish dish-

Stakehill Estate 2015 Classic Red is a blend of Shiraz and Tarrango, a slow ripening red variety bred for hot climates with good acidity and low tannin content. The resulting blend is a pleasant light red wine retaining the berry characteristics of Shiraz. RRP \$15.

In January last year Bernie Worthington's Drakesbrook winery and vineyard were burnt out in the bushfires that raged across the shire and destroyed Yarloop. But it takes more than a bushfire to keep a good man down. When Have a Go News called a few days ago a new winery was rising from the ashes and wine tastings continue from Wednesday to Sunday.

Drakesbrook 2012 Sangiovese is a medium bodied example of this classic Tuscan variety, the basis of Chianti. It is crimson red in colour and displays aromas of black cherries and an earthy savoury complexity.

The 2014 Drakesbrook Semillon shows citrus characteristics with subtle hints of freshly mown hav and ripe fruit. The palate is pleasant and mouth-filling, medium in weight with a tight acid backbone resulting in a long length of flavour and dry finish.

Peel Estate, in Baldivis is an ideal place to bring a picnic or barbecue, buying a bottle from the cellar door of course

Peel Estate's flagship wines, the 2014 Shiraz-Cabernet have been combined with a touch of Tempranillo to produce a unique Australian blend. The result is a wine of substance with aromas of rich fruit and loads of flavour. RRP \$22

Peel Estate 2014 Verdelho shows all the spicy, floral bouquet and distinctive rich flavour on the palate which is typical of the best examples of this variety. This wine is an ideal accompaniment for spicy dishes and seafood. RRP \$20.

Knife and fork talk takes to the hills



From left to right; The Best Drop Tavern's delicious mushroom burger and grilled chicken burger and avacado served with generous servings of chips

by Pat Paleeya and Judith Cohen - the Dining Divas

PERTH to Kalamunda on a scenic bus trip was a relaxing way to start our day out in the hills.

We wandered around the eclectic array of shops in Kalamunda to work up an appetite before we visited The Best Drop Tavern.

The tavern looks inviting with its olde worlde décor and they offer two \$15 lunch menus.

The general \$15 menu is available from 11.30am to 4pm. The seniors' menu is available daily from 11.30am to 8pm.

The Divas chose burgers for their meals at The Best Drop.

The grilled chicken and avocado burger was delicious and there were large enough chunks of chook to satisfy any appetite. The bun was not stodgy at all. The sweet chill aioli, lettuce and tomato filled the bun to capacity and came with a generous serve of chips. It was a very satisfying lunch.

The mushroom burger was a

little disappointing as we anticipated a whole grilled mushroom but instead it came with a few slices

Other than that, the bun filled with lettuce, cheese, caramelised onion, tomato relish and aioli made it a tasty burger and the serve of chips was yum.

Rating – 3 Forks The Best Drop Tavern, 18 Haynes Street, Kalamunda, 9293 2993

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Knife and fork talk ratings

Five forks - excellent food and service

Four forks - overall good food and service

Three forks – reasonably good food and service but could make some improvements

Two forks - food and service needs improvement

One forks – would not recommend



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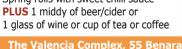


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*conditions apply, advertised prices are for members



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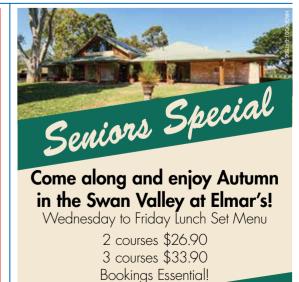
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food and be werry... ADVERTISING FEATURE

Spicy meat torpedoes (chevups)



by Vince Garreffa

THIS is another recipe from my book The Flesh In My Life. My wife Anne is Croatian and these were very popular in our household. The Mediterranean has been a melting pot of cultures for many, many centuries. So it may not come as a surprise to many Croatians that this recipe that they adopted as their own traces its origins back to the Middle East. Eat and enjoy.

Ingredients for 6

600 g beef mince 300 g lamb mince 100 g pork fat, minced or finely diced

- 1 teaspoon black pepper 1 cup Italian parsley leaves
- 5 cloves of garlic, finely chopped To serve Pita bread rounds
- 1 spanish onion, thinly sliced



Method

Mix all the ingredients in a bowl, kneading very well and then refrigerate overdon't overcook. Reheat the pita bread, on top of the sausages before serving wrapped or flat. Very yummy!

Aivar- is a red capsicum sauce (relish), if you can't find it at continental stores, fry two red capsicums cut into strips in some extra virgin olive oil with a little salt and pepper till cooked through – then blitz in a blender with two peeled cloves of garlic and two tablespoons of butter and serve

Buon appetito.

Please include your telephone number so I can call you!

© Ryan Ammon night. Next day, prepare your meat by MOUNT **HAWTHORN** kneading it again and then forming it into 20 g salt will transform its streets little mini skinless sausages to barbecue and lanes into a vibrant or panfry to just cooked through. Please street festival for all ages from 11am to 8pm on then put some onion and tomato down Sunday 7 May. the middle with the cooked sausages on The third annual comtop. Finish with a teaspoon or two of ajvar munity celebration pre-

2 tomato, thinly sliced Ajvar (red capsicum condiment)

Mezz.

trading

Mount

The street festival that is quintessentially, Mount Hawthorn

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, they leave a wonderful lingering

sented by the area's

Mt Hawthorn Sts & Lanes

dynamic local

collective. The

Hawthorn Hub; this free

event makes a refreshed

return in 2017 as the

Mount Hawthorn Streets

55,000 people visited

In 2016 more than

and Lanes Festival.

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. Yum!

Bravo apples: It's not often we get to celebrate the addition of a brand new apple to the family - the new Bravo apple is a local variety bred by the same team as the now world famous Pink Lady. Initial reactions suggest the Bravo will be just as popular - with its sweet crisp flesh and regal deep burgundy colour.

Mashed, chipped. Parsnips: or roasted, this sweet peppery flavoured root vegetable has had a resurgence of popularity and it's no wonder. Parsnip keeps well and

the boutique street soi-Mount Hawthorn Hub will rée which was hailed by release the exciting 2017 many as the perfect famprogram mid-April that ily day out, with similar will include street food, crowd numbers expectlive music, family fun, ed this year. market stalls, entertain-Thanks to major sponment stages, street bars, sor, the City of Vincent, cooking displays, roving the festival will take place performers, community Scarborough umbrella art and a big-Beach Road between the ger family fun zone with

Oxford Street intersec-

tion (at Axford Park) up

to Coogee Street, and

throughout surrounding

side streets including

Flinders, Fairfield and

Hobart Streets, and in-

corporating Hawaiian's

Pop-up attractions and alfresco offerings from

local traders and venues

will spill into the surround-

ing alleys and lanes of the

Event organisers The

neighbourhood.

rides. Renewable energy will feature throughout this year's Mount Hawthorn Streets and Lanes Festival where Synergy will light up the one-day event with renewable energy, powering all of the temporary structures, stalls, food vendors, stages, en-

new attractions and more

tertainment and activities. Follow The Mount Hawthorn Hub on social media for updates.



April and it's time for good fruit and vegies...

memory of the stone fruit season.

Packham pears: Buy when they

there's very little waste. Dress with a little fresh orange juice or rind, olive oil and freshly ground black pepper.

Sweet corn: Luscious juicy cobs are now plentiful and well priced and they are a perfect solution to school holiday snack attacks. Use as soon as possible after purchase and cook for a short time only-two minutes in the microwave is plenty. You may prefer them cooked on the barbecue, either whole or in chunky slices threaded on skewers and brushed with good olive oil. Cook only until the kernels take on a lightly charred



Saturday 13 MAY 6pm - DINNER \$36pp 8pm - SHOW \$49pp

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Brunch with T - the luck of the Irish in Cottesloe





Left to right; Dan's Japanese oyster mushroom egg white omelette with crispy fried soft shell crab - breakfast martini with gin, solerno blood orange, marmalade and lime Tahlia's fresh buffalo mozzarella served with raw heirloom tomatoes, fresh herbs, and beetroot hummus

by Tahlia Merigan

THIS month we ventured out on Saint Patrick's Day so I ensured my brunch partner Dan and I wore some green to celebrate.

The life of Saint Patrick. patron saint of Ireland is celebrated annually on 17 March and the wearing of the colour green is an old tradition believed to make you invisible to the leprechauns so they can't pinch you. (Ouch - Éd)

As it was a Friday and

See page 58 for

to purchase a

Swinging 60s

details about how

copy of the book

Stories from the

Sculpture by the Sea was still on at the beach we chose to visit Cottesloe and try one of the brunch spots there

When we arrived at Vans Café it was busy which is always a good sign but we didn't have to wait long to grab a table. They have both inside and alfresco seating with a nice décor and good continuity between the two sections.

Once we were seated

they offer table service and we debated about what we were going to eat as Vans offer a very diverse menu. Diners can choose from the usual options of pancakes, eggs and muesli to Korean inspired and Indonesian tacos spiced fried eggs. And they are licensed so you can order drinks for breakfast including the classic Bloody Mary or a breakfast mimosa.

For drinks, I ordered a breakfast martini with gin, solerno blood orange, marmalade and lime (\$16) and Dan ordered a cappuccino which was nice and creamy (\$4.20). The breakfast martini was strong and tart with the citrus flavours, and the marmalade at the bottom took the edge off the gin and I mixed it through the drink.

After deciding each other's choices, Dan ordered the Japanese oyster mushroom egg white omelette with crispy fried soft shell crab, togarashi spice (a Japanese flavour), coriander and miso aioli

(\$25). I ordered the fresh buffalo mozzarella with raw heirloom tomatoes, fresh herbs, beetroot hummus, grilled strange grains with gluten free sourdough (\$18) with a side of homemade hash browns (\$4).

My dish was a take on bruschetta with basil and was very flavoursome and fresh, it was perfect for the nice autumn day. The beetroot hummus on the bread was so flavoursome that I would love the recipe to be able to make it at home. The homemade hash browns were golden and crispy and the perfect addition to the meal.

Dan's dish was quite a different brunch choice and he was really impressed with the flavours; the eggwhite omelette had a beautiful light and fluffy texture and together with the miso-flavoured mushrooms it was a really good flavour combination. The softshell crab added the extra wow to the dish and all the flavours complemented each other without feeling overwhelmed by the complexity of flavours.

The food came out quickly and the service was excellent. They also provided me with a steak knife to cut my sourdough which I thought was a nice touch rather than struggling with a butter knife.

We really enjoyed Vans and certainly would be back again.

Rating – 4 spoons Vans Café, 1 Napoleon Cottesloe. Phone 9384 0696

Sun-Wed: Open 6.30am - 10pm, Thurs-Sat: 6.30am - 10.30pm



T's spoon ratings

Five spoons – excellent food and service

- you must go!

Four spoons - overall good food and service well worth a visit!

Three spoons - reasonably good food and service

but could make some improvements. **Two spoons** – food and service needs improvement. One spoon – would not recommend.

Indian seniors morning tea in Nedlands

NEDLANDS Community Care's Waratah Club invites Indian seniors to a cultural morning tea on 5 May from

Open to eligible seniors living within the Nedlands area, volunteers who speak Hindi and Gurjrati will be available at the function.

Nedlands Community Care is at 97 Waratah Avenue,

Transport can be provided – to book, or for more details, call Rita or Julie on 9386 6170.

Seniors Recreation Council of WA Inc presents the SWINGING YEARS SENIORS BALL Wednesday 7 June 2017, 1pm to 4.30pm Astral Ballroom Crown Perth \$36pp inc afternoon tea Entertainment: Live Band Offspring Floorshow by Simply Swing For further information & ticket sales: 9492 9771 Have a. Go **CROWN**

It's autumn and she'll be apples...



Apple Sauce

by Noelene Swain

SHE'S apples, mate. How many times have you heard that classic Aussie expression in your lifetime? Its meaning is that all is well and it gives a pretty good indication of our love for a sweet and crunchy apple as the quintessential Australian

It's lucky then that we're blessed in WA with a glorious array of apple varieties, predominantly grown in the orchards surrounding Donnybrook, Manjimup and the Perth Hills. From the classic Granny Smith to the new Bravo variety, we've got lots of choice; keep your eyes peeled for Royal Gala, Hi Early, Golden Delicious, Pink

Lady, Sundowner and the incredibly flavoursome Fuji, to name a few.

Apples hold the rare mantle of a fruit that is equally delicious when cooked or eaten fresh, and happily most varieties in WA are excellent for both. The perfect portable snack, rosy apples are excellent slipped into a handbag or lunchbox for a quick bite with no effort required.

Their sweet piquancy also makes them a very interesting addition to a green salad - add some toasted walnuts and blue cheese for a simple dish that highlights the pure flavours of quality pro-

Get into some rustic autumn baking this year using our freshly har-

vested apples: think short crust and puff pastry pies, glazed cakes and moist muffins, or try your hand at a tarte tatin, that lip-smacking dessert of French provenance.

A big batch of apple sauce saved in small containers is a lovely thing to have in the freezer; grill some pork, steam some veggies and add your pièce de résistance - home-made apple sauce. Choose apples which have skin that's firm and smooth to touch, and store them in the fridge for maximum crispness and freshness.

There's no doubt apples taste awfully good, but there's also a lot of truth in the old adage: "An apple a day keeps the doctor away." search suggests that apples may reduce the risk of colon cancer, prostate cancer and lung cancer; they're packed with vitamins and antioxidants and are great for maintaining healthy gums. Try these fresh and simple recipes to ensure the doctor won't be calling any time soon...

Brought to you by Fresh Finesse Fresh Food Promotions – www.freshf.

Sautéed apples with spinach leaves and macadamias

Preparation: 10 minutes; cooking: 20 minutes; Serves: 4

4 crisp green apples, peeled, halved and cut into quarters

2 teaspoon macadamia nut oil 2 cups baby spinach leaves, washed and dried 2 handfuls of watercress,

washed and dried 2 avocados, peeled and sliced 4 tablespoon roasted macadamias,

roughly chopped Shaved parmesan cheese, to serve

Dressing

4 tablespoon macadamia nut oil 8 tablespoon apple cider vinegar Sea salt and cracked pepper, to

2 teaspoon chives chopped (optional)

Pinch of sugar, to taste

COMBINE the dressing ingredients and mix well. Sauté the apple wedges with the macadamia nut oil until golden. Pile the spinach leaves onto serving plates and top with the watercress, sautéed apple, avocado, macadamias and parmesan. Drizzle over the dressing and serve immediately with lamb

Apples poached in grapefruit syrup

Preparation: 15 minutes; cooking: 30 minutes;

Serves: 4 TAKE the hassle out of a dinner party

and pre-prepare. 4 crisp red apples, peeled halved and cored

1 litre fresh grapefruit juice (5 grapefruits), or bottled juice 1 cup of sugar

Segments of grapefruit to garnish

Mint to garnish

Juice enough grapefruits to produce a litre of juice (approx five). Combine iuice, sugar and apple halves. Bring to the boil, and turn down to a gentle heat. Cover loosely and simmer over a gentle heat for 20 - 30 minutes until apples are tender. Cool to room temperature and refrigerate. To serve, arrange poached apple onto serving plates, spoon over syrup and serve with grapefruit segments.

Delicious apple and cheese tarts



2 sheets puff pastry 1/3 cup cream cheese

½ cup grated parmesan 1 red chilli, seeded and chopped (optional)

4 Royal Gala apples, halved, cored, not peeled 25 g butter, melted

Extra sliced chilli, to garnish Salad leaves, to serve

PREHEAT the oven to 220°C. Cut 8 x 12cm

circles from the sheets of puff pastry. Place on a baking tray lined with non-stick baking paper. Combine the cream cheese, parmesan and chilli. Spread over the pastry circles, leaving a 2cm border. Thinly slice the apple halves. Place the apple slices over the cheese mixture on each of the pastry circles. Brush apple with melted butter.

Bake in the oven for 15 minutes or until the pastry is puffed and golden. Sprinkle with extra sliced chilli and accompany with

Downsizing



Tips for taking the dilemma out of fitting furniture into small spaces



Above; Zofia St James
- left to right, inspirational items from Domayne





visually.

by Zofia St James

IT is beginning to feel a little like winter. I simply cannot believe how fast this last month has passed.

It reminds me that we have to make the most of every moment.

That includes making time for ourselves, our needs and our thoughts and desires in regards to the beautiful spaces in our homes. Places for us that provide a canvas upon which to paint a new future of how we want to live and express ourselves.

The joy of downsizing is that at long last we get to design how we wish to live beyond what we have needed to in the past.

You may be considering the prospect of apartment living which needs to include

much welcomed visits from little ones and family entertaining.

Even though it may be somewhat smaller, the space still needs to retain a feeling of spaciousness and comfort.

This month I am going to tackle this subject and how best to maximise what space you have.

Thank you to those that contacted me personally to book appointments and chat about how they feel, what they would love to achieve for their interior design, and what they are chasing retailwise and generally seeking to expand upon what they have done in their homes so far.

It is a new and exciting chapter... to enter the smaller home

the smaller home.
I was asked to explore the issue of furniture to

fit small spaces because of the need to downsize is a reality but also can be quite a stressful one.

Most people want to be able to accommodate family and friends for dinner or for an overnight stay yet still reflect a stylish look.

I paid a visit to Domayne at City West and I was excited and inspired by many of the options they have on display.

What I saw at Domayne could answer many dilemmas such as 'do we sacrifice the big sofa or dining table?'

They have a combine, create, custom Newport Collection which I believe is worth checking out.

They stock a range of sofas that include a chaise that folds out into a comfortable double bed which are useful for those without a second bedroom.

There were also occasional chairs and ottomans that become single fold out beds and provided storage.

These days when entertaining, people just love to congregate around the kitchen. It's worth thinking about using stylish barstools at a generous breakfast bar instead of a large dining table.

Apartments are being built to include generous balconies and with our long summers this can provide an ideal area to have an outdoor dining table, barbecue and a small outdoor sofa.

Domayne had some fantastic outdoor living options on display; tables that can accommodate up to eight people with stackable chairs.

But for those that still

wanting a traditional table indoors, why not consider a glass table that doesn't rob a space

The two styles I saw was a round table that seated four and a really beautiful rectangle table that extended to seat eight people.

The trick with a smaller space is choosing colour schemes that enhance tranquility and light, yet look striking.

Black and white with an accent colour has been the theme of the images I have selected for this month.

You may notice, as I have with a smile, a very 70s vibe filtering through now in stores stocking homewares and fabrics. I find this too on trend based and generally the popularity of these styles pass quickly.

I recommend sticking to a classic theme and injecting a modern twist.

I also recommend bringing some of the outdoors in with a large potted palm or fiddle fig tree, as this helps create height and drama to a room while providing a hit of nature to what often can be a very urban environment.

Even if the view from your balcony is not that inspiring, if it is styled correctly you can create a lush green outdoor living area that can provide a beautiful view from the inside looking out and which extends the sense of living area.

When choosing an apartment I would say the two most important things to bear in mind would be the light and layout.

My apartment is quite small but because of the

layout it still feels comfortable when entertaining up to 10 people. And the morning sun filtering through the balcony always makes me feel happy.

Well I hope these suggestions have inspired you this month. As always it's a joy to write for you and be on board in your quest for the perfect interior.

Happy April. Zofia x

Zofia offers an interior style consultation for readers. She may be able to assist with de-cluttering, restyling, choosing what pieces of furniture to take and of course personal styling. The first consultation is free and she knows how to style on a budget.

Contact Zofia on 0406 336 607 or email zofiastjames@hotmail. com



Have a Go News is now available from Farmer Jacks in Greenwood 130 Coolibah Drive, Greenwood Phone 9243 1222





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Downsize your home, upsize your lifestyle

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Ask us how a Bendigo Funeral Bond can help. Call 1800 803 173 or drop into your nearest Bendigo Bank branch.

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Parkview in Ferndale has a great lifestyle for downsizers

PARKVIEW offers the ideal lifestyle for downsizers. Purchasers are invited to make the most of life at Parkview in Ferndale and enjoy all their time – whether at home or away – in peaceful and secure surroundings.

Just a short stroll from the banks of the Canning River, Parkview offers a low maintenance lifestyle ideal for purchasers looking to lock up and leave while they travel.

Parkview has been designed as an intimate residential community of 46 residences, including a mix of single and double storey homes with inviting lifestyle facilities including a relaxed communal barbecue area and gazebo, a shaded playground for grandchildren, plus outdoor

gym equipment for all residents to enjoy.

The house and land packages offer charming brick paved courtyards, which are perfect for downsizers who want to enjoy the comfort and surrounds of a brand new home without the hassle of tending large gardens.

Located just 15 minutes from the Perth CBD, Parkview offers the perfect mix of a brand new home close to open green spaces and nature reserves, all while remaining within close proximity to amenities, shops, local schools and medical facilities.

The local bus network will take you direct to nearby Beckenham train station, just five minutes away, from where there is a direct connection to the Perth CBD and other centres and facilities.

Nearby, Westfield Carousel shopping centre is set to undergo a \$235 million revamp in 2018, seeing the Cannington centre grow to 130,300 square metres. Included in the plans is a childcare centre, health centre, cafes and office spaces.

Pindan Realty sales manager, Matthew Smith, said the homes provide residents and downsizers a unique opportunity to: 'downsize your home, upsize your lifestyle.'

"The brand new, low maintenance homes offer a lifetime structural warranty," he said.

"Knowing that your home is safe and secure while you are away, the lock up and leave aspect available at Parkview is ideal for buyers looking to minimise hassle in their everyday life," he said.

Brand new homes at Parkview, Ferndale are available from just \$459,000. The sales office, open Saturday and Sunday from 1.30pm – 3pm, is located at 558 Metcalfe Road, Ferndale. For more information contact Matthew Smith on 0430 766 360 or Randy Hayes on 0408 991 169, or visit www.parkviewferndale.com.au



Reserve your lifestyle between the sea and the trees with a \$100 deposit





Tuart Lakes Lifestyle Village

Clubhouse • Luxury 50 Seat Cinema • Heated Indoor Swimming Pool • Spa Sauna • Gym • Mini Golf
Caravan & Boat Storage • BBQ Areas • Internet Kiosk • Arts Centre • Workshop Library • Darts & Pool • Off-leash Dog Park
Vegetable Garden • Bowls Green • Outdoor Entertaining Areas • Outdoor Pool • Hobby Shop • Village Bus

Perfectly positioned between the majestic Indian Ocean and spectacular pristine bushland, Tuart Lakes Lifestyle Village truly offers you the best of both worlds.

Having set a new benchmark in WA, Tuart Lakes Lifestyle Village is located in a picturesque setting, surrounded by an abundance of wildlife and national parks. With its relaxing atmosphere, coupled with a wide choice of activities and a world class aquatic center and clubhouse, you can be sure that you and your loved ones will not be left wanting more.

Home and lifestyle packages start from an incredible \$189,000 to \$499,000. We also have an exciting selection of contemporary 1, 2 and 3 bedroom display homes and invite you to come and experience Tuart Lakes Lifestyle Village today.

Reserve your lifestyle today with a \$100 deposit.*

- 500m away from the new Baldivis South Shopping Precinct.
- Close to the beach and all Baldivis & Rockingham have to offer
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*Conditions apply, see website for details.



Downsizing ADVERTISING FEATURE



Anything is possible at The Precinct - the first five star green apartments



The Precinct plaza entry

WITH the wide choice of apartments in Perth at the moment it is hard to determine which ones offer the best option. But at Norup Wilson, the passion of the two owners is truly setting them apart.

Unlike any other company in WA, when people visit the Norup Wilson sales office in Mt Pleasant, they actually deal with the developers John Norup and Dave Wilson directly. This has created a real bond of trust with the company and The Precinct buyers.

Having worked in the construction industry for 28 years and 15 years respectively –

John and Dave started Norup Wilson in order to demonstrate a new standard of apartment designs in WA.

"We are delighted to unveil The Precinct and all the experiences it has to offer," Dave Wilson said.

"The Precinct is the first five green star apartment development in WA which means that we bulk buy our energy, as well having solar panels and electric charging stations for every car bay. This represents significant cost savings per annum.

"We also have 10 gourmet restaurants in the new Stage 2 building, and the already completed Stage 1 building having a cooking school, hair dressers and dentist provides our residents with ample choice and real vitality.

"Plus residents can order their meals on line with their IPad from any of the restaurants below and it will be delivered direct to the apartment via their dedicated dumbwaiter"

The added bonus is that buyers can also rearrange the internal design of their apartments to reflect their unique tastes.

Buyers Ron and Doreen took advantage of this flexibility and

transformed their three bedroom apartment into two bedrooms with extra living space.

"We loved the fact that John and Dave were so hands on and that we could customise our apartment including the fittings and floor coverings to suit our particular tastes," Ron and Doreen said.

At The Precinct anything is possible. In order to enjoy this new experience visit the sales office at Level 1, Suite 101, 19 Ogilvie Rd, Mt Pleasant daily from 9am-5pm and Saturdays from 11am-1pm. There is a fully completed display apartment available for viewing.

- why not move to a pristine area of the West!

The Augusta Retirement Units are administered by a small group of volunteers.

One of our superb self-contained and air-conditioned units has just had a complete a 'makeover', and is 'as new', and again is available for occupation in a Lifetime Tenancy.

'ONE UNIT LEFT \$230,000' A two bedroom, one bathroom unit with roller door at the side.

There is a small weekly maintenance fee of \$50 which covers all rates, water, external lawns and gardens.

For enquiries, contact Judith Childs 9758 1257 email: judithachilds@gmail.com



RETURNED Serviceman Trevor Brown says he knew his luck had changed when he saw an advertisement for the Coway bidet.

Toilet seat changes veteran's life

"I saw the bidet toilet seats advertised and it mentioned warm water, heated seats and warm air dryers. It simply replaces my existing toilet seat."

Having suffered with a medical condition for years Mr Brown decided to investigate further.

The Bidet Shop® sent its representative Stephen Bingham to demonstrate how easily a bidet is installed and operated. For peace of mind, Trevor and his wife Aileen decided to have the Bidet Shop organise the installation.

Trevor and Aileen say that apart from the heated seat and warm water, they were also impressed by the comfort and health factors the seat offers.

Trevor explained that the seat worked

by "pressing the auto-wash button on the easy-to-use remote control unit and a stream of warm water cleans you thoroughly. Then an in-built fan dries you off with warm air."

Aileen said she is already saving money on toilet paper.

Mr Brown said the Bidet toilet seat was one of the best investments they had made in their personal health and hygiene. After years of toileting problems Mr Brown no longer finds going to the loo an issue.

"Give it a go" they say, "it's marvellous," For more information or to purchase call The Bidet Shop on 08 6315 4252. Have a Go News readers may qualify to have their bidet fully funded. Please call to ask how.

YOUR RETIREMENT, YOUR LIFESTYLE, YOUR CHOICE

PLUS your choice of LIFESTYLE BONUS*

SETTLERS LIFESTYLE VILLAGES offer independent retirement living, where you can choose to do as much or as little as you please.

Community facilities are available for use by all residents and provide a wonderful extension to your home.

Villages are conveniently located to provide access to local shops and services.

Plus, for a limited time, receive your choice of lifestyle bonus when you move in – to make the move a little easier and help you to get the things you'd like, sooner.

The ultimate retirement lifestyle awaits!







* TERMS AND CONDITIONS APPLY.

SETTLERS LAKESIDE 194 Old Mandurah Road, Ravenswood SETTLERS RIDGEWOOD RISE 76 Ridgewood Boulevard, Ridgewood

Call Cathy Nicolle to find out more on 0439 911 152

Email: Cathy.Nicolle@settlerslifestyle.com.au www.settlerslifestyle.com.au

SETTLERS

LOVE THE EXPERIENCE



At The Precinct the focus is all about the individual. The apartments have been created by two passionate and experienced designers, John Norup and Dave Wilson, who have thought about all the extras.

We can choose our own floor coverings. We can change the layout in our apartment. And we can do all this, because at Norup + Wilson anything is possible.

Plus we love the new experiences The Precinct offers. If we don't feel like cooking, then we can order dinner on our iPad from one of the ten restaurants located downstairs and it will be delivered to our apartment level in the dumbwaiter.

We can play bocce with our grandkids or swim in the pool or even relax in the resident's library

The thoughtful design and the attention to detail is evident in every aspect of our new home.

We are living in a diverse lifestyle community which is not limited to oldies.

Most importantly we don't loose 30% of our kids inheritance to exit fees.

If you wish to view the cutting edge design then call into The Precinct's sales office, located at level 1, Suite 101, 19 Ogilvie Rd, Mount Pleasant.

We can guarantee it will be a new experience that you will love.



Downsizing FEATURE



New state-of-the-art lifestyle village and aged care project in Gwelup



Bethanie Gwelup

BETHANIE Group, one of Western Australia's largest and most respected retirement living providers, has launched its state-ofthe-art lifestyle apartment project and residential

care complex in the northern suburb of Gwelup.

The project features 62 stylish one and two bedroom apartments with the latest in modern facilities, designed to suit buyers aged over 55. In the first of its kind in WA Bethanie have adopted a campus style model where their 112-bed aged care complex adjoins the apartment building. The concept behind this model is to allow for a continuum of care, something that Bethanie are committed to deliver-

ing to their customers. Bethanie CEO, Chris How said that the opening of this development marks an important milestone in Bethanie's 63-year history.

"We've been working on the design of Bethanie Gwelup for many years. After an extensive review of the best facilities and buildings around the world we have developed what we consider to be the latest and most modern aged care and retirement living design in WA."

The apartments are

modern in design and features, with sizes well above the average residential apartment. Each architecturally designed residence features a gourmet kitchen, large master bedroom, resort-style ensuite, premium finishes, air-conditioning and an airy open-plan living area that flows onto an expansive balcony or courtyard.

In addition, residents can take advantage of modern shared amenities including a fully equipped gym, wellness centre, hair salon, library, and bar and dining room areas, each with barbecues and balconies overlooking Lake Gwelup. For piece of mind there is also a 24-hour monitored duress alarm system, secure undercroft parking and storeroom plus a dedicated reception area.

"A core focus of the design team was to maximise the natural light and capitalise on the lake and park vistas. As a result, most of the apartments have views of the Lake Gwelup and adjoining parklands," he said.

Bethanie intends to introduce a number of innovative services to residents - capitalising on the close proximity of the aged care facility. For example, giving residents the opportunity to have fully cooked meals delivered to their door, laundry and cleaning services and access to state of the art infotainment bundles to include TV, WiFi, Foxtel, phone and the like.

The 112-bed aged care facility has been specially designed to reflect a bedroom with less of a clinical feel. An inviting café area allows family to visit for

coffee and various styles of dining such as à la carte or buffet are set in both large areas and intimate arrangements, giving residents and guests more

The ground floor houses a secure dementia specific facility with well thought out points of difference - such as each bedroom housing a memory box on the wall outside. containing personal items that belong to the resident - helping them to remember which room is theirs.

information call 131 151, or visit bethanie.com.au.

Moving house and would love to do it stress free?

PACKED TO PERFEC-TION is a locally owned and managed business specialising in assisting clients with the difficult and stressful process of moving into a new home.

Their all-woman packing teams provide a high level of knowledgeable and professional service.

The ladies know how a home should work, so they can ensure their client's new home is completely functional from day one.

Packed to Perfection directors, Colleen Barnard and Janet Britton bring a wealth of knowledge, expertise and enthusiasm for great customer service to the company.

Colleen has more than five years direct expe-

Association (Inc)

Retirement & Aged Care

No office at the Village, please ring Cheryl for an

appointment to view Mon-Fri 9am-3pm 9535 0200

rience assisting Perth families with the difficult and complex task of moving home. She has also successfully owned and managed other small businesses in Perth.

Janet brings more than 15 years' experience in West Australian real estate, investment and business management to the company, and has a passion for delivering excellent customer service.

Colleen and Janet are supported by a welltrained and professional team of women who pride themselves in providing a secure, confidential and personal service for every move. Their aim is make people's next move as stress-free as possible.

How does it work? Their experienced team of ladies will pack a client's whole house in just four hours, the day before

moving.

They will leave the beds made and essential overnight items accessible, so the house is still functional on the night before the move.

On the day of the move a Packed to Perfection move manager will finalise the packing of the old home as the removalist commences the task of moving the belongings to the new home.

The next day they will unpack all the contents and personal items and put everything away turning the new house back into a home. The beds are made and the kettle

Additional services include organising, coordinating and booking any of the following services: (at



Packed to Perfection staff...

no additional charge) removalist, carpet cleaners, window cleaners, garden and lawn services, handyman, skip bin, rubbish removal and storage.

Call Packed to Perfection today to see how they can help make a

move stress free. bile: 0432 602 667. Follow them on Facebook - Packed to Perfection. Visit the website www. packedtoperfection.com. au or email them at info@ packedtoperfection. com.au

Mandurah Village - Pet friendly. Coral Estate - Pet friendly, with exclu-UNITS FOR SALE under a retirement village lease scheme. Walking distance to shops, library and pool.

Mandurah Village (Unit 2) 22 Third Ave, Mandurah

- (double robes to main bedroom)
- 1 bathroom newly renovated
- Freshly painted.
- Spilt System air con

- Garage under main roof · Storeroom and small shed
- · Resident can select new floor coverings to living area and bedrooms

Front and rear courtyards

Mandurah Village (Unit 5) 22 Third Ave, Mandurah

- bedroom and ceiling fan)
- · Newly renovated kitchen, laundry and
- Freshly painted.

- 2 bedrooms (double robes to main · Spilt System air con in lounge.
 - · Resident can select floor coverings. · Lock up garage under main roof
 - Storeroom
 - Front and rear courtyards

Mandurah Village (Unit 14) 22 Third Ave, Mandurah

\$165,000

\$275,000 ono

- 2 bedrooms (double robes to main bedroom)
- 1 bathroom newly renovated
- Freshly painted
- Ducted air conditioning
- Front and rear courtyards
- Free standing lock up garage at rear of property
- · Resident can select new floor coverings

to living and bedroom

Coral Estate (Unit 34) 1 Anzac Place, Mandurah (price dropped to \$260,000)

main roof with room for storage

- Canvas blinds front windows and rear patio
- Large built in robes in bedrooms 1 & 2 Freshly painted
- Lock up garage under QUICK SALE!
 Spilt system in dining/loungers.
 Spilt system in dining/loungers.
 - Resident can select new floor coverings
 - to living area and bedroom • Floor tiles - kitchen/dining area
 - Solar panels installed
 - Medi-alarm Rear courtyard with patio

Coral Estate (Unit 35) 1 Anzac Place, Mandurah

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
- Large built in robes in bedrooms 1 & 2 Freshly painted

Spilt system in dining/lounge

- \$280,000 ono Resident can select new floor coverings
- to living area and bedrooms
- Floor tiles kitchen/dining area
- Solar panels installed Medi-alarm
- Rear courtyard with patio

Coral Estate (Unit 46) 1 Anzac Place, Mandurah

- 3 bedroom, 1 bathroom
- Built in robes to all bathrooms
- Lock up garage under main roof with room for storage
- Large rear patio with shed
- Floor tiles kitchen
- · Ducted air con throughout
- · Spilt system air con in lounge and ceiling fans
- Medi-alarm
- Freshly painted and new carpet to all rooms Rear courtyard with patio

Now Selling: Akora Apartments







The best move you'll ever make

Akora is Perth's newest retirement complex, nestled amongst SwanCare's Bentley Park community.

Akora is unlike anything else, offering affordable luxury, security, and superb care.

overlooked with each apartment packed with top-quality features and easy-to-use technology including an emergency call system, electricity monitoring package, secure intercom and underground car parking.

No detail has been

Operated by leading not-for-profit organisation SwanCare, Akora residents enjoy absolute peace of mind.

Secure your dream now. Call our Retirement Living Consultant Harry Pearson on 6250 0016.

Contact Harry on 6250 0016 or harry.pearson@swancare.com.au akoraapartments.com.au



Downsizing ADVERTISING FEATURE

Willow Creek Mews steps in to cater for rental demand

WILLOW CREEK Mews Retirement Village in Mandurah has now set aside several of their beautifully finished two bedroomed villas to satisfy the rising demand for rental homes.

Village manager Kellie Briggs outlined some of the benefits of renting and while living in a village environment.

There are many advantages that people do not realise when comparing their options prior to moving home, and of course, the first and most important is security.

"Because retirement villages have restricted entry points and because everyone tends to know their neighbours, it is not easy for those with dishonest intentions to blend in and create a community which could never happen in the a bit of havoc.

'So the worry of locking up your doors and windows if you have to nip to the shop or call in on a friend makes life a lot more stress-free,"

"Living among like-minded people does not necessarily mean living among decrepit old people, but people who value their neighbours right to a bit of peace and quiet, or are tolerant when a social evening goes on a touch longer than intended.

"Villages bring residents together, embracing a give and take culture like nowhere else to form suburbs.

The village recreation centre or clubhouse is the hub of any village. It is a no-cost extension of your lounge, your local pub, a social barbecue, a place to take your family when they visit, or friends who might fancy a game of snooker or take part in a quiz evening. And because it is personal to you, you value it, look after it, and can have a say on how it is run," she said.

"If you then look at the all-inclusive rental fee which covers garden maintenance, use of facilities and a dedicated village manger, the value for your dollar starts to add up," said Kellie

All villas are designed for ageing in place, are seven star energy rated for low heating and cooling costs, and have a lock-up garage with ample storage space. The village could not be better located as it is conveniently placed for shops, the Peel health campus and the local transport hub that will whisk people to the train station or to the restaurants and cafes lining the estuary foreshore.

"It's not as expensive to live in a retirement village as many people think," says Kellie "You just have to think a bit smarter than the rest."

For more details call Kellie on 0424 284 889 or visit www.willowcreekmews.com

New café at Bentley Park now open



The friendly staff at Sophia's at Akora

GREAT coffee and delicious food has arrived at SwanCare in Bentley with the opening of the new café, Sophia's at Akora.

Headed by chef Grace Maiolo, known for her book and radio appearances as 'The Butcher Who Bakes'. Sophia's offers dishes such as eggs Benedict, pancake stacks, and beef sliders, as well as beautiful homemade cakes, sandwiches, wraps and continental biscuits.

Children are also well catered for with a kid's menu and alfresco dining area that spills out onto a grassed piazza.

Sophia's at Akora is part of the brand new Akora Apartments complex at SwanCare's Bentley Park and is open for breakfast, lunch and coffee, Tuesday

Find Sophia's at 2 Adie Court (corner Adie Court and Jarrah Road), Bentlev.

100th anniversary of women in the WA Police

SPEAKER at the WA Self Funded Retirees Associatio meeting on Friday 12 May is Assistant Police Commissionner Michelle Fyfe.

Michelle left school at 15 and started work in a shoe store, and you could say has worked her way from the ground up. She has found WA Police to be a very supportive and innovative employer and has been able to bring up a family without any detriment to her career ambitions, with flexibility of working hours and paid parental and carer's leave.

"Policing is not what you see on the movies or TV, it's real people experiencing the highs and lows of society through long hours and shift

"No day is ever the same, but the ability to help people and work with a great team is what makes it so rewarding and satisfying.

"A key piece of advice that I have been given and would pass on to anyone considering a career with WA Police was to never underestimate yourself.

"Many women might see policing as a predominantly male profession, I have never felt that. I know women are every bit as capable as their male colleagues and there are times doing the job where being a woman is a distinct advantage," said Michelle.

Don't miss this enlightening talk from one of WA's most prominent policewoman.

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

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

New inner city venue opening soon for Living Longer Living Stronger program



STADIUM Fitness offers people aged 50 and over who are working or living in the city the opportunity to take part in the Living Longer Living

Stronger program. The Council on the

Ageing (WA) would like to invite people to the launch of Living Longer Living Stronger at Stadium Fitness on Tuesday 2 May at 10.30am at 11 East Parade, East Perth.

The morning tea event will showcase the state of the art exercise centre and guests will hear about the benefits of the popular health and fitness program for the over 50s.

Member Carey Perth John MLA will officially open the program.

Backed with the COexperience TAWA's with working with peo-ple aged 50 and over Stadium Fitness have that perfect balance of expertise, caring, great equipment and community spirit that will make it a huge benefit to locals. For those people who have been looking for a quality inner city provider of Living Longer Living Stronger - this is it. RSVP to COTA on 9472 0104.

The first step to a dream retirement...

WHEN they were looking to purchase an investment property that in the future could double as a base while they fulfill their dreams of travelling and wife Wendy didn't have to look far.

After visiting the sales office for the Motive apartment development on Railway Parade, West Leederville, they knew they had found what they were looking for, and purchased a two-bed apartment on the seventh floor 'off the plan'.

"We didn't feel the need to look at any other developments," said Mr Webster.

Mr Webster said that although they bought the apartment as an investment in the short to medium term, they could see themselves living in it in the future.

"This apartment provides us with a lot of options both now and in the long term after we

retire," said Mr Webster.

"The apartment settlement took place on a Tuesday and the apartment was rented out by the Saturday," said Mr

"We love the development, both in terms of the apartments that are really well designed and fitted out, and the building design generallv. With all the amenities that the building offers with the pool, cabana and barbecue entertaining areas, resident's lounge, games room, sauna and gym, it almost feels like a resort."

"We are excited about the prospect of living at Motive one day. We have chosen an apartment that has great views looking towards the city and captures the summer sun."

Motive sales agent, Chris Tonich from Burgess Rawson said there has been a lot of interest from people like the Websters.

Limited apartments are still available, with apartments bed from \$420,000 and bed, two bathtwo

room apartments from \$535,000. Visit the development and display apartments, open daily from 2-4pm.



www.packedtoperfection.com.au

Pensioner discount 10%





Retirement Rentals

We have now reserved several villas exclusively for rent to suitably qualified applicants

- High spec, luxury finished two-bedroom villas with lock-up garage
- Rental fee includes garden and village maintenance
- Spacious friendly recreation centre with facilities and barbecue area
- 7 Star Energy Rated homes for low heating and cooling bills
- Village Scheme qualifies for rent assistance (subject to conditions)
- · Safe, pet friendly village living among like-minded people • Designed for access and mobility - specifically for 'ageing in place'
- Reverse cycle air conditioning

DEMAND IS HIGH SO REGISTER YOUR INTEREST NOW







From \$355 per week

Willow Creek Mews. Legend Cres. Greenfields. Mandurah

Call our Village Manager - Kellie Briggs

0424 284 889 or 0419 042 300

www.willowcreekmews.com

Retired and downsizing?



You can move to a stylish retirement home in City Beach with stunning ocean views for only \$450,000!

Panoramic ocean views and sunsets

Situated on one of City Beach's highest hilltops, Ocean Gardens boasts stunning views and sunsets, with panoramic vistas of the Indian Ocean to the west and views of the Perth Central Business District and Darling Range to the east. Its magnificent location places the village within a few minutes of Floreat and City Beach, Wembley Golf Course, Cambridge Bowling Club, Floreat Forum Shopping Centre, many tennis clubs, and with medical services plus hospitals in close proximity.



Downsize in comfort and in style

Our villas and apartments give you all the space you need, but not more space than you know what to do with. They are all refurbished to a very high standard to enable you to downsize in style and comfort.

A fulfilling way of life

At Ocean Gardens each resident can determine the extent to which they want a private, peaceful life or one that's very social and active. Whatever your personality, fitness level or age, Ocean Gardens has the capacity to satisfy your individual needs and preferences.



Resort-style pool and recreation area

The pool, gym and recreation areas have to be seen to be believed. The resort-style amenities have set new standards in quality lifestyle living making Perth's premier retirement village an even more desirable address.

We'll take care of it

While the gardens and facilities are extensive, you don't need to worry about mowing the lawn, raking the leaves, trimming the edges, pruning the trees, cleaning the pool, sweeping the paths or cleaning the gutters anymore. Our staff will take care of all that here at Ocean Gardens leaving you time to enjoy life.

We're continually making improvements

As a not for profit organisation all our surpluses are re-invested into the future of the village. These surpluses in turn support an ongoing upgrading and refurbishment program ensuring Ocean Gardens retains its modern and contemporary look while providing residents with access to premium accommodation and resort-style facilities.



Wellness program

In the course of reviewing and upgrading our world class facilities the benefits of fitness activities for our residents have become a priority. Residents have access to our full time Wellness Coordinator who runs a popular suite of programs, including individual and group sessions. Programs are designed to be fun and enjoyable while keeping residents fitter and more flexible so they can enjoy all that life has to offer.

Onsite care

For those times when you may need a little extra help or support, Ocean Gardens has a qualified Care Services team, under the supervision of a registered nurse, onsite. There is also an onsite emergency call-response service. The care team monitor the Emergency Call System on a 24/7 basis and are able to provide daily welfare checks on request, car escort to appointments, blood pressure monitoring, wound dressings and many other care and housekeeping services which give you and your family peace of mind



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To arrange an inspection, ask questions or get more information, please call Geraldine O'Shaughnessy on 9285 3021 to make an appointment or contact sales@oceangardens.com.au We look forward to seeing you.



Now available. Now available bedroom apartments



Imagination, innovation inspire at Melbourne International Flower and Garden Show







5m boutique garden to

showcase their design

talents, push design

boundaries, gain valu-

able industry experience

and promote their busi-

ness. This was won by

Wild at Heart designed

by Emmaline Bowman,

STEM Landscape Archi-

The creative talents of

Australian and European

floral masters were on

show in the Royal Ex-

hibition Building Great Hall with Gold Floral

Design Awards received

by local floral design-

Flower School and Vic-

Academy,

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Matthew Landers

Melbourne

FITS TO ANY HOME

tecture & Design.

Left to right; City of Melbourne Award of Excellence for Best in Show, I See Wild, designed by Phillip Withers Landscape Design - Awash with Nature by Ross Peck, Liz Beale and Dale Johnson of Swinburne University of Technology - Wild at Heart designed by Emmaline Bowman, STEM Landscape Architecture & Design

y Colin Barlow

IELBOURNE Interational Flower and iarden Show has just rapped up with lots f inspiring ideas and ardens to take back ome to WA. I was lucky

enough to be working at the event, which didn't disappoint the 101,000 visitors despite the cool Melbourne weather.

I See Wild, designed by Phillip Withers Landscape Design, won this year's coveted 'City of

A beautiful rose garden with

hundreds of roses in the old

Archbishop's holiday home

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Patsy Durack's Rose Gardens

Melbourne Award of Excellence for Best in Show'. This gold show garden depicted a rural back garden setting where you look out to a rich and biologically diverse environment from around the world creating a sense of wild beauty.

The combination of natives such as grass trees with fruit trees like citrus and guava, along with cacti and succulents, a rolling green lawn, grasses and large pine trees was not your usual show garden combination. Flowers were used to attract pollinators and the fruits, herbs and veggies were incorporated into the wild garden design for the family to pick and eat.

Natural and sustainable materials were used to create a seating area for the whole family and tracks through the garden led to the living sculpture of cacti at the centre of the garden, which doubled as a kids fort, one that you would need to be very careful around.

Other award winners in the Silver Show Garden' category were presented Metropolis by Pavers Plus, designed by Candeo Design and constructed by Block Constructions and Semken Landscaping; Back to Babylon by PTA, Eco Outdoor & Tract Landscape Architecture; Legacies by the Tree and Shrub Growers of Victoria and Echelon by Cycas Landscape Design. The Husqvarna Garden – An Urban Sanctuary designed and constructed by Inspired Exteriors with landscape design by Selling Australia's Charlie Albone gained Bronze.

The Debco Avenue of Achievable Gardens showcased new and up and coming designers from TAFE's, colleges and universities to show what could be done within a small garden space with a limited budget. This year's first place winner was the ecologically balanced safe sanctuary of Awash with Nature by Ross Peck, Liz Beale and Dale Johnson of Swinburne University of TechnoloThe Landscaping Victoria Boutique Garden
Award set five designers the task of designing and installing a 5m x

toria Whitelaw Beautiful Flowers.

Hang out at the Perth
Garden Festival
The Perth Garden Festival

Garden Festival
The Perth Garden Festival takes place later this month from Thursday 27 to Sunday 30 April at McCallum Park, located just off Canning Highway in Victoria Park. This year many of Perth's best local garden centres, nurseries will offer a range of plants for sale.

The Landscape Show Gardens are set to impress visitors and there will be live music, children's activities and street food theatre on the Kleenheat Outdoor Kitchen stage with samples, prizes and recipes so you can learn about cooking outdoors.

continued on page 58

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BEFORE



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Consider thinking green workshops and the many benefits of worm farms

WORM farming is a simple way of converting food scraps and other organic materials into nutrient-rich products for your garden. It can be done in several ways.

In this case the worms live in a contained system, an Australian-made product called the 'Worm Café' produced from recycled plastic. It consists of a multi-tray system on legs, with a tap to empty liquid leachate also known as 'worm wiz'.

There is a lid on the top of the worm farm which is lifted to insert your food scraps, which should then be covered damp shredded paper. The worms live in the trays underneath,

eating the scraps and excreting an enzyme-rich product called worm castings. Further information on caring for your worms, and using the worm castings and 'worm wiz' in your garden will be provided at the worm farming workshops.

Worm farming can help people have a thriving garden while reducing waste, improving soil and protecting water quality.

Using a worm farm helps reduce household waste, as it can process food scraps and other organic materials rather than send them to landfill.

Organics in landfill break down to produce the potent greenhouse

gas methane, so diverting organics from landfill into a worm farm prevents this and is a win for the environment.

A worm farm produces worm castings and 'worm wiz' which are natural and non-toxic so using them instead of chemical fertilisers also helps protect local water quality. Chemical fertilisers often wash off into waterways, from the front lawn into the street drain and contribute to algal blooms downstream. They can also leach through the soil affecting the quality of groundwater resources. Worm farm products avoid these issues and are a better option.

Worm Farming Workshop

Learn how to use a worm farm to transform household food scraps into useful products for your garden.

This workshop presented by Kevin Smith from The Worm Shed. features a presentation on all aspects of worm farming and the role worms play in recycling and waste management. This is followed by a demonstration of setting up and maintaining a

worm farm. Café Worm farms will be available to purchase. Residents and ratepayers of the City are entitled to a \$100 subsidy on a worm farm, complete with worms and worm castings and/or a \$40 subsidy on 1kg of worms.

This workshop is suitable for adults and children aged 14 and over.

Places are limited, so bookings are essential.

Ellenbrook Community Library - 90 Main Street, Ellenbrook Saturday, 29 April 10am - 12pm RSVP to 9207 8787.

Visit www.swan. wa.gov.au/thinkgreen to book online.

Imagination, innovation inspire at Melbourne International Flower and Garden Show

by Colin Barlow



The Husqvarna Garden - An Urban Sanctuary designed and constructed by Inspired Exteriors with landscape design by Selling Australia's Charlie Albone

continued from page 57

The show is a great place to pick up fresh aardening advice and tips from the experts. Throughout the Perth Garden Festival there will be a wide range of talks and seminars on the Bupa Main stage and I will be talking about Bulb Bonanza – Perfect pots for Spring Colour at 12.30pm on Saturday 29 April.

Why not hang out at this years show by entering Baileys Hanging Basket Competition? This invites gardeners young and old from across WA to be a part of Perth's largest gardening competition. You could even win a fantastic prize for your school. gardening club, society or community group.

Each entrant will be provided with:

• 1 x Baileys Premium potting mix 30L

• 1 x 45cm hanging basket

• 1 x ticket to the 2017 Perth Garden Festival.

You can collect your premium potting mix and hanging basket with your registration form from one of the supporting nurseries listed in the link below. Plants are not provided but discounts and advice on plant selection is available from the supporting nurseries. So why not let your imagination and creativity go wild and create a themed hanging basket? For full details go to perthgardenfestival.com and follow the link to the Baileys Hanging Basket Competition.

The festival is open from 9am to 4pm each day with admission \$20 for adults. concessions \$14 and children (6-16) \$5. Children under 18 are free. Call 9436 0203 for more information or go to www. perthgardenfestival.com or www.facebook.com/ perthgardenfestival

Autumn advice in store this autumn

This month I will be providing tips and tricks on how to take care of your garden this autumn. I will be on-hand to provide answers and solutions to your gardening queries in the following Bunnings stores, so come along and say hello.

Saturday 15 April -Mindarie from 10am - 2pm

Thursday 27 April -Rockingham from 10am -12 noon

Shades of Autumn

The Gosnells Horticultural Society's Autumn Flower Show will be held at the Addie Mills Centre, Gosnells from 6 to 7 May. For details on this blooming great show contact Margaret Baker on 9398 2684.

Take a look at Denise's Garden one of the many inspiring gardens featured in the Open Gardens WA scheme. Situated at 15 Turner Road, Carmel, the garden is open from 10am until 4.30pm on 6 and 7 May. For more open gardens or information visit www.opengardens.org

The Autumn Festival of Country Gardens in the Blackwood Valley will feature open gardens from 9am to 4pm on Saturday 6 and Sunday 7 May. Regarded as one of the best places to visit and see vibrant coloured autumn leaves in Western Australia, these include Rokewood, Cherrytree Cottage, Ford House and Maranup Ford in Bridgetown, River Gums in Balingup and Hillview Garden in Boyup Brook. Chestnut Brae in Nannup and Balbarrup in Manjimup.

The festival dinner on Friday 5 May at Ford House features a three course autumn themed dinner. For bookings call Jenny on 9761 1816 or mobile 0438 511 896. There is also a pre-festival garden tour from 9am to 4pm, which includes morning tea, lunch and afternoon tea in different gardens. Tours can be booked by contacting Lee on 0404 051 531 or email: rosal@rokewood.com



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



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

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

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

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

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

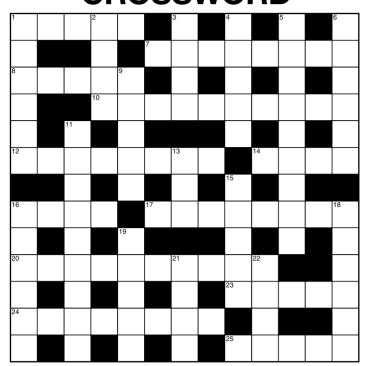
Have a Go News is published by Concept Media - ABN 97 425 866 519 ACN 069904221 Telephone (618) 9227 8283 Fax (618) 9227 8293 Website – www.haveagonews.com.au 137 Edward Street, Perth WA 6000 Postal address: PO Box 1042, West Leederville WA 6901

Name:			
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Expiry: _ _ / _ _

PUZZLES

CROSSWORD



ACROSS

- 1. Normal
- 7. Fracture
- 8. Trattoria staple
- 10. Polar vessel
- 12. Collapse (4,4)
- 14. Command to dog
- 16. Period of time
- 17. Sport parachutist 20. Ability to govern
- 23. Golfer's two under par

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- 1. Unload (suitcase)
- 2. Italian sparkling wine
- 3. Rock-pool crustacean
- 4. Military student
- 5. Communicative
- 6. Heaven's ... Gates
- 9. Movie performer
- 11. Segregates
- 13. Large antlered animal
- 15. Comedian, ... Murphy
- 16. Shouted
- 18. Actor, ... Pattinson
- 19. Rot

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#301 April edition PUZZLES Solutions

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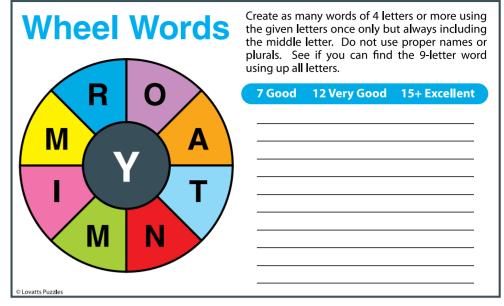
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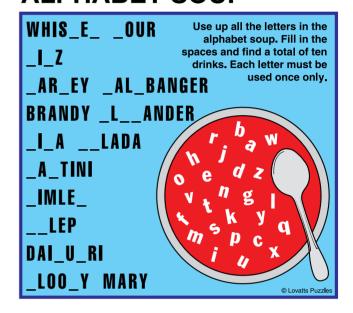
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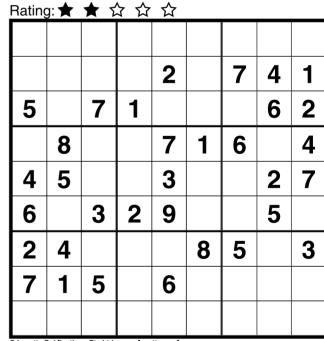
22. Settles (debt)



ALPHABET SOUP



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



5 3 2 7 1 4 9 8 6 С 2 9 8 7 3 4 5 6 0 Ε 4 5 1 8 3 6 9 2 7 YE D I V Ε 7 3 6 2 9 1 5 8 4 2 7 3 4 6 9 1 8 5 SH A G L 7 1 5 3 2 9 6 8 4 G N С Ε L 2 3 9 8 5 4 1 6 S SE Wheel Words Solution: Airy, Army, Arty, Many, Mayo, Nary, Tiny, Tray, Tyro, Yarn, Amity, Irony, Mayor, Minty, Moray, Rainy, Rayon, Notary, Minatory. 9-letter word: MATRIMONY Alphabet Soup 003 Solution: Whiskey Sour, Fizz, Harvey Wallbanger, Brandy Alexander, Pina Colada, Martini, Gimlet, Julep, Daiquiri,



The final statement of Dr Jekyll and Mr Hyde



David Davies as HYDE © Kevin Ruehle

FROM the famous novella by Robert Louis Stevenson, Dr Jekyll and Mr Hyde comes a gripping drama that will keep you on the edge of your seat.

Hyde - the final statement of Dr Jekyll describes the events that led to the struggle between the good Dr

Jekyll and his evil alter ego – Mr Hyde.
The year is 1886 and Dr Jekyll has discovered a formula that separates the good self from the evil self.

The problem is that the evil Mr Hyde wants to take over the body of Jekyll forever so that he can indulge his monstrous pleasures.

Take the 50-minute journey with Dr Jekyll as he describes the events that led to his discovery as well as his struggle to keep control of Mr Hyde.

Will the audience be a witness to his final statement? Or will Mr Hyde prove too strong and take over for-

Hyde - the final statement of Dr Jekyll has gripped audiences in Germany and the UK and most recently in Perth for this year's Fringe Festival.

The one man version of Jekyll and Hyde will be playing at Koorliny Arts Centre, 21 and 22 April at 7.15pm. All tickets \$15, Book online at www.koorliny.com.au or call 9467 7118.

ART for ALL

Stop Laughing...this is serious: the complete series 1 and 2 boxset



CHART a course through the story of Australian comedy, with the complete collection of Stop Laughing...This Is Seri-

Narrated by Eric Bana and Colin Lane, this sixpart documentary, over two series, features more

than 100 interviews with the men and women who make us laugh, including Barry Humphries, Celia Pacquola, Charlie Pickering, Magda Szubanski, Wendy Harmer, Shaun Micallef, Paul Hogan, Chris Taylor and many more.

Through intimate conversations, classic archival footage, and a detailed retelling of Australian social history, see how our beloved jokesters from stand-up, radio, television, theatre and film to the new viral media sensations of today all understand one sacred truth - that every Australian's greatest gift is the ability to laugh at ourselves.

The DVDs include special features bonus material and is distributed through ABC Video and Entertainment.

WIN WIN WIN

To be in the draw to win one of five DVDs of Stop Laughing simply send an email to win@ haveagonews.com. au with Laugh in the subject line or write to Stop Laughing DVD competition c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 31/03/17.

On the silver screen - films for April



Denial

IN THE 1990s, an impassioned and articulate American Professor, Deborah Lipstadt (Academy Award-winner Rachel Weisz) publishes a book, Denying The Holocaust: The Growing Assault on Truth and Memory. Soon after, a prominent denier referenced in Lipstadt's work, David Irving (BAFTA nominee Timothy Spall) sues her for defamation.

Suddenly, under the rule of the English legal system, Lipstadt must prove that the Holocaust occurred in order to discredit Irving and clear her name. She is matched with a brilliant but eccentric barrister, Richard Rampton (Tom Wilkinson) who asks Deborah to buy into a unique and daring strategy - remain silent. Neither Deborah nor a single Holocaust survivor is to take the stand during their defense, thereby avoiding any possibility of emotional bias.

From the screenwriter of The Reader and The Hours, Denial is a remarkable procedural drama based on true events.

In cinemas 13 April. Their Finest (M)



With London emptied of men now fighting at the front, Catrin Cole (Gemma Arterton) lands herself a job writing copy for propaganda films that need a woman's touch. Her natural flair quickly gets her noticed by dashing movie producer Buckley whose path would never have crossed hers in peacetime.

With the country's

morale at stake, Catrin, Buckley and a colourful crew work furiously to make a film that will warm the hearts of the nation. As bombs are dropping all around them, Catrin discovers there is as much drama, comedy and passion behind the camera as there is onscreen.

From the producers of Carol and Brooklyn, directed by Lone Scherfig (An Education, One Day). Their Finest stars Gemma Arterton, Sam Claflin and Bill Nighy.

In cinemas 20 April. **Berlin Syndrome**



Directed by Shortland (Lore, Somersault), Berlin Syndrome follows Clare (Teresa Palmer), an Aussie photographer who travels to Berlin and meets a charismatic local named Andi (Max Riemelt). Their attraction is instant, and after a day wandering the streets of Berlin together, a night of passion ensues. But what initially appears to be the start of a romance suddenly takes an unexpected and sinister turn when Clare wakes the following morning to discover Andi has left for work and locked her in his apartment. An easy mistake to make, of course, except Andi has no intention of letting her go again. Ever. Berlin Syndrome is based on the novel of the same name by Melanie Joosten, The film had its world premiere at this year's Sundance Film Festival.

In cinemas 20 April. WIN WIN WIN

To be in the draw to win one of ten double passes to any of the movies above simply send an email to win@ haveagonews.com.au with Silver Screen in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 20/4/17.

Elvis is in the building - the Perth Arena

AUSTRALIA will be treated to a triumphant celebration of Elvis Presley^{†M} and his music in *The Wonder Of* You national arena tour this May and June.

Featuring the most recognisable voice of all time on state-of-the-art screens, specially designed for this arena tour and backed by a full symphony orchestra live on stage, the concert will feature the king of rock and roll's most well-known hit songs and his tender, heart-wrenching ballads as people have never heard them before.

The Elvis Presley The Wonder of You tour Perth performance will be held at Perth Arena on Friday 26 May.

Tickets for The Wonder Of You 2017 are on sale now via Ticketek. Visit www.elvislive.com.au for more infor-

Behind the scenes tours of the Perth Concert Hall

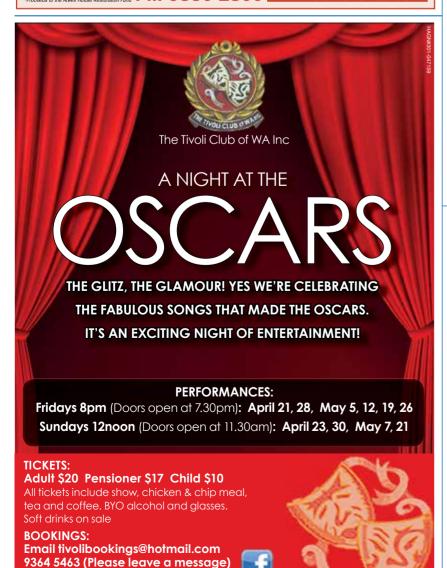


• April 3-13 Pop Up Exhibition; A gallery full of self-managed displays. April 10-12, 10am-noon School holidays Program, Week 1; The Art of Food with Bridget Seaton **April 14-18 Easter Break** April 19-21 School holidays program, Week 2; Puppetry April 19 - May 5 The Travelling Artist; Art inspired by travel

Visit www.tivoli.org.au

ATWELL GALLERY AT ATWELL ARTS CENTRE 586 Canning Hwy, (Cnr North Lake) Alfred Cove

Ph: 9330 2800 www.atwellarts.com



PERTH Concert Hall is conducting backstage tours of the venue. These tours will include visits backstage, on stage, into the dressing rooms and behind the organ.

The next tours will be held on Monday 10 April, Friday 5 May, Thursday 18 May, Wednesday 24 May and Thursday 25 May.

Tours take place at 9.30am. 10.15am and 11.15am. There is a limit of 16 for each tour and children under 12 years of age must be accompanied by an adult.

Special tours for larger groups are available and need to be booked by arrangement. Entry is by gold coin do-

To book, people just eed to email info@ need perthconcerthall.com. au stating what date they would like to attend.





Provocative new exhibition on Orange People opens at Fremantle Arts Centre



Fremantle Sannyasins awaiting the arrival of Ma Anand Sheela at Zorba the Buddha Restaurant in Fremantle 1985, Photograph by Diti

ORANGE SANNYAS in Fremantle is now on display at the Fremantle Arts Centre.

The exhibition explores the Orange People, one of the most controversial and outwardly hedonistic religious movements to arrive in Australia.

Featuring newly commissioned multimedia works. including an absorbing virtual reality experience based around the group's daily meditation practices

Dedicated to its leader Indian guru Bhagwan Shree Rajneesh (1931-1990) - later known as Osho - this highly tumultuous movement grew to global prominence in the 1980s.

Fremantle became one of the major centres worldwide as many devotees moved in and many locals converted.

Recognisable for their orange-coloured clothes, disciples or Sannyasins - a term traditionally related to Indian religious discipleship - were typically well educated and wealthy.

The movement combined western materialism with eastern spiritualism, garnering intense public interest and controversy, particularly surrounding disciples' sexual practices.

The Orange People were a conspicuous and powerful element in the Fremantle community for a few years until they abruptly de-camped to the south - foretelling the upheaval, scandal and implosion of the international movement.

Curated by Fremantle Arts Centre's Dr Ric Spencer and Sannyasin kid Sohan Ariel Hayes, Orange reflects upon the public confusion and fascination surrounding the Orange People and presents an insight into a tumultuous time in Fremantle's social history from those within the movement. Alongside contemporary responses the exhibition showcases religious paraphernalia, archival material and interviews from Sannyasin kids, who are now in their 40s.

"It's wonderful to see such a colourful and vivacious period in Fremantle's history brought to life in Fremantle Arts Centre's galleries, with newly commissioned work from local artists and contributions from the Sannyas community this will be a lively foray into the world of Osho and 1980s Fremantle," says Dr Spencer.

The exhibition is free and runs at the Fremantle Arts Centre, 1 Finnerty Street, Fremantle until 21 May.

The Morning Melodies Concert Series has something for everyone

ACCLAIMED vocal artist and actress Rachael Beck will take audiences on an intimate journey through her life and career in the first performance of the this year's Morning Melodies Concert Series at His Majesty's Theatre on Wednesday 26 April.

One of Australia's leading performers, Beck will share personal stories and perform songs from much-loved musicals Cabaret, Les Misérables and A Little Night Music, as well as anthems by Bob Dylan, Kate Bush and KD Lang.

Presented by the Perth Theatre Trust, the popular morning concert series will also feature a premier tribute to 1950s and 60s rock and roll, and talented performers from the Western Australian Youth Orchestra and West Australian

Other concerts in the series will include the West Australian Opera Concert featuring Alexander Lewis and Taryn Fiebig on 5 July. Singers Alexander Lewis and Taryn Fiebig for a morning of delightful operettas performed on On 4 October the creators of The

Catalinas of Crawley Bay will present The Snake Pit. Step back in time to The Snake Pit at Scarborough Beach: the birthplace of rock and roll music in WA in the late 1950s. Hound Dog, Blue Suede Shoes, Love Me Tender, Johnny B. Goode, Tutti Frutti, Dream Lover and See You Later Alligator are just some of the songs people will hear at this memorable tribute show.

On 13 December the Christmas Spectacular will features the Western Australian Youth Orchestra. Celebrate the Christmas season with a showcase of Yuletide favourites performed by the Western Australian Youth Orchestra and some special guest vocalists. Including highlights from The Nutcracker, Oh Holy Night and Sleigh Ride, it promises to be the perfect finale for the 2017 season.

Tickets to Morning Melodies are on sale through Ticketek or phone 1300 795 012. Flexible show packages are

Going in Style: you're never too old to get really even

cery cashier who's been

checking Al out in more ways than one. Joey King

stars as Joe's whip-smart

granddaughter, Brooklyn;

with Oscar nominee Matt

Dillon as FBI Agent Hamer and Christopher Lloyd

as the guys' lodge buddy,

Milton. John Ortiz also

stars as Jesus, a man of

unspecified credentials

who agrees to show the

guys the ropes, and Peter



OSCAR winners Morgan Freeman, Michael Caine and Alan Arkin team up as lifelong buddies Willie, Joe and Al in director Zach Braff's feel good comedy crime caper Going in Style. They decide to buck retirement and step off the straight-andnarrow for the first time in their lives when their pension fund becomes a

corporate casualty, Desperate to pay the bills and come through for their loved ones, the three risk it all by embarking on a daring bid to knock off the very bank that absconded

with their money. Serafinowicz as Joe's for-The film also stars twomer son-in-law, Murphy, whose pot clinic connectime Oscar nominee Ann-Margret as Annie, a grotions may finally prove

WIN WIN WIN

We have a 15 double passes to a special screening at the Backlot Studios - 21 Simpson Street, West Perth at 5pm on Thursday 13 April. To be in the draw simply email win@ haveagonews.com.au or call the office on 9227 8283 during business hours. Closes 11/4/17.

Sing and celebrate on Mondays with **Aboriginal culture from Madjitil Moorna**



The choir rehearsing for Sing for Health week in 2016.

MADJITAL MOORNA is a group of indigenous and non-indigenous people who sing in Aboriginal languages to build understanding, hope and

Award winning indige-

nous songwriters George Walley, Della Rae Morrison, Candice Lorrae, Gina Williams and Josie Boyle lead the group.

The choir performs at various shows and festivals state wide.

Choir coordinator Joanna Randall says: "We sing Aboriginal songs brought to us by Aboriginal performers and song-

"It's a unique concept and has attracted a couciliation as we come from all backgrounds to learn and build friendships.

"New people are always welcome - all voices, ages and backgrounds," said Joanna.

The Madjitil Moorna sings on Monday evenings at the Anderson Road Community Centre in Anderson Road in Forrestfield.

The choir meets at 6.30pm for a cuppa and the singing is from 7pm to 8.30pm.

For more information please contact Jo Randell on 0409 116 460, email contactus@ madjitilmoorna.org.au or visit the website at www. madiitilmoorna.ora.au



Come along and have some fun at the Holly Wood **Tuesday Morning Show**

EVERY Tuesday morning from 11am to 12noon the Perth Town Hall comes alive with a free show for people to enjoy some great entertainment.

Visitors can enjoy a cup of tea for a gold coin donation prior to the show.

Co-ordinator Bernard Carney welcomes people to join in on the fun and especially new visitors to the Tuesday morning show.

April program

11 April - Have a Go News editor, Jennifer Merigan updates the audience on what's happening in this month's is-

Afterwards popular entertainer Bobby Adams will woo the crowd with his program of great songs.

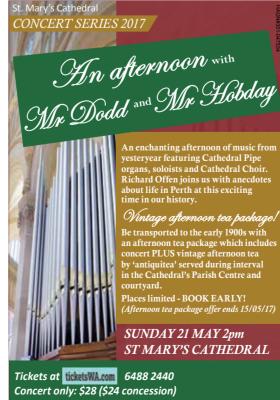
18 April - Amy Heron - from big band to Beatles, the audience will enjoy Amy's fabulous selection of songs. **25 April –** No show due to ANZAC

2 May - Eddie Storm OAM - a lifetime of entertaining the community shines through when Eddie returns to the Tuesday Morning Show. He pays tribute to great entertainers from the past with a yarn or two thrown in for good measure.

9 May - Have a Go News editor. Jennifer Merigan updates the audience on what's happening in this month's issue. Followed by Moira Jo Scott presenting her tribute to the great female entertainers of the 50s and 60s.

16 May - Fancy That - the fun loving trio will entertain the crowd with some best loved songs.

23 May - The annual cancer morning Tea will start at 10am. Bring along a few gold coins along to raise money for cancer research. Following that the Mucky Duck Bush band will get everyone dancing as they celebrate their 43rd year of entertaining.



Vintage afternoon tea package: \$40 (\$35 concession)

miss maûd

BOWRA & O'DEA

Gatto Christian Shop

MANDURAH CONCERT Saturday 8 July, 12,30-4,30pm **Mandurah Seniors and Community Centre** 41 Ormsby Terrace, Mandurah

Kingsey Day and Phil Rego - Laura Downing

Brian Letton - Band of Mates

MORLEY CONCERT Sunday 9 July, 12.30-4.30pm **Morley Sport and Recreation Centre** Cnr Wellington Rd and Mangini St, Morley

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

Refreshments at interval

52	HAVE-A-	GO NEWS	No. 301 A	APRIL 201

Friend to Friend **FREE** For over 45's only

Please nominate a cat	egory fo	or your ac	dvertiseme
Tick one box only.			

☐ Travel companion

Seeking a friend

Pen friend

Seeking a partner

Abbreviations used in Friend to Friend

ALA: All letters answered DTE: Down to earth

GSOH: Good sense of humour

SD: Social drinker NS: Non smoker

AUSSIE male, mid 70s,

180cm tall, slim to me-

dium build, 80kg, NS,

SD, fin sec, own home

in south west of WA, ac-

tive, healthy, romantic,

got plenty of TLC to give

away. WLTM slim ladv

who likes a good time and

AUST gent, 59, easy go-

ing, NS, enjoys movies,

dining, travel. WLTM kind,

affectionate lady for dis-

creet relationship. Let's

spend quality time togeth-

er. Start with a chat over

origin, Australian, petite,

attractive, presentable,

clean, homely, educat-

ed, enjoy simple things. Seeks NS, ND, NG, born-

again, gentleman 70+ for

one permanent relation-

ship/partnership. ALA. **Reply Box 7449**

GENT 69 widower, slim,

165cm tall, 66kg, fit, healthy, NS, SD, honest,

caring. WLTM lady, slim

to medium build, 55-65,

Asian ladies welcome. I

enjoy walking, exercise,

dining out, staying home,

some sport, like long term

relationship.

Reply Box 7436

LADY 70+, active, easy-

going, enjoys family life.

WLTM caring gentleman

with GSOH, NS. SD.

LADY WLTM happy, fit,

active, NS, SD, 65-70

guy interested in travel

in/out Australia. Open to

explore future with tall,

slim lady doing whatever

oldies do; walking, mov-

ies, travel, outings, quiet

times, climbing mountains

Italian, mid 70s, retired,

seeks compatible part-

ner, petitish, elegant, at-

tractive, NS, intelligent.

fashion, make-up con-

scious. Myself; 5'4", total

communication space.

movies, concerts, country

sojourns, cruises, gentle,

empathic, caring, mutual, nurturing, NOR, inner

Reply Box 7443

Reply Box 7453

Australian

together etc.

PHYSICIAN

metro.

Reply Box 7468

NOR.

Reply Box 7452

Reply Box 7467

lady, Asian

travel.

coffee.

CARING

SOR: South of River WLTM: Would like to meet ND: Non drinker

NG: Non gambler

NOR: North of River TLC: Tender loving care

Each person may submit one entry every month.

STOP: Please read new instructions carefully Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend PO Box 1042 West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ALBANY lady mid 60s, tall, medium build, WLTM a tall, well groomed, well mannered gent 65+. Someone who is cheerful. honest and fin sec - like myself. Let's enjoy each other's company - let's do coffee. ALA.

Reply Box 7445

A SLIM easy going, fin sec, lady WLTM gent 75+ with similar likes, music, dance, family, GSOH, conversation, company, long time if compatible. NOR.

Reply Box 7456

ATTRACTIVE slim, DTE lady, GSOH, 65-75, like to meet same for caring, supportive friendship. Reply Box 7442

AUSSIE male, fit, healthy, happy attitude, 59, NS, SD, I enjoy all the good things in life. WLTM a similar lady.

Reply Box 7459

AUST gent 78, NS, SD, DO YOU retain the pas-DTE, NG, medium build, widowed, looks 60, WLTM active lady, dancing, walks, gardening, sports, travel, dancing, positive outlook on life, looking for genuine rela-

tionship, metro area. Reply Box 7441

AUST lady, fit, slender, 5'1", enjoys swimming kayaking, dancing. Yearning to find happy, caring man to share active lifestyle SOR. I am younger than my 75yrs. Life is for living. ALA. GSOH.

Reply Box 7455

AUSTRALIAN widow, attractive, 70+, active, loving, sincere, own home, fin sec, WLTM tall, slim, groomed, healthy gent. Love travel, music. garden, animals, dining in/ out, for TLC, closeness, companionship, NOR.

Reply Box 7447

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

sion of your youth and know what to do with it? Lady seeks gentleman, 68-78, kind, fun loving, with time in his life and room in his heart for me. NS, SD, outgoing, SOR, metro sincere.

......Postcode

□ Phone I am over 45 years of age(Signature)

Reply Box 7457

EURO gent 76, fit, NS, SD, not into travelling, seeks slim, quiet lady. Enjoys 50s-60s music, around Armadale, Kelmscott, Gosnells, Madding-

Reply Box 7439

FUN loving, affectionate, slim, blonde, DTE, intelligent, outdoor person, animal lover, enjoys caravan, travel, exploring new places, seeking genuine happy gent with good character who has time for relationship.

Reply Box 7450

GENT 65 NS, SD, GSOH, active in all ways, 60s-80s music, barbecues, familv friends. I want to travel Australia with someone. It helps to be a little mad to enjoy life. If you're free and easy, 70, got on with each.

Reply Box 7435

GENT 76. ND. NG. WLTM lady who wants to travel. Have campervan, no baggage, share expenses, like to enjoy life. Seeking friend to travel around Australia or just West Australia. Like quiet times. DTE. ALA.

Reply Box 7465

GENTLEMAN mature, widower and caring, sincere, fin sec, own home. WLTM lady 70+ for companionship, friendship or relationship. I am GSOH, SD. NS, NG, with lots of TLC. Let's meet for coffee. Reply Box 7454

HAPPY guy, 66, NS, SD, medium build, 5'6", into music, movies etc. Seeks lady in her 50s. With me around you'll always be happy. Come on ladies give me a try. Photo appreciated. Say goodbye to yesterday. ALA. Reply Box 7458

HELP! Been here before and met some great gents but no-one special. Me; 67, NS, SD, DTE, GSOH, SOR, enjoy movies, barbecues, dining, theatre, travel. WLTM sincere and honest aent. Meet for bevvy and chat?

Reply Box 7444

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

LADY 60, Wanneroo area, slim, fit, NS, DTE, still working. Seeking friend to share long coastal walks, interesting conversation and who loves history, archaeology and fun times. Let's meet for a coffee. Reply Box 7451

LADY 68, postcode 6401, WLTM gent for friendship. Enjoys camping, country music, dining out, concerts, movies, social outings, good company. Looking for easy to get along with gent who wants a relationship with one lady.

Reply Box 7461

LADY mid 70s, attractive, WLTM gent 75-80, SD, NS, NOR for friendship, relationship, who likes movies, walks, life in general, DTE. Let's meet for coffee and chat. Landlines please.

Reply Box 7446

LADY senior, young at heart, WLTM other females for friendship, outinas, travel, movies, cards, bowls etc. NOR, meet for coffee, no fees.

Reply Box 7464

SINGLE Kiwi lady, 70, medium build, interests; dining in/out, SD, DTE, TLC, WLTM. I am young at heart, gent, same interests, honest, sincere, future relationship, NOR gent, same age.

Reply Box 7438

WLTM gent, well groomed, medium build. I am medium build, well dressed, love music, dancing, cinema, eating out/in, UK born, travel widow. I love cooking, good English meals. Late

Reply Box 7463

Australian lady, 68, feminine, well presented, medium build, educated, SOR, 6107, DTE, Likes socialising, walking, reading, gardening, country drives. WLTM unattached, sincere, educated gentleman, 65-72, GSOH, genuine replies only. Photo appreciated. ALA

to laugh. Love to live life. Reply Box 7466

Visit Have a Go News online:

Seeking a Travel Companion

ADVENTUROUS nature loving lady, 60s, seeks travel companion to explore the unique and amazing Galapagos Islands. I suggest we use a travel company which specialises in such types of holidays.

Reply Box 7448

CHINESE gent, 63, SOR, easy going, WLTM lady under 62 for travel companion on cruise. Free travel expenses. Let's meet up to have coffee and discuss more. Reply Box 7437

GENT 68 seeking female travel companion, mainly overseas, Europe, Canadia, America etc, its much more fun travelling with someone. I like cruising, touring and self drive. So let's have a chat over coffee.

Reply Box 7434

MATURE slim, Aussie gent, 180cm tall, NS, seeks adventurous, slim, NS, lady, 60+ for 14 day campervan holiday in New Zealand when you are ready.

Reply Box 7460

SEEKING male travel companion, 60-70 with lots of energy to wander around UK for three months from September 2017. Must be self funded, enthusiastic. I'm NOR, 64, female.

Reply Box 7440

Friend to Friend: When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

> eg. Reply Box 4100 c/- Friend to Friend,

PO Box 1042, West Leederville, WA 6901. (example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B

(measures approx. 14 x 9cm). No greeting cards or bulky items.

All replies will be forwarded at the end of each

All replies are strictly confidential and are not

Replies must be in response to reply boxes no older than three months.





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



SOLUTIONS MATCHMAKING "A safe, reliable way to meet genuine people" 9371 0380

MEDINA LADY 60 bright, active, blue eyed blond, sociable, reliable, leads happy, healthy life. Enj country wkends away, swimming, lawn bowls, social outings. Sk light-hearted gent w/ country mindset 58-66.

STH FREMANTLE LADY 63 very attr/grmd Asian, slim, petite, educated, self sustained, w/ sweet & charming nature. Sk intell, indep, kind, loyal man 62-72.

MANDURAH LADY 70 Attractive, feminine, English, blue eyed blond, funloving widow, sk tidy, e/going man 68-75 who wants to love & be loved in return.

SWAN VALLEY LADY 70 Slim, attr, well grmd, blue eyed blond, wid, d.t.earth, successful, ret businesswoman who is focused on finding love &a happy life w/ sincere, d.t.earth man 65-75 in Perth or Mandurah.

SUBIACO LADY 68 Slim, elegant, attr, vibrant, fair w/ hazel eyes, relaxed, easy to talk to, likes sport, travel. films, concerts, music (esp. jazz). Sk intell, well grmd man 65-73 companionship.

HILLS GENT 80 extremely young, fit, active, healthy, well spoken, educated, ret. Professional. Would suit well presented, intell, lady similar w/ GSOH 70+. YORK GENT 69 Just a very nice, well spoken,

well mannered, genuine person, ad morals & family values looking for a retired lady 62-70 to do thinas as a couple. CITY BEACH GENT 75 extremely fit, handsome, ret. Prof, well educated, refined, personable.



Relaxed, energetic, well travelled, adventurous,

sk stylish, active, educated woman 60-75.

SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995 **Seeking a Partner**

ATTRACTIVE English

Reply Box 7462

ATTRACTIVE South American lady, 58, full of life and love, medium build. WLTM South American or any nationality. Loves music, cooking, walks along the beach, missing a man's company

www.haveagonews.com.au

SCENE SOCIALLY





















SCENE (1): THE WA Women's Hall of Fame held its induction ceremony on International Women's Day on 8 March at the State Reception Centre. Fifteen WA women were inducted at the ceremony which included a posthumous award for our founding editor Judith Treby.

SCENE (1): Seen, top row, from left to right; Colin Edwardes and Hayley Cormann- Wendy Ryan and Elizabeth Bindon-Bonney - Lennie McCall, Judy Gorton and Margaret Medcalf OAM - Claire and David Stewart - Hon Cheryl Davenport and Maria Harries - Jennifer Mathews and Prof Margaret Novak. Second row, from left to right; Geoffrey Lynch with his mother inductee Anne Lynch's photograph - Dr John Byrne with Patricia Muragua - The Honourable Kerry Sanderson AC, Governor of WA with Hon Liza Harvey MLA



SCENE (2): THE People Who Care held their Perth's Seniors Outdoor Fitness World Record Attempt at Sir James Mitchell Park on Friday 10 March. People exercised for more than 30 minutes to attempt to break the record. Just shy of the world record they are looking forward to next year's attempt.





SCENE (4): Have a Go News goes far and wide, Ashley Murdoch from Lancelin with his parrot Molly was at the Have a Chat café picking up his copy of the paper.





























SCENE (3): THE 21st anniversary of the Lifeline brunch was held on 19 March at the home of Vince and Anne Garreffa in Inglewood. All funds raised go directly to Lifeline and this year \$403,000 was raised. The Garreffas, a contingent of the best chefs from Perth and many others all band together for charity to bring this brunch to the people of Perth and help raise important funds for Lifeline each year. Seen, top row, from left to right; Gordon and Lyn Straiton - Anne Garreffa and Verity James - Jenny Seaton and Patti Chong - Ian and Margaret Hesford - Julie Davit and Jeffery Ekin - Jeremy and Jodie Thomas.

Second row, from left to right; Geoff and Susan Roberts - Matt and Sam Lister, Tom Lister and Sandy Bowaer - Ian Westrip and Charlotte Westrip - Jerry Fraser - Helen and Steve Palmer - Peter and Maria Tambours.

Third row, from left to right; Graham and Merle Mabury - Vince and Charlie Garreffa.

Three markets and more to explore in one venue this month



COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 22 and Sunday 23 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 collectables 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 jew-

ellery, 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, bisquite chapters and confectionary.

cuits, 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-

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 Crea-

For further information about the fair, phone 9457 9315 or visit www.treas

uredcraftcreations.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 20/04/17.



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SPECIAL ONE WEEK

3.24kW SYSTEM

FULLY INSTALLED*

12 x 270 watt Canadian Solar Panels + 3kW Sungrow Single Phase Inverter

女女女女女 **RATING**



5.4kW SYSTEM

FULLY INSTALLED*

20 x 270 watt Canadian Solar Panels + 5kW Sungrow Single Phase Inverter

- * Conditions apply. Includes a standard installation in metro areas Mes, We're (50km from Perth CBD).

OPERATING OVER 13 YEARS FROM CANNING VALE OFFICE

- Price advertised is after government
 - Extra cost for 3 phase meters apply.

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