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- Jo Allison speaks with Channel Nine's Emmy Kubainski
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- Food & Wine - reviews, recipes and more

COMPETITIONS/GIVEAWAYS





TICKETS

The Greats of 70s Country Music
 David Stratton's British Retro Film Festival
 Mirusia FILMS
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 The Angry Birds Movie
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On a flying trapeze...



Janet O'Reilly tests her fears as she swings through the air on a flying trapeze
 Photos – Edith Cowan University

by Brad Elborough

BE CAREFUL what you wish for.

Do you remember that night when you sat under the circus big top watching the amazingly talented trapeze artists doing their thing?

They floated gracefully through the air, probably performing somersaults and other entertaining tricks.

You turned to your friend or family member and said without much thought, "I wish I could have a go at that."

You certainly didn't think that one day you

might get the chance.

Well, you can – minus the big top.

Twilight Flyers Flying Trapeze offers the opportunity to swing among the trees, high above the ground, with the wind in your hair.

Four words in the previous sentence would have a few of you starting to get sweaty palms – high off the ground. And sweaty palms are not something you want to have when you're eight metres from the ground, about to swing out from a platform.

Unlike those pros under the circus big top,

at Twilight Flyers there is a massive net ready to catch you if you slip and a sturdy safety line to guarantee your safety.

You also get expert tuition and support from the team at Access Circus.

For that reason, many people with a fear of heights sign up to have a go (it's not just the name of a cool newspaper, it's also the slogan that Renee Pilkington, the creative director for Access Circus, uses to get some of her students to the platform).

Those students vary in age, from eight years

old, with classic flyers in their 70s regularly taking the plunge. Renee says she also has people overcoming various conditions, such as vertigo, wanting to test themselves.

Renee makes it look easy in her demonstration.

She scurries up the ladder, releases herself from the platform out over the net, raises her legs up over the bar and releases – even dropping on to the net with style.

With 12 years of circus and acrobat experience, so she should, and with the music playing in the

background, it's easy to forget you're not under the big top.

The style demonstrated by the students that followed vary somewhat though. Some don't seem far removed from Renee's demonstration; others are unrecognisable.

But one constant is that they all land on the net with a massive smile on their face. Some of them are relieved that it's over, but even those students climb up again to have another go, or two.

"People of all ages can come and face their fear of heights in a controlled environment," Renee said.

"It's a 50/50 mental and physical challenge.

"You just need to be able to climb an 8m ladder and hold their own weight with two hands for 10 seconds.

"They get three swings, minimum. They need to trust us and themselves and their own abilities.

"And it's a lot cheaper than jumping out of a plane."

The setting for Twilight Flyers is spectacular; among the trees at the back of Edith Cowan University, in Joondalup.

There are classes for casuals and newcomers, as well as sessions for frequent flyers who are looking to tackle some more advanced aspects.

Winter doesn't provide an excuse to hold off either, as sessions are available all year round, with strategies in place for bad weather.

Janet O'Reilly, 50, the corporate events support officer at Edith Cowan University was certainly hoping for bad weather, or a UFO abduction, when she visited Twilight Flyers recently as part of a team building exercise.

She even waited to be last to climb, hoping that for some reason the session would be cancelled.

But no such excuse came.

continued on page 2



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Ageing research snippet

Blueberries have a real benefit in improving memory and cognitive function

THE HUMBLE blueberry could be used in the war against Alzheimer's disease with new research presented at the world's largest scientific society the American Chemical Society (ACS) on the effects of eating the blueberry. The fruit is loaded with antioxidants and these substances could help prevent the disease as well as lowering risk of heart disease and cancer.

Word of the month

Commensalism

Noun
Definition - An association between two organisms in which one benefits and the other derives neither benefit nor harm.

Urban slang

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

Funny historical fact

The military administrators of the atomic bomb project at Los Alamos in the 1940s, New Mexico, were so concerned about security that they only hired illiterate people for maintenance jobs at the plant.

Quote of the month

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

Andy Rooney

From the editor's desk

GLOUCESTER Park is a stalwart in Perth, every Friday night come rain, hail or shine the harness horses race.

I think its about 30 years since I attended a trots meet but I had been invited as a guest to go along and I really had a fun night having a few flutters and enjoying a nice meal.

I only back horses whose names I like, there was absolutely no form studied and I did have a few successes with my \$3 bets.

If you haven't been for a while why not 'have a go' and enjoy a night of fun watching and having a few bets on the harness racing.

Advocate moved into their new premises at the Perron Centre in Victoria Park last month and this organisation works hard to provide advocacy, education and information to support the rights of older people and people with disabilities.

They have some excellent material for people moving into aged care, information about your rights and have introduced a hotline for elder abuse.

If you know of anyone who may be being abused or suspect abuse contact them on 1300 724 679.

The Law Society of WA run the Old Court House Law Museum which is located in Stirling Gardens and constructed in 1836, is the oldest building in the CBD.

The museum is an interesting place to visit and I popped in last month when they received a grant to finish some projects from LotteryWest.

If you are looking for an interesting day out then pop in and soak up some of the history and information about the law or get a group together and stage a mock trial.

You can find out more by calling 9322 7877 or visit www.lawsociety.wa.asn.au

I also had an interesting warning come across my desk from Consumer Protection about an unlicensed betting scheme called Lotto Spring.

Consumer Protection work tirelessly to inform the public about scams and they have advised that as this is an overseas company and if people deal with them then they are not protected by Australian law.

When using LotteryWest people can be assured that it is an authorised entity which returns the proceeds back to the WA community.

With the digital age there are many more scammers about and I urge you to be extremely careful with emails from people you don't know with opportunities which

if they sound too good to be true, they probably will be.

The Royal Western Australian Historical Society is holding talks on great WA historical reads on Wednesday 8 June from 10am to 11am at Stirling House in Nedlands.

Patrick Cornish will MC the event with Bernice Barry speaking about the book *Georgiana Molloy; The Mind that Shines* and Dr Steve Errington speaking about *Our Western Australian Home being Sketches of Scenery and Society in the Colony*. There will be other books and speakers on the day.

Tickets cost \$10 and include a cuppa, for bookings call 9386 3841 or email admin@histwest.org.au

Sporting clubs are able to apply for grants up to \$500 towards purchasing new equipment from the WA government.

The grant scheme closes on 13 May and further information can be found at www.dsr.wa.gov.au/clubequipment

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

Jennifer Merigan

Acting Editor

jen@haveagoneews.com.au

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"I am scared of heights," Janet admits. "I wanted to test myself; I didn't want to be the one who didn't do it. "I got half-way up the ladder and thought oh my! but I wasn't going to go back down. "There were two nice boys up there

to help (Darren and Robbie) who were encouraging. "I was holding on for dear life and I didn't look down.

"I couldn't get my leg up, but Renee said my swing was excellent. My shape while doing the swing was really good, so I was proud and my landing was ok."

Janet said she probably wouldn't go back again and won't be signing up for a bungy jump or a skydive any day soon – she still has her fear of heights.

But she did climb back up and have a second go.

Me? I wasn't quite dressed for the occasion the night I checked it out, so will have to go back another time – one day.

For more information, visit www.accesscircus.com/classes/

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COME along and join in on a fun morning and support the Cancer Council's greatest fund raising initiative – Australia's biggest morning tea – in Pinjarra.

Belswan Lifestyle Estate is holding the event this year at their clubhouse on Tuesday 24 May from 9.30am to 12.30pm.

Entry is \$5, which includes morning tea, a chance to win great prizes in the raffle and join in on an auction.

Entertainment will be provided from Pinjarra Senior High School and Swing and Sway.

Bookings are essential and can be made by calling Amanda on 9531 0368 or emailing Amanda.nulty@belswanpinjarra.com.au by 20 May.

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Gary Tate records the biodiversity wonders of the Perth region



Gary Tate

by Josephine Allison

GARY Tate was a busy man working in the supermarket industry until early retirement saw him discover another world in the Yellagonga Regional Park just 600 metres from his Greenwood home.

Ten years on the 65-year-old has a new profession, photographing and recording the wealth of wildlife and scenic splendour which WA has to offer.

"Most weeks I cycle around Yellagonga Park admiring, observing and photographing the beauty and rich biodiversity," Gary said. "I now have a library of more than 48,000 Yellagonga images."

The images Gary photographs are breathtaking and a tribute to his ability to picture nature at its best – fungi growing on a tree trunk after early rain, a kookaburra with a snake in its beak, birds in their feather coloured glory and the hundreds of different flowers which grace our landscape have been beautifully captured under his skilful eye.

"As a child I grew up with my brothers in Mosman Park and we loved to play in the bush," Gary said. "I have always loved nature and the environment so, on retirement, I started photographing different things and placing them on CD set to music."

"The City of Joondalup encouraged me in my work and placed several of my images on their website and brochures. I then upgraded my software and camera and started producing DVDs."

Gary has produced and regularly updates a DVD, *Yellagonga – Discover the Diversity*, which won the City of Wanneroo's 2007 Award for Excellence. The City of Joondalup took 30 of his Yellagonga DVDs to Durban, South Africa in 2008 for an international biodiversity conference. All his DVDs are available for purchase.

"This has been a labour of love, a retirement hobby," Gary said. "I would like others to experience and appreciate the amazing biodiversity and activities Perth's wetlands have to offer. I have also produced and made available *Perth Wetlands – Discover the Diversity*. Compiled over 10 years, the 37-minute DVD contains more than 600 images and video clips

showing the biodiversity in and around Perth's wetlands."

When Gary and wife Kerry are not travelling, he delights in taking his DVDs to aged care homes in the northern suburbs where the residents enjoy his talks and images set to classical music. He has also given talks at the University of the Third Age, the State Library of WA, Probus and other organisations.

Gary's other DVDs include scenic images from Augusta to Mandurah, a 52-minute DVD, and south west birds with Aboriginal names illustrating 127 species of birds found in the south west. Each species has been captioned with the common English name, Aboriginal name and syllabication and a Southern Coast looking at the coastal scenery from Walpole to Albany.

His latest DVD, *Bush Tucker*, was inspired by the City of Joondalup's publication *Plants and People of Mooro Country* which contains many of his images taken in Yellagonga Park. It is a great resource which can be used by teachers and school libraries. Montessori school in Kingsley is

a big supporter.

Raptors and Owls focuses on 20 named WA species of Swan River osprey and kestrels, *Turtles and Snakes* looks at the life cycle of the long-necked turtle *Chelodina colliei* and the dugite and WA tiger snake. *Reflections of Yellagonga* shows stunning sunrises, sunsets and more than 300 reflective images while *Karri Country* looks at the beauty and diversity of Pemberton's karri forests. *WA Wildflowers* depicts more than 200 species from Perth, Enabba and the Stirling Ranges.

"I started photographing birds and have captured around 120 species in our local park," Gary said. "I'm now looking at insects – as you cycle around the park you don't know what you will see. I spend a lot of time photographing, editing and doing research. I spent time at the State

Herbarium and joined the WA Insect Study Society to help with general knowledge about insects. Last year I gained a first and third in their photo competition and this year was awarded a third."

Gary says he doesn't see himself as a photographer, but more of a documenter, describing the 28 species of orchids he has discovered in his local park.

"The more you look, the more you see. WA is such a biodiversity hotspot which we don't really appreciate."

Gary is never happier when he is out on his trusty bike enjoying the fresh air and the prospect of coming across something special he can document and photograph. He also loves scuba diving, in fact anything to do with nature and he's in his element.

Gary can be contacted on telephone 9342 4685.

Walking all over the place



THE OVER 55 Walking Association provides walks all around the metropolitan area for people over the age of 55. They are inviting you to join them.

Walks are held every Tuesday morning at 10.30am but members usually turn up at 10am with a chair and lunch so they can have a chat afterwards with fellow walkers.

Qualified first aiders attend each walk, which may include

parks, the coast, lakes and rivers.

Upcoming events are:

17 May: Woodman Point Recreation Reserve, Nyerburp Circle, off Cockburn Rd. Munster.

24 May: Garvey Park, Fauntleroy Avenue, off Great Eastern Highway, Ascot.

31 May: Deep Water Point, The Esplanade, Mount Pleasant.

7 June: Mullaloo, sea end of Mullaloo Drive, Mullaloo.

14 June: Perry Lakes, Perry Lakes Drive, Alderbury Reserve, Floreat.

21 June: Woodbridge, end of First Avenue, Woodbridge.

Several social events are also organised throughout the year and all walks and events are listed on the membership card walkers receive

on registering, at a cost of only \$10 for the year.

The club's website provides lots of information about the organisation and includes the complete program of walks for the year.

For further information contact Alan 0414753612, Rhonda 0417184319 or visit over55walkingassociation.myclub.org.au.

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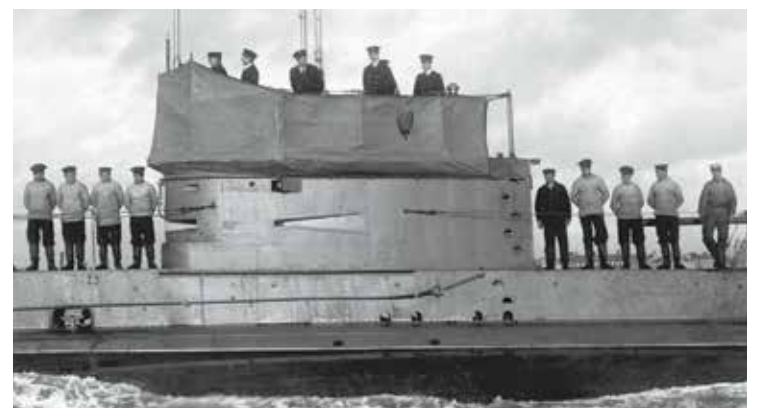

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Letters to the Editor

Submissions may be edited for clarity and space.

DEAR editor
Here's a joke for the readers...
Why did the mechanic sleep under the car?
He wanted to get up oily in the morning.

Mrs J Smyth
Westminster

DEAR editor,
ON behalf of the Leukaemia Foundation, I would like to thank the thousands of Western Australians who did something extraordinary for the World's Greatest Shave 2016 and shaved or coloured their hair.

Every week, twenty-five Western Australians are diagnosed with a blood cancer or a related blood disorder. As the Leukaemia Foundation receives no ongoing government funding, the support of the community will help meet the increasing demand for our

support services.
Each year, the Foundation supports thousands of people and their families by providing practical services at no cost. These services include: information, practical assistance, emotional support, transport and accommodation for regional families required to relocate closer to metropolitan treatment centres.
We also invest millions of dollars each year into vital research to improve treatments and find cures for blood cancer. Thanks to all of our supporters, we have

raised over \$1.66 million in WA. But we still need the WA community to dig deep so that we can reach our fundraising target of \$2.4 million. There is still time to sign up or make a donation at www.worldsgreatestshave.com
On behalf of all the WA families who will receive support through one of the hardest times in their lives, thank you for supporting the World's Greatest Shave.
Yours sincerely
Andrew York
general manager
WA Leukaemia Foundation

DEAR editor
THANK YOU for the free passes I won in your newspaper. I had a good day out and saw quite a bit. I also enjoy reading *Have a Go News*.
Thank you.

Hermann Ganz

DEAR editor
I think the paper is a great one and thank you to you and your team for such a great effort.

Shirl Lambert
Shoalwater

George Schrader - one hundred not out



George celebrating his 100th birthday with friends and family

HAVE a Go News congratulates George Schrader who celebrated his 100th birthday on 26 March with a lunch held at Bethanie Beachside Aged Care Facility in Yankeep.

Attending the event was George's extended family, Bethanie residents and City of Wanneroo Mayor Roberts. Born and raised in Perth's northern suburbs, George began working for Brownes Dairy when 'he was only a kid'.
He remembers milking 98 cows

twice a day, piling the milk on the back of his ute and driving to the Brownes North Perth depot. In the 1940s, George was one of the first people to pasteurise Brownes Milk.

Outside of work, George loved being outdoors. While he didn't play any formal sports, he enjoyed playing cricket with the local boys over the weekend.

George was married for almost 70 years to his beautiful wife Thelma before she sadly passed away. Thelma was a very talented art-

ist and was awarded the Order of Australia for her work. George fondly recalls: "There wasn't anything Thelma couldn't paint, sculpture or draw".

George has two sons, Robert (Bob) who lives in Sorrento and Darren who lives in Queensland.

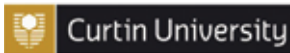
Both sons are married, with George unable to count exactly how many grandchildren, great grandchildren and great-great grandchildren he has. He estimates the total of 19, claiming he has "plenty of little buggers".

Seniors wanted for health study

Researchers at Curtin University and ECU Joondalup are seeking people aged 60 and above who are fully retired to participate in a study on health and wellbeing in older Australians.

Participants will receive financial reimbursements for their participation and at the end of the study will receive a free report on their health and wellbeing.

Email Dr Michelle Jongenelis at michelle.jongenelis@curtin.edu.au or call 9266 5797 for further information.



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Emmy Kubainski

by Josephine Allison

IT'S a glorious sunny autumn morning and Channel Nine newsreader and journalist Emmy Kubainski is doing mum duty at the pool for daughter Allegra's swimming lessons. A busy day lies ahead but you get the impression the mother of two takes it all in her stride.

Originally from Queensland, Kubainski was studying to become a lawyer when she decided halfway through her law degree wasn't for

her and she embarked on a different path with journalism. "I ended up with a cadetship at the ABC and they moved me to Perth," she said. "My kids - Allegra 4 and Alex 17 months are from here and husband lawyer Tom Fotheringham and I married here."

Kubainski's relaxed poise and beautifully modulated speaking voice have graced our screens for a few years now, with Kubainski sharing the 6pm Channel Nine news with fellow journalist Tim McMillan.

Channel Nine newsreader Emmy Kubainski shares a typical day and her love of cooking...

The pair have an easy rapport as they deliver the day's news, good and bad to Perth audiences.

Kubainski smiles as she says that on the home front some weeks are chaos while others run smoothly. "We try to be as organised as possible and quite military-like in a way. My husband and I share a calendar so there aren't any clashes; we share information through our phones so you can put appointments in and see who is looking after the kids.

"I work full-time and we do have extra help as, unfortunately, we don't have grandparents living here. So we looked for someone who is a grandparent-like figure, a lady in her 50s who helps us out. She has a lot of experience with young kids so it's really worked well for us and the kids obviously have a great

time with her.

"I need to be at work to do the afternoon updates. It's quite a busy day once I'm at work--- there is update after update, promos, radio promos and so many things we are recording almost every hour. There's lots of breaking news and, today, with the 60 Minutes crew heading home from Lebanon, I guess they have cameras with them covering every move.

"You try and keep abreast of everything in the morning as well but obviously once you are in the newsroom you can see developments happening. It doesn't end for me until the end of the nightly bulletin at 7pm. There are times I have to stay back for late live bulletins such as the Brussels bombings and you don't finish until around 10.15pm. Sometimes there are long days but not all the time.

"I normally get in

around midday. Given that I'm a girl it takes a bit more time to prepare because hair and make-up can't be done in five minutes and I have my hair blow dried. I'm then ready for the 1pm update and from then on there are regular live updates and a 5 o'clock bulletin and a 6 o'clock bulletin."

Not quite the superwoman but Kubainski says she likes to be hands-on at home. Husband Tom doesn't mind cooking so whoever arrives home first gets the food out for whoever is home next.

"There's some great little services at the moment where all the exact ingredients are delivered for what you need for each meal and there is a recipe to follow. This is great for my husband because he will normally open the fridge and say we haven't anything to eat when in fact we do. So this sets it out for

him with a step-by-step guide. It's great for us and the kids eat earlier so we don't have to worry about them and on the weekends we have family meals together."

Kubainski says she loves cooking when she has the chance and she and her husband like to experiment. "We like to grow things in our garden; we have a herb garden and lettuces growing which helps with school lunches for Allegra. I collect cook books which I like to peruse as a bedtime book to gather ideas for the weekend."

"We live in Subi so we love going to the local markets, so every Saturday we head down there with plans to buy ingredients for recipes for the week."

Kubainski says life is fun. "With kids this age, they are so active and wanting to do things, there is never a dull moment. Tom and I try to

eat out, especially when our parents come to stay for a few weeks. They tell us to go out so they can spend more time with the kids.

"We use that time to go somewhere local; we tend to do things in the morning when the kids are up early. Brunch is the new dinner, especially for young families. Though both sets of parents live interstate my parents are possibly looking at relocating because my brother, who is a teacher, also lives in Perth and is about to marry."

Kubainski laughs as she says the day is so busy she sometimes doesn't have time to think and just has to "plough through." "There are times when there are big stories and we will be out there. Getting out there is something Channel Nine wants to focus on."

Emmy's shares one of her favourite recipe's on page 51.

The Yokine Over 50s Club is looking for new members...

COME and join the Yokine club every Wednesday at 287 McDonald Street in Yokine between 1pm and 3.30pm for some carpet bowls, table tennis, badminton, cards, darts, board games and several outings throughout the year.

The cost is \$3 includes afternoon tea, some fun quizzes and a weekly raffle.

For more information please contact John or Ena on 9276 4615.

Mall walking leader required for Mirrabooka Square

THE Council on the Ageing's (COTA) mall walking program is going from strength to strength with more than 500 people walking strong in four shopping centres in Perth.

Mall walking groups offers fun, free, social exercise for people in a safe, climate-controlled environment.

COTA have been asked to start a new group in July at Mirrabooka Square in Perth's northern suburbs.

They need walk leaders to be the stars of the show - people who help meet, greet, and coordinate the walks at the centre one morning a week, every week.

The Council on the Ageing will provide the administration, training and support to help the leader make the group a success, but without the right leaders, they are unable to run the program.

If you are interested in becoming a mall walking leader for Mirrabooka Square please contact COTA on 9472 0104 and join the winning team.



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MERREDIN Gentleman farmer romantic seeks lady to spoil in Perth 59/70.

FALCON Professional man w/educ fin secure seeks Asian lady 35/55 view to friendship/marriage.

OCEAN REEF Gent with ties s/emp seeks similar lady to socialise 49/65.

BERTRAM handsome loyal dark/hair family man seeks family orientated slim lady 39/55 view long term.

HARVEY Country gent seeks slim outdoorsy lady 50/59 to spend quality times with view genuine relationship.



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Meet the columnists and contributors



Jemma Aldridge

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



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

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



Mike Smits

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



Rick Steele

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



Jeanette Woolerton

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



by Rhonda Parker

Alzheimer's Australia WA recently invited a founder of De Hogeweyk's dementia village in Holland to explain why it is a world beater.

It is for people with dementia, but let me give you some personal context. This lifestyle dilemma could one day apply to you, one in ten people over 65 will be di-

Where will you live out your days?

agnosed with dementia. When one day you need to move on from your home, and I hope you never do, what are your favourite things that you plan to do every day until your last days?

I will never be far from a garden I can work in, always be able to go out for a gourmet meal and a glass of wine and will endeavour to walk to the ends of the earth when it suits me.

The sobering thought is, were I to have dementia, I would likely have none of these. Sadly, my great pleasures might well be replaced by life

spent largely inside, maybe even in bed, very limited exercise, no social life and few freedoms. Is this what you expected your end of life style to be?

Sadly, people with dementia are generally seen through the eyes of a medical model which can mean they are treated in terms of the challenges presented and not the great pleasures we all deserve from life, like freedom, joy and self-expression. You are so protected from everything that you have very little of you left.

Which of these things

would you say someone with dementia should not do: go to the pub, walk around alone at night, do ironing, and use sharp objects? If you named any you would be wrong in the De Hogeweyk's village; the model allows residents to do things they would at home. To allow for this, they created an actual village full of group homes that valued independence, personal choice and lifestyle.

So we brought one of the founders of the village to Australia to explain their world renowned success in

improving well-being and overall happiness and reducing reliance in medical intervention.

They explained they had outstanding results by allowing residents to live as they would have in their own homes, to wander the village, do as they please and largely take care of themselves whilst having advanced medical support when needed.

Their principle was based on a simple premise – is this what would be the choice at home and not in a dementia facility? Which would you prefer?

Have a Go News columnists - Where opinions count...

The swing to greener living in the suburbs



Top: Productive gardens at The Siding, The Green Swing (Photo by Daniel Carson) and Karen Majer

by Karen Majer

SUBURBAN infill development can be contentious, especially when it means loss of trees, but there's no doubt that Perth needs to stop urban sprawl. That means more apartments and more infill. Denser living, designed right with plenty of trees and greenery can create a more sustainable,

liveable, connected city.

The challenge to get it right was taken up by two Perth couples who joined forces in 2009 to build their own homes and started The Green Swing. One of the founders, Eugenie Stockmann, told me how it began.

"We had a vision for medium density infill development, how it could be done differently, more

sustainable, with more community focus.

"This means less driveway, more green space, and homes that do not require excessive amounts of energy for heating and cooling.

"It is a place that encourages creativity and hopefully inspires real change," she said. "Our first project consisted of two townhouses, that we live in, and two apartments.

The Green Swing recently opened a second project consisting of two townhouses and five apartments close to transport, shops and other facilities. Eugenie said the design features include 9-10 star energy ratings, solar PV, solar HWS, rain water re-use, low VOC (volatile organic compound) paint and a life-cycle assessment re-

sult of 80 per cent energy saving.

A 15 AMP electric car recharge facility is provided in each garage.

"Green space is what truly sets this development apart," she said. "As well as private courtyards there are shared productive and native gardens and a small reserve next door."

Eugenie is convinced of the many benefit, "What I love most of all is the community aspect. The homes are fantastic to live in, comfortable year round, light and healthy while using less resources."

If you are considering downsizing, why not take a look at the options to be part of the swing to cleaner, greener living.

Find out more: [thegreenswing.net/word](http://thegreenswing.net/wordpress/) press/

Annual stamp market to be held in South Perth

THE ANNUAL stamp market, promoted by the Philatelic Society of WA will be held on Sun-

day 15 May at the South Perth Civic Centre.

Among the highlights will be a 500-lot auc-

tion. There will be plenty of bargains among the diverse material on offer which have ap-

peal to both beginners and serious collectors.

There will be 12 dealer stalls and they are sure to whet the appetites of collectors.

Another feature of the day will be two competitive displays of which the public attending on the day will decide the winners.

A senior members contest will be held for the Les King memorial trophy and a junior five-sheet competition will compete for the Dan O'Loughlin per-

petual trophy award.

Refreshments will be available at the venue which is located on the corner of South Terrace and Sandgate Street in South Perth.

The market is open from 10am to 4pm and entry is free. Viewing for the auction will be from 11.30am to 1.30pm with action commencing at 2pm.

For further information please contact Ken Moore on 9457 0375, 0481 059 927 or email kjemoore@iinet.net.au.



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Clockwise from left;
Board member, Viki Shelver
- Perth City club which won
the Champion Club Award
- Samantha Noall - Brett
Silvester Superfins

Masters Swimming open water event

by Samantha Noall

WE held our Masters Swimming WA, LiveLighter State Open Water event at sensational Coogee Beach on Saturday 2 April.

The weather could not have been any better for an open water swimming event. As participants arrived for registrations, the sun was rising above the horizon and the water dead flat, apart from the dolphins breaking the surface just offshore.

With more than 200 members taking part in the swim there was a hive of activity as the race briefings began. Race goers were advised about the rules, conditions and water safety by MSWA's volunteer technical officials to ensure a safe and fair event was conducted.

Water Safety personnel were on hand from the Coogee Surf Lifesav-

ing Club who also set up the buoys on the course. While this was all taking place the many volunteers on hand from Somerset Masters Club were putting up signs, cutting watermelons and preparing the surf club for presentations following the event.

The event commenced with the two kilometre waves with the fastest swimmers hitting the water first, followed by those opting to undertake the one kilometre course. A great moment for the morning was seeing our sole Superfins swimmer exiting the water. Brett Silvester is a great competitor who embodies all that Masters Swimming WA is – fun, fitness and friendship and having a go, no matter what.

Once all swimmers were safely out of the water it was all smiles as they headed for a hot shower and

then upstairs to the fantastic surf club for a well-deserved breakfast of bacon and egg rolls. There was a great buzz around the room as participants waited for the final results.

The overall female winner was Allison Haas and the overall male winner was Paul Blackbeard, both representing Perth City, who also took out Champion Club. The Top Club Performance award went to Westcoast Masters and special mention to MSWA Board Member – Viki Shelver who took out her age group – again!

Masters Swimming WA is always looking for new members so if you are up for some fun, fitness and friendship please go to www.mswa.asn.au. You can participate in open water swims, pool events, and training sessions with certified coaches at a pool near you.



by Jemma Aldridge,
Physiotherapist

UNFORTUNATELY hundreds of Australians will have a heart attack during 2016. I am hoping to spread the knowledge of how to recognise a heart attack and get help as soon as possible so as to prevent the attack being fatal.

The heart is a vital muscular pump that receives blood from all over the body via veins, and pumps it to the lungs where the blood is revitalised with oxygen. Then the heart pumps the blood back out to the

100s will have one - can you recognise the signs of a heart attack?

body via arteries.

The body cannot survive without oxygen in the blood and that is the same for the heart. It needs oxygen to perform its muscular pumping action. It gets its blood supply from coronary arteries (arteries that supply the heart with oxygenated blood).

Heart attack: If an artery supplying the heart was to become blocked, then part of the heart would die and that would be painful, sometimes they call this a myocardial infarct.

Warning signs

The warning signs of heart attack can be varied and may not always be sudden or severe. You may have just one of these symptoms, or a combination of them. They can come on suddenly or develop

over minutes and get progressively worse. Symptoms usually last for at least 10 minutes. These can include:

Discomfort or pain in the centre of your chest – this can feel like heaviness, tightness or pressure. People who have had a heart attack commonly describe it as like an “elephant sitting on my chest”, “a belt that has been tightened around my chest” or “bad indigestion”. The discomfort may spread to different parts of your upper body.

Discomfort in your arm, shoulder, neck, jaw or back.

You may have a choking feeling in your throat. Your arms may feel heavy or useless.

You may also experience: – shortness of breath, feel nauseous,

have a cold sweat, feel dizzy or light headed.

Some people have also described feeling generally unwell or “not quite right”

If you feel any heart attack symptoms call triple zero (000), fast. If 000 does not work on your mobile phone, try 112.

What do you do? Immediately stop what you are doing and rest. Talk, if you are with someone, tell them what you are feeling.

If any of your symp-

toms are severe, get progressively worse quickly or last 10 minutes. Call 000, ask for an ambulance, and do not hang up. Wait for advice from the operator.

So why is a heart attack an emergency?

With heart attacks every minute counts, too many people lose their lives because they take too long to call 000. Getting to hospital quickly can reduce the damage to your heart muscle and increase your chance of survival.

Why call 000?

The trained operator will decide if you need an ambulance, you will receive treatment as soon as you phone and you will receive advice on what to do while waiting for the ambulance to arrive.

Ambulance paramedics are professionals trained to use lifesaving equipment and to start early treatment for a heart attack.

An ambulance is the safest and fastest way to get you to hospital. Attempting to get to hospital quickly in a private vehicle can be dangerous for the occupants of your car and other road users.

It is always better to call 000 and find out it is not a heart attack than to wait till it is too late.

I hope you have a wise, happy, healthy month.

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Aged Care Financial Planning



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

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


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

These are questions I can help you with.

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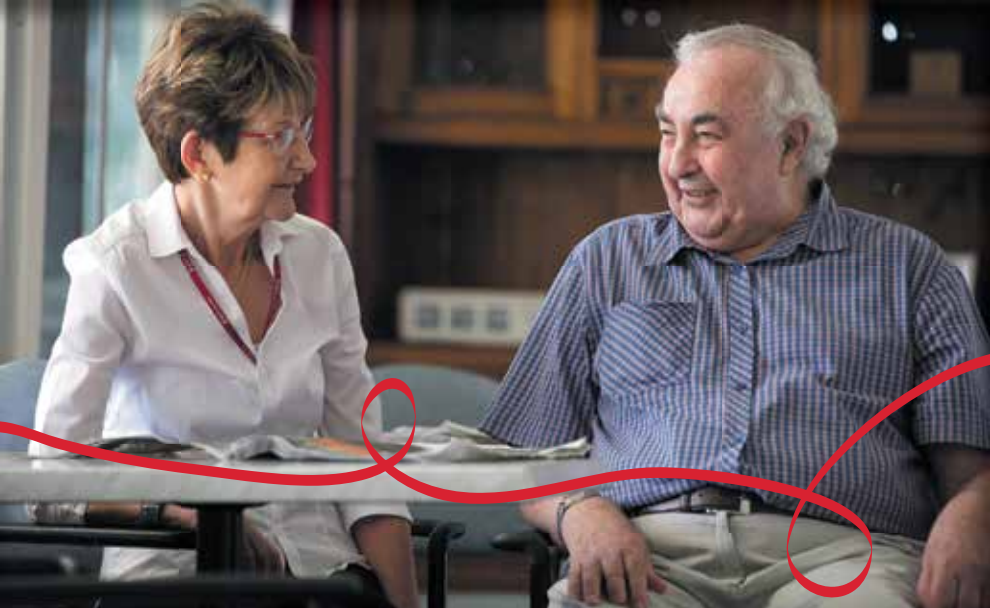
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by Jeanette Woolerton

FLORENCE Nightingale wrote, in 1859, that a small pet: "is often an excellent companion for the sick, especially for long chronic cases."

Fast forward to 2016 and emerging studies show that pet therapy translates to positive clinical outcomes for all age groups.

Judith Siegel, Professor of Public Health at the University of California in Los Angeles, says that ownership might provide a new form of low-cost health intervention.

Pet therapy for the elderly greatly increases quality of life by reducing tension, fatigue and confusion, as well as increasing enthusiasm, interest and inspiration. In nursing homes or aged care facilities, the role of pets is particularly significant.

Studies have shown that pet therapy for the elderly offers one of the few interventions capable of permanently lifting the environment in hospices and nursing homes and can even delay the ageing process.

Talking to pets and taking the responsibility of caring for them increases physical activity, social interaction and mental functioning. Dogs, in particular, help people maintain a more active routine.

Elderly residents exposed to pets were measurably more alert and prone to smiling than those not similarly exposed. Physical aggression was lessened and tolerance levels increased markedly. This has been attributed to the normalisation of the environment when animals are present, making those around them more at ease.

Elderly pet owners also make fewer visits to doctors than those who don't have animal companions, possibly

Hair of the dog

because the animals mitigate loneliness.

In a study of three nursing homes in Brisbane Dr Patricia Crowley-Robinson of the University of Queensland found that tension and confusion were reduced, there was significant decrease in the incidence of depression and residents were more vigorous and showed less signs of fatigue in nursing homes with a resident or visiting dog.

The Salvation Army Aged Care Plus centre in Brisbane has five goats that form an integral part of the community.

"The residents and staff love them and feed them so much that they (the goats) now refuse to eat the grass growing in the paddock and we have to mow the hill with machinery," says CEO Maryann Curry.

Meanwhile at Macquarie Lodge in Sydney's inner-west, a Chihuahua named Bella is companion to the lodge's 130-plus residents.

"Although Bella is only a tiny dog, she plays a big role at Macquarie Lodge. She spends her days visiting the residents, attending board game activities, bus trips and keeping residents company at the hairdresser," said centre manager Maryanne Gray.

"Bella is nursed by a lot of the people here, it's good therapy."

Perhaps 'walking to heel' should soon be referred to as 'walking to heel'...



by Jon Lewis

AFTER talking to my lovely mother, as I do each morning after my show, we agreed it is not always easy to eat well.

Often if you are alone or work strange hours, eating well can be a burden. It is often far easier just to skip a meal, nibble on something to our detriment and go to bed.

Oh and it's easy and annoying to hear a chorus of officious people singing out... (can you hear them?) eat healthy!

Somehow this does not always strike a chord

Fast food can be good food

with me and some others I could mention too.

Chatting some more with my mum, on the phone, we devised a simple plan.

A plan indeed so simple it probably could not be called a plan, rather a map of health.

Together mum and I realised some really easy ways of always ensuring there was fast and good food. Filling food ready to delight a hungry tummy! (Perhaps not quite as much as ice cream would though).

First idea... hard boil all the eggs in the egg carton and keep them in the fridge.

This idea is a ripper. My darling wife and I first realised its genius while traveling and discovering our hotel included hard boiled eggs

in its breakfast. These eggs were still in their shells and made perfect pocket companions on our way out and throughout the big day. Yummy!

Now all the eggs in the fridge are ready to eat and a simple meal can indeed be as simple as an egg.

Second idea... wash all the carrots in the fridge. Munching down on a ready to eat clean carrot is actually a most satisfying experience. I can see why a certain 'waskaly wabbit' was so swell bent on finding them and eating them. Apparently if you consume carrots often and ask your medical friend the obvious question... "Ahh... what's up doc?" the reply will inevitably be 'your fine health'. Crunchy!

Third idea... bananas. That's it. Have some bananas on the table. I'm told they are have lots of potassium, now that is indeed a special K! (scientist humor).

Fourth idea... this one is up to you. Mum and I would love to hear what your simple and good fast food is. What helps you over the burden of time and bother.

It's wonderful to have good food in your tummy. Good health means more energy, better sleep, happier days and nights too.

When I am on air early in the morning on radio 6PR I am delighted to find my darling wife has popped a couple of eggs in my midnight snack box.

Fast food can be good food! Try it. I 'egg-courage' you!

British pensions update



by Mike Goodall

FOLLOWING the end of the UK tax year on 5 April Her Majesty's Revenue and Customs (HMRC) will, for those of you who are making additional voluntary contributions, be issuing details of the amount of the contribution required for that tax year. These document usually arrive in late May each year but because the postal system used by the UK Government takes four weeks to arrive it is important that you make

the payment quickly so that you don't lose your entitlement for that tax year.

Recent receipts of responses from HMRC to applications to make additional voluntary contributions have been taking six months from application and have not been including details of how to make your payment, just referring you to a web site instead. If anyone receives such a letter and wishes to know how to make their payment please contact me.

Discussions taking place in the UK may result in legislation to end Class 2 contributions after the tax year 2017/18. In that case the only remaining contribution route for expats is via Class 3 contributions, which are five times the cost of Class 2 contributions. UK expats will then have to carefully consider whether continuing to pay Class 3 contributions will be economically viable for them, especially if they are or are likely to be in receipt of an Australian Pension.

For those of you who missed last month's article, if you worked in the UK for less than 10 years and don't wish to lose your State Pension entitlement and the law stopping Class 2 contributions is passed, you could lose an economical way of making up your National Insurance contribution years to qualify you for a UK State Pension. I recommend everyone in their 40s and 50s to check whether they qualify.

By the way, for those who will be eligible for an Australian pension, the age you need to be to receive a pension will increase to 65 years and six months after 1 July 2017, for those born after 30 June 1952 and will then rise by six months every two years to reach age 67 for those born after 30 December 1956. This rate increase is much faster than the UK therefore you could be eligible to receive your UK State Pension before your reach Australian State Pension Age.

Some UK expats are still receiving tax codes from the UK. If you are a permanent resident and Australian taxpayer you could possibly be paying tax twice on your UK incomes. You should only be paying tax once because Australia and the UK have a double taxation convention.

The UK Pensions Service is struggling to cope with the calculation of the new state pensions so I would recommend that everyone who wishes to receive their UK state pension as soon as possible after they reach UK state pension age, should complete their pension application form and post it to the UK four months before they reach pension age.

Anyone who would like to discuss the above or any other aspects of their UK state pensions is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPIA's coordinator in Western Australian on (08) 6364 0859 e-mail: mikegoodall@btconnect.com

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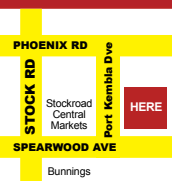


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by Rick Steele

THE LAST time I sang at the Perth Concert Hall

An antidote for the election...

was about 1982 when my band; the *Hot Biscuit Band* did the support for Jerry Jeff Walker who is the man who wrote *Mr Bojangles*.

A lot of middies have drifted under the bridge since then and to think that all that singing has been keeping me healthy. Singing releases oxyto-

cin known to reduce anxiety and depression.

It enhances feelings of trust making it easier for people to break down barriers, bond and form friendships.

Something magical happens when people sing together and everyone is on the same pulse. On Friday 20 May seven other choirs will join with the SOS (Spirit of the Streets) choir to combine for a concert at the Perth Concert Hall.

This will culminate with more than 200 voices on stage and if we succeed we will have about 2000 people singing together.

What a happier healthier place the world would be if everybody sang! I can just imagine Colin Barnett singing, *Don't Worry, be Happy*.

With winter just around the corner, I went looking through my bottom drawer for my NZ woollen long underwear only to find several anonymous moths had been there before! Swiss cheese comes to mind. I quickly looked for some good news to stave off some untimely nauseating feelings.

T'was then I remembered Brian Cadd is coming to headline our *Rhythm and Blues Variety Revue* at the Astor theatre on Saturday 2 July.

You may have to vote that morning but Brian, Peter Dee, Matt Taylor and a host of others will be the perfect antidote.

Brian Cadd was born at St John of God hospital in Subiaco on 29 November 1946. He grew up

in Lawler Street and went to Mt Lawley High School from 1959-61 where he remembers playing the theme for *The Bridge on the River Kwai* as the children marched to assembly. There they lined up from the tallest to the shortest. "I was always the shortest," says Brian.

He also told me he remembers going to the Menora Picture theatre at a young age with a young lass but alas a stomach infection and some dodgy ice cream resulted in a "technicolor yawn" and a distressed young maiden. Doh!

He recalls his best friend was a bloke called Chris Roberts who has had a long and distinguished career with the Australian Military rising to the top of the SAS and his father had a keen interest in the American Civil war and his collection of tin soldiers later inspired Brian to write the song *Arkansas Grass* for Axiom.

I know it is only May and this show is in July but you know how time flies when you're having fun!

PS - here is some family news: My second son Luke and his band *Empire of the Sun* were on the Ellen Degenerate (oops typo!) show last week with an estimated viewing audience of 50-60 million! Not bad for a boy from Yokine.

My daughter Katy is off to Scotland next week! Sign in a bar Scotland...

Happy Hour - Friday 5.30 until 6pm. Cheers dears.

Fun times at the Hollywood Tuesday Morning Show in Perth



Wayne Pride

by Michelle Davies

EXPERIENCED professional, Wayne Pride, country singer/songwriter/acoustic guitarist, and author of *Three Little Boys* and *A Life in Music*, presented a

wonderful one hour show on the life, times and music of the great Roger Miller. This included a screen presentation with hits such as *King of the Road*, *England Swings* and *Dang Me*, *Walking in the Sunshine*, *Billy Bayou*, and many more much loved songs.

The previous Tuesday, we were delighted to be entertained by Amy Heron, a talented singer, with songs from the big bands, the Beatles, torch songs, and she encouraged the audience to sing along with her. Amy, with her big strong voice and lovely singing, is much in demand.

The Hollywood Tuesday Morning Show is a free concert for seniors, thanks to The City of Perth and *Have a Go News*. Do join us each Tuesday, at 11 am, at the lovely Perth Town Hall. It is very friendly, and you are most welcome.

Local author and sail enthusiast available as guest speaker



Fran Taylor

FRAN TAYLOR was born and raised on the banks of the River Clyde in Scotland, where she developed a fascination for maritime matters at an early age. She emigrated to Australia in 1966, had a varied career, and ended up working in the mining and oil industries as a contracts engineer

after gaining a university degree as a mature-age student.

In 1989, she first started sailing on tall ships and became a sailing enthusiast. She has had many articles published in sailing and other magazines, and has written two books *Wind in My Wings* - *Running Away to Sea in the 20th Century*, which tells the fascinating story of her career in sail all over the world, and *Ships That Pass in the Night* - *Titanic and the Past Revisited*, which relates her experience on the Titanic Memorial Cruise held in 2012 to commemorate the 100th anniversary of the sinking.

Still sailing when time

and finances permit, her most recent voyages were in 2013, from Cape Town to Fremantle on a 100-year old Dutch barque. This took three months and followed in the wake of the old trade routes to WA and beyond, including the famous roaring 40s. In 2015 she sailed from Hobart to Sydney on the HM Bark Endeavour (again!).

Fran lives in Perth when not pursuing her dreams on the high seas and is available for guest speaking for groups.

You can contact Fran via email at albatrosspress104@yahoo.com or phone 9367 7180, 0417 175 329 or visit www.windinmywings.com



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- Commissioner for Victims of Crime: Supporting Victims of Crime seminar
- Legal Aid WA: R U Legal? Young People and Sexting
- Refugee Matters – a seminar for the legal profession and the community
- Pop Up Legal Practice – pro bono legal advice to Perth Creatives

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John W, Benalla, VIC
18 Jan 2010

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

Paul E, Ormond
22 April 2008

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

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

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lendlease

Heritage corner – bridging the way over Perth and surrounds



The Causeway Bridge 1834 © State Library of WA

IN WESTERN AUSTRALIA people have used bridges as crossing points for bodies of water and railways for a very long time. This year marks the 150th anniversary of the opening of Fremantle Bridge.

In the early years of the Swan River Colony, the river was the main route of transportation between Perth and Fremantle. In 1830, the road from Perth to Fremantle traversed the southern side of the river to Preston Point. There settlers could board a ferry north across the river. This

site was chosen as it was less exposed to strong winds and tidal currents and ultimately a shorter passage.

As time progressed different ferry services were launched along the river from Guildford to Fremantle, but were ultimately deemed to be an ineffectual and a costly form of transport.

In 1863 Governor Hampton made plans for the construction of a bridge across the Swan River between North Fremantle and Fremantle. In the first two years of

construction 48 convicts on average worked on the project, of which 28 laboured in chain gangs. The bridge had a total length of 940 feet and a roadway width of 18 feet. It was the standard style of construction used in the Colony at this time. The same type of construction was used for both the causeway and Guildford Bridge.

The original causeway bridge was built much earlier with its official opening being in 1843. It was deemed a necessity to enable a better connection

between Guildford, the Upper Swan, York and Fremantle. The bridge traversed Heirisson Island and it was suggested that plots of land on the island could perhaps be rented for summer gardens and small homesteads.

By the time Fremantle Bridge had opened, the causeway was considered to be in a moribund state, weakened by use and the 1862 floods. Accidents involving horses and carts were common as were delays on the bridge. In 1867 for instance, Mr. E. C. Loftie was fined forty shillings for causing an obstruction on the causeway. The mob of cattle he was driving got frightened and wedged themselves between the rails so that they could not be moved for over an hour. A new causeway was built and opened in

November 1867.

The bridge over the River Swan in Guildford was originally called Du Canes Bridge because it was constructed by Captain E.W. Ducane and modelled on an American Railway Bridge. Erected in 1855, consideration was given to the view of the approach and roses were planted. They survive to this day.

Around the same time suggestions for bridging the river at the Narrows were advanced, but generally dismissed as ridiculous and extravagant. However as the population in the South Perth district increased, there were calls for dredging of the River around the jetties to enable access by larger steamers as well as access across the Narrows.

Nothing further was

done about the bridge at this time and although there were attempts to establish a pontoon ferry service for vehicles across the narrows as early as 1910, it was not until the late 1920s and early 1930s that the various options for crossing the river at Perth were more seriously considered.

In 1940 the South Perth Road Board called for action to deal with the increasing traffic on the old, very inadequate and increasingly dangerous Causeway, still the only crossing for vehicles between North Fremantle and Belmont. Investigations concluded that another bridge was needed in peak periods.

The building of the Narrows Bridge was no longer a long range proposal, its need was seen as urgent and Cabinet ap-

proved its construction in August 1954. The bridge was finally opened 13 November 1959, nearly one hundred years after the first complaints.

As you travel across our beautiful Swan River anywhere from Guildford to Fremantle, take a moment to think about how different it would be without the convenience of our crossing points, our bridges.

If you are interested to know more about our heritage you can follow Heritage Perth on www.facebook.com/HeritagePerth, twitter.com/heritageperth, [instagram.com/heritageperth](https://www.instagram.com/heritageperth/)



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Contact Naomi Roulston 9721 2177 for further details.

Statue blessing in Katanning to honour early pioneer

THE Hon. Frederick Henry Piesse CMG JP, (6 December 1853 – 29 June 1912) was a farmer, businessman and politician who is credited with much of the early development of the region around Katanning.

By chance the records detailing the planning, determination, financing and erection of the statue were found earlier this year and they make for very interesting reading.

The sculptor, Pietro Porcelli was Italian-born and responsible for many statues in Western Australia, including the Explorers' Monument, and those of C Y O'Connor and Alexander Forrest.

While the statue was being completed in Italy World War I broke out, ships were unavailable to transport the completed statue from Italy to Australia. So it was not until May 1916 the community were able to see their efforts completed and the statue erected.

To mark this 100th anniversary there will be a blessing, thanksgiving and laying of floral tributes in front of the statue in Austral Terrace, Katanning on Sunday 29 May at 12pm (noon).

The gallery display will be open to the public 25 May – 1 June and Kobeelya School Museum will be open on 29 May.

For further information please contact A Evans on 9821 1447 or Marie Fritz 9354 4033.

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Jean Cleggs
Sterling New Life
Mandurah resident



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SRCWA President's Jottings



SRCWA Rockingham Have a Go Day

On Wednesday 13 April, SRC Rockingham Branch held its sixth annual *Have a Go Day* at the Aqua Jetty, in Warnbro.

Congratulations to Frances Cheney and the SRC Rockingham Branch for the tireless work they did in putting this event together.

It was an excellent day which showcased club and groups from Rockingham and surrounding areas and the activities to try on the day included Xbox Kinect, Fair Maids of Perth, swing dancing, petanque, Swing n Sway, pole walking and much more.

The free hospitality tent manned by volunteers was very busy.

The Mayor of Rockingham, Barry Samuels opened the day and Paul Papalia CSC MLA and councillor Joy Stewart acted as MC throughout the day.

President of SRC Rockingham branch Frances Cheney thanked all the sponsors for their contributions especially ALCOA, City of Rockingham and Aqua Jetty which were the major sponsors for the day.

A big thank you goes to all the volunteers who helped make this day a success from the Rockingham branch organising committee to the hands on volunteers who worked to ensure this was an excellent event.

Also thank you to the trustees from Woorlooloo who helped to pack down the event at the end of the day.

This event would not have been possible without the magnificent sponsorship of; ALCOA, City of Rockingham, Aqua Jetty, Telstra, *Have a Go News*, Stockland, Betta Electrical, Kennards Hire, IGA, LiveLighter Healthway, Dept of Sport & Recreation and Dept of Local Government & Communities.

LiveLighter Aged Care Games Bunbury Region

On the 7 April SRCWA held the Bunbury Region Live Lighter Aged Care Games at the South West Sports Centre in Bunbury.

It was a fabulous day with 10 teams competing, the teams came together from nursing homes, aged care facilities and day centres to compete in games specifically designed for people in care.

Member for Forrest Nola Marino MP, welcomed everyone to the event with a short speech and then officially opened the games.

The games played were seated hockey, seated pass ball, beanbag toss and skittles with the TAFE students and carers from each agency competing in a fun event.

SRCWA sincerely thanks Betty McCleary who entertained the participants during the lunch break with her demonstration of Zumba Gold and was ably assisted by two ladies from her class and the Bunbury TAFE students who followed her lead in the demonstration.

The winners were Harvey HACC team 2 with 280 points with Bethanie Force coming second with 274 points and Collie Adult Day Centre coming third with 233 points. The best presented team was Leschenault Retirement – Village People and the oldest participant on the day was Mary Birch, 101 years young from Bunbury Opal Gardens.

A big thank you to the Bunbury TAFE Students who helped setup and pack down everything on the day and to the Department of Corrective Services Access program for supplying trustees to pick up chairs and tables from the Scouts and Guides centres and deliver them back again at the end of the event.

Congratulations to all the participants for coming and having a go and a big thank you to Bunbury branch president Barbara Fleay and the Bunbury branch committee and all the volunteers who helped make the day such a great success.

SRCWA Country Music Show - Sunday 19 June, Morley Sport and Recreation Centre, 12.30 to 5pm.

The Country Music Show will feature the following artists, Laura Downing, Brian Letton, the Band of Mates, Kate Hindle and Kingsley Day throughout the afternoon.

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

For further information or to purchase tickets call Kate Chetwin 9492 9771.

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



by Mikel Smits

UPON his return from Dutch Indonesia with the rescue ship, *Sardaam*, the commander of the *Batavia*, Francisco Pelsaert, severely dealt with those murderous mutineers who rampaged during his absence, the punishment for some being immediate execution by hanging. Pelsaert's crew then set about the task of recovering the 12 chests of silver coins from

the sunken *Batavia*.

Each of the chests weighed 240kg and contained 8000 Dutch Rijksdaalders or German Thalers. These coins were crown-sized being approximately 40mm in diameter and an ounce in weight and amounted to about a quarter million guilders worth, a fortune in those days. There was also a small percentage of lower denomination and sundry coins.

Pelsaert had brought divers back for the recovery however two of the chests could not be retrieved as one was caught between a cannon and anchor with the other having been smashed open by the mutineers for booty

leaving loose coins scattered across the seabed floor. Fifteen years later in 1644, the Dutch Indonesian governor of the day, Anthony van Diemen, instructed Abel Tasman to search and recover the remaining coins while on an exploratory navigation trip of the Great South Land however he was unable to locate the Abrolhos Islands.

The wrecking of the *Batavia* occurred on 4 June 1629. As fate would have it, and astonishingly so, it was 334 years later to the day that the wreck was re-discovered by a fisherman in 1963. The WA Museum commissioned divers to recover the coins and artefacts

from the site. By then the coins were found in clumps encrusted with coral and shells which required treatment with acids to separate and restore them for sorting and identification. In all, in excess of 10,000 pieces dating from 1542 to 1628 were salvaged. Nineteen different types of Dutch coins representing 70 per cent of the hoard were found with the remainder beholding 73 distinguishable German types.

Following restoration and classification the Museum considered only 15 per cent to be in a collectable condition with the rest having a value based on their silver content. After selecting specimens of

each type to be retained for historical record and display, the Museum certified, registered and sold over 1400 pieces to collectors to help offset salvage costs. Depending on type, scarcity and condition, each of these collector pieces sell today for several hundred dollars or more.

The Royal Australian Mint recently released 5000 one ounce, silver proof edition \$5 coins commemorating and portraying the *Batavia*....not quite the same as the real McCoy but it is an attractive piece.

Acknowledgement: Coins of the Batavia Wreck 1629 by S.J. Wilson



Elephant, porcelain with overglaze enamels, 1650-1700 CE, Japan.
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The history and future of stamp collecting: Part 3

by Mikel Smits

AS most countries had introduced postage

stamps by the 1850s, the variety issued rapidly expanded. This captured the imagination

and desire of the young. Progressively more and more adults began to collect them. It became all-the-rage.

The French were at the forefront of its popularisation and they named this new hobby phenomenon, timbromanie, which English collectors translated to stampomania... both of which actually stuck around for some years.

In time, collectors began to notice variations in papers, watermarks and perforations in what were

the same face-type stamps. They were becoming more sophisticated in their approach. The French began calling collectors, timbrophiles, and the hobby, timbrologie. In 1864, a noted French stamp collector, Georges Herpin, submitted an article to the journal, *Le Collectionneur de Timbre-Poste*, suggesting the hobby now deserved a more universally accepted title. This he proposed be derived from ancient Greek as had historically been custom-

ary (inclusive of Latin) when naming mankind's studies that engendered dedication, research and formulated knowledge.

To settle on such a name was more easily suggested than done because for starters, postage stamps did not exist in ancient times and so Herpin's imagination must have been stretched in order to find a title that would be both symbolic and relevant. He ended up reasoning that the postage stamp was a form of receipt applied to a letter signifying the sender had pre-paid the carriage cost whereas before the reformation of postal systems – which included the introduction of the stamp – it was the receiver who generally paid the postage and which in essence was a form of tax.

Ateleia is ancient Greek for 'exemption of tax' while phil means 'fond of, or loving'. Flipped around, Herpin proposed philatelie with the English equivalent being philately.

It didn't capture the imaginations of the majority of his fellow French collectors though as emphasised by the fact the oldest philatelic club in Paris was then and still is today called, Société Française de Timbrologie. However, after about 30 years the French eventually did condescend to adopt it as the name had by then become universally recognised elsewhere.

So thanks to Monsieur Herpin, stamp collecting and its complex elements acquired a distinctive and distinguished-sounding title. Truth be known though, not many stamp collectors know the origin and meaning of the name; I expect most philatelists would.



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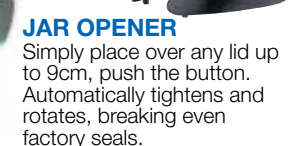


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Ray and Dallas Simmons - a life dedicated to dance in WA and overseas



Ray and Dallas Simmons

by Adam Penn

DANCE was in Ray Simmons' blood from an early age. At 15 growing up in Bunbury he started

taking lessons from Mary T. Shaw, who had moved to Bunbury from Perth with her husband Barry McKinnon MLA.

Dallas Bruce, of Subia-

co, also started her dancing life early aged 16 with Bert Cohen and Mildred Simmons at Wrightson's in Perth. Later, she joined John and Betty Harrison and then Edgar and Hilary Peters after moving her dancing to Victoria Hall in Fremantle.

Ray fondly remembers finishing work with the railways for the day and making his way to the garage at the McKinnon home where Mary ran her lessons. He would wind up the gramophone, put on a record and practice by himself until Mary was available for a lesson.

By the time Ray turned 17 he had become Bunbury's very first gold medallist in Ballroom, examined by Laurie Hurley from West End Studio in Perth.

Dallas continued to work through her medals, specialising in the Ballroom style and subsequently obtained her teaching qualifications, again moving her dancing to Perth and studying with Gwen Johnson and examined by Robert Wrightson.

Ray, who had been transferred with the railways to Perth, took up dancing for a short time at West End Studio where he was to meet Gwen Johnson. After a break from dance for a few years, Ray by chance attended a dance pageant at the Embassy Ballroom in Perth, where his interest was rekindled.

He contacted Wrightson Dance Studios, where he again took up his dancing under the tuition of Mildred Simmons.

Soon he was taking theory classes at the studio (101 Murray Street) in order to become an assistant in the social classes. All staff of Wrightson Dance Studios, were required to study the theory of dance, before being allowed to assist.

Still working with the railways, Ray continued to work through his medals, and study for his qualifications, mainly dancing with Hilary Peters and studying under Eddie Peters while also embarking on a successful competitive career. During this time he met a young Dallas Bruce. The couple did not dance together until after they were married at Wesley Church in September 1961, the year that Ray left the railways (against his parents advice), to become a full-time dance professional.

Both now full-time teachers, they moved to Durham House in Hay Street. Ray and Dallas continue to this day cherish the mentorship they received from Robert Wrightson, who strongly instilled the recognition of good technique and theory.

"Anyone can teach go and show, but not before you learn correct technique," he said.

For the next four years

Ray taught at the Hay and Murray Streets studios with Dallas taking leave from teaching for the birth of their first son David in 1962. The couple were then placed in charge of the Academy of Ballroom Dancing, on the corner of Hay and King Streets, formerly run by George and Melva Mills.

In 1965 the couple's second son Peter was born. It was a big year for the young family with the opening of their first school in the Nollamara Tennis Centre, then RSL building in Nollamara, followed by the Forster Park Hall in Belmont and the Redcliffe Hall on Great Eastern Highway.

Ray continued studying dance, finally completing his fellowship in Modern with the Australian Institute of Dance and the Society of Australian Teachers of Dancing in 1966, examined by Winnie Wright and Gwen Johnson.

One of the first families who began dancing with Simmons Dance Studio, was the Ryder family with Leita, Francine and Mark all becoming champions in the juvenile and junior Ballroom and Latin fields. Leita has since continued a highly successful dance career and is now principal of Supa Dance Studio in Bunbury.

In 1974 the Simmons moved their school to Morris Place in Innaloo where they remained for the following 10 years before

moving again to Erindale Road in Balcatta. After 20 years of running the school in Balcatta, 2004 saw Vicki Barden buy the school from Ray and Dallas, with Ray remaining in a part-time role as senior coach.

In 1980 the World Ballroom and Latin championships were staged at the Perth Entertainment Centre, with Ray's couple Patrick Carter and Bronwyn Cornish winning all three styles, Ballroom, Latin and New Vogue in the Open To The World juvenile category.

In 1981, the Simmons took a team of dancers to Melbourne to compete in the Southern Cross championships and the Academy Ball. Nick Delborello and June Robertson in 1987 and Aiden Allen and Shona Rowan in 1992 were two of the numerous champion couples that Ray and Dallas took to England to compete at the British Open in Blackpool, with both couples achieving success in all dance categories.

Ray recalls that on numerous occasions in local championships, he would proudly watch as talented couples both he and Dallas had trained would make up five of the six places in finals.

A life member of the Dance Master's International Association, Dallas has held executive portfolios on numerous dance bodies in dance

for many years. The Australian Dancing Society awarded Dallas the Brolga Award in 2006 for her long and outstanding contribution and dedication to the development of Dancesport, particularly in WA.

Ray's career also expands into executive roles in numerous organisations. He has been invited to adjudicate at all WA championships for decades along with the South Australian championships, the Asian Pacific, the Australasians and notably the Australian Open Championships in Melbourne. He has also been appointed chair of adjudicators on numerous occasions for ADS WA and the WA Open Dancesport Championships.

The Simmons are understandably proud of their careers and contribution to the dance industry in WA and nationally, helping to mould the careers of many top dancers including Vicki Barden, Leita McDougal, Roger Farley, Geoff Stubbs and Vanessa Maricic. Today, they continue to enjoy their involvement in the art form and sport they love and have dedicated their lives to.

If anyone has historic photos or stories for Adam Penn's dance series, please contact Adam at tophat97@op-tus.com.au or on mobile 0412 361 917.



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30 May	Albany	9:00 - 11:00am	Albany Uniting Church, 12 Duke Street
31 May	Albany	9:00 - 11:00am	Albany Uniting Church, 12 Duke Street (public housing focus)
8 June	Bunbury	10:00 - 12:00pm	Community Home Care, 3 Parade Road
14 June	Mirrabooka	9:00 - 11:00am	Herb Graham Centre, 38 Ashbury Crescent (public housing focus)

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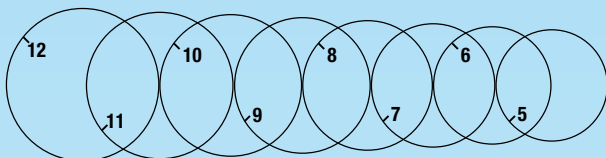
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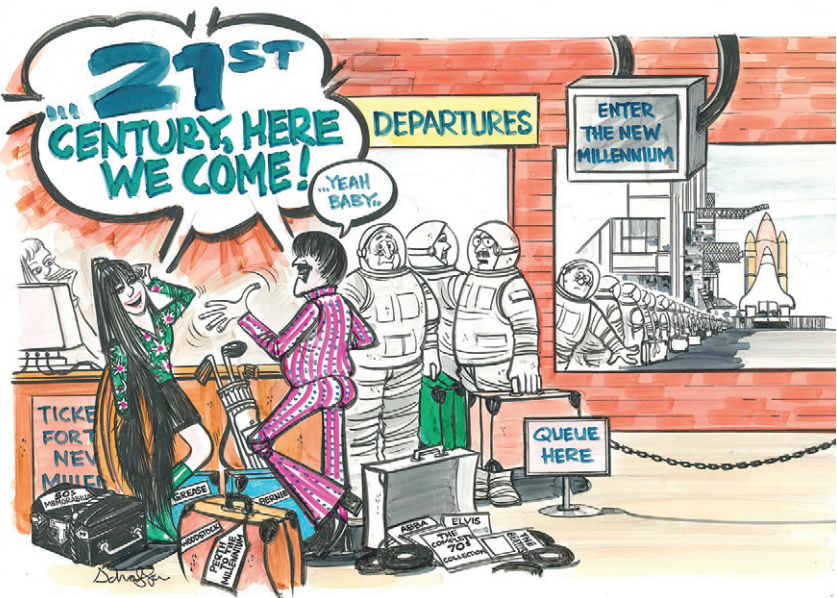
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Have a Go News celebrates 25 years in 2016

The new century...



This cartoon drawn by Kevin Schaffer was featured on the first front cover for the new millennium

by Jennifer Merigan

AS THE new century rolled around we cel-

brated it with a specifically drawn cartoon by local artist Kevin Schaffer pictured on the first front

cover for the 21st Century. The paper was growing well and as a family we all worked hard to ensure we

delivered a good medium to mature people in WA.

It's never been easy producing a free paper, we rely solely on our advertisers for income and we thank and support those who have advertised with us for many years.

Companies who have supported us year in and year out include Kings Tours and Travel, Grand Pacific Tours, Belswan, WA Ballet, The Tivoli Club of WA, Casey Tours to name a few.

We've built wonderful relationships with many people over the years and I would particularly like to mention the one with Kings Tours and Travel with original owner Bob Page and now his successor and daughter Jen-

ny Franceschi.

In 2000 we moved into bigger offices on the corner of Stirling Streets and Brewer Streets and this gave us more room to move.

We had a large boardroom and we now had the opportunity to hold reader functions and we also put on more staff to help with the administration of the paper.

After being stuck in a small office and on top of each other for so many years it was fabulous to have space.

We also started to use email and computers a lot more during this time and delivered our first *Have a Go News* website.

During this time I ran the Let's do Lunch club and we held reader

lunches around town and this gave us the opportunity to meet many of our readers.

We also had forged a relationship with Radio 6PR and each month on a Saturday night I would speak about the paper and its contents.

I originally began this with Peter Dean and then Steve Gordon took over and I worked with him for many years.

In 2002 fresh out of university Suyin Boehm joined the paper as our graphic artist and has become an honorary member of the family as well as churning out the paper month in month out.

One of our plans was to create a television show about the 'Have a Go' philosophy and we

worked hard to make this come to fruition.

In 2003/4 we started looking for a television producer with plans to begin and possibly air in 2005 or 2006, these sorts of projects take a lot of planning.

I met with many producers during that time but at that time we were doing some advertising of the paper on Channel 7 Perth and I was introduced to Ron Reddingius who made Channel 7's HOME in WA and decided that he was the man to make our television show.

And so a new era for the paper began, next month I will feature the *Have a Go* TV story and how a small family owned independent newspaper produced 26 episodes of television.

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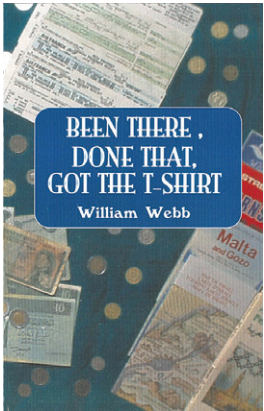
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Been There, Done That, Got the T-shirt
by William Webb
Reviewed by Pat Paleeya

WILLIAM WEBB spent more than forty years traversing the globe as a communication and navigational expert and has written this travel guide based on his

Book review - *Been There, Done That, Got the T-shirt*

experiences working abroad.

Although the book is written with a great deal of humour, the topics covered give very sound advice to the first time traveller (no, not the De Lorean!) and indeed those who have many travel miles under their belts can still glean some really useful tips from William's wanderings.

His advice on local customs and cultural differences is covered in Chapter 5. Under the heading Offensive Words he writes that at a recent European Parliament meeting a UK politician used the phrase 'out of sight, out of mind' which was translated as 'invisible maniac'.

An expression in Portugal means 'you have embarrassed me' but just over the border in

Spain it means 'you have made me pregnant'. But the daftest that he heard was that Coca-Cola viewed upside down means something offensive in Arabic.

He has chapters on transportation, shopping, health matters, saving money and much more. His anecdotes are very amusing, yet from these laugh out loud moments the reader will discover that in entertaining us William is also teaching us. His articulacy and clarity of language is a pleasure, nothing is overstated or cluttered.

In his preface he writes that his topics occasionally overlap and hopes that the reader forgives his meandering. Well William, you are forgiven as your meanderings are part of the charm of this

easy to read, light-hearted and delightful travel guide.

The book is available online – www.amazon.com/William-Webb (ISBN: 0954876105). There is more information about William Webb's other publications through his website: www.williamawebb.com.

WIN WIN WIN

We have two copies to give away. To enter please email to win@haveagoneews.com.au, with the book title in the subject line or write to *Been There, Done That, Got the T-shirt* Competition, 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. Closes 30/05/16.



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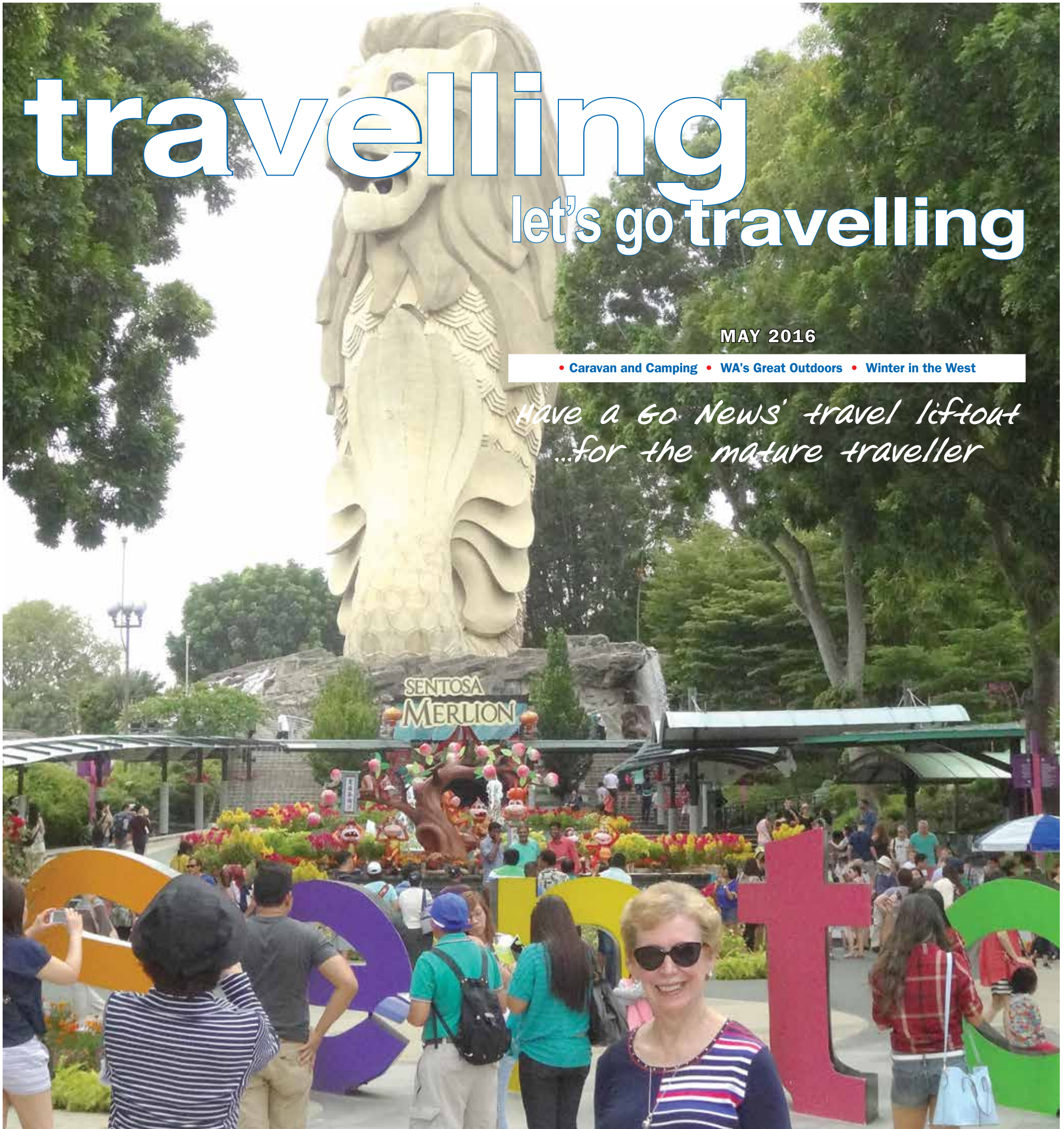
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Journalist Josephine Allison is pictured in front of the Merlion on Singapore's Sentosa Island. Read more about the delights of Singapore on pages 24 and 25.

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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Jen Merigan

SINGAPORE has been a favourite destination of many travellers and this month we feature some interesting and informative articles about this vibrant Asian city. Writers Josephine Alison and Steve Collins both have found some interesting places to visit in Singapore. We held our first Talking Travel at the Peregrine Travel Centre last month with Mike Woods speaking about some of his travels. He spent quite a lot of time outlining some of his visits to Antarctica and what an amazing place it would be to visit. On Australia Day next year there is going to be a flight leaving Perth and

heading to Antarctica with QANTAS for a day trip. It's around 12 hours there and back and there is the opportunity for various seat options. I have had quite a few readers interested in this amazing day trip and I have decided to get a *Have a Go News*' group together for this event. I will announce prices and seating options next month but seats are limited and if you would like to join us for this experience please register your details by either emailing me on jen@haveagonews.com.au or call the office on 9227 8283 and leave your details. These trips book out

quickly so we need to finalise the bookings very soon. The next Talking Travel will be held in a few months, we are awaiting some dates from Perth Airport. WA is sailing towards its biggest cruise season with P&O's Pacific Eden being based in Fremantle for the next four months. There have already been 43 cruise visits to Fremantle this year and it provides a great injection into the local economy. The new rail link to the Perth airport has been approved and the state government say that this will commence operation in 2020. 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 face-booker than like *Have a Go News* at <https://www.facebook.com/Haveagonews>.

Happy trails

Jennifer Merigan
Travel Editor



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

It's all about our iron heritage in Wundowie

WUNDOWIE was the birthplace of WA's iron ore industry. This unique event celebrates the heritage of the area. On Sunday 15 May, Wundowie Oval comes to life with iron sculptures, paintings and photography, as well as kids activities, stalls and much more. Nestled amongst dense bushland, Wundowie is approximately 65km east of Perth via the Great Eastern Highway and 30km west of Northam, the regional centre. Visiting this year's Wundowie Iron Festival is the perfect scenic drive for any day tripper. The original concept for Wundowie was formed in 1942 following an investigation into the feasibility of establishing an iron and

steel industry in WA. The industrial history of Wundowie was born on 15 April, 1948, when the completed Wundowie Charcoal Iron and Steel mill was opened. The mill was closed in 1981 after 33 years of operation and Bradken now operate out of the foundry facilities, keeping the link to Wundowie's commercial heritage alive. The core feature of this year's celebrations is the Iron Beast Competition. The Iron Beast is an individual or team effort to build a device, predominantly from iron and steel, propelled by the downward force of a 20kg weight. A prize of \$1,000 will be awarded for the longest distance travelled in 30 seconds.

For 2016 the Festival will include prize money of: \$1,500 for the 2016 Bradken Iron Sculpture Award; \$1,000 for the Linley Valley Fresh Painting (iron theme) Award; \$500 BGC Open painting any theme; \$500 Komcat Electro Photography Award and \$350 each for the Peoples choice 2D and 3D Awards. All work will be displayed in the Wundowie Community Hall from 10am to 4pm Sunday 15 May. Prizes will be presented on the Wundowie Sports Oval. **Date:** Sunday 15 May 9am – 4pm. **Venues:** Wundowie Community Hall and Wundowie Oval. For more information please contact Helen Hayward 0417 903 867 or email wif@live.com.au

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For those with less time there are three and four-day options in Transylvania from only \$1425 per person twin share with the same inclusions. Beyond also offer other escorted tours and short city stays with accommodation, transfers and sightseeing in Bucharest and regional cities. For more details contact Beyond Travel on 1300 363 554 or visit www.beyondtravel.com.au/romania

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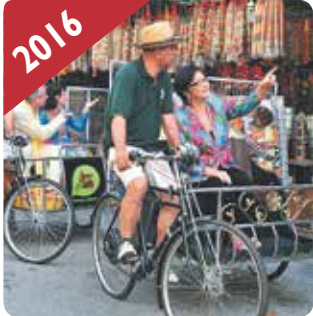
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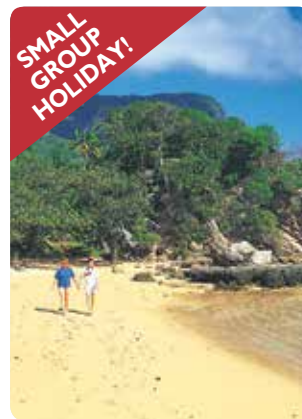


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MAX TRAVELLERS 14

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ADVERTISING FEATURE

travel options for the mature west australian

Sophisticated Singapore: a modern city of many moods and colours



Young Singaporeans perform for Chinese New Year - Illuminated super trees, part of the Bay South Garden - rooftop view from the Marina Bay Sands Hotel

by Josephine Allison

IT HAD been almost 12 years since we last visited Singapore and we weren't really prepared for the dramatic transformation. We decided to visit during the Chinese New Year which added to the flavour and spectacle of our stay; it was also one of the

coolest times of the year.

We stayed at a hotel-style serviced apartment not far from Orchard Road which was convenient to restaurants and the MRT.

Orchard Road is now very much upmarket, lined with luxury stores including Gucci, Dior, Armani, Burberry and Calvin Klein. But peel

back the sophisticated veneer of Singapore and you still find a city steeped in tradition with its own unique cuisine, lifestyle and customs.

I especially enjoyed the Chinese New Year performances by young Singaporeans clad in neon orange costumes. We dropped into various shopping centres and managed to view some of the performances by lion dancers who did the high pole dance which calls for great agility and physical fitness.

According to the Singapore Wushu Dragon

and Lion Dance Federation, demand for lion dance performances has gone up 10 per cent compared with last year but the number of fresh recruits is dwindling. There is a call for young members to do the jumps, lifts and climbing but parents worry about the risks of their children doing these stunts.

Performers get paid around \$50 a day for Chinese New Year performances and \$20 a day during the rest of the year. Several schools have lion dance groups which helps encourage

the preservation of lion dance.

We were swept up in the colourful performances, the bang of the drum signalling the young performers to roar into action, showing their athletic skills and commitment to a special part of the Chinese culture. They work hard during performances and have a busy schedule during Chinese New Year.

Singapore's reputation for innovation and enterprise is well reflected in Gardens by the Bay, a nature park spanning 101 hectares opened to the public in June 2012. We visited the park during the day and again at night to see the super-trees come alive with a light and music show called the OCBC Garden Rhapsody. The night show was packed with locals and international visitors who marvelled at the spectacle.

Gardens by the Bay consists of three waterfront gardens with the largest, the Bay South Garden, at 54ha which showcases the best of tropical horticulture and garden artistry.

Even if you aren't a gardener, you can wander at your heart's con-

tent and marvel at the logistics behind the project, part of a strategy by the Singapore government to transform Singapore from a garden city to a city in a garden.

There are two cooled conservatories, the Flower Dome and the Cloud Forest, located along the edge of the Marina Reservoir. The Flower Dome at 1.2ha features seven different gardens as well as an olive grove with a bistro and an ever changing central display field designed to allow flower shows and displays to be held within the conservatory.

The Cloud Forest at 2ha replicates the cool, moist conditions found in tropical mountain regions. You can explore the highlands amidst orchids, pitcher plants and ferns complete with a 35m man-made mountain and waterfall.

We also opted for a rooftop view from the opulent Marina Bay Sands Hotel which looks like a giant surfboard stretched across the top of three separate buildings.

Our friends, who used to live in Singapore but now live in Perth, took us to their former sub-

urb, Joo Chiat, where we sampled the local cuisine and an authentic, local buzz unique to Singapore with the neighbourhood vibe in contrast to sophisticated Orchard Road.

Each business offers a product with a strong heritage story to it, local snacks and delicacies, traditional Peranakan (Straits-born Chinese) attire and accessories and various heritage-inspired souvenirs.

On another day we headed for Sentosa using the traveller which opened in 2011. The island has changed dramatically from more than a decade ago with many attractions including Universal Studios theme park, Madame Tussauds and stores.

No visit to Singapore would be complete without a stop at the Botanic Gardens which has more than four millions visitors annually. The national orchid garden is a highlight and has more than 1000 species and 2000 hybrids, offering a permanent showcase and the largest display of orchids in the world.

After all, the orchid epitomises the colour, grace and many moods that is Singapore.

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ADVERTISING FEATURE

travel options for the mature west australian

A sausage, a selfie and stock exchange priced beer - three uncanny Singapore experiences to find in Chinatown...



Clockwise from left; #Selfie Coffee - The Wuerstelstand - be emblazoned in coffee at #Selfie Coffee

by Steve Collins

I WAS wandering through Singapore's Chinatown when the heavens suddenly opened up. It was a typical tropical storm, raindrops as large as marbles fell in a torrent from the darkened skies.

Charging for the cover of a nearby food market I was nearly soaked after just a few seconds. When finally protected I looked around for something to drink and perhaps a small snack to keep me occupied for the duration of the storm.

I had started to love the local iced lemon tea, which is brilliantly refreshing in Singapore's hot and sultry climate. Being smack-bang in the middle of Chinatown I was expecting to order usual Asian fare, noodles, pork buns, perhaps one or two dim sum snacks. Then I saw a large sign for the Wuerstelstand which proudly advertised that it was: the last sausage kiosk before the equator.

Truthfully, that's no idle boast for Singapore is indeed very close to the equator and sausage kiosks are not terribly common throughout Asia.

The stall was owned by Erich, an ex-pat Austrian,

who seemed to have the Singaporean market for German-style sausage pretty well covered. He also did a nice line in Backstube, Austrian-style muffins. Erich is a fantastic, larger-than-life, lanky character who is both garrulous and very entertaining. He was immaculately dressed in a

spotlessly clean, starched chef's jacket, and for me he even donned a tall toque. Erich would have looked at home in a Michelin three star kitchen.

His signature currywurst was indeed a delicious and very cheap accompaniment to the iced lemon tea.

The Wuerstelstand was not what I was expecting to find in Chinatown but my trip was definitely enriched by having the opportunity to taste and discuss sausage with Erich.

Singaporeans are known for their business acumen and in nearby Clarke Quay I found a bar that operates much like a stock exchange. By climbing a steep, dark staircase I entered a large space that is the beer market. Big screens were scattered

around the bar. Emblazoned across them were the brand names of beers, with their prices heralded in different colours in the next row.

These prices are changed every 20 minutes. I didn't ask why they magically changed after 20 minutes. Perhaps that's the average time for chugging down a pint? In which case, beer drinking is about the only pursuit I can accomplish in better-than-average time.

I learnt that if the price is unchanged, its colour appears as white. If the price has risen, green is the indicator. The one to look for is red, for this confirms that particular brew is cheaper than previously. The spot prices are based on popularity; the more a particular

beer sells, the higher its price. Those that are seldom purchased lose value.

Not all beers are initially priced the same, so that even if a poor-selling beer drops in price, it may still be more expensive than those on the rise. Reason being that not all beers are the same. Price depends on type, brand and especially alcoholic content, with strong beers costing more than light beers.

I had one beer, admittedly one that had fallen in price, then left, figuring that I would save a lot more money by not drinking beer at all.

There was one experience in Singapore that I have never had before - sucking my own face.

This was in one of my favourite areas, Kampong Glam, around Arab Street, which now is a really hip place. Whilst idling along Haji Lane which, with its garishly-painted buildings, cafes and boutiques, is full of interesting places to visit, I saw a shop called #Selfie Coffee.

Being naturally curious I ambled in to ask how it all worked.

They hand you a camera, you take a selfie, choose your brew, and it gets delivered with your face printed on the foam. I'm not at all into taking selfies, but this opportunity seemed too

good to dismiss, so I took the camera and pulled a stupid face, not that you can tell with me.

After ordering an iced coffee I sat at an outside table and waited. Soon, my drink arrived and, as promised, my face was emblazoned across the foam in full colour. I have no idea how the printing process works, but it was actually quite impressive.

So, I put a straw through my eye and started drinking.

This was much better than dieting because the more I drank the skinnier my face became. If I had of known this earlier I would have taken a full length selfie so I could watch myself get slimmer just by drinking iced coffee.

The saddest part is when you ingest the last of your face.

By then I really needed to get moving again, to walk off all those calories I'd just enjoyed.

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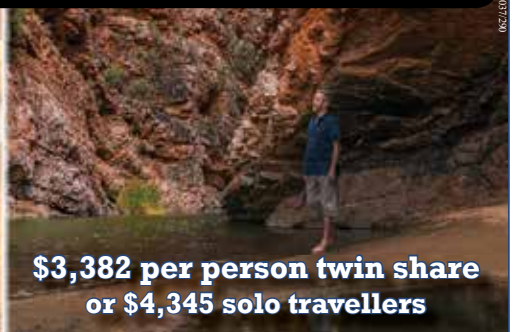
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Holiday includes:

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- Questa Casa Bordello Tour
- Kalgoorlie Boulder Audio Walking Tour

Day 1: Perth to Kalgoorlie

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

Day 2: Kalgoorlie touring

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



Day 3: Kalgoorlie touring

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

Day 4: Kalgoorlie to Perth

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

Departs Perth Monday or Tuesday, every week

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

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

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twin share with
pensioner free pass
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4 Day Golden Quest Discovery Trail Drive

Discover Kalgoorlie Boulder and the Goldfields at your own pace with the convenience of a rental car. Perhaps visit The Superpit, Hannans North Tourist Mine and wander the historic streets of Kalgoorlie and Boulder before you head north on the fabulous Golden Quest Discovery Trail.

Holiday includes:

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

Days 1 and 2: Perth to Kalgoorlie

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

Day 3: Kalgoorlie to Leonora (235km)

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



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

Day 4: Leonora to Kalgoorlie to Perth

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

Departs Perth Tuesday, every week

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

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

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Holiday includes:

- Return Prospector rail Perth to Kalgoorlie
 - 3 nights choice of accom inc cont. b/fast (buffet b/fast at Quality Inn)
 - 2 days x 18 holes of golf on the Kalgoorlie Golf Course, inc. 2 days green fees & 2 days golf buggy hire
- EXTRA COST: BYO golf clubs on Prospector extra \$15 per bag each way or rent clubs from KGC extra \$30 for the 2 games.

Day 1: Perth to Kalgoorlie

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

Day 2: Kalgoorlie Golf

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



Day 3: Kalgoorlie Golf

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

Day 4: Kalgoorlie to Perth

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

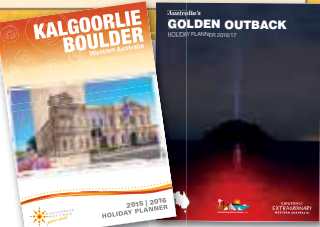
Departs Perth Monday or Tuesday, every week

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

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

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ADVERTISING FEATURE

Barry Matheson sips his way around Alsace



Clockwise from left; Colombarge Alsace © Colmar - Cycling through the vines © Infra - Strasbourg Cathedral © Krzysztof Janiczek and The Quay at Strasbourg © Nadi+ Moreau

by Barry Matheson with Michael Osborne

SIPPING a crisp Pino Gris with Albert Seltz in his cellar, I'm somewhat startled when he pours me what he calls his love wine, a tasty Gewurztraminer, one of the seven white wine varieties his family has been growing for fourteen generations on his vast Alsatian estate.

"It's guaranteed to give you amour," says this passionate French vintner who proudly tells me it's a wine for ladies.

"We had a group visit us from Germany and I told them about my love wine and one lady ordered her husband to buy a half a dozen bottles immediately", he laughed.

The 17th century Albert Seltz Winery is in the heart of Mittelbergheim, one of the 120 pretty villages that dot the 170 km Alsatian Wine Route (Route des Vins) where wine growers have been producing fragrant white wine since the 2nd and 3rd centuries.

Of the 80 million tourists who visit France annually, it's safe to say a good majority of them will

head for Bordeaux and Burgundy, renowned for their irresistible red wine.

But, if you're a white wine lover, Alsace is for you, and it's less than two hours from Paris on the TGV.

White wine seems to be everywhere, and in everything – at La Gouronne restaurant in the village of Scherwiller, 30 minutes' drive from the capital Strasbourg, I was served a Riesling soup followed by a fillet of Perch with Riesling sauce, with a bottle of delicious Riesling wine, of course.

Winemakers even put empty Riesling bottles on their roofs to signify they have a daughter to marry off, and there were plenty of those bottles hanging from the roofs as I drove through Scherwiller.

Some 18 million tourists visited Alsace in 2014. With the combination of wine, the beauty of the villages and houses decorated with flowers, many of which date as far back as 1570, they have a timeless charm.

Stop in the town of Rosheim to see its 10th century church, and in Klingenthal drop into the

Sword Museum. The place has been making swords since the 18th century. Napoleon had his swords made here.

If you're really into medieval weapons, head up to Haut-Koenigsbourg Castle built in the 12th century. Perched 700-metres high on a mountain top, the castle has a large collection of crossbows, swords and armour, not to mention beautiful rooms, paintings, Renaissance furniture and enormous cast-iron stoves.

In the city of Strasbourg, a must-see is its splendid gothic cathedral – Notre-Dame – and its amazing astronomical clock with its moving figures. There are daily shows and from the top of the 142-metre spire, you'll get sweeping views of the River Rhine.

Make sure you visit the Strasbourg hospital, called Porte de l'Hôpital and its underground wine cellars which are a tourist attraction in their own right. The hospital was devastated by fire in 1716, but the wine cellars dating back to 1395 were spared.

Back then, patients were given two-litres of wine a day and many paid for their care by leaving parcels of land, mainly vineyards to the hospital.

Today, the cellars produce some 150,000 bottles a year, quality stuff, and a steal at only around eight Euro a bottle. Staff will show you one barrel that contains what is reputed to be the oldest wine on earth, dating from 1472.

Not far from Strasbourg is Colmar which calls itself the capital of Alsatian wine. It was the last town in France to be freed during the Second World War, and it's just about the prettiest place you'll see.

Known as Little Venice, it has a well-preserved Old Town and on each side of the Lauch River that winds its way through the city are fairytale, multi-storey, half-timbered houses built centuries ago, all beautifully kept with flower baskets hanging from the walls.

Colmar's most famous son is Frederic Bartholdi who conceived and designed the Statue of Liberty. A 12-metre high replica greets you on the outskirts of the town, while his memory is treasured by his museum which is in the house where he was born in the Old Town.

Here, you'll find the original drawings for the Statue of Liberty.

Eating in Alsace, expect a combination of German hearty fare, fused with the elegance of French cuisine.

Accommodation in Alsace ranges from boutique and chain hotels to guest houses and B and Bs. Two-star hotels cost from 60-70 Euros a night, three-star from 70-110 Euros a night and four-star 110-160 Euros a night.

More information: www.tourism-alsace.com
The writer was a guest of Alsace Tourism.

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Dirk Hartog - here comes the *Duyfken*



The Duyfken in dry dock

AFTER ten weeks of toil, all the major renovation and maintenance tasks to prepare *Duyfken* for her voyage to Shark Bay, and Dirk Hartog Island are nearly done.

This has been a massive undertaking, the first major renovation of the ship since it hit the water back in 1999.

The list was long and

included the complete replacement of the old deck with new Oregon timbers sourced from the forests of the United States. Our team of shipwrights, most of whom had helped build *Duyfken* back in the late 90's, used many of the traditional timber skills of 400 years ago to complete the task. Oakum was laid between

each of the new deck planks, with heated black pitch then poured over the seams to make the deck water tight.

The success of this deck replacement project has been important in extending the life of *Duyfken* for at least another 30 years, that will make her 46, and she will have lived 34 years longer than the original which came to grief after a 12-year life back in the early 1600s.

Not content with just a makeover of the deck, a hardy team of volunteers set to work in chipping back the old anti-fouling paint in preparation for a refreshing facial of new paint. This is an arduous task, its all done with paint scraper in hand and plenty of elbow grease... and the consequent sweat equity.

With 200 square metres of hull to scrape back, the team of 12

set about their task and had the job done in two days. Being a volunteer as part of the *Duyfken* crew is viewed by all as a most rewarding experience as each 'vollie' puts a little bit of themselves into the upkeep of this magnificent sailing ship that represents so much of significance in the early European engagement with Australia back in the 1600s.

Over coming weeks, the crew that have nominated to be part of this year's *Duyfken* 2016 Hartog Commemorative Voyage will hit the water for a series of sea trials and sail training sessions in preparation for the voyage from Fremantle to Shark Bay.

Then on 20 August, 2016 *Duyfken* will depart from Fremantle Harbour bound for Bunbury, the first of seven ports of call where she will open on ex-

hibition for school groups and members of the local community. Aside from Bunbury, *Duyfken* will visit Mandurah, Hillarys, Jurien Bay, Dongara, Geraldton, and Denham.

Tickets for the *Duyfken*/Hartog Community Exhibition will go on sale for all ports in mid-May and will be available by visiting www.ticketek.com.au. This is one exhibition you and your friends will not want to miss.

Well that's all for this month from the *Duyfken* team...see you next month.

www.duyfken.com



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WA Wildflower holidays are calling people this spring

VILLA Carlotta Travel have a great range of wildflower holidays to tantalise you this spring. Whether you want to head north, south or east they have you covered. Starting with their West Coast Wildflowers Explorer, check out the wonders of the Batavia Coast and enjoy seeing the dolphins of Monkey Mia. Departing Tuesday 2 to Monday 8 August, this is a wonderful holiday experience.

Still in the north, Villa's Geraldton and Midlands Wildflower Extravaganza includes the Mullewa Wildflower Show and the Coal-seam Conservation Reserve. Go in search of the fabled Wreath Leschenaultia from Saturday 27 to Wednesday 31 August.

Just north of Perth is beautiful Cervantes. Villa's Cervantes Wildflower tour includes the Lesueur and Badgingarra Na-

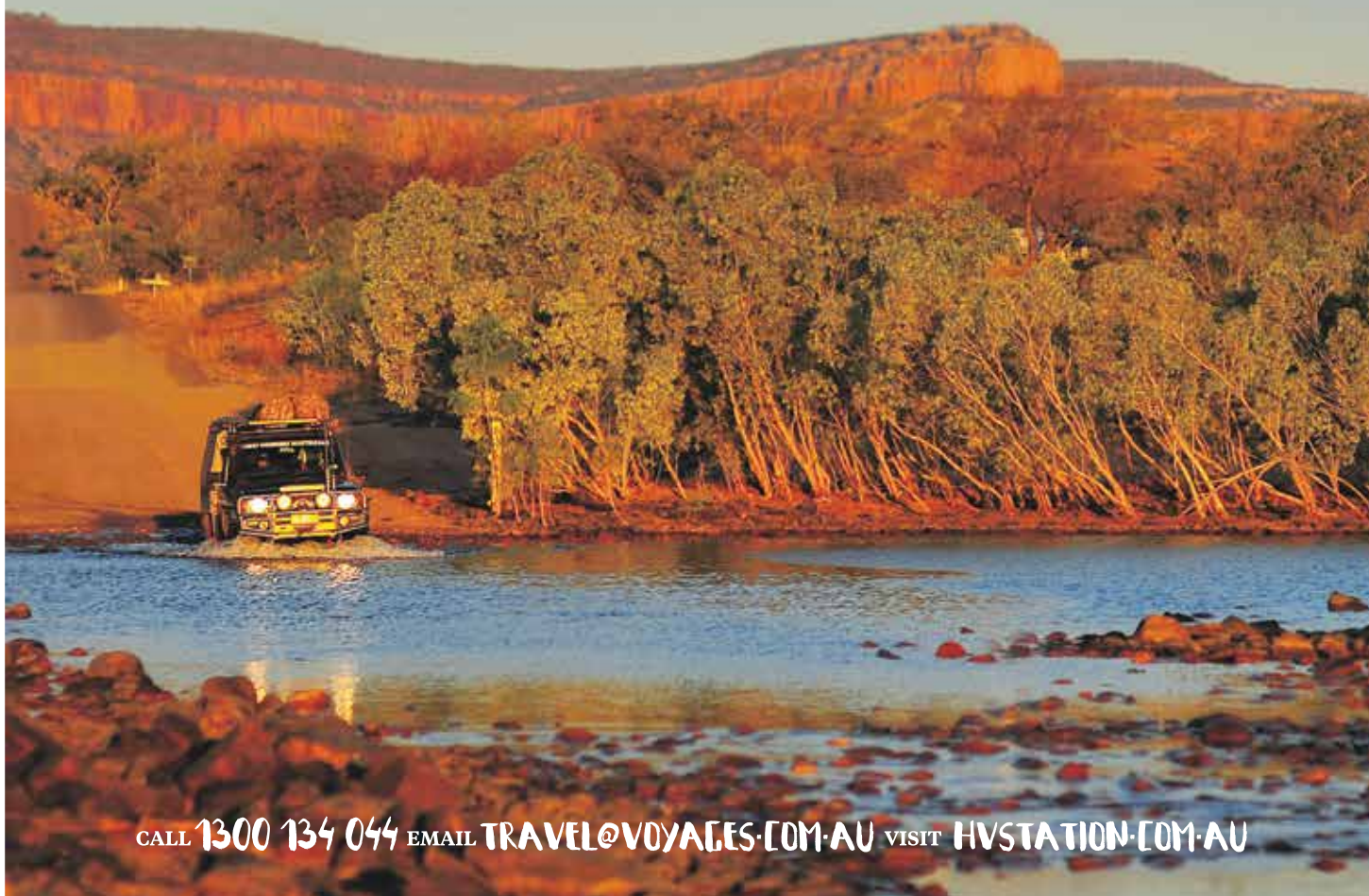
tional Parks and the Pinnacles and departs Friday 16 to Monday 19 September. Heading south, villa's Southern Wheatbelt Wildflower Wonders holiday features the Stirling Range and Fitzgerald River National Parks. Both amazing places to see WA's amazing range of wildflowers. This tour departs Wednesday 5 to Sunday 9 October. Last but by no means least, Villa's Hyden and

the Wheatbelt Wildflower Trail getaway will take to Hyden to see incredible Wave Rock and the rural hamlet of Lake Grace. This holiday departs Tuesday 11 to Friday 14 October.

To find out more or to book on one of these amazing wildflower holidays, FreeCall 1800 066 272, email holidays@villa.com.au or check out their website www.villa.com.au today!

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27 DAYS, MONDAY 22 MAY TO SATURDAY 17 JUNE 2017

When you hear someone say that they are going to Canada and Alaska, chances are you're imaging one of a few things; the turquoise blue water in stunning Lake Louise, winding through the Rockies on the world famous Rocky Mountaineer or seeing the ice fall from the glacier while you're cruising through the Inside Passage. We invite you to experience the breathtaking scenery and witness the ever-changing landscape on this once in a life-time journey. Not only will you tour through the Rockies staying in deluxe hotels, you'll cruise up the inside passage to Anchorage where you'll begin your next adventure. Board the full dome railcar on the 'Midnight Sun Express' train to the Denali Princess Wilderness Lodge and encounter the unique Alaskan wilderness.

TOUR HIGHLIGHTS

- * Cruise the spectacular waterways of the Inside Passage
- * Travel along the scenic Icefields Parkway
- * Explore Banff National Park and see Emerald Lake and Natural Bridge
- * Discover Vancouver's famous sights
- * Visit the ski resort town of Whistler
- * Enjoy a sightseeing tour of Victoria
- * Experience the famous Glacier Bay National Park
- * Explore Juneau, the colourful Alaskan capital
- * Relive the gold rush history of Skagway
- * View College Fjord, home to 16 Glaciers
- * Explore Denali National Park, Mt McKinley and Fairbank

TOUR INCLUSIONS

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ The services of a local Tour Director
- ✓ 1-night pre-tour accommodation in Hong Kong
- ✓ 12 Day Canadian Rockies Coach Tour
- ✓ 7 Nights on a luxury cruise ship in an Ocean View Stateroom
- ✓ 6 Day Alaskan Wilderness Coach & Rail Tour
- ✓ 2 Day Rocky Mountaineer Rail Experience in Silver leaf
- ✓ Premium First Class hotels including all hotel service charges and portage
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Optional Shore Excursions are an additional cost. A visa waiver is required for the US and Canada (additional cost). Airfares are not included in the tour cost. Special Deals Apply.



DAY 1: PERTH TO HONG KONG (IFM)

Your holiday begins from when you are picked up from home in a private car and transferred to the airport. Meet your Tour Manager and fellow passengers and fly overnight to Hong Kong. On arrival we will transfer to our hotel and check-in. Enjoy the evening at your leisure. **Hotel: YMCA Salisbury Hotel or similar in Hong Kong for 1 night**

DAY 2: HONG KONG – VANCOUVER – VICTORIA (B / D)

You will have the morning at leisure before departing for our flight to Vancouver and then on to Victoria. Welcome to Canada! You will be met at Victoria International Airport and transferred to your hotel. This evening meet your Tour Director and fellow travellers for a welcome dinner at your hotel. **Hotel: Inn at Laurel Point for 2 nights**

DAY 3: VICTORIA – BUTCHART GARDENS (B)

This morning visit the world-famous Butchart Gardens. Learn about the history and flora while exploring this 22 hectare showplace of colourful gardens. Afterwards enjoy an orientation tour of Victoria's Inner Harbour, Bastion Square, Beacon Hill and residential areas.

DAY 4: GEORGIA STRAIT – WHISTLER (B)

Drive north along Vancouver Island to Nanaimo. Board the BC Ferry and travel through Georgia Strait to Horseshoe Bay. Journey along the Sea to Sky Highway as the road follows the rugged coastline. You will have the chance to stop at the awesome Shannon Falls before arriving at the charming alpine resort of Whistler Village. **Hotel: Hilton Whistler Resort & Spa for 1 night**

****Opportunity to view this spectacular landscape from the air with a one hour floatplane flight over the Georgia Strait to the alpine resort of Whistler (seasonal, must be pre-booked, additional cost)****

DAY 5: WHISTLER – SUN PEAKS (B / D)

Travel along the scenic Duffy Lake Road lined with thick forest into the town of Lillooet. In the afternoon we head to the picturesque ski resort of Sun Peaks. You're Invited: This evening enjoy a fur traders feast and presentation accompanied by a tranquil canoe journey.

Hotel: Hearthstone Lodge for 1 night



DAY 6: SUN PEAKS - JASPER (B / D)

Today you will be rewarded with astounding views as you reach the grandeur of the Canadian Rockies. Weave through thick forests, past meandering rivers, enjoy vistas of the soaring mountains, ice age glaciers and tumbling waterfalls as you make your way through the spectacular Jasper National Park. **Hotel: Best Western Jasper Inn for 1 night**

DAY 7: ICEFIELD PARKWAY – GLACIER ICE EXPLORER – LAKE LOUSIE (B / D)

This morning enjoy a guided walk through the stunning Maligne Canyon, one of Canada's most spectacular gorges. Depart Jasper and travel along the breathtaking Icefields Parkway, acclaimed as one of the most incredible journeys in the world. Make a stop at the Columbia Icefield, North America's largest sub-polar ice pack where you'll climb aboard the mighty Ice Explorer for an once-in-a-lifetime journey onto the 300 metre thick Athabasca Glacier. Finish the day at the famous 'Diamond in the Wilderness', the beautiful Lake Louise where we will stay in one of the Rockies most stunning and historic properties. **Hotel: Fairmont Chateau Lake Louise for 1 night**

DAY 8: LAKE LOUISE - BANFF (B / D)

Visit the spectacular Natural Bridge, which has been carved by the Kicking Horse River, and Yoho National Park that houses the glacier fed Emerald Lake. Arrive into the impressive Banff National Park and enjoy a sightseeing tour including Bow River, the Hoodoos, Bow Falls and a ride to the top of Sulphur Mountain for incredible views across the Rockies. **Hotel: Banff International Hotel for 2 nights**

DAY 9: BANFF AT LEISURE (B)

Today is free for you to enjoy Banff and its many sights and attractions.

DAY 10: ROCKY MOUNTAINEER – KAMLOOPS (B / L)

Set off on a two day rail experience on 'The Most Spectacular Train Journey in the World'. Settle back in your Silver Leaf carriage (upgrade to Gold Leaf at additional expense). Cross Kicking Horse Pass and view glaciers and snow-capped mountains before arriving into Kamloops. **Hotel: Kamloops Hotel for 1 night (as assigned by Rocky Mountaineer)**

DAY 11: ROCKY MOUNTAINEER – VANCOUVER (B / L)

This morning we re-board the Rocky Mountaineer and continue our journey west, follow the Thompson River and pass through the magnificent Fraser Valley and arrive into Vancouver. **Hotel: Pinnacle Hotel for 2 nights**

DAY 12: VANCOUVER SIGHTS (B / D)

You're Invited: Experience Vancouver's delectable food scene as you're guided through some award winning restaurants and cafes on a breakfast tasting tour. Later, set-off on a sightseeing tour of Vancouver including Stanley Park, famous for its totem poles, the waterfront and Gastown. Visit Capilano Suspension Bridge suspended 70 metres above the river. Make your way across, then walk amongst the canopy on the award winning Treetops Adventure.

DAY 13: VANCOUVER - 7 NIGHT ALASKAN CRUISE (B / D)

This morning board your luxurious cruise ship for a 7 night Alaskan Voyage in your Outside Stateroom

on the Star Princess. Discover the many services, facilities and activities on offer.

Cruise: Princess Cruise for 7 nights

DAY 14: SCENIC CRUISING (B / L / D)

Sit back and enjoy the scenery as you cruise north. Canada and Alaska's coastline reveals North America's last great wilderness. Keep a look out for wildlife such as orcas, humpback whales and bald eagles.

DAY 15: KETCHIKAN (B / L / D)

Welcome to the salmon capital of the world! Part of the town is built along a steep hillside, part is built on pilings over the water where bald eagles watch from waterside perches. The collection of totem poles is an essential stop for anyone interested in native art.

DAY 16: JUNEAU (B / L / D)

Surrounded by the Gastineau Channel, the Mendenhall Glacier and the Juneau Icefields, Alaska's capital is famed for its scenery and isolation.

DAY 17: SKAGWAY (B / L / D)

Cruise into Skagway, the gateway to the Klondike. Enjoy free time to go ashore and stroll along the weathered boardwalks admiring the shop front facades, reminiscent of the gold rush era.

DAY 18: GLACIER BAY (B / L / D)

Early this morning, enter the iceberg strewn waters of Glacier Bay National Park. Marvel at the glacial ice wall carved by nature. This breath-taking scenery will be brought to life by a National Park Service Ranger as they help you spot wildlife and interpret the glacier activity.

DAY 19: COLLEGE FJORD (B / L / D)

Within Prince William Sound lies College Fjord and its collection of glaciers. The magnitude of these glaciers is difficult to imagine. Some reach forty stories above sea level, dwarfing even the largest cruise ship.

DAY 20: WHITTIER – ANCHORAGE (B / L / D)

Disembark in Whittier and travel via the Alaska Wildlife Refuge to Anchorage. Explore Anchorage Markets (subject to operation). After a brief orientation tour of Anchorage, the rest of the day is at leisure. **Hotel: The Hotel Captain Cook for 1 night**

DAY 21: ANCHORAGE – MT MCKINLEY (B / L / D)

You're Invited: Visit the home of Iditarod (sled dog racing) champion Martin Buser. Meet the friendly dogs and take a virtual trip along the Iditarod trail including a sled dog demonstration. Continue our journey deep into the Alaskan wilderness arriving in Mt McKinley. Nestled in a prime location, this gorgeous lodge is the perfect starting point for your wilderness adventure. **Hotel: Mt McKinley Princess Wilderness Lodge for 1 night**

DAY 22: MIDNIGHT SUN EXPRESS TRAIN (B / L / D)

Board our full dome railcar on the 'Midnight Sun Express' train. Open-air viewing platforms allow you to step outdoors for the perfect snapshot. The highlight this evening is a Music of Denali Dinner Show. **Hotel: Denali Princess Wilderness Lodge for 2 nights**

DAY 23: DENALI NATIONAL PARK (B)

Denali is deep in the Alaskan wilderness and this unique location gives you the opportunity to enjoy some fascinating wilderness and wildlife tours.

Embark on a Tundra Wilderness Tour which takes you into the park for a once in a lifetime experience.

DAY 24: FAIRBANKS (B / D)

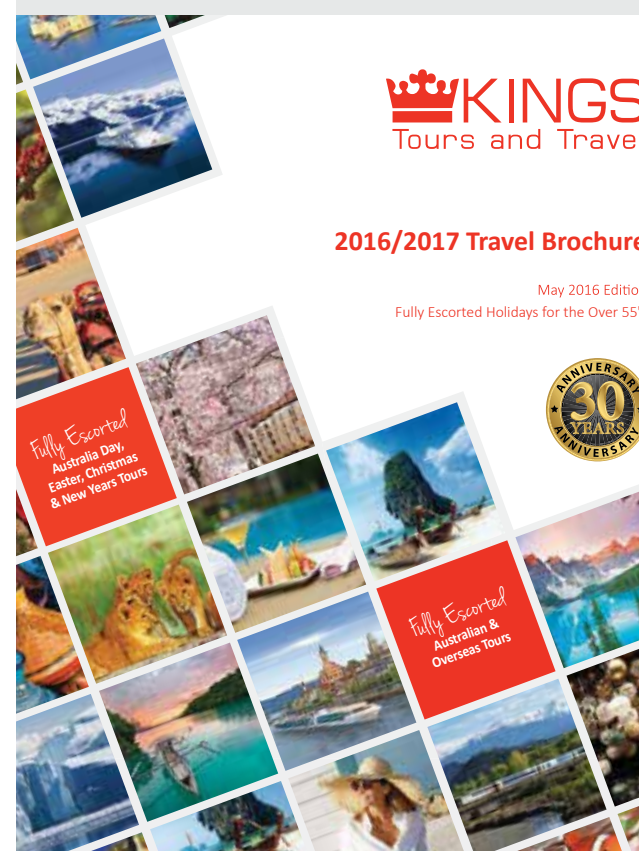
Continue your journey into the heart of the last frontier to Fairbanks. Board an authentic sternwheeler 'Discovery III' for an afternoon cruise. Tonight, enjoy a farewell dinner with your Tour Director. **Hotel: Fairbanks Princess Riverside Lodge for 1 night**

DAY 25 / 27: FAIRBANKS - PERTH (B)

Enjoy breakfast at your hotel before transferring to Fairbanks Airport for your flight home to Perth. Upon arrival in Perth your driver will be waiting to take you home.

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A caravan tale of epic proportions – saviours help along the Nullarbor

by Imperia Scott

MY husband and I left Busselton for a three-month holiday to visit our family in Port Lincoln South Australia.

After a great night rest in Mundrabilla caravan park, all was going well, when an idiot in a hurry and driving at great speed and coming in on the wrong way (the exit) on the dirt driveway to the Mundrabilla Road House, nearly cleaned us up (car and caravan) and the poor people in an Expenda behind us.

My husband had a tough job controlling the situation and said that it was the worst experience he ever had in the many years of his trucking life.

We always travel with our CB on channel 40, however before we left that morning, we had changed to 38, because we had been trying to

reach a friend, who was working on the road works along that stretch.

A further 18km east and we heard this almighty bang and the car and vehicle swayed, and we nearly went over. The person behind us had been calling on channel 40 to tell us that our right hand tyre on the van was smoking, and apparently this was from the time my husband put the skids on to try to miss the idiot before, and got worse when we restarted our trip.

My husband is 68 in the fourth stage of COPD, and has severe asthma. This was to be our last trip across the paddock, after waiting for our doctor to say "ok you can travel." We had been looking forward to seeing our son and his family for so long, but this was going to end our holiday for sure.

We and Jimmy (the person behind us) stopped to see what could be

done, but the job was too big for us all.

A lady travelling towards Perth, stopped and asked if she can do something to help, because there is no phone signal out there. She told us that she would get to the next roadhouse and send someone to help.

However I had visions of being stuck out there for days, though we would have been ok, we had plenty of food and water, but the van was not off the road properly, so I was panicking (a) because of what could happen and (b) because of my husband's health.

Jimmy reminded me of the CB, "Get on CB and start calling and see who will answer," he said. So I was calling Peter our road works friend on 38, and Jim's wife was on 40 calling truckies. Not that any of them replied, much less slow down as they came past.

About an hour later a white van arrived heading towards Perth, and the driver yelled out, "OK, we are here to help."

My heart just sank and I could not believe what was happening to us. Thanks to Freddie Potts, who was on his way to see a doctor in Norseman because he had injured his leg, and his mate. They got us going again – our saviours; angels from heaven.

I offered them enough money for a few beers each, but they refused, I just threw my arms around them and cried on their shoulder.

Now you might say why did they start the trip if they could not handle the repairs, if anything happened. Well we could have done except the tyre jack that we had been told was good enough to lift the Queen Mary a month before at the cost of \$97, was not able to lift a motor bike let alone a loaded caravan. And because of the shock of the whole event my husband had an asthma attack.

We arrived at Madura

Pass, and I went in to book in for the night and told the manager what had happened to us along the way. He promised that all will be well, because he was going to get the service station manager on to it, and they would find us a new tyre, and what ever else we needed. But we had to wait till Sunday morning.

Early Sunday morning I get back to the van after a shower, and lo and behold the van was leaning to the right. The spare tyre had gone flat over night, when I told my husband he came out the van, slamming the door shut. This locked us out, with the van and our car keys inside the van.

Thanks to John the service station manager and the manager at Madura Pass Caravan Park, our trip was saved once more. Hence we got to our family in South Australia and had a great holiday.

On our way back all was well until we got to Esperance, tired and hungry after seven hours of driving and heat, we

pull into the Esperance Caravan Park.

I asked if we could have a spot close to the ablutions and someplace so we did not have to unhook the van because my husband still had problems with his back after the first episode and would have found it hard to unhook the van.

Unfortunately they would not let us stay if we could not unhook so we headed to Ravensthorpe to stay there.

We started out early in the morning thinking we'll be home by 6pm, wrong, 40km along the track I stated hearing this funny sound, and this voice came over the CB, "driver in the Viscount van, you better stop, I think you blew a tyre."

My heart sank once again, I knew we had not run over any black cats, or any of the proverbial things that gets blamed for mishaps, in years (not that we ever did). Sure as apples grow on trees, we had a flat tyre on the left hand side of the van, and this was after we had taken the van to a tyre

place in Port Lincoln and had three new tyres put on to make sure that we did not have the problem again. But we ended up getting home safe.

I share this story with readers to remind them about checking your van as well as you can before travelling. Also be grateful for the road workers out there on the track as they may be able to assist and help in a situation.

And I would like to say a massive thanks to Freddie Potts, and his offsider (first episode) and John the service station manager and park manager at Madura Pass and Ben (second episode).

My husband is doing fine and I have once again started to believe that there are good people in this country of ours.

Oh and I must not forget the young guy who was woken up early from his cosy bed in Madura Pass, so he could come down and crawl through the van window and open the door for us. Again, thank you.

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Enjoy travelling with peace of mind

AUSTRALIANS are travelling overseas in ever-increasing numbers. Whatever your age and destination, preparing properly and staying in good health while travelling help to ensure you have an

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The Department of Foreign Affairs and Trade strongly advises all travellers to take out comprehensive travel insurance. Medical costs overseas can be in the tens or even hundreds of thousands of dollars and many families have been burdened financially in paying these costs when things go wrong.

Of course we all hope we never need to use our insurance but if and when it does come time to make a claim, you don't want a nasty shock if you're not fully covered!

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Clockwise from left; Kytren Goats Cheese and Cullen Chardonnay Honey - Basildene Manor and Oak Valley Truffle Farm

by Helen Flanagan, with Michael Osborne

AUSTRALIA'S hottest food and wine destination is arguably the Margaret River Region. Forget the blink-and-miss-tour, take the slow indulgent route and let the taste buds dance on the tongue all the way. Seriously.

From Perth, turn off the Forrest Highway and meander the wildflower-fringed road to the Margaret River region from Busselton to Albany, the 300km length of Western Australia's southwest coast, which is bookmarked by the lighthouses of Cape Naturaliste to the north, and Cape Leeuwin in the

south.

In-between are 40-plus beaches with surf-lashed sands and huge swells, national parks, karri forests and oft spooky caves, and a region which has successively prospered on timber, cattle and more recently world class wine. Add best surf breaks, hiking tracks, golf, water sports and seasonal whale watching. Little wonder locals are adamant there is no comparable region in Australia. Others say it's two faced. Cheeky perhaps? Well, there is the glossy magazine profile of fancy pants cellar doors, multi-course lunches, being seduced by the particular 'nose' of a chardonnay or cabernet sauvignon

or a craft beer plus elegant retreats where fine dining and sumptuous suites are de rigueur.

Turn the other cheek and head up a dusty bumpy track to lurk amongst season-worshipping small batch farmers, biodynamic bakers, sheep's cheese makers, snout-to-ground-pig producers plus small wineries where the pick, crush and pour is done by hand, by the family. And let's not forget freshly foraged truffles even the French are clamouring for.

Where to start? Go In Style with Peter Norris at the wheel of his Jaguar Sovereign, with a tea and scones stop at quaint Nannup before heading to Manjimup for a tour of the 75ha Oak Valley Truffle Farm, a large contributor to the 85 per cent of Australian truffle production. English oak and hazel trees, inoculated with the melanosporum fungus are planted alternatively in rows. "We've seen an amazing elevation in truffle quality this season," says an elated Fabio Deitos, the Oak Valley truffle manager who uses trained truffle dogs ranging from labradors and kelpies to German short haired pointers to detect the ripe Perigord beauties. "Plus there's been a 130 per cent increase in production".

Time to whet the appetite and be spoilt for choice. An understatement.

Vasse Felix was established in 1967 by Dr Tom Cullity. Today it's one of the region's largest producers and is owned by the powerful Holmes a Court family. Large sculptures grace the manicured gardens, there's a chic-looking cellar door and a gallery of paintings houses Janet Holmes a Court's private collection. Sitting on the deck enjoying a splendid spring day it's easy to be placated by chef's charcuterie plate and a glass of cabernet sauvignon.

Since 1971 when Cullen Estate was planted, chemical intervention is minimal and the family's concern for the environment paramount. All food prepared in the restaurant uses only fresh, biodynamic and organic produce which is sourced mainly from its own garden, such as the chardonnay honey used on the Kytren goats cheese dish. And how about a glass of Kevin John chardonnay before a stroll amongst the vines.

Degustations don't get much better than at light-filled, breezy and view-tiful Wills Domain, where the quiet unassuming chef Seth James creates an impressive six or eight course marathon, using only the best ingredients. Matching wines are optional.

For festival aficionados, diarise November's three-day Margaret River Gourmet Escape extravaganza with more than 45 food and wine events including indulgent beach barbecues, sumptuous forest feasts under the stars, extra-long lunches in award-winning wineries plus culinary super-stars such as Marco Pierre White and Rick Stein.

Where to stay? The Grand Mercure Basildene Manor, classified by the National Trust of Australia, has sumptuous rooms, delightful breakfasts, and delicious afternoon teas featuring home-made jams plus beautiful gardens to admire.

Cape Lodge has the feel of a grand country-house estate. Twenty-two lavish guest suites plus a five-bedroom private residence are arranged across 16ha of parkland, lakes and garden. Forest Suites, with lake and woodland views, private balcony and underfloor heating in the bathroom have an I-could-easily-live-here quality. Stroll to the Cape Dutch-style main lodge for aperitifs in the Drawing Room before a decadent dinner in the award-winning lakeside restaurant. Savour Margaret River wineries' back vintages and fine fare from executive chef Michael Elfving, who champions local produce such as Pemberton marron and Arkady lamb and also leads farmgate tours and cooking classes.

Who doesn't love sleeping under the stars? Five stars of course!

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New lookout is open at The Gap near Albany

THE UPGRADE of facilities a The Gap and Natural Bridge in Torndirrup National Park on the south coast opened last month.

The redevelopment features two universally accessible lookout structures with connecting paths, a picnic area, interpretive signage and a car park.

Visitors can experience the dramatic coastline and spectacular scenery out to West Cape Howe from a grated see through platform that rises about 40 metres above the ocean and extends 10 metres out from the cliff face with four metres directly above the ocean.

The Gap and Natural Bridge receive more than 210,000 visits a year and this new development which provides wonderful views of the Great Southern Ocean should encourage more tourists to visit the area.



Sally Bostwick and family at The Gap



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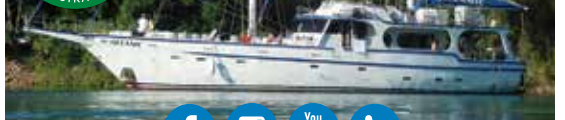
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The Ledge Point Holiday Park provides a range of accommodation including cabins, chalets, studio rooms, powered caravan sites and camping sites.

Ledge Point is situated 113km north of Perth's CBD on the coast. An easy drive along the new Indian Ocean Drive. The town boasts beautiful beaches, good fishing and a relaxed country town feel.

A fully grassed 9-hole golf course is situated next to the Ledge Point Holiday Park. This golf course is an amazing facility and has grassed greens which are unique to the region.

The Ledge Point Country Club is situated next to the golf course and is open every day of the week.

A la carte dining is available on Friday and Saturday nights. At the club people can play lawn bowls, darts or just relax with a few drinks.

Chasing salmon in Dunsborough



A nice early season salmon from Bunker Bay

by Mike Roennfeldt

BY the time this is in print the 2016 metro salmon season should just about be over. Having said that, the 2015 season didn't end in May as is usually the case, with fair numbers of fish hanging around right through the winter months out behind Garden Island, Carnac and the Mewstone.

Who knows what will happen this year, but with the warm inshore water of recent years still happening we may well have the

same situation again.

I've just returned from a couple of days down at Dunsborough, getting in an early season preview of what we might expect salmon-wise up here in Perth this year. It was pretty encouraging, although we didn't fare particularly well. You know how it is, sometimes you zig when you should have zagged and we spent a lot of time zigging. Big salmon were about in good numbers and those fisher people lucky enough to be out in boats were into the thick

of the action.

Fish that make their way up the west coast are generally a fair bit bigger than those along the south coast and this year was no exception. Most we saw or caught were over 5kg and pretty keen on having a swipe at a passing lure.

On the few occasions when schools came in within casting distance of shore there were almost always several boats in attendance, some of which made life difficult for the unfortunate shore-bound contingent, placing themselves between the shore and the school. We did manage to hook up on three fish though and they each performed in spectacular fashion in the shallows.

What we missed big time was a red hot session at Bunker Bay first thing on the first morning we were there, where it seemed everybody caught fish before the boats turned up. I was too busy having a magnificent breakfast and coffee at my favourite Dunsborough cafe, so I had no one to blame but myself.

Not helping our cause

were the prevailing westerly winds while we were there, which meant most of the spots between the Capes would have been difficult to fish. It meant we weren't able to get in a session at Mitchells Rocks between Wyadup and Injidup, a place that has given me so many happy salmon fishing memories from past years.

Most people lure fish for salmon, although a mulie or live bait fished on the bottom or under a float will do the trick as well. Which lure to use depends largely on the situation. When distance casting is important, as it often is along Dunsborough beaches, the best option is a metal lure. With the 2.7m, 6kg outfit I use, a 40g Twisty is ideal, while heavier lures suit bigger outfits.

When the fish are in closer, 120-140 mm shallow running minnow style lures are the go, while surface poppers and stickbaits offer the most fun when the fish are hungry. I was particularly impressed with the castability and action of the new Halco C-gar on this trip.

Fremantle Harbour Masters gather for a special 100th birthday celebration



Celebrating Capt. Adams' 100th birthday were (from left) Capt. Allan Gray (No. 21, 2008 - present), Capt. Michael Coleman (seated, No. 18, 1976-86), Capt. John (Jack) Adams (No. 16, 1968-72) and Capt. Eric Atkinson (No. 20, 1988-2008)

THE four surviving Port of Fremantle Harbour Masters gathered in the Harbour Master's office recently to celebrate Captain John (Jack) Adams' 100th birthday on 15 March.

Captain Adams began working for the then Fremantle Harbour Trust in 1949 as a marine pilot. He served as Chief Pilot (1963-65), Deputy Harbour Master (1965-68), Harbour Master (1968-72)

and Divisional Manager - Operations (from 1972 until retirement in 1976).

Accompanied by his wife Lorna, daughter Judy Boyne and son Ross Adams, Capt. Adams was pleased to see former Harbour Masters Capt. Michael Coleman and his wife Lyn, and Capt. Eric Atkinson. They also met current Harbour Master Capt. Allan Gray and Deputy Harbour Master Capt. Stuart Davey in Fremantle Ports' administration building, on Victoria Quay.

After signing the roll call of Fremantle Harbour Masters that usually hangs in the Harbour Master restaurant at Rydges' Esplanade Hotel, in Fremantle, Capt. Adams cut a chocolate birthday cake and enjoyed afternoon tea and the views of the harbour from his old office. Capt. Gray presented him with a copy of

John Dowson's book *Fremantle Port*.

The Fremantle Harbour Master is responsible for enforcing the regulations of the Port of Fremantle to ensure the safety, security and operation of the port and shipping.

The Port of Fremantle encompasses Fremantle Inner Harbour, and five bulk facilities in the Outer Harbour in Cockburn Sound: Kwinana Bulk Jetty and Kwinana Bulk Terminal (both owned by Fremantle Ports), Alcoa Alumina Jetty, BP Jetty and Co-operative Bulk Handling Grain Jetty, and 383 square kilometres of water.

Current Harbour Master Capt. Gray also holds the position of general manager port operations.

The first Port of Fremantle Harbour Master, Capt. Mark John Currie, was appointed in 1829.

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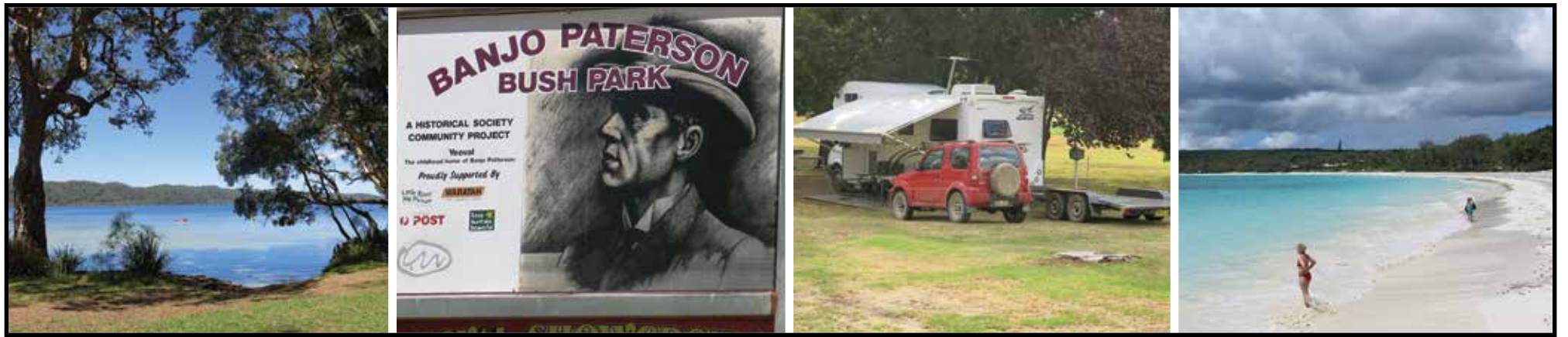
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The eternal question – caravan or motor home to travel around Australia...



Modern motor homes are great for one nighters - Traditional caravan is ideal for longer stays - A luxury motor home with a car towed behind and Australia has thousands of amazing campsites like Myall Lakes

Words and images by
Dallas Sherringham
with Michael Osborne

WHILE sitting around the campfire recently at the beautiful Wellington Caves in western NSW, the eternal question was raised once again.

Which is better for touring Australia – a caravan or a motor home?

As the sun set over the wilderness of the Catombal Ranges and kangaroos and wallabies came down from the hills to feed on the sweet grass of the nearby golf course, the camping battle of the ages was in full swing.

There were two sides to the argument roughly divided between the grizzled, bearded veterans who loved their vans and those “haughty newcomers”, the swanky motor home brigade.

Of course there was no perfect answer, but it got me thinking about my own experiences in Australia and overseas.

It all comes down to how you plan to travel. Will you be spending one night in every town, or will you stay for a week? Will you be simply driving to North Queensland and parking near a beach for the whole winter?

If you plan one nighters, the motor home is perfect. If you plan longer stays, I would go for the caravan option.

I had a motor home in New Zealand some years ago and it was a great way to get around. The major drawback was the amount of time it took to get anywhere. The small diesel engine was unable to go much over 80kph and going uphill I was passed by joggers heading in the same direction.

A big bonus was the fact that the design had seatbelts installed in the back so you could sit around the table and gaze

out the big rear window as New Zealand passed you by.

It was annoying having to pack everything up when you left the campsite to drive into town, so we made sure we did our shopping along the way.

Motor homes are also smaller inside than most caravans. However this allows them to park in a normal car space at shopping centres and in towns.

The answer is to sell the family home, spend the kids' inheritance and buy one of those big rigs that have plenty of room inside and allow you to tow a car behind.

However I'm told the fuel bill can be horrendous and they are slow to drive and hard to park in town.

Another thing you have to factor into your camping trip these days is the high price of overnight stays in major caravan parks. This has grown rapidly from \$15 a night in a powered site to more than \$50 in some parks. If you are on a six-month journey, that works out at a costing of just under \$10,000 for camp sites.

One answer is to stay at free camp sites or cheap council sites such as showgrounds.

Free camping is well

catered for in some areas of Australia, particularly the Northern Territory. However, they normally have pit toilets which are horrendous and have no water supply or electricity. The garbage often sits for days before being collected.

Something to also consider is the re-sale value of your motor home or caravan. Motor homes hold their value much better in my experience.

I had friends who bought a good second hand van in Los Angeles for \$28,000. They toured the USA for six months and sold the van for

\$30,000 at the end of their trip.

Caravans are economical if you buy a second hand one. I have seen excellent vans for around \$15,000.

However you need rear wheel drive and preferably a 4wd vehicle to tow them and this can be quite pricey.

Finally, at a campfire somewhere in Australia tonight the eternal question will be asked once again. And once again there will be as many viewpoints as there are people. I hope I have helped you make up your mind.

Struth - movie's park bench a Perth treasure



The park bench from the 1999 romantic comedy, *Notting Hill* – now a treasure at Perth's Queens Gardens with a history that's both richly famous and sad. (Parks Photography)

IN his continuing search for the more weird, wacky and wondrous in this world, David Ellis says there's a park bench in Perth's Queens Gardens that looks like it could be any old-style bench in any gardens in any part of the world.

But this one has fame on its side, although not many visitors are actually aware, for it has a history that's both equally famous and sad.

Famous because it was the park bench on which Julia Roberts and Hugh Grant talked love in the 1999 romantic comedy *Notting Hill*.

And sad because a Perth man subsequently bought the bench after the film had creamed the box office, and gave it as a birthday gift to his girlfriend – and one day when they sat on it, proposed to her.

Unfortunately for him his plea was rebuffed, the relationship ended and he finished up with the bench, which he decided to give to the Gardens, so that with its history, it could be enjoyed by others.

Now considered something of a Gardens treasure it still has the words carved onto it from the film: 'For June who loved this garden, from Joseph who always sat beside her.'

The donor insisted that despite the value of his gift to the Gardens his identity always remain secret, the only clue to he and the lady who rejected his hand in marriage being 'Rodd & Nicole 2002,' etched behind the bench's top rail.

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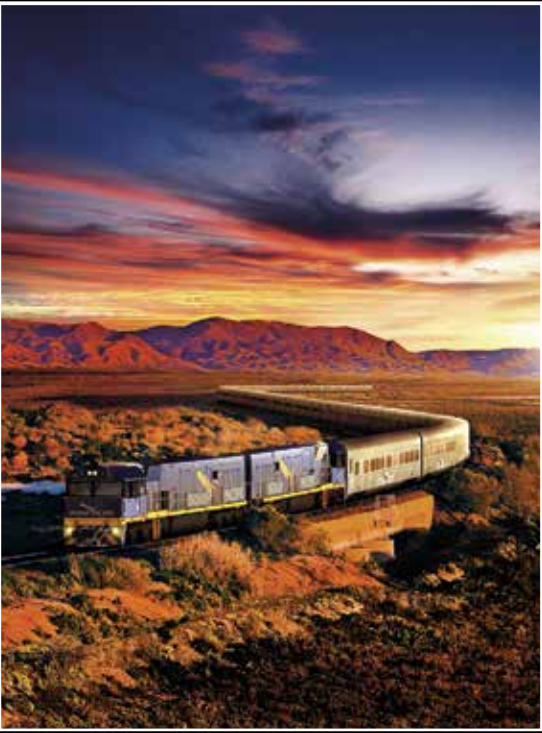
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Travelling by train...from the lushness of the Blue Mountains to the vast wilderness of the Nullarbor Plain



The Indian Pacific - The dining car

by John Newton with Michael Osborne

NOT LONG ago, you could jump aboard the Indian Pacific from Sydney to Perth for a lot less than the cost of flying economy across the continent. But it's a different story today with one of the world's great

railway journeys outpricing the trip by air. It's simple really. The train journey these days is a four day/three night adventure in either Platinum or Gold Service class with all gourmet meals, selected complimentary drinks and excursions included in the price - which is around



the same as staying at a five-star city hotel with meals and a few top drops. But price aside, it's the glorious Australian landscapes - from the lushness of the Blue Mountains to the vast wilderness of the Nullarbor Plain - that you can't see from 35,000 feet up above the clouds. For a train pulling as many as 32 carriages with an average length of 774 metres, the Indian Pacific team at Sydney Central Station make the boarding process appear like a simple operation, despite having to load the heavy suitcases of most passengers onto a separate carriage. And it's not surprising

that the train - resplendent with its wedge-tail eagle symbol on the side of each carriage - slowly heaves its way out of Sydney's Central Station, picking up speed in the mid-afternoon sun as it heads west on the long-haul journey - a whopping 4352 kilometres (2704 miles) to the sun-drenched shores of the West Australian capital. It seems like Sydney's urban sprawl will never end before the train begins its huff and puff up towards the towering majesty of the Blue Mountains, where the blue haze covering the valleys contrasts with the famous sandstone escarpments. By dusk, the train is on the straight

and narrow again with the two locomotives stepping up the pace to the maximum 115 km/hr (average 85 km/hr) - clickety clacking across the rolling green hillsides of the Flinders Ranges. They even serve the 'upper classes' with an early morning cup of tea every day. This was a much-needed pick-up after the first night aboard, particularly as were up just after dawn to trudge around the so-called Silver City of Broken Hill, where the golden days of its rich lead-zinc ore deposit have seemingly fallen in a hole. Back on track, Adelaide beckons in another seven hours and time to stretch the legs for an extended stay when Platinum and Gold Service passengers can opt for a tour of the fast-growing South Australian capital or a coach trip for a Shiraz or two in the Barossa Valley, topped off with a succulent roast lamb dinner at the farm shop of celebrity chef Maggie Beers - a delightful end to an indulgent half-day quaffing some of Australia's premium wines.

No sooner had we hit the unusually green Nullarbor than wedge-tail eagles began to hover above in search of some tasty morsel. Rabbits and reptiles - and perhaps a hairy-nosed wombat - would be on the menu list for Australia's largest bird of prey with its massive two-metre wingspan. One of Australia's largest population of these wombats live on the Nullarbor, as do more than 80 reptile species and more than 200 bird species. Derived from Latin meaning 'no trees' - the Nullarbor was not living up to its name as miniature trees had burst into life as we zipped along the world's longest straight railway stretch covering 478 kilometres between Ooldea and Loongana, with human habitation non-existent apart from two couples living at Cook, where we clambered off while the train was topped up with fuel and water. There's still another 1520 plus kilometres to go as the replenished train set off for the last stop before Perth. This time it's in the evening glow of the moon at

Rawlinna, a railway siding next to and named after Australia's largest sheep station. Eager - and hungry - passengers are met by lanterns and log fires (it does get cool after dark on the Nullarbor) as they mix for a slap up roast dinner on trestle tables laid out as far as the eye can see along the side of the train. It was an idyllic scene under the stars that will live in the memory of hundreds of people travelling on the weekly Sydney-Perth Indian Pacific run. The gold mining city of Kalgoorlie passed by in the middle of the night with just a matter of hours before the Indian Ocean was a continent away from its Pacific counterpart. After an epic, eye-opening journey - with many amusing moments (and few dull ones) - the Indian Pacific finally rolled into East Perth Station 65 hours after it left Sydney Central. For Sydney-Perth and Perth-Sydney timetables and prices on the Indian Pacific - go to: www.greatsouthernrail.com.au The author travelled as a guest of GSR

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- Bromus Dam - free camping area with bushwalks, lots to explore or a great place to have a BBQ or picnic.
- Mt Jimberlana - 5km east of town, offering spectacular views from the top with a picnic area at the base.
- Phoenix Park - educational, historical and is close to the town centre

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Nookaminnie Rock - a large granite rock, provides a view over the town and surrounding areas.

Pink lakes - Lies 11 km east of Quairading on the Bruce Rock Road. It is regarded as a phenomenon, as certain times in the year one side have a distinctive pink colour whilst the other side remains its natural blue. **The Toapin Weir** - 12 kilometres northwest of the town, constructed in 1912 to collect rainwater runoff and irrigate the nearby farms.

Cubbine - a homestead 17 kms north of Quairading originally owned by Alexander Forrest.

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Bendigo celebrates Marilyn Monroe



Since her untimely death on 5 August, 1962, Marilyn has become one of the most celebrated and enigmatic film stars in history.

In celebration of her life, The Bendigo Art Gallery brings together authentic artefacts, clothing and other objects belonging to (or worn by) Marilyn in a breathtaking exhibition.

The exhibition, which runs until the 10 July, displays more than twenty original costumes from some of Marilyn's greatest films (such as *Gentlemen Prefer Blondes*, *How to Succeed in Business Without Really Trying* and *Love Nest*) which feature alongside numerous dresses and accessories from Marilyn's personal wardrobe.

This exceptional collaboration with Twentieth Century Fox allowed unprecedented access to twelve of the films that Marilyn completed with the studio.

Curated by Bendigo Art Gallery, the costumes, personal clothing and artefacts have been drawn from private collections around the world and this is the first exhibit of its kind to take place in Australia.

To complement the exhibition, Bendigo Art Gallery has secured Seward Johnson's eight metre high sculpture of Marilyn Monroe, *Forever Marilyn*. The sculpture has been

seen in Chicago and Palm Springs, USA, and makes its international debut in Bendigo as an integral part of the exhibition.

Tickets are currently on sale through the Bendigo Art Gallery website and are priced \$25 for Adults and \$20 for Concession Card holders (include seniors, Health Care Card holders, pensioners and full time tertiary students).

Gallery Members (Bendigo Art Gallery and PGAV) pay the discounted price of \$16 and children aged 5 to 18 years are \$12. Children under 5 are free and do not require a ticket. A family ticket of 2 adults and 2 children is priced at \$60.

For group bookings contact box office on (03) 5434 6100. An exhibition catalogue, priced at \$35, can also be purchased online or from the gallery shop.

For more information about the exhibition, ticketing and what's on in Bendigo, visit: www.bendigoartgallery.com.au/Exhibitions/Current_Exhibitions/Bendigo_Art_Gallery_and_Twentieth_Century_Fox_present_Marilyn_Monroe

Bendigo is about 150km north-west of Melbourne or 90 minutes by car or Vic Rail.

Book now and celebrate Marilyn's birthday with the respect and reverence that this remarkable woman deserves.



Above; Marilyn Monroe and Jeanette Woolerton

by Jeanette Woolerton

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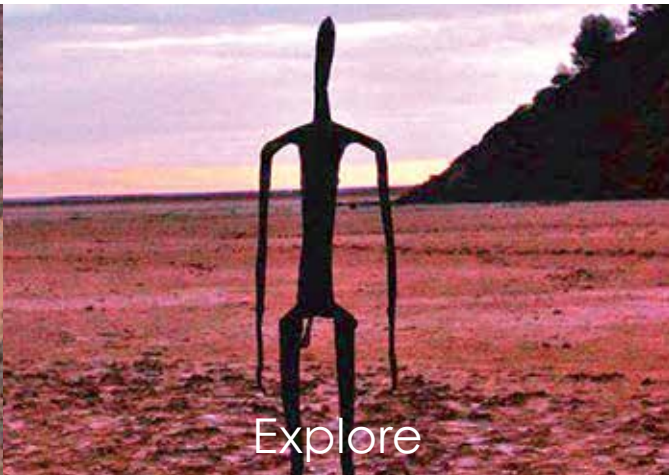
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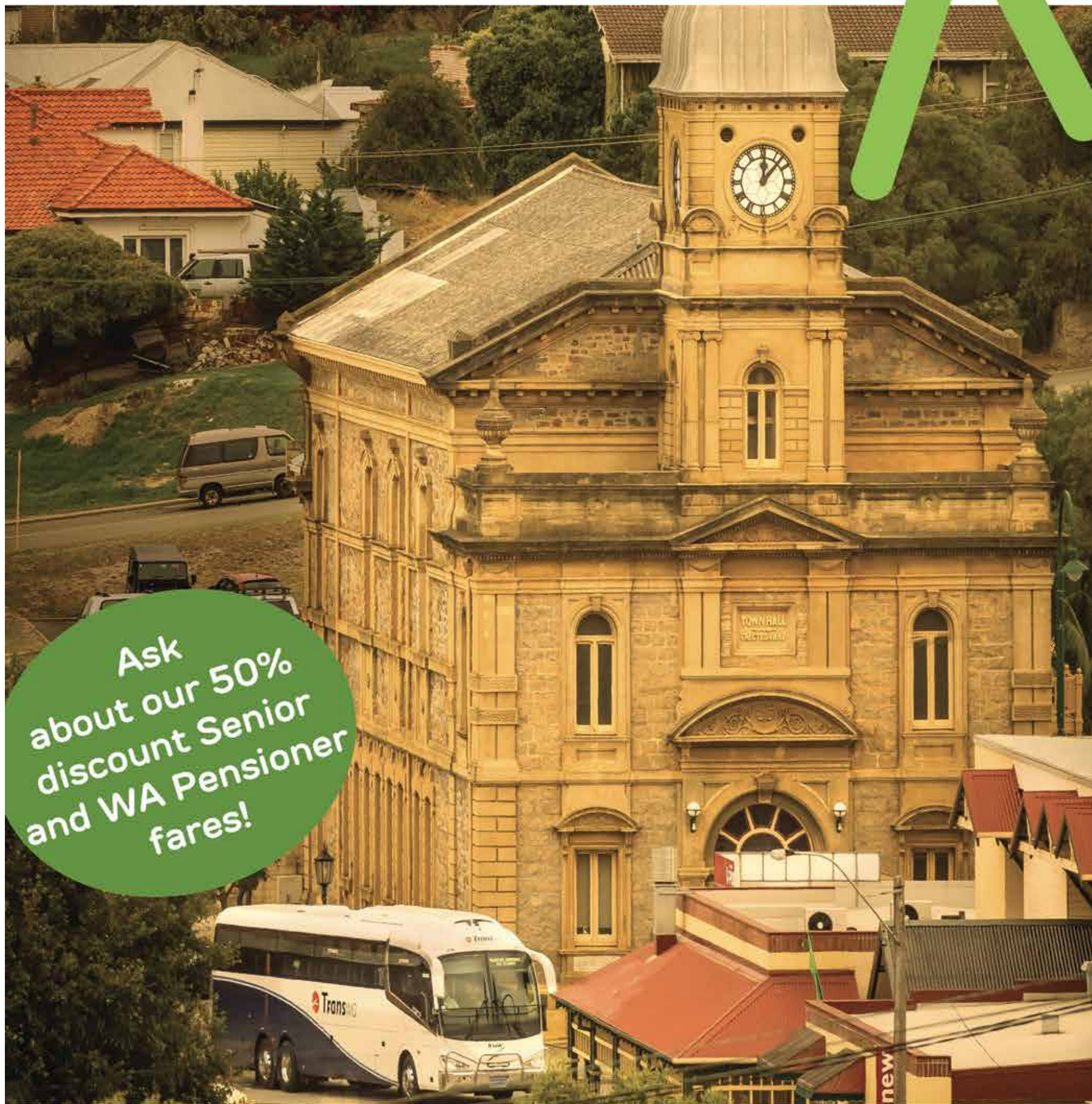


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National Volunteer Week 9-15 May 2016 “GIVE HAPPY LIVE HAPPY”



Give Happy, Live Happy Today for National Volunteer Week



PLEDGE to volunteer this National Volunteer Week and you too can Give Happy, Live Happy Today marks the beginning of

National Volunteer Week 2016, which runs from 9-15 May. This year with the theme Give Happy, Live Happy we are celebrating that not only are volunteers helping make the lives of others happier, they too are happier as a result. The Federal Minister for Human Services, Senator the Hon Marise Payne, launched National Volunteer Week at the Museum of Australian Democracy at Old Parliament House in Canberra. National Volunteer Week is an annual celebration to acknowledge the generous contribution of our nation's volunteers. Thousands of events across the country will be held to say thank you to the more than six million Australians who volunteer including thank you breakfasts, morning teas and sausage sizzles as well as open days, awards ceremonies, street parades, garden parties and movie nights.

“Research tells us that volunteering makes a difference in people's happiness. It's proven that volunteers are happier, healthier and even sleep better than those who don't volunteer,” said Brett Williamson OAM, CEO, Volunteering Australia. “Australia was ranked number 10 in the latest World Happiness Report and we think it has a lot to do with Australia's dedicated volunteers. The report highlighted Australia as having the second highest percentage population share of volunteering in registered organisations and we know that number would be even higher outside of the established organisations.” “Just a few hours of volunteer work can make a difference, so pledge to volunteer this National Volunteer Week and you too can Give Happy, Live Happy. We want to make Australia the happiest place on Earth!” said Mr Williamson. Beyond Bank Australia's general man-

ager community development, Peter Rutter said Beyond Bank is proud to again partner with Volunteering Australia for National Volunteer Week. “Beyond Bank recognises the critical role that volunteers play in our communities, and we are honoured to support them through our relationship with Volunteering Australia.” “National Volunteer Week provides a great opportunity for us all to say thanks to the many volunteers who help make our communities stronger, and let them know their efforts and commitment are appreciated – it's also an appropriate time to encourage more people to get involved,” said Mr Rutter. If you are interested in volunteering, so you can Give Happy, Live Happy, go to www.govolunteer.com.au to search for more than 10,000 vacant volunteering positions to find the perfect role in your region.

Volunteering Australia launch the new National Standards for Volunteer Involvement

VOLUNTEERING Australia's new National Standards for Volunteer Involvement (the Standards) were launched to mark the beginning of National Volunteer Week 2016. The Federal Minister for Human Services, Senator the Hon Marise Payne, launched National Volunteer Week at the Museum of Australian Democracy at Old Parliament House in Canberra. The new Standards incorporate significant changes to the original standards in order to reflect best practice in volunteer management in Australia's current work environment. Volunteering Australia CEO

Brett Williamson said: “The new Standards provide an exceptionally sound framework for supporting the volunteer sector as it is today and into the future. They have been designed to adapt to different types of organisations and the many different forms of volunteering which reflect the growing diversity of this sector. The Standards are easy to understand and use and provide clear guidance for planning volunteer programs. They also place a responsibility on organisations to ensure their management practices are continually reviewed and improved. “Importantly, the Standards

will lead to an improved volunteer experience, which is critical, given the vast number of Australians who volunteer –approximately six million. The value of their efforts to the Australian economy was most recently estimated at \$290 billion (O'Dwyer 2014). It makes sense then, to ensure volunteers are happy and fulfilled in their roles. “I would like to thank the CEOs of Volunteering SA and NT, Volunteering Tasmania and Volunteering WA who worked for many years to develop these new Standards on behalf of Volunteering Australia. I would also like to thank Breaking New Ground, our

principal consultants.” The benchmarks contained in the Standards are specifically designed to help organisations attract, manage, recognise and retain volunteers, and to manage risk and safety with respect to volunteers. According to Evelyn O'Loughlin CEO of Volunteering SA and NT who spearheaded the project, “The review of the National Standards for Volunteer Involvement has been a critical project. The original standards were written in 2001 and since then the Australian work environment has changed considerably, including changes to the Work Health and Safety Act cover-

ing volunteers. “Volunteers' expectations and attitudes have also changed over time. They have stronger views on how they expect to engage with an organisation, and how they expect to be treated by an organisation to which they commit their time and skills. Innovative social change has also influenced the way volunteers can engage with organisations, with technology and corporate volunteering creating more opportunities. Significantly, the volunteer sector has also changed in that time, having adopted a professional approach towards volunteer management.

“These are all significant changes and they have been reflected in the Standards to ensure they provide a relevant, quality framework to support the volunteer sector and guide best practice in the recruitment, management and recognition of volunteers.” Guidance on applying the Standards will be provided via comprehensive implementation resources. Additionally, Volunteering Australia will be developing a flexible, tiered voluntary certification, or ‘Quality Mark’ system to enable organisations to check how they are tracking in implementing the Standards.

Small country town blessed with big community spirit

THE SMALL rural community of Goomalling is just an hour and a half drive from the bustling Perth city and is the perfect place for a weekend getaway or tree change. There is a lot to like about the intimacy this community has to offer its residents and visitors. People are constantly surprised that with a town population of only 500 they are able to offer so many activities, services and experiences. The town's volunteers recognise the economic and social benefits of hospitality and inclusion. Volunteering is the pillar for sporting and social pursuits, and the town together fostering community harmony. The Vintage Car Sprint on the 15 October will showcase this spirit when all organisations will work together to create a day of excitement, adventure, and a touch of glamour in the race day marquee. There will be activities and fun for all ages and our community volunteers look forward to welcoming people to the event. The early rains have not only put a smile on the faces of town folks and the farming fraternity but have ensured the golf course is off to a great start to the season, visitors are always welcome and visiting volunteers wanting to experience a more reliable drive could assist with the mowing of the course. This of course is just one experience people can involve yourself with, as a visiting volunteer to not only heighten the holiday experience but make a significant difference to the communities people visit.

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You may gain increased knowledge about osteoarthritis and learn useful strategies for self-managing the condition!

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To register your details for this study, please visit: <http://www.surveygizmo.com/s3/2554211/knee-pain-study-screening-questionnaire>

Or for further information please contact Penny Email: penelope.campbell@unimelb.edu.au

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VOLUNTEERING

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For more information contact the Retail Office on 9248 8900 or email claire.everett@savethechildren.org.au

Goomalling Caravan Park

The Caravan Park, nestled amongst the trees next to the Memorial Swimming Pool, is within easy walking distance to the town facilities and has 56 sites with underground power. A fully equipped “Campers’ Kitchen”, pergola and paved outdoor area, modern amenities building, landscaped garden and barbeque, along with putt-putt golf and disc bowls, all available for use by visitors. The Park has four modern, fully serviced ensuite motel units and is a great place to stay and enjoy all Goomalling has to offer.

Goomalling Caravan Park

Throssell Street (Northam - Goomalling Road)

Ph 9629 1183 Fax 9629 1591

Email caravanpark@goomalling.wa.gov.au

Downsizing

ADVERTISING FEATURE



Downsizing isn't always easy but it could be a doddle



Lorraine Cox

by Frank Smith

DOWNSIZING makes sense particularly when you have a large home, all the children have left and you don't want to spend your life repairing, maintaining and cleaning a mansion. Then of course there is the chance

to have some money in the bank and take a holiday without worrying about the house and garden. That is if you move to a smaller home or retirement accommodation.

When you have made the decision to move you need to plan.

Lorraine Cox has more than 20 years experience helping people downsize and offers some tips.

"Start as early as possible. Once you have made the decision to move act, don't wait until your existing house is sold.

"Getting rid of surplus items is a major stumbling block for people downsizing or moving into retirement villages."

Be ruthless in deciding what to take with you and what to dispose of. Don't pay a removalist to cart furniture that you will then have to sell. Sell it now, she says.

"If you use a consultant make sure they have experience and a track record of helping people downsize."

Ms Cox says make a list of what needs to be done before the move. Put all the tasks on a calendar, wall chart or spreadsheet with the date they need to be done by and tick them off when they are done.

Contact utility companies, arrange for mail to be forwarded, tell your family and friends about the planned move, order packing boxes and start wrapping china and glassware and arrange pet care for the moving day.

Put a Post-It note on items you are getting rid of and ask family and friends if they want any of them. Unfortunately your children and grandchildren are unlikely to be interested in old and solid furniture however valuable you think it is, if it doesn't fit into a modern lifestyle.

Sell items that have resale value via Gumtree, eBay, garage sales or second hand dealers or donate them charities such as the Good Samaritans, Salvos and St Vincent de Paul.

Charities are in the business of helping the unfortunate, not helping you get rid of rubbish, so talk to them and find out what they can use.

"We take good clean furniture, appliances and bric-a-brac," said Ms Sandy Thumble of the Good Sammies. "Electrical goods are a grey area but we take microwaves and white goods in good condition, but no old style TVs with set top boxes."

"Ring our number 1300 466 372 and describe what you have to our friendly staff. They will arrange for a pick up. The drivers are the ones who see your donation and they have the final say."

Ms Cox says packing can be time consuming and backbreaking work, the options are to do it yourself perhaps with the help of family or friends or pay for it to be done professionally.

If you can afford it use a professional packing business. They will make sure you have essentials to see you through the removal process, help you make decisions about what to keep and everything they pack will be insured for the move.

Get a quote from two or more removalists and look for a company that is flexible and will give you options. Find out what they can offer. Many will be able to help you dispose of items that you no longer need.

Downsizing can be traumatic but you should only have to do it once.



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PERTH, 26 April 2016: St George Day was celebrated with a massive song and dance show at Lendlease's Harbourside Village Mindarie on 22 April, with more than 20 residents taking part and an audience of over 150 participating in the singalong.

Director and Harbourside Village resident Sharon Slimper said the show began with the 1900s and some of the classic songs like *Tavern in the Town*, and then through the 1940s

England in song and dance at Harbourside

wartimes and *Leaning on the Lampost*.

"There was also lots of fun with *Yes, We have no Bananas* and *I've got a Lovely Bunch of Coconuts*, but it was the 1990s and the Spice Boys that really got the crowd going."

Lendlease's regional manager, retirement living Fiona Rinaldi said Lendlease was always thrilled to see their residents keeping their passion for the arts alive.

"Not only is Sharon doing a terrific job with the theatre group, but we also have two retired UK pop stars in the village; they have been wonderful with the choir and starting a band," she said.

"The community spirit these events foster is wonderful and they truly demonstrate what is so great about retirement living and Harbourside Village."

Dating back to 1222, the original St George Day celebrated the life of the maiden-rescuing dragon-slaying knight, and while some of this may be fanciful, he was definitely a legend

in his time. So it's only fitting that the cast of the St George Day show took the audience through some of England's most historical phases with their creative take on war-time and music.

Five male village residents took on the serious role of dressing, dancing and singing like the Spice Girls, with one even trying on some underwear at the local shopping centre.

"Fortunately, he was with his wife when he had a browse," said Sharon.

The theatre group at Harbourside Village put on shows each year but they're especially proud of this one, which celebrates their largely British heritage and included many iconic individuals of the ages. The Barrow Boys, Pearly King and Queen, Floosies and Cockneys all had their moment on stage at Harbourside!

The cast of the St George Day concert hopes to raise \$2,000 for the Lions Institute. www.lendlease.com



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Resort-style living awaits at Jurien Bay Village, a vibrant community for the over-55s featuring landscaped gardens and a popular community centre that has its own indoor swimming pool.

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Jurien Bay reclines on a stretch of turquoise coast that's an easy two-hour drive north of Perth. Along with friendly locals and a great climate, the town has all the amenities you need including a golf course, shopping mall and local tavern.

The new display village is now open, call 0413 120 631 or email chrish@hhde.com.au to book an appointment to see the new homes and to find out how easy it is to live it up north!

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Corner Bashford St and Nineteenth Ave, Jurien Bay

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Tuart Lakes is situated on an attractive, elevated site with an abundance of trees and wildlife. Overlooking beautiful Lake Walyungup and Lake Coolongup, the Resort has a relaxed atmosphere while being conveniently close

to the new local shopping complex planned just 400m from its back door.

With an exciting range of contemporary 1, 2 and 3 bedroom homes starting from just \$179,000 to \$499,000, there is no better time to explore how Tuart Lakes Lifestyle Resort can help you simplify your life, and free up capital tied up in the family home.

What are you waiting for? Book a personal tour or talk to one of our Lifestyle Consultants today.



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Downsizing

ADVERTISING FEATURE



The Dutch approach to caring for dementia patients - Hogeweyk Dementia Village



L-R - Project Manager, Yvonne Van Amerongen - residents in the village enjoying the settings

by Frank Smith

WHEN it comes to caring for dementia patients the Dutch do things differently. They have built a dementia village - Hogeweyk - with 23 houses each occupied by six to eight dementia-suffering people.

Have a Go News caught us with Yvonne Van Amerongen, the project manager for the village, when

she was in Perth for a dementia workshop, last month.

"The village not new. It was built in 2008 and before that we had an old nursing home building. Hogeweyk is about people not buildings.

"People with dementia just need to get on with life as usual."

In normal society people have their own living

space and manage their own household. Hogeweyk residents live together with other people sharing the same ideas and values in life. Their opinion on life, housing, values and standards determine their lifestyle.

Hogeweyk offers seven different lifestyles: Goois (upper class), homey, Christian, artisan, Indonesian and cultural. The de-

cor, layout, cuisine and day to day activities adopted in each lifestyle reflect the life experiences of the people who live there. This makes the place where they live a home and maximises the feeling of independence.

The residents manage their own households together with a team of staff members. Washing, cooking and so on is done every day in all of the houses. Daily groceries are bought in the Hogeweyk supermarket.

The village has a range of facilities, including a restaurant, a bar and a theatre. These facilities can be used by both Hogeweyk residents and residents of the surrounding neighbourhoods.

Hogeweyk was planned with diverse outdoor spaces. Every one of which has a different purpose. Residents can go outside if they want to but remain inside a protected environment.

The theatre square is highly suitable for street theatre. There are stores along the boulevard as well as an outdoor patient facility and a physical therapy centre.

Hogeweyk has a range of parks and gardens. These green areas stimulate the wellbeing of the residents in various ways. Green means relaxation,

experiencing the seasons and good health.

She said communicating with dementia patients can be challenging.

"Every person is different. When engaging with them to find out what they understand, their life experiences.

"Talk about what they did and when they did it during their past life. If they can't speak observe what they like and dislike. What interests them and observe their response to what you say.

Selecting suitable staff is important.

"Before they are considered potential staff need at least three years experience of working with dementia patients. We tell them about our vision. If they like the ideas then we train them to work in Hogeweyk. If not we suggest they look elsewhere for a job."

The behaviour of dementia patients can be challenging to staff and visitors.

"If they are aggressive find out what they don't understand and if they feel threatened. Try to find the root cause of their behaviour.

"There is not one answer to problems of behaviour or communicating with people with dementia," she said.

Community health program helps Bethanie residents live life to the full



nated health care, with relevant medical histories taken into consideration.

Bethanie's HBF health support program team leader, Melanie Baker said the program was ideal for people who had long-term health conditions because it helped them remain as independent as possible.

"We've seen great outcomes during the first six-month program. It's wonderful to see such remarkable improvements in quality of life for people like Val," Melanie said.

Karen Lambie, Val's health coach, said the Health Support Program was a progressive approach to health care. "It's very personalised because we meet our clients in their own home, prioritise their health concerns and set health goals that are specific to them and achievable within the context of their lives," Karen said.

"It's very rewarding, particularly when clients begin to feel improvements and start reaching health goals."

Val confirmed the support was invaluable and helped her recover enough to return to golf twice a week.

"Karen gave me the confidence and encouragement I needed. The referrals to the physiotherapist and chemist were really helpful and I thoroughly enjoyed Karen's visits," Val said.

For further information about the HBF Health Support Program and to find out if you are eligible, call 1300 55 11 13.

For more information on Bethanie, visit www.bethanie.com.au or call 131 151.



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Downsizing

ADVERTISING FEATURE



Retirement improves people's health and wellbeing



A UNIVERSITY of Sydney study has found that people become more active, sleep better and reduce their sitting time when they retire.

Published in the *Journal of Preventative Medicine*, the study followed the lifestyle behaviours of

25,000 older Australians including physical activity, diet, sedentary behaviour, alcohol use and sleep patterns.

"Our research revealed that retirement was associated with positive lifestyle changes," said lead researcher Dr Melo-

dy Ding, senior research fellow at the University's School of Public Health.

"Compared with people who were still working, retirees had increased physically activity levels, reduced sitting time, were less likely to smoke, and had healthier sleep patterns.

"A major life change like retirement creates a great window of opportunity to make positive lifestyle changes – it's a chance to get rid of bad routines and engineer new, healthier behaviours," she said.

Retirees in the survey: Increased physical activity by 93 minutes a week

Decreased sedentary

time by 67 minutes per day.

Increased sleep by 11 minutes per day.

Reduced smoking. Half of the female smokers stopped.

The differences were significant even after adjusting for factors such as age, sex, urban/rural residence, marital status and education. There was no significant association found between retirement and alcohol use or fruit and vegetable consumption.

Dr Ding said retirement gave people more time to pursue healthier lifestyles.

"The lifestyle changes were most pronounced in people who retire after working full-time. When

people are working and commuting, it eats a lot of time out of their day. When they retire, they have time to be physically active and sleep more," she said.

"In terms of sedentary time, the largest reduction in sitting time occurred in people who lived in urban areas and had higher educational levels.

Dr Ding's mother's experience of retirement was a trigger for the study.

"My mother still lives in China and they have mandatory retirement for women at age 55. When she turned 55 she was really anxious about stopping work – she felt like

she was not as valuable. So I thought I'd like to find some positive information about retirement.

"She now spends her days enjoying so many hobbies, she can't remember how she had time to work."

Retired bank manager 89 year old Des said: "I have more time in my retirement and I am happily busy. I keep fit by dancing four times a week and walking. I keep my mind active by involvement in the University of the Third Age, teaching computer skills and dancing to the oldies, most of them are younger than me."

His answering machine message is, 'I am out enjoying my retirement'.

Dr Ding hopes the research will encourage people to think positively about retirement.

"We hope this information could translate to better health in older Australians, preventing cardiovascular disease and diabetes.

"Retirement is a good time for doctors to talk their patients about making positive lifestyle changes that could add years to their life.

"The findings suggest that both health professionals and policy makers should consider developing special programs for retirees to capitalise on the health transitions through retirement," Dr Ding said.

Sterling Life offer innovative retirement solutions



ARE you finding it difficult to make ends meet in retirement? Would you like to downsize but don't want to move to a retirement village? Do the pitfalls of reverse mortgages leave you cold?

Sterling Life addresses the key challenges that people face when moving into a brand new home, staying in the family home, paying off the mortgage, getting access extra cash and structuring assets to leave as much as possible for their children.

Sterling First help convert difficult circumstances into flexible lifestyles. One of the most common issues for people in Australia is that they have retired without enough capital to provide for living expenses in retirement. Most of their assets are in the family home and in many instances a residual mortgage or guarantee remains with very little capacity to clear the debt.

Traditional retirement

solutions offer perceived lifestyle benefits, but retirement village's leases may have multiple on-going annual fees management fees that build up over time. These can erode your investment.

Sterling Life offer brand new homes with 1, 2, 3 or 4 bedrooms for as little as \$135,000. These are refurbished accommodation in existing and new communities north and south of Perth close to all amenities including shops, medical facilities and transport.

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People now have the opportunity to enjoy the benefits of downsizing to a desired property without all the annual costs.

To improve your lifestyle call Sterling Life today for obligation free assistance on 1300 665 890 or visit our website www.sterlingnewlife.com.au.

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PEET

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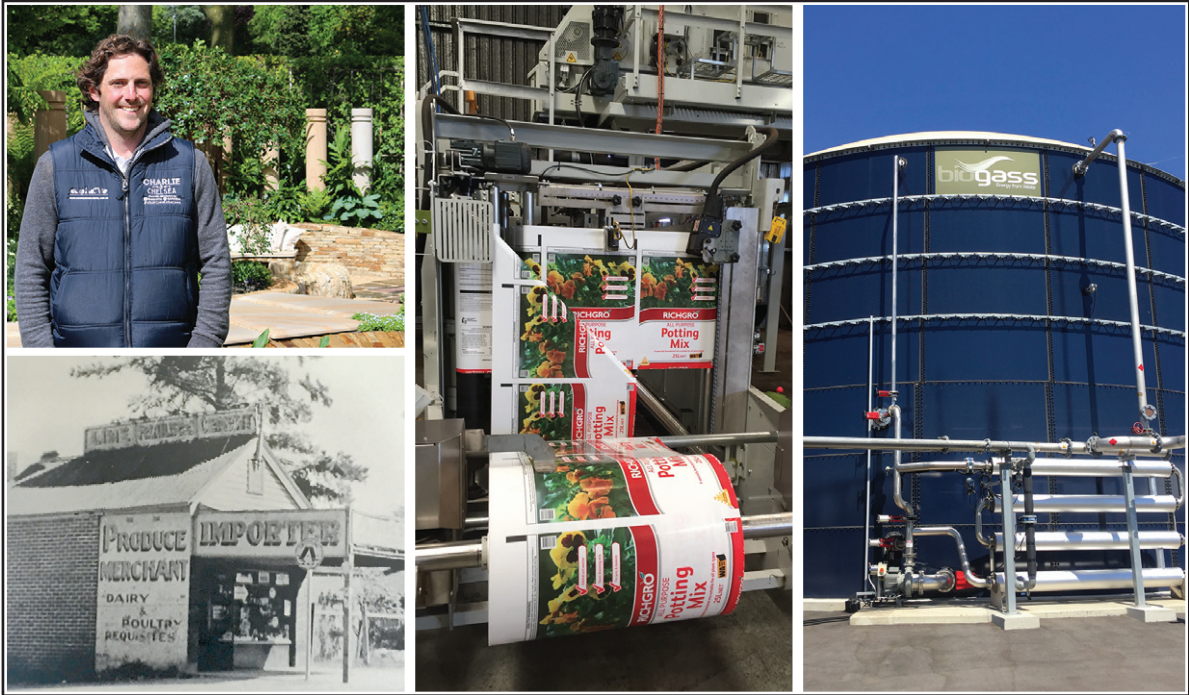
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GREAT HOME and
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GARDENING

Richgro celebrates 100 years of operations in WA



Top left; Charlie Albone, Bottom left; the original merchant shop of Richgro, manufacturing potting mix, Richgro's anaerobic digestion plant

by Colin Barlow

THIS is a very special year for one of our local gardening suppliers. A. Richards Pty Ltd trading as Richgro Garden Products is an Australian family owned and operated business, which is celebrating 100 years of operation this year.

Arthur Richards first registered the company in 1916 where they originally began trading as grocers and general merchants from a site in the Perth southern suburb of Cannington supplying the local community with a range of everyday essentials.

In 1945 Arthur's son Jack joined the company and this began the tradi-

tion of the Richard's boys becoming members of the company. This continues today with Geoff, Jack's son being the current managing director and his two sons – Tim working as operations manager and Matthew as projects manager respectively. Jack moved the company into the supply and manufacture of stock and poultry food in 1956.

When Geoff joined the company in 1964, he began the further development of the company with the manufacture and distribution of a range of fertilisers to local nurserymen in 1969. Thus the Richgro brand was created and used on a small range of fertilisers. As further demand increased the

brand name was used on an expanding product range, which included potting mix and home garden chemicals.

Today Richgro has developed into one of Australia's leading suppliers of gardening products to the retail and wholesale sectors of the industry. But to be a successful business you need to move with the times or even ahead of them. That is just what they have done with new premises in 1988, state of the art testing facilities, increased production and the increased automation of the manufacturing process.

And recently in 2014 they developed an innovative waste disposal facility. Richgro's \$8 million anaerobic digestion plant at Jandakot is

turning tonnes of waste that would otherwise go to landfill into clean energy, power and fertiliser. Solid and liquid waste from nearby breweries, chicken farms, supermarkets, food suppliers and aluminium cans are all recycled.

The organic waste is simply and naturally broken down into biogas (carbon dioxide and methane), which is then used to provide power for the site and solids used as organic fertiliser in their garden products. Some of the power generated is used to heat growing tunnels for blueberries in winter, while any excess power generated goes back into the grid. It is no wonder that Richgro brings your garden to life.

Charlie back to take on Chelsea

Charlie Albone from *Selling Houses Australia* is back at the Chelsea Flower and Garden Show this year with Support, The Husqvarna Garden. The garden represents a space to relax and reflect, and provides support to the requirement to retreat from the speed of modern living.

A water rill runs around the garden adding gentle movement and setting the tone of the space. Interesting perennial and exotic plants surround a protected sunken lawn. Charlie in conjunction with Conway landscaping has included bluestone cobbles, a floating cantilevered architectural structure and patterns taken from iconic Australian buildings to provide a link to his homeland.

Australian plants will flank the entry to the garden with two large Banksias under planted with *Acacia glaucoptera* and limelight. Exotic plants for European gardens such as *Leucodendron*, *Protea* and *Acacia* will be mixed with perennials in tones of white, pink, purple and soft red.

Good luck to Charlie and his team!

Tour of duty

I head off again this May to England escorting a tour that takes in some of England's best-loved gardens and historic houses and places. From 13 until 27 May I have great pleasure in leading a Ross Garden Tour to the gardens of England and the Chelsea Flower Show. You can take a look at the itinerary at www.rosstours.com/england/

The tour begins in Bath where we visit the historic Roman baths, picturesque Stourhead and iconic Stonehenge. Our trip to Oxford includes the charming Cotswold's villages and the quirky garden of Prince Charles at Highgrove House along with the famous arts and crafts garden at Hidcote Manor and then Blenheim Palace, England's answer to Versailles. The iconic gardens at Hatfield House, Sissinghurst and Great Dixter complete our memorable trip before we head to the Chelsea Flower Show on members day, which is an unforgettable experience.

In next month's column, I will share some of the highlights of the tour. After the tour I will also be travelling throughout Wales, Northern England and Scotland checking out gardens for a new tour including the Hampton Court Flower Show in 2017.

Open House

The Government House Open Day on 15 May gives visitors a rare opportunity to see behind the scenes at the residence of the Governor of Western Australia who represents the Queen as the Head of State in Western Australia. The gates open from 11am until 3pm and there are self guided tours of the house or you can book early for Meet the Gardeners Tours or Cellar Tours on 9429 9199. Refreshments are available for purchase and for more information go to www.govhouse.wa.gov.au

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Bringing inclusive play to Nedlands foreshore on a big scale

FIVE years in the making, the All Abilities Play Space is a big project, based on a big idea – to bring inclusive play to people of all ages and abilities to share experiences and create life-long memories on the Nedland's foreshore on the Swan River.

The Play Space is unlike anything WA has ever seen, and boasts play equipment for children and adults of all ages and abilities and includes intergenerational and exercise equipment.

Play is not just for children and the end of childhood doesn't signal the end of playing. Teens, adults and older people can also benefit from play.

The play space has been purpose-designed to cater for children with disabilities and their families as well as teenagers, adults and older people, to play together with everyone using the same equipment.

Grandparents playing with their grandchildren are expected to make great use of the facility.

Initiated by Rotary, the project is a collaboration between four local Rotary clubs and local government, and has some fantastic supporters on board, including Lotterywest, Inclusion WA, Australia's Bridge and Wood and Grieve Engineers, who are donating their services free of charge.

The All Abilities Play Space will cover 10,000 square metres on the Nedlands foreshore.

The existing green space and trees will also be respected and embraced throughout the design process.

Rotary's community fundraising appeal for the All Abilities Play Space has recently been launched and the clubs are calling on the public for donations to help build this amazing play space for everyone.

Donations to Rotary can be made through Inclusion WA's website – visit www.inclusionwa.org.au.

For more information on the project, visit the City of Nedlands' website www.nedlands.wa.gov.au/all-abilities-play-space or like them on Facebook.

Community NOTEBOOK

THE PERTH UNDERGRADUATE CHORAL SOCIETY

Tales from the English Woodlands
Perth Modern School
90 Roberts Road, Subiaco
Sunday 22 May at 4pm
<http://www.trybooking.com/LGBL>
Ph Anne 0432 532 044 or email
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Live jazz band every week

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4-5 June. 10am-4pm.
Entertainment, local arts and craft, market stalls
and free children's activities.

MIDLAND ANTIQUE AND COLLECTABLES FAIR

Saturday 21 and 22 Sunday May
from 9.30am till 4pm at Midland Town Hall.
Admission \$5 child u/14 free.
Café for refreshments.
Items for sale includes jewellery, books,
china, linen, lace and much more.

NATIONAL SENIORS NORTHERN DISTRICTS SUNSET BRANCH

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Free information session presented by COTA WA

Making the most of Consumer Directed Care in
Home Care Packages.
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face painting for children.

SOUTH PERTH LIONS BIG BAND

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research1@haveagonews.com.au

Choirs combine to Sing for Health in a special concert at Perth Concert Hall

MORE than 200 people will unite at the Perth Concert Hall on Friday 20 May, to show how singing is improving their lives and health. The Act Belong Commit Sing for Health Concert is being presented by the Spirit of the Streets Choir as part of the inaugural Sing for Health week, which runs 16 – 22 May.

"This will be a special choir event with more than 200 singers on stage for the finale, all celebrating their differences by uniting in song, and underlining the sing for health message. It's going to be an inspiring evening of song and story", says Spirit of the Streets Choir musical director, Bernard Carney.

The veteran singer-songwriter has written a song called *Pass the Song Along* for the Sing for Health initiative.

It has been set on a journey and will culminate in this finale concert, which will be filmed live by WTV in the making of a documentary about the health benefits of singing.

Singers for the massed choir production are drawn from a cross section of the community and are members of groups and choirs throughout Perth who sing together each week for their own

health and wellbeing.

The documentary will follow their journey to the Concert Hall.

The Starlight Hotel Choir, Parkinsons, Harry's Anonymous and St John of God Community Choir will join the Spirit of the Streets Choir with guest appearances from Madjiti Moorna, The Real Sing and GALS WA.

Cindy Truelove is in recovery from drug and alcohol addiction. Her involvement with the Spirit of the Streets Choir (SOS) has led her to help others, who support a drug and alcohol free lifestyle, through her group Harry's Anonymous.

"I came into SOS from rehab," says Cindy. "When I left rehab, I had nothing; my lifestyle was the people I used to be with. I really didn't have any direction in life."

Music is also good medicine for staff at St John of God Hospital, where patients are being treated to healthcare workers singing on the wards.

The St John of God Community Choir is also directed by Bernard Carney and started after collaboration with the SOS to rehearsing weekly and

performing in hospital ward waiting and reception areas.

"Current choir members work at our Mt Lawley, Murdoch and Subiaco hospitals as well as our pathology and group services. We have singers who are nurses, phlebotomists, lawyers, pastoral service practitioners, pharmacists, managers and administrators. There are also a growing number of members from the community," says St John of God, art and health coordinator, Deborah Pearson.

Jo Ferguson-Allen runs a group called Parkinson's, for people living with Parkinson's.

"Everyone can sing and everyone has a story to tell through song", she says.

"When we sing we are engaging our breath, strengthening and exercising our lungs, therefore all these things that become inhibited through Parkinson's are exercised in a fun vibrant way", she says.

Act Belong Commit Sing for Health Concert, Perth Concert Hall, 7.30pm Friday 20 May.

Tickets available from Perth Concert Hall or Ticketmaster.

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Herb Collie

ONE of Glengarry Spectacle Boutiques' clients cried when she was able to read a book using a state of the art ClearView C electronic magnifier, having lived for ten years with severe vision impairment. Another client celebrated his 100th birthday by working his way through a mountain of paperwork using his new portable electronic magnifier. Both are enjoying renewed independence and quality of life with the assistance of low vision aids and technology tailored to meet their lifestyle and needs.

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take care of their finances, view photos, and watch TV. Quantum RLV is working in cooperation with optometry and ophthalmology clinics around Australia to inform their patients with irreversible vision loss about the range and variety of low vision aids and services available. Glengarry Spectacles Boutique is Quantum's representative in Duncraig, WA. Glengarry offers their customers low vision aid assessments that include a demonstration of the various low vision devices available and an

individual trial of equipment. This can be done directly at Glengarry or alternatively the experienced optometrist can visit customers and provide the same level of service within the comfort of their home. Quantum RLV is a foundation sponsor and supporter of the Macular Disease Foundation Australia, and an approved supplier to the Department of Veterans Affairs and the NDIS. To book an obligation free appointment please call 9246 1022 or visit www.quantumrlv.com.au

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New trial by MercyCare to make service delivery for aged care more inclusive



Caroline Baird and Bev Wheeler, manager Innovation and development, MercyCare Aged Care Services, in discussion at a steering group meeting.

MERCYCARE is one of only 10 providers in Australia taking part in a new trial to involve consumers in the planning, development and implementation of services. The co-production trial, known as Step Forward – Together, aims to change the approach to

service provision to ensure consumers are an integral part of the process. MercyCare has established a steering group, which includes consumers and carers associated with the organisation, as well as staff members. The consumers are

involved in every aspect of the project, providing valuable input from their own experiences and knowledge. "The consumer driven model represents a major shift in thinking and attitudes when it comes to service delivery," said project manager Beverley Wheeler. "In the past, providers have planned and delivered services they believed were in the best interests of consumers. Under the co-production model, consumers work with the organisation to identify services that meet their needs and how best to deliver them. They are involved in every step of the process, from the planning stage until the delivery stage." The overall objective of the national trial is to help the aged care services

sector move beyond consulting to co-producing, resulting in better outcomes for all. CommunityWest Inc and COTA (Australia), funded by Department of Social Services to oversee the Step Forward – Together project, have worked with the trial organisations providing tools and guidance to assist individual projects' success. The findings from each pilot project will inform a national resource guide on co-producing aged care services. MercyCare delivers a range of services in people's homes, such as home care packages including meal preparation, personal care, social support, nursing services, maintenance and gardening. To find out more, visit mercycares.com.au or call 9442 3498.

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Macular Degeneration Awareness Week

MACULAR DEGENERATION Awareness Week is an annual campaign initiated by Macular Disease Foundation Australia to raise awareness of the risk factors and symptoms of macular degeneration and to encourage all people in Australia at risk of the disease to have an eye test and macula check. In 2016, the Foundation is highlighting the alarming prevalence of macular degeneration, with one in seven Australians over 50 showing some evidence of the disease. The Foundation's patron, Ita Buttrose, works closely with the Foundation during the week to communicate eye health messages to the community. Additionally, the Foundation works with optometrists and ophthalmologists to increase awareness of the disease by distributing the Foundation's education resources for

people at risk of macular degeneration. As a result of Macular Degeneration Awareness Week, awareness levels of macular degeneration in Australia continue to rise. Australia is now a world leader in awareness of macular degeneration with nearly 90 per cent of Australians over the age of 50 now aware of the disease. However there is still more to be done to encourage those at risk to have a regular eye test. For further information, or to order a free macular degeneration information kit, contact Macular Disease Foundation Australia on 1800 111 709 or visit www.mdfoundation.com.au. Macular Degeneration Awareness Week is 22 - 28 May. It is supported by Bayer, Blackmores and Optometry Australia.



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Retired seniors wanted for health study

RESEARCHERS at Curtin University and ECU Joondalup are seeking people aged 60 and above who are fully retired to participate in a study on health and wellbeing in older Australians. Participants will receive financial reimbursement for their participation and at the end of the study will receive a free report on their health and wellbeing.

Email Dr Michelle Jongenelis at michelle.jongenelis@curtin.edu.au or call 9266 5797 for further information.



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It's a good plan to make a plan for getting up off the floor

THE STAY ON YOUR FEET team from the Injury Control Council are providing free Up Off the Floor posters and Falls Action plans so older adults and their families are prepared if someone has an unexpected fall.

One in three Western Australians over the age of 65 will experience a fall each year says ICCWA's falls prevention coordinator Juliana Summers.

"The good news is that one conversation and a simple plan is all that's needed to get help quickly."

The WA community has a team of health professionals, community workers and carers whose aim is to keep older people active and alert and living in their

own homes.

A good start is to talk to your GP and ask what help is available.

The next step is utilising the Up Off the Floor posters to learn how to get up from the floor with your arms or knees.

If you fall and can't get yourself up, step three is following the Falls Action Plan to get someone's attention by trying to reach for a phone, pressing your personal alarm, whistling or crawling to the front door.

For tips to prevent falls or order the free Up off the Floor posters or the Falls Action Plan call the Stay on Your Feet team on 1300 30 35 40 or visit www.stayonyourfeet.com.au.

Home care packages now consumer directed



An Aged Care Assessment Team (ACAT) determines eligibility and funds for home care

by Frank Smith

HOME care packages provide assistance for people who need help to stay safe and well in their own homes. Consumer directed care enables them to determine how the home care package will be used to help them live independently.

If you need help to remain in your home you need to first get an Aged Care Assessment Team (ACAT) member's assessment of your needs. ACAT decides if you are eligible and the level of funds available to you.

Home care packages range from level 1 supporting people with basic needs to level four for those with high care needs. The current government subsidy rates are set out at <https://www.dss.gov.au/our-responsibilities/ageing-and-aged-care/aged-care-funding/aged-care-subsidies-and-supplements>. Part of this funding will be used to cover the administrative costs of the provider. By shopping around you may be able to find a larger allocation to actual care.

You can find your nearest ACAT and local care providers at www.myagedcare.gov.au or phone 1800 200 422.

If you are eligible you will then be allocated a budget with a care provider. You can spend this money to provide care in the way that best suits you, rather than be told how it is to be allocated. That is, CDC allows you to make choices about the types of assistance you access and the delivery of those services, including who will deliver the services and when it is delivered.

The most common types of supports are: assistance with bathing, dressing, mobility, preparing meals, continence management, cleaning, laundry services, gardening, home maintenance, transport to

attend medical appointments or social activities, nursing, allied health and therapy services.

Once you have agreed your care plan, the management of your package and any other details with your provider, it will be set out in a written agreement that you both sign. It is called a Home Care Agreement.

You will receive a regular statement that lets you know what funds you have, how much you can spend and how much goes on what. If your care provider can't meet your needs you can ask them to try to buy it elsewhere from another care provider or even a local business.

Ronda Held, COTA's home care manager said consumers can now pick and choose a provider.

"They will need to find a vacancy. There are likely to be more vacancies at lower care levels. In fact only 56 per cent of level 1 packages have been taken up according to industry sources

"In theory you can negotiate with the aged care provider to find the best deal and how they deliver it.

"This means providers will be able to compete for clients. The money will be available to the consumer rather than to the provider, therefore there will be more competition," she said.

"People who have received care under community care or similar programs had to undergo an income test prior to 2014. This remains unchanged. However a different income test will apply to new clients.

"If the consumer needs to upgrade their level of care as they get older they will still get benefits on the same basis, unless their service provider was charging less than the maximum which is 17.5 per cent of the age pension," she said.

Consumer Directed Care provides a great opportunity for older people to make decisions about their own care, as they have done all their lives.

Home care is not the same as Home and Community Care (HACC) funded services, now known as the Commonwealth Home Support Programme (CHSP). These provide basic support to people to help them remain living at home.

ACATs assess the more complex needs of people requiring access to higher intensity care available under Home Care Packages, Transition Care, and within Residential Care. ACATs have a range of health professionals with the clinical expertise required to consider the more complex needs of older people.

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 <p>Physical & Wellbeing – exercise and activities based on interests</p>	 <p>Household Activities – including domestic assistance</p>	 <p>Transportation Services – to and from important appointments</p>

If you qualify for **HOME AND COMMUNITY CARE (HACC)** you can ask for VTF.

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Protect your family and friends from the 'flu



WESTERN AUSTRALIANS should get vaccinated against influenza this season.

Last year, more than one in five people who were diagnosed with the 'flu in Western Australia were hospitalised – proving just how serious the symptoms of the 'flu can be.

WA Health medical coordinator Professor Paul Effler said that it was important for people to get the vaccine to protect themselves, as well as others.

"The 'flu can be a very serious illness for anyone; however young children, the elderly, Aboriginal people and pregnant women are particularly vulnerable," he said.

Flu can also lead to serious infections such as pneumonia, inflammation of the lungs and in severe cases, death.

"Forty per cent of the elderly who were diagnosed with the 'flu in 2015 required hospitalisation.

"It is important for everyone to

consider getting the flu shot. Even if you are not in a high-risk category, 'flu symptoms can still be severe and last a number of days.

As strains of the 'flu virus change each year, it is essential that people receive the vaccine annually to maintain immunity.

This year's government supplied 'flu vaccine will protect against four strains of the virus, up one from last year – providing the broadest possible protection for the 2016 flu season.

Professor Effler said that in addition to protecting your own health, getting vaccinated could reduce your chances of unknowingly spreading the infection to someone who is vulnerable and at high risk of serious complications from 'flu.

"Immunisation is especially important for adults who may care for elderly parents, children or grandchildren, as you may be putting them at risk of illness if you are not protected yourself."

The vaccine is free to at-risk groups including young children, Aboriginal people aged 15 years and older, pregnant women, people aged 65 years and older and those with chronic medical conditions.

Some private providers may charge a fee to administer the 'flu vaccine. You should discuss this with your doctor or immunisation

clinic when making an appointment.

If you are not eligible for a free flu shot via the national immunisation program, your work place may offer them as part of a wellness program. They can also be obtained for a small cost from GP clinics and some chemists.

Fact file

Influenza is caused by different strains of influenza virus that circulate commonly in humans. It primarily affects the respiratory system and is highly contagious; being easily spread by coughing, sneezing or touching contaminated surfaces.

Flu can be a serious illness and is not the same as a common cold.

Symptoms include:
sudden onset of fever
headache
sore throat
runny nose
cough
fatigue
general aches and pains
nose, throat and lung congestion.

Most people recover within a few days, but in some vulnerable groups, more serious infections can occur such as pneumonia or inflammation of the lungs, resulting in a much longer illness and often requiring hospitalisation.

Talk to your health provider about 'flu vaccination today.

Paro - robotic seal joins Regis Lakeside

REGIS LAKESIDE has a new valued member of the family – PARO.

This robotic seal or 'carebot' as they are commonly referred to, was first introduced on a trial basis in 2015. It has proven to be a popular companion for residents who are part of our Dementia Care program and since become an invaluable member of the Regis family with 48 seals currently in use across facilities nationally.

None have enjoyed the company of this lovable robotic companion more than Derek Brown who has developed a strong bond with the seal. Derek, who suffers from dementia, has embraced

this furry friend as part of his daily routine, and family and friends have remarked on the positive effect they are seeing as a result of PARO being introduced.

"Derek has responded positively to the introduction of PARO especially during care routines. What was a stressful task or time for Derek is now a time of joy thanks to PARO. Derek's eyes light up and he smiles as he interacts with and mimics PARO's every move," say the lifestyle staff at Regis Lakeside

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Empathy Care

Knee osteoarthritis research – volunteers needed!

KNEE osteoarthritis (OA) is a major problem in Australia, and helping people to self-manage the condition is an important aim of treatment.

Unfortunately, not all Australians with knee osteoarthritis have easy access to health professionals who can advise them how to self-manage their knee osteoarthritis. One way to potentially improve access to healthcare is to provide self-management advice by health professionals, who are specially trained in the management of arthritis, over the telephone. However, research is needed to determine the most effective components of self-management advice.

Researchers from the Centre for Health, Exercise and Sports Medicine at The University of Melbourne are looking for volunteers to participate in an Australia-wide study comparing two different programs of

telephone-delivered self-management advice for people aged over 45 years of age with painful knee OA. The aim of the research is to find out which program works best for managing arthritis symptoms, and why.

People from regional, rural and remote geographical areas are particularly encouraged to volunteer.

Participants will receive support and advice for the self-management of their knee osteoarthritis over the telephone, and will be monitored via surveys over 12 months. Advice will be delivered by qualified health professionals trained in best-practice management of arthritis.

If you are aged over 45 years, have had knee pain on most days of the past three months and access to a telephone, then you may be eligible to participate in this research trial.

To register your interest, please go to: www.surveymz.com

s3/2554211/knee-pain-study-screening-questionnaire or you can email the trial coordinator,

Penny Campbell: penelope.campbell@unimelb.edu.au for more information.

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For further information, phone: Marita Gardener, Community Services Officer on **9386 9803** or Email: mgardener@nedlands.wa.gov.au

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Perth's exploding small bar scene offers dining delights in King Street



Ladies lunching at Varnish on King: Trisha Miles with Judy Wieland

by Jennifer Merigan

TRISHA Miles and Judy Wieland were enjoying a pleasant lunch at Varnish on King when I interrupted them.

"Do you mind if I take your photo?" I said.

"No" they said.

"What made you come here for lunch?" I asked.

Judy said that her and a girlfriend from Oregon had found Varnish on King on a girls' day out in the city but didn't have time for lunch.

Judy said that she remembered the great service they received on that first visit.

When her girlfriend Trish arrived in Perth for a visit from Wollongong they decided it was the perfect place for their ladies lunch.

Varnish on King is one of Perth's small bars located in King Street. It specialises in American whiskeys but has a large selection of wines and beers and a newly updated food menu.

Furnished like an old American den, it makes a pleasant place to while away an afternoon or evening with a nice drink, but better still the perfect place for trying out some of the fabulous food on offer.

I was a guest to try out some of the dishes on their new menu.

Offal – well I've generally had a love/hate relationship with this meat – mainly hating it and vowing never to put it in my mouth, but as I get older I am definitely becoming more adventurous and on this day I ate black pudding, chicken hearts and crispy beef tendons.

Soul food resonated through the menu but with a twist, grilled corn bread with chicken hearts, zucchini relish and deep fried butter was a superb combination, I really couldn't believe I was eating a chicken heart but the dish worked so well.

The beef tartare was

another dish I have never been one to order, but again this dish challenged my beliefs with the flavours of the fennel, squid ink croutons and pickles providing a taste sensation.

Then there was the roasted jalapenos with goats curd and black pudding; the black pudding complemented the spicy jalapenos perfectly.

The big plate of a whole roasted lamb shoulder done in an anchovy butter, sage and bush tomato was frankly just too delicious.

The meat was so tender it just fell off the bone and served with a pickled carrot salad and grilled broccoli I was in foody heaven.

By the time the desserts came around I really was thinking I didn't have much room left but who could resist cinnamon donuts with toasted pepitas and roast pumpkin custard or a little taste of the caramelia ganash with coconut foam and dried raspberry.

This little kitchen packs a big punch and headed up by ex-Vue de Monde of Melbourne chef Dave Allison provides quality food for diners in Perth in our consistently exploding food scene.

I am proud to live in Perth; the city is really coming of age with a fabulous array of venues around town.

Varnish on King is a cracker.

St Mary's Cathedral concert *Gregoriana*

IMPROVISATION is an old art as old as, possibly, the pipe organ itself – organists have for centuries (possibly since the advent of the instrument itself) experimented with melodies, varied and ornamented them and thus gave rise to musical compositions.

It is said that the young Bach walked over 400 kilometres (the trip took him 10 days) to hear the foremost organist of the day, Dietrich Buxtehude (1637-1707) improvise. Interestingly, Bach himself was more famous in his lifetime as an improviser on the pipe organ than a composer.

This art-form came to notable heights in the hands of the French organists of the 19th and early 20th centuries. Many of the names we know as famous composers (Widor, Vierne, Franck) were in fact active organists and directors of music in churches and cathedrals throughout France and excelled in this art-form. Many of their actual

compositions we hear today were most likely born from their elaborate improvisations on the instrument.

This art form is exemplified in a unique concert which kicks off St Mary's Cathedral's 2016 concert season using chant as its inspiration – the program almost entirely improvised. Titled *Gregoriana* (alluding to the connection with Gregorian chant) the cathedral choir will proceed around the candle-lit cathedral singing various chants interwoven in the elaborate organ improvisation and propelling it forward.

Through the program, the cathedral's director of music and principal organist Jacinta Jakovcevic will also play some stalwarts of the French symphonic repertoire including works of Vierne, Dupre and Durufle's awesome Toccata.

Pia Schelfhout, (19) who has just completed her Organ Scholarship at the cathedral, will also feature in

the program playing Boellmann's thrilling Toccata from his Gothic Suite.

Prior to the concert (between 5-7pm), Miss Maud restaurant (Pier St, Perth) is offering its famous smorgasbord at the very special concert price of \$35: bookings are essential (please phone 9325 3900).

Limited, free parking is available on the cathedral grounds.

Tickets (\$25 / \$20 concession) available at ticketswa.com (phone 6488 2440)

WIN WIN WIN

To be in the draw to win one of five double passes to attend St Mary's Cathedral's *Gregoriana* concert on 15 May at 7.15pm, email win@haveagonews.com.au and include the word cathedral in the subject line. Alternatively, phone the Have a Go News office during business hours (9am to 5pm, excludes public holidays) to enter. Competition ends 18/05/16.

Money Monster - Follow the money...



MONEY Monster is a directed by Jodie Foster. Lee Gates (George

Clooney) is a bombastic TV huckster whose popular financial network show has made him the money guru of Wall Street.

But after he hawks a high tech stock that mysteriously crashes, an irate investor (Jack O'Connell) takes Gates, his crew, and his ace producer Patty Fenn (Julia Roberts) hostage live on air.

Unfolding in real time, Gates and Fenn must find a way to keep themselves alive while simul-

taneously uncovering the truth behind a tangle of big money lies.

In cinemas 2 June

WIN WIN WIN

To be in the draw to win one of ten double passes to *Money Monster* simply email win@haveagonews.com.au with *Money* in the subject line or mail to Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number. Competition closes 31/5/16.

Meet Bertie

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

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

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

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food & WINE



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ADVERTISING FEATURE

...eat, drink and be merry...

Vince Garreffa's

Scaloppine with
lemon and white
wine sauce



by Vince Garreffa

QUICK meat meals always impress guests and the family. Not losing the host to the kitchen for an hour makes a dinner party a lot more fun. I suggest using White Rocks veal as it is the best veal available in WA but you can use any veal you like or even replace it with thin slices of beef, lamb, pork or chicken. This dish takes five to 10 minutes in total and is really yummy and looks fabulous.

Ingredients for two

6 thinly cut 50 g veal slices
Seasoned flour (use plain flour and add salt and pepper to taste)
30 g knob of butter (size of an apricot)
1 tablespoon of extra virgin olive oil
1 x medium size lemon cut in half
100 ml of your favourite white wine
12 spears of local asparagus – we used fresh ones from the Gascoyne

Method

Melt the butter in a frypan and quickly add the olive oil and stir together. Coat the veal slices in the seasoned flour and fry ensuring there is a good sizzle for about one minute on each side. Now quickly squeeze half a lemon over the veal and add the wine. Stir the veal for five seconds, put the asparagus spears on top of the veal and put the lid on the pan.

Take off the heat after 90 seconds and rest with the lid on for another for a minute or two.

Serve quickly with crusty Italian bread and a salad. Share this dish with someone you care about or someone you love.

This recipe was inspired by every Italian born before me. Buon appetito.

Letters to...
Vince Garreffa



IF YOU want a particular recipe of mine, don't hesitate to drop me a line at *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your telephone number so I can call you!



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The weather's getting cold - time to slurp it up

by Noelene Swain

"BETWEEN soup and love, the first is better" goes the old Spanish saying. A slightly pessimistic view on the world of romance, but it does do justice to our attitude to that marvellous steaming bowl of soul-affirming goodness known as soup. Liquid nourishment for the weak and weary, soup has a long and proud history of being one of the ultimate comfort foods. From a chilli and lime scented Tom Yum Goong to a delicate cream of chestnut, soup enjoys a global popularity and rightly so. Apart from being exceedingly versatile, packed with goodness and a cinch to prepare, soup tastes mighty fine, and you really can't argue with that.

The best ever creamy
mushroom soup



Preparation: 10 mins,
Cooking: 30 mins,
Serves: 4

60g butter
2 leeks, thinly sliced (see tip)
2 garlic cloves, crushed
400g flat mushrooms, diced
300g cup mushrooms, diced
Sprig fresh thyme
1 teaspoon lemon zest
4 cups chicken stock
¾ cup thickened cream
½ cup flat-leaf parsley leaves, chopped

MELT butter in a large saucepan over medium-high heat until butter begins to foam. Add the leeks and garlic. Cook, stirring often, for three to four minutes or until leek is soft. Add the mushrooms, thyme and lemon. Cook, stirring occasionally, for 10 minutes or until mushrooms are tender. Add the stock, bring to the boil, stirring occasionally. Reduce heat to medium-low. Simmer for 10 minutes. Remove from heat. Blend or process soup in batches, to your desired consistency. Stir in the cream and parsley. Return to medium-low heat. Cook, stirring, without boiling, until hot. Season with salt and pepper. Serve with crusty bread.

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Knife and fork talk with the Dining Divas

THIS MONTH we begin our new column. Dining Divas Judith Cohen and Pat Paleeya will review lunch specials from venues around Perth.

The lunch special at the Leopold Hotel was a pleasant surprise, however, we did need to wander around a little to find where to place our order as not a lot of signage was evident.

Judith chose pasta arrabiatta with a tasty sounding sauce, accompanied with a half pannini roll with a liberal spreading of garlic butter and nicely toasted. Very generous servings and nice presentation seemed to be the norm. Unfortunately the pasta was a little undercooked but the sauce was delicious with a chilli zing. Well worth a visit to enjoy this budget priced lunch.

Trying to decide where to eat our meal we came across a quirky little nook just off the lounge bar. Brown utility chairs and tables were a little at odds with the bright red and gold chaise-longue against one wall and above us black and white umbrellas were suspended from the ceiling, in their midst hung a small chandelier encased in a

black shade.

Whilst pondering the décor a smiling young lady delivered Pat's meal of beer battered fish and chips with a salad garnish and a pot of piquant tartare sauce.

The beer batter was light and crispy, one of the best I've tasted, the fish moist and tender. The size of the meal was very generous and as much as I tried I couldn't polish off my pile of chips. Pat began eyeing up the chaise – wondering whether she could just drape herself for a while – until her waistband slackened? She didn't, and they both waddled up Canning Highway, sated and happy.



Rating - 3½ forks

Leopold Hotel -
326 Canning
Highway, Bicton
9339 1100
\$11 lunch specials
– meal choices
updated regularly
12noon -3pm

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

Recipes for one:
creamy zucchini and leek soup



Preparation: 15 mins,
Cooking: 30 mins,
Serves: 1

1 teaspoon olive oil
½ leek, white part only, chopped
1 small potato, peeled and chopped
1 small zucchini, chopped
1 cup chicken stock
1tablespoon cream
Salt and freshly ground
black pepper, to taste
Chopped fresh chives, to garnish
Crusty bread, to serve

HEAT oil in a large saucepan. Add leeks and cook until soft. Add potatoes, zucchini and stock. Simmer with lid on until vegetables are tender. Blend or process until smooth. Return to saucepan. Add cream, salt and pepper. Simmer until just heated through. Serve topped with fresh chives and crusty bread.

on presentation of this advert

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Autumn: season of mists and mellow fruitfulness



by Frank Smith

THERE is good news for those who like a glass of wine. Recent research suggests that moderate wine consumption reduces the risk of developing type 2 diabetes in both men and women, irrespective of age and in those with both a low and a high body mass index. The best protective effect is gained by drinking two standard drinks (about 200ml wine) a day. More than that gives less protection and more than five standard drinks is likely to in-

crease the risk of developing diabetes. The World Health Organisation sums this up in the Global Status Report on Alcohol and Health – 2014 edition for type 2 diabetes “a dual relationship exists, whereby a low-risk pattern of drinking may be beneficial while heavy drinking is detrimental.” The protective effect is best when wine is consumer with a meal, as in most Mediterranean cultures. So let’s keep diabetes at bay by a modest tipple such as these: **Robert Stein Semillon 2015** is pale straw in colour with Intense citrus, green apple and grassy aromas. The palate has great length, with lemony acidity and a nice mineral finish. The winemaker says this is a wine that will grow and evolve in the bottle over the next decade. Drink with a range of seafood dishes. RRP \$26. **Huntington Estate Cabernet-Sauvignon 2009** has a very fruity aroma with blackcurrant, red berries and a cedar edge. The palate is ripe and fruity, very rounded with soft tannins and great length. Before release for sale it was aged for 24 months in oak, followed by four years in bottle and should improve for up to another six years. Drink with richly flavoured beef or lamb

dishes. RRP \$25. Buy direct from the vineyard. We haven’t previously featured late harvest-ed botrytised wine. They tend to be expensive and cloyingly sweet, but if you can handle the sweetness they go well with desserts and even cheese and are a great way to end a special meal. **Huntington Estate Late Harvest Semillon 2015** has attractive aromas of dried citrus peel, marmalade, honey, apricot and faint nuances of new oak. The palate is flavoursome and mouth-filling with citrus and lemonade notes. The finish is long and crisp. Owner Tim Stevens left ten tonnes of Semillon grapes (which would normally yield 7,500L of juice) on the vine to ripen and for around 30 per cent to be affected by botrytis until May when they were hand-picked. By then the volume had shrunk to four tonnes. He then pressed the whole bunches which yielded just 1,800L of juice. This was cold-fermented until it stopped at 12 per cent alcohol. Forty per cent of the must was matured in new French hogsheads for five months prior to bottling. Huntington Estate wines are designed to mature over a long period in the bottle. Tim says this wine will really hit its stride in around 2019, peak in 2026 and will hold for a further ten years or so if you are that patient. RRP \$36.

Emmy Kubainski’s roast butternut squash and red onion with tahini and za’atar



Emmy Kubainski

- 1 large butternut squash (around 1.1kg), cut into 2cm x 6cm wedges
- 2 red onions, cut into 3cm wedges
- 50ml olive oil
- Maldon sea salt and black pepper
- 3½ tbsp tahini paste
- 1½ tbsp lemon juice
- 3 tbsp water
- 1 small garlic clove, crushed
- 30g pine nuts
- 1 tbsp za’atar (Middle Eastern herb mix)
- 1 tbsp roughly chopped parsley

Method
HEAT the oven to to 220°C/425F/gas mark 7. Put the squash and onions in a large bowl, add three tablespoons of oil, a teaspoon of salt and some black pepper, and toss well. Spread, skin down, on a baking sheet and roast for 40 minutes until the vegetables have taken on some colour and are cooked through. Keep an eye on the onions: they may cook faster than the squash, so may need to be removed earlier. Remove from the oven and leave to cool. Put the tahini in a small bowl with the lemon juice, water, garlic and a quarter-teaspoon of salt. Whisk to the consistency of honey, adding more water or tahini as necessary. Pour the remaining oil into a small frying pan on a medium-low heat. Add the pine nuts and half a teaspoon of salt, cook for two minutes, stirring, until the nuts are golden brown, then tip the nuts and oil into a small bowl. To serve, spread the vegetables on a platter and drizzle over the sauce. Scatter the pine nuts and oil on top, followed by the za’atar and parsley.

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Charles St. North Perth
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arts



British Retro film festival returns to Windsor in May



DAVID STRATTON'S Second Great Britain Retro Film Festival returns to Windsor Cinemas from 12 to 25 May.

Screening 14 classic British films rarely seen on the big screen which are looking better than ever in HD digital. They include retrospectives of Carol Reed, Ealing Studios and David Lean.

Some of the films include *A Passage to India*, *Blithe Spirit*, *Chariots of Fire*, *Her Majesty Mrs Brown* and Ealing Studios classics *The Ladykillers*, *Whisky Galore*

and *The Lavender Hill Mob*.

David Stratton said that it was most gratifying to see the terrific response to the first festival last year.

"This second edition features more wonderful films, many of which have not been seen on a cinema screen in decades.

It's particularly pleasing to include films in which Australian talent made major contributions – ace Perth-born cinematographer Robert Krasker provided the unforgettable images for *Odd Man Out* and the luminous Judy Davis is magnificent in *A Passage to India*, in all, a feast of British cinema," said Mr Stratton.

WIN WIN WIN

To be in the draw to win one of three double passes to any film in the festival simply email win@haveagoneews.com.au with British in the subject line or call the Have a Go News office during business hours on 9227 8283. Competition closes 15/5/16.

Georgy Girl - The Seekers Musical comes to Perth in July

CELEBRATING one of Australia's most loved groups, *Georgy Girl The Seekers Musical* will commence its Perth season at Crown Theatre on 8 July running until 24 July.

Georgy Girl tells the remarkable story of legendary pop group *The Seekers*, the first Australian band to achieve international success.

The show will feature all their hit songs includ-

ing *The Carnival is Over*, *I'll Never Find Another You*, *Morningtown Ride*, *A World of Our Own* and of course the Oscar nominated *Georgy Girl*.

These classic songs have been enjoyed by generations of music lovers around the world and particularly by Australians for whom *The Seekers* form part of their musical DNA.

Featuring Pippa Grandison as Judith Durham, Philip Low as Keith Potger, Mike McLeish as Bruce Woodley, Glaston Toft as Athol Guy and Ian Stenlake as John Ashby, the show follows the story of the group from their folk and jazz beginnings in Melbourne through to the meteoric rise to world pop stardom in the 60s to today.

Written by Patrick Edgeworth *Georgy Girl - The Seekers Musical* tells the incredible story of one of our national treasures.

Tickets are on sale through Ticketmaster on 136 100 or ticketmaster.com.au



Pippa Grandison pictured with Judith Durham
© Jim Lee

The Greats of 70's Country Music



Join Daniel Thompson (Johnny Cash) for a salute to 70s country music

THE Johnny Cash Show stars Daniel Thompson, Australia's very own Man In Black and the voice of Australia's premier salute to the country icon Johnny Cash.

Over the last six years Daniel has been touring nationally with *Johnny Cash - The Concert* performing to more than 30,000 fans. During which he has gained a reputation as one of Australia's best and most respected tribute performers. Daniel is now proud to present and bring to life his brand new show – *The Greats of 70's Country Music*.

This brilliant new concert experience will showcase the 1970's hits of some of the biggest country music artists of all time including: Glen Campbell, Kenny Rog-

ers, Willie Nelson, John Denver, Dolly Parton, Dr Hook, The Bellamy Brothers, Linda Ronstadt and many more.

During the 1970s, a decade where a huge variety of music exploded into the mainstream around the world, country music thrived with many timeless country classics reaching the top of charts around the world.

Daniel has a huge respect and love of the classic hits of his musical heroes. "People want to hear these songs and I'm looking forward to singing them," he says.

The Greats of 70's Country Music will highlight two hours of the biggest hits from some of the best known names in country music from this classic era and will also

feature a special tribute to Johnny Cash.

The Greats of 70's Country Music coming soon to a theatre near you in 2016:

Thu 30 June – Albany Entertainment Centre, Albany. Book www.ticketek.com.au/132849

Fri 1 July – Bunbury Regional Entertainment Centre. Book www.bunburyentertainment.com.au/0853829555

Sat 2 July – Heath Ledger Theatre, Perth. Book www.ticketek.com.au/132849

Sun 3 July – Mandurah Performing Arts Centre, Mandurah. Book www.manpac.com.au/95503900

WIN WIN WIN

To be in the draw to win one of four double passes to see *The Greats of 70's Country Music*, email win@haveagoneews.com.au with the word country in the subject line or address an envelope to *The Greats of 70's Country Music Comp. c/- Have a Go News PO Box 1042, West Leederville WA 6901 with your contact details in the reverse side. Competition ends 06/06/16.*



ART for ALL

• **9-22 May** **Out & About**; an exhibition inspired by the artists' travels - including a feature wall of artworks created "en plein air" includes on the **11 May, 12pm-2pm, Lunchtime in the Gallery** with award winning local artist Dave Conlin www.daveconlinartist.com who will share his passion for plein air watercolour painting. Cost: \$20 (\$15 Pensioners)

• **23-29 May** **The Fourth Korean Traditional Folk Painting Exhibition**

• **30 May-6 June** **Alfred Cove Art Society's Awards of Excellence**

ATWELL GALLERY AT ATWELL ARTS CENTRE

Riverside location on bus route - Plenty of parking - air conditioned

586 Canning Hwy, (Cnr North Lake) Alfred Cove

Ph: 9330 2800 www.atwellarts.com



*Proceeds to the Atwell House Restoration Fund

This time tomorrow with Mirusia...



INTERNATIONAL singing sensation *Mirusia* (pictured left) will appear at Mandurah Performing Arts Centre on 9 and 10 June presenting a glamorous evening of well-loved songs and musical numbers in her new concert program, *This Time Tomorrow*.

For the past nine years, *Mirusia* has toured extensively around the globe as star soprano for André Rieu. She has also achieved interna-

tional recognition as a solo performer, singing many styles of music including opera, musical theatre, pop and jazz.

Hailed as the Angel of Australia, Brisbane-born Mirusia Louwerse has come a long way since studying opera at the Queensland Conservatorium and becoming the youngest ever winner of the prestigious Dame Joan Sutherland Opera Award.

Also appearing on stage will be Mirusia's Chamber Orchestra led by musical director Graeme Press (The Seekers 50th year celebrations, Judith Durham, Carols in the Domain) in a program featuring songs from her award-winning albums, including *Ave Maria*, *Romanza*, *Memory*, *Wishing You Were Somehow Here Again*, *All I Ask Of You* as well as her own compositions.

Mirusia has recently released a new CD and DVD entitled *This Time Tomorrow*.

Mandurah Performing Arts Centre is proud to present *Mirusia* as part of her first full-scale national Australian tour.

Book at www.manpac.com.au or call 9550 3900.

WIN WIN WIN

To be in the draw to win one of two double passes to *Mirusia* at the Mandurah Performing Arts Centre simply email win@haveagoneews.com.au with Mirusia in the subject line or send an envelope to *Mirusia - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 25/5/16.*

MANDURAH PERFORMING ARTS CENTRE PRESENTS

MIRUSIA

This Time Tomorrow
- 2016 AUSTRALIAN TOUR -

"André Rieu's Muze"

- DE TELEGRAAF

Thursday 9 June 7.30pm
Friday 10 June 7.30pm

"International Singing Sensation"

- THE QUEENSLAND TIMES

"She has the voice of an angel"

- ANDRE RIEU

"Like listening to pure perfection... one of Australia's greatest and best-kept secrets"

- CULTURE CONCEPT



BOX OFFICE Phone: 9550 3900 www.manpac.com.au

The Tivoli Club of WA Inc presents

LAS VEGAS LIGHTS

TICKETS	
Adults	\$20
Pensioner	\$17
Child	\$10

Friday 8pm
May 13, 20 & 27
Doors open at 7.30pm

Sunday Matinee 12.30pm
May 14 & 15
SOLD OUT!
Doors open at 11.30am

Featuring songs from all your favourites, including
Dusty Springfield,
Elvis Presley, Neil Diamond,
Frank Sinatra,
Whitney Houston
and many more.

All tickets include show, chicken & chip meal, tea and coffee. BYO alcohol and glasses

WELCOME TO Fabulous LAS VEGAS NEVADA

BOOKINGS:
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9364 5463 (Please leave a message)
Visit www.tivoli.org.au

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The Angry Birds Movie



IN the 3D animated comedy, *The Angry Birds Movie*, we'll finally find out why the birds are so angry.

The movie takes us to an island populated entirely by happy flightless birds – or almost entirely.

In this paradise Red (Jason Sudeikis – *We're the Millers*, *Horrible Bosses*), a bird with a temper problem, speedy Chuck (*Josh Gad Frozen*) and the volatile Bomb (Danny McBride – *This is the End*, *Eastbound and Down*) have always been outsiders. But, when the island is visited by mysterious green piggies it's up to these unlikely outcasts to figure out what the pigs are up to.

Featuring a hilarious all-star voice cast that include Bill Hader, Maya Rudolph and Peter Dinklage as well as Keegan Michael Key, Kate McKinnon and Tony Hale.

In cinemas 12 May

WIN WIN WIN

To be in the draw to win one of ten double passes to *The Angry Birds Movie* simply email win@haveagonews.com.au with *Birds* in the subject line or call the Have a Go News office on 9227 8283 during business hours. Please include your name, address and phone number. Competition closes 31/5/16.

War and Peace out on DVD now



WIDELY regarded as one of the greatest novels ever written, *War and Peace* is a timeless story of three young people set against

the epic backdrop of Russia's war with Napoleon.

At the centre of it all stand Pierre Besukhov, a hot headed new comer to Russian society, brimming with ideas but hopelessly lost as he seeks meaning in his life. His sincere good nature is a comfort to his friend Andrei Bolonsky, a cynical prince who is sick of his stifling marriage and longs for glory on the field of battle.

Both their fates are bound to the beautiful, captivating and kind hearted Natasha Rostova,

only a teenager when the series begins, but desperate to grow up and experience the world.

Over eight years of peace and war there is a vast cast of unforgettable characters from peasants to society hostesses. Nevertheless we keep returning to the three principals through marriages, affairs, battlefields and ballrooms, births and deaths as together they confront life's great questions of love and destiny.

RRP - \$29.95 – out on DVD and Blu Ray

Music lovers in for a treat with WAYO performing 1812 overture



Apricity Premiere © Jarred Seng

THE WESTERN Australian Youth Orchestra will open its 2016 Perth Concert Hall season with a program of inspiring music by two of Russia's greatest composers. Tchaikovsky's larger-than-life *1812 Overture* was written to commemorate the defeat of Napoleon's invasion of Russia and is sure to be equal

parts fire and grandeur.

The Adagio from Aram Khachaturian's ballet, *Spartacus* and Tchaikovsky's soaring *Symphony No. 4* will also feature in this concert of exciting Russian orchestral music.

The Western Australian Youth Orchestras Association (Inc.) is a not-for-profit associa-

tion dedicated to musical excellence with a mission to provide quality musical training and performance opportunities for young musicians to enrich their lives and the cultural development of the Western Australian community.

WA Youth Orchestras' 500 members are aged from eight to 24 and are drawn from all parts of Western Australia.

The Association regularly reaches live audiences in excess of 30,000 per annum.

Don't miss what will be a stunning performance for music lovers on 28 May at 7.30 pm at the Perth Concert Hall conducted by Peter Moore OAM.

Bookings are available through the WAYO office by calling 9328 9859.



The First Monday in May

EACH year, on the first Monday in May, The Metropolitan Museum of Art in New York opens its doors to host the biggest event on the fashion calendar, The Met Gala, the opening night party to the Costume Institute's annual fashion exhibition.

The First Monday in May follows Vogue editor in chief Anna Wintour and Costume Institute curator Andrew Bolton, as they orchestrate the year's most lavish party and The Met's most attended fashion exhibition in history: *China Through The Looking Glass*.

In cinemas 12 May - Madman Entertainment

WIN WIN WIN

To be in the draw to win one of ten double passes to *The First Monday in May* simply email win@haveagonews.com.au with *Monday* in the subject line or call the office during business hours on 9227 8283. Please include your name, address and phone number. Competition closes 15/5/16.



MICHAEL Mason (Richard Madden, *Game of Thrones*) is an American pickpocket living in Paris who finds himself hunted by the CIA when he steals a bag that contains more

than just a wallet.

Sean Briar (Idris Elba, *Luther*, *Prometheus*), the field agent on the case, soon realises that Michael is just a pawn in a much bigger game and is also his best asset to uncover a large-scale conspiracy.

Find out more and watch the trailer online at www.bastilleday-movie.com.au

In cinemas 12 May -

Bastille Day

Studiocanal Australia

WIN WIN WIN

To be in the draw to win one of ten double passes to *Bastille Day* simply email win@haveagonews.com.au with *Bastille* in the subject line or call the office during business hours on 9227 8283. Please include your name, address and phone number. Competition closes 15/5/16.

St. Mary's Cathedral
CONCERT SERIES 2016

Gregoriana

Candlelight concert

An extravaganza of chant sung by the Cathedral Choir processing through the candle-lit Cathedral and its Chapels.

An elaborate organ improvisation underpins the entire programme - interrupted at times by epic pieces of the French symphonic organ repertoire showcasing the cathedral's magnificent Dodd pipe organ.

Featuring Durufle's 'Toccata', works of Vierne and Dupre and well loved chants including Veni Creator Spiritus, Adoro Te, Regina Coeli...and lots more.

St Mary's Cathedral

Victoria Square Perth

Sunday 15 May

7.15pm

Tickets \$25 (\$20 concession)

ticketsWA.com 6488 2440

Also available at Cathedral Piety Stall

Supported by



Seniors Recreation Council of WA Inc



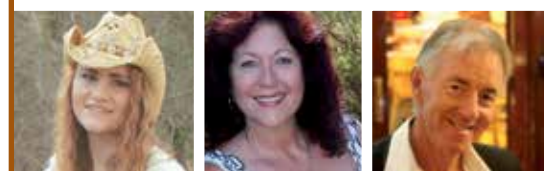
COUNTRY MUSIC SHOW

presented for your enjoyment
by Phil Paddon and Red Dog Music

Sunday 19 June, 12.30-5pm

Morley Sport and Recreation Centre

Cnr Wellington Rd and Mangini St, Morley



Special guest multi-talented balladeer and yodeller
Laura Downing from Queensland

Renowned artist balladeer Brian Letton
from Tamworth

Band of mates Terry Bennetts, Evan Platschinda and
Ginger Cox talented guitarists and country balladeers

Local crowd favourite Kate Hindle

Special guest appearance by Kingsley Day

For tickets phone
Seniors Recreation Council of WA
9492 9771

Refreshments at interval

Tickets \$28 per person - No door sales

LEGACY IN WA PRESENTS 13TH ANNUAL Rhythm and Blues Variety Revue 2016



Featuring Brian Cadd - Matt Taylor - Peter Dee - Bob Patient - Rick Steele

Plus The Healys - Birdland
Billy Blissett - Gary Cox
The Rippin' Horns - The All Star Band

ASTOR THEATRE Sat 2 July 2016
Doors open 6.30pm Show 7.30pm

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Friend to Friend

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For over 45's only.



Please nominate a category for your advertisement.
Tick one box only.

- ☐ Travel companion
- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in 'Friend to Friend'

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



Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

Each person may submit
one entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:
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

ADVENTUROUS guy, 58, active, healthy, enjoys travelling, walking, outings and happy times, WLTM a similar lady.
Reply Box 7097

A GOOD woman needs a good man. Short brunette, GSOH, SD, NS, young, positive outlook. Seeking similar, intelligent, clean cut, healthy gent, 50s-60s. Let's make memories, share outings, dance, travel, good conversation. Mandurah area.
Reply Box 7088

AN easygoing, sincere lady, NOR, enjoys travel, music, dance, movies, good food, conversation. WLTM gent 75+, similar interests. GSOH, fin sec for happy times.
Reply Box 7089

AUST petite widow, SOR 6056, 64, DTE, with simple tastes, enjoys the gym, walking, caravaning, travel and cruises. Looking for outgoing gent, 60-66, NS, SD, DTE. Let's meet for coffee.
Reply Box 7113

AUSTRALIAN lady, young at heart WLTM gent, 58-64 for friendship who enjoys the simple things in life, interests; walk, movies, music, country drives, picnics, NS, SD, SOR preferred.
Reply Box 7086

CARING easygoing, gent, 75+, WLTM similar lady, NOR preferred, GSOH, NS, drives, outings, nights at home, TLC, nationality open. Meet for coffee and chat. ALA.
Reply Box 7114

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

FRIENDLY easygoing gent, 73, various interests, active, own home, fin sec. WLTM caring, homely lady who would appreciate plenty of TLC for casual or ongoing friendship status, age, nationality open, SOR.
Reply Box 7100

GENT 59 lonely, home life with ties, fit and active, tidy appearance, NS, easygoing, GSOH. Likes movies, eating out, music. WLTM lady; age open for happy mutual relationship.
Reply Box 7096

GENT 70s, young at heart, WLTM lady, 65-75, attractive, fin sec, honest, sincere, TLC, NS, SD, who enjoys life, laughter, good times, being together. No baggage. ALA.
Reply Box 7115

GENT mature, 70, fit and active, blue eyed, medium build, kind hearted, Love life outdoors, gardening, swimming, cooking, long drives, lots more. WLTM sincere, warm lady for a chat over coffee then see what happens.
Reply Box 7093

GENT mid 60s WLTM lady same age, NS, SD, looking for the simple things in life. Open minded, warm-hearted and enjoys life. Willing to travel. Live around Thornlie. Any nationality.
Reply Box 7091

GUY happy, 65, medium build, 5'6". Seeks lady, 60-65. Loves singing, playing music, movies etc. This happy guy available immediately to brighten up your life. Let the past go forever and let the sunshine in.
Reply Box 7116

LADY 65, tall, medium build, intelligent, like outdoors, movies, dining in or outdoors, family life, barbecues. WLTM gent with similar interests and good conversation to enjoy life with. Please genuine replies only. Visit to relationship, VGSOH, NS.
Reply Box 7106

LADY 70s, no ties, UK born, medium build, attractive, retired, DTE, GSOH, lives SOR, fin sec, own home, WLTM gent for outings and good company. Landline reply preferred.
Reply Box 7105

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

LADY 70 years young, WLTM gent who would like a friend, lover, companion, is genuine, honest, sincere, GSOH, DTE, not in a rut, NS, SD. Enjoys all that life still has to offer, TLC, intimacy, lots of love, laughter, no baggage, no mind games, can't wait to meet. See where it will lead us. ALA.
Reply Box 7108

LADY WLTM lovely gentleman. I live SOR, like walks, hugs, gentle , NS, TLC, with a bit of get up and go. I'm slim, 5'3", English/Australian.
Reply Box 7098

LOOKING for lady, NS, slim, med, feminine, long hair, likes dining out, weekends, movies, affection. Me; young 68, NS, working, 6' tall, med build, caring, loves to spoil his lady, easy going, affectionate. Domesticated needs, companionship.
Reply Box 7109

LOVING lady, 64, WLTM NS, NG, SD, gentleman SOR for outings and perhaps more, who knows. GSOH, must love animals. Look forward to hearing from you. ALA.
Reply Box 7090

NOR LADY late 60s, slim and attractive, very fit, active, outdoor person with positive outlook and fun loving personality. Loves to travel, watch movies and live shows plus also enjoys cooking. Seeks like-minded gent, 60-70. ALA.
Reply Box 7094

PLEASANT educated gent, reading, writing, climate change issues, seeking a writer friend. WLTM.
Reply Box 7110

SEEKING group of retired professional people aged 65-75, six males, six females who live in a 10km radius of the CBD. Monthly outings together as a social group, no fees, dining out, movies, live shows, travel, barbecues, picnic etc. Your input welcome.
Reply Box 7104

WELL groomed guy UK/ Australia, tall, 75, young, healthy, active, candid, NS, likes music, dancing, conversation, travel, easygoing. WLTM slim, easygoing, well presented lady, NOR, romantic, affectionate, caring, 'have a go', thanks. Write now.
Reply Box 7111

WIDOW young, 78, lively, romantic, attractive, educated, indepth astrologer, composer, painter, loves nature, countryside, classical music, opera, poetry, gardening, world politics, gentle life. WLTM astrologically compatible, warm hearted, loveable gentleman of rich, aesthetic understanding.
Reply Box 7102

Seeking a Partner

ATTRACTIVE Asian lady, slim, well educated, well travelled, spiritual (not religious). WLTM sincere, NS, SD, gent, 69-74, likes walks, drives, travels, theatre, concerts, music, movies, gardening for harmonious, permanent relationship if compatible, SOR or CBD.
Reply Box 7117

ATTRACTIVE English-born lady, 60s, 5'2", medium build, refined feminine, educated, GSOH, DTE, ND, SOR, likes good conversation, reading, walking, gardening, country drives, WLTM refined, caring, sincere gentleman, 65-72, genuine replies only. Photo appreciated. ALA.
Reply Box 7095

GENT 180cm tall, 66, UK/Australian, presentable, easygoing, VGSOH. Interests; gym, walking, beach, travel etc. Seeks intelligent, attractive, slim to medium build, lady, to 65, initially companion, usual social activities, maybe relationship later, northern suburbs. Coffee?
Reply Box 7101

GENUINE descent, caring gent, 75, VGSOH, NS, SD, fin sec, very romantic. Interests include; yours, good conversation, communication, sport, caravaning, fishing, drives, markets etc, outdoors, love and laughter. WLTM similar lady to be best mates in permanent relationship.
Reply Box 7092

LADY 168cm tall, enjoys good company, watching SBS, ABC, reading, quiet times, wine/dine in/out, travel in/out Australia. WLTM active, NS, SD, 65-70, guy to share love, laughter, each others company while exploring possible future relationship. Let's have coffee.
Reply Box 7087

Seeking a Travel Companion

ENGLISH gent 80s, post-code 6066, seeks lady for twin share cruise holidays and platonic friendship.
Reply Box 7099

RETIRED farmer, 70s, widower, well mannered, GSOH, NS, SD, enjoys walks, good conversation, country drives, mobile home holidays, cooking. WLTM tall, compatible lady, similar interests to share sense of adventure. Good food. TLC. SOR. ALA.
Reply Box 7112

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 month. All replies are strictly confidential and are not opened.



Looking for community minded women to join their local VIEW club

VIEW stands for the Voice, Interests and Education of Women and it supports the education of disadvantaged children through The Smith Family.

The club meets regularly to provide members with an outlet to help others as well as to establish lasting friendships and to contribute to the local community. Meetings and various outings are arranged during the month for fun and friendship.

Bayswater City VIEW clubs meets at 10am on the second Tuesday of each month at the Morley Noranda Recreation Club, 85 McGilvray Avenue, Noranda.

To find out more please contact Glenys on 0417 946 779 or email bayswatercitywa.view-club@gmail.com.

SCENE SOCIALLY



SCENE (1): ADVOCARE celebrated its move to the Perron Centre in Victoria Park last month with a morning tea. Officially opened by the Minister for Seniors Tony Simpson, the new premises will see Advocare further their work in educating and supporting older people and those with a disability about their rights. Seen at the event were:

SCENE (1): Top row, from left; Seniors minister Tony Simpson with Advocate CEO Greg Mahney - Freda Crucitti, Greg Mahney, Nick Phillips and Tony Tilenni - COTA WA's Marlene Robins and Phil Airey - Alzheimer's Australia WA Rhonda Parker, WA Police's Peter Birch with Eleanor Ingram - Mary Kepeet and Justin Stevenson.

Second row, from left; Public Advocate's Gillian Lawson and Debra Casey - Carers WA's Venetta Bennett with Community West's Luisa Wing - 6IX's Katrina McKinley, 6PR's Brett Bonetti and Volunteer Task Force's Kath Snell - City of Cannington's Bonnie Mist and Karen Stubbington



SCENE (2): JUNIPER last month opened the recently restored 124 year old Uniting Church Hall in Northam as a contemporary training facility for the more than 100 local staff employed by the group. Juniper invested several hundred thousand dollars in extensive work to stabilise, restore and improve the Uniting Church Hall, including the addition of a full-length covered veranda, foyer and up-to-date kitchen and bathroom facilities that complement the heritage hall and make it an attractive, inviting and comfortable place to meet and learn. The project was supported by a \$107,100 Lotterywest grant. For more news and information about Juniper's housing, home care support and residential services visit www.juniper.org.au.

SCENE (2): Juniper chief executive Vaughan Harding, Northam Uniting Church member and long-time local resident elder Laura Fox and Juniper board chair Fred Boshart with moderator Rev Steve Francis outside the restored Uniting Church Hall in Duke Street, Northam.

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GREAT GIFT IDEAS for Mum (inc vouchers)

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www.haveagonews.com.au
 3,319,648 hits in 2015



SCENE (3): THE Law Society of WA was presented with a grant certificate from LotteryWest to complete the redesign of the Old Court House Law Museum. Seen were: The Member for Perth Eleni Evangel MLA presenting the grant certificate to President of the Law Society Elizabeth Needham with volunteers from the City of Perth's iCity Tours.



SCENE (4): ENJOYING food and a day out at the Lifeline Young Butcher's Picnic and Smokin in the City at Forrest Place on Sunday 24 April.

SCENE (4): Clockwise from top left; Contestants of the Young Butcher's picnic - Organisers' Bob Retallick and Vince Garreffa - Judges Karina Rumens, Margaret Johnson, D'arcy Hodgkinson and Ernst Schwager - Family of contestants Jeff Kostera, Debbie Kostera, Debbie Carmichael and Sophia Mackay. Enjoying the day out Lynda Tully and Kim Heitman



SCENE (5): BALLET lovers were in for a treat at the WA Ballet Centre late last month when the company invited guests to attend a sneak peak of a rehearsal of their up and coming ballet *Beauty and the Beast*. Guest choreographer David Nixon took the dancers through their paces. The new ballet commences at His Majesty's Theatre from 13 May and has music by West Australian Symphony Orchestra. Seen at the rehearsal were:

SCENE (5): Clockwise from top left; Tahlia Merigan, Marlene Robins and Lisa Barrett - Adrienne Easton and Karen Mantle - Gloria Lorenz with Dita Jevons - WA Ballet dancer Meg Parry, artistic director Aurelien Scannella, WA Ballet dancers Melissa Boniface and Liam Green.



Discover the magic of gold on Go West's Gold Mine Experience tour of Newmont Boddington Gold, one of Australia's largest producing gold mines.

Kitted out with "high vis" safety gear, you will be taken behind the scenes to see a working gold mine up close.

Look down into the South Pit where ore is mined and watch as the giant haul trucks transport their loads to be placed on an overland conveyor and transferred to the Processing Plant to be turned into gold.

Watch the ore as it is fed into grinding mills in the Processing Plant where steel balls grind the ore into a fine powder and gold is separated, ready for melting in a 1100°C furnace and poured into moulds.

The 90 Minute tour will end with a short drive to the picturesque Boddington town for lunch (BYO).

You will learn about the gold mine's long history in the Boddington township, going back 35 years when gold was first discovered and can try your hand at panning for gold!

Located just 130km from Perth, it's the closest working mine to Western Australia's capital city and a comfortable day tour to Boddington.

Call 08 9791 4143



Tour Route



Tour Prices from Boddington

Children (8 to 17):	\$ 29.00
Adults (18 years and over):	\$ 45.00
Family Pass (2 adults, 2 children):	\$ 130.00
Seniors:	\$ 39.00

Go West Metro Bus delivery service to Boddington return for an additional \$15 per person (subsidised)

What to Wear

- Covered shoes (not sandals or thongs)
- Long sleeved cotton shirt
- Long cotton pants
- Camera

Safety Equipment

You will be issued with Personal Protective Equipment (PPE): Hard Hat, Safety Glasses, High Vis Vest

To book a tour visit www.gowesttours.com.au

at Rossmoyne Waters



AUSTRALIS
at Rossmoyne Waters



Set in the picturesque suburb of Rossmoyne, with close proximity to the Canning River and the Bush-Forever Yagan Reserve, Rossmoyne Waters previously Adventist Residential Care, has been delivering quality service for more than 50 years.

The next development at Rossmoyne Waters - **Australis**, is the first stage of a whole site redevelopment, which promises to be one of the best retirement destinations if you are seeking more from your retirement.

Designed to maximise your choice of lifestyle, Australis will offer a state of the art facility, with 86 architecturally designed apartments and a variety of amenities.

A heated swimming pool, gym, spa + sauna, lawn bowls, men's shed, secured parking and an activity centre, are some of the many facilities that will make Rossmoyne Waters the preferred retirement destination.

In addition to the fantastic social and recreational amenities provided at Rossmoyne Waters, the location in itself will give you good reason to boast. Ideally situated 15 minutes from the City of Perth, the airport, the dynamic port city of Fremantle, close to public transport and just a few kilometers from major shopping centres such as Carousel and Garden City, you will undoubtedly find retirement living in Rossmoyne a delight!

Rossmoyne Waters is a community of friendly people with similar needs and interests, the lifestyle activities available will allow you to be involved as much or as little as you want. Currently, you may be surrounded by empty homes during the work week, why not avoid this isolation by residing in a caring and safe retirement village.

Whether you want to enjoy walking along the canning river, or want to travel around Australia, Rossmoyne Waters will provide you with the freedom to make your choices a reality.

Having an Aged Care facility on the same site also provides you with peace of mind knowing that if you or your partner ever need aged care, you don't need to relocate or leave the area you live.

and over and are considering retiring in style, contact the sales office on 9259 6603
our website www.rossmoynewaters.com.au or like our facebook page



Because downsizing your home no longer means downgrading your lifestyle



AUSTRALIS

at Rossmoyne Waters



It seems that you, the Baby Boomers, are doing away with traditional conventions and embracing your golden years, in what's been identified as an enriching 'Lifestyle' stage for a generation of 50-69 year olds in Australia.

And as your children flee the nest, new and wonderful opportunities arise.

Whatever the lifestyle of choice, one thing is certain, retirement living is now all about you, and great quality of life.

Retirement Villages are now setting new standards in retirement living, with luxurious apartments and first class amenities offered to those wanting to retire in style. Apartment living enables a care-free 'lock and leave' lifestyle for those wanting to travel and be out and about. You know that if you leave, your garden, mail and maintenance will all be taken care of.

Living independently doesn't have to equate to living alone. Retirement living allows you to surround yourself with friends who share similar interests and also enjoy the freedom of independent living, whilst being part of a greater community.

The key to maximising your retirement living experience is to get there while you still have plenty of energy to make the move and to get involved with the community. Most retirees who settle into a village regret that they didn't make the move earlier.

With research suggesting that retirement living demand will be greater than supply in WA, we would highly recommend coming to speak to our Independent Living Consultant about the opportunities at Rossmoyne Waters.



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It's time for A NEW START

If you are 55 years old or over and are considering retiring in style, contact the sales office on **9259 6603** or visit our website **www.rossmoynewaters.com.au** or like our facebook page

