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VOLUME 26 NO. 10 ISSUE NO. 302 MAY 2017

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let's go travelling
16 page liftout

- Have a Go News' Josephine Allison's trip to Tasmania
- Winter in the West



Josephine Allison interviews Australian songstress Tina Arena



- Healthy Ageing - Aged Care feature
- Food & Wine - reviews, recipes and more
- Downsizing - 8 page feature

COMPETITIONS/GIVEAWAYS

- \$200 Shopping voucher
- DVD - Anh Doh's Brush with Fame
- FILMS - The Shack, John Wick - Chapter 2, Whiteley, Viceroy's House
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RSPCA launches biggest-ever appeal



Lucky was locked in a tiny rusty cage before being rescued by RSPCA WA

RSPCA WA is launching its biggest fundraising appeal in its history - to help employ more animal welfare inspectors and reduce the number of animal cruelty cases in Western Australia.

The appeal, called '20 for 20', will reach every household in Western Australia; and asks people to chip in \$20 each to bring the total number of inspectors on our roads

to 20. Currently, there are only 11 animal welfare Inspectors to cover the entire state of WA.

"Animal cruelty rates are alarming in WA and something significant needs to be done," said CEO of RSPCA WA, David van Ooran.

"We know there are animals out there that desperately need our help, but we simply don't have enough feet on the

ground to reach them."

In 2016, RSPCA WA received more than 15,000 reports to its cruelty hotline - more than 40 per day - and its inspectors investigated more than 6,300 cases of cruelty and neglect.

"It's not enough," says Mr van Ooran. "Much more must be done and that's why we need to launch this public appeal."

The appeal will bring

the harsh reality of animal cruelty to every household in WA, to demonstrate the very real and immediate need for more inspectors and to cover more ground.

The appeal hopes to raise nearly \$400,000.

"Putting new Inspectors on the road isn't as straightforward as it sounds, but it comes with exciting challenges," said Mr van Ooran. "We know

from past experience that having more Inspectors on the road makes us more visible.

"As people become more aware that there is someone they can call to report animal cruelty, the number of calls increases, leading to many more rescues and even more animals saved," he said.

"That of course means added pressure on our resources to rehabilitate and rehome those animals, but that's a good problem to have."

One animal rescued by the RSPCA is Lucky the husky. She was found on a property south east of Perth in a tiny rusty cage with no room to stand or sit. The Inspector noted she appeared to have been caged for several weeks and exposed to the weather. When she was found, she had no food or water and was in a terrible state.

Lucky was seized immediately and the owner was successfully prosecuted, fined \$2,000 and prohibited from owning any animal for five years.

"Lucky is indeed one of the lucky ones, and we are thankful to vigilant members of the public who report cruelty cases like this to us," said Mr van Ooran.

The RSPCA has led the way in animal cruelty prevention in Western Australia for 125 years; rehoming more than 1000 rescued animals last year alone, and playing an instrumental role in investigating thousands of animal cruelty reports, leading to a number of prosecutions.

The 20 for 20 Appeal launches state-wide on Monday 15 May. To donate, visit www.rspca20for20.com.au or call RSPCA WA on 9209 9300. Together, we can make a difference.

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From the editor's desk



I READ Mark Holden's new book *My Idol Years* and then had the pleasure of interviewing him. The book is an interesting memoir of his life including his time on Australian

Idol. Mark often comes across as a little harsh but I found him to be charming and intelligent. We talked a lot about ageing and some other meaty topics which I feel will be of interest to the readership. The interview will be published in the June issue.

★★★
The more I research and meet people who are ageing well, the more I realise the three main areas of lifestyle to incorporate into our everyday lives

are exercise, socialising and community participation.

We all know the benefits of exercise but often it's hard to incorporate this in your life, especially if you are still working. I was talking to Living Longer Living Stronger co-ordinator Phil Airey and he mentioned that they have a program available for people who are 50 and over and are still working. Call COTA on 9472 0104 for details.

Socialising is a very important aspect to well being and through our pages you have opportunities to join clubs and groups as well as meet new people in our Friend to Friend section. We also have a listing of clubs and groups on our website at www.haveagonews.com.au

Having a sense of belonging is important as we get older and we can achieve this through various ways, whether it's joining a club or a group or volunteering, there are many ways to continue to have a go.

★★★
Who could forget the classic songs of Petula Clark like *Downtown*, *I Know a Place* and *Colour my World*. She will be performing a matinee show at the Perth Concert Hall on Wednesday 17 May. We've teamed up with Radio 6PR to offer some lucky people the opportunity to win a double pass to see Petula Clark and to meet her back stage. See page 16 for the song list and listen

to Radio 6PR every night from 8 - 12 May on Chris Ilesley's *Perth Tonight* to be in the draw.

★★★
One of our favourite local performers, Max Kay will be performing a special matinee concert on Thursday 18 May at the Altone Park Leisure Centre. This is a great opportunity to enjoy an afternoon of jokes, stories and sing-alongs.

See page 56 for more details.

★★★
Don't forget to enter the AD Words competition to win a \$200 shopping voucher this month. Simply find the letters in advertisements to make up the 11 letter word and then enter the draw. You can find all the details about the competition on this page.

★★★
Our *Stories from the Swinging 60s* book makes a wonderful present for Mother's Day and is available to purchase from the office for \$25. We have a presentation which we take on the road about the *Living Histories* project which is available free of charge to clubs and groups. Contact me on the email below or call the office on 9227 8283 to arrange a speaker.

★★★
I wish you a happy, healthy month.

Jennifer Merigan
Editor
jen@haveagonews.com.au
Like us on Facebook or follow us on twitter!

Ageing research snippet



Eat like a Greek or an Italian

Enjoying the Mediterranean diet which includes lots of fresh fruit and vegetables is a sure fire way to ensure a lower risk of heart disease, obesity, cancer, and Alzheimer's rates. Not only is it healthy it's delicious. Tips include eat more yoghurt, olives, fresh vegetables, legumes and shellfish. Eat less red meat and make your own salad dressings.

Funny historical fact

The Frisbee, was invented in 1925, by American college students when they began tossing and catching the empty circular pie tins from the Frisbie Baking Company.

Urban slang

Kleptocracy
A corrupt governmental body made up of thieves, also sullied by nepotism and croneyism.

Word of the month

eucatastrophe

noun

A sudden and favourable resolution of events in a story; a happy ending.


Origin

Mid 20th century: said to have been coined by Tolkien.

Great West Aussies - Did you know?

Wouter Loos and Jan Pelgrom de Bye were Australia's first-known European residents, albeit reluctantly. Among mutineers on the ill-fated Batavia, they were spared the hangman's noose because of their youth and dumped ashore in WA. No further contact with them was ever recorded.

Win a \$200 shopping voucher with Have a Go News'Ad Words



See page 40 for details about how to purchase a copy of the book *Stories from the Swinging 60s*

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

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

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

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

1. Finishing Touch Gallery
2. Clementine Sleepwear
3. The Diamond Club
4. KinCare Health Care Services
5. Cape Villas Dunsborough
6. Kalgan River Chalets
7. Mondo Exclusive Homes
8. West Coast Bus Charter
9. Stories from the Swinging 60s
10. Max Kay
11. Petula Clark

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/05/17.



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In life's lottery a lot of things come down to just being friends



From left to right; Lesley and Clyde Bevan - Ringo Starr and Clyde

by Lee Tate

CLYDE Bevan has been dealt many challenging cards in life's lottery, but invariably, when the time comes to show his hand, the 63-year-old former Lotterywest chairman comes up trumps.

At his award-winning Perth restaurant, the ex-government policy adviser, radio regular and hospitality expert has hosted Ringo Starr, Gough Whitlam (nine times), Cliff Richard, Bono and most of Australia's top entertainers.

Loyal lieutenant Lesley, whom Clyde met when she came to work for him while she was completing a double major degree, graduating in psychology and going on to become his wife 28 years ago, helps deal the hands they play.

With their calendar clicking over 20 years at their Friends Restaurant in the Fortescue Centre, (formerly Perth's Hyatt Centre) and traditional retirement age for Clyde looming as their restaurant's lease comes up for expiry, what do the Bevans decide after their grueling, long haul?

"Well, to sign again for another five years," laughs Clyde, bouncing back from a recent knee replacement. "Work really does keep you young and adrenalin keeps me going."

Clyde overcame a major hurdle - dyslexia - to play a role in the media as an expert hospitality commentator.

"When I had to read something on-air, I would just take it one word at a time".

Despite being an under-16 footy ruckman and captain with Gary Sidebottom as his rover (later to become an AFL star) Clyde couldn't become a serious football player after he was

diagnosed with haemophilia. But he found a role and for five years on Sunday afternoons was an umpire for under 16s and under 18s.

At age 18, Clyde worked five jobs, one of them serving as barman at Swan Districts Football Club on Saturday afternoons.

Clyde failed at one other aspiration - becoming a rock singer.

"I had to give that away. Singing into a hairbrush in the bathroom, I realised I didn't have any talent."

But he found a role in something close to his heart - music, by becoming a disc jockey for 17 years at nights and weekends.

Clyde kicked off his work ethic at age 14 in a furniture factory on Saturday mornings and in the school holidays for seven years and for seven years he toiled in the R & I bank in Midland, learning to handle and appreciate money.

But from all his interests and achievements, Clyde truly came into his element after training, studying and learning what it takes to rise to the top in fine-dining.

"In a way, we've become trendy again," he says of his Friends Restaurant in central Perth.

"Where can you go where there's ambience, carpet on the floor, white table napkins served to your lap, an extensive wine list and highly-regarded Australian/international cuisine?"

"Dining out has changed and keeps changing. Sometimes people want just a light snack or a hamburger but there are those times when you want to celebrate or be pampered or want to have an evening with classy entertainment," he says.

The big names in entertainment, Australian and

international stars, tell Clyde they love his smaller venue where they are closer to their audiences. And they keep coming back to the restaurant as both entertainers and customers.

A multiple international, national and state award-winner for his wine lists, Clyde has attended extensive wine courses over his career - at least 30.

Whether it's a French Burgundy or a Moss Wood Semillon - one of his favourites - Clyde appreciates the sophistication and choice of countless vintages.

"I have had the privilege of tasting one of the world's most expensive wines - and three different vintages of it (priced in the Dubai airport at 28,000 Euros a bottle) but of course we have fantastic choices in WA and nationally."

Among their innumerable gongs, Clyde and Lesley have picked up Best of Award of Excellence for one of the best restaurants wine lists in the world by American Wine Spectator magazine and Best Wine List in Australia by Tucker Seabrook. They are also listed in the Best Wine List in Australia Hall of Fame.

A wine educator on

radio and at seminars, Clyde was Gold Plate Awards chairman and judge for four years, a member of the Catering Institute of Australia, CEO of the Restaurant and Catering Association of WA for two years and national judge of the Tucker Seabrook Australian Wine List of the Year Awards for three years.

With a deep interest in community affairs, Clyde's involvement has included being shire councillor of Kalamunda, member of Kalamunda and Districts Hospital Board, member of the Swan Valley Development Committee, president of the Swan Valley Tourism Council and chairman of the Midland and Districts youth committee.

The father-of-two (from his previous marriage) is noted for his six years as chairman of Lotterywest which is about the time the leading charitable organisation adopted its Lotterywest name and then went on to record its most successful years, increasing turnover from \$485 million to \$725 million.

"We liked to stay in touch with the community and our retailers, so former chief executive officer Jan Stewart

and I jumped in a car and drove up the coast to Geraldton and talked to retailers and interested parties along the way to better explain our roles and aims," he said.

Sought out by the media for his lucid style in discussing food, wine and entertainment, Clyde has been heard regularly with Harvey Deegan, Gary Carvolth and Chris Ilsey on 6PR and with Jenny Seaton and Alan Mannings on CurtinFM and with hospitality segments on RedFM.

He's also cooked on national television with Geoff Janasz and written restaurant reviews, wine articles and recipes for *Australian Business quarterly*, *Vive* magazine, Ansett's *Pocket Concierge*, Community Newspapers and Scoop Magazine.

Clyde and Lesley's move into quality hospitality was an initiative of Lesley, keen to create quality in the Swan Valley. Dear Friends Garden Restaurant became a landmark for food and wine.

Ten years later they took on a mighty challenge in the topsy-turvy, dog-eat-dog world of eateries. Friends Restaurant opened its doors in the heart of Perth.

"When we started Friends Restaurant, I was 43 years of age and now I'm 63 and I am still enjoying every minute of it," says Clyde whose dedicated staff, six-on-the-floor, are part of the reason for his top-end appeal.

Clyde said Friends had hosted some of Australia's biggest names but he was proud that last month a West Australian tribute show to Karen

Carpenter by Narelle Belle (a Johnny Young discovery) had broken records with seven sold-out bookings. New singing sensation Narelle is now being booked to travel east.

"You have to have and keep the best professional staff," says Clyde. "Hardest-working of all is Lesley. She never stops."

Every night Lesley takes home the restaurant's glass tea towels and cleaning cloths for washing.

"Commercial cleaning isn't good enough when the towels are used for polishing glasses," declares Clyde.

Clyde and Lesley acknowledge they need time off, five weeks a year and usually on a cruise ship - completely away from phones and distractions. And they have a Sunday ritual, golf.

After then there's their light evening meal at home. With a glass of wine, of course. Cheers!

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Street address:	137 Edward Street Perth WA 6000		Jon Lewis
			Karen Majer
Postal Address:	PO Box 1042 West Leederville WA 6901		Tahlia Merigan
			Mike Roennfeldt
			Hugh Rogers
Tel: (08) 9227 8283		Contributors:	Noelene Swain
Fax: (08) 9227 8293			Vince Garreffa

Please address all correspondence to the Editor

Email the editor/travel editor:
jen@haveagonews.com.au

Email to production:
production@haveagonews.com.au

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Editor: **Jennifer Merigan**
/Travel Editor:
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Frank Smith
Brad Elborough
Lee Tate

Admin: **Lisa McMahon**

Production/Graphic Artist:
Suyin Boehm

Advertising sales:
Advertising Sales Manager:
Peter Johnston
(08) 9227 8285
Email: **peter@haveagonews.com.au**

Features Co-ordinator:
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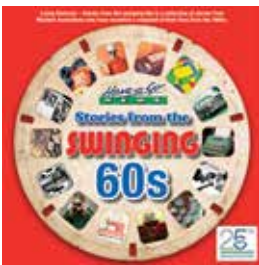
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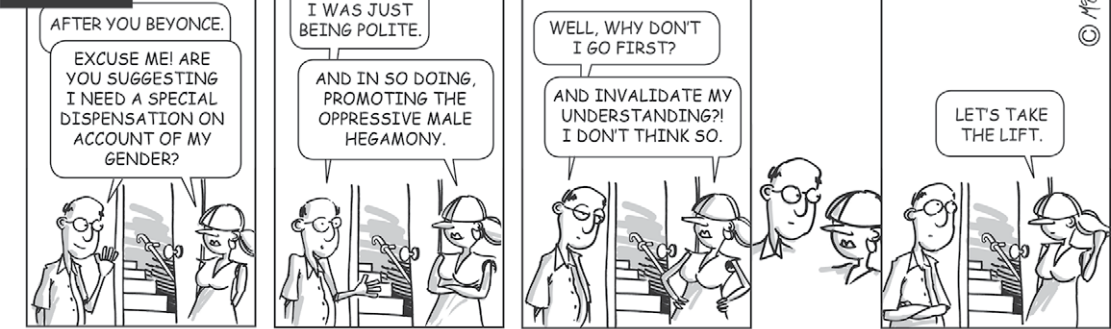
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See page 40 for details about how to purchase a copy of the book **Stories from the Swinging 60s**

CLOTHES FOR EMPERORS



Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor
Re: MIKEL Smits' comments about Anzac Day Coins (page 13)
He said in part: "the consensus of collectors' opinions is that they see the commercialisation that has ensued over recent years becoming demeaning to the sanctity and solemnness that is deserved and should be expected."

Mr Smits is spot on with his comments about the commercialisation of Anzac Day and the drift away from the solemnness of the occasion. In my view this extends to the recent gatherings on the Gallipoli Peninsula as well. The gathering is now more about been there, done that. More like a circus than a careful consideration of what was happening there in 1915.

Whilst doing some research I came across

the Kalgoorlie Argus Newspaper of Tuesday 2 November 1915 and a letter from a soldier, Private William Low, to his step sister Olive Campbell.

Within the letter is his comments about those at home. He wrote: "do the cocktillers and cold feeters realise what the Australian comrades are doing while they loll on street corners and read the latest cables? Bah! A touch of Gallipoli would be good for them."

Private Low's comment is even more true today than it was when it was written in 1915.

Forget trinkets and coins, everyone should read letters from the front or read the history book, and they will find the true meaning of ANZAC day.

Yours sincerely,

Peter Pethick

Dear Editor
GENDER Baez

More than fifty years ago, Joan Baez introduced Bob Dylan to the world.

He was inducted into the Rock and Roll Hall of Fame in 1988 but Joan had to wait till last month.

Mike Fenton
Bunbury

Dear Editor

I'm sitting at SJOG hospital reading your publication for the first time.

I anticipated a western suburbs coverage but it was wonderful to see coverage included from all over the metro and country areas.

I'm from the hills area and will try and source your publication whenever visible. A great read.

Thank you,

Corinne Blaszczyk

Dear Editor

THIS is for all those people who live in the Halls Head area of Mandurah and have seen the 'Act, Belong, Commit' advertisement on TV and are thinking that they ought to do something.

Why not join Peel Bowling Club? Act by joining in our social bowls game on a Thursday, Belong to our club and join us after bowling for a drink and some food, Commit by joining our wonderful volunteers who facilitate regular bowling and social events for disabled groups.

We are located at the Halls Head Bowling Club in Sticks Boulevard but we are not a pennant bowling club. We welcome new members. Anyone interested should contact Liz on 0407 245 998 or call the club on 9581 1415.

The ads on TV are giving an important message and joining our club is an excellent way to respond and keep yourself fit, healthy and engaged.

Yours faithfully,

Janis Rooke (secretary)
Peel Bowling & Social Club Inc
3 Sticks Boulevard, Erskine WA 6210
Phone: 9581 1415
Email: peelbowling@gmail.com

Association of Independent Retirees - Mandurah

FRAN Taylor, a well travelled sailor and author will be speaking about her exploits and books at the June meeting of the Association of Independent Retirees (AIR).

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

Their next monthly meeting is on Monday 22 May at 9.30am at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

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

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

Discover more about Western Australia and mining



Ken Brinsden

HISTORY of Western Australia is usually the subject of the June meeting of the Floreat and Districts branch of National Seniors Australia, to link with Western Australia Day.

However, this June, the focus will be on mining and its contribution to the development of WA.

Ken Brinsden, a mining engineer with more

than 20 years' experience in a wide range of mining activities, will speak on "From WA Mining, to the Pilbara, to Pilbara Lithium".

Ken was managing director of Atlas Iron, a significant Pilbara iron producer and is now managing director and CEO of Pilbara Minerals.

President of Floreat branch John Dingle said: "We are delighted

that Mr Brinsden has accepted our invitation and we look forward to his informative and entertaining presentation about such a vital WA industry.

"With his background in surface and underground mining, including roles in mine management, production and development across a range of commodities, he is superbly equipped to speak on this subject.

"We are expecting a big crowd, but are always ready to welcome all who attend. I hope that many will join us," said John.

The meeting is at Mt Claremont Community Centre, Montgomery Avenue, Mt Claremont on Thursday 8 June at 9:30am for 10am and finishes at 12noon.

Cost is \$5 which includes a splendid morning tea and door prizes. Car parking is available and it pays to be early. Warm and friendly fellowship is normal.

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Tina Arena looks back on 40 years in show business - a rewarding life so far



Tina Arena

by Josephine Allison

TINA Arena, the much loved songstress, has had a busy week. An appearance on television's *Sixty Minutes*, details of her just released double CD *Greatest Hits and Interpretations* and the itinerary for an extensive Australian tour in September have kept her in the public eye.

Then there's a hectic round of press interviews, but Arena sounds fresh, friendly and relaxed as she comes off the phone from one interview, to another with *Have a Go News*.

It's a milestone year for Arena who celebrates 40 years in the business and a milestone birthday, turning 50 in November. There's also the release of a new fragrance through the website and retail, details of which are currently being worked on.

Arena describes it as a "beautiful fragrance with ingredients collected from Australia, France and Italy."

"Forty years in show business, the tour and a milestone birthday, we never do things by halves," Arena says. "I get bloody tired even thinking about it."

These days Arena and partner Vincent Mancini are based in Melbourne with son Gabriel, but divide their time between Australia and France.

"We've done that for a very long time," Arena says. "About five years ago we started coming back to Australia for half of the year. But this year it will be longer because the little one is in grade six and preparing to go to high school in 2018 so there is an adjustment period."

France is where Arena really came into her own. After captivating Australia as a small girl with a big voice in television's *Young Talent Time* she decided to become a singer but was caught in a time warp as Tiny Tina. That all changed in the 1990s when the provocative video-clip *I Need Your Body* showed she was all grown up.

Then, in 1997, her album *In Deep* introduced her to the French market and the country where she settled. She sold five million albums there and is regarded as a superstar, winning accolades and awards. In 2011 she became the first Australian to receive the Knighthood of the Order of National Merit.

"But it was easy returning to Australia because I had been away for such a long time and I wanted to spend more quality time with my parents; that was the driving

factor," she says. "There are a lot of things I miss about France, the challenges, the diversity, the history and intense passion. When I went there I spoke schoolgirl French but soon picked up the language, speaking Italian made it easier."

Arena says her new album consists of songs she has performed throughout the world including London, the US, France, Melbourne and Sydney. Various artists including Katie Noonan and Jimmy Barnes perform their own take on a second disc while *Young Talent Time* co-star Daniil Minogoe joins her friend for a duet of *Sorrento Moon*.

As for the national tour, *Innocence to Understanding*, Arena says fitting touring into home life is not easy. "I start stressing about it months out. My brain is already there going, 'okay who is going to hold the fort while myself and his father are on the road.' It's really tough, my family are amazing but they are of a certain age and you can't do things at the drop of a hat. But I'm onto that."

Arena looks back fondly on her days with *Young Talent Time*. "I feel I was really privileged to have come from a beautiful time when television was not manipulated. There was a sense of discovery, we were all learning so much and did not have other platforms such as technology interfering. It

enabled people to hone in on things properly and very organically.

"That plane took off a long time ago and will never come back. I was lucky to be part of that era which is why I have named my tour *Innocence to Understanding*. I come from an era of innocence and right now I'm in an era of understanding."

Generous with her time and reflective of her life so far, Arena has a lovely closing note to consider where life can take us.

"My father and mother saved their money and sold their home to take my sister and I to Europe for three or four months

in the 1970s. I remember having my sixth birthday in Sicily and we also went to France where my father's older brother was living at the time, working in the mines in the north because Italians were considered fantastic workers.

"I remember my uncle suggesting to my father about moving to France and he would help him find a job. My parents considered it but we returned to Australia, I went onto television, had a ball and a wonderful childhood and went on to an international career which ended up taking off in France.

"All my family in France

watch me on telly and radio, going, 'geeze is that really happening'. Life is quite amazing."

Tina Arena performs at Crown Theatre Burswood Friday, 6 October.

WIN WIN WIN WIN

To be in the draw to a double pass to see Tina Arena at Crown Perth or one of five of her new CDS simply email win@haveagonews.com.au with Tina in the subject line send an envelope to Tina Arena - 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 5/06/17.

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NORTHERN Suburbs and Scales Community Legal Centres are seeking volunteers to participate in an older people's peer education scheme.

Funded by the WA Department of the Attorney General's Criminal Property Confiscation Grants Program and LotteryWest, the two-year pilot program will assist in alerting older people to the risk of elder abuse and provide them with the tools to identify and prevent abuse and protect themselves.

Peer education recognises that most people learn better by sharing knowledge and information among friends, colleagues and neighbours.

If you are interested in volunteering you should be engaged in your community and have time to work with the organisation to learn about peer education and to develop necessary skills.

Volunteers will be trained and provided with a kit which will give them the tools to speak and educate their peers.

Training will be for a half-day per week over a four-week period and the commitment required is for 12 months.

Peer educators will be active members of their community, attend events, community groups and services and be open to having conversations with people on the subject of elder abuse.

If you live in the Stirling, Wanneroo and Joondalup

areas contact Marissa Martin on 0411 472 439 or email marissa.martin@nscslegal.org.au

Those in the Rockingham and Kwinana areas should contact Gai Walker on 9550 0400 or email g.walker@murdoch.edu.au.



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Meet the columnists



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

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



Mike Smits

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



Lee Tate

Veteran journalist, commentator and author, Lee has worked on Australia's major newspapers and magazines, was 6PR breakfast broadcaster and author of 500 amazing West Australians. Longtime columnist, Lee also covered politics, business, news and gossip.



by Rhonda Parker

AS I near the end of my series about my dementia heroes I know the collection wouldn't be complete without reference to a group of people who have not yet had a mention, people who will never have their name in lights, nor seek for that to be so.

This month I want to share with you the story of one of my staff, who characterises the team that works tirelessly to lead thinking and practice in dementia care in WA. Without them, of course, the important work of AAWA would not take place as we work either directly to support people living with dementia or indirectly by working with health and care professionals as we support them to be dementia experts too.

Anthropologist Mar-

Dementia heroes - the power of one

garet Mead once wrote: "never believe that a few caring people can't change the world, for indeed that's all that ever have."

Lorraine Benson, who joined us to help carers in Albany 17 years ago says: "a person's memories are what makes them a person, a person with dementia should always be seen as a person."

Alzheimer's Australia WA has worked for 35 years to change archaic thinking that people with dementia have lost their 'personhood' and are cut off from the world. Lorraine was new to aged care when she started but we could see something special in her right away. There was something very informed and instinctive in her approach. We teach person-centred philosophy and practice to all new staff but for Lorraine it came naturally.

Lorraine believes that to really make a difference for someone living with dementia you must know their story, and really take the time to learn their history to ensure the care environment sup-

ports their wellbeing and lived experience.

What are the things about your story that make you who you are? Are you a football fan, do you like gardening, dogs, wine perhaps? How have you contributed to building this country? What achievements of your adult life are important to you? Now imagine that identity and those memories being taken away from you, not only by the progressing cognitive impairment caused by dementia but also by the way you are treated and the environment in which you are placed. It's unthinkable. Sadly, for many people living with dementia, this is the reality they face. People like Lorraine help us break this cycle.

While AAWA was working to transform Western Australia with new thinking about dementia practice, Lorraine was quietly blazing the trail in the south of the state applying her free thinking approach to the contemporary care model we advocate.

Lorraine would tell anyone to learn someone's story, who they are, what

they have done in their lives and most of all, what they love to do. Often dementia can mean separation from loved activity.

Lorraine tells a moving tale of a woman living with dementia who came to the day centre with her apron. Why? Because she had lived on a farm and fed the family and the shearers her whole life. What made her happy was time spent in the kitchen looking after others. To be happy she simply needed to resume her treasured time as a carer for others. Our household model of care allowed Lorraine to make that happen for this woman.

In 2004, Dr Bill Thomas (author of *What Are Old People For?*) identified seven primary domains of well-being for our elders: individuality, growth, freedom, safety, connectedness, meaning and joy. While Lorraine has been through our training programs, she instinctively knew that she needed to foster these features in the care settings she delivered in her work at AAWA. In doing so, she has impacted the lives of

many, as well as her own. She is now in charge of our work in the Great Southern, coordinating a range of services, staff and community volunteers that deliver world class dementia care and support.

Lorraine has been supported over the years by many people, and continues to be so. She continues to learn new things, and to grow. Along with the rest of us, she is responding to the challenges of change. She embraces the best of the old while learning new skills. She does all of this with the knowledge of a professional driven by a charitable heart.

In this, she represents all current and former staff at AAWA, people who are dementia heroes in their own way, making a difference. In this world of corporatisation and competitive markets, long may people like Lorraine and others work in dementia care, be modern day heroes, making a difference in the lives of many.

I am grateful to each and every one of them, as are their families.



by Karen Majer

WE all love to talk about the weather and these days our changing climate gives us lots to discuss. The seasons seem to defy expected patterns. We talk about autumn arriving early or

Learning from the Nyoongar seasons

a late spring. Perhaps that's not surprising, given that our concepts of seasons were imported from the Old World.

Nyoongar people have a better way, basing their six seasons on observable changes in the world around us – flowering of different plants, hibernation of reptiles, bird behaviour – responding to our local environment rather than dates on a calendar.

We have passed

from Bunuru, the hottest time of the year with little to no rain when white flowering jarrah and marri are in full bloom, to Djeran. Djeran is cooler and pleasant. Winds swing around southerly with some cool rainy days. Red flowering gums and banksias come into bloom. If the marri trees flower very early in the first weeks of January, it may indicate early winter rains.

Most of us don't rely on reading the landscape for our survival, knowing when to move to the coast for fish, crabs and prawns,

when seeds and root bulbs are ready to collect, or the best time to hunt for meat. We can learn a lot, however, by observing our environment more closely.

We can gain from the Nyoongar people's realisation that to understand natural cycles is to have respect for the land. As we head into cold, wet Makaru, we can look forward to spring, not only to daffodils in the garden, but to seeing yellow and cream flowers starting to bloom in the bush. Djilba is heralded by wattles flowering, then the massive flowering

in the southwest.

As climate change turns our old expectations of the seasons upside down, relating to our environment can ground us in our place and time.

Maybe it can help us to understand how the warming, drying climate is affecting our ecosystems, food production and water supplies. That's a great step to adjusting our lifestyles and learning how to care for the natural world around us.

Enjoy Djeran!

Find out more: www.bom.gov.au/iwk/nyoongar/index.shtml

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East Fremantle Croquet Club welcomes players of all abilities

EAST Fremantle Croquet Club has been developing some state level players over the last few years.

In September 2016 Fleur Brooking played for the Western Australian Golf Croquet team and was placed second in a national competition held in Perth.

In March 2017 Megan Farden played for the Association Croquet West Australian team in Hobart. That team put in a tremendous effort unfortunately, they did not get a top placing.

East Fremantle Croquet club has some top coaching available for interested people which can get any player up to state squad level.

This is also a very friendly and social club for those wishing to just play a social game.

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Fremantle Fins coach named Masters Swimming Australia coach of the year



Above; Samantha Noll

by Samantha Noall

MASTERS Swimming Australia announced the 2016 coach of the year at a presentation dinner recently. The winner is MSWA's very own Sari Galsworthy.

Sari is the head coach of the Freo Fins club, which has more than 100 members. She manages a team of four qualified coaches as well as training and mentoring newly qualified coaches.

As a result of her encouragement and targeted training plans, her swimmers have been successful in international masters swimming competitions, won their age group in the Hawaiian Ironman, set long-standing pool or open water records and won their age group in several open water competitions.

She is a very worthy winner for the MSA 2016 Coach of the Year. Congratulations Sari from all at MSWA.

As the summer months have passed we can reflect on a fantastic 2016/17 LiveLighter Open Water Series.

There are currently six MSWA events on the open water calendar and we are pleased that we have seen an increase in participation at all our events.

Our clubs do a fantastic job of running safe, professional, and fun events for members and the public alike. This year, with our partnership with Swimming WA in full swing, we saw many of their members entering our events and vice versa. I am sure that this success will continue to grow well into the future. With extra points on offer to both MSWA and SWA members there is a lot of competition at these events.

Another highlight of these events is that most events support very worthwhile charities in their areas.

A huge thanks to the Department of Sport and Recreation, Healthway through the LiveLighter message, Vorgee for the amazing swim caps and prizes and our new sponsor Aussie Natural Spring Water who provided the much-needed hydration for all participants.

We look forward to seeing you all for the 2017/18 series.

If you are interested in finding out where your closest local Masters Swimming Club head to our website to see a list of our Clubs and their contacts on our Clubs page www.mswa.asn.au

Over 55s Canoe Club paddle to Penguin Island



Over 55 Canoe club members preparing for a paddle

by George Gouteff

OVER 55 Canoe Club's official paddling season commenced with the annual paddle to Penguin Island from Mersey Point, Shoalwater. On

reaching the island the fleet turned northwards, followed the coast and then crossed the channel to Shag Rock. After a brief spell near the rock it was on to Seal Island where numerous sea li-

ons were spotted lazing in the sunshine under the watchful eyes of a pod of pelicans. From Seal Island it was back to Penguin Island for morning tea and some on-shore exploration.

One way of staying out of trouble on the water and maximising your enjoyment of kayaking is to practise and improve your paddling skills in a safe environment.

At the beginning of this paddling season the club held a special safety training session at Hillarys Boat Harbour. There in the clear calm water, members pushed the envelope by trying various paddling strokes, intentionally capsizing their kayaks and employing a range of rescue and recovery techniques all under the supervision of experienced paddlers.

It can all be summed up by quoting water rat from *The Wind in the Willows*: "there is nothing – absolutely nothing – half so much worth doing – as simply messing about in boats."

The three public open days at Kent Street Weir for seniors wanting to have a go at paddling were well attended. Club president Kate thanked the many generous club members who supplied

loan kayaks for all the visitors.

Currently a paddle on the Canning River, upstream from Kent Street Weir to Masons Landing, reveals an absolute abundance of bird life. Darters are nesting and raising chicks on branches overhanging the river – is it spring already?

On the social scene the annual breakfast was, as usual, held at The Secret Garden South Perth. Needless to say a great time was had by all.

Further information about the Over 55 Canoe Club can be found on the web page www.over55canoeclub.org.au/ or on YouTube and Instagram.

Club president Kate can be contacted on 9526 2168.



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by Lee Tate

CRIKEY! I think I've turned into my father. These days, our television at home hardly moves off the ABC or SBS.

An ageing thing? You bet. Official data, just out, confirms it. The average age of ABC viewers is 66. And 11 per cent of Australians aged 50 and over reported watching no commercial TV on a normal weekday in 2015.

TV talk: it's the ABC of television – anything but commercial

And the youngest? Unsurprisingly, network TEN (according to data presented at a Screen Forever conference).

It seems a lot, but one in seven Australians now watch no commercial television on a normal weekday. That's twice as many as in 2008.

Have you ever watched programs such as *Married at First Sight* (Channel 9), *Home and Away* (7), *The Project* (10) or *The Biggest Loser* (10)?

You're in the vast minority if you do.

Most of us over 50 are more attuned to ABC programs. You know the ones: *Four Corners*, ABC News, *Australian Story*,

Landline, *Antiques Roadshow*, *QI* and *Q&A*.

We switch to SBS for a good documentary or a movie (even though they're mostly repeats) or soccer or *Great British Railway Journeys* or servings from sensible, sophisticated chefs like Luke Nguyen.

So what chance have we got of better shows: that is, more in-depth, more wit, more maturity? What chance of more choice for senior Australians?

The answer is very little. Commercial TV bosses pitch their wares, of course, to younger audiences who might be more willing to open their

wallets to network sponsors.

Nearly half the total time spent watching TV is by viewers aged 50+. But commercial TV reaches 85.1 per cent of the population – much more than any other medium.

On an average weekday we watch a combined 39 million hours of commercial TV.

But what about the influence of new media? The shift away from commercial TV viewing since 2008 coincides with the rise of internet-based entertainment: 7.7 million Australians (40 per cent) now stream or download video, TV or movies in an average month.

Among those who don't watch any commercial TV, 54 per cent stream or download television content.

Commercial TV faces an even more direct competitor: Subscription Video on Demand (SVOD) including Netflix, Stan, Presto, Quickflix and Foxtel Play.

By the end of last year, almost three million Australians had access to at least one of these SVOD services. Netflix alone now reaches more than 2.7 million people in over a million homes.

SVOD subscribers are more likely to watch zero minutes of commercial TV on a normal weekday.

TV is increasingly for the old and the Internet is for the young. That's a US finding and we are following suit.

You could say that television has become divisive in our homes, promoted the need for multiple TV sets in the home or simply developed to meet demand.

But I'll confess. Our household does sneak across the border into commercial TV-land to watch *My Kitchen Rules* or an occasional movie – until the commercial avalanche drives us out.

On another note, I hope the ABC isn't dumbing down local programming to grab audi-

ences from the commercial channels.

Julia Zemiro for some reason was added to respected British scientist, Professor Brian Cox, to present *Stargazing Live from Australia*.

Prof Cox is an experienced and appealing presenter but we can do without Zemiro's "oohs", "ahs" and "yeahs" and talking over the expert.

Zemiro will no longer be presenting *European Song Contest*, I note.

I don't reckon the ABC needs anyone to relate an intelligent subject to the so-called common viewer.

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email: g.walker@murdoch.edu.au



by Jon Lewis

THE cardboard brown package was about the size of two big shoe boxes.

Carefully slicing the sticking tape with a kitchen knife, I opened the long box and eagerly removed the large green bubble wrap.

Normally you might expect to be a little excited opening a long-awaited purchase.

I was certainly excited to collect it from the post office. I was also excited

Assume or ask questions - the nitty gritty of buying from the internet...

removing it from the box and holding it up to the light and then...

You see I had purchased a rear pannier for my trusty bicycle. Yes, my beautiful black Giant Rome had been returned back to its rightful owner, now that my darling wife, Gloria, has a new bike.

I wanted to make my bike special and give it a touch of magic that only a spring loaded rear black alloy pannier can do.

For those who do not know about a pannier it is a long metal construction designed to carry a bag, a jumper or a raincoat depending on the weather and you can carry some lunch or thermos of delicious black coffee.

The pannier I had been excited about was described as all alloy. It would last a lifetime I therefore assumed. I had assumed wrongly.

That problem with assuming is not knowing when to not assume.

It was made of alloy, so I assumed all of it was made of alloy. In fact, that assumption was false.

Two small brackets that hold onto the high-tension metal spring are made of plastic. These plastic clips are under considerable strain and to my mind seem destined to one day crack and break.

One might imagine, with some slight annoyance, that they were actu-

ally designed to be weak and break.

Had I known this, my choice would have been a different purchase.

My question is now... when should we not assume?

A friend of mine, Martin, often says 'assume nothing or never assume'. This statement certainly is sensible, however in day to day life is it practical?

I assume the electric television I use is safe. I assume traffic will drive on the proper side of the road. I assume my computer will automatically correct all my spelling. (sic)

I imagine it would be awfully time consuming to actually never assume

and check all things, everything, every time.

On reflection of Martin's sage statement, I assume it was intended as a guide. The available time to be balanced against its importance and the consequences of making a wrong assumption.

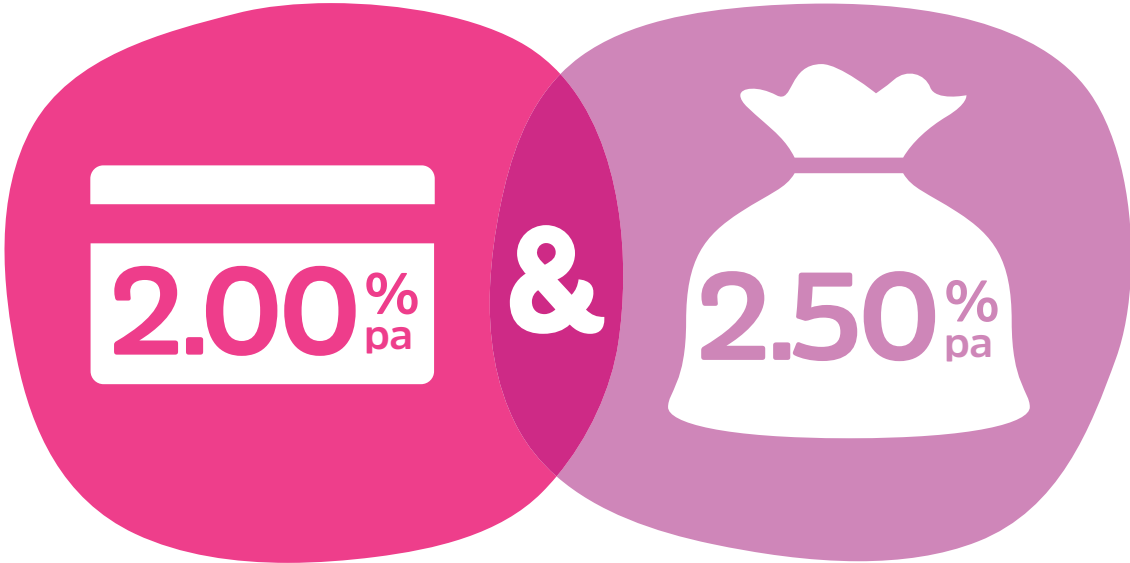
A parachutist would likely double check everything. So too would a pilot. Perhaps less likely a motorist, and but not a radio announcer buying a rear alloy pannier.

I'm going to call the shop up and ask if they will send me some spare plastic clips for when these ones break.

Hopefully they will oblige, I assume.

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lendlease

One for the bucket list - touring the USA with my son and his band



Left; Rick Steele
Right; Back stage
Phoenix - Kenny Rogers,
Joe Cocker, Rick who?



by Rick Steele

RICK Steele's son Luke is the lead singer of the world famous band *Empire of the Sun*. Rick recently went to the USA and was the opening act for him on a short tour.

Not that long ago, on a plane to NZ, I think I watched the movie *The Bucket List*.

I enjoyed having a laugh or two and moved on to another glass of red, an airline meal and another film.

I never really gave the idea of making my own list another thought until a recent return from my latest adventure. My imagination could never have dreamed such a bucket of love anyway.

My wife and I flew sand-

wich class to Brisbane with no screen for movies, appalling food and an electrical fault that kept us sitting on the tarmac without air conditioning for nearly an hour before takeoff. These were followed by a five hour break at Brisbane before boarding for the fifteen-hour jaunt to LA.

A joyous reunion with son, daughter in law and a pair of grandies, some proper home cooked meals and a couple of sunny days helped get over the jet lag.

Easter Thursday 13 April 8.30am and the tour bus pulls up outside and Operation Coachella began.

An hour in to LA, six lanes of traffic each way, we pulled over to pick up the dancing girls and the rest of the band.

About three hours later we arrive at Palm Springs and went straight to the festival site which covers over forty acres.

This is the biggest rock-n-roll festival in the world and it is combined with huge art installations, a giant Ferris wheel and seven or eight massive stages.

Our party of 20 was mini-moked out to the Sahara Stage. The band sound checked for an hour and then we were taken back to the buses and on

to our luxury hotel. The road crew's own bus and a semi trailer with all the gear completes our entourage.

Empire of the Sun's performance is scheduled for Friday night 9:30pm so I had time to play pretend VIP and enjoy the Californian sun by the pool before being chauffeur driven back to the Sahara stage ready for the performance.

I had not seen the show for several years and along with the other ten or more thousand people I was enthralled. *Rolling Stone* magazine named them in the top five shows of the whole Festival.

We were then moked back to the artists village for a quiet celebration and light snacks with some paparazzi, agents, management and family hangers-on for a couple of hours until 2am when the tour manager called to get ready to get on the bus which leaves for Las Vegas at 3am.

The tour bus contains one big bedroom at the back with double bed, big TV, own toilet and shower for the star.

The nine bunks for band and dancers are through the door towards the front with toilet, basin, door to kitchen with sink, fridge, micro, mini table lounge, TV and door to driver.

Naturally (I was on the bus first) I chose a bunk on the ground floor.

As things are, I would get on my hands and knees and then roll into my bunk and I did warn everybody that at my age I would be making numerous more trips to the little room. Ain't that the truth!

Nine thirtyish and we pull in the bus parking lot at the Cosmopolitan Casino Resort for coffee while the tour manager organised

our arrival, dressing rooms, green room, lunch, directions, schedule for sound check etc.

I finally hit the big stage at about 7.30. A thousand mostly young teenagers were there to greet me with beautiful enthusiasm.

My son Luke introduced me as someone he found on the street before revealing I was dad or Papa Rick.

The atmosphere was warm and receptive.

Not that they had ever heard of Chuck Berry, Ray Charles or JJ Cale but I think they knew of Bob Dylan.

My son joined me for a couple of songs and the girls screamed louder!

At 8.15pm a band from Melbourne called the *Avanches* came on and by now the crowd had swollen to 2000.

They were well received and by the time the *Empire of the Sun* hit the stage the three to four thousand crowd roared in anticipation.

They were not disappointed!

Moderate celebrations and at 2.30am... back on the bus and off to Reno.

We have a room for the day until 2.30 when the bus call will beckon. Everything is fine except I'm in room 2242 but they don't write the room number on the key and I forgot my room number.

No problem Mr Steele. Lucky I had my ID with me.

The Show was very similar to the night in Vegas and the crowd response just as excited perhaps even more.

OK, kiddies, back on the bus and back to Vegas for a day off. My luxury room on the 44th floor is special so I ordered the Easter special lunch for \$25 (lamb roast, mince sauce and

baked potato). It ended up \$40 with room service and tip.

"Push the trolley out the door when finished sir," said Manuel from Mexico. I did and while I did the door shut behind me. I am on the 44th floor in a singlet and shorts and locked out. I quickly spoke to a housemaid in a room nearby.

"I no speak English," she said.

Luckily the supervisor was nearby, "I understand and I can see you are genuine but you must not tell anyone or I will lose my job," he said and opened my door. Doh!

It is 5pm and I am ready because we are all going out to dinner Vegas style. Fire Flies is a Mexico style place and jugs of Tangerey wine and tequila and whatever with spicy ribs, rich cheesy croquettes and lord knows are goin' down the hatch. Are you still with me readers?

Back on the bus at about 4.45am and we're cruising down the highway on our way to Phoenix, Arizona. I awake with an overwhelming rumbling in the tummy region which can only mean one thing. Now the unwritten sign on the dunny door says... "Going number one, go have some fun, going number twos, YOU NO CAN DO."

By now I'm breaking into a sweat, my face is starting to contort, and mind is overloading with dire scenarios. I knocked fearfully on the driver's door and explained my situation, to which he calmly replied that he couldn't pull over anywhere at present but there was a little town about ten miles up the road that he could pull into the roadhouse and I could use the rest room there.

So we pull into a road-

house in a one horse town in the middle of the Arizona desert and I run like the wind to the gentlemen's rest room... and there's some bugger already in there. Well?

Luckily I spotted the disabled toilet around the corner and I realised, "There is a God."

Phoenix is a big city and the theatre we played hosts the biggest names in the world.

Our show didn't disappoint and when we left to go to the bus (leaving early tonight at 1am), there was still a crew of Empire fans waiting outside for autographs and photos.

Many of them were Spanish speaking but we communicate with smiles and 'hi fives'.

I woke up about 6.30 as we hit the LA traffic and my tour of duty was nearly over.

They played that night at the historical theatre, the Shrine (It used to host the Oscars back in the days of John Wayne, Bette Davis etc.).

I went to the show as a guest and watched from the front with the other five thousand patrons.

After the show I went back to my son's home, where I had a cup of tea and reflected on my whirlwind tour, celebrated a bed and tipped my hat to the man (or woman) who invented the flushing toilet.

Now back in Perth and I've got a couple of things in my bucket but I am wondering whether you are allowed to repeat?

Anyway, I didn't even have a bucket list when I left.

You know, Hollywood is the only place where you wake up and hear the birds coughing in the trees!

Cheers dears.

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Vietnam Camaraderie Tribute Show to be held in Mandurah

CELEBRATE with Vietnam veterans and their families with a fabulous concert starring some of the original entertainers who performed 47 years ago in Vietnam.

Entertainers include Peter Harries, Eddie Storm, Ray Van Ross and Kelly Green. The group made two tours of Vietnam performing for Australian troops in the field and hospitals.

This is a great opportunity for veterans

to see some of the original entertainers who performed for them.

The show will be held from 1.30pm – 4.30pm at Eastlake Church, 99 Lakes Road Mandurah on 5 July.

Thanks to Lotterywest and the Vietnam Veterans Association WA for sponsoring this event.

For further information contact Vee on 0401 832 195.

Celebrate Christmas in July with Born to Sing Choirs' concert

BORN TO SING Choirs are pleased to present a fundraising concert with a Christmas in July theme for Variety the children's charity.

The concert will celebrate everything Christmas in July and include

your favourite uplifting songs and carols.

There will be delicious homemade Christmas goodies to enjoy and a chance to win a hamper.

The concert will be held at the Wesley College auditorium in Angelo

Street, South Perth from 7-9pm on Saturday 29 July.

Ticket prices are \$10 or \$25 for family (two adults and two children).

For bookings visit www.trybooking.com/265244.

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by Mikel Smits

SOMETIMES you'd prefer not to know the real truth, it suits you to believe what you like, but sure enough one way or another, it will come to bear. Thanks to *Have a Go News* reader, Leslie Glasser of Denmark, I and fellow stamp collectors have been unhinged.

Leslie is a professor of physical chemistry currently working with Curtin University on a thermodynamics research project. Thermodynamics is a branch of physics concerned with heat and temperature and their relation to energy

The history and future of stamp collecting: part 15

and work (forces).

He recently sent me an email saying he had read with interest my article introducing the scientific aspects of stamp collecting in which I related a quote by the acclaimed father of nuclear physics, Ernest Rutherford (1871-1933), which was - 'All science is either physics or stamp collecting.' - and I also wrote how unfortunately I was unable to ascertain as to whether Rutherford had been a stamp collector and if his quote was genuine or tongue-in-cheek. In any case, we stamp collectors took delight in its literal context as we truly recognize the philatelists in our fraternity as being akin to scientists, with respect to the exhaustive research and information they produce.

Leslie informed me that Rutherford's well-known statement was intended to be pejorative and insulting. It pointed out that scientists need to obtain mathematical relations through experiment (that is, physics) or otherwise they are blindly collecting data without any importance.

I looked up pejorative and it means 'having a disparaging, derogatory, or belittling effect or force.' Oh my goodness! How the truth can be so cruel.

I rang Leslie and we had a pleasant chat. I told him that deep down I had figured his interpretation was more likely the case, but pejorative?

He said Rutherford's intention was to make his point quite clear (maybe a number of his peers and

students were collectors). Leslie went on to say that he hoped and believed Rutherford's connotation was not intended to be contemptuous of stamp collecting. I then asked him as to whether he knew if Rutherford had been a collector to which he said he didn't and that as the scientist's life was so consumed by his research, he likely wouldn't have had the time.

Finally I asked Leslie if he'd been a collector. Yes, as a boy, but come his teen years he too became focused on studying science. Well Leslie, because you were a collector as a boy, we stamp collectors will not hold a pair of tweezers against you for being the one to unhinge us and perforate our feelings.

Email: smits@westnet.com.au

Historic homesteads around Perth and the regions are worth a visit



Left to right; Woodbridge House - Tranby Farm

AUTUMN is a wonderful time of year to get out and about and visit some of the State's heritage homesteads.

One of the best known in Perth is Tranby Farm in Maylands. It is one of the oldest surviving buildings from the Swan River colony and the earliest domestic residence still extant in the inner metropolitan area. The farm was named after the ship on which the family who owned the farm arrived in 1830. They were the first Methodists to come to Western Australia and on arrival established a small religious community on what is now the Maylands Peninsula.

Led by the brothers John and Joseph Hardey, the group included a surgeon, preacher, bricklayer, blacksmith, shoemaker, surveyor, hatter, midshipman and several farmers. They were granted land on the Peninsula and despite their first house, built of wattle and daub, being washed away in the winter of the same year, they were not deterred. The Hardeys built another house which unfortunately was also washed away, then finally in 1838, Joseph Hardey recorded in his diary that he had purchased brick and wood for a new house, which still stands today. Tranby House is open Friday to Sunday, 12.30pm to 4pm.

A little further east you will find Halliday House in Bayswater. This Federation Queen Anne style home was built in 1893, although it is not absolutely clear who built the house. Some records indicate it was built by Henry Halliday, a carpenter and builder whose father owned the land, whilst others indicate various members of his family lent their services to the construction. When completed, the house was named Leighton, after Leighton Buzzard in Bedfordshire, UK, the birthplace of Henry's

wife, Edith.

After the sudden death of Henry in June 1914, Edith decided to move to Bassendean, where she remained until she died in 1935, when her estate was divided between her four surviving children. In 1984, the Halliday family sold the house and it was eventually purchased by the City of Bayswater in 1992. The house is open to the public on the fourth Sunday of every month from 1pm to 4pm.

Another wonderful homestead is Woodbridge, between Guildford and Midland, which has had a varied history, having been used as a gentleman's residence, preparatory school, home for aged women, and as an annexe for Governor Stirling Senior High School. The land on which it is built was originally owned by Captain James Stirling, who built a retreat cottage there to get away from official life at Government House.

In 1883 the property was purchased by Charles Harper, once co-owner of the *Western Australian Times*, a leading framer in the area and the first Western Australian to irrigate with artesian water.

With his increasing family (the Harpers had ten children) Charles established a school in the billiard room, which not only provided an education space for his children, but also those from the surrounding area. It was known as Woodbridge School. In 1900 the school moved to its present site and was renamed, Guildford Grammar School. Woodbridge House is open Thursday to Sunday 1pm to 4pm.

Built in 1871 on the banks of the Canning River, the heritage-listed Woodloose Homestead is the oldest building in Canning. The Victorian-Georgian home was built by pioneer and architect Francis Bird who arrived in Fremantle in 1869. Following a period

co-owning a timber mill, Francis was appointed WA chief government architect and in 1884, moved to another historic homestead, Old Farm, Strawberry Hill in Albany. Woodloose House is open on two Sunday afternoons each month.

Azelia Ley Homestead, located in Cockburn is another fabulous place to visit. The namesake Azelia Ley was born in 1872 and inherited the Manning estate from her parents. With her husband Jack, she built Azelia Ley Homestead (originally named Manning House) in 1923. When her husband died in 1927 she ran her homestead, her properties and her farm alone and became somewhat of a recluse. The homestead and the adjoining Wagon Museum are open on Sundays from 1.30pm to 4.30pm.

There are many other wonderful historic homesteads around the State which are open to the public, including; Old Blythwood on the Murray River, Edenvale Homestead in Pinjarra, Ellensbrook in Margaret River, Wonnerup House in the Capel region and Old Farm, Strawberry Hill in Albany, to mention a few. The buildings all open on different days so be sure to check before you visit.

Visiting a historic home is a delightful way to while away an autumn morning or afternoon as you immerse yourself in times gone by.

For more information about Heritage Perth visit www.heritageperth.com. You can also follow Heritage Perth on www.facebook.com/HeritagePerth and twitter.com/heritageperth



"Coin noodling" a popular practice

by Mikel Smits

THERE are oodles of ways one may approach coin collecting and noodling is one of them, in fact, it is how most begin collecting. 'Coin noodling' is a comparatively new term which refers to the practice of fossicking through one's change to find and keep coins of interest - in the past we used to call these collectors fossickers, however the term noodlers is more generally used nowadays.

I've noticed that noodling has become increasingly popular over the last 10 to 20 years. The reason is simple. Prior to the early 1980s, the Royal Australian Mint had released just four different special edition 50c coins. From the mid-1980s onwards, the issue of such special editions intensified with more than 70 others been released into circulation since then. At the same time, they were no longer restricted to just the 50c denomination: in 1986 the first special edition \$1 coin (International Year of Peace) was released; in 1994 a 20c coin commemorated the United Nations and more recently in 2012, the first special \$2 coin was issued for Remembrance Day. As with any collectables, as the range increases, the interest and challenge to find them all captures the imagination of a growing number of new collectors.



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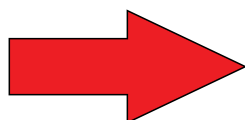
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- LAW GAMES "May the odds be in your Favour" – Games will include: Tenancy, Family Law, Wills etc. in Geraldton
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- Life's Challenges – have a plan, not a drama by Clairs Keeley and Tilenni Stiles & Associates
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SRCWA President's Jottings



LiveLighter Seniors Activity/Information Day in Vincent

On Wednesday 22 March people in the City of Vincent were invited to a LiveLighter Seniors Activity-Information day sponsored by LiveLighter Healthway hosted by the City of Vincent and organised by SRCWA. This event was organised to showcase agencies in the local area and to give participants the opportunity to try different activities.

Static displays offered a variety of information from APIA, Breast Screen WA, Dept of Commerce, Home Instead, ICCWA-Stay on Your Feet, LiveLighter Healthway, Mercy Care, Seniors Recreation Council, Silver Chain, WARVRA -WA Retirement Village Residents Association.

SRCWA vice president Phil Paddon welcomed people to the event, introduced the static displays and invited the participants to take part in the many activities. SRCWA would like to thank Sarah from the City of Vincent, and their hard working volunteers and staff for making this event a great success. Remember to eat healthy meals and exercise daily to LiveLighter.

LiveLighter Aged Care Games Bunbury Region

On the 6 April SRCWA conducted the LiveLighter Aged Care Games at the South West Sports Centre in Bunbury. There were 14 teams competing that came 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 and officially opened the games with MC for the day Phil Paddon.

Betty McCleary had everyone moving and shaking to the lunchtime Zumba Gold demonstration.

The winners were Ocean Star Superstars with 287 points with Crowea Club second with 279 points and Village Raiders third with 252 points. The best-presented team was Dream Catchers, Opal Bunbury Gardens and the oldest participant was Mary Birch, 102 years young from Opal Bunbury Gardens.

A big thank you to the Bunbury TAFE Students and students from SEDA school, the Department of Corrective Services Access trustees who assisted with transport of equipment, setup and pack down.

A big thank you to Bunbury branch president Barbara Fleay and the her committee and volunteers who helped make the day such a great success. SRCWA would like to thank LiveLighter, Healthway, Department of Sport and Recreation and Department of Local Government and Communities for their support.

Rockingham Have a Go Day a LiveLighter event

On Wednesday 12 April about 650 seniors from Rockingham area attended the seventh annual Have a Go Day at the Aqua Jetty. The day showcased club and groups from Rockingham and surrounding areas.

Mayor of Rockingham Barry Samuels officially opened the day and councillor Chris Elliott acted as MC. A big thank you goes to Frances Cheney and all the volunteers who helped make this day a success from the Rockingham branch organising committee to the volunteers from Rockingham and Perth and the Wooroloo Trustees.

Sponsors of the event were: City of Rockingham, Aqua Jetty, Have a Go News, LiveLighter Healthway, Kennards Hire, IGA, Dept of Sport and Recreation and Dept of Local Government and Communities, Telstra and Simply Swing.

SRCWA Mid-Year Country Music Concerts 2017: Perth and Mandurah

This year SRCWA is pleased to announce that due to popular demand there will be two concerts held.

Mandurah Seniors and Community Centre, Saturday 8 July, 12.30 to 4.30pm.

Morley Sport and Recreation Centre, Sunday 9 July, 12.30 to 4.30pm.

The concerts will feature artists, Laura Downing, Brian Letton, the Band of Mates and Kingsley Day and afternoon tea is included. Tickets are \$30pp contact Kate Chetwin 9492 9771 for bookings.

Have a Go Day, a LiveLighter Event, Burswood Park, Wednesday 1 November SITE HOLDERS: REGISTRATION NOW OPEN

This year Have a Go Day celebrates its 25th anniversary in Burswood Park. The Have a Go Day committee would like to invite people to come along and celebrate this milestone. Have a Go Day, a LiveLighter Event is a free event for people and is the premier event in Seniors Week. Application forms are now available, to register attendance for static display space for clubs and groups, not for profit agencies and commercial organisations contact Kate Chetwin on 9492 9771 or email kate.chetwin@srcwa.asn.au This event is the ideal platform to showcase information to the over 50s in WA.

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

Hugh Rogers, Seniors Recreation Council State President



Historic archery is a test of precision and skill



Archers in action at the Aim Archery Club in Bayswater

by Jennifer Merigan

ARCHERY is the skill of using a bow to propel arrows in the right direction. Historically it has been used for hunting and combat. The oldest signs of use of the bow and arrow can be traced back to about 10,000 BC.

It's no wonder that it is still a popular recreational activity with so much history behind it.

I thought it was time to target the Aim Archery Club in our pages.

Their membership is for those 50 and over. The club was formed in 1985 through the Have a Go program initiated by the then Ministry of Sport and Recreation to encourage older adults to participate in recreational activities.

May Fitzsimmons went to a huge effort to get the group go-

ing and it's interesting to note that AIM actually stands for 'Adults in Motion' and not aim for the bulls-eye.

With around 130 members AIM offers people the opportunity to learn the skills and enjoy the camaraderie.

I visited Aim at Halliday Park in Bayswater on a Thursday morning and enjoyed watching the highly skilled archers in action.

They are a happy and welcoming lot and during the morning I met long time archers Bart and Verna Schreuders who had taken up the activity after trying it at the 1999 Have a Go Day.

More than 50 people were gathered on the oval and I kept looking out to see whether a modern day Robin Hood was going to make an appearance, but alas I only found him on the

president's coffee cup.

Club president Len Copley who came across to me as a toxophile (a lover or expert of archery) joined AIM 12 years ago when his neighbour introduced him to the sport.

With a track record in the Australian Defence Force, Len is a great ambassador for the sport.

"Archery is a good discipline and helps keep you fit, you pull about 46 pounds on a recurve bow so it's a bit like weight lifting, especially when you do that about 108 times over a morning.

"The other things I love is that we have a great group of people in the club and the camaraderie and sense of belonging for members ticks all the boxes for me.

"We would love to welcome more women to our club and there is plenty of opportunity to

come along and give it a go," said Len.

AIM offers new members the opportunity to be trained using their equipment.

They supply new members with bows and arrows and novices are allowed to use the club's equipment for up to three months. The first visit is free of charge and the cost to join the club is \$150 per annum.

It's about \$300 to \$400 for a kit and people are welcome to come along and have a go at any of five venues around town.

The club also has a variety of social activities throughout the year and offers a number of competitions and tournaments.

For more information about the club contact president Len Copley on 9498 3527 or visit www.aimarcherywa.com

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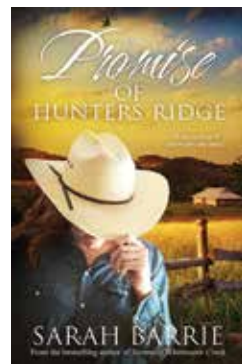
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Promise of Hunters Ridge - a thriller that is hard to put down



by Jennifer Merigan

I AM a voracious reader and especially love reading Australian novels.

Recently a novel by Sarah Barrie came across my desk called *Promise of Hunters Ridge*.

I didn't realise until I had finished the book that it was the final in a trilogy but it made no

difference as the story stands alone well.

It certainly inspired me to hunt out the other books as I enjoyed the character development and was keen to learn more about previous events mentioned in this book.

The lead character, Mia Morgan is a strong independent woman who has freed her loved ones from a deranged serial killer who preys on women for sport, but the killer is now after her.

She's protecting herself as best she can but with the police still on the hunt for the killer and her mistrust of the lead detective Ben Bowden, she's intent on going it alone.

Ben Bowden is trying to manage this high pressure murder case with bodies mounting, along with his personal feelings for Mia.

Set in New South Wales between Sydney and the central west rural area the twists and turns in the murder case kept me on the edge of my seat at times and I really burned the midnight oil when I couldn't put it down.

Promise of Hunters Ridge is published by Harlequin and is available at all good bookstores for RRP\$29.99

WIN WIN WIN

We have three copies of *Promise of Hunters Ridge* to give away. To be in the draw please email win@haveagonews.com.au, with the book title in the subject line or write to *Promise of Hunters Ridge*, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Competition ends 31/05/17.

5

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A man of many parts whose love of dance inspired Perth dancers



Bert and Mildred on the dance floor

by Adam Penn

BERT COHEN was just a teenager when he first ventured onto the dance floor but it started a life-long love affair which saw his nimble feet and style make an indelible mark. Born Bertram John Cohen on 4 November 1930,

Bert started dancing at 15, learning from Winnie Wright in the Piccadilly Arcade ballroom.

He remembers his disappointment during the first three months of lessons, having to place his hands on his partner's shoulders, as she walked him through the steps. After

three months, he was finally allowed to place his arm around her waist, something that apparently made him very happy.

Another early memory was joining his sister June on Marine Parade in Cottesloe, watching the heads of dozens of people dancing at the roof top, open air summer ballroom, the Lido, for hours at a time. This fascination with how those heads looked so stylish as they whizzed around the raised concrete floor, led to his desire to discover the activity himself.

After almost a year with Winnie, and working through his lower grade medals, Bert started training with John Paranthoine who encouraged him to compete. At 16 he took to the competitive floor for the first time, seemingly terrified at the prospect. He remained with John for about two years, then at 18, again changed schools, moving to Wrightson dance studios, working through his higher medal levels with Robert and Shelda.

Within months of joining

Wrightsons, Bert turned professional at Murray Street, working in a full-time capacity with Frank and Doreen Webber who were running the studio for the Wrightsons, who were then in the US.

Studying under the Webbers, Bert achieved his associate diploma in Ballroom (standard) and started teaching his newest student, Mildred Symmons, who took up a dancing career once her two sons were grown. After less than a year of teaching Mildred, Bert asked her to partner him professionally, training under the Wrightsons and Jock and Beryl McGregor. They danced in both ballroom and Latin with the rumba being danced on the one beat and cha cha not yet accepted into either the competition or medal exam syllabus.

As well as having a strong dance partnership with Mildred, Bert married Alice Morris who he met while dancing at the Embassy Ballroom. Bert and Alice had two daughters, Coreen and Daralee, who both took up dancing,

Coreen later becoming a girl in Perth.

Bert and Mildred went from strength to strength with their competitive and teaching careers, achieving second and third placings in their first few championships. In 1959 they won the State professional ballroom title and were unbeaten State professional champions for 1960 and 1961. They continued to train under the Wrightsons, adding exhibition to their regime.

They danced successfully in this field along with representing WA at the 1961 Australasian championships at the Embassy Ballroom and dancing at the 1962 world selection championships.

After this the couple started teaching at the Embassy Ballroom, taking lessons and classes in all styles, but mainly ballroom and old time dancing and training many up-and-coming competitors. They remained at the Embassy for a couple of years, after which Bert opened his school The Astoria on the corner of King and Hay streets in Perth, taking

over the sub-lease of the venue from George Mills and remained there for three years.

By the late 60s, Bert had moved his school to Midland, which became a short term stay, after which he moved again, this time to Armadale where he remained for another two years. In the mid 70s, Bert spent almost a year in the United States, teaching for several schools and learning more about teaching systems. On his return to WA he set up schools in Scarborough, Rockingham and Cottesloe, along with running weekend dances in Narrogin.

Bert returned to Wrightsons in the late 80s, working at the Hay Street Studio, Durham House, for around five years after which he again set up lessons, this time in Dalkeith. Specialising in sequence and new vogue, Bert's classes were immensely popular, often attracting some 50 odd people to the small hall at a time.

In the mid 90s Bert met Peta Bowker-Douglas who transferred over to

lessons with him from Fantasia Ballroom in Nedlands. A friendship quickly developed and soon Bert and Peta became dance partners, enjoying a wonderful time dancing throughout Perth. A full-time partnership developed and in 2001, Peta and Bert opened 'Ballroom Dancing In Dalkeith' at the Dalkeith Town Hall, which continues to this day. Peta often pays tribute to the man who helped develop her love of dance.

A founding member of the West Australian Dance Masters Association, now Dance Masters International Association, Bert has been a competitor, teacher, coach, choreographer, adjudicator, examiner and mentor. He has played a leading role in the development of the industry, social dancing and competitive scene in WA.

If anyone in the Perth dance scene has historic photos and information for Adam Penn's ongoing dance series, please contact Adam at tophat97@optusnet.com.au or on mobile 0412 361 917.

Free lecture covers restless legs syndrome

SLEEP Disorders Australia presents a free public lecture on the diagnosis and treatment of restless legs syndrome (RLS) by neurologist Dr Keith Grainger.

Some of the information to be covered:

Do you have an irresistible urge to move your legs at night?

Does it stop you having refreshing sleep?

What causes RLS?

What are the symptoms?

Is there a cure?

What treatments are available and which work the best?

For helpful information join them on Saturday 10 June at 1.30pm in the Hollywood Hospital Lecture Theatre. Please enter gate 5 from Monash Avenue, park in the multi storey car park and then follow the signs.

All enquiries phone Lloyd

0427 646 983.

Sleep Disorders Australia is a small not for profit charity raising awareness of sleep disorders and their dangers in the community. They are urgently seeking new committee members for the group. This would involve only giving up around two hours every three months of time. For more information please call Max 0415 363 581.

Senior siblings still striding their way to good health



Lou Evans and Alan Holman enjoy the view from Kent Street Weir in Cannington.

AS the name suggests, the Over 55 Walking Association was set up in the 1980s to provide social walking opportunities for those aged 55 and over.

It is one of several recreation groups that successfully cater for the needs of older adults.

But along the way it

has also achieved another claim to fame, probably not matched by similar groups. Not only does it have two regular walkers well into their nineties, they just happen to be siblings.

Lou Evans and Alan Holman were inaugural members of the club. They say they have enjoyed the

club's walks for more than 30 years and that must be true because Lou is nearly 96 and Alan a sprightly 94.

They clearly remember the first walk in King's Park sponsored by the Scottish Highland Bank and the tasty cakes supplied by the Seniors Sport and Recreation Council.

Alan and Lou have made many friends in the club and admit to enjoying the sausage sizzles, potato bakes and hamburger days.

Alan's favourite walk is around the river at Shelley, a walk the club still runs. And with a cheeky grin, he freely remembers getting lost on some of the walks in the early years.

Lou and Alan agree that the club, affectionately called OFFWA, is an encouragement for older

people to exercise in a friendly way and he says he would hate to see the club change.

The club's annual fee is only \$10 and last year's membership was close to 300. Walks commence at 10.30am but members usually arrive earlier with their lunch, a chair and a gold coin for the raffle.

Future walks include:

30 May: The Esplanade, Deep Water Point, Mt. Pleasant.

6 June: Mullaloo Drive, Mullaloo.

13 June: Perry Lakes Drive, Floreat.

20 June: First Avenue, Woodbridge.

27 June: Progress Drive, Bibra Lake.

4 July: Synergy Parkland, King's Park.

11 July: Burswood Drive, Burswood.

18 July: Carine Regional Open Space, Beach Road, Carine.

25 July: Honour Avenue Car Park, Point Walter.

1 August: John Forrest National Park, second Park Road entrance, Glen Forrest.

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

Simply log on to www.over55walkingassociation.myclub.org.au phone 0490 472 145 or email over55walkingassoc@gmail.com.



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We're giving away one double every night from Monday 8 May to Friday 12 May. Win one of these doubles and you'll also be in the running to win an exclusive backstage introduction to Petula Clark.

Keep this songlist handy and listen to Perth Tonight with Chris Ilsley on 882am 6PR from 8pm - midnight 8 to 12 May and get ready to call 922 11 882 for your chance to win.

Petula Clark Songlist

- Monday - Colour my World
- Tuesday - Downtown
- Wednesday - Don't Sleep in the Subway
- Thursday - I Know a Place
- Friday - A Sign of the Times

For bookings visit www.perthconcerthall.com.au

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New Buckley Caring Centre now open



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One of the lifestyle choices some people consider as they get older is downsizing – whether or not to move into a smaller property. At Amaroo Village, we offer excellent quality in senior’s living with a range of thoughtfully designed and well finished villas in Albany, Denmark and Gosnells. Independent villas from \$240,000 available in Gosnells. Albany villas start from \$290,000.

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Navigate the aged care journey at Care and Ageing Expo in July



PERTH Care and Ageing Expo will be held for the first time at the Perth Convention and Exhibition Centre on Saturday 29 July and Sunday 30 July. The expo aims to create a one-stop opportunity for people to learn to navigate the aged care journey through a showcase of products, services, information and education available for ageing, care and support in the aged service industry.

Event organiser Rich-

ard Campbell from CMS Events said within a week of announcing the expo there had been many expressions of interest from potential exhibitors. HESTA (Health Employees Superannuation Trust Australia), Rosewood Care Group, Carers Plus staffing agency, Home Chef home delivery meal service and Hall and Prior Nursing Homes signed to exhibit immediately. The event will be held under the auspices of

Leading Aged Services Australia (LASA), the national peak body representing all providers of age services across residential care, home care and retirement living. Mr Campbell said it was expected to attract 60 to 70 exhibitors to the expo which would cater for up to 5000 visitors. These exhibitors are expected to include: residential care providers; home care providers; retirement living providers; equipment providers; service providers; health care providers (physiotherapists, cognitive therapists, counsellors); vulnerable care groups – indigenous, LGBT, homeless; legal, financial, banks, superfunds, insurance; medical, pharmacy; consultants; technology; NFP support groups; local, state and federal government agencies and workforce recruitment. Five key seminar pre-

sentations will be held with industry experts each day. A lifestyle stage will feature cooking demonstrations, travel talks, recreational talks, gardening and hobbies four times a day. There will be a music stage with performers welcoming visitors to the expo. An in-house café will provide a venue where people can relax and review their journey through the expo. Mr Campbell said there had been an explosion of services being offered in the aged care arena and consumers were confused about what was available to them and their elderly relatives. “With government moves to encourage a greater focus on at-home care, people who had presumed they would automatically move into a home of some kind were now realising that isn’t their only option,” he said. “The expo is to deliver an understanding to people about the importance and benefits of being informed and ready to care for families and the ageing community. “It provides a forum full of information, whether people are just starting to understand the journey of caring for the aged or looking at how they can be better prepared for the future and promote a balanced outlook on living in the healthiest and most comfortable way as people age. “The event is inclusive of both those planning for their own needs and those planning for family members. The fact that many people do not necessarily know where to start on the journey of aged care, the expo provides the impetus through education and will expose solutions for their needs,” Mr Campbell said. Further information is available from Richard Campbell on 9228 9166 or visit www.careandageingexpo.com.au.

by Frank Smith

BEING reincarnated as a laboratory mouse is not everyone’s preference, but there might be advantages. For examples drugs have been developed that cure Alzheimer’s disease, diabetes and even hair loss in mice. Unfortunately they don’t always work as well in people. Last month, in a paper published in the prestigious journal Science, a University of New South Wales (UNSW) team led by Professor David Sinclair claimed to have found a drug that reverses ageing. One characteristic of ageing is gradual deterioration in the organism’s DNA and its ability to repair damage. The UNSW researchers have identified a critical step in the molecular process that allows cells to repair damaged DNA. The scientists found that NAD+, (nicotinamide adenine dinucleotide) which is naturally present in every cell of our body, has a key role as a regulator in controlling DNA repair. Treating mice with a NAD+ precursor called NMN improved their ability to repair DNA damage caused by radiation exposure or old age. “The cells of the old mice were indistinguishable from the young mice, after just one week of treatment,” said Professor Sinclair. Trials of NMN safety in humans will begin shortly. Dr Lindsay Wu, another member of the UNSW team, says 96 per cent of childhood cancer survivors suffer a chronic illness by age 45, including cardiovascular disease, Type 2 diabetes, Alzheimer’s disease, and cancers unrelated to the original cancer. “All of this adds up to the fact they have accelerated ageing, which is devastating,” he says. “It would be great to do something about that, and we believe we can with this molecule.” Dr Wu says that drugs are more likely to be of value in improving health rather than extending lifespan.

Dr Nir Barzilai of the Albert Einstein College of Medicine in New York and colleagues plan to give the drug metformin to thousands of people who already have one or two of three conditions — cancer, heart disease or cognitive impairment — or are at risk of them. The participants will then be monitored to see whether the medication forestalls the illnesses they do not already have, as well as diabetes and death. Metformin suppresses glucose production by the liver and increases sensitivity to insulin. It has been used safely for more than 60 years and prolongs healthy life and lifespan in worms and in some mouse strains. It may also delay heart disease, cancer, cognitive decline and death in people with diabetes. A trial, lasting five to seven years, is in progress of 3,000 people aged 70–80 years at 15 centres around the United States. Calorie restriction is also well known to delay ageing in many animals including humans. However few people have the willpower required to maintain a near starvation diet for an entire lifetime. Regular, short term calorie restriction such as the 5:2 diet of eating normally for five days and reducing calorie intake for two, espoused by TV medico Michael Mosley appears to control obesity and diabetes and improves lifespan in animal studies. However scientists optimism may sometimes get ahead of actual results. Paul Barry on ABC’s *Media Watch* hosed down the hype with comments from other scientists: “Mice are not men, and many findings on mice are not replicated in human trials,” said Professor Ken Harvey, School of Public Health Monash University. “Exercise, a varied and moderate diet, maintaining social contact, and avoiding stress have profound health benefits, beyond anything that will ever be available in a pill,” said Dr Justin Coleman, senior lecturer, Griffith School of Medicine. We may have to wait a little longer for humans to catch up with laboratory mice.

A bidet solves bathroom problems for arthritis sufferers



BIDET Shop customer Mabel suffers with arthritis and a painful back condition but she has found that a bidet makes the everyday task much simpler. “It’s marvelous I’ve always wanted a paperless bidet in my bathroom and I wish I had found it years ago,” Mabel said. “The bidet simply replaced the existing toilet seat and automatically cleans without toilet paper. “The friendly staff ex-

plained that the bidet toilet seat has many health benefits as well as the comfort factors of a heated seat and other features,” she said. The bidet can be used in two simple steps. Press the bottom/feminine wash button and the bidet provides a stream of warm water to clean thoroughly. Then with just the push of another button, warm air gently dries without the need for toilet paper. Mabel said that although The Bidet Shop offered to send out a brochure pack, she decided to order a bidet straight away. It arrived a few days later. She installed the seat herself easily and as she had been told. It fitted perfectly on her original toilet bowl. “It is the best investment I have made in my personal health and hygiene in years and I no longer find going to the toilet an issue.” “Give it a go,” She says. “I did and I couldn’t be happier”. For more information or to purchase call The Bidet Shop on 08 6315 4252. Have a Go News readers may qualify to have their Bidet fully funded. Please call to ask how.



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Consumer Directed Care is now fully operational in WA

by Frank Smith

IN FEBRUARY this year Consumer Directed Care became fully operational in WA.

That means people with a home care package can now change providers if they wish.

The Home Care Packages program is a government-subsidised program that provides long-term support for older people who want to stay living at home.

As a first step you need to contact your local Aged Care Assessment Team (ACAT) for an assessment of your eligibility and the types of care and services you need.

If you are assessed as eligible for a home care package you will receive a letter of approval from the government gateway, My Aged Care, setting out the level of care package you will receive and you will be placed in a queue until a suitable package becomes available for you.

There are four levels of Home Care Package from the basic one to high level care needs at four. Each level attracts a different amount of funding which you can use to buy hours of care

or other support that suits your needs.

Funds can be spent on most things that relate to your care and well-being. The package provides flexibility and choice and if you can afford it you can pay for extra things yourself. However some of your funds will be used to contribute to the administrative and case management costs of your service provider.

Home Care Package funds aren't paid to you directly. Instead, you choose an approved Home Care Package provider to administer the funds on your behalf and give you case management support and advice.

Once you have a Home Care Package, you can keep it for as long as you need. If your needs increase, you may be re-assessed for a higher level package.

Each recipient should receive a budget and monthly statement from their service provider.

That is the theory. Is it really happening as planned? *Have a Go News* asked COTA CEO Mark Teale.

"It is too early to say for certain. The philosophy behind CDC is good but we need to

see how it plays out. It is important to provide choice," he said.

Several service providers have announced mergers. This looks like empire building.

"Some larger service organisations are in a better position to market their services, hence there have been some amalgamations. There are likely to be fewer service providers in the future."

Is there a danger that this will lose the local touch?

"There will always be a place for specialist skill sets, for example with culturally diverse clients. It will be what consumer pressure decides."

One innovation is that service providers will be able to charge exit fees if consumers change providers.

"Exit fees are not regulated but there are some stringent requirements imposed by the Commonwealth Department of Health. If you decide to change, the exit fee set when you first joined is the fee you pay. It cannot be increased, so you should know what to expect."

Is the money for individuals or couples? So

can there be two recipients in one family?

"Yes, care packages are for individuals, a possible arrangement is for more than one individual in a household to be receiving care," he said.

A source of confusion is the difference between care received under HACC (Home and Community Care) and CDC. Some people receiving HACC packages are wondering why they are not getting the information they thought they would get when CDC began.

"WA is the only state with mixed Commonwealth and State funding. HACC is state funded. The Commonwealth is due to take over HACC in July 2018, but there won't be an immediate change to CDC," Mr Teale said.

So for seniors with HACC support it is business as usual.

Need more information? Call the My Aged Care contact centre 1800 200 422 or visit www.myagedcare.gov.au. The staff will ask questions to help understand your needs and can help you find out if you are eligible for aged care services.

British expats urged to check UK pension entitlements



by Mike Goodall

JEREMY Corbyn, the leader of the UK Labour Party, had confirmed that Labour will include the unfreezing of UK State Pensions for expat pensioners worldwide in future pensions policy. Labour have already produced a four point Pensions Policy Card that includes pension unfreezing.

Following that announcement, a backbench debate was held in the House of Commons on Thursday 20 April on a motion to reject Statutory Instrument 2017 which allows the UK Government to continue to freeze our State pensions.

This debate was secured by Sir Roger Gale (Conservative) and Ian Blackford (SNP) on behalf of the All Party Parliamentary Group (APPG) on Frozen pensions.

This could lead to a challenge and a vote in Parliament where we know that we would have the support of a majority of MPs. However, Theresa May announced on Tuesday 18 April that there would be a snap election in the UK on 8 June.

This had two immediate effects. Few MPs attended the debate on the 20th and we have lost any initiative to mount a major challenge. While I am sure that the Prime Minister has not called the general election just to thwart our plans she has effectively 'kicked us into the long grass' as if she is re-elected with a huge majority as predicted we will no longer have a majority of MPs who support our cause.

As a result of this development we will now have to wait as see what opportunity BREXIT will present when negotiations start following the general election. Those of you who left the UK less than 15 years ago are still entitled to vote in the UK general election if you register. Voter registration is quick and easy and can be done on-line. The deadline is 22 May for this

election.

Previously there have been problems with expats in some countries, especially Australia, not receiving their voting papers early enough for them to be returned in time. To overcome this problem, you can arrange for a 'proxy voter' in the UK who votes in the constituency where you were last registered, to vote on your behalf.

The UK voter registration web site is:- www.gov.uk/register-to-vote

It is abundantly clear to me that many UK expats are still not receiving the UK State Pension to which they and/or their wives could be entitled. If you are a man born before 6 April 1945 your wife, even if she was not born in the UK, could still be entitled to a UK State pension. If you are a man born between 5 April 1945 and 6 April 1951 or a woman born between 5 April 1950 and 6 April 1953 your spouse, no matter where they were born, could be entitled to a UK State Pension.

For those men born after 5 April 1951 and for women born after 5 April 1953 the rules have changed although in certain circumstances you could successfully claim a spouse pension.

Additionally, many men born between 5 April 1945 and 6 April 1951 and women born between 5 April 1950 and 5 April 1953 still believe that they require 11 years and 10 years of National Insurance Contribution respectively to claim a UK State Pension. This is no longer the case as the rules changed. As a result many of you are missing out on pension payments.

Many believe that if you claim a UK State Pension that they will just deduct it from your Australian (Centrelink) pension. This is not the case because you are allowed to receive up to \$160 per fortnight before you are assessed for a reduction. After the \$160 you lose only 50¢ in the dollar so you are always better off claiming.

Anyone who would like to discuss the above in greater detail or require guidance and help on any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on (08) 6364 0859 email: mikegoodall@btconnect.com

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Exhibitors will include Residential Care, Home Care, Retirement Living, Equipment, Service Providers, Health Care, Legal and Financial, Medical, Consultants, Technology, Support Groups and Government Agencies




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AGED
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by Frank Smith

THERE are more than 50,000 charities in Aus-

tralia all competing for your dollar. Nearly nine out of ten Australians give to charity annually, mak-

Are you giving to the right charity?

ing us the third most generous people in the world after Myanmar and the USA. The average annual donation in WA is more than \$160.

But with so many worthy causes asking for support, how do you make sure that what you give actually makes a difference?

A survey by consumer advocate CHOICE found that more than 80 per cent of respondents didn't know how much of

their donation reached a charity's beneficiaries after fundraising costs and overheads were subtracted. But most said they wanted to know.

Charities have to spend money to raise money, but their costs differ depending on the method they use.

Manager Effective Altruism Australia Bridget Williams says you should be able to find administrative and fund raising costs from their website.

"But that's not necessarily the best way to evaluate charities. Their intervention might not be the most effective in achieving their aims.

"Find out how effective the charity is. Is there scientific evidence or independent reviews of its effectiveness?

"Transparency is also important. You should be able to find out where the money is going and if they are able to effectively use additional funding."

Telemarketers who ring you and ask for donations are usually (but not always) employed by private fund-raising companies who take a big chunk of any money you donate, especially in the first year.

"You can always ask if they are a volunteer," said Ms Williams.

Charities who use fundraiser argue that they benefit in the long term because people who donate once usually donate again over several years. They see telemarketing as gaining a database of potential long term donors.

That can result in them

repeatedly hassling donors for more and larger donations.

"When that happened to me I've asked to be taken off donor lists, and it usually works," she said.

People who hassle you outside shopping centres may be volunteers but others are paid a percentage of what they collect. Unlike telemarketers they don't help the charity to build up a database of donors.

"Whether to give to street collectors depends on the organisation. If you've never heard of the charity then it is perhaps best to go home and do some research before giving," said Ms Williams.

Dinners, balls and other functions are generally a less effective of raising money for the charity. The costs for speakers, entertainment, the venue and catering can mean less than half of your ticket price goes to the actual cause asking for money. On the other hand they may improve the charity's public profile and bring in more donors and volunteers.

CHOICE says volunteering is the perfect way to know you're really making a difference. More than three million people work as volunteers with non-profit organisations and charities. They each give an average of 56 hours of their time per year.

If you are interested in volunteering check the website of local charities for opportunities and contact details.

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Vision for aged care in Perth's south revealed



Juniper chief executive Vaughan Harding (left) with board chair Fred Boshart turn the sod at the facility site in Martin.

CONSTRUCTION of a new 100-bed residential aged care facility in Perth's southern suburb of Martin has commenced, heralding the provision of much needed services and greater employment opportunities in the south-east metropolitan corridor.

Announcing the start of onsite work this week, Juniper chief executive Vaughan Harding said the project was a significant investment by the organisation as it works to double its capacity to respond to growing community need for aged care services.

"This exciting development will bring high quality residential accommodation, designed to provide a full continuum of care to frail, older Western Australians," he said.

"In addition to creating more opportunities for employment in the aged care sector the new facility will

provide cutting edge amenities with focus on quality design and construction."

About 120 new jobs will be created by this service – ranging from multi-skilled carers, allied health workers and nursing staff and management roles.

Revealing the vision for the facility, Mr Harding said it will become an intrinsic part of the local community.

"The building is designed to complement the area's semi-rural character with a special emphasis on the site's historic use for horse agistment, a theme reflected in the architecture of the building and its materials, and other proposed treatments such as exterior fencing and a planned central entrance artwork," he said.

Experienced builder Crothers Construction has been selected to build the facility.

Construction of the development, located at the corner of Gosnells Road West and Lewis Road, is expected to take 12 months, with completion by spring 2018. Juniper's latest aged care project is one of several vital initiatives that will serve the community, including:

- Initial work to establish a 60-bed transitional care program at the Juniper Rowethorpe campus in Bentley is expected to begin mid-2017 and, when complete, will help relieve pressure on the hospital system;
- An innovative aged care hub that combines Residential Aged Care with Home Care now taking shape in Kununurra;
- The construction of a multi-purpose centre in Albany is well underway and when completed will be a focal point for a range of community activities.
- 40 contemporary retirement apartments over three levels at Juniper Elimatta Retirement Living in Menora with expected completion later in 2017;
- Demolition of the Juniper Chrystal Halliday residential aged care facility in Karrinyup is planned for mid-2017 to make way for a modern 120-bed facility.

For more information on this project and other initiatives visit juniper.org.au.

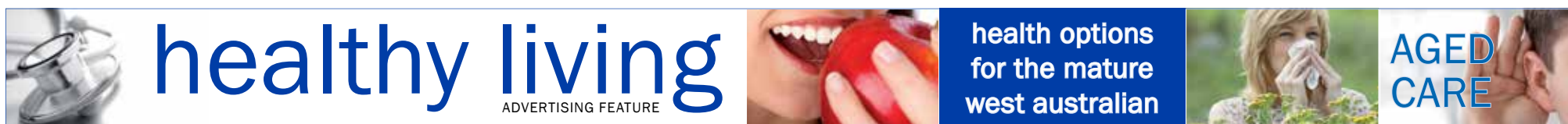
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The little things can make a big difference in aged care



BETHANIE, one of Western Australia's most well known not-for-profit aged care and retirement living providers has recently opened the doors to its state-of-the-art 112 bed aged care facility in the northern coast suburb of Gwelup, creating a home away from home for its clients.

Bethanie has a deep commitment to approach its service provision in a holistic way. When the Gwelup facility was on the drawing board, it was paramount for them not just to get it structurally right, but to get its 'soul' right too. To that end, the board, designers, staff and clients alike helped achieve the final product with valuable contributions on

all facets of community living.

Upon entering the building it is immediately obvious that this is a facility with a heart. Soft finishes, copper artwork throughout, colourful flowers, homely cushions, ambient standard lights and lamps, and carpeted rooms and hallways, combined with natural light and colourful furniture make each resident feel like they are among friends and are in their own warm, welcoming and comforting home. It is entirely conducive to the sociability and engagement of its residents; which is one of the reasons Bethanie rates particularly highly in this area compared with its competitors.

Each room within the two-storey building is fitted out with the latest modern conveniences and has been specially designed to reflect a 'home'. There is nothing 'clinical' about the generous sized rooms; the extra space also gives residents the opportunity to personalise it by bringing in some of their own furniture.

In the positive feedback Bethanie received from a recent survey was that family members felt welcome when they visited and comforted by the staff's genuine care of their loved one. The layout is purpose-built in this regard. Small and large activity rooms are scattered throughout the facility, as well as formal

and informal dining areas. Four dining areas within the facility feature fully self-contained kitchenettes, designed to encourage family members to come together and cook a meal, and spend quality time together in a home-like environment.

Communal refreshment areas are architecturally designed to create a café vibe – offering a uniquely inviting area to host relatives and friends.

The ground floor houses a secure dementia specific facility with small yet significant points of difference – such as each bedroom housing a 'Memory Box' on the wall outside. Within the memory box are personal items that belong to the

resident – helping them to easily identify which room is theirs and providing a conversation point for visitors. Bethanie's dementia specialists are considered some of the very best in the state, so residents of this area enjoy top quality care that is clinically superior and also kind and compassionate.

In the first of its kind in WA, Bethanie has adopted a campus style model where its 112-bed aged care facility adjoins 62 stylish apartments. This will allow for a 'Continuum of Care,' something that Bethanie is committed to delivering to their customers. It also means, for example, if a couple requires varying levels of care one can re-

side in the aged care facility while the other can remain next door in an independent living unit.

Greg Scroop, Bethanie business manager Gwelup, says, "We are so proud to open the doors to this new facility."

"Bethanie has been working on the design of this facility for many years, taking into account comments from our residents on what would make them feel more comfortable and happy."

"We applied so much of that feedback into the creation of Gwelup, we are confident we have provided a home that best reflects our clients, and that of their families, needs," he said.

"We believe that it's often the little things that make a big difference. It's time to showcase this facility and we

couldn't be prouder to welcome everyone."

In addition, residents in both the aged care facility and the apartments can take advantage of modern shared amenities including a wellness centre, hair salon and crafts room.

Staying connected is incredibly important to our residents, so the access to state of the art infotainment bundles which include TV/WIFI/Foxtel/Phone will be a highlight. 60 residents previously residing at Bethanie Warwick have moved across to the new facility and a number of new residents will join them. Limited spaces are available in the aged care facility with tours available on each Wednesday at 10am. To book or for more information call 131 151, or visit bethanie.com.au.

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Review of aged care quality regulation a matter of urgency

ALZHEIMER'S Australia welcomes Minister for Aged Care, The Hon. Ken Wyatt's Review of Aged Care Quality Regulation.

Alzheimer's Australia CEO Maree McCabe said as the peak body providing support and advocacy for people with dementia, their families and carers in Australia, the issue of ensuring safety and quality across aged care services is critical to both consumers and Alzheimer's Australia.

Last year, there were more than 220,000 older people who received permanent care in a residential aged care facility, a significant proportion of Australia's overall population.

People with dementia represent just over half of all residents in residential aged care facilities and they tend to have much higher care needs than residents who do not have dementia.

For those residents with dementia this may result in challenges to their ability to communicate which may expose them to undue risk.

This risk is due to a host of factors includ-

ing cognitive impairment and dementia, depression, immobility, limited support and contact with the outside world and difficulties in accessing the appropriate channels through which to raise complaints, as well as fear of victimisation for doing so.

"While many people receive good care, unfortunately there are instances where this is not the case and there is evidence that the needs of people with dementia are not being fully-supported through some of our mainstream aged care services.

Ms McCabe said there were particular concerns expressed by consumers, family members and carers regarding residential aged care, where Alzheimer's Australia receives reports about physical, psychological, and sexual abuse, inappropriate use of restraints, unreported assaults, and people in extreme pain at end-of-life not having access to palliative care.

"Right now, almost all providers of residential care meet all of the accreditation standards both at full scheduled audit and at unannounced site visits, and currently

less than one percent of aged care homes have identified failures," Ms McCabe said.

"Given Alzheimer's Australia receives frequent feedback about consumer/carer dissatisfaction with the quality of residential care provided to people with dementia, we must question if the current standards set the bar high enough."

Ms McCabe said while people with dementia will always need to be supported by mainstream services, it must be recognised that although dementia is a core part of aged care, it is not enough to rely on the provision of mainstream services to adequately provide for the needs of people with dementia.

"Instead, there must be an approach that combines building capacity in mainstream services to provide quality care for people with dementia, along with the integration of specialist dementia services to support mainstream services where required."

Alzheimer's Australia urges the Review to consider and include issues relating to the safety and quality of care for people with

dementia as it considers the adequacy of our quality and regulatory processes.

Alzheimer's Australia has made several recommendations to the government on this subject, including in recent submissions:

- Submission to single quality framework draft aged care quality standards consultation paper
- Submission to Human Rights Commission Consultation on Disability Rights
- Submission to the Aged Care Legislated Review.

"As the prevalence of dementia increases in our community, it is critical that all aged care services are well-equipped and motivated to provide safe, high-quality care for people with dementia, as part of their core business," Ms McCabe said.

National Dementia Helpline: 1800 100 500

An interpreter service is available - (The National Dementia Helpline is an Australian Government Initiative)

Dementia is a National Health Priority Area www.fightdementia.org.au

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Take a splash into a retirement career

PEOPLE look forward to their retirement, planning endless activities, trips and hobbies that they finally get the time to enjoy. Often however, once the initial excitement has lapsed, boredom can set in. Not every retiree wants to spend their days knitting or playing bridge.

If you're thinking there must be more to retired life, than you're right and Seadragonz Swim School base in Forrestdale may have the perfect solution.

WA's most awarded swim school is renowned for its focus on staff development, career progression and a happy work/life balance.

Their teachers are nationally qualified, highly experienced and enjoy an unrivalled work environment.

Seadragonz owner Lari McDonald has always aimed to raise the bar and continually strives to provide that edge that keeps customers enrolling their kids and their grandkids.

"I love seeing grandparents bringing their grandkids for swimming lessons. They have such a warm and nurturing way and kids respond so well to them. It occurred to me that Seadragonz

can create job opportunities for grandparents who are looking to fill their days and create an extra income that won't impact on their pension entitlement. Plus they'll still get paid holiday time so they can travel or partake in other hobbies."

New recruits are taught to deliver tailored swimming lessons to children, helping to teach learners how to move and be safer in the water. With the ability to work one or two shifts - usually around four hours per shift, this is a job where you can really make a difference. Full training is provided towards gaining the necessary qualifications.

"Becoming a swim instructor is one of the most rewarding jobs and it could be the start of a whole new career adventure in retirement."

"We have a unique working culture and our philosophy is 'swimming is grinning' which means the 'do as you're told' harsh teaching system is not allowed - perfect for grandparent spoiling."

"You have the opportunity to utilise your creativity to adopt fun methods of engaging children in a secure, exciting and motivating environment."

"As you make a splash in your new career, you'll begin to understand that each child is an individual with their own learning style, background and abilities. It won't be long before you start to develop a relationship with them and bring out a passion for swimming that will last their life-time."

Recognised throughout the community as being part of the most environmentally friendly and sustainable business around and working alongside supportive and like-minded people are just some of the extras on offer.

For more information on how to become a swim Instructor or to see how Seadragonz can assist with opportunities to gain all the qualifications necessary, email seadragonz@seadragonz.com.au, visit www.seadragonz.com.au or call 9397 1100.

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MAY 2017

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Peter Allison captured the sun setting in White Beach Tasmania on a warm day when he and his journalist wife Josephine Allison were discovering the delights of Tasmania during a 14 day sojourn of the island. Read more on page 28 and 29.



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Jennifer Merigan

BOOKINGS for the direct London to Perth flight were taken up with gusto when the new direct route begins in March 2018. With fares starting at about \$2000 it didn't seem to inhibit people from taking up the opportunity to fly the route. The flight will

be on a Dreamliner 787 and the aircraft have been designed to make sure passengers would be comfortable on the extended flight of around 17 hours. There is speculation that another direct route from Perth to Paris is on the cards.

★★★

Frank Smith has shared some more travel trivia this month advising of the hazards of learning a local language when travelling. While waiting at a ferry terminal in Denmark a pretty girl handed him a 'Welcome to Zealand' leaflet. He thanked her in Danish (tak, one of

the dozen Danish words he knew) – she immediately withdrew the leaflet and handed him one in Danish.

★★★

Transwa passengers who book online will receive a 15 per cent discount on any full fare until 30 June, thanks to the return of the websaver promotion.

The special offer is valid for adult passengers who enter the code websave2 when booking online for travel before the end of June. Up to six full fares can receive the discount per booking. For more information on Transwa, visit

www.transwa.wa.gov.au/

★★★

We always welcome feedback and photos from our readers – if you have been somewhere that you would like to share with fellow readers than feel free to email a photo in or post one to our Facebook page.

★★★

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

don't hesitate to contact me on the email below. If you're a facebooker than like *Have a Go News* at www.facebook.com/Haveagonews. Happy trails

Jennifer Merigan
Travel Editor



**The travel industry and readers are welcome to contact the travel editor: Ph 9227 8283
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Struth – The smallest town in America proves to be a busy place

by David Ellis



Buford is officially America's smallest town with a population of just one - yet a thousand visitors a day can stop-by here. (ABCNews)

IT'S got a population of one, has a state-erected sign leading into town to prove it, and officially it's the smallest town in America – yet it's got a general store that can deal with crowds reaching a thousand or more a day.

This seeming conundrum is Buford that sits 2,400m high (8000 feet) in the mountains between Laramie and Cheyenne in Wyoming, and which in the late 1800s and early 1900s was rail-company-owned with a population of more than 2000 during building of America's first Transcontinental Railway.

But when no new rail work was required the town slowly died, and in 1992 it's only resident bought what was left – a convenience store and gas station, circa-1905 schoolhouse, a 1900's cabin and later era three-bedroom home, a parking lot, and a bank of post office boxes for "locals" scattered through the surrounding mountains.

Twenty years later in 2012 that owner put the whole town to auction again, two Vietnamese businessmen this time bidding a successful \$900,000 against other hopefuls from an amazing 46 countries who all had one thing in mind: they wanted to own their own town.

The Vietnamese duo spruced up the general store, started importing Vietnamese coffee, and not only created a highly successful coffee-stop for Interstate 80 drivers, but actually re-named the town PhinDeli Town Buford after their coffee's brand.

Today neither owner lives there, their one-man trading post being run on their behalf and selling coffee, snack and convenience items, and fuel to some 1000 motorists a day in summer, and a hundred or so a day in the cooler (read freezing) climes of winter.

For information about wonderfully picturesque Wyoming and its many other must-visit attractions: www.travelwyoming.com/

Annual country music concert in July will be a big hit with fans

ANNUAL country music show featuring great local and interstate artists returns on Sunday 9 July at the Morley Recreation Centre.

Concert organiser Phil Paddon said the entertainers have some new material to entertain the crowd this year.

"Our marvellous Aboriginal guitar virtuoso from Broome, Ginger Cox has just been inducted into the Tamworth Country Music Hall of Fame

this year.

This is an award that all country music artists aspire to achieve, but so many don't and we are honoured to have him on the play list," said Phil.

"Brian Letton, our own cultured country crooner will be singing songs from his latest album titled *Western Australia is Calling Me Home*.

"All the songs are about WA but he is always well received whatever he does. He really is

the voice of country music," he said.

Laura Downing returns with her yodelling brand of singing plus her humour and beautiful renditions of a lot of country classics. She will also play some of her original songs such as *The Dingo and the Princess*.

Joining the line up will be the very popular *Band of Mates* who will play their special brand of country music.

Terry Bennetts returns

again. Earlier this year he took out the best instrumental and two song writing awards at the independent country music awards in Tamworth. The instrumental was for Pardoo Station from his album titled *Salt of the Earth* – and it's a beauty.

Phil said that Terry is very highly regarded and in great demand to play over east but hopes his roots stay deep in WA.

Another *Band of Mates* member is Evan Planchinda from Victoria who is an award-winning entertainer and a great partner in these country music concerts.

"He looks forward each year to his trip across the Nullarbor and playing in WA.

"Our keyboard virtuoso and all round entertainer Kinsley Day is back again with his sidekick Phil Rego on drums and both are regarded as equal to any backing group.

"I extend my thanks to Seniors Recreation Council and *Have a Go News* for their support with these concerts.

"Terry Bennetts and I are so proud to be able to bring these concerts to the people and look forward to welcoming guests along for a great afternoon of country music," said Phil.

The Country Music Show plays Morley on Sunday 9 July from 12.30pm to 4.30pm at the Morley Sport and Recreation Centre. Tickets \$30 includes afternoon tea – there are no door sales. Phone 9492 9771 for bookings.

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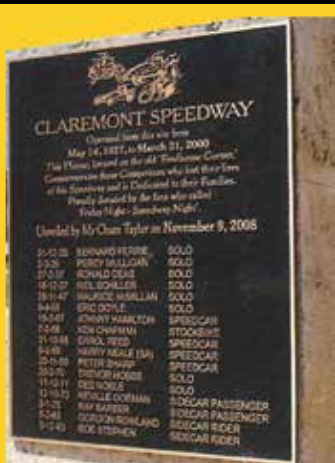
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BACK TO CLAREMONT SPEEDWAY



Celebrate the 90th Anniversary of the Opening of Claremont Speedway

SUNDAY 14 MAY 2017 11am-2pm

Main arena at Claremont Showground

All speedway competitors and fans are invited to this FREE event to celebrate the 90th anniversary of the opening of Claremont Speedway which took place on 14 May 1927.

Please join the many riders, drivers, officials and identities who will be in attendance to pay tribute to the 'Grand Old Lady'.

We will gather at the Heroes Plaque in the old Fowlhouse Corner at 11am to reminisce the glory days of the past.

Feel free to bring any memorabilia you may wish to display.

This is an alcohol free event

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ADVERTISING FEATURE

travel options for the mature west australian

Looking for Australia's cricket legend Sir Donald Bradman in Bowral at the illustrious Cricket Hall of Fame



From left to right; 'the boy from Bowral' life-sized statue of Sir Donald Bradman - The International Cricket Hall of Fame - Bradman Oval and the Sheffield Shield

by Micheal Osborne

LOCATED in Bowral on Bradman Oval is the very pitch where the legend, Sir Donald Bradman honed his skills that went on to make him the greatest batsman the game has ever seen.

The International Cricket Hall of Fame (ICHF) is devoted to the game of cricket - its rich history and the many remarkable players and moments that have contributed to it. It is built on the site of the former Bradman Museum.

Through interactive displays, captivating archive footage and items of historical value it tells the stories

of the international cricketing community and the passion of the people behind this much loved sport. It shares their courage, determination and spirit.

The Bradman Foundation is a non-profit charitable trust which owns and operates the ICHF and Bradman Oval. It was established with the full support of Sir Donald, to promote cricket as a valuable cultural and sporting force in the community.

The ICHF incorporates technology never before seen in Australia. You will be fascinated by the story of cricket set against world history, captivated by the live broadcasts from around the world, intrigued by

the real Sir Donald Bradman, and inspired by the integrity of the greats of the game.

The Origins Gallery traces the fascinating history of cricket from the 14th century through to the late 20th century. Find out how bats were made, what cricketers wore, and how the game evolved over the centuries, including the story of Bodyline and film footage of the Centenary Test.

The Bradman Gallery where you can discover the life and accomplishments of Sir Donald. See his very first bat, a life sized portrait, hand-written coaching notes and 35mm slides that he used to coach children in the 1940s-1960s. Kids, of all ages, love

to try and emulate Bradman's training technique of hitting a ball against a water tank with a stump.

In 1977, the game of cricket changed forever. The introduction of World Series Cricket was controversial but significant.

Don't miss the theatre for a good chance to rest while you watch enthralling footage and interviews of memorial moments.

Five monoliths, ordered by era, combine to tell the story of cricket and explore why this great game remains important to millions of people around the world. Footage is projected in large scale atop each monolith to create an inspiring 20 metre pan-

oramic screen. The hard choice is which one to watch, so I opted to sit on one of the couches and watch as many as I could.

Enjoy the life-sized statue of Sir Donald Bradman in the courtyard and read the plaque, in the Rose Garden, where Sir Donald and Lady Bradman's ashes are scattered.

The ICHF is located in St Jude Street, Bowral NSW, off the F5 Freeway (Hume Hwy), half-way between Sydney and Canberra.

Phone: 02 4862 1247 <http://internationalcrickethall.com/> Email info@bradman.com.au

10am - 5pm everyday, except Good Friday and Christmas Day.



by Chris Frame

DRAMATIC shifts of passengers away from ocean liners to airliners took place in the 1960s.

At the time, the largest ships on the North Atlantic were Britain's *Queen Mary* and *Queen Elizabeth*. Each over 300m in length and more than 80,000 tons, the liners were the first large ships to achieve a two-ship weekly transatlantic service; something they had been offering since the end of World War II.

Their extravagant size and art deco interiors were the thing of legend,

with more than 1,000 crew to care for and entertain passengers across three classes; first, cabin and tourist.

But by the mid 1960s the Queens were traveling virtually empty. Their passengers had moved to the jet services. Even the fastest ocean liner in the world, the SS. *United States*, with a top speed of close to 40 knots, was unable to hold a candle to the efficiency of the jet.

In 1970 a new Queen was born. Boeings 747 became the undisputed Queen of the Sky. It's sheer size brought a revolution in affordable air travel, and passengers flocked to the new jumbo jet.

Queen Mary and *Queen Elizabeth* were retired in the late 1960s, and so never sailed at the same time as the

747, however had they endured into the 1970s the jumbo would have certainly sealed their fate.

However, a new transatlantic ocean liner, the *QE2* entered service in 1969, the same year as the moon landings and the first flight of the supersonic Concorde. This liner became the most successful passenger ship of all time, thanks largely to the aircraft that brought passengers to the ports it visited.

The *QE2* went on to become an international hit as a dual-purpose ocean liner, sailing the transatlantic passage during the busy summer season and providing an alternative to the hustle and bustle of flying.

The transatlantic crossing could be enjoyed as a holiday in a spacious tourist class cabin, with

bars, lounges, entertainment and gourmet meals included for the same price as an economy airfare. The positioning worked, and *QE2* carved out a nice little niche of travellers who preferred the leisurely ocean voyage to the perceived rush and fuss of flight.

When Concorde entered service, *QE2*'s operators partnered with British Airways so that passengers could sail across the Atlantic over five days aboard *QE2*, and then fly home in just over three hours aboard Concorde.

This agreement allowed passengers access to heavily discounted fares, affording many the opportunity to travel aboard Concorde. This arrangement lasted until the Concorde was retired in 2003.

Ironically the supersonic airliner - arguably the most sophisticated machine ever to cross the Atlantic - was outlived by the older, slower *QE2*; a ship born from a bygone era.

The essence of the floating resort concept was the ship was no longer used just to get from A to B. In many cases the cruise was the holiday and cruise lines began to partner with airlines to create fly-cruise packages. A new era of fly-cruising began - with millions of people crossing the Atlantic to cruise in the Mediterranean, Northern Europe, Canada or the Caribbean.

QE2 was retired in 2008, replaced by a new passenger liner, the *Queen Mary 2*. When *QE2* ended her service life she had travelled fur-

ther than any passenger ship before her, carrying over 2.5 million passengers during nearly 40 years.

Today the North Atlantic passage is one of the busiest air routes in the world. Passengers from Europe and North America now have a plethora of sub-sonic options to get them across the 'pond'.

Traditional full service airlines such as BOAC morphed into today's British Airways to become a modern worldwide operator.

Carriers like Pan Am - a victim of airline deregulation - have been replaced with a vast array of other airlines. Each day, between 2,000 and 3,000 aircraft cross the North Atlantic. This includes a wide range of full-service offerings from the likes of British Airways, United,

American, Delta, Virgin Atlantic, Lufthansa, Air France and Aer Lingus - just to name a few.

In addition is a burgeoning no-frills segment, including established carriers such as the now defunct LTU and Laker, incumbents Condor, Eurofly, Martinair and new entrant Westjet.

Even Ryanair, perhaps one of the most successful airlines of all time, has announced its intention to offer £10 flights across the Atlantic between now and 2020.

Each year hundreds of millions of people cross the North Atlantic, and the number is set to grow. With more point-to-point travel, greater flexibility and a greater range of airlines to choose from, aircraft now reign as the dominant mode of transatlantic travel.

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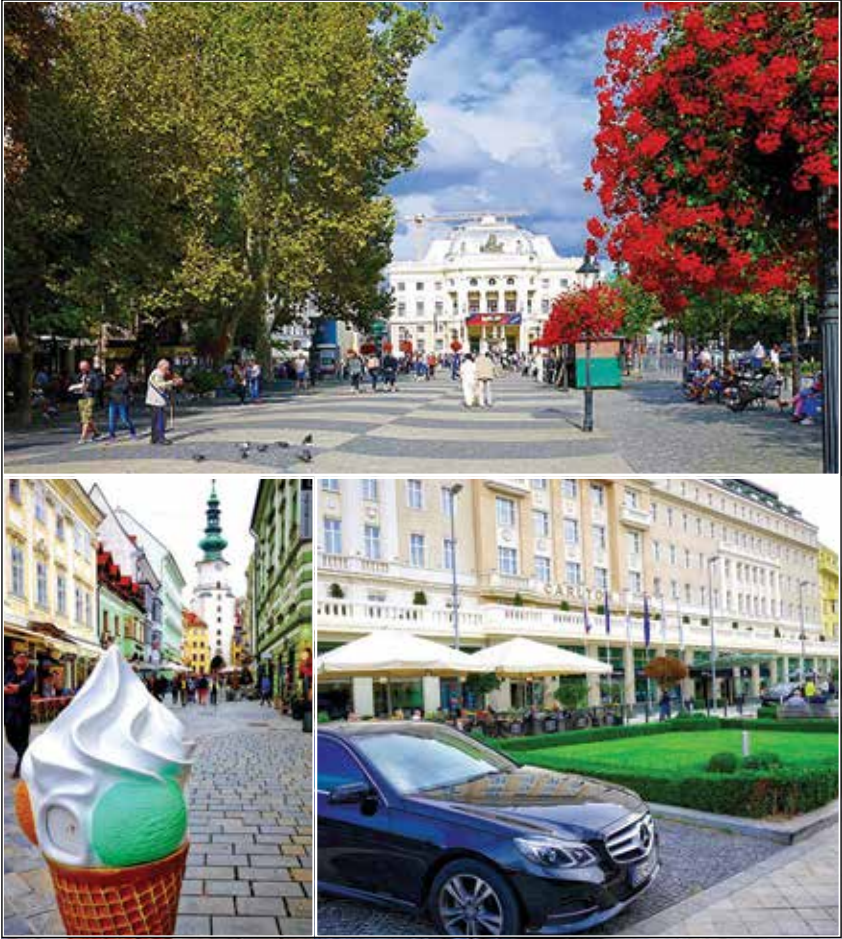
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ADVERTISING FEATURE

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Enjoying a slow and stylish Sunday in beautiful Bratislava



Clockwise from top; Sunday Strollers - The Carlton Hotel - Hviezdoslav Square

by Ian Jarrett

SUNDAY morning in Bratislava, the capital of Slovakia and for those intrepid early risers tak-

ing a dawn stroll along the banks of the river Danube, there is company to be had: groups of young men are shuffling, somewhat unsteadily,

back to their hotels after a hard night's partying. This is party central where stag and hen parties fly in on Europe's budget airlines for

whacky weekends.

The peeling bells of St Martin's Cathedral – for centuries the coronation church of the kings of Hungary – do nothing to ease the hangovers of the all-night revellers.

An old lady and her dog stand at the entrance to the cathedral, begging worshippers for a few coins. A man plays an accordion, and he, too, hopes to pocket a few coins from the tour groups starting to arrive in the old part of the city.

Along the river bank, luxury river cruise ships like the *Crystal Mozart* are moored, and soon their passengers are disembarking for excursions to the 17th century Hrad fortress, high above the city, an impressive pile which houses the Slovakian National Gallery and a sprinkling of works by Caravaggio, Rodin and Picasso.

Hard to believe that for centuries this country was little more than a battlefield for the greedy ambitions of Hungary, Austria and the Turkish Empire. Bratislava was often the place where the most blood was spilled.

As the bells of St Martin's grow silent around midday, a change

comes over Bratislava. It settles into a more sedate rhythm, as Sunday strollers take the chance to enjoy the last of the summer sunshine in Hviezdoslav Square.

The Old City Hall and the neighbouring Apponyl House are both worth a visit, the latter for its focus on Bratislava's wine-producing traditions. Also here is the neo-classical Primate's Palace, and its Hall of Mirrors. Where paintings and tapestries reflect a more lavish era of local history.

Also worth checking out are the sites where legendary composers like Beethoven, Mozart and Liszt stayed when they visited Bratislava.

In front of the rather grand Carlton Hotel, children are entertained at tables set up with colouring books; a singer performs for a small, seated crowd with popular melodies; an old man feeds pigeons; only the heavily protected United States embassy looks out of place in this picture of a city at peace with itself.

Cafes line one side of the street, shaded by trees. Waiters skip between tables on the cobbled street. A young girl delivers coffee with pastries and a sweet smile. A distinctive feature of Slovakian cuisine is smoked cheese, often served deep fried with

ham and tartare sauce. Another menu favourite is ravioli-like pirohy, a meaty dish served with melted butter and best accompanied by glass of Czech pils.

I try the national dish by pointing to an image on the menu as I have little idea of how to pronounce bryndzove halusky. I'm served small dumplings made from potato flour that resemble Italian gnocchi. Mixed with cheese and crispy, crumbled bacon there are tasty but probably not a good choice for those counting the carbs.

Slovakia has access to good wines, mainly Riesling and Sylvaner produced in the foothills of the Lower Carpathians, but it's best to pass on the local firewater, borovicka which, a waiter tells me, tastes like gin. I take his word for it and stick with the pils.

A succession of elegantly dressed ladies strolling through the square are a reminder of grander times in Bratislava, times when this city was the Hapsburg capital of Hungary (and was known by its German name of Pressburg). Its defining character emerged with the construction of beautiful baroque and rococo buildings. Bratislava prospered for almost 250 years before Napoleon's conquest of Aus-

tria shook up the political landscape in the region.

Bratislava lost its capital city status and was relegated to a provincial also-ran before it was transferred in 1918 to the new state of Czechoslovakia. Years later, in 1993, following the fall of the Iron Curtain, Bratislava became the capital of the newly created state of Slovakia.

The city's Jewish Quarter – or what remains of it – is a chilling reminder of one of the darkest periods of Slovakia's history. In 1930 more 15,000 Jews lived in Bratislava, making up some 12 per cent of the population. The Jewish Museum gives an idea of how this part of town once looked.

The Jews of Bratislava were subjected to discriminatory practices and persecution. By March 1942, nearly half of the city's Jews had been evicted, and dispersed in smaller towns across the country. Many were deported to death camps in Poland.

A Holocaust monument, close to St Martin's Cathedral, recalls the fate of 60,000 Jews who perished in concentration camps.

Bratislava is known for its glasswork and art, and workshops around the city are filled with unique pieces from local artisans. Locals recommend the Obchodna ulica area of the city centre that features mainly inexpensive shopping and one-of-a-kind items not seen in the main shopping streets.

Many still regard Bratislava as a Cinderella city among Central Europe's grand capitals, squeezed as it between its tourist-trampled neighbours along the Danube - Vienna and Budapest. Yet it has plenty to offer those seeking cultural glimpses without the crowds.

Like the Danube itself, the city's fortunes have ebbed and flowed, but its future looks more settled today than any time in its history.

www.visitbratislava.com/



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ADVERTISING FEATURE

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Sometimes you are lost for words...discovering the awe and wonder of the picturesque Cook Islands



Left to right; Aunt Lydia and Aunt Nane greet guests like long lost relatives - Sunset stand up paddling - anyone can do it.

by Ann Rickard

THE WELCOME envelopes you the moment you've passed through immigration at the mostly al fresco Rarotonga airport in the Cook Islands.

Uncle Jack is on the ukulele singing an island song and Aunt Nane is waiting with flowers and puckered lips.

There's a lot of greeting kisses in the Cook Islands and along with the omnipresent fragrance of gardenias and frangipani, it's most agreeable.

Aunt Nane, from Cook Island Tourism welcomes most planes, and is the epitome of Cook Islands hospitality with her Ei Katu (flowered head band) and vibrant mu mu skimming fabulous curves. Her laugh, which gurgles up from her belly at the end of every sentence, is irresistible. (Anyone over a certain age is automatically referred to as auntie or uncle as a matter of Cook Island fondness and respect.)

As South Pacific tropical utopias go, the Cook Islands is right up there.

Just a five and half hour flight from the east coast takes you to this Eden of cheek-kisses and perfumed flowers and white sand and gin-clear water and, perhaps...best of all...not a high-rise in sight (nothing permitted taller than the palm trees.)

A coral reef encircles the island like a white daisy chain to create a calm lagoon of clear turquoise water that not only beguiles, it ensures safe swimming and endless water sports. The entire island is a snorkeler's wish-come-true. Just don

flippers and mask and step off the beach into coral and colour. Or if you want more from your snorkel, Kave and Julie Tamaariki of Ariki Holidays will take you further out with a sea scooter to whizz you speedily through coral canyons and over giant clams and iridescent fish.

Tranquil beachfront resorts are as plentiful as the activity options and the dining choices are profuse, most of them with menus that call upon the ocean.

Sitting on a beach beanbag on the clean sand at the luxe Pacific Resort Rarotonga with its five and half acres of tropical gardens on the Muri lagoon is a hard to beat option if you like your island-time to be sun, sea, sand and a good book. But sitting at a table at the resort's beach restaurant, toes in the warm sand, icy gin-and-tonic to hand, wondering whether to take a (free) kayak out for a paddle or just let Pacific Resort's glass-bottom boat glide you the underwater magic is another agreeable option.

Rarotonga is one of the few places on earth that likes to boast "size does matter and small is best."

The island is just 69 square kilometres of verdant tropical growth with one main road that takes half an hour to traverse. Nothing is ever far away, but getting there could be a slow affair, you'll want to stop every ten minutes to marvel at sea vistas, take photos, or to sip a drink of coconut water (straight from the real thing) at one of the laid-back bars.

An eight to 12km leisurely bike ride with Dave

and Uncle Jimmy of Storyteller's Eco-Cycle Tours through the back roads of the lush hinterland with its mist-shrouded mountains will open your eyes and imagination to another side of idyllic island life.

Ride through taro plantations so green and pretty you forget their purpose is to feed the locals who can't get enough of this tuberous vegetable. Stop by avocado and mango trees, banana and papaya plantations and crops of mysterious root vegetables, while Uncle Jimmy tells you of the healing quality of the myriad plants by the roadsides. It's a glorious way to get to know Cook Island terrain and culture.

When the sun goes down (and it does spectacularly) there is nighttime stand-up paddling off Pacific Resort's beach where LED lights under the board light up those crystal waters beneath you to show you another aspect of underwater life.

Operators, Ariki Holidays, will have you standing on a board within minutes, even if you are the most nervous beginner. You are certain to love it so much you'll front up early next morning for a spot of stand-up-paddle yoga.

Rarotonga is your first stop for a Cook Islands holiday whether you want

discovery, adventure or just relaxation.

My next discovery on my trip of the Cook islands was looking out to the sapphire waters of Aitutaki's lagoon.

How do you describe water so luminously blue it almost hurts the eyes? How can this much beauty be real?

Is it the cloudless blue of the reflecting sky that makes this water so vivid? Or the contrast of the pure-blue water with the patches of clean white sand?

Who can tell? All we know - the 60 or so of us on board Titi-ai-Tonga with The Vaka Cruise company cruising three islands in this, surely the world's most beautiful lagoon - is that this is an experience like no other in our collective travels.

The number of phones and cameras capturing pictures tell the story: palms bending gracefully towards soft sand, water so azure and inviting and dazzling you simply can't believe its authenticity. Yet there you are, stepping off Titi-ai-Tonga's prow into that irresistible water, to float, swim, snorkel, to look down into its intensity and marvel.

You want to call this place paradise even though you know that

the water, and then presented it generously with New Zealand wines from a cash bar. Then, when it was reluctantly time to sail back to shore and reality, they entertained with music and song and a bit of sarong-tying technique (they made it fun.)

Aitutaki, just a 45 minute flight from Rarotonga in the South Pacific, is tiny with a population of just 1500. Laid-back is too casual a word to describe its pace. No-one hurries here, they know what they have, and value it. When they are not at church singing (does everyone in the Cook Islands have a melodic voice?) or celebrating any occasion with family and friends over feasts, they are in that glorious water.

At Tamanu Beach Resort with its swinging hammocks on bungalow verandas and fresh petals on the bed, we breakfasted on tropical fruits at its feet-in-the-sand restaurant before our cruise.

Then, after such a thrilling experience in the lagoon, we became acquainted

with the cultural side of Aitutaki at the Punarei Cultural centre the following day.

On a grassy hill in a replica village built to the original design of a traditional island village, we drank straight from coconuts and plaited our own plates from pandanus leaves for a lunch cooked in an Umu, (earth oven) beneath the ground.

Into the earth over hot coals and banana leaves went chicken, pumpkin, bananas and local fish. While it cooked we visited one of the 12 sacred sites on the island, sites that comprise simple stone structures which appear ordinary to the tourist's eye but have great significance to the keepers' of Cook Island tradition.

A few days on Aitutaki is not nearly enough, but it had to do us. But if you have more time, this is the place to linger, to renew all that may be jaded in you. Its allure is impossible to resist.

There is so much more to tell you about this gorgeous place.

FACT BOX

More information on www.cookislandstravel
Three international airlines fly to the Cook islands, Air New Zealand, Virgin Australia and Jetstar and connect with regional flights.
The writer was a guest of Cook Islands Tourism.



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Sunday 11 June

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ADVERTISING FEATURE

travel options for the mature west australian

Two walls, two enterprising men in beautiful Tasmania



Left to right; Sculptor Greg Duncan stands in front of one of The Wall's 100 hand-sculpted Huon pine panels - Salamanca market in Hobart - Brian Inder welcomes visitors - The Confusion Maze, Tasmazia and the Village of Lower Crackpot

by Josephine Allison

THEY are building a wall down at quirky Tasmazia and the Village of Lower Crackpot. It is a great big beautiful wall which will neatly divide the Mexican and United States embassies. US President Donald Trump may not have progressed too far with his wall project, but things are moving quickly inside the Embassy Gardens at Staverton in Tasmania.

We visited the intriguing world of Tasmazia and the Village of Lower Crackpot during a two-week tour by car around the island. Part of my childhood was spent at Launceston on the Tamar River and I wanted to visit some of the towns where I grew up.

Our visit included viewing two walls in Tasmania, one in the making, the other almost completed, both completely different but a tribute to the men who created them.

We started off in Hobart but were keen to see Tasmazia, an award-

winning tourist attraction. It's the brainchild and childhood dream of now 86-year-old unconventional former dairy farmer Brian Inder who turned to tourism after despairing about the way farmers were being treated in the 80s.

"Several farmers in my area took their own lives after being badly treated by big business," he said. "I decided to go my own way and join the tourism industry. I'm a child of the depression and my venture – which took some years to establish – is a rebellion against the establishment and a means of appealing to the child in all of us adults, it's not just for children."

Brian's trademark attire is a jaunty hat and workman's overalls, worn for comfort on travels throughout the world with wife Laura.

It took several hours to tour Tasmazia, which has one of the world's biggest maze complexes and the village of Lower Crackpot built to one-fifth scale of normal buildings in brick and concrete. As

you walk around the mazes, various politically incorrect signs cause a chuckle.

The Confusion Maze had us stumped because it really is harder to leave. We finally arrived at the Embassy Gardens which has more than 60 buildings dedicated to more than 40 countries. There long-term employee Stephen May was working on his latest project, a wall between the US and Mexico, inspired by President's Trump election promise, starting with a giant artificial cactus covered in canvas and paint.

When I checked after returning to Perth, the cactus had gone up, soon to be followed by the wall. In about a month Mexico will be nicely divided from the US, creating a topical talking point. A rat trap on the wall as you leave the embassy invites visitors with any complaints: "to press the red button."

Brian Inder is not adverse to some political debate, as the signs around attest and he welcomes any contributions. He's in his office virtually

every day and has just announced the purchase of 28 hectares of adjoining land which he plans to turn into the "Disneyland of the South."

Another inspiring project much talked about is The Wall off the Lyell Highway between Strahan and Hobart at Derwent Bridge, touted as the most ambitious and unique artwork open to the public. Funded by the artist Greg Duncan, The Wall is nearing completion and consists of 100 hand-sculpted timber panels of rare Huon pine, each one metre wide and three metres high.

The scale of the work is staggering and, as you view each panel, the enormity and dedication of the artist is inspiring. Carved panels tell the history of Tasmania's harsh Central Highlands region – beginning with the indigenous people, then to the pioneering timber harvesters, pastoralists, miners and hydro workers.

Greg Duncan was born in Belgrave, a country town in Victoria's Dandenong Ranges and always had a fascination with sculpting in wood.

In 1982, he decided to take up sculpting as a full-time career. Greg and his family moved to Tasmania in 1994, first settling in the Channel area south of Hobart. After running a successful studio for nine years, he decided to pursue his dream of creating a large-scale work in the Tasmanian Highlands.

In 2003, Greg and wife Marg moved to Derwent Bridge where they constructed a purpose-built gallery to house Greg's work.

Though you cannot take photos of the project, the scale of the work and dedication of Greg Duncan is a tribute to his talent, hard work and dedication over many years. Duncan is already known for the uncanny realism he brings to his work and his pieces are sought after by collectors around the world. Each metre of the panels, including horses, thylacines and foresters represents a month's work.

Two men, two different projects but an insight into enterprise, talent and hard work in beautiful Tasmania.

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ADVERTISING FEATURE

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Monkeying around Launceston and some favourite childhood places



City Park Launceston - the monkey enclosure and ruins at Port Arthur

by Josephine Allison

MONKEYS did it. I wanted to revisit City Park in Launceston where my mother took me as a child to see the monkey enclosure and the conservatory filled with flowers. Both are still there, with an updated monkey enclosure where they roam free.

When I was a child the monkeys were in ugly cages but after they died Launceston's sister city Japan's Ikeda presented Launceston City Council with an exhibit of Japanese Macaques. They have adapted well to the Tasmanian climate and multiplied. The day we visited they amused a big group of onlookers with

their antics.

The John Hart conservatory was erected in 1932 and refurbished in 2010. Outside it showcases beautiful annuals while inside there is always a horticultural display. Monuments in the park include a bronze statue of botanist Ronald Campbell Gunn (1808-1881), a Boer War memorial and a plinth cannon taken as a trophy of the Crimean War.

The most prominent building at the park is Albert Hall. Next to it are the studios of City Park Radio located in the former park caretaker's cottage which also has one of the oldest wisteria vines in Australia, planted in 1837. We

spent a few hours in the park, stopped nearby for lunch and then headed for another favourite childhood spot, Cataract Gorge, where we took the chairlift (the longest single-span chairlift in the world) for a view across the gorge and the swimming pool, a favourite summer spot.

We walked across the suspension bridge which I remember crossing with trepidation as a child. Built in 1940, it was constructed across the South Esk River at the head of the First Basin to connect the two sides of the river area.

A visit to Cataract Gorge would not be complete without afternoon

tea and a meeting with some of the introduced peacocks which still strut the grounds, grazing beside the native wallabies.

We stayed several nights at the historic Prince of Wales Hotel built in 1836 in the tiny village of Evandale. A classified historic town, many of its buildings are in original condition. The former Evandale primary school I attended for about six years is now a tourist information centre. I had to look through the windows and reflect on those long ago days of blackboard and chalk and my first teacher, Miss Stebbings, who punished me with a ruler one chilly morning for not using an eraser.

Evandale is popular for its Sunday market and hosts the Evandale Village Fair and National Penny Farthing championships each February. The National Trust has just opened a shop there. Renowned Australian landscape painter John Glover lived in the Evandale area and there is a life-size statue to honour him and his contribution to Australian art. The John Glover Society runs the annual Glover Prize held in Evandale.

We drove into Launceston via Western Junction airport where I grew up, living in a converted air force hut as planes roared overhead (shades of the movie *The Castle*).

My father would walk to work at the Weather Bureau through lush gardens and my brother and I played around a tennis court and picked black-

berries and raspberries, an idyllic childhood really. Then we headed back to Hobart and a night at historic Richmond before the journey home.

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To be in the draw to win a double pass to each of the shows simply email win@havegonenews.com.au with Africa in the subject line or send an envelope to Cirque Africa - 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 31/05/17.



Papa Africa aka Winston Rubble

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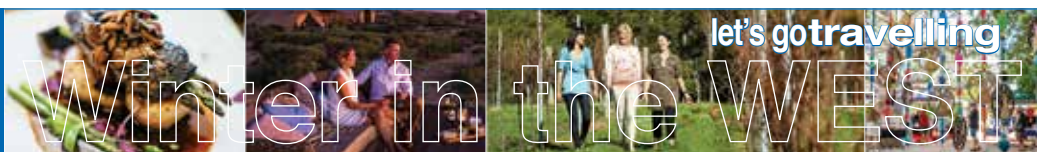
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Aquarium activities and programs especially for seniors



seniors include the volunteers training tour for \$35 where participants join AQWA volunteers on their education program. Every month a new marine theme is covered and afterwards you can enjoy coffee, cake and a quiz and chat. New AQWA volunteers are always welcome to sign up.

THINK Western Australia's Aquarium (AQWA) only caters for families? Then think again.

AQWA have released a selection of programs specifically designed for people aged over 60 and there's something for everyone to have a go at.

The variety of programs available provides excellent opportunities for seniors to take advantage of this unique location.

Looking for a great value visit? You can come with friends and make a day of it with an entry and lunch combo for \$37 or an entry and Devonshire tea for \$30. Group bookings offer one free entry for every 10 paying and the group will enjoy reserved seating in the AQWA Coral Café.

If you want to discover more about the under-

water world join in on the lunch and lecture series for \$37. You will enjoy a hot lunch in the café followed by a special lecture on coral reefs with AQWA's ocean guide.

These are great offers. Lunch is either a burger or fish and chips and includes a choice of tea, coffee, soft drink, wine or beer.

For those seeking something creative then you will love resident artist Charlotte O'Shea's creature creation classes.

For \$69 you can enjoy a three-hour package which includes entry, hot lunch and a one and half hour mixed media workshop. This includes all supplies and refreshments – participants just need to turn up.

Other programs specifically designed for

Members of games clubs or seniors groups are welcome to enjoy a group outing at AQWA weekdays after 2pm. For \$32 the group can bring their games or crafts along and receive entry, Devonshire tea and reserved seating in the coral reef exhibit.

Sasha Thompson, AQWA operations and communications manager says AQWA is focused on developing new ways to help visitors engage with our exhibits.

"This year we want to make sure that we cater to different markets, including seniors. Often people think AQWA is just for families but our aquariums are designed to be enjoyed by all ages.

"We hope these packages can provide some new opportunities and experiences for seniors to engage with us and each other," she said.

Packages are available to anyone with a concession or seniors card.

For more information and bookings call 9447 7500 or visit www.aqwa.com.au

Discover the delights of travelling in winter in our great state



© Tourism WA

THERE'S no better time to travel in WA then during winter, whether it's to the warmer climes of the north or heading south to enjoy the colder climes. Use this handy local-ity guide for some of the best places to visit during winter.

Albany

Albany Holiday Units near Middleton Beach offer one, two and three bedroom self contained accommodation and are offering readers a stay five nights and pay for four deal. Call 9841 7817 for details.

Busselton

Cape View Beach Resort in Little Colin Street, Busselton are offering a two night package. It's a great spot to discover the wildflowers of the area or just enjoy Busselton and surrounds. Call 9755 4388 or email book@capeviewresort.com.au

Busselton Beach Resort is offering two bed-

room fully self contained villas on special for readers at \$300 for two nights, third night \$50 or \$770 for the week. It's a great opportunity to holiday with friends and family. Call 9752 3444 or visit bsnbeach@compwest.net.au

Cape Leveque

Kooljaman at Cape Leveque is open for the season and is taking bookings. Guests are treated like family and the property provides an amazing experience for guests in this remote part of the world. Call 9192 4970 or email reservations@kooljaman.com.au

Dunsborough

The Dunsborough Central Motel offers a variety of rooms from standard to a luxurious spa suite. Their winter special offers readers the opportunity to stay three nights from Sunday to Thursday and receive 10 per cent off. A bottle

of wine is included in the package. Call 9756 7711 for details.

Cape Villas in Dunsborough is offering readers amazing winter deals for bookings in their three bedroom, two bathroom modern self contained villas. Call 0438 998 117 for specials or email booking@capevilla.com.au

East Kimberley

Home Valley Station on the Gibb River Road is taking bookings for the new season. Enjoy breathtaking landscape at the foot of the majestic Cockburn Range with old fashioned hospitality. A variety of activities are on offer including barramundi fishing, bushwalks and swimming. Packages are available. Contact 1300 134 044 or email travel@voyages.com.au

Esperance

Self contained accommodation is available in the beautiful seaside town of Esperance. Island View offer up market accommodation with fully equipped kitchens, heating and bathroom with complimentary toiletries. Call 9072 0044 or email admin@esperanceapartments.com.au

Kalbarri

Kalbarri Motor Hotel is offering readers a three nights stay and pay for two deal during winter. Phone 9937 1000 or email kalbarrihotel@wn.com.au for details.

Kalbarri Beach Resort is offering readers \$95 per night per couple in a two bedroom unit and a seniors' meal package (breakfast and dinner) for \$50 in their new onsite restaurant. Call 1800 096 002 for details.

Kalgan

Kalgan River Chalets and Caravan Park offers 46 acres of beautiful scenic bushland to enjoy a stay in the area. Enjoy a winter vacation in the home among the gum trees. Call 0467 003 425 or email info@kalganrivercaravanpark.com.au for rates and offers.

Kimberley

Enjoy cruising the Kimberley coast on

board the Oceanic yacht with Ahoy Buccaneers and discover the pristine waters of the region. Season deals available by calling 9193 7650.

Manjimup

Clover Cottage offers a variety of midweek specials during winter for their limestone spa cottages overlooking the river valley. Phone 9773 1262 or email info@clover-cottage.com.au for details.

Margaret River

Riverview Tourist Park in Margaret River is offering *Have a Go News* readers the opportunity to receive 10 per cent off accommodation during June, July and August on presentation of their advertisement on page 36. Call 1300 666 105 or email info@riverviewtouristpark.com for details.

Norseman

For people who are visiting Norseman, drop by the Community Resource Centre to find out more about the area. Why not play a round of golf at the Nullabor Links Golf Course?

Waroona

The Lake Navarino Family Holiday Park has a range of accommodations to suit every taste and budget. There are cabins, cottages, caravan and tent sites and the popular glamping tents all located in a bush setting. This is the perfect spot to enjoy a relaxed holiday. Call 9733 3000 or email linda@navarino.com.au

Wundowie

The Wundowie town comes alive for the annual Iron Festival which will be held on Sunday 21 May at the community hall and oval. For more information call Helen on 0417 903 867.

Yalgoo

Situated on the historic miner's pathway, Yalgoo Caravan park offers visitors to the area caravan sites as well as a selection of twin, queen and family rooms. The park is pet friendly. Call 9962 8472 or email cpark@yalgoo.wa.gov.au for bookings.

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Esperance Island View Apartments offers self-contained accomm with an idyllic beachfront location. Guests enjoy free WiFi and on-site parking. Apartments include heating, BBQ, fully equipped kitchen, oven, microwave, private bathroom with hairdryer and complimentary toiletries.

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*Excludes school holidays

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Our mission is to make travel **fun** and **easy**!



TRAVEL INFORMATION SESSIONS

Come join villa for informative presentations on upcoming villa holidays.

Learn more about the villa tours on offer in your holiday magazine, meet the villa staff and mingle with villa travellers. Fun and relaxed, you will view slides and videos presenting a range of villa tours as well as have the opportunity to talk to the presenters. And if you join the villa gold club at the event you can start earning villabucks for discounts on your next villa holiday!

Villa Free Tour Presentation - 8 June 2017

State Library of Western Australia 25 Francis Street, Perth - Geographe Room - 9.30am to 12.30pm

Limited to 35 guests - RSVP Essential
FreeCall 1800 066 272 Email travel@villa.com.au

➤ Presentation 1 – **2017 Holidays**
Indian Pacific Coast to Coast
Craft and Quilt Fair Adelaide
Hahndorf Christmas Spirit
Sunshine and Gold Coast Hinterlands
Just for Singles Upper Murraylands Cruise

➤ Presentation 2 – **2018 Holidays**
Cruising Holidays
Victorian Holidays including
• Kelly Country
• Alpine and High Country
• Melbourne International Flower Show

➤ Presentation 3 – **Small Group Holidays**
The Outback Way Blue Mountains to Longreach
Great Ocean Walks
Springtime in the Snowy Mountains
King and Flinders Islands Adventure

*Presentations are subject to change
FreeCall 1800 066 272 for enquiries

Head North for Winter Warmth



Winter is the time to head north to feel the warmth of the sun. Let villa take you on a wonderful journey of discovery as they take you through the wonders of the spectacular Karijini National Park or along the magnificent Batavia and Coral Coasts.

Coral Coast Treasures Featuring the Dolphins of Monkey Mia

Highlights | Shark Bay World Heritage Area | Monkey Mia Dolphins | Coral Bay and Ningaloo Reef
HMAS Sydney Memorial | Kalbarri Wilderness Cruise | Yardie Creek Cruise | Shell Beach
Hamelin Pool Stromatolites | Francois Peron National Park | Cape Range National Park | Coral Bay
Ningaloo Marine Park | One Mile Jetty and Lighthouse Keepers Cottage | Carnarvon Space and Technology Museum

10 Days | Friday 18 to Sunday 27 August 2017
Price \$3520 pptw | Single Option \$675

North West Spectacular Featuring Karijini National Park

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

9 Days | Friday 30 June to Saturday 8 July 2017
Price \$3495 pptw | Single Option \$735

Spectacular Queensland is Waiting!



Queensland is a magical place filled with incredible scenery and beautiful beaches. Come with villa to see the tropical north or the magnificent Hinterlands of this amazing state. So much to see and do and remember, beautiful one day, perfect the next!

Classic Cairns Exclusive Solo Traveller Departure

Highlights | Cairns Botanical Gardens | Rusty's Market | Trinity Inlet Dinner Cruise | Atherton Tablelands
Green Island Coral Viewing and Cruise | Cairns Night Markets | Hartley's Crocodile Adventures
Port Douglas Free Time | Paronella Park | Free Day Cairns

8 Days | Thursday 13 to Thursday 20 July 2017
Guaranteed Single Room \$4210 | Share a Room and Save \$440



Sunshine and Gold Coast Hinterlands

Highlights | Montville | Maleny Botanical Gardens | Maleny Produce | Eumundi Markets | Noosa River Cruise
The Ginger Factory | Australia Zoo | Glass House Mountains | Caboolture Historic Village
Mount Tamborine Skywalk | O'Reilly's Rainforest Retreat

8 Days | Monday 7 to Monday 14 August 2017
Cost \$3595 pptw | Single Option \$490

It's Time to Op Shop!

Villa has two fantastic Op Shop getaways to choose from in 2017. Firstly, travel north from Perth and visit the amazing array of Opportunity Shops in Gingin, Geraldton and Northampton. Or why not travel south and visit the huge range of Op Shops from Mandurah through to Augusta and everything in between. You will definitely need to bring an empty suitcase to carry all of the amazing bargains you will grab on these holidays. From antiques to fashion, there will be something for everyone and some great touring opportunities along the way.

Geraldton Op Shop Tour

Highlights | Gingin Red Cross | West Coast Honey | Jurien Bay
Red Cross Geraldton | St Francis Xavier Cathedral | St Vincent De Paul Geraldton
Chapman Valley | Northampton

5 Days | Monday 26 to Friday 30 June 2017
Price \$1385 pptw | Single Option \$280

South West Op Shop Tour

Highlights | Salvation Army Mandurah | St Vinnies Bunbury | St Mary's Op Shop Busselton
Church Op Shop Dunsborough | Anniebrook Wine and Flower Emporium | Augusta Red Cross
Cape Leeuwin | St Vinnies Margaret River | Dinner Overlooking Geographe Bay

4 Days | Tuesday 1 to Friday 4 August 2017
Price \$940 pptw | Single Option \$145



Christmas in July Celebrations

Who doesn't love a great Christmas in July holiday? Villa has two fabulous holidays that will get you in the spirit and include a sumptuous Christmas in July dinner. Head up to Kalbarri for some wonderful touring and get away from the winter blues. For those who embrace the cooler weather, enjoy a five course Christmas in July dinner in the 1919 vintage dining car of the Dwellingup Restaurant Train as it meanders through the night forest.

Christmas in July in the South West

Highlights | Farming at Yallingup Shearing Shed | Rugged Cape Naturaliste Scenery
Wine and Flowers at Anniebrook Emporium | Christmas in July Celebrations
Blackwood Valley | Dwellingup Restaurant Train | Heritage and Cultural Cruise | Farewell Lunch

5 Days | Tuesday 18 to Saturday 22 July 2017
Cost \$1335 pptw | Single Option \$215

Kalbarri Christmas in July

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

5 Days | Monday 17 to Friday 21 July 2017
Price \$1355 pptw | Single Option \$185

All Villa Carlotta Travel holidays are fully escorted, depart from Perth and include courtesy home collection (Perth and Mandurah metro only)*, airfares, taxes, insurance*, gratuities* and most meals.

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



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A nice golden trevally caught on a twisty lure and a light spin outfit.

The desert island dream is a light spin outfit

by Mike Roennfeldt

THERE'S an old saying about what would you choose to have with you if you were stuck on a desert island and in terms of a fishing rod and reel it's a no-brainer.

There is one type of outfit that is light years ahead of everything else in terms of versatility and that's a single-handed spin combo, the sort of thing that suits 3-4kg line and can throw lures up to 20g.

This style of fishing outfit is equally at home casting small lures or baits into a snag for black bream as it is for hurling a chrome twisty across a tropical sand flat at a passing school of golden trevally. It's perfect for tossing a light sinker and small hook loaded with prawn bait into a shallow sand hole full of wary yellowfin whiting and there's nothing better for wading the Swan River flats in summer as you prospect far and wide for perfectly camouflaged flathead and flounder.

The list of fishing situations that suit a single-handed spin outfit goes on and on and includes options from beach, river bank, es-

tuary and boat. It is always the weapon of choice for freshwater anglers chasing trout, redfin perch and the like.

One of the nice things about using gear like this is that it enables even a relatively modest fish to put up a respectable fight compared to being skulldragged through the shallows on a big surf rod. The light weight means you can use it all day without getting tired and with the fine diameter of modern braid lines even a small reel can boast significant capacity.

As a pointer to what can be achieved with even a very light outfit, I once hooked a giant trevally around 5kg in 40cm of water at the Mackerel Islands and had to chase it across the flats when it ran me right out of line. I must have followed the fish for at least 150m, ploughing through the shallows, connected by just the line knot onto the spool. If the fish had put on a burst of speed at any stage I would be a goner. Luckily it didn't and I was able to get it in and release it after a quick photo. Sometimes you can just get lucky.

And you don't have to spend a fortune. A reasonably good light spin outfit can cost under \$100 and even a \$10 kids combo will catch a few fish before it starts to fall apart under the pressure.

Nannup Flower and Garden Festival - saving the planet one bee at a time



SAVE the planet one bee at a time is the theme of the Nannup Flower and Garden Festival, held in one of the most naturally beautiful parts of the world.

Running from 17 – 20 August, the four-day garden festival takes inspiration from the south west landscape to spread the message to look after the planet, and enjoy our gardens as living sanctuaries.

Nannup Flower and Garden Festival chairperson Mark White is proud to lead his team of passionate volunteers and community groups.

"Last year was a celebration of where we have come from, our memories of our nanna's gardens bursting with flowers, playing on the old Hills Hoist as kids and being greeted by steaming apple

crumble on a cold winters day," he said.

"It's now time to look towards the future to ensure we leave planet earth in a healthy condition so our own grandkids and their grandkids can enjoy the outdoors and gardens too."

Showcasing how gardens can be living sanctuaries, the festival will host demonstrations on how to generate bio-fuel from plant waste and provide expert advice on how gardens can look beautiful and be productive at the same time.

Nurseryman and TV presenter Steve Wood will show people why healthy soil means healthy food, and how to grow the most delicious nutrient rich produce in their backyard.

Why not explore a local garden

with Sabrina Hahn or quiz Deryn Thorpe at the daily Q&A? Take a wander through sculptures, classic vintage car and flower displays, open gardens and even see the world's biggest wooden clock ticking away.

Anna Gare will head up a host of celebrity chefs and garden experts to share their garden and gourmet tips and tricks. Recognised as one of the most popular chefs on Australian television, Anna will be cooking up tasty family recipes that everyone can enjoy.

Festival favourite Josh Whiteland will show people just how delicious food can be using traditional bush ingredients.

Head chef of Millbrook Winery, Guy Jeffreys will explain why he is so passionate about south west

produce, and the importance to know where food comes from.

Up and coming chef Alysha Sladden will give insight as to why she's got the reputation for being one of the new generation, providing her style of fine dining.

Visitors to the Festival can wander around more than 100 garden and craft stalls at the weekend markets, all bursting with colour and creative ideas, see the latest in landscape trends, buy the newest plant releases and be inspired by stunning open garden displays.

Don't miss the Nannup Flower and Garden Festival from Thursday 17 August to Sunday, 20 August.

Go to www.nannupgardens.org.au or follow Nannup Garden Festival on Facebook for key event information.

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Learn important off-road survival tips... don't let a mishap turn into a tragedy



by Bob Cooper

MANY people head off-road with plan A designed for plenty of fun and adventure. But if plan A goes astray and you find yourself in a difficult or dangerous situation do you have a plan B already in mind?

My ABC of Survival is designed to be your plan B in an unexpected off-road situation, particularly if you are lost or stranded.

A. Accept: you are now lost or stranded and not on plan A anymore, now is the time to control your mind and rationally plan your next moves through this situation. Accept this is only temporary and understand that nothing will be normal until you are home again. Meals and sleeping conditions will not be the most comfortable but they do exist – so does everything else you need... just not what you want or desire. Now is the time for the rational side of your brain to take over and not allow the emotion side, full of fears, to block

common sense from leading the way out of this momentary situation. Have a mindful emphasis on momentary; it is not permanent.

B. Brew: make a cup of tea/coffee or just sit and have a cup full of water.

Resting comfortably out of the weather demonstrates that you are in control of this situation and this allows your mind plenty of time to think clearly and work out a positive plan because plans don't usually fail, it is failure to plan that seems to cause irrational behaviour in survival situations.

C. Consider: while in this deliberately controlled state of mind, shelve your fears and turn your thoughts into satisfying the physical lifesaving priorities in a logical order needed to keep you and others safe and well.

Plan to make and or create a shelter, keep warm, make or find enough water to prevent dehydration, signal for help and manage food

intake.

Shelter: day and night with what's available and natural resources.

Warmth: create a fire and fire place.

Signal: visual mirror flashes and audible whistle or banging – be ready both day and night with smoke using your fire

Food: eat little or none if water supply is low. No one has died from starvation in a survival situation yet, do not eat anything you are unsure about.

Water: make more water using various techniques such as collecting dew with clear plastic bags on nontoxic trees.

D. Decide: from your considerations how your plan B looks and write it down.

E. Execute: your plan and be flexible if it doesn't work – change it but plan the change.

I strongly recommend every person going anywhere using any mode of transport from walking to riding passenger... always carry what I call the trilogy for survival with an

adequate water supply, namely: Good quality survival kit, effective rescue blanket, three 10cm-wide pressure bandages.

Control your emotions: Knowledge is the key to dispelling fears: learn your basic first aid and survival skills before you set out on your travels.

Share your plan B: Always notify someone reliable about your intended adventure with a written contingency plan, in case you are not back at the given time. Take adequate water, a small comprehensive emergency kit, rescue blanket and snakebite bandages on every outing.

Water intake: Sipping water does not prevent dehydration anywhere; not knowing this is a major factor in mishaps turning into tragedies. Your body requires a minimum of a cupful (250ml) of water each time you drink. This is important because drinking any less will mean the other organs in our body will steal it first, robbing the brain of its necessary supply. This can lead to poor decision making, irrational thinking and deteriorate to a condition known as dehydration dementia, increasing the chances of making critical errors.

Bob Cooper is Australia's leading outback and wilderness survival instructor and has been running courses on outback safety and survival for more than 30 years. He has honed his survival skills by learning from traditional cultures

in Australia, Africa, North America and Malaysia.

The latest edition of his bestselling book *Outback Survival* now includes tips for safer 4WD off-road travel and is available from leading book stores throughout Australia or his website. He was inspired to create his unique HELP Emergency blanket, after many years of being asked his professional opinion on how people lost in the bush could have best-signalled their immediate need for help. More information and products at www.bob-coopersurvival.com.



WIN WIN WIN
To be in the draw to win one of five of Bob Cooper's Help Emergency Blankets simply send email win@haveagonews.com.au with Blanket in the subject line or send an envelope to Bob Cooper Emergency Blanket - 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 31/05/17.

Struth - Splashing out at Puttin' On The Ritz



Taking the plunge – a guest at London's The Ritz Hotel asked for his bathtub to be filled with Brighton sea water, and the hotel of course obliged – despite the need for a 200km, six-hour car trip. (The Ritz Hotel)

by David Ellis

WHAT do you do when it's your first Christmas Day on duty as concierge at London's very swanky The Ritz Hotel, and a V-VIP guest tells you he has a longing for the salty waters of famed Brighton Beach, but that being mid-winter it's too cold – and can you be a good chap and fetch a few pails of the stuff for him to plunge into in his room's bathtub?

In the case of Michael De Cozar you, of course, say: "Yes, sir, of course."

Now chief concierge and in his 44th year at The Ritz, Michael still remembers it like yesterday.

"One of our porters named Freddie had brought his little Morris Minor motor-car to work that day, so we loaded it up with 25-litre pails and sent him off on the 200km round-trip down to Brighton.

"It took him two-and-three-quarter hours in each direction, and what anyone on the beach on Christmas Day and the middle of winter must have thought at the sight of Freddie in his Ritz uniform, shoes and socks off, pants rolled up and trudging across the pebbles of Brighton fetching pails of seawater, is anyone's guess!

"And I still wonder to this day whether our guest added hot water – or did he just slide into his Brighton seawater bath cold after we'd filled it up for him?

"Whatever, he did thank us most effusively later, telling us how wonderful it had made his Christmas Day."

Anyone beat that for Puttin', On The Ritz?

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- **Tin Camels** - a tribute to the Camel Trains that carried mail and freight
- **Beacon Hill** - Enjoy a walk trail and panoramic views of Norseman
- **Phoenix Tailings Dump** - resembles a topless pyramid and contains gold
- **Granite Woodlands Discovery Trail** - 16 interpretive sites, offers opportunities for camping, bushwalking, exploring granite rock formations and viewing spring wildflowers
- Pack a BBQ picnic and take the 28 km heritage trail to explore **Dundas Rocks** - huge ancient boulders and rock formations.
- **Hyden Rock** - enjoy the rock's walks, surrounding flora and fauna.
- **Bromus Dam** - free camping area with bushwalks, lots to explore or a great place to have a BBQ or picnic.
- **Mt Jimberlana** - 5km east of town, offering spectacular views from the top with a picnic area at the base.
- **Phoenix Park** - educational, historical and is close to the town centre

Norseman Community Resource Centre
Your local connection

Government of Western Australia
Department of Regional Development and Lands

Wildflowers down south

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THE GREAT BEYOND VISITOR CENTRE
Explorers' Hall of Fame

Complementing the rich visual history of the Northern Goldfields, the Great Beyond Explorers' Hall of Fame utilises cutting edge technology to bring to life the characters and stories of the past. Step back in time with several notable explorers who led challenging expeditions through central Australia during the mid to late 19th Century as they recount their stories of hardship and bravery. Discover what it was like for women and pioneers living and working on the Goldfields during the pioneer days and learn about the valuable industries that sustain our inland.

Home of the Explorers Hall of Fame.
The Visitor Centre also houses a cafe and gift shop.

Open Mon - Fri 9am - 4.30pm
and Sat - Sun 9am - 1pm
The Great Beyond Visitor Centre
Augusta St, Laverton WA
Tel: 9031 1361
Email: greatbeyond@westnet.com.au
www.visit-laverton.com.au

WA's GREAT Outdoors

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Colonial gaol in Guildford reopened after renovation

cinct – both the gaol and its neighbouring courthouse are on the register of Heritage Places.

“These buildings which date back to the 19th century were not built to today’s standards with important things like damp courses. We needed to strip back the layers and make the building good for the next 100 years,” said curator of the Swan Guildford Historical Society, Paul Bridges.

The whole project entailed putting in new drainage, restoring the windows (particularly the Georgian windows in the Justice Room), cutting out areas of dry rot and re-rendering the interior walls.

“We were able to find out more about the building during to the renovation,” says Paul. “We uncovered new doorways; the manure pit for the next door police stables and discovered new artefacts under the floorboards.

A particularly poignant example is a couple of clay pipes which reminds me of the story of Mrs Ellis and Mrs Saunders who fought over a pipe with

much hair pulling and name calling. They were brought in front of the bench in 1852.

The Colonial Gaol within Guildford’s Heritage Precinct is looked after and opened to the public by the Swan Guildford Historical Society.

“Our members are passionate about Guildford’s very special history,” says president of the society, Celia Miller. “They love to uncover the stories behind the buildings and share them with our visitors.”

The Society has developed a new exhibition for the building that reveals much about law and order in the early days of settlement, and includes artefacts from its important collection – the third most significant collection in WA.

“New research has been used to produce our ‘Rogue’s Gallery’ telling tales of the Gaol’s various inmates”.

One of Celia’s favourites is Thomas Jackson who was charged with stealing grapes from Mr Devenish’s garden in 1854.

“What’s really interest-

ing,” says Celia, “is that Thomas was sentenced to 12 months working in the convict depot for just stealing grapes. The court report does state that he was of very bad character.”

The prisoners’ day room will be full of items showing Guildford’s colourful past and illustrating what a busy and vibrant place it was. Guildford was a very important centre for many industries including brick making; flour milling, and wood merchants. It was also the first place in WA to have a built church on land given by the first Governor Captain James Stirling. Grapes for wine-making were grown in Guildford even before the Swan Valley.

“Our visitors find many of the artefacts surprising – did you know that leather horse slippers were used to stop the horses’ hooves sinking in the sand?”

“We believe there is something for everyone with a visit to the Colonial Gaol” says Celia.

“The tours also include our settler’s cottage dating back to the 1860s and the story of Edward Taylor and his family, and a turn of last century wash house.”

The museum is located in Meadow Street and is open Tuesdays to Saturdays from 10am to 2pm (last admission 1.30pm). For more information call 9379 1829 or email sgshist soc@bigpond.com

Age is no barrier to an adventure on the high seas



WARREN Tully 81 will fly with his son Phillip Tully 53, to Western Australia this June, for a week-long sailing experience onboard the STS Leeuwin II.

The hands-on voyage for participants 18 years and over will begin in Monkey Mia and sail to Geraldton with 40 people, including the Sydney duo.

Warren knows of the challenges at sea as he sailed onboard the STS Leeuwin II in 2005 and 2006, but is keen to do it all again with Phillip.

“The ocean and its unpredictable nature is sure to throw something at us to deal with while we are out there,” he says.

“The sunsets at sea and night sailing are something most people are not interested in.

“I am always inspired by the natural environment while I try to make

some sense of it all and where we humans really fit into the scheme of things. As you get older there seems to be more questions than answers.

“To get away from the internet for a week is a real bonus too,” he says. It will be Phillip’s first square rigger experience and they look forward to doing it together.

“We are water people, we have boats for all purposes and enjoy being in that environment whenever we have the time,” said Warren.

The father and son have a passion for history and look forward to reflecting on the conditions of migrants to Australia in the 1800s.

“What better way to put this in perspective than by sailing the ocean in a square rigger the same way as countless others did and being able to live in that environment,” says Warren.

During the week at sea participants will be involved in hands-on sailing experience which will involve steering the helm, assisting with navigation, participating in night watches and for those that dare, climbing aloft.

The Open Adventurer Voyage will run from 6 – 12 June starting in the Shark Bay World Heritage Area and sailing to Geraldton. Berths are still available for anyone aged 18 and over with a sense of adventure.

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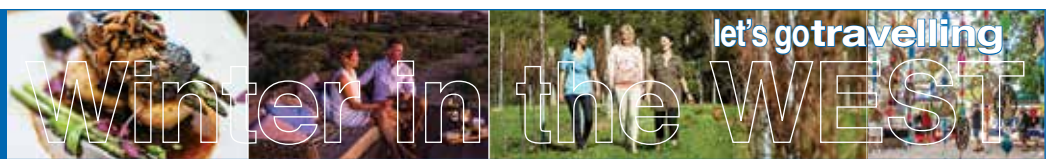
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Mosquito warning for Grey Nomad travellers heading north



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DEPARTMENT of Health is reminding travellers heading north, and residents of northern Western Australia, to take precautions to avoid mosquito bites.

The warning follows continued evidence of Murray Valley encephalitis (MVE) and Kunjin virus activity in sentinel chicken flocks across the Kimberley and Pilbara regions. Three suspected human cases of Kunjin virus disease have recently been detected across both regions, which if confirmed will be the first human cases of the disease in WA since 2006.

Both viruses are only carried by mosquitoes, and while the risk of being infected and becoming unwell is low, the

symptoms associated with both MVE and Kunjin diseases can be seriously debilitating. In the case of MVE, the virus can be potentially fatal.

Initial symptoms of MVE include fever, drowsiness, headache, stiff neck, nausea and dizziness. People experiencing these symptoms should seek immediate medical advice. In severe cases, people may experience fits, lapse into a coma, and may be left with permanent brain damage or die.

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

WA Health chief health officer Professor Tarun Weeramanthri said that people did not need to alter their plans to visit the Kimberley or Pilbara regions, but they must take simple steps to avoid mosquito bites when camping, fishing or undertaking any other activity outdoors.

"As there are no spe-

cific cures or vaccines for any of these viruses, it is important to prevent being bitten," Professor Weeramanthri said.

"Travellers and residents should avoid outdoor exposure around dawn and early evening and wear protective long, loose-fitting, light-coloured clothing when outdoors.

"In addition, personal insect repellents containing diethyl toluamide (DEET) or Picaridin should be applied to all areas of exposed skin."

'Grey Nomad' travellers are also reminded to ensure they take measures to protect their health, such as maintaining their medication regime and ensuring scripts were filled ahead of time.

Travellers should meet with their GPs for a thorough health check and to discuss any health issues that may impact on their travel plans. They should also ask for a current list of their medications to take with them on their holiday.

Professor Weeramanthri said by taking some simple steps before leaving home, people could help prevent any health-related interruptions to their holiday – while also

ensuring they did not place increased pressure on remote, smaller health services.

"People can become complacent when they are relaxed and on holiday, which can sometimes lead to them forgetting their regular medicines and putting their health at risk," he said.

"It is important to check medication for storage instructions, as the temperature inside a van or car in warm weather may rise beyond the recommended levels for safe storage.

"Emergency department presentations at health campuses in the north of the state increase significantly during the winter months as more people travel to the regions.

"This increase does have the potential to affect patient care, so it is important that emergency departments are left for emergencies only."

Travellers are also re-

minded to take regular breaks while driving and to avoid driving tired.

Simple steps to avoid mosquito bites whilst holidaying in northern WA include:

Avoid outdoor exposure around dawn and early evening.

Wear protective (long, loose-fitting, light-coloured) clothing when outdoors.

Apply a personal repellent.

Ensure infants and children are adequately protected against mosquito bites, preferably with suitable clothing, bed nets or other forms of insect screening.

When sitting outside, use mosquito coils and mosquito lanterns to deter mosquitoes.

Ensure insect screens are installed and in good condition on houses and caravans and always use mosquito-proof tents when camping.

If your accommodation or tent is not mosquito-proof, cover your

sleeping area with a mosquito net.

Reduce mosquito breeding around your accommodation by removing, emptying or covering anything that holds water.

Tips for older travellers include:

Remember to pack medications and repeat scripts.

Ensure medications are stored properly, so their efficacy is maintained.

Ensure scripts are filled ahead of time, to avoid running out of medication.

Keep doctor, pharmacy, family and emergency numbers handy.

Put in place a medication reminder system to ensure medications are taken on time (this could include setting an alarm).

Pack a first aid kit to use to manage small cuts and abrasions.

Seek advice regarding travel insurance and ambulance cover before leaving.

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ADVERTISING FEATURE



A range of Australian organic and biodynamic wines are available...



by Frank Smith

GRAPES are beloved by numerous critters such

as insects and fungi which can only be well controlled by chemical sprays.

Organic growers accept lower yields by avoiding the use of chemicals other than some natural remedies. It is not certain that that makes their wines any better than conventionally grown wines but it is reassuring to know no agricultural chemicals have been used on them.

Biodynamic viticulture is several steps further away from conventional grape growing and some of the procedures sound more like magic than science, but the quality of fruit is usually excellent.

Once opened, organic and biodynamic wines tend to spoil fairly rapidly,

especially if you don't put them in the fridge, because they have little or no added preservative. Here are some organic and biodynamic wines we liked:

Pig in the House organic Shiraz 2016. This purple to red wine exudes aromas of dark berry fruits such as blackberries and Morello cherries together with aromatic spices of mixed white and black pepper and vanilla. The palate is well balanced, with pure fruit and exceptional flavour density which lingers for longer. The flavour complexity develops in the glass so sip slowly. This

wine will be appreciated by most red wine drinkers. RRP \$25.

David O'Dea no added preservative and organic Shiraz. The nose of this Shiraz has a big hit of ripe juicy black fruits with a huge amount of black pepper, clove, and vanilla spice. The winemaker remarks it is wonderful to witness how a wine without sulphur smells, or at least to recognise how sulphur can strip aroma and flavour. The flavours in the mouth are similar in profile to the aroma, with silky smoothness in the mouthfeel. RRP \$25.

Smallfry wines organic Shiraz 2015. The

wine is made from fruit sourced from the Vine Vale subregion of the Barossa Valley and is grown bio-dynamically. It is deep garnet to magenta in colour with spicy nose and developed, ripe, juniper berry characters with hints of dark plums, cigar box and cinnamon bark. The palate is initially sweet and fruity balanced by tannins and fresh-tasting acidity. The winemaker describes this as a vegan friendly wine, so if that is your preference this may be your wine. RRP \$36.

Harris Wines organic Verdelho 2014. The Verdelho grape

comes from Portugal and was brought here by early Swan Valley settlers. The nose promises fruity notes and floral characters which will develop in the bottle. The palate delivers full-bodied richness and finishes cleanly as a complex dry white wine with ripe tropical flavours. RRP \$22.

Duncan Harris has the only organic winery in the Swan Valley at 179 Memorial Avenue, Baskerville, phone 9296 0216, call in and taste this organic Verdelho. *Have a Go News* readers can buy a case (12) for \$15/bottle; just mention the offer when visiting.

The Good Food and Wine Show is back in Perth



GOOD Food & Wine Show, presented by Citi, is back bigger than ever for 2017 with brand new features, experiences, master classes and hundreds of first-time exhibitors showcasing products never seen before.

Have a Go News is giving ten lucky readers the opportunity to win a double pass to attend the event held at Perth Convention and Exhibition Centre from Friday 14 - Sunday 16 July.

From discovering new products, ingredients and cooking ideas, to learning tips and tricks from some of Australia's most revered chefs, visitors to this year's event are sure to leave feeling inspired to embark on their next culinary adventure.

For more information on the Good Food and Wine Show, visit www.goodfoodshow.com.au.

WIN WIN WIN

To be in the draw to win one of ten double passes to the Perth Good Food and Wine Show simply email win@haveagonews.com.au with Good Food in the subject line or send an envelope to Good Food & Wine Show - 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 31/05/17.

Vince's lamb osso bucco



by Vince Garreffa

THIS is another recipe from my book *The Flesh In My Life* which you can purchase direct from my shop Mondos Butchers in Inglewood.

Buy hindquarter lamb shanks and get the butcher to cut them into three pieces each. They are more attractive than fore-quarter lamb shanks, which are very tasty but don't present as well. Osso bucco means "bone with a hole", and happens when the marrow in the bone falls out because the meat has been cooked long and slow until it is tender and succulent.

Ingredients (serves four):

4 lamb shanks approx 2 kg, cut into 3 pieces each
200g onion, finely chopped
1 can tomatoes, chopped (400g)
100ml white wine
100ml orange juice
1 orange, zest grated coarsely
250ml beef or lamb stock
2 bay leaves
50g butter
100 ml extra virgin olive oil
WA lake salt
ground black pepper

Season the lamb with salt and pepper. In a large frypan, add 100ml of oil and fry the lamb at a brisk heat until it's golden brown all over. Remove the lamb pieces from the pan and rest them.

Add wine and deglaze the pan. Cook off the alcohol for around three minutes.

In the same frypan, add the butter and onion, cooking until the onion is soft and translucent (about 10 minutes).

Add tomatoes, orange juice, stock, lamb pieces and juices, bay leaves, and orange zest. Stir and simmer for one and a half to two hours, covered with a lid.

Check the seasoning and adjust to your taste.

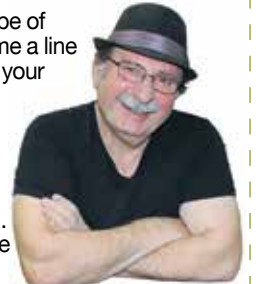
Cook until the lamb is tender and the sauce is thick and sticky. If it is still very liquid, set the lamb aside and cook the sauce on high heat, stirring often, until it reduces.

Before serving, remove the bay leaves from the sauce.

Serve lamb osso bucco on top of cooked pasta or mashed potato and pour the sauce over the lamb. Garnish with chopped parsley and serve with a green salad.

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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What's fresh from the fruit and vegetable markets in May

Limes: Sensational fresh WA limes are coming in from Gingin, bringing their heady scent and unmistakable zingy flavour. They add a highly perfumed, acidic kick to all manner of dishes; beautiful squeezed over trout or salmon, essential to finish off a coconut based curry or south east Asian-style broth and lovely in a creamy lime curd tart. When selecting, look out for the blue sticker that denotes WA origin and check for brightly coloured smooth skin. Keep in mind that the Tahitian, the variety most commonly seen in Australia, doesn't have to be completely green to be ripe. Harvested green, they turn yellow as they sweeten and mature. Small areas of brown colouring on the Tahitian won't affect the flavour, but make sure they give a tiny bit when squeezed – a good indicator of juiciness.

Pears: Savour the flavours of Autumn with fresh new season pears. Take your pick of varieties as the season unfolds. Bartlets, Packhams and creamy buttery flavoured Beurre Bosc. With an attractive russeted skin and exceptional eating qualities, they're lovely eaten crisp, finely sliced and chilled – perfect for a fruit platter or to accompany cheeses.

When selecting, don't be too concerned about a 'blemish-free' pear; most markings are made by branches and leaves brushing against the immature pears when still on the tree, however avoid those with actual cuts or bruising. Buy pears at various stages of ripening according to when you're going to eat them and store on the bench or the fridge accordingly.

Portobello mushrooms: Also referred to as Swiss Browns, these mushrooms have a longer growing cycle which results in a meat-like texture and flavour. Buy the size appropriate for the use – button for salad, cups for stuffing, flats for frying and grilling.

A quick brush with oil is all that's needed before grilling: flavour the oil with fresh herbs, chilli or garlic if you wish. Portobellos are ideal for giving a real mushroomy kick to soups, roasted vegetables and stuffings. Keep refrigerated in paper bags for 7 – 10 days. Wipe with damp paper towels – no need to wash or peel as they will absorb water and turn mushy when you cook them.

Prepared by Fresh Finesse Food Promotions www.freshf.com.au

The allure of autumn fare



Country fruit pie

by Noeline Swain

WE'RE starting to feel that fresh chill in the air, leaves are turning a deep russet colour and our thoughts turn to open wood fires and soul warming nibbles that restore and replenish.

The lovely autumn weather brings with it an abundance of beautifully-hued produce, from sienna toned pumpkins to glossy crimson apples, perfect produce for letting the stunning seasonal flavours shine.

Quinces are abundant – a fantastic excuse to get your pots out and bubbling with delicious jams and preserves. Perfect with an oozing white

cheese and sourdough bread. Chutneys are also a fantastic match with the roasted meats we tend to eat a lot of during the cooler months. Eggplant, red capsicum, brown onions, oranges and beetroot make fantastic additions to a more savoury relish and are heightened by the addition of mustard seed and bay leaves, amongst other herbs and spices.

Rustic, unfussy dishes really allow autumnal produce to shine. Chunks of roast Royal Blue potato, pumpkin and hearty mushrooms are sensational with a little wilted spinach and a mustard and olive oil dressing. Add

some fresh crusty bread and you've got a healthy, moreish meal that shows off our fabulous WA produce at its best.

A huge variety of apples and pears are ours for the picking throughout autumn and there's no limit to what we can create with these wonderfully versatile fruits. Succulently moist muffins, slices and tarts are simple to make and really highlight their fresh new-season flavour. Granny Smith apples and Bartlett and Packham pears are particularly good varieties for baking. Be sure to look out for the brand new Bravo™ apple. It's deep burgundy colour and aromatic crispy flesh makes it an apple like not other. Bred right here in the West, it's sure to be another world beater just like the Pink Lady that our local experts released to the world more than 40 years ago.

So stoke that fire, pour a glass of delicious pinot and start dreaming up what morsels you can create with wonderful autumn produce. Here are a couple of recipes to get you started...

Country fruit pie



Preparation: 25 minutes;
cooking: 45 minutes;
Serves: 6

1 sheet ready rolled shortcrust pastry
4 apples, peeled, cored, thinly sliced
2 pears, peeled, cored, thinly sliced
1 teaspoon cinnamon
¼ teaspoon nutmeg
⅓ cup lemon juice
⅓ cup caster sugar
1 tablespoon butter, diced
To Serve:
Icing sugar and fresh cream

PLACE pastry sheet into a lightly greased 20 cm pie plate. Leave excess pastry intact for folding over filling. Toss apple and pear slices in lemon juice. Arrange slices in pie shell. Sprinkle with sugar and spices. Dot fruit with butter. Fold the over-hanging pastry over the fruit. Bake in a 190°C oven for 40-45 minutes or until filling is bubbly and crust is golden. Serve dusted with icing sugar and fresh cream.

Cumin pear, carrot and lentil strudel

200g firm green pears, stem removed and cored
2 tablespoons cumin seeds, dry roasted and cooled
150g carrots, peeled and grated
150g firm tofu, diced into 1cm pieces
¾ cup precooked canned lentils, drained
1 tablespoon finely grated orange zest
6 sheets filo pastry
Spray rice bran oil
1 teaspoon ground black pepper
1 cup plain low fat yoghurt
2 tablespoons chopped fresh mint

Preheat oven 180°C or 160°C fan force. Cut pears into a one cm square dice and put into bowl. Grind the cumin seeds in mortar and pestle; sprinkle over the pears and toss to coat well. Combine carrots, tofu, lentils and orange zest. Mix well. Lay one sheet of pastry on the bench and spray lightly with oil. Top with another sheet and repeat until the pastry is all used. Spoon the carrot mixture down one side of



Preparation: 15 minutes;
cooking: 45 minutes;
Serves: 4

the assembled pastry layers. Top with diced pears and sprinkle with ground black pepper; roll and pull in the ends to make a sealed package and lift onto a baking paper lined baking tray. Spray with a light coating of oil and bake until browned and crisp – around 45 minutes. Combine the yoghurt, mint and pepper. Serve the sliced strudel hot with the yoghurt and green salad or steamed vegetables.

Recipe courtesy of Australian Pears (with permission)

Join us
online for
more recipes:



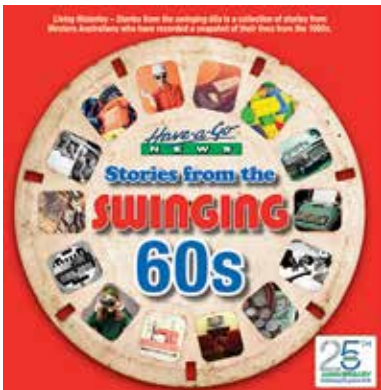
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Morley	Coventry Village 243-253 Walter Road
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and pick up Have a Go News



Get a piece of WA history... Stories from the Swinging 60s



Purchase a copy of the book *Stories from the Swinging 60s* - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

This was a decade of change from the introduction of the contraceptive pill, the assassination of JFK, changing fashions with the mini skirt, the Vietnam War, the move to decimal currency, the Meckering earthquake and the first man landing on the moon.

Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now. \$25.

Copies are available for purchase direct from **Have a Go News** office at 137 Edward St, Perth or have it mailed out for an extra \$12 postage and handling.

For further information contact Tahlia at **Have a Go News**
on either Tahlia@haveagonews.com.au or 9227 8283.

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food & WINE

...eat, drink and be merry... ADVERTISING FEATURE



Brunch with T - The hills were alive with the sound of brunch

Brunch with 'T'



by Tahlia Merigan

THIS month Dan and I ventured up into the hills – Kalamunda – to visit a couple of the cafes which we had heard good reports about, for brunch. Dan who had started his first week of nightshift at the hospital arrived very early and we made it to Kalamunda around 8am. Our first stop was Chatford & Co.

Chatford has a homely French provincial feel with both inside and outside tables but as it was early we chose to sit indoors. Dan ordered a cappuccino (\$4) and bacon and egg doughnuts with maple syrup (\$12.50). We've never encountered such an unusual dish in our brunch adventures and so it had to be tried. The spherically shaped doughnuts had a lovely, melt-in-your-mouth texture with the bacon and egg filling complementing the doughnut and the maple syrup.

The serving size was small which was reflected in the price. Our overall feeling was that it would be a lovely side dish to complement something else.

Dan said the coffee wasn't burnt but didn't have the depth of flavour he prefers.

I ordered a chai latte with almond milk (\$4.40) and the French toast (\$16). I liked the presentation of the chai latte but it lacked the flavour I'm used to. The French toast

was presented beautifully with figs, plums, lemon curd and berry compote. The brioche toast was cooked to perfection but for me the dish was overwhelmed with the tartness of lemon curd and berry compote. Again, the small serving size was reflected in the price. We decided that Dan had the better dish and overall would give them three spoons.



Chatford & Co Shop 8, 14 Mead Street, Kalamunda, 9257 1999. Open – Wed - Sun 7.30am-2pm Fri-Sat 6pm-8.30pm

After venturing around Kalamunda for a bit we stopped at Mason and Bird. We had heard good things about this café and from the moment we walked in we were greeted enthusiastically, seated and given cold water for the table. The décor of green and grey provides a modern touch and the inside area is light with floor to ceiling windows and there are two al fresco areas.

Dan ordered the triple cheese toastie (\$11). Who doesn't love a good grilled cheese sandwich?

And this didn't disappoint. The bread was perfectly toasted to a golden brown and the cheeses used created a creamy strong flavour that wasn't overpowering and melted in your mouth. Dan also ordered a green apple and lemon juice (\$6) which was lovely and refreshing and not too sweet. Perfect for a nice autumn day in the hills.

I ordered the mushrooms and bacon even though I don't eat bacon; it was just for the mushrooms which I love (\$22). The mushrooms were perfectly sautéed with spinach and garlic, giving them a delicious flavour. The hazelnut added the perfect crunch to the dish.

I also ordered the choc chia smoothie (\$8.50) very chocolatey and rich so the perfect treat, but still relatively healthy as it's made with dates and coconut milk. Overall, we really enjoyed the food and service at Mason and Bird and felt it deserved four spoons.



Mason & Bird 7 Williams St, Kalamunda, 9293 1581. Open 7 Days a week – 8am-3pm. Closed public holidays.

Knife and fork talk: The Dining Divas take a journey to the Port City



Left to right; Newport Hotel's mushroom and haloumi sandwiches

by Judith Cohen and Pat Paleeya

FREMANTLE was this month's lunch destination. After doing a bit of street walking (no, no, just window shopping) we found, just a few feet away from the thronging crowds, a surprising oasis inside the Newport Hotel.

The Newport offers a \$10 lunch special. True, there is piped music, but it's not overpowering.

There is a profusion of foliage cascading from the ceiling which gives a fresh and peaceful ambience to this little gem of an eatery.

We chose the haloumi open sandwich and salami and mushroom grilled sandwich.

The mushroom sandwich consisted of salami, mushroom duxelle, grilled capsicum and Swiss cheese served on a grilled Turkish roll.

The blending of all these ingredients was delicious and filling, with a nicely grilled roll that crunched with each bite.

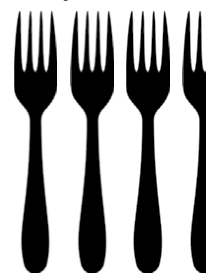
The haloumi open sandwich was generous and tasty. Grilled haloumi and ratatouille vegetables were glazed with balsamic vinegar and was served on a toasted ciabatta. Both meals were pre-

sented on small wooden paddles (not the rowing type).

Both lunches were very good value for the price.

Our rating – 3½ forks
The Newport Hotel, 2 South Tce, Fremantle, 9335 2428

\$10 lunch special Monday to Friday 12-2.30pm



Knife and fork talk ratings

Five forks – excellent food and service

Four forks – overall good food and service

Three forks – reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One forks – would not recommend

WEEK DAY SENIORS LUNCH SPECIALS

HIGH WYCOMBE TAVERN

High Wycombe
\$10 senior menu
Monday to Wednesday
11.30-3pm
530 Kalamunda Rd.
9454 2236

RAVENSWOOD HOTEL

Ravenswood
\$13.50 senior lunch special
Monday-Friday all day
65 Lloyd Ave.
9537 6054

NEWPORT HOTEL

Fremantle
\$10 lunch special
Monday to Friday
12-2.30pm
2 South Terrace
9335 2428

FEDERAL HOTEL

Fremantle
\$15 lunch special
Monday to Friday
12-3pm
23 William St
9335 1645

BAYSWATER HOTEL

Bayswater
\$19.95 all you can eat buffet
Monday to Friday
12.30-2pm
Railway Pde Bayswater
9271 7111

CHARLES HOTEL

\$14 senior lunch special
Tuesday to Thursday
12-2.30pm
Charles St North Perth
9444 1051

WOODBIDGE HOTEL

Guildford
\$9-\$14 seniors menu
Monday to Friday
11.30am onwards
East St Guildford
9377 1199

KINGSWAY BAR AND BISTRO

Darch
\$18 senior menu
Monday to Thursday
11.30-3pm

211 Kingsway Rd
Darch
9303 9144

BRIGHTON HOTEL

Mandurah
\$10 seniors special
Monday to Friday
11am-2.30pm
10-12 Mandurah Tce
9534 8864

ST GEORGE HOTEL

\$12 lunch special (present senior card)
Monday to Friday
12-3pm
(except public hols)
2 Morris Rd Innaloo
9446 2424



T's spoon ratings

Five spoons

– excellent food and service
– you must go!

Four spoons
Three spoons

– overall good food and service well worth a visit!
– reasonably good food and service but could make some improvements.

Two spoons
One spoon

– food and service needs improvement.
– would not recommend.

Indulge your love of chocolate at the new Guylian Belgian Chocolate Café



GUYLIAN, the world's favourite Belgian chocolates, is proud to announce the opening of Guylian Belgian Chocolate Café (GBCC) on St Georges Terrace Perth.

Located at the newly renovated Western Australian Club, 101 St Georges Terrace, the cafe is now open with a host of unique offerings to entice Perth city dwellers.

The decadent and refined menu will showcase a selection of GBCC's premium freshly baked pastries, baguettes and waffles as well as its

signature desserts, tarts and slices – perfect for all-day indulgence.

The array of delights on offer will be complemented perfectly by Guylian's exclusive 100 per cent Arabica coffee blend and world famous hot chocolates.

If that wasn't enough to tantalise the tastebuds, GBCC Perth will be the first to feature Signature Guylian praline ice cream – divine hazelnut praline flavours encapsulated in a deliciously rich and heavenly ice cream.

Guylian Belgian Chocolate Café's brand and operations director Patrick Freriks welcomed the new development.

"We were thrilled to see the first Guylian Belgian Chocolate Café open in the thriving CBD of Perth. We are confident that the City of Perth and wider community will appreciate and welcome the values of the Guylian Belgian Chocolate Café brand. We respectfully encourage residents to come and discover our quality based all day dining experience," he said.

In addition to dining in-store, visitors to GBCC St Georges Terrace can buy an exclusive range of Guylian chocolates, cakes and pastries in the café to take home and share with their family. These are offered in custom made, hand wrapped and exclusive packaging with designs for every season of the year. The chocolate range has been extended with branded gourmet products like Guylian house blend coffee and there are also luxurious gift hampers for that special family occasion.

WIN WIN WIN

To celebrate the opening of the Guylian Café in Perth we have an Indulge Hamper to give away to a lucky reader valued at \$110. To be in the draw simply email win@haveagoneews.com.au with Guylian in the subject line or send an envelope to Guylian Hamper – 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 31/05/17.

\$35 Two Course Lunch Special

Including a Glass of House Wine

Available Monday - Friday
Between 12 Noon & 3 PM

Bookings & Enquiries:
9367 0300 or
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*Enjoy this offer until 31 May 2017.
Terms and conditions apply.
Offer applies to lunch only.
Not valid in conjunction with any other offer,
discount cards, public holidays
or special event dates.

PUZZLES

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SUDOKU

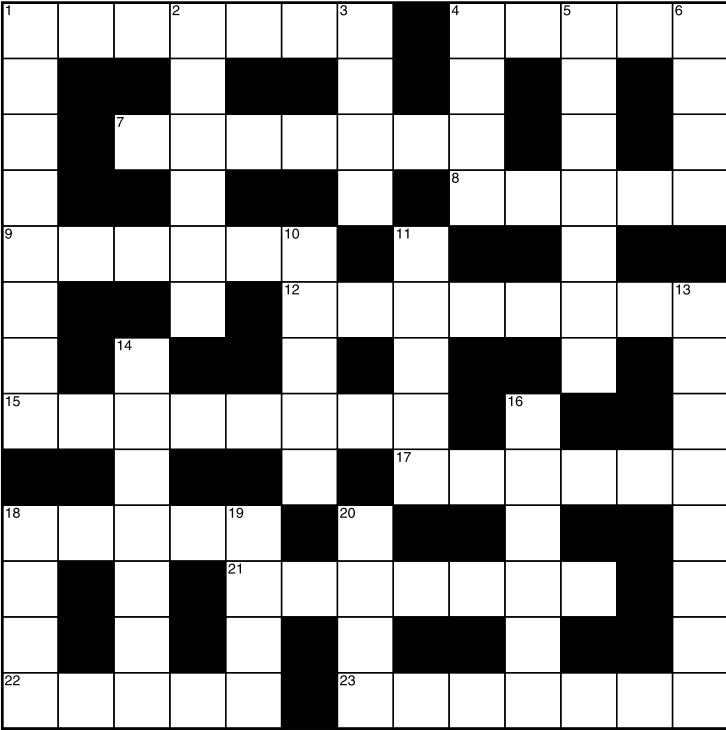
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

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9			2	6			3	7
		2		3	5			
		6						

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CROSSWORD



ACROSS

1. Raise petty objections
4. Florida city
7. Happened (upon)
8. Surpass
9. Sanctuary
12. Made angry
15. Assess
17. Took (baby) off bottle
18. Lunches or suppers
21. Childhood disease
22. Watery hail
23. Fine particle

DOWN

1. Repeatable (of speech)
2. Witness
3. Inscribe
4. Manner
5. Gum sore
6. Teen hero
10. Italian fashion & design hub
11. Spiral pin
13. Task-completion date
14. Verve
16. Comprehend (4,2)
18. Small rugs
19. Indecent material
20. Auld ... Syne

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ALPHABET SOUP

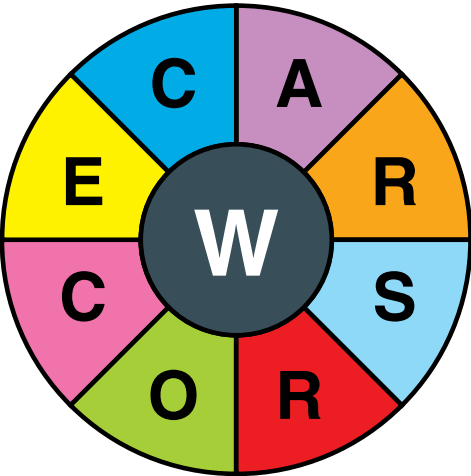
_AN_O
__ENA
S__O__ONE
_I_HER
__OLI_
_HI_E
_I_DL_
L__E
_HIST_E
_L_C_EN_PIEL

Use up all the letters in the alphabet soup. Fill in the spaces and find a total of ten musical instruments. Each letter must be used once only.



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Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

6 Good 10 Very Good 14+ Excellent

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Boost your hearing

Never miss another word with *Smart Ear*

Do you struggle to hear the TV? Do you have the volume turned up high? Annoying other members of the family or even neighbours?

The **Smart Ear** listening device will enable you to listen to the TV at the level you want without having to turn up the volume too high. Never again will others complain that the TV volume is too loud.

NOT JUST FOR TV

Smart Ear is not just for the TV, it's also perfect for the theatre, the cinema, parties, church, restaurants in fact any conversation. You can hear everything that is being said, even 30 metres away. No longer will you feel left out of conversations.

VERY COMFORTABLE AND EASY TO USE

Smart Ear is far more comfortable than normal hearing devices that have to be inserted in your ears. The earpieces are just like modern mini earphones – anyone will think you are listening to music when in reality you are listening to every word and sound around you.

SMART EAR WILL CHANGE YOUR LIFE

- ✓ Easy to use
- ✓ Hears a whisper from 30 metres away
- ✓ Looks like a pocket radio
- ✓ No whistling noises
- ✓ Comfortable to wear – use neck strap or belt clip
- ✓ Fits in your shirt pocket
- ✓ Portable, battery operated
- ✓ Battery supplied
- ✓ Suitable for men & women of all ages
- ✓ Amazing value

Smart Ear looks like a small pocket radio, small enough to fit in the palm of your hand. It can clip to a belt, waistband or neck strap and weighs less than 60 grams, it's so light you won't know it's there! Easily adjustable volume control. Uses only one long life AAA battery which we will supply.

HALF PRICE OFFER
~~\$99.95~~
ONLY
\$49.95
SAVE \$50.00

“Now I can turn up the TV without disturbing others”



SMALL & DISCREET
Fits in pocket or around neck.

*“I just can't believe how well **Smart Ear** works! I can hear things I hadn't heard before... The front door bell for one... talking from the next room... even the TV at normal sound levels – that stopped my daughter complaining. It's just fantastic... I normally wear a professional amplifier that cost \$1500... but it's not as good as this new device. **Smart Ear** is easier to adjust without whistle. With my other amplifier at the club I get all the disturbing noises all at the same level so I have to turn it off. With **Smart Ear** I can hear conversations, sharp and clearly... Thanks to **Smart Ear** I'm back in the picture... and the conversations.”*

Mrs C., Southport

*“I received my two **Smart Ear** sets just in time for my 88th Birthday. I gave one to my son who was as amazed as I was. I have an expensive hearing amplifier which cost me many hundreds of dollars but the **Smart Ear** is far better. I will spread the word to anyone needing help with their hearing. Thank you for your help and keep up the good work.”*

Basil D., Port Talbot

*“Thank you for **Smart Ear** – it arrived and is all it claims to be”*

P. L. Valuta, London

*“Thanks to **Smart Ear**, I now hear TV without needing it to be at full blast! So the rest of the family can watch and listen in comfort too. Also on my walks I hear birds I have not heard for years”*

J. Harper, Windsor

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Order the **Smart Ear** with absolute confidence. If you are not satisfied FOR ANY REASON, please return it in good condition within 90 Days of receipt and we will refund the purchase price – immediately – NO QUESTIONS ASKED! COMPLETE SATISFACTION GUARANTEED

PLEASE CUT OUT AND KEEP

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Dept CSE98

☐ Please send me the **Smart Ear** for only ~~\$99.95~~
\$49.95 + \$9.95 p&p

BUY TWO SAVE \$120.00

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☐ I enclose a Cheque/Money Order payable to Century Mail for

\$

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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:
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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

65 PLUS? Interested in establishing an informal travel group, no fees attached. Let's meet chat discussing likes/dislikes, NS, SD, good old fashioned manners and values essential. Looking forward to hearing from you all! Me; widow, live SOR/CBD area.

Reply Box 7493

AUSSIE 71, professional, 6ft, healthy, 94kg, DTE, in/ outdoor, romantic, athletic, fit, gym, SD, NS, rural background, gardening, music, animals, walking. WLTM caring, homely, active, affectionate lady, to 70s, medium build, computer interest.

Reply Box 7482

AUSSIE lady, medium build, 69, WLTM gent, 69-72, honest, sincere, SD, NS, DTE, NOR for friendship. My interests; movies, bowls, walks, travel, gardening, family. ALA.

Reply Box 7480

AUSSIE male, fit, healthy, happy attitude, 60, NS, SD. I enjoy all the good things in life. WLTM a similar lady.

Reply Box 7479

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

GENT 45, medium build, NS, SD, GSOH, affectionate, quiet lifestyle, enjoys intelligent conversation, music, outings, movies, nature, small animals. WLTM similar DTE, easy-going, tidy caucasian lady for friendship, relationship. Let's meet over a coffee.

Reply Box 7499

GENTLEMAN 69, interesting, agreeable, creative, charming, happy. Seeks lady to meet, swap stories and then make our own story. Oh I am punctual and organised too, forgot that.

Reply Box 7500

I AM DTE, male, widower. I would like to get some people together males and females between 65-80, play cards, barbecues. I am open to suggestions, just like to see a happy group. I live in Belmont, SOR area.

Reply Box 7485

LADY 70+, WLTM gent, NS, SD, GSOH, NOR for social dancing, outings and enjoys family life.

Reply Box 7488

LADY mid 60s, medium build, 5'8", likes camping, barbecues, weekends away, dining out, family and friends, travel, GSOH, NS, SD, quiet times, reading. WLTM gentleman who is genuine to share life with.

Reply Box 7473

LADY mid 60s, tall, medium build, WLTM tall gent, similar age, NS, GSOH, SOR who enjoys dining, movies, travel, outings. Let's meet for coffee. ALA.

Reply Box 7484

LADY WLTM a happy, caring gent 70-75, NS, SD, Mandurah. I am a widow and would love to hold hands again and have that wanted feeling again. Let's do coffee.

Reply Box 7497

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

MATURE lady, 76, 5'10" tall, WLTM a gent with GSOH NS, NG, SOR for friendship with TLC, would like to catch up for coffee and outings, SOR.

Reply Box 7498

MIXED friendship group, no fees, for active members under 70. Meet SOR monthly to plan social outings all areas, eg ten pin bowling, picnics, movies, concerts, local theatres. Landline preferred, mobile okay.

Reply Box 7481

PERTH professional gent 67, tall, healthy, cheerful, fin sec, into sunset, walks, whole foods, history, internet time and room in my heart. Landline phone only. Seeks lady with similar interests and a welcoming smile.

Reply Box 7491

SCOT/AUSSIE lady, 70, young at heart, WLTM a very special gentleman, 70-80, I have GSOH, NS, SD, enjoy life, music, movies, gardening, animals, looking forward to having chat and coffee.

Reply Box 7495

SHALL we dance? Old time and new vogue dancing friend for 76 year old lady required. Areas from Bunbury to Australind.

Reply Box 7483

WANTED: male dance partner to dance and practice. Lessons Wednesdays, 7.30 to 8.30pm and/or social (practice). NS, ND, NG, lives Midland Gate, Dutch coffee/meal? Me; Lady, 61. ALA. Replies for month of May only.

Reply Box 7472

Seeking a Partner

ANGLO AUSTRALIAN lady 65 seeks male/female friends. Interests varied. Let's find out about each other and enjoy ancient art of writing. ALA. Share the journey.

Reply Box 7478

ATTRACTIVE lady, 68, UK born, 160cm tall, 6107 area, medium build, educated, refined, ND, DTE, GSOH, enjoys good conversation, current affairs, reading, walking, country drives. WLTM unattached, sincere gentleman, 65-72, photo appreciated. Genuine replies only. ALA.

Reply Box 7476

AUSTRALIAN gent, mid 70s, top of the free range, RSPCA approved, slim build, 180cm tall, 80kg, physically fit, healthy, active, adventurous, fin sec, NS, WLTM lady under 60kg, NS, any nationality for fun times and travel. ALA.

Reply Box 7471

BRIGHT active, full of fun, lady seeks a DTE gent with a good personality and caring nature who wishes to travel and share good times with intelligent, attractive blonde. Non smoker living SOR.

Reply Box 7496

COUNTRY guy, 63, tall, fit, retired, into music, animals, sport, gardening, GSOH, DTE. WLTM SD, Aussie, English lass, age open, homeless ok. You may just be surprised. Lots of TLC. No baggage please. ALA.

Reply Box 7470

LADY 68 English, would love some TLC again. I hope it isn't too late. I am looking for a gentleman, age no problem, NS, SD, kind and caring. I am interested in various things. Photo appreciated.

Reply Box 7494

LADY 70, active, enjoys walking, picnics, carpet bowls, cards, outings, weekends away, slim, NS, SD. WLTM gent, sincere, honest, slim to medium build with similar interests, 70-75 SOR.

Reply Box 7475

LADY 168cm tall, enjoys reading, quiet times, gardening, walking, travel in/ out Australia, life in general, GSOH. WLTM, NS, SD, fit, active, 65-70, guy open to explore future possibilities etc. Let's start with a friendly chat over coffee.

Reply Box 7487

LADY young, 65, 168cm tall, genuine, GSOH, NOR, NS, SD, loves the outdoors, camping, dancing, picnics, keeping fit, many interests, love to meet genuine, tall, well groomed with similar interests. Let's meet up.

Reply Box 7489

PROF semi-retired teacher seeks partner 35-60, single mums, others, pets welcome, fit, good looking, adore childrens' visits, all things outdoors, gardening, bush, learning, rock'n'roll, swimming, SD, NG, SOR, laughter, expat, French Canadian. Call me.

Reply Box 7477

TO CHERYL of postcode 6062, history buff/teacher, I was elated to read your letter – by our similarities. The first king and his queen are still in religious control over Asia and Europe. Discussions over lots of coffee are needed. I am not on the net. Phone 0437 770 745. Postcode 6053.

Reply Box 7490

WELL presented gent 76, active, NS, likes music, dancing. Seeking lady NS, fit for friendship, relationship, long term SOR, TLC.

Reply Box 7474

Seeking a Travel Companion

GENT UK/Aust, 180 cm tall, 67, presentable, educated, VGSOH, NS, SD. Interests; coastal walking, gym, beach, family, seek slim to medium build, attractive, NS, lady to 65, NOR, compatible above for friend, travel, maybe relationship later. Discuss over coffee.

Reply Box 7486

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a companion
or friend?
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help you
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Get writing
and send
in your coupon.

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.
Replies must be in response to reply boxes no older than three months.



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NEWS

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DARLINGTON LADY 65 slim, blue eyed brunette, caring, full of life, fin secure, ready to start new chapter in life & share love & trust w/ gent 65-75. Love bush, animals, exploring Aust by c'van.

ROLEYSTONE LADY 75 attractive, warm, interesting, very easy to talk w/ a GSOH. Enj reading, loves the garden & growing things, outings, sk sincere man 73-83 who can laugh.

YANCHEP LADY 65 trim, very well grmd, intell, fun w/ a full & happy file. A generous, thoughtful person who loves R&R, blues music, sks caring man who appreciates a good woman.

MARMION LADY 67 good looking, slim, blond, refined, educated, young, d.t.earth. enj arts, travel, concerts, family. Sk smart, socially aware man 65-73 to share life.

NEDLANDS LADY 66 slim, petite, stylish, pretty woman, natural, feminine qualities, a go getter who loves life. Is intell, generous & compassionate. Enj her family, friends & a quality life. Sk gent 65-72 w/ some traditional values.

MINDARIE GENT 67 Well educated, British, 6ft, slim, well grmd, charming, sociable, reliable & funny. Enj theatre, cooking, classical music, concerts, photog, sk openminded lady w/ strength of character.

EAST PERTH GENT 70 187cm, trim, very well grmd, exec, a nice guy w/ a GSOH. Enj social outings, dining, yoga, walking, good health & being a positive person. Sk youthful lady 55-70.

PARMELIA GENT 80 active, friendly, happy-go-lucky man, well grmd/mannered, who would love to meet a lady similar to go out, chat & be good friend/companion.

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Community NOTEBOOK

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Fundraising luncheon Monday 15 May for the West Aust Cancer Council.
Price of lunch by donation only.
Raffles and mystery prizes.
To make a reservation
Ph. Pat Mahoney 9571 2759

WIRELESS HILL OPEN DAY

Thursday 18 May 10am-2pm. Free
Visit the museum, meet the Morsecodians
Fraternity see a live morse code demonstration,
hear a talk and join a tour
Wireless Hill Park. 1 Telefunken Drve. Ardross

THE AZELIA LEY MUSEUM

Vintage Vehicle and Market Garden Machinery
Day and Patchwork in the park.
Sun 14 May 10am-4.30pm. Entry by donation.
Manning Park, Azelia Rd. Spearwood.
Bring a picnic

AUSTRALIAN MODEL RAIL EXHIBITION

3 to 5 June
Over 50 model layouts. Children can ride the
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Plus plenty of fun activities.
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JOONDALUP / WANNEROO WOODTURNING CLUB

Meets second and last Monday of the
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6.30pm for 7pm start.
All welcome. Ph. Tony 9561 6887

SOUTH PERTH LIONS BIG BAND

Friday 26 May South Perth Community Centre
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Ph Phil 0417 916 773

KALAMUNDA PERFORMING ARTS CENTRE

Mark Storen brings musical story telling to
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Sunday 28 May, 2pm
\$20 Adult-&15 concession.
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www.kalamunda.wa.gov.au/kpac

PERTH INTERNATIONAL JAZZ FESTIVAL

Makes its much anticipated return for one
weekend only from Friday 26, Saturday 27 and
Sunday 28 May.
Various venues.
www.perthinternationaljazzfestival.com.au

LIVE LIGHTER PINJARRA FESTIVAL

Saturday 3 and Sunday 4 June, 10am-4pm
Free family friendly festival.
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DON RUSSELL PERFORMING ARTS CENTRE

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Wednesday 14 June 11am-12pm
Morning tea at 10.15am. Performance at 11am
9498 9414

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Sunday 4 June 10-3.30pm
Memorial Hall, Stirling Tce. Toodyay.
Fashion parade, displays, stalls, weaving, felting
etc.
Lots of fun activities for children and adults.
Gold coin donations.

HEART OF GOLD FESTIVAL

21- 28 May Community Arts & Cultural Festival,
held in Kalgoorlie. A celebration of arts and
culture in the Goldfields. The festival brings
Kalgoorlie-Boulder community
together through projects that reflect and
celebrate our local arts identity.

GIDGEGANNUP SMALL FARM FIELD DAY

Sunday 28 May 10.45am-2pm
Giddegannup Showgrounds
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Come along and enjoy the day in the fabulous
setting of Giddegannup just 15mins from Midland.

Downsizing

ADVERTISING FEATURE



Decluttering doesn't always mean throwing away...



Before and after declutter

HOW OFTEN have you looked at the steadily accumulating stuff in your home and wished for a bit of space, a bit of order?

It's not about a bare minimalist look, but about enjoying and using what you have – and being able to find things.

Sisters Julie Copson and Bernadette Malouf know that feeling, and they know how to deal with it.

Together they have started a business, A Clutterless Life. Julie worked in real estate and has helped plenty of people get ready for showing and selling their homes. Bernadette has a background in art and design and is, according to her sister, ruthless about getting rid of things that don't fit in.

The pair ask their clients one question about each object in their homes: does it spark joy?

They are inspired by the KonMari method, coined by Japanese designer Marie Kondo and her book, *The Life-Changing Magic of Tidying Up*.

Kondo said: "Excess is caused by ignorance of what we actually own. "If we shed stuff that we cannot connect with and keep those things which have meaning, we will find happiness."

Happiness might be

triggered by something as simple as reorganising the wardrobe, Julie said, or spring cleaning and decluttering a room or a house, moving or downsizing, or dealing with all the objects in a family member's deceased estate.

Bernadette said she did not want to put her children through the same thing she had faced when clearing out her late mother-in-law's belongings – among all the accumulated stuff were 10 broken kettles waiting to be fixed.

The job prompted Bernadette to embark on a year of austerity, buying only what was necessary in the three Gs – glamour, groceries and gifts. It is an effective way to discover what is a necessity and what is a luxury.

Julie said that when it comes to decluttering, it often took someone else's eye to see how to organise things.

"And decluttering doesn't have to mean throwing away," she said. "It's not always about 'get rid of that', it's about keeping what you love." She said lots of people stored stuff and paid for storage space for years without ever looking at it. "Sometimes people have to learn to let go," Julie said. "We often recommend putting unwanted, sentimental

things into a box.

"Keep it for 12 months – if you haven't wanted it or

looked at it in that year, sell it or donate it." The sisters can also help clients sell un-

wanted items. They agreed that reducing the amount the stuff we all hang on to was a very liberating experience.

"For those who struggle with order and stuff, the magic of tidying dramatically transforms your life," Bernadette said. "You can have clean and cleared living areas, tidy wardrobes, and space to think."

For more information visit www.aclutterlesslife.com.au

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Retirement & Aged Care Association (Inc)

No office at the Village, please ring Cheryl for an appointment to view Mon-Fri 9am-3pm 9535 0200
Mandurah Village - Pet friendly. Coral Estate - Pet friendly, with exclusions.

UNITS FOR SALE under a retirement village lease scheme. Walking distance to shops, library and pool.

Mandurah Village (Unit 2) 22 Third Ave, Mandurah \$170,000 <ul style="list-style-type: none"> • 2 bedrooms (double robes to main bedroom) • 1 bathroom - newly renovated • Freshly painted. • Split System air con • Garage under main roof • Storeroom and small shed • Resident can select new floor coverings to living area and bedrooms • Front and rear courtyards
Mandurah Village (Unit 5) 22 Third Ave, Mandurah \$190,000 <ul style="list-style-type: none"> • 2 bedrooms (double robes to main bedroom and ceiling fan) • Newly renovated kitchen, laundry and bathroom. • Freshly painted. • Split System air con in lounge. • Resident can select floor coverings. • Lock up garage under main roof • Storeroom • Front and rear courtyards
Mandurah Village (Unit 14) 22 Third Ave, Mandurah \$165,000 <ul style="list-style-type: none"> • 2 bedrooms (double robes to main bedroom) • 1 bathroom - newly renovated • Freshly painted • Ducted air conditioning • Storeroom. • Front and rear courtyards • Free standing lock up garage at rear of property • Resident can select new floor coverings to living and bedroom
Coral Estate (Unit 34) 1 Anzac Place, Mandurah (price dropped to \$260,000) <ul style="list-style-type: none"> • 3 bedroom, 1 bathroom • Lock up garage under main roof with room for storage • Canvas blinds front windows and rear patio • Large built in robes in bedrooms 1 & 2 • Freshly painted • Spilt system in dining/lounge • Spilt system in bedroom • Resident can select new floor coverings to living area and bedroom • Floor tiles - kitchen/dining area • Solar panels installed • Medi-alarm • Rear courtyard with patio
Coral Estate (Unit 35) 1 Anzac Place, Mandurah \$280,000 ono <ul style="list-style-type: none"> • 3 bedroom, 1 bathroom • Lock up garage under main roof with room for storage • Large built in robes in bedrooms 1 & 2 • Freshly painted • Spilt system in dining/lounge • Resident can select new floor coverings to living area and bedrooms • Floor tiles - kitchen/dining area • Solar panels installed • Medi-alarm • Rear courtyard with patio
Coral Estate (Unit 46) 1 Anzac Place, Mandurah \$275,000 ono <ul style="list-style-type: none"> • 3 bedroom, 1 bathroom • Built in robes to all bathrooms • Lock up garage under main roof with room for storage • Large rear patio with shed • Freshly painted and new carpet to all rooms • Floor tiles - kitchen • Ducted air con throughout • Spilt system air con in lounge and ceiling fans • Medi-alarm • Rear courtyard with patio

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Mandurah Seniors and Community Centre
41 Ormsby Terrace, Mandurah

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Morley Sport and Recreation Centre
Cnr Wellington Rd and Mangini St, Morley

Tickets \$30 each - no door sales
Seniors Recreation Council of WA
Phone 9492 9771
Refreshments at interval

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

Downsizing

ADVERTISING FEATURE

Wallpaper can add a certain something to a home



main wall in a living area situation or even a nook wall. Wallpaper used this way adds a stylish impact for a room by combining existing colours.

Right now a great exercise would be to have a really good analytical look around each room that you feel needs help. Make a dream list and look for images that give you inspiration.

When you do this it defines your style and can point you in the right direction or even one that might just surprise you.

Giving a room some style really does not need to cost a lot. It is often the littlest things that can provide a major impact.

As always I love to hear from you anytime and answer any questions or come to your home and see where I can be of assistance. Wishing you a wonderful month of May.

Zofia offers an interior style consultation for readers. She may be able to assist with de-cluttering, restyling, choosing what pieces of furniture to take and of course personal styling. She offers a special rate for Have a Go News' readers and she knows how to style on a budget.

For those who would like to contact Zofia call her on 0406 336 607 or email zofia@stjames@hotmail.com

Left to right; Zofia St James - Wallpaper styles I found at Wall Candy Wallpaper 346, Beaufort St. Highgate - www.wallcandywallpaper.com.au



by Zofia St James

Hi everyone I do hope the month has been a good one.

I had the pleasure of visiting a reader's home in Bindoon. It was lovely to meet Robyn and have a look at her home and select a colour scheme that provided a sense of flow and the opportunity to modernise the interiors.

The colours we selected will automatically make the rooms looked styled as they tied everything together and make more

sense to the pieces of furniture in the rooms.

It was a challenge with a combined living, dining and a kitchen that had its own colour scheme. There was a lot to incorporate such as the desire for good Feng Shui but we got there in the end.

I really love interpreting what a client has in mind, evolving it and bringing those ideas to life.

If you have been following my column over the last few months, you will know I have endeavoured to cover different areas of styling and how to create a beautiful home no matter what the size of your dwelling.

Being the very visual person that I am, I do try to write about styling in such a way that it is easy

for you to visualise.

Last month it was fun to talk about furniture fitting into apartments and that need to maximise space.

This month within the home you live right now there may be a style and a colour scheme, or perhaps it's feeling a little bland and needs an injection of pizzazz.

This month I wanted to bring to you some feature wall colour and wallpaper ideas to add to the mix.

Everyone admires the look of a striking interior. But achieving that requires taking some risks design-wise or putting your faith in a stylist when they suggest you to try something new.

The images that I have styled for you this month I chose to specifically

demonstrate that wallpaper can be combined with and complement an existing pattern on a chair or even with artwork.

I used the same chair with two wallpapers that would instantly introduce a different palette.

A room that has a richly patterned Persian or contemporary rug also could work when combined with a more subtle wallpaper pattern.

Putting it together does take panache and a big hit of confidence and I love it when clients are a little scared but end up being over the moon when achieving something different.

Perfect areas for a feature wall colour or wallpaper would be along a hallway, entrance area, the

Southern Cross



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Visit the Bethanie Gwelup Sales Office at 17 Segrave Street, Gwelup
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ADVERTISING FEATURE



For a longer and happier life enter a retirement village

by Frank Smith

A REPORT from the UK-based International Longevity Centre published last month indicates that female retirement village residents can expect to live two to four years longer than non-residents and males can expect at least the same longevity as non-residents.

The report by Professor Les Mayhew and colleagues of Cass Business School, studied Whitely Village, a retirement village founded as a charitable institution in 1917.

Chief executive of the International Longevity Centre Baroness Sally Greengross said this is particularly remarkable since eligibility to become a resident of Whiteley

is based on having limited financial means.

"This advantage continues today if one compares the longevity of Whiteley Villagers with the poorest 20 per cent of pensioners in England and Wales. The key message therefore is that as well as increasing quality of life, housing with care communities such as Whiteley Village can also extend life expectancy," she said.

The report authors say retirement villages can provide for all the health and social needs of residents cost-effectively at one location whilst providing a stimulating and high quality living environment which insulates residents from the day-to-day problems of growing old.

Whiteley Village was established in 1914 when building began at the bequest of entrepreneur and philanthropist William Whiteley, owner of the Whitely Department Store in Bayswater. Set in 225 acres of Surrey woodland near Walton on Thames, it houses about 500 elderly residents in 262 cottages, 51 extra care apartments, a residential home and a nursing home.

The village offers a huge range of facilities, including a shop and post office; hairdressing salon; library; activities centre equipped with computers and technology, Wi-Fi access; garden allotments; hydrotherapy pool and social club complex with a café and licensed bar. In addition, villagers run more than 20

clubs and societies themselves, including card and board games club, keep fit, line dancing and water fitness clubs.

The village is managed by The Whiteley Homes Trust, a registered charity, which sees its role as enabling Villagers to be as independent as possible and contribute as much as they can to village life.

The first resident was Miss Eliza Palmer who joined the village on 10 October 1917. Therefore, this year Whiteley Village celebrates 100 years of operation.

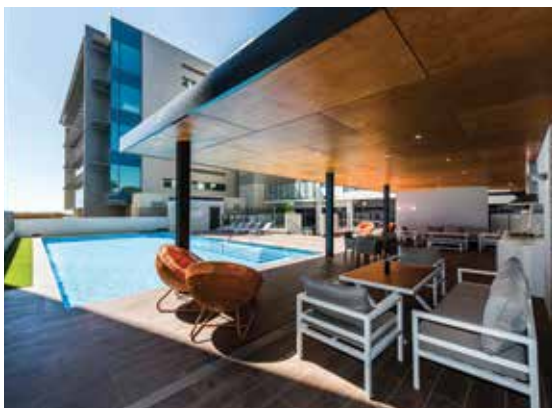
Whiteley Village is the first of this kind of retirement living anywhere in the world.

In the UK, as in Australia, most retirement villages are run on a

commercial basis which means that residents must be self-funding and hence tend to come from more affluent backgrounds. Whiteley Village is different because in order to be admitted, an applicant must depend on their state pension and have limited savings.

Female residents receive a substantial boost to their longevity when compared to the wider population – at one point in time reaching close to five years. This advantage is even greater given that residents are drawn from the poorest pensioners, who would be expected to die younger.

Male residents of Whiteley live as long as men in the wider population, in spite of their limited means.



ANNA Durante believes fate must have played a part in finding her new West Leederville home that she describes as perfect.

Located on the seventh floor of Finbar's

recently completed Motive development on Railway Parade in West Leederville, Anna says her new two-bed, two-bathroom apartment ticked every box of what she was looking for.

"I'm the first to admit that I'm fussy. I've lived mostly in apartments for the past 15 years and I had a long list of what I was looking for when buying this apartment. I just wasn't willing to compromise on any aspect," Ms Durante said.

"When I started looking at what to buy I opened myself up to consider a range of developers and suburbs, from Subiaco to Rivervale and everything in-between, but with all of them I found I was

going to have to compromise in some way, and I just wasn't going to do that.

"As soon as I walked into Motive I knew straight away it was the one. The stars aligned and I found my dream apartment. It did feel like fate played a part in me finding this apartment," Ms Durante said.

Having previously rented in Finbar's Subi Strand development, Anna knew about Finbar and the quality of its apartments.

In her down time

Anna is making the most of Motive's amenities, which include a pool with cabana and barbecue entertaining areas, a resident's lounge, games room, sauna and gym.

"Most of the exercise I do is when it's warm outside so I'm making good use of the pool at the moment, and in winter I'll make more use of the gym. I also love going for walks down to Lake Monger and into Subiaco and Leederville," Ms Durante said.

"I also frequent the

nearby cafes regularly. My favourite is Hylin but Aliment and the Perth Organic Kitchen are great."

In addition to the great range of amenities, the apartments themselves feature beautifully designed open plan living spaces, Blanco appliances, stylish colour schemes and clever storage options.

"Finbar really go above and beyond with their developments and service," Ms Durante said.

"Not only are the

apartments fantastic, the level of service I received throughout the whole purchasing process was incredible. They provided me with so much information about the development and the apartment and threw a residents welcome party which was such a lovely idea."

Limited apartments are still available, with one-bed apartments from \$395,000 and two bed, two bathroom apartments from \$535,000. You can visit the development and display apartments dai-

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akoraapartments.com.au

Akora
BENTLEY PARK

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ADVERTISING FEATURE



A STUNNING four-bedroom two-bathroom plus study display home in Stage One of The Heights, a private estate being developed by leading WA property group Pindan, provides an ideal opportunity to pur-

chase a new home now, that you can move into later.

The display home, which is currently under construction, is being offered for sale with a six per cent leaseback for 12 months plus two

Buy now and move in later... don't miss the opportunity to get into The Heights

six month options. The home will come complete with stone benchtops throughout, ducted reverse cycle air-conditioning, overhead cupboards and glass splashback, a coffered ceiling to the master suite, upstairs living area and much more.

Located on an elevated site overlooking the open space of Alan Edwards Reserve in Kardinya, The Heights provides the perfect opportunity to secure this new modern, low maintenance home.

In addition to the display home, The Heights feature a range of contemporary single and double-story three and four bedroom, two bathroom homes, with fixed price house and land packages starting at \$530,000.

For a limited time only, you can purchase with a 10 per cent deposit, and balance on completion of the home, however this offer is strictly limited to the next six sales in the estate and excludes the display home.

Pindan's sales manager, Matthew Smith, said the new development provides a unique opportunity for people looking to live in a well-established area close to a number of amenities.

"Many purchasers are looking for a new property that is of a similar standard to their family home. People want a beautiful home in a good area, but it is our experience they want a lower maintenance lifestyle in a well established area," he said.

The estate is in a prime location just 250m from Kardinya Park Shopping Centre, 10 minutes to Fremantle and the beach, Garden City and some of Perth's best boutiques, as well as the Murdoch station, with trains to Perth's CBD.

Residents also gain easy access to world class health facilities at Fiona Stanley Hospital and St John of God Hospital, as well as excellent educational facilities, including primary and secondary schools, Challenger Institute of Technology and Murdoch University.

Interested purchasers are invited to visit www.theheightskardinya.com or contact Matthew Smith on 0430 766 360 or Glenn O'Connor-Smith on 0413 545 044.

Retirees learn about the development of Pilbara iron ore resources

SPEAKER at the WA Self Funded Retirees meeting in June is Peter Ellery talking about the discovery and development of the Pilbara iron ore fields.

The development of the immense Pilbara iron ore fields in the 1960s was a nation building event. It transformed Australia economically and socially and shaped our place as a significant player in world affairs more than any other nation with a population of merely 25 million people.

Peter Ellery's paper, *The Discovery and Development of the Pilbara Iron Ore Fields*,

which is the basis of his talk, was presented to the Royal WA Historical Society in June last year to mark the fiftieth anniversary of the first iron ore production in the Pilbara in 1966.

It traces the discovery of the Pilbara's iron ore resources from first recognition by the Explorer Frank Gregory in 1861 to the development of the first four major iron ore mines in the Pilbara during the 1960s and early 1970s.

It also tracks a linked chain of events – war, State and Commonwealth political manoeuvring, Japanese economic growth, the birth of the Australian steel industry and the enterprise

of individual prospectors and multi-national miners, which culminated in 1966 with Mt Goldsworthy and Hamersley projects delivering their first iron ore to Japan. Mt Newman and Robe River followed within four years.

As manager of government and public affairs for Woodside Petroleum from 1972 to 1987, he worked closely with the iron ore companies, Woodside's industrial neighbours in the Pilbara. They were his biggest members when he was CEO of the Chamber of Minerals and Energy from 1987 to 1997.

Peter Ellery was appointed a Member of the

Order of Australia (AM) for services to the mining industry in 2006.

The meeting will be held at 10am on Friday 9 June at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

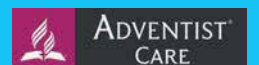
On the second Friday of each month the WA Self Funded Retirees Association, holds a meeting at which guest speakers discuss topics of interest to retirees. Visitors to the meetings are always most welcome. For more information please contact: Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

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ADVERTISING FEATURE



New cook book from Spirit House set to inspire households



Left to right; Chef Annette Fear and Helen Brierty

by Ann Rickard

IF YOU ever feel you may be too old to continue working, listen to Helen Brierty talk for five minutes and you'll quickly change your mind.

Owner/operator of the much-lauded Spirit House Restaurant in Queensland, Helen has just released a follow-up cook book to her previous best-sellers.

This beautiful new book published by New Holland and written by Helen Brierty and chef Annette Fear includes new reci-

pes as well as revamped classics.

Helen and her staff of 53 at The Spirit House are understandably proud of this book with its 200 recipes and stunning photography.

"It's a labour of love," Helen said. "We had to cook and photograph all of the 200 recipes. My son Acland did all the photography and it is very good."

Helen, who happily admits her age (74) is inspiration to all women, especially seniors who plan to stay in the workforce or

even enter it at a mature age.

"I will never stop working," she said. "I will keep on doing what I do until I can't do it anymore. If I stopped I would age very quickly. If you don't have work you'd sit at home and talk about what's on television."

Although Helen has backed away from full-time hands-on work at The Spirit House, she and her husband Peter (80 and 'still telling his terrible jokes') control the business during their three days of work.

"We have a wonderful team of staff," Helen said. "They work so well together...Peter and I just look after the money side."

Helen and Peter Brierty have grown The Spirit House to international status through two decades of hard work and commitment, stepping out of their comfort zone on many occasions, constantly facing new challenges and taking risks senior people usually shy away from.

What is now a lush oasis of tropical Thai serenity complete with a tranquil lake on which the restaurant appears to float, began life as a bare horse paddock in 1997.

"Back then we imported pots and garden ornaments from Thailand

and sold them in the paddock," Helen said. "We were constantly asked by customers to put in a coffee shop. So we did and served light lunches, Thai salads and coffee at lunch. It grew from there."

It took two years of heavy planting and the digging out of a large section to create the lake, then the building of the restaurant in Thai architecture before The Spirit House opened. And when it did, success was instant.

People came from all over the country and then around the world, enjoying stepping into a true slice of Thailand in the middle of country Yandina.

They loved wandering the extensive gardens, dining in small alcoves by the lake, sitting in the 'floating' restaurant, eating rich Thai curries and braised pork belly and, what quickly became a signature dish, whole crispy fish.

Delighted customers began demanding recipes which led to the first best-selling cookbook and the opening of The Spirit House Cooking School. The school became an instant hit, with hands-on cooking classes run by chef Annette Fear who now oversees three permanent chefs in the school offering doz-

ens of different classes each week.

Then came the tag-along-tours led by Acland, Helen and Peter's son who had by then become an important part of the business. He began taking tours to Thailand, giving Spirit House customers a glimpse into Thai culture and cuisine. He has now expanded these tours to visit India and Cambodia. In September the most ambitious tour of them all will see eight fortunate guests board a ketch in Bali to visit the islands where Portuguese and Dutch traders once sold spices. Just two of these tours sold out in five hours of announcement.

Yet still there is more growth at The Spirit House. A new private dining room and bar is due to open in April/May.

"The demand is there," Helen said. "So many people want to celebrate birthdays or family reunions but don't want to be surrounded by others. The private dining room will seat up to 28 people, have its own chef and modern bar. It is a separate stand-alone building linked to the main dining room with its own outdoor courtyard."

You have to wonder when it will all stop...but Helen Brierty sees no sign of that.

"It is all client-driven," she said. "We just have to do these things, you have to respond to the demand."

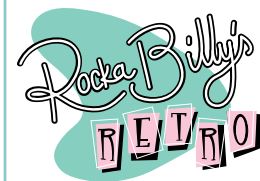
The new Spirit House cook book is set to overtake sales of the original green cook book now splattered and worn and presiding in so many households all over Australia.

Its arrival on bookshelves this month has been much anticipated.

"It has many new reci-

pes, lots of chefs' tips and hints," Helen said. "It's a big book, double the size of the original one. There is a lovely section on salads, vegetables and dim sum. This one is more modern but we've kept some of the favourites, just in a slight variation. We are very proud of it."

Spirit House
- The Cookbook
By Helen Brierty and
Annette Fear
Published by
New Holland: \$49.99



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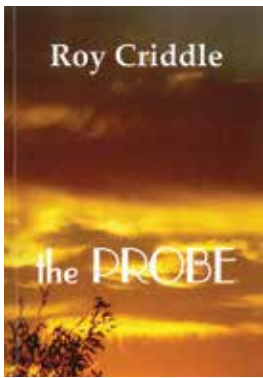
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ADVERTISING FEATURE



Book Review - *The Probe*



Reviewed by Pat Paleeya

DO you read your junk email? No? Well that's no surprise is it, not too many life-changing offers are thrust through our mail boxes, are they?

However, Bill Harris and his son Michael did read the junk mail which propelled them into a deadly game of cat and mouse involving international drug cartels, murder and corporate espionage.

It appeared that a Mr Samuels was looking for board and lodging for a

group of 30 Chinese students for three months whilst they are studying western business practices.

Bill, a pensioner and his son rattle around in a five-bedroom house that could easily accommodate three students. The extra income would also be welcome. They inform Mr Samuels and he agrees to send three but only two arrive.

One has disappeared. His case arrives two days later and the students try to convince Bill that it is their case. He keeps it. He also had seen them posting their passports back to China, and was becoming suspicious. His suspicions were well founded when his students and the rest of the group all left their lodgings secretly on the same night. Plus police contact Bill and Michael to question them over the murder of Mr Samuels.

What follows is a case of innocent people

being caught up in organised crime on a very dangerous scale, (two bodies already by page 70). Murder and violence escalate at an alarming rate and nothing will stop the cartel from hunting Michael who unwittingly has become their prey.

This is a gripping and engrossing novel, well plotted and fast paced. There is a very clever denouement that would be worthy of M15. There is no pretentiousness with the language which is both colloquial and fluent and flows from page to page. A great read, and it keeps the reader guessing.

The Probe is available directly from Roy for \$15 including postage – mobile 0402 974 515 or roycriddle@hotmail.com.

WIN WIN WIN

We have two copies to give away. To enter please email to win@haveagonews.com.au, with the book title in the subject line or write to *The Probe*, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Competition ends 31/5/17.

Taxing time for WA scam victims



THE END of the financial year is the busiest time when tax scammers become active and Consumer Protection is urging people not to fall victim.

According to figures from the Australian Taxation Office (ATO), a total of 56 victims reported losing more than \$258,000 to phone based tax scams in WA in 2016. Already this year, eight victims have reported losing more than \$15,000 to ATO impersonation scam callers.

Since January 2016, a total of 8,890 Western Australians have reported being contacted by tax scammers over the phone with most reports coming in the months of April, May, June and July:

Targets receive a phone call or a robotic recorded message from a scammer purporting to be from the ATO demanding payment for an outstanding tax debt. Often they become aggressive, threatening arrest or the seizure of assets if the amount is not paid immediately.

Victims are asked to withdraw

the money from their bank and send it overseas by money transfer services such as Western Union or Alipay. Others are asked to load money onto a prepaid card at the post office or do a bank transfer to a third party bank account operated by the scammers or by an unsuspecting money mule under their control.

Acting Commissioner for Consumer Protection David Hillyard said there is another payment method that scammers have been demanding recently.

"In the past year, scammers have been asking some of their victims to pay the supposed tax debt by purchasing iTunes vouchers which, in many cases, can total several thousands of dollars in value," Mr Hillyard said.

"Once purchased, the victims supply the voucher numbers to the scammers who we assume on-sell them to convert the vouchers into money.

"We have approached retailers to make them aware of this scam hoping their staff will question people if they attempt to purchase iTunes vouchers in large numbers and get them to re-consider their actions.

"People who receive these calls should know that the ATO will never ask for funds in this aggressive manner so don't be tricked into transferring money for any reason. If in doubt, contact the ATO independently to verify if the call was genuine, but don't use any contact numbers or email addresses provided by the caller."

Consumer Protection's advice:

- The ATO makes thousands of outbound calls to taxpayers every week, but would never contact

you about a debt in this threatening manner. Nor would the ATO demand that you load money onto a prepaid card at the post office, ask you to send funds via money transfer services or pay by iTunes vouchers. ATO methods of payment can be found at www.ato.gov.au/howtopay

- If the ATO does call to discuss payment of an outstanding debt, they will give you the opportunity to query the outstanding debt with your accountant, other advisers or family

- You can always check your myGov account which has real time tax information available, including any outstanding amounts

If you have been contacted by the ATO and want to confirm the legitimacy of the contact, take note of the caller's name and details and then call the ATO on 1800 008 540. Most importantly, never send money or give financial details to someone you don't know or trust.

The ATO has further information on its website: <https://www.ato.gov.au/Media-centre/Media-releases/Protect-yourself-against-phone-scams/> or search at www.ato.gov.au/scams.

General information and advice regarding scams can be found at www.scamnet.wa.gov.au. Reports of scams can be lodged with WA Scamnet at Consumer Protection by email wascamnet@commerce.wa.gov.au or by calling 1300 30 40 54.

Editor's Note – I have been receiving calls from people saying that they are from the Australian Bureau of Statistics – when I question them they hang up – another one for people to beware of.

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SETTLERS

Elvis is in the building - the Perth Arena



AUSTRALIA will be treated to a triumphant celebration of Elvis Presley™ and his music in *The Wonder Of You* national arena tour this May and June.

The tour will be hosted by special guest Master of Ceremonies, Jerry Schilling. A close confidante of Elvis Presley, Mr Schilling had a special relationship with Presley dating back to the 1950s. Jerry shared many experiences with Elvis over the course of his career as both a friend, tour manager, and occasional body double in many of Elvis' movie roles. He will share anecdotes of life with Elvis over many years rarely heard by those outside the inner-circle, including the infamous meeting between Elvis and The Beatles where Jerry was the only other witness.

Featuring the most recognisable voice of all time on state-of-the-art screens, specially designed for this arena tour and backed by a full symphony orchestra live on stage, the concert will feature the king

of rock and roll's most well-known hit songs and his tender, heart-wrenching ballads as people have never heard them before.

The *Elvis Presley The Wonder of You* tour Perth performance will be held at Perth Arena on Friday 26 May.

Tickets for The Wonder Of You 2017 are on sale now via Ticketek. Visit www.elvis-live.com.au for more information.

WIN WIN WIN

To be in the draw to win a double pass to see *Elvis Presley The Wonder of You* at Perth Arena, email win@haveagone-ns.com.au and include the word *Elvis* in the subject. Alternatively, phone *Have a Go News* (Monday to Friday, 9am to 5pm) and leave your details. Competition ends 16/05/17.

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A great line up of new shows coming to Perth soon...



Left to right; The Kings of Country show - Zucchero

KINGS of Country is coming to Perth for one show only - 24 May at the Astor Theatre and features the music of three of country music's best - Johnny Cash, Willie Nelson and John Denver. Returning to Australia after a successful US tour, Phillip Bauer (as Johnny Cash), Michael Moore (as Willie Nelson) and Ted Vigil (as

John Denver) faithfully honor the music of these great artists. All three are amongst the best tribute artists in the US and have won accolades and fans worldwide for their genuine portrayals. The *Kings of Country* show is a unique opportunity to experience the music of three amazing artists in one night.



Italian superstar Zucchero will be returning to Perth for one night only at Crown Theatre on Friday 26 May. Making a welcome return to Australia (he was last here in 2013), he will be bringing his acclaimed *Black Cat World Tour* that has seen him perform across Europe this year - including two sold out shows at Lon-

don's prestigious Royal Albert Hall in October 2016 and a record breaking 11 shows in Verona, Italy. His Australian tour will see the Italian singer/songwriter tour across Australia as he performs his greatest hits alongside material from the new album *Black Cat*. Zucchero has performed with some of the great music performers of all time including Bono, Luciano Pavarotti, Joe Cocker, Elvis Costello, Miles Davis and more.

DEF FX, Australia's own electronic surf rock band of the 90s is returning to Australia in 2017 for a national tour. Fronted by the enigmatic Fiona Horne and joined by the original line-up, including founding guitarist Blake

Gardiner - this is a one night only show not to be missed at the Charles Hotel on Saturday 29 July.

The Bootleg Beach Boys are on their way to Perth for their first mammoth tour as they bring their California surfing beach sounds and Beach Boy classics to Australian fans. From surf themed anthems such as *Surfin' Safari* and *Surfer Girl* to classic muscle car memorable songs like *Shut Down* and *Fun Fun Fun*, the band have gathered an impressive repertoire of west coast, harmony laden songs, that evoke the spirit and essence of the pursuit of the 1960's American dream. Don't miss them on Saturday 8 July at the Astor Theatre.

#302 May edition PUZZLES Solutions

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

Wheel Words

Solution: Craw, Crew, Crow, Scow, Ware, Wear, Wore, Arrow, Cower, Rower, Rower, Screw, Serow, Sower, Swear, Swore, Worse, Crower, Escrow.

9-letter word: SCARECROW

Alphabet Soup

Solution: Banjo, Quena, Saxophone, Zither, Violin, Chime, Fiddle, Lyre, Whistle, Glockenspiel

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Tackling those irksome autumn garden pests effectively and safely



Left to right - Banish pests in the garden this autumn with Yates Success Ultra or Richgro Beat-A-Bug - Bailey's Best in Show Hanging Basket Competition winner - Perth Garden Festival - Tucker Bush plants - African Violet Society members

by Colin Barlow

AUTUMN is upon us. Many cool season crops such as the brassicas, including cabbages, cauliflower, broccoli, Brussel sprouts, kale and Asian greens, as well as peas and beans come under attack from a range of caterpillars, including those of the cabbage moth, cabbage white butterfly and green looper. During my talks at garden clubs and shows I am often asked what are the safest and best ways to control them in the home vegetable garden, so lets take a look at some of the options available.

There are three products that are both effective and safe to use on edible plants including vegies. Yates Success Ultra, Dipel and Richgro Beat-A-Bug Naturally Based Insect Spray.

Yates Success Ultra

The active constituent in Yates Success Ultra is spinetoram, a new generation insecticide derived from beneficial soil bacteria. Spinetoram works by both contact and ingestion of the sprayed foliage or sap. It is more rainfast than previous forms and has what is called translaminar action allowing it to move into the leaf quickly. Therefore it is resistant to rain and sunlight after only six hours.

Spraying should start when the first caterpillars or their damage is seen and be repeated every seven - 14 days. Always apply during the cool of the early morning or late evening. Caterpillars stop feeding immediately but can take up to three days to die. As a bonus the spray is also effective against Citrus leaf miner and the Tomato Potato psyllid. Yates Success Ultra is available only as a 200 ml concentrate from leading nurseries and hardware stores.

Nature's Way Caterpillar Killer - Dipel

Dipel, sold as Nature's Way Caterpillar Killer - Dipel is certified for use in organic gardens by Australian Certified Organic (ACO) and is harmless to useful insects such as ladybirds and bees as well as birds and animals. It is an insecticide derived from beneficial bacteria found in the soil, plant surfaces and also in insects called *Bacillus thuringiensis* (BT). Dipel exclusively targets caterpillars affecting their digestive system and producing a toxic protein to paralyse the gut. Once a cat-

terpillar eats the sprayed leaves, it will stop eating but may take up to three to four days to die.

When damage is first seen and during periods of rain, spraying at regular intervals of five to seven days is required. Ensure you always spray both sides of the foliage to gain effective control. Dipel is available in a packet of sachets ready for mixing into sprayers.

Richgro Beat-A-Bug Naturally Based Insect Spray

Richgro Beat-A-Bug Naturally Based Insect Spray is made of garlic and chilli and is suitable for vegetables and all around the garden. It kills and repels all your insect pests including caterpillars as well as ants, aphids, cockroaches, earwigs, leafhoppers, whitefly and thrips.

This ready-to-use spray can also be used to control tomato potato psyllid. It also provides your plants with a boost of nutrients at the site of pest attack for improved insect resistance. Thoroughly spray all plant surfaces including the underside of the leaves and re-apply every two to three weeks.

Festive Perth delights

The Perth Garden Festival is over for another year with warm sunny days swelling the crowds and making it a pleasant autumnal day out by the Swan River. This year there were lots of small cacti and succulents and roses on show to ensure that everybody would find something to fit into their garden or bag, whatever the size. Bromeliads, bulbs and carnivorous plants provided festival visitors with something a little different and were definitely a talking point. The Nursery and Garden Industry tempted us with the latest new release plant offerings including the Red Love apple and Tucker Bush range.

The landscape show gardens were few in number compared to previous years, but hopefully we will see a resurgence in their numbers next year. Show gardens are expensive to set up and build and require sponsorship to draw in the top landscapers in Australia. Gardening advice and tips from experts are always interesting for the public. There was a wide range of gardening talks and seminars on the Bupa main stage.

A new initiative this year, the Baileys Hanging Basket Competi-

tion was a great success with more than 60 baskets entered in various categories. The coveted best in show award went to Janine Fielder for enchanting miniature garden creation. You need to start early next year if you want to have a chance of winning.

Mother's Day Delights

The African Violet Society's annual show at the Kardinya Park Shopping Centre will be held from 10 - 13 May from 8am until 5pm. The theme of this year's annual May show is *Rhythm in Blue*, so why not buy your mum or grandmother a beautiful African Violet during the Mother's Day weekend. There will be miniature varieties and doubles for sale and all make delightful gifts. For more information call Cheryl Gadellaa on 0409 103 022 or go to www.waavsinc.com.

From the 11 - 13 May the WA Chrysanthemum Society's annual flower show will be held at the Forrestfield Shopping Centre, 70 Hale Road Forrestfield. The original and traditional Mother's Day plants will be sure to inspire. A potted specimen makes a long lasting gift compared to a bunch of flowers. Contact Michael Drake-Brockman on 0421 778 717 or mandijdb@inet.net.au for further details.

The Friends of Kings Park plant sale will be held on Sunday 21 May from 9am until 2pm. It is a wonderful place to buy unusual and rare native plants. Monies raised from the plant sale supports research and projects in Kings Park and Botanic Garden and the volunteer master gardeners will be on hand to assist and advise customers looking for particular plants. For further information about the event, please call 9480 3643 or email friendskpadmin@bgpa.wa.gov.au.

You can also check out the plants available at www.friendsofkingspark.com.au/notices/plant-sales/.

The Chelsea Flower Show will be held in the grounds of the Royal Hospital, Chelsea, London from the 23 - 27 May. The premier event of the gardening calendar in the world is a once in a lifetime event not to be missed. Don't miss the exuberant show gardens, chic fresh gardens, exquisite artisan gardens and the plantsman's paradise in the Great Pavilion. Go to www.rhs.org.uk for the latest details.

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Max Kay returns to where he started... don't miss his matinee concert



MAX Kay is president of the National Trust (WA), on the Perth Theatre Trust, on the boards of St Bartholomews for the Homeless, Prostate Cancer Foundation, Swan Bells Foundation and is also a presenter on Curtin Radio.

Last year Max returned to the stage to perform for the first time in 14 years, at the Perth Concert Hall in the newly con-

structed *Best of British*. It was a huge success, with standing ovations all round. As a result, Mandurah Performing Arts Centre asked him to stage a two-hour one-man show. Max accepted and began writing and putting together a life story of songs, jokes, nostalgic anecdotes and an extremely funny life story.

The bookings opened in Mandurah and within two days the first show was sold out helped by the popularity of the Jenny and Max Show, on Curtin FM every Tuesday between 12pm and 1pm.

The management asked if Max would consider doing a matinee, the following day, for the many people who were disappointed that the first show sold out so quickly. This too, was sold out after two days.

The show was a triumph

phant return to the stage for Max after an absence of 15 years.

Max said: "I felt like the Justin Beiber of the blue rinse set!"

After a successful tour of the southwest and the Great Southern, he realised that there was a large audience of seniors and retirees, who prefer not to go out at night.

So Max decided that he would, from now on do matinees for seniors, so that they could attend without fear.

Thus, *An Afternoon with Max Kay* became a priority for him. The show contains all the hilarity and nostalgia of his evening show but is better suited to the requirements of an older audience.

This show should not be missed as this icon of Western Australian theatre returns to his first love.

An Afternoon with Max Kay will be held on Thursday 18 May at 1.30pm at the Altona Park Leisure Centre, 323 Benara Road, Beechboro and is supported by the City of Swan.

This is expected to be the biggest matinee concert for seniors ever held.

To book tickets either go online to www.trybooking.com/phxp or www.trybooking.com/268985 or call 9370 1341 to book over the phone using a credit card.

Step into yesteryear with a fun afternoon at St Mary's Cathedral



ST MARY'S Cathedral kicks off its 2017 Concert Series on Sunday 21 May with an enchanting afternoon of music from yesteryear – a concert celebrating the organ builders who built the Cathedral's two pipe organs.

An Afternoon with Mr Dodd and Mr Hobday concert focuses on the period of the very early 1900s – a period of exciting growth and prosper-

ity in our city.

The organ building industry in Australia had been newly established by English organ builder George Fincham. As part of his work, Fincham also trained apprentices in organ building – two of his star apprentices were Josiah Eustace Dodd (1856-1952) and Arthur Hobday (1851-1912).

Dodd eventually set up his own firm in Adelaide (JE Dodd and Sons) and took on Fincham at his own game by building pipe organs which were based on the latest developments.

He was also a very astute businessman. This resulted in Dodd becoming the rising star of the organ building world and setting up a branch in Perth in 1903.

St Mary's Cathedral didn't have a pipe organ at the time – but were most interested in Dodd's work. Eventually, in 1910, the Cathedral awarded him the commission of building their pipe organ – it was the largest one in the state at the time.

This concert celebrates the music of this time and the great endeavours taking place in our city.

The program features music of this period (favourite classics such as *The Holy City*, *Stainer's God so loved the world* and organ works of Elgar and Widor – with solo vocalists in period costume adding to the fun atmosphere of the afternoon. Special guest Richard Offen will join the concert with anecdotes about life in Perth at this time.

A special vintage afternoon tea package enables concert patrons to sample a heritage-style afternoon tea based on a typical menu of the early 1900s. This is will be served in the Cathedral's parish centre. Bookings for the afternoon tea are strictly limited – prior bookings essential.

WIN WIN WIN

To be in the draw to win one of five double passes to St Mary's Cathedral's An Afternoon with Mr Dodd and Mr Hobday on Sunday 21 May, email win@haveagonews.com.au and include the word cathedral in the subject line. Alternatively, phone the Have a Go News office on 9227 8283 during normal business hours and leave your details. Competition ends 15/05/17.

The highs and lows of motherhood displayed in bittersweet comedy at Harbour Theatre

A HAIRDRESSER to the stars has turned the highs and lows of motherhood into a bittersweet comedy – in the unlikely setting of a call centre selling sex toys.

In a busy call centre, the four female employees of Aphrodite, a sex toy manufacturer, take telephone orders for Teasey Maids, Titivators and rotating pearly G-strings. Beneath the cheerful customer service and easy banter however, these very different women nurse their own desires and disappoint-

ments.

Sylvie (played by Grace Hiltch) is desperate to have a baby and talks about nothing else. Janice (played by Mandy Orr) is a busy working mum of five children who can't remember who she was before she had children. Tiffany (played by Rachel Bartlett) is young, single and out for a good time with no plans for a baby to ruin her fun and then there's Lily (played by Katherine English), stuck for many years in a

loveless marriage and a strained relationship with her son.

Their ever patient and innocent manager Mr Causeway played by Paul Cook holds a longstanding crush on the oblivious Lily.

Anna Longaretti's experiences of being a mum, from the decision to have a child to the difficulty of letting go as her daughter grew up, inspired her debut play *Sex Cells* which premiered at London's Hammersmith Riverside

Studios in October 2013 to great acclaim.

Sex Cells plays for a strictly limited season at Harbour Theatre @ Camelot, 16 Lochee Street, Mosman Park from 12 May to 21 May.

Bookings can be made at TAZ Tix on www.taztix.com.au or 9255 3336. \$25.50 Full, \$23.50 concession.

The play contains mature themes and some adult language so is not suitable for children under 15.

By arrangement with Hal Leonard Australia Pty Ltd, exclusive agent for Music Theatre International, NY

Stirling Players production of

Disney MULAN Jr

Directed by Fran Gordon

Music and lyrics by Matthew Wilder, David Zippel, Stephen Schwartz, Jeanne Tesori and Alexa Junge. Music adapted and arranged with additional music and lyrics by Brian Louisselle. Book adapted and additional lyrics by Patricia Cotter. Based on the 1998 Disney Film *Mulan* and the story *Fa Mulan*

City Stirling

Playing: May 26, 27 and June 1, 2, 3, 8, 9, 10 at 8pm
Matinee: May 28 and June 4 at 2pm
Tickets: \$25 full \$22 concession and student \$20 members
Bookings: Morris Newsagency 9440 1040 or trybooking.com/PEFJ

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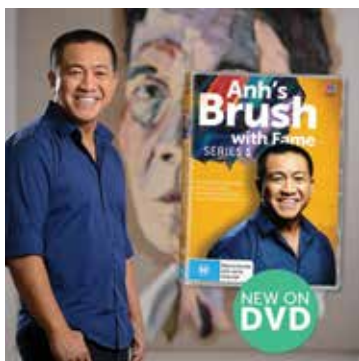
- **April 19 - May 14** The Travelling Artist; Art inspired by travel includes *Lunch in the Gallery* with Jana Vodesil, May 10 12-2pm
- **May 15-21** Celebrating Heathcote with Heathcote Studio 5 End of Lease Clearance - 50% off all marked prices
- **May 22 - June 6** Welcome Winter members exhibition
- **June 10 - 22** 15th Annual Atwell Youth Awards for young artists of high school age



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Anh Do's brush with fame

Beloved artist, actor and comedian Anh Do uses his passion for painting to explore the stories behind some of Australia's most intriguing personalities in this intimate and revealing new interview series.

Through deeply personal conversations, Archibald Prize finalist Anh creates a vivid portrait of celebrity, taking his subjects on a cathartic journey of self-discovery.

Featuring interviews with: Amanda Keller, Jimmy Barnes, Magda Szubanski, Craig McLach-

lan, Anthony Mundine, Kyle Sandilands, Kate Ceberano and Dr Charlie Teo.

The new DVD is out now. RRP: \$19.95.

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To be in the draw to win one of five DVDs of Anh Do's *Brush with Fame* simply send an email to win@haveagonews.com.au with Anh in the subject line or write to Anh Do DVD competition c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 31/05/17.

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SCENE SOCIALLY





SCENE (1): STADIUM Fitness in East Parade, East Perth have launched their Living Longer Living Stronger program for older adults in the Perth area. The program is an excellent way to improve health and fitness and specially targeted to people over 50. The program also has an option for people who would like to participate but are still working. For more information contact COTA WA on 9472 0104. Seen at the launch were:

SCENE (1): Seen, clockwise from left to right; *Phil Airey and Robynne Bourke - Edith Pedersen and Andreea Spanu - Member for Perth John Carey, Bob Ziegler and Ryan Smith - Maggie Winter and John Newbold - Chris Jeffery and Dawn Franker - Otto Grossman and Olga Akron*



SCENE (2): PASSERS-BY in the Murray St Mall in the city were fascinated by some of the spectacular costumes on display as part of a pop-up promoting their Wearable Arts Mandurah Showcase to be held at the Mandurah Performing Arts Centre on 10 and 11 June. Highlight of the city event was the reveal of a new artwork created over the last six to seven months by artists from around Australia, who each completed their element of the costume before sending it on to the next artist:

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SCENE (3): HAPPY 100th birthday to Mrs Ivy McIntosh who has resided at Bethanie Geneff for four years, and has achieved a lot in her 100 years. She served in the army as a sergeant for five years in New Guinea and it was there that she met her future husband, Wallace McIntosh, who was serving as a warrant officer. The couple married in Melbourne in 1946 and owned a hotel in Victoria as well as a couple of stores. Returning to Perth in 1963, Mrs McIntosh worked for the Red Cross as a driver and was also a blood donor for many years. She is involved in the church services at Bethanie as well as crochet and knitting. She had one daughter, Sandra, and is a grandmother to three grandchildren and great-grandmother to three great-grand children.

SCENE (2): Seen, top left, anti-clockwise from left; *This youngster was not so sure about the Wearable Art Mandurah costumes worn by Tash Kennedy, Emile Johnstone-Maher and Maddison Hall - A passer-by at the Wearable Art Mandurah pop-up in the City doffs his hat to models from DTX Dance Studios - Emile Johnstone-Maher and Esme Gibson with a young admirer and her mum - A pair of youngsters get a close up look at one of last year's costumes Fireflies worn by Maddison Hall - Barb Thoms peers into the Cocoon from which a new work of art, completed by artists from around Australia, emerges - City of Mandurah Festival Project Assistant, Barb Thoms, Emile Johnstone-Maher wearing Satori, artist Louise Wells, who made the Cocoon, Tash Kennedy wearing La Mariposa, Maddison Hall wearing Fireflies and Esme Gibson wearing Cognitive Beauty.*

SCENE (4): Seen,top left, from left to right; *Teams enjoying the specially designed games - The Village People team members - Phil Paddon with Federal member for Forrest Nola Marino - One of the competitors having a great time - The Dream Catchers team - Betty McCleary - The volunteers who help with the games*

SCENE (4): THE Livelighter Bunbury Aged Care Games were held in early April. Bunbury Shire Councillor Betty McCleary got into the spirit with her Zumba exercise routine and all the competing teams really enjoyed the day. The oldest competitor was 102!

SCENE (5): CAROLE Metcalfe 74 (left) and Judi Grant 71 took out first place in the Mature and Motivated section for tap dancing when they rocked the stage at the recent West Coast Dance Festival, with a fast and entertaining tap routine to Tina Turner's *Proud Mary*, choreographed by Amanda Boardman. They will be performing at the Bayswater Dance Festival this weekend, and further competitions during the year.

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