



Is your four legged friend protected?
SAVE up to 10%* on your Pet Insurance.

*10% Seniors Discount applied if over 50

Call for a FREE quote
1300 989 073

 AUSTRALIAN Seniors INSURANCE AGENCY



FREE MONTHLY

SINGLE?
 We have your partner



Providing a personal introductions service for active seniors since 1995

NO COMPUTER NEEDED!
9371 0380

 **SOLUTIONS**
 We have your partner

See Friend to Friend on page 54 for Solutions Contacts Column

www.solutionsmatchmaking.com.au

IN THIS ISSUE



- Let's Go Travelling: Antarctica, Winter in the West plus more...
- Retire in Style feature
- Grand Activities - school holiday fun for the grandkids
- Food & Wine - reviews, recipes and more

COMPETITIONS/GIVEAWAYS





BBC's Murder: The complete series on DVD TICKETS

Metropolitan Symphony Orchestra
 Our Kind of Traitor - Ewan McGregor
 Queen of the Desert - Nicole Kidman
 Independence Day Resurgence
 Now You See Me 2
 Ice Age: Collision Course

Visit www.haveagonews.com.au
 Like us on facebook

 SUPPORTING SENIORS' RECREATION COUNCIL OF WA (INC)

Established 1991
 Celebrating 25 years in 2016

New parents? Recovering from illness?
 Working late or just too tired to cook?



Food for Life



High quality, great tasting meals

NO CONTRACTS

- Over 70 dishes to choose from
- **FREE** Home Delivery
- Special Dietary Meals
- Microwave & Oven Safe

Order by **Phone: 9378 2544**
www.homechef.com.au

Brian Cadd's magical music ride comes to Perth



Brian Cadd © Darren Burns Photography

by Josephine Allison

VETERAN Australian singer-songwriter, keyboardist and producer Brian Cadd says he is looking forward to returning to home town Perth next month for a special Legacy performance beside a group of illustrious performers.

Speaking from Nashville where he is recording an Americana album with ex-pat producer Mark Moffatt, Cadd says the album will be released in time for the *Americanaf-*

est which runs from 20-25 September in Nashville. The annual festival is one big event that joins legendary artists with upcoming stars, industry professionals, and fans. For five days all of these people enjoy panels, seminars, showcases, parties, the annual Americana Honors and Awards Show, and more.

"I'll be performing at the festival so I'll be back in Australia for a while before returning to Nashville," he says.

At 69 and now Mel-

bourne based, Perth born Cadd says he is not looking to putting his feet up any time soon. "I don't think it would work any other way. I often say after a long tour, 'well I should probably cut right down the number of gigs next year' and then I go out for just as many gigs the next year.

"I can't yet imagine a year in which there weren't any shows. Until I can, I'll keep going. The writing and recording just always continues. I'd like to think that, as long as

I have something to say, I'll continue to write and record."

Cadd's impressive biography says he produced fellow Australian acts Robin Jolley, Ronnie Burns, Broderick Smith, Tina Arena and Glen Shorrock and established his own record label Bootleg Records. He also composed or performed music for films *Alvin Purple*, *Alvin Purple Rides Again*, *The Heartbreak Kid* and for television *Class of 74*, *The Midnight Special*. His song writing for other acts

includes *The Masters Apprentices*, *Bootleg Family Band*, Ronnie Burns, *The Pointer Sisters* and *Little River Band*.

Who can forget such Cadd songs as *Arkansas Grass*, *Ginger Man*, and *Don't You Know It's Magic* (made famous by Johnny Farnham). They represent a timeline of our lives and are part of the Australian vernacular.

In 2007 Cadd was inducted into the Australian Recording Industry Association (ARIA) Hall of Fame by Jimmy Barnes. Raised in Perth, he was a child prodigy, winning a television talent quest aged 12 and was offered his first professional job as a pianist for a children's television program. His family relocated to Tasmania and then Melbourne where Cadd became involved in the jazz music of the early 60s. He was also widely renowned for his zany hats,

From 1975-1993 Cadd was based in Los Angeles as a studio-bound songwriter apart from one tour with the *Bootleg Family*.

Cadd says he returns to Perth as often as he can. Most of his immediate family moved east around when he did, but he still has friends from way back when living in North Perth and attending Mount Lawley Senior High School.

Before heading for Nashville Cadd finished an album with the reformed *Bootleg Family*.

"They were the band who played on all the records made for the Bootleg label and they toured with me for years. The new album is wonderful... all new songs... but done the way we used to perform live in the 70s. It's very rock and roll and quite a powerful collection. After its release in Australia a bit later this year, we will tour into next year in support of the album."

continued on page 3



Made in Norway since 1934

Experience the world's most awarded chairs

The patented Stressless Plus system automatically adjusts the headrest and lumbar support as you recline - perfect support while reading, watching TV or resting. 15 models in choice of sizes. Easy.

 **easyliving**
 Furniture & Interiors

144 Stirling Hwy Nedlands (under City Farmers) T: 9386 6311 www.easyliving.com.au



 **Stressless**
 THE INNOVATORS OF COMFORT™

Funny historical fact

In 1974, US inventor Art Fry invented the Post-it note to prevent slips of paper used to mark his place in his hymn book from falling out.

Quote of the month

"To all, I would say how mistaken they are when they think that they stop falling in love when they grow old, without knowing that they grow old when they stop falling in love."

Gabriel García Márquez

Ageing research snippet

REPLACING saturated fats with vegetable oils rich in linoleic acid lowers blood cholesterol, but doesn't curb heart disease risk or help you live longer, suggests a study published by The BMJ.

The traditional "diet-heart hypothesis" predicts that replacing saturated fat with vegetable oils rich in linoleic acid will reduce cardiovascular deaths by lowering blood cholesterol levels.

A senior lecturer at the University of Queensland, Lennert Veerman says, "The benefits of choosing polyunsaturated fat over saturated fat seem a little less certain than we thought and a careful review of the evidence that underpins dietary recommendations is warranted."

In the meantime, he says, "we should continue to eat (and to advise others to eat) more fish, fruits, vegetables, and whole grains. We should avoid salt, sugar, industrial trans fats, and avoid over eating."

Word of the month

Doryphore
Noun
Defintion - A pedantic and annoyingly persistent critic.
Origin
1950s (introduced by Sir Harold Nicolson): from French, literally 'Colorado beetle', from Greek doruphoros 'spear carrier'.

Urban slang

Google proved
When you are trying to prove someone wrong and immediately refer to Google to debunk their theory.

A friend of the family since 1889

Medicinal
Essences
Spices
Home Care
Personal
Handmade Soaps
Pet Products

**To order phone
JOAN 9497 2310**

Independent Rawleigh Distributors

Rawleigh's
HEALTHCARE

Volunteers needed for exercise and Alzheimer's disease study

Researchers at ECU and Murdoch University are conducting a study to test the effects of exercise on memory and thinking.

We are seeking men & women without Alzheimer's disease/dementia, in good health, aged 60 - 80. Exercise will take place at Murdoch University two times a week for 6 months: close proximity to Murdoch is desirable.

For more information please contact
Dr Belinda Brown at
belinda.brown@ecu.edu.au or call 6298 6314

We're here for you

Juniper's friendly communities offer a variety of affordable accommodation, living choices and convenient locations. Our personalised approach enables you to enjoy an independent lifestyle.



- RETIREMENT LIVING**

Feel secure and connected in our easy-living retirement communities at 14 convenient locations.
- HOME CARE**

Independence with personalised services including nursing care, allied health, meals, transport, personal care and domestic support.
- RESIDENTIAL CARE**

We offer person-centred lifestyle activities, clinical, therapy and care services delivered with compassion and respect at 24 Juniper Residential Care locations.



Find out more at juniper.org.au
email juniper@juniper.org.au
or call us on 9240 0313

Supporting older Western Australians since 1949



From the editor's desk

AS MANY readers would be aware our founding editor (and my mother) Judith Treby passed away on 3 May after a long battle with cancer and other health issues.

It has been a very difficult month as although she had been very sick, I think as a family we thought she would still be with us for some time to come.

I would firstly like to thank the many people who have sent flowers, cards, called, texted, emailed and attended the funeral.

I would also like to thank Rod Moran from *The West Australian* newspaper for featuring Mum in the obituary section on Friday 20 May and to Margaret Quirk MLA who read a statement honouring her life in State Parliament on Thursday 19 May.

It was beautiful to see her so honoured and loved.

I want to thank my daughter Tahlia who went out of her way to assist me in the funeral arrangements, prepared the special video for the service and just did so much to express her endearing love for her grandmother.

I also want to thank my dear friends Vince and Anne Garreffa from Mondos Butchers who provided the food for the wake, Graham Dudley from ClockWork Print, who printed the programs and A1 poster and my cousin Carolyn Treby who prepared the funeral flowers. Hetherington Funerals did a wonderful service for us and I thank them too.

Mum worked tirelessly over the years to develop and grow this paper and in the last couple of years it broke her heart to have to stop working.

I wish I could have given her a big retirement party but in the last year her health was so poor that she wasn't up to it.

I am lucky that I have so many wonderful memories, not only of us, as mother and daughter, but as work colleagues.

Mum, Dad and I always said we were the three musketeers in establishing and running this paper.

Mum would have expected me to continue and grow this paper as the realist and hard-working woman which she was; that is what I intend to do.

Mum particularly loved the arts and went out of her way to promote WA Ballet, WA Opera, WASO and all the many arts and cultural experiences available in WA and I will continue that on her behalf.

Life will never be the same without her, but I will work hard to ensure her legacy is maintained through this paper.

Transperth have launched a new safety campaign aptly named, Don't Mess With Bus, aimed at making people aware of the dangers of being distracted around buses.

They have began this campaign due to feedback from drivers who tell Transperth that near misses with people are a daily occurrence, so they want to remind the public to take care around buses and bus stops.

For those of us who would like to lose some weight some interesting statistics have come to hand about diets.

Australian first research from Austin Health and the University of Melbourne found that the 5:2 diet (eating normally for five days and eating 600 calories for two) does work but is not better than a standard kilojoule reduced diet.

And new research from Edith Cowan University has found the Paleo diet has been found to be more effective than the Australian Dietary Guidelines for weight loss.

The Paleo diet markedly reduces calcium intake as it excludes all dairy products. This could have impacts on bone strength particularly in older people.

The CSIRO and the University of Adelaide has found for the first time that one in six adult Australians are choosing to avoid milk and dairy foods, the majority without a medical diagnosis, leading to public health concerns for women in particular. Dairy foods are important for all of us, but especially for women owing to the calcium content, and foods from the dairy and alternatives group are important throughout life to reduce the risk of osteoporosis. However, the study revealed that more women are avoiding milk and dairy foods than men.

I personally am a yo-yo when it comes to weight. Some years I am quite slender and some years I am well covered - 'I have more to love' is the way I think about it.

Whatever your weight the most important thing is to eat lots of vegetables and fruit and ensure that you participate in some form of exercise each week.

We are offering readers the opportunity to join me on a *Have a Go News* tour to visit Antarctica for a day on board a chartered QANTAS jet. This trip of lifetime to this amazing continent will take place on Australia Day 2017. Please see page 23 for details.

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

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

Parliament of Western Australia
Public Tours

10.30am Monday and Thursday
(except public holidays).

Tours run for **1 hour**. No bookings required.

Group Bookings also available
phone **9222 7259**.
www.parliament.wa.gov.au

ROYAL DOULTON * BESWICK FIGURINES * ROYAL WINTON * SHELLEY * POOLE * GRACE SECCOMBE

WANTED TO BUY
Anything 1900s, 1910s, 1920s, 1930s, 1940s, 1950s, 1960s

- Old English China
- Australian Pottery
- Pre-War Tools
- Old Silver items
- Shed & Farm Stuff
- Old Sewing items
- Footy items
- Oil Lamps
- Badges
- Old Traps
- Postcards
- Auto Toys
- Advertising Items & Signs
- Motor Oil Bottles & Tins
- Enamel Petrol/Oil Signs
- Shop Displays/cabinets
- Banknotes & Sovereigns
- Round 50c Coins

OLD GLASS BOTTLES & DEMIJOHNS All Colours & Sizes
COSTUME JEWELLERY - Brooches Rings Necklaces Bracelets

OLD COLLECTABLES
Have a Specialist Buyer visit you in the Safety & Comfort of your Home

9313-1940
TOP PRICES PAID * FREE APPRAISALS * ALL METRO AREAS

LANDELLS POTTERY * WEMBLEY WARE * DARBYSHIRE

Age is no barrier to learning parkour



Parkour enthusiast, 65 years young, Esther Fischer shows us some of her moves

by Brad Elborough

PARKOUR isn't a term everyone would be familiar with.

And of those who do know what it is, a large percentage leave exploring it at simply discovering what it is.

For the uninitiated, parkour is where people run, climb, swing, vault, jump, and roll to get from one point to another in the most efficient way, without any equipment.

Check out the Hollywood movie *Tracers* for the extreme example, where a muscly Taylor Lautner (the hunky werewolf from the *Twilight* trilogy) joins a group of parkour trainers that are involved in a criminal delivery service for extra money.

They complete their job, then take off into the city, jumping and leaping through carparks and buildings with grace and ease.

Esther Fischer, 65, has been practising parkour at Movement Co in Osborne Park since December last year. She says she's a long way off being able to leap tall buildings in a single bound, but she's getting there.

"I have been asked, 'do you walk through the city centre and climb and jump, like in the movies?'"

"No, I can't do that, but the basic concepts are there," she said.

"I am struggling with it; it's not something you can do over a period of hours or days. It takes years to perfect."

"I can jump a hurdle, with reasonable grace and I feel a lot more comfortable jumping off things now."

"And when I bend down, I don't hear 'creak, creak, creak' in my joints. There is no pain. I feel a lot fitter and am a whole lot more flexible."

At Movement Co, parkour equipment is set up

indoors and in a controlled environment. Parkour is just one of the disciplines taught there – along with strength and conditioning, calisthenics, gymnastics conditioning, hand balancing and climbing.

The indoor rock climbing course looks to have its challenges.

Esther stumbled on to parkour when she followed her interpretive yoga instructor, Harry Williams, to Movement Co.

She was impressed with the options available and as she doesn't want to look like Arnold Schwarzenegger, she has stayed away from the weights.

That doesn't mean she hasn't developed some strength in her arms. She boasts that while she doesn't have a six-pack, she can count four.

And while she started with a solid fitness base – she has ridden a bike since she was six and still uses one as a mode of

transport; plus she walks a lot – she said that Movement Co was not about who could do what, the quickest and easiest.

"When I first started going, I knew I would be the oldest one there and I was a bit embarrassed. But it's not like that," she said.

"There are no mirrors on the walls and not everyone is in lycra. I wear bike pants from Target and a tacky t-shirt."

"The instructors are the same too; they're not there just to show off their bodies."

Esther encourages anyone, of any age, who sees parkour being practised and thinks that they would like to try it, to have a go.

She said that everyone in the class is working at

a different level and trying to achieve something different. At the same time, there is a lot of buddying up and plenty of encouragement.

For her, her current challenge is trying to scale a 1.8m wall (6-foot in the old money).

"I want to run and climb it; it's a huge challenge. At the moment, my arms are not strong enough; my body is not strong enough," she said.

"It's mind over matter really. I get scared, but they say you can do it and eventually you do."

"Last night, we started with a wall that was 160cm (5'3") – my height. I have 10 goes and on the 11th go I was able to pull myself up."

FOR SALE

"One off" Carefree, Easy Living Home available in Lifestyle Village.

Close to the hills and shopping.
Great views in super location.
Spacious 2 x 2 with benefits, too many to mention.
Come to view and speak to neighbours.
Ring: 0425 490 166

MID YEAR SALE

15th - 25th June



25% OFF STORE WIDE!



The "Bandeau Bra" that promotes better health, posture & appearance.

Criss cross back support

Eliminates excessive bra strap pressure & helps chronic back pain. Come in and be fitted for your Back-Up Bra.

Front fastening

Perth - Carillon City
9321 7185

Phone orders welcome
EMAIL: fourseasonsperth@iinet.net.au
www.fourseasonslingerie.com.au

OPEN Mon - Thurs 9.30am to 5pm, Fri 9.30am - 6pm
Sat 9.30am - 4pm **CLOSED** Sundays

Urology featured at WA Self Funded Retirees meeting

THE SPEAKER at the WA Self Funded Retirees Association (WASFR) meeting on Friday 8 July 2016 is Clare Taylor SRN.

In her address she will cover the myths about bladder and bowel issues; types and causes of incontinence; links to other medical conditions; helpful hints to improve bladder and bowel issues and subsidies to assist with product costs.

Clare has been a urology nurse for more than 20 years. In 2007, she completed a post graduate qualification in advanced practice continence and has worked with the Continence Advisory Service for two years.

She also works with a consultant urologist as his continence specialist nurse. Clare has extensive knowledge in the management of continence issues and a special interest in men's urological health, in particular prostate cancer. She is passionate about continence and doing whatever it takes to ensure that her clients receive the best outcome possible.

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

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.

LOOKING FOR SOME FUN
Individuals / Groups / Visitors
EVERYONE IS WELCOME.

OVER 80 GREAT TOURS
Club 55 Mystery Tour
Christmas in July
Tulips of Araluen
Garden Island Tour
Gnomesville
Winery Tour
Wildflower Tours
Nannup Garden Festival

FROM ONLY \$39

PHONE 1300 653 696
Brochures visit www.club55.com.au

continued from front cover

Brian Cadd's magical music ride comes to Perth

by Josephine Allison

Cadd says he has lived several lives. "And, truthfully, it's because I have been able to diversify, that I think I've lasted this long. Being able to perform, write and record almost constantly gives an ever-changing panorama crammed with many adventures."

"I don't actually have a relax mode. There always seems to be something happening but if I get a day or two I like to stay at home. I travel so much that home is the best form of relaxation I can imagine."

Appearing with Cadd at the Legacy 13th annual *Rhythm and Blues Variety Revue* at the Astor Theatre on 2 July

are Matt Taylor, Peter Dee, Bob Patient and Rick Steele. Also on the bill are *The Healys*, *Birdland*, *Billy Blissett*, *Gary Cox*, *The Rippin Horns* and *The All Star Band*.

"I've known Rick for a fair time now and we've done stuff together and I've known Matt Taylor since the 70s," Cadd says. "I'm just looking forward to playing in my home town again. It will be fun."

Brian Cadd performs at the Astor Theatre 7.30pm Saturday, 2 July.

Editor's Note – We went to this show last year and it was a fantastic night of live music – don't miss the opportunity to see the show this year!

Do Your Missing Teeth or Ill-Fitting Dentures Rob You of the Smile You Deserve?



Dental Implants may be the answer!

FREE Dental Implant Seminar

Wednesday 29th June, 6.30pm
Gourmet Desserts Served!
WIN A DOOR PRIZE!

LIMITED TO FIRST 15 TO RESPOND TO THIS AD: CALL TODAY!



Don't miss out! Book your place now on 9242 4400



322 Vincent St, Leederville 6007
Phone: 9242 4400

Divine Mercy Church for the Year of Mercy

8 December 2015 - 2 November 2016



Our Divine Mercy Church is currently a beautiful shell, but not yet functioning as a church.

We are working hard with fundraising and much prayer to bring this beautiful church to completion in time for dedication on the Feast of Christ the King, 2 November 2016.

Pope Francis opened the holy Year of Mercy on 8 December 2015, which will conclude on the Feast of Christ the King.

Our vision for the Divine Mercy Church, Maryville Downs Western Australia



Visit www.ginginchingerringparish.org.au or phone 9571 8068 to make a donation



Food & Wine • Club News • Healthy Living • Property & Finance
Caravan & Camping • Let's Go Travelling • Arts/Reviews • Scene Socially

Copy & Advertisement Deadline – 20th of the month prior to publication

The Have a Go News JULY edition will be published on Friday 8/07/16

Publishers: **Concept Media** Columnists: **Colin Barlow**
Street address: 137 Edward Street **Jon Lewis**
Perth WA 6000 **Karen Majer**
Postal Address: PO Box 1042 **Denis Martin**
West Leederville **Tahlia Merigan**
WA 6901 **Mike Roennfeldt**
Hugh Rogers

Tel: (08) 9227 8283
Fax: (08) 9227 8293

Please address all correspondence to the Editor

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

Email to production:
production@haveagonews.com.au

Website: **www.haveagonews.com.au**

Printers: **Rural Press**

Founding Editor: **Judith Treby**

Editor: **Jennifer Merigan**

/Travel Editor

Journalists: **Josephine Allison**
Frank Smith
Brad Elborough

Contributors: **Jemma Aldridge**
Vince Garreffa
Jeanette Woolerton

Admin: **Lisa McMahon**
Graphics: **Suyin Boehm**

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

Features Co-ordinator: **Tammy Scott**
Business Development Executive: **John Leskiewicz**

The attention of advertisers is drawn to the Trade Practices Act 1974 and the provisions in the Act which apply to advertising. Warranty & Indemnity: Advertisers and/or advertising agencies upon and by lodging material with the publisher for publication or authorising or approving of the publications of any material INDEMNIFY the Publisher, its servants and agents against all liability claim or proceedings whatsoever arising from the publication and without limiting the generality of the foregoing so indemnify each of them in relation to defamation, slander of title, breach of copyright, infringement of trademarks or names or publication titles, unfair competition or trade practices, royalties or violations of rights of privacy and WARRANT that the material complies with all relevant laws and regulations and that its publication will not give rise to any rights against its servants or agents. All advertising material submitted for publication will be accepted only on the understanding that the material provided is not in contravention of any provision of the Trade Practice Act and Trade Descriptions and False Advertisements Act (W.A.) and the publisher may rely on that understanding. Although every care is taken the Publisher shall not be liable for clerical or printers' errors or their consequences however caused and no responsibility can be accepted by the Publisher where publication is delayed or prevented by factors beyond the control of the publishers. The Publisher reserves the right in its absolute discretion to alter in whole or in part or to withdraw from publication any advertisement. No advertisement undertaken by a client shall be reliant on supporting editorial. All editorial submissions shall be used at the Editor's discretion. All editorial submissions published in this newspaper remains the property of the publishers and cannot be reproduced without written authority. The editorial views expressed in this publication are not necessarily those of the publishers.

Join us online

Index



- 1-15 Early General News and columns
- 16 Healthy Living
- 18-20 Food & Wine
- 21-36 Let's Go Travelling
- 37-46 Retire in Style
- 47 Grand Activities
- 48 Great Home & Gardening
- 49 Trades & Services
- 50-53 Arts
- 54 Friend to Friend
- 55 Scene Socially



An antique shop with a difference

Relive your past by stepping through our doors...

We sell specialised vintage items and collectables from the 50s, 60s and 70s.

Records Pedal cars Furniture
And everything in between

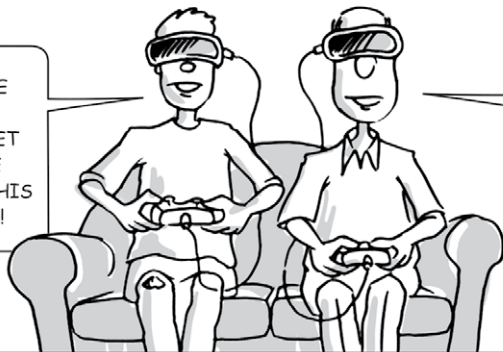
Open daily from 10 to 5

Phone: 6161 3210

815 Beaufort Street, Mount Lawley
www.rocka-billysretro.com

CLOTHES FOR EMPERORS

GAMES HAVE COME ALONG WAY, HAVEN'T THEY? I BET YOU DIDN'T HAVE TECHNOLOGY LIKE THIS IN YOUR DAY DAD!



ON THE CONTRARY MATT. YOU SEE, TODAY IS MY DAY. GOTCHA!

Letters to the Editor

Submissions may be edited for clarity and space.

DEAR editor

I did enjoy the letter in your April edition from Bill Dakin regarding life as it used to be. I am from the same era and thought you may get a laugh out of a bit of nonsense that I wrote for a writers group a while ago...

"After many long hours of serious thought I have come to the conclusion that I am truly a remarkable woman. I haven't reached this decision lightly, its come after reading widely and consulting with many magazines.

"When I think back over my life and remember the violent episodes in my formative years I reach out and give myself a big pat on the back.

"It's time now to share these memories with you. "My earliest memories of school is being rapped over the knuckles with a ruler.

"And later when I had only given cheek to my teacher I had to write 100 lines.

"Then there were times when I had to stand in the corner because I had pulled my friend's hair. She was the one upsetting me by making faces.

"At home even my parents were hard on me. My mother actually slapped my backside just for not doing what I was told and when I did something wrong they made me own up to it and take responsibility even when it wasn't my fault.

"After school I had jobs to do. Anyone knows that's when I should have been spending time on Facebook.

"The list goes on and on and it's too sad to keep thinking about.

"Yes despite all the trauma I have led a fairly normal life, bought up fairly by a normal loving family and all that without counseling of any kind.

"Now don't you think that makes me truly remarkable?"

Esmae Southorn

DEAR editor,

On behalf of past and present members of The Over 55 Canoe Club I would like to convey to you, your family and staff our sincere condolences on the passing of Judith Treby.

Judith was always regarded as a friend of the club and the prominence she gave to club articles in the *Have a Go News* over the last 25 years contributed in no small way to the club maintaining a high profile in the active seniors community.

There is many a person who took up kayaking as a result of reading about it in *Have a Go News*.

Best regards

George Gouteff
Over 55 Canoe Club (inc.)

DEAR editor

Thank you very much for the tickets I won to see the play *Picnic at Hanging Rock*. My friend and I thoroughly enjoyed it and it was something quite different. I read the story years ago so was intrigued to see how it would be portrayed on stage.

Thank you for *Have a Go News*, it is always so informative and full of interest, please keep up the good work.

Sincerely

Kath Jacks
Armada

DEAR editor

Congratulations on your great paper which is packed with ideas about food, healthy living, travel and entertainment.

I have been lucky to win various tickets and enjoyed the spoils with my friends.

Thank you

Barbara
Applecross

Family home remains exempt from assets test for people receiving the age pension

LAST month we received a letter from a reader who was very concerned about the changes to the asset's test for pensioners who own their own home.

Dear editor

I have heard that from January 2017, the federal government is going to include a person's home in the assets test regarding receiving the age pension.

I am a single woman aged in my 70s and I own my own home which would be valued between \$5-600,000 and I receive the age pension.

Is it true that the fed-

eral government from January 2017 is going to take away home owners pensions? This will force them to sell their home and buy a smaller and cheaper property and then live off their savings?

I am terribly worried as is my next door neighbor (a widower) who owns his home and gets the pension.

Will age pensioners who own their own homes have to sell up and possibly buy a one bedroom flat and live off their savings?

Could Have a Go News please consult an expert in this matter and print

an article explaining just what the situation is for home owners on the pension.

Yours sincerely

Anne

We contacted the Department of Human Services and received this response:

I'd like to assure your readers that a person's principal home will continue to be exempt from the Age Pension assets test in 2017. This means that irrespective of the value of the home, it is excluded when calculating the pension payment rate.

From 1 January 2017

the assets test free area and the assets taper rate will increase which may affect a person's Age Pension payment rate. However, the principal home will remain exempt under the assets test.

If you receive the Age Pension and would like more information on the assets test, I'd encourage you visit our website at humanservices.gov.au/assets.

If you have more complex financial circumstances, our Financial Information Service Officers (FISOs) are available on 132 300. Our FISOs provide information to help you make informed financial decisions for your current and future financial needs.

Hank Jongen,
general manager,
Department of
Human Services



Put a heart in your Will

Leave a lasting legacy for future generations!

Research is the key to reducing the devastating effects of heart disease – the single biggest killer of Australians!

One in every two research projects is made possible through gifts in Wills.

For a gift in Wills information kit please contact

Heart Foundation WA (08) 9388 3343
linda.bolton@heartfoundation.org.au
heartfoundation.org.au/giftsinwills



RECORDS & SHEET MUSIC WANTED

Single items or complete collections.
PLUS memorabilia
Ring PAUL anytime on
0417 974 914



Help the Salvos help others with a gift in your Will

After providing for those you love, why not leave a gift for those in greatest need? Including a gift to The Salvation Army will enable us to continue to assist more than one million Australians every year.

For a FREE copy of our Wills information booklet FREE CALL 1800 337 082 or complete and send this coupon to The Salvation Army

- ☐ Send me a FREE copy of your Wills information booklet
- ☐ I am interested in leaving a gift to The Salvation Army
- ☐ I have already included The Salvation Army in my Will

Name _____
Address _____
State _____ P/C _____
Email _____
Tel _____

Send to: The Salvation Army, PO Box 8498, PERTH BC 6849.

A life well lived - vale to our founding editor Judith Treby



Vale Judith Treby

BORN in Kalgoorlie in 1939, Judith was the daughter of Majorie and William Treby who were born and bred in the Goldfields.

Her maternal grandfather was an Italian immigrant who arrived in the early '20s and she loved her Italian heritage.

She was the oldest child and had two brothers Ar-

thur (deceased) and Bill. They lived in Kalgoorlie until her father was posted to Melbourne with the RAAF in WWII and then they lived in Elsternwick for four years.

The family returned to Kalgoorlie after the war and then moved to Perth.

Judith went to Kent Street High School and

when she left school she became a secretary.

In 1957 she met the love of her life, Quentin and married him in 1959.

Her first son Stuart was born in 1962.

In the early 1960s they owned a small deli across the road from the Leederville oval and Judith ran the deli and made lunches. People came far and wide for her famous corn beef and beetroot sandwiches. Later they sold the deli and moved to Coolbinia.

Their daughter Jennifer was born in 1966.

During this time she was a stay-at-home mother but she also went back to correspondence school and studied English.

After her children grew up she and Quentin began a publishing company and published various magazines including the CWA magazine, a medical journal and one for isolated children in the outback as well as some other titles.

They saw that the population was ageing and there was a need for a medium for older people.

Early in 1991, The Ministry of Sport and Recreation approached them to produce *Have a Go News* which the department had started to inspire older people to participate in

recreation. And so began the *Have a Go News* story which Judith worked tirelessly to provide a medium for older people in WA.

They were excited and full of optimism at the prospect of providing an information paper to the older demographic. In July 1991, they printed a very small print run of around 5,000 copies of the first edition of *Have a Go News* as a newspaper.

The front cover featured a montage of various activities painted for them by well-known WA artist Frank Pash.

The paper was then and always has been self funded through advertising. In those early days, it was extremely hard to engender interest from advertisers for the older demographic, and even harder to elicit stories from anyone about older people and their achievements.

But how things changed over the 25 years.

Now older people make up a large proportion of the population and the percentage grows each year.

Judith contributed so much to the community through editing the paper.

In 1998 she underwent a liver transplant because she had a bowel condition which affected her liver,

she went on to recover and returned to work after the transplant. She was an absolute go-getter and after the transplant she enjoyed a new lease on life and she lived it to the full.

She loved to travel and meet people. Her four great loves in life were her family, *Have a Go News*, politics and working as a trustee on a industry superannuation fund.

Early in 2015 while very ill she still managed to finish her Advanced Diploma in Superannuation.

Judith adored her two grandchildren Tahlia, who now works part time at the paper while finishing her university degree, and Alexandir who is still at school.

Her love for the paper and its purpose to promote positive and healthy ageing was one of her greatest goals and achievements.

Over the years she has been a board member of the School Volunteer Program, a judge for the WA Seniors Awards, a regular judge for the Volunteering WA, committee member for WA Seniors Awards, assisted the Seniors Recreation Council and made many other contributions to the WA community.

In 2010 she was asked to make a dedication speech

at a special commemoration to Professor Reed who was the initiator of the Liver Transplant Program in WA.

She was presented with a special award in the WA Seniors Awards in 2000 as the editor of *Have a Go News* and she and Quentin were awarded the Champion for Seniors Award at the WA Seniors Awards in 2009.

In 2012 she was diagnosed with Lymphoma cancer.

She worked up until the

beginning of 2015 though she still kept her hand in on what was happening with the paper and did her best to contribute.

She passed away on 3 May 2016.

Her daughter Jennifer has taken over the reins of the paper and will ensure the legacy that Judith put her heart and soul into will remain part of the WA community and continue to grow.

She was one of the best and will be dearly missed.

Turn your toilet in to a Bidet Just by changing your toilet seat

A **removable toilet seat** that with just the push of a button will wash you with warm water, followed by a warm air dryer. This product restores a sense of dignity and self-esteem when ailments or disability makes going to the toilet a problem.



The BIDET SHOP

- ✓ Heated seat
- ✓ Remote control
- ✓ Filtered water
- ✓ Soft close lid
- ✓ Warm air dryer

30% OFF RRP

Australia's Number One Supplier of Bidets and Automatic Toilets **08 6315 4252**

www.thebidetshop.com.au

Save up to 30% off RRP* quote **606GO**

Local plumbing regulations may apply

More than just a walk club

every Tuesday morning at 10.30am.

Members usually turn up at 10am with a chair and lunch so they can have a chat afterwards with fellow walkers.

Qualified first aiders attend each walk.

Upcoming events are:

14 June: Perry Lakes, Perry Lakes Drive, Al-derry Reserve, Floreat.

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

28 June: Bibra Lake, Progress Drive, Bibra Lake.

5 July: King's Park, Synergy Parkland, May Drive, King's Park.

12 July: Burswood, Resort Drive, Burswood.

19 July: Carine Regional open space, Beach Road, Carine.

28 July: Point Walter, Honour Drive car park, Bicton.

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

For further information contact Alan on 0414 753 612, or visit over55walkingassociation.myclub.org.au.



OFFWA members enjoying a cruise

THE OVER 55 Walking Association (OFFWA) does, as the name suggests, organise walks around the metropolitan area for seniors.

But they also organise a number of social events throughout the year for their members.

Recently walkers enjoyed a delicious free sausage sizzle at Garratt Road Bridge after the weekly walk.

Still in the planning stage are a potato bake and the ever-popular hamburger day.

And the annual mid year lunch will be held in the Swan Valley, at Valley Views Restaurant.

OFFWA's member-

ship fees are a modest \$10 and walks are held

Is it hard to see what's in your pantry?

To fix your pantry, Call Brett Giffin, The Inner Drawer Specialist at Easy Access Kitchens.

Make your kitchen better with inner drawers from Easy Access Kitchens.

DON'T CHANGE YOUR DOORS

BUILT IN CORNER PANTRY

PANTRY-MICROWAVE

PULL OUT CORNER

NARROW PANTRY

JUST FIT INNER DRAWERS

EASIER TO SEE WHAT YOU NEED TO BUY.

10% THIS MONTH ONLY!

For your safety we only use blum 65kg drawer runners & Guarantee our drawers will make your life easier.

PULL YOUR FOOD & PLATES RIGHT OUT TO SEE THEM

BEFORE & AFTER DOUBLE DOOR PANTRY

It doesn't have to be. 0416067493

Read what our customers have said at www.easyaccesskitchens.com.au

IS WALKING DIFFICULT?

HUGE RANGE

EXPERT ADVICE

Ideal for travelling



Australian Mobility EQUIPMENT
Innovative Mobility Solutions!
www.amemobility.com.au

Visit our showroom 40 Resource Way, Malaga Ph: 9249 8868

FREE NO OBLIGATION HOME TRIAL ON SCOOTERS

Meet the columnists and contributors



Jemma Aldridge

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



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

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



Mike Smits

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



Rick Steele

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



Jeanette Woolerton

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

Inventions that changed our lives



Top; Australian composer Sally Greenaway
Left; Karen Majer

by Karen Majer

IN APRIL I was fortunate to attend the premiere of Australian composer Sally Greenaway's production *The Seven Great Inventions of the Modern Industrial Age* at the Melbourne Recital Centre.

The inaugural Merlyn Myer Composing Women's Commission gave free rein to the young composer-pianist's creativity. The resulting musical theatre is a journey through innovations that continue to shape humanity.

I asked her why she chose the theme.

"The world we live in today is significantly different to that of our great grandparents – things seem to be moving faster than ever," she said. "I wanted to explore this further."

"I undertook considerable research into the inventions of the 20th century – everything from hair dryers to the marvels of the bionic ear, to the space race, computer punch cards and tea bags – and how this has changed us."

A thought provoking aspect was how good can come from bad, for example war leading to medical advances, and vice versa.

"All inventions are marvellous and yet problematic if you dig deep enough," Sally said. "Take technology for example – the humble mobile phone connects us and is more powerful with each new release, but it has single-handedly turned an entire generation of people into zombies walking our streets oblivious to others around them."

This struck a chord with me. I'm constantly alarmed by poisoning of the environment by pesticides and other unintended consequences of inventions meant to improve our lives.

The next great invention?

"I think with the world we live in now, we need a miracle invention that can help us undo all the negative consequences of other innovations, such as the advent of various plastics, packaging, waste bi-products of manufacturing," she said. "On the other hand I would love to have a clone to help me keep on top of the housework and accounting paperwork!"

Find out more and hear Sally's music: www.sallygreenaway.com.au

Vale: Judith Treby

JUDITH was a great friend and supporter of SRCWA and we enjoyed many years of working together getting WA seniors more active.

As editor of *Have a Go News* she always promoted the programs and events that SRCWA conducted.

Judith battled her illnesses over many years and she will be missed by SRCWA and WA Seniors. Quentin, Jennifer and all the family are in our thoughts at this time.

With love, Hugh and all the SRCWA family.

FREE 8 WEEK EXERCISE AND INFORMATION PROGRAM FOR WOMEN WHO HAVE HAD BREAST CANCER



YWCA Encore is a free exercise and information program designed specifically for women who have experienced breast cancer at any time in their lives.

The 8 week program (two hours per week) incorporates land and hydrotherapy exercises in a small group environment. The program focusses on increasing mobility and strength, building confidence and sharing information around health and well-being in a relaxed, positive and fun environment.

Participation is FREE and by enrolment only.
Various metro & regional locations.
Please call LAURA ROWAN on 9440 3501 for more info
Funded by the WA Department of Health

ADVERTISEMENT

KEN WYATT

Liberal for Hasluck

Building a stronger local community

Get in touch with Ken:

9359 0322 @ Ken.Wyatt.MP@aph.gov.au

KenWyatt.com.au [KenWyattMP](https://www.facebook.com/KenWyattMP)

WANTED TO BUY



Antiques and Collectibles
Deceased Estate Specialists
- Estate Sales conducted

We are looking to purchase the following:

old paintings • Royal Doulton • Shelley China.
Australian pottery • Wembley Ware • medals and badges • stamps, coins and banknotes • vintage watches • postcards
vintage handbags • costume and fine jewellery • militaria
old advertising • sterling silver items • fountain pens • vintage cameras

From one item to a house full, we buy anything old and interesting as long as we don't have to feed or water it!

We are also down-sizing specialists and can organize a complete relocation - call Sally for more details

**For a FREE consultation in the privacy of your own home
call NICK 0498 009 880 or SALLY 0407 672 878**



CAVERSHAM WILDLIFE PARK

THE FARM SHOW
Daily
10am
1pm 3pm

MEET THE WOMBAT & FRIENDS SHOW
Daily 11am 2pm 3.45pm

KOALAS

Open 10am-1pm
2.30pm-4.30pm

KANGAROOS
Open all day

SITUATED in Whiteman Park (off Lord St or Beechboro Rd)
Phone 9248 1984 Email sales@cavershamwildlife.com.au

Top gong for two of Masters Swimming WA's finest



Top, from left: Katya Anderson with National Board member, Therese Crollick and Ken Phillips, National Official of the Year. Left: Samantha Noall

by Samantha Noall

IN MAY this year the Masters Swimming Australia National Championships were held in Melbourne.

A contingency of more than 44 participants represented WA which was fantastic to see. During the event some major national awards were presented and Masters Swimming WA was very pleased to have two of our own fabulous members take out these very important awards.

The first being – National Coach of the Year – which was awarded to the well deserving Katya Anderson who is head coach of the Superfins Squad. This squad is made up of physically and intellectually disabled people with a broad range of abilities. She oversees the entire coaching program and co-ordinates up to 18 coaches. This year Katya took a group of 11 of her swimmers to the Na-

tional which was very fitting as she received in front of those that she has had such a huge impact on.

The second award – National Official of the Year – also went to a very deserving winner in Masters Swimming WA's very own Ken Phillips. Ken Phillips represents our Mandurah Masters Club and says that the highlight of his year (2015) was refereeing at the FINA World Masters Championships in Kazan, Russia. Ken is also kept very busy here at home refereeing the Masters Swimming WA events as well as educating and mentoring the many trainee officials in the Masters ranks.

These two wonderful people are part of a large number of volunteers who put in countless hours to ensure that all members receive up to date coaching and officiating. We certainly couldn't it without all of them.

Congratulations to Katya and Ken.

Have a go with the Over 55 Canoe Club



by George Gouteff

THREE new membership days held at Kent Street Weir were an outstanding success and were attended by many more potential new members than in previous years. Fortunately there were just enough loan kayaks available so that every visitor was able to have a go at paddling. It was very pleasing to note that the sexes were more or

less equally represented.

The new members days were followed by a special safety day at Hillarys Boat Harbour where the newbies practised various paddling strokes followed by intentional, supervised, capsizes to develop self-confidence and self-rescue techniques. After the voluntary immersions the newbies were able to demonstrate their new found confidence by launching themselves solo man style (minus the drink can) from a floating pontoon.

The first combined new and old members paddle took place from Point Reserve Bassendean which included an excursion up the Helena River as far as

water depth and fallen logs permitted.

The next paddle, which was from Garratt Road Bridge Park and through the Ascot Waters canals, attracted a record number of kayakers. It is just possible, that apart from the beautiful weather on the day, the main attraction for the record numbers was the scones, jam and cream provided for morning tea by Bryce and Olwen. These were washed down by excellent coffee from Steve's Mr Mocha van.

It was with great sadness that we bade farewell to life member Jean Warren who passed away at the age of 96 on 2 May. Jean joined the club nearly 30 years

ago and ceased paddling when she was 86. For the last 10 years she was a regular attendee at the various paddling venues and along with her friend, Rose, kept an eye on our cars and property. Jean grew up on the Swan River and was a no fuss lady who epitomised the whole concept of having a go.

In memory of Jean a short ceremony was held on the river bank followed by all the kayakers forming up on the water and then after a minute's silence every paddler placed a rose in the river.

For further information visit our website, www.theover55canoeclub.com.au or telephone club president Peter on 9409 3813.

Just Friends... a friendship club for unattached over 55s

JUST FRIENDS Incorporated is a social club for unattached over 55s. The club is based in Claremont and meet for Mix and Mingle every second and fourth Tuesday of each month at 7.30pm at the Claremont Yacht Club.

This gives the members and guests the opportunity to socialise and meet up in a safe and non-threatening environment.

The club offers members many activities throughout the year including dinner, dancing, theatre, week-ends away, coffee mornings, house parties and picnics. Membership is \$80 per annum, at Mix and Mingle nights the cost is \$5 for members and \$10 for

non-members and includes a light supper.

The club is not a singles club, but is purely a social club for people to meet and enlarge their circle of friends. The members are a credit to the club and they would like to invite like minded unattached people to join them.

Gentlemen especially are welcome as there is a small imbalance in gender.

For further information, please contact the secretary on 9306 8810 or 0438 841 357.

DiskBank
DIGITAL MEDIA SPECIALISTS

Transfer your family memories today!

Film, Video & Images transferred to DVD, Hard Drive or USB.

Transfer Services on offer:

Video; VHS, VHSC, Hi8, Beta, Mini DV, Umatic and more
Film; Super 8, Standard 8, 16mm, Sound and non sound
Images; Photos, slides and negatives of all sizes
Data recovery; SD and Memory cards
Audio; Vinyl and cassettes

08 9388 0800

94 Jersey Street, Jolimont WA 6014
www.diskbank.com.au

Aged Care Financial Planning



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

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

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

These are questions I can help you with.

CHARLES PENHEIRO

Aged Care Financial Planning

Tel: (08) 6102 0833 Mbl: 0405 182 789

Email: info@penheirofinancialplanning.com.au

www.penheirofinancialplanning.com.au

See my aged care posts on LinkedIn



Emprise Stairlifts



Stairlifts for straight and curved stairs, indoors and outdoors, throughout WA.

Emprise Stairlifts

Call on 1300 507 217

www.EmpriseStairlifts.com.au

Mobility solutions for all life's seasons

If staying in your own home matters to you, it matters to us too.

At MercyCare, we know how much you value living independently in your own home and being active in your local community.

That's why we listen to you and plan services around you, offering you choice and flexibility. Our friendly staff will meet with you and help you choose the community and home support services you need. These services will be tailored to suit you.

Regardless of your situation, MercyCare will do everything we can to help you live the way you want.

To find out more, call us on **9442 3498** or visit mercycare.com.au



by Jeanette Woolerton

AAAAH! A warm open fire after the crisp, cool air of winter is such a soothing massage of the senses, unless you suffer from aching joints, in which case the cooler months may be challenging. Many people with arthritis claim that cool weather worsens their condition. Furthermore, they swear that they can predict a temperature

Challenging the cold facts on aching joints during winter

drop by escalating pain and inflammation in their joints. However, is there any truth to the notion that arthritic symptoms flare up when temperatures fall, and if so, why? Dr Michael Vagg, a clinical senior lecturer at the School of Medicine at Deakin University and pain specialist at Barwon Health says, while it's a topic that's been explored in a large number of scientific studies, the results have been mixed. "It's hard to say what's going on," he says. One aspect of cool weather that could affect joints is barometric pressure – the force exerted

by the weight of the atmosphere. Some researchers have proposed that a drop in barometric pressure, which tends to accompany cooler, damper weather, could allow tissues in joints to swell and put pressure on nerves that control pain signals. Dr Vagg is skeptical, "At extremes of barometric pressure – going to the top of Everest or diving to 50 metres – you can certainly get joint pain," he says. "But we don't believe the minor variations in barometric pressure that you get at normal altitude and are similar in

scale to those that occur with weather changes, are actually painful. Otherwise you'd get sore joints from driving to the top of the Blue Mountains." An alternative idea, with more evidence behind it, is that bodily changes triggered by cooler weather have the side effect of amplifying pain signals from joints. He says many arthritis sufferers have pain that persists, despite having joints that are not extensively damaged. One reason for this is that their nervous system is essentially misbehaving – pain signals travelling along nerves from

their joint are amplified in the brain by signals carried on separate nerves called sympathetic nerves. These sympathetic nerves are part of the body's system for maintaining its internal functioning, automatically. When it's cold, they constrict blood vessels in the limbs, to minimise heat loss and help keep warm the core of the body, where vital organs are. But the increased activation of these nerves around joints in response to cold weather might also lead to an increase in the pain a person feels. "It would be difficult to study but... it's certainly

more plausible than any direct effect of barometric pressure on the lining of a joint," said Dr Vagg. Shorter days and cool temperatures can also make us less inclined to be active, and immobility can also make arthritis pain worse because it reduces the flow of nutrients and oxygen to joints, among other things. The trick is to keep moving. Remaining active may help overcome low mood as well as the winter blues. Another theory of Dr Vagg is that the human brain has evolved to identify patterns (as predicting events has

advantages for survival), so our brains tend to see patterns when none exist – a fact well documented by scientists in the past. This might mean we're more likely to remember times when our pain got worse in cold weather than when it didn't. "We can't prove one way or the other if there's a direct effect of weather on arthritis. But even if there's no direct effect, there are secondary effects likely to make pain worse, if you have low mood or reduce activity. So being a bit creative about how you maintain your activity levels in winter is really good advice," said Dr Vagg.

Seniors Recreation Council of WA Inc

Have a Go Day

a LiveLighter Event
9 November 2016

SPONSORED BY

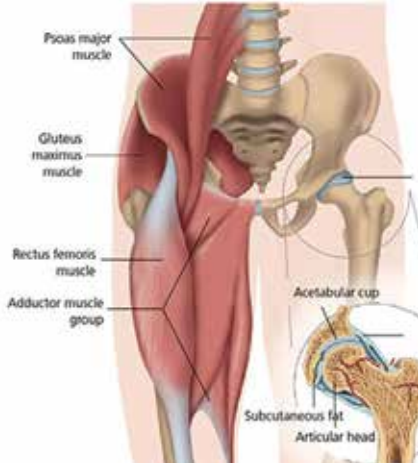
All enquiries contact
Seniors Recreation Council of WA
Phone 9492 9771
www.srcwa.asn.au

What are the causes of hip arthritis or inflammation - Part 1



by Jemma Aldridge

OFTEN as we age the incidence of episodes of joint pain increases. It may come suddenly with no apparent reason or creep up on us gradually as a result of regular exercise or repetitive movement. Unfortunately our large weight bearing joints are the ones that come under



der frequent stress as we rely on them most to perform our activities of daily living. This two-part article is going to talk about

hip pain and the origins of hip pain and where it can come from. In the second part we compare the difference between an arthritic (osteoarthritis) and an inflammatory condition.

The hip joint is the largest joint in the body, a ball and socket joint. The ball is on the end of the long femur bone of the upper thigh and the socket is the cup part (acetabulum) of the pelvis, both surfaces are covered by a layer of cartilage. This joint is vital for transmitting weight from the spine to the pelvis and down the leg and allowing large multidirectional movements. Because of the hip joint's large structure and complex action, it requires very strong ligaments that attach the ball to the socket and other ligaments that provide

support around the entire circumference of the acetabulum. This creates a suction type of force bonding the ball and socket together. Despite the strong ligaments, the hip joint has a huge range of motion due to the number of very large muscles that act around the hip and tendons that attach to the hip. The large number of ligaments, muscles, tendons and bursa (gel filled sacs between tendons) makes it hard to diagnose the origin of hip pain. Next month the second part of this article will help you to further understand your hip pain and how it should be treated.

CONNECTED CARING

FREE GPS TRACK ME WATCH (with 1 hour paid care a day)

Track Me watch/phone, works anywhere that a mobile phone will and has GPS tracking, so your carer/family can see on their mobile phones exactly where the wearer is at any time.

CONNECTED CARER

Hold down **RED** button and it will start calling 3 allocated individuals and send SOS emails. Any of the above nominated individuals can call your watch, it will loudly ring once and then the wearer will hear the voice of caller. **NO BUTTONS TO PRESS**, wearer can just speak into the watch.

CARE with a touch of FLAIR
Private Aged Care
27th Feb 2017
Ph. 9276 5180 / 0449 579 285

BEST FOR ALZHEIMERS, AUTISM or Sole Worker needing SOS. R.R.P \$500 + FEES

Whilst the watch is being **charged** each day the carer will complete their house hold tasks, including: Grooming, Ironing & Gardening. Most **caregivers are Graduated Nurses**

OPTIONAL Watch cannot be turned off or taken off except by daily carer using magnetic key. Never need lose a mobile phone again.

Carer/family can set watch so it **emails** when wearer departs home or living facility and approaches places such as a **local pub** or **Casino**.

SAME CARER 24/7 - NO CALL CENTRE - NO RECEPTIONIST - NO CASE MANAGER - NO SHIFT WORKERS

A NEW PLACE TO CALL HOME

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

WAKE UP TO THE LIFE YOU'VE BEEN DREAMING OF



NORTH

HARBOURSIDE VILLAGE 7 Honiara Way, Mindarie

2 Bedroom Apartment from \$440,000
2 Bedroom Villas plus study from \$600,000
3 Bedroom Villas plus study from \$730,000

Contact Deborah on 9407 8188 to view properties



TIMBERSIDE VILLAS 10 Timbercrest Rise, Woodvale

1 Bedroom Villas from \$359,000
2 Bedroom Villas from \$405,000
2 Bedroom Villas plus study from \$549,000

Contact Lorraine on 9403 8101 to view properties



PARKLAND VILLAS WOODLANDS 52 Liege Street, Woodlands

2 Bedroom Villas from \$320,000
3 Bedroom Villas from \$410,000
1 Bedroom Apartment from \$250,000

Contact Amanda on 9446 5584 to view properties



EAST

HOMESTAY VILLAGE 267 Wharf Street, Queens Park

2 Bedroom Villas from \$295,000
3 Bedroom Villas from \$339,000

Contact Paul on 9458 7742 to view properties



PARKLAND VILLAS ELLENBROOK 25 The Parkway, Ellenbrook

2 Bedroom Villas from \$354,000
2 Bedroom plus study from \$444,850
3 Bed / 2 Storey Villas from \$499,000

Contact Louise on 9296 7322 to view properties



THE PINES 21 Ponte Vecchio Boulevard, Ellenbrook

2 Bedroom from \$340,000
2 Bedroom Villas plus study from \$349,500

Contact Julie on 9296 9914 to view properties



SOUTH

PARKLAND VILLAS BOORAGOON 510 Marmion Street, Booragoon

2 Bedroom Villas from \$440,000
3 Bedroom Villas from \$590,000
1 Bedroom Apartment from \$199,000
2 Bedroom Apartment from \$320,000

Contact Wendy on 9330 3711 to view properties



LAKESIDE VILLAGE 14 Lewington Gardens, Bibra Lake

1 Bedroom Villas from \$255,000
2 Bedroom Villas from \$325,000
1 Bedroom Apartment from \$212,000
2 Bedroom Apartment from \$240,000

Contact Malcolm on 9417 5879 to view properties



PARKLAND VILLAS MANDURAH 2 Hungerford Avenue, Halls Head

2 Bedroom Villas from \$265,000
3 Bedroom Villas from \$339,000

Contact Laura on 9535 2414 to view properties



WOODSTOCK WEST 146 Strickland Street, Bunbury

2 Bedroom Villas from \$345,100
3 Bedroom Villas from \$395,850

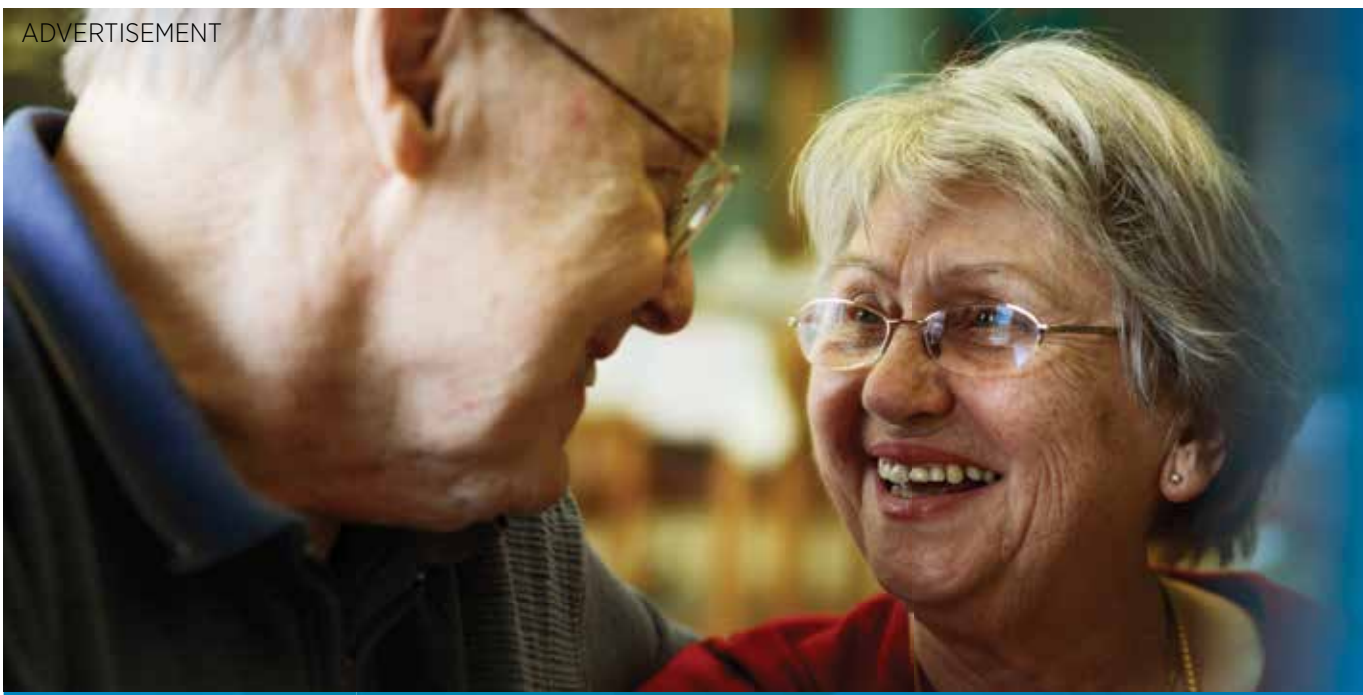
Contact Vicki on 9791 6199 to view properties

Enquire today

For more information on any of our 10 West Australian retirement villages, visit retireinwa.com.au or free call 1800 550 550

Pricing and availability advertised are correct at the time of printing but subject to change without notice. Some images may depict items not provided by Lendlease within the units such as furniture and other decorative items. June 2016. Published by Lendlease RL Realty (WA) Pty Ltd ABN 24 102 637 829 Registered office Level 2, 10 Ord Street, West Perth WA 6005.

lendlease



The Turnbull Liberal Team are providing a strong social safety net to support you in your retirement.



Providing a more **sustainable Age Pension** and maintaining twice yearly indexation.



Increasing the support we provide to families through the **My Aged Care contact centres** as they help their loved ones navigate the Aged Care system.



Changing the Age Pension Asset Test so that **pensioners with modest means may be moved onto a full-rate of pension**. More than 90% of pensioners will be better off or have no change.



Investing in rural and remote Aged Care, with more than \$100 million in funding to areas with the greatest need.



Better targeting tax concessions to ensure that the **superannuation system is sustainable**, affordable and equitable.



To find out more please contact
Senator Linda Reynolds :



9368 6633



Senator.Reynolds@aph.gov.au



LindaReynolds.com.au



LindaReynoldsWA



Have the ride of your life at Belswan's Mandurah Lifestyle Village

Hal Burdon (r) and his mate Phil Shorthouse (l) are serious cyclists covering up to 150 k's each, a week. Not bad when you consider Hal is 92 and has been riding for 85 years while Phil is a youngster at 72. Hal stated "my home and others in the village are very well built, plus we have great facilities and everything I need is close by and everybody is friendly. Belswan Mandurah is the best village".

Get on your bike for the ride of your life and make your move now, with a choice of Garden Cottages, 2 or 3 bed, 2 bath homes with double lock up garages. There are homes to suit every budget.



This month when you come to view Belswan's Mandurah Village we'll reward you with a **Muzz Buzz premium coffee**. No catch, it's on us. Just ring **Robyn or Ian on 0488 155 110** to arrange a convenient time.

EMAIL belswan@seniorsown.com.au
PHONE 0488 155 110 or 08 9243 1366



BELSWAN
LIFESTYLE VILLAGES

www.belswan.com.au

Open

Wednesday and
Sunday
Display Villa open
1.30pm to 2.00pm

Village tour
2.00pm sharp

Address

129 Murdoch Drive,
Mandurah



Discovering I can fix things



by Jon Lewis

THE best thing about a discovery, is not being aware it was there to be discovered. As it was when I was presented with a broken air conditioning remote control.

First I thought, where could I possibly find a new one? Then I thought how much would they charge for such a device and what if it's far too much money?

Then I wondered why are there no buttons on air-conditioners?

As I slowly cooled down I considered a new option. What if I could fix it? What if I could actually fix this little remote control? I was comforted by the very real fact it could not get much worse.

After removing the problematic batteries, I then cleaned the compartment well indeed. Alas, new batteries did not improve the situation.

So with now nothing at all to loose, I carefully attempted to open the sturdy cream coloured plastic remote. Crack, snap and woosh... It opened and the truth of the matter was revealed.

The leaking batteries had corroded the little spring contact to the battery. So badly was it attacked, by the hungry chemicals, it had separated from the circuit board. The spring has sprung – poing!

I had a cup of tea and dreamed of being the sort of person who could fix this. The next day I watched a few videos on soldering. Then I cleaned up the work bench in my little three metre by one point five metre shed. Dusted off my soldering iron and had a go.

It was like magic when it all worked again.

This then led me to my discovery... I like fixing things. To be clear my discovery is, I like fixing things that are or at one time beyond my ability. It's like (I imagine) running faster than you thought you could, or making a meal better than the television chefs.

It's a feeling of calm exhilaration.

My darling wife now thinks I enjoy fixing everything and has given me a list.

Now I need to discover a tactful way of explaining it's only certain things that I enjoy fixing or so I have discovered.

The people that you meet in my line of business



by Rick Steele

I THINK it would be fair to say that in my line of business I interact with more humans every week than the average bear.

Revisiting country towns every year or so, it is usually not long into the conversation, after the obligatory "How are you?" turns to: "Do you remember when?"

(a) You came back to our place and...?

(b) You sang at my wedding and...?

(c) We were in Port Hedland when the cyclone came through!

I think I have reached the age where some of these questions are

starting to get a little tricky especially when you consider that there was ample amber fluid being served at the time.

Maybe then the conversation shifts to: "And where is old Smithy?", "Oh didn't you hear?"

Keeping all that in mind this year on 14 June, the Perth Blues Club will celebrate the 13th Annual Memorial Showcase at home base, the Charles Hotel.

For more than 24 years the club has been operating and we have lost a member, a musician, a roadie or two each year along the way.

It is remarkable that the blues music genre from the other side of the planet should draw together so many diverse nationalities and occupations from such humble beginnings.

This night each year we celebrate the contribution these people have given to our club.

On Tuesday 14 June we set up with a back-

line (drums, bass, amp, piano and guitar) for the night so the music is almost nonstop. And with more than 25 musicians booked already and more to come, this will be a proverbial smorgasbord of the Perth's blues community.

Checkout their web page to get more information.

I missed the ballot to go to Vietnam by a single day. However with my eyesight disability it was highly unlikely they would have taken me anyway.

At school cadets when I fired a 303, I did not hit the target once. The fact that I couldn't see the bloody thing was a small handicap.

I always have had empathy for those blokes and Sheila's who served their country and through a "Simple Twist of Fate" (Bob Dylan) I became involved with veterans and now Legacy.

It is a privilege and a pain free pleasure (we

have our important meetings with a beer) to work with retired Major Peter Heeney putting together the annual *Rhythm and Blues Variety Revue*.

If variety is the spice in life well this show has got it in bucket loads. Check this out!

Headline: The incomparable Brian Cadd – you can read his interview on the front cover of this paper.

The icon and Australian grandfather of blues Matt Taylor.

West Australia's favourite funny man, the side splitting Peter Dee.

Perth's leading and most popular Irish band *The Heals*.

A new addition to the show this year and guaranteed to be a crowd favourite – I mean who doesn't like a girl in uniform, will be the swing era band *Birdland*.

Each year we include an act from Mount Lawley High School. I have a special connection with the place through my

children and I always liked the idea of having some young people on the show. This year we are pleased to have two young ladies performing some musical theatre.

Our mate and auctioneer with a sense of funny bone humour Tiny Holly will raise a few bucks and some laughter and all this gets washed down with a beer at half-time.

Peter Heeney and I will compete to tell the worst joke and maybe do a song or two and keep the show on the road.

OMG this sounds like so much fun.

Should you wish to discuss this further I play some baby boomer music at the Grosvenor each Wednesday night from 6.30pm and the dinner is excellent.

Notice seen in the local: "Players picked for the darts team will be pinned to the notice board on Thursday night."

Cheers dears.

Crafty people? You are invited to participate in a craft day each month

PEOPLE interested in craft are welcome to join this crafty club on the first Friday of each month from 9am to 9pm for a \$10 donation. Or, for people who arrive after 6pm the donation is only \$5.

All types of craft styles are welcome, from scrapbooking, card making, embroidery, knitting, patchwork, jewellery making to whatever craft makes you happy. Paper craft kits are available.

Included in the day are name badges and

introductions on arrival, endless free hot drinks all day, lots of table space to spread out, power available for each table, air conditioned club house with kitchen and home comforts, swap meet table for unwanted items and on occasions a guest speaker with product demonstrations.

People are welcome to come and go as they please during the day – no rules, just relaxation.

The group is not-for-profit and part pro-

ceeds are donated to Breast Cancer Care WA and SMCWA.

The next meetings will be 1 July, 5 August, 2 September, 7 October, 4 November and 2 December (Christmas party). Meetings are held at the SMCWA club rooms at Robert Thompson reserve on corner of Weatherill and McGilvray Avenue in Noranda.

For bookings contact Marie on 0407 083 697, or email keepcalmscrapbook@gmail.com



Introducing AUSTRALIS, the first stage of a whole site redevelopment in Rossmoyne.

Building on 50 years of experience, AUSTRALIS promises to offer the best of retirement living.

Offering 86 modern and architecturally designed quality apartments boasting city and river views, a heated swimming pool, spa + sauna, gym, lawn bowls, café, men's shed, activity centre, secured parking, and many other amenities for residents to enjoy.

For those wanting to get the most out of their retirement, let Australis be **YOUR NEW START.**

A NEW START



Further information on this exciting development can be obtained from our website rossmoynewaters.com.au or by contacting the sales office on **9259 6603.**

WHAT'S ON AT CROWN THIS MONTH



\$10 FUN PACK

Crown Club members can ride the Crown Bus for just \$10.* You'll get transport to and from Crown, a buffet lunch at Carvers plus bonus vouchers for a bit of fun.

If you're not a member, it's free and easy to join when you arrive at Crown.

Conditions apply. *Crown member price. \$15 for non-members. Visit crownperth.com.au for details.



\$362,500 HAS JUST BEEN WON

Every Thursday at 9pm

One lucky winner has taken home a huge \$362,500 in the Member Money Night Jackpot.

With the jackpot now reset to \$100,000 you could be the next big winner. Crown Club members be at the draw at 9pm on Thursday nights to see if your name is called.

Don't miss the draw for your chance to win.

Conditions apply. You must be present to win. Active contactable members only. Jackpot amount correct as at 6am Friday 3 June 2016. Visit crownperth.com.au for details.



\$30 ATRIUM HIGH TEA

Every Sunday, 3pm - 5pm

Perth's best buffet just got better. Indulge in an endless high tea on Sundays at Atrium Buffet for just \$30 per person. Enjoy a delicious array of sweet and savoury treats plus you'll receive a glass of sparkling wine, tea or coffee.

Treat yourself this Sunday.

Available from Sunday 12 June. Image is for illustration purposes only. Menu alternates daily.

responsible drinking

responsible gambling

Helpline 1800 858 858 | gamblinghelponline.org.au



CROWNPERTH



CROWNRESORTS



CROWNRESORTS

#MYMOMENT



CROWN

CROWNPERTH.COM.AU

GET THE APP
DOWNLOAD CROWN RESORTS



SRCWA President's Jottings



West Coast Eagles Grandparents Day

SRCWA partnered with WCE's, Rosewood Care Group and RSL to present an intergenerational activity/information day and was timed to coincide with ANZAC Day during the school holidays.

On the day there was a photo booth provided by Martin from Studio Twenty Six which gave everyone the opportunity to have their photo taken dressed in period costume which was provided by RSL and the pictures were supplied in a presentation folder.

The RSL provided two activities; slouch hat making and wreath making which were very popular with both kids and grandparents. WCE provided face painters for the kids so we had lots of little people running around with blue and gold painted faces.

All the activities were very popular and everyone had lots of fun playing together, the atmosphere was great and it was lovely to see so many grandparents and grandchildren interacting together.

SRCWA facilitated the event and provided the volunteers and activities, WCE provided the venue and morning tea and the RSL provided activities and enough large ANZAC biscuits for one to be given to everyone and Rosewood Care Group co-sponsored the event.

This was one of the best activity/information days we have had at the WCE.

Over 60s Mixed Pairs Lawn Bowls

SRCWA was privileged to attend the Gosnells Bowling Club for the final of the Over 60s Mixed Pairs Lawn Bowls on Friday 29 April. Lindsay Thorn and Kerry Andersen were back to back winners of the event. At the presentation of the trophy SRCWA was thanked for sponsoring the event and for providing a photographer, Martin who took some great shots which are available on the Bowls WA website.

LiveLighter Seniors Activity/Information Day Camp Leschenaultia

LiveLighter Healthway, Mundaring Shire, DSR and Dept of Local Government and Communities were the sponsors of this event.

Static displays in attendance were; Breast Screen, LiveLighter, NE Solutions, Independent Living Centre and SRCWA.

The event commenced with morning tea as participants arrived which was very much appreciated along with the muffins supplied by the Wooroloo volunteers. There was a short welcome by Phil Paddon including descriptions of the static displays and activities before everyone was invited to have a go.

About 46 participants took part in a variety of activities such as Xbox Kinect, carpet bowls, golf putting, skittles, bean bag toss, seated hockey, shuttle ball, cup ball and pole walking.

At noon a barbecue lunch was served and enjoyed by everyone, thank you to volunteers from Mundaring Men's Shed for cooking the barbecue and Mundaring Shire for providing the lunch and making everyone welcome.

Thank you also to the volunteers from Wooroloo Prison Farm for their assistance and support on the day.



LiveLighter Seniors Activity/Information Day Armadale

Around 130 seniors enjoyed a morning of socialising and activities at the Armadale District Hall. The activities commenced with a warm up by Jo Wigley from Armadale Arena who led the participants through some gentle stretches and exercises to prepare them for a morning of activities. The activities included carpet bowls, Xbox Kinect activities, pole walking, carpet golf, sticky darts, shuttle ball and more.

A wide variety of information was available from Armadale Arena, Australian Hearing, Breast Screen, City of Armadale, Dale Cottages, Home Help Local, Independent Living Centre, Kings Tours and Travel, LiveLighter Healthway, NE Solutions and SRCWA.

There was much laughter and great atmosphere throughout the morning which culminated with a light lunch cooked by the Armadale/Kelmscott Lions Club.

LiveLighter Healthway, City of Armadale, Dept. of Sport & Recreation and Dept. of Local Government and Communities sponsored the event.

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

Heritage corner - The old Bristle kilns of Ascot



Old Bristle Kilns

© TPG Town Planning, Urban Design and Heritage in 2015

HAVE you wondered about the dilapidated brick structures opposite Ascot Racecourse? They are now known as the Ascot Brick Kilns but in 1905 the site was the location of the first specialised pottery works in this State.

The pottery works was established by Piercy and Pitman and from 1910 became known as the WA Pottery Co. In 1927 local entrepreneur Reginald Long bought a controlling interest in the company and recruited a young Lancelot Brisbane to act as general manager. Despite not being a major shareholder, the company named was changed to H.L. Brisbane & Co. Ltd.

During the great Depression the company continued to expand and in 1934 two new kilns were built, then a year later, additions were made to the pipe and

tile factories.

Their success continued and in 1938 the company merged with another local operator Wunderlich. As Wunderlich had operations throughout Australia this agreement was under the proviso that Brisbane did not expand his business to other States. The company was renamed H. L. Brisbane & Wunderlich Ltd. Under this agreement it became the State's largest clay tile producer.

In 1945 Brisbane, under the company name of H.L. Brisbane and Wunderlich Ltd / Bristle, created a range of fancy ware, known as Wembley Ware. Extremely popular at the time the pieces were more decorative than functional. Featuring highly coloured glazes and uniquely Australian designs they have become expensive collector items. By this time the site at

Ascot contained eight circular, downdraught kilns (often called beehive kilns) and five chimneys, all covered by a corrugated iron structure.

Still expansion continued at the Ascot Kilns. From 1947 to 1955 Brisbane added modern equipment, drying chambers, new kilns and stacks. Clay sheds were erected and improved grinding machinery installed. Eventually however time caught up with the site and in December, 1958, production of roofing tiles ceased.

Another major redevelopment occurred at the Belmont pipe factory in the early 1960s and the plant was reopened in December 1963 by Sir Charles Court. Again in 1968 further reconstruction was undertaken, this time on the existing rectangular kiln. This style of kiln was recorded as being used throughout the Roman Empire to fire bricks and tiles and in the thirteenth century they were used throughout Europe to fire pots as well as bricks.

In 1971 a new factory was erected at Belmont with a Bickley Shuttle Kiln. This style of kiln has a door at one or other, or both ends. Burners are positioned both at the top and bottom on each side, creating a turbulent circular air flow. This type of kiln is generally referred to as a multi-car design and is used for processing batches of technical ceramics, white-ware, and refractories, a heat-resistant material that constitute the linings for high-temperature furnaces, reactors and other processing units.

In 1982 the Bristle clay pipe division in Belmont closed permanently after 50 years of production.

The driving force of the company was Hugh Lancelot (Lance) Brisbane, who was born in 1893 in Fitzroy, Melbourne. The son of an ironmonger, the family moved to WA a year after his birth where he attended Fremantle Boys School and Perth Technical School. In 1909 he secured an apprenticeship as a draughtsman for Wunderlich Ltd in Perth, an association that continued through his life.

Brisbane enthusiastically promoted industrial development. He was knighted in 1961, and appointed by the Brand state government to its Industries Advisory Committee, a body composed of leading businessmen. A man of the community, he also worked for the National Heart Foundation of Australia and the Princess Margaret Hospital for Children.

Over the years Sir Hugh Lancelot Brisbane had built the firm into a large and diversified manufacturing enterprise: producing many products including stainless steel, refractory bricks, aluminium fabrication, building cladding and plastics. His creation Wembley Ware was sold to Australian Fine China in 1990.

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



The History and Future of Stamp Collecting: Part 4



by Mikel Smits

AT LEAST 20 years ago I purchased a beautiful old stamp album, the oldest I'd ever seen from a lovely old lady.

The album had been passed down the family, however the original collector must have only had a fleeting interest as there were only about 120 stamps whereas the album made provision for at least 10 times that number. Almost all the stamps

were common classics with just a few worth only as many as tens of dollars and if it wasn't for the exquisite album they came in, I probably wouldn't have made the purchase. You see, the title page indicated it had been published in 1862. That is what captured my interest and to acquire it I paid the retail, not wholesale, value of the stamps.

As it turned out, this album is in fact recognised to be the world's first pre-printed stamp album. The opening sentence on the introduction page states:

"In offering young amateurs an album expressly intended to contain postage stamps of their collections, we flatter ourselves that we shall be rendering them an acceptable service."

Compiled by a French archaeologist, Justin Lallier, the album was purposely designed and printed to provide a space for every stamp of the world issued from 1840 through to when the album was released. Published by A. Lenegre of Paris, it's pages are wider than tall (28x18cm) with gilt (gold) edging As you leaf through, the right page is titled and lined out for you to place your stamps, probably with glue back then, and on the left page is the corresponding text describing the designs, colours and denominations of the stamps on the adjacent page.

When marketed in 1862, three versions were available: you could buy a cloth bound edition

for 7/6; half-Moroccan leather for 9/6; or whole Moroccan bound for 12/6. Moroccan leather (goatskin) was highly regarded, particularly for luxury book binding and was usually dyed red, black or green which showed-off gilded lettering very well. My edition is the whole Moroccan in deep red. It has concentric rectangular grooves impressed in the leather and the wording 'Postage Stamp Album' embossed in large gold lettering. It's in superb condition and also features engraved brass clips to clasp the album closed.

Lallier's album proved to be an instant success with collectors, who otherwise had to be content with using blank page books into which they ar-

ranged their stamps. It's other overwhelming appeal was that it effectively also served as a catalogue by detailing all international stamps that had been issued. This generated a clearer understanding as to what existed and the desire to acquire them and fill the gaps. It soon gained a universal reputation as the best available album with editions then released in English, German and Spanish which established it as being the world's most popular album for a number of years. I've still got mine which by the way inspired me to since build a collection of just 'stamp albums' to show their evolution through time... yes, collector's interests are only bounded by their imagination.

Mint commemorates Play School's 50 years

by Mikel Smits

"THERE'S a bear in there; and a chair as well; there are people with games; and stories to tell; open wide, come inside; it's Play School... it's Play School."

I daresay every kid born or raised in Australia in the last 50 years not only sang along when they were pre-schoolers, they can still recite the lyrics today of what is of course the theme song for the ABC's cherished children's TV program.

When Play School celebrated its 40th anniversary in 2006, it was inducted into the Logie's Hall of Fame with the adult audience attending the Logies that year rising to the occasion and singing the song, following the presentation of the award; no doubt mums, dads and kids viewing from home did too.

To mark the program's 50th anniversary this year, the Royal Australian Mint has issued a set of three colour-frosted 50c coins depicting the show's iconic toys, Jemima the rag doll, Humpty Dumpty and, Big and

Little Ted. Each are packaged in little book-like folders which are housed together in a colourful slipcase.

Originally based on the British children's TV show of the same name, Play School began broadcasting live-to-air in July 1966, a year after Here's Humphrey first appeared. Its stated philosophy is to encourage children: 'to wonder, to think, to feel and to imagine' through stories, songs and activities.

The simple format has been the key to its enduring success coupled with an evolving and revolving cast of hosts chosen not just for their talent but just as importantly, for the manner in which they communicate, amuse, enthuse and endear themselves with young children and their parents alike.

Each show usually has a male and female presenter many of whom over years of participation became almost like members of the viewing audience's families. These included Lorraine Bayly (1966-78), Alister Smart (1966-93), Don Spencer (1968-99), Benita Collings (1969-99), John Hamblin

(1970-99), John Waters (1972-90), Noni Hazlehurst (1978-2001), George Spartels (1985-99), Simon Burke (1988-2007, 2013-), Monica Trapaga (1990-98), and the many others.

I was seven years old when Play School first aired so it wasn't really a part of my viewing life back then, but when my children came along I realised the enormous value Play School could bring into their and other young children's daily routine and lives.

The show introduced the concepts of learning and discovery with its presenters effectively being their first teachers beyond family and friends. For us parents too it was delightful and amusing to see the hosts having a lot of fun with each other doing kiddy stuff and laughing at themselves. All of which personifies and exemplifies why the show is the longest running children's TV program in Australia and second in the world. Apparently 80 per cent of Aussie pre-schoolers under six watch it at least once a week.

Please keep playing Play School, Auntie.

ROLL OUT IN STYLE

A NEW CONTAINER HAS JUST ARRIVED WITH A CONSIGNMENT OF ROLLATORS AND TRANSPORTER WHEELCHAIRS....GET IN AND ROLL OUT IN STYLE!



NOVA MACK HEAVY DUTY ROLLATOR

Heavy duty foldable rollator with large wheels, removable curved backrest, adjustable armrest height, brakes and basket. 3 sizes available. Load capacity up to 150kg.



NOVA PACER ROLLATOR

Lightweight, folds easily, adjustable arms, lift up back rest, handbrakes, locking cable, roomy under seat storage bag. Seat height 55cm. Load capacity 100kg.



TRI WALKER

Compact rollator with 3 large castors that provide vast manoeuvrability. Height adjustable and hand brakes, tray basket and bag.



NOVA DELUXE PACER

All the standard features with bigger all terrain wheels. Adjustable arms, locking cable, hand brakes, under seat compartment. Available in 3 seat heights - Low 51cm, Standard 56cm and High 61cm. Load capacity 100kg.



NOVA PETITE PACER

Standard Pacer features with low seat height - 48cm from ground. Adjustable arms suitable for people under 165cm in height, locking cable, hand brakes, under seat vinyl bag. Load capacity 100kg.



FOLDING WALKING FRAME WITH SEAT

Aluminium powder coated frame, easy to fold, height adjustable legs, integrated folding back rest and seat with removable bag, hand brakes, swiveling front castors. Seat height 49.5-59.5cm. Load capacity 110kg. Total weight 7kg.

WAS \$195
\$145



TAIMA SIDE FOLDING SEAT WALKER

Lightweight, side folding, aluminium powder coated frame. Height adjustable handles, large foldable storage bag, reversible padded backrest. Load capacity 150kg. Total weight 6.4kg.



KNEE WALKER

Folding, four wheeled walking aid for people with lower leg injuries. Height adjustable handles and padded leg rest, dual locking cable brakes, adjustable for right or left leg. A front wire basket is included. Seat height 43-58.5cm. Load capacity 130kg. Total weight 12kg.



FOREARM WALKER

Ergonomic, powder coated steel, easy to fold frame, padded guttered armrests, 6 positions height adjustment, adjustable brake lever depth with locking brake mechanism. Wire plastic coated basket and clear acrylic tray supplied. Seat Height 60cm. Adjustable armrest height 97.5cm-111.5cm. Load capacity 120kg. Total weight 14kg.



AIRGO FUSION

Lightweight side-folding rollator and transport chair in one. Padded seat and full backrest for superior comfort, Swing n' Lock footrests, dual armrests, ergonomic handgrips and removable, reflective, washable soft basket. Load capacity 136kg. Total weight 7.76kg (without accessories).

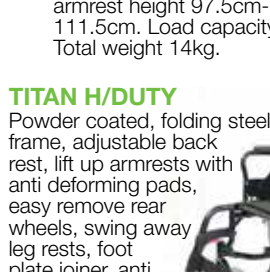
DAYS SWIFT

Lightweight (10.5kg), practical, easy to use wheelchair. Quick release wheels, centre fold and fold down back rest, swing away and removable footrests, solid tyres. Available in 40.6cm and 45.7cm seat widths. Load capacity 115kg. Total weight 10.5kg. Also available in transit style.



RAVEN

Lightweight steel, powder coated folding frame, padded, lift up armrests, 61cm removable solid rear tyres, 20.3cm front rubber castors, swing away leg rests, manual brake on rear wheels. Available in 450mm or 510mm seat widths. Load capacity 110kg. Total weight 13kg (450mm) and 13.5kg (510mm).



TITAN H/DUTY

Powder coated, folding steel frame, adjustable back rest, lift up armrests with anti deforming pads, easy remove rear wheels, swing away leg rests, foot plate joiner, anti tip wheels. Load capacity 200kg.



HEMATITE TRANSIT

Folds down very compact, features a fold down back and removable foot rests, ultra light, 460mm seat width, removable swing away footrests, solid tyres, fixed arms. Load capacity 110kg. Total weight 8kg.



KARMA ERGO LITE LIGHTWEIGHT TRANSIT WHEELCHAIR

Lightweight, strong and durable with ergonomic seat setup beneficial for preventing pressure issues. Fixed armrest and footrest hangers. Folding frame and backrest. 41 or 46cm seat widths. Load capacity 100kg. Total weight 8kg.



ELECTRIC RECLINER LIFT CHAIRS

With one and two motor models available. A large range of styles. Definitely a chair to suit you.



IMAK ARTHRITIS GLOVES

Relief for aches, pains and stiffness associated with Arthritis of the hands. Provides mild compression for warmth and helps increase circulation and promote healing. Made of soft breathable cotton Lycra®, the open fingertips allow full freedom to feel, touch, and grip all day. 3 sizes



FLEXALL 454 TM

Vitamin E enriched pain relieving gel in an Aloe Vera base. Fast, long lasting relief for painful muscles and joints. Easy to apply and greaseless. 118ml and 470ml sizes.

COME IN FOR YOUR FREE FLEXALL SAMPLE.



LUMBAR CUSHION FOR WHEELCHAIR

Ergonomically moulded to provides thoracic and sacral support and prevent back pain. Two sizes available.



GEL SEAT PAD CUSHION

Maximum pressure relief. Stable, pre contoured foam base. Enhances postural stability reducing sliding and shearing. Moderate pelvic support.

C'AIR CUSH PRESSURE DISTRIBUTING SEAT

Ideal for use in wheelchairs. Use anywhere, great for travelling.



NON SLIP ANKLET SOCKS

These cotton socks are a good option for movement activities such as Pilates, Yoga and general wear around the home. They provide superior grip and safety and a cushioned sole for comfort.



QT4

Easily disassembles with no need for tools, swivel seat, lift up armrest, flat free tyres, excellent for indoor use. Load capacity 113Kgs.



889SL DELUXE 31CM

Modesty panel, front and rear lights adjustable steering tiller, pneumatic tyres, width adjustable armrests, sliding / rotating seat, high low speed switch, front and rear bumper pads, double pillow seat. Load capacity 136kg.

GK-9 LITTLE RIPPER

Mid back, rotating, adjustable height seat, adjustable width, lift up armrests, adjustable steering tiller, battery level gauge and warning light, split battery box, solid tyres and anti tip wheels. Load capacity 136kg.



CLEARANCE SALE

Ex hire Electric Recliner Lift Chairs - starting from just

\$500



"At Daily Living Products, it's our pleasure to make your life easier - any way we can."

OBLIGATION FREE METRO DEMOS FOR INTERESTED GROUPS

All your mobility aids to hire or buy AND we will come to you

DVA PREFERRED SUPPLIER

OTs and Physios call us for a DVA Catalogue



DAILY LIVING PRODUCTS

BAYSWATER Unit 1, 514 Guildford Road 6278 3406

COCKBURN Cockburn Integrated Health Centre 9/11 Wentworth Parade, Success 9499 4136

JINDALEE 2/6 Jindalee Boulevard (Corner Marmion Avenue) 9563 1149

LEEMING Suite 4, Cnr Calley Drive & South Street (Opp Bullcreek Shopping Centre) 9312 1700

MIDLAND Corner Ferguson Street and Great Eastern Highway 9374 0577

SHENTON PARK 17 Lemnos Street (Located in Arthritis WA) 9388 8800

WANNEROO Shop 6, 771 Wanneroo Road 9206 2391

Jindalee, Leeming, Midland, Shenton Park & Wanneroo: Monday to Friday 9am-4pm Saturday 9am-12noon • Cockburn & Bayswater: Monday to Friday 9am-4pm Closed Saturday

www.daily.com.au

Photos for illustrative purposes only.



healthy living

ADVERTISING FEATURE



health options
for the mature
west australian



*Reach us online
www.haveagonews.com.au
3,319,648 hits in 2015



chemo@home

Chemo@home administer
chemotherapy safely in
the patient's own home

- ▶ Fully accredited and insured
- ▶ Covered by most health funds
- ▶ More convenient
- ▶ Less travel and parking hassles
- ▶ We work around the patient and their family
- ▶ Highly trained chemotherapy nurses
- ▶ We work with your specialist
- ▶ Covering all metropolitan areas including Mandurah

HAGN103/291



Call us now on 9328 3123 for a confidential discussion.
Visit www.chemoathome.com.au or email info@chemoathome.com.au

SLEEP APNOEA

BARGAIN CPAP PACKAGES

Fully automatic machine



from **\$175***

- Super quiet Apex machine
- Heated humidifier
- Mask included
- Data function
- Bag and hose

HAGN113/291

CPAP Products Perth

9349 0799 192A Flinders Street, Yokine
www.cpaproductsperth.com.au

*Offer assumes health insurance rebate of \$720



Caring for people with Cancer

We combine the highest level of care with rapid access to the most advanced treatment techniques to make a difficult journey as positive as possible.

No-charge accommodation available for eligible country patients*

Bunbury • Joondalup • Murdoch • Wembley

1300 977 062

www.genescancercarewa.com.au



*Fully subsidised under the Patient Assisted Travel Scheme (PATS): wacountry.health.wa.gov.au

Longer life of men threatened by macho image

by Frank Smith

WHY do men live approximately five years less than women? One possible reason is that many men are reluctant to visit their doctor and are less likely to be honest when they get there.

It is something to reflect on during Men's Health Week (13-19 June), a time to consider issues that impact on the health of boys and blokes in the community – and resolving to make things better.

A study by Dr Mary Himmelstein and Professor Diana Sanchez at Rutgers University, New York found that men who held traditional views of masculinity – men must be brave and self-reliant in order to be respected – were less likely to seek preventative care and were more likely to delay asking for medical care when they were injured or became ill.

While men expressed no preference for male doctors when asked, only one quarter would choose a female doctor when given the choice. Earlier studies had shown that men believe males make more competent doctors than females.

The authors first asked volunteers to indicate how often they

experienced a number of common, chronic health symptoms including diarrhoea, gas, acne, uncontrollable worry and depressive symptoms.

Participating men completed a battery of tests to measure their beliefs about masculinity and the frequency with which they experienced the embarrassing symptoms.

They were then taken to a mock up doctor's surgery where they were asked to disclose their symptoms to a male or female medical student posing as a doctor.

Men with higher masculinity scores reported fewer symptoms, compared to their earlier reports, when speaking to a male doctor than to a female doctor. They also reported less pain. Men who scored low on the masculinity scale displayed the opposite pattern.

Writing in *The Conversation* the authors said disclosing weakness via illness with embarrassing symptoms may prevent some men from being open and honest with other men about their physical symptoms, because disclosing weakness may threaten their feeling of masculine identity.

Men with strong masculinity beliefs tend to delay preventative care

and, when they do go to the doctor, they prefer male doctors even though they may feel more comfortable with females.

They said avoiding medical care and poor doctor-patient communication could have a very large impact on men's health. If men aren't honest with their doctors about their symptoms they might not receive adequate treatment. If they don't seek preventive care (such as regular check-ups) they may miss early indicators of heart disease, cancer or other serious health problems.

The director of the Men's Health Information and Resource Centre, Professor John Macdonald, of Western Sydney University says it's important to find new and innovative methods of addressing modern population health issues and get more value out of health services, hospitals and health promotion campaigns.

"The most cost-effective way of improving the health of Australian men is to work with communities, businesses and health services to bridge the gap between men and boys, and the health system that can support them through the life journey."

Cancer treatments are changing with modern technology

AS PEOPLE reach the prime of their life, the chances are that they experience cancer, either personally or through someone they know.

One in two Australian men and one in three Australian women will be diag-

nosed with cancer by age 85.

The death rate from cancer is, however, declining thanks to advances in drugs, technology and better health screening.

Radiation therapy is a vital part of treatment in

around 40 per cent of cancer patients and one in two people will benefit from radiation therapy during their illness. It is safe and may be used alone or in conjunction with surgery, chemotherapy and other treatments.

Radiation therapy is usually non-invasive, and hospital stays are not normally required. In fact, many people continue to work or carry out their daily activities during treatment.

The technology used in radiation oncology is constantly evolving. Recent advances are resulting in higher cure rates, fewer side effects, shorter treatments and improved quality of life.

New techniques include:

Deep Inspiration Breath Hold (DIBH). Radiation therapy for breast cancer is well-proven and has few side-effects. However, in some patients with left-sided breast cancer, it has the potential to cause cardiac damage in the years following treatment because the radiation beam may touch the heart. While radiation oncologists use various methods to minimise this already low risk, DIBH reduces the risk even further. Patients simply take in a deep breath and hold it during treatment. Inflating the lungs creates a natural space between the heart and the breast. When this space is at its greatest, radiation is delivered, reducing the heart's risk of radiation exposure.

Stereotactic Body Radiation Therapy (SBRT). This can provide three-dimensional images of tumours allowing radiation oncologists to shape the radiation beams around the tumour. By doing so, damage to adjacent organs is limited. SBRT uses this technology to treat some smaller (less than 5cm) lung cancers, for example. Increasing data shows that SBRT

may be an alternative to surgery in some patients. Patients that may not be suitable for surgery, such as the very elderly or those with other medical problems, can often be treated with SBRT. It is also non-invasive and has few treatment complications.

Radiation therapy is also used to combat many other types of cancer tumour, including testicular, prostate, and skin, as well as a range of non-cancerous conditions, such as severe keloid scars or plantar fibromatosis.

New and highly sophisticated drugs are also emerging in the fight against different tumours. In recent years, significant advances in drug development have seen new drugs emerge for melanoma, a specific type of breast cancer called HER2-positive, lung and prostate cancers. Many of these newer drugs target a specific defect in the cancer cell, while others harness the body's own immune system to help turn off the cancer.

Genesis CancerCare is Australia's leading provider of radiation oncology services. Timely and easy access to oncology services is important, which is why Genesis CancerCare provides three treatment centres across greater Perth and one in Bunbury.

Genesis CancerCare's consulting specialists also conduct rural clinics in Albany, Busselton and Geraldton.

Should patients need to come to Perth for treatment, fully subsidised accommodation is available to eligible patients at Genesis CancerCare Lodge.

For rapid access to world-class cancer care, ask your doctor for a referral. For more information phone 1300 977 062 or visit: genescancercare-wa.com.au.

MOBILE DENTURE SERVICE

Free Appraisals, Advice and Quotes

- ♥ FULL & PARTIAL DENTURES
- ♥ RELINES AND REPAIRS
- ♥ DVA & HEALTH FUND REBATES
- ♥ OVER 30 YEARS EXPERIENCE
- ♥ PENSIONER DISCOUNT
- ♥ QUALITY & SERVICE GUARANTEED

Galadent
DENTURES AND MOUTHGUARDS

TEL: 9249 3867

UNIT 3, 110 ILLAWARRA CRES, BALLAJURA

HAGN113/291

SKIN CANCER

AFFECTS 2 OUT OF 3 AUSTRALIANS

Early detection saves lives

GET CERTAINTY

Get your skin checked today!

Our specialised skin cancer doctors are
Dr Jonathon Bell, Dr Graham Potter,
Dr Peter Allamby, Dr Manuela Barthe.

We are pleased to welcome
Dr Marcelle Wolvaardt to the team.
Appointments available Saturday mornings also.

Ask about our
anti-wrinkle
treatments



PHONE:
9404 8747
FREE PARKING

857 Wanneroo Rd, Wanneroo
www.westcoastskin.com.au

HAGN117/291

Do your loved ones a favour and take control today!

Pre-Plan your funeral arrangements now
and save your family a lot of hassles later.
One of our Funeral Consultants will come to
your home to explain all your options.

We'll provide you with a free ***Family Records Portfolio***
listing your wishes for placement with your personal papers.
Upon nominating us as your Funeral Home of choice
we'll reward you with a ***\$200 shopping/restaurant voucher***
for a job well done.

Don't put it off any longer.
Call us today and get it done now!



HETHERINGTON
— F U N E R A L S —

Phone **1300 554 300**
ALL HOURS

Respect. Integrity. Loyalty.
It's what we share

WA kiwis hit the fruit scene this winter



by Noelene Swain

WEST Australians are known to be a pretty parochial lot. And research backs this up, showing we like to buy locally grown fresh produce too. So shoppers look for guidance as to the origin of produce.

Kiwifruit has been widely acknowledged as a success story for our New Zealand neighbours when they re-branded the little known, brown furry Chinese gooseberry in 1959.

Locals may not realise Australia produces excellent kiwifruit exclusively for the domestic market, with top up imports from New Zealand and Italy to make up for out of season shortages.

As winter unfolds, Western Australia's southern forest region is putting the WA back into kiwifruit. Look for the green and yellow stickers with the red Aussie kangaroo to be sure you are buying WA kiwis.

Grown in the fresh, clean air of karri forest country near Pemberton, kiwifruit are a local jewel hand-picked in May and June and available in stores until the end of October. This season is shaping up to be a bumper crop so it's a great time to tuck in.

The emerald-fleshed kiwifruit has a mild sweet taste and soft texture that lends itself to many uses in both savoury and sweet recipes. Skin, flesh and seeds are all edible although many prefer to remove the fuzzy outer layer. The best kiwifruit are plump and firm and

will continue to ripen at room temperature.

Kiwifruit are packed with more vitamin A and C than the same amount of citrus and also contain good levels of fibre, making them an excellent choice as a snack or dessert.

Kiwifruit make colourful kebabs and salads when teamed with other seasonal fruits or why not try blending kiwifruit with icy-cold apple juice for a refreshing breakfast drink?

To buy and store

- Choose kiwifruit that is plump and firm. For immediate use fruit should be slightly soft.

- Kiwifruit ripens best at room temperature. To ripen quickly, place in a plastic bag with a banana. Once ripe, store in the fridge.

How to use

- Kiwifruit make a delicious snack and carry well to work or school.

- Cut kiwifruit in half and scoop out the emerald-green flesh with a spoon.

- Combine kiwifruit with other fruit on kebabs or in a salad.

- Blend kiwifruit with chilled apple juice for a refreshing breakfast drink.

- Kiwifruit contains an enzyme, actinidin, that acts as a meat tenderiser. Rub slices of kiwifruit over both sides of less expensive cuts of steak and leave for 15 minutes. The meat will then be tender enough to grill or barbecue.

Brought to you by Fresh Finesse Promotions - www.freshf.com.au.

What's fresh this month



Kiwifruit: It's now easy to choose WA-grown Kiwifruit: simply look for the distinctive green Western Australian sticker. Grown in Pemberton and hand-picked throughout May and June, the emerald-fleshed kiwifruit has a mild sweet taste and soft texture that lends itself to many uses in both savoury and sweet recipes. Skin, flesh and seeds are all edible. The best kiwifruit are plump with a little bit of give.

Red flesh grapefruit: Beautiful red flesh grapefruit is arriving from Kununurra; a tangy, flavour-rich fruit considered by many to be the grown ups' citrus. Try making a Moroccan inspired dressing with red grapefruit juice, roast and ground cumin seeds and a pinch of sugar. Grapefruit stores well on the bench and longer in the fridge, but be sure to bring to room temperature prior to serving for maximum juiciness.

Imperial mandarins: An early season mandarin, Imperials are the ideal snack for all ages as they are so easy to peel. Make the most of the distinctive flavour of mandarins by using the juice and rind in desserts and cakes or meat and seafood dishes where you would normally use an orange. Most importantly, it's essential to check where the fruit is grown. A blue WA citrus birthmark sticker will ensure you're buying premium quality locally grown fruit. Your just reward will be stunningly sweet fruit.

Silver beet: Abundant during the cooler months, fresh silver beet has dark green, ribbed leaves and a crisp, creamy white fleshy stem. Sometimes confused with spinach, silver beet is more common in Australia because it's more heat tolerant. Rainbow silver beet or chard is a spectacular version of this old favourite and comes with vividly coloured stems, hence the name. Silver beet is very rich in folate, so buy a big bunch and use it in pies and quiches, substantial winter salads or for colour and flavour in pastas and risottos. Remove the lower portion of the stalk before slicing and adding it to dishes.

Celery: Along with carrots and onions, celery is one of the essential flavour-base trio for cool-weather soups and stews. Simply chop them roughly and cook gently until soft to allow the flavours to develop. For a further dimension in flavour and texture, you can add sliced raw celery and carrot and cooked onion rings at the end of cooking.

Honeyed ginger jewels



Preparation: 10 mins + 30 min to macerate
Serves: 4

THIS is a perfect combination for local winter fruit. WA Kiwifruit has a Red Kangaroo sticker and WA Citrus the signature blue WA birthmark sticker. Take a moment to check you're buying local fruit – it's way fresher and supports local families.

4 Kiwifruit, peeled, sliced
2 oranges, segmented
2 red tamarillos, skin removed, sliced
¾ cup fresh orange juice
1 tablespoon honey
2 tablespoons sultanas
½ teaspoon crushed ginger
3 tablespoons natural muesli or sunflower seeds

Combine orange juice, sultanas, honey and ginger in a serving bowl. Fold through chopped orange segments. Cover and refrigerate until 30 minutes. Before serving, gently fold in Kiwifruit and tamarillo slices. Sprinkle with natural muesli or sunflower seeds. Serve with yoghurt or ricotta blended with orange juice.

Pork steaks with fresh WA kiwifruit

Preparation: 10 mins
Cooking: 15 minutes Serves: 4

THE sweetness of kiwifruit goes beautifully with pork and will tenderise it as well, due to an enzyme that tenderises protein.

4 pork steaks (600g)
3 kiwifruit
3 cups liquid beef stock
1 teaspoon ground turmeric
1 cup white rice, uncooked
2 tablespoons fresh coriander
2 tablespoons pine nuts
2 spring onions, sliced

Combine raw steaks and the mashed flesh of one kiwifruit in a large dish. Refrigerate for 30 minutes. Meanwhile, bring beef stock and turmeric to the boil in a saucepan. Add rice. Simmer for 15 minutes or until tender. Test, then drain. Grill or barbecue steaks for 5 minutes each side or to your liking. Allow to rest for 10 minutes. Fold coriander, pine nuts and spring onions into rice. Divide onto serving plates. Serve with pork steak, topped with sliced kiwifruit.

Manager's Tearooms & Restaurant

RELAXING VIEWS BUS GROUPS WELCOME

PH: 9574 1387
9 Yates Street, Bakers Hill, WA

Pleasure in the tasting

Email: poult.r.a@bigpond.com
www.managerstearooms.com

Pure Baker's Hill Honey Homemade Ice Cream
Jams Country Style Home Cooking
Retail/Wholesale Tea & Coffee
Fresh home grown salad and vegetables in season
Home made bread. All home cooking.
Set in historic rural setting with pleasant surrounding.
130 year old fruiting trees.
We offer special group prices for coaches.
Coach parking available

OPEN FRIDAY TO SUNDAY
BOOKINGS FOR COACHES OR BUSES AVAILABLE
SEVEN DAYS A WEEK - BOOKINGS ESSENTIAL

Rod Evans Community Centre

is offering Senior Fitness Classes,
Nordic Walking, Bingo, Tai Chi, Craft,
Chair Yoga, Tiny Tots Playgroup
plus the Stay Sharp Program
Dr Jenny Brockis and Prof. Ken Nosaka, teaching the
importance of cognitive and physical exercise to improve
and maintain your physical and brain health.
To register for the program phone 9461 3921



\$15* Three course lunch
commencing 12 noon sharp *per person

BOOKINGS ESSENTIAL
Phone to book 9461 3920

160 Hay Street, East Perth
Email: rodevanscentre@cityofperth.wa.gov.au

Seniors' Special: Meal and a Middy \$15*
(Wednesday to Friday - bookings of 5 or more)

Come and relax in our beer garden and enjoy our handcrafted award winning naturally brewed beers and ciders with great Aussie Tucker to match!

Your choice of one of the following;
Wood fired pizza (small)
Chicken or vegetarian baguette
Salt 'n' Pepper Squid
Fish and chip basket with tartare sauce
Spring rolls with sweet chilli sauce
PLUS 1 middy of beer/cider or
1 glass of wine or cup of tea or coffee

The Valencia Complex, 55 Benara Rd, Caversham
Phone 9377 4400 OPEN Wed to Sun
www.ironbarkbrewery.com.au

Read us online

Have-a-Go
NEWS



Seniors Seasons Special Buffet LUNCH

Includes soup, extensive hot buffet and salad bar plus FREE filter tea/coffee

\$19.95

Group bookings are welcome
Enquire about our Christmas in July

MONDAYS TO FRIDAYS 12 NOON - 2.30PM

Bookings & Enquiries **9271 7111**

78-80 Railway Parade, Bayswater
www.bayswaterhotel.com.au

QUALITY HOTEL

Come join our vibrant and friendly centre for 55s and over.
Annual subscription \$15
First meal free for new members!

SERVICES AVAILABLE:
Meals on Wheels, Hairdresser, Podiatry, Reflexology and Massage by appointment.

LIFESTYLE ACTIVITIES: Scrabble, Bridge, Bingo, Chess, Mahjong, Rummicub, Indoor Bowls, Yoga, Tai Chi, Heartmoves and Zumba. Ipad classes. Bus trips too! Saturday afternoon tea dance.
2016/2017 Membership fees due 30 June!

Join us for a great 3 course lunch on Tuesdays for \$10 (members) or \$15 for non-members.
Come celebrate Christmas in July - 12 July!
Booking Essential.

SOUTH PERTH SENIOR CITIZENS CENTRE
53 Coode Street, South Perth
Phone the centre 9367 9880

food & WINE
ADVERTISING FEATURE
...eat, drink and be merry...

Wine from
between the ocean
and the scarp



Pippa Nielsen with Jasper the official welcoming dog at Vineyard 28

by Frank Smith

GEOGRAPHE wine region lives in the shadow of Margaret River, but it produces some great wines of its own and deserves to be better known. The region stretches from Harvey in the north to Busselton in the south and inland to Donnybrook. It includes the City of Bunbury and the Ferguson Valley. The region hugs Geographe Bay with the cooling afternoon sea breezes being a hallmark of a long stable growing season.

Many of the Geographe vineyards were planted in the late 90s and are now well established and producing wine of consistent high quality. The region excels at Chardonnay and Shiraz, with excellent Semillon and Sauvignon Blanc.

Lesser known varieties from Italy and Spain are also making a name for themselves – grapes such as Arneis, Vermentino, Tempranillo, Durif and Nebbiolo to name a few. Visit a cellar door in Geographe and you will meet the people behind the wine. You will hear their story and passion for what they do. Each story and cellar door offers a unique personal experience of wine and the Geographe Region.

Pippa Nielsen of Vineyard 28 is the chair of the Geographe Wine Show committee and member of the Geographe Wine Industry Association. Here are six wines she chose as representative of the region. But there are plenty more worth a taste.

St Aidan Wooded Chardonnay 2012 is pale green in colour with floral characteristics of pear and white nectarine and vanillin oak on the nose. The palate displays melon and fresh citrus fruit with rounded honey flavours and a buttery complexion. RRP \$27.

Vineyard 28 Arneis 2015 is pale yellow straw colour with aromatic bouquet pronounced floral fruit character and luscious crisp mouthfeel. Arneis is a white Italian variety of grape rarely grown in WA partly because it is considered difficult to grow. Vineyard 28 has the source block of this variety. RRP \$22.

Oakway Estate Reserve Merlot 10 is medium bodied and a rich plum purple colour with aromas of juicy berry fruits and a vanilla, mulberry and cinnamon overtone. The palate is dry with juicy berry fruits and serious oak in the background. RRP \$25.

Smallwater Estate Zinfandel 2014 has a deep opaque purple colour. The aroma is reminiscent of anise mixed with raspberry and Traminer grape juice. The palate is soft and rich and hides the high alcohol with silky tannins and masses of fruit sweetness. Subtle tones of smoky oak add to a long sustained finish. Zinfandel is also known as Primitivo. RRP \$30 when purchased on line.

Fifth Estate Tempranillo 2014 is a classic Spanish red variety with a nose that offers typical savoury aromas combined with sweet blackberry fruit and anise. The palate has rich dark berry and spice flavours which fill the mouth with a lingering smoky finish. Tempranillo has found a comfortable home amongst the sunlight and red dirt of the Geographe Region, producing lush bunches with loads of flavour. RRP \$20.90

Willowbridge Estate Dragonfly Sauvignon Blanc Semillon 2015. This fruity wine displays aromas of passionfruit, tropical notes, kiwi fruit and lime zest. The palate is crisp and refreshing having great depth of flavour, tropical spectrum and long finish. RRP \$20.

RAMON'S
AT WILLOW POND
Alfresco Restaurant
Museum & Gardens

SENIORS CARD SPECIAL
\$27 PER PERSON
Special available for lunch Monday to Friday
or dinner Tuesday to Friday

459 Nicholson Road, Canning Vale
Booking required 9456 1362 www.willowpond.com.au

Community
NOTEBOOK

WA CARD COLLECTORS

25 June 10am-3pm
Display of vintage luggage, postcards and other ephemera from faraway places.
Uniting Church
165 Railway Pde, Mt Lawley
Sales and refreshments.

MANNING MINI MIKADO

Performance of music from Gilbert and Sullivan's *Mikado*
Saturday 2 July and Monday 4 July at 2pm.
Tickets \$10
Manning Activity Centre
3 Downey Dve, Manning.
Bookings 9450 6273
manningseiors@bigpond.com

LADIES TUESDAY CLUB

Meets at Nollamara Bowling club.
Tuesdays 9am-11am
Social gathering, morning tea, and friendship
New members welcome.
Faye 9349 0097

INTERESTED IN RACING PIGEONS

Meetings 7.30pm on the last Monday of each month.
Club rooms behind the Riverton F.E.S.A. building
Great hobby for young and old.
Joe 9459 3635

CITY OF BELMONT

Annual Art and Photographic Exhibition.
Ruth Falkner Public Library.
18 to 30 July
Info Community Wellbeing
9477 7409
nelson.desousa@belmont.wa.gov.au

QUEENS PARK SENIORS CLUB

Cnr. Elshaw and Donaldson St Queens Park
Join a friendly club for activities such as Tai Chi, bowls, craft and social morning, card making and scrapbooking etc.
9458 7258

CITIZEN ADVOCACY

Seeks locals interested in unique voluntary roles with flexible hours.
Individuals assisted all have intellectual disability and no friends or family in a position to help.
Volunteer tutors needed
www.capw.org.au
Ph 9445 9991

MIDLAND AND HOLISTIC AND WELLBEING EXPO

Sunday 26 June 9.30am-4pm
Stalls galore, natural products, crystals, readings, healings and much more. Free crystal on entry.
Midland Junction Great Eastern Hwy
Entry \$5.

READ WRITE NOW

A free one-to-one assistance for adults wanting to improve their reading, writing, spelling and maths skills.
Volunteer tutors needed.
Free call 1800 018 802
readwritenow@central.wa.edu.au
9427 1393

FESTA JUNINA- BRAZILIAN JUNE FESTIVAL

18 June 1pm -10pm
Claremont Showgrounds.
Tom Wilding Pavillion (Gate 8)
Featuring Brazilian music and dances.
Brazilian Cuisine etc.
events@brazilwa.com
www.brazilwa.com

ELLIS HOUSE

Community Art Centre
116 Milne St, Bayswater
Featuring new exhibitions every month.
Classes and painting groups beginners to accomplished.
Ph 9271 9770

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



Have a Go News celebrates 25 years in 2016 - Have A Go TV



Front cover of Have a Go News April 2006 edition

by Jennifer Merigan

IN 2006 OUR plans to create a television show were coming to fruition and we had secured a spot on Channel 7 Perth on Sunday at 5.30pm.

It was a scary and exciting time as I had to secure sponsors and stories to make sure we could fund the series. I was responsible for co-ordinating much of the show in conjunction with the executive producer.

We had picked our cast which was ably lead by host Tod Johnston supported by his team of ladies including Rhonda Parker, Karin Pearson and Lesa Hinchliffe.

We started shooting the show in early 2006 and covered some amazing stories.

Our first show hit off with Department of Sport and Recreation's Denis Martin taking his birthday present of a drive in a super car at Barbagallo race track.

Denis also helped with story ideas throughout the show and is a great example of the 'have a go' ethos.

In the show we covered finance, health, activities and recreation, travel and featured lots of interesting characters all relevant to the mature WA person.

We ran competitions

and gave away international cruises, trips to see Channel 7's *Dancing with the Stars* in Melbourne and a holiday to Broome.

We did well in our first 13 weeks with excellent ratings and it was an exciting time.

As a small family business running both the paper and the TV side was very time consuming but also very rewarding.

In our second series Rhonda Parker left us and we were then joined by Deborah Kennedy.

Producing 26 weeks of television was no easy feat – it really helped people get to know the paper and understand the ethos of healthy ageing through activity.

Over the last few months as I have been preparing what to focus on for our 25th anniversary history I went back and watched a lot of the episodes of the show.

Ten years down the track when I watched the show I felt we produced some excellent television and really promoted the needs and wants of the older demographic.

Maybe we were just a little ahead of our time.

You can check out a compilation video of some of the show on our website.

Next month we will feature the *Living Histories* project which was initiated by Have a Go News co-founder Quentin Smythe and produced in conjunction with the Department of Communities outlining stories of life in WA in the 1950s.

*Reach us online
www.haveagonews.com.au
3,319,648 hits in 2015

SUBSCRIPTION

\$29.95 for 12 months

Have a Go News is available on a 12 month or 24 month subscription. This will ensure the delivery to your home of a copy of each issue as well as chances to enter our monthly competitions.

\$29.95 for 12 months or \$59 for 24 months, covers postage and packaging from your first delivered copy. Simply fill in your details, cut out and send to:

'Subscriptions' Have a Go News, PO Box 1042, West Leederville WA 6901 or email payment details to accounts@haveagonews.com.au.

Name: _____

Address: _____

Phone: _____ Email: _____

Signature: _____

Payment (please circle): ☐ Cheque ☐ Credit Card ☐ Money Order

CREDIT CARD DETAILS:

EXPIRY: ____/____



travelling

let's go travelling

JUNE 2016

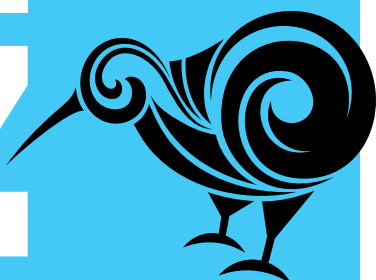
• Ann Rickard travels to Switzerland • WA's Great Outdoors • Winter in the West

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

Readers are invited to join us for a day trip of a lifetime to Antarctica on Australia Day 2017. Read more about how you can join us to visit the last great wilderness on page 23.

INVITATION

NZ



COMES TO KINGS TOURS AND TRAVEL

FREE NZ TRAVEL PRESENTATION

Grand Pacific Tours and Kings Tours and Travel invite you to join us for an informative and entertaining morning to learn about the benefits of travelling on their unique 20 Day New Zealand Rail, Cruise & Coach Holiday.

TALK TO THE NEW ZEALAND EXPERTS

Enjoy an informative presentation by New Zealand expert Ruth Mains. She will be available to answer any questions you may have on touring throughout this beautiful destination.

FREE ENTRY + LIGHT REFRESHMENTS

Mandurah Mandurah Performing Arts Centre, Ormsby Terrace
Monday 27 June 2016 - 10am

Perth Kings Tours & Travel, 110 Cambridge St, West Leederville
Tuesday 28 June 2016 - 10am

STRICTLY LIMITED SEATS RSVP NOW!

Call Kings Tours & Travel on (08) 9380 6656 or 1800 677 760 (Country Callers)



KINGS
Tours and Travel

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Join us for a very special *Have a Go News* trip to see Antarctica in a day...



You're invited to experience Antarctica, a vast expanse of beautiful landscape Australia Day 2017

by Jennifer Merigan

ANTARCTICA is the world's last great wilderness and I invite readers to join me on a trip of a lifetime to visit Antarctica.

Come with me on this very special day trip aboard a privately chartered QANTAS flight which will take off on Australia Day 2017.

The excitement will build as we fly en route to the icy expanse of Antarctica – without a jacket. But then aboard the privately chartered Qantas 747, the standard rules of travel go out the window.

The atmosphere on board is electric.

Everyone is present for the same reason – to fulfill that bucket list dream of exploring an uncharted continent, without even getting our feet wet.

The vast expanse of beautiful landscape that stretches before the eyes is as graceful as it is untamed, expansive and wild.

As the plane soars in a figure eight pattern, you drop down to 10,000ft – close enough to capture the subtle changes in

shadow and the nuances of blue and pink marbled over the dazzling great white.

And with up to four hours over the ice and the remaining hours to enjoy the bespoke service – including premium drinks, delicious meals and talks from Antarctic expeditioners – it's an experience like no other.

Australia is the only country from which you can take a sightseeing flight over the frozen south.

Every departure is different – no two flights are the same.

All seating classes will experience spectacular views over the ice and an unforgettable round trip including: the ultimate in sightseeing over the continent of Antarctica.

The complete Antarctic experience includes Antarctic experts, videos and other informative activities. Passengers will receive a comprehensive information kit, two full service Qantas meals, plus in-flight snacks and full bar service – including champagne, wine, beer, spirits and soft drink and

the state of the art entertainment system. We can watch *Happy Feet* on the way down.

This day trip of a lifetime departs Perth on 26 January 2017 at 8am and returns at 8.30pm at night.

We have the following seating available:

PREMIUM ECONOMY CLASS Cost \$3299 per person*

These are Qantas' international Premium Economy seats, with slightly larger seats and seat pitch than regular Economy Class seats. The seats are in a 2-4-2 configuration, giving more space than in the Economy cabin. Seats are located over the wing. Each passenger will have a window seat or seat next to a window seat for half of the flight and a centre seat for the other half of the flight.

ECONOMY CLASS SUPERIOR Cost \$2999 per person*

The rear Economy Class section is reserved for Economy Class Superior passengers. All seat rows are well clear of the wing for excellent viewing. Economy Class Superior seats are the four seats on each side of the aircraft and will be exchanged at the half-way point of the journey. Each passenger will have a window seat or the seat next to a window seat for half of the flight and an aisle seat for the other half of the flight.

ECONOMY CLASS STANDARD Cost \$1999 per person*

These will be the four seats on each side of the aircraft in the Economy Class section over or near the wing area and will be exchanged at the half-way point of the journey. Each passenger will have a window seat or the seat next to a window seat for half of the flight and an aisle seat for the other half of the flight.

ECONOMY CLASS CENTRE Cost \$1199 per person*

These are the two seats in the middle rows of the Economy Class section

(seats E, F). Centre seats do not rotate.

*The price includes your Antarctica flight per person in Australian dollars. Price includes full Qantas onboard services, talks by Antarctica experts, Antarctica video screenings, a comprehensive information kit and GST.

Fuel surcharges are not included.

Please contact us for booking forms, a \$300 deposit is required with booking and full payment is required 10 weeks before departure. Travel insurance is recommended. Photo identification is required at check in.

For booking forms and to reserve your seat please call the office on 9227 8283 or email jen@haveagonews.com.au.

Cathie Rice Travel presents

PORTUGAL and THE DOURO RIVER 19 day fully escorted* holiday Departs 10 August 2017



Immerse yourself in cobblestone villages, medieval castles, fascinating history and idyllic scenery as you experience the depth and breadth of Portugal by road and boutique river cruise ship.

HOLIDAY HIGHLIGHTS:

- 10 day Insight Vacations Tour of Portugal
- Central and distinctive hotels in the best locations with breakfast daily
- Authentic Dining & Signature Experiences: Celebration dinners and VIP access to iconic sites
- Travel in comfort aboard Insight Vacation's air-conditioned coach with 100% more legroom, panoramic views, and Wi-Fi
- 8 day Uniworld Boutique River Cruise of Portugal's Douro River onboard the luxurious Queen Isabel including all meals, unlimited beverages, in-suite Butler Service, and personalised hosted shore excursions
- Gratuities and transfers

Expressions of interest being taken now

For a brochure call

9721 9588 or

Free Call 1800 177 788

*Conditions apply.



Wildflowers in the Capes

JOIN FUNSEEKER Tours for their first five-day four-night wildflower tour in 2016. Touring in the Busselton, Cape Leeuwin and Naturaliste areas this tour has it all.

Travel to a special spot in Donnybrook and Ambergate to see a great display of flowers.

Visits include The Berry Farm, Carbanup Reserve, Meelup Beach, Gracetown and Augusta, viewing flowers en route.

A home pick up and return is included together with en suite accommodation, morning teas, lunches and evening meals.

Call Sharon at Funseeker Tours on 1300 660 668 for a full itinerary.

ESCORTED CHRISTMAS LIGHTS TOUR SINGAPORE 7 Days / 6 Nights



DEPARTS Perth Sunday 4 December
RETURNS 10 December 2016

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

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

Inclusions:

- Economy class airfares Perth to Singapore and return flying Singapore Airlines
- Current airline taxes and charges
- 6 Nights accommodation in deluxe rooms at Peninsula/Ex • Full daily buffet breakfast
- Christmas Open top Bus tour of Christmas Lights
- Full day tour to Johore Bahru Malaysia
- Historical walks: China Town/Little India/Singapore River
- Afternoon till Sunset tour of Sentosa Island
- Farewell dinner (No alcohol included)
- Tour escort (subject to 20 persons travelling)

Not included: Meals other than stated above • Personal expenditure i.e. telephone calls, alcohol etc. • Travel Insurance (Compulsory and policies available on request) • Tips to Singapore guide

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



For bookings and information contact
Chris Dagostino on 9382 5011 or
email: chrisd@traveltree.com.au
website: www.traveltree.com.au

Bicton Travel Exclusive Christmas Celebration Cruise

HURRY SELLING FAST
BOOK NOW!

~ 2 nights onboard ASTOR
~ Fri 9 - Sun 11 Dec 2016
~ Cruising the WA Coast

Celebrate
the festive Season
at Sea



Social Clubs, Corporate Groups & Lifestyle Villages Welcome – Call today!



1st Person 2nd Person
Interior from \$399pp \$199pp | Oceanview from \$479pp \$239pp

CONTACT BICTON TRAVEL | 08 9339 0277 | info@bictontravel.com.au



bicton travel
making a world of difference

*Fare shown is cruise only lead-in interior or outside accommodation twin share per person, in Australian Dollars and include port taxes and Government charges (including GST where applicable). Agents may charge service fees and/or fees for card payments which vary. Prices are governed by terms and conditions listed in the current CMV Australia brochure February 2016. Fare is "Buy one get one free" or "Buy one get one half price" both valid until sold out or withdrawn. Cabins subject to availability, not applicable with any other discount or offer. Valid for new bookings only. Capacity controlled. Conditions apply.

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Enjoy exhilarating experiences in Switzerland



Left to right: Enjoy Switzerland's Lake Lucerne onboard the Wilhelm Tell Express - Enjoy perfect acoustics in KKL Theatre

by Ann Rickard

APART from breath-taking scenery around every picturesque corner and up every majestic mountain, Switzerland is efficient, friendly and above all, safe.

And almost everyone speaks English.

It's a senior traveller's dream destination, and the easiest and most effortless way to see it all is by train.

Trains depart on time (to the minute) and glide you smoothly to your destination through scenery so outrageously gorgeous it leaves you

gasping with awe and disbelief.

One of many dazzling panoramic trips in Switzerland is the Wilhelm Tell Express experience. This is part paddle steamer through beautiful Lake Lucerne and part train ride through sweeping mountain ranges.

It begins in Lucerne, a beautiful cosmopolitan city on the lake. You will want to linger there before your Wilhelm Tell Express experience, even if it is just for a few days to explore and enjoy a night of unforgettable entertainment in the architecturally wondrous KKL Theatre on the edge of the lake.

The theatre can hold

1898 people in rows, tiers and balconies that ascend so high you feel dizzy. The KKL is one of the finest theatres in the world with perfect acoustics for a performance by the 21st Century Grand Symphony Orchestra, its home base.

Founded by conductor Ludwig Wicki in 1999, the orchestra performs live concerts featuring soundtracks written by notable composers for major motion pictures. On our visit in April, it was *The Gladiator Live* concert.

The 100 plus men and women of the 21st Century Symphony Orchestra and 90 chorus members performed below a

gigantic screen showing Russell Crowe fighting ferocious tigers and fearsome gladiators.

As the conductor waved his arms and moved his upper body with a virtuoso performance, the orchestra followed his every move with their cellos, violins, flutes, trumpets, tubas, clarinets, trombones and massive golden cymbals, all in tune with the drama of the movie above them.

The battle scenes, the gladiator fights, the poignant and death scenes of *The Gladiator* were all brought intensely to life with the orchestra rising dramatically and falling to almost-stillness, and then rising again to soaring crescendos that lasted for the length of the movie.

Then next morning in Lucerne, we took a brisk walk around the cobbled streets, posing for selfies by its landmark Chapel Bridge and Water Tower, before setting off on the Wilhelm Express.

Boarding the regal paddle steamer gives you a tingle of anticipation, and when it slowly sails from the shore and you gaze back to the

snow-topped sight of Mt. Pilatus soaring to the blue sky, well, you know you are in one of the most scenic destinations on the planet.

A glamorous lunch is served on board in an elegant dining room. Traditional dishes are matched with local wines while you sit back and glide past lofty mountain landscapes, picture-perfect villages and charming lakeside towns.

You'll pinch yourself. Are you really there on this blue and lovely Lake Lucerne? Surrounded by cloud-shrouded mountains? With the sun glinting on the clear water creating millions of dancing diamonds? It's beauty overload. The senses struggle to take it all in.

There is not a moment where you are not encircled by Switzerland's embracing beauty, when you are not gazing at something post-card beautiful.

The boat stops briefly at chocolate-box villages – Hertenstein, Weggis, Vitznau, Beckenried – the names go on and probably won't mean anything to you but at each brief stop, you will be filled with envy for those who live there and enjoy this year round beauty.

Finally at the town of Fluelen, it is time to disembark, no doubt with 50 or more photos in your camera, and walk a few steps to meet the train for the next part of the scenic journey, your high speed train through Locarno or Lugano near the Italian border.

There are yet more re-

gal mountains to look up to, more serene lakes to comprehend, more impossibly beautiful landscapes to gape at. This time you have the comfort of a large seat in one of the panorama carriages where the windows loop around and above you and bring all that Swiss splendour right to your seat.

Because you have travelled from the middle of Switzerland down to the balmy Italian border, the scenery changes; snow-capped peaks give way to swaying palms as you cross spectacularly tall bridges, pass cascading waterfalls, and zoom through mountain tunnels.

The Wilhelm Tell Express is an astounding and unique travel experience, named after the Swiss hero, Wilhelm Tell who, according to legend, symbolised the struggle against oppressive rule.

And the best part? You enjoy all this natural beauty in absolute comfort and arrive at yet another of Europe's lovely destinations for on-going adventure.

The writer travelled courtesy of Switzerland Tourism and Rail Europe.

FAST FACTS

Full details of the Wilhelm Express experience are on www.myswitzerland.com. The most economical way to travel by train is with a Swiss Travel Pass.

The 21st Century Symphony Orchestra plays mostly in Lucerne, but does sometimes take the grand show on the road.



ABN 80 943 433 218

"Get caught in the travel web of Aussie Redback Tours"

DAY TOURS

Xmas in July	10 July 2016
Northern Wildflowers	7 August 2016
Araluen Tulip Festival	21 August 2016
Balingup Medieval Carnivale	28 August 2016

EXTENDED TOURS

Kimberley Dreaming Tour 9 Days	15 July 2016
Seniors \$3600pp Adults \$3650 S/Sup \$500	
Historic Outback Tours 15 Days	6 August 2016
Seniors \$4350pp Adults \$4400 S/Sup \$950	
Mt Augustus 7 Days	25 August 2016
Kennedy Range (Wildflower Guide)	
Seniors \$1740pp Adults \$1790pp S/Sup \$450	
Northern Wildflowers 4 Days	7 September 2016
(Wildflower Guide)	
Seniors \$945pp Adults \$995pp S/Sup \$250	

Call Aussie Redback Tours on 1300 662 026
or email aussieredbacktours@yahoo.com.au





**NANNUP FLOWER
& GARDEN FESTIVAL**
18-21 AUGUST
"LOVE FROM NANNA'S GARDEN"...INSPIRED FROM BYGONE DAYS
EXHIBITIONS | OPEN GARDENS | WORKSHOPS | ENTERTAINMENT | WEEKEND MARKETS
NANNUPGARDENS.ORG.AU   TICKETS: TRYBOOKING.COM



www.asiadiscoverytours.com.au

ASIA DISCOVERY TOURS

**Special conditions apply to all our special offers.*

13 Day China Tour with Majestic Yangtze

**\$3,490, now fr. \$3,090 departing 05/09/16 & 17/10/16*
 flying Singapore Airlines including Shanghai, Yichang, Yangtze River Cruise, Chongqing (visiting Panda House), Xian & Beijing.

14 Day Panoramic Sri Lanka Tour (with option to Maldives)

**\$3,980 now \$3,780* flying Singapore Airlines and departing 24/07, 03/09 & 05/11/2016 including Colombo, Negombo, Anuradhapura, Habaran, Kandy and Nuwara Eliya.

10 Day Best Hits of Japan Tour

**\$4,580, now fr. \$4,180 departing 28/06, 09/09, 03/11/16 & 02/04/17* and flying Singapore Airlines including many highlights in Japan from Tokyo to Osaka.

17 Day Ultimate Russia Waterways Tour

**\$4,680, now \$4,280 departing 15/09/16* on a deluxe Russia river cruise from Moscow to St Petersburg with stopover in Shanghai.

17 Day Myanmar Highlights Tour

**Fr-\$5,580, now fr. \$4,880* departing in May and September covering lots of highlights in Myanmar including Yangon, Bagan, Heho, Kalaw, Pindaya, Inle, Sakar, Sittwe & Mrank U.

13 Day Vietnam Holiday Special Tour

**\$2,980, now fr. \$2,680* flying Singapore Airlines and departing monthly till Nov. 16 covering the must-see highlights in Vietnam from North to South.

15 Day Vietnam and Cambodia Tour

**\$3,780, now \$3,480* flying Singapore Airlines and departing monthly until Nov. 16 including 10 days in Vietnam & 4 days in Cambodia

19 Day Scandinavia & Baltic States Tour

**\$8,680 now \$7,980 departing 05/08/16* including 9 countries in Scandinavia and Baltic areas.

Discount applies to ADT club members. Please join now (Conditions apply)

All prices include airfare, airport tax & fuel surcharge (subject to change), transfers & transport, most meals, 4 or 5 hotels, 5* cruise ship for China Yangtze cruise, sightseeing tours with admission & English speaking guide.*

Brochures Free

Email sales@asiadiscoverytours.com.au
 Web www.asiadiscoverytours.com.au
Free call 1300 789 252

Lic: 2TA005740 HAGN#018/291

Porcelain painters join the cruise aboard Astor

**7 days/6 nights ex Fremantle, cruising to
Esperance, Albany, Bunbury and Fremantle.**

*Hosted by the Australasian Porcelain Art Teachers (W.A. Region) Inc.
on board the ASTOR as part of the general cruise of 12 to 18 February 2017.*



During the cruise and whilst in port, Australian artists and guests from Switzerland, Clotilde Ruegg and Peter Faust will conduct demonstrations in the fine art of porcelain painting. The ASTOR, a boutique cruise ship, home based in Fremantle over the summer months, has a 620 guest capacity who can relax or take in the many and various on-board activities such as chess, cards, bridge, games, yoga, library, pool, live music, dance, quizzes and the stylish cabaret style entertainment – all included in the advertised price. All too energetic? Try relaxing on a sun lounge, drink in hand and watch the sea roll by. You don't have to be a painter to enjoy this cruise. Remember to view the free exhibition of hand painted porcelain in The Gallery.

**View the APAT website www.porcelainartteacherswa.net
for Porcelain contacts and information on the cruise.**

All cruise bookings to Au Revoir Travel
319 Walcott Street, Mt. Lawley Ph 9242 3339 Fax 9242 5773
Email: info@au-revoir-travel.com or sam@au-revoir-travel.com

WAGM 10/2/2017



Garden Cruise of **NEW ZEALAND**

Led by garden expert Sue McDougall

Cruise aboard *Celebrity Solstice* on this 12 night cruise around New Zealand via Milford, Dusky and Doubtful Sound, visiting wonderful gardens in Dunedin, Akaroa, Wellington, Rotorua, Bay of Islands and Auckland.

27 Nov - 10 Dec, 2016

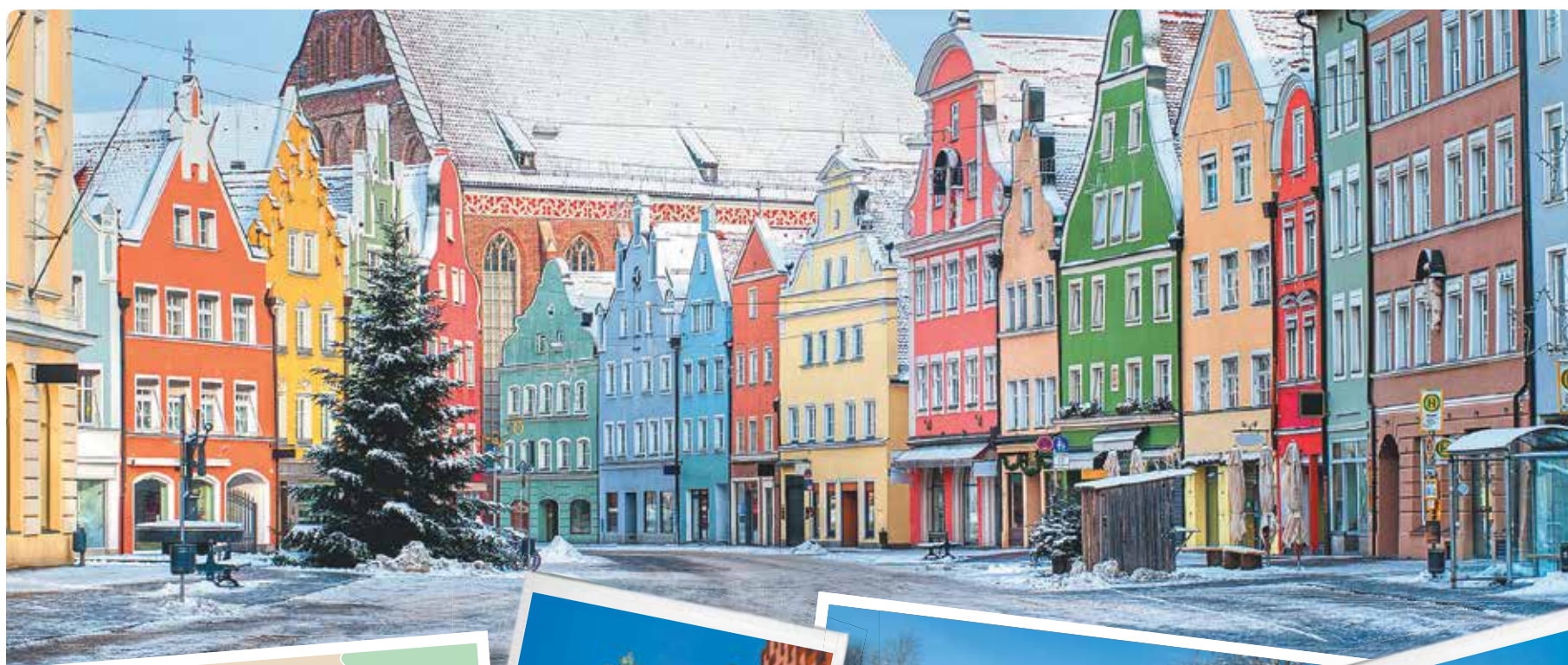


BALTIC & ST PETERSBURG GARDEN CRUISE

and the Cotswolds & Chelsea Flower Show with Deryn Thorpe



Christmas in Europe!



Christmas in Europe Frankfurt to Prague

Featuring | France | Germany | Austria | Czech Republic | Strasbourg | Heidelberg | Rothenburg | Nuremberg | Salzburg | Vienna | Prague

Escorted 13 Day Tour | Saturday 17 to Thursday 29 December 2016

Join villa's escorted tour to experience the real magic of the Christmas season. Swap the heat of West Australia's summer for snowflakes, Lebkuchen biscuits and traditional Christmas markets as you take a journey from Frankfurt to Prague. Along the way you will tour ancient cities, wander magical Christmas markets, take a guided walk of medieval Cesky Krumlov, experience a Mozart Concert and a Christmas Day Concert, sleep overnight in a real castle, celebrate Christmas in Vienna, sample wine in the Alsace wine region, explore Strasbourg's Petite France and visit the famous Kathe Wohlfahrt's Christmas store. This is a once in a lifetime magical experience that you will not want to miss!

Highlights | Alsace Wine Region Touring | Strasbourg Canal Cruise and Petite France | Kathe Wohlfahrt's Christmas Store | Christmas Markets – Rothenburg, Cesky Krumlov | City Tours – Heidelberg, Strasbourg, Nuremberg, Prague, Vienna, Salzburg | Lebkuchen and Gluhwein Tastings | Overnight in a Castle | Bavarian Glass Route | Mozart Concert and Dinner | Schoenbrunn Palace Grand Tour | Christmas Eve and Christmas Day in Vienna | Christmas Day Concert | Castles – Heidelberg, Prague

DAY 1 Perth to Frankfurt

(inflight)

We collect you from home and transfer you to the Perth International Airport for your flight to Europe. Welcome to Bavaria! Overnight: Frankfurt.

DAY 2 Heidelberg to Strasbourg

BD

Discover Heidelberg, one of the most romantic cities in Germany with your local guide then continue on to Strasbourg. Tonight a welcome dinner will be served in the hotel. Overnight: Strasbourg.

DAY 3 Strasbourg and Alsace Wine Route

B

Today tour the beautiful old city of Strasbourg, the picturesque quarter of Petite France and the heart of the Alsace Wine Region. Overnight: Strasbourg

DAY 4 Käthe Wohlfahrt's Christmas Store

BD

Explore one of Europe's best-preserved medieval towns and a winter's fairy tale scene with Christmas stalls filled with old German Christmas pastries, mulled wine and handcrafted treasures. Overnight: Rothenburg ob der Tauber.

DAY 5 Overnight in a Castle

En-route to Wernberg, tour Nuremberg. This evening at your 13th century castle, sample Lebkuchen and Gluhwein and dine in the world class gourmet restaurant. Overnight: Castle.

DAY 6 Bavarian Glass Route

BD

Today travel the Bavarian Glass Route to Salzburg with visits to the Glass Barn, Joska Glass Crystal works Christmas market and the 'Glass Forest'. Overnight: Salzburg

DAY 7 Salzburg

BD

On your city tour discover Salzburg the birthplace of Mozart and the setting for the film "The Sound of Music." This evening dine at a local restaurant before attending a Mozart concert. Overnight: Salzburg.

DAY 8 Christmas Eve in Vienna

BD

In Vienna, view the main sights then take a Grand Tour of Schonbrunn Palace. Overnight: Vienna

DAY 9 Christmas Day in Vienna

BLD

This evening, following a Christmas lunch feast attend a Christmas day concert. Overnight: Vienna

DAY 10 Cesky Krumlov to Prague

B

On a walking tour of UNESCO World Heritage site, Cesky Krumlov discover 300 protected medieval buildings and its castle complex, the second largest in the Czech Republic then continue to Prague. Overnight: Prague

DAY 11 Prague Sights

BD

This morning your city tour includes a guided walk to see Prague's most famous sights including its bridges, cathedrals, gold-tipped towers and church domes. Overnight: Prague

DAY 12/13 Homeward Bound

B (inflight)

Late afternoon transfer to the airport for your flight to Perth via Frankfurt. On arrival into Perth, our courtesy taxis will be on hand to take you safely home.

TOUR DATES AND COSTS Per Person / Twin - Inc GST

Saturday 17 to Thursday 29 December 2016

Price \$11465 Single Option \$835

Itinerary is subject to change. Terms and conditions apply.

FreeCall 1800 066 272 for details

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. *Terms and conditions apply.

Villa's Free Travel Presentations

Villa is delighted to announce the launch of our monthly free travel information sessions in Perth at the State Library of Western Australia. Each session runs from 9am to 1pm. Come to one, come to them all!

Thursday 30 June 2016 Featuring Antarctica, Tasmania, The America's and New Zealand

Thursday 28 July 2016 Featuring Discovery and Just for Singles Tours, Christmas in New Zealand and Europe

Tuesday 9 August 2016 Featuring 2017 Holidays and Last Chance 2016 Departures.

FreeCall 1800 066 272 or email events@villa.com.au RSVP is essential



1800 066 272



travel@villa.com.au



villa.com.au



find us on facebook

Door to Door Service All Holidays Depart from Perth



villa
holiday your way

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

Join us online:



A man on a mission – to help the people of Cambodia



Left to right: One of the houses Bob helped construct in Cambodia. Water well – supplying fresh water to Cambodian people is an important part of the work the Tabitha Foundation undertakes

CAMBODIA was devastated by the Vietnam and civil wars, including Pol Pot's reign from 1975-79, leaving the country underdeveloped physically and economically.

The estimated popula-

tion of Cambodia today is 16 million.

Only 26 per cent of Cambodian households use electricity as their main source of light, 34 per cent have a toilet facility; 47 per cent have access to a suit-

able water source, 83 per cent still use firewood as their main type of fuel for cooking and 40 per cent of the population live below the poverty line.

The main needs of all Cambodian people is to have suitable housing, access to a clean, safe water source and educational opportunities for the children.

Tabitha Foundation Cambodia is a sustainable non-profit organisation which was initiated, founded and established by a Canadian woman Janne Ritskes who moved to Cambodia in 1994 and used her pension and savings to establish the Foundation.

Since its inception 22 years ago, Tabitha Foundation Cambodia has made a positive impact on 541,200 families with 4,329,600 dependents.

Tabitha Australia's Mission is to raise funds to support and promote the community development programs operated by Tabitha in Cambodia.

Former owner of Kings Tours and Travel, Bob Page, has been supporting Tabitha Foundation Cambodia's efforts since 2011 and he is now part of the Tabitha Australia team in Perth. We previously featured Bob and his adventures helping build houses for the people of Cambodia.

Tabitha Australia encourage Australians to organise fundraising groups to raise funds and visit Cambodia to provide houses, water wells and schools.

In the last 12 months Tabitha Australia has 30 building groups travelling to Cambodia to provide houses and water wells for approximately 450 families (3,100 people including 2,000 children).

Bob Page led his first building team to Cambodia five years ago.

"Building a house for these terribly poor people is a wonderful experience for all ages. You not only change their lives, you change yours as well. I recommend volunteering to go on a house building trip with Tabitha to everyone," he said.

Tabitha also has five groups raising money to build schools in remote areas where current education is not available.

For more information about Tabitha Australia and Tabitha Foundation Cambodia and to find out how you can help, donate or join a building team, please log on to www.tabithaaustralia.org.au or contact Bob at tabithaaustralia@gmail.com

Weekend Value Deal

Stay at the Goodearth Hotel Perth on a Friday, Saturday or Sunday night and save 15%. From just \$119 per night in a Standard Studio or \$136 per night in a Superior Studio.



Ph: 9492 7777

www.goodearthhotel.com.au

Seniors Special

Grab a bargain at the Perth Ambassador Hotel with your Seniors Card. Save 10% off your hotel accommodation and 15% off your dinner bill at Café 196. Stay from \$126 per night.



Ph: 9325 1455

www.ambassadorhotel.com.au

Winter Deal

Enjoy a cosy getaway this winter at Sleepwell Motel Albany. Stay 3 nights and get free continental breakfast daily, bottle of wine on arrival and 11am late check-out.



Ph: 9841 7399

albany@sleepwellmotel.com.au

For validity dates and full terms and conditions, call or visit our websites.



Take Time out in Toodyay

Relax in a luxury B&B in the Avon Valley
Within an hour's drive of magnificent wildflowers



\$99*

PER NIGHT

MID WEEK BREAKS SPECIAL
Includes breakfast.
Offer valid Sunday to Thursday inclusive.

248 Blackwattle Rd, Toodyay Tel: 9574 4086

Email: blackwattleretreat@westnet.com.au

www.blackwattleretreat.com.au

Perfect tours for all occasions

Wine Tours Sight Seeing Tours Gourmet Tours
Group & Private charters in Mandurah and the South West of W.A.
Personalised tours

Have a relaxing day out exploring the countryside tasting some of the regions best wines, beers and food. Our personalised tours are flexible and we have a range of inclusive venues, activities and options to suit your taste. Half day, full day, groups & customised tours.

Drinking and non drinking tours available.
12 & 21 Seater air conditioned busses
Bottled water on tours, esky for perishables
and plenty of room for purchases on tour.
Gift vouchers available.



Phone Mandurah Wine Tours & Charters
for bookings and enquiries on 0427 442 781
Email: info@mandurahwinetours.com.au
Website: www.mandurahwinetours.com.au

If you love to paint on porcelain than this is the cruise for you

THE Australasian Porcelain Art Teachers (WA region) Inc. is hosting a cruise on board the Astor as part of the general cruise from 12 to 18 February 2017.

The cruise will be 7 days/6 nights ex Fremantle, cruising to Esperance, Albany, Bunbury and Fremantle.

During the cruise and whilst in port, Australian artists and guests from Switzerland, Clotilde Ruegg and Peter Faust will conduct demonstra-

tions in the fine art of porcelain painting.

The Astor is home based in Fremantle over the summer months and has a 620 guest capacity. Guests joining the cruise can relax or take in the many and various on-board activities such as chess, cards, bridge, games, yoga, library, pool, live music, dance, quizzes and the stylish cabaret style entertainment – all included in the advertised price.

There will be a free exhibition of hand painted porcelain in The Gallery throughout the cruise.

For porcelain contacts and information on the cruise visit www.porcelainartteacherswa.net

All cruise bookings to Au Revoir Travel, call 9242 3339 or email info@au-revoir-travel.com

Just one hour from Perth, travel through the rural landscape of the historic Chittering Valley for a weekend escape or day visit to Bindoon.

A wide range of accommodation is available throughout the area complemented by picnic areas, wineries and walk trails.

2016 Chittering Wildflower Festival, Bindoon
Friday 16 - Sunday 18 September, 10am-4pm

Seasonal fruit can be bought from roadside stalls and during spring the area is renowned for its wide range of wildflowers.

Taste of Chittering, Lower Chittering Sunday 28 August

Chittering Visitor Centre
6180 Great Northern Hwy, Bindoon
Ph 9576 1100 Email bindinfo@iinet.net.au
www.chittering.travel

3 Cities & 3 Trains

11 NIGHTS

DEPARTS PERTH ON SUNDAYS

• Rail travel on the Indian Pacific, Perth to Sydney in gold service cabin
• 3 nts in Sydney • Sydney Harbour Story Cruise • Rail travel on the XPT, Day Service Sydney to Melbourne • 3 nights in Melbourne • City tour and river cruise • Rail travel on the Overland, Melbourne to Adelaide • 2 nights in Adelaide • Adelaide City Sights Tour • Air travel, Adelaide to Perth

SENIORS SPECIAL DEAL \$3495 per person twin share
(AVAILABLE UNTIL 7 AUGUST)

Darwin & The Top End

7 NIGHTS

DEPARTS PERTH ON SATURDAYS

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

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

Around Australia by Rail

18 NIGHTS

DEPARTS PERTH ON TUESDAYS

Air travel, Perth to Broome • 3 nts in Broome • Town Tour • Air travel, Broome to Darwin • 2 nts Darwin • City Tour • Air travel, Darwin to Cairns • 3 nts in Cairns • Rail travel on the Spirit of Queensland, Cairns to Brisbane (Rail Bed) inc meals • 1 nt Brisbane • Rail travel on the XPT, Brisbane to Sydney • 2 nts Sydney • City Tour • Rail travel on the XPT, Sydney to Melbourne (First Class Seat) • 2 nts Melbourne • City Tour • Rail travel on the Overland, Melbourne to Adelaide • 2 nts Adelaide • City Tour • Rail travel on the Indian Pacific, Adelaide to Perth in Gold Service inc meals

GOLD \$5590 per person twin share
PLATINUM \$7680 per person twin share

Christmas in July

FREE UPGRADE TO AN OUTSIDE CABIN - BOOK NOW!

TWO DEPARTURES 7 AND 28 JULY

Return flights Perth, Adelaide Perth • 2 nt in Adelaide • 3 nt Murray Princess cruise inc Return transfers, all meals, onshore excursions

ON SALE \$1999 per person twin share
(based on inside cabin)

SA FLY & STAY FOR FREE DEAL

SAVE \$1020 per person

DEPARTS 10 & 24 JULY

Rail travel on the Indian Pacific, Perth to Adelaide in Gold service inc all meals, drinks off train excursions • 3 night's accommodation in Adelaide
• 3 nt Murray River Cruise incl return transfers, meals & entertainment
• Air travel, Adelaide to Perth.

ON SALE FROM ONLY \$2699 per person twin share

3 STATE FLY & SAIL GETAWAY

DEPARTS 7 DECEMBER VISITING SA, VICTORIA AND TASMANIA

Air travel, Perth to Adelaide • 3 night's accommodation in Adelaide • City Tour • Barossa & Hahndorf full day tour • 7 night cruise on the Sun Princess (inside cabin), departing Adelaide and visiting: Burnie • Melbourne • Port Lincoln and disembark in Fremantle (includes: meals & entertainment)

ON SALE FROM ONLY \$1680 per person twin share
(Upgrades available based on interior cabin)

australianHOLIDAYcentre

CALL 1300 799 342

www.australianholidaycentre.com.au
email: perth@australianholidaycentre.com.au

Conditions apply, subject to availability, correct at the time of printing.

WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Groove on the Move heading north for the winter...



Gill in her mobile karaoke van

GILL MCNAMARA (61) will be getting her Groove on the Move in mid-June when she sets off to take her mobile karaoke business around Australia.

Her lifelong love of singing and entertaining has inspired her to realise her dream and literally 'get the show on the road' for the next 11 months.

Gill, a resident of the Fremantle area, has packed up her van and given up a professional counselling career to operate Australia's only mobile karaoke business travelling across regional Australia.

"Originally from London, I lived for many years in Denmark, a small town on WA's south coast, and experienced first-hand the long distances you often had to travel for a night's entertainment. That was my inspiration to bring entertainment to regional towns. My vision is to offer a professional and fun evening's entertainment that all the community can enjoy by either taking part in or listening to," Gill said.

When told as teenager that she could not sing, it took Gill until she was 42 to try again in public. She started singing around

campfires and parties in Denmark.

After finally having the courage to have a go, she realised she had a talent and moved on to singing with various bands.

Since 2013, she has been singing with local band *Little Sister* around Fremantle and Perth.

"I finally got out of my comfort zone and survived it and that is what Groove on the Move is all about."

Encouraging people to have a go and build up their confidence.

"It does not have to be a solo performance at my karaoke events, you can sing in a group or as a duet and I'll be more than happy to sing along with you too."

"Plus, the audience can join in anytime as all the song lyrics are projected onto a screen for everyone to see."

Gill's Groove on the Move shows are suitable for bowls and RSL clubs, roadhouses, pubs, community groups, aged care facilities and parties.

She is also hoping they might be booked for sundowners at caravan parks as she travels through northern Western Australia, Queensland, New South Wales, Victoria,

and South Australia.

With 15,000 karaoke tracks to choose from. Groove on the Move appeals to music lovers across all genres and to all ages.

Locals can expect a really great night getting into the spotlight and performing their favourite songs on quality equipment.

"I have a love of travel and meeting people in this wonderful country having travelled throughout Australia many times before. I'm looking forward to meeting regional Aussies and bringing a really fun and welcoming night of entertainment to their towns," said Gill.

Gill will be heading up the coast to Exmouth then Broome and through the Kimberley to Kununurra in WA before heading across to Queensland by mid-August.

You can find out more about Groove on the Move and follow her travels on Facebook or email Gill for more information at grooveonthe-move2016@gmail.com.

Exciting news for seniors' bus trips



BOOK your groups bus trip with Club 55 for a fun day out.

A new addition to the tours is the 45 seat coach with a full Karaoke set up. Sing along to all your favourite songs with all the words displayed on twin TV screens. A microphone extends throughout the coach so everyone can have a go and there are prizes for the best singer on the day.

With the addition of a smaller 24 seat mini bus to the fleet they are now able to cater for smaller groups, the minimum number is now only 15 passengers, so even if your club has small membership you can still enjoy a great day out with Club 55.

With the good rains that we have had it is shaping up to be a great wildflower season. They also have great packages available for the Tulips of Araluen and the 101 Restaurant located high in the Araluen Golf Course Estate. This tour is available for groups and individuals.

Brochures can be downloaded from the web site at www.club55.com.au or phone 1300 653 696. Remember there are no strangers at Club 55, just friends you are yet to meet.

Aussie Redback Tours new brochure



You are on holidays and that's what they want you to have, not just a tour. All of their tours are exceptional value for money and include many extras, such as boat cruises, museums, helicopter rides, national park entries, shows and much, much more.

They also have a range of one day tours, Christmas in July, Northern Wildflowers with wildflower guides, Araluen Tulip Festival, Balingup Medieval Festival and New Norcia at wildflower time, Hotham Valley Forest Train and lots more for people to choose from.

All Aussie Redback tours are fully accommodated, no camping for us, and include most meals and attractions.

Why not give Sharon, Renata and their team a call on 1300 662 026 today for their new brochure, get caught in the travel web of Aussie Redback Tours today.

Joondalup Caravan Repairs



Servicing • Repairs • Spare parts

Insurance work • Accessories

Solar Systems • Alterations • Awnings

We also manufacture composite panels

For all your Caravan, Motor home, or Camper trailer needs. Secure indoor accommodation if your van needs to spend the night.

PHONE 9206 4933

Unit 13/21 Warman St, Neerabup WA 6031
admin@joondalupcaravanrepairs.com.au

Best Western Kalgoorlie



- FREE continental breakfast daily
- FREE wireless broadband internet, FOXTEL
- FREE tea, coffee and biscuits in your spacious motel room
- FREE welcome drink when dining at the Katherine Station Restaurant
- POOL, restaurant, cocktail bar, BBQ & guest laundry

*Subject to availability - bookings essential - some blackout dates apply.

Best Western Hospitality Inn Kalgoorlie

560 Hannan Street, Kalgoorlie

9021 2888

kalgoorlie@hospitalityinns.com.au

www.hospitalityinnkalgoorlie.com.au



Each Best Western branded hotel is independently owned and operated. © 2014 Best Western International, Inc. All rights reserved.

KEN PEACHEY CARAVAN REPAIRS

• Specialists in all types of caravan repairs and alterations

• Insurance claims

• Jayco warranty

• Canvas, vinyl work

194 Campbell Street, BELMONT

Phone: AVRIL, MIKE, JASON DAVIES

9277 1381 Fax: 9277 8528

Email: info@kenpeachey.com



Best Western Esperance

ONLY \$125 PER NIGHT FOR 2!



- FREE continental breakfast daily
- FREE wireless broadband internet, FOXTEL
- FREE tea, coffee and biscuits in your motel room
- FREE welcome drink when dining at the Seasons Restaurant
- CENTRAL town location opposite the bay
- POOL, restaurant, cocktail bar, BBQ & guest laundry

*Subject to availability - bookings essential - some block out dates apply

Best Western Hospitality Inn Esperance

44-46 The Esplanade, Esperance

9071 1999

esperance@hospitalityinns.com.au

www.hospitalityinnesperance.com.au



Shire of Chapman Valley
Love the Rural Life

Connecting visitors from the wildflowers of the Midwest to the coast of Coronation Beach.

The Moresby Range is the gateway from Geraldton with a range of self drive day trips including overnight and short term camp sites on the way. Enjoy our carpets of wildflowers, heritage, cottage tourism activities and local facilities; BBQs & picnic areas, playgrounds, toilets, dump point.

www.chapmanvalley.wa.gov.au

Wildflowers down south

FORTÉ
Cape View Apartments
BUSSELTON BEACH



Call us on **08 9755 4388**

12 Little Colin Street, Busselton
bookings@capeviewapartments.com.au

Book online at
www.capeviewapartments.com.au

funseeker tours & charter

Travel in our Mitsubishi Rosa 24 seater coach with seatbelts. Fully inclusive packages, home pick up and return - all meals, entries and ensuite accommodation. No hidden extras.

2016 TOURING PROGRAMME

SEPTEMBER	CAPE TO CAPE WILDFLOWERS	\$1,495
OCTOBER	AMAZING ALBANY WILDFLOWERS	\$1,795
DECEMBER	MANJIMUP CHERRY FESTIVAL	\$ 900
DECEMBER	CHRISTMAS BY THE BAY	\$1,850

FUNSEEKER TOURS & CHARTER
PH 1300 660 668 (24hrs)

Email funseek@inet.net.au Visit www.funseekertours.com.au

Murray Princess Cruise

9 DAYS, THURSDAY 13 TO FRIDAY 21 OCTOBER 2016

Join us on this wonderful tour on the Murray Princess, a holiday you will be glad you went on and you will want to go back. The PS Murray Princess offers a unique historic and nature-based adventure, through some of the driest parts of the driest continent, past mallee scrub and ancient red gum forests, through towering gorges and ochre-coloured limestone cliffs.

Along the way visit historic ports and lush vineyards as we navigate the Murray's locks and big river bends. There's no better way to see the Murray River and a slice of the hauntingly beautiful and dramatic Australian outback, it's unique flora and fauna, and the rich legacy of old riverside ports and indigenous culture close up than to drift unhurried and quietly under the power of the paddle-wheeler PS Murray Princess.

TOUR HIGHLIGHTS

- ★ Visit the Barossa Valley
- ★ Enjoy an Aussie BBQ on the banks of the Murray River
- ★ Dance and enjoy dinner at the Captain's dinner
- ★ Watch the sun set each night on the Murray River
- ★ Play bridge and other games on-board the Murray Princess
- ★ Spend time in the quaint German village of Hahndorf

TOUR COST PER PERSON

TWIN SHARE **\$3,850*** SINGLE PRICE **\$4,550***



TOUR INCLUSIONS

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ Exclusive Kings Tour with luxury coach travel on days 1, 2 & 9
- ✓ 1-nights' accommodation in Adelaide at the Crowne Plaza
- ✓ 7-nights aboard the Murray Princess in an outside twin cabin
- ✓ 8 Breakfasts, 7 lunches and 8 dinners
- ✓ Sightseeing and entry fees as per the itinerary



BOOK AND DEPOSIT BY 31 JULY 2016 AND RECEIVE A \$50 ON-BOARD BAR CREDIT PER STATEROOM



Tropical North Queensland Winter Getaway

8 DAYS, MONDAY 25 JULY TO MONDAY 1 AUGUST 2016

Tropical North Queensland fits in more untouched beauty, ancient culture and adventure within its borders than some entire countries manage to do. The World Heritage-listed Great Barrier Reef and the Daintree Rainforest is its most prized stars. Picture staying 7-nights at the Pullman Cairns International, a sophisticated hotel in the perfect position to explore the diverse wonders of this unique region. Your days will include Port Douglas, Kuranda, Atherton Tablelands, a free day to perhaps venture out to the reef, a stunning sunset cruise, wonderful food and of course, great company.

Icons of South Australia Flinders Ranges & Kangaroo Island

10 DAYS, TUESDAY 13 TO THURSDAY 22 SEPTEMBER 2016

On this tour we'll fly you to Adelaide where you'll begin your journey visiting just some of its iconic places, Flinders Ranges and Kangaroo Island. On your way to the Flinders Ranges, you'll travel via the Barossa Valley for lunch and wine tasting. When you arrive at Flinders Ranges, you'll step back in time in a beautifully rugged, 540 million-year-old landscape. A local guide will give you an insider's tour of this stunning National Park. Leaving the ranges, you'll travel via Quorn and Melbourne to the Clare Valley and enjoy an overnight stay at the Clare Country Club. Now it's time for Kangaroo Island, Australia's third largest island. Its known for its diverse wildlife and nature reserves, including Flinders Chase National Park and its kangaroos, wallabies, koalas and many bird species. At Cape du Couedic, the park's southwestern point, sit the huge, striking Remarkable Rocks granite formations. Nearby, Admirals Arch is a rock bridge with an adjacent fur-seal colony. Here you'll spend a magical and refreshing three nights to truly enjoy the sights and tastes the island has to offer.

TOUR HIGHLIGHTS

- ★ Winery tour, lunch and tasting at Seppeltsfield, Barossa Valley
- ★ Locally guided tour of Burra
- ★ Flinders Ranges National Park
- ★ Local guided tour including morning tea and lunch, Gumcreek Station
- ★ "Sundowners" with Wilpena Pound Resort
- ★ Tour of Martindale Hall, Mintaro
- ★ Visit to Beerenberg Farm
- ★ Visit to Haigh's Chocolate, Adelaide

TOUR COST PER PERSON

TWIN SHARE **\$4,250*** SINGLE PRICE **\$5,150***

TOUR INCLUSIONS

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ Exclusive Kings Tour with LUXURY COACH TRAVEL
- ✓ 9 nights accommodation
- ✓ Breakfast daily, 6 lunches & 8 dinners
- ✓ Sightseeing and entry fees as per the itinerary



TOUR HIGHLIGHTS

- ★ A day at Kuranda including the Kuranda Railway and Skyrail Rainforest Cableway
- ★ Atherton Tablelands, Curtain Fig Tree
- ★ Jaques Coffee and Lake Barrine
- ★ Daintree River Cruise
- ★ Australian Muster Experience
- ★ Visit the Wildlife Habitat in Port Douglas
- ★ Sunset Cruise
- ★ Dinner at the Dundees Restaurant

TOUR INCLUSIONS

- ✓ Home pick up and return
- ✓ Kings Tour Manager
- ✓ Return economy airfares and taxes flying Qantas
- ✓ Exclusive Kings Tours of Cairns with LUXURY COACH TRAVEL
- ✓ Accommodation at the Pullman International Cairns for 7 nights
- ✓ Breakfast daily, 3 Lunches & 5 dinners
- ✓ Sightseeing and entry fees as per the itinerary

TOUR COST PER PERSON

TWIN SHARE **\$3,550*** SINGLE PRICE **\$4,155***



BOOK NOW & SAVE!!!

Queen Mary 2

Cruise from Cape Town to Fremantle

ON SALE!



21 DAYS, MONDAY 23 JANUARY TO SUNDAY 12 FEBRUARY 2017

You want style, luxury and elegance. You want an experience like no other. Then look no further at the REMASTERED Queen Mary 2. She will embark on a new chapter of innovation as she undergoes an extensive 25-day dry-dock in June 2016. What a perfect time to embark on her voyage from Cape Town to Fremantle. You'll spend three-nights in Cape Town before settling in to your elegant stateroom.

Queen Mary 2 is wonderfully grand so you'll love your days at sea. There are endless entertainment opportunities. Dancing, deck games, theatre productions and cookery demonstrations just to name a few. In her Queens Room, the largest dance floor at sea will be the setting for nights you'll long remember. Illuminations is a luxury 3D cinema, a planetarium and a classical music venue. If you fancy a little shopping, fine boutiques centred around the ship's magnificent Grand Lobby. If anything sums up the freedom of your voyage its the array of places to eat. From healthy to hearty, let your mood decide.

TOUR HIGHLIGHTS

- ★ Spend 3 nights in Cape Town
- ★ Take in the spectacular views of the Cape Peninsula and Cape Point Themes
- ★ Visit the Iconic Table Mountain
- ★ Enjoy the day in the beautiful Cape Winelands region and have lunch in a winery
- ★ Cruise home to Fremantle on the Iconic Queen Mary 2
- ★ Visit Port Elizabeth, Reunion Island and Port Louis in Mauritius

TOUR INCLUSIONS

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ One way airfare including taxes with South African Airways
- ✓ 3 nights accommodation at the Commodore Hotel, Cape Town
- ✓ 16 night cruise on-board the Queen Mary
- ✓ Breakfast daily, 18 lunches and 17 dinners
- ✓ Sightseeing and entry fees as per the itinerary

FREE UPGRADES PLUS ON-BOARD CREDIT

ON SALE UNTIL 30 JUNE OR UNTIL SOLD OUT

PAY FOR AN INSIDE STATEROOM AND RECEIVE A FREE UPGRADE TO A BALCONY STATEROOM

FROM \$6850 PER PERSON TWIN SHARE Includes \$350 on-board credit per stateroom

\$9975 PER PERSON SINGLE Includes \$175 on-board credit per stateroom

The above prices are based on paying for a category IC and being upgraded to Category BV or lower.

Sale Prices valid for new bookings only and until 30 June 2016 or until sold out.



The tour cost includes air taxes of \$320pp which are subject to change. Optional Shore Excursions are an additional cost.



Did you know you can book our tours online? Visit **www.kingstours.com.au**

Did you know you can book our tours online? Visit **www.kingstours.com.au**

Phone us on **1800 677 760** (freecall)

*Air taxes are subject to change until full payment is made. Private car transfers arranged by Kings Tours & Travel and are provided within the Perth Metropolitan area including Mandurah. Travel Insurance recommended. Prices are correct as of 8 June 2016. Conditions Apply.

Our new office is located at 110d Cambridge Street, West Leederville WA 6007
E: office@kingstours.com.au | www.kingstours.com.au

WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Explore the Kimberley from Home Valley Station



HOME VALLEY STATION offers an authentic outback experience where guests can immerse themselves in genuine Australian

hospitality while discovering the unique landscapes of the Kimberley.

Located on the iconic
Gibb River Road, at

the foot of the majestic Cockburn Range, this historic station is the ideal base from which to explore the pristine wilderness.

An impressive lineup of events will delight guests in the months of August and September. Troy Cassar-Daley, the country artist who is sitting on top of the Australian Country Music scene, will be at the Station on Sunday, 7 August to perform his world-famous hits on the banks of the mighty Pentecost River.

The 4th annual Pentecost Pro Big Barra Fishing Tournament held from 3 to 4 Sep-

tember will have keen anglers excited. With a huge prize pool to be won, live nightly entertainment, hearty out-back fare and special guests from the Merv Hughes Fishing Show; the Pentecost Pro is a season highlight not to be missed.

Guests at Home Valley Station can also experience a range of activities including hiking, heli-fishing, horse riding, boating, star gazing, nature and crocodile spotting and Barramundi fishing on the Pentecost River. There are also seven walking trails to explore. Each trail is unique and features beauty only found in the Kimberley wilderness.

Stay two nights in a guesthouse room for just \$250* per person twin share including full buffet breakfast, access to walking trails and live entertainment at Dusty Bar and Grill.

This rate is available for travel from 1 June to 31 August. Low season rates apply for travel 1 September to 31 October 2016 from \$210* per person twin share.

For bookings call
1300 134 044. [www.
hystation.com.au](http://www.hystation.com.au)

*Conditions apply,
subject to availability.

Villa Carlotta Travel's hottest travel picks

Antarctica in a Day

JOIN VILLA for a day tour like no other – a sightseeing flight over Antarctica. This 12 hour flight departing and returning to Melbourne is the easiest way to view the great white continent and its icy expanse. Aboard, the atmosphere will be electric as you depart Melbourne to fly over the world's highest, driest and coldest continent. Forget rough seas, cold weather and expensive ships – this is the way to see Antarctica!

Aboard the privately chartered Qantas 747, your Antarctica flight includes four hours over the ice, bespoke service, on board Antarctica explorer information sessions, live crosses to research stations, full bar service, two full service meals, Antarctica documentaries and a take home explorer kit.

Villa's Antarctica in a Day tour departs Perth for Melbourne on Thursday 9 February and returns to Perth on Tuesday 14 February 2017. The six-day escorted tour features full day sightseeing Antarctica flight, five nights accommodation, most meals, airfares, travel insurance (conditions apply), courtesy home collection and return (Perth and Mandurah metropolitan areas) and great Melbourne attractions including the Old Melbourne Gaol, the Royal Exhibition Centre, Fitzroy Gardens, Yarra River cruise, Immigration Museum, South Melbourne markets and more, plus a full free day to do as you please in Melbourne.

Islands of Hawaii

The Islands of Hawaii are very special and a destination popular with Australian travellers. Like no other place on earth Hawaii offers the visitor breathtaking natural beauty and an inviting warm charm that will entice any traveller.

In 2017 you can explore the many islands of Hawaii with an escorted villa holiday. Departing from Perth on Sunday 19 February, the 21-day escorted tour will ar-

rive in Los Angeles for some wonderful experiences before joining the *Star Princess* for a 15-night Hawaiian Islands cruise.

Aboard the *Star Princess* you will experience relaxing pursuits, enriching activities, world class entertainment and gourmet cuisine. Ashore you will explore the islands of Hilo, Honolulu, Kauai and Maui on a shore excursion of your choice. The holiday includes one night Sydney, two nights Los Angeles, Los Angeles city tour, 15-night Hawaii Islands cruise, nine days at sea, courtesy home transfers (Perth and Mandurah metropolitan area), airfares and taxes (ex Perth, WA), travel insurance (conditions apply), 49 Meals, 18 nights accommodation and your professional Villa tour leader.

Scotland's Wild Highlands and Isles

Travelling the back roads on a private tailor-made holiday, enjoy an intimate Scottish experience with Villa Carlotta Travel.

With just a maximum of 16 travellers this small discovery holiday will stay in charming local accommodation which reflects the character of each of the destinations and will tour places beyond the tourist facade.

Departing Perth on 3 June 2017 the 16 day escorted holiday will feature a brief time in London with sightseeing planned and free time for you to explore at your leisure, before boarding a train journey for Edinburgh. From Edinburgh you will enjoy walking tours of many Scottish towns and cities, extensive scenic touring, authentic experiences, independent exploration, culinary delights that celebrate the rich heritage of local food and drink and time on the Isles of Skye and Mull.

Included in your holiday will be courtesy home transfers (Perth and Mandurah metropolitan area), airfares (ex Perth, WA), travel insurance (conditions apply), most meals, 13 nights accommodation, touring and attractions, professional Villa tour leader, local guides, gratuities and visas (conditions apply).

Contact Villa Carlotta Travel today for full itinerary details - FreeCall 1800 066 272 email travel@villa.com.au Website www.villa.com.au

Family Holiday Park
only 1 hour from Perth



We cater for all, as we have cabins, cottages, glamping tents, caravan/ tents sites and beautiful natural unpowered sites all in bush setting.

We are two minutes drive to the lake where you can swim, enjoy water sports, relax and even camp the night under the stars.

Come and see us, we look forward to meeting our old and new friends.

147 Invarell Road, Waroona Ph: 9733 3000
Email: linda@navarino.com.au www.navarino.com.au

INTO THE NEVER NEVER

GIBB RIVER ROAD, KIMBERLEY



Engulfed by a landscape of breathtaking contrast, Home Valley Station is located on the iconic Gibb River Road, at the foot of the majestic Cockburn Range. A truly unique and intimate Kimberley wilderness experience with a warm and decidedly Australian style of hospitality.

Reignite your spirit of adventure. Reel in that elusive Barramundi from the banks of the Pentecost River, swim in natural sapphire pools dwarfed by ancient red gorges or explore Australia's last frontier from the air, by foot or on horseback.

INCLUDES

- + 2 nights accommodation in a Guesthouse Room
- + Daily buffet breakfast
- + Access to walking trails
- + Entertainment at Dusty Bar & Grill

on

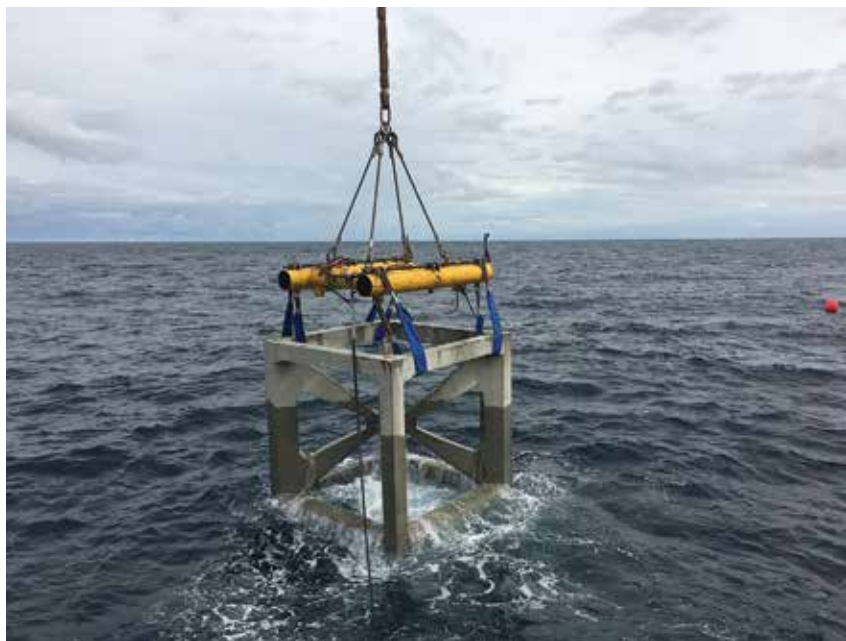
OUTBACK PACKAGE

\$250

2 nights per person twin share

CALL 1300 134 044 EMAIL TRAVEL@VOYAGES.COM.AU VISIT HVSTATION.COM.AU

Deploying artificial reefs in WA



An artificial reef module being deployed off the South West

by Mike Roennfeldt

A FEW years ago a group from Perth visited China and Korea to see first hand artificial reefs used in commercial fishing. Their successful use convinced them that reef design technologies, developed there over many years, could be applied back home to improve the lot of small boat fishing in WA.

As a result specially designed concrete reef modules were built locally and deployed in arrays at sites off Dunsborough and Bunbury a couple of years ago. Just recently a third artificial reef was deployed off Mandurah and a fourth is planned for south of Rottnest later this year.

While the first three are designed to attract demersal species, the fourth is a vertical design designed for pelagic species such as mackerel and tuna.

Each artificial reef is made up of 30 ten-tonne reinforced concrete modules placed in six clusters in the four hectares reef area. As these artificial reef fields mature marine growth on the concrete modules attracts the small creatures that form the bottom of the food chain. Later a fish community around the reefs begins to develop. Experience so far of the two artificial reefs in Geographe Bay points to the program being a remarkable success.

The reefs are regularly monitored with baited remote underwater video (BRUV) cameras. There are some fascinating short videos to watch on Recfishwest's artificial reefs Facebook page. There you can see a passing parade of the species that have made the reefs home.

This program, funded from Royalties for Regions and our fishing licence money, is very much community based. Local user groups had input in location selection and anglers assist in monitoring the reefs. Rec fishers are now doing their own reef watching with GoPro cameras. Posts from the public are welcomed on the Facebook page. Some of the

interesting species spotted around the reefs so far have included a school of 15kg-plus mulloway, lots of Samsons, yellow-tail kings, pink snapper, dhufies, boarfish, amberjack and skippy.

Testament to the success of the reefs is the fact that the diversity of species in the areas concerned has quadrupled since their installation. This is pretty encouraging considering the reefs are expected to take around 5-10 years to fully mature.

Fishing an artificial reef

for the first time demands a little more thought than fishing a natural reef. The nature of the structure down there gives tough fish like Samsons plenty of opportunity to do you over, so anchoring right on top of the reef is asking for trouble. Better to anchor up-current of the structure and drift baits or a berley trail back towards it, unless of course, the sounder tells you there are heaps of fish or bait down-current of the structure, in which case that is the area to fish.

Struth... Moondyne Joe, a man on the run



Escapologist Joseph "Moondyne Joe" Johns – the only prisoner ever released from gaol as a reward for having escaped from the place.

IN HIS continuing search for the more weird and wacky in this world, David Ellis wonders if colonial Western Australia bushranger, Joseph "Moondyne Joe" Johns is the only convict ever released from gaol as a reward for having escaped from the place?

After being sentenced to ten years for stealing and killing a steer in 1865, Joe absconded from a prison work party, and when recaptured was given additional time before escaping yet again.

On recapture once more, he was set to work in Fremantle's prison yard breaking rocks for road building... a smirking gaol governor telling him "If you can get out of here, I'll forgive you."

Working in his corner of the yard under constantly-watching guards, Joe soon amassed a high pile of broken stone – behind which he could only be seen from the waist up, and slipping behind every now and again to wield an unseen sledgehammer blow at the prison's limestone wall.

Eight months later, Moondyne Joe slipped behind his rock pile for the last time and through the hole he'd taken so long to create in that gaol wall. He remained on the run for two years. When eventually recaptured, a new prison governor heard of his predecessor's offer of forgiveness if Joe ever managed to escape again, and believing he'd done enough time, bizarrely set him free in May 1871.

Joe married, and apart from a few minor misdemeanours, settled down to a relatively crime-free life, dying of senile dementia in a lunatic asylum 30 years later.

KALBARRI EDGE RESORT



Luxury new resort next to town centre

Edge Seniors Deals!

Luxury accommodation
\$66.50 per person per night...
that is less than half price!



Includes FREE restaurant breakfast daily
 FREE courtesy coach pick up and Rainbow Jungle transfers
 FREE welcome drink
 FREE upgrade to spa suite. Min 2 persons (single supp. \$60)
 And FREE desserts when having dinner at Edge Restaurant (with main course)



BOOK NOW

www.kalbarriedge.com.au
 info@kalbarriedge.com.au
 1800 286 155



SPORTING PACKAGE

Staying @ Ledge Point Holiday Park
 (Valid 1/06/16 to 31/08/16)

- Stay 3 nights Sun - Thu on a 10x10m grass powered caravan site
- 2 x Vouchers for 9 holes golf at Ledge Point Golf Club
- 2 x Vouchers for bowls at Ledge Point Country Club
- Wednesday night dinner at Country Club
- buy one meal get second meal half price
- Complimentary glass of wine or beer at Country Club
- Free sausage sizzle @ Camp Kitchen - Tuesday Night

\$120 per couple or
\$100 per couple for groups of 10 or more

For enquiries contact Wayne and Kathryn
 on 9655 2870 or 1300 856 088
 Visit www.ledgepointholidaypark.com
 Email reservations@lphp.com.au

THE OLD CONVENT DALWALLINU



Ideally located 1km south of Dalwallinu town site on 50 acres of beautiful countryside...

The Old Convent has 11 guest rooms available; king single, queen or king with shared ablution facilities. Each room has tea and coffee facilities, a bar fridge and tv. Continental breakfast included (cooked breakfasts and evening meals will incur additional charges).

Other facilities; large function room, pool, pool table, bar facilities, mini golf course, BBQ area, second hand book exchange, *wifi available.

We also cater for different types of functions.

BOOKINGS 9661 1551

Email admin@theoldconventdalwallinu.com.au
www.theoldconventdalwallinu.com.au



We would like to welcome you to our BRAND NEW Caravan Park in Quairading.

We had our official opening on Friday 22 April by Shire President Brian Caporn and Mia Davies, local member of The National Party who quoted "One of the Best in the Wheatbelt"



Quairading is located about 170 kms east of Perth in Western Australia's wheatbelt.

QUAIRADING ATTRACTIONS:

Quairading Nature Reserve - 527 hectares of native bushland west of the town along the railway line to York. The reserve contains York Gum, Salmon Gum, Wandoo and Casuarina trees, and wildlife including the eastern wallaroo, western grey kangaroo, echidnas, reptiles and birds.

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

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

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

NO PRICE INCREASE: Still \$20 per van,
we do offer special discount for Caravan Clubs.

BOOKINGS: The Shire office 9645 2400 or Peter Ricetti 0427 392 407 (a/h)

TAKE A WALK ON THE WILD SIDE

Stay longer, explore further and experience more with
 a self-drive discovery of the Turquoise Coast. With mild coastal
 climates you can enjoy beautiful beaches one day
 and stunning inland drives the next!



TURQUOISE COAST VISITOR CENTRE 67 Bashford Street, Jurien Bay WA 6516
 (08) 9652 0870 - tmc@dandaragan.wa.gov.au

www.dandaragan.wa.gov.au/tourism.aspx - www.facebook.com/TurquoiseCoastWA

WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Batavia's long boat joins *Duyfken* on historic voyage to Dirk Hartog Island

by Brad Elborough

THERE looms a potentially nostalgic moment later this year when replicas of two four-century old Dutch vessels sail into Shark Bay.

In late October, we will celebrate 400 years since Dirk Hartog Island was discovered. The planned

festivities will make this anniversary one of the major events on this year's West Australian tourism calendar.

And a part of that will be the *Duyfken*, which will make the journey from Perth for the occasion. She became the first European ship to make re-

corded contact with and map part of the Australian continent a decade earlier, in 1606.

En-route to the party, the *Duyfken* will stop into Geraldton and pick up the Batavia longboat replica.

In 1629, the *Batavia* was wrecked while trying to navigate through the Abrolhos Islands. Her longboat is a part of a fabulous story where 180 crew members were ferried safely to the shores of one of the islands.

She then sailed on to *Batavia*, known today as Jakarta, for help, with the captain and some of the crew and returned from that massive journey three months later.

The story of mutiny and bloodshed that took part while the remainder of the crew stayed has become famous and can be explored in places such as the WA Museum, Geraldton.

The 35-foot *Batavia* longboat replica with her 10-foot beam was constructed in 2002 with massive input by local Geraldton TAFE students attaining their Certificate IV

in Wooden Boat Building.

She's spent some time on display since then, for a time at the Geraldton Airport, but is now looked after by a not-for-profit association.

Visitors to Geraldton can sail on her once a month (watch the Association's Facebook page for details of when) for free. *Batavia* Longboat Replica Association president and skipper Vince Nock says people come far and wide to do just that.

"A part of our constitution is to assist in the promotion of marine heritage in the region and we do our best to fulfil that role," Mr Nock said.

"We get visitors from around the world, including Dutch people who come specifically to explore the history of the region and to see the replica. It's great to be able to accommodate them."

"We get locals who know a bit about the *Batavia* Coast and the Islands, but then there are some who just have no idea."

"And then we have people like the 81-year old lady who had lived



Batavia Longboat replica. Courtesy of Karl Monaghan AAIPP, www.karlmoghannphotography.com

her whole life in Geraldton without having seen it from the water. That was kind of cool."

The *Batavia* longboat's voyage to Shark Bay will commence alongside the *Duyfken* on 16 October and take around 70-sailing hours to arrive at the Dirk Hartog 400th Anniversary celebrations.

She'll have eight crew on board and sail at about three knots.

"If all the planets align, the two vessels will arrive into Denham at the same time and hopefully to a bit

of a celebration," Mr Nock said. "It should be a bit of a spectacle from the land."

The whole journey is expected to cost the Association around \$20,000, which is a fair sum for a group working on a shoe-string budget of around \$10,000 a year.

Included in that \$20k is money for the new sail that she needs for the journey and her transportation back to Geraldton after the party (she's not sailing back).

Mr Nock said that the Association needs financial assistance for the trip to be done properly. He said that there are offers of consistent help (financially and in-kind) from M3 Engineering, the Geraldton Fisherman's Co-op and the Greater City of Geraldton, but is asking for anyone else who can help to come forward.

He didn't want to mention that his own business, the Geraldton Saw Doctor, also chips in often.

"We can't charge when we take people for a sail, because of insurance," Mr Nock said. "We do ask for and usually accept donations from those who sail on her, plus we get some funding from the Geraldton City Council, which usually covers the insurance."

"Unfortunately, because we're a replica, we can't put sponsorship logos on to sails, or display them on the boat. However, we do promote our supporters wherever we can, on social media, communications and on signs when we display the boat."

John Thomson, a former member of the Association, who has moved away from Geraldton, but has plans of returning, says that the success of the longboat replica has come about by the passion of people like Vince Nock.

Mr Thomson and his Dutch wife, Deb, were involved in the early days of the replica's existence and believe it to be a part of one of the more fascinating pieces of the region's history.

"It's good to have a boat in the water and when you do, some of her story is told as well," he said. "It has always received good support from the community, with cadet groups involved at times too."

"When she was being built, it was a collaboration, with assistance from individuals and the commercial sector."

"History-wise, it sits right up there with significance."

Double Beach HOLIDAY VILLAGE

We are a very neat and tidy Holiday Village located 8km's South from the city centre



- Greenough Rivermouth Walk Trail runs 15kms along the river which is a minutes walk from the park • Beach is 5 minutes walk • Free bbqs and camp kitchen facilities are available • Swimming pool • Tennis courts • Volleyball • Basketball hoop • Playground • We have a large bird aviary with peaceful surrounds • Office and mini mart open 8.30am to 5.30pm daily • pet friendly

Fully self contained cabin and chalet accommodation is also available. These have their own ensuites, kitchens and all linen is provided. THESE ARE PRICED FROM \$140 PER NIGHT OR A DISCOUNTED RATE WILL APPLY IF MORE THAN 3 NIGHTS BOOKED.

4 Hull St, Cape Burnery WA 6532
8km south of Geraldton

PH 9921 5845

Email grcp@wn.com.au

www.doublebeach.com.au

Powered sites for seniors
\$30 p/night or
\$200 p/week
RV FRIENDLY!

ENJOY MAGNIFICENT SUNSETS



PAY 2 STAY 3 NIGHTS*

- Kalbarri Motor Hotel offers budget style accommodation with ocean views
- Located in the main part of town
- Close to shops
- Short walk to river and beaches
- Restaurant premises - mouth watering menu, Asian cuisine and gourmet pizza

*Excludes Easter and school holidays



Ph: 9937 1000

Email: kalbarrihotel@wn.com.au

WINTER SPECIALS at KALBARRI BEACH RESORT



\$80* per night

2 bedroom apartment (\$40 per person as a couple)



Redeem your TransWA Pensioner Annual Free Trip

Voucher for Regional Public Transport

Your TransWA driver stays at this resort with you!



BOOKINGS
1800 096 002

www.kalbarribeachresort.com.au

*Minimum 3 night stay. Conditions apply.
Offer valid 15/12/16

Legendary rail journey discounted

THE 2017 rates for the legendary rail journey, The Trans-Siberian, have been released and are open for bookings. Russian rail experts for over 21 years, Beyond Travel, are offering savings of \$350 to \$750 per cabin on the premium private rail Czars Gold service, when you book by 30 June.

This epic 15-day rail-

tour covers two continents and seven time zones and departs from either Moscow or Beijing. The journey is aboard a privately chartered first-class train and features stops in Mongolia, Siberia and Tartarstan.

The on-board experience includes gourmet meals in the first-class dining car, educational and cultural lectures, nightly bar service, and an on-board doctor.

This fully escorted comprehensive private train tour is now priced from \$10,335 per person twin share and includes eight nights aboard The Czars Gold train with all meals on board, five nights first class hotel accommodation, one night sleeper berth on a Chinese train, a selection of local meals, extensive sightseeing with a tour director and local guides and transfers.

There are 12 guaranteed departures between May and September 2017.

For a free brochure or to speak with a dedicated Russian rail expert call Beyond Travel on 1300 363 554 or visit www.beyondtravel.com.au



Spend an incredible week sailing and exploring the pristine waters of the Kimberley. If you're after a thrilling hands-on experience, then explore and seek adventure with us.

Cruises depart from Broome. All ages welcome.

Broome-Wyndham (or Wyndham-Broome):
March-April & August-September
13 days from \$3,300

Buccaneer Archipelago:
April-November
7 days from \$1,800



www.ahoybuccaneers.com.au | (08) 9193 7650



GERALDTON
TAKE A FRESH LOOK



Plan your wildflower adventure now!

Geraldton Visitor Centre
www.visitgeraldton.com.au
(08) 9956 6670
246 Marine Terrace, Geraldton

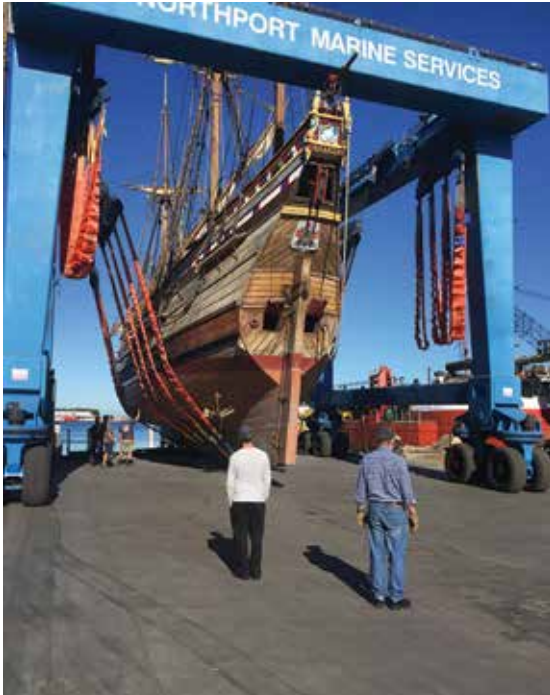


WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Duyfken launches on new adventures



The Duyfken in dry dock



OVER the past 17 years *Duyfken* has undertaken many great sea adventures, none more important than this year's *Duyfken* Dirk Hartog Commemorative Voyage and Exhibition.

It's a real testament to those skilled shipwrights who built *Duyfken* during the late 1990s, that they built a yacht capable of sailing the oceans of the world.

For those not familiar with the sea voyages of the *Little Dove* it's worth taking a moment to reflect on those great achievements.

In 2000, only months after her launching, *Duyfken* set sail on the 2000 Chevron *Duyfken* Expedition, a voyage that saw her set sail from the port of Fremantle, from where she headed north along the Western Australian coast visiting numerous regional ports. From Broome she then headed north east on a course that would see her following the old spice trading routes to Indonesia.

Having arrived in Indonesia to great fanfare her instructions were then to re-enact the 1605-06 voyage of the original *Duyfken* by sailing to the Pennefather River in

the Gulf of Carpentaria, before sailing on to conduct an extensive exhibition tour of Queensland, a tour that culminated in Brisbane some nine months after leaving Fremantle.

Not content with the overwhelming success of this first voyage, the crew of *Duyfken* were soon to undertake a massive sailing odyssey, a voyage that would take the better part of 12 months to complete. The 2002 VOC *Duyfken* Voyage was commissioned as part of the 400th Anniversary of the establishment of the VOC in 1602. Sailing from Sydney, *Duyfken*'s instructions had her heading first to Jakarta, and then along the original spice routes to the Netherlands, where she arrived in April/May 2002.

This voyage saw her sail across the northern Indian Ocean past Sri Lanka, then on to Mauritius and Cape Town in South Africa, before sailing north through the Atlantic Ocean to the Netherlands.

To put this adventure in perspective, a voyage such as this had not been undertaken since the spice trading days of the Dutch East India Company, more than 300 years prior. It represented 12 months at sea in some of the more challenging oceans of this planet, but the crew did it, and upon arrival in Texel in the Netherlands they were welcomed by thousands of amazed Dutchies, who simply

struggled to believe that such an undertaking could be achieved, in a vessel such as *Duyfken*.

Next month we'll share with you the other two great voyages that *Duyfken* has so far undertaken.

Special Seniors Offer:

This year as part of the *Duyfken* 2016 Dirk Hartog Commemorative Voyage and Exhibition, *Duyfken* will go on exhibition at the following ports, Bunbury (22/08 – 4/09), Mandurah (5/09 – 14/09), Hillarys (15/09 – 27/09), Jurien Bay (29/09 – 3/10), Dongara (4/10 – 7/10), Geraldton (8/10 – 16/10) and Denham (20/10 – 24/10).

For seniors we have a special group (10+) price for visits to the exhibition between 2-5pm Monday – Friday. The special price is \$9.95 (normally \$12.50) with a one off group transaction fee of \$9.95.

For more details phone 0427 160 606 or email info@duyfken.com.

Well that's about it for this month from the *Duyfken* team... see you next month. www.duyfken.com

Eat, drink and visit the markets in the Margaret River region...

THE RESTAURANT and café scene in the Margaret River region is unsurpassable. The region has attracted and created world-class chefs that draw their inspiration from the abundant fresh local produce, stunning landscapes and the pristine environment in which they work. People are spoilt for choice of where to eat. Choose from casual eating to first-class dining and there's always a perfect bottle of wine handy to accompany your meal. For an outstanding experience, indulge in a wine and food matching degustation.

The Margaret River region has one of the world's greatest climates to produce premium wine, and the same can be said about the region's ability to grow impeccable produce. Revered in 2015 by *Delicious Magazine* as Australia's 'Most Outstanding Region', specialty growers and producers are part of a food movement that is taking over the region. Heirloom organic sun ripened fruit and vegetables, grass fed beef and lamb, daily caught seafood, venison, marron (freshwater crayfish endemic to the south west of Western Australia), native foods, free range

eggs, organic dairy, olives, olive oils, wood fired bread, traditional French baked goods, artisan cheeses, hand-made chocolate and fudge, fair trade coffee and hand-made ice cream are just some of the outstanding foods being produced.

Nearly 20 years ago, the region's first brewery was a lone trailblazer and now with nine breweries in the Margaret River Region, craft beer is a real player

in the down south scene. Each brewery has its own distinctive style from traditional pale ales and pilsners to preservative and additive free brews. By contrast chocolate beers, ginger and chilli beer will give your tastebuds something new to think about. Brave inventive styles are introduced regularly and frequent the daily tasting list. Some also produce their own cider, there's

even a distillery.

Enjoy the markets

Touch, taste, smell feel and listen – a visit to the town markets is a sensory experience and a great way to meet the locals. You'll find everything from farm fresh produce to handcrafted wares on offer. There're also great markets on in Busselton, Vasse, Dunsborough.

For further information, visit www.margaretriver.com.

Esperance Getaway



Clean, comfortable and affordable
ATTRACTIVE AUTUMN RATES!
Group bookings



31 DEMPSTER ST, ESPERANCE PH: 9071 1533

Email: reception@bayviewmotel.com.au

Relax at CLOVER COTTAGE



Limestone Spa cottages with woodfires overlooking the river valley. Trout stocked lakes and river fishing. Grass tennis court and canoeing. Close to the many wineries, restaurants and natural attractions of Pemberton, Manjimup and Walpole region.

Contact Paul or Petrina
9773 1262
info@clover-cottage.com.au
www.clovercottage.net



The Perfect Getaway...

***WINTER SPECIAL
STAY 5 NIGHTS
PAY FOR 4**



Albany Holiday Units

*Excludes school and public holidays

...located near
Middleton Beach, Albany
Short drive to town centre, cafes and shops
1, 2 & 3 Bedroom
self contained apartments
from \$99 OFF PEAK per night
19-21 Golf Links Rd,
Middleton Beach, Albany
www.albanyholidayunits.com.au
PH 9841 7817



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.

PH: 9072 0044 14-15 The Esplanade, Esperance
Email: admin@esperanceapartments.com.au
For further info visit www.esperanceapartments.com.au

DUNSBOROUGH Central Motel



Located in the town centre. Just a stroll to shops, supermarkets, restaurants, cafes and beach. Outdoor pool, heated spa and bbq. FREE In-house movies plus WiFi now available. Just ask our friendly staff.

Rooms ranging from Standard Motel style rooms to our Luxurious Spa Suites.

STAY 2 NIGHTS IN A SUPERIOR MOTEL ROOM FOR \$159*

Includes complimentary bottle of wine.
*Offer valid until 30/09/16 and cannot be used in conjunction with any other offer.

RAC
★★★★

PHONE: 9756 7711
50 Dunn Bay Rd, Dunsborough WA 6281
Email: reservations@dunsboroughmotel.com.au
Web: www.dunsboroughmotel.com.au

SOUTHERN FORESTS WA 'Festivals and Food'



Truffle Hunt in Manjimup, Southern Forests WA

The Southern Forests of Western Australia are synonymous with genuinely fresh produce and pristine natural forests, rivers and beaches. The region, which includes the towns of Manjimup, Pemberton, Northcliffe and Walpole produces over 60 varieties of premium quality fruit, vegetables, truffles, nuts, marron, fish, dairy, livestock and wines. The region is the birth place of the Pink Lady and Bravo apple. On 24 - 26 June 2016 the annual Truffle Kerfuffle festival will celebrate the burgeoning Truffle industry and the genuinely southern forest culinary experience.

www.shireofmanjimup.com.au



Paradise Motor Inn
Friendly & Affordable

WINTER SPECIALS
Free continental breakfast with every booking

Phone Louisa for details 9752 1200

6 Pries Avenue, Busselton
Email: paradisemotorinn@bigpond.com
www.paradisemotorinn.com.au



EXPERIENCE THE Silk STANDARD

Silkwood Wines in the Southern Forests region of WA is an award winning winery and includes world class chalets, with a first class restaurant and cellar door overlooking our beautiful lake and tall timbers. When you choose Silkwood you choose The Silk Standard.

Visit Silkwood Wines during September and October and enter the draw to win a 2 night mid week stay in world class chalets, including Premium Sparkling!



9649 Channybearup Road, Pemberton WA 6260 Ph 08 9776 1584 www.silkwoodwines.com.au

WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Drive the Golden Quest Discovery Trail



Niagra Dam at Menzies © Tourism WA

north east along the trail, passing through Ora Banda and Goongarri to Menzies. Stop for lunch at the Menzies Hotel, then drive to Lake Ballard and the remarkable Antony Gormley sculptures. Continue north, stopping at Niagara Dam before arriving in Kookynie, where you can try your hand at fossicking for gold.

Accommodation options: Hotel or caravan park.

Day 2:

Kookynie - Leonora (67 kilometres/1 hour)

Before departing Kookynie, spend some time checking out the artworks on display at Old Miners' Cottage Craft. For a real adventure, take the unsealed road to Leonora and the gold rush ghost town of Gwalia. Visit Gwalia Museum and the site of historic Hoover House, once home to the former American President, Herbert Hoover, who managed the local mine.

Accommodation options: Stay overnight at Hoover House, or continue the journey to Leonora

where there are hotels, motels and backpacker accommodation.

Day 3: Leonora - Kalgoorlie-Boulder (235 kilometres/2.5 hours)

Take the western trail through stunning outback landscapes and seasonal wildflowers to the mining hub of Kalgoorlie-Boulder. After a day on the road enjoy a cold drink on the wide veranda of one of the many hotels in Kalgoorlie-Boulder.

Accommodation options: Hotels, resorts, motels, backpacker lodges and caravan parks.

To ensure you enjoy a safe and well-planned journey, take a look at travel times and distances, road safety and important travel tips. If you have your camping gear or caravan in tow, check out the range of caravan parks and camping sites available in Australia's Golden Outback.

For more information visit www.australiasgold-enoutback.com

Mary's Farm Cottages - an authentic Western Australian Wheatbelt rural experience



WHEN VISITING the upper Great Southern or southern Wheatbelt, you'll feel right at home at Mary's Farm Cottages. They offer quality accommodation and great service. The facilities include walk in showers and services provided by Mary's Farm Cottages ensure a pleasant stay, even for the most discerning guests. The village welcomes people who are aged 50 and over.

The Nenke family first took up the home property in 1912 and moved onto the land in 1914. Today it is home of third, fourth and fifth generation family members. Being mindful of the importance of looking after the environment for future generations the village is eco-friendly.

Take a complimentary tour and visit the family's state-of-the-art yabby (fresh water crayfish) establishment. Cambinata Yabbies is the largest and most sophisticated yabby processing facility in Australia. Here people can enjoy a tour and have the opportunity to purchase delicious gourmet products that you can enjoy and take home as gifts. Pre-ordered steamed yabbies are available either at Cambinata or delivered to your cottages for a tasty treat.

See the giant wheat bins, have lunch in the shearing shed, watch the kangaroos graze at sunset or taste Michael's honey and visit the bee hives.

There is an array of wildflowers in the region so come along for a well deserved rest at Mary's Farm Cottages, email: info@marysfarmcottages.com.au.

Elite TOURS



Elite Tours is your premiere club, retirement village and group tour company. With 60 tours to choose from and tours starting from \$56 per person including homemade morning tea, 3 course lunch with tea or coffee and a 5 star touring coach, also 1 FREE seat on all tours for organiser (minimum of 25 paying passengers required).

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

Southern Cross Caravan Park & Sandalwood Motel



Located on the Great Eastern Highway
Over 20 powered sites, separate tent area
En-suite powered site for disabled persons
2 ablution blocks
Campers kitchen, Recreation room, Laundry and BBQs

Comfortable, fully equipped motel accommodation for singles, families and couples.

Within walking distance of 2 service stations and the CBD

For more information

P: 9094 1212

Email: caravanpark@yilgarn.wa.gov.au

Or visit www.yilgarn.wa.gov.au

AN AWARD-WINNING SELF-DRIVE ADVENTURE IN WA'S GOLDFIELDS

Drive yourself wild!



GOLDEN QUEST DISCOVERY TRAIL

Contact Goldfields Tourism Network
Telephone 0408 511 696
Email info@goldfieldstourism.com.au

A comprehensive guide book has just been thoroughly updated, providing historical and current information, site and locality maps. It is available for purchase at Visitor Centres, online and as an e-book with accompanying audio at www.goldenquesttrail.com

GATEWAY TO THE OUTBACK WAY

4WD tracks - Golden Quest Discovery Trail



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@laverton.wa.gov.au
www.laverton.wa.gov.au

NORSEMAN

The Gateway to Western Australia



- **Nullarbor Links Golf Course** - the world's longest golf course
- **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



GOLD PROSPECTING? What a great idea!



Get everything you need at Reeds



Phone 9250 3388
25B Helen Street, Bellevue
www.reedsprospecting.com.au

Huskies and Hounds at The Hamptons

The Western Australian Dog Sled Association is hosting The HAMPTON HOON at Hampton View Homestead, Mount Hampton 16 to 17 July 2016

Come one-come all!

Sled dog racing in the Wheatbelt!



The dry-land sled dog races - has to be seen to be believed!

Hampton View Homestay B&B/Farm Stay, Outback WA Eastern Wheatbelt, near Southern Cross
541 Mckenzie Rd, Mt Hampton
Ph: 9040 4034

Email: goodhillp@skymesh.com.au
www.hamptonviewhomestead.com.au

WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Art Gallery within the Menzies Visitor Centre © Tourism WA

WINTER is the perfect time to visit the Goldfields and art galleries are becoming popular attractions in the outback. Check out some of the galleries which offer Aboriginal art from the

local people.

Laverton Outback Gallery

The Laverton Outback Gallery is a not for profit organisation established to display, promote and sell authentic Aboriginal

There's plenty of art to find in the Goldfields...

art on behalf of the people of the Laverton and Western Desert area.

The gallery houses an extensive range of art and is well worth a visit whilst in Laverton.

There are a wide range of acrylic on canvas paintings, wooden artefacts such as didgeridoos, boomerangs, bowls, digging, tapping and hitting sticks, beads and other local crafted wooden items.

Hand dyed silk scarves are a particular feature of the Marlu Kuru Kuru women's artist collective.

Laverton is approximately a 12-hour drive from Perth and a four-hour drive from Kalgoorlie. 4 Euro Street, Laverton Phone 9031 1395

Email - llcca@westnet.com.au
www.laverton-outback-gallery.com.au

Menzies

Aboriginal Art Gallery

The Menzies Aboriginal Art Gallery is housed within a historic federation building and features the work of the Spinifex people from the Ilkurlka and Tjuntjuntjara communities.

The art gallery is co-located within the Menzies Visitor Centre and Library in the 'former' Lady Shenton Hotel.

The gallery is open seven days during the peak season, April to September and weekdays (except public holidays), October to March.

Works on display are for sale.

Menzies is one hour and fifteen minutes drive north of Kalgoorlie on the Goldfields Highway.

37 Shenton Street, Menzies

Phone 9024 2702

Email visitorcentre@menzies.wa.gov.au

Warakurna Artists

Yurliya Gallery

Established and opened in 2010, Warakurna Artists Yurliya Gallery offers visitors a unique introduction and experience of art and culture in the Ngaanyatjarra Lands.

On display are a diverse array of paintings, hand woven baskets, sculpture and wooden artefacts from highly respected artists in the nearby communities of Wanarn, Warakurna, Patjarr (Kayili

Artists) and Warburton, for sale to the intrepid traveller.

Warakurna Roadhouse, via The Great Central Road

Phone 8955 8099

or 0417 354 718

Email art@warakurnaartists.com.au
www.warakurnaroadhouse.com.au/attractions.php

2016 TOURS

Donnelly River, wood gallery and tram
Saturday 2 July Adults \$145 Seniors \$140
Includes entries, morning & afternoon tea, buy or bring your own lunch. Enjoy morning tea in Pemberton Park. Ride on the Pemberton Tram as you meander through the tall trees. All aboard for a romantic cruise in the "Gigetta", down the Donnelly River.

Pilbara & Broome 14 day Tour
Wednesday 20 July - Tuesday 2 August
Seniors \$3920 per person Single Supplement \$1045
Travel NW coastal Hwy to enjoy four nights in Broome, including a day trip to Derby, returning via Karijini NP, a tour of the mine at Newman, Meekatharra and Dalwallinu.

DAY TOURS EXTENDED TOURS CHARTERS

ROYAL GALA TOURS 1300 233 556
royalgala@bigpond.com
www.royalgalatours.com.au



GEORGE BOOTH (pictured above) from Travel Tree has had the pleasure of travelling as a tour escort with Western Australians for many years and to many parts of the world. However, nowhere is more enjoyable than Singapore where he spent so much time discovering the destination.

Over many decades George has continued to visit Singapore after working for Blue Funnel Line Centaur, Star Cruises and QANTAS Holidays.

He has watched it evolve into a very safe, easy to walk, shopping paradise with an exceptional variety of food and things to do, not to mention the internationally famous Christmas Light display from late November until after Christmas.

There are endless possibilities for a variety of South East Asian food,

Visit Singapore in the company of an experienced tour escort

not to mention lots of Western dishes. These can be found at hawker stalls or fine restaurants throughout the city including the great selection of options at Boat Quay, Clarke Quay and Lau Passat.

The 2016 Christmas Light tour departing Perth on 4 December has well designed content to enable participants to shop and sightsee, including an open top tour of the Christmas light

display along Orchard Road. Visitors can even cross to Johore Bahru in Malaysia.

The three walks included in the tour - China Town, Little India and Singapore River - serve to ensure all corners of Singapore are covered. They also enable walkers to enjoy meeting the locals, observe the photographic sites and even travel to Little India by MTR rail.

Quite a number of people

on the tour are regular participants. The group attracts couples, solo travellers and friends that blend into a happy party of tourists. They have the benefit of an experienced group escort and a daily tour desk at the well located Peninsula/Excelsior Hotel.

For more information or to join the tour contact George at georgebooth@netspace.net.au or phone Chris at Travel Tree on 9382 5084.

YALGOO

Start your outback adventure with a stop at Yalgoo; a historic town offering unique attractions, abundance of native wildlife and prolific seasonal wildflowers. Visit the fascinating Jokers Tunnel carved through solid rock by early prospectors or drive the short distance to Paynes Find to see the only working Gold Battery left in WA. From late July to September carpets of white, cream, yellow and pink everlastings fill the timeless landscape.

YALGOO CARAVAN PARK
Tel: 08 9962 8472
cpark@yalgoo.wa.gov.au

DOUBLE, TWIN & FAMILY ROOMS
PENSION RATE ON SITES
PET FRIENDLY DUMP POINT

Drive yourself wild!

THE GOLDFIELDS: WA's premier self-drive holiday destination

Highlights include:

- KALGOORLIE-BOULDER'S** amazing Super Pit lookout
- LAVERTON'S** Great Beyond Explorers Hall of Fame
- LEONORA'S** Hoover House and the historic precinct of Gwalia
- MENZIES'** 51 Antony Gormley sculptures at Lake Ballard
- COOLGARDIE'S** amazing museums
- WILUNA'S** Town Heritage trail and Tjukurba Art Gallery
- NORSEMAN'S** Great Western Woodlands

Brochures, maps and guidebooks detailing 10 individual drive trails and suggested itineraries are available from our website:

www.goldfieldstourism.com.au



Experience

Rest

Relax

Eat

Play

Explore

SENIORS DISCOUNT - \$135 per room including full buffet breakfast

Quality Inn Railway Motel & Function Centre
Opposite the railway station
- 5min walk to Hannan Street

51 Forrest St, Kalgoorlie Freecall 1800 055 249
www.railwaymotel.com.au

Mary's FARM COTTAGES

KUKERIN • WESTERN AUSTRALIA

An authentic WA farm experience

Enjoy luxurious king size beds or king twins, large flat screen TVs, beautifully appointed bathrooms, uninterrupted farm views, watch the sun go down from your own verandah or enjoy the nightly star studded sky. All cottages back onto a large lawned area shaded by natural trees.

The barbecue is located under the bonnet of an ancient Austin Truck with the 'tray' providing a great picnic table.

WINTER SPECIAL
Mention Have a Go News and receive 10% discount with a 3 night stay

3645 Dumbleyung-Lake Grace Rd, Kukerin
PH: 9864 6054 MOBILE: 0437 341 679
EMAIL: info@marysfarmcottages.com.au
WEB: www.marysfarmcottages.com.au

POWER YOUR PURCHASE with \$300 HONDA DOLLARS[†]



EU20i GENERATOR

\$2099

RRP

4-STROKE

HURRY!
OFFER ENDS
JUNE 30TH




STRONGER | CLEANER | QUIETER | STARTS-FIRST-TIME
4 YEAR WARRANTY*

Get into your specialist Honda dealer today and ask us about the full range of savings. Call 1300 1 HONDA or visit powerequipment.honda.com.au

HONDA
POWER EQUIPMENT

Love my Honda

[†] Offer can be deducted from the total purchase price of the Honda generator or used in store at the time of purchase on any product or service offered by the dealer from which the generator is purchased. Offer is not redeemable for cash. At participating dealers only. *4-year warranty applies to Domestic use and does not apply to engines sold as separate units.



Your new home's
underway.
*Your new backyard
is waiting.*

Pictured: Lake Gwelup

Retire to tranquillity by Lake Gwelup. Limited apartments available now, ready by March 2017.

Could you get any closer to nature if you tried? Don't miss your chance to settle into Bethanie's newest lifestyle village for over 55s at Lake Gwelup. Enjoy the lake in your backyard, with the city close by and the beach even closer. With spacious 1 and 2-bedroom apartments selling quickly, Bethanie Gwelup offers hassle-free, apartment-style community living, with a range of amenities including a hair salon, two rooftop terraces, a social room, gymnasium, a library and even an onsite care facility. Apartments from \$350,000 are limited and selling quickly, so contact us today for more details.

**Segrave Street, Gwelup. Call 131 151,
or visit bethanie.com.au/Gwelup**



Bethanie
You're among friends

Retire in Style



Stamp duty makes downsizing more problematical

by Frank Smith

STAMP DUTY is a major expense if you are thinking of downsizing and it is also a very inefficient way of raising state revenue.

The Urban Development Institute of Australia's national president, Cameron Shephard, said revenue from stamp duty is dependent on the number of property transactions. This can vary wildly from year to

year, making it a highly unreliable source of revenue for state governments.

"Stamp duties are also highly inequitable, as they burden home buyers – a small section of the community – with a tremendous amount of tax, which is used to provide services for the benefit of the broader community," he said.

The report on Australia's Future Tax System by former Treasury secretary

Ken Henry said, Stamp duties are poor taxes. As a tax on transferring land, they discourage land from changing hands to its most valuable use. Stamp duties are also an inequitable way of taxing land and improvements, as the tax falls on those who need to move.

The rate of stamp duty is higher in WA than in any other state. It comes to \$18000 on an average house compared to \$8000 on a similar property in Queensland. Add advertising and real estate commission costs, moving and relocations cost and expenditure on furniture appropriate for a smaller house, no wonder many people who would benefit from downsizing are reluctant to make the move.

The ACT has already made the decision to ditch stamp duty.

"Stamp duty is an unfair and inefficient tax. It distorts investment decisions, and makes the cost of buying a home more expensive," said ACT Chief Minister and Treasurer Andrew Barr.

"This has already made buying a home cheaper – the buyer of a \$500,000 home is already saving \$4700 in stamp duty. We have also significantly cut stamp duty for commercial property – and as a result there has been an increase

in transactions in this sector."

Phasing out stamp duty will take two decades in the ACT but Mr Barr said it would be replaced by a fairer system and at the same time would remove distortions on investment and spending.

"The ACT has a finite supply of land, the sale of which makes up a significant portion of the Territory's own-source revenue," he said. "Transitioning away from taxes on property transactions will ensure our economy and fiscal position is well placed to address the transition away from land revenue."

In WA the Property Council is calling for a fairer and more efficient tax system. In its pre-Budget submission it suggested stamp duty concessions for off-the-plan purchases and seniors looking to downsize.

A report by the Victorian Council of Social Services says the effect of stamp duty is to discourage empty nesters from trading down to smaller dwellings, so housing stocks are underutilised, and some retired home owners prevented from releasing housing wealth to supplement their pensions.

In fact pretty well everyone wants to abolish stamp duty, except the WA State government.

British Pensions Update



by Mike Goodall

IAN BLACKFORD, vice chair of the All Party Parliamentary Group on Frozen UK State Pensions, recently led three determined attempts to put an end to pension freezing, first tabling a motion for an annulment debate in the House of Commons, then petitioning the Speaker for an emergency debate and finally securing a debate which was held in the House of Commons on Wednesday 11 May.

His motion, EDM 1235, called for the annulment of the Up-rating Regulations, which are the statutory instrument the government uses in the spring of each year to exclude frozen pensioners from the up-rating that has just been awarded to all state pensioners across the globe. In order for the exclusion to not take automatic effect, the tabled regulations must be annulled by Parliament, which requires a vote to take place in the House.

EDM 1235 was signed in short order by 93 MPs representing eight parties,

including the governing Conservative Party. As of 24 March, the day on which Parliament was adjourning for the Easter recess, it had become the 16th most signed EDM of the 2015/16 parliamentary session (out of 1344 motions tabled). However, no debate was granted, in spite of the fact that seven MPs had, one after another, risen in the House to request one.

Undeterred, on the final session day before the Easter break, Mr Blackford used the eleventh hour opportunity provided by the moments after adjournment of the House had been called (a brief period during which a backbencher can raise a subject that has been previously tabled) to voice an impassioned appeal for a debate once Parliament resumed in two weeks.

"The Up-rating Regulations are being forced through this House," he declared, referring to the fact that pension freezing for another year would automatically take effect by default during the Easter break. "The House should have the opportunity to debate the matter, which not only leaves 550,000 UK pensioners facing hardship, but discourages many UK citizens living in the UK from returning to their country of origin, as many wish to do in their retirement."

The debate on 11 May was conducted with sup-

port from all parties and included passionate speeches by all who spoke. However, the attendance was affected because there was also another debate taking place in other rooms in the Palace of Westminster on State pension retirement ages for women. The only person speaking against the debate was The Parliamentary Under-Secretary of State for Justice Mr Shailesh Vara MP for North West Cambridgeshire.

Angela Rayner who is the MP for Ashton-under-Lyne and Shadow Minister for Work and Pensions made a strong speech in which she called for a full equalities and impact assessment of the freeze in overseas state pensions, as well as a country-by-country analysis of the number of people affected.

For those who would like to read or even watch the debate I have enclosed a link to the All Party Parliamentary Group Web site and the debate frozenbritishpensions.org/commons-debate-frozen-pensions/

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



"Retire without worry"

and live comfortably in a great Perth location

**safe...
secure
comfortable...
affordable**

\$180,000

AND YOURS FROM

(NO STAMP DUTY OR TAXES)

CALL: **9384 5481** VISIT: lislevillages.com.au

Lisle Villages *You deserve it...*
MOUNT CLAREMONT



Homes for sale from
\$199,000*



Mandurah Gardens Estate

Start your new life in a secure and vibrant community

Mandurah Gardens Estate is set on tranquil parklands near the Serpentine River with spacious grounds and facilities. Just moments to the coastal resort village of Mandurah, the estate offers quality homes in a safe and secure community. For more information contact our friendly sales team.

Lee Perry 0408 905 104
lee.perry@harcourtsmandurah.com.au
aspenslifestylevillages.com.au

*Limited properties at this price



Harcourts

aspen
Affordable community living

Retire in Style

Twenty year anniversary for Perth branch of Association of Independent Retirees

IT WILL be twenty years this July since the Perth branch of the Association of Independent Retirees (AIR) was formed. It was the first branch of the national body to be established in Western Australia. A buffet luncheon is being planned to mark the occasion featuring guest speaker, Nick Bruining, a financial advisor and columnist with *The West Australian*.

In 1996 a small group of self funded retirees realised they were being disadvantaged compared to fellow retirees. They decided to do something about it. Jeff Trew, who sadly passed away last month, was one of the instigators. He, with his wife Joan, worked tirelessly over the next few years helping to establish 11 more branches throughout the state in the metropolitan and regional areas.

Jeff wrote an article which was published in the branch's March 2011 Newsletter and is still relevant, perhaps even more so in 2016:

"The Association of Independent Retirees to my mind is just as relevant today as it was when I joined back in 1996. Not only will there continue to be issues raised that need advocacy on the part of all fully and partly self funded retirees there is also the issue of maintaining those benefits that we have already achieved. The majority of these issues require advocacy at the Federal Government level, AIR is well placed to continue this advocacy on our behalf with a proven track record of achievement."

Advocacy is one of the most important functions undertaken by the Association. AIR advocates on behalf of its members based on policy positions across the four core areas of financial, aged care reform, health care reform and social welfare to advance and protect their interests and independent lifestyles.

Much has been achieved for self funded retirees including the establishment of the Commonwealth Seniors Health Care card,

provisional tax abolished and replaced by PAYG and refund of unused imputation credits. In recent years the WA division were successful in advocating for a photo ID card for seniors who no longer possessed a document with a photo ID such as a driver's license or passport. Currently the division is pressing to have stamp duty abolished or reduced for seniors who want to downsize their home.

There are sixty branches and seven divisions throughout Australia. The Northern Territory launched their first branch and division in November last year.

Even though the Perth branch membership has declined in recent years, the branch meets once a month. Guest speakers inform members and the visitors who attend about matters concerning retirees including financial issues for self funded retirees. These include self managed superannuation, property issues especially preparing to downsize, Centrelink and information on preparing and storing wills and Powers of Attorney.

To celebrate the twentieth anniversary, a buffet luncheon which will be held at the Cambridge Bowling and Recreation Club on Friday, 19 August. Past members of the branch may like to attend.

The cost of \$20 must be paid by 1 August. Contact the secretary Val Carter by email, valma.carter@bigpond.com.

The Perth branch meets at the Cambridge Bowling Club on the third Friday of each month. The next meeting will be on 17 June at 10am. The guest speaker will be representatives from National Hearing, who are one of the national sponsors. A free hearing test is available to members of AIR at the June meeting or at their clinic at Subiaco. Those wishing to have a free test need to contact the secretary. There will be a bring and shared meal after the meeting. Visitors are always welcome to attend the Perth branch or any other AIR meetings.

State of the art Australis is coming to Rossmoyne



GONE are the days when retirement meant sitting back on your recliner chair reading the newspaper and drinking

tea. Retirement now offers so much more. It is now all about the lifestyle people want.

Rossmoyne Waters is

very excited to introduce first class independent living apartments, through the building of Australis to meet the demands of today's retirees.

Australis is the first stage of a whole-site redevelopment of Rossmoyne Waters, formerly known as Rossmoyne Adventist Retirement Village.

Australis promises to be a state of the art facility that will provide 86 architecturally designed modern, quality apartments, with generous sized balconies offering vistas to the Perth city skyline, and the ever

popular suburbs of Shelley and Rossmoyne.

The lifestyle enhancing amenities such as the gym, heated swimming pool, spa, sauna, green bowls and café with alfresco areas, will surely appeal to individuals who wish to get more out of retirement.

Currently, more than 30 per cent of these apartments have been sold; and it's no wonder, being positioned within the highly respected suburb of Rossmoyne, adjacent to the bush-forever Yagan Reserve, and ideally distanced from the hustle of the city, Rossmoyne Waters remains the ex-

ceptional retirement village within Perth's southern suburbs.

If retirement is in your plans people may wish to consider the exciting opportunities at Rossmoyne Waters, visit the website - www.rossmoynewaters.com.au or like the Rossmoyne Waters Facebook page. See the advert on page 12 of this issue.

For further information please contact Daniel Gallop, Independent Living consultant on 9259 6603, or email rossmoynewaters@adventist.com.au

Is it time for you to make a new start?

Latitude Resort Living for over 55s



...when relaxation is key.

Latitude Lakelands is your key to the ultimate holiday lifestyle. Just 10 minutes from Mandurah, this over 55s community boasts stunning resort-style facilities, including a bowling green, pool, gym, sports bar, function room, library, cinema and more.

Freehold title 2x2 brick homes start from as little as \$389,000* and feature:

- Wider corridors and no steps
- Higher level powerpoints
- Larger showers
- 24/7 monitored emergency call system

Stage 6 homes are now selling off the plan. To get the keys to the holiday lifestyle you deserve, call **Cath Acton** on **1800 678 683** or visit our **Sales and Information Centre**.

For more information visit
lattitudelakelands.com.au

PEET

*Price correct as at 3 June 2016. Average price of house \$424,556.

Molescan Inglewood

Skin cancer risk assessments, testing and treatments

- Latest equipment ensures that your skin conditions are professionally assessed and treated by specialist skin cancer doctors.
- If you are worried about any moles or other strange skin lesions make an appointment and we can put your mind at ease.
- Discount available for pensioner and senior health care card holders.
- A rebate from Medicare is available and we can do this online for you.
- The clinic is part of the Healthscope Medical Centres network and is located 8 kms north of Perth.
- Parking available onsite

Ph 9208 2800 948 Beaufort Street, Inglewood
Book online: www.molescaninglewood.com.au
or www.healthengine.com.au

Retire in Style



Age discrimination - willing to work but too old at 55?

by Frank Smith

PEOPLE aged 55 years and over make up roughly a quarter of the population, but only 16 per cent of the workforce.

The Age and Disability Discrimination Commissioner, Ms Susan Ryan said almost 74 per cent of Australians aged 55-59 had jobs last year, but this dropped to 56 per cent of 60-64 year olds, and fell to 13 per cent of people over 65.

"This sharp decline

cannot be allowed to continue," she said. "The number of people over 65 will double by 2055, when life expectancy will be well over 90 for both men and women.

"Without changes, people who lose their jobs in their 50s may live up to another forty years without paid employment."

Ms Ryan has just completed a report on behalf of the Australian Human Rights Commission, on age and disability discrimination in employment.

Key recommendations of the report are:

Establishing a Minister for Longevity;

Develop national action plans to address employment discrimination and increase the labour force participation of older people and people with disability.

Expand the role of the Workplace Gender Equality Agency to become the Workplace Gender Equality and Diversity Agency.

Introducing national education campaigns to dispel myths and stereotypes about older people and people with disabilities.

Adopt targets for employment and retention of older people and people

with disability in the public service.

The Willing to Work report also recommends improvements to existing laws and policies and presents a suite of strategies for businesses and employers to improve employment of older people.

Mature-age people are less likely to be unemployed than younger people, but they tend to have greater difficulty finding subsequent employment when they do become unemployed.

In November 2015, the average duration of unemployment for mature-age people was 68 weeks, compared with 30 weeks for 15-24 year olds

and 49 weeks for 25-54 year olds.

She said the rise in mature-age long-term unemployment and the long duration of unemployment, is of particular concern. People who have been unemployed for a long time face greater difficulty finding subsequent work.

Last year the Australian Human Rights Commission released the first survey of age discrimination in the workplace.

They found 27 per cent of people over the age of 50 had recently experienced discrimination in the workplace, in one third of cases the discrimination occurred when they were applying

for a job.

The Commission received 1102 enquiries about age discrimination last year. Of these 62 per cent of enquiries and 71 per cent of complaints about age discrimination were in the area of employment.

The report said employment is important for individual welfare and economic security, allowing people to provide for themselves and their families, improve their standard of living and save for retirement as well as facilitating mental and physical health, and social connections.

Eliminating discrimination and removing barriers to equal workforce

participation is also beneficial to business and the economy.

A seven per cent increase in mature-age labour force participation would bring Australia into line with the top eight OECD countries. It would raise Gross Domestic Product by \$25 billion by 2022 and \$50 billion by 2050.

The report: the Willing to Work: National Inquiry into Employment Discrimination Against Older Australians and Australians with disability is available at www.humanrights.gov.au/our-work/disability-rights/publications/willing-work-national-inquiry-employment-discrimination

Southern Cross



FOR RENT

4 Independent Living Units

2 Bedrooms, 1 shower room plus separate powder room, laundry, wheelchair access throughout, open plan living area, ample storage, R/C air-conditioning, alfresco area, carport and landscaped gardens.

For more information contact

Shire of Yilgarn

P: 9049 1001

yilgarn@yilgarn.wa.gov.au



162/501/NDWH

Living and leaving in style at Belswan



Brian and Di heading for the sun

WITH winter upon us it's great to have the choice of bunkering down in your warm, easy care home in a Belswan Village or to escape to warmer climes.

Di calls it, 'her cubby house on wheels'. Whenever Di and her partner Brian get the opportunity they hitch up their caravan and head either north in the winter or south in summer.

"We really think we live the lotto life, even if we didn't win it. I'm sure people don't realise what a great lifestyle we have here at Belswan's Pinjarra Village. There is always something happening and a great group of people to share the experience," said Brian.

"It's really given Di and I a new lease of life. When we go away we know our home is looked after and what's more

our neighbours are happy to give the garden a squirt of water should it need a drink."

When they are in the village Brian and Di are happy to share their story with couples or singles who are considering a move to village life.

If you've seen the Belswan ad on page 11 of this edition of *Have a Go News* you'll note that our sales team of Robyn and Ian are offering a premium Muzz Buzz Coffee to anyone taking a tour of our Mandurah Village but I'm sure if you visit either village they will extend the courtesy.

They just want you to have a warm feeling after your Belswan visit. Give either Robyn or Ian a call on 0488 155 110 to arrange a convenient time.

HOW to live it up in retirement!

Free seminar, register now.

If you're thinking about retirement living options then this seminar will help answer your questions. Make your way to Crown Perth at Burswood to hear experts explain how you can get the most out of your retirement by living it up north! This is a free event and morning tea followed by a light lunch will be provided.

Speakers include:

- Kevin Davidson, CEO, RSL Care WA
- Mike Hollett, Project Director, Jurien Bay Village
- Malcolm Davis, Principal, Aspire2 Wealth Advisors
- Representative from Centrelink

Places are limited, so register at jurienbayvillage.com.au/seminar or contact Chris Harrison on 0413 120 631 or chrish@hhde.com.au by Friday 8th July to reserve your place.

Date: Saturday 23rd July 2016

Time: 10am to 12pm with lunch available until 1pm

Venue: Crown Perth, Burswood Botanical Rooms 2 & 3



Win a \$1000 cruise voucher!*



Attend this informative seminar and you'll go in the draw to win a \$1000 cruise voucher from Bicton Travel, five-year winners of Australian Cruise Agency of the Year.

*Conditions apply, see website for details.

Jurien Bay VILLAGE

jurienbayvillage.com.au



RSL care

Retire in Style



Left to right; Mark McGowan MLA, Leader of the Opposition - Tony Simpson MLA, Minister for Local Government; Community Services; Seniors and Volunteering; Youth - NLV's founder and managing director, John Wood and Member for Rockingham, Barry Samuels, Mayor City of Rockingham

IT HAS been hailed as the first 6-star, green star residential community building in WA. Late last month, the multi-million-dollar, Christou architect-designed clubhouse at Tuart Lakes Lifestyle Resort, was completed in its entirety and opened for all to admire.

The final stage of the clubhouse has been worth the wait for lifestyle, (the affectionate term NLV uses to refer to homeowners of the Tuart Lakes Resort).

"It's out of this world -

beautiful," said resident Marlene Naughton. "I've been here three years, and John Wood and his team have exceeded expectations. He has delivered on his promises and the outcome is unbelievable," she said.

"The security is excellent, and the clubhouse is open 24/7 which means people can use the indoor pool at night if they want to. There's even hooks on the seat at the entrance for dogs, so lifestyle can collect their mail from the post box."

Ms Naughton is referring to the third stage of the building which includes an indoor heated swimming pool, spa, sauna, exercise centre, library, movie theatre and grand reception entrance which is more akin a 5-star hotel lobby than a clubhouse.

Six-stars is the highest rating possible for commercial buildings and is a world class certification, on par with LEED Platinum in the US and BREEAM Outstanding in the UK.

Clubhouse is out of this world

While there are six other 6-star green star buildings currently in WA, most of these are offices, government buildings, or schools. NLV has just received its 6-star award certification for building design and we are in the final stages of submission for the as-constructed certification," Mr Wood said.

"The organisational commitment required to achieve a 6-star green star rating cannot be understated. It has taken a substantial effort by our project team and our suppliers to get to this point, and a substantial financial commitment by the NLV leadership team. "We recognise the importance of sustainability

and good environmental stewardship, and are committed to setting an example for efficient design and responsible consumption of resources through its village developments," he said.

The Tuart Lakes clubhouse has been built with several sustainable design features, which are too numerous to list, but include: efficient heating and cooling, including zoned spaces, motion sensing, and timers.

Efficient lighting, including use of LEDs, motion sensors and timers.

Low VOC (volatile organic compounds) and low PVC in building materials.

Quality materials and insulation throughout.

Development of a waste minimisation strategy and waste reduction plan.

Attention to transport and facilitation of

low carbon and healthy transport such as bicycles.

Electricity, gas, and water sub-metering and monitoring to identify resource use and any issues before they become major problems.

And a soon to be installed 100kW solar system on the roof to provide clean energy to the building.

"As we celebrate the opening of this beautiful and impressive facility, it's important to understand that while there is a large environmental impact in the construction of this building, there is a much more substantial environmental impact in the operation of the building.

"By ensuring that sustainability has been designed into the building's fabric, we are making a commitment to our lifestyles, our children, and

our organisation to operate with a low environmental impact and a focus on leaving the world in a better condition than we found it," Mr Wood said.

The building opening was attended by NLV's founder and managing director, John Wood, Tony Simpson MLA, Minister for Local Government; Community Services; Youth; Seniors and Volunteering; Barry Samuels, Mayor City of Rockingham, Mark McGowan MLA, Leader of the Opposition and Member for Rockingham, and Reece Whitby, Labor candidate for the new seat of Baldviss.

During his opening speech Mayor Barry Samuels joked that he and his wife might well end up moving to Tuart Lakes Lifestyle Resort due to its impressive facilities.



Lovely Augusta - why not move to a pristine area of the West!

The Augusta Retirement Units are administered by a small group of volunteers.

One of our superb self-contained and air-conditioned units has just had a complete 'makeover', and is 'as new', and again is available for occupation in a Lifetime Tenancy.

'ONE UNIT LEFT \$230,000'

A two bedroom, one bathroom unit with roller door at the side.

There is a small weekly maintenance fee of \$50 which covers all rates, water, external lawns and gardens.

For enquiries, contact
Judith Childs 9758 1257
email: judithachilds@gmail.com

NAREMBEEN WESTERN AUSTRALIA Narembeen, A Great Place to Live!



Narembeen is proud to offer quality living options for seniors and retirees.

The Shire offers very affordable residential lots; the town has a resident GP, dentist, pharmacy, hospital and offers a range of recreation activities including bowls, golf, arts and crafts and tennis. The town has a number of community groups including, The Historical Society, men's shed, and Lions Club.

The Narembeen Health Service offers aged care facilities.

Enjoy the Friendly lifestyle and all that Narembeen can offer you!

Phone the Narembeen Shire on 9064 7308



Change your views on retirement



Ocean Gardens

Ocean Gardens is located in City Beach on one of the highest points of Perth's coastline.

Our villas and apartments, with magnificent views, are more affordable than you might think.

- The village has spacious grounds and gardens, first class facilities and 24 hour on site care.
- We have commenced a building program that will add more apartments to our site.

A limited number of villas and apartments will be available for purchase in the coming months.



Palm Gardens Apartments under construction.
Expressions Of Interest invited.

Ocean Gardens Village
60 Kalinda Drive, City Beach.
www.oceangardens.com.au
Phone Geraldine O'Shaughnessy
on 9285 3021 for an appointment

Retire in Style



Geoff puts his best foot forward and helps improve the lives of Perth people



Put your best foot forward with Geoff Tuke (centre)

by Josephine Allison

IT'S a Tuesday morning at the Maylands Autumn Club and a small group of line dancers are going through their paces under the watchful eye of teacher Geoff Tuke who runs Keep on Dancing. *All My Ex's Live in Texas* booms out across the floor as the dancers strut their stuff to Geoff's gentle encouragement.

Line dancing makes use of accredited dance styles such as the cha cha, waltz and tango with a bit of jive and swing. It is a popular pastime for Perth seniors, helping improve mobility as well as ensuring a pleasant few hours, says Geoff.

"I just love seeing people having a good time on the dance floor and spreading a bit of joy."

Geoff has been running line dance classes for about five years, starting off as a keen rock 'n' roll dancer at a church hall in North Beach where he met wife Jan.

"When the band stopped playing, people would get up and do line dancing. I was asked by the Volunteer Task Force to do an eight-week course for a group of seniors at Piney Lakes and I was hooked. It was interesting to see seniors huffing and puffing in the first lessons and then, after a while, going straight through

without drawing breath."

Geoff has a busy week these days, running classes at Maylands on Tuesday mornings, Parkland Villas in Woodlands Wednesday mornings, Nedlands Affinity Club Wednesday afternoons and St Luke's Church, Mosman Park Friday mornings.

"It keeps me active and you meet nice people," he said. "I do an odd job now and then, including one at Carlisle recently and a couple of gigs for the City of Bayswater. I also take part in the annual Have a Go Day; I started doing rock'n'roll there in 2003."

Geoff says many of the people doing line dancing are aged in their 60s, with others in their 70s and even 80s. One lady in Woodlands is aged 91.

"Some people have a go using walking frames after surgery – a friend takes a class with people in wheelchairs. Some ladies have difficulty turning so you slow the variations and replace the spins. It's all about using the brain while using the body."

Geoff said Stanford University in the United States did a 21-year study on people aged 75 and over which concluded that dancing in its various forms is streets ahead of all other forms of physical and mental exercise in minimising the onset of dementia and improving balance, thus preventing falls. The researchers wanted to see if any physical or cognitive recreational activities influenced mental acuity.

The study showed that some activities had a significant beneficial effect while others had none. But people who danced frequently scored 76 per cent as a physical activity to prevent dementia. Different dance styles will rate differently. The top rated style is rock'n'roll or swing dance, followed by Latin and ballroom dancing, then square dancing where the moves are called.

Following these are the sequence dance styles such as new vogue, line dancing and bootscooting. Although these styles are less challenging than the others because of the repeating sequence, they are no less challenging in the learning process, hence the large volume of new dance sequences always coming along.

Geoff says all people need to join a class is comfortable clothing and shoes. He is keen for more people to take up line dancing at venues around Perth. Visit his website seniorslinedance.com, email him info@rocknroll.com.au or contact him on 0419 790 799.

SwanCare's latest resident is paw-fect



Meet Jake, SwanCare's therapy dog

THE very latest resident to be welcomed at SwanCare's Bentley Park Independent Living Units has four legs and a tail that wags enthusiastically.

Standard poodle Jake is SwanCare's new therapy dog, after being adopted when his future looked uncertain by village residents Ann and John Jacobs.

The three-year-old hound now meets and greets people at SwanCare's Tandara and Waminda aged care facilities, where he has become a huge hit.

His owner Ann Jacobs says the twice-weekly visits bring companionship to residents, the majority

of whom have owned and loved dogs in their younger years.

"Jake has had an extremely positive influence on residents, as well as SwanCare's staff and our neighbours at the village," Anne says.

"Already we are finding that his presence is very relaxing for residents, they love stroking him and giving him treats, and his visits certainly increase interactivity with residents who are living with dementia. The feedback we've received from everyone has been very positive."

SwanCare group chief executive officer Graham Francis says 85 per cent of people

have owned a pet at some time in their lives.

"Because of this it is no surprise that animal interaction is a great source of therapy," he says. "Research also shows that animals improve the wellbeing of people and this is one of the reasons why we thought it would be a very positive experience for our residents to receive visits from a therapy dog on a regular basis."

"Jake is certainly a popular resident at SwanCare and it's obvious that everyone has fallen in love with him already."

SwanCare has been caring for seniors in Western Australia for over 50 years, since the not-for-profit organisation was established in the early 1960s as Swan Cottage Homes.

SwanCare operates Independent Living Units known as Bentley Park Retirement Village and Australind Rise, in addition to three Bentley-based residential care centres: Waminda, Tandara, and Kingia, all of which are fully accredited, as well as a Community Care program.



The Residential Lift Company has come to Perth



THE RESIDENTIAL LIFT COMPANY

We offer two storey lifts that are affordable, purposed designed for retro-fitting into established homes, electric, sleek and surprisingly compact.

A great alternative to a stair rider.
No lift shaft, no mess, no fuss.
Models include: walker friendly, wheelchair and compact two person.

GST free for mobility impaired and those desiring to stay in their two-story homes.

Designed by an Australian, made in Australia for Australians

Showroom: Interfloor access (WA distributor)
15 Resource Way, Malaga (by appointment)
Tel: 9276 6060
0412 196 372 Leone Pearson
Email: leonep@interflooraccess.com.au
www.residentiallift.com.au



ADLAM TRANSPORT



REMOVALS & STORAGE

We offer pre-pack/unpack service
Furniture removals, short and long term storage
Friendly and professional service



Providing a better service **PH: 9303 2322**
www.adlamtransport.com.au

Enjoy the day with U3A...

JOIN the University of the Third Age (U3A) mid-north region to enjoy courses, guest speakers, music, picnics, current affairs, films, lectures, theatres and outdoor events.

Meetings are held every alternate Monday at the Church of Christ Community Hall in Waverley Street, Dianella.

For more information please contact Joyce on 9276 9670 or visit www.u3auwa.org.



PRICE REDUCED

A place to enjoy friends, live well and have the freedom and ownership you deserve!



Balladong Country Estate YORK



LIMITED TIME ONLY!!!

Units from \$199,000 17 UNITS MASSIVE PRICE REDUCTIONS

- 45 independent living villas
- Adjacent to Balladong Lodge residential aged care facility
- Open plan living areas
- Modern interiors with quality fixtures & fittings
- Well maintained recreation areas
- Varities of local facilities including York Golf Club, York Bowling Club, York Tennis Club, Pharmacy, Supermarkets & Museum

Call for a viewing today
Colin Bahn - 0499488811
or 1300812790

**Retirement Homes
North & South of the River**

Your new lease on life starts with Sterling New Life

It's the **SMART** way to retire!

Sterling New Life builds homes suitable for retirees, seniors and over 55s.
Sterling New Life homes are situated all around Perth and are close to
amenities including shops, medical facilities, parks etc.

- ✓ 2 Bedroom homes in Ravenswood from \$159,390
- ✓ 3 Bedroom homes in Mandurah from \$200,000
- ✓ 3 Bedroom homes in Ashby Rise from \$250,750
- ✓ 2 Bedroom apartments in Secret Harbour from \$200,000
- ✓ 2 Bedroom homes in Spearwood from \$256,800
- ✓ 3 Bedroom homes in Spearwood from \$321,000
- ✓ 3 Bedroom homes in Hamilton Hill from \$315,000
- ✓ 3 Bedroom homes in Gosnells from \$197,400

- ✓ No weekly Facility Fee
- ✓ No Exit Fees
- ✓ No Refurbishment Costs

- ✓ No Council Rates
- ✓ No Water Rates
- ✓ No Building Insurance Cost

All Sterling New Life homes come complete with kitchen fitted with modern appliances, landscape garden
and all floor and window treatments. ***Just move in and start your new life!***



Call now for a free no obligation chat 1300 665 890
#conditions apply

Email: offer@sterlingfirst.com.au www.sterlingnewlife.com.au
U23/397 Warnbro Sound Avenue, Port Kennedy WA 6172
PO Box 7299, Secret Harbour WA 6173 T: 9523 5800 F: 9523 5811
Sterling First Projects Pty Ltd ACN 162 801 425
(licensed real estate agentT/CWA68744) trading as Sterling New Life



Disclaimer: Pictures are for illustrative and marketing purposes only. #Conditions apply

Retire in Style

Security, style and substance at Stockland



Left to right: Stockland Affinity Village resident Diane Lippe - Enjoy an active and independent retirement lifestyle with Stockland

RETIREMENT can be daunting for many. The move, the change, the new friends. But it can also be the start of a new life, the time to try something new and to feel more secure for your future.

For Diane Lippe, a resident at Stockland's Affinity Village, the move allowed her to feel more secure and close to the things she wanted for her future, but she found retirement daunting at first.

"I loved where I was living, in South Yunderup I had a nice home, and was close to the water with dolphins and birds. But after my husband passed away, I started thinking more about my security, maintenance of the home - I never thought I'd move into a retirement village."

"I researched my options thoroughly, looking at duplexes, small estates and retirement villages. I looked at lifestyle, strata and leasehold villages, but nothing compared to Stockland's Affinity Village. It offers security and fantastic facilities such as the indoor pool which has been so great in helping me to stay active, despite my knee and back problems."

"Affinity has everything I wanted - security, new homes, state-of-the-art facilities, close to shops, medical centre and public transport. The clubhouse at Affinity was the best I saw from all my visits and research. I've been happy right from the start and feel at home. It's been six months since I moved in and I'm even happier than when I first arrived."

At a Stockland Retirement Village residents can enjoy an active and independent retirement lifestyle, with great facilities, like-minded neighbours and in a safe and secure environment, without breaking the bank. With homes starting from \$285,000* the opportunity to downsize without compromise is a reality.

For Diane it wasn't just about money and convenience but also about lifestyle and peace of mind.

"I have two kids and four grandkids. They visit and help with the gardening. My grandsons come and play a game of darts in the Clubhouse when they visit. I also visit my kids - it's so easy, I can just lock up and leave, knowing that my home will be looked after."

"At the same time, if you can't drive or if I choose not to in the future, it doesn't matter because everything is close by. If it's not available in the village, you have the shopping and medical centres across the road so everything is on your door step."

Affinity Village in Baldvis nestles amidst nine hectares of landscaped grounds only a 10 minute drive from the beach and 35 minutes south of the Perth CBD. The village is also conveniently located across the road from the new Stockland Baldvis shopping centre with restaurants and a wide range of specialty stores. Freecall 1800 72 71 70 or visit the village at 38 Norwood Ave, Baldvis.

*Prices correct as at 27 May 2016. Exit fees and other charges are payable. For details call 1800 72 71 70. Subject to availability.

British 5-wheel mobility scooter success, heading Down Under



Graham Nicholls, chairman of Advanced Vehicle Concepts Ltd, Luton, UK congratulates Ron Norrish, managing director of Arbien Traders Pty Ltd, Perth, on becoming the Australian and New Zealand exclusive distributor for Quingo Mobility Scooters, watched on by Brett Norrish and Mark Nicholls.

AUSTRALIANS or New Zealanders with any kind of mobility difficulties are set to have their lives dramatically improved in the coming weeks with the announcement that the world's only five-wheel mobility scooter range, designed in the UK, are to be made available by Arbien Traders Pty Ltd of Perth WA.

Advanced Vehicle Concepts Ltd, the UK company behind the successful brand, granted Arbien Traders exclusive distribution rights on 12 May at their headquarters in Luton Bedfordshire UK.

The patented Quingo range of mobility scooters are already enjoying extraordinary success in the UK's busy scooter market place with their innovative fifth wheel and their distinctive blend of comfort, agility and stability. Now they are about to make the 9000 mile trip Down Under to be launched to Australasia by father and son team, Ron and Brett Norrish, owners of Arbien Traders Pty Ltd.

"This is great news for our customers. The Quingo range is a perfect addition to our growing portfolio of products," says Brett Norrish.

Australia and New

Zealand have some of the most stringent regulations in the world for medical devices and approval of the Quingo range by Australia's Therapeutic Goods Administration was part of the work carried out in the run up to the announcement.

Meanwhile Ron and Brett were in the UK in early May completing their product training at Quingo's head office in Luton, Bedfordshire in preparation of their big launch.

Mark Nicholls, director at Advanced Vehicle Concepts Ltd said, "We get a lot of enquiries in the UK asking if our products are available in Australia, so we are very happy to further extend Quingo's reach and begin to transform the lives of all our friends down under. It's great news for customers, as well as our teams in the UK and Australia. We very much look forward to working together."

Arbien Traders Pty Ltd are based in Perth, Western Australia. Find out more at www.arbien.com.au.

AVC Limited are based in Bedfordshire in the UK, find out more at www.quingo.co.uk



Affordable housing. Independent living for over 55s.

No GST or Stamp Duty applicable.

Not-for-profit organisation. Fully renovated units set in beautiful grounds.

Close to shops and transport. Solar panels.

Friendly atmosphere with social centre. CCTV.



AVAILABLE UNITS
priced at \$298,000

FOR RENT - Applecross Village, 750 Canning Highway, Applecross
2 Bedroom units at \$350 - \$360 per week

For further information or to view, call 9314 5884 or 0429 893 018
Lifemark Accredited, Member of Property Council of Australia

Affordable living at Bentley Park

From
\$220,000



Fully refurbished apartments

Bentley Park has a limited number of beautifully refurbished apartments waiting just for you. You'll enjoy comfort and convenience in a safe and secure environment at SwanCare Bentley Park, WA's largest integrated retirement and aged care community.

Don't miss this opportunity to have your own modern apartment at an affordable price. Prices start from \$220,000 and include all the services and amenities that SwanCare is known for.

Contact Harry Pearson on harry.pearson@swancare.com.au or 6250 0016 to arrange an obligation free tour of the village.

For more details visit:

www.swancare.com.au

SwanCare
BENTLEY PARK

parkland RV CENTRE

AVIDA PERTH

Last year, Avida celebrated 50 years of manufacturing in the Australian recreational vehicle industry. By anyone's standards, especially in today's manufacturing climate, that is something to get excited about.

As part of the celebrations, Avida also released this Esperance B7943 motorhome, which was launched at the Avida 50th Anniversary dinner late last year. It's not actually a new model but it comes with a few extra goodies in honour of this special occasion.

To see this superb new motorhome get in to Parkland RV.

Tel (08) 9493 7933 | 1974 Albany Hwy Maddington WA 6109

www.parklandrv.com.au

DL12942

Ready to live the life you've always wanted?

Join us for a free seminar
about life at Helena Valley
Lifestyle Village.

Sunday 19th June at 10am
2340 Helena Valley Clubhouse

We'll discuss all aspects of village
life, answer your questions, and
show you why moving into a National
Lifestyle Village is such a popular
choice for those ready to downsize
and start living the life they've always
wanted.

We'll take you on a tour of the
Village, our \$6 million resort facilities
and our architecturally designed 1, 2
and 3 bedroom display homes.

With homes starting from only
\$229,000, there's never been a
better time to downsize and move to
Helena Valley Lifestyle Village.

Registration from 9:30am
Session from 10:00am-12:00pm
RSVP by 17th June
Family and friends are welcome.

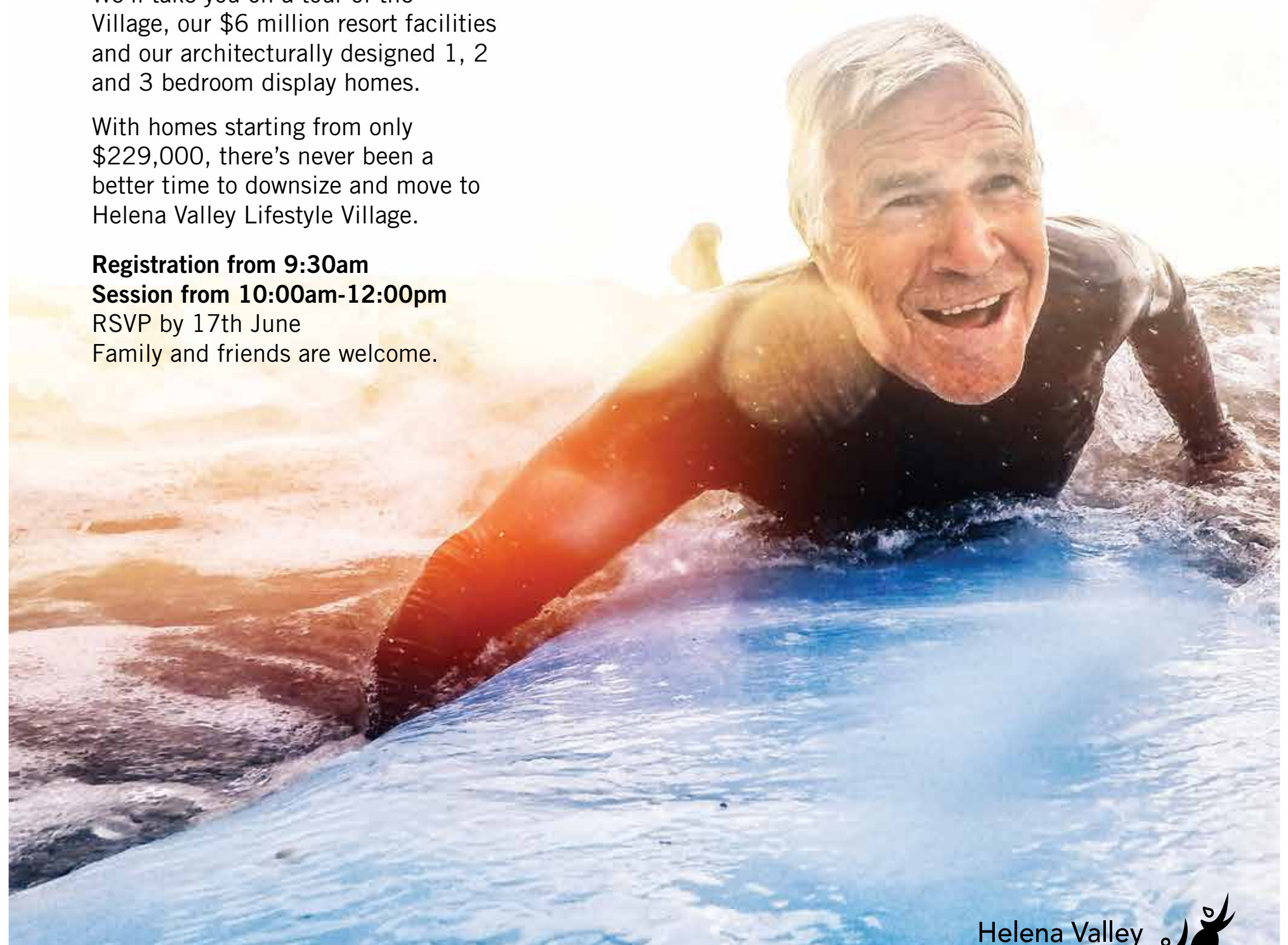
OVER 50's

HOME BUYER'S GRANT

Receive up to \$50,000 of value
to assist with downsizing and
moving into an NLV home.*

Find out more, speak to one of
our NLV Lifestyle Consultants
today.

*Terms and Conditions apply.



SALES OFFICE OPEN DAILY FROM 10AM - 4PM
2460 Helena Valley Road, Helena Valley • call Richard on 0400 219 691 or Mark on 0404 852 272
visit: nlv.com.au/helenavalley • email: helenavalley@nlv.com.au

Helena Valley
Lifestyle
Village



NLV - ENRICHING THE LIVES OF OVER 45'S

Retire in Style



ADVERTISING FEATURE

Capital powerhouse - Ron Hetherington can't sit still



Ron Hetherington in the Capital studio with presenter Carol Kennedy

LONG TIME Success resident, Ron Hetherington is a person who can't sit still.

If you happen to be in Cockburn Gateways Shopping Centre early on Tuesday mornings, you may seem him leading his happy band of walkers around the mall.

A Council of the Ageing (COTA) trained walk leader, he has a mission to encourage people of all ages and levels of fitness to take regular exercise in a free, safe and friendly environment

His first group was at Garden City in Booragoon, where he now shares the leadership with wife, Marian and two other trained leaders, conducting a group of 100 people every Friday.

At Gateways, the walkers now number 26 and there is room for more.

Ron loves the opportunity to talk to his fellow walkers and maybe to stay on and share a cup of coffee after the exercise.

But there's no time for relaxing when he's at home.

A powerhouse of energy, for

the last two years Ron has been a producer with Capital Radio, the community radio station bringing music from the golden years of radio to the seniors of Perth and broadcasting on 101.7 FM and Capital Digital Perth.

In charge at the producer's desk during the Sunday evening program, Around the World with Capital, Ron also continues his untiring efforts throughout the week, researching music for the presenter and following up listeners' travel stories which will be read on air during the program.

Ron says, "This is another great way of meeting people, not just the wonderful volunteers that keep the radio station running 24/7 but the people who telephone during the program to chat about the music and to share their stories."

With his quick wit and sympathetic ear, Ron is a favourite with listeners.

Why not give him a ring one Sunday between 6pm and 8pm at Capital Radio on 9364 9888? He'd love to hear from you.

Unlock your block - understanding the process to subdivision in Perth

PERTH homeowners could be sitting on a property goldmine and not know it.

The new business Unlock Your Block assists property owners to free up cash in their currently held real estate assets without outlaying any cash upfront.

"If you live within 10-15km from the Perth CBD, or within 1-2km from a shopping centre, café strip, school or public transport hub, chances are your block may have the potential to be subdivided to cater for the rapidly growing Perth population," said company director Amanda Marion.

"This certainly creates opportunities for thousands of people to unlock tens of thousands of dollars within their own backyard and get hold of a cash lump sum very quickly."

Subdividing land in Perth is not a simple exercise.

"There is much to consider and for

those who have never done it before it can be a steep and expensive learning curve," she said.

Turning your excess land into cash generally requires up-front capital to develop the land, and if you don't have the funds to undertake the subdivision then you can't realise that equity.

"It is a classic catch 22 situation," Mrs Marion said. "However, our expertise in understanding of the Perth property market and the complex subdivision process allows us to offer property owners the ability to achieve profitable results without having to front up capital first."

A project manager from Unlock Your Block visits each home to conduct a preliminary assessment.

"If your block can be unlocked, we undertake the entire upfront cost of unlocking your block," Mrs Marion said. "Our clients get to keep their

home, sell off the excess land and top up their savings without any cash outlay."

While subdividing can be a financially rewarding process, it can also be very stressful, time consuming and come with costly mistakes. Unlock Your Block protects clients' privacy, keeps any disruption to an absolute minimum and makes the entire experience as stress free as possible.

"Budgeting and managing a subdivision when there are so many unknown factors around what is required to satisfy both the Planning Commission and local authorities, and what a tradesman should or should not be doing or charging, can be confusing without the proper guidance and supervision," she said. "Our assistance effectively means that you don't compromise on time and pay more than you have to."

"You will be increasing the value

of your land by subdividing it to its full potential for maximum financial returns in your pocket," Mrs Marion said.

Enlisting an experienced consultant from Unlock Your Block has assisted Perth homeowners from all walks of life who wished to access their equity.

"Whether it's to bolster retirement savings or create a splash fund to get out and do all those things they have been dreaming of, to those who wished to spend less time maintaining a large property or minimise the costs of owning their property, there are a multitude of reasons this make sense to our clients," Mrs Marion said. "We show them how to subdivide their block and sell off excess land in a safe and secure way with minimal or no personal risk."

The costs involved are all set out in a transparent and easy to understand way, with every detail and all

logistics managed by the Unlock Your Block team.

The company also offers a self-funded model for those clients who have the funds available to complete the property subdivision, but who still need help managing the complex process.

"For a one off fee, which is based on the number of lots created, you get the peace of mind of knowing that we will take care of everything and will utilise our years of experience to get you the best possible return on your investment," Mrs Marion said.

The team will complete the subdivision, coordinate the sale and settlement of the newly formatted block and have the money back to in their client's pocket as quickly as possible.

Call Leo on 0418 770 370, or Fab on 0450 044 750 or visit unlockyourblock.net.au for more information.

"I love my home and where I live and I just don't want to move."

"My back garden is getting too big to maintain and I can't look after it."

Does this sound like you?

"I want to spend more time enjoying my life and less time looking after my garden."

"I'd like to stop stressing about not having enough to retire on."

"I'd love the financial freedom to do all the things I've always wanted to do."

No Upfront Costs

No Hassle

No Risk

Unlock the value in your backyard

unlock your block is an easy, simple and safe way to unlock the value in your property by turning your excess land into cash without using your own money.

To find out more about how unlock your block can work for you, phone: (08) 6161 1790 or visit our website www.unlockyourblock.net.au



"My sub-division was successfully completed in 2014 thanks to Fab Marion's professional, informed and honest advice. I highly recommend his services."

Wayne Mitchell, Wembley Downs

unlock your block

Golf Croquet Singles Championships



Winners of the A and B Grade Golf Croquet Competition played at the Mandurah Croquet Club being presented with shield by SRCWA Peel branch president Jan McGlenn

THE MANDURAH Croquet Club recently held their golf croquet singles championships for the Seniors Recreation Council of WA Shield for both A and B grade.

New members would be most welcome to join the Mandurah Croquet Club in Thompson Street, Mandurah. Enquiries to 9534 3137.

Doreen's dynamic dancing feet made their mark throughout WA



Doreen Dawson and Jack Jones

She lived in New Norcia for weeks at a time, while conducting courses of classes for college students. She is fondly remembered for the exemplary work she did with the Boys Town organisation in Bindoon.

As well as her work in mainly the Ballroom and Latin dance styles, Doreen Dawson is also recognised for her talents at producing great theatrical dancers, discovering and creating numerous successful dancers who enjoyed fabulous careers throughout the country.

An adjudicator, examiner and executive member of the dance industry in WA, Doreen frequently travelled throughout the State, examining both medal candidates and professional qualifications along with adjudicating at all the local and State level championships. A highlight for her was assisting in the organising of the 1980 World Ballroom Championships, staged at the Perth Entertainment Centre on Wellington Street, Embassy Ballroom, William Street and Pagoda Ballroom in Como.

She humorously remembers a flamenco demonstration she danced in the Geraldton Town Hall with local dancer Peter Aarts in the early 1950's.

"We clicked and stamped our way into the hall and waited for the music, but it was the wrong side of the record. For a few seconds we stood there and looked at each other, then clicked and stamped our way out again. The 78rpm record was turned over and we clicked and stamped back in again to dance!"

With no hint of retirement, Doreen continued to teach small classes and DJ for the local weekly afternoon tea dances into her early nineties. She is remembered as the lady who taught Geraldton to dance and will celebrate her 100th birthday in early 2017.

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

by Adam Penn

DOREEN Dawson's long dancing life began at an early age. Born in Fremantle in 1917 she was adopted into the Dawson family as a baby. She acquired a love of music through her parents and, aged 14, started dance lessons with Ethel Philp in the Young Australia League building in Perth.

Working through her medals and subsequently towards her qualifications, she started teaching for Ethel, earning seven shillings and six pence for each class. Within three years she was competing, partnered first by 'Dancing Dan' Hawkins with whom she danced the modern waltz the wrong way around the floor. Later partnered by Tommy Pratley she achieved novice titles in ballroom and took the 1935 State amateur ballroom title.

Disappointing her mother who wanted her to take up the piano as a career, in 1936, Doreen decided to embark on a life in dance by turning professional and opening her school in Hay Street, Perth above the Ezywalkin Shoe Store, where she remained for five years.

In 1940, Doreen married first husband Tommy

Steele, continued running her successful school and furthered her qualifications by continuing to study with Ethel. Unfortunately the marriage did not last and in 1944, Doreen moved her school to Kalgoorlie. Here she met dashing police detective Jack Jones. Within a year, Jack was transferred first to Perth then to Geraldton and Doreen decided to close her school in Kalgoorlie and follow him. Setting up her school in the Old Druid's building on Durlacher Street, Doreen was to become a powerhouse of dance in regional Western Australia.

"I came up here for two weeks and never left," she recalls.

She married Jack, who soon after became a fellow instructor with the school. She started staging the Great Northern dance championships in Geraldton annually over the Easter weekend. The event had great success and opened the Western Australian dance championships calendar for more than three decades.

Regarded and highly respected for her work in dance throughout the northern areas of WA, Doreen extended her work to Dongara, New Norcia, Bindoon and Mullewa.

GRAND ACTIVITIES

A school holiday guide for parents and grandparents



Wildlife is coming to Perth city



Wild Life Show Tawny Frogmouth flying from nest MtBarker 1957 © Eric Lindgren

PERTH TOWN HALL comes alive during the school holidays with a series of free events celebrating the Wild Life Shows of the 50s and 60s. This includes a history exhibition, children's workshops, native animal petting zoo, and the rare opportunity to see a tawny frogmouth, possums, frogs, bobtails, western bluetongue lizards, turtles, scorpions, spiders, stick insects and more.

School holidays at the Western Australian Museum – Albany

Japan – Land of Sushi, Shrines and Tsunamis

EXPLORE Japan, the land of the rising sun. It is a land of extremes, of neon skyscrapers and ancient Buddhist temples, where centuries-old traditions and cutting edge technology go hand in hand. Dress in a traditional kimono and perform the intricate tea ceremony at the WA Museum – Albany. Discover the symbolism of the Sakura (cherry blossom) and the story behind Sadako and the Thousand Paper Cranes, these school holidays.

Discovery Centre
2 July – 18 September
All ages

Cost: painted parasol \$8, sensu hand fan \$3, sneaky ninja \$3, calligraphy free, koi kite \$4, cherry blossom scroll \$3, stained glass art \$2.50, Kabuki mask \$3, oriental lantern and origami crane free

No bookings required.

These school holidays the Discovery Centre will be filled with Japanese inspired activities. Create a cherry blossom scroll, a hand painted parasol or decorate a beautiful sensu paper hand fan.

Make a colourful oriental paper lantern and learn about the Floating Lantern Festival.

Construct a sneaky ninja figure and find out about these mysterious spies, the legendary Samurai and other martial arts.

Fold intricately decorated papers to create a traditional origami crane and celebrate Japan's Children's Day by making a colourful koi kite.

Try your hand at Japanese calligraphy using traditional materials or paint a dramatic theatrical Kabuki mask.

Help make delicate

flowers to add to the cherry blossom tree or a dragon scale for the mythical beast.

Venue: WA Museum – Albany
Residency Road

Further information: call 9841 4844 or visit <http://museum.wa.gov.au/whats-on/school-holidays/albany>

Programs are subject to availability. All children 12 years and under must be accompanied by a parent or guardian.

Do something to remember these School Holidays

GO ROCK CLIMBING!

Great fun without being affected by the weather!

Take the challenge in our safe, family friendly climbing centre.



city summit

Special Discount Rates every school holidays

- Under 18s \$15 entry inc harness hire
- All day entry pass • Parents/carers FREE

3 Day instructor led course: a great intro to the skills and techniques of climbing
8.30am-12.30pm, 4-6 July or 11-13 July

Includes full hire equipment, drop off and pick up plus pizza party day three

Relax and recharge in the Summit Lounge Café



Children u18 must be accompanied by an adult. Group bookings, gift vouchers and memberships available

FOR BOOKINGS: 9248 7035

Unit 2, 26 Harris Rd, Malaga
www.citysummit.com.au



THE SPACE PLACE OBSERVATORY

Night stargazing 11, 18, 25 June and 1, 2, 9, 15, 16, 23, 29, 30 July
Come and visit Cartriff Park during the day \$4.50 entry fee for beautiful gardens.

THE SPACE PLACE OBSERVATORY (formerly the Gingen Observatory)

163 Howard Road, Jilimar P: 9574 2295

E: stars@thespaceplace.com.au W: www.thespaceplace.com.au

CITY of PERTH

WILD LIFE SHOW

LIVE NATIVE ANIMALS, KIDS WORKSHOPS AND HISTORY EXHIBITION

FREE EVENT

28 JUNE - 20 JULY 2016

PERTH TOWN HALL

9.30AM - 4.30PM

VISITPERTHCITY.COM

Girl with frog, c.1970s, Photo WA Nats



GREAT HOME and GARDENING

ADVERTISING FEATURE



Discovering the best of British gardens during springtime



From left to right; Tour group members with garden designer Charlie Albone from Foxtels 'Selling Houses Australia' - Great Dixter - Hatfield House in Hertfordshire - Stourhead

by Colin Barlow

I HAVE just returned from leading another horticultural trip for Ross Garden Tours to the Gardens of England and the Chelsea Flower Show. The tour visited England's best gardens, palaces and prettiest villages.

This year our tour began in Bath with a visit to the historic Roman baths and the picturesque Stourhead. Henry Hoare from the famous Hoare banking family inherited Stourhead and created a landscape influenced by the paintings of Italian scenes by Gaspard, Rosa and Lorrain. The water, buildings and plants in the landscape at Stourhead were designed to create beautiful vistas that are as pretty as a picture. An enchanting stroll around the majestic lake took in the glorious mature trees, rhododendrons and classical architecture.

Next stop was the magnificent Sir Harold Hillier Gardens set in the Hampshire countryside. It is world famous for its arboretum and gardens that are also

home to 14 national collections, over 450 champion trees and 42,000 plants, making it one of the most important collections in the world.

An afternoon trip to the mystical ancient temple of Stonehenge, which is aligned to the movements of the sun, gave an insight into the marvel of human endeavour and the sophistication of the prehistoric people.

The next garden following en route to Oxford was the 18th century William Kent designed watery woodland of Rousham House, which enchanted our group with its classical statues, water features, Palladian archways and temples in a romantic setting. Remaining almost as Kent had left it without alteration, it remains a historical starting point for the first phase of English landscape design.

The Capability Brown landscape at Blenheim Palace, which has been called the finest view in England highlighted the imposing romantic English landscape style that became the must have trend of the time. The

Duke of Marlborough's extravagant Baroque palace at Blenheim was England's answer to Versailles and it has undergone various additions to the palace and gardens by different generations of the dukes including the Water Terrace, the Italian Garden and our group's favourite, the Secret Garden.

If there is one garden that always surprises and charms visitors, it is the breathtaking garden of Highgrove created by Prince Charles. Some people may have preconceptions about Prince Charles but once you visit Highgrove you, like many of those in our tour group, may acquire newfound respect for his work. Once seen as a greenie and a bit of an eccentric, Charles is a keen hands-on gardener who was way ahead of his time incorporating organic principles, environmental awareness and charity work into his garden over thirty years ago.

This beautiful sustainable garden is a wonderful creation developed with a painter's eye and sense of humour. Gifts and

artefacts acquired over the years have been integrated into the garden providing a quirky, funny and fascinating garden that is both calming and exhilarating at the same time. Cameras and phones are not allowed in the garden, so for just once you are without any outside distractions. As you stroll around the garden serenaded by the ever-present birdsong, you feel like you are in another world.

Later that day we visited the garden that defines the garden rooms concept, Hidcote Manor. Described by its creator Lawrence Johnson as 'a wild garden in a formal setting'. Each garden room has its own distinct character from formal to semi-natural plantings. My favourites are the Circle, Stilt Garden and the Stream gardens with their rich colourful waterside planting.

One of the most attractive historic houses in Britain is Hatfield House in Hertfordshire. It is like going on a stroll through the history of gardening with elements showing the progression of gardening styles from medieval to

the present day. Many of the gardens are recreations of the gardens of that period but are faithful to the original styles. The West Parterre and Old Palace garden were stunning this year.

The exuberant planting of Great Dixter provided our group with a kaleidoscope of intense colour, texture and form from perennials, yew topiary and shrubs. The famous Long Border and Sink Garden were breathtaking along with the best collection of potted plants, before heading to London for our final stop, the aptly named Royal Garden Hotel.

The lovingly restored West Green House is full of brilliant design concepts with ornamental vegetable gardens, luxurious lawns, intricate parterres, water gardens and woodland walks. The lunch in the glasshouse was delightful.

One of England's most famous gardens is Sissinghurst Castle in Kent, the realm of Vita Sackville-West and Harold Nicholson. It is the quintessential English garden. The pathways

took us on an enchanting journey through a series of interconnected garden rooms that were best viewed from the top of the tower.

No trip to England could be complete without experiencing the Chelsea Flower Show. Our group avoided the crowds by visiting on members day, which made viewing the amazing show and artisan gardens so much easier. A chance for our group to talk with garden designer Charlie Albone from Foxtel's 'Selling Houses Australia' and visit his 'Support, a Garden in Melbourne', sponsored by Husqvarna was a highlight. The Great Pavilion was again a horticultural delight with plants from all around the world. I can't wait to see what will be there next year.

Why not join me next year with Ross Garden Tours on a trip to see the gardens of England and the Chelsea Flower Show. For further information contact Royce Green from Ross Garden Tours on 1300 233 200 or go to www.rosstours.com.au

Never clean your gutters again

with **FOUR SEASONS** Gutter Protection

FREE gutter clean*

*conditions apply



BEFORE



AFTER



- ✓ Stops overflowing gutters
- ✓ Prevents birds, possums and vermin
- ✓ No more roof and ladder injuries
- ✓ Fire protection from ember attack
- ✓ Maximise quality water collection to your rainwater tank
- ✓ Stop leaves and debris in your gutters



15% OFF WINTER SPECIAL!

Offer expires 31/08/16. *Valid on the day of quote only. Not to be used with any other special.

CALL TODAY
1300 30 25 23
www.fourseasonsgutterpro.com.au

A Dying Trade by William Webb



Reviewed by Pat Paleeya

COLIN HORNSBY decides that his engineering job is much too stressful and opens a home for old folks down in Devon. Far from being less stressful, he has to cope with crafty ex-cons, officious social service personnel, alcoholics, misfits and deviant scheming oldies.

Colin once found an artificial leg in the bathroom. He knew that most of his clientele had some disability but couldn't recall one with a complete leg missing. It turned out that a decorator was using two artificial legs as stilts to apply artex to the ceiling. He'd left the leg in the bathroom to dry after scrubbing the artex off.

Discharged prisoners were sometimes accommodated at the home. JJ and Sid were two such, having succumbed to temptation whilst working night shifts at the mint and becoming bored with it. They devised a plan which had them lobbing newly minted half-crowns out of a window into a private garden. Their mate Fred collected the money and all was well until he

started spending them at the local pub, which was run by an ex-London policeman.

Suspicious of the amount of new coins, he contacted Scotland Yard. Fred grassed – ergo JJ and Sid received twelve years at Her Majesty's holiday camp. Colin asked how they spent their time:

"We sewed a lot of mail bags and we were good on the sewing machines so if you need any curtains run up – we're good for it," said the boys.

Ageing is a touchy subject, but this book tackles the ageing process with lots of humour and insight into the complexities that come with getting older. People speak of ageing gracefully and I am glad to say that not one of Colin's oldies ever does that – they're feisty and cunning to the end.

The book is available online at www.amazon.com – search William Webb, *A Dying Trade*. There is more information about William Webb's other publications through his website: www.williamawebb.com.

WIN WIN WIN

We have one copy to give away. To enter please email to win@haveagonews.com.au, with the book title in the subject line or write to *A Dying Trade Competition, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Closes 30/6/16.*

*Reach us online

www.haveagonews.com.au
3,319,648 hits in 2015

Our Kind of Traitor twists and turns its way around the world



and dirty politics.

The couple is propelled on a perilous journey through Paris and Bern, a safe house in the French Alps, to the murky corners of the City of London and to an alliance with the British Government via a ruthless and determined MI6 agent (Damian Lewis – *Homeland*).

From the writer of *Drive* adapting the hit John Le Carré novel – the mind behind *Tinker, Tailor, Soldier, Spy* and directed by acclaimed Susanna White – *Our Kind of Traitor* twists and turns its way around the world with dramatic consequences.

In cinemas 14 July
WIN WIN WIN
To be in the draw to win one of ten double passes to *Our Kind of Traitor* simply email win@haveagonews.com.au with *Traitor* in the subject line or call the Have a Go News office during business hours on 9227 8283. Competition closes 30/6/16.

WHILE on holiday in Marrakech, an ordinary English couple, Perry (Ewan McGregor – *The Impossible*, *The Ghost*) and Gail (Naomie Harris – *Spectre*, *Southpaw*), befriend a flamboyant and charismatic Russian, Dima (Stellan Skarsgård – *Avengers: Age of Ultron*, *The Girl with the Dragon Tattoo*), who unbeknownst to them is a kingpin money launderer for the Russian mafia.

When Dima asks for their help to deliver classified information to the British Secret Services, Perry and Gail get caught in a dangerous world of international espionage

Roof top solar will reduce your electricity costs

Advertorial

ONE in five houses in Western Australia has solar photovoltaic (PV) panels on their roof.

Knowing that electricity prices will go up and solar can help, more and more seniors are attracted to solar power generation. Solar panels capture and convert the sun's light energy into electricity which is converted to mains electricity by an inverter. Like the mains power grid, this solar electricity can be used to power appliances and electrical items around the home.

Solar power has advantages including:

Cutting your electricity bills

Getting credit for your surplus solar electricity fed back into the grid

Reducing your carbon footprint.

Solar PV systems are usually rated in terms of kilowatts (KW) which is the peak capacity of

the solar panels used in the system. Kilowatt-hours (kWh) are a measure of cumulative electricity generation or consumption over time. Until 2012, the most common residential solar system was 1.5kW. These days, a 3kW system is recommended which will have 12 x 250 Watt solar panels. A 3kW system installed on a north facing roof in Perth produces a yearly average of 14kWh of energy. (Around 21 units in summer, 15 units in autumn, 9 units in winter and 15 units in spring). During sunshine hours solar can meet your electricity requirements.

Any excess power generated will be exported to the grid and you will get 7c/kWh for the surplus energy fed to the grid. Assuming that 10 kWh is consumed and the balance 4 kWh is exported, the household would earn: 4 kWh x 7c/kWh plus 10kWh x 24c/kWh - savings of about \$2.70 per day with payback of less

than three years. The savings can be further increased by using energy intensive home appliances such as washing machine, dishwasher, dryer, etc when the sun shines the most.

Regen Power (established in 2003) is a Western Australian company providing approved solar panels, inverters and undertaking installation by qualified and accredited electricians. We take great care to source the highest quality products from leading manufacturers at competitive prices.

They want to support some of our community's most valuable members so we are proud to offer a senior discount for the 3kW and 5kW solar installations.

Please contact Nikhil Jayaraj, business development manager, Regen Power on 9456 3491 to find out more on how much saving you could make with a solar system.

Gardening in small spaces - why not plant gerberas

THE REDUCTION in size of modern day living areas is not a good reason to discontinue your gardening interests.

Gardening is an activity to help you with your mobility: it is creative in a way that gives you a sense of pride and it gives you an interest in

the world around you. Besides it is an avenue to meet new friends.

Limited spaces around your house or unit can be the perfect location for your pots and the flowers that grow in them. Herbs and vegetables can also be grown in this way.

One particular type of flowering plant that can give you a lot of joy all the year round is the gerbera. They flower practically all the time and need minimal care.

If you are interested in growing gerberas in pots in and around limited gardening spaces you can

join the W A Gerbera Society which meets on the third Sunday of each month, except December and January, to become involved, learn and meet new people.

Give Tom a call on 0401 803 675 to talk about gerberas and where they can be obtained.

Trades and Services

Have a Go
NEWS

Join us
online:



\$99 SERVICE SPECIAL

Garage Door Service, Repairs,
Maintenance and new installations

Broken Spring • Noisy Doors • Grinding Motors
Heavy Doors • Frayed Cables • Broken Hinges
Drive Gears • Light Bulb • Loose Bolts • Faulty Circuit Cards

1800 202 808

www.residentialgaragedoors.com.au
info@residentialgaragedoors.com.au

NO CALL OUT FEE | FREE QUOTES

ALL WORK GUARANTEED

We price match or beat any written
or formal quote all local technicians

*Offer expires 24/04/16. Must present coupon to redeem offer. Not to be used in conjunction with any other offer



LANDSCAPE design, Construction, Consultancy and Maintenance AWARD winning gardens designed by professional designer/qualified horticulturist - Colin Barlow

Mobile: 0422 212 327 Ph/Fax: 9354 4176
Email: gardensfromeden@inet.net.au
www.gardensfromeden.com

1300 788 714
www.thepropertyserviceswizards.com.au

- Ceilings and eave repairs (mould removed) and replacements
- Carpentry and Cabinetry
- Doors, Fences and Gates - replaced, installed or repaired
- General Maintenance and Improvements - residential, investment and commercial
- Furniture and Flat Pack assembly
- Repairs to sliding doors
- Asbestos Removal - trained, licensed and certified
- Water leaks detected and damages repaired
- Regrouting
- Glazing and glass repairs
- Roofing, gutters and downpipes
- Office light replacements, makes goods
- Bricklaying and concreting
- Flooring and wall tile repairs and renewals
- Metal welding bending and cutting
- Patch and paint - eaves, walls and ceilings

ABN 13180313206

GRANMA HOUSE MOVE

- Excellent services • Honest and reliable
- Seven day services • Discount for seniors
- Guaranteed the lowest rate in the city
- Perth metro and regional (POA) areas

Phone Wayne 0412 886 898

ARE YOU COLD?
New reverse cycle heating installation and supply for winter

- Breezair • Cool Breeze Air • Bonaire • Bravis • Coolair • Braemar • Celair • Mitsubishi Electric • LG Life's Good • Hoshino Wall Units • Refrigerated Units •

email: greenarmyservices@live.com
Call John today 0417 177 920 or 0458 124 878

Superclean WA
Domestic & Commercial Cleaning

- Carpet cleaning • Upholstery cleaning
- Tile & Grout cleaning
- High temperature steam
- Sanitizing and deodorization

Senior Discounts • No call out Fee
follow us on Facebook [supercleanwa](https://www.facebook.com/supercleanwa)
Contact Steve 0433 690 003
www.supercleanwa.com.au

The Tap Doctor
Lic. 6465

ALL AREAS
All Hot Water Plumbing & Gas
www.tapdoctor.com.au

CALL NOW
1300 130 827
or 9335 1552

NO CALL OUT FEE

Abracadabra
Plumbing Gas & Hot Water

LICENCE # PL 7849 GF 9742

PENSION DISCOUNT

- Blocked drains
- Hot water systems
- Leaking taps and cisterns
- Burst pipe detection & repair
- Gas installations & servicing

Phone 9341 8486 or 0417 957 026
www.abcplumbing.com.au

50th
ANNIVERSARY
CELEBRATION

★★★★★
Internationally
Acclaimed

Ben Maiorana Entertainment Presents

"The Hit Show of the Year"

ROY ORBISON

AND
THE
EVERLY
BROTHERS

"DIRECT FROM A SOLD OUT
NATIONAL TOUR"

Together Live in Concert

Relive all the Great Rock 'n' Roll Classic Hits

★★★★★
5 STAR RATING

"BACK BY
POPULAR
DEMAND"



A Tribute Starring Internationally Renowned

DEAN BOURNE

with Special Guests

THE ROBERTSON BROTHERS

"The
World's No.1
Roy Orbison
Tribute
Artist"

Riverside Theatre PCEC - Sat 27 August 2016 - 8pm Book at www.ticketek.com / 132 849

Albany Entertainment Centre - Wed 31 Aug 2016 - 8pm
Bookings - 9844 5005 / ticketek.com.au

Bunbury Regional Entertainment Centre - Thur 1 Sept 2016 - 8pm
Bookings - 1300 661 272 / www.bunburyentertainment.com

Mandurah Performing Arts Centre - Fri 2 Sept 2016 - 8pm
Bookings - 9550 3900 / www.manpac.com.au

Fly By Night Musicians Club Fremantle - Sat 3 Sept 2016 - 1.30pm & 8pm
Victoria Hall Bookings - 9430 5208 / www.flybynight.org

BEN MAIORANA ENTERTAINMENT PRESENTS



An International Tribute to Superstar
Neil Diamond

★★★★★
5 STAR RATING



Fully Endorsed by
Music Legend
Neil Diamond

Relive and
Celebrate
all the
Classic Hits!

50th
ANNIVERSARY
CELEBRATION



WWW.BENMAIORANAENTERTAINMENT.COM.AU WWW.PETERBYRNE.COM

Albany Entertainment Centre - Thur 22 Sept - 8pm Book - 9844 5005 / ticketek.com.au

Bunbury Regional Entertainment Centre - Fri 23 Sept - 8pm Book - 1300 661 272 / www.bunburyentertainment.com

Mandurah Performing Arts Centre - Sat 24 Sept - 8pm Book - 9550 3900 / www.manpac.com.au

BEN MAIORANA ENTERTAINMENT PRESENTS

BUDDY HOLLY

Starring Internationally Renowned

Scot Robin

"Relive all
the classic hits"

in concert

25th Anniversary
Celebration



"A
SMASH
HIT
SHOW"



CROWN THEATRE PERTH - SAT 22 OCT Book now at TICKETEK or 132 849



New Metso classical concert planned for June



Violinist Eliza McCracken

THREE brilliant composers featured in coming Metropolitan Symphony Orchestra (MetSo) concert will delight music lovers.

The MetSo is one of Perth's leading community orchestras. Es-

tablished in 1977, the orchestra has performed regularly ever since, providing a musical home for keen amateur musicians covering an age range from seventeen to seven-

This concert will fea-

ture three of their favourite composers with Bruce Herriman conducting. Bruce is principal of the Instrumental Music School Services of the WA Department of Education and oversees the state wide instrumental music programme in WA public schools. Bruce has toured Japan, Korea as conductor with the WA Youth Concert Band and Scandinavia with the Australian Youth Wind Orchestra and he was invited as guest conductor for the Queensland State Honours ensemble program held at the Queensland Conservatorium in 2009 and 2013.

The performance will commence with the over-

ture to Rossini's opera *Semiramide* which he wrote in 1823. The range and balance of musical ideas make *Semiramide* one of Rossini's finest contributions to opera and deservedly one of the most popular.

Violinist Eliza McCracken will perform Saint Saëns' third violin concerto. Composed in 1880, the concerto was launched by the remarkable Spanish virtuoso Pablo de Sarasate. This concerto is the most frequently played of Saint Saëns' three violin concertos.

Eliza McCracken started learning the violin at a young age. In 2006 she was accepted into Perth

Modern School on a music scholarship where she studied with Ashley Arbuckle, graduating in 2010 with the awards for Top Instrumentalist and the STABB Music Scholarship. She has had an exciting career since then, including performing in masterclasses for Pinchas Zuckerman and Jayson Gillham, as well as the Borodin String Quartet and the Doric String Quartet. She has been concertmaster with the West Australian Youth Orchestra, has performed with the Australian World Orchestra (under the baton of Sir Simon Rattle) and more.

The concert will conclude with a performance

of Mendelssohn's fifth symphony, the *Reformation*. Late in 1829, the young Felix – who kept the hyphenated name Mendelssohn-Bartholdy adopted by his parents when they were received into the Lutheran Church – began this symphony to commemorate the establishment of the Lutheran Church.

The concert will be held at 3pm on Sunday 26 June, at the John Inverarity Music and Drama Centre, Hale School, Unwin Avenue, Wembley Downs.

Tickets will be available at the door. Bookings are available by phone (Call Andrea on 0435 174 550) or online

(www.trybooking.com/Event/EventListingURL.aspx?aid=10540).

The regular price of entry (\$25 adult, \$20 concession, group tickets available) also includes afternoon tea.

More information about the Metropolitan Symphony Orchestra is available at <http://www.metso.asn.au>.

WIN WIN WIN

To be in the draw to win one of five double passes to Metso's next concert to held on Sunday 26 June simply email win@haveagone-ns.com.au or call the office during business hours on 9227 8283 Competition closes 20/06/16.

Faith - Soweto Gospel Choir returns to Perth



FAITH, the 2016 Australian tour by one of the world greatest vocal ensembles, Soweto Gospel Choir, will include Perth and selected venues in regional Western Australia. *Faith* reflects the Choir's personal

faith as well as recognising its spiritual journey since its formation in 2002. Faith also relates to the title of the latest song incorporated in its 2016 repertoire, *Have a Little Faith*, best known through the recording of

the late Joe Cocker.

Soweto Gospel Choir has won more accolades than any other choir in the world, including four Grammys and an Emmy Award for its work with Bono and U2 as well as an Academy Award

nomination for its collaboration with Peter Gabriel on the Disney Pixar film, *Wall E*.

With more than a 1000 live performances, Soweto Gospel Choir has brought joy to the lives of audiences all

over the world. It has performed for, and celebrated with, world leaders including Nelson Mandela, who was born in Soweto, Desmond Tutu, the British Royal family and Presidents Obama and Clinton.

Soweto Gospel Choir has recorded and performed with some of the world's greatest artists including *Queen*, Peter Gabriel, Aretha Franklin, Stevie Wonder, Robert Plant, Celine Dion, *Red Hot Chilli Peppers*, Jennifer Hudson, Dianna Ross, Josh Grobin, Johnny Clegg and Andre Rieu.

Soweto Gospel Choir comes from Johannesburg, South Africa, and is named after the suburb of Soweto (South West Township) where major uprisings occurred that eventually brought democracy to South Africa. The choir is musically led by three of its founding members, choir director, Shimmy Jiyane, musical director, Milton Ndakuse, and manager, Mulalo Mulovhedzi.

Don't miss the opportunity to experience the choir's amazing Australian repertoire, which includes a mix of Gospel, South African traditional and international classics as well as freedom songs.

Albany Entertainment Centre – Saturday 23 July; 7.30pm bookings: 9844 5000 ticketek.com.au

Perth Concert Hall – Sunday 24 July; 7pm bookings: 9231 9999 www.perthconcerthall.com.au

Mandurah Performing Arts Centre – Monday 25 July; 7pm bookings: 9550 3900 www.manpac.com.au

Bunbury Regional Arts Centre – Tuesday 26 July; 7pm: bookings - 1300 661 272 www.bunburyentertainment.com www.sowetogospelchoir.com

Terry Pratchett's WYRD SISTERS
adapted by Stephen Briggs
Directed by Harrison McLennan

DARLINGTON THEATRE PLAYERS
at Marloo Theatre
17 JUNE – 9 JULY
Bookings with Gwyne 92551783 or www.trybooking.com/KPAM

Wed, Fri, Sat 8pm
Sunday matinees 2pm
Adults \$22
Conc/ch \$20,
Members \$16
Family 2ad+2ch \$70

A community theatre production
www.marlootheatre.com.au

Special Evening AUSLAN SIGNING
WED 23 JUNE
For the deaf and hard of hearing but all welcome
Book with Gwyne or Trybooking
Sponsored by BENDIGO BANK Mandating

ART for ALL

- 11-23 June** 14th Annual Atwell Youth Awards an open exhibition for young artists of high school age
- 25 June-3 July** "2 Views" exhibition with Lunchtime in the Gallery 29 June, 12pm-2pm, free admission, byo lunch
- 11-15 July** Robert Knight workshops; Be inspired by his spiritual, inward looking landscapes. Robert will be demonstrating in oils but you can use your favourite medium. Includes Lunchtime in the Gallery 13 July, 12pm-2pm

ATWELL GALLERY AT ATWELL ARTS CENTRE
Riverside location on bus route - Plenty of parking - air conditioned
586 Canning Hwy, (Cnr North Lake) Alfred Cove
Ph: 9330 2800 www.atwellarts.com

*Proceeds to the Atwell House Restoration Fund

ASTOR

THEATREPERTH

UPCOMING SHOWS IN 2016

The Italian Tenors - Viva La Vita
10 September
The Italian Tenors named their new album with a purpose - to regain passion and the Italian way of life. They have drawn a line between popular Italian pop songs and classical music.

Dami Im - Classic Carpenters
10 December
2013 X-Factor winner, singersongwriter and multi instrumentalist Dami Im unveils her new album and tour, Classic Carpenters. A breathtaking homage and re-invention to one of her idols, Karen Carpenter. The show features all the Carpenters classics.

The Rat Pack from Vegas
17 December
Direct from Las Vegas and following a sold out tour of the U.S. and the U.K., the Rat Pack will be making their way to Australia. 'Frank' (Robbie Howard), 'Dean' (Johnny Edwards) and 'Sammy' (Nicholas Brooks) will be lighting up stages across the country.

All tickets available at www.astortheatreperth.com or call 1300 111 369

The Tivoli Club of WA Inc presents

"THAT'S ENTERTAINMENT"

The Tivoli presents an exciting mix of unforgettable songs from Broadway's favourite shows that include *That's Entertainment*, *Big Girls Don't Cry*, *Gotta Have a Gimmick*, *The Deadwood Stage* and many more... Come along for a fun time and be entertained by our dancers, singers and comedians strutting their stuff

Evening performances:
July 29 and August 5, 12, 19
Shows commence at 8pm
Doors open at 7.30pm

Matinees:
July 24 and August 7, 14, 21
Shows commence at 12noon
Doors open at 11.30am

TICKETS:
Adult \$20 Pensioner \$17 Child \$10
All tickets include show, chicken & chip meal, tea and coffee. BYO alcohol and glasses

BOOKINGS:
Email tivolibookings@hotmail.com
9364 5463 (Please leave a message)
Visit www.tivoli.org.au

Find us on

Friend to Friend

FREE

For over 45's only



Please nominate a category for your advertisement.
Tick one box only.

- ☐ Travel companion
- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

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



Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

Each person may submit
one entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:
Friend to Friend
PO Box 1042
West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:
Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ATTRACTIVE English born lady, 60s, medium build, 5'2", educated, refined, feminine, GSOH, DTE, ND, SOR. Likes good conversation, reading, walking, gardening, country drives. WLTM refined, caring, sincere gentleman, 65-72, genuine replies only. Photo appreciated. ALA.
Reply Box 7131

AUSTRALIAN lady, svelte, full of life, agelessly pretty, timelessly healthy, purposeful conscious clean living, DTE, sensible, light hearted, secure, independent, empty nest, NS/ND, educated, travelled, manners, honest, no social media. WLTM genuinely equal gent NOR cafe chats for friendship first.
Reply Box 7133

BRUNETTE lady, slim, happy disposition, WLTM a gent 75+ with similar interests as friend companion, GSOH, f/sec, music, dance, travel, TLC, NOR, landline preferred.
Reply Box 7121

FRENCH couple, 60s, seeking francophile, friendly singles, couples to enjoy, discover positive side of French life, culture. French speaking not required. Open minded people only. Let's meet socially for home cooking, movies, barbecue, picnic etc. No fees.
Reply Box 7136

GENT 67, fit and active, medium build, tidy appearance, NS, easygoing, positive outlook, good listener, fin sec, enjoys movies, dining out, conversation. WLTM lady, age open for some TLC, look forward to hearing from you.
Reply Box 7124

GENT mid 70s, WLTM friendly, sincere Asian lady for long lasting friendship. SOR. ALA.
Reply Box 7129

GENT retired, slim to medium build, 80kgs, 180cm, tall, NS, fin sec, own home, romantic, great southern. WLTM slim lady, NS, who likes happy fun times and travel, dining in/out. Likes the beach and coffee.
Reply Box 7132

GOOD looking, educated and financially independent gent with Asian background, live close to Perth city, searching for an intelligent caucasian senior for romantic friendship. Preferable age is 65 to 90. ALA.
Reply Box 7130

GUY 65, medium build, 5'6", NS, SD, seeks lady, 50s-60s. Loves singing, playing music, movies etc. Happy man to be with you. Will be proud of me. Available immediately. Come on ladies and contact me.
Reply Box 7128

LADY 56, slim, fit, active, easygoing, travel, music, SOR. WLTM gent, 60+, NS, GSOH, good food and wine. Let's meet over a coffee.
Reply Box 7127

LADY from Torino spoke with Italian gent sitting with Maria at Nollamara Community Centre Sunday Dance 17/04/16, introduced myself in Spanish, I was also with friend, you already know him. Please contact me here thank you.
Reply Box 7135

LADY WLTM NS, SD, guy, 65/70, interested in travel in/out Australia, open to explore future with slim, fin sec lady. Let's meet for coffee to discuss interests etc. Let's be adventurous no lounge lizards, genuine replies only.
Reply Box 7122

SEEKING south west lady with pride in herself, lovely natured, GSOH, intelligent, DTE, easygoing, NS, medium build, who enjoys homelife, outings, fishing, activities, exploring the outback, who also needs to be loved properly, pampered and respected by a special DTE, sociable, semi-retired, young mid 60s genuine guy, seeking strong relationship.
Reply Box 7139

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

WIDOW young, 78, lively, romantic, attractive, educated, indepth astrologer, composer, painter, loves nature, countryside, classical music, opera, poetry, gardening, world politics, gentle life. WLTM astrologically compatible, warm-hearted, loveable gentleman of rich, aesthetic, understanding, Mandurah.
Reply Box 7125

Seeking a Partner

AUSTRALIAN Italian, retired, professional, gentleman, early 70s, caring, communicative, respecting, including space, environment, NS, health, conscious, seeks similar elegant, petite lady to mid 60s, NOR, inner metro, no mind games. Genuine replies only.
Reply Box 7126

CHRISTIAN lady late 60s, retired, 5'6", medium build, healthy, loving, NS, SD, GSOH, enjoys beach, music, dancing, outdoors, travel, fin sec, own home, positive outlook. WLTM gentleman of similar age, interests, genuine replies only. ALA.
Reply Box 7138

GENT 58, fit, healthy, well off, enjoys walking, travel, movies, fun and life in general, looking for a lady.
Reply Box 7118

GENT 69 seeks lady same age, active, creative, that sort of thing, talkative, sensible, no grumbles, plenty of positives and surprises. Nosy ok too.
Reply Box 7119

I AM 81, 100 per cent health, enjoy music opera, good food, movies, travel not a priority as have done lots, enjoy good conversation, smoker, very little, 153cm, if ok, cuppa is fine, SD, WLTM NG, follow football.
Reply Box 7120

ISRAELI gent, 77, 5'8", happy, healthy, 13 years in Australia. WLTM lady to share life together lovingly. Mandurah area. Jewish not religious. Industrial engineer, vegetarian, naturopath, NS, ND, GSOH. Outings, music, reading, socialising, good conversation.
Reply Box 7134

LADY late 60s, good presentation, healthy, NS, SD, GSOH, enjoys music, dancing, movies, good food, conversation, travel, has family values, own home, WLTM gent 5'9"plus, similar age and attributes to share happy times. ALA.
Reply Box 7123

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

SOUTH WEST widower, mid 70s, fostering 10 year old grand daughter. WLTM lady to housekeep, companion in exchange for free in home accommodation. I enjoy caravanning, cruising, AFL, cricket, NS, SD, DTE.
Reply Box 7137

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.



Friendship-made-easy through food and frivolity



Befriend members enjoying a cooking course together

IT IS human nature to love sharing a meal with others, but where can we go to do that if we don't already have a big friendship network? Perth community organisation Befriend Inc. has the answer, with their new Sweet Skills short courses. The latest program features Gluten-Free for Foodies, a hands-on, four-session course where participants will learn key dishes that can be tailored to gluten-free, vegetarian and vegan diets. Participants cook together, then sit down at a themed table to share the meal they've made. Befriend founder Nick Maisey says, "Food is a way of bringing people together, but it's easy for people to get left out if they have differ-

ent dietary preferences, beliefs or food intolerances. We want to make sure that a shared meal experience is something that everyone can be a part of, regardless of their unique dietary requirements." All of the recipes will be gluten-free and vegetarian, and are designed to be easily modified according to your tastes. Expect to get a taste of foods that make a nourishing morning breakfast, easy-travel picnic options, gluten-free baked goods, and exquisite desserts that are gluten-free, dairy-free, sugar-free, vegan and raw, so no one misses out. Gluten-Free for Foodies is one of a number of courses offered in the recently released Sweet Skills program from Be-

friend. The program, running until 30 July, also features a beginners Bollywood-dance course, and a craft course where participants can make fused-glass jewellery, no-sew tote bags and macramé pot-holders. All courses are designed to be fun, very social, affordable and accessible to all adults. Befriend is a Perth-based non-profit organisation with a vision of an inclusive, connected world. For six years Befriend has been creating social opportunities that are accessible to and include everyone. It now has more than 4000 members who are all keen to meet people and make new connections. The team behind Befriend is passionate about influencing change by creating direct opportunities to connect individuals, while also influencing a broader cultural change around inclusion. The organisation uses partnerships with community service organisations working with people with disabilities, experiencing mental health issues or newly arrived in Australia to link them into their community. Course details and registrations via befriend.org.au/sweet-skills or call 0404 831 201.

SOLUTIONS CONTACT COLUMN
"These ladies and many more are available to meet a suitable gent"
9371 0380

DIANELLA LADY 54 youthful, pretty, well spoken Asiatic b'ground. Funloving, honest, hd working & financially indep. Sk honest, decent man, young at heart, to share life 50-70.

TRIGG LADY 52 Slim, attr, brunette,honest, intelligent, funny, vivacious, comfortable with who she is. Successful, indep, generous & cares about others... has a heart of gold. Would suit professional/business gent who is not shallow 50-65.

KARDINYA LADY 75 Very gd looking Eurasian, pretty smile, well spoken, slim petite figure, well grmd, feminine w/ a lovely gentle nature. Sk caring, romantic man, reas educated w/ clean habits who likes local & o/seas travel 72-82.

ROCKINGHAM LADY 68 bright, positive, active, English/aust, wid, slim, nicely grmd, easy to talk to. Family is o/seas so is not tied down & would love to do some caravanning. Also likes cooking, gardening, sport & is an animal lover. Sk everyday kind of man 64-74.

BALCATTA LADY 70 wid, sincere, dependable, funloving, warm, caring w/ high principals. An attr, well grmd, intelligent woman who would love to jump in the motor home & travel Australia. Would suit a smart but easygoing man w/ GSOH who likes his sport 70-77.

NOLLAMARA LADY 48 Stunning Indonesian, has lived her many years, wid, slim, petite, stylish & modern w/ old fashioned values. Is a friendly, generous person seeking a kind respectful man 50-65 active & healthy, to share life.

MADDINGTON LADY 70 country girl at heart. Animal lover who loves caravan travel & is free of ties so can relocate. Petite brunette w/ pride in appearance, very d.t.earth & goes with the flow. Sk gent who is just honest & decent 66-76.

TUART HILL LADY 69 A pretty woman w/lovely blue eyes & a warm smile. A city girl w/ a full life but missing a special man to enjoy doing things as a couple. Likes the theatre, concerts, cooking good food, the garden, a bit of golf & flexible to try new things. Sk gent 65-75.

SOLUTIONSMATCHMAKING.COM.AU
Matching mature singles since 1995

SCENE SOCIALLY



SCENE (1): TO CELEBRATE National Volunteer Week last month residents and volunteers at Bethanie sites from Yanchep to Mandurah took part in a series of social activities to say thank you to the 600 plus team of volunteers who work at all Bethanies around the state. Bethanie volunteers have the opportunity to undertake an array of jobs across residential care facilities, social centres and lifestyle villages, as well as supporting Bethanie clients in their own homes. Volunteer work ranges from gardening, cooking, driving, sports, games, arts and crafts, to singing in the choir. One of Bethanie's volunteers, John Riordan who has just turned 70, was also recognised for his 20 years of service with the aged care provider during the week. The week is an opportunity to say thank you to this large team of people who help residents. Seen at the event were:

SCENE (1): Clockwise from left; Bethanie Kwinana, volunteers Janette Watts, Gloria Smith Bethanie activity officer Denise Tigges and resident Leslie Johnson - Bethanie Illawong's volunteers celebrated with a morning tea - Bethanie Beachside's volunteer Laizah Chirashi with resident Margaret Ward - Bethanie's Elaine Dalby with 20 year volunteering veteran John Riordan - Bethanie Beachside volunteer Erika Moore with resident Christine Black and volunteer Helan Kitis - Pele Reeve, Joanna Mount, Sue Moonen, David Foster, Janet Gordon, Lucy Adlam, Sage Adlam, Bethanie's Laurette LeCras, Alex Ferguson, Chester Haymes, Zonia Quiroga Paez, Laura Watson, Oscar Alexis and Arrieta Rosa.



SCENE (2): EIGHT years after a fire destroyed this heritage hotel and many campaigns later to save the building, the new Guildford Hotel reopened late last month with a large party to celebrate an amazing renovation. Do yourself a favour and pop out to enjoy fabulous food and savour the stylish renovation which does justice to this 19th century building. Located just opposite the Guildford Train Station the hotel is open from daily 11am to midnight and 10pm on Sundays. For more information visit www.theguildford-hotel.com.au.

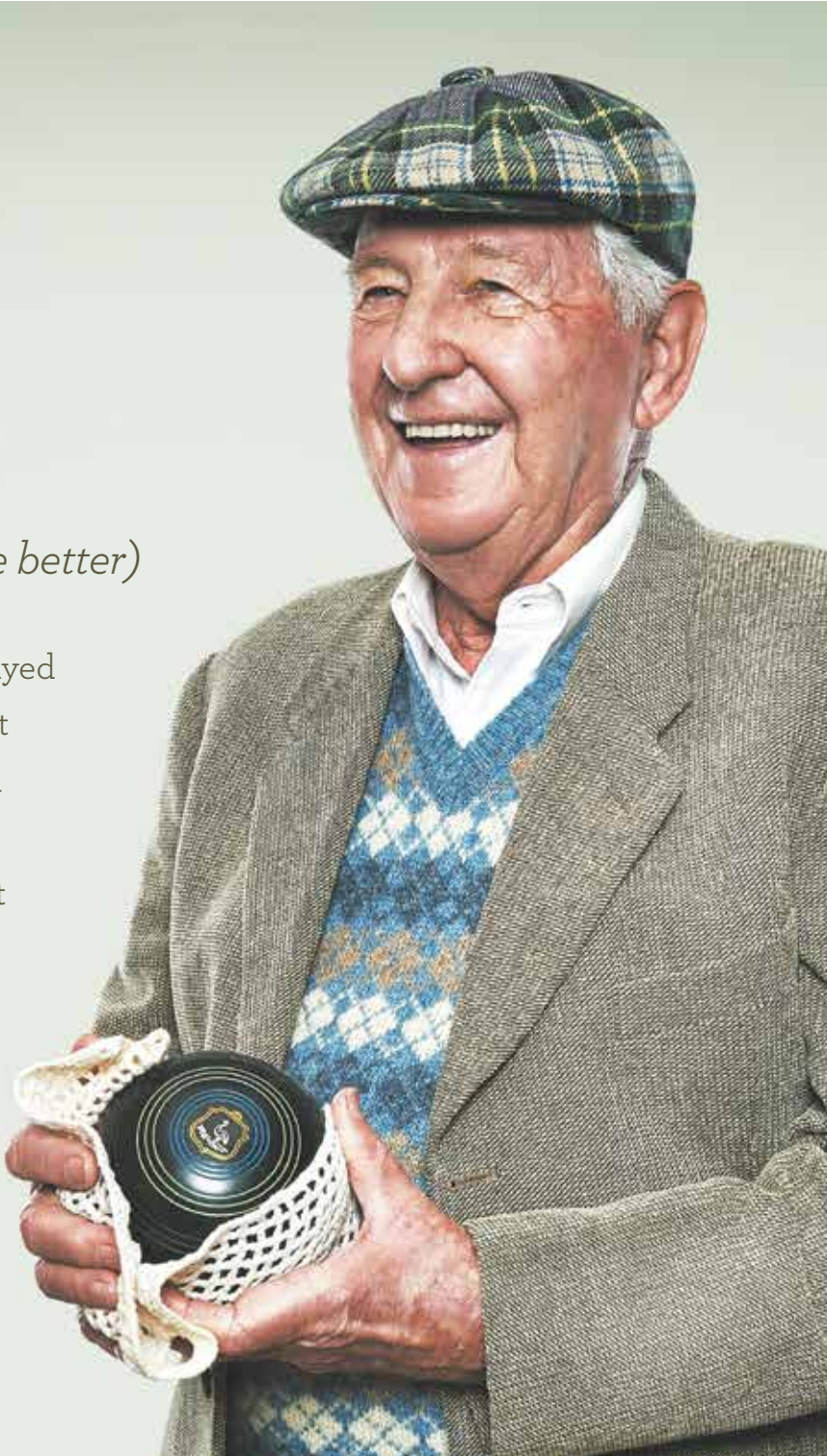
SCENE (2): Front row from left; Ray and Karen Wardrop - Kerry Langham and Margaret Couper-Grant - Celia Miller and Lyndsay Baxter - Helen Ganska and Allan Newton. Second row from left: Syan Dougherty and Cheree Marrapodi - Madeleine Hubbard and Trudy Rowles - Ron Reddingius and Ralph de Seldam, Park Pesalapun and Graeme Hill. Third row from left: Michelle Roberts MLA and Andrew Kiely - Domenic Martino and Premier Colin Barnett - Guests enjoying the first sneak peak of the iconic hotel. Fourth row from left: Rosemary and Jack Joyce - Erin Meckle, Ciara Clarke, Nicole Henderson with John Day MLA

Meet Jack

He likes some friendly competition (the friendlier, the better)

When Jack moved to Bethanie, several years ago, he'd never played a game of bowls. Now, he's a serious player (and on the putt putt course too). It's been a great way to make friends. They've given him some handy tips on his game, while he's been giving some charming banter, now and then. And while they're serious about their bowls, they're even more serious about having fun.

Call 131 151, or visit bethanie.com.au





REGEN

Sustainable Power Solutions

power

Go Solar *Power that doesn't cost the Earth*

BEST PRICE EVER!

**PREMIUM RESIDENTIAL SOLAR PACKAGES WITH
WORLD'S BIGGEST TIER 1 BRAND**



CanadianSolar 265Watt PANELS

WORLD'S 2nd LARGEST INVERTER MANUFACTURER



PREMIUM INVERTERS

SENIORS SPECIAL

OFFER

HURRY!

LIMITED TIME ONLY

★★★★★ **RATING**

3.18kW SYSTEM

~~\$3290~~ **\$500 OFF!**

\$2790

FULLY INSTALLED*

**12 x 265 watt Canadian Solar Panels
+ 3kW Sungrow Inverter**



5.3kW SYSTEM

~~\$4990~~ **\$1000 OFF!**

\$3990

FULLY INSTALLED*

**20 x 265 watt Canadian Solar Panels
+ 5kW Single Phase Sungrow Inverter**

* Conditions apply. Includes a standard installation in metro areas (50km from Perth CBD). Price advertised is after government incentives.

**REGEN POWER OFFERS LONG TERM
MANUFACTURER'S WARRANTY
ON THE PRODUCTS**



- ☀ SEA (Sustainable Energy Association) - Product and Technology Award Winner
- ☀ Installed over 10,000 residential solar systems
- ☀ Quality installation by certified and licensed electricians

Yes, We're

LOCAL

**OPERATING OVER
13 YEARS FROM
CANNING VALE OFFICE**

CALL US TODAY!

0894563491

VISIT OUR OFFICE: Unit 4/90, Catalano Circuit, Canning Vale, WA 6155



REGEN

Sustainable Power Solutions

power

Call Now! (08) 9456 3491
sales@regenpower.com
www.regenpower.com



EC License: EC9676