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VOLUME 26 NO. 11 ISSUE NO. 303 JUNE 2017

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let's go travelling

16 page liftout

- Steve Collins visits WA's beautiful Kalgoorlie Boulder
- Winter in the West



Have a Go News' editor Jennifer Merigan catches up with Mark Holden



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- Aged Care feature
- Food & Wine
- reviews, recipes and more
- Retire in Style

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Random acts of kindness required...



Above; Locky, now ready for adoption, with RSPCA WA chief inspector Amanda Swift
Inset; Locky, the Rottweiler the day he was rescued in March 2016



LUNA, the Labrador that was killed in a random act of violence last month, has brought the topic of animal cruelty to the fore of many homes across WA.

Those of us with pets, who think nothing of walking our dogs daily, were shocked, saddened and disgusted by this random act of cruelty that happened so unexpectedly in a suburban park. This very public case comes at a time when RSPCA WA is appealing for the community's support to get more inspectors across WA – yet its campaign to raise much needed funding to help end animal cruelty has raised its own controversy. Depicting real cruelty cases

from across WA, the 20for20 Appeal has caused a stir among people who have been shocked by the graphic images. The appeal reached households across Western Australia, asking them to chip in \$20 to get 20 inspectors on the road, which will ultimately help put a stop to animal cruelty. Despite concerns that children might be exposed unnecessarily to these images, it has spurred many more people, including children, to donate what they can to the cause.

One of the most confronting images used was of a horse tied to a fence, lying dead in a paddock. This was just one animal found dead and decomposing on a property 260km east of Perth. While it was too late to save this horse, or prove its cause of death, RSPCA inspectors managed to rescue 10 other horses and four dogs

from the same property, all in poor condition and urgently in need of veterinary care.

Inspectors also gathered enough evidence to charge the two owners with 14 charges of animal cruelty under the Animal Welfare Act (2002). The couple pleaded guilty and were fined \$40,000 each, and were banned from coming into contact with any animal for ten years. The rescued animals were forfeited to the Crown. It is important to note that these fines are payable to the State Government, not the RSPCA.

This is just one case where the remote nature of the property, the sheer number of animals needing rescue, and the amount of work required to gather evidence and lay charges under the Animal Welfare Act stretched the resources of the inspectorate in WA. With only

11 inspectors in the entire state, there is a very real need for extra inspectors so that more animals can be saved.

Just this week, RSPCA WA has advised that one of the rescued dogs from this case, a Rottweiler-cross, is now available for adoption. When inspectors found him, he was chained to a tree, and was in poor condition with his spine, ribs and hips clearly visible. He was rescued, and after veterinary treatment and behavioural assessments at the RSPCA Animal Care Centre in Malaga, he has spent a year with a foster family awaiting the outcome of the court case. He has made a full recovery and is now a healthy, and most importantly, happy dog; ready for a second chance in life.

Visit www.rspca20for20.com.au or call RSPCA WA on 9209 9300.

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From the editor's desk

WINTER is upon us and the City of Perth's Winter Arts Season has kicked off with an impressive program of 16 commissioned artworks and more than 150 art events over the season.

Throughout the CBD, artworks and performances will take place in vacant shop fronts, public spaces, shopping arcades and laneways to bring the city to life during the cooler months.

It's a great opportunity to participate in many events including 60 food and beverage offers from more than 30 venues. Visit www.visitperthcity.com for listings.

News from the WA Health Department is that vaccination rates for the 'flu have slumped to an alarming low rate.

Don't forget if you are aged 65 and over or have a chronic medical condition you are entitled to a free vaccine. If you're not entitled to a free one, many participating chemists offer a vaccine service for a small fee. I have my 'flu shot every year and encourage all members of our office to do so. Older people are very susceptible to influenza and can pass it on to their unprotected grandchildren, but since 2014 uptake numbers for the vaccine have dropped each year. Having the vaccine is an easy way to protect your health. June is the perfect time to have the jab.

Curtin University is conducting a clinical trial to investigate a new strategy for treating hypertension (high blood pressure) and are seeking to recruit adults to volunteer. Anyone interested in taking part in the trial can contact either Sue Critchley or Jacquita Affandi on 08 9266 5860.

I have enjoyed doing quite a few radio spots this month including speaking about our book *Stories from the Swinging 60s* with Jenny Seaton from Curtin Radio. I also joined 6PR's Chris Ilsey from Perth Tonight on his regular Thursday night panel and Tony Mac on a Saturday night on 882am Radio 6PR. I always enjoy sharing so much of the news that we generate here at the paper through radio. I particularly enjoyed my interview with Peter Jeffery from 95.3fm 6EBA the multicultural radio station, talking about the paper and how we put it together from month to month. Do support these radio stations as they all offer something unique for their listeners.

Congratulations to Mrs Bovington from Duncraig who was the lucky winner from April's competition. To enter the AD Words competition to win a \$200 shop-

ping voucher simply find the letters in advertisements to make up the 11-letter word and then enter the draw. You can find all the details about the competition on this page.

The *Stories from the Swinging 60s* book is a collection of stories from our readers about what their life was like in WA during the 1960s. The book is available to purchase from the office for \$25. For clubs and groups looking for a guest speaker we have a presentation which we take on the road about the Living Histories project which is available free of charge. Contact me on the email below or call the office on 9227 8283.

I wish you a happy, healthy month.

Jennifer Merigan
Editor

jen@haveagonews.com.au

Like us on Facebook or follow us on twitter!

Ageing research snippet

AUSTRALIAN researchers made a significant breakthrough in identifying the cause of delirium, a brain-related condition which affects up to 50 per cent of older hospital patients. Associate Professor Gideon Caplan from the Prince of Wales Hospital in New South Wales, said his team identified abnormal glucose metabolism in the brain as the leading cause of delirium by using PET scans. One in 10 patients in hospital may have delirium, a condition where the patient becomes restless, suffers illusions and may become incoherent. The good news is there are already treatments which increase glucose uptake in the brain, such as insulin, which is used to treat diabetes. The doctors at Prince of Wales Hospital plan to trial insulin delivered in an inhaler, via the nose, which means it will go directly to the brain. It would be given to elderly patients at risk of delirium.

Great West Aussies - Did you know?

George Shenton was WA's first Colonial Secretary and Perth's first mayor (from the 1880s). A parliamentarian for 30 years, he invested in the Goldfields, exported sandalwood, timber and wool, imported explosives and pioneered WA trade with Singapore.

Funny historical fact

Toilet rolls first appeared in the shops in 1928.

Urban slang

Bless it up
A term used to tell someone to pray before an event.
Eg - bless it up so we can eat.

Word of the month

futz
verb
Waste time; idle or busy oneself aimlessly:
'mother futzed around in the kitchen'
Origin
1930s: perhaps an alteration of Yiddish *arumfartzen* to fart about.

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FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles or IGA gift voucher. Eleven advertisements in this issue contain a blue circled letter for the Ad Words promotion. Find the 11 letters to make up the word and then send your entry in to be in the draw to win. Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

1. Easy Access Kitchens
2. Perth Gold & Jewellery Buyers
3. Care and Ageing Expo
4. Barry Silbert Marketing - Judy Jeans
5. Perth Seniors Travel Club
6. Geraldton Bus Tours
7. Bayswater Hotel
8. Mondo Exclusive Homes
9. Guru Property Repairs
10. Attune Hearing
11. 42nd Street

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/06/17.

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Lee Tate takes a walk in the park with the State Governor Kerry Sanderson



Top; State Governor, Kerry Sanderson
Above; The State Governor with family pat dog Kiki, a kelpie-collie-blue heeler-cross

by Lee Tate

OUT and about in the WA bush, well away from the trappings and comforts of high office, Kerry Sanderson nestles-in with nature. "It's good for your health - everybody's health", says the State Governor. She would like to see more West Australians walk on the wild side.

Nearing the end of her term as 32nd Governor, Mrs Sanderson revealed to *Have a Go News* her passion for a budding project she wants to see blossom for generations, the WA Parks Foundation.

Over coffee at Government House, she told me: "The foundation's vision is for Western Australia's parks to be increasingly loved and visited and the plants, animals and landscapes and cultural values they embody to be protected and a source of pride for all Western Australians."

Mrs Sanderson has the track record. Among WA's highest achievers, she's the ultimate trail-blazer.

WA's first woman Governor, she's been at the helm of Fremantle Ports (as the only woman in the world to lead a major port authority), held the office of WA Agent-General in London, a board member of some of our top companies, chaired the Gold Corporation and supported many charities and health and community groups.

While she is patron to nearly 180 organisations, Mrs Sanderson is committed to putting WA national parks on the map.

The Governor is on a foundation team made-up from the community, Department of Parks and Wildlife and sponsor Wesfarmers.

Their aim is to improve our national parks' public facilities, upgrade and extend walk-trails with facts booths and signs and increase public awareness and use.

"We can start with the State's first national park, John Forrest, which is only 35 minutes' drive from Perth," she says of the 27 km² park. It is home to 10 species of native mammal, 91 birds, 23

reptiles, 10 frogs and 500 different species of wildflowers.

The Governor points out that WA's conservation estate, including national parks, conservation and nature reserves and marine reserves exceeds 29 million hectares.

WA has three World Heritage areas: Shark Bay, Purnululu National Park and Ningaloo Reef and the south-west is Australia's only internationally-recognised biodiversity hotspot.

Mrs Sanderson says the foundation will help people connect with and take pride in our national parks.

"It will support conservation and interpretation for future generations," she says.

The Governor says international surveys and scientific findings underscore the value of nature: One study found that walking in nature can lead to a lower risk of depression.

In a US study, students were divided into two groups: one walked around an arboretum and the other walked a city street. Those who walked among trees improved their memory by 20 per cent.

A Dutch study of 250,782 people concluded: "The percentage of green space in people's living environment has a positive association with the perceived general health of residents."

After a UK study, researcher Dr Miles Richardson declared that exposure to nature reduces hypertension, respiratory and cardiovascular diseases, improved mental wellbeing and correlates with life satisfaction, vitality, meaningfulness, happiness and lower cognitive anxiety.

Mrs Sanderson makes a good disciple, emerging from her lifetime's work with a balanced regime: careful food choices, weekly fasting, regular walks and time out with family pet Kiki, a kelpie-collie-blue heeler-cross.

On cue, tail-wagging ball-of-muscle Kiki bounds into the grounds of Government House to join the Governor for a quick walk and a photo for us.

Mrs Sanderson daily shares doggie duties with her two sons, budding vet Jarrod and FIFO engineer Jason.

Mrs Sanderson's late husband, Lance, a se-

nior telecommunications engineer passed away in 2007 after a 12-month battle with cancer.

Mrs Sanderson springs from solid West Aussie roots. Her father, born in Kunjin, near Corrigin, was an agricultural scientist, eventually becoming deputy Director General of Agriculture. Her mother was a high school deputy principal.

After graduating from university, Mrs Sanderson signed-up with State Treasury for 17 years, becoming director of economic and financial policy.

For someone who has flown under the media radar, Mrs Sanderson's career is staggering: co-chair of the first Murdoch Commission (examining WA and its place in the region), council member of Curtin University, on the advisory council to Curtin Business School and voluntary adjunct professor.

She was on the Ambassadorial Council for UWA Business School, advisory board for Notre Dame Business School and on the board of the Menzies Centre for Australian Studies at Kings College London.

In her 17 years as chief executive officer of Fremantle Ports, the record shows she improved business, lifted profits and scored triple accreditation for quality, safety and the environment.

There was a Premier's award for economic development and a Lloyds List award for corporate social responsibility in transport and shipping.

Mrs Sanderson's awards include Centenary Medal for service to the maritime industry, inaugural inductee in the national Lloyds List Shipping and Transport Hall of Fame, Business Hall of Fame in the Fremantle First Business Awards, Telstra Businesswoman of the Year, Export Hero award from Australian Institute of Export and Ambassador for the WA Industry and Export Awards.

Former chair of Ports Australia, Mrs Sanderson was on the boards of Austrade, Australian Wheat Board and Rio Tinto WA Future Fund and a Fremantle Hospital Medical Research Trust Fund trustee.

She served three years as WA's Agent General covering Europe and Russia, promoting investment in WA as well as WA exports and interests. While in London she also worked to (successfully) promote WA for the Square Kilometre Array radio-telescope and co-ordinated arrangements

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Land cost: \$680 plus membership fee of \$300 totalling \$980* which includes: while in China, single room hotel accommodations; all onshore transports and meals; admission charges to all scenic attractions; English-speaking tour guide; meeting of pre-selected matches. Return airfare: FREE to selected participants

Tour cost does not include China visa fee and travel insurance

Deadline: 5pm, 7/07/17, first come first served

This is a small specialised group tour and seats are strictly limited.

Contact: for further information please contact
The Single Nobles on 0418 919 676
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for the Commonwealth Heads of Government Meeting (CHOGM) and the 2001 royal visit to Perth.

Mrs Sanderson's long list of positions includes chair of the State Emergency Management Committee, director of Downer EDI and Atlas Iron, board member of St John of God Healthcare and of the International Centre for Radio-Astronomy Research.

And there's more: Board of Charities Senses Australia and the Paralegic Benefit Fund, patron of Variety WA and patron (Australia) of Women's In-

ternational Shipping and Trading Association.

Mrs Sanderson has been a member of Rottnest Island Authority, Western Quarries, the Urban Lands Council, LandCorp, Stateships and the Dampier Port Authority.

"I've met, and still meet, fascinating people. It's been a privilege," says the outgoing Governor, 66, whose retirement plans include active roles in not-for-profit groups, health organisations and, of course, the Parks Foundation.

For this super-achiever, it should be a walk in the park.

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CLOTHES FOR EMPERORS



Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor,
IN reply to Lee Tate's April Television column...
When I was 25 in 1965 and looking for more culture than I got from TV I left the US.

I'd read a critic of the media quoted as saying 'the human capacity for the banal is unquenchable.' That sort of sums up how I still feel.

Distraction? – just give 'em circuses.

Sun-cerely,
Sunny

Dear Editor
WOW! At 81 years young I have just finished reading the world's most informative free newspaper – *Have a Go News*.

This April edition was full of great news – travel, aged care, charity appeals, health, accommodation, retirement, lifestyles, entertainment, food, advice, funerals, dance, music, care supports, recreation, reviews, sport, gardens, scams, friend to friend etc.

What's not to love about this wonderful newspaper? Thank You.

Yours gratefully,
William Booth Bentley

Dear Editor

THE news item 'Life History recorded for friends and family' in the April issue caught my eye.

Several years ago, shortly after my father's death, I realised how little I knew about his naval experiences. He had spent 12 years in the Royal Navy before migrating to Perth. He then spent many years in the Fleet Reserve based on Fremantle before spending six years in the RAN in the Second World War. The other thing I really knew about his service was when he was a Petty Officer/Gunners Mate and had been in Yenbo, Arabia in charge of the guns landed there. While there he met Lawrence of Arabia who had been driven back to Yenbo by the Turkish army. My elder brother was named after Lawrence though the registrar spelt his name wrong!

Realising that my then young daughter had no knowledge of my four years in the RAN during the Second World War, I decided to write a few pages detailing my experiences. When finished I found there were 60 A4 pages including photographs in the folder. Copies of *My Navy Days* are now held in the Australian War Museum, The Naval Historical Society and the Townsville Maritime Museum and others.

From that beginning I went on to compile more than 200 pages of *My Adventurous Life* which will give my daughter some idea of what life was like before and since the Second World War.

Yours sincerely,
Stan Bradfield Kelmscott

Editor – Thanks for your letter Stan – it gives us great pleasure to see people putting pen to paper about their family history.

New members welcome to join Shoalwater Ladies Probus Club

SHOALWATER Ladies Probus Club is looking to welcome new members to their club.

They are looking for young retirees and seniors who would like to expand their interests, remain active and enjoy fellowship and fun.

The club is not-for-profit and does not do any fund raising.

Shoalwater Probus ladies meet on the third Monday of each month at 9.30am at The Rockingham Navy Club, Point Peron, Rockingham.

For further information please contact Sue on 9523 6786 or email healsam@bigpond.com.

South Perth Learning Centre celebrates Volunteers Week



SOUTH PERTH Learning Centre promotes adult education and life long learning. The Centre celebrated

National Volunteers Week with an afternoon tea for their volunteers.

The Learning Centre chairman, Cleve Main thanked the volunteers for their selfless contribution over many years and acknowledged that without them, the Centre and many other organisations like it could not function.

The Centre also welcomed its new coordinator, Valerie Ogoke, who was part of the Volunteers Week celebrations.

Valerie comes to the Centre with an impressive sporting background and has strong credentials including a BBA (Bachelor of Economics and Business Planning) that she gained in America, her country of birth. She has lived in Australia for five years and is now an Australian citizen.

Before she moved to Perth, she lived in Bunbury and worked at the South West Sports Academy playing and coaching basketball. Valerie told the SPLC that she was looking forward to the challenges of her new position.

The SPLC runs a range of courses including language, cooking, computers and creative arts. For more information about the centre visit www.splc.org.au



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Life has been a long and winding road for this Holden...



Mark Holden

by Jennifer Merigan

WE never know what life holds for us when we start off on our journey into adulthood.

Mark Holden set out to be a lawyer but took the path to pop star, songwriter and television personality.

In his new book *My Idol Years* he reflects on this life, interspersed between diary entries from 2007, his last year on the televi-

sion show *Australian Idol*.

The reader travels the road with Mark through his young life and rise to pop star, television personality, songwriter and producer to eventually returning to where he started by finishing his law degree and becoming a barrister.

After reading the book I felt it was more an epiphany on ageing with the *Idol* recollection a side bar to the real story of the

ups and the downs of his life all written with acute honesty.

One of the many amusing tales in *My Idol Years* is when Mark was asked to go to London by Elton John's manager John Reid with the promise of a record deal with Elton's label Rocket Records.

It was a very big deal to fly to London back then and he managed to convince his manager at the time Peter Rix to accompany him.

After being picked up from Heathrow airport in a white Rolls Royce he and his manager were invited to attend Wembley Stadium where Elton was performing with *The Eagles*.

After the concert Mark said he was in fine form standing around at a post gig party with Elton and entourage and someone asked him what he thought of the concert.

Replying in what he thought was great Aussie humour he said the band were good but the piano player (Elton) was pretty average.

"It went down like a lead balloon and apparently I had mortally offended the great man – I thought I was being very funny. I never got called ever again and I never saw them again."

"It's not the last time that my stupid mouth would get me into trouble," said Mark.

At 63 I ask Mark what he thinks about getting older.

"You realise you've got to do it now or forever hold your peace. Other than that I'm not sure, it's kind of a bummer getting older," he said on the phone from Melbourne.

"I think 50 is your peak year and it's your last actual birthday celebration – they become like wakes after that."

"But saying that, every day is enjoyable and I wouldn't be dead for quids."

Mark has seen his fair share of tragedy and in the book he details losing his sister and best friend Peter to cancer – and then being diagnosed with cancer himself.

"Well, I think cancer is the least of our worries, unfortunately with my sister she had five years clear and then got pancreatic cancer and that was it – my best friend developed prostate cancer because he refused to have regular health checks."

"I have regular health checks and I think with cancer, if it's beatable I'll beat it."

"The thing that bothers me now is that my blessed mother is 90 and for that last 10 years she's had dementia and she's basically a vegetable."

"Frankly I don't think cancer is to be feared any more but with dementia... it's a long, long trek into darkness."

The subject of euthanasia came up and Mark said that his best friend Peter, who was in a lot of

pain at the end of his life, had talked about ending it but found that he couldn't do it.

"He still wanted a sunrise and a sunset and wanted to see his kid's face again."

"It's terrible watching Mum in the place that she's in and being in that world that she's in is too hard to imagine."

"And a problem with euthanasia is it doesn't work for people with dementia because they're not competent."

"Even if you agree to it in advance it's problematic for me," he said.

Mark said he has no plans to retire. While he has a brain he'll still keep going and pushing ahead.

Nowadays though he gives himself a week or two of doing nothing.

"I've been retired since I was 21 or 22 – I am grateful to the 21 year old me who chose music and art it's given me a

wonderful life."

It would be fair to say that show business is in Mark's blood and he is planning a new show to tour.

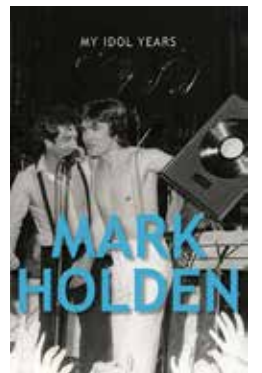
"Basically my family ran the Holden Bros Travelling Circus from 1890 – 1950 and I've just written a show about that called *The Greatest Show on Earth*."

"I'm telling the story about the circus as well as my story with audio-visuals."

"In September I'm going to Hobart to film the show at the Theatre Royal where the Holden's Travelling Circus performed in the early 1900s – it's a labour of love for me – set

it in the oldest theatre in Australia and to be there in that room telling that story where my forebears performed. I'm loving telling the story," he said.

My Idol Years is available at all good bookstores.



Stay Sharp Program

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The 'Introductory Stay Sharp Program' is a 12 week program for the over 55s introducing you to the basics of eccentric exercise, coupled with cognitive exercises, to aid in reducing a persons relative risk of developing dementia related diseases. Prof Ken Nosaka from the ECU School of Medical & Health Sciences has extensively researched the greater benefits of eccentric exercises, while Dr Jenny Brockis (The Brain Fitness Doctor) has helped to develop the cognitive component of the program; to keep those brains active!

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Meet the columnists



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

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



Mike Smits

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



Rick Steele

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



Lee Tate

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

Art gym and a sense of place



by Karen Majer

GLEEFULLY, I have enrolled in my second term of art classes and look forward to cosy winter days with the fire lit and my palette of colours laid out.

Having not picked up a paintbrush since primary school, except to decorate a house wall, it was with trepidation that I approached my first art gym session armed with my new box of acrylics. Art classes were something I'd never considered, assuming they were for artistic folk who could draw. However Margaret River artist Fiona Wilkie offered something intriguing – sessions open to everyone, even raw beginners like me, to experiment and explore our creativity. From that first day I was hooked.

With no pressure to create a product and a group of friendly people around a table, each on her own unique and uncompetitive journey, Fi is leading us to discover our inner creativity. I may never produce a work worthy of hanging on the wall, but the benefits are many. I'm having fun, opening up to taking risks, and seeing my surroundings in new ways. A starting point was to identify inspirations – mine included the Spanish architect Gaudi, the grace of felines, forests and sea life. Now even a chance elegant pose by my cat registers as a fluid line, a shade-dappled block of colour, a second of loveliness. Abstract brush marks turn, almost by their own will, into a desert landscape or a sinuous river. A tiny orange fungus, noticed while walking the dog, begs to be observed. It's all about telling stories, and for me, that is about my place, the changing of the seasons, the beauty in tiny things, the drama of coastline and karri.

While I've spent my career writing about the

environment, and my colleagues developed conservation strategies and landcare programs, I will never underestimate the role of creative people in inspiring care for nature. These days science seems to be ignored and facts become alternate facts or downright lies. However all of us have some connection that evokes emotional connection and sense of place, be it through photography, art, literature, poetry, or simply walking and looking around.

One of my favourite art exercises was collecting rosemary stems, fennel flowers, feathers and ferns from the garden to make beautiful brushes and experiment with creating lines and textures. One of our group reported sharing her experiments with excited grandchildren. Children, especially, learn to love and look after their environment through happy experiences and play.

This winter, why not stretch your art skills or just join the grandkids in a muddle of paint and paper.

History in the city program

COME to Perth and hear something about WA's history, have a marvellous afternoon tea and do some shopping.

Everyone is welcome to History in the City, held at the Citiplace Conference Room at Perth Railway Station Concourse on the first Wednesday of each month at 2pm. Entry is \$5.

The next meeting will be on 5 July where Graham Seal will present: *These few lines – the lost lives of Myra and William Sykes*.

For more information contact the Royal WA Historical Society on 9386 3841.

The Kentian Society mark their 25th anniversary with a celebration

KENTIAN Society (Inc) is the past students' society (Alumni) of Kent Street Senior High School.

On 22 June the Society will holding a special dinner to celebrate 25 years of Kentian Society activities and the achievements of Kent Street SHS students. Being the first government school built

south of the river in 1940 the school has a significant history of leadership and community building.

Past students' contribution has been broad and diverse as illustrated by the achievements of the former Governor of Australia, Major General Michael Jeffery, Olympian Andrew Vlahov and

international fashion designer Martine Harris.

The keynote speaker will be Ms Suzy Urbaniak who was recently presented with the Prime Minister's Science Teacher of the Year Award by Malcolm Turnbull. She has been interviewed on national television and is a renowned leader of investigative science teaching.

Past students, teachers and interested others are most welcome to attend. Information is available from the Kentian Society 25th Anniversary Dinner Facebook page or call 0402 883 046.

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The greatest givers our every day heroes...



by Rhonda Parker

OVER the last few months I have dedicated this column to those people who are heroes in the face of dementia in WA and who have devoted themselves to others. This month, I'd like to conclude my series by sharing about a special group of heroes without whom the system of care would grind to a halt. I'm talking about volunteers.

In the last Census, 5.8 million people – 31 per cent of the Australian population aged 15 years and over, participated in voluntary work. Over a 12-month period, voluntary work contributed 743 million hours to the community. The socio-economic and cultural value of volunteering to Western Australia in 2015 is conservatively estimated to be \$39 billion.

These are dizzying numbers, but let's put some human faces on the heroes rather than quote facts.

In one of our dementia hubs, we have clients six days a week and often overnight. The kitchen not only feeds our clients but also the teams of volunteers – the garden team, the craft ladies, the musicians, and so on. Our entire ability to cater for our family members is only possible because a loyal band of people come every day – as volunteers – to ensure everyone has delicious, home cooked meals to eat, not to mention the morning and afternoon teas. This donation of time and talent allows us to direct funds, otherwise used for catering staff, into better levels of care.

This week a red army arrived at another of our hubs for a backyard makeover. This wasn't a well known basketball team but a group of fifteen staff volunteers from Bunnings who, among other things,

painted, shifted a fence, weeded and planted garden beds, cleaned woodwork and left as donations an outdoor furniture setting, a market umbrella, seedlings, a lawnmower and enough gardening supplies to open a nurse. These volunteers – and their employer – are heroes.

Often my volunteer heroes work in a multitude of settings. Let me finish my series on dementia heroes by telling you about a hero who exemplifies individuals we all see throughout our community.

Geoff recently celebrated a quarter century of volunteering for people living with dementia. He has lent a helping hand when we needed him in a myriad of roles. He has shaken a tin, walked and swam endless kilometres to raise money, year after year, even faithfully made jam for us. He is a kind, wonderful person who asked nothing of us except to give him the go ahead to go out and do his thing. He could have retired years ago from doing all this, but he continues to give.

The dementia challenge is bigger than all of us. If it takes a village to raise a child, it takes a village to care for our elders. No aged care provider or family can do this on their own. The government or taxpayers will never meet the need without support.

Volunteer heroes are easily recognised. They are people who know they are enriched by helping others, that they are more connected to their village if they participate as volunteers, they form the fabric of our society and they never want recognition.

As Kofi Annan once said: "If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever."

In the world of supporting those with dementia, the words of the former secretary general of the United Nations could not be more accurate.

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Beginners now part of the Over 55s Canoe Club



Emptying a kayak



by Jeremy Haslam

OVER 55s Canoe Club's season moved into its next phase with nine newbies graduating after their safety session at Hilary's Boat Harbour. As the more experienced members of the Club had their turn earlier in the season at Hilary's – falling out of kayaks and getting back in, it was now the turn of the newbies. It is always a little daunting to purposely capsize a kayak, but it builds confidence, so if it does occur on an outing you know what to do to come up smiling.

As we expected, this cadre of new members set about their training with gusto. First there was further instruction in paddling technique, then practice under the watchful guidance of the club coach and his helpers.

Next the newbies took to the water again with the sole purpose of falling in. (The Hon. Duckmaster's solemn and watchful gaze was switched off for the occasion, so splashing and thrashing about did not merit a duck badge on one's kayak as it would normally do). Some newbies went overboard as it were, managing to fall in while they were trying to get back on board, this earning yet another soaking.

One also needs to know how to empty a kayak, a technique practiced in shallow water with the aid of another kayak on which to turn the water-laden one. Hats floated off, sunnies dangled around necks and shouts of "Where's my paddle?" added to the general merriment. Serious

business and great fun had by all. The new members showed great enthusiasm and are now fully-fledged paddlers. No mercy from the Duckmaster now!

While all this was going on the other members had a great ocean paddle northward through Cow Rocks, inside Wanneroo Reef then on to Pinnaroo Point for a beach landing and stretch of the legs before heading back for a welcome morning tea. Probably the last ocean paddle for a while because the weather may not be so kind to us in winter.

The following two Thursdays it was back to the glories of the Swan River at Woodbridge and Garratt Road. The latter outing involved scones, cream cakes, and coffee (thanks to a coffee van run by one of the members) at morning tea. Naturally enough there was a good turnout for the paddle, some even saying they did not know there was to be scones and jam – believe that and you'll believe anything. But all good things come to an end and it was back into kayaks for another five km before lunch.

Further information about the Over 55s Canoe Club can be found on the web page www.over55sca.noecub.org.au or on YouTube and Instagram.

Club President Kate can be contacted on 9526 2168.

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Masters Swimming recognises many dedicated members



by Samantha Noall

Bird on top of the world MASTERS Swimming WA member, Helen Bird, broke not one but two world records at the recent LiveLighter State Championships at HBF Stadium. At the tender age of 80 years this is an amazing achievement. Helen broke the 100 and 200 m backstroke world records and is eagerly awaiting her official certificates from FINA, the international body



From left to right; Samantha Noall - David Laws - Richard Johnson - President MSAW, Helen Bird, Damien Eyre and Sari Galsworthy.

for swimming.

Helen will be attempting to win the trifecta when Perth hosts the 2018 Masters National Championships in April. She will be training hard to get the 50m backstroke world record.

Helen's achievements were recently recognised

at the Swimming WA, Westpac Swimmer of the Year Awards at the Rendezvous Hotel Scarborough. Fremantle Fins Coach Sari Galsworthy was also in attendance to receive her Masters Swimming Australia National Coach of the Year 2016.

Congratulations to both amazing ladies. You are an inspiration to all.

2016 Perc Edwards Volunteer of the Year
– David Laws, Carine Masters

The trophy is named after Perc Edwards who was well known as one of the most dedicated swimming officials in the Perth swimming fraternity and David Laws is a worthy recipient of the award. David has been a member of Carine Masters Swimming since 1989. He has been an active member of the committee since 1991. He held the position of treasurer for many years and has also been secretary, and is the immediate past president. He was presented with life membership of Carine Masters in 2008. In his spare time, David volun-

teers for Wheel Chairs for Kids.

2016 Service to Masters Swimming WA
– Richard Johnson, Claremont Masters

Richard Johnson has been a member of Masters for more than 30 years. He has been at Claremont Masters for all of that time. He is a life member of Claremont, reflecting the contribution he has made to the club over many years. He has witnessed the progressive change from paper records to the online / electronic world of today. He fills his roles as both club and state Recorder with the minimum of fuss. He is an essential cog in the Masters machine, and all swimmers can thank him for making certain results are correct and timely.


The 1947 bubs of Highgate Primary School... then and now



BACK in 1947 a group of five to six year old children started primary school as 'bubs'.

At the 100th reunion of Highgate State School in 1995, many of the class members met up and have been meeting regularly every year since.

This year is the 70th anniversary of the class and many of those children from 1947 came together at the home of Pam and Arthur Mistilis in Coolbinia in early May.



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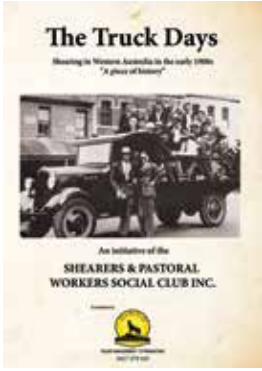
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Discover the history of WA's shearers with *The Truck Days*



A SIGNIFICANT piece of Western Australian history has been immortalised with the production of the short film *The Truck Days*. From the 1900s through to the 1960s, teams of men headed north for eight to 10 month shearing contracts, slowly working their way south. This beautifully presented film captures the essence of the shearers' life with

historic footage and photographs. Shearing is not for the faint hearted and for many young lads it offered them adventure and a great way to earn a buck. The film captures the tough life of shearers in the pastoral lands of the north west and encapsulates the period when WA's economy prospered off the sheep's back. Featuring interviews with the last of these men, the production delves into the history of a shearers' life. *The Truck Days* captures an important piece of our history. An abridged version of the film is played at the Transport Museum at Whiteman Park alongside one of the shearers' trucks. The DVD is available for purchase for \$20 from the Have a Go News office at 137 Edward Street, Perth or call 9227 8283.



Above; Rick Steele
Right; Club 28

by Rick Steele

KIWIS are flightless birds, and I should know. I came by Indian Pacific from Melbourne back in '71. Even as a child I can remember being somewhat interested in the birds of feather and observing them from my bedroom window. However the closest I ever got was when we babysat Aunt Myrtle's singing canary for a week until our cat leapt up and ripped its leg off and Tweety bird met his maker. Back in the seventies, the bird life in Perth seemed to me much more prolific and I was spotting twenty eights, or ring necks, pink and greys, white cockatoos, black cockatoos, weiros and even the non-feathered birds with great regularity. I used to visit a nightclub, or supper club they called this venue back then and I remember meeting Peter Dee, Perth's funny man, there.



The place was called Lindy's and was located at 28 James Street down near *The Sunday Times* and across the road from the Shaftsbury Hotel. Dave Goode, the proprietor, had run a successful show for many years and was ready to move to further up the road to the heart of a rapidly developing Northbridge. That now boasted two pizza shops and numerous nightclubs, including the Red Garter, and Amazons. By 1975, I had built up a reasonable following of fairly loyal fans, from my two or three years at the Perth Concert Hall Tavern singing most of the very popular Neil Diamond album: *Hot August Night*. Dave Goode's mate, Barb-B-Que Jack approached me about taking on the lease of Lindy's when they moved to new and larger premises. We would be partners. Jack would run the bar and I would play the music most nights, attract the people and be the

front man. I am not saying that Jack was unattractive, but when he was born, they slapped his mother. I was entrusted with renaming the place and very quickly switched on to the street number 28. Twenty eight parrots I thought. The 'pissed parrot' I thought. The Small Business Department would not register the name spelt that way but would accept, the '28 Club - home of the Pssst Parrot'. I do not remember how, but somehow I got hold of two twenty eight parrots who were imprisoned in an old style cocky cage, that I would bring in each night and hang above the bar. Health regulations were not so strict back in those days. I went to my very good mate, Stewart, 'Scruffy' Van Raalte, and he, for a very modest fee of a decent bottle of red. designed the artwork and soon the business cards, T-shirts and posters were at the press. Some guy, whose name was John, turned up in a van one day with the back full of grog, all white spirits, neatly packaged in cartons of eight bottles. "Mate, mate, have I got a bargain for you!" For cash money, I bought eight bottles of

bacardi, vodka, gin and ouzo for about half the retail price and cheaper than wholesale, off the back of a truck. Later that night a customer complained that he couldn't taste the bacardi. I poured him a double, a triple, a whole glass with no coca cola. Right I had bought 32 bottles of water for about 500 hundred bucks. As fate would have it, while Jack went fuming up the road to our ole mate Dave to borrow some white spirits for the night, our main keg of beer ran dry. It was one of those nights, with the temperature still stinking hot. The parrots weren't dancing, the customers thirsty and the band on a break, I approached my brother-in-law, called in for emergencies like this, if he had ever changed a keg. He had helped once at a party. "OK, let's do this!" Disconnect the gas. Check. Moved the empty keg into kitchen to take out spear. We both knew when you released the spear there was a significant force involved and to exercise caution. Well, I had no idea and the spear whizzed past my face missing my head by a fraction and hit the roof before falling to floor with bits and pieces scattered all over the place. Unbeknown to us the main washer had rolled under the fridge and we were soon to find the importance of a relatively small unit. In trepidation we rolled the new keg back to the bar area to help satisfy the agitated beer drinkers holding up the bar. Lester and George (my dancing feathered birds) seemed to stop and

crouch on their perch. Duncan, our chief drunk took off his hat and wiped his brow and an uneasy air of silence fell over the place. Serge had at least been at a party where someone had changed a keg so he was entrusted with the actual spearing of the keg and I would screw up the washers, nuts and bolts to contain the pressure. With an audience keen and licking their lips in eager anticipation, Serge pushed the spear into the keg, not unlike a soldier or a miner pushing the plunger on a large explosive of dynamite and I quickly began my task of tightening. But alas! The liquid gold began exploding out of the keg with great velocity and very soon it was raining beer. Duncan took off his hat again and began collecting the amber fluid in it. The parrots started running up and down their perch squawking loudly while people grabbed glasses and tried collecting from above. The chaos continued until the full ten gallons had emptied itself and two very embarrassed drowned rats waited. Bottled beer was handed out and before long Jack returned. His response could not be printed in a paper such as this or indeed, I think would be deemed not fit for publication anywhere. My mother would often say: "beware of the evil of drink". I would have to agree. It only takes one drink and I get real tipsy. I can never remember if it's the thirteenth or the fourteenth! Cheers dears.

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lendlease



by Mickel Smits

EVENTUALLY there comes a time when the heat should be released from a hot air story. This hot air story is the biggest I've had to contend with in my 40 plus years of coin dealing.

Last month we discussed coin noodling – the practice of sifting through your change (or quantities of coins) in search of different examples for your

The year 2000 mob of roos \$1 mule... the search for rare coins

collection. This story includes anecdotes claiming some noodlers have noodled through as much as 1.5 to 2 million \$1 coins in search of a particular error coin – the year 2000 mob of roos \$1 mule.

You may have already heard about this coin as it seems to surface in the media every couple of years or so, the last time being in the newspapers in March. Yes, this is a rare coin, as it goes, however my beef is, is it as rare as it has been made out to be and hence what is its realistic market value?

For those who've not heard about it, in the year 2000, the Royal Australian Mint made a

profound mistake while minting the 7.6 million \$1 coins they produced that year. Somehow, during a particular \$1 production run, a mint worker incorrectly inserted into the coin press the head die normally used for striking 10c coins. Consequently, because a 10c coin is 1.4 mm smaller than a \$1 coin, this resulted in the new dollar coins having a wider rim on the head side which clearly displayed a double ring (or lip) around its circumference.

About three years later, the error was first recognised by noodlers. Subsequently, the Mint conceded that yes it must have inadvertently

made the error as just described. By the way, in the coin world, 'a mule' is a term attributed to coins that have mismatching heads and tails (obverse and reverse) – Mints very rarely make such a blunder.

When the discovery hit the internet through collectors' blogs and social media it set off a frenzy of activity and speculation, especially when it was first put out that only a few to several hundred could exist. And as the Mint was unable or not prepared to indicate how many might have been released, this only fuelled the fire of speculation.

Sure enough, as

noodlers put them up for sale, they were changing hands for several hundreds to thousands of dollars each. My advice to collectors then became – be aware and be careful – not until sufficient time (probably years) has passed, will the market be able to say how many have been issued into circulation, so they should resist paying high prices in the meantime.

It soon became apparent that the lion's share of these mules had, by chance, been distributed to WA. One noodler told me that he alone had found about 150 of them during several months of ploughing through

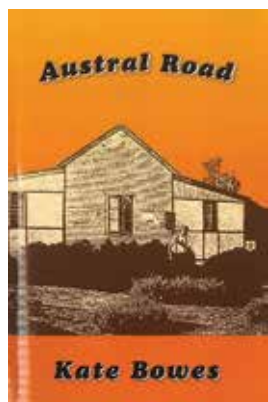
hundreds of thousands of dollar coins. He also knew of others doing the same.

Putting things into perspective: the Mint's presses are capable producing more than 600 coins per minute (two million per day); undoubtedly they sooner or later realised their error as they periodically check the output during a production run; they obviously did not cull the mules, allowing them to slip through the net; so how long had the machinery been running before it was stopped and the correct \$1 head die was re-inserted?

Some years have now passed. I've been

approached by hundreds of noodlers regarding this coin during that time. Each and every time I've given my two bobs worth of advice and when asked as to whether I want to buy them I've said, no thankyou – the most recent estimates as to how many exist, derived through canvassing and surveys online, is 6,000 to 10,000; this is a far cry from just hundreds and certainly more in line with my and other experienced dealers and collectors expectations, likewise, the prices now being paid which are about a quarter of what they were when these mules first kicked in.

Book Review - a tale from Austral Road, Kalgoorlie



Reviewed by Pat Paleeya

KATE Bowes has written a family history of life in the Goldfields during the years from 1942-1948.

She writes that this is a time of innocence and simplicity, hardship and sadness. An extended family of grandparents, teenage aunts and young children muddle along together in a house in Austral Road, Kalgoorlie.

Three sons go to war, two are taken prisoner but escape, one to Switzerland, the other to France, but he is reported as missing, causing much anxiety back home as they wait for news of him.

But life goes on in Kalgoorlie. The women did what they could to make life easier for

all with dwindling food supplies due to rationing.

The children were free spirits exploring the bush all around enjoying adventures (and misadventures) that the countryside offered.

Once they visited Dinny a cow cocky friend of their fathers to replenish their water bottles. His kitchen was full of blow flies, rotting maggots meat, mouse and rat droppings.

Sounds like a dream, doesn't it? They filled their bottles and scarpered but not before the salubrious gentleman of the bush farted loudly before flopping on to the verandah bed raising a cloud of dust, flies and kapok.

There are many characters, many anecdotes, and for some readers of a certain age perhaps a trip down memory lane, and for the younger demographic an insight

into a life that offered a richness of childhood that has disappeared in these technical times.

This book contains photographs of people and places which helps the reader to familiarise with the occupants of Austral Road, whose ordinary life can be shared in this pleasant chronical of the past.

Austral Road is available directly from the author Kate Bowes, the cost is \$20 plus postage – mobile 0418 876 444.

WIN WIN WIN
We have one copy to give away. To enter please email to win@haveagone.com.au, with the book title in the subject line or write to Austral Road, 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 your envelope. Competition ends 30/6/17.

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The history and future of stamp collection: Part 16

by Mickel Smits

ALMOST as soon as the world's first postage stamp was introduced in 1840 – the English Penny Black – counterfeiters set about attempting to forge them for sale at significant discounts on the black market.

Needless to say, such fraud deprived the postal service of revenue, a service that, ironically, had just been reformed by the government whereby the cost of sending a letter was greatly reduced, hence making it much more affordable for the average citizen and business.

At the same time stamps were introduced for the convenience of being able to buy them in advance and then just pop the letters in a nearby post box rather than having to go to a post office. The reform was so well received and successful that 70 million letters were posted in the first year, with the volume increasing three-fold within another two years.

As other countries replicated the British postal reforms, their stamps too were targeted by counterfeiters who were using much the same printing machinery. So the postal authorities progressively introduced measures aimed at countering this fraudulent activity. These included incorporating watermarks in the stamp paper and changing the watermarks in successive issues.

Special papers were also used including some having distinct and noticeable fibres such as silk threads imbedded in them. Increasing the intricacy of the design details was another measure which upped the ante on forgers by requiring them to have more sophisticated copying and engraving skills to produce the printing plates.

Secret marks in the designs were introduced; printing methods were advanced and the progressive release of new designs assisted in staying a step ahead of the criminals. In 1856, the British post office even contracted forgers in order to put to test the efficacy of their counter-counterfeiting measures.

Essentially, as much concern and security considerations were applied in the production of stamps as it was for banknotes.

Come the early 1860s, fraudsters attention was drawn to another market – stamp collectors. Collecting stamps had by then become a craze, a phenomenon of the times. It was a marketplace which was unlikely to put you in gaol so long as you reproduced stamps from other countries.

The collectors were mainly in their youth, they didn't care too much if they were reproductions, they just wanted to fill more and more gaps in their collections and so they happily paid the penalties they were charged to buy them.

Collectors also seemed to have few qualms about cheating – if for example they didn't have the earlier imperforate version of say an English Penny Red Queen Victoria stamp, they would take a spare example of the later and more common perforated edition of the same design and simply cut the perforations off and stick that into their album instead.

Many forgers were actually amateurs, often just having fun to amuse themselves and their fellow collectors. Some stamp journals of the day purposefully had stamps produced and used them as giveaways when you bought their publication. Others printed reproductions for the stamp packet trade which was booming and highly lucrative.

All in all a lot of this activity was comparatively harmless, collectors weren't necessarily ripped-off and it would be fair to say that almost all collections included examples of these reproductions. It wasn't until adult collectors became more and more captivated by the hobby and had real determination, a more scrutinizing outlook and real money to spend, did the market begin to pay more attention to what was real and what was fake. By then it had become apparent that some stamps were rare and therefore more highly prized and valued.

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by Lee Tate

WHAT'S funny on TV? That's the conversation I joined with a group of WA grey nomads. Good question, given the modern approach to comedy. This mob turned to old TV favourites and the big vote was... (drum roll) *Vicar of Dibley*. Still repeated on the box, the Vicar ran from

TV Talk - finding those hearty laughs on the small screen

November 1994 to January 1998 (with three sets of specials in 1999/2000, 2004/5 and 2006/7). The series was set in a fictional, small Oxfordshire village, Dibley, which gets a female vicar following the 1992 changes in the Church of England permitting the ordination of women. (The village of Dibley is actually the village of Turville in Buckinghamshire). The concept was brilliant. The star, Dawn French, didn't write the sit com but, created by Richard Curtis it was written for French by Curtis and

Paul Mayhew-Archer (with contributions from Kit Hesketh-Harvey). The hilarious, rolly-polly, often politically-incorrect town vicar was an invention of Curtis but he and French extensively consulted one of Britain's first women priests, Joy Carroll. Pommy church leaders must have cringed at some of the actor's methods, juggling religious duties with demands of a village peopled by eccentrics. But, of course, despite the fine line, the characters managed to remain non-offensive. The 20 episodes are

among the most successful in the digital era. The program received multiple British comedy awards including a Best TV Comedy Actress Award – not for French but for Emma Chambers, madcap Alice. There were two International Emmys, nominations for multiple British Academy Television Awards and the show was placed third in a BBC poll of Britain's Best Sitcom. Do you recall the time the vicar, Geraldine, forms a book club? Silly young Alice gathers from the *Da Vinci Code* that she's the last living

descendant of Jesus Christ! Poor Geraldine is depressed, still being single herself. A young couple arrives in town and Geraldine, smitten by the bloke, is relieved to find that his partner is his sister, not his wife and they begin dating. Just to mention another popular episode: Everyone in the town wants Geraldine around for Christmas dinner. Big, fat Geraldine indulges in a sprout-eating contest and has to be taken home on a bulldozer to sleep it off. Anyone notice anything familiar with the

village? Couch potatoes would register that the village of Turville was also used for *Midsomer Murders*, *Goodnight Mister Tom*, *Chitty Chitty Bang Bang*, *Went the Day Well?*, *Father Came Too!*, *Marple* and *Foyle's War*. Did you know that Dawn French and comedy partner Jennifer Saunders declined Officer of the Order of the British Empire (OBE) honours in 2003 for services to comedy drama in 2001? These days, French, has a deep and abiding interest in helping women of size find attractive clothing. She co-wrote two knitting books - *Big*

Knits and *Great Big Knits* – and founded a clothing store. But obviously comedy acting is the big thing for twice-married mum-of-one French who studied to be a drama teacher. Clearly, she's one of the best. Let's give her the last word, one of her greatest lines. "I am not, I repeat, NOT a lesbian – even though I'd like to be one when I grow up". What do you find funny on TV? Email leetate@live.com.au or drop a note to TV Talk, Have a Go News, PO Box 1042, West Leederville 6901 and let readers know.

Celebrating a milestone...Happy 100th birthday Ian Lauder



Left to right; Home Chef's Christine Hughes with 100 years young Ian Lauder - some of Mr Lauder's miniature ships in bottles

CELEBRATED author and artist Ian Lauder turned 100 on 29 May. Ian migrated to Western Australia from

England in the 1980s with his wife. Visitors to the Fremantle Markets may remember him and his works as

he had a stall there for many years selling his hand made miniature pottery and ships in bottles.

Ian is a talented artist and master potter who also wrote several books on his crafts. One of his book's *The*

Home Potter was used as a text book. Regular advertiser Home Chef alerted *Have a Go News* to Ian's milestone birthday and we met Home Chef delivery driver Christine Hughes who has been delivering meals to Mr Lauder for five years at his home, to say happy birthday. Ian still lives independently in Gooseberry Hill and we were lucky enough to pop in for a visit to celebrate this special birthday. Mr Lauder awarded some of his secrets to his longevity to the Home Chef meals – you can see a video of Ian on the *Have a Go News* Facebook page.

Wake up the house - you could call it a holiday...



by Jon Lewis

THERE we were on a lovely sunny Saturday morning, at home. No doubt it was our home, as everything was exactly where it had been for a long time, perhaps even for years.

Then it happened, on an impulse! My darling wife, Gloria, excitedly said, "What do you think about changing the house around... in a crazy way?" For me the reply was simple and fast as I love the word crazy, I replied, "Yes". I turned and prepared to continue on with the day and to fix things in my little 3m x 1.5m shed. I did not get far. "Could you help me move the table, please?" Came the sweet request from my loving wife. Sooner than I was comfortable with I became the moving man. Unpaid, I lugged, seemingly, all our furniture around the house. Please don't think badly of me. When I agreed to this impulsive crazy yet moving idea, it did not occur to me my physical involvement might be required. I began by moving chairs. Wow, we have so many chairs. There are only two of us and I counted at least 30 places to sit. People visiting might perhaps concur we are lazy. Once the chairs were relocated, the table followed. Then the pictures, mirrors, and more chairs. Finally, after vacuuming (thank you robot vacuum) it was all done and our house looked so very different. Different, good. Different, refreshing. Different, like a... perhaps 'call it a holiday'. Even though we – er my darling wife – had chosen most unusual places for the furniture relocation, I had to admit, it looked great. We had moved the dining room to the breakfast area, the party table took its dining room place and there were other such crazy examples. Our home now had a new feeling. The best way I can explain it is, it's as though our home had been asleep and now it's very much happily awake. So refreshing, oh, it's just like a holiday. All the best.

Enjoy a morning tea and raise funds for the Leukaemia Foundation

YOU are invited to Mireille's third annual morning tea, raising important funds for the Leukaemia Foundation on Wednesday 26 July.

Our regular columnist Vince Garreffa will be the MC and auctioneer, so guests will be in for a morning full of fun.

Guests will enjoy a delicious morning tea and there will be fantastic raffles and auctions on the day.

Tickets are \$50 per person and tables of ten are available, or join another table and make new friends.

The morning tea kicks off at 9.30am and concludes at 12 noon and will be held at the South Perth Civic Centre.

Mireille is a cancer survivor herself. She has been raising money for the Leukaemia Foundation over the last few years through the morning tea and other ventures.

Tickets can be purchased at www.leukaemia.org.au/events/morning-tea or call Mireille on 0403 232 129 for information.

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Anyone for croquet? Have a go this Sunday



CROQUET is an outdoor sport that is quite unique in that it can be played by both sexes of any age on equal terms. It is played all year round in all kinds of weather and requires the ability to hit a ball with accuracy around the lawns and through the hoops.

Croquet demands delicacy and skill and at times speed and strength. Tactical ability and forward thinking are also required. Like tennis there are single and doubles matches.

The Cambridge Croquet Club in Floreat is always seeking active people who are keen to try out a new sport.

The game appeals to those who have played tennis and golf and enjoy the atmosphere of a club where there is the opportunity to meet new friends and participate in

social activities.

Members can just play socially or, for the more competitive, as part of a pennants team or play in both club and State tournaments. The club has produced many a State players and is always seeking new members who are not only sporty but have some business expertise to assist with running the club on the management committee.

If you who would like to try out the game, Cambridge Croquet Club at 49 Chandler Ave West in Floreat conducts Have-a-Go days from 9am every Sunday. All equipment is provided and you will be out on the lawns playing in a short time.

Bookings are essential so please email the club at croquetcambridge@yahoo.com.au to let them know you are coming.

The clubhouse is also very suitable for corporate and private functions that may consider incorporating croquet as a fun activity or a team building exercise. The club comfortably caters for up to 80 people, has internet, a public-address system and a fully equipped commercial kitchen and bar licence. It is great for a get together over a couple of hours and you are more than welcome to self-cater. The club has a very active group of volunteers who assist with venue hires.

We hope you are curious about this interesting game and will join us soon.

Helping Western Australians plan for the end of life

PALLIATIVE Care WA is helping regional Western Australians to plan for the end and discuss their care wishes with their families

Despite the consensus amongst Australians that talking about their end-of-life care is important, most haven't actually had the conversation with their loved ones.

According to a Palliative Care Australia survey, commissioned for National Palliative Care Week which was held in May, 85 per cent of Australians believe that it is important to have a conversation with family about the care one would like to receive at end-of-life, but only a third of those surveyed have actually had that discussion.

PCAWA executive officer Lana Glogowski said while Australians clearly agree on the importance of planning for the end of life they need to take steps to inform their loved ones about what is important to them.

"The survey found that more than a third of people who hadn't talked to their family found the subject uncomfortable and a further 27 per cent were avoiding the discussion because they didn't want to upset their loved ones," she said.

"Dying is a normal part of life and everyone deserves a positive end-of-life experience. It's important we normalise conversations around death so that people can plan ahead and their families know what they would want if they could no longer talk for themselves.

"We know from the Advance Care Planning workshops we have been conducting around WA in recent years that many people are unaware of the choices that they can make at end-of-life," Ms Glogowski said.

Even when it comes to indirect communication, Australians are failing to take action, with 83 per cent of Australians believing that it's important to put their end-of-life wishes in writing, and only 21 per cent actually doing so.

Palliative Care WA is running free Advance Care Planning Workshops in Busselton and Geraldton in June. These workshops are supported by the WA Department of Health.

Busselton: Wednesday 14 June 1pm - 4pm and Thursday 15 June 9am - 12pm

Busselton Community Resource Centre
RSVP call 9751 1642

Geraldton: Wednesday 21 June 1pm - 4pm and Thursday 22 June 9am - 12pm

QEI Seniors and Community Centre
RSVP call 9956 6636.

You should attend both workshops in each location.

A one stop shop for people to navigate the aged care journey at Care and Ageing Expo in July

PERTH Care and Ageing Expo will be held for the first time at the Perth Convention and Exhibition Centre on Saturday 29 July and Sunday 30 July.

The expo aims to create a one-stop opportunity for people to learn to navigate the aged care journey through a showcase of products, services, information and education available for ageing, care and support in the aged service industry.

Event organiser Richard Campbell from CMS Events said within a week of announcing the expo there had been many expressions of interest from potential exhibitors.

HESTA (Health Employees Superannuation Trust Australia), Rosewood Care Group, Carers Plus staffing agency, Home Chef home delivery meal service and Hall and Prior Nursing Homes signed to exhibit immediately.

The event will be held under the auspices of Leading Aged Services Australia (LASA), the national peak body representing all providers of age services across residential care, home care and retirement living.

Mr Campbell said it was expected to attract 60 to 70 exhibitors to the expo which

would cater for up to 5000 visitors.

These exhibitors are expected to include: residential care providers; home care providers; retirement living providers; equipment providers; service providers; health care providers (physiotherapists, cognitive therapists, counsellors); vulnerable care groups – indigenous, LGBT, homeless; legal, financial, banks, superfunds, insurance; medical, pharmacy; consultants; technology; NFP support groups; local, state and federal government agencies and workforce recruitment.

Five key seminar presentations will be held with industry experts each day.

A lifestyle stage will feature cooking demonstrations, travel talks, recreational talks, gardening and hobbies four times a day. There will be a music stage with performers welcoming visitors to the expo.

An in-house café will provide a venue where people can relax and review their journey through the expo.

Mr Campbell said there had been an explosion of services being offered in the aged care arena and consumers were confused about what was available to them and their elderly relatives.

"With government moves to encourage a greater focus on at-home care, people who had presumed they would automatically move into a home of some kind were now realising that isn't their only option," he said.

"The expo is to deliver an understanding to people about the importance and benefits of being informed and ready to care for families and the ageing community.

"It provides a forum full of information, whether people are just starting to understand the journey of caring for the aged or looking at how they can be better prepared for the future and promote a balanced outlook on living in the healthiest and most comfortable way as people age.

"The event is inclusive of both those planning for their own needs and those planning for family members. The fact that many people do not necessarily know where to start on the journey of aged care, the expo provides the impetus through education and will expose solutions for their needs," Mr Campbell said.

Further information is available from Richard Campbell on 9228 9166 or visit www.careandageingexpo.com.au.

Care and Ageing Expo

Saturday 29 July
Sunday 30 July
9.30am – 4.30pm

Perth Convention and Exhibition Centre



Navigate the pathway to aged care at the Care and Ageing Expo

Are you caring for elderly parents or loved ones, confused about how to access home care support or aged care services or what choices are available in aged care? **Do you need assistance to navigate the system?**

Presenting the first ever Care & Ageing Expo in Western Australia, a showcase of products, services, information and education to enable you to compare the market and make an informed choice around the many aged care options.

Hear from experts across a whole range of aged care issues such as choosing home care or residential care, how to care for those with dementia, how to navigate the MyAgedCare website, hear about the latest technology in hearing aids and much more. Our two seminar stages will provide a continuous stream of information from industry experts and discussion panels and give you the opportunity to ask questions.

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



LEADING AGE SERVICES
AUSTRALIA
Helping older Australians to live well

For Expo Information, contact CMS Events

Phone: 08 9228 9166

Email: info@cmsevents.com.au

www.careandageingexpo.com.au

SRCWA President's Jottings



Grassroots, The Secret Life of Sport and Recreation

The Department of Sport and Recreation have produced a new book *Grassroots; The Secret Life of Sport and Recreation* which features volunteers who have provided many years of service to sport and recreation in WA. The Minister for Sport and Recreation Hon. Mick Murray MLA launched the book at a morning tea on Tuesday 9 May for the volunteers featured in the book who were in attendance including myself. I was very proud to have my volunteering story included in this publication along with a wide variety of volunteers. Volunteering has been a major part of my life for more than 50 years and I love giving back to the community. Being a volunteer with SRCWA for the past 24 years has been a privilege and one I hope to continue doing in the future. The books are available for purchase from www.dsr.wa.gov.au/grassroots

LiveLighter Aged Care Games Greater Geraldton Region

On the 16 May SRCWA conducted the LiveLighter Aged Care Games at the Geraldton Q&E centre. Many people helped to ensure the day ran smoothly including 12 volunteers from the Geraldton branch, three TAFE aged care students as well as two boys from a local college. The aged care games provide an opportunity for people in care to enjoy a day out and participate in a competitive recreational environment. Councillor Bob Hall opened the games and the event was emceed by Phil Paddon. The winners were Hill Crest Hurricanes from Juniper with 325 points; second place went to Geraldton Community Care team Clyde with 250 points and third place went to Geraldton Community Care team Bonnie with 243 points. The best-presented team plaque was awarded to Hill Crest Hurricanes Juniper. The oldest person competing on the day was from the Bonnie team, 93 years young Flo Weston. At the end of the day when the awards were presented one of the participants commented that this was one of the best days that she had had all year. Congratulations to all the participants for coming and having a go and a big thank you to Phil and Pat Paddon, Quentin Smythe and Lee Patrick who travelled from Perth for the event, Greater Geraldton branch president Christine Mullender, and the committee who helped make the day such a great success. SRCWA would like to thank LiveLighter, Healthway, Department of Sport and Recreation and Department of Local Government and Communities for their support.

SRCWA Mid-Year Country Music Concert 2017: - book tickets now to avoid disappointment

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

Mandurah Seniors and Community Centre, Saturday 8 July, 12.30 to 4.30pm (sold out) and Morley Sport and Recreation Centre, Sunday 9 July, 12.30 to 4.30pm.

The concerts will feature artists: Laura Downing, Brian Letton, the Band of Mates and Kingsley Day throughout the afternoon.

Tickets are \$30pp contact Kate Chetwin 9492 9771 for ticket sales.

Have a Go Day, a LiveLighter Event, Burswood Park, Wednesday 1st November - Site Holders Registration now open

This year Have a Go Day celebrates its 25th Anniversary in Burswood Park. The event has grown dramatically over the last 25 years with last year hosting 220 site holders and many thousands of people enjoying the activities, entertainment and information. This year we invite everyone to come along and help with the celebrations. Have a Go Day, a LiveLighter Event is a free event and is the premier event in Seniors Week.

Application forms are now available, to register your attendance for static display space for clubs and groups, not for profit agencies and commercial organisations contact Kate Chetwin on 9492 9771 or email kate.chetwin@srcwa.asn.au. This event is the ideal platform to showcase your information to the over 50s.

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

Hugh Rogers,
Seniors Recreation Council State President



Reverse the low flu jab rate and vaccinate...



PEOPLE 65 years and over are especially encouraged to get the 'flu vaccine this season.

Last year, more than one in five people who were diagnosed with the 'flu in Western Australia were hospitalised – proving just how serious the symptoms of 'flu can be.

The virus can also lead to more serious infections such as pneumonia, inflammation of the lungs and in severe cases, death.

WA Health Medical Coordinator, Professor Paul Effler said that it was important for people to get the vaccine to protect themselves, as

well as others.

"Flu can be a very serious illness for anyone; however the elderly, young children, Aboriginal people and pregnant women are particularly vulnerable."

Since 2014, 722 elderly people were hospitalised with 'flu-related symptoms, however rates of vaccination have dropped alarmingly amongst the over 65s.

"It is important for all Western Australians to consider getting a 'flu shot, as even if you are not in a high-risk category, 'flu symptoms can still be severe and last a number of days," he said.

As strains of the 'flu virus change each year, it is essential that people

receive the flu vaccine annually to maintain immunity.

This year's government supplied vaccine protects against four strains of the virus – providing the broadest possible protection for this 'flu season.

Professor Effler said that in addition to protecting your own health, getting vaccinated could reduce your chances of unknowingly spreading the infection to someone who is vulnerable and at high risk of serious complications.

"Immunisation is especially important for adults who care for elderly parents, children or grandchildren, as you may be putting them at risk if you are

not protected yourself."

The vaccine is free to a number of eligible at-risk groups including everyone aged 65 years and older.

The influenza vaccine is available through immunisation providers including GP clinics, community health clinics and Aboriginal medical services.

Some private providers may charge a fee to administer the 'flu vaccine and you should discuss this with their doctor or immunisation clinic when making an appointment.

Talk to your health provider about 'flu vaccination today.

For more information visit healthywa.wa.gov.au/immunisation

New CD/DVD release for the WA Police Pipe Band



TO CELEBRATE the 50th anniversary of the Western Australia Police Pipe Band, they have released their first ever DVD and CD compilation set.

Recorded live at their 'One Night Only' Jubilee concert in December 2016, it showcases the transition from the band's traditional repertoire over the years to the more

contemporary and innovative tunes they play today.

Officer-in-charge Sergeant Ian Stewart considers the DVD/CD set as a proud and momentous achievement in the Band's long and applauded history.

"The DVD/CD is not only a wonderful showcase of our diverse and

accomplished musical talents, but also represents a significant milestone in our 50th year," he said.

"We are all proud that the Band has produced and continues to nurture a succession of world champion musicians, and the Band itself is currently the Australian Grade 1 State and Na-

tional Champion. This DVD/CD gives the community the opportunity to experience the rich and varied history and tradition of our music and marks the beginning of many more musical years to come."

Formed on 12 May 1966, more than 150 pipers and drummers have worked in the Band throughout its 50-year history. Resplendent in the blue Napier tartan, they average around 240 engagements a year, and perform at ceremonies such as police graduations and Funerals, through to community engagement festivals, street parades, schools and aged care facilities, just to name a few.

The band has represented WA Police twice at the Royal Edinburgh Military Tattoo, and also travelled to Russia, Hong Kong and the United States. It has also been

highly successful on the competition stage, winning the World Championships (Grade 2) in 1998, the US Open Championship in 2001, as well as the last three Australasian Championships.

They have produced 11 albums since their first release back in 1975, called *Pipes of the Golden West*.

Today's release, *Live in Concert Jubilee*, marks the first time the band has produced a DVD to showcase their music. It also has some of the current and former band members chatting about their time in the band over the past 50 years.

The DVD/CD set retails at \$20 and is available, along with the entirety of the Band's albums, via the band's website at www.wapol.com.au. All proceeds go to the WA Police Pipe Band Supporters' Association who part fund the band.

WA CLASSIC SPEEDWAY ASSOCIATION INC

2017 CLASSIC SPEEDWAY SHOWCASE

Celebrating the 90th ANNIVERSARY

of the OPENING OF CLAREMONT SPEEDWAY

SUNDAY 13 AUGUST 10am-4pm Gloucester Park, East Perth

SPEEDWAY FANS IT'S BACK!

THE BIGGEST VINTAGE SPEEDWAY DISPLAY IN WA

All former competitors and fans are invited to join the celebrations as we salute the brave solo and sidecar riders and passengers of the late 1920s and 30s era at Claremont

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MEMORABILIA

Food, hot & cold drinks available.

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Huge memorabilia displays. Merchandise for sale.

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Seniors Recreation Council of WA Inc

COUNTRY MUSIC SHOW

presented for your enjoyment by Phil Paddon and Red Dog Music

**Kingsey Day and Phil Rego - Laura Downing
Brian Letton - Band of Mates**

MORLEY CONCERT

Sunday 9 July, 12.30-4.30pm

Morley Sport and Recreation Centre

Cnr Wellington Rd and Mangini St, Morley

Tickets \$30 each - no door sales

Seniors Recreation Council of WA

Phone 9492 9771

Refreshments at interval

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cluding the perfect pair of jeans.

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The very popular Judy jean can be dressed up or down with the latest trendy options of a slightly slimmer leg.

The Judy embraces your curves with style and comfort.

They offer the wearer a relaxed and tailored approach and can take you from a casual day look to a more dressy evening style.

They are the perfect pal for your favourite top and can provide an on-trend look when rolled.

Wearing Tre Bliss is a confidence builder and these quality stretch denims are perfect for travel

and so easy to wash. They never need ironing and can be tumble dried.

These jeans are not a one year wonder – you can wear them all year round and the quality lasts and lasts. Once you wear a pair, you'll want more, colour co-ordinate your wardrobe with this stylish addition.

The Judy is wonderful value at \$139.

Barry Silbert Marketing have a huge clearance on now at ridiculous prices – styles to suit all ladies, including your daughters and granddaughters. Pop in for a bargain.

For enquiries contact B S M, Barry Silbert Marketing, 88 Parry Street, East Perth, phone 9322 6048, email judy@barrysilbertmarketing.com.au or visit www.trebliss.com.au

Spider-Man returns to the big screen



A YOUNG Peter Parker/Spider-Man (Tom Holland) who made his sensational debut in Captain America begins to navigate his newfound identity as the web slinging super hero in *Spider-Man: Homecoming*. Thrilled by his experience with the Avengers, Peter returns home where he lives with his Aunt May (Marisa Tomei) under the

watchful eye of his new mentor Tony Stark (Robert Downey Jr).

Peter tries to fall back into his normal daily routine while distracted by thoughts of proving himself to be more than just your friendly neighbourhood Spider-Man but when the Vulture (Michael Keaton) emerges as a new villain everything that Peter holds most important will be threatened.

In cinemas 6 July.

WIN WIN WIN

We're giving readers the chance to win one of ten in season double passes to Spider-Man: Homecoming. Simply send an email to win@haveagonews.com.au with Spider in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 25/6/17.

Community NOTEBOOK



LADIES TUESDAY CLUB

Meets at the Nollamara Bowling Club Tuesdays at 9am-11am Social get together, morning tea and friendship New members welcome Faye Fisher 9349 0097.

GUILDFORD COLONIAL GAOL AND TAYLOR'S COTTAGE

Open Tuesday - Saturday 10am-2pm last admission at 1.30pm Adult \$5 Child \$3 (under 5 free) Meadow St Guildford 9379 1829.

CAMBRIDGE SENIOR SERVICES

2017 Concert Series Wembley Community Centre. 40 Alexander St. Wednesday 5 July, Gary Lynn. Wednesday 6 September, Ben Seres Concerts 1-2pm. Afternoon tea 2-2.30pm \$5 per concert. Bookings essential 9387 9100.

REDUCING PLASTIC IN EVERYDAY LIVING

Ellenbrook Community Library Come and learn how to reduce plastic in your home with Lindsay Miles who has been living plastic free since 2012. Saturday 24 June 10am-11.30am Bookings essential. Contact Ellenbrook Library 9207 8787.

W.A.Q.A. STITCHED AND BOUND EXHIBITION

From 15-30 July. 9am-4pm weekdays 10-4 Saturday and Sunday. Zig Zag Gallery. 50 Railway Pde. Kalamunda. Free entry. Phone 9257 9998.

NATIONAL SENIORS ASSOCIATION SOUTH PERTH BRANCH

Invites you to a talk on "How to recognise Heart Attack and the warning signs of stroke and how to reduce your cholesterol levels". Wednesday 28 June 10am-12noon. George Burnett Leisure Centre, Manning Rd. Karawara. For further details ring Joyce 9358 3770.

VICTORIA PARK STAMP CLUB

Seeking new members. Meets 1 Wed each month at Carlisle Uniting Church from 7.30pm. Meetings occasionally feature a guest speaker. 6363 6733 or 0429 087 231.

INTRODUCTION TO BEEKEEPING-GIDGEGANNUP

Gidgégannup Hall, Lot 210, Old Toodyay Rd. Saturday 17 June 10am-12pm. The workshop will focus on the craft of a beekeeper. Presented by Dan Dowsett and Ian Beeson from the WA Apiarists Society. Bookings essential. Contact Bullbrook Community Library 9207 8989.

BRIDGETOWN COLLECTORS FAIR

Bridgetown Town Hall. Steere St. Bridgetown. Organised Peel Collectors Club Lorraine 0403 006 871 Friday 2pm-5pm. Saturday 9.30am-4pm. Sun. 9.30am-2pm. Admission \$3. Child under 12 free.

WA CARD COLLECTORS OPEN DAY

Saturday 24 June. 10am-3pm. Uniting Church Hall 165 Railway Pde Mt Lawley 9271 8570

THE ARMADALE CARRADINE CHOIR MID YEAR CONCERT

Sunday 2 July at 2pm. Tickets \$12 Concession \$10 at the door. Includes afternoon tea. Venue, Performing Arts Centre, Main Auditorium, Kelmscott Senior High School, Third Avenue, Kelmscott. For further information Phone June 9496 0319

EMERGING TECHNOLOGY OPEN DAY

Exploring new technology options for independence in the home and community. Wednesday 14 June, 9am-1pm The Niche, Independent Living Centre, 11 Aberdare Road, Nedlands Cost: Free Register at www.ilc.com.au/whatson or 9381 0600.

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

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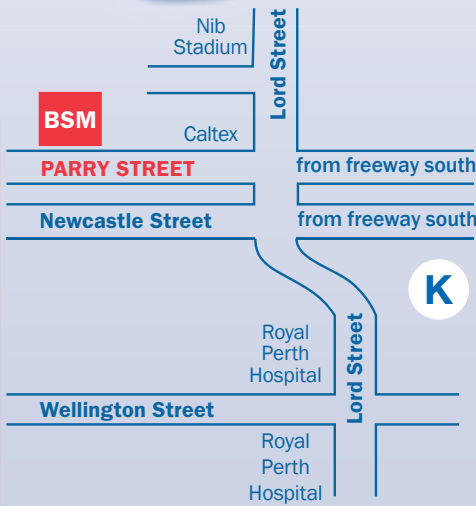
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The flu vaccine is your best protection against severe symptoms, and it's **FREE** if you're aged 65 and older. Don't delay. Get immunised today.

healthywa.wa.gov.au

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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

ARE you a companion, gent, approx 75? This happy, easy going, GSOH, caring, genuine, NOR, lady. WLTM. I have many interests; cooking, music, family, quiet times, long term if compatible. Prefer landline.
Reply Box 7524

ATTRACTIVE lady widow postcode 6153, WLTM sincere, kind, well mannered gentleman, 70-80, fin sec, fit, NS, NG, GSOH. Myself, feminine, well spoken, educated, artistic, enjoy nature, gardening, walking, music, movies, reading, swimming, well travelled, NS, NG, ND.
Reply Box 7504

AUSSIE gent, retired, own home, fin secure, DTE, GSOH, NS, SD, enjoys most things in life. WLTM easy going lady who would appreciate plenty of TLC for friendship, relationship. Any nationality. Age open. ALA.
Reply Box 7520

AUSTRALIAN gent, 66, tall, good looking, fit, easygoing, fin sec, many interests, NS, SD. WLTM loving, fit lady for discreet relationship. Let's make the most of life. Meet for coffee or a bevy. ALA.
Reply Box 7502

DID anyone work Boans Perth 1964-1976, fashions, manchester, men's wear, would love to hear from you. Sincerely Ann.
Reply Box 7513

DTE female, 60, fit, NOR, WLTM girls and guys for long walks, hiking, interesting conversation over a meal or coffee. Enjoys nature, country drives, current affairs and simple things in life. No fees.
Reply Box 7519

GENT 60, fit, healthy, active, NS, enjoys walking, travelling, movies, life in general, seeking a NS lady.
Reply Box 7518

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

GENT 70, DTE, NS, SD, GSOH, NOR, slim, WLTM nice lady similar age for daytime meets for mutual pleasure, no ties, let's have some fun. ALA.
Reply Box 7514

GENT 180cm, 60s, well presented, educated, financially secure, enjoys coastal walk, travel, gym, usual activities, family, seeks compatible lady, attractive, slim build to early 60s for companion, travel maybe relationship later. Northern suburbs. Coffee?
Reply Box 7526

HELLO seniors 75+, it isn't too late to have some fun and make new friends. Time passes, don't put it off. Let's get together to see what we can do. Me; lady lives Samson SOR. No fees apply.
Reply Box 7535

HER disability prevents intimacy. Gent, 72, 5'7", 74kg, seeking compatible lady to discreetly enjoy and share the fruit of the most perfect pleasure ever invented at your place. Meet at a cafe and become acquainted.
Reply Box 7503

IS THIS you? I am looking for a genuine gentleman who has a lot of involvement with his children, also loving and caring towards animals. I am a genuine 64 lady, NS, ND, DTE, NG.
Reply Box 7506

LADY 60s, well mannered, well groomed. WLTM gent same; 65-78, NS, SD, with view to meet for concerts, musical afternoons, classical and jazz, early dinners and company, SOR, no baggage or dramas please.
Reply Box 7521

LADY 70s, young at heart, is still looking for gent, 68/76, NS, is sincere, honest, caring, has GSOH, DTE, no commitments, lives in the now, spontaneous, enjoys life, love, laughter, drives, travel, caravanning, music, outdoors, good conversation, who would like to be my friend, lover, friendship/relationship, your reward, I am a good cook.
Reply Box 7536

LADY 70+, WLTM male female for friendship, good company, GSOH, outings, movies, music, cards, travel, need to make new friends NOR. Let's meet for coffee. Look forward to hearing from you. No fees.
Reply Box 7528

LADY born in UK, now living in Perth permanently, divorced, DTE, happy natured, active, enjoys walking, bush music and concerts, travel, particularly in Australia, considered attractive. Seeks a caring gent who appreciates a good woman. ALA.
Reply Box 7510

MATURE gent, well educated, semi retired professional, live alone, I am in my 60s. I WLTM male and female over 70 for coffee, chat, barbecues and outings. I live close to Perth. ALA.
Reply Box 7532

MIXED friendship group, no fees, for active seniors under 70. Meet SOR, monthly to plan social outings all areas, eg ten pin bowling, picnics, movies, concerts, local theatres. Landline preferred, mobile okay.
Reply Box 7516

PRETTY European gypsy, 62, 168cm tall, medium build, intelligent, independent, adventurous, youthful, loves good communication, travel, philosophy. WLTM attractive, tall, adventurous, unconventional, GSOH, 50-70 for friendship, travel initially, more depending ALA.
Reply Box 7511

SINGLE kiwi lady 70, medium build, also young at heart. Interests; dining in/out, music, drives, travelling, socialising, GSOH, SD, DTE, TLC, WLTM gent same interests, honest, sincere, future relationship. NOR.
Reply Box 7509

TALL young, 76, guy, well presented, GSOH, easy going, caring, healthy. Likes music, dancing, good conversation, travel, walks, NOR. WLTM slim lady, easygoing, affectionate, don't sit home alone, have a go now over a coffee.
Reply Box 7501

Seeking a Partner

ATTRACTIVE lady 68, UK/Australian, 160cm tall, medium build, refined, educated, fin secure, ND, DTE, GSOH, enjoys walking, reading, gardening, country drives, current affairs, good conversation. WLTM unattached, sincere gentleman, 65-72, SOR, genuine replies only.
Reply Box 7527

CHRISTIAN lady 61, 5'6", UK born, happy, healthy, young at heart, NS, NG, GSOH. Looking for family man who enjoys various social and home interests, kind, has a loving heart, wanting love and togetherness.
Reply Box 7505

COUNTRY guy, postcode 6489, 63, tall, fit, honest, GSOH, SD, DTE, old fashion, into gardening, music, animals, sport, seeking Aussie English lass, similar interests, genuine, spontaneous, into the slow lane, homeless ok, no baggage please. ALA.
Reply Box 7517

EUROPEAN lady, petite, 62, seeking gentleman's company for socialising, walks, chats, dancing and enjoying simple things in life. If you are 60-65 and feel you are looking for the same as above, please do not hesitate to answer my ad. Metro area. ALA.
Reply Box 7522

GENT 76, fit and active, well presented, 5'10" tall, GSOH, enjoys wine with a meal, most things in life, NS, likes walking, beach, movies, life in general. Seeks lady for friendship, relationship SOR.
Reply Box 7515

GENT ex country NS, VGSOH, own home, fin sec, manners, handyman, caring, lots TLC, respect. Interests; most things inc yours, outdoors, caravanning, sport, cuddles. WLTM similar happy lady, 66-76 to love and be loved. Be best mates.
Reply Box 7529

GENT fit, youthful, 70, 180cm tall, 80kg, NS, SD, GSOH, western suburbs. WLTM lady 60-75, slim to plump, who enjoys walking, reading, dining out, romantic evenings, meet up for coffee.
Reply Box 7523

GENT slim build, 66, 176cm tall, fit and active, GSOH, NS, SD, well presented, would like to meet nice slim lady, 58 to 72, to go dining, movies and walks.
Reply Box 7531

HAPPY man, 66, NS, SD, fit, 5'6", medium build, WLTM lady to 62. Loves movies, music, parties, cooking etc. Also quiet nights. Happy go lucky. Come on ladies give me a try. ALA.
Reply Box 7512

LADY 70+, WLTM gent with GSOH, SD, NS, NOR, who is caring, active, likes gardening, family life.
Reply Box 7533

Seeking a Travel Companion

LADY mid 60s, seeking cruise partner to cruise in the near future. Only reply if you are genuine, bold in wanting a travel partner. I live SOR, am semi retired with no hang ups, and happy.
Reply Box 7530

LADY WLTM adventurous lady travel companion, 65-75. I love the idea of wondering around Italy, UK etc. I'm open to suggestions, good place to start. Meet for coffee if compatible great. I live in City of Canning.
Reply Box 7525

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Rating: ★ ★ ☆ ☆ ☆

9				4		3		
	8		3			9		
	7		9	1			5	2
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		6	4			2		5
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		1			9		8	
		7		8				3

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#303 June edition PUZZLES Solutions appear on page 35

CROSSWORD


1				2		3		4		5		6		
8						7						9		
						10								
11						12						13		
14	15			16				17		18	19			20
21										22		23		
25												26		
28										29				

- ACROSS
- 1. Pulled
 - 5. Ox harness
 - 7. Make on loom
 - 8. NZ bird
 - 9. Delicate fabric
 - 10. Nonconformist
 - 11. Alone, by ...
 - 13. Central US state
 - 14. Car shed
 - 18. Blueprint
 - 21. Molten rock
 - 22. Sayings
 - 24. Himalayan republic
 - 25. Wearing footwear
 - 26. Travel by yacht
 - 27. Overly fat
 - 28. Garden of Creation
 - 29. Ponged

- DOWN
- 1. Chattering
 - 2. Slicer
 - 3. Miniature (plant)
 - 4. Risked
 - 5. Shades of gold
 - 6. Striking with foot
 - 12. Haul with effort
 - 15. Ashamed
 - 16. Forsake
 - 17. Broke out suddenly
 - 19. Outcome
 - 20. Lay cosily
 - 22. Modify
 - 23. Gangway

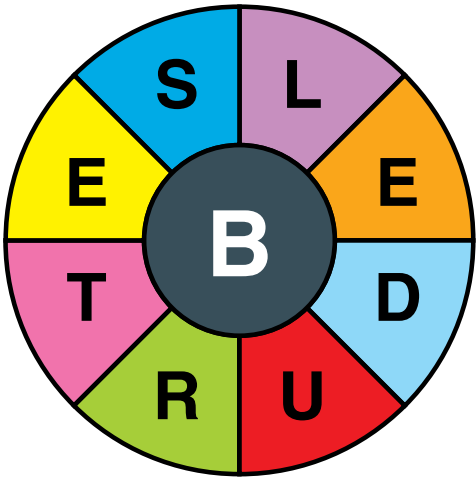
ALPHABET SOUP

Use up all the letters in the alphabet soup. Fill in the spaces and find a total of ten cities. Each letter must be used once only.



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_AL_B_R_
__O DE _AN_IRO
_R_GUE
O_TA_A
_ALI_A_
_OND_N
_HA_A
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Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

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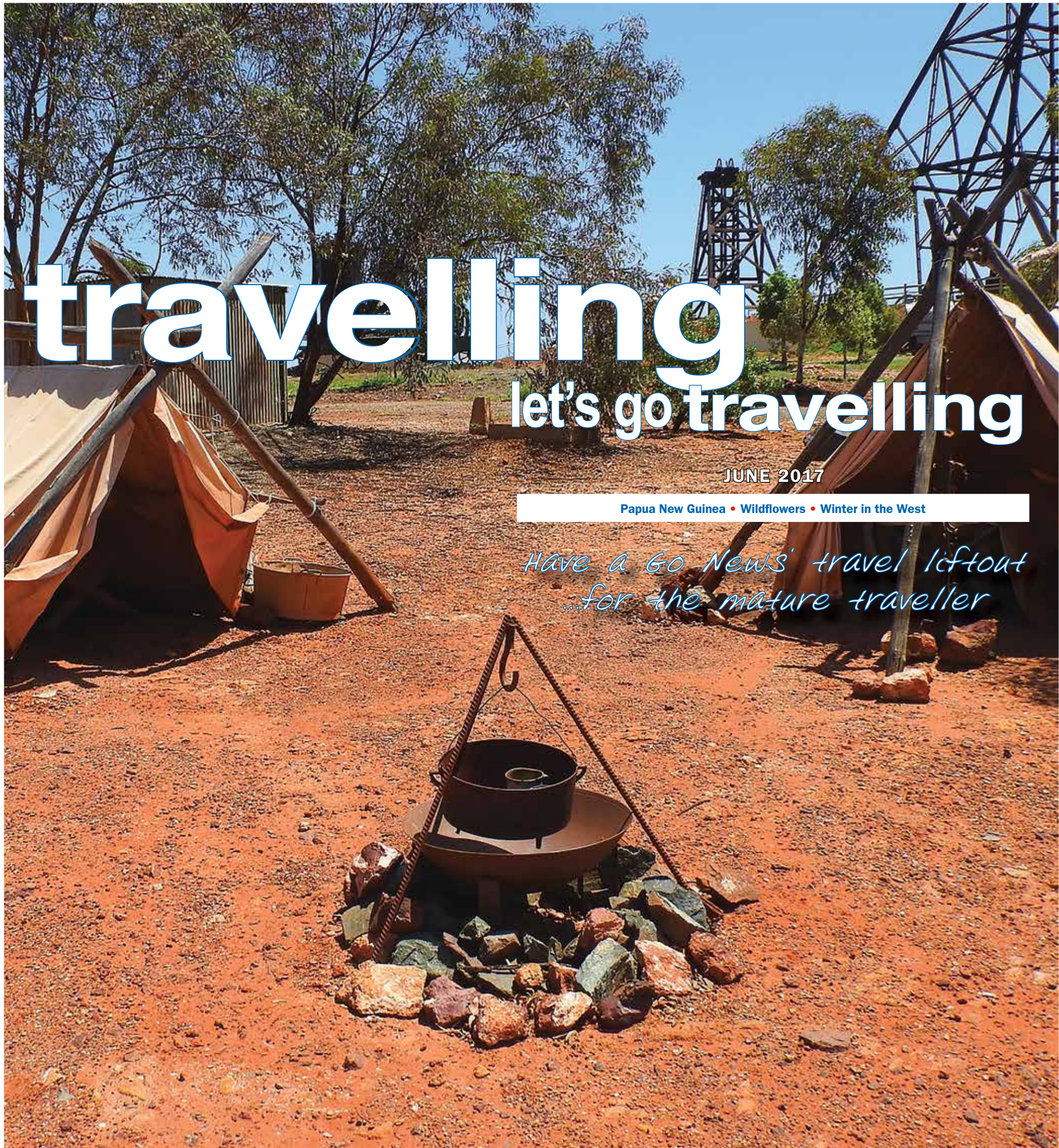
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Papua New Guinea • Wildflowers • Winter in the West

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Re-creation of a mining camp at Hannans North Tourist Mine.
See Steve Collins' story on page 23.



Rest



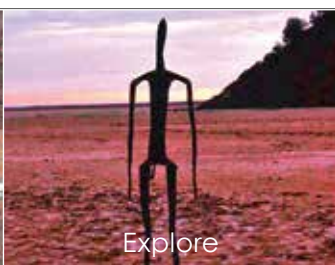
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ADVERTISING FEATURE

travel options for the mature west australian



Jennifer Merigan

FINLAND has been declared the world's safest and most secure travel destination according

to the Global Travel and Tourism Report by the World Economic Forum. Qatar was ranked the second safest country, followed by United Arab Emirates, which came as a surprise given their location on the Persian Gulf.

Iceland, which is one of the best places in the world to see the Northern Lights, came in fourth and Austria was named the fifth safest

destination.

Overall the safest countries were generally found in Europe, while the least safe were found in Latin America, Africa, Asia and the Middle East.

★★★

Our journalist Frank Smith has shared some travel tips about the hazards of motoring in Eastern Europe and the Middle East. Beware the ox cart, he says, particularly in the evening. Frank

says that the drivers are often asleep – no matter the oxen know their way home – but they are not crash hot on hand signals or road rules, so they may turn across your path with no warning if you try to overtake.

★★★

Frank is about to embark on a journey to England to spend some time with relatives and then is taking a cruise to Iceland, Faroes and Shetland.

Have a great holiday Frank and we look forward to reading about your trip in these pages later in the year.

★★★

Another interesting report came across my desk from the Commonwealth Bank about misadventure costing Aussie travellers nearly one billion dollars every year. Good news is that the Baby Boomer generation is the least likely to

be the target of theft (23 per cent) when travelling overseas and 76 per cent take out travel insurance.

The 75 plus demographic are the people who really put their safety first with 42 per cent not travelling to a destination if there is any risk to their safety and 84 per cent taking out travel insurance.

★★★

If you have a travel issue, enquiry or would

like to share some information, don't hesitate to contact me on the email below. If you're a face-booker than like *Have a Go News* at www.facebook.com/HaveagoneWS.

Happy trails

Jennifer Merigan
Travel Editor

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

Unique opportunity to pay tribute to the Anzacs

CRUISE and Maritime Voyages (CMV), in conjunction with Albany-based travel agent Travel with Purpose, is providing a unique opportunity to pay tribute to the Anzacs.

The cruise ship *Astor* will make a special extended visit to Albany in January during a four-night return cruise that will depart from Fremantle on 21 January, 2018.

She is scheduled to arrive in to King George Sound, Albany at 4am, on Tuesday, 23 January, 2018, in time for guests to witness a special dawn service from a unique vantage point off Middleton Beach.

Astor will extend her stay until 10pm, allowing plenty of time for passengers to explore Albany and follow its Anzac story.

A special RSL afternoon tea will be hosted with Regimental Colonel Brigadier Geoff Hand AM RFD as the guest speaker.

Passengers can then attend a special dusk service, complete with the playing of the last post, at Mt Clarence.

Local Albany historian and Anzac tour guide John Doust will be on board providing lectures about Anzac families from Albany.

John Spark from Travel with Purpose said he believed that people don't need to wait for a special day to remember and respect the sacrifices made by our troops in WWI.

"I don't think dawn services and opportunities to pay our respects to the Anzacs should be reserved for one day of the

year," he said. "People travel to Gallipoli throughout the year and still find it a moving and emotional experience. This will be no different. Albany is home to the National Anzac Centre which plays a big part in the war history and is easy to explore during a visit."

CMV is offering a special 'Buy One Get One Free' deal for the cruise.

Twin inside cabins start at \$929, with the second person traveling for free.

Twin ocean view cabins are available from \$1119, with the second passenger again travelling for free.

Grant Hunter, CMV's CEO in Australasia and Asia said that the company, including its crew, was excited to be able to get involved in a unique opportunity to celebrate the spirit of the Anzacs.

"*Astor* will return to Fremantle in December for her fifth summer of cruising based in Australia. Over the past four years she has become entrenched in the WA way of life," he said. "Anzac Day and remembering the sacrifices that Australians made for their country is a big part of that."

"Each year though, *Astor* is cruising the northern hemisphere, from London, when Anzac Day falls, so this is a great opportunity for us to be a part in something that could not be more Australian."

"We are proud and excited to be able to offer this itinerary."

The schedule is 21 Jan, 2018 – Depart Fremantle 5pm, 22 Jan, 2018 – at sea, 23 Jan, 2018 – celebrate the Anzacs, arrive in to Albany 4am.

Depart Albany 10pm 24 Jan, 2018 – at sea, 25 Jan, 2018, arrive Fremantle 8am.

Bookings through www.travelwithpurpose.com.au

See advertisement on page 26 for more information.

Find some inspiration for your next holiday destination

LOOKING for inspiration for your next holiday? Then look no further than Bicton Travel.

They have an in-house Travel Theatre where they host regular presentations on destinations, travel types and more. Some of the coming presentations include:

Tuesday 20 June - Authentic Asia River Cruises (Mekong and Irrawaddy).

Wednesday 21 June - Circumnavigate Australia by small ship (only 260 guests) visiting ports and bays not accessible by traditional cruise ships.

Wednesday 12 July - Discover the best of North America and Europe with APT and Travelmarvel.

Tuesday 18 July - Small group discovery tours with Back Roads Touring.

Please reserve your seats online – www.bictontravel.com.au/events or call 9339 0277.

All aboard... the Castledare mini railway is looking for helpers to have a go



CASTLEDARE Miniature Railway (CMR) is the largest miniature railway in the southern hemisphere. It runs alongside the Can-

ning River and through adjacent wetlands.

If you have some spare time, spend a pleasant Wednesday with a work-

group in building and maintaining the facilities and equipment.

There is a men's shed but in addition to this to this there is carpentry, painting, plumbing, gardening, ground care, pleasant company and sometimes vigorous conversation about saving the world or just trains.

Summer is a little warm but morning tea, lunch and afternoon tea can be in the shade looking across the Canning, watching birdlife and the fish jumping.

The railway is self funding through open public days, school holidays, running for charity events and private bookings.

They would like the Wednesday gatherers known as the A Team to become members and graduate to station attendants, guards, drivers, signal operators and track maintenance support.

CMR does its own bridge rebuilding at a leisurely pace. They offer a learning experience and the public gain picnic grounds, walking trails and access to fishing spots apart from entertaining children and themselves.

Now... who would like to do a spot of gardening and to eventually drive the trains?

There are 50 to 60 passenger wagons and a selection of 20 or so locomotives from steam to diesel which are impeccably maintained with contributions from the A-Team. Some steamers are quite large. Working on the railway is a dream many of the members have had. It can be a very rewarding experience and contributors will definitely get their hands dirty.

So, come and have-a-go. Call Les Smith (secretary) on 9314 6382 with any questions.



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ADVERTISING FEATURE

travel options for the mature west australian

Boulder and beautiful - a comfortable train trip on the Prospector



Kalgoorlie, land of the silky pears, from left to right; Statue on handsome Burt Street, Boulder - Kalgoorlie's well known Hannan Street - travel on the Prospector is enjoyable and comfortable - Kalgoorlie Museum

by Steve Collins

SPEEDING along the track somewhere north of Coolgardie I was mesmerised by the blatant harshness of the landscape; gnarly, stunted trees fighting for their existence trying to find nourishment in the ancient, red earth. I was returning from Kalgoorlie-Boulder, enjoying the comfort of the Prospector, pondering just how tough those original inhabitants and the first pioneers must have been to conquer such a scrawny, unwelcome land.

It was greed that built Kalgoorlie. The lust for gold. The dream of unlimited wealth.

Engineering, in the form of the pipeline from Mundaring, allowed the city to first survive, then ultimately thrive.

For a city that started out as a scattering of basic tents near a few tough diggings, Kalgoorlie-Boulder has morphed into a magnificent, yet unique, city.

Hannan Street, Kalgoorlie is a grand boulevard that is lined with magnificent colonial buildings. It's well known to those who have visited Kalgoorlie, with angle parking still very easy to find.

My biggest surprise was Burt Street, Boulder, which must definitely be one of Western Australia's prettiest streets.

Burt Street oozes charm. Three flower-lined blocks of heritage buildings; it is a street far narrower than Kal's well-known Hannan St, but far more enticing. Boulder is Kalgoorlie's poorer cousin,

the town is where most of the miners lived, but Burt Street certainly does not reflect that status. Renovations have been carried out with care. Wealth from gold built Burt Street, civic pride has seen it be magnificently maintained.

Just a short distance away from Burt Street is the public entrance to Kalgoorlie's biggest attraction, the Super Pit.

For the casual visitor entrance is free. Just drive on up, park the vehicle and wander over to the fence. The noise of mechanical activity does give you a clue that this is a busy place as you approach the lookout, but the sight of this expansive hole is almost overwhelming. To put this massive gouge into perspective, if you placed Perth's tallest building, Brookfield Place, on top of itself, you are still not at the pit's lip.

This geo-engineering marvel plunges to a depth of 500m. To watch ore-laden trucks slowly wind their way to the top of the pit is quite mesmerising. To see them in microscopic form way below on the mine floor is fascinating.

You can also do a tour in which you explore the mine by descending into it, which I would certainly do next time.

Hannans North Tourist Mine gives you an insight into Kalgoorlie gold mining from the very first diggings to modern day.

This was one of the first mines in Kalgoorlie, opening in 1893 and continuing operations until 1991. Although it has a deep shaft, reaching a depth of 395

metres, only the exhibits on the surface are open for inspection for self-guided tours.

Living conditions during the pioneering days were harsh. Facilities very basic, and work back breakingly gruelling.

As difficult as life was for the miners, women must have found conditions in the goldfields exceptionally stark. There was no adequate sanitation. Until the completion of the pipeline water supplies were meagre and expensive. There was virtually no privacy. With the amount of dust swirling around, the incessant, wearying summer heat, the mere act of keeping clean must have been an almost impossible endeavour.

Close to the re-creation of an early mining camp is an example of the modern way to mine.

Clambering aboard a giant hauling truck, which can carry almost 400 tonnes in its tray, gave me an appreciation for the technology that went into building such a behemoth. For these saurotrucks (you can only compare them to the largest of dinosaurs) to carry such an enormous

load up a steep incline with apparent ease almost stretches belief.

Kalgoorlie-Boulder is certainly one of Australia's most iconic outback towns, and it celebrates its uniqueness. I know of no other place in Australia that actively promotes tours of its brothels.

Unfortunately, I can't give an accurate description of the interior of any of Kal's brothels as I missed the opportunity to parlay myself into any of the prostitute's parlours.

My understanding is that the name Kalgoorlie is an aboriginal word meaning 'land of the silky pears', but I have no recollection of seeing any of them. What I did see was a city in which there is great civic pride and a town that oozes good fortune.

Visiting Kalgoorlie-Boulder was a pure pleasure due to its vibrancy. I regretted not staying longer and I was not ready to leave, but my main purpose was to ride the Prospector, so another visit is being planned.

Travelling on the Prospector was pure bliss for me. I'm a train geek, and this is a great trip. The

carriages are very clean, and supremely comfortable. Seats are roomy, and each passenger has a screen on which to watch movies or shows. Not for me, as I am a window watcher who loves to see where we are going and to admire the country as we move through it. However, I did love accessing Drivercam to get a driver's eye-view of the journey.

The journey is quiet but undertaken mostly on a single track. This means occasionally waiting for a goods train to pass, but when the train gets a good run it can reach speeds of over 160kph (that screen tells you the current speed), and it is quite a thrill to watch the countryside whizz by.

The Prospector has a refreshment kiosk, large picture windows and clean, roomy toilets. I loved watching the countryside constantly change. When I undertook the trip, summer storms had just drenched the region so there was plenty of water around. Lakes were not dry but blue with water, and waterfowl were abundant. The foliage was green

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ADVERTISING FEATURE



travel options for the mature west australian

Papua New Guinea – a place that's untouched by the 21st century



From left to right; You'll be delighted by the boys dancing in PNG - The grand lady, Pacific Eden looks imposing in the islands of PNG

by Ann Rickard

PRISTINE beaches where tropical growth meets white sand, and turquoise waters abound with colourful fish in subterranean coral gardens sounds like the dream destination. But such idylls are usually overdeveloped or over-run by tourists.

Not so in Papua New Guinea where remote islands are untouched by the 21st Century.

Now that P&O Cruises has pioneered PNG's local waters, we can enter this utopia previously denied to all but valiant adventurers.

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cals, and for just one day at each stop, experience a glorious glimpse into an ancient culture where age-old traditions are upheld.

P&O's *Pacific Eden* made her inaugural PNG visit last month from Cairns and will be based in that city until November and then again in 2017 from August through No-

vember.

It takes just one day sailing from Cairns to reach another world where social and cultural structures reveal a timeless existence and where the needs of the people run mostly to ownership of a few pigs and chickens, and where singing is the answer to all that ails.

Being there is a simultaneously uplifting and humbling experience.

taneously uplifting and humbling experience.

At our first port, Alotou, the capital of PNG's Milne Bay province, the dancers were there to greet us, their feathered headgear waving to their stomps, their fierce bone-nose adornments at odds with their beetle-nut stained smiles.

Next stop, Kitava where the locals had come down from the hills and out of surrounding villages to display their hand-crafted products on the white sand. It seemed horribly wrong to pay so little for an exquisitely carved, wooden bowl inlaid with shell. It must have taken days, even weeks to craft but the old man selling it asked for just 20 kina (about \$12).

The children had obviously been given the day off school for *Pacific Eden's* arrival and were dressed in grass-mat skirts and skimpy

loin cloths, adorned with feathers, beads, and bits of nature's bling. A group of exuberant boys danced, banging bamboo poles to the beat of a drum, their choreography rhythmical, perfect. They giggled and laughed as they danced making the world seem a more innocent place.

Getting P&O's ships close to these remote islands is a small miracle.

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At our next island, Kiriwina – where women enjoy higher status than men, and pigs are an indicator of wealth – it was

the teenage girls from the nearby school who danced for us, their colourful skirts and feathers swaying with their dainty movements while a local musician accompanied them on an old guitar.

At all the islands, the snorkelling was some of the best in the world, right off the beach, or further out by canoes where one of dozens of enthusiastic boys offered to paddle us out for a few kina.

After reluctant farewells at each island, it was a joy to return to *Pacific Eden* where colourful cocktails, grand dinners, live theatre and non-stop entertainment waited for us.

Unfortunately, huge swells at Conflict Islands prevented us from getting off the ship, a disappointment, but also the perfect excuse to return one day.

Visit website: www.pocruises.com.au or see your local travel agent for P&O's PNG itinerary.

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ADVERTISING FEATURE

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Otta-WOW - limber up for a roller-coaster visit to Canada's exciting capital



Left to right; Byward Markets - Parliament Hill - Fairmont - Rideau at night

by Roderick Eime

OTTAWA is the city fun forgot, according to the first local we met. Well, I don't know where they got that idea from because now, on my second visit to the capital, I've found it a most welcoming and vibrant city, with plenty of fun things to do.

Aussies who have travelled to Canada know this already – especially the hordes of young ski bums and bunnies who regularly jet into the various ski resorts in the country's western regions – Canadians love us. That Commonwealth affection is similarly returned.

Getting around Ottawa is dead easy. It's a simple city to walk, cabs are easy and there is the famous Uber rideshare just like almost everywhere else. I chose the familiar hop-on, hop-off double decker tourist bus as seen in so many major cities and tourist destinations. Stamped with 'Lady Dive' signage, the buses have a live guide and make 15 stops at key locations around town.

In a jam-packed summer's day, I join the throngs for a sample of Ottawa's fabulous hospitality and activities.

My morning is taken up with whitewater rafting, a three and half hour trip that departs from Britannia Park (a lovely beach and park about a 15-minute drive west of downtown) and ends just west of the Canadian War Museum and downtown Ottawa. We crash through a series of small whitewater rapids within view of the city skyline in inflatable boats, while the daredevils among us do the famous cliff jump and bridgehang. A great family adventure.

Come lunchtime, I was ready for some of Ottawa's

famous fare and the place to go is the ByWard Market, one of the oldest and largest farmers' markets in Canada, as well as the name of the eclectic neighbourhood that surrounds it.

Ottawa's entertainment district is filled with great restaurants, clubs, bistros, coffee shops, boutiques and food retailers. In the height of summer, up to 175 outdoors stalls sell plants, flowers, fruits and vegetables as well as art and crafts. You'll find ByWard Market vendors outside, no matter the weather, 363 days per year (closed Christmas Day and New Year's Day).

Check out some of the staple food shops—some of which have been around since the early beginnings of the Market: Saslove's Meat Market, House of Cheese, Lapointe Fish, and more. And make sure to visit the ByWard Market Square building, which

features a wide selection of food vendors, artisans and boutiques. Don't miss the cobblestoned courtyards behind the shops of Sussex Drive. From south to north, the Clarendon Courtyard, Jeanne d'Arc Courtyard, Tin House Courtyard and Beaux-arts Courtyard each have their unique charms—from restaurant patios to quirky public art.

My choice is the funky Sidedoor Restaurant, a contemporary kitchen and bar in York where I dine on such novel dishes as tuna sashimi with yuzu marmalade and Thai basil sausage tacos.

There's plenty of choice for the afternoon too, so let's head to the National Gallery of Canada, one of the country's finest art museums and the permanent home of the world's most comprehensive collection of Canadian, including Inuit, art. The Gallery sits in

one of the most spectacular sites in Ottawa, and its award-winning architecture (designed by Moshe Safdie), features the luminous Great Hall, spacious galleries, and interior gardens and courtyards. You can't miss the iconic Louise Bourgeois sculpture, Maman, a mammoth nine and a quarter metre bronze spider.

Back on the bus, it's time for the Canada Aviation and Space Museum, home to the most extensive aviation collection in Canada and one which ranks among the best in the world. Canada's rich aviation heritage is revealed through exhibits of vintage aircraft from the museum's permanent collection. Interactive activities, films, demonstrations, and guided tours offer visitors a chance to explore the story of flight. Open-cockpit biplane rides and helicopter rides are offered for an extra fee, weather

permitting. The museum is also home to the Canadarm – the mechanical arm used on the NASA Space Shuttle. Star Trek fans can get a dose of their favourite TV series with a special exhibition until mid-September.

Otherwise, I could venture to the Canadian War Museum located along the Ottawa River just west of the Parliament Buildings and downtown Ottawa and a living memorial to Canada's proud military history—from the earliest days of New France to current-day operations. It features large artifacts such as tanks (including a super rare German Panther) and airplanes, as well as a stunning collection of war art (including a gallery of nose art from World War II Lancaster bombers).

If I have the courage, I might take a tour of local ghost stories and Ottawa's darker history when the

lights are low and the atmosphere is just right for a good ghost story. The tour guides wear cloaks and carry a lantern as they lead their group from one haunted spot to the next.

Before I head out tomorrow, there's time to join the crowd for the ceremonial changing of the guard up on Parliament Hill or perhaps visit the Diefenbunker, a Cold War shelter built to house the entire government in the event of nuclear attack.

And before you head there, brush up on a little of your high school French as Canadians will be delightfully tolerant of your rusty pronunciation. Even the everyday greeting is "Hello, bonjour".

Other activities to consider for a fun-filled visit to Ottawa:

Historic biplane sightseeing flights from the Aviation and Space Museum. Take a tour of the in-

side of Parliament's centre block.

Visit the Bytown Museum to learn about Ottawa's early history.

Watch boats as they pass through the Ottawa Locks of the UNESCO-listed Rideau Canal.

Canadian Museum of History across the bridge in Quebec.

Take a Rideau (electric) Canal Cruise through downtown Ottawa.

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ADVERTISING FEATURE

travel options for the mature west australian

On the road to old Canton... the good and the bad of a shore excursion



Clockwise from left; The locals in this part of China tend to ignore tourists altogether - Xiamen is tagged the Dubai of the Orient - Visiting a mosque took up half the day - Modern Guangzhou, formerly Canton - The ancient Temple of the Six Banyan Trees

by Dallas Sherringham

MOST travel stories paint the destinations in glowing terms with words like "stunning", "amazing" and "superb". This is not a story like that. This is the story about how wrong a day trip can go if you have a bad guide, a shambolic destination and an itinerary that is virtually impossible to follow. Yet, it all started so well when I booked the day trip to Xiamen on our cruise ship. It ran something like this: "Tour and shop

in the exciting new city of Xiamen before experiencing the beautiful Chinese landscape as we take a leisurely trip to Guangzhou (formerly Canton). Lunch at a traditional..." You get the drift. I should have known something was wrong when our young Chinese guide led us off the ship and started running towards a fleet of buses. Carrying a knee injury, there was no way I was running and at least half the tour group fell behind with me. Now, when you get to

a line of buses and everyone is wearing the same outfit and all look the same, holding signs in Chinese, it gets a bit confusing. I finally found our bus after 10 minutes but rounding up the rest took a lot longer. "We are running late so we will have to change the itinerary," shrieked the tour guide. Our shopping and sightseeing tour of downtown Xiamen lasted just one lap of the main street while we gawked out of the windows. Xiamen looked like an interesting

place and I was beginning to wish I had just spent the day there exploring independently. The city is a modern port that has boomed from a seaside town. The air pollution is horrendous. Our bus turned back on to the freeway and became embroiled in an hour long traffic jam. Finally we sped off in the direction of Guangzhou at high speed. Our exploration of the countryside consisted of a toilet stop where the Chinese just glared at the

tourists without any expression at all. Suddenly the PA system blurted to life again: "We are running late so we will have to change the itinerary," she shrieked again. We finally arrived at Guangzhou and it turned out to be an impressive older city with no air pollution to speak of. We promptly stopped at an historic Muslim mosque. Just why she seemed to think we would be interested in spending an hour and a half in the ruins was beyond me, but there we

sat slowly cooking in the hot sun. Finally we moved off and she proudly announced we would be visiting a traditional old shopping and market precinct. After spending so long at the mosque we were finally going somewhere interesting. We hopped off our bus at the top end of the market and she shrieked: "Five minutes here!" I said: "No, we want longer" and most of the group stood firm with me. But not for long, she started to run flat out towards the bus double parked 100m away and most of the group went with her, all running down the street. It looked ridiculous. It was ridiculous. I took a couple of photos and sauntered back to the bus at my own pace. There was a glare from the guide and the bus driver that made me shiver. She jumped on the PA and screamed: "We have to change the itinerary because (glaring at me) some people have held us up." Next stop was the historic Temple of the Six Banyan Trees. We parked about ten blocks away and once again our guide ran off down the street with some tour members trying to keep up. The rest were strung along a two km route. I did make it to the temple, took one photo and then started walking back. Finally I had some time to chat with a couple of locals, visit a few shops and enjoy a coffee and an ice cream. Life in Guangzhou

is very traditional in every way and it was quite a culture shock for some of the less travelled members of the group. People lived on the street, they cooked on the street, they tossed leftovers in the street... you get the drift. After what seemed an eternity, our guide and her loyal band of followers returned and she yelled at my breakaway group: "You didn't wait for me, I couldn't find you." "Well, I guess we now are even sweetheart," I said and climbed aboard the bus with some applause and laughter. There are lessons to be learnt here and most of the problems were caused by my lack of research. I wrongly thought the cruise line knew what it was doing, but, like many cruise lines, they had no idea how to organise a shore tour. Yet they still charged \$175 for a disaster. Next time I will research all the tours properly or maybe organise a local guide to show me around for \$50. If the shore tour doesn't reach expectations, tell your shore tour manager on board. Enough complaints and he or she will have to act. PS: I found out some days later when I made a complaint on board ship that the tour guides were actually college students who were learning English and did the tours to make extra cash and talk the talk. That explains a lot. Maybe they also training for the athletics at the Olympics?



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professionals heading to meetings, or customers who may need to arrive at medical appointments on time most benefitting from pre-booking. Shofer continue to offer Perth customers advantages other services providers do not. These include not lifting pricing during peak periods, the inclusion of in-car breathalysers, and a 24/7 control room monitoring all in-car passenger experiences. The Shofer pre-booking function is an addition to the established on-demand booking method. Customers make on-demand bookings via their mobile phones using the free Shofer app. Shofer then dispatch the first available driver. Passengers wishing to contact Shofer directly via telephone to pre-book a ride can contact them on 0470 670 266. Pre-booking a ride is also available via the Shofer website at www.shofer.com.au

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ADVERTISING FEATURE

travel options for the mature west australian

Enjoy the Ravensthorpe Wildflower Show and Spring Festival in September



Western Australian street artist Amok Island's epic 25-metre-high wildflower inspired mural across the CBH Grain silos in Ravensthorpe

WITH spring not far away, now is the time to plan a visit to the annual Ravensthorpe Wildflower Festival. The Spring Festival opens on the afternoon of 9 September with a street parade and evening concert culminating on the 24 September with a long table lunch and celebrity guests

Sabrina Hahn and Angus Stewart (ABC Gardening) in attendance.

The Shire of Ravensthorpe is renowned for its abundance of flora and fauna. A key part of the shire is the world class Fitzgerald River National Park, which, hosts some 1800 different plant species, showcases it-

self along a wild and beautiful coastline. Some species not to be missed include the unique Qualup Bell (Pimelia physodes), the Royal Hakea (Hakea victoria) and the Weeping Gum (Eucalyptus sepulcralis).

Recently refurbished, the National Park features surfaced coastal roads, interpretive displays and spectacular lookouts and first class camping is available in the park.

The festival features the world renowned Ravensthorpe Wildflower Show which is now in its 35th year.

Visitors can view more than 600 hundred botanically identified plant species on display and this could be the world's largest wildflower show. The festival promises vibrant floral beauty, exciting events and activities for the whole family.

The Wildflower Show has a new home in the Ravensthorpe Town Hall and has the addition of a brand new state of the art Herbarium as an annex to the hall.

Perth based award-winning florist Matthew Landers will be training up locals prior to the Wildflower Show to design and present floral sculp-

tures featuring three botanic based chandeliers and 12 mannequins, sponsored by the Ravensthorpe Regional Arts Council, these Sculptures will be exhibited in the Town Hall from 10 - 23 September along with those amazing wildflowers.

Internationally Renowned Western Australian street artist Amok Island has painted the epic 25-metre-high wildflower inspired mural across the CBH Grain silos in Ravensthorpe. This is the second in a series of Western Australian silo murals by FORM and CBH Group. It depicts the six stages of the Banksia baxterii and its pollinators.

There will be many activities during the spring festival to help visitors discover the hidden treasures and hospitality of the region. The opening of the show will be celebrated with a street parade and family-friendly concert on the afternoon of Saturday 9 September.

Devonshire teas and soup lunches will be available daily from 10 -23 September. There will be a 4x4 tag-a-long tours conducted with expert local guides to see some of the best

floral routes around. (4x4 required or they can possibly find a seat in another vehicle). Bookings essential. A guided bush walk will be available to discover the wildflowers of the area. The Festival closes with Long Table Lunch on the 24 September with Wildflower Show Patron; the fabulous and fun Sabrina Hahn along with celebrity guest Angus Stewart (ABC Gardening presenter) and this will be held at the Jerdacuttup Hall. Bookings are essential for this event.

Ravensthorpe is situated 295km east of Albany and 185km west of Esperance – a perfect place to stop and break up your journey. The beautiful coastal town of Hopetoun is 50km's from Ravensthorpe and is considered the gateway to the Fitzgerald River National Park. The park can also be accessed via the South Coast Highway (en route from Albany).

Find them on Facebook: <https://www.facebook.com/RavensthorpeWildflowerShow>

Visit the website for up to date programs and information: <http://www.wildflowersravensthorpe.org.au/>

What makes a bed and breakfast appealing?



DR SARAH Rossetti (pictured above) has been successfully running Above Bored bed and breakfast in North Perth for the past 14 years.

Dr Rossetti, a personable film and television screenwriter, believes that what B&Bs have to offer is the comfort of knowing that an experienced host lives on-site as well as the price advantage.

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"We have many regulars, who know they cannot run up a bill here.

"They enter via a code and pull the door behind them when they leave, so it's relaxed.

"We include free breakfast, WiFi and parking, and if they book more than one room, or stay a week, they receive great discounts," she said.

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"We have child friendly and pet friendly accommodation where pets stay free. They can stay in guests' bedrooms without a pet bond," Dr Rossetti said.

"It's knowing what pleases guests, like spacious rooms, no shared bathrooms or stairs, the comfort of knowing children are never frowned upon, and pets always welcome," she said.

"My personality as a writer and diver is reflected in the King room bathroom's amazing underwater fresco ceiling, which kids adore; in the romantic en-suited master room with French doors and a gas log fire-place. Pet owners and car fanatics love the garden room cottage because pets romp freely in the secure backyard, and cars are tucked away safely in its own remote controlled garage."

For more information and bookings contact 9444 5455, email stay@abovebored.com.au or visit www.abovebored.com.au.

Ahead of the wildflower season... meet an expert botanist

FLOREAT and districts branch of National Seniors Australia is privileged to have an expert botanist, widely known for his knowledge of the flora of our State, as guest speaker at their monthly meeting.

Dr Neville Marchant AM, has a degree in Botany from UWA and a doctorate from Cambridge University, was Director of the WA Herbarium until 2006 and is now an Honorary Research Fellow at Kings Park.

He will speak on "The South West Corner of Australia - a remarkable plant species hotspot" and show examples of many wildflowers, including insect eating plants, orchids and many familiar plant species.

National Seniors' branch president John Dingle says: "Dr Marchant has whetted our interest by pointing out that the south west became a virtual island, separated from south eastern Australia by a Great Australian Bight followed by the Nullarbor Plain.

"Here tens of thousands of plant species developed to survive in a summer dry environment with very poor soils. As a result, we have one of the most diverse wildflower areas in the world.

"We are all looking forward to hearing him. And, by the way, the Wildflower Society will be on site selling native plant tube stock for those wishing to grow their own wildflowers," he said.

The meeting will be held at Mt Claremont Community Centre, Montgomery Avenue. It starts at 9.30am for 10am and finishes at 12 noon on Thursday 13 July. There is a splendid morning tea and all for just \$5, which also includes door prizes and warm fellowship.

Car parking is available. Everyone is invited. If you need more information is needed, ring John Dingle on 0414 963 086. There is no need to book, just turn up.

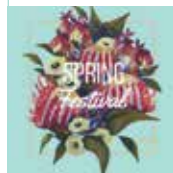
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Tropical Queensland Cruise 10 Days, 5 August to 14 August 2017	\$3,550* TWIN \$4,945* SINGLE

The Red Centre 8 Days, 14 August to 21 August 2017	\$4,350* TWIN \$5,190* SINGLE
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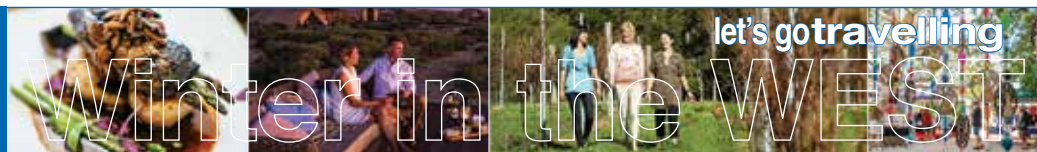
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Mechanics Institutes were the forerunners to public libraries



ESTABLISHMENT of Mechanics Institutes has been attributed to a Dr George Birbeck. In 1799 when only the wealthy and clergy had access to education, he decided to give a series of free lec-

tures to working men in Glasgow.

Twenty years later, in 1821, the world's first Mechanics Institute was established in Edinburgh, Scotland and originally called the School of Arts of Edinburgh. In Australia the first Institute was established in Hobart in 1827, followed by the Sydney Mechanics' School of Arts in 1833.

Interestingly the purpose of the institutes was not as one dimensional as the name indicates. They were in fact the forerunners to public libraries, adult education and a means of promoting cultural development in the community. The Institutes revolutionised access to education in science and technology for ordinary folk by providing technical instruction for both working people and professionals.

Perth followed the worldwide trend and established the Swan River Mechanics Institute in 1851. It was the colony's first cultural centre and its founding president was Surveyor-General John

Septimus Roe.

Born in Berkshire, England, Roe had wanted to be a teacher but the cost of education was beyond his family at the time. Eventually his father secured him a place at Christ's Hospital London where he excelled in mathematics. He went on to become the surveyor-general to the Swan River Colony and a highly respected member of community. So much so, that he retained his position as president of the Institute he had founded until his death in 1878.

The expansion of Institutes in the colony continued and in 1862, the first meeting of the Guildford 'Swan Mechanics Institute' was held in the Guildford Government School building. William Brockman, a prominent local pastoralist, was elected president.

Brockman was born in Kent, UK to a prominent family with a history which goes back to the 14th century. He migrated to Australia in 1829 with his wife and eldest son. He also brought with him

a prefabricated house, seven servants and some sheep. Through the Colony's land grant program he received 20,000 acres in the Upper Swan district and named his grant Herne Hill.

The Guildford Institute was a hive of activity with weekly discussion and music groups, periodic lectures by local or visiting speakers and occasional performances by travelling actors or musicians.

In 1865 the present Institute building was constructed to provide a permanent meeting place for the Institute's members. The hall was designed by the Colonial Clerk of Works (Government Architect) Richard Roach Jewell and built by John Welbourne, who also built Guildford Gaol in 1841 and the Stirling Arms Hotel in Meadow St.

The hall was officially opened on 7 September 1865 with a grand concert featuring the Glee Club; Fremantle pianist Mr Kochanovsky, singer Mr Grieves, and the Negro Melodists from Perth.

Not long after it opened

it gained another purpose, serving as Guildford's unofficial town hall, hosting meetings of the Town Trust, wine judging of the Guildford Agricultural Show and the public library.

In 1889, four extra rooms were added to the Institute with the president of the time explaining it was for the convenience of the public, and the residence of the caretaker. In 1930, William Padbury, the only surviving trustee and president of the Institute, handed the building over to the Guildford Town Council.

It became the home to the Swan Guildford Historical Society which opened a museum in 1965. Due to lack of space, the museum was relocated to the courthouse in 1980, since when, the Institute building has been used by a number of local groups.

As time passed, mechanics' institutes gradually lost their pre-eminence, with local and state governments taking up the role of providing libraries, education and community spaces.

Whilst the Institute as an organisation no longer exists, nor does the original building on the corner of Hay and Pier Street, thankfully some of the other buildings do and have been repurposed. The Institute Building in Guildford is a community hall, as is the old Mundaring Weir Mechanics Institute, and in South Perth, the Old Mill Theatre was also once a Mechanics Institute.

You will also find Mechanics Institute buildings throughout regional Western Australia so if you are travelling, take some time and seek them.

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



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Lights by DreamWorks features huge illuminated figures of those much-loved characters familiar to the fans of the *Shrek*, *Kung Fu Panda*, *How to Train Your Dragon* and *Madagascar* movies.

"It's very exciting to be able to bring our wonderful lantern experience to Perth for the very first time. We're looking forward to seeing eyes young and old light up when they experience our large scale illuminated characters," said DreamWorks consumer products country director, Jo Pascoe.

Visitors to the exhibition will also be treated to a variety of scenographic pieces, LED furnishings, themed technology and learning zones, an immersive cinema experience and an animatronic dragon.

The admission price includes activities for children - including making your own lantern, designing your own Viking shield and movie character.

Event director, Keith Brown is thrilled that Western Australia could be included in this first-ever tour Down Under.

"*The Lights by DreamWorks - The Experience* is an event for the whole family. We can't wait to bring this spectacular event to Perth," he said.

Lights by DreamWorks - The Experience incorporates a rides precinct featuring some of Australia's premium attractions. The selection of rides has been carefully chosen to ensure minimal queuing and consistent traffic flow.

There are also a wide variety of attractions to suit children of all ages.

Tickets on sale now through the Lights by DreamWorks booking office, Ticketmaster: Telephone 136 100 or www.ticketmaster.com.au

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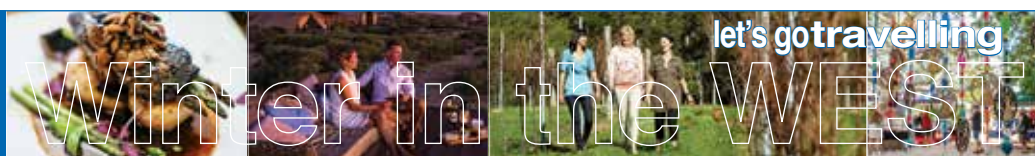
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Herring aplenty



Beach fishing in Albany

by Mike Roennfeldt

A TRIP to Albany for a few days early last month was my first for a few years. While it wasn't strictly a fishing trip, I did manage to sneak a couple of rods into the car with the idea of having a try for salmon if there were any about. I never go anywhere without taking a little single handed spin rod or two as well, because there are always opportunities for small stuff like herring, whiting, bream, flathead and flounder.

The sightseeing was pretty time consuming but a promise is a promise and I dutifully did the rounds of places like The Gap, Natural Bridge, Whale World and the fantastic Anzac Centre. Adding to the fishing woes was the fact that big swells were taking quite a few of the salmon spots out of the equation, but I did get a chance to try a couple of the local light tackle fishing possibilities while I was there.

It soon became apparent that family fishing is a big thing in Albany. The weather was great for a couple of the days and it seemed that almost everywhere we went there were couples or small family groups wetting a line. Herring and whiting were the main target species and there seemed to be plenty of them about. Most of the King George were smallish but legal and the herring were generally big. Spots turning up a few King George included picturesque Emu Point and equally picturesque Ellen Cove in the corner of Middleton Beach.

A place that I'd been wanting to visit for a long time is Nanarup and what a beautiful spot that turned out to be. We drove around the edge of the calm expanse of Taylor Inlet and checked out the stark white beach that stretched away into the distance on either side of the sandbar at the entrance. It was apparently very popular with 4WDs and I reckon earlier in the season it would have been an ideal beach for spotting salmon schools in the crystal clear shallows.

We clipped on a couple of 20g Halco Twisty lures and started casting. The air was crisp and invigorating and but our faint hopes of tangling with a salmon were rapidly fading. No schools swam past but there was some compensation in the form of wall-to-wall herring. They were big and fat and almost suicidal. It was impossible to wind in without the lure being continuously hit by ravenous fish.

I haven't seen a herring bite like that near me on Perth's north suburban beaches for some years and I have moved Albany up quite a few notches on my list of desirable spots to visit in WA. One thing though, much as I like herring, my next visit will be smack bang in the middle of salmon season.

It's time to enjoy some wine for winter



by Frank Smith

SOMETIMES I struggle to understand branding. We all know Jacob's Creek as a cheap and cheerful brand encompassing a whole range of grape varieties. Drinkable but not over exciting, with a recommended retail price of \$11.99 and available much cheaper from discount liquor stores. So why use the same brand name for more upmarket wines?

There is a lot more to Jacob's Creek than first appears. Other wines in the range are a cut or three above the classic Jacob's Creek

range. This month I had the pleasure of tasting wines from the Jacob's Creek Barossa signature range. The wine-maker has focussed on expressing the character of region, in this case Eden Valley in South Australia.

Jacob's Creek Barossa signature Chardonnay 2016 is a modern full-flavoured Chardonnay showcasing the classic regional characters of the Barossa. The colour is bright green with purple hues. The aroma is intense honeydew melon, stone fruit and citrus. The palate is well balanced with mixed fruit flavours and

a touch of cashew nuts. RRP \$19.99.

Jacob's Creek Barossa signature Riesling 2016 is a Riesling made in the classic Barossa style with premium fruit from vineyard blocks in the Eden Valley. It is pale green straw in colour with a flowery nose and offers intense aromas of lemon and green apple. The palate is lemony, zesty and

generously flavoured, with a textural mouth feel. RRP \$19.99.

Jacob's Creek Barossa signature Shiraz 2016 is red crimson with purple hues. The aroma is a mixture of savoury plum with cedar and spice and the palate is medium to full bodied with flavours of cloves, dark chocolate and rich ripe plums. RRP \$19.99.

Jacob's Creek Barossa signature Cabernet Sauvignon 2016 is deep crimson with purple hues. The aroma is a complex mix of ripe plum, dark chocolate and blackberry complemented by cedar with notes of vanilla and crushed leaf. The palate offers dense ripe black fruit and mocha complemented by silky sweet tannins. RRP \$19.99.

The range also includes a Shiraz-Cabernet blend and a Sauvignon Blanc. I also tasted two other inter-

esting wines.

Huntington Estate Cabernet Sauvignon 2012 from Mudjee in New South Wales is deep purple-red with aromas of spice, black fruit and grassy notes. The palate is vibrant with fine tannins giving a firm but subtle structure. Dark fruit flavours persists in mouth. RRP \$26.

LaBise Adelaide Hills Sangiovese 2015. Sangiovese is Italian for the "blood of Judas", this red variety is the main component of Chianti the signature wine of Tuscany. It is fruit driven with cherry characters. It is an earthy, medium bodied wine which goes well with pizza and pasta. The palate displays spice, white pepper and briary red fruits like mulberry. It's a mouth full of flavour. RRP \$25.

In case you were wondering 'faire la bise' is to make the French greeting with a kiss on both cheeks.

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Arriving by cruise ship to the northern town of Broome and being swept away by the beauty...



Left to right; Gantheaume Point - The late Malcolm Douglas - Old lugger

by Michael Osborne

WHAT better way to get to Broome than on board the cruise ship *Sun Princess*.

A part of what attracted us to our grand adventure on *Sun Princess* was the

ports of call.

And Broome is one of the remotest towns around. Extremely difficult to access by road and flying in can be expensive.

The excitement was high as we sailed from

Darwin and along the wonderful Kimberley. Most passengers had never visited these areas and our next stop was Broome.

Broome is one of those destinations that is more a state of mind than a glittering tourist trap.

If you go there at the speed of city life, you will be disappointed: you will never find its hidden treasures. If you relax and let it in, you will be rewarded with an experience that transcends the modern world with all its stresses and strife.

You see, Broome is really a relaxed outback Australian town that happens

to find itself set beside a warm turquoise sea.

We stepped out from our air-conditioned *Sun Princess* into a world where the first thing that strikes you is the heat. This is the kingdom of the sun. It rules everything. The locals welcome its coming every morning and revel in its majesty all day. In the evening they bid it "goodnight" while watching it disappear in an amazing display over that very same still sea.

Now, we have all read about or seen the stunning images of Cable Beach but when you first gaze over it and even after I had been here several times

before, you are entranced. The combination of red sand and blue water is a photographer's dream. If you know where to look on the rocks at the end of the beach, you realise just how old this place is.

Here you will find dinosaur tracks embedded in the rock of Gantheaume Point. The tracks are 130 million years old.

Such history abounds in Broome. It first came to prominence in 1889 when the cable from Java finally came ashore on that very beach, connecting northwest Australia with the world. The old cable house still sits in a shady setting in town.

Pearls then drew thousands of people from all over the globe to the burgeoning port town. Amongst them were many Japanese who were experts at extracting the alluring, translucent orbs from the clutches of the seabed. Driving out to the surprising local cemetery I came to realise the price

they paid.

The cemetery is a tourist attraction because of its mass of Japanese shrines, commemorating the lives of those who died in search of nature's living treasure.

The working pearl luggers have disappeared from Broome, but you can still find two that have survived and been beautifully restored at the Pearl Luggers Museum in the heart of Chinatown.

More recently, Broome had its brush with infamy when it was bombed by the Japanese in World War Two and many innocent women and children died while sitting offshore in flying boats in Roebuck Bay.

Those dark days of WWII had their brighter side. Bored American servicemen based in the town came across the abandoned Sun Picture Gardens, a relic of the early days of outdoor theatres where you watched the silent 'stars' under the stars. The servicemen fixed the vandalised projector and started showing films to their fellow soldiers and local civilians. The only problem they faced was the tide which occasionally rushed into the grounds, forcing patrons to lift their feet to keep dry.

Today the Sun Picture Gardens is still going strong and is listed in the Guinness Book of Records as the world's oldest surviving outdoor cinema.

Just 15 minutes out of town is the modern veru-sion of the late Malcolm

Douglas's crocodile zoo which once was the prize attraction at Cable Beach.

The Wilderness Wildlife Park is a fitting tribute to one outback man's amazing life. You see, I knew Malcolm Douglas as a friend. He was very kind to us when we were filming a travel show with my travel writing mate Dallas Sherringham some years ago.

His death in 2010 shocked Broome and it seemed his dream of the wildlife park would die with him. But, in the true outback spirit, his family and friends took on the challenge to complete and triumphantly open the park.

However Broome's greatest attraction awaits you at the going down of the sun. Out to sea, cruise boats and an old lugger lazily drifted across the horizon, adding a third dimension to an already stunning scene.

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Sun Princess will sail from Fremantle on 16 July, 2017 on a 15-night Northern Explorer cruise finishing in Brisbane. This cruise which includes scenic cruising along the Kimberley coast as well as visits to Broome, Darwin, Port Douglas, Cairns and Alotau in Papua New Guinea.

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

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Are too many of us failing to see the wood for the trees?



Left to right; Lee Tate - Children love the forests

by Lee Tate

THERE can be nothing as bewitching, surely, as spending time with true nature: Clean, country air, towering timber, bountiful blooms, beautiful bird-song.

These great attractions are on our doorstep. And mostly free. We are truly the envy of the world. But how often do we take them up?

Recently returned from foraging in our forests, our family party feels fully refreshed, enlightened even. We have no after-effects from a long flight nor a taxing time trooping around big cities.

We have been in the State's south, rather an

obvious destination for Perth holidaymakers searching for a taste of timber. But the extent of our State's forests cannot be underestimated: natural national parks are within easy reach in every direction.

Are too many of us failing to see the wood for the trees? How easy, even habitual, has it become to board a plane or a ship for a holiday break?

Have we lost the taste to explore what is natural, what is ours and what is good for us? Forests can be fun for families: walk the trails with your kids and grandkids. They will have a different perspective and they will learn.

And they will want to do it again. So will you.

We've driven to Denmark by a circuitous route from Perth, maximising time on bush roads and tracks. It's highly recommended: a break from the normal routine of picking a destination and simply heading from A to B. And not watching your watch.

We didn't need to know what national park we were in as we travelled. We might decide to enter a fee-paying park, subject to the charge, but every time we have, we haven't regretted it.

Whether it's a paid park or free, they will inevitably engulf and amaze the visitor. Don't be surprised

to find few fellow travellers wandering the tracks and trails.

Between Denmark and Nannup is so green, so lush and so natural. Despite the years of toppling tall timbers, visitors can still enjoy the real West Aussie bush.

It's not all trees, bushes and flowers in these regions: along the tracks and roads are quaint farmhouses, wonderful decaying cottages and barns, abandoned farm machinery and great choices of locally-grown fruits and tourist tucker.

Enjoying our wonderful wildlife and world-unique forests can be achieved even within a short walk from your car. The natu-

ral, leafy trails abound with birds, great flocks lifting over the trees when disturbed.

Detailed planning and knowledge of forest foraging is not mandatory because the tourism stops set-up by State and local governments and staffed by many volunteers are genuine helping points.

Most of our national parks are visited by small numbers of travellers and park names are little-known to West Aussies:

On our trips we've noted D'Entrecasteaux National Park, Walpole-Nornalup National Park, Mount Frankland National Park, Shannon National Park, Beedelup National Park, Warren National Park, Boyn-daminup National Park and Gloucester National Park.

Our national parks often operate on an honesty system for motorists: place your money in the box and drive in. But why should we pay? We pay taxes?

But our parks are precious, we want them to be comfortable with basic facilities and we want people to use them lest they be neglected or abandoned. Fallen or forgotten parks are open

to other uses including forestry and redevelopment with loss of trees, bushes, wildflowers and wildlife.

In the rapidly-developing and strained world, national parks show evidence of becoming a much higher priority for tourists, locally, national and international.

Our towns are being restored, arts and crafts are burgeoning, farm-gate goods are flourishing and country eateries and venues have reached higher standards.

Standing and staring at our mightiest timbers, our party feels inspired, spurred to be more active and perhaps healthier in future. The kids are wide-eyed at what they find under a tree's bark, a log or within rotting leaves along the trails.

We step out again with the kids when it's raining, looking up through the branches, watching the raindrops bounce off the leaves and birds huddled together.

The youngest kid picks up a big, impressive gold and green bird's feather and pokes it into her rain hat.

We are delving deeply into the bush along the coastline. Waves crash into boulders the size of

elephants while birds flit happily amid myriad tree varieties.

We in our party confess to suddenly feeling ignorant about the varieties of trees, wildflower and wildlife. We are thankful for information boards with their illustrations and the educational material available in the tourist stops in the towns.

Some trails are suitable for mountain biking or for the kids to hurtle along on their bikes. Very occasionally you'll come across a dedicated artist with brushes, bent over an easel.

The great thing about being a forest visitor is that you can enjoy what you see without being an expert. To simply indulge. To just take it in.

In WA you can take a dozen different trails every day of your life and you will hardly be scratching the surface in what is our backyard.

It is easy for the travel writer to gush. Inspiration flows so naturally from our natural parks.

Coming out of the forest, our party feels renewed. I almost feel inspired to write a poem. But given the level of my poetry skills that would be barking up the wrong tree.

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An Italian Bed and Breakfast that's genuinely palatial



Wonderful view of Lake Como from Palazzo Del Vice Re Lezzono - Luxurious breakfasts like this make for a great start to the day - Just five spacious suites await at the end of a day's Lake Como sightseeing.

by David Ellis

GUARANTEED to grab the attention when you're talking of your holiday in Europe is to toss in about your stay in a palace in Italy.

And to mention that your palace sat alongside postcard Lake Como, with your genuinely palatial suite having begun life as a one-time flag-tower from which ancient guards looked out for enemy troops during Italy's war with the French some five centuries before...

Plus how you of course took a glass or three of wine - sorry, vino - each

evening in a bar that had been built into your palace back in the 1700s, and which like so much of the place has been now restored to how it all was in its heyday those five hundred or more years ago.

Our palace is the Palazzo Del Vice Re Lezzono (it means the Palace of the Deputy King in Lezzono) and is now a luxurious boutique B&B with just five spacious guest suites that combine the charm of yesteryear, with the creature comforts of 21st century today.

Just when the once-aristocratic residence had been abandoned by its royal occupiers is not clear, although it is known that it lay empty and rundown for many decades before being acquired by the Pertusini family around the end of the 18th century.

They lived there until 1963 when it was virtually abandoned again apart for occasional holiday use - and at one stage great-grandfather Pertusini running a restaurant in the

building that he called Trattoria Delle Colonne after the two stone columns at the palace's entrance... and even making his own wine there for his diners.

Then around seventeen years ago, 29-year old architect Cristiano Pertusini let it be known that he and his family planned to restore their rundown one-time palace, and to turn it into the grandest of boutique B&Bs. But rather than being received with excitement and "Bravos" amongst locals, his announcement had many of them chortling "that Cristiano, you know, he's crazy."

But today it's the Pertusini family can do the chortling, for their Palazzo Del Vice Re Lezzono attracts guests from as far afield as England, America, and Australia too, guests who happily pay Euros330 a night for a luxury suite, that price including Wifi, taxes and the most magnificent of gastronomic Continental breakfasts featuring fresh-squeezed juices, cereals, freshest of pastries, fruits and so much more...

And in what an ambience do they find themselves. For after a night in their vast suite with its mix of the past with its grand antiques, wood-beamed ceilings and by contrast today's mod cons, that gastronomic Continental breakfast is offered either outdoors in a delight-

ful courtyard overlooking Lake Como, or under a domed ceiling featuring a fresco of the Roman Goddess Juno and the strong and courageous Hercules together on a cloud.

The remarkable fresco had actually been painted over, and Cristiano engaged two students from the Brera Academy of fine arts in Milan to spend weeks patiently clearing away that paint to reveal the magnificent and priceless fresco.

And then there is the bar that dates back to the 1700/1800s and which has also been conserved as it was originally, with its decorative art works depicting floral motives and contrasting grotesque dragons. A wonderful place to take a pre-dinner drink before heading off for dinner at a nearby restaurant on foot, by bus or by taking the ferry across to Como township.

Those buses and ferries will also get you to so many other picturesque hamlets and places of interest - or grab one of the bicycles the Palazzo has available for guests seeking perhaps a bit of exercise, or the chance to personally explore wider afield.

And no matter what you have an interest in, the staff here are absolutely unbelievable in their enthusiasm (and knowledge) to ensure you see the very best of their region, or if you want to sit down with them for a chat about the history and culture of this most charming part of Italy.

So friendly and enthusiastic in fact are they, that you'll quickly find yourself feeling you are being welcomed into becoming part of the Pertusini family!

And like all others before you, you'll be promising both them and yourselves, that you will be back...

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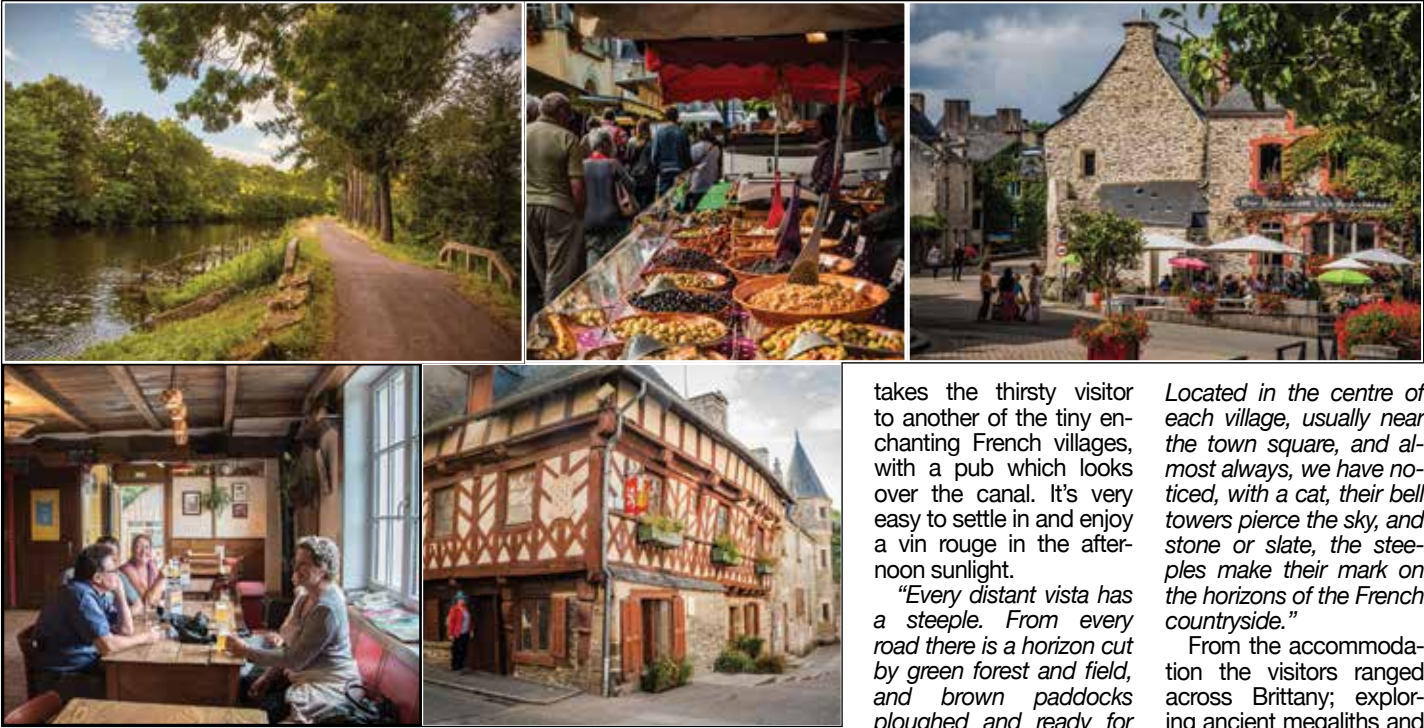
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ADVERTISING FEATURE

travel options for the mature west australian

There's a strong perfume of lavender that invades the soul when you enjoy a week in Brittany



Walking along the canal at Le Roc-St-Andre - Local market in Malestroit - Café in a small village in Brittany - Josselin medieval town - Montertelot drinking with the locals

"Leaning out the window of our accommodations on the rural outskirts of Bordeaux we're assailed by two things: a cat which wants to come in and share our comfort, and the scent of the garden. First to hit me is the strong perfume of lavender; it is everywhere. There was a mist or a bit of rain last night and the dewy drops have settled on the willow plants and their purple flowers growing in the garden outside and are squeezing the aroma from the leaves. Picking up the acquiescent cat to slowly wander around the acre or so that makes up the gardens of our abode, there's another scent; the "lawn" or grass meadow is scattered with mint and as we walk it assails our nostrils with the most marvellous scent. Stopping to take it all in there's yet more

to tease the senses: the herby aroma of bay laurel mingles with the spice of sage growing wild; a huge fig has dropped over-ripe, purple fruits in profusion onto the ground where they've splattered and the rich heady perfume has joined the cacophony of scent. The air itself seems to celebrate the bounty, and as I type the thyme convinces us that it's time to explore a little more. There is so much more to discover in this verdant countryside". Australian journalist Jackie Gill and photographer friend Debra Mitchell, along with a group of Aussie friends, found much to love during their recent visit to France. Part of their five week stay included a portion organised by a Frenchwoman, Pascale Gerson, who lives in Australia and has

a passion for introducing her home country to visitors through her popular "Visit My French Village" tourism venture. The Aussie contingent enjoyed a stay in a property on the outskirts of Bordeaux - which prompted the opening paragraph of this story - and then a week in Brittany. The wonderfully rustic accommodations were once the oxen stables of a large 13th century chateau which still looms on the landscape behind the chestnut trees. The accommodations are a short wander to the town of La Chapelle-Caro; and a only a few more steps in other directions to other, equally delightful little towns. Most of the pathways wind through woodlands, or along the side of century-old canals. A half hour walk

takes the thirsty visitor to another of the tiny enchanting French villages, with a pub which looks over the canal. It's very easy to settle in and enjoy a vin rouge in the afternoon sunlight. "Every distant vista has a steeple. From every road there is a horizon cut by green forest and field, and brown paddocks ploughed and ready for planting and, everywhere the evidence of people. Houses - small and large and sometimes enormous - dot the countryside and everywhere there are villages; towns that are home to sometimes a handful of houses and sometimes thousands. Throughout the country identical houses jam the roadsides, dressed in shades of cream and light yellow with high sloping v-shaped roofs of slate. It's hard to go five kilometres without passing through another enclave; many appear to be un-named and unknown as towns to anyone but those who reside there. We have learnt how to tell the difference. True villages are defined by the churches around which all are built. And what churches they are. With Roman, Gothic and Medieval roots they soar above the centre of the town with arched windows and high oak doors.

Located in the centre of each village, usually near the town square, and almost always, we have noticed, with a cat, their bell towers pierce the sky, and stone or slate, the steeples make their mark on the horizons of the French countryside." From the accommodation the visitors ranged across Brittany; exploring ancient megaliths and standing stones; oyster beds at the wide, clean beach; staring awe-struck at Mont St Michel in the afternoon light; wandering through a forest called Broceliande where Merlin the Magician is said to have died. Pascale's promise is that visitors to her "French Village" will get a taste of the real France. That was certainly the case. With its crepes and apple and its cider and cornfields; its window boxes full of geraniums it was a glorious experience. "Visit My French Village" organised the accommodations, pick-ups and drop-offs and all the little extras that ensure a brilliant, hassle free experience for the visitor. www.visitmyfrenchvillage.com.au Journalist Jackie Gill writes a blog called The Blue Hats (www.thebluehats.holiday or FB The BlueHats).

City of MANDURAH

Have a Go News is now available from Mandurah Visitor Centre located at 75 Mandurah Terrace, Mandurah

Have-a-Go NEWS

#303 June edition
PUZZLES Solutions

Y	A	N	K	E	D	G	Y	O	K	E
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Wheel Words
Solution: Beer, Beet, Belt, Best, Bled, Blue, Blur, Bred, Brut, Burl, Bust, Debt, Drub, Lube, Slub, Stub, Tube, Beret, Beset, Betel, Bleed, Bluer, Blues, Bluet, Blurt, Breed, Brute, Burst, Bused, Debut, Lubed, Rebel, Rebus, Rebut, Tubed, Tuber, Belted, Bested, Bluest, Burled, Busted, Buster, Bustle, Butler, Sublet, Subtle, Treble, Blurled, Bluster, Bustled, Subtler, Trebled.

9-letter word: BLUSTERED

Alphabet Soup
Solution: Quebec, Salzburg, Rio de Janeiro, Prague, Ottawa, Halifax, London, Dhaka, Vienna, Mandalay.

Fly, stay and cruise...looking for a longer voyage in northern Europe?

THEN look no further than the back page of this travel liftout on page 36 where you will find a range of exclusive fly, stay and cruise holidays from Bicton Travel. Each of the tours features back-to-back voyages on Cruise and Maritime Voyages' new ship Columbus (readers are probably

very familiar with Astor which is deployed locally). Columbus has 775 passenger cabins including 64 deluxe balcony cabins and junior suites, which have been specially designed for customers who have been requesting more balcony accommodation. Solo cruisers will be allocated

150 cabins as CMV recognise the needs of single travellers. Each cabin is fitted with high-quality furnishings and facilities, so you can truly relax at the end of each day of discovery. Some of the more popular cruises combine the islands of the Atlantic with the Norwegian fjords, or the very popular desti-

nation of Iceland with The Northern Isles. Other options include the Norwegian Fjords with Baltic Cities. These holiday options provide the perfect opportunity to visit some of these spectacular destinations. For full details call Bicton Travel on 9339 0177.

Stories from the Swinging 60s... a snapshot of WA history

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Purchase a copy of the book Stories from the Swinging 60s - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s. This was a decade of change from the introduction of the contraceptive pill, the assassination of JFK, changing fashions with the mini skirt, the Vietnam War, the move to decimal currency, the Meckering earthquake and the first man landing on the moon. Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now. \$25. Copies are available for purchase direct from Have a Go News office at 137 Edward Street, Perth or have it mailed out for an extra \$12 postage and handling. For further information contact Tahlia at Have a Go News on either Tahlia@haveagonews.com.au or 9227 8283. Have a Go News is published by Concept Media - ABN 97 425 866 519 ACN 069904221 Telephone (618) 9227 8283 Fax (618) 9227 8293 Website www.haveagonews.com.au 137 Edward Street, Perth WA 6000 Postal address: PO Box 1042, West Leederville WA 6001

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London Tilbury, Amsterdam, Eidfjord, Cruising Hardangerfjord, Flam, Cruising Sognefjord, Bergen, London Tilbury, Amsterdam, Lerwick (Shetland Islands), Kollafjørður (Faroe Islands), Seyðisfjörður (Iceland), Akureyri (Iceland), Ísafjörður (Iceland), Reykjavik (Iceland), London Tilbury

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- ▶ Return flights from Perth to London
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- ▶ Return coach transfer from London Victoria to Tilbury Port
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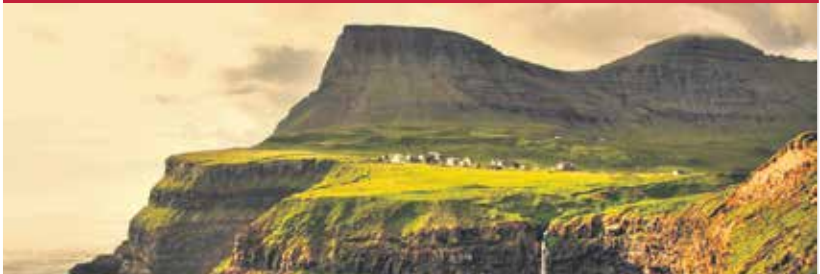
London Tilbury, Eidfjord, Cruising Hardangerfjord, Skjolden, Cruising Lustrafjorden, Olden (Norway), Cruising Nordfjord, Bergen, London Tilbury, Copenhagen, Warnemünde (for Berlin), Tallinn, St. Petersburg (Overnight onboard), Helsinki, Stockholm, Aarhus, London Tilbury

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IRELAND, ICELAND & THE NORTHERN ISLES



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- ▶ Flights from Perth to Dublin flying Etihad Airways (or similar)
- ▶ 9 day Irish Explorer Tour from Dublin including daily breakfast and 3 dinners

TOUR HIGHLIGHTS:

Visits to Downpatrick, Belfast, Giant's Causeway, Derry, W.B. Yeats' burial place, Knock, Galway, Cliffs of Moher, Adare, Killarney, Blarney, Tramore, Enniscorthy, handweaving mill at Avoca, Glendalough; orientation drive in Dublin

- ▶ 12 nights Iceland & Northern Isles Cruise onboard CMV's Magellan

CRUISE HIGHLIGHTS

Dublin, Kirkwall, Orkney Islands (UK), Kollafjørður, Faroe Islands, Seyðisfjörður, Iceland, Akureyri, Iceland, Ísafjörður, Iceland, Reykjavik, Iceland (overnight onboard), Liverpool, UK, Dublin

- ▶ 1 night 4 star Hotel stay in Dublin
- ▶ Flights from Dublin to Perth flying Etihad Airways (or similar)
- ▶ All taxes & port charges

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GREAT HOME and
ADVERTISING FEATURE
GARDENING



A few winter warming jobs in the garden will reap the rewards



Left to right - Bryans Ground Canal - keep an eye out for snails and slugs this season - the handsome Redlove apple has burgundy foilage and deep red skin

by Colin Barlow

WINTER is upon us and we may be thinking of keeping rugged up inside, but a little work now will have you reaping the benefits in your garden. Many plants will be going into dormancy while others will be surging into growth, so let's take a look at the tasks to do now to keep your plants and garden looking great.

Top tips for a great looking garden this winter.

Lawns

Avoid driving on wet lawns to avoid compaction and wear. For compacted or waterlogged areas use a lawn aerator or garden fork to alleviate compaction and improve drainage by allowing more air into the soil.

Continue to remove or spray weeds with a selective herbicide for your specific grass type.

If winter grass has been a problem, now is the time to spray a pre-emergent herbicide. Amgrow, Yates and David Grays all manufacture a Winter Grass Killer that is watered over the lawn and then thoroughly washed into the root zone with your sprinklers or a hose. Water it in again 24 hours later to kill winter grass seeds in the soil and small winter grass tufts which may take up to four to eight weeks to die.

Vegetable Patch

Keep a look out for caterpillars on your brassicas and Asian greens. Only use safe and or-

ganic products on your vegies such as Dipel, Success Ultra or Beat A Bug Naturally Based Insect Spray.

Snails and slugs can also decimate your vegies and seedlings overnight so keep a regular eye out for them. Try beer traps, copper sprays, coffee grounds and pellets. The safest pellets for around pets and children are based on iron chelates such as Multiguard Snail and Slug Killer.

Early winter is the time to get your potatoes in. Always improve the soil with organic matter and add some slow release organic fertilizer before planting. Place seed potatoes in a dry in shallow tray in a dry cool area providing indirect light. After a few weeks the potato eyes will sprout and the chitted potatoes will be ready for planting in the garden, large pots or potato bags.

Fruit

Lightly trim citrus trees to keep them compact but be careful to avoid pruning off ripening fruit.

Deciduous fruit trees can be sprayed with Eco Oil to kill overwintering scale insects and mealy bug.

If leaf curl was a problem last year start spraying early this year before bud burst with either a copper oxychloride or lime sulfur spray.

Garden

Sow some everlastings seeds to brighten up

the spring garden. Scatter the seed and rake it in for your own wildflower spectacular in spring.

Check out the latest winter stock of plants and trees arriving at your local nursery. Ornamental peaches, plums and pears can be planted now as well as roses.

Note on your calendar to prune your roses in Perth from mid July to mid August.

A reason to love winter!

Deciduous fruit trees planted in early winter will have around five to six months to establish a good root system before the onset of the hot summer months. So now is the perfect time to plant a brand new apple tree called Redlove, to make a colorful and delicious addition to your home garden and cooking.

Direct to Australia following a 20 year breeding program in Switzerland, Redlove is Australia's first red-fleshed apple. This innovative apple will give your health and vitality a lift as it contains 10 to 25 times more anthocyanins (antioxidants) than an ordinary apple. Redlove has deep red skin and flesh with the crisp, tart and lively taste of a Granny Smith apple.

When other apples are cut, baked or juiced they will go brown or discolor, but not Redlove. The juicy red flesh will retain its colour, making it ideal for creative apple pies, sauces, salads, cocktails or juices.

Growing to around 2.5 metres high with a spread of up to two metres wide, the easy to

grow Redlove apple is suitable for small gardens and large pots throughout the cool to warm temperate areas of Australia. Redlove has handsome burgundy foliage with good blackspot and powdery mildew resistance, and dark bark contrasting with stunning bright pink blossom in spring.

Most apples require cross-pollination from a different apple variety for improved fruit set and Redlove is no different. Both Pink Lady or Granny Smith are recommended, but most apple varieties flowering at the same time will help pollination. The fruit matures in mid to late February just in time for a late summer healthy snack or cocktail.

The Great British Garden Tour

Next month I will be off overseas leading the Great British Garden Tour of Scotland and Wales and the Hampton Court Flower Show from 2 to 20 July. This luxurious tour takes in the best of the British countryside in high summer when the roses are in bloom and the herbaceous borders picture perfect. There are grand and intimate gardens, historic and cultural sites along with the not-to-be-missed Hampton Court Flower Show to start off the tour. I will tell you all about it when I get back or you can check out the photos on Facebook at www.facebook.com/GardensfromEden1969 during the tour.

For the full tour itinerary including the gardens, places visited and hotels go to www.rosstours.com/scotlandwales/

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Vince's Calabrian macaroni and meatballs



by Vince Garreffa

THIS is another of my family recipes from my book *The Flesh in My Life*. This gives readers the opportunity to try making their own pasta which is easy and fun to make. Get the grandchildren involved for a fun day in the kitchen. Food made with love and little hands is always the best.

- Serves 4 to 6
- Ingredients**
- Macaroni**
- 4 cups plain flour
 - 1 teaspoon WA lake salt
 - 2 tablespoon olive oil
 - 1 egg beaten with a fork
 - ¾ cup water (approx.)
- Meatballs**
- 500g minced chicken
 - 500g crust-less bread soaked in some water than squeezed out
 - ½ cup grated Parmigiano
 - ¼ cup dry fresh breadcrumbs
 - 30g flat leaf parsley chopped finely
 - WA lake salt
 - Freshly ground white pepper
 - Sauce
 - 30ml olive oil
 - 50g butter
 - 140g onion finely diced
 - 2 bottles of Passata (tomato puree) each 700ml

Method – Macaroni

Add the flour and salt to a large bowl and mix them well.

Make a well in the centre then add the oil, egg and water together. Slowly mix the flour into the liquids in the well. Mix thoroughly adding a little more water if needed.

Knead the dough for about five minutes then cover with a cloth.

Cut a small section from the dough and roll it out by hand to the size of a sausage roll on

a board. Divide this into 2cm rounds. Dip your hands in a little olive oil and roll the pieces out on a board until they are long even strands.

Put the strands on a cloth covered tray and repeat the process until all the dough is rolled out. Keep them covered with a cloth until it is time to cook.

Method – Meatballs

Mix all the ingredients together then form the mix into balls the size of golf balls. Fry a little of the mixture to check seasoning.

Refrigerate them for at least two hours to firm them up – they will be very soft and delicate.

Heat the pot and add oil, butter and onion. Gently sauté until the onion is soft and translucent (about 10 minutes).

Method

- Sauce and plating

Add the passata to the pot. Using 200ml water rinse out the empty passata bottles and add to the pot as well.

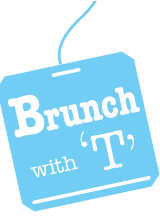
Season with salt and pepper to taste and simmer gently for about 30 minutes. Add the meatballs and continue to gently simmer for another 10 minutes. Check the seasoning and adjust to taste.

Meanwhile bring salted water to a boil and cook your macaroni for about 10 minutes until it is al dente.

Remove the meatballs from the sauce and place gently on a plate. Drain the pasta and toss into the sauce. Serve with some meatballs and grated parmesan.

Buon Appetito!

Brunch with T... fusion flavours in Bayswater



by Tahlia Merigan

THIS month Dan and I ventured out on a Wednesday morning to one of our personal favourite brunch spots, aptly named *tbtp* which is located in Bayswater.

The décor is homely with comfortable chairs and an interesting artwork of a tablespoon on the wall. The service is always very friendly which keeps us coming back along with the delicious Asian fusion food.

For drinks we ordered juice for the nice sunny autumn day – Dan had green apple \$8 and I ordered watermelon \$8. Both were freshly squeezed and delicious. I also ordered a cold brew matcha tea (\$6.50) this is the only place I've been where it is available as a take on the origi-

nal Japanese green tea powder.

Deciding what to eat turned out to be so much harder as we both didn't want to order something that we have had previously.

Dan ended up choosing the zucchini and corn fritters (\$19.50) served with a slab of bacon, fried egg, mayo, okonomi sauce and bonito flakes. This was an innovative dish marrying the fritters with the flavours of an okonomiyaki – Japanese style pancake usually made with vegetables and protein. The slab bacon was a delicious accompaniment which tied the dish together.

I ordered the roasted cauliflower on toast \$18.50 with a side of miso buttered mushrooms (\$4.50) served with ssamjang butter, lotus root chips, edamame, slow-cooked egg and toasted ciabatta. The Japanese and Korean inspired flavours are delicious and the serving size was very generous. The miso-buttered mushrooms were so tasty with the miso providing a very subtle flavour which complemented the mushrooms without overpowering them.

As we've been here before here are some of our other recommended dishes including their famous brioche French toast and their chicken congee which is a very flavoursome rice porridge and the perfect soup style dish to warm you up on a winter's day.

If you love Asian fusion then head to Bayswater as we give *tbtp* 4.5 spoons.

The place is extremely popular so be prepared to wait for a table, but it is well worth it.

Ed's note: The best French toast I have tasted!

tbtp, 10 King William Street, Bayswater, 9371 9334
Tues – Fri 6.30am – 3pm; Sat – Sun 8am – 3pm



T's spoon ratings

- | | |
|--------------|--|
| Five spoons | – excellent food and service – you must go! |
| Four spoons | – overall good food and service well worth a visit! |
| Three spoons | – reasonably good food and service but could make some improvements. |
| Two spoons | – food and service needs improvement. |
| One spoon | – would not recommend. |

Letters to...Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your telephone number so I can call you!



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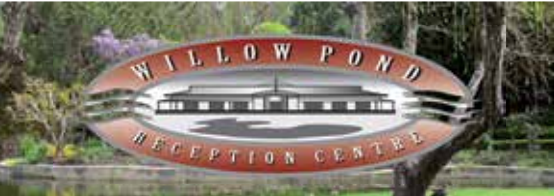
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Bravo apple orchard cake



Preparation: 15 minutes;
cooking: 60 minutes;
Serves: 8

Recipe courtesy of Sophie Zalokar for Bravo Apples
300g plain flour
100g wholemeal or spelt flour
¾ teaspoon bicarbonate of soda
¾ teaspoon salt
½ teaspoon each of ground cinnamon; ginger; cardamom; and allspice
1 Bravo apple, peeled and diced
150g unsalted butter, softened
250g caster sugar
3 large eggs
2 Bravo apples, unpeeled, grated
2 tablespoon tahini
Icing:
2 cups icing sugar
2 tablespoon melted butter
3 tablespoon apple brandy or apple schapps
Dried crosscut Bravo apple slices, for garnish
PREHEAT oven to 180°C. Line two loaf tins with baking paper. Combine flours, bicarb soda, salt and spices in a bowl. Beat butter and sugar together until creamy and light. Add the eggs one by one until incorporated. Continue to fold in the flour mixture, grated Bravo and tahini until well combined. Fold through the diced apple with a large spoon. Transfer to two loaf tins. Bake 40 mins then reduce temperature to 150°C for a further 10 minutes until a skewer comes away clean. Place cakes on a wire rack to cool.
Icing: Sift icing sugar into a bowl. Stir through melted butter and apple brandy. Ice each loaf cake. Garnish with dried finely sliced Bravo apple slices.

Pear pot pie



Preparation: 15 minutes;
cooking: 45 minutes;
Serves: one

¼ sheet shortcrust pastry
1 Packham pears, cored and sliced
1 tablespoon sugar
2 teaspoon flour
⅛ teaspoon cinnamon
1 teaspoon butter
½ teaspoon lemon juice
Milk to glaze pastry
PLACE sliced pear in an individual ramekin with sugar, flour and cinnamon. Toss to coat evenly. Dot with butter. Sprinkle with lemon juice. Cover with pastry sheet. Seal edges and cut a slit in top of pastry. Glaze with milk. Bake at 220°C for about 30 minutes or until pastry is golden. Serve with custard, cream or yogurt.

The Bravo - it's the new generation luxury apple...



by Noelene Swain

IT'S a rare and exciting opportunity to celebrate the addition of a brand new apple variety. It's especially exciting when it's been bred right here in Western Australia.

Bravo™ apples have

launched their commercial debut and are ready to capture attention as a world first. With a distinct sweetness, moderate to high crisp crunch, and a striking deep burgundy colour, the Bravo is truly unique and well worth cheering about.

Bravo is a new generation luxury apple offering a distinctive fresh fruit eating experience and delicious cooking possibilities. Bravo apples are like no other apple currently available from Australia.

Available commercially for the first time in 2016, only fruit that meets exacting quality specifications earn the right to be sold under the premium Bravo apple brand.

Bravo apples are the result of more than two decades of research and development by the Department of Agriculture and Food as part of the Australian National Apple Breeding Program.

The tree is the result of a traditional cross between Royal Gala and the internationally acclaimed Western Australian-bred

Cripps Red apple, more commonly known as Sundowner. It became apparent over time that the program had something like no other apple and they selected clone ANABP 01 from which Bravo's apples were born.

Local growers are hopeful this uniquely coloured apple will set a new course in apple retailing around the world as the Pink Lady did in the 1970s.

The apple's outstanding deep burgundy colour and golden lenticels provide a distinctive sparkling appearance to a Bravo apple which is generally medium to large in size.

The apple is fresh tasting with an excellent balanced flavour at peak maturity, is juicy and crisp and has an attrac-

tive contrasting creamy parchment white flesh which contrasts beautifully to the skin. When cut, the flesh doesn't brown quickly.

The apple flesh has a firm and dense, crisp texture loaded with juice, holding its shape well when cooked. It has a very pleasant, well balanced sugar to acid flavour with hints of woody Christmas spice and red wine flavours.

Response from the public shows people adore the flavour and texture of the Bravo. The dense flesh has been found to be enjoyed and easier to chew for young and older apple lovers and the flavour is balanced and aromatic.

Brought to you by www.freshf.com.au

Knife and fork talk with the Dining Divas



by Pat Paleeya and Judith Cohen

THIS month we ventured to the Gosnells Hotel for lunch. It's a convenient spot for public transport with the train station just across the road and if travelling by car there's plenty of parking available.

This federation period hotel built in 1907 has undergone extensions and interior renovations but it still retains its historical integrity.

A couple of features in the bistro were quite unusual to find in a dining room but they added to a great atmosphere, one being an original old tram

(The Goswatts Express) in the middle of the bistro, and hanging from the ceiling were skiffs (one named Oxford) with accompanying oars.

There were a lot of choices on the menu, and we selected from the \$14.90 seniors lunch special, grilled barramundi and graziers rump steak 150g, both served with beer battered chips and salad.

The rump was all that was promised – delicious and tender – with the

choice of Dianne gravy. Everything was cooked perfectly and melted in the mouth.

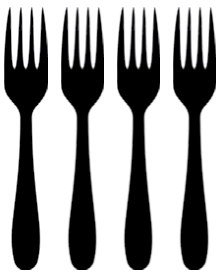
The barramundi was grilled to perfection with just enough crispness on the outside, which complemented the tenderness inside and a little splodge of tartar sauce made every forkful a delight.

The salad was crunchy, fresh and simple, the chips were moorish with not one left on either plate, (beer bat-

ter rocks!) and the service friendly and helpful.

4 Forks

The Gosnells Hotel, 2149 Albany Hwy, 9398 2224



Knife and fork talk ratings

Five forks – excellent food and service

Four forks – overall good food and service

Three forks – reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One forks – would not recommend

What's fresh in the markets in June



Apples: Crunching on a fresh new season apple every day is a joy when there is such a choice. WA's best known apple, Pink Lady is now joined by the new generation premium BRAVO™ apple sporting an intense burgundy colour along with crunch mildly aromatic spicy sweet flesh. Bred right here in Manjimup, the Bravo is set to gain the world class reputation achieved by Pink Lady. West Australians should feel suitably proud of such amazing achievements.
Sweet, juicy pears: Look for Packhams, which will take up to a week to change to a green-gold colour and soften ready for juicy eating - they make an elegant table decoration in the meantime. Beurre Bosc pears are favourites for cooking and good eating as well.
Cauliflowers: Good supplies of small to medium-sized cauliflowers with lovely tight white heads are now in the stores. Cauliflowers are best eaten at the tender-crisp stage. If overcooked, puree and add milk, cream and fresh

herbs to make great soup. Try a sauté of onions and cauliflower florets with olive oil and fresh herbs as a side dish or folded through pasta.

Navel oranges: The season for WA navel oranges is kicking off, with some early season fruit already arriving in stores. Seedless, easy to peel and full of sweet juice, navels are a perfect snack or healthy finish to a meal. Eating one orange a day will ensure you are getting your recommended daily intake of vitamin C throughout winter; when juicing, remember to squeeze just before use as the juice of navel oranges doesn't have the keeping qualities of Valencia, the summer variety. Always check the origin of your fruit carefully – choosing fruit fresh from local orchards guarantees you're getting the freshest possible so it's WAAaay fresher.

Papaya (or pawpaw): Grown around Carnarvon and the Ord River, papaya has a lovely tropical taste and aroma that brings sunshine to the coolest of days. Select fruit that is well-shaped and sweet smelling. The skin should be mainly yellow in colour, smooth, unbruised and free from black spots. During the wet season you will sometimes see 'freckles' on the skin but they do not affect the flesh. As with all tropical fruit, storage is best at room temperature. If you can find green papaya, try a Thai Green Papaya Salad – simply scrumptious.

WEEK DAY SENIORS LUNCH SPECIALS

PIG AND WHISTLE Swan View

\$13.90 lunch special
Mon-Sun 11.30-2.30pm
305 Morrison Rd
9294 1922

WANNEROO VILLA TAVERN Wanneroo

\$12 Seniors classics
Mon- Sun 11.30 - 5.30pm
18 Dundobar Rd
9405 2777

HAMILTON HILL TAVERN Hamilton Hill

\$15 lunch special
(4 or more people)
Mon -Fri 12-2.30pm
9337 3011

GOSNELLS HOTEL Gosnells

\$14.90 seniors menu
Mon-Thur 11.30-2.30pm
2149 Albany Hwy.
9398 2224

HERDSMAN LAKE TAVERN Wembley

\$13.90 seniors meal
Every day 11.30-9pm
33 Herdsman Pde.
9387 5555

BAYSWATER HOTEL

\$19.95 Seniors buffet
Mon- Fri 12-2.30pm
Railway Pde 9271 7111

CHARLES HOTEL North Perth

\$14 seniors lunch special
Tues-Thurs 12-2.30pm
Charles St. 9444 1051

COMO HOTEL

\$12 seniors lunch special
Mon-Fri 12-3pm
Canning Hwy. 9367 6666

KALAMUNDA HOTEL

\$13 seniors menu
Mon-Fri 12-2pm
43 Railway Pde.
9257 1084

LEISURE INN

Rockingham
\$12.90 seniors lunch special
Mon- Thur
11.30-2.30pm
Chalgrove Ave / Read St.
9527 7777

NEWPORT HOTEL

Fremantle
\$10 lunch special
Mon-Fri 12-2.30pm
2 South Tce.
9335 2428

Retire in Style



ADVERTISING FEATURE

Setting the scene for winter - a few decorative changes can really warm up your home



by Zofia St James

I HOPE May was a great month for you all. We certainly enjoyed a beautiful late autumn and now winter is here it's time to focus on warming up the interior of our homes.

Let's set the scene for

a cosy and comfortable winter ahead by embracing the season and making some small changes with our interior design.

Winter is not my favourite season but I do try to embrace it by thinking about ways to celebrate by staying social and planning lots of dinner parties serving classic winter dishes.

The first thing I like to adjust for winter is my bedding and layering up of my bed decor. There are lots of sales on at this time of the year and it's a great excuse to replace or upgrade sheets, quilts,

pillows and quilt cover sets.

I always preferred white in my bedroom all year round, but now I have moved to the warmer colours of butter and latte which appears warmer and cosier during the colder months.

I think it's a great idea to have a different look in winter for your bedroom linen. Think sumptuous and cosy with deeper and richer tones.

Bamboo cotton sheets are a lovely and luxurious and much nicer looking than flannelette. For those who feel the cold, there

are sheets now made of a lovely warm jersey fabric with matching quilt covers which also look a bit more dressier on the bed.

I love the soft and puffy look that feather quilts and pillows provide and which help to create that feeling of comfort and warmth in a bedroom.

In winter I tend to retire earlier in the evening in order to read or watch television and it is so comforting to have a lovely warm and inviting bed to get into to.

When buying bed linens try to buy the best quality you can afford, but do shop around for deals and sales at the various retailers.

A 70/30 ratio in a feather quilt is the one I recommend as it's very warm, not too heavy when changing the covers and will keep you warm enough so that you don't require another layer.

I also recommend the Downtime Deluxe feather pillow which has a core that provides some structure and support for those who like a firmer pillow.

In the living area I have added a beautiful black faux fur throw rug with matching cushions for a warmer look on my sofa.

On the floor I have added a large black cowhide mat which ties the tones all together perfectly and looks great against the floorboards.

Apart from interior design and decorating, cooking is definitely my next biggest passion.

I have a large French enamelled cast iron Chasseur pot in white that assists me beautifully with slow cooking of

soups and casseroles. I have also thought about an actual slow cooker which are inexpensive, convenient and can safely bubble away all day.

I love entertaining, so setting the table for me is a joy. Once again here you can create a different look for winter with new placemats and serviettes. Winter is the season for enjoying red wine and I recently purchased some rather decadent Marquise for Waterford cut crystal goblets on sale and they will make you feel like the queen of your own little castle.

Home for me is my sanctuary, so I have endeavoured over the years to buy well and have classic timeless pieces around me that provide me with a beautiful home and relaxing space which I can enjoy sharing with my family and friends.

And I think most of us feel the same way.

Your environment can set the mood and tone for life. If you love it, you'll live and laugh more heartily.

Wishing you all a great month ahead.

Zofia offers an interior style consultation for readers. She may be able to assist with de-cluttering, restyling, choosing what pieces of furniture to take and of course personal styling. She offers a special rate for Have a Go News' readers and she knows how to style on a budget.

For those who would like to contact Zofia call her on 0406 336 607 or email zofiajames@hotmail.com



Winter is a perfect excuse for layering up your bed decor



Be our guest at RAAFA Meadow Springs.

Open Day

Tuesday June 20

Save the date.

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Tuesday, June 20, 2017
RAAFA Meadow Springs

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Meadow Springs, WA, 6210

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NEWS



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Retire in Style



ADVERTISING FEATURE

Two cheers for the treasurer and for the federal budget changes

by Frank Smith

DOWNSIZING just became more affordable. Scott Morrison's 2017 budget proposes that seniors downsizing may put up to \$300,000 of the sale proceeds into their superannuation fund.

At present the family home is exempt from the pension assets test, but any home equity unlocked by downsizing is not. Downsizers will pay no tax on the income generated in their super fund, but it will still be assessed by Centrelink as an asset and income from it will be subject to deeming rules. However the loss in Age Pension will be much reduced.

This will be a major benefit for people living in valuable houses with only a limited amount of superannuation and removes a major disincentive to downsize.

Other financial disincentives remain including stamp duty. Stamp duty is a state tax and a major source of state revenue, so is unlikely to be abolished soon. In WA stamp duty on a \$500,000 house is \$18,186.

One territory government, the Australian Capital Territory, has reduced stamp duty on seniors downsizing to \$20, arguing that the loss of revenue is more than made up by extra stamp duty paid by people upsizing into newly vacated larger houses.

A nationwide problem is that many younger people are unable to afford to buy a house and consequently home ownership in Australia is falling. The escalation in real estate prices has forced many out of the home purchase market. The Reserve Bank of Australia estimates that if

the same ratio of house prices to earnings applied today as in 1975, average house prices would be less than \$200,000.

However, not every senior wants to downsize. Most are emotionally attached to their homes and community and suitable smaller homes at the right price may not be available in the same neighbourhood.

The Productivity Commission estimate some 20 per cent of seniors have downsized since turning 50 and another 15 per cent intend to do so in the future.

Writing in *The Conversation* Grattan Institute members Brendan Coats and John Daley say to encourage downsizing the Federal Government should include the value of the family home above some threshold – such as A\$500,000 – in the Age Pension assets test.

They say this would encourage more seniors to downsize, make pension arrangements fairer, and contribute up to A\$7 billion a year to the budget.

Asset-rich, income-poor retirees could continue to receive a full pension by borrowing against the value of the home until the house is sold. The federal government would then recover the cost from the proceeds of the sale.

This scheme would have almost no effect on retirees – instead it would primarily reduce inheritances. Most importantly it would help free up the housing market for younger families.

Changes proposed in the Federal Government's budget will not fix the housing affordability crisis, but it is a step in the right direction. Downsizing leads to better use of the nation's existing housing stock.

Lakeside Joondalup Lifestyle Village goes around the world in eighty minutes



Lakeside Joondalup Village residents' *Around the World in Eighty Minutes* cast members left to right; hostess - Maurice Chevalier and Russian - chorus girls

LAKESIDE Joondalup Lifestyle Village is home to a talented group of people who have a very

wide variety of skills, knowledge and experience. With the support of

their very active social committee they gathered a cast and crew of more than 30 enthusiastic residents


to put on a show. Aply named *Around the World in Eighty Minutes*, the show's format

centred around one who ventured on a round the world trip and featured either a musical number or sketch relating to the places visited.

Following a lot of hard work, requiring a huge amount of patience on the part of the show's directors and almost three months of rehearsals, the show opened for its four performance season over the weekends of 12-13 and 19-20 May and proved to be a great success.

Audiences raved about the costumes, props and overall entertainment value of the show.

A considerable donation was made to Royal Flying Doctor Service – the cast and crew's chosen charity – from ticket sales.



Downsizing delight



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Phone Fleur Hartley 0459 020 874

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Saturday 1 – 4pm or by appointment



Call 131 151 or visit
bethanie.com.au/villages



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More Australian's than ever retiring with debt.

One in almost two Australian seniors are facing some sort of debt as they enter into retirement, a study by REST industry super fund has found.

Similar reports by ING Financial Services Group revealed that 26% of 65-to-79 year-olds were facing some level of property debt in retirement, with the average mortgage sitting around \$158,000. Mortgages and credit cards are the two biggest culprits, inflicting debt upon retirees and causing them to enter into their golden years with anxiety about their financial and housing security.

For many, it seems there is no way out. They haven't benefited from full working life of compulsory super and have spent years financially supporting their children and elderly parents. The result: total reliance on the governments aged pension scheme - a source of income that may not be able to cover the costs of a comfortable retirement.*

***Source: SBS News, 1st May 2017**

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Budget changes provide Motive to downsize



THERE were a number of surprises in the recent federal budget that offer opportunities for those ready to make the big decision on how and where they want to live.

One of the more interesting ideas relates to people over 65 who have lived in their main place of residence for more than 10 years. Individuals can now sell their home and concessionally contribute \$300,000 of the sale proceeds into their super fund. If you're a couple, then you can contribute \$600,000.

This proposal aims to address one of the key roadblocks to downsizing. The large homes that many people live in were perfect for raising a family and even had a role to play as the kids grew into adults and helicoptered in and out of their parents' lives. Once the kids are established though, the large home becomes less of a good fit for couples and more of a burden, both in costs and time taken up with maintenance.

The new budget measure offers a catalyst to help set people up for their

long retirement while not penalising them through reducing their pension for moving to a home that best suit their needs. It offers the potential for a much better lifestyle and a healthy super fund balance to enjoy.

When seriously considering downsizing, the first important consideration is usually where do you want to live. Usually it's a location where good cafes, restaurants, supermarkets and transport are all within a short walk. One recently completed apartment development that ticks all of these boxes is Motive apartments in West Leederville that spans 10 storeys on Railway Parade.

Motive was developed by Finbar, an ASX-listed company, with more than 25 years experience in designing quality apartments. With a range of different apartment layouts of one and two bedrooms, two bathroom with study nooks, you can choose a space that suits you. The

apartments reflect the latest in specification with re-constituted stone benchtops, Blanco appliances, recessed LED downlights and double-glazing.

Finbar is well known for its focus on amenities and Motive offers a range of spaces to relax or play. There is a solar-heated pool with adjacent entertaining cabana, residential lounge with club furniture and kitchen facilities, a games room with pool table, sauna and even a full gym.

If the changes in the budget is making you think seriously about downsizing then you need to seriously consider Motive as your path to a new lifestyle and greater financial security.

Limited apartments are still available, with one bed apartments from \$395,000 and two bed, two bathroom apartments from \$535,000. You can visit the development and display apartments daily from 2pm to 4pm.

Knitters are required to make Alzheimer's sleeves

A KNITTING pattern for sleeves that helps soothe Alzheimer's patients has gone viral.

Fremantle and Rockingham Hospitals are asking for more of the sleeves which help soothe sufferers and often cut down the need for medication.

The sleeve is worn on one arm (whichever they prefer)

and sometimes has buttons on. Patients stroke the sleeve and for some reason this stimulates and soothes them.

The requests don't stop in WA. Tasmania and even Canada have requested the pattern to help their patients.

It all started when Bibra Lake resident Bev Chilcott was

asked by her brother-in-law to make the sleeves for St Francis Aged Care in Fremantle.

The project became bigger than 'Ben Hur' and Mrs Chilcott cannot keep up with demand.

Anyone willing to have a go at knitting sleeves can contact Mrs Chilcott on 6490 6431.

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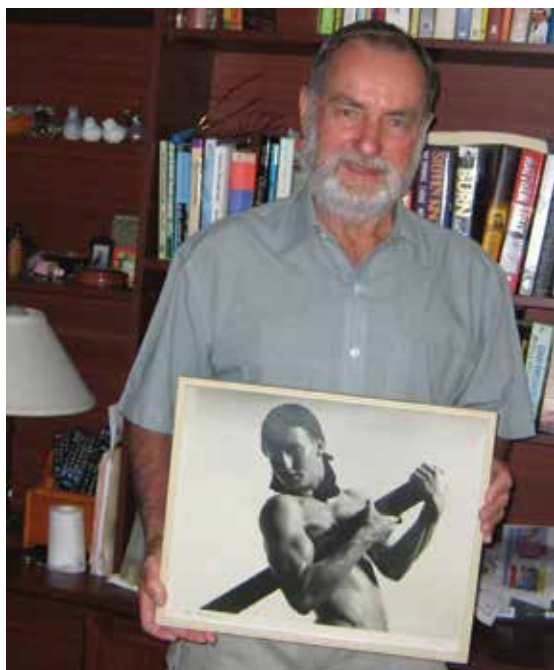
Developed by:



Retire in Style



At 80 years young, Bob Dobson tackles life on land and sea to the full



Bob with framed photo taken by photographer George Britnell of Bob depicting strength which won the Perth Royal Show prize as best amateur photo in 1957

by Josephine Allison

HAVING just turned 80, Dianella man Robert (Bob) Dobson is on a roll, snorkelling and enjoying life at a pace which might appear daunting to some. He plays squash three times a week and, with wife Zita, tends their lush big back garden filled with vegetables and fruit.

Until recently, Bob still worked part-time at contracts administration with McMahon Haulage in Welshpool. Over the past 40 plus years Bob held positions ranging from

supervising cost engineer, estimating supervisor and manager project controls for large project developments with major companies including Mt Newman Mining, Robe River Iron Associates, Kwinana Nickel Refinery, Agnew Nickel Mine, Woodside Offshore Petroleum. More recently he has focused mainly on contract administration associated with Newcrest Mining which, he says, extended his working life.

But now he has time to enjoy life to the full, playing sport and travel-

ling with Zita. The couple have three children, two daughters, Tracey in the US and Fiona in Austria and a son Bruce in Perth, as well as 10 wonderful grandchildren over three continents. Having two daughters overseas has meant many trips away including an 11-month round-the-world trip in 2004 and in 2010 a side trip to Canada to join four other friends in three Canadian canoes to paddle 700kms down the Yukon River to Dawson City in 10 days, a trip of a lifetime. But the couple love Australia and have travelled extensively all over including lots of four-wheel driving.

"We really love Rottnest, it's the most beautiful place for snorkelling, as well as Green Island off the coast of Cairns," Bob says. "We both just love the water and the freedom it brings and enjoy getting our abalone quota and having a cook up with friends".

To celebrate the big 80 on 30 March, Bob enjoyed several big gatherings, including one with folk from the Underwater Explorers Club of WA which has been operating over 60 years, with Bob and Zita being members for some 20 years.

"We had our annual 10-day assembly at Rottnest, hired chalets at Geordie Bay and snorkelled many of the great

locations around the island. We had a get together with our regular squash group the day before then we had a family group with son Bruce and his family on the actual day followed by a breakfast three days later for 65 people at their home."

Bob has an impressive sporting record. Perth born, he joined the YMCA aged seven taking part in gym and team events, volley ball and cross country running. He won many state and national gymnastic titles and was a junior and senior leader during his time at the "Y."

He was WA and Australian gym champion in the 1950s and Australian Floor Champion in 1959. His squash activities include pennant competitions and, in 2007 and 2012, coming runner-up and third in his age group in the Australian Masters.

Since the 1960s Bob and Zita have scuba dived and snorkelled in various spots in WA from Albany to Ningaloo Reef and parts of the Great Barrier Reef and overseas in Indonesia, the Philippines and the Mediterranean. Of course, with a daughter living in Austria, snow skiing since 2000 has been a must, with Bob winning his age group in St Anton's slalom event in the Arlberg around 2010.

Bob plays squash three times a week at Subia-

co Kings Squash Club with around eight friends, spending a good 20 minutes warming up. "I believe I come from a good gene pool," he says. "I'm quite proud that I still weigh 65 kilos and still fit into the State gymnastics blazer I wore at 18. I have no fat on my body so I don't float when I swim which can be a problem sometimes."

A prized framed photo of Bob depicting strength won photographer

George Britnell the Perth Royal Show prize as best amateur photo in 1957.

Bob takes me on a quick tour of his garden filled with peas, beans, tomatoes, lettuce and bok choy plus fruit trees avocados, lemon, lime, orange and mangos. Out the front is a net-covered macadamia tree to protect it from birds.

Wife, Zita, 73, is no slouch either. She kayaks once a week and, with a friend, gathers debris

from around the waterways to help keep Perth's river waters pristine. She is also a keen swimmer and snorkeler.

The secret for Bob's healthy lifestyle?

"I have never smoked," he says proudly, "and only have an occasional glass of red or a malt whisky. I've always been very active and enjoy having a go at most challenges."

Phew, you can say that again.

Discover how photographer EL Mitchell's work helped shape Australia

SPEAKER at the WA Self Funded Retirees Association meeting on Friday 14 July will be Dr Joanna Sassoon whose talk is entitled *From Cockerels to Governors - Seeing early 20th century Western Australia through the lens of EL Mitchell*.

Dr Sassoon is an internationally respected historian and archivist. She has managed archival collections in cultural institutions in Western Australia and Canberra, worked in social policy research in the State and Commonwealth public service, and has taught at several universities.

She has recently published a book about the life and work of the Western Australian based photog-

rapher, EL Mitchell called *Agents of Empire: How EL Mitchell's photographs shaped Australia*.

EL Mitchell migrated to Australia in 1899 and after travelling in NSW and Queensland, eventually settled in Western Australia in early 1909. Many people will recognise his extraordinary photographs of Western Australia as they were repeatedly used in school textbooks, government publications, old postcards, historical publications, museum exhibitions and the *Encyclopaedia Britannica*. However, while Mitchell's photographs of Western Australia may be familiar, very little has up until now been known about who he was, or how and why his work

became so important.

Joanna's talk will outline the life and work of EL Mitchell. It will be well illustrated with fine examples of his unique photographs and show how they have been used since the early 1900s.

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

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

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*Pricing and availability advertised are correct at the time of printing but subject to change without notice. Information about the services and facilities provided in the village is correct at the time of printing but may change as the needs of residents change. Photographs are for illustrative purposes.



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Parkland Villas Ellenbrook

Lendlease

Retire in Style



All welcome at RAAFA Meadow Springs open day



Betty Boon, a long-term resident at RAAFA Meadow Springs Estate, enjoys spending time in her home's colourful garden.

PEOPLE are invited to see what living at RAAFA's Meadow Springs Estate is all about at their Open Day on Tuesday, 20 June, between 1pm and 4pm.

This is an opportunity to take a guided tour of one of RAAFA's most sought after estates and experience the warm and friendly lifestyle of community living.

RAAFA's Meadow Springs Estate is a popular lifestyle choice for retirees who enjoy the convenience of living near amenities, while being close to the beach.

The thriving community at Meadow Springs offers 268, two-bedroom retirement living units, all with lockup garages, some with study, as well as 19 assisted living one-bedroom units. The estate is also home to RAAFA's 96-bed residential care facility, McNamara Lodge.

Estate manager, Sheryl Munday said the estate is a fantastic place to live. "We have everything you could possibly need on our estate and the open day is your chance to explore the fabulous resort-style facilities and attractions. "They include bowling and croquet greens, tennis courts, swimming pool, indoor heated therapy pool, chapel, workshop, barbecues, caravan and boat storage, clubhouse, restaurant and a licensed bar," she said.

"The big news is that at the moment, we have around a dozen retirement homes for sale, which is highly unusual as there normally is a long wait list. "Our open day offers anyone who is interested an opportunity to inspect some of these homes first-hand."

"The Meadow Springs buggy will be running on the day to take you between the different units open for display. There are six designs to choose from with four open for inspection, so you are sure to find one that appeals to you," said Sheryl.

Visitors are welcome to meet and ask about the lifestyle of local residents who have volunteered to show people around their home.

Every resident has a different and interesting story. Bruce and Elaine Hardy said: "We are active in caravanning so we often go away for months at a time. "It suits us perfectly - we can lock the door and go away and come back and everything is as you left it. The caravan parking area on-site is a major appeal for us."

"There are so many good things to say. There is lots of open space, the gardens are well maintained and there is easy access to public transport."

Visitors are welcome to enjoy the light refreshments on offer whilst they discuss the details with staff. They will be on hand with all the facts visitors need to know about making the move, including details on price, contracts and benefits, and information packs will be available for you to take home.

RAAFA Estate Meadow Springs is at 41 Portrush Parade, Meadow Springs. Follow the sign at the roundabout on Meadow Springs Drive, turning right into Camden Way, then onto Portrush Parade. Don't miss this opportunity to come and find out what living at a RAAFA estate is all about.

Willow Creek Mews



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Legend Cres. Greenfields. Mandurah

Call our Village Manager

- Kellie Briggs

0424 284 889 or 0419 042 300

www.willowcreekmews.com

Rentals available at Willow Creek Mews for older people

WILLOW CREEK Mews Retirement Village in Mandurah has now set aside several of their beautifully finished two bedroomed villas to satisfy the rising demand for rental homes.

Village manager Kellie Briggs outlined some of the benefits of renting and while living in a village environment.

"There are many advantages that people do not realise when comparing their options prior to moving home, and of course, the first and most important is security."

"Because retirement villages have restricted entry points and because everyone tends to know their neighbours, it is not easy for those with dishonest intentions to blend in and create a bit of havoc."

"So the worry of locking up your doors and windows if you have to nip to the shop or call in on a friend makes life a lot more stress-free," said Kellie.

"Living among like-minded people who value their neighbours right to a bit of peace and quiet, or are tolerant when a social evening goes on a touch longer than intended."

"Villages bring residents together, embracing a give and take culture like nowhere else to form a community which could never happen in the suburbs."

"The village recreation centre or clubhouse is the hub of any village. It is a no-cost extension of your lounge, your local pub, a social barbecue, a place to take your family when they visit, or friends who might fancy a game of snooker or take part in a quiz evening. And because it is personal to you, you value it, look after it, and can have a say on how it is run," she said.

"If you then look at the all-inclusive rental fee which covers garden maintenance, use of facilities and a dedicated village manager, the value for your dollar starts to add up," said Kellie.

All villas are designed for ageing in place, are seven star energy rated for low heating and cooling costs, and have a lock-up garage with ample storage space. The village could not be better located as it is conveniently placed for shops, the Peel health campus and the local transport hub that will whisk people to the train station or to the restaurants and cafes lining the estuary foreshore.

"It's not as expensive to live in a retirement village as many people think," says Kellie "You just have to think a bit smarter than the rest."

For more details call Kellie on 0424 284 889 or visit www.willowcreekmews.com

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Four new display homes now open!

Jurien Bay Village has launched a new range of homes perfectly suited for retirement living on the turquoise coast. Along with these modern, beautifully appointed homes, Jurien Bay Village offers superb facilities including an indoor pool, library and gym. That's in addition to the vibrant community of active, over-55s who already call it home.

Visit jurienbayvillage.com.au or call Candice on 0477 474 274 for more information.

Jurien Bay VILLAGE

Retire in Style

ADVERTISING FEATURE



by Mike Goodall

FOLLOWING Jeremy Corbyn's decision to include pensions unfreezing in the four point Pension Policy Card, the UK Labour Party and the Green Party, are the only two parties to have included pensions unfreezing as part of their election manifestos for the UK General Election of 8 June. The UKIP and SNP manifestos are currently not available.

I am not recommending anyone to vote for any particular party, it is up to you to decide, based on your own criteria, which candidate or party you vote for. If however, any of you would like to write to the candidates in your former electorate I have a draft letter that you can use.

By the time I write next month's article the election will be over and done with and the new government elected.

In 2016, Her Majesty's Revenue and Customs (HMRC) established a Government Gateway site which allowed people who have worked

Website calculator not accurate for UK pension entitlements

in the UK the facility to check their UK State Pension Statements and national insurance contribution records on line. This was the third try as the first two attempts had been unsuccessful.

For those of you who are considering using this site please note that all is still not right. Two pension statements that I have seen this week are completely inaccurate when compared to previous information sent by post from HMRC. One of these statements has actually reduced the number of contribution years by four stating that the person concerned needs to make an additional four years of National Insurance Contributions (NICs) to enable them to receive a full UK State Pension.

Additionally, the amounts calculated do not correspond to the expected result, even when the calculation is done using the HMRC's recorded/reduced figures.

Using these incorrect figures could mean that a person pays more NICs than they are actually required to, to achieve both their pension starting amount and then their full UK State Pension.

Therefore, a note of

warning for those of you who are using this site to check and recheck the figures. Make sure that they agree with what you have previously received in letter form and if you have made or are making additional voluntary contributions, check that the number of NIC's years given on the internet are correct.

Last month I made a statement about the financial effect of receiving UK State Pensions on Centrelink pension payments. I said you were allowed to receive up to \$160 per fortnight before you are assessed for a reduction in your Centrelink

pension. I now understand that this has been increased to \$164 per fortnight per person or to \$292 per fortnight for couples. After that 50c in the dollar is deducted for those who reached UK state pension age after 2006 and 40c in the dollar for those who reached state pension age earlier.

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

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Stay Sharp Program to commence

WE have great pleasure in advising readers of *Have a Go News* that the popular and beneficial Stay Sharp Program will begin for newcomers, on Thursday the 29 June at 9.30am.

The Introductory Stay Sharp Program is a 12 week program for the over 55s introducing them to the basics of eccentric exercise, coupled with cognitive exercises, to aid in reducing the risk of developing dementia.

Prof Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the benefits of eccentric exercises, while Dr Jenny Brockis (The Brain Fitness Doctor and renowned author) has helped develop the cognitive component of the program in a mission to keep those brains active.

The physical and cognitive aspects complement each other perfectly and the program has proven enormously beneficial to all participants.

So are you ready to start making a simple change? After all, you must agree that prevention is greater than a cure.

For more detailed information about registering ring 6558 1833, or refer to the advertisement on page 5 in this issue.

Retirement & Aged Care Association (Inc)

No office at the Village, please ring Cheryl for an appointment to view Mon-Fri 9am-3pm 9535 0200
Mandurah Village - Pet friendly. Coral Estate - Pet friendly, with exclusions.

UNITS FOR SALE under a retirement village lease scheme. Walking distance to shops, library and pool.

Mandurah Village (Unit 2) 22 Third Ave, Mandurah \$170,000

- 2 bedrooms (double robes to main bedroom)
- 1 bathroom - newly renovated
- Freshly painted.
- Split System air con
- Garage under main roof
- Storeroom and small shed
- Resident can select new floor coverings to living area and bedrooms
- Front and rear courtyards

Mandurah Village (Unit 14) 22 Third Ave, Mandurah \$165,000

- 2 bedrooms (double robes to main bedroom)
- 1 bathroom - newly renovated
- Freshly painted
- Ducted air conditioning
- Storeroom.
- Front and rear courtyards
- Free standing lock up garage at rear of property
- Resident can select new floor coverings to living and bedroom

Coral Estate (Unit 34) 1 Anzac Place, Mandurah (price dropped to \$260,000)

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
- Canvas blinds front windows and rear patio
- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Spilt system in dining/lounge
- Spilt system in bedroom
- Resident can select new floor coverings to living area and bedroom
- Floor tiles - kitchen/dining area
- Solar panels installed
- Medi-alarm • Rear courtyard with patio

Coral Estate (Unit 35) 1 Anzac Place, Mandurah \$280,000 ono

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Spilt system in dining/lounge
- Resident can select new floor coverings to living area and bedrooms
- Floor tiles - kitchen/dining area
- Solar panels installed
- Medi-alarm
- Rear courtyard with patio

Join in on Podcast news and hear - all the dirt on gardening



Steve Wood and Deryn Thorpe

ALL THE DIRT is a free, weekly, podcast new to the West Australian garden scene by media professionals Deryn Thorpe and Steve Wood.

Steve is a plant wholesaler. He works on ABC Perth garden talkback and The Garden Gurus and Deryn is an award winning garden writer for *The West Australian* and *Gardening Australia* magazine. He also leads garden tours.

The weekly podcast has regular guests and while each episode is different the focus is on plants, sustainability and food.

Weekly guests included garden celebrities like Sabrina Hahn, Sue McDougall and Chris Ferreira and Steve and Deryn, with a

regular focus on plants, pests and keeping the garden healthy.

Information is on the

website www.allthedirt.com.au which has a download link, recipes and information on the 'Plants of the Week' or you can download from iTunes, which also shows the theme of each show. This is the link: itunes.apple.com/au/podcast/all-the-dirt-gardening-sustainability-and-food/id1227283335

Deryn says that many gardeners download the podcast to their smart phone or iPod and listen using earphones while they are gardening or in the car.

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See page 39 for Great Home & Gardening

Flock to fab fungi foray



CALLING all fun guys - and fun gals - the Friends of Shenton Bushland are holding a fungi foray on 18 June.

There's mushroom to search for and learn about the many different kinds of fungi occurring in local bushland with local enthusiast Roz Hart.

Meet at the car park on the north side of Grace Vaughn House, 227 Stubbs Terrace, Shenton Park, at 10am. The two-hour event will go ahead regardless of weather - please bring a camera and dress appropriately.

Brunch will be provided at 11.30am. For details, contact Dani on 0420 334 601.

A bidet solves problems for arthritis sufferers



Advertorial
BIDET Shop customer Mabel suffers with arthritis and a painful back con-

dition but has found a bidet has made the everyday task a much simpler.

"It's marvelous I've always wanted a paperless bidet in my bathroom and I wish I had found it years ago," Mabel said.

The bidet simply replaced the existing toilet seat and the user is automatically cleaned without toilet paper.

"The friendly staff explained that the bidet toilet seat has many health benefits as well as the comfort factors of a heated seat and other features," she said.

The bidet can be used in two simple steps. Press the bottom/feminine wash button and the bidet provides a stream of warm water to clean thoroughly. Then with just the push of another button, warm air gently dries

without the need for toilet paper.

Mabel said that although The Bidet Shop offered to send out a brochure pack, she decided to order a bidet straight away. It arrived a few days later. She installed the seat herself easily and as she had been told, it fitted perfectly on her original toilet bowl.

"It is the best investment I have made in my personal health and hygiene in years and I no longer find going to the toilet an issue.

"Give it a go," she says. "I did and I couldn't be happier".

For more information or to purchase call The Bidet Shop on 08 6315 4252.

Have a Go News readers may qualify to have their bidet fully funded. Please call them to ask how.

Advanced modern medical technology will help improve cancer treatment outcomes

Advertorial
AS PEOPLE reach the prime of life, the chances are high that they will experience cancer, either personally or through someone they know. One in two Australian men and one in three Australian women will be diagnosed 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: genesiscancercare.wa.com.au.



Hearing loss - find out what are the early signs?

LIKE the rest of our body our ears age and start to wear out. We may no longer hear the high pitched parts of speech, such as 'sh' and 'ch' sounds. This means that we can hear sounds but speech is not clear, we may even complain that our grandchildren are mumbling. We would also struggle in background noise and become very tired at the end of the day.

How does hearing loss affect those close to me?

Constant repetition or mishearing can be the source of significant frustration for everyone, particularly if the hearing impaired person does not acknowledge the problem. Families may chat less and the person with hearing difficulty may start avoiding

family gatherings and social events.

Who is at risk?

One in three people between the age of 65 and 74 report having hearing difficulties and those suffering from diabetes, heart conditions or dementia are more likely to have problems.

What is tinnitus?

Tinnitus is a noise in the ears or head, often a high pitched whistle or rushing sound. Damage to the inner part of the ear through ageing, medication or noise exposure can cause tinnitus. There are other medical causes of tinnitus, it is advisable to consult your doctor or an audiologist if you have tinnitus in one or both ears.

What should I do?

Arrange to have a free no obligation hearing check with an audiologist.

gist. All appointments at Attune will be with a masters degree accredited audiologist.

Do hearing aids work?

Hearing aid technology has improved significantly over the past few years and the aids are set by the Audiologist to match both your hearing levels and your unique listening needs. Not all hearing aids are the same and as an independent provider Attune staff can help you select the aids that best suited to your needs and budget. The staff can also loan you hearing aids for a few days so you can experience the benefits yourself.

I am on a pension, do I get any financial help towards hearing aids?

Yes, if you are a pension card holder you are entitled to fully subsidised hearing aids. If you are not on a pension it may be worth contacting your health insurance provider. They often fully cover the cost of hearing aids.

Attune has been the trusted name in medical audiology for more than 30 years, working with the medical professionals to support good ear health. Visit your local Attune clinic for a no obligation consultation.

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- Do you find yourself asking people to repeat themselves?
- Do many people you talk to seem to mumble (or not speak clearly)?

Hearing Loss can happen at any time but if you are 50 years of over and you answered yes to these questions, call your nearest clinic to take up this limited time opportunity. Ends June 30, 2017. "Attune" because we want you to hear each moment.

Alkimos	08 9233 2400	Suite 2, 3 Bulwark Avenue
Jandakot	08 6174 5300	Unit 3, 234 Berrigan Drive
Joondalup	08 9233 2400	Unit 3, 19 Boas Avenue
Mt Lawley	08 6278 5500	Suite 2, 689 Beaufort Street
Murdoch	08 6174 5300	Suite 17/18, 1st floor, Wexford Medical Centre, 3 Barry Marshall Parade

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A friendly visitor makes all the difference

the
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The Community Visitors Scheme (CVS) is a free service, connecting caring and enthusiastic volunteers with people who live in their own home, don't have regular contact with family or friends, and are receiving services through a Home Care Package.

Through regular social visits the volunteer provides companionship and friendship, which may include sharing a chat and cuppa, reminiscing, reading or listening to music.

Anna and Jodie met through the Red Cross Community Visitors Scheme (CVS).

Anna lives on her own and was looking for someone to visit regularly and have a chat.

Jodie is a CVS volunteer – she visits Anna once a fortnight and together they enjoy a chat and a cuppa, and their love of card making and reading.



For more information about the Community Visitors Scheme please call the Coordinator on 9225 8848

redcross.org.au





healthy living

ADVERTISING FEATURE



health options
for the mature
west australian



AGED
CARE



Celebrate Christmas in July with Born to Sing Choirs' concert

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

The concert will celebrate everything Christmas in July and include your favourite uplifting songs and carols.

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

The concert will be held at the Wesley College auditorium in Angelo Street, South Perth from 7-9pm on Saturday 29 July.

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

For bookings visit www.trybooking.com/265244.

Braemar Cooinda celebrates first birthday

BRAEMAR Presbyterian Care's aged care home in Melville – Cooinda – celebrated its first birthday on Thursday 25 May.

The 108 residents in the stylish and modern home enjoyed the party with speeches, birthday cake, musical entertainment and VIP guests.

Chief executive of Braemar Presbyterian Care, Wayne Belcher, says Cooinda's first anniversary included a full

week of birthday celebrations for all residents, relatives and staff.

"For everyone here at Braemar, Cooinda's first birthday is much more than a milestone, it's an opportunity to recognise the hard work of everyone who has been involved with its success over the last 12 months, and also to give us a chance to look towards the future with Cooinda continuing as the happy and supportive home it

is, for years to come.

"We're certainly very proud that our team continues to deliver the high standard of care that Braemar Presbyterian Care has become synonymous with for 65 years."

The week-long celebrations included a craft and pamper day, a barbecue, a quiz afternoon, a visit by Christ Church Grammar School students, a movie afternoon, a party and a



Cooinda's first resident Dorothy Conte with facility manager Carol Dickson at the first birthday party

Sunday church service, conducted by Braemar's Rev Darrell Thatcher.

Braemar's Cooinda – the Aboriginal word for happy place – is located on the corner of Leach Highway and North Lake Road and provides 31 specialist care beds and accommodation and care for 108 of the community's most

frail residents.

The facility comprises single rooms with en-suites as part of a premium hotel style approach, with large amenity spaces, on-site allied health professional care 24/7, private areas for families and friends to visit, a hairdressing salon and full on-site catering and laundry facilities.

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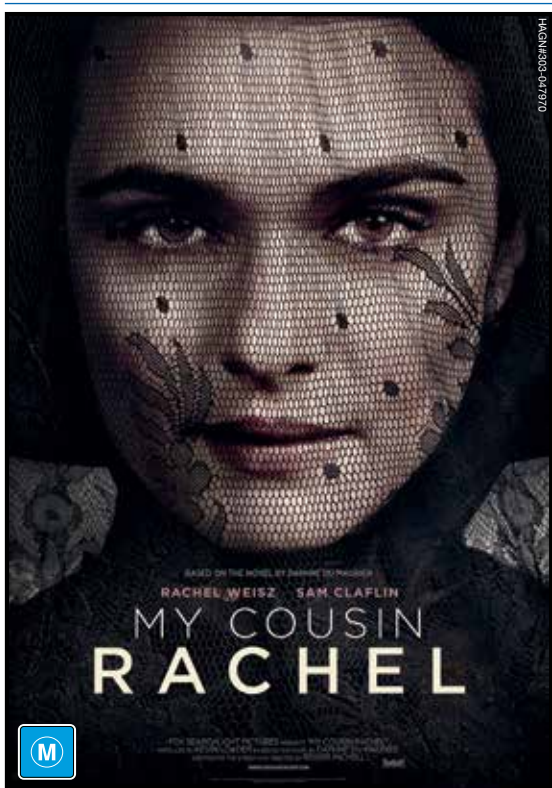
"It's hard to believe that it would
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and range of the late 'Roy Orbison'
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Come and meet those dancing feet on 42nd Street



SCREENING FROM THURSDAY JUNE 8
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FROM the moment the curtain rises on an impressive chorus line of tap-dancing feet, *42nd Street* swings into the high-energy song and dance routines that have made it one of the world's best-loved musical comedies.

Set in depression-era New York, *42nd Street* spins the classic showbiz tale of a young hopeful hoping to join the cast of her first Broadway show. When fading star Dorothy Brock breaks her leg onstage, director Julian Marsh plucks young Peggy Sawyer out of the ensemble and makes her a star.

Now Perth audiences can enjoy *42nd Street's* brilliant dance routines, synchronised tap ensembles and memorable tunes – including such musical theatre gems as *We're in the Money*, *Lullaby of Broadway* and the show-stopping title song – when the Western Australian Academy of Performing Arts brings this all-time favourite Broadway musical comedy to the stage of the Regal Theatre from Saturday 17 to Saturday 24 June.

42nd Street is directed by award-winning Sydney based director, Jason Langley (*Dusty - The Musical, Loving Repeating*), who returns to WAAPA after directing its sold-out season of *Legally Blonde* in 2015.

With 40 performers on stage and some of the flashiest dance numbers in showbiz, it's reassuring to know that internationally renowned choreographer, Lisa O'Dea (*Mary Poppins*, *We Will Rock You*, *Billy Elliot*, *Mamma Mia*, *Cats*), is on-hand to share her considerable experience of more than 35 years as one of Australia's most in-demand industry professionals.

The 18-piece orchestra made up of WAAPA's finest classical, jazz and contemporary musicians is led by head of Music Theatre, David King. The show's extravagant set and costumes are, this year, the work of two recent graduates from WAAPA's production and design program.

42nd Street plays at the Regal Theatre, 474 Hay St, Subiaco, Tickets \$73 Full / \$63 concession and friends / group deals available

Performances run from Sat 17, Tue 20, Wed 21, Thu 22, Fri 23, Sat 24 June, 7.30pm with matinees on Sat 17 and 24 June at 2pm.

Performed by second and third year music theatre students and WAAPA music students. Book now via Ticketek: Tel: 1300 795 012 or online at ticketek.com.au

On the silver screen - films for June



Churchill

CHURCHILL follows Britain's iconic Prime Minister Winston Churchill in the days before the famous D-Day landings in June 1944. As allied forces stand on the south coast of Britain, poised to invade Nazi-occupied Europe, they await Churchill's decision on whether the invasion will actually move ahead.

Fearful of repeating his mistakes from World War I on the beaches of Gallipoli, exhausted by years of war, plagued by depression and obsessed with fulfilling historical greatness, Churchill is also faced with constant criticism from his political opponents General Eisenhower and Field Marshal Montgomery.

Only the unflinching support of Churchill's brilliant, unflappable wife Clementine can halt the Prime Minister's physical and mental collapse and help lead him to greatness.

Churchill is directed by Jonathan Teplitzky (*The Railway Man*), from an original screenplay by British historian Alex von Tunzelmann (*Medici: Masters of Florence*) in her feature debut. Golden Globe nominated actor Brian Cox (*War and Peace*, *L.I.E.*, *Coriolanus*) stars as the legendary Winston Churchill and Academy Award nominated Miranda Richardson (*Harry Potter*, *The Crying Game*) as the Prime Minister's wife and confidant Clemmie.

In cinemas 8 June.

The Promise

A romantic rivalry plays out in the final

days of the Ottoman Empire in *The Promise*, a sweeping historical drama starring Golden Globe winner Oscar Isaac, Charlotte Le Bon and Academy Award winner Christian Bale.

In 1914, Armenian medical student Michael (Isaac) travels to the grand city of Constantinople to train as a doctor. There, he falls in love with Ana (Le Bon), a French-educated Armenian artist who is already in a relationship with the fiery Chris (Bale), an American journalist reporting on the growing tensions between Turkey and Armenia. Drawn to each other regardless, Michael and Ana are torn apart when they find themselves on the run for their lives as war breaks out and the Empire turns against its own people.

In cinemas 15 June.

A Monster Calls

From acclaimed director Juan Antonio Bayona (*The Impossible*, *The Orphanage*), *A Monster Calls* is a visually spectacular drama based on the award-winning children's fantasy novel by Patrick Ness.

Every night, 12-year-old Conor (Lewis MacDougall) suffers from nightmares, while during the day he struggles to deal with his mother's (Felicity Jones) illness and is the target of bullies at school. Then one night, a huge tree monster uproots from the graveyard behind Conor's house and whisks him away to a fantastical world of fairy tales. The monster's stories of noble princes and evil queens reveal unexpected twists; the heroes behave badly; the villains turns out to be innocent; the bad aren't punished and the good aren't saved. Why, Conor wonders, is the world so complicated and so unfair?

In cinemas 27 July.

WIN WIN WIN

To be in the draw to win one of ten double passes to any of the movies above simply send an email to win@haveagoneews.com.au with Silver Screen in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 30/6/17.

The Western Australian Academy of Performing Arts presents
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SCENE SOCIALLY



SCENE (1): THE Shearers and Pastoral Workers Social Club have produced a historic video called *The Truck Days* about shearing in Western Australia from the 1900 to 1950s. This historic film was launched at Whiteman Park in early May with many of the shearers who featured in the film in attendance and where one of the original shearers' trucks is on display. The film is a wonderful collection of stories from shearers who headed north in trying conditions to shear the sheep on the many stations in the north west which don't exist today. See page 8 for more details about how to purchase a copy of the film. **Seen:**

SCENE (1): Seen, clockwise from left; Doug Kennedy and producer Ron Reddingius - Liu and Ralph McNab and Val Hobson - Whiteman Park's Val Humphrey and Peter Letch - Brent Simpson, Marc Synnot, John Williams and Tom Howell - Barry Mainwaring on the truck - Geoff and Phil Treloar - Mary Moore and Anie Reid.



SCENE (2): A FEW Notre Dame film students are taking part in the Revelation Film Festival's Life in Pictures short film contest, where film makers are asked to produce work which challenges the way we think about ageing. Minister for Seniors and Ageing Mick Murray said, "Getting older is something we all deal with – and it is terrific to see the Life in Pictures competition asking us to embrace that rather than shying away from it." Find out more at: <http://www.revelationfilmfest.org/life-in-pictures-competition>

SCENE (2): Minister for Seniors and Ageing Mick Murray, Ella Gorringer, Daniel Fairweather, Abbey Letizia.



SCENE (3): THE 2017 QV1 Urban Descent, saw Legacy volunteers and staff descend 160 metres down the QV1 building to raise important funds for the organisation. www.legacy.com.au.

SCENE (3): Left to right; Cam Bear (Vareena Johnson) and Elly Chaney from Nova 93.7 - Vareena Johnson (before donning the Cam Bear head) and Legatee Peter Heaney - Nick Goodfellow, Legatee Peter Heaney, Legatee Mark Hodgson, Cam Bear and Elly Chaney from Nova 93.7.



SCENE (4): JEANNE Kempers celebrated her 91st birthday sky diving at Ifly indoor sky diving centre with her family. She had always wanted to experience the sensation of weightlessness so she thought this was a much safer alternative. Jeanne (Rita) lives independently, swims two to three times a week at Beatty Park, walks to her local shops daily and has a passion for gardening, playing cards, reading and crosswords. Happy Birthday from all of us at *Have a Go News*.



SCENE (5): PATRICIA Bradshaw from Thornlie was the lucky winner of the 6PR Perth Tonight / *Have a Go News* with Chris Ilsley's and win a double pass to see Petula Clark at the Perth Concert Hall.

SCENE (5): Below back stage at the Perth Concert Hall is Patricia, Petula Clark and her friend Robyn.



SCENE (8): THE WA Volunteer Service Awards were held on 7 May as part of National Volunteer Week to say thank you to volunteers who make a significant contribution to the community every day. Volunteering Minister Mick Murray presented the awards at Crown Towers and commented that volunteers play a vital role in Western Australian communities - making a social, economic and cultural contribution to the State valued at about \$39 billion annually. Judy Hebiton from Kingsley has volunteered for the Royal Agricultural Society of Western Australia for 62 years and was among those being recognised at the WA Volunteer Service Awards. Judy began stewarding in the society's cattle and sheep section in 1955. Over the past six decades, she has served the organisation as a cattle inspector for competitions and co-ordinated junior farmers.

SCENE (8): Left to right; Minister Murray - Judy Hebiton and Kingsley MP Jessica Stojkovski



SCENE (6): THE Western Australian Carpet Bowls Association held their Patrons Trophy at Altone Park Leisure Centre on 16 May. Players came from all over Perth to compete in the event with first place to Balga, second place to Addie Mills, and third place to Mundaring. SRCWA executive officer Dawn Yates presented the trophies and medals on behalf of the WACBA Patrons.

SCENE (6): Clockwise from top left; first place, Balga 20, L-R; Laurie Costa - Nancy Renshaw - Jean Tierney - Judite Grinfelds and SRC's Dawn Yates - second place, Addie Mills 11 L-R; Val Baldwin - SRC's Dawn Yates - Filomena Della - Bridget Coe - John Barr and third place, Mundaring L-R; Aileen Moore - Doreen Harrison - Des Moore - Ron Harrison and SRC's Dawn Yates.



SCENE (7): MERCY Place Edgewater resident Ivy Blundell will celebrate her 100th birthday on Friday 16 June surrounded by family and friends who say the centenarian was committed to others throughout her life and still has a wonderful heart. Mercy Place Edgewater service manager, Helen Fullarton, says Mrs Blundell is an inspiring lady who was dedicated to her community as well as her family. *Have a Go News* extends a very happy 100th birthday Ivy!



SCENE (9): THE annual Law Access Walk for Justice on Tuesday 16 May celebrated National Pro Bono Day and the generous pro bono contributions of Western Australian lawyers and law students. This year the walk increased in size by 60 per cent, a symbol of the growing pro bono culture within the legal profession in Western Australia. The Chief Justice of Western Australia, the Hon Wayne Martin AC, opened the Walk for Justice together with the Hon. Robert French AC and fourteen other eminent event ambassadors, the Chief Justice led the walkers from the Bell Tower at Barrack Square to Point Fraser and back. The Hon. John Quigley LLB, JP, MLA, Attorney General of Western Australia also joined the walk, showing his support for this important cause.

SCENE (9): The Ambassadors (left to right); principal lawyer, Law Access Katrina Williams - executive director, College of Law, Michael Cole - The hon. Justice Richard O'Brien of the Family Court of Western Australia - president of the Western Australian Bar Association, Matthew Howard SC - The Hon. Robert French AC - president of the Law Society of Western Australia, Alain Musikanth - Chief Judge of the District Court of Western Australia, Kevin Sleight - LLB JP MLA Attorney General, The Hon John Quigley - acting president of the Western Australian industrial Relations Commission, The Hon. Jennifer Smith - Chief Justice of Western Australia, The Hon - Wayne Martin AC - president of the Criminal Lawyers' Association of Western Australia, Genevieve Cleary - Notre Dame Law School's Professor Doug Hodgson - president of the Family Law Practitioners of Western Australia, William Sloan Vice - Dean and Head of School, UWA Law School, Associate Professor Natalie Skead - Director, Law Access, Paula Wilkinson - chairperson Law Access, Adam Ebell - director of Law Access and partially obscured, Matt Keogh MP - UWA law student volunteer, Assel Dawood and Provost, Curtin University, John Cordery.

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