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VOLUME 25 NO. 12 ISSUE NO. 292 JULY 2016

Special 25th anniversary WRAP

See the special message from
Hon Tony Simpson MLA
Minister for Local Government;
Community Services; Seniors
and Volunteering; Youth

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Message from Hon Tony Simpson MLA on Have a Go News 25th anniversary edition

ageing of the community is a priority for the State Government.

We know that remaining physically and mentally active will be the key in helping seniors maintain independent, healthy lifestyles that enable them to participate and contribute to the community.

CONGRATULATIONS to the team at *Have a Go News* on your 25th anniversary – to survive and prosper in the print industry over the past quarter of a century is a significant achievement!

It is estimated that by 2050, people aged 60 years and older will make up over a quarter of the State. As a result, planning for the

Have a Go News has been instrumental in promoting an active lifestyle to older West Australians and profiling positive role models that achieve and inspire others in the community.

Have a Go News was established in the late 1980s

as an initiative of the Ministry of Sport and Recreation to encourage older adults to remain physically and mentally active.

This saw the establishment of various recreational clubs for over 50s to encourage them to 'have a go' and the publication of an A4 magazine which was later handed over to Concept Media. The publishing group was started by Quentin Smythe and the late Judith Treby and it is wonderful to see it still operating as one of the last family-owned newspapers in Western Australia.

I know many older West Australians look forward to picking up their copy each month and browsing the latest news, events and travel features over a cup of coffee.

Quentin, Judith and their daughter Jennifer Merigan have been heavily involved in the WA Seniors Week planning committee for many years and in addition, sponsor a number of events and community groups including the Seniors Recreation Council, the Seniors Ball and *Have a Go Day*.

I have had the opportunity to attend a number

of *Have a Go Days* during Seniors Week and this has provided a fantastic insight into the importance of encouraging older West Australians to age well by staying fit, healthy and mentally active.

I congratulate the *Have a Go News* team on reaching the 25-year milestone and I look forward to seeing the paper continue and evolve for many years ahead.

Yours sincerely,

Hon Tony Simpson MLA
Minister for Local Government;
Community Services; Seniors
and Volunteering; Youth

Happy 25th anniversary to the team at Have a Go News



From left to right; Jenny Page Franceschi, Bob Page, Quentin Smythe and Jennifer Merigan

by Bob Page
Founder of Kings Tours and Travel

KINGS Tours and Travel has been operating for 30 years and whilst I cannot remember the year we started our association with Quentin and Judith at *Have a Go News*, I'm sure it was close to 25 years ago. I remember thinking at the time – that's a strange name for a newspaper.

However it grew on me and we formed a relationship that was based on loyalty and personal friendship.

We became "family" and have followed each other's ups and down over two and half decades, a friendship that I personally have not experienced with anyone else during my time with Kings Tours and Travel.

Quentin and I have certainly solved the "problems of the world" many times over coffee in the HAG boardroom.

As *Have a Go News* and Kings work mainly in the seniors market we have swapped many marketing ideas and used each other's product to cross promote our businesses, something we still do today.

Something else we have in common is our daughters are both named Jennifer and in the past 12 months they have taken over the running of our businesses, Jennifer Merigan, HAG and Jennifer Page Franceschi, Kings.

The management and staff of Kings Tours and Travel congratulate *Have a Go News* on their 25th Year of publication and I know both businesses will thrive for many years to come.

WIN WIN WIN - Crown Perth celebrates Have a Go News 25th anniversary



From left; Silks Restaurant - Crown Metropol Perth - Atrium Restaurant

TO CELEBRATE the 25th anniversary of *Have a Go News* our friends from Crown Perth have provided two amazing prizes for some lucky readers to win.

CROWN PERTH PRIZE 1

You and 20 of your best friends have the opportunity to travel to and from Crown Perth in your very own luxury coach. The group will then enjoy lunch in the Atrium Restaurant. Valued at \$1500. The winner will only be able to travel during week days. Full terms and conditions will be provided to the winner.

How to enter...

To be in the draw to win this amazing day out for one lucky reader and 20 of their friends simply tell us why you would love to win this prize in 25 words or less.

Email win@haveagonews.com.au with **Crown Bus in the subject line or write to Crown Perth Bus Prize c/- Have a Go News, PO Box 1042, West Leederville 6901. Closes 31/7/16**

CROWN PERTH PRIZE 2

ONE lucky person has the opportunity to win an overnight stay at Crown Metropol Perth in a Luxe King room with 9 Lounge Access for two people. The lucky winner will also enjoy dinner at Silks Restaurant to the value of \$200 and receive two \$50 Crown cash vouchers. Valued at \$900.

The gift certificate is valid Sunday – Thursday only until 31 December 2017.

Not valid on long weekends, special event days or public holidays.

Subject to availability, it is suggested that a nominated date be selected in as much advance as possible. Not redeemable for cash, not transferable and cannot be extended, split or re-issued.

Maximum food & beverage value stated above, any charges incurred over and above what is stipulated in this package will need to be paid by winner.

How to enter...

To be in the draw to win this luxurious overnight package from Crown Perth simply tell us in 25 words or less why you love reading Have a Go News.

Email win@haveagonews.com.au with **Crown Overnight Stay in the subject line or write to Crown Perth Overnight Stay Competition c/- Have a Go News, PO Box 1042, West Leederville 6901. Closes 31/7/16.**

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CONGRATULATIONS!

On behalf of our 10 retirement communities in Western Australia we are delighted to congratulate *Have a Go Newspaper* on their 25th Anniversary.

For more information about any of Lendlease's retirement communities please call 1800 550 550 or visit retireinwa.com.au today.

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LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

VOLUME 25 NO.12 ISSUE NO.292 JULY 2016

PRINT POST APPROVED: 64383/00006

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let's go travelling
16 page liftout

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- Winter in the West
- Visit Antarctica
- Pearl Harbour



Meet Doug Marsh, author of *The Black ANZACS* book...



- Downsizing feature
- Living Histories returns...
- Highlights from the SRC Masquerade Ball
- Food & Wine - reviews, recipes and more

COMPETITIONS/GIVEAWAYS

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The tenth generation tea man...



Tenth generation Twining and brand ambassador Stephen

by Jennifer Merigan

THOMAS TWINING certainly can be heralded for the British's love of a good cup of tea.

Back in 1706 coffee was the drink of the day for the British and when Thomas bought Tom's coffee house and started serving tea, he created a legacy which spans more than 300 years.

In 1717 he expanded and opened the first shop selling dry tea and coffee in London.

The Twining's shop is located on the Strand in

London, it still operates from its original location today and if you happen to be in old Blighty it is well worth a visit.

The history of the company is unique, from having the oldest commercial logo in the world and possibly one of the oldest shops, as well as the British Royal Warrant for supplying tea to the Royal family since 1837, there's a lot to sprout about.

Have a Go News spoke to tenth generation Twining and brand ambassador Stephen on his recent visit to Perth.

"It's a lovely warm feeling to have this knowledge of my predecessors," said Stephen. "The family philosophy comes from Thomas who in his lifetime set out to achieve a reputation for doing one thing and doing it really well, I think it's a timeless philosophy."

"I personally am always inspired by Mary who was Thomas's daughter-in-law, Thomas had handed the business over to his son Daniel who started the great tradition of exporting tea all over the world."

"He sadly died quite a young man and this extraordinary lady, who had been widowed, continued to run and teach her son the business for some 17 years at the end of the 18th century."

"Her son Richard had the biggest influence on British tea drinking because he was the gentleman who persuaded the British prime minister to reduce the tax on tea so we could all afford it and so we became a nation of tea drinkers," said Stephen.

Stephen gave his first

presentation on tea at school when he was eight years old and from then he knew he wanted to be part of the company.

Tea certainly runs through this man's veins and he says that if he drinks less than nine cups of tea it is an unfulfilled tea-drinking day.

We asked Stephen how to make the perfect cup of tea.

"It's all about ingredients and time. The first ingredient is water – empty your kettle of previously heated water and put in fresh water – as it has more dissolved oxygen and that adds good flavour to your tea."

"Select a tea, just as your kettle reaches boiling point, switch it off and add to your black tea or herbal infusions. Most kettles have to boil for 10 or 15 seconds and this takes out the oxygen – so supervise your kettle."

"For green tea switch off your kettle and leave it for five minutes, 90 degrees is the perfect temperature for green tea and this stops it from tasting bitter."

"The thing people find most difficult when making tea is to let it be for three minutes."

"Don't jiggle your tea bag, colour is one component of tea, the second component is the mouth feel or the body of the tea and the third component is the flavour – you can't see the flavour, we're fooled by the colour so be patient and give it three minutes."

"And when you remove the tea bag don't squeeze the tea bag just give it a gentle tap to get rid of the excess liquid so it doesn't dribble on the bench."

"If you have under brewed your tea in the past you may find if you use English breakfast that it is too strong – it's worth trying a different flavour like an Ceylon orange pekoe."

"Once that happens then add whatever you want, it's your cup of tea and you drink it the way you like."

"Ultimately what we want is for you to have a great satisfying cup of tea," Stephen said.

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Funny historical fact

For Japanese soldier Shoichi Yokoi, World War II ended on 24 January 1972 when he came out of hiding on Guam Island, where he had been living in a cave for 28 years.

Quote of the month

“The really frightening thing about middle age is that you know you’ll grow out of it.”

Doris Day

Word of the month

Ensorcill
verb
Definition - Enchant; fascinate:
Origin - Mid 16th century: from Old French ensorceler, alteration of ensorcerer, from sorcier ‘sorcerer’.

The closet revolution to save the children...



Inside the new store in Applecross

Ageing research snippet

Harvard University has found that whole grains may prevent early death and lower the chance of dying from cancer.

A meta-analysis of 12 studies which, involved about 800,000 people, found that eating 70 grams of whole grains a day - the equivalent of a large bowl of porridge - lowers the risk of all-cause death by 22 per cent and death from cancer and cardiovascular disease by 20 per cent.

Scientists believe that whole grains help lower cholesterol and help regulate blood sugar, as well as making people feel full for longer.

Urban slang

FOMO
Fear of missing out

From the editor’s desk



MIGHTY oaks from little acorns grow – and so this edition celebrates the 25th anniversary of *Have a Go News*.

I do hope readers enjoy our special anniversary feature and don’t miss out on the opportunity of entering the fabulous competitions, thanks to our friends at Crown Perth. See the inside cover for details.

Thanks to our readers who have let us know through this year’s reader survey that they would like us to include a puzzle page. So this month we have included the page and will continue this as a regular feature.

The Western Australian Multicultural Association is inviting people to learn the traditional art of sausage making. It’s a great opportunity for people to learn these age-old cooking skills.

The event will be held at

the Azzuri Bocce Club at the rear of the Italian Club at 217 Fitzgerald Street, West Perth from 8am on Sunday 17 July.

The State Library of WA has opened its *Dutch Journeys to the Western Edge* exhibition which highlights the rich history of Dutch exploration to the state and the contribution of migrants from the Netherlands. The exhibition is free and runs until 25 September at the State Library in Francis Street, Northbridge.

We are asking readers to contribute stories about their recollections of the 1960s for them to be included in a special Living Histories book highlighting what happened in WA during that decade, for more details see page 44.

The International Federation of Ageing says that low vaccination rates are putting older Australians at risk and urges people to become vaccinated.

Influenza, pneumonia and herpes zoster (shingles) are well recognised as leading causes of hospitalisation and death in Australia. During 2008 to 2011 there were more than 700 deaths in adults

due to vaccine preventable diseases.

Australia provides free immunisation for people aged 65 and over for influenza and pneumococcal disease and from November this year shingles will be included.

The call for nominations for the WA Seniors Awards commences on 18 July.

Why not nominate a worthy person from your community for one of these prestigious awards, it’s a great way to highlight the many people aged 60 and over who work hard in our community.

Nomination kits are available by calling COTA on 9472 0104.

Readers are welcome to join me on a *Have a Go News* tour to visit Antarctica for a day trip of a lifetime on board a chartered QANTAS jet. This trip will take place on Australia Day 2017. Please see page 20 for details.

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

Jennifer Merigan

Editor

jen@haveagonews.com.au

Like us on facebook or follow us on twitter!

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

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

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

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

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Mary and her husband Michael Nenke with the yabbies from their farm

by Frank Smith

MARY NENKE is a formidable lady. The mother of six grown-up children, managing director of Cambinata yabbies for the past 25 years, former Australia Rural Woman of the Year and owner-operator of a set of holiday cottages, she is also a fearless advocate of rural people and the rural lifestyle.

"I'm striving to link city people to the family farmers who produce the food on their plates," she says. "Farmers are not being paid a fair price for the food they produce. The farm-gate price of wheat is now \$280 per tonne. It was \$200 per tonne in 1980. But farm operating costs have sky rocketed. "It used to cost the equivalent of 0.6 tonnes of wheat to put in one hectare of crop. Now it costs the equivalent

Let's make a stand for our farmers - Mary Nenke speaks up for rural renewal

of 1.3 tonnes."

Australian wages are regulated and protected. However for farmers it's not an even playing field with thousands of producers and only a small number of buyers.

"The wholesale buyers are large corporations and well organised. We would never deregulate wages, so why deregulate agriculture?"

The consequences are depopulation of rural areas.

"We are losing young people. Parents are saying to their children there is no future in the country and advising them not to come home.

"The cost of living in the country is high especially services such as Internet and telephone. Telstra is a black hole. It has a monopoly with no competition.

"The National Rural Health

Alliance reports that Australia's health care services need rebalancing with proportionately less spent on primary health care. If you have an accident where we live and need an ambulance it is probably driven by one of my sons. The country ambulance service is mainly manned by volunteers.

"The local community is heavily involved in volunteering. They set a great example to city people. Coaching for sports is a fabulous example, but with a declining population there are fewer people available to volunteer."

However there are many good things about living in the country.

"There is peace and serenity. People who rent our cottages love the open spaces, the pure air and the lack of traffic noise."

How can we make country living more sustainable?

"We need to encourage more diversity in agriculture and more light industry in country towns. An example is the furniture factory that operates at Naremburn.

"We also need to improve country educational opportunities.

"The move of year seven children to high school was a step backwards. It means country kids have to leave home at 11. That's akin to child abuse.

"We need education at all levels in country towns. If Harvard University can do it, so can we, using fast Internet and dedicated distance teachers."

The good news is that awareness of rural issues in the city is increasing and there is much support for milk

producers, for example.

Four years ago Mary Nenke, created a network called, 'Farming Champions' which has already attracted thousands of members determined to reverse the trend away from rural living.

Editor's note - you can join Farming Champions on Facebook - it keeps you up to date with rural issues.

"I'm happy to share my thoughts. I've just spoken as a guest at Fremantle Sailing Club and I have an invitation to speak at Mandurah. I'm willing to speak to groups about rural issues free of charge, particularly to groups of people over 50 years old," she said.

Mary can be contacted on email at Info@marysfarmcottages.com.au or by calling 9864 6054.

Enjoy a morning tea and raise funds for Leukaemia Foundation

YOU ARE invited to Mireille's Morning Tea for a fun morning raising important funds for the Leukaemia Foundation on Wednesday 20 July.

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

Have a Go News regular columnist Vince Garreffa will be the MC and auctioneer for the morning 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 make new friends and join another.

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

Tickets can be purchased at www.leukaemia.org.au/events/morning-tea or call Gillian on 0402 786 728 or Marlene on 0418 276 308 for further information.

How do you cope with sleep disorders?

SLEEP Disorders Australia will present a free public discussion from the patient's perspective on the diagnosis, treatments, and successes in treating sleep disorders including continuous positive airway pressure (CPAP).

Join the round table discussion from experienced sleep sufferers and find out what they have learned to cope with their conditions.

This is a day to hear other patients and to have your say.

Some topics to be discussed will be:

What are the main types of sleep disorders most people are diagnosed with?

What symptoms made us think we had a problem?

What do you do if you think you have a sleep problem?

What happens in a sleep study?

How easy is it to use CPAP?

What are some common problems experienced with masks?

What mask types were found to be best?

What are the benefits

we have found from using CPAP?

What treatments have been tried for restless legs and which were found to help best?

People are welcome to join the discussion on Saturday 13 August at 1.30pm at Hollywood Hospital lecture theatre. Please enter from gate 5, off Monash Ave and park in multi storey car park. There will be signs from the car park to the meeting

For all enquiries please phone Lorraine 0419 199 744.

Like to enjoy good company and exercise at the same time?

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Have a Go News celebrates 25 years in 2016 - The Living Histories project



by Jennifer Merigan

DURING 2006 co-founder of *Have a Go News* (and my dear dad) Quentin Smythe came up with a brilliant concept for people to share their recollections of what life was like for them in the 1950s in WA. He coined it *Living Histories*.

Times have changed dramatically since the 1950s and many of our readers were young people during this decade so Quentin thought it prudent to compile a history of what life was like back then.

The 1950s was a decade of prosperity following the austerity of the war years.

Fashions changed, women's basic wages were increased to 65 per cent of the male wage and Queen Elizabeth took the throne.

Immigration to Australia boomed with more than a million people from Europe making their home here.

Television was introduced and Lang Hancock discovered iron ore in the Pilbara.

Have a Go News worked in conjunction with the Department of Communities to prepare a collection of the stories for an exhibition and a coffee table book.

When readers were called for their stories we were overwhelmed with submissions.

The first of many contributions came from the late George Grijsich, a former radio 6PR presenter, about his life growing up in a family who ran a market garden.

More than 200 people contributed their stories of what life was for them in WA during the 1950s.

The contributions were prepared

into an exhibition which was displayed at the Fremantle Arts Centre and kicked off Seniors Week 2007.

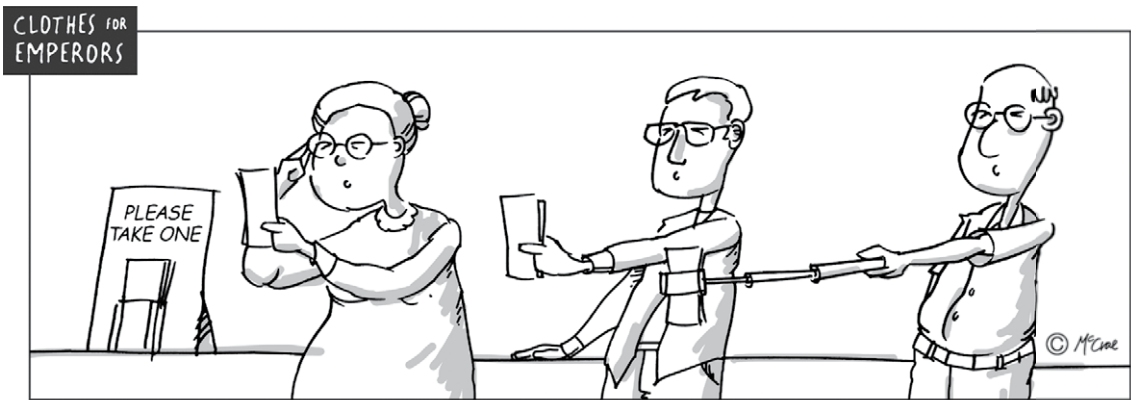
It was a very rewarding and exciting project for the paper and Quentin can be very proud of his contributions.

In celebration of our 25th anniversary of *Have a Go News* we have decided to ask readers for their recollections of the 1960s and will be working towards publishing a book which contains these stories.

You can find out how you can contribute your story of life in the 1960s in WA on page 44.

If you are part of a club or group and would like Quentin to come and speak to you about *Living Histories* in the 1950s and share some of the amazing stories from the book then call the office on 9227 8283.

Next month we take a look at some of the interesting people from celebrities to everyday heroes that we have featured in the pages of *Have a Go News*.



Letters to the Editor

Submissions may be edited
for clarity and space.

Dear editor

THANK you so much for the gift of two tickets to the film *Queen of the Desert*, a nice surprise and kind gesture.

May I also add that your newspaper continues to be a real boon to seniors and I congratulate you on the quality, interest and relevance of its content.

It was with sadness that I read about the brave passing of Judith Treby and extend my deepest sympathy to family and all of you who knew and worked with this talented lady.

Warmest regards

Wendy Court
Currambine

Dear editor,

AUSTRALIA has a proud history of being one of the world's most compassionate countries. However, as the cold months set in, there are tens of thousands of Aussies who still need a helping hand from Red Cross. Last year we helped more than 20,000 people who were lonely and at risk of serious illness or injury.

In winter, it's the poorest who suffer most, including young homeless people and families struggling to make ends meet. We've just marked the 40th anniversary of a soup patrol service in Perth and Fremantle. Scores of people rely on this service for their evening meal, especially in winter.

We must never accept that life can't be better for West Australian families, friends and neighbours.

To donate, or for more information, go to redcross.org.au.

Yours sincerely,

Steve Joske,
Western Australia executive director,
Australian Red Cross



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Calling all past staff and students of Bunbury High School

THE BUNBURY HIGH SCHOOL reunion committee is holding a special reunion this year on Saturday 8 October at RAAFA Bullcreek and invites all past staff and students to attend.

The reunion celebration includes a two-course lunch and guest speaker and costs \$35 per head.

Students or staff from any year are welcome to attend the lunch.

The reunion committee is keen to add some new members to the committee.

For bookings and further information please contact Ivan on 9248 6535 or 0447 267 938.

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ANZAC first action on Western Front of World War I commemorated



Author of *The Black Anzac*; the AIF's first trench raid on the Western Front, Doug Walsh

by Frank Smith

DOUG Walsh's father Claude was involved in a raid on German lines in

France 100 years ago this June. That inspired Doug to write a history of the action including identifying all the 73 men that took part

and biographies and photographs of most of them.

His book *The Black Anzac*; the AIF's first trench raid on the Western Front

has just been published with launches in Perth and Brisbane.

"I've been working on the book for 20 years in my retirement," he said. "I did not want to make any money out of it so all the proceeds, after my expenses, are going to Legacy."

"The work kept me out of mischief and helped me meet people from around the world."

At the Brisbane launch two ladies from the UK were able to point out their grandfather in the photograph.

"In 1916 the allies had taken a battering on the western front. After Gallipoli ANZACS took over from the British near Armentieres on the French border. The French were keen to regain territory occupied by the Germans, but the British were not so keen."

There was little action

for the first two months but patrols of the Australian Imperial Force (AIF) 7th Brigade found the German lines only lightly defended and listening posts often unattended.

In May, 73 volunteers began training advised by two experienced Canadian officers. They practised mock attacks and trained for various roles.

On 4 June, 64 diggers, their faces blackened with charcoals (hence known as the Black ANZACS) set out to raid the enemy position.

"It was the first Australian action on the Western Front. The attack was aborted when they found the German listening posts were occupied, but the party was able to withdraw undetected."

The raid was repeated the following night, this time under the cover of an artillery barrage. They reached the German

trenches and met with little resistance.

The raiding party retired after a few minutes with three prisoners. Another 15 Germans were killed by Mills bombs thrown into the dugouts or by the artillery barrage.

The ANZACS lost two men from an artillery shell that fell short during the retreat.

The intelligence collected from interrogation of the prisoners and documents seized proved invaluable.

As a reward the Black ANZACS received eight days leave in London. The photograph shows 42 of them outside the AIF headquarters in Horseferry Lane, London.

"Usually only officers and NCO names were recorded. It is unusual to find a complete list of participants," he said.

"I'm hoping that publication will lead to identifying more of the soldiers in the

photograph. I'd like to name all of them. Also some of the photos are scrappy; they are copied from newspapers and other poor quality sources.

"I am surprised not more significance was given to the action. It was the first Australian organised and executed action in the Western Front. The 100th anniversary was missed in Europe."

"My book is a record for posterity. Here's what they did," he said.

WIN WIN WIN

To be in the draw to win a copy *The Black ANZACS* simply email win@haveagoneews.com.au with ANZAC in the subject line or send an envelope to ANZAC competition - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 31/07/16.

Medicine checks will keep you living independent for longer

WINTER is known to be the colds and 'flu season, but taking five or more medications will increase your risk of slips, trips and falls.

That's why the falls prevention team at Stay On Your Feet® are encouraging older adults to check their medicines this winter, as part of the *Move Improve Remove* campaign.

"All medicines can cause side effects and these increase the more you take," says community engagement officer, Ally White.

"The good news is a simple medicine check can reduce side effects such as feeling drowsy, dizzy or faint."

Only take medicines which are prescribed to you and keeping an up to date list of your medicines are two easy ways to manage your medicines.

Getting to know your local GP and pharmacist is good for your health. They can prescribe essential medicines and help you find other treatment options to reduce side effects.

Asking your pharmacist about booking a free medicine check or how to use a Webster Pack to control the correct amount of medicine, are more helpful ways to manage your medicines.

"It is important to understand what medicines

you are taking and why," says Ally White. "Speak to your GP, nurse or pharmacist and ask why am I taking this medicine and what side effects should I know about."

Sleeping tablets are a common medicine that can cause unwanted side effects.

"Ideally, sleeping tablets should be used for two weeks or less and only when required," says community pharmacist, Kim Watkins.

"Sleeping tablets may be helpful in the short term but can also have unwanted effects. It is important to ask your GP about these effects and talk about a gradual reduction plan to help you stop your sleeping tablets when they are no

longer appropriate."

WA's falls prevention program, Stay On Your Feet®, has released an easy-to-read brochure which lists tips and information to help older adults to check their medicines.

"Checking your medicines is an important way to improve your health and prevent slips, trips and falls," says Ms White. "Checking your medicines will give you the confidence to stay active and alert so you can get on with doing the fun things and stay independent for longer."

To order the free *Check Your Medicines* brochure and other falls prevention messages, visit stayonyourfeet.com.au or call 1300 30 35 40.

Prime Movers Inc: fitness and exercise for the over 50s

PRIME MOVERS appeared in the first edition of the *Have a Go News* 25 years ago. Along with the paper, Prime Movers celebrate their success in providing help and guidance to many active men and women throughout the Greater Perth region. In 1991, there were 500 members and 22 classes per week; now there are about 5000 members and 76 or more classes per week.

What makes Prime Movers successful is always a prime question? It is the friendship and camaraderie both men and women receive from the classes. Instructed by a voluntary and dedicated team, they work together to create fun and enjoyable classes for all. The instructors are trained by health and fitness professionals before passing a written exam. Prime Movers classes include stretching, low impact aerobics and muscle work.

Annual membership is \$15 with a class fee of \$3 and visitors are welcome to try a class for \$4.

For more information, please contact the secretary Judith on 9386 2049 during business hours or visit the website www.primemovers-exercise.com.au

They are currently searching for people who would like to be actively involved as Instructors. The next instructor's course will commence in September. Anyone interested in becoming an Instructor, please contact Roberta Rodgers on 9226 4000.

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Meet the columnists and contributors



Jemma Aldridge

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



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

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



Mike Smits

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



Rick Steele

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



Jeanette Woolerton

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



by Rhonda Parker

AS DIABETES WEEK occurs this month, I thought it would be useful to explain the emerging research evidence about the link between diabetes and dementia, especially as there are an estimated 110,000 people with diabetes in WA.

We all know that as we age our risk increases for many health conditions; failing to treat one condition can have other health consequences. Sometimes age is simply the risk factor, however the research of the last 20 years has established that lifestyle factors are often major contributors. This means that, while there are no guarantees, much of the chronic disease risk of later life can be minimised and managed.

Diabetes and Alzheimer's disease are connected in ways that aren't yet

Diabetes and the dementia link

fully understood. Population studies suggest people with Type 2 diabetes, on average, have double the risk of developing dementia compared with people who do not have diabetes. That is concerning. It means that while most people with diabetes do not develop dementia, they do have a significantly increased risk.

The reasons for this increased risk are likely to involve many different factors like high blood glucose levels or insulin resistance impacting the brain.

Diabetics are more susceptible to vascular dementia, the broad term for dementia associated with problems of circulation of blood to the brain. This dementia accounts for up to 20 per cent of all diagnoses.

This established evidence makes it doubly important to understand how to manage your diabetes risk and your physical wellbeing. Keep in mind, what we always say at Alzheimer's Australia WA, that what is good for

your heart is good for your brain – and it's good for managing your diabetes risk too.

People with diabetes who take steps to reduce their risk of diabetes complications, like checking and managing blood pressure, cholesterol and body weight, also reduce their risk of dementia.

You should also eat a variety of nutritious foods, including fruits, vegetables, lean meats and low-fat alternatives. Importantly, keep physically active by exercising at least 30 minutes most days of the week.

If exercise was a pill, it would be the most successful pharmaceutical ever to be marketed. Find a way to make exercise a part of your daily routine – your health will benefit in many, many ways.

One day we will better understand the link between diabetes and dementia and hopefully cure both. Until then, whether you have diabetes or not, reduce your risk, and take care of yourself and those who are special to you.



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Heart and home



Left; Artist Deanne Haddow with her work *Come Over to My house*, first prize winner in the Margaret River Readers and Writers Festival 2016, Visual Stories Art Competition. Right; Karen Majer

by Karen Majer

THERE is a saying that you can build a house but it takes love to make a home.

I've been thinking about what home means to me, inspired by talks at the Margaret River Readers and Writers Festival.

Sitting by the fire with my dog, rain pounding outside, my first thoughts are of comfort. Then my favourite things remind me of precious associations – family photos, ornaments collected on holidays, gifts like a toy dog crafted by my prisoner-of-war uncle more than 60 years ago. I look out of the window and think that home is lemon trees, bush birds and the noisy possum which shares our roof. But it's not just things, it's a feeling. Security and the love shared within the walls.

I call Australia home. My uncle and English-Scottish parents built their lives here after the war, part of the wave of more than two million migrants who came to Australia between 1945 and 1965. As well as migrants seeking a better life, many refugees have arrived since World War II, first from Europe then Asia; Vietnamese refugees came in the 1970s and 80s at the end of the Vietnam War.

Now, sadly, millions of people around the world have no choice but to flee their homelands in places like Syria, Iran, Iraq and Afghanistan to escape war, genocide and persecution. Climate change refugees are already being forced off some Pacific Islands.

Recently I watched a screening of the haunting film *Chasing Asylum* by Academy award winning director Eva Orner. The documentary is about the personal impacts of sending refugees to offshore detention camps. The refugee issue has become deeply politicised. I believe this is a humanitarian, not political, issue. It's about fundamental human rights, dignity, and people in a desperate search for a new safe home. It's about having a heart.

Check out where *Chasing Asylum* is showing near you. If you feel strongly, you might like to join your local branch of Amnesty International.

You're never too old to play bridge



Top: Maylands Bridge Club committee members Colleen Prosser, president Ann Seamaan, birthday girl Betty Tasma, vice president Fran Carter and Marieanna Rapanaro. Above: Betty playing a round of bridge with Robert Oakes, David Croft and Willem Pabst.

HAVE A GO NEWS visited the Maylands Bridge Club on the 27 June to celebrate the birthday of club's oldest member, Betty Tasma.

Betty is a spritely 94 and says that playing bridge keeps her mind active. She is also a member of the Over 55s Walking Group and a great example of the 'have a go' philosophy.

The Maylands Bridge Club meets every Monday from 1pm, Wednesday from 10.15am and Thursday from 1pm for

regular bridge playing sessions. They also offer a supervised session on Thursday mornings from 9.30am.

The club has more than 40 members and is always keen to host new players. Visitors with partners are most welcome to come along.

The club meets at the RA Cook Pavilion at 55 Gummery Street, Bedford. You can call Colleen Prosser on 9344 3031 or email maylandsbridge@gmail.com for further information.

Masters Swimming WA award winners



Top, from left to right; Aithne Dell overall female winner of the LiveLighter Open water series, Vienna Young (Healthway), Victor Paul – overall male winner of the LiveLighter Open water series. Elena Nesci – Perc Edwards and service to Masters Swimming WA awards winner with 'Tricia Summerfield – director of coaching (left side) and Vienna Young (Healthway)



by **Samantha Noall**
– executive officer

MASTERS SWIMMING WA recently presented numerous awards in recognition of the fabulous work carried out by the many volunteers in the organisation as well as the amazing efforts by our members and coaches which make MSWA so successful.

The very worthy award winners were:

National Coach of the Year – Katya Anderson from Superfins WA was named the 2015 Coach of the Year for her work as the head coach of the Superfins squad which is made up of physically and intellectually disabled swim-

mers with a broad range of abilities. She oversees the entire coaching program and co-ordinates up to 18 coaches. She brought 11 of her swimmers to the Hobart Nationals for the first time.

National Official of the Year – Ken Phillips from Mandurah Masters WA was named the Official of the Year for 2015. His highlight of the year was refereeing at the FINA World Masters Championships in Kazan, Russia; but he was also busy back at home refereeing at MSWA events and educating and mentoring trainee officials.

2015 Coach of the Year – Katya Anderson from Superfins. This comes as no surprise given she also won the National Award.

2015 Official of the Year – Ken Phillips from Mandurah Masters WA. Again this comes as no surprise given he also won the national award.

Annual Service to Masters Swimming WA – Elena Nesci. She belongs to

Claremont Masters and has been a member since 1999.

She has been a force within Masters Swimming in Western Australia for many years. She has been awarded Masters Coach of the Year in 2009 and has been the head coach of Claremont Masters for many years. She has offered her services to numerous coaching and stroke clinics conducted by Masters Swimming WA, both sharing her wisdom directly with other swimmers, and assisting other coaches in developing their skills. Her talents are widely known amongst numerous other clubs, one which has become the standard which others follow.

2015 Perc Edwards Volunteer of the Year Award – Elena Nesci. We have amazing people at our clubs however we can only have one annual winner and the winner for 2015 is again Claremont's Elena Nesci.

LiveLighter 2015/16 Open Water Swim Series – Overall Winners and Top Clubs:

Overall female winner with 97 points is Aithne Dell of Melville.

Overall male winner with 100 points is Victor Paul of Claremont.

The top point-scoring Club for 2015/16 is Perth City with 706 points who finished ahead of Claremont on 677 points.

The winning Club for the combined average points scored is Stadium Masters.

Huge congratulations to all our winners and thank you to all our volunteers for all their tireless efforts to make all our events a fantastic experience for all involved.

Brexit will not affect UK state pensions



LAST MONTH I reported on activities taking part in the House of Commons spurred on by vice chair of the All Party Parliamentary Group (APPG) on Frozen UK State Pensions, Ian Blackford. However, while this was in the lower house, members of the House of Lords have also been busy questioning the government.

Baroness Benjamin has formally submitted an oral question, "To ask Her Majesty's Government what assessment they have made of the impact of the frozen pensions policy on the choices of people who would like to move abroad or stay overseas during their retirement years."

In spite of the query having been submitted ahead of time, the pensions minister Ros Altmann simply repeated the well-worn script that has been used for

decades by her department to shut down any discussion – that overseas pensions are up-rated only where there is a legal requirement to do so.

"The Government have made no assessment of the impact of this policy on pensioners' choices of residence," she added.

Baroness Benjamin reminded the minister of the commitment made in November to our consortium and the All-Party Parliamentary Group on Frozen British Pensions by policy minister Oliver Letwin that the government would commission cross-departmental research into the likely costs and savings of partial uprating.

"Will the Minister please give an update on that work?" she asked.

Ros Altmann merely responded that her own department had not made any estimates.

The minister's apparent unpreparedness for the question – or her decision to sidestep it – is unacceptable to both our consortium and the APPG and has led to a

flurry of activity at Westminster.

We now know the outcome of the European referendum vote in the UK in which the public have voted to leave the EU. However, it will take some time before what effects, if any, it has on our campaign. However, it will have no effect on your current payments of UK State Pensions.

Anyone who would like to discuss the above or any other aspects regarding their UK State Pensions, is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPIA's coordinator in Western Australian e-mail: mikecgoodall@btconnect.com

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The Over 55 Canoe Club moves with the water



by George Gouteff

THE WINTER rains have come and our streams have started to flow, albeit a little hesitantly and the club, being very opportunistic, has managed to mix some moving water paddles with flat water paddles.

A paddle against the current on the Canning River from Masons Land-

ing Park, Cannington was the first introduction to moving water for our newer members and an opportunity for the veterans to refresh their skills after the summer break. Manoeuvring around fallen logs, branches and a variety of vegetation kept everybody alert and focused whether paddling up stream or coming back with the flow. In spite of a few challenges there were no involuntary immersions.

A flat water paddle on the Canning River from Kent Street Weir to Riverton Bridge was particularly interesting as Ron, the club coach, took advantage of the

high tide to lead the flotilla in the exploration of numerous river channels and lagoons. It is a most enjoyable experience to quietly paddle this section of river and view the variety of bird-life which includes the Australian darter, Australian ibis, black swans, cormorants, ducks and pelicans.

We live in a technological age where one can gather information by merely clicking a mouse and viewing a screen. The canoe club is up there with the best of them and tracks weather forecasts, river levels and flow rates by accessing the automatic river moni-

toring stations, before making decisions on the location of the next paddling venue. No more crystal ball gazing.

Hence armed with the latest river data the club was able to make a one day trip to the Upper Murray River, Dwellingup and paddle a high water peak – we nailed it. A few days either way it would have been a case of getting ones feet wet and portaging.

The Dwellingup trip highlight was an experienced paddler falling in at the bottom of a rapid known as the S bend and deciding there and then to sell his near new kayak and purchase a more user friendly model.

Vice president Kate has returned from her third trek the length of the Bibbulmun Track from Kalamunda to Albany – welcome back Kate. However this year's trek pales into insignificance when compared to her two earlier treks where she walked to Albany, had a day's rest then walked back to Kalamunda. The Over 55 Canoe Club is indeed a broad church.

For further information visit our web site, www the Over 55 Canoe Club or telephone club president Peter on 9409 3813.

Arthritis or inflammation of the hip (Part 2)



by Jemma Aldridge
(Physiotherapist)

LAST month we described the hip joint and touched on problems that can happen with your hip.

The type of symptoms that you may have experienced with hip bone and cartilage structures might include:

- Groin pain consisting of a deep seated aching is a typical sign of osteoarthritis of the hip.
- Pain that diminishes with rest and non-activity and then increases as weight bearing activity increases.
- Early morning stiffness in the hip with reduced movement, improving with movement and warming.
- Reduced quality of life and ability to perform activities of daily living.

The type of symptoms that you may experience with tendons/bursa:

- Acutely painful specific points above the hip

bursa locations where tendons are closely moving and where muscle imbalances occur and cause inflammation of overworked tendons and bursa (bursitis). It is painful to touch these specific points.

- An aching sensation at night, as inflammation is felt more at night when the body cools and less during the day when the body is warm.
- Pain with specific joint movements and weight bearing.

The type of symptoms that you may experience with a hip muscle injury:

- Pain associated with specific activity around the hip, reducing when the activity stops or prolonging after activity depending on injury severity.

Overuse injuries occur with muscles and tendons resulting in conditions such as tendonitis and develop into inflammatory conditions like bursitis (the bursa are designed to reduce tension on tendons but become swollen and inflamed with an over-use injury).

Because the hip function is affected by the other lower limb joints like the knee, foot and ankle, it would be a good idea to

be assessed by a physiotherapist.

That assessment would involve looking at the whole lower limb and the relationship between the spine, pelvis and the sacroiliac joint (where spine meets pelvis), this may include looking at the deep and superficial hip muscles.

Abdominal core muscle strength and pelvic muscle strength should be tested to rule out weakness causing pain or contributing to a muscle imbalance around the hip. Not forgetting the full testing of movement of the hip and any nerve involvement such as the sciatic nerve.

Unfortunately it is not easy to treat the cause of your hip pain until a full physiotherapy assessment is performed to find the true cause. Once people are assessed they will be on the way to treating their own hip back to good health. In cases like severe osteoarthritis there are always therapies that can give people relief like water based exercise, heat and massage, stretching and general low weight bearing exercise such as reclined bike riding, swimming and walking in water.



Seniors Week Community Grants Program 2016

Grants are available for community organisations arranging events or activities during WA Seniors Week 6 - 13 November

Application packages are now available from COTA WA

Tel: 9472 0104 • Email: grants@cotawa.org.au
Website: https://www.cotawa.org.au

Applications close 5pm on Friday 19 August 2016

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John W, Benalla, VIC
18 Jan 2010

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

Paul E, Ormond
22 April 2008

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

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

"I have been taking Magnus Shield for the past 4 months and I have noticed some great improvement, mainly it helps me to reduce the urgency to go to toilet and frequent urination as well. I used to wake up 6-7 times a night, and now I only wake up 3 times a night or less. Previously, I have to stand for few seconds to pass urine in the night time, now that problem has been solved, and also the burning sensation is also gone. Thank You Graminex for this product"

Gordon M, Rochedale, QLD
4 December 2009

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lendlease

Thoughts on putting things off - or not...



by Jon Lewis

SURPRISINGLY, it can be difficult to know what is on your own mind.

I discovered this, if you can call an accident a discovery, while relaxing in of all places... the spa. Previous to my discovery, I had spent time in my lovely three metre

by one and a half metre shed, cleaning it out and arranging all my things, a job that had needed doing for a very long time. Now the super shed was tidy and clean with a freshly swept floor and all the tools with shoes to be fixed were neatly arranged. While doing this I even fixed/glued a little boogie board that did not require repairing and I felt good about it anyway.

My journey then took me to, finally, descaling my beautiful coffee machine. To do this I needed to search for the branded descaler. In searching, I found myself at a big sale. I asked, quietly,

if my branded descaler was affected by the sale and to my delight the charming young lady said this too me, "As you have such lovely manners, my magic pen will give you a discount."

And so it did. Privately, I thanked my sweet mother for raising me this way and later on my way home, verbalised a thank you to her on the telephone. Four dollars and ninety-five cents was the saving, we both were delighted. Now my merry coffee machine makes a delicious, full flavoured brew of coffee.

During that same day I also repaired the gears on my darling's bicycle.

You may know this as it was previously known... my bicycle. My darling had ridden it so hard and for so long she wore out the gear cable. Wow, again I was off to a shop. To my delight and surprise the new cable was the exact same price as the discount the charming lady had given me. Imagine that?

Later I surprised myself by actually repairing the bicycle and tidying up a few other things too. Then I found myself sliding into the spa.

I felt relaxed, really relaxed actually and I started to wonder. I wondered why I felt more relaxed this time than any other?

I pondered and wondered. Then I considered, if all of these tasks had been weighing on my mind? Perhaps building with weight day after day, week after week, without me even realising it? Certainly I felt like a weight was lifted and I did feel... relaxed.

Now that I am calm, I am thinking if I complete all the little tasks as they arrive, will I stay this way?

I think there is a stealthy growth of anxious emotion generated by putting things off for a better time. This heavy emotion is not obvious, I believe, until you have freed your mind of all the tasks.

My mind is free and I feel great! How do you feel when all the work is done?

Oh by the way I found a to do list really helps! All the best.



by Rick Steele

I WAS trying to watch the "X" Factor the other night. Secretly I am impressed with the amazing young talent and the incredible production. However I do have a problem with the judges, not that I would want their job.

Sitting in front of the fire, I was reminded of the day my father came home and found me sitting in front of a roaring fire. He got very angry because we didn't have a fireplace.

Back in the late 50s when my brothers and I got our first guitars we began experimenting by mixing country music and rap. My dad called it crap.

"You boys should go a long way," said my mother.

"Yeah, the sooner the better," said dad.

I remember the first talent quest we entered and won.

My brother, myself and the naughtiest boy in our class, Peter Solon (his dad was a movie star called Ewen Solon who lived in London) sang *My Ole Man's a Dustman*. The quest was run by the Salvation Army and we won

The X Factor

a pot plant and a Bible.

I can't remember how we split the winnings, with two of us being the sons of a preacher man, we didn't really needed another Bible.

Guitar lessons hadn't been invented yet, so we taught ourselves to play and sing. Well we did that every Sunday.

Sixty years later and I'm putting on my glad rags and heading for the Grosvenor Hotel in the city to play and sing a few favourite songs that I've collected over the years.

Great old fashioned hospitality and excellent work in the kitchen just keep people coming back for more, so join me every Wednesday night from 6.30pm - 9.30pm. Say no more.

Next month on a date yet to be determined I will be holding a fundraiser at the Grosvenor for one of my bestest charities - Camp Quality. Their main purpose is to raise funds for young kids with exceptional problems in life and who need all the help they can get.

Wescarpade is an eight-day adventure that travels mostly on bush roads or tracks through the outback of WA raising funds, tempers (just kidding), blood pressure and merriment on a very worthy mission from God.

If you feel you would like to contribute, par-

ticipate or source more information please call Daisy or Kylie at Camp Quality phone 08 9388 8533.

PS - you don't need the "X" factor. I will be part of the merriment department.

Now that winter is here and as Mark Twain apparently said, "everybody is talking about the weather but nobody will do anything about it."

I have had my 'flu shot and my wife is feeding me more broth, stew and porridge in order to keep me healthy. Good luck with that one.

My country trip this month takes me to Bruce Rock for a 60th birthday. I used to do 21st's.

The Perth Blues club will start celebrating its 25th year in December and we are planning some major extravaganzas to promote this fairly well kept secret of the best blues club in Australia. It runs every Tuesday night at the Charles Hotel from 8pm.

We do get some young ones but blues is for all ages and *Have a Go* readers will feel right at home.

My doctor told me jogging would add years to my life... he was right - I chased the dog around the park for an hour and I feel ten years older already.

Cheers dears.

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The History and Future of Stamp Collecting: Part 5



by Mikel Smits

"HAVE you a yellow Sax-on?" – "I want a Russian." – "I'll give you a Prussian for a blue Brunswicker." – "Will you exchange a Russian for a black English?" – "I wouldn't give a Russian for 10 English!".....

Such was the sort of discourse to be overheard down Change Alley off Birchin Lane in London where an informal open-air stamp exchange had become established with dozens of mainly boys, but also girls and some adults, congregating to trade stamps during the 1860s.

Apparently even a government minister was seen, which was notable as such activity was then frowned upon with the local constabulary frequenting and moving all along. The same was true across the channel in Paris, with popular venues for collectors being the gardens of the Palais de Luxembourg and the Tuileries Gardens near the Louvre (the bourse at Tuileries later moved to a location opposite the President's Palace and still exists today).

Most of the trading was based on agreeing to exchange this stamp for that and if money was handed over, it was usually only pennies or centimes. In the hobby's infancy, values placed on stamps was rather hit-and-miss and so the laws of supply and demand, and particularly barter, truly prevailed. Even the very first catalogues published did not dare to attribute values.

The first concerted effort to list the stamps of the world for distribution was compiled in 1860 by a German collector in Strasbourg, Oscar Berger-Levrault. His collection of about 350 different stamps formed the basis of a hand-written listing he then shared with fellow collectors. Being a printer by trade (a family business of 150 years) he then

collaborated with others to compile a 12 page listing detailing 973 stamps of which 50 copies were printed in 1861. A second printing was soon required and in the following year he released another edition comprising 16 pages.

French civil engineer and collector, Alfred Potiquet, was an acquaintance of Berger-Levrault from whom he received permission to use his list to compile his own. From his and others' collections, he extended the inventory, added information, and importantly, included illustrations. He teamed up with a Parisian stamp dealer, Edard Laplante, and a technical bookshop owner, Eugene Lacroix, and in 1861 they published a fully-illustrated catalogue which was also the first available through book stores.

Back across the channel, a young, enterprising artist named Frederick Booty saw the commercial opportunity and produced a catalogue in 1862 which he followed-up with a second edition the same year. That he illustrated with hand-drawn facsimiles of the stamps, transferred onto lithographic plates including the text, and then printed.

A more successful though not illustrated catalogue was published by a recognised philatelist, Mount Brown. His comprised 1200 entries derived from his collection of some 400 stamps expanded upon with additions from others. Apparently Brown's publication was swiftly plagiarised by an American, John Kline, thereby becoming his country's first. Consequently 'the stamp hit the fan' between these two gentlemen.

English zoologist, Dr John Edward Gray, reputedly recognised as the first known stamp collector by virtue of purchasing for posterity a quantity of English Penny Blacks when they were issued, also published an alternative version in the same year.

1862 is therefore hailed as being a monumental year for stamp collecting with the first purposely illustrated albums and catalogues becoming universally available.

Pop culture coins

by Mikel Smits

THERE'S big money to be made through pop culture. A visit to the Perth Mint or its website presents a vast array of popular culture theme coins including *Disney*, *Dr Who*, *Star Trek*, mythical creatures and gods, *Alice in Wonderland*, *Transformers* etc.

Produced by the Mint, they are usually 1oz silver proofs with pad-coloured designs which sell for around a \$100 or more. Close examination reveals many are legal tender coins of the island nation, Tuvalu (too-vah-loo).

Formerly the Ellice part of Gilbert and Ellice Islands, Tuvalu broke away from the Gilberts in 1976, achieving full independence and Commonwealth of Nations membership in 1978. Situated in the middle of the Pacific Ocean, halfway between Australia and Hawaii, it is a group of three reef islands and six atolls with a combined area of just 26 km² (Rottneest is 19 km²) and a population of about 10,000.

When Australia converted to decimal currency 50 years ago in 1966, Tuvalu adopted our currency as their legal tender whereas prior to this they had used British pounds. In 1976, they issued their first circulating coins featuring sealife designs. More coins were released in 1981 and 1985 and then in 1994 came their last issue which featured the then new Raphael Maklouf design for the Queen's head.

All these mintages were however only in the low tens of thousands as the Tuvaluans had become accustomed to using Australian currency in tandem with their own, which I gather was valued at par to the Aussie money. I imagine it was due to pride and for the purpose of distinction that Tuvalu issued coins, however they must have foreseen the benefit of using an internationally respected currency because they never issued their own banknotes, instead, they used ours, as they still do today.

Unfortunately for Tuvaluans their country may not exist in 50 or more years due to rising sea levels caused by global warming. With virtually no resources to exploit and the

lack of abundant water supplies, the people survive on subsistence agriculture and fishing. The largest employer is the government sector which is essentially financed through the Tuvalu Trust Fund, contributions to which are received in the form of international aid. Australia is the largest benefactor (\$9.2m in 2016/17) along with the UK and New Zealand. Other income is earned through selling fishing licences, particularly to the US tuna industry and, fortuitously, because Tuvalu's internet top level domain is suffixed with ".tv", several million dollars per year are received from marketing it's use by overseas companies such as online TV networks.

Money also rolls in through royalties attained by allowing coins to be produced in their country's name. Beginning in 2002, these coins have essentially targeted popular culture collectors. Earlier issues included dinosaurs, *Harry Potter*, Australian governors and explorers, deadly and dangerous Aussie species, and Ned Kelly. Are they worth collecting? If they interest you, and you have no further expectations, then yes.

Western Suburbs VIEW group is looking for new members

LADIES are welcome to join the Western Suburbs VIEW club which meets every fourth Wednesday for a short meeting and an interesting guest speaker. The group provides a friendly welcome and a shared morning tea.

Also on offer through VIEW are interest groups including a book club, knitting, craft and regular outings.

VIEW is part of The Smith Family. It sponsors disadvantaged Australian

children's education in a highly successful program called Learning for Life.

The Western Suburbs VIEW Club meet at the Mount Claremont Community Centre in Montgomery Avenue, Mount Claremont, every fourth Wednesday at 10am with a cost of \$8.

For more information or inquiries call Jennifer on 9384 5863 or Ann on 9387 7104.

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SRCWA President's Jottings

ON BEHALF of my family I would like to thank everyone who sent condolence cards, posted condolences on Facebook and attended my wife's funeral, for your love and support. It was very much appreciated during this sad time.

Hugh Rogers

LiveLighter Aged Care Games Geraldton

In late May SRCWA travelled from Perth to Geraldton to conduct the inaugural LiveLighter Aged Care Games in Geraldton on 24 May. Six teams took part in the games and it was great to see those people have such a great time.

The winning team was Juniper Hillcrest with 230 points, second place went to Northampton Kalbarri Health Centre 2 with 187 points, third place went to Geraldton Community Care 2 with 172 points and the best-presented team was Geraldton Community Care 1. The oldest participant on the day was Audrey Clifton who was 95 years young.

Seniors Masquerade Ball, 8 June, Astral Ballroom, Crown

The 2016 Seniors Masquerade Ball was a sell out with more than 200 people in attendance. Our special thanks go out to our sponsors Crown, Have a Go News, Dept. of Sport & Recreation, Dept. of Local Govt. & Communities and Casey Australian Tours.

The masquerade theme was embraced by almost all who attended the ball and quite a few wore their masks all day.

An outstanding afternoon floorshow was performed by the Simply Swing dancers who had the dance floor full to overflowing during the interactive part of their show.

Once again the Offspring Band provided a perfect compilation of dance music.

SRCWA vice president Phil Paddon welcomed everyone and introduced the Minister for Seniors the Hon. Tony Simpson MLA who addressed the audience and officially opened the ball.

Once again SRCWA thanks the hard work of its volunteers and staff who helped make this event so successful.

SRCWA Country Music Concert

A group of 370 people packed in to the Morley Recreation Centre for the SRCWA Country Music Show on Sunday 19 June.

SRCWA would like to thank and acknowledges all the volunteers who helped set up for this event, those who donated the prizes for the raffle and who put a lot of time and effort in making this concert such a great success.

A big thank you to event organisers SRCWA vice president Phil Paddon and Terry Bennetts of Red Dog Music.

Tech Savvy Seniors - Connected Seniors event



This workshop was conducted in partnership with Telstra as part of Telstra's sponsorship of the TSS program.

A group of 75 people attended a hands on technology event on 10 June at the Telstra building in West Perth. It gave people the opportunity to see how user friendly these technology devices are and provided the opportunity to discuss different options with their mobile phones.

One of the most heart-warming outcomes from the workshop was when a Telstra staff member sat down with Joy Houghton and helped her to skype her family who she hadn't spoken to face to face in five years. We also welcomed residents from Amana Living who joined in on the day.

Telstra supplied morning tea, lunch, Samsung and iPad tablets and lots of staff to assist the seniors with this workshop.

LiveLighter Seniors Activity Information Day

On 25 August SRCWA will be conducting a free LiveLighter Seniors activity information day at the Masonic Hall, 16 Furnissdale Road, Furnissdale.

Activities will include, seniors exergaming, carpet bowls, skittles, seated hockey, beanbag toss, carpet golf and many others. There will also be a wide variety of senior specific information stalls.

A light lunch and morning tea will be provided free for participants, registration is essential as places are limited, please call 9492 9773 to register your attendance numbers.

Have a Go Day 2016 a LiveLighter Event, 9 November at Burswood Park - REGISTRATION OPEN

Registration forms are now available for clubs/groups, not for profit agencies and commercial entities; forms can be obtained from our web site: www.srcwa.asn.au or by calling 9492 9771 to register your interest.

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

Heritage corner

The historical growth of market gardens in Perth



Market Gardens Mounts Bay Road
© State Library of Western Australia

THE EARLY market gardeners in Perth were mainly of European origin, but from the 1890s to the early 1950s, you may be surprised to know the gardeners were predominantly Chinese. In fact, over a third of the Chinese population of WA were market gardeners.

When Captain Fremantle arrived in advance of the first Swan River settlers in 1829, he had orders to prepare a campsite for the new arrivals. As part of this work, his men cleared land near the mouth of the Swan River including areas for gardening.

The first settlers brought with them vegetable seeds and by absolute necessity, were soon

creating veggie patches around their dwellings. Unfortunately however they soon discovered the predictions of Charles Frazer, the botanist who accompanied James Stirling on his exploration of the Swan River in 1827, were completely unfounded.

Arriving in Sydney in 1816, Frazer was appointed superintendent of the Botanic Gardens. Three years later he was referred to as the colonial botanist by Governor Lachlan Macquarie. He was also known as the colonial collector due to his role as a field botanist. It was in that role he sailed to Perth and made what is now considered to be an absurd observation

that 'the river had a fertile flood plain'.

Fortunately there were some fertile patches along the river banks at the foot of Mt Eliza and to the north of the city around the lakes and swampy grounds. As early as 1842 there are illustrations showing the strip of land between the river and Mt Eliza, along what we now call Mounts Bay Road, was being used for vegetable and fruit gardens.

With a nearly five-fold growth of the population between 1850 and 1884, Perth needed a vastly increased supply of produce and consequently, there was a 55 per cent increase in the number of market gardeners in town. Many continued to take advantage of the rich soils along the Swan River foreshore, however much of the growth was made possible by the draining of the swamps behind the town.

What is now known as Northbridge was originally freshwater swamps. Draining commenced in the 1860s revealing extremely fertile soil, perfect for the needed expansion of market gardening.

Competition between the gardeners was keen,

but they joined forces to form a garden lobby in the Perth City Council. Even when they won a ward for the northern section of the town, they had to fight hard to win council approval for the construction of roads and drains in the area.

The boom created by the gold rush stimulated rapid growth in the development of local orchards and market gardens to cater for a vastly increased population. This took the total land area used for orchards, vineyards and vegetable growing from 1900 hectares in 1896, to 4600 hectares in 1903.

Around this time, in the late 1890s, Chinese immigrants became involved in market gardening. Having come from rural backgrounds in their homeland, many brought with them extensive agricultural and water management skills. They applied age-old intensive methods of irrigation and plant husbandry on the Perth foreshore, the South Perth foreshore and also on the drained wetlands in the Northbridge area.

In the 1920s the introduction of irrigation and artificial fertilisers allowed

the market gardens to expand beyond the swamps, which started the decline of city-centre market gardening.

Swamplands in the areas of Osborne Park, Balcatta, Jandakot, Spearwood and Wanneroo were eventually drained and added to North Perth, Bayswater, Midland Junction, South Perth, Victoria Park and Bibra Lake. They became the centres for market gardeners.

If you are interested in gardens you may wish to attend the next Heritage Perth Walk and Talk event, a walk through Our Heritage Trees, hosted by Alan Dolphin, technical officer - Arboriculture and Horticulture Parks and Landscapes City of Perth. If you want to know more about our heritage you can follow Heritage Perth on www.facebook.com/HeritagePerth, twitter.com/HeritagePerth, and [instagram.com/heritageperth/](https://www.instagram.com/heritageperth/)



History in the City Program

THE Royal WA Historical Society holds history talks on the first Wednesday of the month at 2pm at the Citiplace Community Centre, Perth Railway concourse.

See the society website for detailed information on www.histwest.org.au or ring the Royal WA Historical Society (RWAHS) weekdays 9.30am - 5pm. Tel: 9386 3841 a/hours, Lorraine Tholet 9494 2798.

These talks are presented by the RWAHS Auxiliary. Afternoon tea is included. Entry by donation of \$5.

Upcoming Talks:

Wed 3 August: John Viska - The grounds and gardens of the Osborne Hotel.

Wed 3 September: Clare Menck - 100 years of government housing in Western Australia

Fibre intake is the key to ageing well

by Frank Smith

PEOPLE who eat lots of dietary fibre are more likely to age successfully than those who ate less according to the results of a 10 year study of 1600 adults aged over 49.

Associate Professor Bamini Gopinath from the Westmead Institute of Medical Research said this study aimed to examine the independent relationship between various aspects of carbohydrate nutrition. The team also examined the association between carbohydrate nutrition variables and 10-year mortality risk in older adults.

Out of all the factors the researchers examined - which included a person's total carbohydrate intake, total fibre intake, glycaemic index, glycaemic load, and sugar intake - the fibre from fruits and breads/ cereals, but not from vegetables predicted successful ageing.

"The participants did not eat a lot of vegetables so the beneficial effects of vegetable fibre did not show up in this study," she said. "Other studies may well show up a benefit of eating vegetables."

Successful ageing was defined as absence of disability, depression, cognitive impairment, respiratory symptoms and chronic disease such as cancer, stroke, diabetes

and heart disease.

At the end of the 10 year study 610 had died, 750 were alive but unwell and 249 were successful agers.

Professor Gopinath said the study is the first to look at the relationship between carbohydrate intake and healthy ageing, and the results warrant further investigation.

"Out of all the variables that we looked at, fibre intake - which is a type of carbohydrate that the body can't digest - had the strongest influence."

"We found that those who had the highest intake of fibre or total fibre had an almost 80 per cent greater likelihood of living a long and healthy life. They were less likely to suffer from hypertension, diabetes, dementia, depression and functional disability."

Some carbohydrate rich foods have less effect than others on increasing blood glucose. This is known as their glycaemic index.

Consumption of foods high in glycaemic index, total carbohydrate and sugar intake were not associated with ageing successfully. However people who ate more high glycaemic food had reduced life expectancy.

The particular group examined were older adults whose intake of carbonated and sugary drinks

was quite low, therefore any debilitating effect of high sugar consumption went unnoticed.

Foods that are high in fibre contain more than just fibre; these co-passengers may provide the protective properties of fibre, rather than fibre itself. Most people know that a diet high in fibre helps to keep us 'regular', but successful ageing is a surprising benefit of this often-undervalued dietary component, she said.

Professor Gopinath said other studies have shown that ageing is associated with low-grade chronic inflammation and progressive deterioration of metabolic function.

The protective effect of dietary fibre could be partly due to the absence of peaks of blood glucose after eating. These peaks can result in overproduction of reactive free radical molecules and greater release of inflammatory compounds, she said.

In an earlier study, adults who closely adhered to recommended national dietary guidelines had a better chance of reaching old age with an absence of chronic diseases and disability, and had good functional and mental health status.

The research was published in *The Journal of Gerontology: Medical Sciences* in June.

Seniors Recreation Council of WA Inc



Have a Go Day

a LiveLighter Event
9 November 2016
Burswood Park 9am to 3pm,
Great Eastern Hwy



Registrations Now Open - places filling fast

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Community NOTEBOOK

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Presented by the RWHS Auxiliary.
Meetings are held on the first Wednesday of the month at 2pm at Citiplace Community Centre.
Interesting talks. Entry \$5 by donation.
Afternoon tea provided.
Information www.histwest.org.au or ph.the Royal WA Historical Society 9386 3841 9.30am-5pm a/h Lorraine 9494 2798

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Gary Holland Function Centre,
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Nine dealers: selling, buying, free valuations. 500 Lot auction at 2pm, viewing from 11.30am -1.30pm.
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email elizabethbic@westnet.com.au

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Enq. Ian Beeson 0419 049 013

WA WOOD SHOW
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Adults \$16 - Aged Pensioners, Seniors & Disabled \$14, Children \$8 (6-16 yrs)

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The service is in English and everyone is most welcome.
For further information phone 9364 9342.

WHEELCHAIRS FOR KIDS QUIZ NIGHT
Gibson Park Community Centre, Gibson Ave., Padbury.
22 July. Arrive 7pm for start 7.30pm start.
Prizes, raffle and spot prizes.
Tickets \$15.
For more information phone Marie 9246 0138 or leave a message. Email mariecocks@gmail.com

STATE BOTTLE SHOW
State Bottle Show & Collectors Fair at Cannington Exhibition Centre,
Cannington from Saturday 16 July 9am.-4pm.
Sunday 17 July 9am -3pm.
See kitchenalia, vintage jewellery, antique bottles, pottery, plus competitive display items by the Colonial Bottle and Collectors Club of WA.
Admission Adults \$5, Pensioners \$3 Children free

SHIRE of NORTHAM AVON RIVER FESTIVAL
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Minson Avenue. Friday 5 August 4pm-9pm.

PEPPERJACKS CONCERT in MANJIMUP
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Friday July 15 at 7.30pm. Tickets on sale Manjimup Visitors Centre, cash only or online at [ticketabo](http://ticketabo.com). Adults \$25 Children \$15 Weekend workshops \$20.
www.manjimupbluegrass.com

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



Lovely lady of dance made an impression in Australia and Britain



Jan and Bernie Reilly

by Adam Penn
A LIFELONG love of dance started for Jan Reilly (née Sturgeon) at just 11-years-old. Older sister Christine had started attending classes at the Mickey Powell School of Dance in Melbourne, so Jan decided she would like to go. She fell in love with dance and took classes at both Mickey Powell's and Jack Bosley's dance schools.
London born, Jan was six years of age when her

her mother Elsie before she turned 16, Jan took on a new approach to her dancing on her return at 17, turning professional and starting a competitive career.
She danced in a professional ballroom competition at the Australian Championships with Bernie Reilly, the team consisting of Jan Sturgeon, Sue Powell and Jenny Bloom.
The story goes, "After the comp, which they won, Bernie asked Ray Reeves who he should ask to partner him for professional competition, Ray suggesting Jan. The rest as they say, is history."
Within a year Jan had won her first state title, the 1968 Tasmanian Ballroom Championships, under the tutelage of Bernie taking extra lessons from Edna Purcell. They continued to power their way to success, winning numerous local events along with the 1968 Australasian Professional New Vogue and Exhibition Championships in Perth (Saturday at Embassy Ballroom and Sunday at Canterbury Court), the 1969 Australasians in New Zealand and the 1969 and 1970 Australian Professional New Vogue and English Old Time Championships.
Following in the footsteps of Bob and Pam Courts, Jan Sturgeon and Bernie Reilly won 22 consecutive championship titles in Australia and New Zealand by 1971.
Their New Vogue and English Old Time expertise brought them great success in the competitive field, but their exhibition style, trained by Bob Wrightson and Max Bond (Victoria), brought them championship titles, along with much public acclaim.
They applied to dance on Channel 9's *Australia's New Faces*, being noticed by Graham Kennedy and were subsequently invited to dance on his IMT Variety Program. After this they were approached by the Flotta Louro cruise line and invited to dance on the cruise, where they remained for about 18 months, travelling the world.
Jan remembers their delight on their travels, accommodated in a first class cabin and living the life of a guest, asked possibly once per week to perform an exhibition for the entertainment of their fellow guests. Jan also has fond memories of teaming up and performing with Patti Newton (née McGrath) on the cruises in Europe.
Arriving in England, Jan and Bernie shared a house with Patti McGrath in Bayswater, sharing dinners and social times with the likes of Olivia Newton-John, Bert Newton (who flew to England and proposed to Patti during this time), Bruce Forsythe and many others. Jan spent her time working for the First National Bank of Chicago by day and training and competing, again following Bob and Pam Courts in being the only Australia couple in the English Old Time events at all the British championships including Blackpool.
After completing both her associate diplomas and members degrees in Australia with the Australian Dance Society, Jan aimed to continue her studies in England. She worked with Bill and Bobby Irvine, Benny Tolmeyer, Brenda Windslay, Walter Laird, Nina Hunt and Doris Lavelle, achieving qualifications in Ballroom, Latin and English old Time.
During this time, Jan and Bernie forged a great friendship with Mick Stalainos and Lorna Lee. Jan remembers challenging these two Latin champions to dance in the English Old Time championships at Blackpool in 1972, a challenge they willingly accepted and had a great deal of fun performing.
The same year saw their introduction to the professional exhibition championships, through Madam Islett, the co-ordinator of the Blackpool event, after a 15-year interval. Jan and Bernie were invited to dance in the event, competing against Peter Maxwell and Lyn Harman and

Len Armstrong and Cherry Goodwin.
In 1977 Jan captained the Australian Ballroom and Latin teams in Blackpool, winning the first Anglo-Australian New Vogue-English Old Time teams match.
The couple's time in Britain and Europe saw them take part in various dance activities, notably the *Two Ronnies* with whom they performed in the Peggy Spencer English Old Time formation team, with Jan's legs super-imposed over Ronnie Corbett's, so that he looked more correct, the *Duel Of The Giants* at the international championships, and a performance with ABBA at the 1973 Carl Alan awards.

Jan and Bernie married in 1974 in Surrey and started their family six years later with Shane (a champion dancer himself) born in 1980, nine weeks before the young family returned to Perth for the World Championships. Jan and Bernie were very proud to take the 1980 World title in new Vogue-English Old Time, before they announced their retirement from competition. Four years later second son Brett (also a champion dancer) was born.
In 1981 the couple opened their school, Dance Court in Willetton, where they did coaching and teaching until 1992, the year Bernie died. Jan lives in Perth and, after more than 50 years in the business, continues to teach, coach, examine and adjudicate throughout Australia at all major events including the Australian Open, Australasian and South Pacific championships. She also works extensively on numerous committees to encourage and support Dancesport and dancing in general, Australia wide.
Footnote: A special mention about a Grand Lady Of Dance. Mrs Peggy Spencer MBE left the dancefloor here on earth on 25 May.

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

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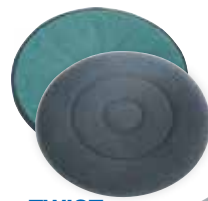


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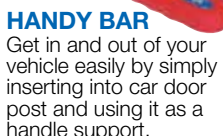
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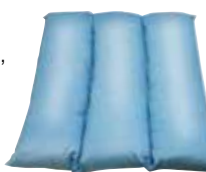
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Photos for illustrative purposes only.



by Jeanette Woolerton

AN IMPLANTABLE ultrasound device that appears to enhance chemotherapy treatment may benefit brain cancer patients.

The study, conducted

Brain cancer patients may be helped by new device

by researchers from the Pitie-Salpetriere Hospital in Paris, as well as a handful of other French institutions, tested the experimental device on fifteen patients with recurrent glioblastoma, a particularly deadly brain tumour. When a device dubbed the SonoCloud was activated, they discovered that sound waves opened the blood-brain barrier, allowing more chemotherapeutic agent to enter.

"The walls of the blood vessels in the brain are very difficult to cross for certain molecules. While this blood-brain barrier protects the brain from toxins it creates a challenge for treating brain diseases and disorders, as it blocks 99 per cent of potential therapeutic drugs. Scientists have been researching ways to bypass this barrier for over 50 years," said Frederic Sottolini, CEO of

Paris-based CarThera, the company developing SonoCloud."

Dr. Ekokobe Fonkem, a neuro-oncologist at Baylor Scott and White's Vasicek Cancer Treatment Center, in Temple, Texas, validates these findings.

"This is significant because one of the reasons glioblastoma, which is one of the most aggressive forms of brain cancer, is very difficult to treat in that the blood-brain barrier

prevents medications from getting across. It's possible that this ultrasound approach could pave the way for more effective treatments. There are medications that have potential but can't cross the blood-brain barrier."

The device is activated before each round of chemotherapy. M. Sottolini says two minutes of low-intensity ultrasound is enough to open the blood-brain barrier for

about six hours and increase the concentration of medication five to seven times.

Researchers used the chemotherapy drug carboplatin for the study. Carboplatin is commonly used to treat recurrent glioblastoma and has been shown to control tumours, but does not easily pass the blood-brain barrier.

The experimental treatments were conducted

monthly for six months at most or until evidence of tumour progression was detected.

This phase 1 trial was not designed to test whether higher doses of chemotherapy, passed into the brain, were effective. However, tumour growth did not progress in nine patients, which is a positive finding.

M. Sottolini said he hopes for a larger trial next year.

Diabetes does not have to be for life



People with type 2 diabetes can benefit from maintaining their body weight

by Frank Smith

BREAKTHROUGH research has shown that many people with type 2 diabetes could return to normal blood glucose control if they follow a very low calorie diet for eight weeks and then return to a normal diet designed to maintain existing body weight.

More than 350 million people suffer from type 2 diabetes worldwide. In Australia alone, an estimated 800,000 Australian adults have type 2 diabetes with many more undiagnosed.

Professor Roy Taylor and his team at Newcastle University in the UK found that plasma glucose returned to normal within days of following a very low calorie diet and insulin sensitivity was restored. At the end of the two month low calorie diet the subjects were returned

gradually to a normal diet followed by a weight management program to prevent them regaining the weight they had lost.

Nearly 90 per cent of recently diagnosed diabetics and 50 per cent of long term diabetics had normal blood glucose levels immediately after the eight weeks diet and 40 per cent were able to manage without medication or insulin injections for at least six months.

All group members had lower blood pressure and improved blood chemistry over the full six months and eight of them were also able to cease their blood pressure medication.

The diet consisted of Optifast shakes three times per day plus 240g of non-starchy vegetables. Participants received weekly support by telephone or other means. Physical activity was en-

couraged but food behaviour was the priority. Participants ceased all anti-diabetic therapy but remained on their normal statin regime.

Professor Taylor said following media coverage many people with type 2 diabetes had reversed their own diabetes by adopting a similar diet. Those who maintained their new weight were able to remain free of diabetes for up to three years.

The team is repeating the trial with a much larger group with type 2 diabetes.

For those who are unable to follow the very low calorie diet for whatever reason Adelaide researchers have developed a diet and exercise program which has also proven to be highly effective in reducing the burden of type 2 diabetes. The diet incorporates an eating pattern that is very low in carbohydrates and higher in protein and unsaturated fats.

"The research results are ground breaking," Associate Professor Grant Brinkworth, principal research scientist at the CSIRO said. "Health professionals have been divided over the best dietary approach for managing type 2 diabetes, and the ongoing uncertainty is a hotly debated topic amongst clinicians and researchers."

"The most amazing benefit of the low carbohydrate diet was the reduction in the patient's medication needs. Some of the participants managed to cease their medications altogether, and many described the study as life changing."

"The very low carbohydrate diet presented greater improvements in the blood cholesterol profile, by increasing the levels of good (HDL) cholesterol and decreasing triglyceride levels to a greater extent than the traditional approach," said Professor Campbell Thompson from the University of Adelaide.

"The low carbohydrate diet was more effective in reducing the number and levels of blood glucose spikes and dips, flattening the blood glucose profile over a 24-hour period," he said.

Diabetes research news...

THIS month National Diabetes Week is from 10 -16 July. *Have a Go News* highlights some of the news from Diabetes Research WA. Diabetes affects a large proportion of the population, with many undiagnosed, people are advised to have regular health checks with their GPs to ensure they have not developed the disease.

Generous Diabetes Research WA bequest...

When Perth woman Nancy Warner passed away in 2014 at the age of 97, it was her wish that some of her estate be left to diabetes research having lost both her husband Joe and son Ross to type 1 diabetes.

"Joe and Ross died some decades apart but each had been massively impacted by their diabetes - Joe had a leg amputated and Ross had lost his sight by the time he passed away at 63," explained friend Lynne Milne, also the executor of Nancy's will.

"Nancy believes they both were tired of managing their condition and chose to stop using insulin."

"She was really just the loveliest lady and felt strongly that people with diabetes needed more mental health support and I think this was her way of trying to make a difference."

Diabetes Research WA executive director Sherl Westlund said she was incredibly grateful for Nancy's generosity.

"As an organisation, we're committed, through funding world-leading research, to easing the trauma of living with diabetes and that includes the psychological challenges, which can be significant," said Ms Westlund.

"We've already contributed significantly to under-

standing the psychological impact of diabetes but we want to take that to another level so people like Nancy don't lose their loved ones in such tragic circumstances."

Men with erection problems urged to rule out diabetes

Erection difficulties may be a taboo subject but a peak WA diabetes research funding group is urging men and doctors to re-think talking about the issue on the back of an international study revealing its importance as a powerful warning sign of diabetes.

Diabetes Research Western Australia said the research, which showed men with erectile dysfunction had more than double the odds of having undiagnosed diabetes, should act as a wake-up call to the general public and the medical community.

Sir Charles Gairdner Hospital Department of Endocrinology and Diabetes consultant physician Bronwyn Stuckey said erectile dysfunction - defined as the inability to achieve or maintain an erection firm enough for sexual activity - was a common complication for men with both type 1 and type 2 diabetes with more than half of men with diabetes developing it.

"If a man goes and gets medical advice about his impotence, ruling out diabetes - or other health complications as a cause - should be part of the investigation and men need to know to bring this up with their doctor, if their doctor doesn't raise it with them."

For more details on the work of Diabetes Research WA head to www.diabetesresearchwa.com.au or call 9224 1006.

Feet first for National Diabetes Week

FOR PEOPLE living with diabetes, putting your feet first and learning how to care for them is very important. Each year, 4,400 Australians will undergo a lower limb amputation due to diabetes-related complications, and it is estimated that a staggering 85 per cent of these cases could have been prevented if the problem had been detected early and treated properly.

Diabetes can cause nerve damage and loss of circulation to the feet, meaning injuries often go unnoticed and are very slow to heal. A burn from walking on hot sand,

a small cut or a blister from tight shoes is all it takes and, if left untreated, can quickly escalate into nasty foot ulcers and amputations. The consequences are life-changing and cannot be undone.

So throughout National Diabetes Week, taking place from 10 - 16 July, put your best foot forward and reduce your risk. Six steps for taking care of your feet include:

Attend a free Diabetes WA FootSmart session. Upcoming sessions include 12 July in Melbourne, 19 July in Subiaco and 24 August in Belmont.

Have an annual foot assess-

ment by a podiatrist.

Check your feet every day for signs of infection (redness, skin breakdown), swelling, blisters, corns, calluses, cuts, cracks and change in the colour of your nails or shape of your foot.

Look after your skin and nails. Wear comfortable, well-fitting shoes.

Take charge of your own diabetes.

Visit www.diabeteswa.com.au for more information on caring for your feet, or call 1300 136 588 to book an individual consultation with a diabetes educator.



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Don't miss the York collectable clock auction in August

YORK Friendship Club is holding a memorabilia auction featuring an extensive clock collection from a private country donor.

They are more than happy to host this event as three children's charities will be the beneficiaries of this generous gesture.

The York Friendship Club is a small group of ladies who fundraise monthly for various charities Australia and

worldwide. This includes two big special events, Easter Fayre for the Fred Hollows Foundation and the Medieval Fayre for Perth homeless.

The auction will be held at the York Town Hall on Sunday 28 August, viewing is Saturday afternoon. Not only will this auction be unique but organisers hope it will encourage other collectors to think of the good their own collections can achieve at the end of the day.

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...for the mature traveller*

A visit to the Hawaiian Islands is not complete without touring Pearl Harbour – this month Brad Elborough speaks to Ken Bradshaw about his visit to Pearl Harbour on page 21.
Seen here is the USS Missouri docked at Ford Island. Photo courtesy of Hawaii Tourism Authority (HTA) / Tor Johnson.



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Jen Merigan

LAST MONTH Gerry Lyng, the manager of the Bell Tower, took me on a tour of the tower. I found it to be an incredible

bly enjoyable experience seeing the bell ringers in action.

The Bell Tower offers great views of the river

and Elizabeth Quay and is the perfect place for a visit, especially if you are hosting visitors from afar.

Rottneest Island is going plastic free this July and they are encouraging visitors to reduce the consumption of single use plastic across the island. Recent storms have resulted in a lot of marine rubbish being washed up along many of the beaches and plastic makes up the majority of the rubbish.

We've had a great response to the day tour

to Antarctica, if you would like to join us for this special day trip of a lifetime contact me for the brochure.

I love hearing from readers about their travels and long time readers Jan and Bob Weston sent me a lovely postcard while they have been holidaying in the south of France. One of their discoveries on their trip was a little town on the Mediterranean near Nice called Mandelieu-La-Napoule.

They said it was a lovely spot and they enjoyed

a meal on the terrace at the historic Chateau which is located right on the Med.

Qantas have announced that they will allow low tier frequent flyers to purchase single visit passes to their domestic and international airport lounges. The scheme is being introduced on a trial basis with passes available to frequent flyers during off peak periods.

Eligible flyers will receive an email invitation and the passes will only be sold online and not

on the day of travel.

I am currently having a break from Talking Travel at the moment but will let readers know in the coming months when we will recommence these sessions.

If you have a travel issue, enquiry or would like to share some information, don't hesitate to contact me on the email below.

If you're a facebooker than like *Have a Go News* at www.facebook.com/Haveagonews. Happy trails

Jennifer Merigan
Travel Editor



The travel industry and readers are welcome to contact the travel editor:
Ph 9227 8283

Email: jen@haveagonews.com.au

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

ANTARCTICA is the world's last great wilderness. Travel editor Jen Merigan invites readers to join her for a trip of a lifetime to visit Antarctica.

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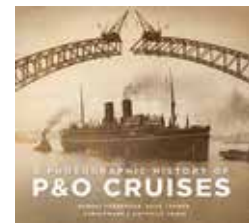
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A visit to Hawaii - paying respects to the fallen at Pearl Harbour



From left to right; Visiting the USS Arizona memorial - Ken Bradshaw enjoying a helicopter ride over the Hawaiian Islands

by Brad Elborough

IT'S EASY to forget that Pearl Harbour is located on the gorgeous Hawaiian Islands.

Once you fly into the island of Oahu, via Honolulu Airport, the focus is very much on the sand and surf at Waikiki Beach, not the reminders of a pivotal moment in our world's history.

Not that Pearl Harbour is hidden away; far from it.

When Ken Bradshaw had the opportunity to visit Hawaii recently for his daughter's renewing of wedding vows, Pearl Harbour was on the top of his to-do list.

Ken's no war buff, he prefers checking out old prisons, such as Alcatraz, but he knew it was something that he just had to see for himself while he was there.

"I have been to Ground Zero in New York (the memorial for the World Trade Centre that was attacked by terrorists on 11 September, 2001) and people ask why I wanted to see that," he said.

"I haven't been personally involved in either, but both events affected the world and I wanted to show my respects.

"I wouldn't say I had a specific interest in Pearl Harbour. I haven't studied what happened there. But I have read about it and the events that occurred in December 1941 are common knowledge."

For those who don't know much about Pearl Harbour's significance (other than what you saw in the Ben Affleck Hollywood blockbuster), here's a quick rundown of two important hours that have helped to shape the world that we live in today.

At 7.55am (local time)

on 7 December, 1941, the US base at Pearl Harbour was attacked by Japanese fighter planes. More than 2400 people died and around 20 ships and 300 airplanes were either damaged or destroyed.

About half of those US casualties occurred on the battleship USS Arizona. It was hit four times.

The result of the mayhem was the US entering the WWII and in August 1945 it ended it when atomic bombs were dropped on Hiroshima and Nagasaki. Japan surrendered less than a week after more than

100,000 of its people died in the bombings. The official surrender documents were signed on board the USS Missouri in Tokyo Harbour on 2 September.

There was much more to the War than that, much of which can be learned by visiting Pearl Harbour.

The USS Missouri has long been retired and is now docked in port at Pearl Harbour and Ken recalls seeing the spot where the documents were signed to end the fighting.

But it was the memorial and wreckage of the USS

Arizona that grabbed his attention more.

"I'd taken a helicopter flight over the top of Pearl Harbour a few days before visiting and when you look out, you can see the wrecks of other boats that were sunk during the attack as well," he said.

"During the ride out to Pearl Harbour for the tour, there was commentary on what we would be seeing and then more when we were led into a large theatre.

"There was even some footage showing that was taken on the actual day; and there is more commentary that was made by some of the survivors.

"And then you catch the ferry out to the Arizona Memorial. It's a bit eerie. You walk down one side and back the other and you can look down a big hole in the floor to the actual wreckage of the battleship lying underneath; that's when you see the oil slick."

That oil slick is coming from the USS Arizona that took on oil the day that it was hit. There has been controversy for the past 20-30 years over how

best to handle the oil that has been seeping from the wreckage for more than 74 years.

Some experts suggest that there is enough in storage for it to continue surfacing for at least another 50 years.

Guides are discouraged from boarding the memorial of the USS Arizona, in a bid to keep the noise down for those who are there to remember or to pay their respects to those who died back in 1941.

And it's not only

those who died that day who are remembered. Survivors from the crew of the Arizona can be laid to rest at the site once they die; many have taken up that offer.

Others who have died since the attack, but were not a part of the USS Arizona crew also have a chance to have their ashes scattered in the area.

It is the respect that the Japanese are paid at Pearl Harbour that caught Ken's eye though.

"The whole area is very

respectful to the Japanese soldiers, including the Kamikaze, who lost their lives in the battle as well," he said.

"There are a lot of photos of the fallen Japanese on show, which I admit surprised me as well.

"There would have been 15 or 16 Japanese on the same ferry to the Arizona as me, some even in uniform, clearly sailors or navy who were visiting to pay their respects.

"And they were left alone to do so."

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*Top: Enjoy the ambience
at the Madame Brussels
Lane European
Night Market*

by Jeanette Woolerton

WINTER has finally turned the corner. Following the solstice on 22 June (which marks the day of the year with the fewest daylight hours) we now look forward to longer days and the return of the sun's warmth.

Victorian residents are

well versed with the chills of winter and the city of Melbourne is arguably the best capital city in Australia for celebrating the light during the year's darkest months.

In keeping with its warm, dazzling and inspiring mid-winter tradition, the Melbourne city skyline will glow with a spectacular light

show every Friday evening from the 1 July to 26 August.

This is a free event and all are invited to journey down to the Docklands Waterfront to soak in the brilliance from 6.30pm onwards. The spectacular fireworks commence at 7.30pm.

There is no need to bring your own food or drink, with an array of restaurants and bars along the waterfront to choose from.

This is a guaranteed start to a great weekend, whatever that weekend may have in store for you.

The fireworks illuminate our environment, reflect off the inky waters of Port Philip Bay and light up the heavens, so it makes perfect sense to add to that wonderment by treating yourself to some mulled wine and European treats at the annual Madame Brussels Lane European Night Market, just a stone's throw away in the CBD.

Commencing on the

22 July and running through to the 12 August, there will be a quirky selection of stall holders (as well as returning ones from last year) awaiting you at the 'Paris end' of the city.

Once you arrive at the destination the aromas will seduce you into a state of bliss that could be described as internal fireworks.

Night markets have been a favourite pastime throughout Switzerland, Austria, Germany and the UK for many years and The Madame Brussels Lane European night market is an exquisite Australian representation of that tradition.

Of course, no European night market would be complete without mulled wine, crepes, live music and entertainment, which create a warm, welcoming ambience that intoxicate the senses.

Some of the treats that you discover at this year's night market in-

clude freshly baked German pretzels from Bretzel Biz, Polish dumplings from Eastern Bloc, fabulous Flammkuchen from Frieda's Flammkuchen, melting fondue cheese from Frenchese, flaming French crème brûlée from The Brûlée Cart, French crepes from Les Crepes de Marion and Praline almonds and macadamias from Chooch La La.

Whether you are a local who has been hard at work all week in the CBD, or a tourist visiting this gracious city, this is the perfect opportunity to unwind with a cup of hot mulled wine and exquisite culinary delights in the breathtakingly beautiful 'Paris end' of the city.

This has to be the most majestic way to spend any winter weekend and comes highly recommended for all ages. For further information refer to madamebrusselslane.com.au/news/european-night-market/

Three gurus enhance seniors' social scene



*From left; Ryan Newman,
Anne Williams and Geoff Mead*

MOST people have heard of The Three Musketeers, then meet the Three Seniors Social Scene Gurus.

Anne Williams has joined forces with Geoff Mead of Perth Seniors Travel Club and Ryan Newman, travel consultant, to bring to you some new and exciting trips visiting overseas, interstate and in our own great state.

Many readers will know Anne from Annie's Activities, previously featured in *Have a Go News*. Anne is experienced in arranging functions, outings and events for seniors and has been for the past 12 years.

Geoff has a family background in coach travel, tours and daily transport both over east and now in WA.

Ryan is from a travel background and offers a personal touch as he will come to your home and arrange your travel. What a wonderful service this will be for the seniors community.

It is with great enthusiasm and excitement that they have decided to work together to bring the seniors community some lovely activities in a secure, caring and interesting environment and to try to reach many people who, without the programs put together, would otherwise not get out and about.

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Sail back in time in Dirk Hartog's path with STS Leeuwin II in October



Glenesse Dyson onboard the Leeuwin II

GLENESSE DYSON has just returned from the Leeuwin Ocean Adventure Foundation's, Monkey Mia to Fremantle voyage and is gearing up for more adventures.

The 55-year-old grandmother enjoyed her nine-day adventure so much she's planning to sail to the Dirk Hartog celebra-

tions in Shark Bay in October.

Ms Dyson achieved many personal achievements, both physically and emotionally on the tall ship STS Leeuwin II. The first day onboard she climbed the 33 metre main mast and did not stop pushing her limits from there.

"Everybody encouraged everybody. I never expected the challenge of climbing a sail on the very first day. The Leeuwin cured my fear of heights... I underestimated the strength in my legs and arms," she said.

Ms Dyson returned from the voyage with a new lease on life.

"I have less fears. This was a major life change. I am a different person to what I was before I left. There is more to me and this voyage revealed that."

The STS Leeuwin II is a working ship. All participants are expected to join night watches, steer the helm and belay ropes together among other tasks.

The ship will be joining the 400th anniversary festivities of the first Dutch contact with Western Australia, at Dirk Hartog Island. Anyone aged over 18 can apply to be part of the voyage, leaving Fremantle for Shark Bay on 14 October.

Ms Dyson plans to be onboard for the sail up and to join in the festivities at Shark Bay.

"I would love to come back for the Dirk Hartog voyage. I actually want any excuse to get back on the ship, throw away

technology, climb some sails, eat some great food, be rocked to sleep in the arms of grandmother-ocean and meet a bunch of interesting people," she said.

The WA Maritime Museum and the Leeuwin Ocean Adventure Foundation are presenting a Dirk by Sea lecture on Sunday 31 July from 3:30 – 5pm.

It will be held at the WA Maritime Museum in Fremantle and include talks from four guest speakers. Everybody is welcome to attend the free lecture to learn more about the Dirk Hartog history, festivities occurring in Shark Bay or about the Leeuwin voyage and how to get involved.

The Leeuwin Ocean Adventure Foundation is

a not-for-profit organisation based in Fremantle, Western Australia. It is an award-winning provider of experiential learning and leadership development programmes.

For more information on the Dirk Hartog voyage or pre-voyage lecture visit the Leeuwin website at www.sailleeuwin.com/ dirkhartog2016.

Duyfken stamps her place in history



THROUGHOUT her short, 17 year life, the replica sailing ship *Duyfken* has always looked for opportunities that test the sailing skills and character of those who sail aboard her. In these modern times it often pays to reflect on the courage and undoubted seamanship of those Dutch mariners that crossed the oceans of the world in search of riches in the form of spices.

All who sail aboard *Duyfken* this century often ponder: "how did they do it back then?"

Well they did, and they did it well. And in keeping with these traditions a crew of modern day adventurers boarded *Duyfken* in 2006 to tackle the oceans that lapped at the shores of the Australian continent, taking on the challenge of circumnavigating Australia, a voyage that would take six years to complete; as there were a few stops along the way.

That year marked the 400th anniversary of the original *Duyfken*'s arrival on the coast of the unknown Southland, and so to acknowledge the first Europeans to set foot on Australian soil, the *Duyfken* replica was commissioned to undertake a voyage from Fremantle to Sydney, along the way visiting 25 ports and inviting thousands of visitors to step aboard and experience life at sea on this little Dutch yacht.

By all accounts it was a memorable experience

for the crew of 16, one full of challenge when you take on all that mother nature can throw at you, as your ship tackles the wind and waves of the Great Australian Bight. But tackle they did in the same vein as those who had sailed these oceans 400 years before.

Like all great adventures at some point they come to an end, and so after circumnavigating half the continent of Australia, *Duyfken* entered the calmer waters of Sydney Harbour to a fanfare befitting of such a vessel and her accomplishments.

For the next five years *Duyfken* remained as an east coast resident, sailing between Sydney and Cairns and visiting ports in between to reveal her stories and her history to those who stepped aboard for a tour of the ship.

Despite the enthusiasm of all those who visited her, the east coast can be a lonely place when you are so far from home, and the familiarity of family and friends and so the call for *Duyfken* to return to her home port of Fremantle began to gather steam.

That calling became a 100-day epic voyage as *Duyfken* slipped her lines in Sydney on 11 April 2012 bound for Fremantle. This voyage took her north to the tip of Cape York Peninsula, down to Weipa, across to Darwin and then down the west coast to Fremantle, arriving on 23 September. Like

all *Duyfken* sailing adventures the crew were consistently challenged with the extremes of big seas and wild winds, to days of drifting in the tropics with no wind to propel her forward.

Fast forward to 2016 and *Duyfken* is now in the final days of preparation for another epic undertaking. On Thursday 18 August at 10am *Duyfken* will slip her lines and head out of the Fremantle Fishing Boat Harbour, bound for Bunbury, the first leg of the *Duyfken* 2016 Dirk Hartog Commemorative Voyage and Exhibition.

This year *Duyfken* will go on exhibition at the following ports, Bunbury (22 August – 4 September), Mandurah (5 – 14 September), Hillarys (15 – 27 September), Jurien Bay (29 September – 3 October), Dongara (4 – 7 October), Geraldton (8 – 16 October) and Denham (19 – 24 October).

This four-month pro-

gram will enable thousands of West Australians to step aboard *Duyfken* to personally discover the magic and allure of the Little Dove, a ship that is so much a part of the maritime history of Western Australia, so as a reader of *Have a Go News* we have a special offer for you.

For seniors we have a special group (10+) price for visits to the exhibition between 2-5pm Monday – Friday. The special price is \$9.95 (normally \$12.50) with a one off group transaction fee of \$9.95.

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The STS Leeuwin II, Western Australia's very own tall ship, will join in the celebrations of the Dirk Hartog's 400th commemoration at Shark Bay. The Leeuwin Foundation invite sailing enthusiasts of all ages to travel in Dirk Hartog's steps.

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The Cockburn Story - discover this often overlooked region with its diversity of place



Left; Woodman Point's ammo jetty, popular with fishers, once used to bring in ammunition that was stored in bunkers in nearby sand hills. Right; Lee Tate

not so for Cockburn which has been in the shadow of Fremantle."

Tate says when he first started looking around Cockburn there appeared to be many firsts including the submarine and national defence base, an area uniquely stretching from coastline and wetlands, Australia's first crematorium and even the first shark net of its kind.

"Cockburn is close to beaches with fish-breeding and protected by islands. The adjacent regional park is virtually in its original bush state.

"It's how the explorers first saw it when they first landed in WA. There aren't many parts of the coast where this has been preserved or disturbed, which is partly because of the quarantine station and military areas.

"In three months researching the area, I saw it was sacred to indigenous people. I found out more and more and just kept on going. I believed I could make a movie from it all. How many places have both coastline and wetlands, extensive history and even its own busy airport (Jandakot)?

"Coming to Cockburn is a multi-million dollar sports centre which will accommodate the Dockers, as well as basketball courts and swimming pools."

Tate says people might question why they should go to Cockburn. "No one says let's go to Manning Park where you can see birds and animals often

not seen elsewhere, visit an historic house or walk along cliff tops with views across the region and out to sea. Aboriginal people used this as a major trek, so much is unique."

Third generation West Aussie Tate says he and his brothers grew up in Perth thinking Cockburn was just a limestone, crumbling place where ethnic people and a few market gardeners lived.

"It was cheap property which seemed to be miles away when in fact it is 15 minutes from Fremantle. The thing is, Cockburn is not a destination in its own right, it is overshadowed by Fremantle. Garden Island is central to WA's heritage but is now restricted to defence personnel with only occasional visits by outsiders.

"Whaling in WA officially started in Cockburn Sound. There were huge cattle yards, meatworks and abattoirs to support the colony and then the burgeoning new state. Our pioneers crash-landed here, stumbled tragically with loss of life to create farms before their final breakthrough with market gardens and stock. One of WA's most dramatic prisoner escapes was in the area when a group of convicts was plucked from the shore by a fake whaling ship."

Tate and wife Robyn happened on living in Cockburn by chance. Taking grandkids on trips in their caravan they realised the kids didn't need or want to travel

long distances. So they drove past Coogee and Woodman Point and were attracted to the holiday parks near beaches, parks and natural park with bush walks among wildlife – even pesky rabbits.

"Then, next thing, our Melville house needed substantial renovations and we didn't want to live there because it involved bedrooms and bathrooms so we lived in the caravan at Woodman Point for a few weeks. We started looking at properties and ended up settling in Cockburn."

Tate is passionate about his 14-minute DVD and his quest to place Cockburn on the map. "The local council here is very progressive and has lots of open days inviting ratepayer input. Perhaps we should get the community, including business and council, behind a central information and indigenous centre. People could contribute historic photos, artefacts and anything else of relevance before it is lost or forgotten.

"There is so much to tell. For instance thousands of migratory birds from around the world come to Woodman Point. And there's good argument to restore the train track that ferried explosives to ammunition bunkers (which can still be seen), through the bush, past sand hills and the crematorium and quarantine station.

"Along the way, opposite Coogee Caravan Park, is the Coogee Hotel, freshly heritage-restored. Built in 1901 and opposite the colony's first

racecourse, it was the first hotel. In those days it was considered a long distance from Perth and was dubbed the Honeymoon Hotel."

Lee Tate has an extensive journalism, business and marketing background and has been working in recent years in support of mental health carers Helping Minds. His reporting career covered business, politics, education and social columns for newspapers including *The Australian Financial Review*, *Melbourne Herald*, *The Australian*, *The Sydney Telegraph*, *Launceston Examiner*, *Albany Advertiser*, *The West Australian* and *The Sunday Times*.

During his 23 years working away, Tate worked in London for two years and was also appointed to a Japanese journalist exchange program.

He has written for public relations companies on business and politics, been a commentator on ABC Radio, current affairs broadcaster on 6PR and consulted on marketing campaigns including for WA's Margaret River wine industry.

Tate is an author (*West Aussie Book of Firsts*) and ghost writer of other books. He has a regular segment on Curtin Radio with Jenny Seaton covering amazing West Aussies.

The non-profit video (\$20) is available at www.amazingwa.co, or send details to The Cockburn Story, 30/132 Cockburn Road, Munster, WA 6166 or contact 0455 510 711.

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by Josephine Allison

TWO years after he moved to Cockburn, much travelled journalist and author Lee Tate is working to give the often overlooked region a higher profile with the release of his new non-profit DVD *The Cockburn Story*. Tate says coastal Cockburn stands on its own regarding indigenous people, pioneers, development, industry, tourism, wildlife and even national defence.

"Hordes of people stay and pass through Cockburn, which has two big holiday parks, but they leave largely uninformed," he says. "Many locals generally know only a little of their backyard's heritage."

"Pick up any WA, Perth or Fremantle brochure or map and there will be a spiel on Rockingham and Mandurah, for example. Even small country towns are usually listed in their region's directories; but

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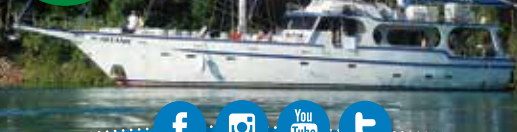
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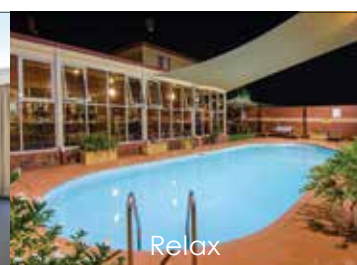
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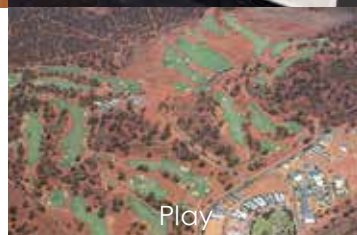
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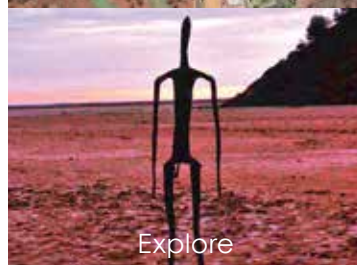
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Sometimes we take for granted what's right under our noses

Memories of mates and fishing for herring

by Mike Roennfeldt

SOMETIMES it takes someone from a faraway place to make us appreciate something that's right under our noses.

It was about 35 years ago. My old mate Ross Cusack and I were joined by legendary fishing film maker and magazine editor Ron Calcutta for a couple of days at Rottneest. Ron was a quirky character who introduced Australian fishos to cutting edge fishing techniques and we were sure he would be keen to tangle with big fish like tailor, salmon or yellow-tail kings.

It turned out he was actually happier to watch rather than fish, which is probably just as well because there wasn't

much about. What there were though, were herring, heaps of them in fact. Ron was fascinated by the prolific numbers of them and the honest energetic fight they put on. He wistfully suggested we were incredibly lucky to have them. Apparently in his home town of Sydney there is no local equivalent.

His enjoyment of herring continued when we took some back to the cabin for dinner. Ross was doing the cooking and he chose to slow fry the whole fish after scaling, heading and gutting them. I had always cooked them as fillets but I had to acknowledge that doing them whole tasted far superior.

Since that time I invariably cook them as Ross did and I really enjoy them that

way, especially when I'm cooking up breakfast with freshly caught fish.

Mind you, herring haven't been so easy to find in recent times, particularly for those of us who live north of the river. The warm inshore water obviously hasn't been to the herring's liking, but having said that, the best herring fishing I've had this year has been up at the Abrolhos.

Beats me why that would be so.

Still, from all reports, there have been heaps of them along the south coast and one would hope that all it will take is some cooler inshore water to convince a few more to turn right and head north.

If that means I will have to put up with lower water temperature on my morning dip next summer, then so be it.

World first marine rehabilitation project at Busselton Jetty



BUSSELTON Jetty Underwater Observatory Manager Sophie Teede has been successfully colonising sea sponges and soft corals on Busselton Jetty pylons

in a world first marine rehabilitation project.

It was not known if the marine life would regenerate after being scraped off to prevent the progression of the

molluscan wood borer or Teredo worm.

"The initial rehabilitation began in April 2015, using collected fragments of damaged invertebrates which were latticed securely against the treated piles," Sophie said.

"Survival and growth of these fragments was monitored and recorded using a photo log over the last year. It has proven very successful with the rehabilitation area also attracting new species to colonise the treated piles."

Locals and lovers of the Busselton Jetty marine environment

can now help further this project and earn a tax deduction at the same time.

"Tools and equipment are required to expand the project so more of the 200 wood piles can be regenerated."

The Busselton Jetty Environment Fund is a 100 per cent tax-deductible fund and any donations will continue to progress this world first environmental project, rehabilitating marine life on timber piles beneath the jetty.

For further information visit the Jetty or the website - www.busseltonjetty.com.au

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You'll set off from the bright neon lights of Tokyo experiencing Japan's rich culture and endless discoveries. Spend time at Mt. Fuji, explore the village of Shirakawago, and enjoy a Farewell Lunch at a Traditional ryokan nestled in the peace and quiet of Mt. Yoshida. Japan was voted one of the top 10 countries to visit in 2016, and we are being welcomed with open arms and warm hospitality.

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DAY 1 / 2: PERTH - TOKYO (IFM / D)

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DAY 3: TOKYO SIGHTSEEING (B / L / D)

This morning start your city tour with a visit to the Imperial Palace Plaza, a large park area in the centre of Tokyo. View the Imperial Plaza built on the former site of Edo Castle. During lunch, enjoy a cooking class and learn how to make sushi with a local specialist in the famous Ginza district. Continue to Asakusa and visit the Sensoji Buddhist temple. This evening enjoy a Japanese-style dinner at a local restaurant.

DAY 4: MT FUJI AND HAKONE SIGHTS (B / L)

After breakfast depart on a full day of sightseeing, beginning at the Five Lakes District dominated by majestic UNESCO listed Mt. Fuji. After enjoying lunch at a local restaurant continue to Owakudani via the Hakone Ropeway, a cable car ride over the forest beside Lake Ashi. In Owakudani see the volcanic activity and enjoy black eggs boiled in geysers before continuing to the beautiful town of Hakone.

DAY 5: TOKYO – MATSUMOTO – TAKAYAMA (B)

Drive north this morning to visit Matsumoto Castle, one of the most beautiful and complete original Japanese castles and a great Cherry Blossom viewing spot in the springtime. Later continue your journey through the breath-taking Japanese Alps to the beautiful hillside town of Takayama. **Hotel: Hida Plaza/ Takayama Green/ Associa Takayama or similar for 2 nights**

DAY 6: TAKAYAMA SIGHTS (B / D)

Begin your walking tour of Takayama, known as 'Little Kyoto' and discover its Edo style streets filled with amazing attractions. Explore the Old Town, stopping en route to sample Japanese sake at an Authentic Sake brewery. Continue to the Kami-Sannamachi-suji District, home to renowned local artisans. Walk through the narrow streets and admire the ancient Japanese wooden architecture. This afternoon is free to explore this picturesque town or relax. Dinner this evening is a Regional Meal of Japanese Hida beef at a local restaurant.

DAY 7: TAKAYAMA – SHIRAKAWAGO – GOKAYAMA – KANAZAWA (B / L)

Take a step back in time during a visit to the peaceful mountain villages and UNESCO designated sites of Gokayama and Shirakawago. Explore the village of Shirakawago, have lunch in a local restaurant and go up to the Observation Deck for spectacular views looking down on the entire village. In Gokayama observe local artisans making washi paper and try making your own. Next discover the secrets of gold leaf painting during a visit with a Local Specialist. **Hotel: Kanazawa Tokyu or similar for 1 night**

DAY 8: KANAZAWA – KYOTO (B / D)

Begin the day at the gardens of Kenroken, rated as one of the top three most beautiful gardens in Japan and a great place to see Cherry Blossoms in the springtime. Explore the ornate landscapes, temples and ponds or enjoy an optional experience (additional expense) to a Japanese tea house within the gardens. Later take a short walk through the Omicho market to see the local fish catch and enjoy an insider's view of everyday life in a busy coastal town. Enjoy some free time at the markets to browse the stalls and to have lunch before taking the Express train to Kyoto. Later enjoy a traditional Japanese Kaiseki Regional Meal and dance performance featuring Maiko. **Hotel: Nikko Princess Kyoto or similar for 2 nights**

DAY 9: KYOTO SIGHTS (B / L)

This morning visit Kinkakuji Temple, a UNESCO World Heritage site famous for its Golden Pavilion. Later, enjoy a special Be My Guest Farewell Lunch at a Traditional ryokan nestled in the peace and quiet of Mt. Yoshida. Learn more about local Japanese customs as your hosts welcome you into their beautiful home. Later continue on to the Fusshimi Inari Shrine and see the tunnel of thousands of bright orange torii gates that snake through the forest up into the mountains. Then head to the Sanjusangendo Hall, a temple famous for its 1001 statues of Kannon, the goddess of mercy.

DAY 10: OSAKA TO PERTH (B / IFM)

This morning we transfer to Osaka airport for our flight home to Perth via Hong Kong. Upon arrival in Perth your driver will be waiting to take you home.



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A nostalgic trip back to sunny Geraldton...

by Josephine Allison

RETURNING to the town where you spent part of your youth can revive lots of memories and so it was when I headed up to Geraldton for a nostalgic few days. The town has come ahead in leaps and bounds, but the familiar landmarks of my

youth remain.

We stayed not far from Geraldton Bowling Club where, as a teenaged cadet journalist on the thrice weekly *Geraldton Guardian* newspaper, I agonised over getting the bowling championship scores right. If I didn't, I would earn the ire of my bowls loving

editor who would chastise me severely. I was a jack of all trades in those days, from reading realms of galley proofs which I would then return to a spike next to the linotype operator in the factory or I would head down to the local police courts where virtually everything was covered

from drink drivers to a murder case or two.

The *Geraldton Guardian* newspaper has long relocated out of town but I popped into Guardian House, now a surf shop, and remembered those long ago days when the building was bustling with staff. There was a shop in front which sold stationery, magazines and cards with the editorial offices and factory beyond. Upstairs was the offices for accounts, the general manager, accountant and social editor.

Marine Terrace had four or five pharmacies, several newsagents (Rocks remains), jewellers, furniture and electrical stores, dress shops, cafes and a bike shop. A newspaper colleague often lunched at a Greek family-run milk bar on one corner.

Geraldton's foreshore had long been cut off from the town by the railway line but that all changed in the mid 2000s with a major restoration. The railway line was moved elsewhere and replaced with a delightful area housing coffee shops, a children's playground, a waterpark, public art sculpture representing the meeting of land and sea and areas where you can picnic and enjoy the winter sunshine.



Clockwise from left; HMAS Sydney II Memorial - Josephine Allison as a young reporter in Marine Terrace - signage on Marine Terrace Trail

Of course I had to take a drive past my old school Stella Maris College (now Nagle College) where the nuns instilled in me a love of writing and literature but despaired at my lack of bookkeeping and algebra skills. Work in progress prevented us from looking inside St Francis Xavier Cathedral, the work of the late Monsignor Hawes. The parish priest arrived in Geraldton in 1915, the foundation stone was laid in 1916 and the building completed in 1938.

The Geraldton Civic

Centre opposite the cathedral is virtually unchanged. It was opened by Queen Elizabeth II in 1963 and our school turned out in force to welcome her and the Duke of Edinburgh. The Geraldton Regional Art Gallery in Chapman Road was once the town hall and used for many occasions.

We revisited my family home in Albert Street above St Patrick's College and took time out to reflect at the memorable HMAS Sydney II Memorial. It is a moving tribute to the 645 lives lost on

the HMAS Sydney II in 1941 and the 360 degree views of Geraldton make it even more poignant as you stand and reflect.

The Geraldton Courthouse where I covered cases almost daily is much as I remember it with the police station now next door. We drove to Geraldton Airport where I lived for two years when my father was in charge of the Bureau of Meteorology, later moving into town.

One day we drove to Northampton to visit a friend. The town has a rich past of indigenous and European cultural history. In 1848 Welsh and Cornish miners began mining lead in the Northampton area and in the 1850s copper mining started. The Northampton town site was surveyed and declared in 1864 and renamed Northampton in honour of John Stephen Hampton, the Governor of WA.

The Northampton Visitor Centre built in 1885 is a stone building which was formerly the old police station, quarters and courthouse. You can step into the past inside the delightful Northampton Family Store (1910) which has a big array of clothing and other items.

Northampton prides itself on being a clean and tidy town and we enjoyed our time there. In spring the area has a colourful array of wildflowers in season including exquisite orchids such as the donkey, bee, cowslip and rare greenhood orchid.

Back in Geraldton we toured Marine Terrace for a final goodbye and then it was on the road again and back to the city lights of Perth.

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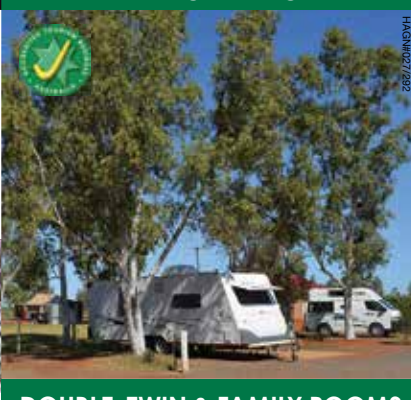
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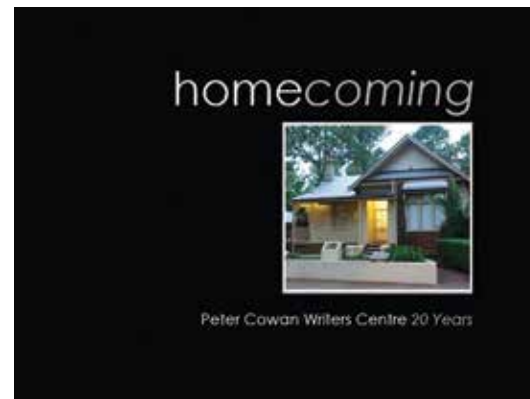
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Commemorative book celebrating WA author and ECU Joondalup



PETER COWAN writers centre (PCWC), located in the grounds of Edith Cowan University's Joondalup campus, has launched a commemorative book – *Homecoming* – to celebrate the 20th Anniversary of its founding.

Homecoming is also a tribute to the life and work of Western Australian author, Peter Walkinshaw Cowan (1914 - 2002). Peter Cowan was the grandson of Edith Dircksey Cowan, the first woman parliamentarian in Australia.

He was an alert observer of country landscapes and in his early days lived and worked in Western Australia's south west, and also in the Wheatbelt.

He was a prolific au-

thor and eight of his short stories have been reprinted in *Homecoming*, together with a number of black and white photographs taken by Peter of the landscapes that inspired much of his writing. His stories include themes of isolation, loneliness and despair set in the

beautiful, unrelenting landscapes of Western Australia, and later in contemporary suburbs.

In 1987 Peter Cowan was made a Member of the Order of Australia and in 1992 he was honoured with the Patrick White Award for an Australian Writer of Great Distinction. Peter was named one of Western Australia's Living Treasures in 1999, and he was awarded a Centenary Medal in 2001 for his service to literature through writing.

Copies of *Homecoming* are \$25 (or jacketed version \$35) plus postage \$7. They may be ordered through the website www.pcwc.org.au, or via email cowan05@bigpond.com.

Take part in the Dowerin Field Day



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WIDESPREAD rain across the Wheatbelt in the past couple of months, has generated a lot of interest among exhibitors at the Dowerin GWN7 Machinery Field Days.

With such a positive outlook for the season, the machinery sites were all spoken for by the time application's closed on 13 May. The number of exhibitors has been consistently rising over the past few years from 600 in 2013 to 700 in 2015, with even more expected this year.

Dowerin events management chairman Michael Metcalf said it was unusual to receive such a significant number of applications so early.

"In recent years the site has been fully booked across all areas, but to be knocking exhibitors back by mid May is pretty well unheard of," he said.

"We can only attribute it to the exceptional start to the season this year. It shows that agricultural businesses have faith this will be a bumper year for Wheatbelt farmers, and we certainly hope they're right."

This year's event, on 24 and 25 August, will celebrate the Face of Farming, with a focus on the people that make the agricultural industry a success.

Building on last year's theme of Careers in Agriculture, school debating will also be introduced to the event, with high school students covering a number of hot agricultural related issues throughout the two days.

A new equestrian exhibit will also be introduced this year, as a result of feedback received from visitors to the event.

Event coordinator Jenna Santos said many people who attend the field days ride and own horses, and

have requested more equestrian related exhibits.

"The exhibit will include around 30 equestrian businesses, as well as demonstrations and clinics throughout the two days," Mrs Santos said.

"It is expect to attract several thousand equestrian enthusiasts from across the state, and will be a welcome addition to our event."

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DECEMBER	CHRISTMAS BY THE BAY	\$1,850

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Ravensthorpe Wildflower Show and Spring Festival



Ravensthorpe Wildflower Show and Spring Festival

13-24 September, 9am-4pm

Wildflower Show will featuring more than 700 different species, Eve Green's Bush Bizo and Sue Leighton's creative masterpiece *The Lady* plus Devonshire teas and hot soups.

Spring Festival highlights: Sunday Markets, guided bush walks, 4WD tag-a-long tours, gala dinner with guest host Sabrina Hahn

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WITH SPRING around the corner, now is the time to plan your visit to the 34th annual Ravensthorpe Wildflower Show and Spring Festival. The Spring Festival takes place throughout September and the Wildflower Show component will take place 13-24 September.

It is going to be a month of vibrant floral beauty, events and activities. Come and enjoy this hidden paradise for an enlightening, relaxing and enjoyable experience.

The Wildflower Show is an internationally recognised world class floral display produced by amateurs, enthusiasts and professionals. Botanists, artists, photographers and nature loving tourists from around the world agree that our region's flower show is one of the best. In just a 10 day window people can view in one location more than 700 different species that have been picked (under licence), named, collated and put on display by dedicated volunteers.

To add to the floral display there is Eve Green's Bush Bizo, which is a fascinating collection of bush articles and features an echidna and a chuditch. Also on display is Sue Leighton's creative masterpiece *The Lady*; a model adorned with local flowers.

Devonshire teas and hot soups are hosted by local community organisations adjacent to the show.

During the Spring Festival many activities help people discover the hidden treasures and hospitality of the region. The show will open with a street parade and a Scottish dancing and music festival that promises to be an evening to remember.

Other events include:

- Sunday markets.**
- 4x4 tag-a-long tours.** Follow expert guides on some of the best floral routes around. People need a 4x4 or organisers will try to find people a seat with someone.
- Guided bush walks.**
- 4x4 bus tours.** If people don't have the car to take out exploring, this would be suitable.
- Artisan stalls and pop up shops** featuring local small businesses – crafts, oils, jewellery and edible goods.
- Art and flower based activities.**
- Art and photography displays.**

Just one hour from Perth, travel through the rural landscape of the historic Chittering Valley for a weekend escape or day visit to Bindoon.

A wide range of accommodation is available throughout the area complemented by picnic areas, wineries and walk trails.

2016 Chittering Wildflower Festival, Bindoon
Friday 16 - Sunday 18 September, 10am-4pm

Seasonal fruit can be bought from roadside stalls and during spring the area is renowned for its wide range of wildflowers.

Taste of Chittering, Lower Chittering Sunday 28 August

Chittering Visitor Centre
6180 Great Northern Hwy, Bindoon
Ph 9576 1100 Email bindinfo@iinet.net.au
www.chittering.travel

Shire of Chapman Valley

Connecting visitors from the wildflowers of the Midwest to the coast of Coronation Beach.

The Moresby Range is the gateway from Geraldton with a range of self drive day trips including overnight and short term camp sites on the way.

Enjoy our carpets of wildflowers, heritage, cottage tourism activities and local facilities; BBQs & picnic areas, playgrounds, toilets, dump point.

www.chapmanvalley.wa.gov.au

Wildflowers down south

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North Perth B&B offers a home away from home for guests and pets in lovely surroundings

WHAT makes a B&B appealing? Ask Dr Sarah Rossetti, who has been successfully running Above Bored Bed and Breakfast in North Perth for the past 10 years. Dr Rossetti, a personable television screenwriter, believes, "In addition to the price advantage B&Bs offer, it's the comfort of knowing that an experienced host lives on-site."

"B&B guests are looking for something different to bog standard, often overpriced, hotel rooms. We have many regulars, who know they cannot run up a bill here. They enter via a code and pull the door behind them when they leave, so it's relaxed. We include free breakfast, WiFi and parking, and if they book more than one room or stay a week, they receive great discounts."

Above Bored is a AAA 4 star rated, 1927 federation home and cottage just five minutes north of Perth CBD, in a quiet street. It is child friendly and offers pet friendly accommodation where pets stay free in guests bedrooms without a pet bond." Sarah says.

"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." Sarah says, "My personality as a writer and diver is reflected in the king sized room bathroom's amazing underwater fresco ceiling, which kids adore; in the romantic ensuite master room with French doors and a gas log fireplace."

"Pet owners and car fanatics love the garden room cottage because pets romp freely in the secure back yard, and cars are tucked away safely in a remote controlled garage."

Take Time out in Toodyay

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

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www.blackwattleretreat.com.au

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CARAVANNING • CAMPING • ACCOMMODATION

Field Day showcases WA agriculture and entertainment for the whole family

WITH September fast approaching, preparation is well underway for the 44th Annual Newdegate Machinery Field Days. New exhibitors and loads of entertainment for the whole family, all pave the way for this year's event, which promises to be bigger and better than ever.

From the first Field Days held in 1973, this iconic event has grown to become one of the most renowned and recognised in the Wheatbelt. Machinery, technology and research, animals and livestock, outdoor and camping exhibits, art and photography, fashion, show bags, food and wine, local produce, live entertainment, and much, much more make this two-day event one not to be missed, promoting and celebrating agriculture.

Joining the line up for this year's entertainment is the fun and interactive, *Ricochet Circus*. This high-energy circus act will be providing children with workshops and performances over the two days. Proudly sponsored by Brookfield Rail, this new entertainment act is set to provide a lively atmosphere and amaze the entire family.

People will see the return of some of the favourites, including a bouncy castle, the Naked Butcher demonstration and Fairy Sandie with her gorgeous fairy helpers are set to return with performances, workshops and roaming fairies for the younger visitors. Children looking for a more thrilling and challenging experience, the Laser Corp team will be providing a range of combat missions to suit all ages with Laser Tag and the new Hero Tag to suit younger ages.

The Field Day would not be possible without the support of the sponsors, who are an integral part of the event.

The organisers hope people can join them for this year's 44th Annual Newdegate Machinery Field Days, 7 and 8 September - and experience this extraordinary showcase of WA's agricultural industry at its very best.

To find out more about the 2016 event, please contact by email nfdlay@westnet.com.au or checkout the website www.nfdlay.com.au.



THE PATHWAY to Wave Rock is an experience in Australia's Golden Outback that people will remember for its open spaces, wonderful sense of freedom, massive granite rocks, spectacular night skies, unique attractions and friendly country people.

Wave Rock, in the Shire of Kondinin, is an iconic attraction. A large granite outcrop, initially used as a water catchment area for the settlement in the early 1900, has a fantastic wave 110m long and 15m high weathered into the rock

wall. It has been developed by the Hyden community into a tourism haven with accommodation, attractions and food outlets, that not only sustains their community but illustrates the ingenuity and character of an outback town.

A trip to Wave Rock can be a pleasurable journey over several days by driving through the Shires of Quairading, Bruce Rock, Narembeen, Kondinin, Kulin, Lake Grace and Corrigin along the Pathway to Wave Rock, all of which are RV friendly with accommoda-



CENTRAL WHEATBELT

let's gotravelling

The Road to Wave Rock

tion and caravan parks of a high standard.

Travellers can enjoy interesting attractions such as the Tin Hore Highway near Kulin, Kokerbin Rock – a very large monolith with excellent picnic facilities, and Steve's Art and Sculpture Park on the way to Bruce Rock or the dog cemetery and wildflower walk near Corrigin.

They will wonder at the fortitude and ingenuity of early settlers by visiting the Grain Discovery Centre in Narembeen, Toapin Weir in Quairading, the Inland Mission Hospital in Lake Grace or the various pioneer museums along the way. The Wheatbelt is also a great place to relax chatting with locals in a coffee shop, a vineyard or to enjoy a picnic spot in bushland with unique flowers and birdlife.

The 'Pathway to Wave Rock through the Open

Wheatbelt' brochure can be obtained by contacting the Central Wheatbelt Visitors Centre on 1300 736 283. The brochure has an excellent map of regional roads, so a trip can be planned to link into the designated trail from any direction rather than travelling to Perth and out again.

www.pathway-towaverock.com.au or www.wheatbelttourism.com are ideal places to start planning a trip. Look for the link to view the You Tube video get in the mood to have fun on a trip to this wonderful part of Western Australia.

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7th & 8th

SEPTEMBER

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HAG001 18/09/2022



WA's Central Wheatbelt invites you to explore the area and discover its farming history...



Left to right; Hikers on the walkway under the Golden Pipeline, at Mundaring - A Banksia cuneata, found near Hyden - One of many creations on the Tin Horse Highway, which stretches for 20km near Kulin © Tourism WA

Visit Trayning Hotel Motel!

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All rooms have been recently updated and re-carpeted.
Motel units are self contained and include ensuite, air con/heating, TV, fridge.
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Salt lakes and fauna surrounds.
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Trayning Hotel Motel Phone: 9683 1005
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Old world charm with modern refurbishing

Lake Grace Hotel welcomes you with local accommodation.
Rooms are motel units with individual bathroom, TV, fridge, toaster, kettle, tea/coffee. Meals, bar with bottle shop, and parking.
Local attractions include salt lakes, granite outcrops, wildflowers and bushwalking trails.

"We serve dinner or cooked breakfast from Monday to Saturday"

*Hotel accommodation rates per night: Single \$65 • Twin \$70

*Conditions apply. Motel unit rates: single \$85, double \$90, twin \$95.

LAKE GRACE HOTEL MOTEL 16 Stubbs St. Lake Grace
Ph: 9865 1219 E: lakegracehotelmotel@yahoo.com.au

THE CENTRAL Wheatbelt towns are all within around a two to three hour drive from Perth.

Visitors to the area have the opportunity to see vistas of open farmland, walk the wildflower trails, climb granite rocks, and enjoy the small country towns.

Stay a while and enjoy the magic of the Central Wheatbelt. This guide provides people with information on some of the towns which make up this important farming area in WA. For more information visit the <http://www.wheatbelttourism.com>

Bencubbin

270 kilometres northeast of Perth

Bencubbin is located three and a half hours' drive northeast of Perth in the centre of the north eastern Wheatbelt.

Bencubbin is on the border of wheat and station country. This contributes to the wonderful variety of beautiful wildflowers and bird life found throughout the shire. Birds are numerous all year round, and the stunning wildflower season lasts from June until October. There are many varied points of interest, all serviced by good roads.

Bencubbin has a meteorite named after it.

The wildflowers in Bencubbin are spec-

tacular, when there are good winter rains, the district blooms. Between July and October experience the diverse range of flowers.

Bencubbin lies in the Shire of Mt Marshall for more information visit www.mt-marshall.wa.gov.au/

Bruce Rock

243kms from Perth

A traditional farming town, Bruce Rock produces crops of wheat, barley, lupin and peas. Sheep, pigs and goats are also farmed in the area.

The Bruce Rock Museum comprises a historical display in the restored Bank with adjoining reconstructions of an original one-roomed school, a typical mud brick settlers hut and a blacksmiths shop.

An arts and crafts centre is located in the main street displaying a wide variety of work by local artists.

Cunderdin

156 kilometres east of Perth

Cunderdin is a two-hour drive east of Perth on the Great Eastern Highway. It was first settled with the arrival of the railway in 1894.

In 1901, the Goldfields Water Scheme reached the town, bringing with it an increase in population.

During the spring months the hill is carpeted with pink and yellow everlasting.

A deep gash in the earth, caused by the Meckering earthquake which destroyed the town in 1968, can still be seen today, located 11 kilometres from Meckering, on the Quellington (York) Road.

For more information visit www.cunderdin.wa.gov.au

Dowerin

156 kilometres north east of Perth

Dowerin is situated on the Pioneers' Pathway tourism route and Northam-Wyalkatchem-Merredin railway loop line.

The name Dowerin is taken from the Aboriginal word 'Daren' that was given to a series of lakes some eight kilometres south of the town.

During the last week of August Dowerin is home to the Dowerin GWN Machinery Field Days, an annual event showcasing the very latest in farming machinery, equipment, precision technology and rural services.

The town's population can increase from around 400 up to 15,000 during this event.

For more information visit www.dowerin.wa.gov.au

Huskies and Hounds at The Hamptons

The Western Australian Dog Sled Association is hosting The HAMPTON HOON at Hampton View Homestead, Mount Hampton 16 to 17 July 2016

Come one-come all!
Sled dog racing in the Wheatbelt!

The dry-land sled dog races - has to be seen to be believed!

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Outback WA Eastern Wheatbelt, near Southern Cross
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Ph: 9040 4034
Email: goodhillp@skymesh.com.au
www.hamptonviewhomestead.com.au



We would like to welcome you to our BRAND NEW Caravan Park in Quairading.

We had our official opening on Friday 22 April by Shire President Brian Caporn and Mia Davies, local member of The National Party who quoted "One of the Best in the Wheatbelt"



Quairading is located about 170 kms east of Perth in Western Australia's wheatbelt.

QUAIRADING ATTRACTIONS:

Quairading Nature Reserve - 527 hectares of native bushland west of the town along the railway line to York. The reserve contains York Gum, Salmon Gum, Wandoo and Casuarina trees, and wildlife including the eastern wallaroo, western grey kangaroo, echidnas, reptiles and birds.

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

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

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

UPCOMING EVENTS: 16 July, Car Park Markets - 16, 17 & 18 September, Feature Artist Day, 22 September, NAIDOC Day and 23 September, Future Artist Day.

NO PRICE INCREASE: Still \$20 per van, we do offer special discount for Caravan Clubs.
BOOKINGS: The Shire office 9645 2400 or Peter Ricetti 0427 392 407 (a/h)

Koorda Caravan Park



Located on the edge of a bush reserve and town recreation facility. Walking distance to local shops and town centre.

Park is RV friendly, 20 powered sites, digital retransmission TV, campers kitchen and disabled ablutions.

Take the chance to pack a picnic and visit the rocky outcrops or nature reserves within comfortable travel distance of the town.

Drive in: One of three in WA. New digital system to enhance the picture.

For more details on viewing times and dates visit:
facebook: www.facebook.com/KoordaDriveIn
or Instagram: @koordadrivein

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Email: admin1@koorda.wa.gov.au
Website: www.koorda.wa.gov.au



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• Varley • Pingaring

• Art, Culture, History, Wildflowers and Natural Beauty



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Towns of the central Wheatbelt

Koorda 238 kilometres northeast of Perth

Just over three hours' drive northeast of Perth is the town of Koorda.

The predominantly farming community dedicates itself to growing wheat, coarse grains and sheep.

Early in September, Koorda hosts its annual Agricultural Show, which brings together past and present residents, along with a large number of visitors. The show features many agricultural displays, including the 'corn dollies'.

You can find out more about the show at www.koordashow.com or for more information visit www.koorda.wa.gov.au/

Lake Grace 345 kilometres south east of Perth

The Shire of Lake Grace is home to the towns of Lake Grace, Newdegate, Lake King, Varley and Pingaring.

As you travel the open roads marvel at the natural beauty of the farming landscape dotted with natural salt lakes in shades of pinks, greens and mauve.

For more information contact the Lake Grace Visitor Centre on (08) 9865 2140 or visit www.lakegracevisitor-centre.com.au

Meckering 133 kilometres east of Perth

Situated on the Great Eastern Highway between Cunderdin and Northam this small hamlet was a busy Wheatbelt town until hit by a devastating earthquake on 14 October 1968.

The Meckering Big Camera Museum is situated on the Great Eastern Highway.

It features displays of items which include cameras, movie cameras, enlargers, processing equipment, slides, projectors, kaleidoscopes and more.

Trayning 235 kilometres north east of Perth

Trayning has natural granite outcrops, native birds, insects, reptiles, woodlands and stunning panoramas of wildflowers in season which are all easily accessible.

The town is 70 kilometres from Merredin and in the heart of the northeastern wheatbelt and is with good roads.

The shire attractions are well sign posted with maps readily available.

For more information about the Shire of Trayning please visit www.trayning.wa.gov.au

Wyalkatchem 200 kilometres north east of Perth

Wyalkatchem is at the centre of the wheatbelt and has a population of 523.

The gateways to the town are historical grain elevators which mark the region's claim to fame as "The cradle of Bulk Handling" because it was the first place where bulk wheat was collected in WA. It is also home to some of the best wildflower displays.

The town lies on the Pioneers' Pathway – the old Goldfields Track which was the route taken by fortune seekers making their way toward Kalgoorlie Boulder.

For more information visit www.wyalkatchem.wa.gov.au.

Corrigin – a Wheatbelt town on the way to everywhere

ON THE WAY to Corrigin stop and look over the fence at food being sown or harvested.

A paddock of canola is a great splash of sunshine amongst the greens of grain crops. If the sheep are at the shearing sheds, as people pass by, they may be able to watch shearing. People may even snatch a chat with the farmer. Just ask the farmer for permission and safety concerns. They are on the go for untold hours.

The town has several picnic and play parks if people are just stopping for a rest. Visit AN-ZAC Hill with a Turkish WW1 gun, Tower Hill, Farmers Memorial Museum, Town Hall and Roads Board buildings, an original working windmill – the last of hundreds before piped water arrived – and a railway water tower.

Take a selfie with a big red harvester at the machinery dealers in Walton St. See the bread grains at the CBH bins and bulkheads. Buy local lamb at the butcher shop.

There are many points of interest on the approach roads. The Brookton-Corrigin Highway has woodland and wildflower stops at the 20km peg – Jubuk North Rd, 12km peg – Kunjin, 5km peg – Wildflower Drive, 2km peg – short Look-Out drive of shrublands and views over farms and the town.

There is something intriguing or unique around every bend.

There are always wildflowers and always a spot of colour in the amazing bushlands which are most colourful from September to November. Orchids fea-

ture from May to November. Whatever the season people will be mesmerised by the leaf designs and hues of the scruffiest shrubs. Wander through woodlands of salmon gums, black-butts, jam wattles, rock sheoaks and mallees or search the litter for fungi, lichens and minute liverworts.

There are also four massive granite domes; just walk in off Seimons Ave in town onto Corrigin Rock or if you fancy a climb try Gorge, Woggerlin or Sewell Rocks further a-field.

What are those tracks? – a bird, a lizard or what? Kangaroos bound away if startled in the bushland. Watch soaring eagles and listen to melodious shrike thrushes or the shrieking of galahs and ringneck parrots on their sunset roosting flights. Even in town people will hear the dawn bird chorus. There are always water-birds on the dam near the railway crossing. Interesting volcanoes, towers and crumbles belong to ants and beetles.

Then at the end of a discovery-packed day, relax at the Corrigin Caravan Park. Barbecue under a billion stars, cook in their kitchen or walk down to Corrigin Hotel which has delicious, value-for-money dishes. The caravan park has green space, powered sites and is an easy walk to the shops, services and the hotel.

For more information in the Corrigin-Kulin Wheatbelt area about special places, flora and fauna or casual tours by appointment email: rob.in.campbell@westnet.com.au



Rare Grevillea scapigera - Corrigin Grevillea © R Campbell - Sunrise

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Reynoldson Reserve Festival
28, 29 30 October 2016

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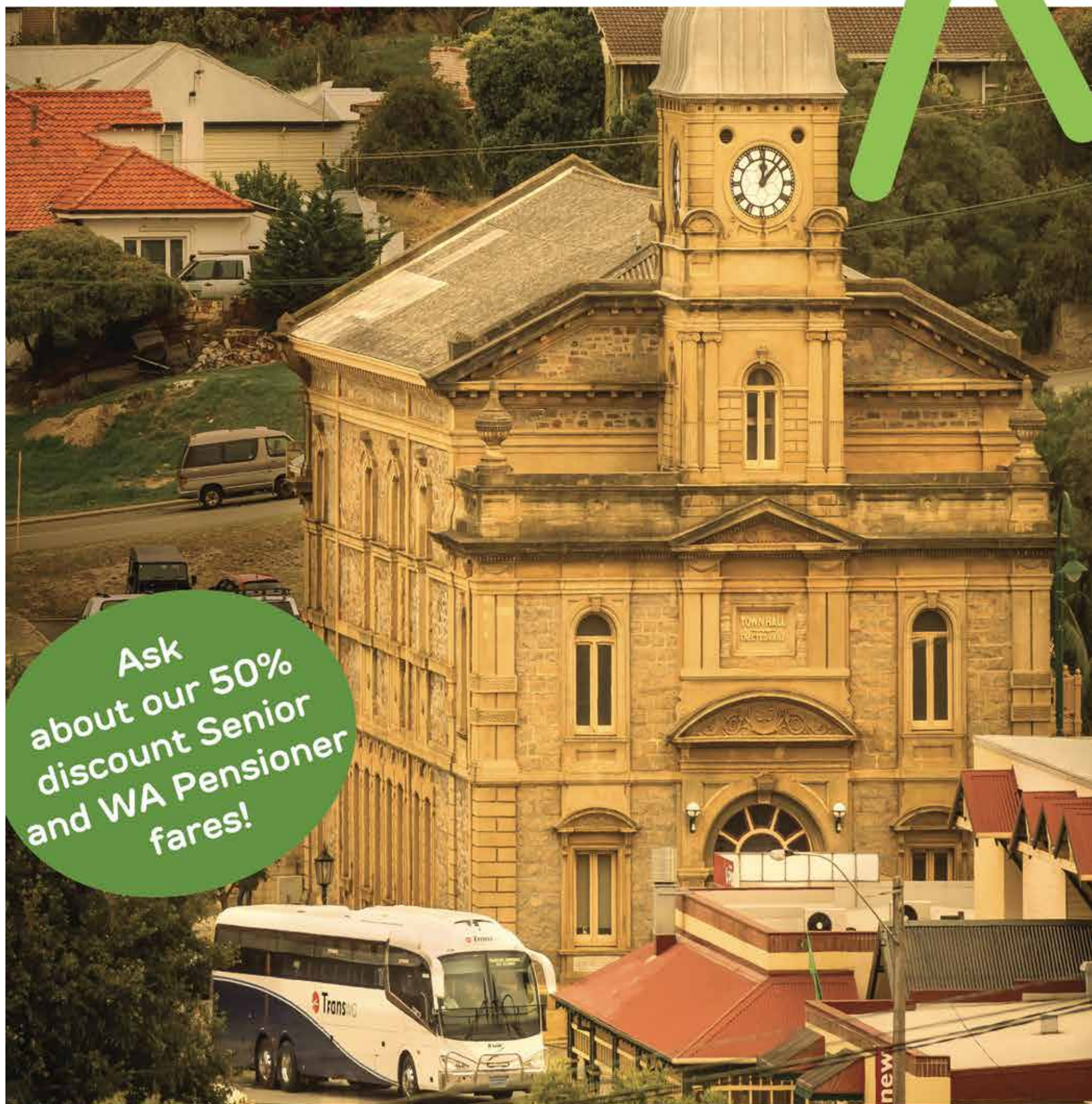
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Brunch with T - A vintage cafe



by Tahlia Merigan

THIS month I went with my grandfather, who most readers know as Quentin but whom I call Ga, to a quirky little vintage café in Yokine called Mid Century Café and Collectables.

It was very easy to find and well signed. Once we arrived we both felt that we had stepped back to somewhere between the 1950s-70s.

Diners have the option of sitting at themed areas styled from the 50s to the 70s.

There are areas where you can play a game of backgammon, read the paper or let the kids play in the retro toy kitchen area.

Though it was counter service, the staff were very friendly and accommodating for our orders.

I ordered a pineapple, rock melon, coconut milk and lime smoothie (\$7) and a pot of peppermint tea (\$4.50). The tea came out in the cutest vintage tea cup and the smoothie was what I think the 70s would taste like, tart but still nice and thick to my tastes. Ga had a flat white which I ordered extra hot and they delivered it to his liking.

Food wise we went savory and Ga had scrambled eggs on toast (\$12) and added tomatoes (\$3). I had the eggs Benedict (\$15) and added smoked salmon (\$2) and changed my poached eggs to scrambled as well.

Both our eggs were cooked perfectly and our toast was thick and crunchy.

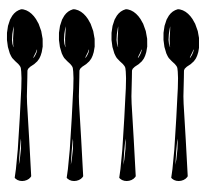
I had a very generous serving of salmon, which is always very pleasing and Ga really enjoyed his

meal and thought it was perfect.

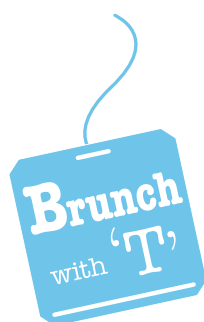
We also had a look at the sweets and savories available at the counter and thought next time we will try the two scones, jam and cream for \$5.50.

The homemade cakes and desserts looked delicious.

Overall I would give them four spoons as we would definitely love to come back again, the service was friendly, the food lovingly home-cooked style, and the décor was right up my alley.



Mid-Century Café and Collectables.
Tues - Fri 8.30am - 3pm (coffee window open 6.30am)
Saturday 8am - 3pm.
56 Michael Street, Yokine



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

Vince's beer and bacon soup



BEER lovers will be able to cook this great warming and filling soup to share while watching the soccer. It's an easy – novice friendly – start to self sufficiency in the kitchen. The beer you choose, sweet, savoury or bitter will impact on the final flavours but all tastes good.

Ingredients for 4 people

2 litres stock (beef, veal or chicken)
250g bacon rashers
250g cubed sour dough bread (no crust)
330ml of beer of your choice
salt
freshly cracked pepper
pinch of cinnamon
pinch of nutmeg
100ml crème fraiche
75g butter
4 tablespoons pinenuts or chives for garnish

Method

Bring the stock to the boil then add the bread and beer, cooking together for 20 minutes on the simmer.

Next take off the heat and liquidise the soup in a blender to a smooth liquid. Then add pepper and salt to taste, cinnamon, nutmeg and mix through for 30 seconds.

Put the soup back on the heat in a saucepan and bring back to a simmer.

Now add the crème fraiche and butter and do the final check on seasoning (salt and pepper).

The bacon should be baked as slices until crisp then chopped and added just before serving with toasted pine nuts or plain with chives on top.

Buon appetito and Skoll!

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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Knife and fork talk with the Dining Divas



THE DINING DIVAS – Pat Paleeya and Judith Cohen – dropped into the Como Hotel to test the seniors' lunch menu.

It was a beautiful day to be lunching in the alfresco setting of the Como Hotel. Lots of greenery, shade sails and a large autumnal leafed tree that let dappled sunlight into the courtyard.

From the \$10 seniors lunch menu we chose rump steak with mash and gravy and grilled barramundi with chips and salad plus a small pot of tartare sauce.

The mash and gravy tasted fine but it wasn't particularly warm.

Unfortunately the steak let the whole meal down. Part of it was cold and not cooked very well. Presentation was unattractive. Disappointing, as we'd only heard good reports about the meals at the Como.

The barramundi was quite small and little dry, but still palatable. The chips were finely cut and crunchy without being oily. This was served with a salad of mixed leaves, grape tomatoes and slivers of onion, capsicum and carrot. The dressing had a hint of sharpness about it which complemented the salad perfectly.

Rating – 2½ forks due to the disappointing steak meal

Como Hotel
Canning Highway, Como
Phone 9367 6666



Ratings

Five forks – excellent food and service

Four forks – overall good food and service

Three forks – reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One forks – would not recommend

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A Port to help weather winter storms

by Frank Smith

FORTIFIED wine is made by adding grape-derived spirit to partly fermented juice. This prevents further fermentation taking place, producing a sweet and luscious wine with about 18 per cent alcohol. Until 1960 fortified wines comprised 85 per cent of Australian production.

Port is made in Portugal so we are no longer allowed to call our fortified wine Port, therefore producers have truncated the name and we now have Australian Tawny or Ruby.

De Bortoli Premium Old Tawny is deep brown in colour with a fresh nose with complex mocha and rancio (aromas derived from heat and oxidation). The palate is nutty with aged complexity, a dry finish and great value at \$28.90 for 4-litre cask, even cheaper during promotional periods.

Peter's Ruby was made at Peter Taljancich's Swan Valley winery in the 1950s. Customers would arrive at the winery in their FJs with their demijohns to get filled. It is made from ripe Shiraz fruit with a touch of Grenache, matured in old oak and blended each year to maintain consistency. James Taljancich says the wine is still the same 65 years on although a little more expensive at \$20 for 1.5L.

The Wise One Tawny is made by the Potts family of Bleasdale winery in Langhorne Creek by blending Grenache, Shiraz, Verdelho and Tinto Madeira wines with an average age of 10 years. It is matured in small oak casks in the rafters of the winery's hot tin roof. The result is a rich, characterful, complex and nutty wine with raisin and chocolate flavours. RRP \$20.

Morris Old Premium Tawny is a medium depth tawny with olive green hues indicating tremendous age. It displays lifted aromas of aged mature fruit and developed aged rancio complexities. The palate is multi layer structure of mature fruit, with aged oak/rancio charac-

ters and almond flavours, balanced with spirit dryness and a long persistent textured flavoursome palate. RRP \$21.99 for 500ml.

Patritti Rare Old Fortified Wine is a blend of traditional tawny. The bouquet is derived from blends of wine dating back 45 years. Sweet, but not cloying with toffee, aged fruit flavours and coffee aromas. Complexity is gained from extended barrel maturation. RRP \$30.

Grant Burge Tawny is made from the Barossa's traditional tawny varieties – mostly Grenache, with some Mataro and Shiraz. The wine is a golden tawny colour with red tinges. It displays spicy fruit flavours and freshness over complex aged characters in the background. The palate is smooth and rich, with the mid-palate sweetness balanced by a dry finish. RRP \$19.

Grant Burge 10-year old Tawny is a richly flavoured wine showing a tawny colour with tinges of red. Complex rancio characters show through on the bouquet, together with some fresh fruit characters and excellent integration of spirit. The palate is sweet and mellow but finishes quite dry, balancing developed fruit characters and oak tannins. RRP \$31.99.

Next month we will look at other styles of fortified wines to help see us through the winter months.



Lemons: Whilst local trees are dripping with lemons, kick start your day with a healthy glass of freshly squeezed lemon juice. The addition of grated rind and juice takes the flavour of favourite winter fruit puddings, pies and tarts to new

What's fresh for July

heights. Alternatively, squeeze and freeze lemons for use over the next few months, and make a batch of preserved lemons to flavour salads, couscous, seafood and meat dishes.

Celeriac – the ugly duckling of the winter veggie tribe – celeriac more than makes up for its lack of good looks with sensational flavour. It produces a smooth, mild and creamy mash and is heaven in a hearty gratin or roasted with other root vegetables. Raw celeriac can also be grated and combined with a mustard-spiked mayonnaise to produce remoulade, that French bistro staple. Look for tennis ball sized roots (the larger ones are slightly less flavour-some) and peel before use.

Pumpkin: Varieties to look for at the moment are the butternut, characterised by a bulb shaped base

with a slightly narrower neck, and the very popular Jap with its blue-green skin and yellow to orange flesh. Uncut pumpkins will keep well at room temperature for weeks or even months. When purchasing cut segments, check that the edges look fresh and the seeds are not slimy. Cook within a few days of purchase.

Imperial mandarins: One of the most widely available varieties, look for the blue WA sticker that indicates freshness. Imperials are at their flavoursome best from June to August and are noted for their excellent flavour, good juice content and an appetising aroma. They are easy to peel and have only a small number of seeds which make them ideal for lunch boxes and snacks. Try mandarin segments tossed with watercress and toasted walnuts as a lovely partner for fish.

Recipe for one: orange crepe



Crepe Batter
1/8 cup plain flour
1 small egg, lightly beaten
1/2 cup milk
1/2 teaspoon oil
Sauce
1 tablespoon butter
1 orange, juice and rind
2 tablespoon orange liqueur
1 tablespoon honey
Filling
1 orange segmented

**PREPARATION: 5 minutes;
cooking: 15 minutes;
serves: two crepes**

Sift flour into a bowl. Gradually stir in egg, milk and oil. Mix to smooth batter. Allow to stand for 15 minutes. Brush a heated frying pan with oil. Add half of the batter. Cook until set and lightly browned underneath. Turn crepe carefully. Cook other side. Repeat with remaining batter.

To make sauce, heat butter in frying pan. Stir in orange juice, rind, orange liqueur and honey. Cook for a minute or two over low heat. Divide orange between crepes. Roll crepes, with orange individual serving plates. Pour over warm orange sauce. Garnish with long strips of orange zest and fresh mint. Serve immediately.

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Splash into winter with citrus



Chocolate and orange cake

by Noelene Swain

WINTER is the perfect time for citrus fruits in Western Australia and the local season is in full swing with

the appearance of premium quality imperial mandarins and navel oranges. Local citrus are readily available and just in time to add some cheery joy to the cold weather.

Citrus fruits are little golden storehouses of vitamin C. In fact one mandarin or orange will supply your daily requirement of this important antioxidant. Citrus fruits also contain vitamin B, potassium and calcium and are a good source of fibre. As a bonus, these magical fruits are sweet and juicy, making them very appetising and refreshing. Look for WA citrus when next in your favourite supermarket or greengrocer. Most will carry the distinctive blue birthmark sticker, so you not only know you are buying local, but also the best.

When choosing citrus, pick those that are heavy for their size, as this indicates they are full of juice. Remember that citrus is perfectly ripe

when picked from the tree, so storing them for any length of time will not make them sweeter. Once the citrus leave your shopping basket, store them in a cool dry place or in the refrigerator.

To obtain the maximum goodness from citrus fruits, eat them fresh but don't forget that citrus performs exceptionally well in sweet and savoury cooking. Oranges, mandarins and grapefruit work well in salsas and salads and all of these, along with lemon, make great accompaniments to fish, pork, poultry, ham and veal.

Without a doubt, the sweetness of oranges and mandarins make them ideal for including in recipes such as custard, muffins and cakes or for simply enjoying fresh out of the hand. Stock up on a selection of your favourite citrus fruits while they are in season and enjoy them in the recipes provided below:

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Chicken with citrus sauce

- 4 chicken thighs
- 1 teaspoon butter, melted
- 1 clove garlic, crushed
- 1 tablespoon oil
- 2 medium onions, sliced
- 2 tablespoon orange liqueur
- ¼ cup dry white wine
- 2 cups freshly squeezed orange juice
- ¼ cup light sour cream
- ¼ cup finely shredded orange rind
- 1 cup chopped orange or mandarin segments
- ½ teaspoon dried tarragon leaves

Preparation: 10 mins,
Cooking: 45 mins,
Serves: 4

PLACE CHICKEN pieces in a single layer in a baking dish. Brush with combined butter and garlic. Bake in moderate oven for 30 minutes or until golden brown. Heat oil in a frying pan. Add onions. Cook, stirring until onions are soft. Add liqueur, wine and one cup of the orange juice. Bring to boil. Reduce heat. Simmer uncovered until reduced by half. Add remaining orange juice, light sour cream, orange rind, citrus pieces and tarragon. Simmer one minute. Pour sauce over cooked chicken. Cover. Bake in moderate oven for 15 minutes. Serve with baked root vegetables and freshly steamed green beans.

Chocolate and orange cake

- 2 navel oranges
- 200g dark chocolate, chopped
- 100g butter, chopped
- 8 eggs
- 300g caster sugar
- 300g almond meal
- Cream or ice cream, to serve

Preparation: 20 mins,
Cooking: 2 hours;
makes 12 slices

PLACE oranges in a saucepan. Cover with water and a lid. Bring to the boil. Reduce to low heat. Cook for 30 minutes. Remove oranges and set aside to cool. Roughly chop and place in a food processor. Process until a coarse paste forms.

Melt chocolate and butter in a heatproof bowl over a saucepan of simmering water, stirring until smooth. Set aside to cool. Preheat oven to 180°C. Line a 22cm cake tin with baking paper. Beat eggs and sugar together in a large bowl until well combined. Fold in almond meal, orange paste and chocolate mixture until well combined. Pour into cake tin. Bake for one hour 25 mins or until cooked. Allow to cool in the pan. Dust with icing sugar and serve with cream or ice cream.

Winter fruit salad

- ¾ cup fresh orange juice
- 2 tablespoon raisins
- ½ tablespoon honey
- 1 tablespoon brandy or orange liqueur (optional)
- 1 teaspoon finely chopped fresh ginger
- 2 navel oranges, peeled and segmented
- 2 red grapefruit, peeled and segmented
- 2 imperial mandarins, peeled and segmented
- 2 kiwifruit, peeled and thickly sliced
- 3 tablespoon sunflower kernels or muesli

COMBINE orange juice, raisins, honey, brandy and ginger in a bowl. Add orange, grapefruit and mandarin segments. Gently fold in kiwifruit. Sprinkle with sunflower kernels just before serving.



Preparation: 10 mins; serves 4

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Travel to Vietnam and Cambodia with Vince Garreffa



IMAGINE a boutique five-star floating hotel as the perfect setting for an ultimate river cruise through two exotic countries, Vietnam and Cambodia.

Cruise along the mighty Mekong River and learn about traditional culture and customs while doing as much or as little as you wish.

Sail beside stunning scenery, visit remote vil-

lages that line the banks of the Mekong River and unwind in the ship's peaceful air-conditioned lounges or on the sun deck.

Enjoy a superb dining experience each day in the air-conditioned Mekong Restaurant, prepared by your on-board chefs each day from the freshest ingredients (western favourites are also available).

Soft drinks are available all day. Local beer and spirits and international wine are included with lunch and dinner on board.

Either side of the boat trip you'll relish at the two-night stays in Ho Chi Minh City and Siem Reap. The hotels are both stunning. In Ho Chi Minh City we've arranged an exclusive dinner at Xu Restaurant

and in Siem Reap, learn about the Shinta Mani Foundation – a leader in responsible tourism.

The goal of the Shinta Mani Foundation (SMF) is to enhance the lives of the individuals in the local communities.

If people want to be a part of this wonderful opportunity to travel with Vince and Anne Garreffa and savour the culture, scenery, food and friendship, come along to Mondo Butchers, 824 Beaufort Street Inglewood, on Thursday 21 July at 6pm. The trip departs Perth on 21 January 2017 and if people book and deposit by 30 July they will fly free Singapore Airlines.

RSVP: to Jenny at Kings Tours and Travel on 0407 127 209 or email jenny@kingstours.com.au

RPH ex-trainees 80th anniversary gala dinner

ROYAL PERTH HOSPITAL Ex-trainees and associates are celebrating their 80th anniversary in September.

The group began in 1936 helping nurses who trained at RPH to maintain contact and fellowship.

Many nurses attended the 50th, 60th and 70th RPH ex-trainees gala dinners. The 50th was enjoyed by around 700 very enthusiastic ladies of all ages. The last RPH trained nurse graduated in 1990 when hospital based training ceased and university training began.

Many older colleagues are now finding it difficult to venture out at night, therefore this year they are

celebrating with a gala 80th anniversary three-course luncheon with all the trimmings in the Grand Ballroom at Rendezvous Hotel Perth, Scarborough.

Numbers have dwindled over time and they encourage all RPH ex-trainees to join them on this memorable occasion to renew acquaintances and reminisce about such an amazing part of their lives. To date the response has been very favourable and they anticipate as many as 300 people may be attending.

For further information phone Janet 9276 1762 or Janice 9276 2775 email: janouttrim@bigpond.com

New members welcome at Nollamara RSL

NOLLAMARA RSL is looking for new members for both social and service activities.

They hold a variety of functions. Coming events include a casino 1920s themed dress up night on Saturday 16 July from 7pm.

Entry is \$10 for non-members and includes blackjack and roulette tables with funny money, finger food, swinging music and raffle door and dress up prizes. Cocktails and punch are available for \$5.

The club is located at 68 Sylvia Street in Nollamara and is open from 12noon to 6pm Sunday to Thursday.

For further information contact the club on 9344 1966 or email manager@nollamararsl.asn.au

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GREAT HOME and GARDENING

ADVERTISING FEATURE



It's time to start pruning roses to ensure blooming beauties



Left to right; Tame climbing roses with a prune this month - Beautiful orchids

by Colin Barlow

AS a horticulturist maybe I am a bit different, as I love pruning. Most homeowners and a lot of gardeners dread the annual rose pruning. Some see it like a horror story as they tackle the impenetrable thicket of undergrowth, while trying to avoid getting scratched and tangled up in the mayhem of branches and thorns.

Pruning is a job that I have enjoyed from a young kid, just beginning to learn how to garden, to an apprentice and finally as a professional. I always gain a sense of achievement when the mass of undergrowth is tamed and controllable once again, even if I have a few scratches as a memento.

The rose bushes then slowly transform into beautiful bushes covered in fragrant and colourful blooms to thank me for my

efforts. Roses are pretty forgiving so even if you make a mistake don't worry, most times the plants will recover.

Here in Perth, the best time for pruning roses is from mid July to the middle of August, the later the better for colder areas that may be susceptible to late frosts.

Tools of the trade

The right tools and equipment always make the job much easier. For rose pruning you will need: Secateurs with a curved cutting blade, plus sharpening stone or device to keep them in good condition.

A small pruning saw for working in confined space or thick woody branches.

Long handled loppers for woody branches or hard to reach places.

Methylated spirits and a rag to sterilise your secateurs between plants.

Gloves and long sleeved

shirts to avoid cuts and scratches.

Pruning roses in Perth

For most larger flowered roses (hybrid tea's) or cluster flowered roses (floribunda) the following steps should help make the job easier.

Remove around a third off the top and sides of the rose bush to make it easier to manage/tackle the pruning.

Always remove any dead, diseased or damaged wood, crossing branches and thin and spindly growth.

Use the pruning saw for any unwanted canes and cut them off as close to the base as possible.

Water shoots from this year should be retained. These are usually reddish in colour and quite thick. These will go on to produce the best flowers for the coming season so they should not be removed unless there are too many

of them or they are poorly placed.

Take out any branches that are crossing into the centre of the bush to keep it open. The goblet shape allows good air movement, which helps to prevent fungal diseases.

Remove any suckers from the understock. These usually have fewer leaflets and are paler in colour with more wiry stems. Remove suckers by sharply pulling down on them to rip them off the main stem. This prevents them from resprouting.

Shorten all remaining stems to the desired height, between 30 and 60 cm or remove around another third of their length. The stems should be at least pencil thickness, anything less should be removed.

Prune to an outward facing bud at an angle of 45 degrees, just above a node or bud.

Remove any leaves that remain on the bush and dispose of in the garbage.

Mulch with well-rotted compost, cow manure, pea hay or lucerne to improve the soil. Mix in some bentonite clay on sandy soils.

Finally spray with Eco-oil or pest oil to clean up any scale. An application of lime sulphur or a copper oxychloride spray will prevent fungal diseases. Remember to always follow the safety directions on the bottle.

When new shoots begin to form a couple of weeks after pruning, these are usually red in colour. They can be finger pruned to minimise later pruning and to improve flower size and bush vigour. Rub off any congested shoots (wearing gloves) when they are 1 to 2 cm long, leaving the stronger central shoot where possible. Any low shoots growing into the middle of the bush can also be rubbed off to keep the centre open. This can be repeated a few weeks later as more shoots form.

Climbing roses are trained onto arches or trellis and need to be tied in. The young stems/canes are trained horizontally with even spaces between them. The lateral stems are then pruned back to two or three buds/eyes, which will carry the flowers for the coming year.

Rambling roses are usually trained over supports or pergolas. Many are quite vigorous and similarly pruned like climbers. Old wood is removed after flowering in winter or in spring for once-flowering ramblers.

Advice for pruning heritage or old roses should be sought from specialist nurseries or societies as their individual pruning methods can vary considerably.

For more information on roses and pruning in Western Australia, check out

the following societies and nurseries:

Rose Society of WA Inc. Tel: 9313 2109 www.wa.rose.org.au

South West Rose Society Inc. Tel: 9728 3247

Heritage Roses of Australia Inc. Tel: 0417 989 098

Dawson's Garden World Tel: 9453 6533 www.dawsonsgardenworld.com.au

Melville's Rose n Garden Tel: 0419964819 www.rosengardenperth.com/

Roworths Nursery Tel: 9302 1932 www.roworth.com.au

Swiss Rose Garden and Nursery Tel: 9399 1880 www.swissrosegarden.com

Orchid extravaganza

Take a trip to the wonderful Singapore Garden Festival held at the amazing Gardens by the Bay. From 23 to 31 July. Singapore will be a floral spectacular with landscape and fantasy gardens, balcony gardens and floral displays created by internationally acclaimed designers. The event is only held every two years, so mark it in your diary. The festival is not to be missed whether you are a serious gardener, hobbyist or just looking for inspiration. Why not take a Singapore mini-break and check out the amazing Gardens by the Bay, Botanic Gardens and Zoo. Go to www.singaporegardenfestival.com for further details.

On 23 and 24 July the South Eastern Orchid So-

cety will have a beautiful display, competition and plant sale at the Cannington Showgrounds, Corner Station Street and Albany Highway, Cannington. For the latest information email Sue Pearson at jayenss3@bigpond.com

The State Winter Cymbidium Orchid Show 2016 takes place from 29 to 31 July at Ezi-Gro Orchids, 76 Evandale Road, Darch. The show is open on Friday and Saturday from 9am until 5pm and from 9am until 4pm on Sunday. There will be plant and fertiliser sales, potting demonstrations and refreshments available. Entry is \$5 for a single and \$3 for seniors and concession cardholders with complimentary tea or coffee. For details on the show contact Ian Beeson on 0419 049 013.

Join Josh Byrne, the WA presenter on the ABC Gardening Australia program, for lunch at The Karrakatta Club, Sherwood Court, Perth on Friday 29 July from 12 noon. Josh will be speaking about his industry background and provide an insight into the production of his segment on Gardening Australia. Lunch will be served at 12.30pm and tickets are \$49pp. inclusive of the set menu. Bookings are essential as places are limited. Contact Helen Martin-Beck from the WA Horticultural Council on 63611 7688 or email hortwa@fuzenet.com.au

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Downsizing

ADVERTISING FEATURE



Thinking outside the square to make the most of your retirement



JEAN Clegg (pictured above) and her husband had been living in a retirement village in Mandurah and they were not happy there.

They were looking around for suitable accommodation and while they liked the concept of a retirement village in regards to someone else doing the garden and maintenance it hadn't worked out for them.

The Cleggs loved living in Mandurah and that was the area in which they wanted to retire so they were keen to stay in the area when they moved again.

They had heard about Sterling New Life but had decided that the concept sounded too good to be true and had dismissed it.

They had discussed taking out a reverse mortgage

but felt that this wasn't suitable for them as the compounding interest rates devour the asset base.

Her husband then met Sterling New Life Homes at a home open and went home telling Jean she should come and listen to what the sale representative had to say about the Sterling New Life concept.

They met with a representative who explained the concept of Sterling New Life which is to buy a 20 year lease on a property with an option for an additional 20 years thus securing the living accommodation. Further, during the term of the lease it was explained they will have no further costs except for their own utility consumption and content insurance. All other costs such as rent, council rates, maintenance, property insurance is paid on their behalf. Even the gardens are maintained for them, although they can still do gardening if they wish!

Jean had been in business for 40 plus years so was still reasonably suspicious of the concept but after having it explained in detail she decided that this was going to be a worthy option for them.

When *Have a Go News* spoke to Jean she had only been in the new house a week and was busily unpacking.

"For us it was a god-send, we have a long term lease on a home in Mandurah which we love.

"Our neighbour and good friend from our previous village did the same and now we live next door to each other and we are so happy.

"I was so suspicious about the concept but Sterling New Life have been great to work with and has done everything promised, everything was explained about the legalities of the deal and now we are free to utilise our savings to travel and really enjoy our later years," said Jean.

"We don't pay rates or maintenance and if we go before the 20 year lease is up, our money goes to our estate.

"For us it was a win-win concept and I could not recommend Sterling New Life enough – it's just a brilliant concept".

For further information phone Sterling New Life on 1300 665 890.

Downsizing for grannies (and granddads)



Downsizing...the theory is great...but it's not as simple as that

by Frank Smith

GRANNY FLATS are an attractive option, costing around \$100,000 each, especially for older people who find themselves single and whose adult children have a house of their own.

The theory is great. You move in close to a family member while still retaining your independence. But it's not as simple as that.

If you don't get it right retirement village lawyer Richard McCullagh warns that your pension can be affected, the home owner may face a hefty unexpected capital gains tax bill, it can affect the inheritance of other family members, and your living arrangements may not be as secure as you think.

Let's look at the simplest case. You sell your house and use the proceeds to build a granny flat on the property owned and lived in by your daughter (or son).

Centrelink

Centrelink will reduce your pension under the assets test if proceeds from the sale of your house exceed the cost of the granny flat. Centrelink disregards the money you pay towards the granny flat if you

are able to establish a granny flat interest. That is you pay money for the right to live in someone else's property for as long as you live.

Your granny flat interest cannot be revoked if the owner wishes to sell the property. However they may sell the property with your arrangement as a condition of sale or transfer your life tenancy or interest to another property, or compensate you financially for losing your granny flat interest.

Centrelink will still consider you to be a home owner for assessment purposes even though you do not own the property in which you have your granny flat interest. However if your daughter pays for the granny flat Centrelink will not consider you a home owner and you may be entitled to rent assistance provided your rent is high enough.

If the amount you paid is more than the cost of the granny flat interest, the excess amount is considered to be a gift. This could affect your pension under the assets test.

Centrelink's gifting rules will also apply if you permanently leave within five years, although you may be temporarily ab-

sent for up to 12 months.

Capital gains tax

If a granny flat is built in the backyard for occupation by elderly parents and no commercial rent is charged there'll be no loss of the capital gains exemption on subsequent sale of the whole property even if you (living in the granny flat) were paying outgoings such as electricity, rates and repairs.

However if you are paying rent, for example if your daughter paid for the granny flat, then the part of the property consisting of the granny flat will attract capital gains tax when the whole property is sold.

Inheritance

Mr McCullagh says it is the intergenerational pooling of assets by family members of disparate ages that make the best intentioned of granny flat arrangements so fragile.

A granny flat interest only exists during your lifetime and is not part of your estate. When you die or leave the granny flat you are effectively giving the added value of the flat to your daughter. Her siblings may not consider this a fair distribution of their inheritance.

Other problems arise if your daughter splits from her partner and wants to sell the family home as part of a divorce settlement or if you and your partner split and want to share assets.

This is only a brief summary of the situation. There can be complications. Consult a Centrelink financial information service officer or a solicitor specialising in elder law before you invest in a granny flat however close you feel you are to your son or daughter.

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Downsizing

ADVERTISING FEATURE



Free retirement living seminar



Jurien Bay Village residents, Max and Marralyn, both love fishing and golfing

WITH most of us, it's not just a question of retirement but more questions about retirement.

How do I prepare for retirement? How can I boost my current retirement income? How will the recent changes to retirement benefits and superannuation affect me? Those are big ones and then there are many others concerning housing, finance and government benefits.

You will find information relating to these questions and more at the upcoming How to Live it Up in Retirement seminar brought to people by RSL Care WA. To

be held at Crown Perth, Burswood, this free event will feature a number of experts explaining how to get the most out of retirement living, as well as outlining the options that are available.

Expert speakers will be on hand to answer questions including representatives from RSL Care WA, Aspire2 Wealth Advisors and Centrelink.

Of course, the first question that has to be answered before any of the others is: what type of lifestyle do you want to enjoy? The answer to that one question will inevitably answer many of the others.

RSL Care WA has been providing retirement living options for more than 50 years and has retirement villages from Mandurah to Menora to Jurien Bay and Geraldton as well as Aged Care and Community Home Care services.

The latest lifestyle alternative on offer is Jurien Bay Village. Perfect for those who are active and love the thought of coastal living. Jurien Bay still has a unique, country town atmosphere.

The homes and facilities on offer at Jurien Bay Village answer the question of affordability. Brand new, two-

bedroom homes that are fully carpeted and ready to move into start from just \$239,000.

People get much more than a house for the \$239,000. They also get the close-knit community that is Jurien Bay Village. There is always something going on and for a small weekly fee people can enjoy: billiards and movie nights, water aerobics in the village's own indoor swimming pool, exercising in the gym and meals at the in-house restaurant – never a dull moment. Alternatively, people could enjoy the simple pleasures of walking along the beach as the sun sets or taking the boat out and mooring off one of the islands. Jurien Bay Village gives plenty of options on how to indulge.

The free retirement seminar on Saturday 23 July at Crown Perth will cover all these topics and more. Refreshments, including lunch, will be provided and people can go in the draw for \$1000 voucher off your next cruising holiday.

Places are limited so visit www.jurienbayvillage.com.au and register now or for more information, please contact Chris Harrison on chrish@hhde.com.au or 0413 120 631.

Make moving a wheelchair easier – wheelchair friendly car hire



IS YOUR family member or friend restricted to wheelchair taxis for transportation? If so Wheel Easy car hire, a newly established business may be the solution.

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Wheel Easy gives people the option to divert or stop whenever you desire. The wheelchair passenger rides as a front seat passenger in comfort and with dignity as part of the group, and is able to interact with other passengers making the journey much more enjoyable.

The seat looks like a standard car seat but is actually a wheelchair that can be removed from the vehicle.

The concept of Wheel Easy came about through direct involvement with an immediate family member;

access vehicles if going out.

Take the car seat/wheelchair from the car to your passenger, put them into the car seat/wheelchair and off you go, out for a drive by the beach, stop for a coffee, medical appointments, family gatherings to name a few.

Vehicles currently available are three Toyota Portes and a Toyota Alphard.

Feel free to contact Rob or Geraldine to discuss your needs further on 0474 354 977 or (08) 6323 1565.



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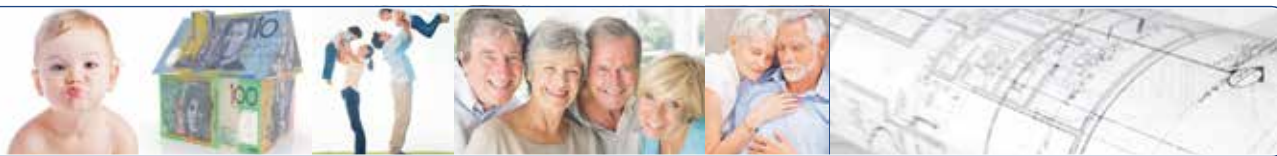


aspen

Affordable community living

Downsizing

ADVERTISING FEATURE



Come and join the first walking group at The Square in Mirrabooka



Walk Leaders Gladys, Kerry and Gordon welcome you to the Square

COTA (Council on the Ageing WA) and The Square Mirrabooka are pleased to invite people to the launch of their new mall walking group.

Member for Mirrabooka Ms Janine Freeman MLA, will help open the service at the Centre on Wednesday 27 July.

"We are delighted to invite locals to take part," said centre manager, Shane McLean. "Seniors are the lifeblood of our local community and we are proud to be able to host this vibrant and exciting activity."

COTA mall walking is a free fitness activity that caters for all ages and abilities. Walkers join the group for a warm up and safe stretches led by walk leaders Gordon, Gladys and Kerry.

Walkers then walk at their own pace in the safe, indoor environment of The Square, before cooling down and heading for coffee and a chat with new friends and old.

The inaugural walk will be meeting at the Coles entrance of The Square on Chesterfield Road at 8am on Wednesday 27 July, so come make history and be one of the first walkers.

The launch event is being held at 9am at the information desk after the walk, and refreshments will be provided. If people would like to attend this fantastic free event, call COTA on 9472 0104 to RSVP.

Get out and about and live longer



Dr Nik Steffens

by Frank Smith

MEMBERSHIP of social groups, such as book clubs or church groups, after retirement leads to a longer life, according to research led by Dr Nik Steffens of the University of Queensland.

The more groups people belong to in the first few years after they stop working, the lower their risk of death.

The health and wellbeing of many retirees goes downhill after they stop formal work, but some people adjust to this transition better than others.

The researchers tracked the health of 424 people for six years after they had retired and compared them to a matched group of similar sex, age and health who carried on working.

"Our participants are drawn from a nationally representative sample from the UK. We did not examine people from Australia in this research so we cannot say

with certainty that they also apply in Australia. Nevertheless, we believe that the processes we investigated here are independent of people's nationality and culture and hence that the results should also apply in Australia," said Dr Steffens.

Each participant reported the number of organisations, clubs, or societies, they belonged to and filled in questionnaires to assess their quality of life and physical health.

Their quality of life was better with more social group memberships. Every group membership lost after retirement was associated with around a 10 per cent drop in quality of life score six years later.

Nearly seven per cent of the retirees died in the first six years after stopping work. Unsurprisingly, the strongest predictor of death was age. However the number of group memberships was also a significant factor. If a person belonged to two groups before retirement, and kept these up over the following six years, their risk of death was two per cent, rising to five per cent if they gave up membership of one, and to 12 per cent if they gave up membership of both.

The researchers also assessed whether changes in physical activity levels affected risk of death and compared this with the effect of social group membership.

If a person exercised vigorously once a week before retirement,

and kept up this frequency afterwards, their chance of dying over the next six years was three per cent rising to six per cent if they reduced the frequency to less than once a week, and to 11 per cent if they stopped exercising altogether.

The effects of physical activity on health were comparable to those associated with maintaining old group memberships and developing new ones.

Some participants were members of groups, such as over 50 walkers, that have both social and exercise components.

"In the present research people are provided with eight different categories of groups of which only one category also included sports clubs. Thus, in itself, exercising is unlikely to explain a significant part of the present relationships," said Dr Steffens.

He said no research had been carried out seniors' organisations such as Probus and over 60s clubs.

"Yet, on the basis of other research with older adults in care homes, we would expect that membership in seniors-only groups can be equally beneficial for people's health," he said.

The research was published in the British Medical Journal.

Editor's note: If people are looking to join a club then visit the comprehensive listings of clubs and groups available at the Have a Go News website <http://www.haveagonews.com.au/new/joinclub>



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Speakers include:

- Kevin Davidson, CEO, RSL Care WA
- Mike Hollett, Project Director, Jurien Bay Village
- Malcolm Davis, Principal, Aspire2 Wealth Advisors
- Representative from Centrelink

Places are limited, so register at jurienbayvillage.com.au/seminar or contact Chris Harrison on 0413 120 631 or chrish@hhde.com.au by Friday 8th July to reserve your place.

Date: Saturday 23rd July 2016
Time: 10am to 12pm with lunch available until 1pm
Venue: Crown Perth, Burswood Botanical Rooms 2 & 3



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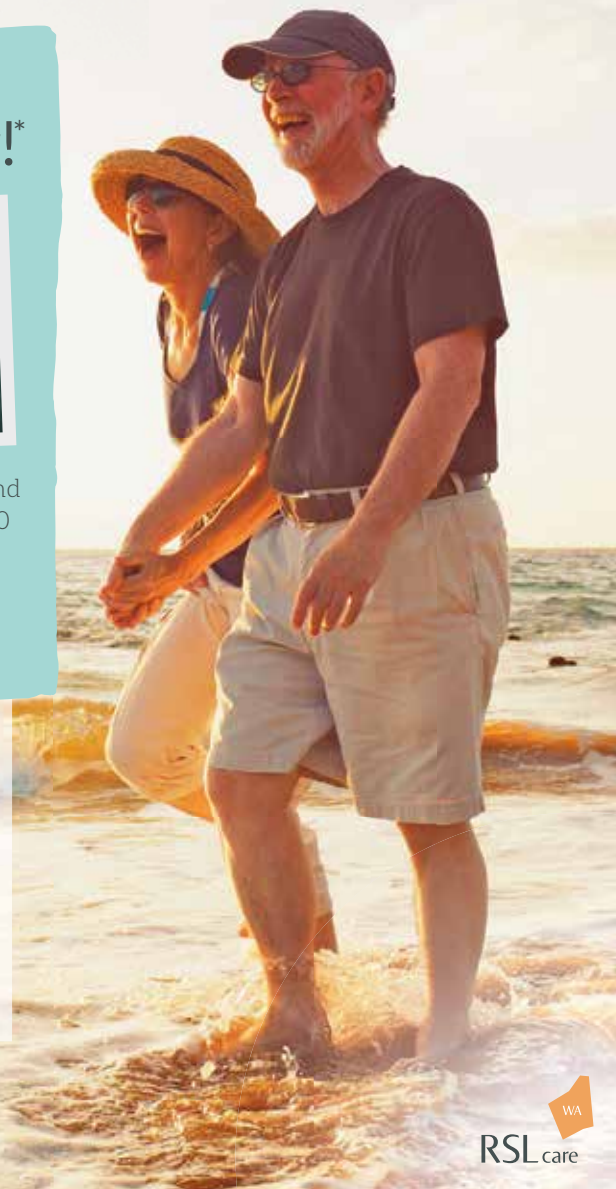


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*Conditions apply, see website for details.

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ADVERTISING FEATURE



Looking younger than your age? It's in your genes...

by Frank Smith

EVERYONE wants to look younger than their chronological age. That's not just for vanity. In general people who look younger live longer and looking younger is associated with biological markers of ageing.

What causes perceived age to differ from actual age is important to finding new therapies to improve longevity.

Dutch, British and Chinese scientists have identified a gene (MC1R) that increases youthful looks.

The team studied the make-up free faces of 2700 European Dutch seniors initially and replicated the study using a twin database from the UK and another group of Dutch people. Photos of the subjects were evaluated independently to see what age people thought they looked and this was compared to their true age.

After this, scientists looked for differences or mutations that were more common to those who looked younger than their actual age and identified MC1R as the likely gene responsible.

Women in the study tended to look slightly older and men younger than their age by about 18 months. The finding might reflect the media's obsession with images of young women.

As the face ages, it changes in many ways. The appearance of wrinkles might be the most obvious sign, but there are others: the lips become thinner, and the cheeks sag, emphasising the two creases that run from the sides of the nose to the edges of the mouth. Facial wrinkles were strongly correlated with perceived age in both men and women and pigment face spots less so.

The research could help scientists unpick at the molecular level how people's faces change with time, and ultimately develop ways to slow down the most visible effects of ageing.

"This is the first gene we have found for perceived age, and this single gene has an effect of two years," Manfred Kayser, professor of forensic molecular biology at Erasmus Medical Centre in Rotterdam told the *Guardian*. "We know there are others out there. We are just at the beginning."

The effect of the gene was independent of age, sex, skin colour and sun damage to skin. Scientists have long known that people appear to age at different rates, and that genes and lifestyle are both involved. Smoking and too much sun speed up skin ageing, but the genetics at work in looking old – or young – have so far proved elusive.

The scientists next looked at how the gene might be working. As well as producing red hair, the MC1R gene is responsible for pale skin and has a role in skin cancer. With pale skin comes more susceptibility to sun damage and wrinkles.

The good news for Australians is that sun exposure appeared to have little influence on how the gene affects apparent age. However Julia Newton-Bishop, professor of dermatology at Leeds University, said it was difficult to completely rule out the effect MC1R has on skin's resistance to sun rays.

"It is true that MC1R does have many complex effects on skin cells, but I don't think that the study establishes additional mechanisms," she said. "It merely suggests that the effects may not all be related to the sun."

The research was published in the scientific journal *Current Biology* in May 2016.

The secret to subdivision – unlocking your block



Unlock Your Block's Amanda Marion with Gina and Ray McDonald

WITH retirement on the horizon, Ray and Gina McDonald decided it was time to make some decisions about their future.

Happily married for more than 46 years, with two grown sons and three grandchildren, they were sitting on a 705sqm block in Beechboro and realised the potential in sub-dividing their land to free up some equity as well as the time that came with maintaining such a big backyard.

In researching the process of sub-division, Ray came across Unlock Your Block's website.

"We were very impressed with their website" said Mr McDonald.

"As it is our first and only subdivision, we had no idea of the process and legalities associated with subdividing."

"We decided to use someone with the skills and expertise in this area to alleviate any stress it may cause us," he said.

Ray and Gina put in a call to Unlock Your Block and made an appointment with

the ULYB team, Leo, Fab and Amanda.

"They visited us at our home and explained the process in a very detailed and professional manner."

"After the initial visit outlining the process, Fab and Amanda provided us with a breakdown on all of the requirements, an estimate of the costs involved and the approximate time of completion of each stage. It really put our minds at ease," said Ray.

Ray and Gina realised the process of sub-division may provide an opportunity to generate considerable value which would be helpful to their superannuation and retirement in the future but they also realised the potential for costly mistakes and the process not being rewarding if not managed correctly.

"If you are thinking of subdividing – I highly recommend that you contact Unlock Your Block."

"For a minimal cost they will provide you with an excellent service in submitting all necessary applications to

the required departments, liaise on your behalf and arrange for contractors to assess the required works to be undertaken," said Ray.

"Fab and Amanda have been a tremendous help to us."

"They are very approachable and have maintained a high standard of communication."

"We admire their dedication to their work and we feel very lucky to have them help us in our project. Thanks a million."

"Unlocking our block provided us with a little more monetary security."

"It also means we can remain living in our current home without having to spend a lot of time and effort in a big garden that is not necessary for us."

"Once again thanks to the team at Unlock Your Block and I would not hesitate to highly recommend them to anyone who is thinking of subdividing their block," said Ray.

If you are planning your retirement and are looking to 'Unlock Your Block', contact the team on 6161 1790 or visit www.unlockyourblock.net.au to learn more about how they can help.

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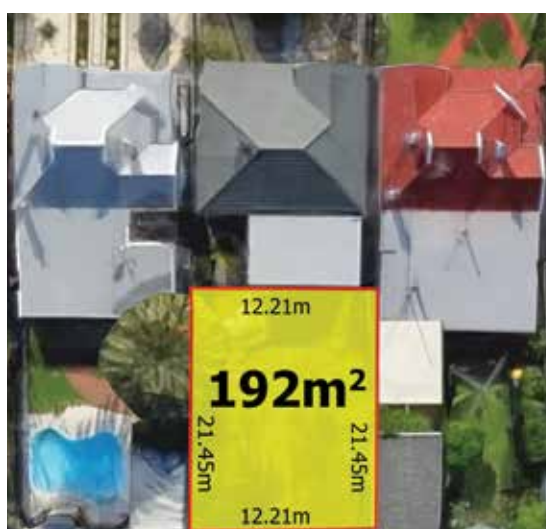
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"My sub-division was successfully completed in 2014 thanks to Fab Marion's professional, informed and honest advice. I highly recommend his services."

Wayne Mitchell, Wembley Downs

unlock your block

HAGN14/07/202

Discard the chocolate and sing your way to a harmonious life



Yvonne Penman (80), a foundation member of Mandurah City Choral Society, rehearsing at home for the choir's 25th anniversary celebrations.

SINGING is a sort of controlled shout, and we can all shout, well known choral conductor and trainer Marilyn Phillips told an audience in Mandurah recently.

Speaking at a free concert to celebrate Mandurah City Choral Society's (MCCS) 25th anniversary, Ms Phillips

said singing, specially group singing, produced feel-good endorphins as does chocolate.

Choral singing is enjoying a renaissance in WA, with many people over 50 joining choirs, Ms Phillips says. This is due to people living longer, wanting to remain active and engaged, and

recognising the health and well-being benefits of choral and group singing for older people.

Born in Wales and following a background as a piano accompanist for choirs in major concert halls in the UK and Europe, Ms Phillips was appointed Head of Music with West Australian Opera, elected an associate of the Royal Academy of Music, nominated WA Citizen of the Year, and in 2000 was awarded the Prime Minister's Centenary Medal for services to Australian Opera.

Under Ms Phillips's direction from 2006 to 2013, the WA Symphony Orchestra chorus achieved growing national and international acclaim. She continues to broadcast in recitals on ABC Classic FM.

Here are some excerpts from her address, at Mandurah Performing Arts Centre:

"Now, many people say to me, 'I can't sing'. This is probably true if you want to compare yourself to Joan Sutherland or Pavarotti. However we can all speak and shout, and after all singing is a sort of controlled shout. But group singing, that's a different matter. Doing anything in a group gives you confidence, a safety net, safety in numbers.

"Singing is to utter notes in a tuneful succession. But there are so many aspects of singing which frankly demand at least some brain work. Before you sing you have to breathe. Deep breathing is excellent for the nervous system. One well-known singer I know said that breathing associated with singing was a better stress-buster than yoga.

"I read last year that an (allegedly) eminent professor in the UK was

trying to get doctors to prescribe singing instead of Prozac; basic workshops where groups can breathe, hum along, learn a simple tune together, and work together.

"Now I'm no scientist, but I know a fair amount about singing and choral singing and over the years my reading has included learned papers which have extolled the virtues of singing. Did you know that singing produces feel-good endorphins – as does chocolate, but singing is less fattening.

"These endorphins are hormones secreted in the brain and nervous system, which cause an analgesic effect, calming and neutralising stress. Basically, it's difficult to worry and sing at the same time.

"There's a great deal of multi-tasking in singing. You have to sing in tune,

keep time, count – and don't forget to breathe – that gets the body and brain going. Without going on too much about the science behind singing, a Swedish study has shown that the heart rates of choristers accelerate and decelerate in sync when affected by the melody and structure of the piece being sung.

"Choral singing was most effective at slowing the heart rate. The pulse goes down when you exhale, and when you inhale it goes up. Go on – sit up, and try some deep breathing. If you've never tried singing – think about it, you're deep breathing. Together, ready, slowly in 2,3,4. Out 2,3,4. And again. It's just quite calming... and very good for respiratory problems. It's basically sub-conscious therapy – therapy by stealth.

"There's undoubtedly great popularity in cho-

ral singing today, and not just in Mandurah. All kinds of groups, barber shop, gospel, classical choral, and so on. As you've just heard (from the Mandurah City choir) there's great enjoyment to be had from being part of a performance, and performing to a hopefully appreciative audience.

"It's been quoted that singing is the only art form which encompasses all emotions. It can be almost tribal – from the football song – think of Liverpool's *You'll Never Walk Alone*, Welsh rugby hymns, to the finest operatic or recital singing. If you've never tried singing – think about it, you'll never know till you've given it a go!"

MCCS meets at 7.30pm on Monday nights in the dance studio at the Mandurah Performing Arts Centre. Why not come along and have a go?



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We want your stories from the 1960s

IN 2007 we asked readers for their recollections of what life was like for them in WA in the 1950s. To celebrate our 25th anniversary we would love to hear from people about what their life was like in the 1960s.

The decade of the 1960s saw the introduction of the contraceptive pill for women, the assassination of US president John F Kennedy, the Vietnam War, demonstration marches against this war, the first man landing on the moon and many other changes in society.

Tell us what your life was like living in Western Australia during this decade.

Everyone has a story to tell and we want to hear about what life was like for you, whether it was how you lived your every day life for work or school or some grand event in which you participated.

We ask you to try and capture the essence of

the 1960s from your perspective with a personal story, a poignant tale or an overview of life for you in that decade.

Over the coming months we will publish a selection of stories in this paper and contributions will be collated into a special book *Living Histories – 60 stories from the swinging 60s* which will be published in November.

Each contributor will receive a copy of the book as a lasting legacy for future generations.

Entries should not exceed 1000 words and entrants are encouraged to supply photographs with submissions.

The final date for submissions will be 10 September, 2016.

Entrants can download an entry form from the *Have a Go News* website, email livinghistories@haveagonews.com.au for a form to be emailed or call the office on 9227 8283 for a form to be posted.

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St George's Art 2016

ST GEORGE'S ART is a premier annual event in art education in Western Australia, attracting schools from all sectors.

Now in its 14th year, St George's Art provides an outstanding opportunity for schools to present work by pupils in Years 10, 11 and 12, in the unique setting of Perth's St George's Cathedral.

The Gothic revival building is transformed into a unique and beautiful art gallery for nine days in July.

Visitors flock to this exhibition of Perth's artists of the future. Participating students from schools all over WA gain valuable experience from exhibiting with their peers and the catalogue provides an excellent addition to each artist's portfolio.

The exhibition is open from Saturday 16 – Sunday 24 July, 10am – 4pm daily (12 noon opening on Sundays).

The gala awards night is on 21 July at 6.30pm (Entry: \$20/\$10 payable at the door). Further information from www.perth-cathedral.org.



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Albany Entertainment Centre - Wed 31 Aug 2016 - 8pm

Bookings - 9844 5005 / ticketek.com.au

Bunbury Regional Entertainment Centre - Thur 1 Sept 2016 - 8pm

Bookings - 1300 661 272 / www.bunburyentertainment.com

Mandurah Performing Arts Centre - Fri 2 Sept 2016 - 8pm

Bookings - 9550 3900 / www.manpac.com.au

Fly By Night Musicians Club Fremantle - Sat 3 Sept 2016 - 1.30pm & 8pm

Victoria Hall Bookings - 9430 5208 / www.flybynight.org

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Mandurah Performing Arts Centre - Sat 24 Sept - 8pm

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HIT
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On the silver screen – July films



Goldstone

GOLDSTONE is a bold, intelligent, outback noir from acclaimed Australian filmmaker Ivan Sen (*Mystery Road*, *Toomelah*) and includes wonderful performances from a stellar Australian cast including Aaron Pedersen, Jacki Weaver, David Wenham, Alex Russell and David Gulpilil. The performances perfectly complement this smartly written and beautifully shot film.

Indigenous detective Jay Swan (Aaron Pedersen) arrives in the frontier town of Goldstone on a missing persons enquiry. What seems like a simple light duties investigation opens into a web of crime and corruption.

Jay must pull his life together and bury his personal differences with young local cop Josh (Alex Russell), so together they can bring justice to Goldstone.

In cinemas 7 July.

Love and Friendship

LOVE and Friendship is a film by Whit Stillman and is an exquisite comedy of matchmaking and heartbreak. The film is a wickedly humorous adaptation of Jane Austen's early novella *Lady Susan*. Set in the 1790s, the sensational story follows the deliciously scheming and manipulative Lady Susan Vernon (Kate Beckinsale). Aided and abetted by her loyal friend Alicia Johnson (Chloe Sevigny), Lady Susan is on a mission to find a husband for herself and her long-suffering daughter Frederica. But two young men, the handsome Reginald DeCourcy (Xavier Samuel) and wealthy Sir James Martin (Tom Bennett), severely complicate their plans.

In cinemas 21 July.

WIN WIN WIN

To be in the draw to win one of ten double passes to any of these movies above simply send an email to win@haveagonews.com.au with Silver Screen in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 20/7/16.



WINDSOR CINEMA presents the Alfred Hitchcock Film Festival from the 28 July to 10 August. Featuring 11 classics

The master of suspense has his very own film festival

from the master of suspense, the festival will look better than ever on the big screen in stunning digital.

Some of the classic films to be screened include the 1940 film *Rebecca*, *Dial M for Murder in 3D*, *Rear Window* and *Vertigo*.

Kicking off the festival will be the Australian premiere of the acclaimed documentary *Hitchcock Truffaut*.

This documentary first screened at the Cannes Film Festival in 2015 to positive reviews. It is a French/American documentary directed by Kent Jones about Francois

Truffaut's book on Alfred Hitchcock and his impact on cinema.

Truffaut interviewed Hitchcock in 1963 at his offices at Universal Studios and this well put together documentary features reflections from that interview along with input from other film directors including Martin Scorsese.

Truffaut offers a well-crafted and affectionate tribute to one of the masters of cinema.

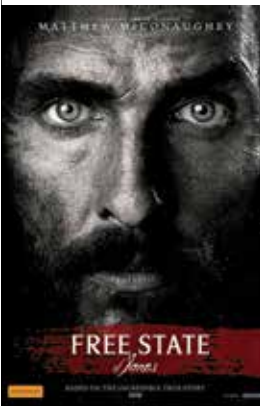
Hitchcock Truffaut opens the Windsor cinema festival on Thursday 28 July at 6pm and guests will enjoy drinks and nibbles

on arrival and a chance to win some fabulous prizes before the screening.

Tickets on sale at Windsor Cinema 9386 3554 or online at www.lunapalace.com.au

WIN WIN WIN

To be in the draw to win one of five double passes to any of the movies in the Hitchcock Film Festival simply send an email to win@haveagonews.com.au with Hitchcock in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 25/7/16.



Epic wartime action romance

THE Free State Of Jones is based on the thrilling and moving true story of Newton Knight (Matthew McConaughey), a soldier who, in a time of conflict that divided a nation, flees the battlefields after being disillusioned by the horrors of war that touched his own family.

On the run, he rallies the support of fellow deserters to lead an uprising against their former comrades, in the process creating a free safe haven and embarking on a forbidden love that

would ultimately stand the test of time.

An epic wartime action romance about one man's defiance which led to a revolution on and off the battlefield.

In cinemas 18 August.

WIN WIN WIN

To be in the draw to win one of ten double passes to Free State of Jones simply email win@haveagonews.com.au with Jones in the subject line or call the Have a Go News office during business hours on 9227 8283. Competition closes 31/7/16.



ART for ALL

- July 11-15** Robert Knight workshops; Be inspired by his spiritual, inward looking landscapes. Robert will be demonstrating in oils but you can use your favourite medium. Includes Lunchtime in the Gallery **July 13, 12pm-2pm**
- July 19-Aug 7** MCAA Awards, the major annual exhibition by our members.
- Aug 12-28** An exciting exhibition by the WA Quilters Association



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Buddy's Back – the ultimate Buddy Holly tribute



DURING this two hour show, Scot Robin, who played the lead role in the smash hit musical *Buddy* will perform more than thirty of Buddy Holly's hit songs including:

That'll Be The Day, *Peggy Sue*, *Raining In My Heart*, *Rave On* and of course *Oh Boy!* plus heaps more great tunes.

Buddy's Back has and will continue to excite audiences both visually and musically with its high energy performance, brilliant costumes and fantastic musicianship.

liant costumes and fantastic musicianship.

Scot Robin breathes life back into the legend that is Buddy Holly. In September 2004 he performed in Buddy's home town of Lubbock Texas where he met with Buddy's family and widow Maria Elena Holly to celebrate Buddy Holly Week, an annual event set up by Sir Paul McCartney.

The show is currently celebrating its 21st year of performing, proving itself yet again to be among Australia's most successful production shows.

Buddy's Back will have audiences dancing in the aisles. It will be performed at El Caballo Resort on Saturday 23 July, with matinee show Sunday 24 July.

For booking information phone 9573 3777 or visit www.elcaballo.com.au

WIN WIN WIN

To be in the draw to see a double pass to see Buddy's Back, phone the Have a Go News office during business hours and leave your detail. If you'd like to enter the competition online email win@haveagonews.com.au and include the word show in the subject line. Competition ends 16/07/16.



“THAT'S ENTERTAINMENT”

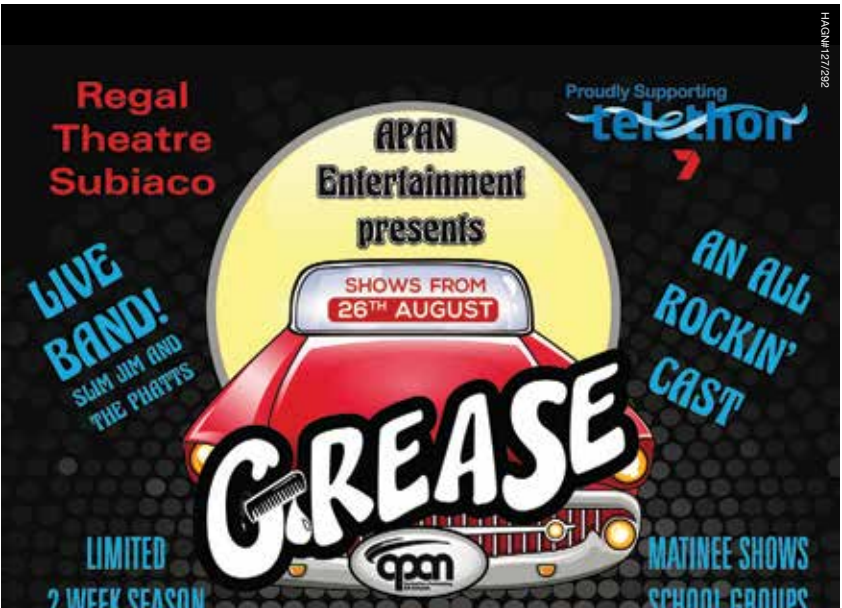
The Tivoli presents an exciting mix of unforgettable songs from Broadway's favourite shows that include *That's Entertainment*, *Big Girls Don't Cry*, *Gotta Have a Gimmick*, *The Deadwood Stage* and many more... Come along for a fun time and be entertained by our dancers, singers and comedians strutting their stuff

Evening performances:
July 29 and August 5, 12, 19, 26
Shows commence at 8pm
Doors open at 7.30pm

Matinees:
July 24 and August 7, 14, 21
Shows commence at 12noon
Doors open at 11.30am




TICKETS:
Adult \$20 Pensioner \$17 Child \$10
All tickets include show, chicken & chip meal, tea and coffee. BYO alcohol and glasses

BOOKINGS:
Email tivolibookings@hotmail.com
9364 5463 (Please leave a message)
Visit www.tivoli.org.au



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NEWS





Go!! Show Gold... the ultimate reunion concert at Crown Perth



ICONS of the Australian music scene including Johnny Young, Normie Rowe, Ronnie Burns, Ross D Wyllie, Dinah Lee, Colleen Hewett, MPD LTD and special guests from Los Angeles *Max Merritt and the Meteors* will have people kicking up their heels in a very special show at Crown Theatre Perth.

These performers became household names in the 60s through their appearances on the iconic television show *GO!!*

Step back in time with the hits including *Slipping Away*, *Caralyn*, *Smiley*, *Day by Day* and *Que Sera Sera* and lots more.

Together on stage for the first time in Perth, the *GO!! Show Gold* reunion will bring back great memories and music highlights while reliving the music of the 1960s in Australia.

Don't miss this one and only night featuring the best of Australian talent on Thursday 4 August at 7.30pm at Crown Theatre Perth.

Tickets available at ticketmaster on 136 100 or www.ticketmaster.com.au

WIN WIN WIN

To be in the draw to win one of five double passes to *GO!! Show Gold* reunion simply email win@haveagonews.com.au with *Gold* in the subject line or call the office during business hours on 9227 8283. Competition closes 25/7/16.

Lord Of The Flies by William Golding adapted by Nigel Williams



IT IS the beginning of World War II and children are being sent away from the cities of England for safety. One plane load of boys doesn't make it to their final destination. The plane crashes into a deserted island and no adults survive. At first, the boys revel in their freedom, it is an adventure.

As time passes, tensions rise and fears come out of hiding. Soon, the boys' fragile sense of order begins to collapse, island life taking a turn towards the primitive and sinister – it is not a game now, it is a fight for survival – the world of cricket, homework and adventure stories is far away. A beast casts a shadow over this new world – a beast can change its form.

Harbour Theatre is bringing this classic story of conflict and survival to life for their July/August season. Directed by the talented and award winning Sarah Christiner (pictured above), *Lord of the Flies* is very much a coming of age story, with Nigel Williams' stage adaptation highlighting the brutal reality of surviving alone in the elements.

Director Sarah Christiner has more than

13 years and 20 productions and a plethora of acting awards behind her.

What drew her to this story?

"I enjoy working with young people, am an avid reader and relish tackling theatrical adaptations of classic literary works that have affected me. When I read the script of this adaptation of *Lord of the Flies* I could envision it produced for Harbour Theatre at Camelot. The flexibility of the stage and space fosters the creation of an all encapsulating set – rendering the audience in the middle of the island.

"The cast of 12 boys makes for a dynamic, exciting and moving presentation of this classic story. Violence is integral to the story and the physicality of the production will be demanding for all the actors involved. It is a confronting exploration of the human spirit presented by a very talented young ensemble," she said.

Despite the young cast coming from all over the Perth metropolitan area from Alkimos in the north to Wellard in the south they all want to work as hard as they can to make this production a huge success. For some they read the book as part of their school curriculum and can't wait to bring the story to life.

Sarah previously directed the critically acclaimed *Flowers for Algernon* for Harbour Theatre's 2015 One Act Season and has appeared in, built sets for and operated lighting for various community theatres in and around Perth. She also recently appeared in the Perth Comedy Festival production *Darren the Explorer*.

Lord of the Flies plays at Harbour Theatre on 29, 30 July, 1, 3, 5 and 6 August at 7.30pm with matinees on 31 July, 6 and 7 August at 2pm.

Please note that this production is not suitable for children under the age of eight. The production contains strobe lighting and smoke effects.

Bookings ring 9255 3336 or www.taztix.com.au. Transaction fees apply.

For further information visit www.harbourtheatre.org.au

Circus Royale is coming to town...



Damian Syred with King

RUN by a young West Australian, Circus Royale has been travelling Australia since 1971 – and it's in Perth now for the school holidays.

Damian Syred, a West Australian native from Cunderdin, dreamed of becoming a classic circus owner. It's a goal he achieved in 2007 and one he'll continue to realise while the big top is in Langley Park.

"It's like going to work and playing for two-and-a-half hours," Syred, 34, said in an interview inside the colourful yellow and blue tent. "Growing up, I did all the things kids do. I tried to have a cool haircut and wear cool clothes," he said.

"As ringmaster I get to seriously dress up, I love that. No less than 10 costume changes per show."

With its terrifying Globe of Death motorcycle act, astonishing juggling and high trapeze, grand illusions and all the other performances you'd expect to see, Circus Royale is a refreshing new take on the age-old family favourite. It focusses on the human aspect of daring and danger performed by 20 young circus stars.

The steel Globe of Death is four metres wide. Motorbikes are manoeuvred around the cage at speeds of up to 80km/h. It's nail-biting stuff! Siblings Brandon, Geraldine and Hugo Fernandez will risk their lives in the Globe of Death to put on a great show, and are in Australia from Mexico for a two year stay.

Circus Royale is performing in Langley Park until Sunday 24 July. Morning, afternoon and evening shows are scheduled to suit busy families. A full list of performances times is available at www.circusroyale.com.au

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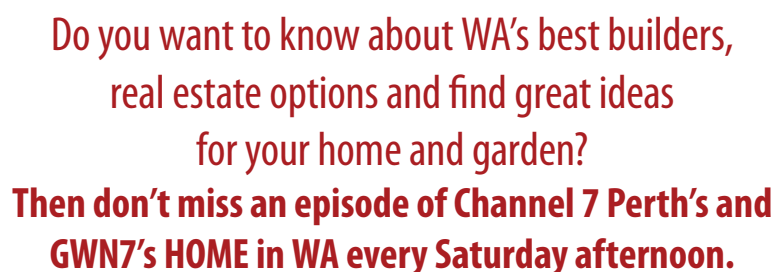
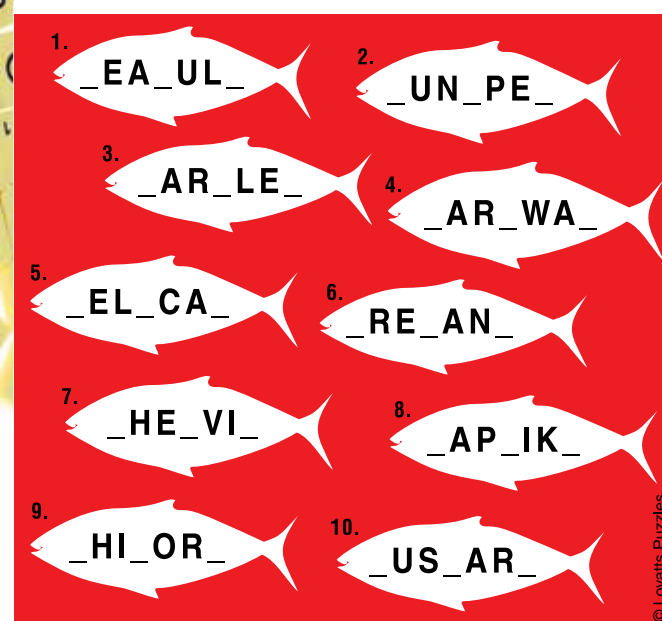
A decorative graphic consisting of several overlapping circles of various colors (purple, orange, blue, green, red, yellow) with white numbers inside them. The numbers include 42, 1, 2, 34, 65, 46, and 7.

© Lovatts Puzzles

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ABCDEFGHIJKLMNOPQRSTUVWXYZ

Fill in the gaps with letters to find the names of eight herbs and spices. Only eight? Yes, two of the examples are red herrings and won't produce anything but frustration. All the answers have seven letters.



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- ☐ 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



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Seeking a Friend

ACTIVE Aussie gent, 68, medium build, easygoing, warm-hearted, positive attitude, enjoys music, movies, dining out, various interests. WLTM lady open minded who enjoys life, laughter, good times. Let's start with a friendly chat.

Reply Box 7174

ASIAN 59, looking for friendship only, someone to go out for coffee chat, share outings and or movies. WLTM 59 and over gentleman.

Reply Box 7152

ARTICULATE, amusing, attractive lady, 71, lives Alkimos, seeks mature gentleman with love of classical music, opera, ABC. Must have friends, home, car. Let's meet for coffee and let the violins begin, NS, SD, NG, GSOH.

Reply Box 7149

CALLING cross stitching friends. Join us for a 3 or 4 day retreat in Busselton, starting Thursday 8 September. NS, ND, ALA. Fees apply.

Reply Box 7176

CHEERFUL caring, affectionate, gent, 75+, WLTM similar lady companion, drives, days out, lots of laughter, GSOH, NS, talkative, nationality open, NOR preferred, meet, chat, coffee. ALA.

Reply Box 7172

COLIN you didn't send me your phone number when you replied to Friend to Friend advert reply box 7098, lady WLTM lovely gentleman English Australian from May edition of *Have a Go News*.

Reply Box 7168

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

DEAR friend, I would like to let you know who I am. I am looking for a partner or just a real friend. I'm in my 70s, enjoy excellent health, active and easygoing. WLTM you if you are free of ties and compatible. If you could be a real friend, who knows what could be.

Reply Box 7167

FREE camping group for mature people around WA, singles or couples. Regular meetings to arrange camps. Can arrange your own camp if enough campers. Individual camping equipment such as tents, trailers, vans or caravans.

Reply Box 7142

GENT 58, fit, healthy, fin sec, well off, enjoys walking, travel, movies, fun and life in general, seeking a lady companion.

Reply Box 7163

GENT, 64, Croatian Australian, active, retired, SD, NS, NOR seeks lonely lady, 40-50, European, loves dancing, movies, travel, GSOH, like friendship, looking forward to hearing from you. Let's have coffee.

Reply Box 7150

GUY 69, fit, active, slim, 177cms tall, NS, GSOH, SD. I WLTM slim lady for dining out. I enjoy music, dancing, sport, let's meet over coffee, looking forward to meeting you.

Reply Box 7175

GENT 69, reliable, creative, interesting, musical, seeks similar lady similar age.

Reply Box 7169

GENT 73 young at heart, WLTM lady 65/75, attractive, fin sec, honest, sincere, TLC, NS, SD, who enjoys life, laughter, good times, being together, no baggage, Bunbury, Busselton area, ALA.

Reply Box 7170

GENT 80, slim, 6', needs a loving lady. Interests; arts, movies, country drives, walking, a lady who is passionate about life and needs a hand to hold to love. Beeliam near Freo, happy days.

Reply Box 7160

GENT young, 75, UK Australian, healthy in body, mind, spirit, NOR, well dressed, tall, easy going. GSOH, DTE, likes music, dancing, good conversation. WLTM slim, romantic, affectionate, caring lady, age open, NOR, make my day.

Reply Box 7165

LADY 63, GSOH, NS, ND, DTE, WLTM guy for friendship, 60 to 68, no intimacy, like simple things in life. GSOH. Pay own way.

Reply Box 7147

LADY 67, WLTM someone with GSOH, NS, in Northam area or thereabouts for outings and good company, camping, country drives, eating out, theatres, movies, sharing the cost.

Reply Box 7144

LEAVE your comfort zone, socialise with fantastic mixed singles group, 50s-60s, free meets SOR to arrange outings north and south of the river. Landline preferred. Looking forward to meeting you.

Reply Box 7151

MATURE Christian gent, NS, NG, DTE, fin sec, SOR, WLTM homely lady in mid 70s, or over for casual companionship, let's meet for a coffee and a chat. ALA.

Reply Box 7158

NOR happy lady, blonde, slimish, GSOH, fit, active, easygoing, seeks kind gent who enjoys travel, is young at heart and wants to enjoy life, with this sincere, friendly and fun loving person. ALA.

Reply Box 7148

NORTHERN suburbs widower, early 70s, NS, SD, fit, healthy, GSOH. WLTM slim, attractive lady for friendship. Interests; keeping fit, travel, most sports, dining in/out, family, meet for coffee and chat.

Reply Box 7166

PRINCE required. Need a new frog to kiss! Are you fun to be with, 65-75, NS, SD. I'm honest, outgoing, enjoy all life's pleasures - travel, dining in/out, wknds away, music, theatre, friends SOR metro, meet for coffee.

Reply Box 7157

THESE winter nights spent alone, needs a special someone to share them with lady 70. WLTM gent, 65+, NS, who is DTE, GSOH, up front, honest, sincere, enjoys music, travel, love, laughter, all that life still has to offer. Rewards for the right man. ALA.

Reply Box 7161

UKRAINIAN gent, easygoing, blue eyes, med build, kind hearted, love the outdoors, gardening, cooking, swimming, long driver, dancing, lots more, fin sec, caring, WLTM Ukrainian lady or Polish for a chat over coffee. Me; NOR, let's meet.

Reply Box 7143

Seeking a Partner

ATTRACTIVE European lady, 6007 area, petite, NS, enjoys movies, music, good conversations, sensible, WLTM gentlemen 60-65, NS, SD to share all the above. Looking forward to your reply.

Reply Box 7156

ATTRACTIVE lady, 60s, UK born, 160cm tall, medium build, feminine, educated, ND, DTE, GSOH, SOR. Interests include good conversation, reading, walking, gardening, country drives. WLTM refined, caring, sincere gentleman, 65-72. Please genuine replies only. Photo appreciated.

Reply Box 7164

COUNTRY guy postcode 6489, 62, 6'3", easygoing, enjoys life, simple things, GSOH, SD, DTE, TLC needed. WLTM country lass only 55-62, into sport, animals, gardening, 60s-70s music by the cosy fire. Let's meet. ALA.

Reply Box 7140

GENT 66, UK Australian, 180cm, VGSOH, NS, SD, enjoy good company, seeks attractive lady, 45-65, enjoy usual social activities, dining, travel including cruising. Let's discuss over coffee. NOR.

Reply Box 7155

QUICK! Contact me if you're male, 64ish, easygoing, good looking, sociable, active, travel minded, I'm 62, charming, female, NOR, working, outgoing, independent, like conversing, looks aren't everything but send photo of yourself thanks.

Reply Box 7146

LADY late 60s, keen to meet like-minded gent, 65-75 with a kind, caring, heart. Must have GSOH. Interests; popular music 60s, 70s, 80s, jazz singing, gardening, cinema, table tennis, dining, art, travel. Let's meet for coffee. NOR.

Reply Box 7154

Friend to Friend:
When replying to an entry...

To reply to the advertisements in *Friend to Friend* nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042, West Leederville, WA 6901.
(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened.



Seeking a Travel Companion

EXPERIENCED traveller seeking company for travel to Europe. Australian male, senior, recently widowed, Italian speaking, intending to commence journey in Italy and then other countries yet to be decided.

Reply Box 7153

SINGLE kiwi lady, 69, medium build. Interests; dining in/out, music, drives, travelling, socialising, GSOH, SD, DTE, TLC. WLTM gent same interests, honest, sincere, future relationship, NOR.

Reply Box 7141

STUNNING 55yr old woman, 162cm tall, wishes to be with one special man to share lives together with both of our friends and families. Love travel, exercise, socialise and also time spent at home.

Reply Box 7159

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

TALL widow 65 WLTM tall happy gent NS, NG, to share the golden years and hopefully do a little travelling.

Reply Box 7162

YEAH 66 and I'm now retired. WLTM gent NS, SD, GSOH, likes movies, theatre, travel, overseas, and Australia, barbecues, markets, dining in/out, chilling with coffee and people watching.

Reply Box 7145

Seeking a Travel Companion

EXPERIENCED traveller seeking company for travel to Europe. Australian male, senior, recently widowed, Italian speaking, intending to commence journey in Italy and then other countries yet to be decided.

Reply Box 7153

GENTLEMAN 70, seeks attractive lady companion for cruises. Must be fit, happy, healthy for fun. Prefer lady from great southern. ALA.

Reply Box 7173

Do you need a companion or friend? Don't be lonely over winter or in 2016. Let *Have a Go News* help you through our Friend to Friend page. Get writing and send in your coupon.

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ROCKINGHAM LADY 68 widow, slim, petite, attractive green eyed brunette, o/going, happy, loves life. Was born & raised on farm, loves animals, fishing, golf, cooking, sailing, travel. Sk farmer/countryminded gent 68-80 who is caring towards others.

MANDURAH LADY 70 Fit, active outdoorsy, warm, generous nature, intelligent, gd conversationalist, funloving country girl at heart. Sk gent (pref farmer) 70-80 w/ a similar outlook & ready for r'shp.

SWAN VALLEY LADY 69 slim, fair, natural, very sincere, kind & giving. Quirky, sweet natured & a good listener. Loves nature. Sks clean living gent w/ a good heart who can respect christian faith 69-76.

SOUTH PERTH LADY 60 Very pretty green eyed blond, Scottish b'ground, div, no ties, young at heart, sociable, indep, enj city & country, enj family, friends, gd music, sk gent 58-68 looking for someone to share life.

WARWICK LADY 70 Attractive, gentle, feminine, bright & positive, very well grmd & takes a lot pride in herself & the home. Is a modern woman. Sk d.f. earth Aust gent w/ tidy habits 68-75.

CANNING VALE LADY 72 very pretty brown eyed brunette, slim, petite figure, looks very young for age. Is an honest, loving, happy-go-lucky person, keeps fit, likes dancing, movies, travel, concerts & is great cook. Sk gent 68-80.

LANCELIN GENT 70 loveable character, happy, loves a conversation, a "bushy" with a big heart. Just loves the country life, outdoors, fishing, camping. Is 180cm tall, solid. Truthful & honest. Sk ladyfriend 63-73.

MERREDIN GENT 68 handsome farmer, 186cm tall, med/solid build, blue eyes, fair hair, young, fit, easy to talk to w/ gd sense humour. Is semi retired & really loves his life. Happy to travel to Perth to meet smart, d.f.earth, e/going lady 58+.

NORTH WEST GENT 65 active, neat & tidy, very sincere, fin. Secure, lives comfortably far north west of WA. Sk country minded lady who loves o/doors, warm weather, fishing & just enjoying a laidback lifestyle 60-70.

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SCENE SOCIALLY



SCENE (2): WA Carpet Bowls Association held a competition at Altone Park Leisure Centre. Seen at the event were:

SCENE (2): Top, left to right; Ladies runner up Lorna Wilson, Scarborough - Ladies winner Geraldine Howe, Rockingham.

Above: left to right, Men's runner up Ralph Batty, Addie Mills - Men's winner Dick Peterson, Carramar.

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SCENE (3): BETHANIE CEO Chris How participated in the Vinnie's CEO Sleep Out to raise money for the homeless in Perth on 23 June at the WACA. He asked the residents from Bethanie to knit some items to keep him warm on the night and they got those needles clicking and produced an abundance of items. The knitted goods were handed out on the night for other CEO's to keep warm and were then donated to Vinnies for the homeless to make use of afterwards.



SCENE (1): THE annual Seniors Recreation Council Seniors Ball was held in the Astral Ballroom at Crown Perth on 8 June and this year's theme was masquerade. Tickets sold out this year and the crowd embraced the theme all wearing masks and dressed up for the afternoon of dancing, entertainment and fun. The band *Offspring* lead the dancing and entertained the 200 strong crowd all afternoon. Crown Perth and *Have a Go News* provided raffle and spot prizes for the day and guests enjoyed a delicious afternoon tea. Seen there were:

SCENE (1): Top row from left: Glenda and Cliff Combes - Fran O'Brien, Rhonda Lloyd, Judith Matisons, Bev Mucjanko and Nancy Donelly (front) - Caterina Ranieri, Keith Terry, Sue Stevens, Dick Maitland and Thelma Jessop and Kevin Stacey (front) - Margaret Hodgson and Tony Pirzone - Gloria Forward and Tony Bussell.

Second row from left: Jenny Eyre and Ron Westward - Marilyn with Owen Keane - Eddie Plum and Zena Kendrick - *Have a Go News*' Quentin Smythe and Crown Perth's Matt Stevens - Crown Perth's Denise Cheir with Seniors Minister Tony Simpson - COTA WA's Judy Hogben and Marlene Robins.

Third row from left: Nicole Martinet, Beryl Coastes and Ray Rouse.

Fourth row from left: Kylie Scott and Christine Wilder - Rae Hislop and Anna Mrkic.

Fifth row from left: Seniors Minister Tony Simpson, SRC president Hugh Rogers, *Have a Go News*' Quentin Smythe and Crown Perth's Barry Felstead.

Above: Pauline Barratt.

An apple a day keeps the undertaker away



by Frank Smith

A WA-based study of nearly 1500 women over 70 for 15 years found that those who consumed at least one small apple (100g) per day had 35 per cent lower risk of mortality than those who consumed less than 5g per day.

The study led by Associate Professor Jonathan Hodgson of the University of WA School of medicine and pharmacology

found that higher fruit intake was associated with lower cardio-vascular mortality and risk of cancer. Those who ate the most fruit had the lowest mortality but the advantage peaked at two servings per day.

Participants ate an average of 244g of fruit a day, mainly apples (20 per cent) pears (11 per cent) citrus fruit (23 per cent) and bananas (21 per cent). Apples are the world's second

most consumed fruit.

The authors speculate that different fruit may have difference effects on the biome (gut flora) due to different amounts of fibre, flavonoids and other health-promoting compounds present.

Flavonoids are compounds found in plant foods. In apples they are concentrated in the skin with some also found in the flesh.

"Eating an apple a day will provide a significant contribution to total flavonoid intake," Dr Hodgson says. A small apple (100g) provides approximately 10 per cent of daily intake of total flavonoids and dietary fibre and substantial amounts of the antioxidant vitamin C.

He said both flavonoid and fibre intakes are associated with a variety of health benefits.

"For example, we have previously shown that flavonoid intake from apple skin improved artery relaxation."

The study supports current dietary guidelines, which encourage Australians to eat plenty of

fresh fruits and vegetables to reduce the risk of disease.

"Other fruits probably have similar benefits, but because they tend to be seasonal, intake is low and it is difficult to demonstrate the benefits."

Citrus fruits were the only ones not causing reduced mortality but this is likely to be due to other differences in the population studied, he said.

"The benefits of fruit eating probably also applies to older men and to younger people generally. But this would require further studies."

Lifestyle changes to incorporate more dietary fruit and specifically apple intake could potentially reduce chronic diseases.

He said the take home message is to increase your fruit intake. Although not part of this study, it is better not to peel fruit as much of the fibre and flavonoids are located in the skin.

The trial results were published in the *British Journal of Nutrition* earlier in the year.



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Have a Go News celebrates 25 years in 2016 - Some of the highlights of the last 25 years!



Minister for Sport & Recreation Graham Edwards addresses the crowd at one of the first Have a Go Days 1991



Denis Martin has worked hard over the years to encourage older people to 'have a go' 1993



The 1998 Maturity Matters conference held at Crown where Quentin Smythe, Brian French and Rhonda Parker discuss issues



The first Have a Go Day at Burswood Park with people flying foxing over Kagoshima Lake



Holly Wood and Judith Treby in 2006



Neil Perry with Vince Garreffa at the opening of the new Mondos Shop in 2007



Pat and Phil Paddon at the 200th edition anniversary in 2008



Jen Merigan with Kings Tours' Jenny Franceschi at the 200th edition celebration in 2008



Jen Merigan, Tony Abbott and Judith Treby in 2010



George Calombaris with Jen Merigan in 2010



Judith Treby with Ian Parmenter in 2010



Jen Merigan and Judith Treby when Have a Go News was a finalist in the WA Heritage Awards in 2011



Professor House, Judith Treby and William Reed in 2011



Ainsley Harriott with Jennifer Merigan and Manu Fieldel in 2012



SAC's Dawn Yates with Seniors Minister Tony Simpson and SAC president Hugh Rogers at Have a Go Day 2015

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