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VOLUME 26 NO.12 ISSUE NO.304 JULY 2017

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let's go travelling

20 page liftout

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- Winter in the West



Lee Tate's first, three-part reporter notebook...



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Over 50 ninjas



Showing their strength - Left to right - Juliette Rowsell, Anna Ravi, Elayne Clarke and Sandy Blockey

by Jennifer Merigan

THE saying 'if you don't use it then you'll lose it' aptly applies to people's health and well being

as they get older. Perth fitness expert Davi Ravi says that if older people want to retain their vitality they need more than a gentle walk around

the park.

Mr Ravi believes that jumping, climbing, swinging, hanging upside down and doing handstands is exactly

what older people should be doing to improve and maintain their health and well being.
"If you want to stay young you need to act

young," said Mr Ravi who regularly competes in national and international ninja warrior competitions. "When it comes to older people it is not simply about keeping the body strong and fit, it's about the body's connection to the brain," he said.

"Movement - especially the kind of creative movement you did when you were a kid is the best way to reinforce the mind-body connection. "Even an activity as simple as juggling has been shown to ward off dementia," he said.

Have a Go News met with four over 50 ninjas at Mr Ravi's Osborne Park Ninja Academy recently and saw their training first hand.

Mr Ravi's own mother 62-year-old Anna has taken up the training. Just over a year ago Anna found herself with an injury, a weight problem and a health scare.

Since starting training she has lost 10 kilos, is injury free and doing the kind of manoeuvres you wouldn't expect from a woman in her 60s. "I never thought I would be able to do a handstand or hang upside down but I can and it's really good fun.

"If I can do it anyone can, the trainers really look after you and ensure you don't get injured," said Anna.

Juliette Rowsell has been training for 34 years and, at 58, looks and feels fantastic. She trains people herself in the Mandurah area and last year competed in the Ninja Warrior competitions.

"It's part of my everyday lifestyle but I want to show people that at 50-something not to give up and think you can't do that anymore, because you can," said Juliette.

continued on page 4

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From the editor's desk



AS many of us are working longer some interesting research from Curtin University came across my desk. Job satisfaction for older workers was more important than pay. We value older workers at the *Have a Go News* office with 80 per cent of our workforce aged 50 and over. As we live longer many people don't want to be constrained by a set retirement age and want to keep working for as long as possible. That's certainly good news for the government.

Planning is underway for this year's Seniors Week. The week will be

held from 29 October to 5 November. Grants of up to \$1000 are available for clubs and groups from COTA WA. The program is funded by the state government and LotteryWest and allows not for profit organisations to hold a function or activity during Seniors Week. See page 5 for more details about applying for the funding.

Last month the state government announced a raft of changes to the WA Seniors Card to help repair the budget. For seniors' households with Commonwealth concessions cards, the Government will continue to provide the 50 per cent rebates for water service charges capped at \$600 and local government rates capped at \$750, and a 50 per cent rebate on the underground electricity connection charge.

However, as of July 1, 2017, for households

with only a WA Seniors Card, these rebates will be capped at \$100 each. All other rebates are unchanged and WA Seniors Card holders can continue to access the benefits and discounts, including the Cost of Living Rebate and free off-peak public transport.

We asked people what they thought about these changes through a Facebook post which reached more than 6900 people. The overwhelming response was that people felt they were being punished for working hard all their lives and now received little benefit for it.

Many pre-retirees expressed that they felt the goal posts were constantly being shifted for older people and this made planning difficult and a very small group felt that this fair and just. Later in the month I will be meeting with Seniors Minister Mick Murray so if you would like to have an

opinion shared with him, please send me an email.

The Dogs Refuge Home has been in touch about their Seniors for Seniors program which has been running for many years. It provides the opportunity for older people to acquire an older dog to live out their golden years. If you're interested in rehoming an older dog then get in touch with them on 9381 8166.

If you would like to find out more about our *Living Histories* program we still have copies of the book *Stories from the Swinging 60s* which is a recollection of life for people in WA during the 1960s. The book is available to purchase from the office for \$25 and is an ideal gift. We have a presentation which we take on the road about the *Living Histories* project which is available free of charge to clubs and groups. Contact me on the email below or call the office on 9227 8283.

We have some very inspiring stories in this edition. I wish you a happy and a healthy month.

Jennifer Merigan
Editor

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1. What animal is on the WA flag?

2. Who designed the Sydney Opera House?

3. Australians hold the world record for which amazing feat?

4. The Idiot Fruit and Darling Peas are poisonous, true or false?

5. What was the name of Olivia Newton-John's chain of clothing stores?

6. Approximately how many rabbits are there in Australia today?
- A) Fastest Beer bottle opening

B) largest Christmas cracker

C) most sheep sheared in 24 hours

D) largest chicken dance.
- C) 300m

D) 3,000m.

6. Who was the first Australian to win the Booker Prize?

7. How many countries are larger than Australia?

8. Who is on the front of the \$100 note?

9. Who wrote "Cloudstreet"?

10. Who is the only person to have been awarded both the Australian of the Year and Young Australian of the Year titles?

See page 52 for details about how to purchase a copy of the book *Stories from the Swinging 60s*

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50 Years a journalist...a reporter's notebook from Rod Stewart to Bob Hawke



Lee Tate and Roy Orbison

After a career reporting for newspapers and magazines around Australia and overseas, Lee Tate opens his files and notebooks in this three-part series. Lee spells out the issues, names names and, in Part three, lists his 50 top West Aussies.

Brushes with Fame
PARDON the name-dropping! It's rather unavoidable when your profession is stalking newsmakers. Here is a selection.

Roy Orbison, 1971
In an unbelievable chance meeting, Roy Orbison was sitting alone in a Pommy pub in Stratford-Upon-Avon, pouring cream and shovelling sugar into his coffee. When I introduced myself as a reporter on the local newspaper (for six weeks), Roy volunteered that he was getting work done on a new sports car, gifted to him by his father-in-law for use when touring Britain.

Roy then led me and my photographer to a suburban shed where a mechanic had the car's engine up on the bench, with the engine's head being shaved to make it faster. By just three miles an hour.

Roy happily agreed to a photo before we headed back with our little scoop for the *Stratford-Upon-Avon Herald*.

Rod Stewart, 1972
Wearing a canary-yellow jumpsuit with yellow slippers, Rod Stewart turned-up late for a function hosted by my then employer, music magazine *Melody Maker*, at

London's famous Oval.

Joining our little group of four, the star apologised profusely for being late. I said waiter-service had just finished but the singer wasn't refused when he called for a bottle of champagne and invited us to help ourselves. But not him. He wasn't drinking.

Malcolm Fraser
During a long election campaign, the Prime Minister, with media, attended Hobart's casino for a VIP knees-up night of entertainment.

But as soon as the lights went down, Fraser stood up, followed by his bodyguard, and slipped out of the casino via the kitchen, startling chefs. He was off to bed after a long day's campaigning. We media chooks stayed for the show.

Gough Whitlam
On the day Gough went to the polls for the final time, I joined him and Margaret for breakfast at their Sydney apartment. He'd forgotten the arrangement but told me and the *Melbourne Herald* photographer to come in.

"Where do you live?" Gough asked us. "I live in your electorate," said the photographer. Gough suddenly thrust his arm around the snapper, ushered him in and boomed: "Come in, dear boy. Come in", theatrically turning his nose up at me over his shoulder for not being in his electorate.

Then Gough asked Margaret: "Which tie today? The red or the blue?" Margaret replied: "Not the red, Gough. Not the red, they'll say you're

a Communist".

Bob Hawke
In Melbourne I went with ACTU advocate Hawke to a Carlton eatery, a regular haunt for unionists. The proprietor held up a chalk board menu featuring "Hawke barramundi".

Hawke boomed: "What's this?" The proprietor: "Hawke barramundi. It'll bite your head off". Bob roared with laughter and thumped the grinning proprietor on the back.

John Howard
I waited for the Prime Minister on the tarmac in Melbourne to get a response for a story. Howard saw me and walked right up to me and asked: "What is it?" I said I needed a response to a breaking story.

He said: "Cripes! I thought you were a federal policeman".

Bill Clinton
Clinton's charisma is staggering. I met the ex-president before his speech at Burswood. After his long and impressive talk, dinner and a long night, Clinton walked a very long line of locals waiting to shake his hand. Clinton slowly worked the long line, looking into the eyes and speaking to every person, answering all their questions and casually taking his time.

After his speech, hosts Barbagallo's presented Clinton with a box of Cuban cigars. Surely, he appreciated the irony, given the Monica-cigar scandal.

Royal Dance
I was assigned by *The Australian* newspaper to attend Princess Anne's dinner dance at Victoria's Government House. But being so close to our night's deadline the news editor directed: "Only file a story if Anne gets screwed on the dance floor". There was, you will understand, no story.

Elizabeth Taylor
In London's Swiss Cottage on a Sunday morning, I came face-to-face with Elizabeth Taylor in a supermarket. I just didn't know it at the time. I noted a resemblance when she virtually walked into me. It wasn't until years later when I read that Taylor had strikingly violet-coloured eyes that it meant something because this woman certainly did.

To satisfy my curiosity, 40 years later I Googled Taylor's 1971 there she was in the Pommy papers, photographed with Richard Burton, headed

for his holiday bolt-hole. It was around the corner from the supermarket.

Frank Sinatra. 1974
Ol' Blue Eyes had just arrived at Tullamarine Airport. But a *Melbourne Herald* photographer and I just missed him. However, we could see his jet on the tarmac and wandered over for an inspection, expecting to be stopped anytime.

We got right up to the steps unchallenged and stepped inside the plane. We noted the sumptuous fit-out for a possible story then headed back to our car. Driving off, we saw a man running after us, writing down, we presumed, our number plate. We never heard another thing.

Later, Sinatra called Australia's female journalists "buck-and-a-half hookers" and his plane, grounded by unions, stayed on the tarmac for a few more days than the superstar intended.

Heath Ledger
When, acting on a hunch, I found Ledger in Burswood's swimming pool, he was passionately kissing Heather Graham. He saw me and *Sunday Times* photographer Alf Sorbello and leapt from the pool. Dripping-wet and rippling with muscles, was at his angry best.

Confronting me face-to-face, he shouted: "We're on *\$#!*! holiday. We're on holiday." "Could we get just one photo?" I asked.

"We're on *\$#!*! holiday," he thundered.

Two Burswood burly security men headed

our way and we hastily retreated. But Sorbello thankfully shot a photo over his shoulder and we scored a picture of Heath and Heather for my column (and distribution around-the-world).

Rose Porteous
From her mansion, Rose drove me up the street to show off her shiny new BMW - a gift from Willie. She also brought her three poodles, with one nipping at me the whole way. (Not sure if it was Denis, Lulu or Snoopy). Rose said she was planning to drive across the Nullarbor with the Porteous pampered pet poodles perched on the back seat.

I said: "Rose, you could get lost". Rose said: "I'll drive behind Willie. He's got a car the same".

Rupert Murdoch
The legend materialised unannounced in the Melbourne office of *The Australian* with a manager. He walked out the other side and was gone without a word to us. Staff had complained about cramped conditions.

Rupert simply said: "Rubbish" and the matter was dropped. Apparently Rupert also told managers that if they saw staff wearing Hush Puppies (shoes), to sack them.

Greg Norman
A few of us journo's flanked Greg and Laura Norman when they inspected their superyacht being built in Henderson. Laura told me she was excited at the chance to sail around Australia with

Greg and the kids. I suggested that with all of the golfer's commitments, they might be lucky to get a lot of use out of the monstrous superyacht. They never did. The boat was sold.

Reg Smythe
A delight to interview in London, the British cartoonist created

'Andy Capp' comic strip for 40 years in newspapers around the world. After our interview, Reg whipped-up an Andy Capp cartoon for me with the little character saying: "Interview over". He was headed for the pub.

Part two next month. Reporting WA's Big Story. A 15-month assignment.

Tying the knot in the Swan River colony

THE Royal Western Australian Historical Society presents an interesting talk about courtship, marriage and wedding dresses in the Swan River Colony. This illustrated talk is devised and presented by Jo Pearson from historical letters, diaries and writings. Slides will also feature historical costumes from the society's collection.

The RWAHS invites members and visitors to enjoy the talk on Wednesday 23 August at 10.30am. The talk will take place at the RWAHS office at 49 Broadway Nedlands. Cost is \$20 and bookings can be made on 9386 3841 or email admin@histwest.org.au

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Seminar to help people get a good night's sleep

EVERYONE has suffered insomnia at one time or another. This issue will be addressed at a seminar on insomnia on Saturday 19 August from 2.15pm – 3.45pm, at the Henderson Centre in North Beach.

Attendees will learn how they can have a great night's relaxation and sleep.

Discover the main causes and reasons for insomnia and realise how they can use their subconscious mind to overcome these factors and create restful sleep.

They will receive printed notes with details of what is covered in the 90-minute session, as well as a CD with two hypnotherapy recordings specifically to promote sleep all for \$37.

If people are interested, but cannot attend for whatever reason, they can supply the notes and recordings for \$17. They just need to click 'Tickets' in the Eventbrite link below. Interested readers can register by visiting <https://beatinsomnia.eventbrite.com.au> or by phoning 0403 932 311 after 9 July.

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Over 50 ninjas by Jennifer Merigan



continued on from front cover

A nurse by trade 61-year-old Elayne Clarke said she became fitter later in life because she wanted to be flexible, strong and have good balance as she got older.

She says the functional movement training is really good fun

and she loves training at Ninja Academy.

"It's a really easy place to come, the philosophy of helping people get the most out of themselves no matter what their age or gender is very important to me. I tell my friends not to be afraid just come and do it – you'll be surprised at how much fun it is," she said.

Sandy Blockey says at 53 she feels better now that she did at 30. "I worked a lot and had a lot of body pain, I needed a knee replacement which I didn't want to have. I ended up giving up work to improve my health and after about 18 months of training I haven't had to have a knee replacement.

"My knee will never be 100 per cent but since I have started training I can do more than ever before, I have less pain and if I can avoid surgery I will.

"The trainers here are amazing, they care so much and they con-

dition your body to do what your capable of, there's no injuries here.

"My whole life I've wanted to tone my body and since coming here I have. You'll be surprised at what you can do," said Sandy.

Mr Ravi believes the fitness industry fills people with fear and prevents them from using their bodies to their fullest capacity. "We have members aged in their 60s and 70s who do things that many of the young people can't.

"Going upside down is something many of us fear, it changes your view of the world, quite literally, suddenly you have a different perspective and that flows onto to other areas of your life.

To see videos of the over 50 ninjas in action - visit the *Have a Go News* Facebook page. For more information about the ninja academy visit www.ninjaacademy.com.au

CLOTHES FOR EMPERORS



Letter to the Editor

Submissions may be edited for clarity and space.

Dear Editor

AS an urchin who grew up in the town in the 1950s and 60s, I read with interest Steve Collins' article on Boulder (Kalgoorlie's poorer cousin). Most of the miners did live there mainly because most of the mines, pre super pit were closer to Boulder than to Kalgoorlie.

Boulder was full of characters and the town-oozed idiosyncrasy. The twin towns were then divided

into three local government areas, each having its own car registration plates. Vehicles registered with the Boulder Municipal Council bore plates with the prefix B followed by a number.

The owner of a certain metallic grey Vanguard sedan lived only 150 yards from the large block which housed the Boulder Infants, Boulder Central and Boulder High Schools. This also conveniently

placed him only 130 yards from the famous Golden Eagle Hotel.

The Goldfields area is well known for its fierce summer heat but this did not deter the Vanguard's owner from driving around town with his car proudly bearing front and rear number plates which read B O.

No political correctness here cobber, this was Boulder.

**Ian Campbell
Armadale**

Book review: *The Glass Ship* by Martin Simons

Reviewed by Pat Paleeya

PETER Markham is dejected when his long-term partner Clarice leaves him stating that life with him was boring. In an effort to change his ways and bring some excitement into his life Peter enrolls in a gliding course.

Dissatisfied with the course he walks out and is leaving the airfield when he is flagged down by Mitch, a young girl who pleads for his help in retrieving a downed

glider piloted by her older sister Julia. Mitch hurls Anglo-Saxon expletives at every second sentence, yet Peter is drawn to this wild teenager and, although reluctant, he decides to help.

From then on, his life changes dramatically. The sisters are influential in these changes, he falls in love with Mitch, and although Julia has problems which have serious consequences later she teaches him to fly, which he does with proficiency and skill.

Such is the detailed and comprehensive tuition on flying throughout this book that it reads like an instruction manual

in parts, and leaves no doubt that Martin Simons knows his stuff regarding aeronautics and the sport of gliding.

He writes that he would like to encourage more women to take up the sport of gliding as women are just as good as the men are. Well ladies we all knew that didn't we?

The Glass Ship is available online from Amazon, the Xlibris Bookstore and Booktopia.

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Bob Ziegler's recipe for a long and healthy life

by Josephine Allison

WHEN it comes to living a healthy and fruitful life 87-year-old Mt Claremont man Bob Ziegler (pictured left) is a fine example. The US born emeritus professor of science, who has travelled the world, has been taking part in the Council on the Ageing's Living Longer Living Stronger program since 2004 and says he enjoys the benefits it brings.

"I joined Living Longer Living Stronger as part of the program at ECU, Prof Ziegler said. "Personally, I have doubled my upper body strength and tripled my lower body strength. I am the same weight as I was aged 13. "I would recommend the program to everybody.

"As we get older we tend to lose muscle mass which has a negative effect on the whole body. We tend to lose balance and not be as strong and cannot lift things as easily

and become somewhat restricted in movement. Exercising helps to get blood back to the heart. Living Longer Living Stronger gives us a quality of life."

Prof Ziegler, who has been a volunteer and COTA board member, was born in Tennessee and has been involved in education his whole adult life.

"When I was two-years-old my parents moved to India just north of Bombay (Mumbai) and my first five years of school were in Mussoori, 200 miles north of Delhi in the Himalaya Mountains," he said.

"My folks returned to the US in 1939 where I attended high school and university and became a teacher for five years. I was given a grant by the National Science Foundation at the University of Wisconsin for a masters degree in science education and later to earn PhDs in embryology and learning theory."

In 1973 Prof Ziegler was sent to Bangkok

by UNESCO to write new science programs for high schools and to prepare materials for teacher education. In 1989 he was sent to China to direct a program for US university students. The Tiananmen Square event intervened and he and his WA born wife Patricia were evacuated to Perth where they settled.

An Australian Aid program sent Prof Ziegler to Pakistan in 1991 to develop a new high school science and teacher education programs.

Today, Prof Ziegler and Patricia enjoy retirement and travel. He plays golf at Wembley once a week, walking 18 holes. "We travel quite a lot and have a lovely family who live around the world," he said.

"We watch what we eat, but I still enjoy ice-cream almost every day."

For readers who want to know about the Living Longer Living Stronger program, contact COTA WA on 9472 0104.

Take a walk on the friendly side with the Over 55 Walking Association



OFFWA members enjoying lunch



The walks in July are: 11 July - Burswood, 18 July - Carine Regional Open Space, 25 July - Point Walter and 1 Aug - John Forrest National Park. People are welcome to come as a guest for a try. See the website for further information www.over55walkingassociation.myclub.org.au

Canning Vale Probus Club welcomes new members

THE Canning Vale Probus Club has a few vacancies for new members. Membership is targeted at people 55 years and over, retired or semi-retired, with a view to keep minds active, expand interests and enjoy fellowship and friendship with others.

The club meets on the fourth Monday of each month at 10am, at the Livingston Seventh Day Adventists Community Hall (opposite the Livingston Market Place Shopping Centre) near the junction of Nicholson and Ranford Roads in Livingston.

A short formal meeting is followed by morning tea, fellowship and a guest speaker, and the meeting closes by noon.

Those wishing to join in, then go out to a casual lunch at a local café. Around the second week of the month a day's outing is planned to a venue of interest, which is usually combined with lunch.

The club has been operating for four years and currently has vacancies for a few new members. There is a capped membership of 65 and visitors are welcome to attend a meeting or two, before deciding to join.

For further information please contact Barbara D'Sylva (publicity officer) on 9455 6610.

Bayswater City View Club seeks new lady members

BAYSWATER City View Club is seeking new members to join in having fun and friendship, while supporting a very worthy cause.

VIEW stands for Voice Interest and Education of Women, a national volunteer organisation affiliated with The Smith Family.

The Bayswater City VIEW club has about 40 members who enjoy a wide range of social ac-

tivities while raising funds to sponsor six financially disadvantaged students with their education through The Smith Family Learning for Life program.

Bayswater City VIEW Club meets on the second Tuesday each month at 10am for coffee/chat with the meeting starting at 10.30am at the Morley/Noranda Bowling club in Noranda. Ladies are

most welcome.

For further information call Glenys 0417 946779 or instead please email bayswatercitywa.viewclub@gmail.com.

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MORE than 160 members of the Over 55 Walking Association (OFFWA) enjoyed a complimentary club sausage sizzle down by the river at Garratt Road bridge.

The club uses the money collected from membership fees of \$10 and the weekly \$2 raffle, to either subsidise or give a free lunch to members several times a year.

The weather was perfect and everyone enjoyed the delicious lunch organised by the club's social conveners Joy and Sue. Thanks to member Jean who organised the sausages and to the cooks - Ian, Dirk, Doug and John. Sue and Ann helped give out all the lunches to members as they returned from their walk.

Everyone commented how lucky the club is that it has a nice social aspect as well as the walks.

Seniors Week Community Grants Program 2017

Grants are available for community organisations arranging events or activities during
WA Seniors Week **29 October - 5 November**

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Meet the columnists



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

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



Mike Smits

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



Rick Steele

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



Lee Tate

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



by Rhonda Parker

WE are all aware of the projections regarding the number of people in the world who will be diagnosed with dementia in the decades ahead. While we hope that the significant research effort underway around the world will yield better treatment options for some of the conditions that cause dementia, we know that in the meantime we must continue to improve the response in the health and care system to those with a diagnosis, and their car-

ers. A significant event occurred recently that should drive change for good in this.

In May, for the first time, the World Health Organisation (WHO) adopted a Global Plan of Action on Dementia. The plan is a comprehensive global strategy for empowering, supporting and caring for people living with dementia. Action areas in the WHO's plan includes a focus on seven areas, including dementia awareness, risk reduction, treatment, diagnosis, support, research and innovation. Improvements in each of these areas would make a big difference to the experience of living with dementia.

Importantly, the plan provides governments from around the world with national targets.

In Australia, the federal government adopted a National Framework for Action on Dementia in 2015. However, it is unfunded and will not have the impact required until it is funded as a strategy or plan. The WHO's Global Plan of Action on Dementia confirms the need for a fully-funded national dementia strategy. Indeed, without funding, the WHO targets will not be met by the federal government.

Alzheimer's Australia WA welcomes the scope of the plan. It acknowledges the need to better understand dementia risk reduction and for

the population to adopt whatever changes they can to reduce their risk of dementia.

The Plan also acknowledges the need to deal with the stigma those with dementia experience. Stigma is unfortunately a very real part of the journey for many with dementia, borne out of misunderstanding and lack of knowledge about what dementia is and isn't. Stigma often hastens the disengagement those with dementia experience and is an entirely preventable impact felt by so many.

We wait impatiently for progress on diagnosis, treatment and holistic care where the focus is on the person and not the

biological impairment. We hope for the day when research establishes benefits in clinical trials that can be transferred to the millions who have dementia globally.

With the backing of WHO, the importance of a comprehensive, fully-funded strategy dealing with every aspect of the challenge of living with dementia has been brought to the forefront.

If the World Health Organisation's Global Plan of Action on Dementia is able to drive an increased commitment to a more comprehensive response, it will be a plan that improves the lives of millions of people around the world living with dementia.

Interesting courses at Adult Learning Association in new semester

THE Mature Adults Learning Association (MALA) provides professional lecturers who share knowledge with students at the George Burnett Leisure Centre along Manning Road (between Freeway and Curtin University) each Friday morning, over five weeks.

Interested people are invited to exercise their brain, broaden knowledge, develop new interests, and interact with others to share stimulating ideas.

The next semester begins on 25 August with enrolments beginning from mid-July.

The topics will include contemporary media, the history of technology, Muslim wars, media in the 21st century, a

closer scene - looking at five famous artists, exploring medieval England, Chinese culture in WA, Russia old and new, Getting to know WA from 1829, and the surprising biology of marsupials. A literature topic, one about architecture, and a medical topic, will also be included in the choice.

There are no exams; no homework people can just enjoy learning and sharing. All information and an enrolment form to download will be found on the website from mid-July at www.perthmala.org.au - or phone Sue 9444 4902 or Fran 9375 9286 for more information.

It is recommended that people should enrol early.

Big response to Alzheimer's sleeve knitters request from June issue...

THERE has been an overwhelming response to the story in last month's edition of *Have a Go News* regarding knitting for Alzheimer patients.

Bibra Lake woman Bev Chilcott said since the story first appeared in HAGN, more than 60 people had phoned her to ask for the pattern.

One knitter lived as far away as Albany and another in Augusta.

"I never imagined the response would be of this magnitude and I am very grateful to *Have a Go News* and its readers," she said. "Some people have even offered to buy me stamps to pay for postage on the patterns, which is very kind of them".

Anyone wanting to contact Bev can phone her on 6490 6431.



by Karen Majer

"WASTE not, want not" was a saying I grew up with. However if you

Waste warriors - it's time to step up for our environment and look at what we throw away

watched the recent ABC series *War on Waste*, you would agree that our throwaway society has become a disgrace.

In Australia about one third of the food we buy ends up as rubbish and in landfill. The average Australian household throws away more than

\$1000 of food each year. It's a waste of money and precious resources, and in landfill our discarded food turns into methane, a potent greenhouse gas. Tips are to buy only what you need and designate a 'use first' shelf in the fridge for perishables and items closer to the 'use by' date.

Don't be too hung up on 'use by'. It's a guide and the food won't become inedible overnight. Fruit and vegetable scraps can go in a compost bin or worm farm, or simply bury them in a hole in the garden bed

and let the worms do their job!

This month is Plastic Free July. You may like to join in and reduce the disposable plastic in your life. You could avoid the plastics that seem to fill your recycling bin, target takeaway items like coffee cups, straws and plastic bags, or even try to go completely plastic free (finding alternatives to everything) for a day, week, month or more.

Take a shopping bag and carry your own cup when you want a coffee on the go. If you take your reusable cup to a Responsible Café you can get a discount. Find one near you at www.responsiblecafes.org/. You'll be helping to reduce the estimated one billion disposable coffee cups used in Australia each year, most of which will end up in landfill.

The fashion for bottled

water is a big problem. Carry your re-usable bottle and think about all the waste you are saving. Bottled water is about 1000 times more expensive than tap water. It can take three litres of water and 250ml of oil to produce one litre of bottled water. Plastic bottles are a source of litter, ocean pollution and a hazard to marine life. They take over 1000 years to biodegrade and produce toxic fumes if incinerated.

We can all be waste warriors!

Ed's note - we have all bought reusable coffee cups which we take to our local shop for our coffees.

Find out more:
www.abc.net.au/tv/programs/war-on-waste/
www.plasticfreejuly.org/
www.cleanup.org.au/au/WhatIsSewesupport/avoid-bottled-water.html

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Exciting times out on the water with the Over 55s Canoe Club



Enjoying the calm

by Jeremy Haslam

LULLED into a false sense of security due to the run of benign and

wonderful weather we have experienced, the Over 55s Canoe Club members set out in high spirits on the first Thurs-

day in June into a slight breeze downriver from Deep Water Point. Little did we know what the Canning and Swan had in store for us. The breeze soon freshened, gusting to 35km/hr as we rounded South of Perth Yacht Club where the Canning meets the Swan heading south.

By then we had a following sea, and it is a lot harder to paddle with the wind behind. Soon some of our members were longing for the morning tea break rendezvous at Jeff Joseph Reserve in Applecross. Most elected not to go around the jetty and head for shore as soon

as we could. Not all went well however as one of our members ended up in the water as he disembarked, most unfortunate. The duckmaster will be notified. With all ashore and tucking into our favourite beverages, the leader and others took stock of the situation. With the wind still gusting, several people decided to abandon the paddle and found a co-operative grandson with a car to ferry them back to the starting point. The rest of us hardy souls decided to return via the water, as paddling into a headwind is easier than dealing with a tailwind.

After a safety briefing and instructions to stay together we all made it back without mishap. Quite an adventure for this year's newbies. The other Thursday trips were much less strenuous, though from Middle Swan reserve we saw plenty of evidence of the damage caused by the heavy storms in February, with the river bank severely eroded in several places. Another Thursday saw many paddlers rolling up to enjoy completely still conditions on the water at Maylands Yacht Club. The smoky atmosphere and early morning fog gave the river a strange

and moody ambience. The glassy water surface persisted for the rest of the paddle. Another calm and sunny day greeted paddlers at Point Reserve in Bassendean. This was an Over 55 paddling Thursday with a difference – two paddles for the admission price of one; a paddle downstream on the Swan River and an after-lunch exploration of the Helena River. The latter gave plenty of practice negotiating sunken trees and overhanging branches, with the quiet of the river punctuated only by the sound of birds making one feel like a

real explorer. A record number of paddlers out this month – 46 split into two groups on one occasion. Further information about the Over 55 Canoe Club can be found on the web page www.over55canoeclub.org.au or on YouTube and Instagram. Club president Kate can be contacted on 9526 2168.



A big splash as Masters Swimming national championships come to Perth



by Samantha Noall

THE 2018 Masters Swimming Australia national championships will be held in Perth for the first time since 2011, Masters Swimming Australia and Masters Swimming WA have announced. This national competition will see more than 550 participants converge on HBF Stadium, Mt Claremont for a four-day competition from Wednesday April 18 to Saturday 21 April 2018. Masters Swimming WA president, Damien Eyre said, "In ten months' time we are looking forward to hosting the 2018 Masters Swimming Australia national championships at

HBF Stadium. We have many great facilities including indoor and outdoor 50m pools available for the four days in Perth. We will showcase the "Best in the West" to all our swimming friends from all over the country when we welcome them to Perth."

The event will feature an opening ceremony on the first day and will provide participants with warm up/cool down space in the indoor diving pool as well as in the outdoor eight-lane pool for all four days of competition. There will be sun-downers and lots of social functions at the end of each day culminating in the presentation dinner that will be held at the South Perth Yacht Club.

If anyone has thought

about joining a Masters Swimming WA Club this is a great time to join. All MSWA members can participate in nationals no matter your experience, age or ability. There is still plenty of time to prepare with a club coach and be a part of the action. To find a club please go to www.mswa.asn.au.

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You can lead a horse to water but you can't make it drink...



by Jon Lewis

COULD there be a better way than showing someone the correct path? As you may have imagined, leading a horse to water does not necessarily mean it is going to drink. How many times do you need to show it? With all the good intentions and a hearty eagerness to push, I do wonder if showing or leading someone might not be helpful, perhaps even at all? I believe there is a better way and it's beautiful.

While in the company of a PhD dietitian, I was delighted by a path he took with a patient. It may

come as no surprise to you mentioning a new fad diet is not the way to delight this good doctor. One day a patient presented himself with an urgent need to lose weight for a medical procedure. Dr Angus explained a way kindly, precisely and also with a kind degree of empathy. Patiently he showed the patient the way. However, the light did not go on. The patient dutifully paid attention and then said thank you. The accredited dietitian was left feeling a little low realising this person in need, still needed help. It's quite normal, this can happen, we receive all of the wonderful information and we are still in the dark. Perhaps you have memories of a time when someone, perhaps a teacher kindly, carefully explained and the light did not go on? Sometime later... a changed person walked into Dr Angus's rooms. He had clearly lost some weight and

was eager to lose more. More impressively, he was eager to learn, more. Was this the same person? It was clear a light had switched on, but how? The patient had become excited and had had some success with a fad diet. (This is often the case in the early stages) here is what impressed me... The doctor rather than shunning the diet 'used it' to 'encourage' the man. With the encouragement, he could now guide the man to a sustainable healthy future. I realised encouragement goes a long way. Importantly though, encouragement with guiding. I find now 'encouragement with guiding' seems a far more efficient and even a kinder way of teaching or showing.

Do you recall the last time you encouraged someone? Do you recall the last time you were encouraged? How did it feel? Would kind guiding have helped you? Do you know what I would like to see? Some stickers on the backs of cars that beautifully reads... 'encouragement with guiding'. All the best.



by Rick Steele

BACK in the sixties, when I was teaching myself to strum a guitar, learn the meaning of life, drink copious beers and save the world with songs about peace and love I do recall telling myself..."I will never play bowls, that is a game for geriatrics!" To be truthful I have played the game a few times, perhaps barefoot and not in uniform, and I do appreciate the skills involved but my knees are now under stress, and not conducive to taking a high mark in the front pocket. I play my sport in the 'poolroom' now on the big screen. So last Sunday I was enthused as I made my way to the beautiful art deco Mount Lawley Bowling Club. Once a month the Perth Folk and Roots Music Club holds a concert there and I was special guest performer. I look forward to this mini concert, with the intimate and tasteful setting and it provides me a chance to revisit my 'folkie days'. I even sang, *The Ballad of Arthur Allan Thomas* which I last performed in 1980 at Sweetwaters Festival NZ (A Kiwi kind of Woodstock). AA Thomas was convicted and imprisoned for nine years for a double murder which I believed along with most of the country that he was an innocent party. The lyrics in my song said, "the man's been framed" along with mentioning the policeman's name who was proven

Once a folkie always a folkie... and the babysitting club...

to have planted evidence. The song was banned and the judiciary also deemed that the couple of thousand odd records must be recalled and destroyed. Apparently it is a form of treason to openly dispute the findings of the law of the land. Doh! Homer Simpson Steele rides again! It was very soon after that my wife and I decided it was time to return to Perth with our two young sons and start again. After the usual and some extraordinary complications of relocating with a young family, the time came when that ancient problem that dates back to Adam and Eve, reared its ugly head... where are we going to get a BABY-SITTER? As I enjoyed the warm response from my banned song performance, I took a quick glance around the audience and to my pleasant surprise, sitting together in a row (like ducks in a row, maybe not) were three members of the babysitting club formed and fondly remembered from sometime about 1981. This organisation, which of course, the ladies organised was a marvellous institution. No monies changed hands as it was a time-sharing plan. Women received points for the time they 'sat' and in return they would receive a "sitter" for the number of hours or points that they had accumulated. I can't remember if any other dads were involved much, but because I worked at night, occasionally and I mean, not very often, I

would be asked to maybe help out during the day for short periods of time. I had strict guidelines mind you... Child must be potty trained. ...must like country music and Willy Nelson andsit down and eat yer sandwiches when yer told, and put all yer complaints in writing! Tripligate! From my point of view, and from what I recall I was bordering on perfection as a "sitter" and no child was harmed much or scarred for life under my watch. There was a small dog bite one day, after being warned more than once, not to pull the canine's tail. Just a nip, not much blood, and no need for a transfusion. Poor little Madeline did not want to revisit after I told her off, ever so gently, not to pull the heads off my geraniums. "I was picking flowers for my mummy," she cried. "Oops," I cried. Little Johnny was also not that keen on returning. Spoilt little brat. He had an accident and filled his pants one sunny day out on the back lawn. He had the nerve to complain to his mum when I dropped his pants and stuck a hose up his... to his rear end! It was lovely catching up the ladies from the babysitting club, and I really hope little Johnny gets out on parole soon. If it weren't for my lawyer I'd still be in prison. But, with two of us digging, we got out a lot faster! Cheers dears.

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Aviation expert to speak to seniors on direct flights to London

FIOREAT and Districts branch of National Seniors Australia is delighted that leading world expert on the aviation industry, Geoffrey Thomas, has agreed to speak at their meeting on Thursday 10 August. Mr Thomas will share everything people need to know about the planned direct Qantas flights from Perth to London on the new Dreamliner aircraft. Mr Thomas is in great demand in the media for comment on aviation and has been heavily involved in reporting on the search for the lost flight MH370. President John Dingle said, "This is an excellent opportunity to hear from an acknowledged world expert about the exciting things that are happening in world aviation and its impact on us here in Perth. "We always have new visitors coming along for the first time and we hope that many will join us for this fascinating presentation." National Seniors Australia is the leading independent voice for the over 50s and has 200,000 members Australia wide. Around 130 people attend the Floreat meeting each month and there is opportunity to become a member of National Seniors at their meeting, with a \$10 subsidy toward membership fee. The meeting is at Mt Claremont Community Centre in Montgomery Avenue. The meeting is at 9.30am for 10am and finishes at 12noon with a splendid morning tea and costs \$5 for members of National Seniors Australia and \$7 for non-members. This includes door prizes and warm fellowship. All are welcome and there is no need to book, just to turn up. Car parking is available. If further information is needed, feel free to ring John on 0414 963 086.

FREE EXERCISE PROGRAM FOR WOMEN WHO HAVE HAD BREAST CANCER

Term 3 programs:
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Riverton, 28 July - 15 September, 12-2pm

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We offer the program at a range of locations throughout the year. For enrolment or more information call 1800 305 150 or email programs@ywcaperth.org.au Funded by the WA Department of Health

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Saturday 29 July at 10am Parkland Villas Ellenbrook | 25 The Parkway, Ellenbrook

Saturday 5 August at 10am Lakeside Village | 14 Lewington Gardens, Bibra Lake

Saturday 12 August at 10am Parkland Villas Mandurah | 2 Hungerford Ave, Halls Head

RSVP essential as numbers are limited. Visit retireinwa.com.au/events or call 1800 550 550.

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lendlease

SRCWA President's Jottings



Thank you to Ron Alexander

Seniors Recreation of WA would like to say a huge thank you to director general of Department of Sport and Recreation Ron Alexander who held the role from 1999-2017. Ron was instrumental in supporting SRCWA in many of its programs and services to the seniors of WA and we are very grateful for his input. His contribution to the sport and recreation industry in WA will be long lasting.

New edition of Add Life to Your Years directory - Now available

The Add Life to Your Years 20th edition, is a free directory listing clubs and groups which promote sport and recreation for over 50s. The directories are available from SRCWA, phone 9492 9771 to request copies to be mailed out to you free of charge. The directory also contains an update page for new additions and updates so any club/group or association may fill in the page and return it to the office to be included in the next issue. This publication is printed biennially and is also available on the website with information updated monthly, send any changes to club details to the SRC office, PO Box 329, Leederville 6903, or email info@srcwa.asn.au

LiveLighter Seniors Activity Information Day - Armadale

More than 120 seniors enjoyed a morning of socialising and activities at the Armadale District Hall. The activities commenced with a warm up by Michael from Armadale Aquatic Centre who led the participants through some gentle stretches and exercises to prepare them for a morning of activities. A big hit was the Rock the Bike where people used a pedal powered smoothie maker to create a drink. Also on show was a wide variety of information available for people from various associations. Lunch was prepared, cooked and served by the Armadale Seniors High School Vocational Education and Training students who received a rousing thanks from those in attendance. LiveLighter Healthway, City of Armadale, Department of Sport and Recreation and Dept of Local Government and Communities sponsored the event.

LiveLighter Seniors Activity/Information Day - City of Belmont

On 26 May about 96 seniors attended the LiveLighter Seniors Activity - Information day at Belmont Oasis. The event showcased agencies available in the Belmont area and gave participants the opportunity to try a variety of activities. SRCWA would like to thank Helen from the City of Belmont, City of Belmont staff, SRCWA's volunteers and the trustees from Woorlooloo Prison Farm for helping to make this event a great success. SRCWA acknowledges LiveLighter Healthway for their sponsorship, the City of Belmont, the Department of Sport and Recreation and Dept of Local Government and Communities for their support.

Annual Seniors Ball Swinging Years

The 2017 Swinging Years Seniors Ball was a sell out with more 200 people in attendance. Congratulations to the prize winners at the ball: Kathy Berbu won an overnight stay at Crown Metropol including breakfast-donated by Crown Perth, Dawn Taylor won \$150 voucher for Modo Mio restaurant - donated by Crown Perth and Val Paternostro won \$190 voucher for Casey Australia Tours - donated by Casey Australia Tours. Bessie Bidwell won a bottle of Mumm Champagne - donated by Have a Go News and four couples won the spot prize packs also donated by Have a Go News. Thank you to our volunteers and staff who make these events possible.

Our special thanks go to our sponsors Crown Perth, Have a Go News, Department of Sport and Recreation, Department of Local Government and Communities and Casey Australia Tours.

Have a Go Day, a LiveLighter Event, Celebrating 25 years in Burswood Park, Wednesday 1 November

- Last chance to register for site holders

Registrations are almost at capacity, if you or your organisation is planning to attend this event as a static display or activity you will need to register as soon as possible to secure a place. This year Have a Go Day celebrates its 25th Anniversary. For further information contact Kate Chetwin on 9492 9771 or email kate.chetwin@srcwa.asn.au This event is the ideal platform to showcase your information to the over 50s in Western Australia.

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

Hugh Rogers,
Seniors Recreation Council State President



by Mickel Smits

"IT HAS long been evident to collectors of postage stamps that a really accurate description of all forgeries is as great a necessity as even a catalogue of genuine stamps". This sentence formed part of the introduction to a publication released in 1863 entitled *Forged Stamps - How to Detect Them* by Edward Pemberton and Thornton Lewes.

Comprising just 36 pages and hence appropriately described as a booklet or brochure, it was nonetheless the first publication that sought to identify the genuine from the forgery. Having no illustrations throughout, the authors relied on

A look at an early pioneer whose skills exposed stamp forgers

providing comprehensive and detailed descriptions of the discreet variations within the designs between the original and its forgery for some 70 stamps issued around the world which they, in collaboration with other collectors, were able to qualify at that point in time.

Pemberton was a renowned collector attributed for advancing the technical aspects of stamp collecting such as the differences in printing methods, papers, watermarks and perforations, and also recognising what were forgeries. In so doing, he followed and advocated what had become known as the French School of Stamp Collecting as opposed to the English School of collectors who adopted the basic approach of accumulating face-different stamps, as in different

pictures, with no real interest in their production variations. It would be fair to say that such heralded the early distinction of the philatelist to the stamp collector.

Pemberton was also a dealer who was aware of the prominent forgers of the day and their methods of distribution. He considered their activities undermined the ability of collectors to achieve fair prices or exchanges for their genuine stamps because of the low prices the forgeries were being sold for.

He also realised that his published work in identifying the characteristics of forgeries could aid and abet the culprits who might then produce and issue fresh versions, and so he expressed the need for collectors to continue to exercise caution when dealing with scarce stamps.

Thereafter, he contributed articles to various philatelic journals including a series dedicated to forgeries titled *The Spud Papers* that began in 1871 and was co-written with W. Dudley Atlee. As numerous new forgeries of now even common stamps were continuing to appear on the market, there was no lack of content.

Sadly, Pemberton died prematurely, aged 34, in 1878. A reverend by the name of Robert Earée continued his Spud Papers work until 1881 at which time it was discontinued following 67 editions. The next year, the reverend released *Album Weeds; How to Detect Forged Stamps*. To this day, this book is regarded as a definitive work on forgeries. Comprising 560 pages with some stamp illustrations throughout, it too was

essentially a descriptive guide often requiring a few paragraphs for each stamp.

In its introduction, the reverend writes that his book "is intended to supply the lack of experience of our young amateurs, so that they may easily find and remove the worthless weeds which spoil their collections". From there on, the term "weed" was commonly used when referring to forgeries.

Curious as to why *The Spud Papers* was named so, I looked up "spud" in my Oxford dictionary and discovered that besides being slang for potato, it is also a small, sharp, narrow spade or prong used for digging up weeds - well there you go; yet another thing I've learnt from stamps.

Email: smits@westnet.com.au

Detective work reveals fascinating early Indian connection with Australian currency system

by Mickel Smits

IT IS commonly held that Australia's rarest circulating pre-decimal coin is the 1930 penny. Well, this is not true.

The coin that is, is a mule - last month we discussed "mule" coins, in particular, the regular (mob of roos), year of 2000 one dollar coin - we learnt that a mule coin is an error coin where it's head and tail (obverse and reverse) is mismatched. In the case of the 2000 one dollar, several thousand were incorrectly produced whereby the head die

used normally to strike 10c coins was inserted into the coining machinery resulting in a batch of dollar coins having a distinct double ring, or lip, around the circumference on the head side. Now while some may consider this to be an excusable mistake on behalf of the Mint, the fact of the matter is, every precaution and measure is exercised to ensure such does not happen, and it almost never does.

Getting back to the pre-decimal coin that is rarer than a 1930 penny; the beast in question is a 1916 halfpenny of which 3.6 million were minted. However, a minuscule number where somehow struck showing the King George V head design used for Indian quarter-anna coins which were of similar size and weight to the Aussie halfpenny.

While the effigy of King George V is almost identical in both coins (one slight differentiation is a small elephant entwined within the regal chain around the king's neck),

the legends around their circumferences are however distinctly different: the Australian halfpenny has a Latin legend - 'GEORGIVS V D.G. BRITT : OMN : REX F.D. IND : IMP'; whereas the Indian coin simply shows - 'GEORGE V KING EMPEROR'.

So how is it then that such an extraordinary and profound mismatch occurred? Part explanation lies in the fact that Australia's halfpennies (and pennies) were struck at the Calcutta Mint in India in the years 1916, 1917 and 1918. In the previous years, 1911 to 1915, they were produced either at the Royal Mint in London or Heaton Mint in Birmingham because the Australian mints in Sydney, Melbourne and Perth did not yet have the capacity to do so. As the mints in Britain became preoccupied with defence commitments upon the outset of the First World War, the Calcutta Mint was commissioned to strike our Australian copper coins.

Almost 50 years later in

1965, a South Australian collector, Cecil Poole, was noodling through his collection and by chance happened to notice his 1916 halfpenny had a different obverse legend, that of the Indian quarter-anna. It was a truly remarkable and major discovery particularly after so many years following its issue. It caused quite a commotion in numismatic circles and the general press with some "experts" proclaiming it could not be genuine, rather, it had to be an error coin that was created through tampering.

Then, a week later, another was discovered and immediately sold by auction for £80 to Dion Skinner, a well known collector and the noted author of the Australian Commonwealth Coinage Guide which later became 'Renniks Australian Coin and Banknote Guide'. Within a few months, four in total came to light.

When Cecil Poole made his discovery he initially consulted Skinner who deemed it to

be genuine however he then personally caught the brunt of the sceptics who were not convinced, even after the Royal Australian Mint agreed they were so following having examined and exhaustively testing two examples submitted for the purpose. Finally, in 1967, experts from the British Museum, Spink and Son and an international authority on Commonwealth coins, Howard Linecar, settled the matter and declared the coins to be authentic and thereby vindicating Skinner's original assertion.

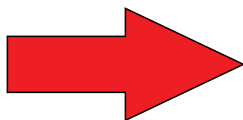
Two months later, Skinner advertised his coin for sale by private treaty in *The Australian Coin Review*, the magazine through which the controversial discovery was discoursed. It sold for \$1300 - better than a double-kick in the pants by a real mule I'd say. Depending on condition, the 10 known examples sell from upwards of \$90,000.

Email: smits@westnet.com.au

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Burgo....no signs of stopping after more than a half century in entertainment



From left to right; Cheryl Allard, John Burgess and Christine Jones
by Jennifer Merigan

JOHN Burgess is celebrating his 51st year in the entertainment industry with a career which has spanned radio and television. He first arrived in Perth in 1978 for Kerry Packer working on radio 6PM taking

over from Martin and Watts. "It took me about a year to get to the top spot and then I won 80 surveys in a row, I said I'd come for two years and stayed for 12," said John. *Have a Go News* spent some time recently with the much-loved radio and television per-

sonality at Crown Perth. John has become part of the Crown Perth family, he was a star attraction at last year's *Have a Go Day* and every Tuesday he welcomes Crown bus guests and presents prizes in the Riverside Room having a few laughs with patrons. "I have a real affinity with Crown Perth, I was one of the hosts when it opened in 1986, I got married here in 1989 and now I'm back working here again," he said. John has just finished a month of promoting Burgo's Wheel of Prizes where he has been spinning his wheel of prizes every Friday and Saturday night. He said that each time he works at Crown people of all ages come up for a selfie, he probably has 50 to 60 photographs taken each night. John's popularity has certainly not waned, as we walk through Crown together people stop and say hello. I ask him his secret to the longevity of his popularity. "It's probably a reflection on

the way I have presented myself over the years, what you see is what you get, I think people appreciate that I manage to make people laugh and make them feel a bit better. "People are really nice and I meet a lot of lovely people here and at events like *Have a Go Day*, they want to shake your hand, say hello and have a photo. It's a great compliment that they are still interested in what John Burgess is doing," he says. "I really like working with Crown Perth because they really give back to the community. They have great offers for their customers especially with their value guarantee packages and they support lots of good causes. "The Crown bus program offers people the opportunity to come for a great day out for \$10 which includes transport, lunch and some reward offers." Since 2012 John and wife Jan have made Perth their permanent home. I asked John what are his tips

for healthy ageing. "Over the years I've given myself a bit of a hiding but these days I eat a lot more sensibly than I used to and I drink a lot less. It's about balancing your diet and your approach to what you do. We exercise, we walk regularly and I do a bit in the gym. "We eat healthy food and lots of vegetables and Monday to Friday are the days we look after ourselves and Saturday and Sunday are our indulgence days and then we start our healthy routine back again on Monday. "We walk five out of the seven days. My favourite recreation activity is definitely golf and I've been a member of Royal Perth Golf Club for 34 years, I even stayed a member when I haven't lived here," he said. Retirement is not on the horizon for Burgo. He's on radio 6IX every Saturday morning and on Channel 9 every week locally and nationally. "I tried it (retirement) once for about two years back in the

'90s and I didn't become a nice person to be with and my wife said you had better go back to work. "I'm a big believer in keeping your brain active as long as you're able and I don't see a reason why you should give up every thing because you've reached so-called retirement age. "I read somewhere the other day that people can expect to start living to 120 with all the vitamins etc that we take and then I read something else that said that the roads are going to be so clogged in Perth and I worked out that the extra years you get will be spent in your car," Burgo says laughing. And what is Burgo's tips for well-being and happiness... "Happiness starts at home - it's important that you look after each other I vacuum, I wipe up and help out in that regard. "I support my wife in whatever she is doing and we watch our diet and exercise together. A happy wife equals a happy life," Burgo says.

Find the secret word in the adverts and win a \$200 shopping voucher

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

1. Captain Cook Cruises
2. Heart Foundation

3. Kingsley Retirement
 4. St John Ambulance WA
 5. Perth Gold & Jewellery Buyers
 6. Spirit of Australia
 7. Uhuru Chalets
 8. Belswan Open Day
 9. Swancare Akora Apartments
 10. Molescan
 11. Skids Swimwear
- Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/07/17.

Calling Polish residents of Albany

A REUNION for all Polish residents and their partners who lived in Albany and outer regions in the 1950s and 1960s will be held at the Albany Bowling Club off South Coast Road and Albany Highway on Sunday 24 September from 1pm to 5pm. Those with Polish heritage who still reside in Albany are also welcome. For further details contact George Wrobel on 0408 413 655 or George Drew on 0448 317 569.



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to view the bus timetable.



Conditions apply, see crownperth.com.au. \$5 Crown Rewards member price, \$10 for non-members. Bonus vouchers not available to non-members. Regular Riders will not be stamped during the promotion period. Images for illustration purposes only.

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by Lee Tate

FUNNY? *Fawlty Towers* is undeniably hilarious and rated highly in our little opinion poll of grey nomads. Amazing! Only 12 episodes were produced before stars and co-writers John Cleese and Connie Booth pulled the pin (not, apparently, anything to do with their marriage break-up between the first and second series).

The BBC television sitcom broadcast on BBC in 1975 and 1979 and incredibly, had a lukewarm reception in Britain.

Cleese said: "Connie and I wrote that first episode and we sent it in to Jimmy Gilbert, the executive. I can quote his note to me fairly accurately: 'This is full of clichéd situ-

TV Talk - *Fawlty Towers* a classic of its time and never to be repeated

ations and stereotypical characters and I cannot see it as being anything other than a disaster.'

"And Jimmy himself said: 'You're going to have to get them out of the hotel, John. You can't do the whole thing in the hotel.' Whereas, of course, it's in the hotel that the whole pressure cooker builds up."

Bill Cotton, BBC's head of light entertainment, said he could see nothing funny in the scripts but, trusting that Cleese knew what he was doing, gave the go-ahead. The show was "a prime example of the BBC's relaxed attitude to trying new entertainment formats and encouraging new ideas."

He said commercial networks focused on audience ratings and would never have let the program get to the production stage on the basis of the scripts. Even

when the series was finally rolling, Cleese was paid just £6,000 for 43 weeks' work and needed to appear in television advertisements to supplement his income.

Fawlty Towers became one of the best loved shows in British popular culture, ranked No. 1 on a list of the 100 Greatest British Television Programs drawn up by the British Film Institute in 2000.

The foundations of the program are fascinating. In May 1970 the famous Monty Python team stayed at Torquay's Gleneagles Hotel. Cleese was astounded at the behaviour of the owner described by Cleese as "the rudest man I've ever come across in my life."

The owner threw a timetable at a guest who asked when the next bus to town was due and also put a guest's briefcase

behind a wall in the garden in case it contained a bomb.

The owner criticised US-born Terry Gilliam's table manners for not being "British" (for switching hands with his fork while eating). Basil Fawlty, of course, comes out as the rude and put-upon owner with a bossy wife Sybil, brilliantly played by Prunella Scales.

English-challenged Spanish waiter Manuel (Andrew Sachs) also helps make the series, except in Spain where he was transformed into an Italian.

With Cleese and Booth taking a perfectionist attitude to each script, some episodes took four months to write and polish with up to 10 drafts for each. There were so many funny lines. No wonder audiences, including our grey nomad test group, keep watching it and compare it highly and over

any modern-day comedy series.

With scenes like these: Basil exaggerates his army life, bragging to strangers: "I killed four men." Sybil jokes: "He was in the catering corps."

Basil mumbles some Spanish to his Spanish-born waiter Manuel. Basil brags: "I learned classical Spanish, not the strange dialect Manuel seems to have picked up".

We recall the annoying Sybil constantly talking on the phone to her friend with her phrase "Oohhh, I knooooooow". When Sybil bursts into her braying laugh, Basil says it's like "someone machine-gunning a seal."

Sensational stuff!

What do you find funny on TV? Email leetate@live.com.au or drop a note to TV Talk, Have a Go News, PO Box 1042, West Leederville 6901 and let readers know.

#304 June edition PUZZLES Solutions

A	U	C	T	I	O	N	S		J	I	V	E
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Wheel Words

Solution: Drum, Mist, Muck, Murk, Musk, Must, Scum, Skim, Smut, Trim, Midst, Music, Scrim, Scrum, Smirk, Strum, Tumid, Dictum, Truism. 9-Letter Word: DRUMSTICK

Alphabet Soup

Solution: Boxer, Basenji, Retriever, Poodle, Kelpie, Husky, Corgi, Mastiff, Shih-tzu, Weimaraner.

Have a Go News Quiz Page 2

Answers: 1. Black swan. 2. Joern Utzon. 3. B - Largest Christmas cracker. 4. True. 5. Koala Blue. 6. C - 300 million. 7. Thomas Keneally. 7. Five (Australia is 6th largest: Russia, Canada, China, US, Brazil). 8. Dame Nellie Melba. 9. Tim Winton. 10. Cathy Freeman

Treasures galore to be found at Claremont Showgrounds

COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 22 and Sunday 23 July from 9.30am to 4.30pm where people can visit more than 300 indoor market stalls from across the three-way combined event at the Claremont Showgrounds.

The event comprises three individual fairs which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

Handmade Crafts

The craft exhibitors offer a wide variety of unique and different quality handmade crafts for sale in-

cluding jewellery, clothing for adults and children, fabric craft, woodwork, toys, pottery, homewares, patchwork, scrapbooking and much more. Enjoy a shopping experience where the person selling the product is the person who made it.

They also have a wide range of food products including delicious sauces, condiments, preserves, cakes, biscuits, chocolates and confectionary.

Craft stalls are situated inside the Robinson Pavilion.

Antiques and Collectables

This fair includes antique

and collectable dealers selling their wares through more than 100 stallholders. Free antique valuations are also available from 12pm to 3pm daily where customers can bring along a family heirloom.

Stalls are situated inside the Silver Jubilee Pavilion.

Polka Dot Vintage Market

People with a passion for vintage and retro clothing and accessories, can browse in the 3 in 1 Market's Polka Dot Vintage Market. Whether vintage, retro, pre-loved designer clothing and/or accessories, the fair's Polka Dot Vintage Market

is worth a look.

Admission to the 3 in 1 Market is \$7 with children less than 10 years admitted free.

There will also be a chance to be in the draw to win the \$2000 door prize.

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations.

For further information about the fair, phone 9457 9315 or visit www.treasuredcraftcreations.com.au



WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) or email haveagonews.com.au and include the word handmade in the subject line. Competition ends 20/07/17.

Seniors Recreation Council of WA Inc.

Have a Go Day

a LiveLighter event

WEDNESDAY

1st November 2017

Burswood Park

9.00am to 3.00pm

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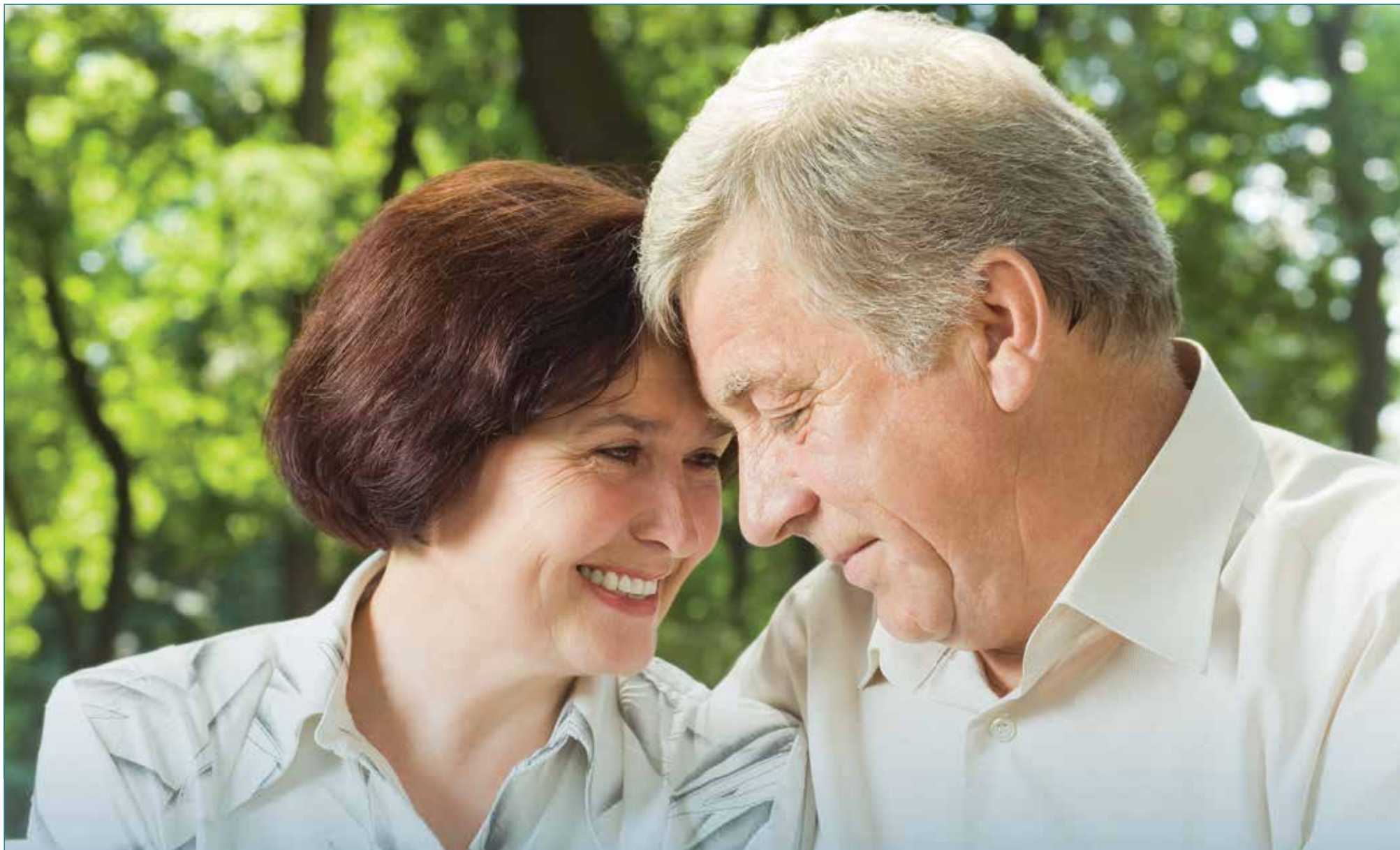
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Take a visit to some of the humble dwellings of WA's settlers



Left to right; Stirk family in front of Stirk Cottage, courtesy Kalamunda Historical Society - Stirk Cottage today, © ABC Perth

WHEN the settlers arrived and colonisation began, our places of residence were mostly what would now be considered as 'humble dwellings'. Rarely more than three-rooms, the homes, such as Stirk Cottage in Kalamunda, were often con-

structed from mud brick or sun-dried clay blocks using local clay.

Built in 1881 for Elizabeth and Frederick Stirk, the building also used wattle and daub found on the property, jarrah saplings for corner-post and mud carted and mixed

by Elizabeth herself. The interior comprised three main spaces: a kitchen, the living room (the central space) and the bedroom. A lean-to was added but later removed.

When the Stirks moved to the area they had one child who had trav-

elled from Yorkshire with them, however, by the mid-1890s, the family had expanded to eleven and they had to move to a larger house in nearby Lindsay Street. The house was soon dubbed the 'overflow house'.

The original cottage was leased to Charles Brooks who opened the district's first general store in the nearby barn. Hailed as the area's first businessman, Brooks raised the funds to open the store by delivering strawberries to Perth markets. Strawberries were the first cash crop for many of the early settlers.

If people want to take a look at Stirk Cottage it is open every Sunday from 2pm to 4pm.

Another amazing example of 'humble dwellings', maybe not so humble now, are the Warders' Cottages in Fremantle. Built to accommodate the prison guards and their families, living in them was a condition of em-

ployment because rental prices in the area were exorbitant and little was available.

In 1851, Captain Henderson, Comptroller General of Convicts submitted three designs to the British Government, which would provide accommodation for 56 warders. The buildings' construction differed in detail from the designs submitted, but both were based on English workers' housing of the time.

Constructed using convict labour and stone from near the prison, a tramway was used to bring the stone down the hill from the quarry. In November 1851, Governor Fitzgerald proclaimed the houses to be: ...a very handsome approach to the principal Gateway of the future permanent depot.

Unfortunately the warders and their families were not as complimentary about the facilities and complained about the lack of privacy and an ab-

sence of fireplaces in the first floor rooms. By 1866 the numbers of convicts and warders were declining and other public service officers, such as the water police and the ordinary constabulary, occupied the surplus.

The last of the Warders' Cottages in Henderson Street have been completely restored and are now privately owned. Unfortunately you cannot see inside the building but the exterior is worth a look if you are visiting the Fremantle Markets.

Another wonderful example of an unpretentious humble dwelling is the little-known Herdsman Lake Settler's Cottage, which is the last remaining of forty identical cottages built around Herdsman Lake, in the early 1930s.

The government acquired the land in 1920 and had planned to develop the lake bed as agricultural lots allied with residential lots located on the fringes of the lake. In 1928, the area was subdivided by the Department of Lands and Surveys into 38 lots, but only six lots were sold, of which three were forfeited within five years, so the scheme was considered a failure.

In what was to become the first government assisted housing scheme the Workers Homes Board (eventually the Department of Housing), decided to erect "settlers cottages."

The cottages were timber framed with jar-

rah boarding to external walls. Simple in plan, they had four interconnecting rooms and a veranda front and back, a design which was considered to provide a good basic level of accommodation. In other locations this style of "cottage" had been built with corrugated iron roofs, but in this instance, the decision was made to use corrugated asbestos cement sheeting for the Herdsman Lake cottages. The cost of a completed cottage to a settler was £260, plus the cost of the land at £70 per acre.

The only remaining cottage was completed in March 1931 and long term tenant Frederick Hatcher moved into his humble dwelling in May 1933. He remained at his cottage until his death in 1960, after which it was purchased by brothers Giovanni and Angelo Gava, who owned it until 1991, when it was purchased by the government and eventually vested with the National Trust.

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





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Care and Ageing Expo

Saturday 29 July
Sunday 30 July
9.30am – 4.30pm

Perth Convention and Exhibition Centre



Navigate the pathway to aged care

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

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

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

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

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Max Kay, AM, CitWA



Saturday, 29 July

- 10.00 – 10.35 Opening Address, The Hon Ken Wyatt
- 10.45 – 11.20 Ageing Disgracefully, Max Kay
- 11.30 – 12.05 Steps to Better Hearing
- 12.15 – 12.50 Navigating the Path
- 1.00 – 1.35 Aged Care and Cultural Diversity
- 1.45 – 2.20 Home Care
- 2.30 – 3.05 Active Living for Health
- 3.15 – 3.50 Residential Care

Sunday, 30 July

- 10.00 – 10.35 State Health Address, Hon Mick Murray
- 10.45 – 11.20 Sharing the Journey - Consumer Panel
- 11.30 – 12.05 Dealing with Dementia
- 12.15 – 12.50 MyAgedCare website
- 1.00 – 1.35 Healthy Ageing Through Activity
- 1.45 – 2.20 Compass, Map & Guide - Stay Well at Home
- 2.30 – 3.05 Understanding Legal Requirements
- 3.15 – 3.50 Retirement Living

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Care and Ageing Expo

Saturday 29 July and Sunday 30 July
Perth Convention and Exhibition Centre



Seminar will showcase the wide range of care and ageing information



The Perth Care and Ageing Expo will be held at the Perth Convention and Exhibition Centre this month

SPEAKERS at the two-day seminar for the first Perth Care and Ageing Expo will address issues from aged care for the culturally diverse, to dealing with dementia and even a touch of comedy as part of an address by entertainer Max Kay on ageing disgracefully.

Both state and federal ministers responsible for aged care will be among a host of speakers over the two days who will address various facets of how we go about caring for an ageing population.

The seminar will be part of an exhibition of more than 60 organisations promoting a range of services from residential care

providers; home care providers; retirement living providers; service providers; health care providers (physiotherapists, cognitive therapists, counsellors etc); vulnerable care groups – indigenous, LGBT, homeless; legal, financial, banks, super-funds, insurance; medical, pharmacy; consultants; technology; NFP support groups; local, state and federal government agencies; workforce and recruitment.

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

Federal Minister for Aged Care, Ken Wyatt, will give the opening address on the Saturday, followed by entertainer Max Kay, whose Ageing Disgracefully address will take an at-times humorous look at his own experience of the world through mature eyes.

Liz Coetzee and Nikola Hawkins from the Lions Hearing Clinic will explain when it is the right time to address hearing issues. Audiologist Liz Coetzee, head of Lions Hearing Clinic and Nikola Hawkins, a practising audiometrist, will give people a good understanding of how the ear works, signs of hearing loss and

the impact of untreated hearing loss.

The talk will ensure listeners understand the process of obtaining a hearing test including the test requirements, associated costs and what treatment option is most suitable. They will explain the differences between hearing aids, how to get the best from a hearing aid and options available if an aid is not working well.

In his address, Navigating the Path, CEO of the Council of The Ageing WA, Mark Teale, will help visitors understand some of the diverse range of care options available. Mark, who has more than 25 years' experience working in the not-for-profit, local government and state government sectors, will look at some of the consistent themes in the different pathways older people follow.

Mary Gurgone from Fortis Consulting will look at aged care and cultural diversity. Director of health services, My Flex Health, Pat Cambridge will consider the options available for home care and Emeritus Professor, Robert Ziegler, will address active living for health.

On the Sunday, State Minister for Seniors and Ageing, Mick Murray will give a state health ad-

dress, followed by a consumer panel telling their stories in Sharing The Journey. Michelle Harris, consultant to Bethanie, Jason Burton from Alzheimer's WA and Dr Andrew Stafford from Dementia Training Australia, will lead a panel discussion on Dealing with Dementia.

Dr Stafford is an accredited consultant pharmacist with an interest in clinical geriatrics who has spent more than 10 years working in aged care in residential and community sectors. His research interest include the development and assessment of programs that aim to optimise care for older people, especially through quality use of medicines.

Jason Burton originally trained as a mental health nurse in the UK. He has specialised in working with people with dementia for nearly 30 years, both in the UK and in Australia. After migrating to Australia, Jason took up a position with Alzheimer's Australia WA and, in his role as head of dementia practice and innovation, he leads the organisation's focus on developing innovative dementia care philosophy and practice, research and establishing evidence based services and emerging sector

partnerships.

Michelle Harris said the panel discussion would allow a conversation about how as a community it needs to change and enable people to live a life that maximises autonomy, risk and choice.

There will also be a session on using the MyAgedCare.gov.au website. Kate Chetwin from the Seniors Recreation Council of WA will talk about healthy ageing through activity. SRCWA delivers its programs throughout WA catering for people over 50 years with little to no cost to the participants.

Kate will expand on existing programs and services promoting an active lifestyle which includes information on clubs, groups and senior's agencies, encouraging seniors to keep physically and mentally active to assist in the development of a reasonable quality of life in older adults.

Developer Melissa Young will discuss Planning for the Next Season. Melissa, who has worked in the not-for-profit sector in the US and Australia for almost 30 years, says navigating the aged care maze can be challenging and reforms in aged care mean that the system works differently than in the past.

"Thinking about staying

at home requires thinking about what you want for the future and how you will get the support and services you need," she said.

"Planning for the Next Season is a framework that helps people plan for staying at home now and into the future.

"This presentation will give you some ideas about what to consider if you want to stay in your own home for a long time to come. Knowing what you want now will prepare people."

There will also be a session on understanding legal requirements. Created by Leading Age Services Australia (LASA), the national peak body representing providers of age services across residential care, home care and retirement living, this new initiative is set to revolutionise consumer choice by providing a one-stop shop, for consumers to research, explore and make informed choices as they plan for their twilight years.

LASA CEO Sean Rooney said that a key aim of the expo is to create a greater awareness of the industry – showcasing all aspects of the aged care sector.

Further information and to purchase tickets at www.careandageingexpo.com.au

Harley made many friends when he visited Braemar Cooinda aged care facility



Harley with Braemar resident

the Golden Retriever (who attended with his owner and Braemar staff member Marie) coincided with National Take Your Dog to Work Day.

This is an annual event which encourages pet owners to take their dog into work to raise awareness of the joy companion animals can bring – not just to their owners – but to the wider community.

Chief executive of Braemar Presbyterian Care, Wayne Belcher welcomed Harley to Braemar, and said that his visit brought much joy into the lives of residents, the majority of whom have owned and loved dogs throughout their lives.

"When we heard about National Take Your Dog to Work Day the whole team at Braemar wanted to

get involved, we're all dog lovers and are fully aware of the joyful impact 'man's best friend' can have on our residents," he said.

Residents had a few special treats planned for Harley, who was very happy with the constant company and companionship he received throughout the day. Everyone agreed it was a win-win situation, with residents, staff and family members alike agreeing the event was a fun and meaningful initiative.

"We know through various studies that animals improve people's wellbeing, and we're incredibly thankful to Marie and Harley for taking part in National Take Your Dog to Work Day," Mr. Belcher said.

Transperth's campaign wants older people to tread carefully on escalators

AN ESCALATOR safety campaign aimed at seniors has been launched at Transperth train stations. Trained staff will give advice to older passengers about the safe use of escalators, and situations where it may be better to use station lifts instead.

Transperth spokesman David Hynes said 76 escalator-related safety incidents had been reported in the past 12 months, many of them involving older people.

"While escalators can be a very useful way of travelling quickly between the train platform and concourse, they can also

be dangerous for passengers with mobility issues, particularly elderly people," he said.

Stations with higher numbers of senior passengers will be targeted, including Perth and Perth Underground, Murdoch, Elizabeth Quay, Joondalup, Stirling, Bullcreek, Whitfords, Rockingham and Subiaco stations.

"It's an unfortunate fact of getting older that people become more at risk of falling in any situation, and the speed and close-quarters of escalator travel can increase that risk," Mr Hynes said.

"Passengers travelling with mobility aids like

walking sticks and heavy bags are more at risk of unbalancing on an escalator. Trips and falls can and do happen on our network and can be very serious, which is why we've launched this campaign.

"It's up to all of us to make the best choices when we're out and about on the Transperth network, and we hope a friendly reminder where stations lifts are available will help keep our senior passengers travelling with us safely for many years to come."

Visit Escalator Safety page for more information at www.transperth.wa.gov.au



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Care and Ageing Expo

Saturday 29 July and Sunday 30 July
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Retirement and aged care providers - how to choose wisely

INFORMED choice and forward planning are critical to avoiding the potential pitfalls of retirement living and aged care, according to the founder of dailycare.com.au Tull Roseby.

"Choosing to move into a retirement village or aged accommodation with greater support can be challenging," Mr Roseby said. "Not only is it usually a time of significant emotional change, the financial complexity can be overwhelming."

Mr Roseby says making the wrong decision can have long term financial and emotional impacts. "We need to think of planning for your later years like planning for

education. You wouldn't just turn up to the closest school when your child turns five – you research the options and make informed choices where you can."

Mr Roseby said it was important to start early, before a living situation turned critical.

"Decisions are often made hastily when a crisis emerges, but the more time you have to work through the options, the better chance you have of making the right choice. Advance planning with a clear head, and ensuring you have the paperwork checked by the appropriate professionals, are the best safeguards."

There was a great variety in the market between providers and fees could differ dramatically. "The cost of purchasing a retirement unit, may impact the affordability of future home care services and residential aged care should you need it. Costs can vary significantly, and may be influenced by location, facilities, quality and other fees," Mr Roseby said.

"Once you've moved in, ongoing costs also range significantly, and have the potential to dwindle your life savings away."

Understanding the complex fees people might face through the journey of retirement and potentially

home care into residential care was critical to financial security. "Re-fundable accommodation deposits (RAD), exit fees, and ongoing fees and charges, are particularly complex. Fees may also increase over time."

"You may be required to pay up-front, or soon after you move in, or they may be spread over a number of years. There are numerous options available for those who do their research."

Mr Roseby offered these tips for avoiding some of the pitfalls of retirement living and aged care:

- Look around and inspect a number of facilities, take the family or friends

along and ask lots of questions.

- Make sure you understand and can afford the long-term financial impacts of fees and charges.
- Consider all your options, not only for your needs today, but the level of support you are likely to need in the coming years.
- If you don't understand the contract, don't sign it and find a trusted adviser to guide you.
- Make sure you get any promises or other commitments in writing.
- Seek out information from trusted sources such as MyAgedCare or engage professional help such as an independent financial adviser or aged care placement consultant.



Independent Living Centre WA CEO Gerri Clay with the new guide

New simple guide to help people be independent and safe in their homes

THE Independent Living Centre WA has released a new free guide about simple assistive equipment and home modification options to help people remain independent and safe in their own homes as they age.

The *Making Choices, Finding Solutions* Guide is also full of useful tips and advice to help older people to manage everyday tasks and common frustrations. The guide addresses a range of solutions for issues an individual may encounter throughout their home. From the bathroom to the laundry, and from the bedroom to the kitchen, in addition to outdoor tasks, housework, dressing and taking medication.

For example, opening jars and tins can become more difficult as people age so a selection of recommended jar and tin

openers are listed; reaching things on the floor may be tricky so a power board with a remote control to reduce bending and lifting may be a solution; or older people may be unsteady when showering so sitting might be a better option and installing a hand held adjustable shower head to wash their back and feet might work well for them.

All aids and equipment detailed in the guide are readily available online and in local stores and have prices listed.

ILC service manager Hilary O'Connell said that with thousands of assistive equipment and home modification options available on the market, it can be a challenge working out what's available, what's suitable and where to find items.

"The aim of this guide was to make it a simple and easy to follow guide for older people, so that they themselves or family members can find simple solutions to daily living tasks that may be getting more difficult as they age," said Ms O'Connell.

Since the guide's release in April this year it has received a range of positive feedback.

"Wow this guide is fantastic. I think it is the most useful resource I have ever seen, and all practice nurses need to be aware of it," said Louise McInnes RN.

The guide can be viewed online at www.ilc.com.au or to request a copy contact Leeanna Wiltshire on 9382 0275. Or if heading to the Care and Ageing Expo on 29-30 July, pick up a copy from the Independent Living Centre WA stand.

Molescan on a mission to reduce the incidence and suffering from skin cancer

MOLESCAN'S mission is to reduce the incidence, pain, suffering and deaths from skin cancer in Western Australia. Through their state-of-the-art diagnostic testing they can detect the presence of skin cancer very early on.

Computerised technology enables skin doctors working in the Molescan clinic to store images of skin lesions and moles for life, so that very early changes can be detected. Their highly trained staff and doctors perform thousands of successful surgical and non-surgical skin procedures and operations.

Utilising the latest equipment, they ensure that skin conditions are professionally assessed and treated by specialist skin cancer doctors. Their commitment to the

diagnosis and successful treatment of skin cancer has already made a huge impact on the disease.

Many lives have been saved through early detection, treatment and monitoring of patients. They make it easy for patients to have their skin checked and referrals are not required to visit clinics. The purpose built facilities enable staff and doctors to provide patients with quality care in comfortable surroundings.

The Inglewood branch is located at 948 Beaufort Street, Inglewood just off the corner of Crawford Road and they have parking facilities out the back and the front of the building.

See advertisement on page 56.

Code of practice set to protect consumers with prepaid funeral plans

THE State Government is developing a mandatory code of practice to give consumers greater consistency, clarity and certainty when investing in prepaid funeral plans - bringing WA into line with other states.

Currently the industry is governed by a voluntary standard set out by the Australian Funeral Directors' Association, though the level of compliance to that standard is unclear. There are also other organisations in the community without funeral director certification offering prepaid funeral plans.

The mandatory code of practice will be designed, under the Fair Trading Act, to cover all sellers of prepaid funeral packages to protect Western Australians from fund mismanagement.

Seniors and Ageing Minister Mick Murray said that unfortunately there is the potential for unscrupulous operators in the prepaid funeral market to take advantage of vulnerable

people, especially seniors.

"By introducing a mandatory code of practice, we will make sure companies selling prepaid funeral

plans are held to a high standard and our seniors and their families are protected," he said. "Seniors and other interested parties

will have the opportunity to contribute to a consultation process later this year to guide the development of the code".

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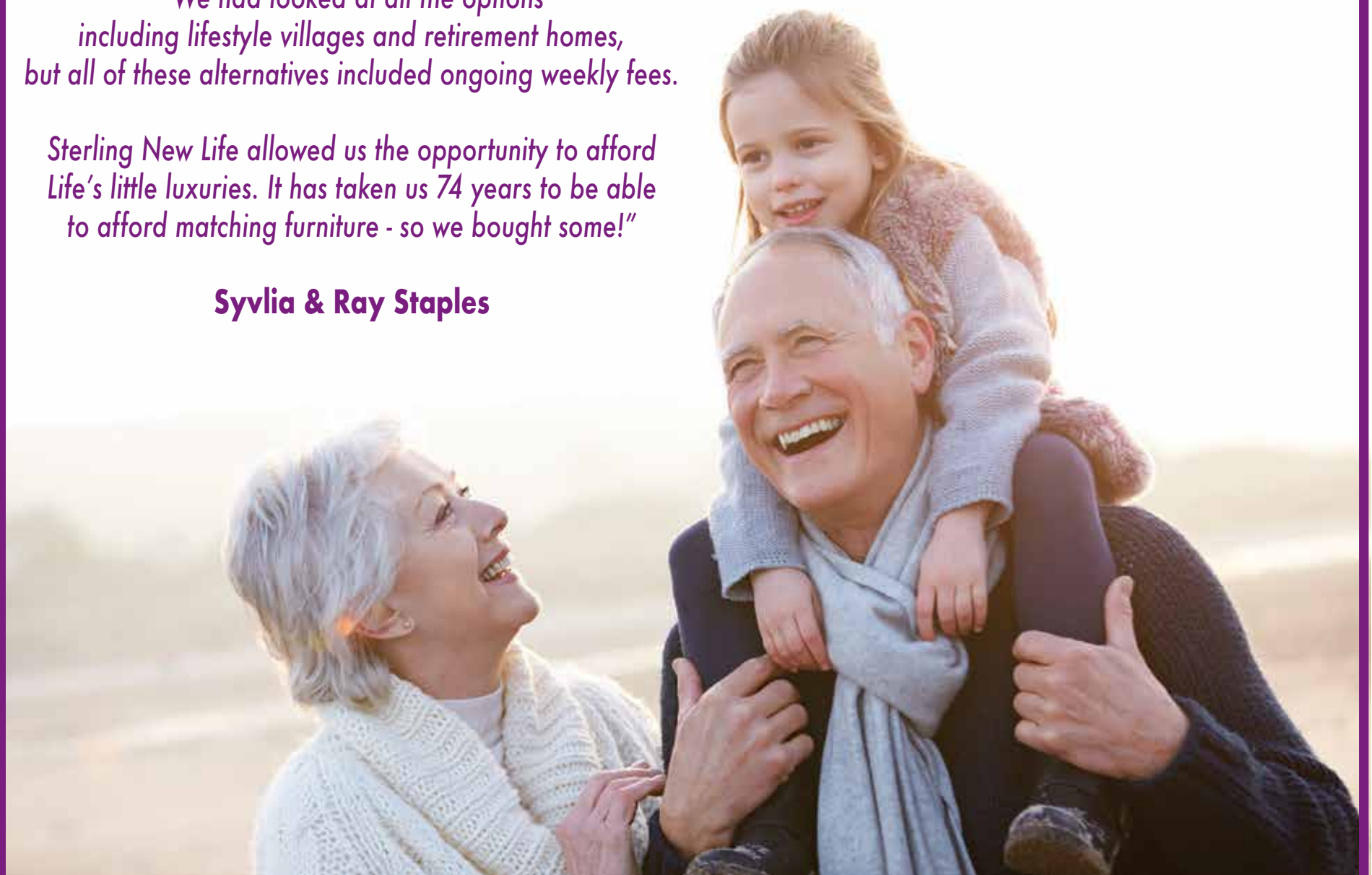
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Abbreviations used in *Friend to Friend*

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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ALBANY lady mid 60s, tall, medium build, WLTM a tall, well groomed, well mannered gent 65+. Someone who is cheerful, honest and fin sec - like myself. Let's enjoy each other's company - let's do coffee. ALA.
Reply Box 7538

ATTRACTIVE lady, SOR, medium build, WLTM tall, sincere, well mannered, caring, kind gentleman, 68-75, fin sec, fit, NS, NG, GSOH. Myself; tactile, feminine, educated, artistic, enjoys nature, gardening, 50/60s music, dancing, movies, country drives, good conversation, love boating, caravanning, travel and simple things in life, bubbly nature. Genuine replies only.
Reply Box 7561

AUST slim lady, young at heart, WLTM gent approx 75 with similar aspects to me, easygoing, good conversation, companion, GSOH, happy times, fin sec, TLC, prefer landline NOR..
Reply Box 7548

AUSTRALIAN lady 76, 5'10" tall, WLTM a gent with GSOH, NS, NG, Rockingham area for friendship with TLC. Would like to catch up for coffee.
Reply Box 7537

CHRISTIAN mature, caring gent, widower, SOR, NS, fin sec, no baggage, easygoing with lots of TLC. WLTM compatible, homely lady who likes simple things in life for friendship or relationship. Let's meet for a cuppa and a talk. ALA.
Reply Box 7562

GENT 45, tall, medium build, NS, SD, GSOH, organised, quiet lifestyle, creative, enjoys family life, intelligent conversation, music, outings, movies, nature, animals, WLTM similar, DTE, easygoing, affectionate, caucasian lady for friendship, relationship, let's do coffee.
Reply Box 7539

GENT 65 born in UK, genuine, honest, WLTM Asian lady for companionship, TLC, SD, NG, young at heart, has GSOH. Interests; Asian music, movies, restaurants, children ok, loving heart, sharing the good things in life.
Reply Box 7559

GENT 70+ fit, active, GSOH, NS, SD, SOR, well presented, medium build, WLTM slim lady for friendship, outings, walks, travel, meet for coffee.
Reply Box 7558

GENT 79, NS, SD, GSOH, likes barbecues, travel, nights in, DTE. WLTM lady, 70s for friendship, quiet times. Let's meet for coffee.
Reply Box 7542

GENTLEMAN 60, seeks a NS, SD, lady. I am well presented, intelligent and financially comfortable. Look forward to your reply.
Reply Box 7549

HAPPY healthy senior lady WLTM hobby or retired farmer for conversation and friendship. Me; GSOH, ND, NS, DTE, practical, caring, enjoys outdoor activities, gardening, animals, bush walks, bush picnics, time out for laughter. ALA.
Reply Box 7565

LADY widow, 69yrs, bossy opinionated attitude, chocoholic, ND, NS, built for comfort not speed, that's my good side.
Reply Box 7540

MIXED friendship group, no fees, for active people under 70. Meet SOR monthly to plan social outings all areas, eg ten pin bowling, picnics, movies, concerts, local theatres. Landline preferred, mobile okay.
Reply Box 7544

OK so I am 81 ok, 6ft, slim, if you're too old don't bother, GSOH, NS, SD, SOR, postcode 6164. I enjoy life, the arts etc. A lady to walk with, to love, to share life.
Reply Box 7545

PRETTY European gypsy, 62, 168cm tall, medium build, intelligent, independent, adventurous, youthful, loves good communication, travel, philosophy. WLTM attractive, tall, adventurer, unconventional, GSOH, 50-70 for friendship/travel initially, more depending on chemistry. ALA.
Reply Box 7567

SINGLE Aussie lady, 67, 5'6", genuine, honest, loyal, caring, GSOH. NS, SD, enjoy movies, theatre, gardens, reading, dining, family, walks, WLTM NOR gent, respectful, caring, intelligent, kind with similar interests, friends first, love a bonus.
Reply Box 7564

SENIORS we're a decent happy group who socialise regularly and love travels why not join us? No fees attached but good manners, NS, SD, and old fashioned values a must, SOR, CBD area.
Reply Box 7541

SLIM lady, retiree, WLTM educated male, NS, 65+, who wants a respectful companion to share interests, laughter, travel, social outings. Honesty, SOH and integrity essential. Meet for initial contact. Any area ok. ALA.
Reply Box 7554

Seeking a Partner

55YR OLD fit and young looking, male. Enjoys Sunday rides on my Harley, 4x4 camping, beach, bush, romantic restaurant dinners (what else is there?), love life, FIFO, secure, no hang ups. WLTM NOR, SOR, GSOH, ALA.
Reply Box 7556

ATTRACTIVE lady, 68, UK born, 160cm tall, medium build, educated, feminine, ND, DTE, GSOH, enjoys good conversation, reading, walking, country drives. WLTM unattached, sincere gentleman, 65-72, who is well groomed, fin secure, widower preferred, SOR, ALA.
Reply Box 7553

AUSSIE male mid 70s, retired, 180cm tall, 80 kg, slim build, NS, SD, fit, healthy, adventurous, fin sec, own home close to reach. Likes travel and good times. WLTM a slim happy lady that can keep up with me?
Reply Box 7551

AUSSIE male mid 70s, retired, 180cm tall, 80kg, slim build, NS, SD, fit, healthy, adventurous, fin sec, own home close to reach. Likes travel and good times. WLTM a slim happy lady who can keep up with me?
Reply Box 7551

EURO gent 76, not into travelling, seeks slim, quiet lady, like 50-60, music, NS, SD, around Armadale, Gosnells, Kelm-scott, Maddington area, let's meet for a coffee.
Reply Box 7550

GENT 72 English born, NS, SD, GSOH, DTE, fit and healthy, fin sec. Where is that special lady; slim to medium build, 65-74 with similar interests, 60s music, cruising, travel in/out Australia, walking, caravanning, dining out, movies, country drives. Let's meet over a coffee. ALA.
Reply Box 7557

GENT 73, 165cm tall, NS, GSOH, NOR, new vogue dancer, seeks English speaking Asian woman, good listener, easy going, 60-70, likes travel, dancing, for long term relationship, ALA, email address if possible.
Reply Box 7543

GENT 74, fit, 5'10", active, NS, SD, enjoy good conversation, NS, for friendship, relationship, long term, age and size open, let's meet over a coffee, SOR.
Reply Box 7547

KIND caring, young looking gent, 75, DTE, GSOH, TLC, tallish, slim to medium build, trustworthy, genuine. WLTM Asian/Euro lady 60+, slim to medium build, who enjoys walking, movies, music, simple things, quiet times, let's meet for coffee. See where it takes us. Be brave.
Reply Box 7555

LADY 75, caring, enjoys family life, social outings, gardening, WLTM gent, NS, SD, GSOH, future relationship. NOR.
Reply Box 7563

LADY living s/west coastal area, 65yo young, med build and height. WLTM healthy gent, 65-72. Tall, happy, intelligent, secure with own home and maybe a caravan for some travel. Landline or mobile ok. City or country welcome.
Reply Box 7546

PLAYFUL and spontaneous, 64, lady. Let's get up to mischief - now I've got your attention!
Reply Box 7560

Seeking a Travel Companion

LADY 70s, happy, healthy, WLTM NS gent for travel, caravanning, cruising, let's do it while we can, prefer NOR.
Reply Box 7552

Behind the scenes tours of the Perth Concert Hall

PERTH Concert Hall is conducting backstage tours of the venue.

These tours will include visits to backstage, on stage, into the dressing rooms and behind the organ.

Each session runs for approximately 30 minutes between 9.30am and 12pm.

The next tours will be held on Tuesday 18 July and Friday 11 August.

Special tours for larger groups are available and need to be booked in advance.

Entry is by gold coin donation.

To book, you just email info@perthconcerthall.com.au stating what date you would like to attend.


Have a Go News is now available from North Coast News, Gifts & Post Office Shops 7-8, 10 Enterprise Avenue, Two Rocks Shopping Centre Phone 9561 1197



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PALMYRA LADY 61 Happy, well grmd, fin secure, brn eyed brunette, honest, hd working, d.t.earth "outdoor girl", takes people as they are, would love to travel Oz w/ caring, affectionate man 60-70.

MORLEY LADY 59 very pretty Chinese lady (lived here many years) well spoken, educated, feminine, kind. loves home, garden, cooking, walks, music. Sk intell, faithful man to 67yrs.

CANNINGVALE LADY 70 slim, youthful, attractive blue eyed blond, friendly, openminded, modern, fun.enj bowls, dancing, movies, dining w/ friends, caravan travel, sk e/going gent 70-80.

PADBURY LADY 70 attr country girl, young at heart, active, full of life, honest & d.t.earth, warm hearted, family oriented, sociable. Love caravan travel. Sk e/going Aussie gent 68-76 city/country.

MANDURAH LADY 70 lovely widow (ex farmer's wife), slim, well grmd blue eyed blond, leads a full life but wants a gent who also wants to love & be loved. Enj nature, garden, outings, concerts, local travel or maybe a cruise. Sk gent similar.

MT LAWLEY GENT 70 wid, ret professional, academic, well travelled, not sporty. 178cm, blue eyes, enj concerts, theatre, classical music, family, travel, history, helping others. Sk refined lady 60-72.

NORANDA GENT 73 Relaxed, well groomed, 175cm, trim, fit & active, gets on w/ all people easily, enj travel, cinema, gym, pride in home/garden, sk honest, trustworthy lady 65-75.

MANDURAH GENT 72 wid, retired, tidy & well grmd, cheerful, practising christian, loves to travel, the home, boating. Sk active, countryminded lady pef wid 65-75.


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travelling

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JULY 2017

Slow Travel • Wildflowers • Winter in the West

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

There's so much more to see than the beer halls during Oktoberfest in German Bavaria. Christine Retschlag discovers German nature at its most magnificent. Read her story on page 25.

ANTARCTICA & CHILE'S ATACAMA DESERT

16 DAY EXCLUSIVE FULLY ESCORTED SMALL GROUP TOUR
DEPARTING PERTH 1 FEBRUARY 2018

ONLY 1
CABIN LEFT!
LOOKING FOR A
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Antarctica, the world's final frontier, a land of mystery and wonder. Indescribably beautiful, this is the backdrop for one of the greatest adventures on earth. After three successful polar expeditions, Crandon will be returning to Antarctica to escort this tour.

- Fly from South America to Antarctica - no Drake Passage crossing required!
- Cruise the Antarctic Peninsula onboard the fully inclusive, all-suite small ship Island Sky. Take daily Zodiac excursions - scout for whales & seals, visit penguin rookeries, and explore historic sites. Enjoy onboard lectures and educational presentations from polar experts.
- Explore the Atacama Desert, the world's highest and driest desert. Steaming geysers and hot springs, volcanoes and salt flats, this region is such a contrast to Antarctica.

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16 DAY EXCLUSIVE FULLY ESCORTED SMALL GROUP TOUR
DEPARTING PERTH 10 JUNE 2018

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CABINS LEFT

A visit to the High Arctic island of Spitsbergen is a visit to one of our world's last wilderness areas. In June, the arctic tundra is bursting with a rich collection of amazing wildlife and diverse flora, and the northern sea ice is still thick, giving guests a good chance of spotting the majestic polar bear. Andrea is returning to Norway and Spitsbergen in 2018 and invites you to join her on this unique adventure for travellers of any age.

- Cruise Spitsbergen onboard the small ship MS Expedition, taking only 134 passengers
- Small group tour - only 12 guests
- Enjoy daily tundra walks and Zodiac excursions
- Post-cruise visit to Oslo including city tour and visit to the Viking Ship Museum

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ADVERTISING FEATURE

travel options for the mature west australian



Jennifer Merigan

FINALLY, the green outbound passenger card which travellers have had to fill in when leaving Australia is now abolished. I am sure like myself, travellers will be pleased about this outcome.

A spokesman for the Department for Immigration and Border Protection said that removing paper based manual processes is integral to achieving a seamless and automated traveller experience. The orange incoming passenger card for people arriving into Australia will still be required in a revised version from 1 July ahead of a phase out in 2018.

★★★★

One of our readers John Belmar visited Taipei (Taiwan) for the first time and said he was caught out by their lack

of credit card acceptance. Only the top hotels and very few restaurants will accept credit cards, so one needs to load up on cash before arriving in Taiwan. There is no street foreign exchange like Hong Kong as it appears that only the banks can provide exchanges services, and their hours are similar to that in Australia.

John said that apart from that Taipei is a great place to visit (a little quirky at times), the people are friendly and very helpful to tourists. He stayed for one

week in the "Relax 3" hotel in central Taipei which was a short walk from the central train/bus station. The room was small but very clean and new looking, the staff excellent, and the food wonderful.

Taipei 101 tower is a must do as the view is fantastic (on a clear day you can see forever), with plenty of high end shopping on the lower floors including a great French Bakery (Lalos) and a TWG Restaurant.

★★★★

The state government has announced a par-

liamentary enquiry into the high cost of regional airfares which I believe will be a step forward to improving our state tourism sector, I will keep you posted on results as they come to hand.

★★★★

Rail Plus have announced an exclusive luggage service for travellers with a seamless station delivery between the city's two main airports, major train stations and hotels. Prices start from \$57 for a minimum of two pieces of luggage for same day delivery and up to

\$120 for five pieces of luggage and storage of three days.

★★★★

The annual whale migration of humpback whales is under way with sightings reported from Albany to Exmouth. It's a great time to be heading north and following the whales. Our journalist Lee Tate shares his experience on heading north with some great tips about stocking up the caravan prior to leaving Perth.

★★★★

If you have a travel issue, enquiry or would

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

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

An adventurous escorted trip to Norway and a high Arctic tour



CATHIE Rice Travel specialises in escorted tours and now offers adventure travel as a new and exciting guided holiday option.

In June 2018, Andrea will escort a small group of 12 guests to Norway and the high Arctic. Andrea escorted the 2015 Arctic tour group and has also guided holidays to Antarctica and the Galapagos Islands – she is thrilled to return to this beautiful part of the world.

This exciting cruising holiday travels to the fur-

thest reaches of the High Arctic island of Spitsbergen, accessible only by expedition ship. The sea ice is still thick, offering the local polar bears a rich hunting ground, and giving passengers the best chance of spotting one of these majestic creatures.

In the early Arctic summer, the tundra is dotted with a diverse range of flora and all kinds of wildlife are active. Continuous daylight offers endless opportunities to look for reindeer, arctic fox, walrus, whales, and many varieties of birds, as well as the polar bear.

The *MS Expedition* is a comfortable and spacious expedition ship taking only 130 guests. All cabins have an ocean-facing window or porthole and private ensuite facilities, and the large common areas and observation decks provide panoramic views of the regions amazing sea- and landscapes.

Guests are treated to daily presentations by the experienced Polar Expedition Team, go Zodiac cruising in small groups for exciting encounters with nature, and travel ashore to hike, explore and enjoy the beauty of the Arctic.

Only eight places remain so call Cathie Rice Travel on free call 1800 177 788 or 9721 9588 for more information about this adventure for all ages.

Come along to the Floreat World of Travel holiday expo

FLOREAT World of Travel is providing an excellent opportunity for people to plan the next perfect holiday with their Travel and Cruise Expo to be held on Sunday 10 September from 1pm to 5pm. The expo will be held at the Tavern @ Rocks which is located on the footsteps of the Two Rocks Marina. Enjoy sweeping views of the Indian Ocean, while planning the next holiday.

The downstairs of the tavern will be transformed into a world of travel where people can take their pick from a big family adventure or trip of a life time. Meet experts from the travel industry who will help find the perfect destination.

Some of those attending include

APT, Insight Vacations, Swagman Tours, Air New Zealand and South African Airways who will be able to provide expert assistance.

Tavern @ the rocks is located in Two Rocks just a 20-minute drive from Joondalup. Make a day of it and come and enjoy some lunch while taking in the amazing views of the Indian Ocean and planning the next perfect holiday.

To register for this event and to be in the running to win the door prize, register attendance with Floreat World of Travel at sales@floreat-travel.com by 8 September or by phone on 9387 6211 or for country callers Freecall 1800 998 014. The first 50 attendees on the day will receive a free glass of bubbles.

Plan ahead and enjoy free travel presentations



approach to touring. Mini coach travel small groups (max 18 guests), back roads trips, culinary experiences, authentic and local, leisurely paced.

Wednesday 19 Jul – 6.30pm Uniworld present iconic and lesser known itineraries on-board their boutique river boats in Europe.

Tuesday 8 Aug – 10.15am And Beyond present a stunning selection of travel options in South Africa and Latin America.

Seats are limited – register online www.bictontravel.com.au/events or call 9339 0277 for details.

BICTON Travel is offering free travel presentations over the new few months for people planning a holiday.

Wednesday 12 July – 1.15pm and 6.15pm APT offers an impressive range of travel styles and itineraries in Europe and North America. Exclusive deals available on

the day.

Tuesday 18 July – 10.15am Travelmarvel showcase Bicton Travels exclusive Hosted 2018 Rail journeys, including the Arctica Circle Express and China and Japan by rail.

Tuesday 18 July – 6.15pm Back roads touring explain their unique

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ADVERTISING FEATURE

travel options for the mature west australian

Enjoy Germany in all its natural and Bavarian glory



Left to right; German Mountain - Bavarian architecture - Bavarian street scene

by Christine Retschlag

THINK Munich and most Australians imagine Oktoberfest, but just south of this Bavarian beauty sits Germany's highest mountain and nature galore.

A bunch of Bavarian boys are slapping their thighs like they are at a Australian barbecue plagued by mozzies but who can blame them? Apart from partaking in a traditional Southern German dance (the Schuplatzer Knee Dance or Slap Dance) there's much to celebrate in the tiny township of Garmisch-Partenkirchen in which I find myself.

Australia's own Hugh Jackman recently put this darling destination, about 1.5 hours south of Munich, on the global map, with his film *Eddie The Eagle*.

For it was here that Jackman and co-star Taron Egerton, who played British underdog ski jumper Eddie "The Eagle" Edwards, used the impressive ski jump which dates back to the 1936 Olympics, for much of the film's hero shots.

It's stunning spring weather in Southern Germany and I am here to write a story on nature, but I am having all the luck of the four ice skaters who tripped and relinquished a gold medal to Australia's Steven Bradbury in the 2002 Winter Olympics.

The two-person cable car I am meant to be catching to the recently-opened Hotel Das Graeseck is closed for renovations on my arrival, as is the hotel itself, and a planned hike through

nearby Partnach Gorge has also been cancelled at the last minute as the warm weather is sending too much water down the gorge from a melting glacier.

But I have Bradbury luck after all, as Garmisch-Partenkirchen is also home to Germany's tallest mountain - Zugspitze - at almost 3000 metres high. On a good day, once you catch a 10-minute cable car ride to this 2962 metre peak, you can see as many as 400 mountain peaks in neighbouring Austria, Italy, Switzerland and France. And even on a "bad" day, when it's raining in the valley below, the mountain is high enough to clear the clouds.

Apart from the views, the beauty of this mountain is that it's charming in all seasons. It guarantees seven months of snow throughout the year and in winter, there's an igloo village in which visitors can stay and witness art installations carved from ice.

There's four dining options on the mountain and plenty of options for non-sporty types such as relaxing in the sun lounge; visiting the Zugspitze exhibition; admiring the igloo village ice art; or the Maria Heimsuchung chapel - Germany's highest chapel.

Sporty types will adore the 20km of snow which offers something for everyone from beginners to snowboarders and even free riders. Down below, Garmisch-Partenkirchen has a population of 28,000 people and has 10,000 tourist beds, which rapidly fill with enthusiastic hikers in the

summer months. German composer Richard Strauss (best known for his opera *Elektra*) lived here and Michael Ende, who wrote the German fantasy novel *Neverending Story* was born in the town.

This is a tale of two towns combined into one. In 1935 the German Government said Garmisch and Partenkirchen must combine for the 1936 Winter Olympic Games but they did not want to be one. These days, the rivalry is more

of a friendly joke and both sides of this town, divided by the Partnach River, are equally beautiful, boasting beautiful ancient buildings with colourful frescos. Early Italian traders used this town to stay in the guesthouses, and there's still plenty of Italian influence here through wine and food. But for a true Bavarian experience, head to one of the old restaurants along Ludwigstrasse for traditional dancing and hearty dishes such as schnitzel and pork knuckle.

In all, there's 300km of hiking paths, 450km of cycling routes, 60km of ski runs, 28km of cross country skiing trails, and 19 golf courses within a one hour radius in this area. Partnach Gorge boasts a bridge almost 70 metres high, or closer to the water there's an easier walking patch used by ancient foresters and hunters. In the distance, on Dreitorspitze Mountain, squint and you can see the hut of Bavaria's King Ludwig who was also a fan of Germany's alpine country.

But one of the highlights remains the steep Olympic ski jump, which was originally constructed in 1923 and rebuilt in 2007. Its highest point is 62 metres above the ground.

And if Garmisch-Partenkirchen is good enough for Hugh Jackman, it's good enough for me.

The writer travelled on a first-class German Rail Pass (five days within one month) as a guest of Rail Europe and The German National Tourist Office - www.germany.travel

Fast Facts

Staying There

Hotel Dorint is in Garmisch-Partenkirchen and is surrounded by the German Alps. From some rooms you can see the Olympic ski jump. <http://hotel-garmisch-partenkirchen.dorint.com/de/>

Hotel Das Graeseck is a modern boutique hotel with ideal views of Dreitorspitze Mountain. Owned by two doctors, it also boasts a preventative medicine centre for treatments such as dentistry. The two-person cable car, which is the only access to the hotel, is the oldest automatic cable car in the world, built in 1954. <http://www.das-graeseck.de/?lang=en>

Travelling There

Rail Europe has regular trains from Munich's main train station to Garmisch-Partenkirchen. www.raileurope.com.au Zugspitzbahn runs regular cable car and train rides up and down Zugspitze. <http://zugspitze.de>



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ADVERTISING FEATURE

travel options for the mature west australian

Spreading the word room by room...



Queensland's Cunnamulla Hotel: guests discovered Gideons Bibles' rice-paper pages made ideal roll-your - own smokes. (Photo: Weekend Notes)

by David Ellis

THEY'RE just as much a part of hotel rooms in some 200 countries around the world as are the towels in the bathrooms.

And while most of us know they are there, of all things in a hotel or motel room that we use or play with, only an estimated quarter of guests actually use what we are talking about – despite not only being encouraged to use, but to actually knock-off when we leave.

We're referring to the ubiquitous Gideons Bible that you'll find in your bedside table drawer or tucked away in the wardrobe, and which the people who put them there suggest that if you've any wayward thoughts upon leaving, "you steal the

Bible, not the towels."

And remarkably Gideons International that put that Bible in your room all came about because a hotel called the Central House in Boscobel in Wisconsin was over-booked one night in the American autumn of 1898. It meant that two commercial travellers, John H Nicholson and Samuel E Hill had a choice: sleep on the street, or share a room.

They chose the latter, quickly discovered that they also shared strong Christian beliefs and values, and established a life-long friendship. As a result they also gradually brought together a fraternity of other Christians in their profession – men who spent long and lonely hours away from their families, moving from ho-

tel room to hotel room as they flogged their wares along the highways and by-ways of America.

By September 1899 these men had formed a small group that called themselves the Gideons, after a warrior in the Book of Judges who would do anything God wanted him to. And at a meeting in 1904 they decided that to provide spiritual comfort for travellers, each man would contribute towards the cost of a Bible at the reception desk of hotels in which they stayed.

Four years later at a convention in Louisville, Kentucky, the Gideons voted to go further than a Bible at every Reception Desk: they'd place one in every room of every hotel in America. The first went into twenty-five rooms in the Superior Hotel in the

boisterous little mining town of Superior, Montana and were paid for by one devout Gideon, Archie Bailey.

Since then 2,000,000,000 Bibles and New Testaments printed in 94 languages have been put free of cost into places as diverse as five-star hotels, cheap boarding houses, in prisons, at Antarctic bases and in desert military camps, aboard cruise ships, in hospitals and in nursing homes in 200 countries world-wide... currently being distributed at a rate of 80-million annually, which is 2.5 for every second of the year.

Initially members of the Gideons met the costs of the Bibles and their distribution, but later Christian churches began contributing to the cause.

And in a near 50 years that we've been travelling within and out of Australia, we've found only three hotels in Christian countries that did not have a Gideons Bible in their rooms.

One was at Cunnamulla in outback Queensland, where the hotelier told us that while there may not be a Bible in every bedside cabinet, they did have one for every room.

"They're in the office," she said. "We found some blokes who came

in on weekends from cattle stations where they worked, were sneaking the pages out of our Bibles because they're rice paper – and those blokes reckoned they made the best roll-your-own smokes," she said.

"There's now a note in rooms saying they can borrow a Bible from the office if they want."

Our second encounter was at the Wickaninnish Inn on Vancouver Island in Canada, where the owners said they'd told the Gideons they could put a Bible in every room – if they also gave a holy book for all other major religions.

"They didn't of course, but we relented," they said. "And while not in each room, we do have Gideons Bibles available at Reception."

And the third was in New York where guests at a hotel are offered a complimentary pet goldfish in a tank during their stay, but not a Gideon's Bible. Their explanation was that "society evolves."

And to think it all began two-billion Bibles and 119-years ago, when two commercial travellers were forced to share a room in an over-booked hotel in a small town in rural America.

Feature supplied by: www.wtfmedia.com.au

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10 reasons to go barging in France - you'll love it...



From left to right; Panache in lock - dining area - sundeck

ANN Rickard hopped on board the luxury hotel barge Panache in France and glided slowly from Pont-L'Eveque to Paris. She offers her 10 top reasons to go barging, beginning with the obvious: it's perfect for seniors in no hurry.

1. Because it is slow. Just the dawdling pace of a luxury barge makes you wind down. It travels only a few kilometres a day and floats so slowly you can disembark after breakfast, walk or cycle along the towpath and embark for lunch (or morning tea if you like a short walk.)

2. You are spoilt: Panache has a crew of six: captain, pilot, chef, stewards and deckhand. As it takes only

12 guests that means plenty of attention and lots of indulgence. You lift not a finger.

3. Food: With an on-board chef sourcing the best local produce, every meal is a gourmet adventure. Our chef Oli presented us with salads that ranged from beetroot and goat cheese to duck with artichoke and capers. Main courses of stuffed pork fillet, rack of lamb, seared pigeon, scallops with crayfish and beef bourignon, delighted all of us. Desserts defied any attempt at restraint, from triple chocolate terrine to apple tart tatin. Cheeses we'd never encountered before (Morbier, Saint Nectaire, Munster) came with each meal and a

charming story of their origins.

4. Wine: Local wines are chosen with meticulous care and offered with engaging information. It's wine-education at each meal. Just saying a few of the wine names we enjoyed on Panache stirs the memory: Pouilly Fuisse; Sancerre; Chassagne Montrachet... more please.

5. Accommodation: Panache has spacious cabins with gleaming bathrooms stocked with L'occitane products. Cabins are serviced daily, showers and loo work very well. Evening turn-down and a little chocolate on the pillow...who doesn't love that?

6. Le Bar. European Waterways who oper-

ate a fleet of barges in France, Scotland, the UK, and Holland, has an open-bar policy. Help yourself any time from well-stocked shelves or ask one of the stewards to make you a cocktail. French martinis before lunch, sidecars before dinner, brandy after dinner (usually refused but nice to know it was there.) No nasty bar-bill surprises at the end of the cruise.

7. Excursions: European Waterways puts as much thought into its shore excursions as it does to ensure your comfort and gastronomy fulfilment. A mini-van waits at each anchorage and you are comfortably driven into the countryside to experience

famous landmarks, renowned cultural and historic sites...each time to return to the comforting arms of the crew waiting with a new-to-you cocktail.

8. Friends: Most European waterways barges take eight guests, some 12, so the atmosphere is more like a house party on a private vessel. Guests' ages usually range in figures us mature folks like. (About 45 upwards). Full charters mean you can get the gang or the family together and have the barge to yourselves.

9. Style and elegance: Panache is all teak and leather and fresh flower displays. Beautiful china and glassware adorned the table at

every meal. Service is intimate, friendly with a 'nothing is too hard' approach. The crew speak English.

10. Adventure and scenery: Going through the many locks along the waterways provides lively entertainment. Watching deckhand Judy jump on and off the barge with the deftness of a mountain goat to do nautical

things with ropes and bollards was part of the experience. Then there are all those bridges to go under and the slow-passing French countryside stretching to the horizon.

Barging provides more than ten reasons to go... it's all about leisure, indulgence and discovery. The writer was a guest on board Panache.

FACT BOX

Prices for a six-night cruise on a European Waterways hotel barge are from €3,190pp in a twin/double cabin, including all meals, wines, an open bar, excursions and local transfers. Full barge charters are also available for families and groups.

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It's time to stop and smell the roses and discover the art of slow travel



Melasti Festival © Trevor Templeman

by Tiana Templeman

A WARM breeze tinged with the heady scent of frangipani wafts through the reception area as each newly arrived guest is presented with a colourful cocktail. The resort's atmosphere is pure island holiday but the woman beside me seems oblivious. She twirls a pair of oversized sunglasses as her husband strides purposefully towards the gift shop.

'Hurry up!' she calls after him. 'I'm trying to relax!' Her comment would be hilarious if, for many travellers, it were not so true.

Holidays were once an opportunity to unwind and enjoy a destination; to revel in its sense of place; to forge relationships with local people and take home memories more precious

and long lasting than any video recording. Unfortunately life has since become so fast-paced that travellers often feel compelled to cram in as much fun and activity as possible. But what joy is there in spending vast amounts of time and money selecting a destination, accommodation and activities, only to arrive too harried and stressed to enjoy it?

Many time-poor adults long for the laid back holidays of their childhood, when simple pleasures like wandering up the road for an ice-cream or laughing with new-found friends used to bring them such joy. Although it did not have a name back then, most of these holidays revolved around what has since become known as "slow travel" and holi-

day makers have come to realise how much they have come to miss them. Rediscovering the art of travelling slowly is perhaps the most rewarding journey modern travellers can take.

A leisurely schedule is helpful when it comes to travelling slowly but it is far from essential. Slow travel is not about moving at a snail's pace, rather it is about taking time to revel in the whole travel experience. Your slow travel journey can begin before you leave home. Reading a travel narrative or novel set in your destination of choice helps to create a sense of connection with the place you are visiting long before you arrive. The characters in novels grab you by the hand and drag you through a city. They

make you live it through their eyes, make you walk the streets with them and make you fall in love with it. And if their view is gritty rather than romanticised? Well, perhaps that's not such a bad thing.

Slow travel means resisting the temptation to create a long list of "must-do" sights so you can focus on engaging with the local culture instead. Take a cooking class to learn more about the cuisine, stay with a local family or time your visit to coincide with a cultural or religious festival. EatWith can match you with someone who will cook you dinner in their own home or you could support the slow travel philosophy of microphilanthropy by seeking out the work of local artists. All of these moments of connection help travellers develop and maintain meaningful links with distant places long after they return home.

Slow travel can also be about embracing the road less travelled. Sometimes it pays to look beyond the standard tourist trail for sights and activities which encapsulate a destination. Angkor Wat is deservedly popular but why not explore some of Cambodia's

beautiful, lesser known monuments instead? Ruins such as Beng Mealea and Koh Ker are worthy rivals to Angkor and can easily be visited in a day. The lack of tourists is an added bonus, allowing visitors to fully experience the ruins and gain a unique appreciation of their remote beauty.

It is true that some locations make slow travel easier than others. On the Maldives, sunlight glimmers on the ocean, secluded beaches beckon and there is seldom a cloud in the sky. It is almost impossible not to travel slowly in a destination such as this. That said, travelling slowly requires a certain state of mind rather than a specific destination. Anyone can do it, regardless of their budget, destination or age.

The faster we live life, the more we lose the connection to its most important and rewarding aspects: the people, places, learning, sharing and sense of community which make life great.

American actress Mae West once said, "Anything worth doing is worth doing slowly." Those who practice the art of slow travel would agree.

FAST FACTS:

Want to know more about the slow movement and travelling slowly? Visit www.slowmovement.com, www.slowtraveleurope.eu www.slowtravelmagazine.com

ANZAC memorial cruise to Albany next January



CMV CRUISES have designed a specific four-night cruise departing Fremantle on 21 January 2018 to honour the 41,000 ANZAC's that passed through Albany during World War I.

The Astor with a comfortable range of cabins and a capacity of 620 passengers has combined its on-board features with activities in Albany to make it a memorable event around the celebration.

There will be an exclusive dawn service on the 23 January off Middleton Beach held by the captain of the Astor, a dusk service held by Albany RSL at the National ANZAC Centre with the last post at sunset, a gun firing ceremony culminating in an afternoon tea with on-board speaker Regimental Brigadier Geoff Hand AM RFD.

A historical lecturer Don Doust will be on the cruise to cover topics such as the history of Albany, The ANZAC horse and local family war stories and battle details.

A shore excursion is available to visit the National ANZAC Centre during the stopover. Meanwhile the itinerary that sees the ship in Albany from 9am to 6pm on Tuesday 23 January offers the balance of days at sea to enjoy the excellent facilities provided by Astor.

The cruise line CMV are offering a special early bird fare with pay one person and get the other free with the opening level \$1009 (\$504.50 per person) that includes all meals, on board lectures, entertainment, swimming pool, deck sports plus for relaxation the wellness centre.

No passports required, no vaccinations, drinks and retail shopping on-board in Australian dollars make it an easy opportunity to cruise. For more information and bookings contact Chris Dagostino on 9382 5011 or email chrisd@traveltree.com.au

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It was light on bonefish but Cocos Islands an idyllic fishing spot



Fly fishing in paradise

by Mike Roennfeldt

I WAS recently in the Cocos

Keeling Islands. It's something I try to on a regular basis because I'm happily addicted to

the place, as are my son Toby and fishing mate Dan Tenardi.

There's an incredibly laid back air about Cocos and the speed limit of 30Kmph in town and 50Kmph on the "open road" seems about right. People wave or smile when you pass them in the street, be it on West Island where the airstrip and main infrastructure are, or across the lagoon on Home Island where 450 Cocos Malays call the place home.

Our excuse for being there is that we are hooked on catching bonefish, one of the true cult species on the planet. They have a mystique all their own and are commonly referred to

as the grey ghosts of the flats. Nothing runs as hard as a bone and the experience of catching one in less than 30cm of crystal clear water is unique and unforgettable, especially when using fly gear.

Imagine a fish of 1kg or so that is capable of running 100m at blistering speed, being wound right back in and still has the energy left to do it all again. Now imagine how a fish of 3kg or even 4kg performs.

Having said that, if it were always that easy everyone would be doing it. I have been to a place where it is that easy. Kiritimati, another atoll, three or four hours flying south of

Hawaii, is absolutely alive with bones. It's a place where you fish with local guides and if you don't catch at least 50 for the week you haven't been trying. Kiritimati is remote and getting there can be expensive. Cocos isn't quite so expensive but at least it is still in Australia.

To put the comparison between Cocos and Kiritimati into perspective, Dan Tenardi alone caught nine on his first day there a few years ago, despite the fact that it was the first time he had picked up a fly rod in anger. On our most recent trip to Cocos we only caught three and a half bones between us for the week. The half was

courtesy of the annoyingly prolific black tipped reef shark population.

The fish were big though and we did have our share of lesser species to amuse us between the moments of bonefish action. Foremost among these was the delightful silver biddy, a bream-like fish that fights with enormous energy and spirit and tastes really good in batter. The locals absolutely love them.

There were small trevally, dart and barracuda too, but definitely not enough bonefish this time around. Still, that leaves us something to look forward to on the next trip.

Lights, camera and action in Sydney for a special book club lovers tour



The Kings group at the ABC studios in Sydney

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The five-day trip included accommodation at the Park Royal Darling Harbour, a visit to the Botanical Gardens and being part of the studio audience for two episodes of the television show *The Book Club*.

They were certainly in

for a treat when the first episode featured four writers from the Sydney Writers Festival and the second show featured two guest authors. Several of the ladies were thrilled when they were chosen to be interviewed for segments "What is your favourite book" and "What is your bedside reading at the moment?"

Another highlight for the group when visiting the ABC studios was seeing Stan Grant and Wendy Harman nonchalantly walking through the foyer. Everyone on the tour agreed that it was an extra highlight to the trip

that the Vivid light show commenced when they arrived and Sydney was illuminated for their trip.

Many of Sydney's famous attractions lit up for the festival including the Sydney Harbour Bridge and the Opera House. Another fun part of the trip was a visit to the Tea Cosy coffee shop at the Rocks. Here delicious home made afternoon teas are served in lovely china and on the tables were balls of wool and knitting needles for crafty people to add some rows to the knitting.

Carrie Bassett-Scarfe, who took part in the tour,

said, "The Book Club tour was fantastic and a very interesting experience, especially with an added bonus of being part of the Sydney Writers Festival."

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offer a variety of tours for people, the Book Club Tour will run again next year. For more information contact 9380 6656 or visit www.kingstours.com.au

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North by caravan - in search of value and service on the road



Left to right; Mr and Mrs B - not too old at 80 - Dogs welcome - Steve with Sooty from Albany in Carnarvon

by Lee Tate

WE ARE towing our caravan up the well-worn trail from Perth to WA's north-west favoured by grey nomads and families. We are on a mission to taste the services and check the costs for *Have a Go News* campers and caravanners.

Tradition has it that the budget-conscious motorist stocks-up with everything before leaving

Perth. Rural high prices and poor supplies are well remembered by senior campers and caravanners.

In Perth, after supermarket shopping, our van fridge, cupboards and every available space in car and van are jam-packed with food and water and, of course, both fuel tanks in the 4WD are up to the brim. Now we're off.

For motorists who haven't taken these north-

bound roads in decades, the most obvious change is traffic. Mining and development has brought mass numbers of monster road trains, extra-wide loads and commuting trucks. Oncoming, wide-load trucks can take up most of the road and the northern traveller has no option but to heave-to. Right off to the side of the road. Size matters.

The good news is that truck traffic is down from the frantic construction days. We happily note improvements to road signs but more can be done to meet the needs of us, the caravan set, who want to know, for safety, what's ahead, well ahead. A turn-off or a major stop.

Getting onto Brand Highway and the Great Northern Highway when leaving Perth on Roe Highway is confusing and frustrating when there is no direction given to points north. We find we are on Reid Highway Joondalup-bound before making amends.

Ten points to Geraldton for its road signs entering and exiting the city. But further along, road signs that point to attractions and stopovers off the main road fail to say how far they are. Distance, of course, is a key factor in making a towing motorist's decision, especially on long hauls.

For service, we give delightful Dongara a tick of approval. It's just a little thing but we want a small bag of ice just to put in drinks for the evening. We tell the bottle shop attendant that the standard bags are far too big for our immediate needs. She kindly finds a broken, part-filled ice bag and charges us just 99c. Cool! Such little gestures go a long way to bringing back the tourist.

So far, our Perth supplies have held up and we've found acceptable prices for our short stopovers. For fuel, we're in the hands of the gods and can only ease the burden with any supermarket or RAC deals. It doesn't help fuel economies when you are loaded with heavy food and water – and towing a 20ft van (they still refer to the old measurements).

When we reach Carnarvon, a revelation! When we get into town our eyes light up. A city-size Woolworths has everything we need and at city-comparable prices. We could have simply packed minimal supplies in Perth, reduced fuel costs carting it all and topped-up with groceries and water in Carnarvon. Is this the start of a rural trend? We sincerely hope so. We could also have picked up all our supplies at Geraldton supermarkets at reasonable prices but wanted to get clear of urban areas.

Down at Carnarvon's Pickle Point we paid \$10 for six whiting fillets. No bargain but caught locally. There's excellent coffee at the One Mile Jetty which has a brilliant little free museum attached.

And for dog-lovers, Carnarvon brochures proclaim: "Pets are certainly welcome" with several caravan sites making provision, including Wintersun which has an on-site, fenced, dog exercise yard. Seats are provided to allow owners to watch their charges run free of leashes on lawn.

At Carnarvon's Space and Technology Museum there are discounts for seniors. This, the last station to communicate with American space craft before they left earth. Astronauts Buzz Aldrin, Andy Thomas and Gene Cernan have all visited and opened different sections of the museum. Visitors can take a simulated blast into space – and get free tea and coffee.

Our trip north through the state's mid-west has been enlightening and encouraging. Tastes and traditions are turning, the trip remains exciting and, significantly, the people proving friendly. En route, we haven't forgotten to soak-up the rural atmosphere. We learn we're in the midst of an eight-year-long drought. Grain-growing giant John Nicoletti has decided to sell five of his farms and divert to sheep, given a strong export market. His flock is burgeoning to 40,000. Country initiative.

And there's a big turnout for the Mullewa Muster. Cowgirl Courtney Reinke, just 15, thrills the crowd, riding angry bulls weighing in at 400kg and is a national titles contender.

Also heading north are "Mr and Mrs B", a couple from Rockingham who modestly don't want their names used. But they stand out as they make the epic Perth-Darwin journey exposed to the dust and the trucks and the heat sitting up in their leathers on a shiny-black, four-wheel, customised motorbike. They're towing a pint-size camper with barely sleeping room for two.

They're still living the life on road. In their eighties! **NEXT ISSUE: Camping in our north. Free or fee?**

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Mandurah in full bloom for the Fantasy of Flowers

BENDIGO Bank presents Mandurah's Fantasy of Flowers on Saturday 19 August and Sunday 20 August. This free event will be held at the Mandurah Performing Arts Centre in Ormsby Terrace in Mandurah.

Visitors will enjoy the experiences of the smells and colour of Mandurah's glorious floral event, - people will be surrounded with both wildflowers and some of the world's best non-native flowers arranged with love and joy and presented for this magnificent

Mandurah's Fantasy of Flowers.

Avid growers are invited to be part of the show with a variety of themes. There are seven classes to enter in including a category for children. Entry forms must be received by 1 August and there are monetary rewards for first, second and third prizes.

For further information go on line to Facebook site Mandurah's Fantasy of Flowers page or telephone Colleen on 0408 947 178 or Jude on 9534 6608 for further information. Senior citizens can take advantage of the free bus to and from Mandurah train station for this event.

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Join the grey eco-warriors and help maintain our natural bush and river heritage



Volunteers ready for action

by Frank Smith

AUSTRALIA could not

function without the work done by volunteers. Everything from charity

fund raising to environmental management depends on volunteers and

with most adults of working age employed, the burden of volunteering falls largely on seniors.

Prominent amongst the volunteers are 130 'friends' groups who help maintain important heritage and environmental areas around Perth.

Mr Peter Schneider CEO of the Eastern Metropolitan Regional Council estimates 1,700 volunteers contribute 30,000 volunteer hours annually to environmental projects in the Eastern Region.

"These volunteer hours are vital to the ongoing protection of the natural environment, particularly in a region as unique as this," he said.

The eastern Swan Coastal Plain supports over 70 rare and priority flora species and is a bio diversity hot spot

within the south-west of Western Australia – one of 25 global biodiversity hotspots.

He said the Swan River is a Perth icon and its health is at risk from urban and rural high nutrient run off. The catchments and creek lines of the eastern region are vital water sources for the river; therefore improvement of the environment of the eastern region has direct, positive impacts on the Swan and Helena Rivers and other tributaries.

Many regions in Australia face similar threats of clearing, dieback, weeds and fire, but the high biodiversity of Perth's Eastern Region, and its outer urban location, means that effective management of these threats is critical.

"Our volunteers have a strong interest in environmental protection and a willingness to get their hands dirty. Many members are also experts in environmental management with a huge depth of knowledge and a diverse skill set," Mr Schneider said.

He warns that the total number of volunteers is declining and the average age is rising.

It seems that baby boomers are less willing to volunteer, at least for outside work, than previous generations.

One such group is the Friends of Boya Trail. Begun 14 years ago they maintain an area of bush in Greenmount National Park including the heritage trail on the former narrow-gauge railway reserve from

Midland to Mundaring.

One third of active members are in their eighties and the youngest in their mid sixties.

"We desperately need more younger members," said Friends of Boya Trail coordinator, June Prouse. "All we ask is one hour's work a week and unlike most forms of volunteering you get healthy exercise in the open air and enjoy our natural environment."

"The group has also been a source of education, friendship and support to me and probably that's the case for most of us," she said.

Interested potential volunteers can contact Ms Prouse on 9250 6468. Follow them on Facebook: Friends of Boya Trail.

Books I've read...local authors dominate the desk this month...



by Jennifer Merigan

Historical romance - *Fire in the Heart*

EIGHTY six-year old Lesley Mooney has written her first historical period drama. Lesley was born in Perth and now lives in Mackay in Queensland. Her book *Fire in the Heart* is set in Scotland and the story features a Scottish laird who takes a young wife. Their passion becomes overwhelming but a wedge is driven between them when she fails to produce an heir. The story has all the formulas for historical romance with death and heartbreak in its wake. It's been Lesley's dream to be a published and recognised author and this was an admirable effort for her first book.

Fire in the Heart is available through Amazon.

Romance - *Talk of the Town*

LOCAL author Rachel Johns has written a cracker of a novel which has a little bit of intrigue, romance, history and new beginnings all centred in a small dairy farming town in WA as its backdrop.

Johns writes well and her character development throughout the book is excellent.

Main character Meg is a young woman looking for a new start in life and wants to remain reclusive but by chance meets a local dairy farmer and his son and develops a relationship with them. It proves not to be smooth sailing as she battles her own secrets and their grief.

Johns weaves a historical twist into the plot which keeps the reader absorbed mixing it with love, loss and new beginnings. It's an easy and enjoyable read that's hard to put down and great to know that we have such talent residing in WA.

Published by Harlequin Books and available at all good bookstores and online.

Historical Non Fiction

- *A Heritage Walk - Cleaver Precinct West Perth*

MARIE Slyth has produced a book highlighting the heritage area of Cleaver Precinct in West Perth. The book was published in 2009 for a series of heritage walks conducted in the area. It looks back on the history of the streets including Newcastle, Carr, Cleaver, Charles, Strathcoma and Florence Streets.

The book contains stories of life in the 1930s onwards, by a number of locals who lived in the area, together with pictures of historic heritage buildings, houses and sites within Cleaver Precinct and on the boundary.

It provides an opportunity for people who are interested in the history of these streets with an interesting background of the everyday lives of people in the area.

The book is an excellent resource for people who love historic walks and is available from Marie Slyth on 9227 1940 or email patricem38@inet.net.au

So many holiday destinations to choose from at Villa Carlotta Travel

NOW is the time to book that next holiday and Villa Carlotta Travel has a fantastic range just waiting for people to enjoy. For people who are into arts and crafts then Villa has the holiday you've been waiting for. Their brand new six-day tour, Craft and Quilt Fair Adelaide features markets, galleries, historic collections and scenic touring.

The highlight of this holiday is Australia's number one Craft and Quilt Fair. There will be a huge range of stalls, displays and workshops to choose from all under the one roof. Add to this a great range of touring including Hahndorf, Carrick Hill, the famous Barossa Valley and the Yalumba Estate. This will be a crafters delight so get friends together for a wonderful holiday experience. Departing Tuesday 19 to Sunday 24 September 2017 and starting from just \$2920 per person twin share, this will be the ultimate arts and crafts pilgrimage.

For those who are lovers of gardens then The Yarra Valley and Tesselar Tulip Festival holiday is the perfect trip. The highlight will be the 64th Annual Tesselar Tulip Festival. Set in the lush Dandenong Ranges and covering over five acres, will delight in more than 750,000 magnificent tulips, a sight not to forget. Other highlights include tractor orchard tours, steam train rides, garden tours and estates, local history, Bavarian feasts and entertainment, a Who Dunnit Murder Mystery night. This six-day holiday departs 11 to 16 September 2017 and starts from \$3195 per person twin share.

Sticking with flowers, exclusively for the solo traveller, Villa's wonderful Just for Singles Toowoomba Carnival of

Flowers holiday is a must for those that appreciate a great flower festival. Departing 19 to 25 September 2017, this seven-day holiday includes not only the festival but also the Cobb & Co Museum, Spring Bluff Railway Station, Harrow Gardens Afternoon Tea and much more. With a guaranteed single room price of \$3690, this is a great way to enjoy this festival.

Also for the solo traveller is Villa's brand new Just for Singles Adelaide and the Indian Pacific six-day holiday. Featuring three days touring the sights of Adelaide including the Adelaide Gaol, Botanical Gardens and Central Markets followed by two nights in Gold Class aboard the Indian Pacific.

The highlight of the journey will be an evening under the stars at Rawlinna, just spectacular. Departing 26 March 2018, don't miss out on this amazing holiday. To book on any of these Villa holidays, simply FreeCall 1800 066 272 or email holidays@villa.com.au

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whole lot of laughs. RRP \$39.95, suitable for ages 14+.

WIN WIN WIN

We have a selection of games including Cluedo, Trivial Pursuit and The Game of Things to give away to some lucky readers this month. To be in the draw simply email win@haveagonews.com.au with Games in the subject line or send an envelope to Crown and Andrews Board Games - 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 31/07/17.

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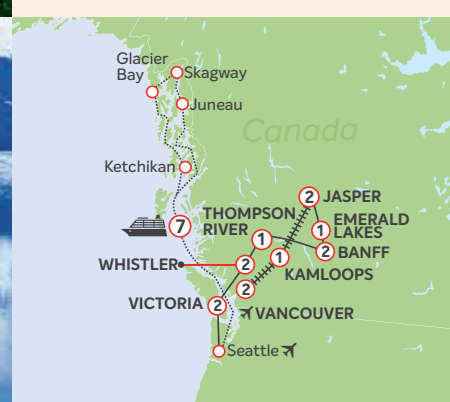
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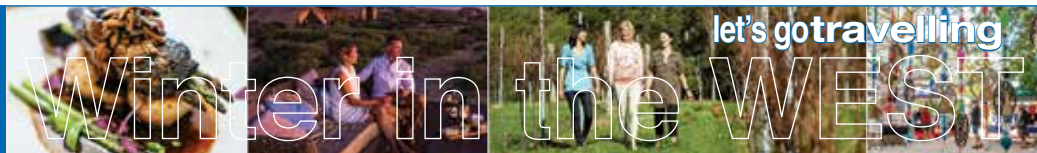
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Cruising through classes: ECU students visit *Pacific Eden*



Edith Cowan students on board *Pacific Eden* with Peter French and staff member Debra.

by Kerran Olson

EDITH Cowan University tourism students were given the opportunity to board P&O Cruise's *Pacific Eden* at Fremantle port for a ship tour, accompanied by Peter French on its recent visit. Entertainment staff member Debra led the group through several of the ship's nine decks, describing ship life and answering questions along the way.

Comfortable lounge areas surround bars on each deck, and impressive décor and artworks indicate that guests will certainly travel in style. Visiting the penthouse and deluxe suite cabins was a highlight for many students, and most were pleasantly surprised by the size of indoor cabins, which appeared well suited to families or those planning to spend most of their

time on deck or enjoying activities and shore excursions.

Although duty-free shopping and casino facilities are not available on WA coastal cruises, there are still plenty of activities to keep *Pacific Eden* guests busy, with an entertainment centre, cinema, gym, daily activities, and shore excursions offered at port destinations. For those who prefer to sit back and relax, Elemis at Sea offers luxurious spa experiences, and the adults-only pool area provides uninterrupted views of the horizon from comfortable deck chairs. The main pool area also features a whirlpool and spa, as well as a bar on deck so guests never have to go far for a drink or snack.

Food is central to many cruise-passenger's experiences, and *Pacific Eden* is home to a range of restaurants, with most dining

options included. These include casual dining at The Pantry, and atmospheric experiences at restaurants Angelo's and Dragon Lady. Dining at Salt Grill by Luke Mangan is available at an extra charge. ECU students were treated to lunch on-board at The Pantry, and were impressed by a range of meal choices and an impressive dessert bar. The group disembarked *Pacific Eden* well-fed, and wishing they could stay longer and set sail.

P&O Cruises *Pacific Eden* was home-ported in Fremantle and had three to 10-night round trip voyages offering itineraries featuring Margaret River, Broome, Esperance, The Kimberley Coast, Geraldton, and Exmouth, giving passengers a chance to relax and experience WA's beautiful coast line in style.

Malcolm to showcase his blacksmithing skills at the South West Rail and Heritage Centre

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THE ancient art of blacksmithing has supported our primary and secondary industry for decades and this ageless skill still fascinates and has relevance in today's world. The Boyanup Foundation Blacksmiths, operating at the South West Rail and Heritage Centre, is a fortunate group in that their guidance in acquiring the necessary blacksmith skills and knowledge is provided by a master of the practice, both in word and deed.

Malcolm Paine is one of only two people in Australia who have become an Associate of the Worshipful Company of Blacksmiths (London). Malcolm has been involved in blacksmithing for more than 70 years, starting this work in the UK in 1945, one week after he left school at 14. Since this beginning, Malcolm has used his considerable skills to

fashion all sorts of items from horseshoes through to decorative and ornamental ironwork. A great example of his work can be seen in Boyanup's Fetti's Park, where the fettler who overlooks the park was fashioned by Malcolm.

The Boyanup Foundation Blacksmiths group has grown since its humble beginnings. Now the blacksmith forge, which operates on each open day on the fourth Sunday of each month is, like its mentor, turning out all manner of ironwork, from broad-axes to hop-bicks, from dragons to roses.

The forge is used as a training workshop, led by the ever-generous Malcolm. He unstintingly shares his expertise and experience, not only educating the current crop of blacksmiths, but ensuring that this important traditional trade continues to support industries and supplies the deco-



Mastercraftsman Malcolm Paine demonstrating his blacksmith skills

© Busselton Historical Society

native ironwork that embellishes WA buildings and surroundings.

On 23 July, the South West Rail and Heritage Centre will celebrate this long-established practice with its "Blacksmith Bash" open day where visitors can see blacksmiths at work and have the opportunity to chat to them and ask questions about their work. As always, the blacksmiths will be working on a special project for the Blacksmith Bash day, with Malcolm introducing to and instructing the blacksmiths in new skills and techniques to produce a very special piece of work.

As with so many men of his generation, Malcolm has a wide and

varied work experience that has encompassed a great number of locations and even covered a couple of continents. His ability, his talent and his competencies, so freely shared with later generations, have played a crucial part in guaranteeing that his knowledge will be passed on for many years to come. Another skill that has delighted many is Malcolm's deftness on the harmonica, not to mention his vocal rendition of the blacksmith songs.

Men and women from Malcolm's era have not only educated but passed on the attitudes, work ethic and the standards of conduct that have made the world a better place.

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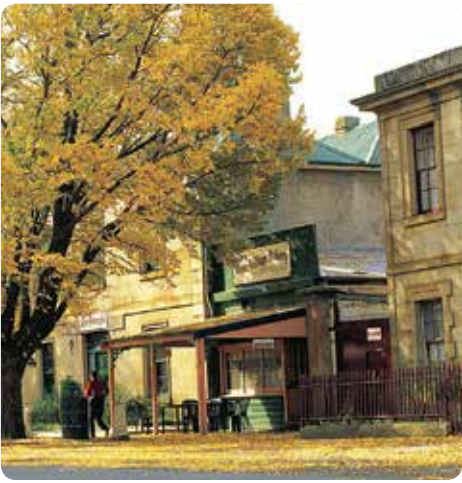


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Grand Tasmania Experience

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Highlights | Christmas Day Feasts and Activities | Salamanca Markets | Derwent River and D'Entrecasteux Channel Cruise | Richmond Goal and Old Hobart Town | Bruny Island Touring and Produce | Riversdale Estate High Tea | Peter Rabbit Garden | Wrest Point Casino Revolving Restaurant | Mawson's Hut Replica Tour | Cascades Brewery Heritage Tour | Tasmanian Maritime Museum | Huon Valley Apple Heritage | Tahune Airwalk

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Highlights | Salamanca Markets | Mawson's Hut Replica Tour | Richmond and Old Hobart Town | Riversdale Estate High Tea | Tasman Peninsula and Port Arthur | Bruny Island Touring and Produce | Historic Walking Tour of Hobart | D'Entrecasteux Channel Cruise | Free Day in Hobart

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On the lookout for lighthouse information and memorabilia

PEOPLE are invited to help showcase the history of the Margaret River region to more than 200,000 visitors per year by contributing historical materials for display at two new state-of-the-art interpretive centres to be established in the refurbished keepers' cottages at Cape Naturaliste and Cape Leeuwin lighthouses.

The Margaret River Busselton Tourism Association (MRBTA) is working with a team of locals and heritage consultants on the displays, which will cover the lighthouses and the region's shipping, timber, whaling and farming industries.

For Cape Naturaliste lighthouse, the team is specifically on the hunt for stories from the families who settled and lived on the Cape, together with information about Castle Bay/ Castle Rock whaling station; photographs of light keepers and the lighthouse construction team; photographs of a 1904 cricket game celebrating the completion of the lighthouse and an image of loading a horse-drawn wagon at Bunker Bay.

For Cape Leeuwin lighthouse, alongside photographs and home movies relating to the lighthouse itself, materials showing working life around the cottages and outbuilding will be equally as interesting for visitors. Materials illustrating the lighthouse's connection with Augusta, as well as photographs of ships and boats in the bay and materials relating to the lighthouse at Hamelin Bay or Foul Bay are also of interest.

"With the region's fascinating and varied history, there is a good chance that there is a whole host of treasures hidden away and forgotten about in storage boxes. Now is the time to dig them out and take a trip down memory lane," said MRBTA CEO Pip Close.

"Anything which tells the story of the people involved in the lighthouses would be really popular with visitors, so we are keen to also talk to anyone who lived at the lighthouses or spent any significant time at either site."

All contributions will be appreciated, whether on a permanent, loan or copy basis. Contact Mark Delane via mark.delane@margaretriver.com.

Discover the the beauty of the Carnarvon region starting this month



EAST of the unique holiday destination of Carnarvon is a magnificent escarpment, the Kennedy Range National Park. The Kennedy Ranges is home to more than 400 plant species, including 80 species of annual wildflowers such as the Mulla Mulla and Everlasting daisies.

There are several trails in the park and the best way to discover these is by jumping on board with Carnarvon Bus Charters and Tours. Full day guided tours are scheduled every fortnight between July and September departing from Carnarvon.

Some of the highlights along the on this tour includes morning tea on the Gascoyne River, discovering the small town of Gascoyne Junction and taking part in two of the most incredible walking trails. One is the Honeycomb Gorge Trail which takes walkers to a large amphitheatre containing seasonal waterfalls and natural pool.

Marvel at Honeycomb cavities that have been eroded into the cliff face. The day tour isn't complete without viewing this amazing escapement from the air; you can now add a scenic helicopter flight with Coral Coast Helicopters to complete the overall experience. The tour starts at \$125 per person, bookings are essential and minimum numbers are required.

Find out more by contacting the Carnarvon Visitor Centre.



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Exciting new sites for visitors to explore on the Working Life Heritage Trail

THERE are even more reasons to follow the Working Life Heritage Trail now that new sites of interest have been added to the popular link of heritage attractions. Busselton's Railway House, Balingup Heritage Precinct, Bridgetown's Old Gaol, Donnybrook Historic Railway Precinct, Nannup Heritage Trail, Pemberton Historic Timber Town and the Bunbury Museum and Heritage Centre have been officially announced as the latest sites to join the trail.

The new additions will benefit from being promoted to visitors interested in discovering more about the region's past, the life of early settlers, and how workers helped to shape the south west.

The Working Life Heritage Trail is a partnership between the South West Development Commission and the South West Working Life Association, which comprises individual site operators. Trail attractions include Harvey Heritage Precinct, Collie's replica underground coal mine, and the Capes lighthouses.

Heritage enthusiasts can also learn about the trail by visiting the Working Life display hub at the Bunbury Visitor Centre. For more information about the trail or any of its attractions, visit www.workinglife.com.au

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 - resembles a topless pyramid and contains gold
- Granite Woodlands Discovery Trail - 16 interpretive sites, offers opportunities for camping, bushwalking, exploring granite rock formations and viewing spring wildflowers
- Pack a BBQ picnic and take the 28 km heritage trail to explore Dundas Rocks' huge ancient boulders and rock formations.
- Hyden Rock - enjoy the rock's walks, surrounding flora and fauna.
- Bromus Dam - free camping area with bushwalks, lots to explore or a great place to have a BBQ or picnic.
- Mt Jemberlana - 5km east of town, offering spectacular views from the top with a picnic area at the base.
- Phoenix Park - educational, historical and is close to the town centre

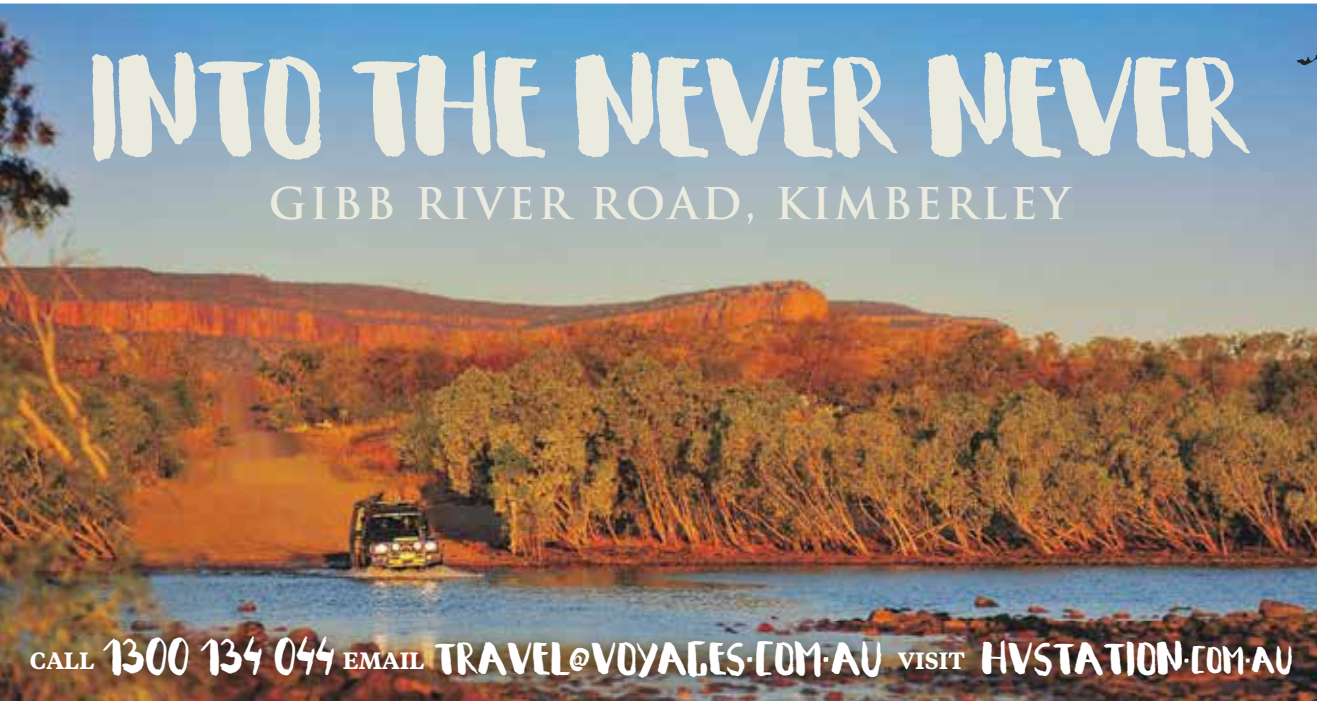



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They've got gold fever - fossicking for gold in retirement...



Left to right; Gold fossickers Glenne and Don Carter with Cuba - gold earrings

by Lee Tate

APPROACHING their golden years, Don and Glenne Carter have the golden touch. Chased by camels and emus, enduring desert heat, cold and isolation and relying on their wits, they relish retirement.

The grandparents are gold fossickers, among thousands of retirees across Australia who set out with metal detectors and a sense of adventure in the hope of the next big discovery.

The couple is more dedicated than most, having acquired their first prospecting licence in 1991, doing intense research and refining their technique over many years searching, digging many.

And they have had their payday.

The Carters cruise into Karratha in their caravan with their trusted, four-legged side-kick, Cuba. Tucked away in their caravan's locker are their detectors with batteries, GPS, safety kit and their heavy boots that will carry them across wilderness for five or six hours a day, sometimes for months on end.

Their major hunting grounds are in the Goldfields.

"The first time we went away over six months

we found nothing for two months," says Glenne.

"But," quips Don, "our six-month tally was 514 pieces of gold including a 5oz nugget looking like a Freddo Frog but bigger".

The couple, who paid the \$25-a-person lifetime WA prospecting licence, estimate their gold haul over the years totals 60oz. That's worth about \$120,000 (unrefined nuggets can fetch higher-than-market prices especially if they have an interesting shape).

But the Carters have never sold an ounce. They do it for their unapologetic love of gold nuggets.

The parents of two aren't rich but they love to gift nuggets to relatives, friends and the needy. They might donate a nugget for a bowls

club fundraiser.

They keep their findings in a safe.

"West Australia nuggets are just beautiful," says Glenne.

"I believe everyone in WA should have one."

Don adds: "They are more than 98 per cent pure".

On their travels Don and Glenne play lawn bowls along the way, attending competitions, meeting new people and inevitably when people find out their hobby, talking gold.

Glenne says when she finds a nugget she pops it into her mouth, spits out the red dust and keeps it there for safe-keeping.

"They are heavy in the mouth so you don't swallow them. They seem to get lost if you just put

them in a pocket and go on prospecting," she said.

"When we go prospecting, we don't muck around," says Don.

"We go out at say, 8.30am and come in at 5.30pm. We might stop for a smoko.

"Many people get the equipment but have little knowledge or experience and have a go for a while, go back to the caravan park for lunch and don't bother coming out again and wonder why they never find anything," says Don.

The Carters' findings include a 1893 three-pence, bullets by the armful, horse hoof nails and a coal-fired iron. Not all discoveries are welcome.

"Tin cans are among the worst for setting off our detectors. Lizards drag them down into holes and the detector sound is similar to finding gold," says Glenne.

Cigarette packet tinfoil, even after burned in campfires, also sets off the gold detector's "woop, woop, woop" sound.

Glenne, a former Port Authority public relations manager in Gladstone, Queensland is proud of one nugget find.

"It's bigger than anything Don has found. We are competitive," she laughs.

Glenne's find required four hours of digging and rock-hammering by Don.

At almost waist-high he struck rock, reached into the hole and pulled out the gold, relishing the weight and its distinctive feel.

"There's plenty of gold

in the ground that companies go after but nuggets are getting harder to find. They are becoming rarer than diamonds," says Don.

Once prospectors pay their licence fee, they can get maps from the Mines Department showing searching areas outside company leases.

With GPS they can establish their hunting grounds. Gold can be tested by authorities to test its exact origin and rangers look out for illegal trespassing.

The Goldfields are naturally popular.

"There were 800 prospectors' caravans in the region on one occasion," says Don.

Glenne explains how they have come across Aboriginal men, some prospecting themselves, have steered the Carters away from gold-barren areas onto fruitful spots.

"They have been really nice. Very helpful," says Glenne.

Faithful Cuba loves the travel and waits patiently in the car, parked under a tree, equipped with drinking water and fly-wire

on windows.

Detectors, costing up to \$9,500 each new, come with headphones to pick up tell-tale noises but Don says they can become "hot and sweaty" with wind noises through them. So he has an enhanced-noise speaker to wear in his pocket.

Among the couple's findings is a nugget with an amazing resemblance to a famous Madonna statue.

Glenne wears a marble-size nugget with its natural, raw look on a gold chain around her neck.

The Carters say they may not be in the same league as Bernhardt Otto

Holtermann, discoverer of the Holtermann Nugget, the largest gold specimen ever found in Australia at 1.5m long and weighing 290kg near Bathurst.

But they enjoy the hunt, the fun and whatever nuggets they turn up. Their pattern is to go out for a number of weeks, every two years.

"We're doing our thing," smiles Glenne, handing over some of their finds for my inspection.

The nuggets of pure gold, chunky and heavy, have been washed. But they must carry something highly-contagious. And I've come down with it.

I've got gold fever.

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These days Capt Veenstra operates Spirit Australia Cruises, offering a series of cruises along the length of the Murray River ranging between three and eight days and travelling sections of the Murray River between Goolwa SA and Albury NSW. They also offer a couple of river cruise and coach touring combinations: Five Rivers Outback Safari and Source to the Sea and a six day/ five night Gippsland Lakes Cruise from Sale to Lakes

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Most of Spirit Australia's Murray River cruises travel one way along the river with coach return to port of origin to maximise distance cruised and minimise duplication of scenery. Cruises also include knowledgeable commentary and river history, specified on shore activities and all meals (including morning and afternoon tea).

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WITH one Chamberlain tractor and a crew of 12, Tail End Charlie the trac-

tor will start a journey around Australia this month from Wundowie

in the Shire of Northam. The aim is to celebrate the 60th Anniversary of the Chamberlain tractor affectionately known as "Tail End Charlie" in the 1957 Round Australia car rally.

The crew has partnered with the Prostate Cancer Foundation of Australia and Breast Cancer Network Australia to also promote their awareness messages and raise funds on their behalf. The tractor crew pay their own travel expenses and every dollar do-

nated goes to these charities.

Tail End Charlie will travel through some 50 major towns and numerous small communities in WA, totalling 5,500 kms and clocking up a total of 15,000 kms for the trip.

Many functions have been arranged by local communities to coincide with the arrival and encourage people to take an interest in their health and have regular medical check-ups. The early detection of a health condition fol-

lowed by prompt treatment gives a greater chance of success.

The tractor crew includes two people from the UK for the entire trip and two from New Zealand who will join them for two weeks. The journey will officially end at the Dowerin Field Days on 31 August, and the crew will be in Northam for the start of the National Ballooning Championships. Follow their progress on the website at www.tailendcharliethetractor.org

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Turquoise Coast treasures not to be missed



AN overnight stop is definitely not enough to experience the best of the Turquoise Coast. A three-day sojourn to the area is well recommended and see below for a great itinerary.

Day 1 - Perth to Cervantes. On the road into Cervantes stop off at

Lake Thetis and see the ancient stromatolites. Doing a tour of the Lobster Shack lobster processing factory is a must for all visitors. After that and a stroll along the foreshore and beautiful beaches, head out to the Pinnacles and watch the sun go down over the coast amongst these amazing limestone structures.

Day 2 - Cervantes to Jurien Bay. Check out the beautiful foreshore and walk along part of the 14km the Turquoise Way path towards the boat harbour to watch the skydivers land on the beach. Take a drive out to Lesueur National Park to see the wildflowers with so many different varieties

there are blooms all year round. If you have a 4WD you can continue north to the Stockyard Gully Caves. A quick detour into Green Head on your way back to look at the art galleries or the beauty of the Three Bays Walk is well recommended.

Day 3 - Jurien Bay to Perth. Take the scenic route home and go back to Perth via Brand Highway. Quaint small towns such as Badgingarra, Dandaragan and Gingin are lovely stops to break up the trip and offer their own brand of regional charm to visitors.

Stay longer, explore further and experience more on the Turquoise Coast.

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New agricultural age comes to the Dowerin Field Day this year

THE New Age of Agriculture is here, with advances in technology opening opportunities in the face of an increasingly uncertain climate. Despite a difficult start to the season, farmers will receive the support they need from exhibitors at this year's Dowerin GWN7 Machinery Field Days.

More than 700 businesses are booked to attend in the face of an uncertain year.

Dowerin events management chairman Michael Metcalf said this year's event, on 30 and 31 August,

would celebrate the New Age of Agriculture by highlighting some of the great technological advances the industry has to offer.

"We are giving the Synergy technology and innovation's area a facelift and visitors can expect to see some new businesses offering the latest in agricultural technology," Mr Metcalf said.

"There have also been several changes to the livestock pavilions, with the introduction of the sire evaluation into the Bayer Avenue ram shed and junior Merino judging

into the Milne marquee. The progeny of 11 sires will be evaluated to determine which positive attributes are passed on. It will include information from the partners and a shearing demonstration.

As well as changes to the agricultural program, there will also be a number of new family exhibits and attractions, including the return of a fashion parade in a new format.

Event co-ordinator Sue Blay said the field days have partnered with Eco Fashion Week to offer two daily parades at this year's event.

"The fashion parades will include a preview of Eco Fashion Week, the only showcase of its kind in WA, with designers using only sustainable products, such as wool and cashmere, to create their garments," Ms Blay said. "They will take place in the GWN7 Pavilion, which this year will be located at the community club."

Families will be well catered for with the introduction of the new Empowering Parents pavilion. After the success of the equestrian exhibit last year, the attraction will

continue to grow, with new presenters added to this year's program.

"Some of the new demonstrations will include eventing by Olympic medalist Sonja Johnson and confidence clinics by eastern state's trainer Sandi Simons," Mrs Santos said. "Equine enthusiasts can also expect to see clinics on starting horses under saddle, working equitation, ranch sorting and physiotherapy, as well as returning presenters including top dressage rider Victoria Hamilton."

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

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 you 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 north-

east of Perth

Bencubbin is located three and a half hours' drive northeast of Perth.

Sandalwood cutters were in the area as early as the 1860s and a sheep station was established in 1867. 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.

The wildflowers in Bencubbin are spectacular, 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.mtmarshall.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 histori-

cal 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. Bruce Rock celebrated its centenary in 2013 with a community project that records the history of the district, its people, farming and business enterprises and social life. The nearby bank at Shackleton is said to be Australia's smallest bank and is well worth a visit.

continued on page 40



"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, 11 species of orchids, wildlife including the eastern wallaroo, western grey kangaroo, echidnas, reptiles and birds.

Nookaminnie Rock - a large granite rock, provides a view over the town, golf course 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 has 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 to supply the town and irrigate the nearby farms.

UPCOMING EVENTS: 22 September, NAIDOC celebrations - all welcome, 26 October, Silver Threads luncheon and performance, 7 October, Agricultural Show, 20, 21, 27 & 28 October, local production "Curtain Raiser" meal and show \$45 per person

BOOKINGS: The Shire office 9645 2400 or Peter Ricetti 0427 392 407 (a/h)



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GWN7

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

continued from page 39
Corrigin
230 kilometres south-east of Perth

Corrigin is a popular stopover when visiting Hyden's Wave Rock and the seasonal wildflowers of the area. Located three and a half hours' drive east of Perth, it is a very attractive town.

Corrigin is widely known as a 'Town of Windmills' due to the abundant supply of ground water. Almost every home had a windmill until 1960 when the town was supplied with scheme water.

The town is nestled at the base of Corrigin Rock and to experience it on foot offers a variety of dedicated tracks and trails. Tour the surrounding countryside during wildflower season and enjoy the wonder of these beautiful plants.

The Corrigin Museum provides a link with the past in its display of early Australian farm machinery. For more information visit www.corrigin.wa.gov.au/

Karlgarin
317 kilometres south east of Perth

Karlgarin has a population of less than 50 people and was first settled to support farming in the early 1920s.

It derives its name from the Aboriginal name of a nearby hill and means 'place of fire'. The Surveyor General J S Roe first recorded the town in 1848 and was a soldier settlement site gazetted in 1931. Nearby Tressie's Museum offers a collection of pioneer farming tools and equipment, as well as a working display of gramophones and 78 records.

Visitors enjoy the yeastyer style of the beautiful Catholic Church and the Primary School. Scenic vistas can be seen at McCann, Buckley's Breakaway and the Karlgarin Hills.

Koorda
238 kilometres north-east 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. Corn dollies are an ancient craft practised in many cereal-growing areas worldwide. In 1911 Frank Lodge made a simple countryman's favour the corn dolly and it was adopted as the shire emblem in 1974. 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. Established in 1911, one of the most historical buildings is The Lake Grace Australian Inland Mission hospital which was established in 1926 through the work of Dr John Flynn and the local community. The building has been restored as a hospital museum and visitors can walk through the old style wards, duty room, kitchen and laundry to experience the atmosphere of an early 20th century rural hospital.

Lake Grace itself is one of Western Australia's largest inland salt lakes and comprises two separate water bodies; one 25.75kms long and 7.24kms wide at its widest point and this wetland is part of a chain of lakes which flow into the Avon River. For more information contact the Lake Grace Visitor Centre on (08) 9865 2140 or

visit www.lakegracevisitorscentre.com.au

Southern Cross
367 kilometres east of Perth

Southern Cross is located on the Great Eastern Highway, three hours' drive west of Kalgoorlie. It is the centre for the Yilgarn Shire and Yilgarn is the Aboriginal word for white stone or quartz. The area includes the towns of Bullfinch, Marvel Loch, Moorine Rock, Bodallin and Koolyanobbing.

Southern Cross is situated in a prosperous, well-established farming area including some of the largest farms in the state. The land is spectacularly beautiful in spring with wildflowers. Popular attractions within the Southern Cross area include Baladjie Rock, Frog Rock, Karalee Dam and Hunt's Soak - all interesting spots to visit and ideal picnic spots.

For a panoramic view of the area people can drive up to Wimmera Hill lookout which overlooks the township, the surrounding farmland and goldmines. Just east of town is the old cemetery which was developed as a Pioneer Memorial. Yilgarn History Museum is open daily and provides a glimpse of the area's history.



Field of wheat stubble © Tourism WA

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

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. The district produces mostly wheat and sheep and with its natural beauty and pioneer heritage Trayning is a great town to visit. For more information about the Shire of Trayning please visit www.trayning.wa.gov.au

Westonia
316 kilometres east of Perth

Westonia is located just over four hours drive east of Perth and half an hour from Merredin. Named after Alfred David Weston, a sandalwood cutter and part time prospector, the town owes its origins to gold mining. Gold mining is still an important industry in the area, although the shire's primary industry is now wheat and sheep farming. Visitors can explore the massive granite outcrop of Elachbutting that includes a giant wave-shaped formation and 30-metre rock tunnel which people

can walk through. Sandford Rock reserve is also located in the Westonia Shire.

For more information on Westonia visit www.westonia.wa.gov.au

Wyalkatchem
200 kilometres north east of Perth

The town is said to have been named after the Wyalkatchem tank which was built by sandalwood cutters in 1881.

The gateways to the town are historical grain elevators which mark the regions 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.

Wyalkatchem has most of the delights of a small country town and the CBH museum houses an impressive collection of early farming equipment.

The Old School House Museum is set up as a house of earlier times with articles in room settings, and is well worth a look. Korrellocking reserve, just out of town covers 259 hectares of pristine bushland and is a popular picnicking spot especially during wildflower season.

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

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Corrigin Agricultural Show
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Corrigin Town Oval
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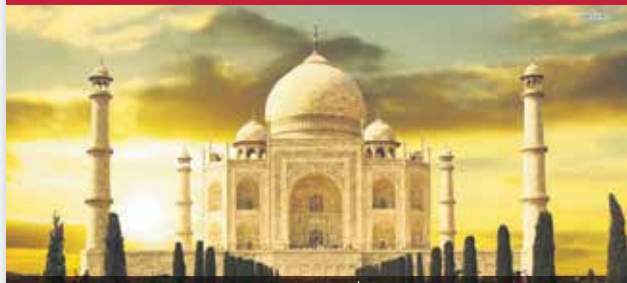
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- ▶ 1nt post tour accommodation Vancouver
- ▶ 7nt Alaska cruise on Nieuw Amsterdam
- ▶ Flights from Vancouver to Perth flying Cathay Pacific
- ▶ All airport & port taxes included

TOUR HIGHLIGHTS:

Vancouver • Kelowna • Banff • Jasper • Sun Peaks • Whistler • Victoria

CRUISE HIGHLIGHTS:

• Vancouver • Inside Passage (cruising) • Tracy Arm Inlet • Juneau • Skagway • Glacier Bay (cruising) • Ketchikan • Inside Passage (cruising) • Vancouver

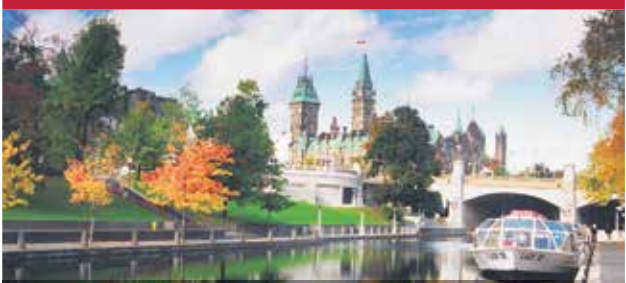
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GREAT HOME and GARDENING

ADVERTISING FEATURE

Now is the perfect time to plant marvellous roses in the garden



by Colin Barlow

WHEN your roses are dormant in winter, it is the ideal time to plant some new ones in your garden. So if, like me, you love roses and want to add to your existing collection, or take better care of the ones that you already have in your garden, then I have the perfect solution to get them off to a flying start and to keep them healthy and looking great all year round.

The new Black Marvel Rose Compost and Planting Mix is a Premium Australian Standard organic compost that has been specifically formulated for building up and improving sandy soils, including new or existing rose garden beds. The mix will improve the drainage of existing soils, encourage water retention on sandy soils and add valuable nutrients and micro-organisms to enhance the soils

biology and structure.

Simply mix one part Black Marvel Rose Compost and Planting Mix with three parts of the existing garden soil in the bottom of the planting hole and also for the soil to be used for backfilling around the rose.

Always add some Ezi-Wet Soil Wetter to the hole and backfill mix to further reduce water loss and plant stress. Black Marvel includes beneficial Micro Flora in the Compost and Planting Mix that feed on the spores of fungi helping to reducing the incidence of black spot and powdery mildew on your roses. This is particularly effective when applied after pruning in winter.

This special blend of composted organics also contains the successful Richgro Black Marvel Premium Rose Food. This well-known fertiliser is specifically designed for the optimum growth of

roses providing all the essential nutrients and trace elements that your roses need to thrive all year round. The high potash levels in Black Marvel encourage colourful healthy blooms while the nitrogen produces strong healthy foliage and growth. The enhanced iron content helps to promote lush deep green leaves and the phosphorous helps to produce strong vigorous roots.

For established roses or garden beds apply a 15-20cm thick layer of compost and planting mix over the soil and gently work it into the soil, taking care to avoid disturbing the plants roots.

For more ways to look after the roses in your garden go to www.richgro.com.au or you can watch me show you how to do it at www.homeinwa.com.au. All you have to do is decide which type of rose to plant. Now that could be a difficult decision.

Pruning roses in Perth

The best time for pruning roses is here in Perth is from mid July to the middle of August. 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: 0419 964 819 www.rosengardenperth.com/

Roworths Nursery Tel: 9302 1932 www.roworth.com.au

Swiss Rose Garden and Nursery Tel: 9399 1880 www.swissrosegarden.com

Winter workshops

If you want some tips and practical insights on pruning roses why not join one of the rose pruning or gardening workshops to be held at the National Trust gardens Samson House in Fremantle and Old Blythwood in Pinjarra. Both workshops will begin with a short talk about the historical significance of the property and end with a restorative afternoon tea. There will also be an opportunity to view the two historic houses. Both workshops run from 1.30pm until 4.30pm with the Samson House workshops on Sunday 23 July from and the Blythwood House workshops on Sunday 6 August. Bookings are essential and can be made at rsp@ntwa.com.au or by calling 9321 6088.

From the 28 to the 30 July the Cymbidium Orchid Winter Show with their amazing and colourful blooms will be on show 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 potting demonstrations, plant and fertiliser sales, 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

Now that the first of the bulbs have started to spring up, now is the time to feed them. I use a seaweed based conditioner and plant tonic such as Seasol, Eco Cweed, Pure Organic or Yates Uplift combined with either a

soluble liquid feed such as 'Powerfeed with Troforte', 'MaxFeed for Flowers and Blooms' or 'Thrive for Roses and Flowers'. Remember to apply every two weeks until they die down after flowering. That way you will build up the bulbs reserves for next years blooming marvellous display.

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Downsizing

ADVERTISING FEATURE



Finding inspiration for interior design and painting the picture for your home



Left; World of Renovations is an amazing one stop shop for makeovers and renovations
Above; Zofia

by Zofia St James

Hi everyone,
I hope that the first month of winter has been kind to you all and that you are making the most of the season. For those who have been following my column, I do hope that I have provided you with lots of inspiration and information.

I am always happy to speak to people if they

have questions or enquiries regarding interior design. This month I wanted to bring to your attention a business that has opened its doors in Fremantle called the World of Renovations.

Located at 86 High Street, it is an amazing one stop shop for those of you who may be looking at any type of makeover or renovation be it a new kitchen, bathroom or

flooring from carpeting to hardwoods.

Sasha De Bretton from Million Dollar Makeovers has really outdone herself establishing this amazing hub and cafe. If you are in Fremantle, it's definitely worth a visit as the renovation of the heritage building itself is testament to her drive, passion and vision for making any abode a dream home.

Over the last five

months I've really enjoyed what I would call painting a picture for readers. I try to visualise where people are and the most practical and easiest ways in which to give a home or even just a room something of a quick fix.

With the application of a few items such as an artwork, a rug or coffee table can transform a room and define a space. When I am in a client's home it's about maximising a room by simply re positioning the furniture, de-cluttering spaces and surfaces and making the most of the objects and utilising the history that exists already.

A bookshelf is a great example where re-organised it can become a showpiece of a room and this goes for any area or cupboard. Organising and making areas beautiful is really is one of the most favourite things I do.

It sounds quite basic and it is but the results are so worth it and these changes can make your home sing.

Anyone who knows me

and my work would know I just love a rug to add luxury and colour to define a living area. Placing one under a dining table or at the end of bed or hallway can really make a difference and can complete a picture.

I have discovered a home based business which are importing from India the most stunning range of hand-knotted wool and silk rugs that I think I've actually ever come across. There are the traditional styles but also contemporary designs and one in particular I'm currently dreaming about for myself.

I know at the moment owner of Tatiana is having an end-of-financial year sale with up to 70 per cent off. Her phone number is 0407276211 and you can find her on facebook at @elledesignwa.

With all the sales taking place currently do take advantage of spoiling yourself with some simple changes of linen, cushions and throws. Your home deserves to stay and look

as up to date as you like to look. For those of you needing assistance with making old marry new and how to make that work, feel free to call me to discuss either a home visit or shopping excursion somewhere which is conveniently located for you.

I hope you have a wonderful month and as I do, take advantage of Christmas in July celebrations with friends and family in your cosy home.

Happy July. Zofia x

Zofia offers an interior style consultation for readers. She may be able to assist with de-cluttering, restyling, choosing what pieces of furniture to take and, of course, personal styling. She offers a special rate for Have a Go News' readers and she knows how to style on a budget.

For those who would like to contact Zofia call her on 0406 336 607 or email zofia@stjames.com.au

Lovely Augusta - why not move to a pristine area of the West!

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Author to speak at Independent Retirees Mandurah meeting

THE Association of Independent Retirees (AIR) regular monthly meetings take place on the fourth Monday of every month (except when that clashes with a public holiday).

Their next meeting will take place on

Monday 24 July at 9.30am at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Guest speaker will be Linda Moore. Linda is an author writing as Linda J Bettenay and lives in the Roleystone area, where

her latest book, *The Apple Core Wars* is set.

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

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

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PINDAN

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ADVERTISING FEATURE



Surprise result from UK election changes outlook on pension freeze



by Mike Goodall

WELL what a surprise we all received when the UK Election results were announced last month.

We knew that we had the numbers to out vote the Government and that if Theresa May could return with an increased majority our plans would be scuppered.

The situation now is far from that because Mrs May will have to "have an arrangement" with the Democratic Unionist Party (DUP) to be able to vote measures through the Commons. Over the years I have been involved with the Frozen

Pensions issue, the DUP have always supported our Early Day Motions (EDM's) in the House of Commons and three of their number are members of the All Party Parliamentary Group (APPG) on frozen pensions.

Obviously, during their initial discussions with the Conservative Party the DUP will wish to promote their own priorities so when the dust has settled down I will be writing personally to each of

the DUP MP's and their leader Arlene Foster to attempt to secure their support to put pressure on the Government to put an end to this discriminative and outdated policy.

This development along with Brexit is a wonderful opportunity for the Government of Australia to also pressurise the UK.

Also joining the campaign are members of the British Overseas Territories (BOT's). There are 14

of these BOT's and it has been discovered that not all BOT's are treated the same when it comes to Pension Uprating. Two receive the annual increases whereas the other 12 do not. I have been in touch with the chairman of the APPG for BOT's and he is investigating this differential treatment further. If there are any significant developments I will let you all know.

Last month I wrote about the UK Govern-

ment Gateway and advising people to be wary about the information that is given by accessing the site. In the meantime I have been contacted by an expat pensioner who advised me that he received an e-mail purporting to have come from the Government Gateway. Any e-mails that come from the UK Government Gateway will almost certainly be a scam because they do not send out e-mails. Clicking on any

link in the e-mail could cause major problems with your computer. If you wish to access the Government Gateway only access it via the official website.

Anyone who would like to discuss the above in greater detail or require guidance and help on any other aspects regarding their UK State Pensions, is welcome to contact me on 0403 909 865 or via e-mail:- mikegoodall@btconnect.com

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Concerto building soars to great heights in East Perth

PERTH'S tallest residential tower, Concerto by Finbar Group, has just been completed and has started welcoming new residents. Finbar's chief operating officer, Ronald Chan, said limited apartments are still available at Concerto however interested parties should visit the sales office as soon as possible to avoid disappointment.

"Interest in this development has been incredibly high," said Mr Chan. "We had 124 groups come through the development on opening day indicating to us that the remaining apartments will sell very quickly."

Located on the former site of the Australian Broadcasting Corporation (ABC) at 189 Adelaide Terrace in East Perth, the Concerto development provides a unique fusion of history and innovation consisting of two distinctive, yet linked buildings – Concerto Tower and Concerto Heritage.

Concerto Tower consists of a 38-storey contemporary high-rise building made up of 207 two and three-bedroom apartments

and two penthouses, and Concerto Heritage, a five level building with a post-war modernist architectural façade, that previously housed the ABC's administration wing, which offers 17 New York style studios and one and two-bedroom apartments.

The ground floor features an impressive double height, expansive entrance leading under Concerto Heritage that includes a tenancy designed to house a café providing residents the ultimate al fresco café lifestyle.

From there, through secure sliding doors, a covered walkway framed with beautifully landscaped gardens with a feature green wall and offering numerous private seating nodes leads to the Concerto Tower. The luxurious lobby with concierge desk, grand piano and expansive seating provides an impressive location to greet guests.

Concerto also provides residents with a range of luxurious amenities including a private dining room with banquet seating for 14 and adjoining kitchen, fully equipped

gym, podium deck with 25-metre heated pool and cabanas, three barbecue entertaining areas, sauna, residents lounge, theatre with cinema-style seating and 120-inch screen, board room, games room with bespoke pool table and table tennis table and beautifully landscaped garden spaces.

Residents of Concerto Tower's upper levels will be treated to breathtaking views of the Perth CBD, Swan River, Kings Park, South Perth and Darling Ranges, and residents of the uppermost levels will even be treated to views of the cranes of Fremantle, the Indian Ocean and Rottnest Island on clear days.

Two-bedroom apartments are available from \$710,000 and three bedroom apartments from \$870,000.

For more information, contact Neil Kay on 0439 687 688, or register online at concertoapartments.com.au, or visit the display apartments every Saturday and Sunday from 11am to 1pm.



Sabrina Hahn

A FREE
BELSWAN
PINJARRA
COMMUNITY
EVENT

An open invitation

FROM THE BELSWAN LIFESTYLE VILLAGE PINJARRA

Come and hear how to prepare your garden for the next growing season with **Sabrina Hahn** the "Hort with Heart" when she delivers her "Get Set for Spring" presentation in the Grand Lounge of the Village Clubhouse.

Your opportunity to hear this passionate master gardener impart her practical knowledge of sustainable gardening that you can replicate in your own patch. Sabrina will also be there to answer questions relating to your garden. This will be followed by afternoon tea. A fun day for everyone!

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reserve your seat.

www.belswan.com.au



Get set for spring - free open day at Belswan Lifestyle Village Pinjarra



SABRINA Hahn is a whole lot of "hort with heart" – master gardener, storyteller of note, qualified horticulturalist with a passion for the creation of sustainable environments that bring life back into cities and rural areas.

Her mantra is to encourage others to take on a caretaker role within their own backyards so that future generations have access to a healthy planet.

Sabrina has shared her stories and passion for green spaces on ABC radio for more than 25 years, being one of the earliest pioneers to promote sustainable gardening practices in the media. She is a highly entertaining public speaker, and MC, writes a twice-weekly gardening column in *The West Australian*, and also contributes articles for *Gardening Australia* and

Organic Gardener.

Her extensive knowledge on gardening comes from a scientific background of horticulture, soil science, entomology and botany. Sabrina has been awarded a lifetime membership from the Nursery and Garden Industry of Western Australia, and nominated for Australian of the Year for her services to the industry.

Sabrina is also a published author with three books under her belt – *Sabrina's Little ABC Book of Gardening*, *Sabrina's Juicy Little Book of Citrus* and *Dirty Deeds*.

Join the crowd at 1pm on the 20 July Belswan Village, 21 Lovegrove St, Pinjarra. Call Amanda on 6323 8063 between 9am and 3pm to reserve a spot for the presentation followed by afternoon tea. It will be a fun day for everyone.

Downsizing

ADVERTISING FEATURE



The Heights is changing the shape of Kardinya

KARDINYA'S newest residential estate offers a unique opportunity to buy a stunning new, low maintenance home in an established suburb close to shopping, transport, beautiful parklands, Fiona Stanley and St John of God hospitals and more.

Located on an elevated site overlooking the open space of Alan Edwards reserve in Kardinya, The Heights features a range of contemporary single and double-storey three and four bedroom, two bathroom homes, with fixed price house and land packages starting at just \$530,000.

With construction underway on stage one at the Heights, the estate offers something unique to the area. Established housing is well over 20 to 30 years old and the opportunity to purchase a new home with all the hard work done by someone else is limited.

The display home at these estate, currently under construction, is also being offered for sale with a six per cent leaseback for 12 months plus two six month options. The home will come complete, with stone benchtops throughout, ducted reverse cycle air-conditioning, overhead cupboards and glass splashback, a coffered ceiling to the master suite and upstairs living area and much more.

Purchase now with a 10 per cent deposit, and balance on completion of the home.

Pindan's sales manager, Matthew Smith, affirms the new estate provides a unique opportunity for people looking to live in a well-established area close to everything needed.

"The Heights lifestyle benefits, such as having no large gardens to tend to and the convenience of being close to shops, cafes, restaurants, transport and a community network has really struck a cord with purchasers," he said.

The estate is in a prime location just 250m from Kardinya Park Shopping Centre, 10 minutes to Fremantle and the beach, Garden City and some of Perth's best boutiques, as well as the Murdoch station, with trains to Perth's CBD.

Interested purchasers are invited to visit www.theheightskardinya.com or contact Matthew Smith on 0430 766 360 or Glenn O'Connor-Smith on 0413 545 044.

SHOFER accelerates their mission to Treat you Right

FOR the second year running, SHOFER joined West Australians supporting Purple Bra Day on Friday, 23 June. Purple Bra Day is a Breast Cancer Care WA initiative, raising money for West Aussies facing breast cancer.

"It makes sense for us to get on board with community focussed campaigns like Purple Bra Day", SHOFER general manager Nicole McNeill said. "As we continue to grow, we seek out new and fun ways to help the community making good on our promise to 'Treat you Right'. Contributing to peoples' lives in the form of giving back is a key part of our role as a responsible West Australian corporate citizen."

This year SHOFER pledged 50 cents from every ride taken on Purple Bra Day. With about 400 rides taken on the day, the 50 cent pledged amounted to \$200. SHOFER also made available donation tins in their vehicles for passengers to donate of their own accord.

"Moving forward, SHOFER will also be supporting Daffodil Day 2017, on Friday 25 August", McNeill affirms. "We know so many lives are affected by cancer, and for us it's important to get in on the ground level and help".

SHOFER is a West Australian owned On-Demand Transport business established with the promise to 'Treat you Right' as they deliver Perth passengers to their destination on time, every time and safely. Passengers can book a ride via their mobile phone using the free SHOFER app, or pre-book a ride via the SHOFER website at www.shofer.com.au, or call SHOFER on 0470 670 266.

Financial adviser to speak to self funded retirees

ON the second Friday of each month at 10am the WA Self Funded Retirees Association holds a meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat. It has topics of interest to retirees with a guest speaker.

The speaker at the meeting on Friday 11 August is Wayne Leggett CFP JP.

There are not too many people more passionate about the value of financial advice than Wayne. For the best part of four decades, he has been helping people get the most from the financial resources at their disposal.

With a clientele encompassing people in the early stages of their careers through to those ready to enjoy the fruits of their years of hard work and planning, Wayne specialises in working with those still in the wealth-building phase of their financial lives.

An active participant in industry

affairs, Wayne has held numerous positions on industry bodies, including serving as the inaugural national president of the Association of Financial Advisers (AFA).

A winner of several industry awards Wayne is one of the most high profile advisers in WA. As well as his regular columns in *The West Australian* or frequent appearances on Perth television, Wayne is regularly sought for expert opinion by financial journalists or as a presenter at industry conferences, both here and overseas.

He is also a director of Fortnum Financial Group, 100 per cent privately owned and operated Australian Financial Services Licensee.

There is little doubt that many attendees will have much to ask Wayne and will be in for a lively presentation. Visitors are always most welcome and for more information please contact: Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

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Richard Nell
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Glenn O'Connor-Smith
0413 545 044

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(access from Anglesey Drive)

PINDAN

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ADVERTISING FEATURE





RESIDENTS at WA's largest single-site aged care and retirement living provider - Bentley-based SwanCare - have given their overwhelming sup-

SwanCare residents give green light to next stage of \$60 million development masterplan at Bentley

port for a new multimillion dollar leisure precinct and community hub, which is set to provide quality amenities for future generations of Western Australians. The project will see a major transformation and redevelopment of the current leisure amenities after more than 80 per

cent of residents voted in favour of the new enhancements, which will be constructed in and around the existing outdoor bowling green.

The new facilities will include an indoor heated pool, gym, fitness rooms and recreation zones for wellness-based activities, a cultural centre, new club rooms, a residents' lounge, multipurpose function spaces, a community pavilion and landscaped gardens.

SwanCare chief executive officer Graham Francis says the landmark decision would ensure SwanCare remained a true leader in the aged and community care sector, for decades to come.

"This exciting transformation to our leisure amenities will provide great benefit and enjoyment for our current residents and will also

provide for the long-term enjoyment of the many future generations of Western Australians that will call SwanCare home," Mr Francis said.

"The redevelopment will see our central leisure precinct totally transformed while creatively engaging with our existing buildings such as Mavis Cleaver Court and Waminda Care Centre, and scenic walkways will also enable residents to move seamlessly and safely throughout this entire central activity and recreation area.

"This is certainly an exciting time for SwanCare and our residents, in fact it's the most ambitious development to ever be undertaken at the site since it was developed in 1961, which makes this milestone in our history even more special."

The announcement of the new leisure precinct

follows just weeks after SwanCare was granted 120 new residential aged care bed places in this year's Federal Government Aged Care Assessment Round (ACAR), which will be housed in a brand-new, purpose-built aged care facility, due for completion in 2019.

SwanCare has been caring for seniors in Western Australia for more than 55 years, since the not-for-profit organisation was established in the early 1960's as Swan Cottage Homes.

SwanCare operates Independent Living Units known as Bentley Park Retirement Village and Australind Rise, in addition to three Bentley-based residential care centres: Waminda, Tandara, and Kingia, all of which are fully accredited, as well as the SwanCare At Home service.

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Akora is Perth's newest retirement complex, nestled amongst SwanCare's Bentley Park community.

Akora is unlike anything else, offering affordable luxury, security, and superb care.

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Operated by leading not-for-profit organisation SwanCare, Akora residents enjoy absolute peace of mind.

Secure your dream now. Call our Retirement Living Consultant Harry Pearson on 6250 0016.

Contact Harry on 6250 0016 or harry.pearson@swancare.com.au
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ADVERTISING FEATURE



Changes to the Age Pension qualification age could affect you...



DO you know when you will be eligible to receive the Age Pension? From 1 July 2017, the qualifying age for the Age Pension will progressively increase by six months every two years, reach-

ing 67 years by 1 July 2023 for those born on or after 1 January 1957. The increase in the qualification age for the Age Pension was first announced in the 2009 Federal Budget. There

are no changes for anyone born before 1 July 1952 – for these people the Age Pension qualification age will remain at 65. Australia is in the midst of a major demographic change - we're healthier and living longer than ever before, and that's great news. But it means our population is ageing, and a growing number of people receive the Age Pension for far longer than in the past. Over the next 40 years the number of people aged 65 and over will more than double to 8.9 million people. There will be fewer

people paying taxes for more people receiving the pension. Currently, 4.5 people of working age support every person aged 65 years and over. This will drop to 2.7 people by 2054-55. At close to \$45 billion per year, the pension is one of the biggest spending items in the Budget, and it will only continue to grow. The taxpayer-funded Age Pension provides an important safety net for people who are unable to support themselves fully in retirement, and supplements the retirement incomes of those with lower levels of private savings.

But it is important for those who can to save as much as possible for their retirement. If we are to continue to support people in their retirement while keeping our pension sustainable, it makes sense to act now. When the Age Pension was introduced in 1909, it was set at eight years AFTER the average life expectancy of 57. Now, the Age Pension is set 18 years BEFORE our average life expectancy of 83. As we live healthier and longer lives, we can stay in work longer, to contribute to the economy, and boost

our savings and superannuation balances, for a more comfortable retirement. This change will not affect the value of the Age Pension, and people can still retire at whatever age they like—it is the age at which they can become eligible for the Age Pension that is changing. The age at which people can access their superannuation does not change. That remains between 55 and 60, depending on when you were born. Recipients of Veterans' Affairs payments will not be affected. More information on planning for retirement,

or changes to the Age Pension qualification age, is available from: Centrelink's financial information services officers can help people plan for retirement. Call 132 300 or go to www.humanservices.gov.au/agepension. If people receive Veterans' Affairs payments, go to www.dva.gov.au or call 133 254. If calling from regional Australia, call 1800 555 254. If anyone needs financial advice, go to the Australian Securities and Investments Commission Smart-Money website at www.moneysmart.gov.au

Older people seek clarification with electricity pricing deregulation

DEREGULATION of retail electricity prices has led to a proliferation of offers that were confusing and misleading, especially to older consumers, according to National Seniors Australia. National Seniors chief advocate Ian Henschke said many consumers had lost faith in the current system, given major retailers had been fined for false and misleading discount offers. In its submission to the ACCC Inquiry into Retail Electricity Prices and Supply, National Seniors said older consumers were right to be

wary of the benefits and costs of market offers given a lack of regulation and transparency, and called for stronger protections and more education for consumers. "Older consumers can be reticent to engage in the retail market and wary of the implications of taking up such offers," Mr Henschke said. "They may actually be at risk of incurring higher costs if they do not understand the contract terms. This risk is compounded if they do not possess the digital skills required to readily shop around and find a better deal."

Mr Henschke said while National Seniors supported moves to reduce electricity prices, it questioned whether deregulation of retail pricing was the answer. "Price deregulation does not always result in cheaper electricity for consumers," he said. "Research has shown that retail electricity prices and retail profit margins in Victoria have increased significantly where deregulation is well advanced. "Deregulation should not create an opportunity for profiteering. Retail price deregulation ignored that

retail costs were only one of the many drivers of rising prices," Mr Henschke said. "Others included increasing generation and distribution costs. The price increases of around 20 per cent that came into effect in New South Wales, ACT, and South Australia recently were impacted primarily by big jumps in the wholesale price of electricity. Mr Henschke said the sharp increase in electricity costs over the past decade was a significant concern for older Australians, especially those on low fixed in-

comes. National Seniors believed consumers should be able to access a government standing offer as a default price as there was insufficient trust in the standard retail alternatives. "Access to a government standing offer would benefit those consumers unable to shop around for a market offer because of limited digital literacy," Mr Henschke said. The ACCC is scheduled to provide a preliminary report to Treasurer Scott Morrison by 27 September.



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ADVERTISING FEATURE



Vince's special chicken soup to warm the soul



by Vince Garreffa

HERE IS another recipe from my book *The Flesh In My Life* which is available from my shop Mondos Butchers in Beaufort Street, Inglewood and various other stores.

Dad raised chickens and Mum would make us broth; she'd use many different ways to enhance the flavour. You can be inventive as well. Of course, because you are not slaughtering your own chickens you miss out on all the extras. Mum put everything into our soup: blood, liver, heart, intestines, feet, and the head. I loved the real food. Being poor, nothing was wasted.

Serves 6 to 8

Ingredients

1 boiling hen (approx. 1.2-1.5 kg)
4 litres of water
3 celery stalks with leaves
2 carrots, peeled and left whole
200gm leek, washed (make sure there is no sand between the leaves)
2 red-ripe tomatoes, fresh, cut in half
100gm flat leaf parsley, leaves and stalks
WA lake salt
ground white pepper

• In a large stock pot add all of the ingredients, with salt and pepper to taste.

• Bring to the boil and then turn down to a gentle simmer for about one and half to two hours.

• Turn off the heat and skim off any fat.

• Remove the chicken and carrots and set aside. Strain the broth and the other vegetables, pressing to extract as much liquid as possible, then discard the vegetables.

Here are four ways to serve the broth:

Remove the bones from the chicken, and then dice up the meat and the carrots. Add them to the boiling broth, along with approx. 300gm of soup pasta. Cook until the pasta is al dente. Check the seasoning and serve with grated parmesan.

Combine four beaten eggs with ¼ cup dry bread-crumbs, ¼ cup grated pecorino, and 2 tbsp of chopped parsley, then mix together with ½ cup of broth. Add to the simmering broth and cook for about 2-3 minutes. Check the seasoning and serve in bowls, offering the chicken as a second course with salad.

In a clean pot, put 2 tbsp of oil and sauté 1kg of cleaned fennel bulb and stalk, finely diced. Add two crushed garlic cloves and cook for about eight minutes until golden. Then add four cups of broth, along with parsley. Check the seasoning and adjust to taste, then simmer for 30 minutes until the fennel is tender. In individual serving bowls, place a slice of toasted Italian bread with a tbsp of grated pecorino on top. Ladle the hot broth over it, then top with a drizzle of olive oil and serve. Serve the chicken separately.

Into the simmering broth, add 500gm of mini meatballs and 200gm of small soup pasta. Cook until the pasta is al dente and the meatballs are cooked. Then add 500gm of clean baby spinach leaves. Turn off the heat. Serve in bowls with grated pecorino, and the chicken separate with a salad.

Unusual grape varieties provide good conversation starters



by Frank Smith

I GET a lot of fun out of bringing unusual wines to the table when eating with wine-loving friends. Not only are the flavours unusual, they are often a good conversation starter.

WA Department of Agriculture and Food's wine expert Richard Fennessy says Arneis, Barbera, Lagrein, Pinot Gris, Saperavi and Tannat have great potential in Australia, but not all are available commercially at the moment.

One winery, Angullong, based near Orange, New South Wales, has a portfolio of unusual wine varieties. Here are a few we tasted.

Angullong Fossil Hill Sagrantino, 2015. The wine has a deep purple plum colour and aromas of dark fruits, herbs, liquorice, earthiness and leather. Other fruit and herb flavours evolve with time in the glass. Sagrantino is the second-most tannic grape variety in the world. RRP \$26.

Angullong Fossil Hill Barbera 2015. The wine is a lovely deep garnet

colour with purple hue. The aroma of is raspberry and cherry, with spicy complexity. The palate is medium bodied with abundant cherry, raspberry and spice flavours, complemented by balanced tannins. RRP \$26.

Angullong Fossil Hill Vermentino 2015 is a white wine with a refreshing style laden with melon, white peach and pear fruit flavours. These combine with a soft mouth feel while maintaining delicacy and intensity. RRP \$24.

Angullong Fossil Hill Sangeovese 2015 has fragrant aromas of blueberry, sour cherry and spice. A medium bodied wine its cherry and raspberry flavours are complemented by a lingering savoury overtones. RRP \$26.

Other unusual wines we tasted included:

d'Arenberg the Anthropocene Epoch, Mencia 2016. Mencia is a grape variety from Galicia in north western Spain, but these were grown biodynamically in the McLaren Vale. This is a very aromatic wine displaying an attractive

mix of flowery aromas, strawberry, raspberry, ripe cherry and pomegranate, finished with a dusting of finely ground white pepper that lasts in the mouth. RRP \$29.

Topper's Mountain wild ferment Nebbiolo 2013 displays delicate notes of white damson, rose petals and aniseed together with dried fruits and floral notes. The palate is of robust dark cherry and coconut, with a long, silky texture. Nebbiolo is a northern Italian variety that complements food well. RRP \$35.

Topper's Mountain Gewurztraminer 2015 is a white wine with aromas of Turkish Delight and pink lavender. The palate displays lychees and rose hip oil with a textural mouth-feel ending in a long and balanced finish. RRP \$35.

La Bise Adelaide Hills Tempranillo 2015 Tempranillo means "early one" in Spanish and it is usually the first red variety picked in the vineyard. This wine is an early drinking style, fresh and lower in tannin. The palate has lots of red fruits like rhubarb and berries with some spiciness that is characteristic of the grape variety. RRP \$25.

Health and fashion under the microscope at women's RotaryWA luncheon

WOMEN'S fashion and one of the biggest threats to women's health are topics from special guest speakers at a "Making a Difference" seminar in Perth in August.

The 47th RotaryWA ladies seminar and luncheon will be held at the Hyatt Regency Hotel on Saturday, 19 August from 8.30am to 3.30pm. It will feature WA fashion icon Liz Davenport and breast cancer researcher Professor Alene Chan. Other speakers will come from fields as diverse as sport and positive education.

The Rotary luncheon has been an important event on the Perth social calendar for 46 years, with attendees from all over Western Australia, including Rotarians and members of diverse and ethnic clubs.

In a world-first, Liz Davenport will parade her latest range of travel-friendly outfits, which will be available for sale. She will also take part in a special "Q and A" session with MC Andrea Burns. Perth Upmarket will offer a bespoke array of gifts and handcrafted wares for purchase.

Bring your friends, colleagues, daughters and sisters for a day of fun, interesting conversation – and delicious food and wines. All profits from the event will aid local and international Rotary projects aiming to Make a Difference.

For further details of speakers and the latest program information visit www.goo.gl/YANBW4 where people can also subscribe for updates.

Tickets including luncheon, wine and soft drinks are \$125 per person or \$1150 for a table of ten. Book through Try Booking: <http://trybooking.com/pnqv>



THE HAUNTED Murder Mystery

Friday 28 July, 6.30pm-11.30pm
3 course meal, \$75 per person
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Come as your favourite ghost, ghoul or undead character!
Will you survive a night in Nosferatu's Castle?



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For bookings or further info
phone the centre 9367 9880

*conditions apply, advertised prices are for members

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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ADVERTISING FEATURE

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Citrus fruits top of the list for winter treats



by Noelene Swain

WINTER is the perfect time for citrus fruits. In Western Australia the local season kicks off in May and is now in full swing with premium quality imperial mandarins and navel oranges filling fresh produce aisles. 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 an identifying sticker and retail signage will ensure your know you are buying local. When choosing citrus, choose 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 your 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: Brought to you by Fresh Finesse Fresh Food Promotions – www.freshf.com.au

What's fresh from the fruit and vegetable markets in July

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 and cook within a few days of purchase. **Imperial mandarins:** One of the most widely available varieties, look for the sticker to be sure you buy local fruit for maximum freshness. Imperials are at their flavoursome best from June to August and are noted for their excellent flavour, good juice content and an ap-

petising 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. **Lemons:** While 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 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. **Navel oranges:** The season for WA navel oranges is in full swing at last. Seedless, easy to peel and full of sweet juice, navels are a perfect snack or refreshing finish to a meal. Eating one orange a day will ensure you are getting your recommended daily intake of vitamin C. When juicing, remember to squeeze just before use as the juice of navel oranges doesn't have the keeping qualities of Valencia, the summer variety. Always keep your eyes peeled for the sticker that guarantees you're getting the freshest WA-grown oranges.

Carrot orange and sesame salad

To prepare: 20 mins
To cook: 10 mins
Serves 4



30g (¼ cup) sesame seeds
1 orange, rind finely grated, juiced
2 oranges, peel removed, cut into segments
1 tablespoons honey
3 medium carrots, peeled, coarsely grated
Salt and ground black pepper, to taste

PLACE the sesame seeds in a medium non-stick frying pan over medium-high heat. Cook, stirring often, for 4-5 minutes or until golden. Remove from the heat and transfer the seeds to a large serving bowl. Add the orange rind, 250ml (1 cup) of orange juice and the honey to the frying pan. Cook over medium heat, stirring occasionally, for 3-4 minutes or until the honey melts and the mixture is warm. Add the carrot, orange segments and warm orange dressing to the sesame seeds and toss gently to combine. Season with salt and pepper to taste.

Orange marmalade

Marmalade sets best if fruit is not too ripe. Makes 3 - 4 cups
4 Navel oranges
1 lemon
200mls water
3 cups sugar



Preparation: 15 mins
Cooking: 10 mins

THINLY slice fruit. Place in 2 litre microwave safe jug or bowl. Add water. Microwave on HIGH for 10 minutes to soften the fruit. Add sugar. Stir to dissolve. Microwave on HIGH for 10 minutes then MEDIUM HIGH for a further 10 minutes. (Watch carefully to ensure it doesn't boil over). Test to check marmalade had reached gel point. A teaspoon of marmalade on an icy cold saucer should set. If not set, cook a minute or so more and retest until a firm gel is achieved. Cool slightly, pour into sterilised jars. Cover and label when cool. Variations: Get creative and try any other citrus fruit. Replace or-

anges with three pink grapefruit or six lemons or 1.5 litres of cumquats (quartered). For cumquat marmalade: Remove the seeds from the cumquats and soak them overnight in the 200mls water to extract the pectin. Add the pectin water into the fruit before cooking.

Knife and fork talk with the Dining Divas - a gastronomical gallop in Guildford



by Pat Paleeya and Judith Cohen

OUR plan this month was to visit Guildford's Colonial Gaol and Taylors Cottage and then dine at an establishment in Midland. The gaol and cottage proved so interesting that time ran away from us so we decided to stay in Guildford and lunch at The Stirling Arms Hotel which offers a \$12 lunch special. There are three options on offer for the lunch special and we chose the Fisherman's Basket (pictured above) and the Warm Chicken Salad (pictured below, left). Both meals were plated pleasingly to the eye, and tasted as good as they looked. The traditional selection of seafood and beer battered chips didn't disappoint - they were perfectly cooked and not at all greasy. The sliced chicken breast schnitzel was tender, the crumbed coating light and piquant. This was set on a bed of salad leaves topped with red onion rings, tomato, feta and cucumber, drizzled with a honey mustard dressing. There is plenty of seating inside the hotel with a couple of pool tables and television screens at various points. Outside there is a large beer garden that was well patronised. The staff are friendly, the food is good and we were both very happy with our visit. The Stirling Arms Hotel, 117 James Street Guildford - 6142 4325 3 Forks



Knife and fork talk ratings
Five forks – excellent food and service
Four forks – overall good food and service
Three forks – reasonably good food and service but could make some improvements
Two forks – food and service needs improvement
One forks – would not recommend

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



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food & WINE

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ADVERTISING FEATURE



Brunch with T - A lukewarm reception in Mosman Park



by Tahlia Merigan

THIS month to celebrate winter, Dan and I ventured out on a nice sunny Saturday to Mosman Park to soak up the winter sun and enjoy brunch. It was busy when we arrived at Good Things cafe and, on account of the lovely weather, we chose to sit outside.

The décor is very modern with wooden tables and white chairs reflect-

ing a coastal summer vibe. Once seated a waitress came out with menus and water and filled our glasses. We ordered and our drinks came out very fast which was a sign for "good things" to come.

Dan and I both ordered the strawberry, pineapple and apple juice (\$8) which was fresh and sweet and put a hold on our hunger while we waited for the food. I chose the Polenta Soldiers (\$21) with poached eggs, broccolini, chimichurri, green goddess and avocado emulsion.

Dan couldn't resist the Chicken and Waffles (\$23) southern style fried chicken, chilli butterscotch, bacon atop a Belgian waffle. We waited about 30 minutes for

our meals and it wasn't until I asked about the food that it was brought out.

The food looked impressive but unfortunately was lukewarm which was a disappointment. We had obviously been forgotten and it had sat for a considerable amount of time under the warming lights.

My polenta soldiers were nice and crunchy with the chimichurri going perfectly to complement them and the broccolini. Dan said his was good with the combination of bacon, chilli butterscotch and chicken tasting good. But as he had previously been at this cafe he noticed the serving size had reduced considerably and because the dish was

cold the chicken wasn't as enjoyable as expected.

Overall this made the experience an average one especially after Dan's previous brunch experience. What cemented the poor rating for brunch was when the waitress collected our plates. I mentioned that the meals had taken a long time to be served and were lukewarm. She said sorry in a very insincere way.

I hope other people have a better experience then we did so for the rating this month we give 'Good Things' only 3 spoons.

Good Things
128 Wellington St
Mosman Park
9384 8652
M-S 6.30am-3.30pm

T's spoon ratings

Five spoons

- excellent food and service
- you must go!

Four spoons

Three spoons

- overall good food and service well worth a visit!
- reasonably good food and service but could make some improvements.

Two spoons

One spoon

- food and service needs improvement.
- would not recommend.



WEEK DAY SENIORS LUNCH SPECIALS



Bayswater Hotel



BEECHBORO SPRINGS TAVERN

\$15 meal deal
Mon- Thur 11am-2.30pm
131 Bridgeman Rd,
Beechboro
9377 7000

GOSNELLS TAVERN

Gosnells
\$14.90 seniors menu
Mon-Fri 11.30am-2.30pm
2149 Albany Hwy
9398 2224

THE PARKERVILLE TAVERN

Parkerville
\$17 senior menu
Mon-Fri 12-2.30pm
6-18 Owen Rd,
Parkerville
9295 4500

THE ADMIRAL HOTEL

Kwinana
\$13 senior lunch special
Mon- Fri
11.30am-2.30pm
1 Chisolm Ave, Kwinana
9419 7666

DROP INN

Wambo
\$14 Seniors menu
Mon-Fri 12pm - 5pm
7 Hokin St, Wambo
9593 1597

TAVERN AT THE ROCKS

Two Rocks
Seniors menu under \$20
7 days 12pm-2.30pm
50 Enterprise Ave
9561 2573

BAYSWATER HOTEL

\$19.90 seniors buffet
Mon-Fri 12pm-2.30pm
Railway Pde
9271 7111

CHARLES HOTEL

North Perth
\$14 senior lunch special
Tues-Thur 12-2.30pm
Charles St
9444 1051

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\$19 express lunch
(two course)
Mon-Sun from 11am
305 Murray St Perth
9347 7000

7th AVENUE BAR AND BISTRO

Midland
\$17 seniors lunch menu
Mon-Fri 11am-3pm
74 Helena St
9250 1099

Enjoy a morning tea and raise funds for the Leukaemia Foundation



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

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

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

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

The morning tea kicks off at 9.30am and

concludes at 12 noon and will be held at the South Perth Civic Centre.

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

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

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10.00am to 11.00am

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KIDS

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950 Wanneroo Road, Wanneroo



Wanneroo CENTRAL

Community NOTEBOOK

THE GEORGIAN SINGERS

Performing a concert of largely secular music as a fundraiser for the St Patrick's music program. 13 August at 2.30pm. Adults \$30 Con \$20. St Patricks Anglican Church. Cnr Beaufort and First Ave, Mt Lawley. For further information phone Father Stephen on 0478 514 516 or email parish@mtlawley.perth.anglican.org

U3A MID NORTH REGION

Seeking new members. Meetings held at Church of Christ Community Hall, Dianella. A variety of groups as well as excursion and events. Details 0404 489 670

VINTAGE WIRELESS AND GRAMOPHONE CLUB OF WA

Conservation and restoration of old wireless, gramophone associated equipment memorabilia. New members welcome. 9319 1703 Email info@vwgc.org.au or www.vwgc.org.au

ROYAL WA HISTORICAL SOCIETY (INC)

49 Broadway, Nedlands. Ron Bodycoat will give a talk on Old Buildings- those forgotten those never built. Friday 28 July 5.30 for 6pm. Members \$20 Non members \$25 (Includes a glass of mulled wine) Bookings essential 9386 3841. email admin@histwest.org.au

COINS-COINS-COINS

Upcoming date for the Perth Numismatics Society's coin fair are 5 August, 10 September, 4 November and 30 December. South Perth Community Centre, South Tce. Como. From 9am-2pm

ACT - BELONG - COMMIT

Canning Art Awards 2017. Saturday 22 to Sunday 30 July, 10am - 3pm daily. City of Canning Function Room. 1317 Albany Hwy, Cannington.

SOUTH EASTERN ORCHID SOCIETY'S SHOW

Cannington Showgrounds, Cannington. Start 22 July, 8am end 23 July 5pm. Displays, sales, interstate and overseas speakers. Enquiries Sue Pearson 0407 718 377 or 9399 4966

CITY OF BELMONT

AVON DESCENT FAMILY FUN DAY

Sunday 6 August 11.30am -3.30pm. Garvey Park, Fauntelroy Ave, Ascot. Free event. City of Belmont residents are encouraged to present their Opportunity Card for free food and beverage offers. For further info 9477 7248 or event@belmont.wa.gov.au

THE COLONIAL BOTTLE CLUB of WA (INC)

WA State Show. Bottles, antiques, jewellery etc. Saturday, 15 July, 9am-4pm. Sunday, 16 July, 9am-1pm. Adults \$5 Cons \$3 Children free. Cnr of Albany Hwy. and Station St., Cannington. Peter Lindroth 0409 882 569

WA CRAFT AND WOOD SHOWS

Claremont Showgrounds. 4, 5, 6 August, 9.30am -4.38pm. Adults \$16. Con \$14. Children 6-16 years \$8. Two shows for the price of one!

NORTHAM HERITAGE FORUM INC

Stall market day 15 July, 8am-2pm. Old Northam Railway Station. Theme - Christmas in July. (Father Christmas will be there) Family entertainment including dances and raffles. Enq. Belle Moore 0478 641 463

TOODYAY INTERNATIONAL FOOD FESTIVAL

Dudgee Park- Stirling Park, Toodyay. 5 August 10am-3pm. A free fun-filled day with delicious international cuisine and fantastic entertainment. Toodyay Visitor Centre 9574 9380

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

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ADVERTISING FEATURE



health options
for the mature
west australian



AGED
CARE

Know your rights and don't get caught out with in-home care exit fees



IF people are feeling taken for granted or not getting what they want from an in-home care provider, it's now easier than ever to

change. But if people are thinking of trying out a new provider, it's important to check that they don't charge any sneaky joining, moving or exit fees.

Many providers are charging additional administration fees if people leave or change a package. This amount is deducted from unspent funds and means there is less to spend on services. However, a national survey conducted by KinCare revealed seven in ten Australians disagree

with providers setting exit fees.

KinCare, don't believe in locking people in and they've heard from hundreds of prospective customers who have been hit with unexpected exit fees when making the switch. So what are the key things to look out for?

Where are the fees disclosed? Home care providers are legally required to publish exit fees on the government's My Aged Care website. Exit fees must

be agreed to in a contract and cannot be higher than the amount published on My Aged Care, or in unspent funds.

When are exit fees payable? An exit fee is only payable if outlined in an existing agreement. A provider cannot charge an exit fee if it is not agreed in a contract, and they cannot introduce this fee after someone has signed an agreement.

How much can they charge? Exit fees are optional and can vary

between \$200 and \$4000. Some providers, such as KinCare, waive exit fees to give customers greater flexibility in selecting the right provider.

What can people do? Check an agreement and the My Aged Care website carefully. If unsure about the fees being charged, speak with a provider for clarification before making a payment. If not satisfied people can lodge a complaint with the Aged Care complaints commissioner.

Maggie Beer Foundation increases appetite with secrets from the kitchen



Renowned chef and author, Sean Anderson

VARIETY is the spice of life, so they say, and culinary variety is certainly something that seniors at Braemar Presbyterian Care's Cooina aged care home in Willagee experienced recently thanks to a visit from the team at the Maggie Beer Foundation.

The Secrets from the Kitchen program saw renowned chef and author Sean Anderson, who has worked with many of Australia's high profile chefs including Neil Perry and Stefano Manfredi, undertake a community cooking demonstra-

tion for the not-for-profit home's residents, family members and staff.

The lunchtime visit saw two nutritious dishes prepared – gourmet fish and chips and bread and butter pudding – along with several tasting plates for everyone who attended to sample during the demonstration.

Chief executive of Braemar Presbyterian Care, Wayne Belcher, says Braemar's residents, family members and staff gained a huge amount from the occasion, both in terms of cooking tips and also by enjoying a

trip down 'memory lane'.

"In many ways, the kitchen is the heart of the home and it's often the place for families to gather, so we think this program by the Maggie Beer Foundation is a fantastic initiative," Mr Belcher said.

As Sean led everyone through the preparation of each dish, he quizzed the residents on their knowledge of the origins of the dishes and shared his own memories of the meals, allowing them to immerse themselves in the whole culinary experience and also reflect

on their own childhood memories of food.

"Here at Braemar we pride ourselves on the nourishing and healthy food prepared and cooked fresh for residents by our catering partner Cater Care. But this fun and interactive session was a great additional interactive way of building our tightly-knit community and strengthening the relationships our residents have with both other residents and staff members," Mr Belcher said.

Braemar Presbyterian Care is a community min-

istry of the Presbyterian Church in WA. Braemar operates three residential care facilities providing 220 residential places.

The Maggie Beer Foundation is focused on

engaging and educating chefs, cooks and kitchen hands in the aged care sector to promote food that is full of flavour and which is based around fresh seasonal produce.

Call for magazines for people laid up in Royal Perth Hospital

FRIENDS of RPH distribute magazines throughout the hospital and they are once again in need of more reading material for patients.

Women's magazines should be not more than six months old. There is no such time limit for general or men's magazines. *National Geographic*, *Australian Geographic*, *Reader's Digest* and *Time* are popular, to name a few, but all will be accepted.

It would be very much appreciated if people can help. Magazines can be dropped off at RPH Victoria Square entrance at any time.

If people live within a 25km radius of CBD, they can be collected. Call Margaret at 9224 2068 on a Monday or Wednesday morning before 11.30am to make arrangements.



For 65 years Braemar has been offering high quality aged care to Perth residents. Our passionate and professional team have a strong commitment to provide positive physical, social and emotional support to all our residents.

Whether it's 24 hour nursing care, dementia support, or assistance with daily tasks, we will work with residents and their families to tailor a care plan to meet their individual needs.

To learn more about Braemar's locations in East Fremantle or the City of Melville visit www.braemar.org.au



Braemar
PRESBYTERIAN CARE

Health and wellbeing workshop for over 50s



One Stop Community's Lee Patrick and naturopath, Katrina Weeding



Come and join us grow a new and vibrant community for over 50s in Perth, with One Stop Community.

We will be running a succession of social events and exciting lifestyle workshops for over 50s.

The first workshop forms part of a series centred around proactive health and wellbeing. These will promote a knowledge of the vital role we play in ensuring we have rewarding lifestyle choices now and into the future.

Question time will provide an ideal opportunity for issues to be discussed with highly successful Perth naturopath, Katrina Weeding.

Numbers are limited so please book early.

For information and bookings, please contact Lee Patrick at One Stop Community on 0451 857 177 or email lee.patrick01@outlook.com.

Wednesday 9 August, 10am-1pm
Morley Bowling Club (functions area),
85 McGilvray Avenue, Noranda
Cost: \$25 per ticket includes a healthy morning tea
RSVP: 21 July 2017

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When you need it.


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AGED
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Arthritis sufferers can always benefit from bidets...



BARBARA Nash simply dreaded going to the toilet, the combination of arthritis and a bad back made what is a simple thing for most people almost impossible for her.

Her doctor had said a bidet would solve her problem but the cost for installation and space required for the traditional stand alone

bidet to be installed in her home was just too expensive.

Barbara says her luck changed when visiting her friend Norma in the next suburb. While she was there she had to go to the toilet - a thing she dreaded most while she was out.

Well she was amazed by what was on her friend's toilet. She asked Norma what it was and Norma explained that she had a COWAY Bidet toilet seat installed only a few weeks ago by The BIDET SHOP®.

"The chap was so nice and helpful; he had the Bidet installed in a jiffy."

She went on to say, "it has a heated seat and soft closing lid but the best thing is, once I have finished going to

the loo. I simply press the wash button on the remote control and the Bidet cleans me with a stream of warm water, the in-built fan then dries me off with warm air and I haven't used toilet paper since. It's the best thing since sliced bread!"

Well, Barbara hesitantly went in to the toilet and used the COWAY Bidet, she pressed the large button on the remote control and she was clean.

She cried tears of joy and relief now that her toileting problems were solved. She rang The BIDET SHOP® straight away and ordered one.

Since then Barbara has introduced four of her other friends to this life changing machine.

"I just didn't know how many other people out there were having trouble going to the toilet. My advice to everyone is get a COWAY Bidet put on your toilet, I did and it changed my life."

For more information or to purchase call The Bidet Shop® on 08 6315 4252. Have a Go News readers may qualify to have their Bidet fully funded. Please call The Bidet Shop to ask how.

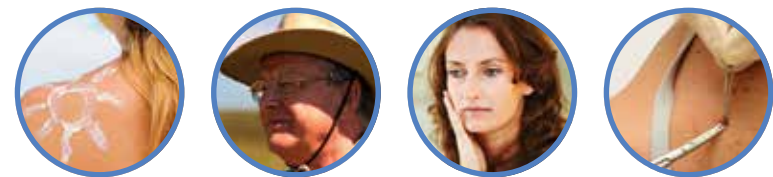
"Hi my name is **Carol** I would like to assist you and be your friend if you are feeling lonely and have no one to talk with. I am offering to help you if you need a helping hand, to take you shopping, cleaning etc.. I am offering a free service to those who are in need.

Thank you
Carol

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HAGN034-04810

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HAGN034-04819

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350 Cambridge Street
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www.molescan.com.au



People can now apply for the age pension on line

THE Australian Government Department of Human Services has introduced an easier way to apply for the Age Pension online. People can now complete a claim by visiting humanservices.gov.au/agepension, or by using a self-service terminal at their local Centrelink Service Centre.

The improved online process means people can claim at a time and place that suits them. It also features a claim tracker so they can track the progress of their claim through their Centrelink online account or Express Plus mobile app.

Anyone who has trouble lodging an online claim can always ask for help. Staff are available in service centres and over the phone on the Older Australians line (132 300) to help claimants through the process.

People who have never received a Centrelink payment before will first need a Centrelink Customer Reference Number (CRN) and a Centrelink online account before they can start an online claim. To get a CRN, bring the proof of identity documents listed on the Human Services website to your nearest service centre.

To reduce possible processing delays, make sure all required documents are submitted within 14 days of starting a claim. Simply refer to the checklist of required documents provided during the online process.

It's also important to note that from 1 July 2017, Australians born on or after 1 July 1952 will have to be at least 65 years and six months old to receive the Age Pension.

More information can be found on the Department of Human Services website or by calling 132 300 and tell them you read this in Have a Go News.

Float therapy gaining popularity as a natural way of easing pain for many chronic sufferers



AFL player Josh Kennedy enjoying a float

THE popularity of float therapy, which research shows can help people naturally - and painlessly - relieve pain, is growing in Australia and the trend is expected to continue as the country's population ages.

Ahead of National Pain Week from 24-30 July, the natural therapy, which involves floating in a small-car-sized pod filled with water and Epsom salts, is in the spotlight. In the pods, people can effort-

lessly float in a space where all external distractions such as sights, sounds and gravity are blocked out - an environment that could help older people tackle their pain and ease muscle tension.

"A key group that reaps big rewards from floating are men and women over 50 who suffer from on-going muscular pain that gets in the way of their life and who haven't been able to get relief from the more traditional methods

of pain management," said Nick Dunin, of Beyond Rest.

"Research shows floating works to reduce pain in areas including the back, arms and legs for up to a week at a time; it's the elimination of external stimuli while floating that tones down the body's fight or flight response - a key part of the stress response - and in doing that can help decrease a person's sensitivity to pain which is heightened under chronic stress.

"Another reason it's favoured over many other therapies is that it's painless because the body's not being pushed or pulled or moved around and so people don't experience soreness from it."

AFL players Josh Kennedy and Nat Fyfe both love to float, as does Olympic swimmer Stephanie Rice, and Australian cricketers James Pattinson and Marcus Stoinis.

"Floating is definitely growing amongst all age groups but it has so much potential to help people

manage the impact of ageing and it's also a great way to reduce stress and enhance relaxation," said Mr Dunin.

"Studies have also shown it can reduce depression and anxiety, help promote sleep and increase optimism - as well as aiding creativity - so it's a great tool for boosting both physical and mental health."

Beyond Rest have just opened another float centre in Cambridge Street in Wembley and have another in Edward Street, Perth and Joondalup.

Visit <https://beyondrest.com.au> for details.

WIN WIN WIN

To be in the draw to win a float from Beyond Rest simply email win@haveagone.com.au with float in the subject line or send an envelope to Beyond Rest - 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 31/07/17.

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www.perthsleep.com.au

Perth Respiratory and Sleep Clinic provides accredited services and is wholly independent of CPAP sales.

First aid awareness volunteers needed for St John's

ST JOHN First Aid Awareness volunteers help demonstrate and teach first aid skills at public places and events. This is an enjoyable role that engages the community through the delivery of CPR demonstrations, using manikins and first aid equipment.

This is a great opportunity to be part of something that empowers people to assist if faced with a

medical emergency. The minutes before an ambulance arrives is crucial to the outcome of a patient's survival so knowing life-saving first aid will benefit both the volunteer and the hundreds of people they will educate along the way.

This role would suit someone who is energetic, loves interacting with people and is a team player.

St John volunteers are generous and passionate and receive many wonderful benefits for supporting the organisation. These include free first aid training, free ambulance cover for themselves, their spouses and dependents, and a free uniform.

St John volunteers are given all the training they need to feel confident and comfortable to perform their duties with on-going support and guidance along the way.

Volunteering with St John Ambulance is a great way for people to become a bigger part of their local community. Along with the skills learnt and friendships made, research shows people experience greater health and happiness through volunteering. Your new journey with St John awaits - apply now.

Visit www.stjohnchangelives.com.au or free call 1800 069 393.

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"ARE YOU A POOR SLEEPER?"

Sleep Disorders Australia will present a FREE public presentation: Professor David Hillman, will discuss What is good sleep? How much do you need? Poor Sleep dangers! Sleep disorders and their treatment. Saturday 2 September at 1.30pm, Hollywood Hospital Lecture Theatre. Enter gate 5 off Monash Ave and park in the multi-story car park and follow the signs. For enquiries phone 0419 199 744.

SUDOKU

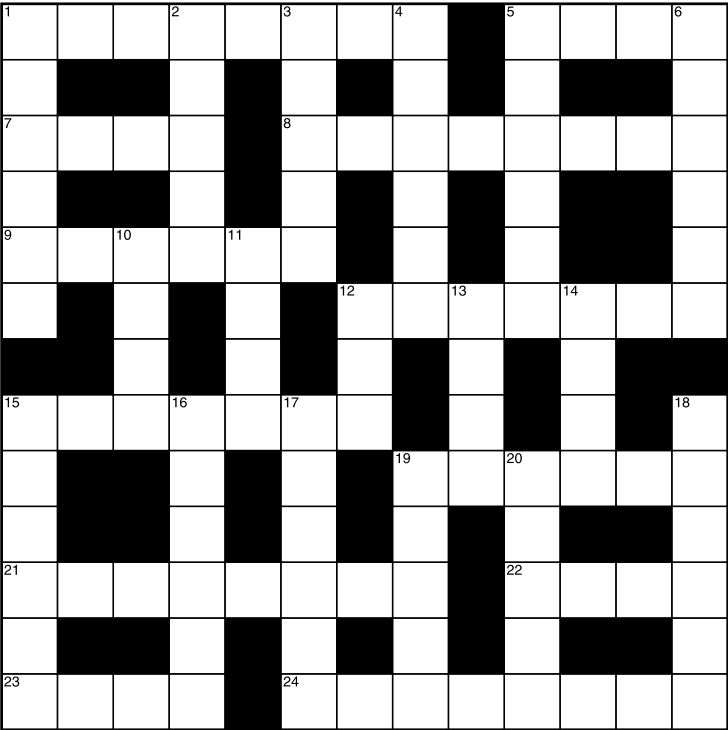
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

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CROSSWORD



- ACROSS
- 1. Bidding sales
 - 5. Bop
 - 7. Prank
 - 8. Fixated
 - 9. Crib
 - 12. Most beloved
 - 15. Leas
 - 19. Begin journey (3,3)
 - 21. Shares secret
 - 22. Bare
 - 23. Heavy thump
 - 24. Actress, Debbie ...

- DOWN
- 1. Pitiful
 - 2. Fashion direction
 - 3. Holed atmosphere layer
 - 4. Bun seed
 - 5. Court clown
 - 6. First-born
 - 10. Greenish-blue
 - 11. Inflatable mattress
 - 12. Disc jockeys (1,2)
 - 13. Emollient, ... vera
 - 14. Italy's currency unit
 - 15. Good-luck pet
 - 16. Removed (hat)
 - 17. Lose concentration
 - 18. Volunteers
 - 19. Cowardly person
 - 20. Passionate dance

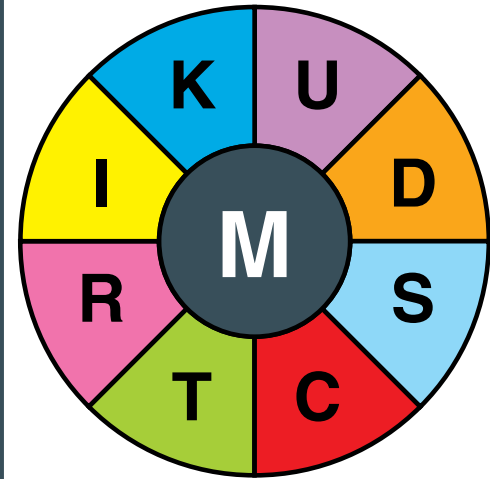
#304 July edition PUZZLES Solutions appear on page 14

ALPHABET SOUP

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

_ O _ ER
B _ SEN _ I
R _ _ RIE _ ER
_ O _ _ LE
_ E _ PIE
HU _ K _
_ OR _ I
_ ASTI _ F
S _ IH - T _ _
_ E _ MA _ A _ ER

Wheel Words



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

10 Good 14 Very Good 17+ Excellent

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Scratch Remover's tip has a cushioning system that helps it to adapt to all kinds of surfaces and its technology doesn't just eliminate scratches, it also fills, seals and protects them from corrosion.

- 1 Shake the product well before use.
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1

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SHAKE
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BOTTLE...**

2

**PRESS
ONTO
SCRATCHED
SURFACE...**

3

**WIPE
AWAY
EXCESS...
JOB DONE!**

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- ☒ Fills, Seals & Protects
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Total order

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Have a good laugh and enjoy the sights with *The Trip to Spain*



THE TRIP to Spain reunites director Michael Winterbottom and comedians Steve Coogan and Rob Brydon in a

satisfying new course of witty banter, hilarious impersonations, gorgeous Spanish sights and mouthwatering food.

Rob and Steve are back with six meals in six different places on a road trip through Spain from the North Atlantic to the Mediterranean coast - visiting Cantabria, the Basque region, Aragon, Rioja, Castile La Mancha and ending in Andalucia.

Steve, now turned 50, is still chasing love - he wants to get back together with his ex-girlfriend Mischa, but she

is with another man. Rob's acting career is going from strength to strength, his family life is fulfilling - he has had another child since Steve last saw him.

Steve has just starred as a chef in a US TV series and is asked to do a set of restaurant reviews in Spain to publicise the show. As usual Rob will write the newspaper articles, this time using Don Quixote as inspiration.

Meanwhile Steve is hoping to write a more ambitious book based on this trip and his earlier experiences in Spain. He imagines himself in the tradition of writers such as Orwell, Hemingway, and Laurie Lee. After all, Steve is now an Oscar nominated writer.

In cinemas 3 August.

WIN WIN WIN

Thanks to Madman Entertainment we are giving readers the chance to win one of ten in season double passes to The Trip to Spain. To be in the draw to win one of ten double passes to any of the movies above simply send an email to win@haveagonews.com.au with Spain in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 31/7/17.

From award-winning director Sofia Coppola comes a seductive historic drama



Nicole Kidman

THE new film *The Beguiled* written and directed by Sofia Coppola comes from Thomas Cullinan's novel of the same name.

The story unfolds in a girls' school in the state of Virginia in 1864. As the Civil War rages, The Miss Martha Farnsworth Seminary for Young Ladies has been sheltered from the outside world - until the day a wounded Union soldier is discovered nearby and taken in.

Soon, sexual tensions lead to dangerous rivalries as the women tend to his wounds and offer him

shelter and companionship.

Starring Colin Farrell, Nicole Kidman, Kirsten Dunst and Elle Fanning

In cinemas 15 July.

WIN WIN WIN

We're giving readers the chance to win one of five in season double passes to The Beguiled. Simply send an email to win@haveagonews.com.au with Beguiled in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 18/7/17.

WAAPA student to perform at Leslie Street Centre concert



THE Leslie Street Centre in Mandurah will host a concert on 19 July from 1.15pm to 2.15pm. The concert will feature Bonny Mae Twigg who is from the WA Academy of Performing Arts and has performed at various concerts around town.

Twigg has a wonderful voice and will perform songs from Adele, Somewhere Over the Rainbow and many other popular ballads. Also appearing will be local

choir the Peel Harmony Chorus who will entertain the crowd with their barbershop songs.

For further information and bookings please call Vee Storm on 0401 832 195.

Stephen King's *The Dark Tower* launches on the big screen



THERE are other worlds than these. Stephen King's *The Dark Tower*, the ambitious and expansive story from one of the world's most celebrated authors, makes its launch to the big screen. The last Knight Warrior, Roland Deschain (Idris Elba), has been locked in an eternal battle with Walter O'Dim, also known as the Man in Black (Matthew McConaughey), determined to prevent him from toppling the Dark Tower, which holds the universe together. With the fate of the worlds at stake, good and evil will collide in the ultimate battle as only Roland can defend the Tower from the Man in Black.

In cinemas 17 August.

WIN WIN WIN

Thanks to Sony Pictures Films we're giving readers the chance to win one of ten in season double passes to The Dark Tower. Simply send an email to win@haveagonews.com.au with Tower in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 31/7/17.

Swan Harmony Singers bring winter cheer with a Christmas in July concert



WHEN Swan Harmony Singers and the Martini Lounge Trio take the stage in Darlington Hall

on Sunday 23 July, their Christmas in July concert will be designed to bring festive cheer to the coldest, wettest winter afternoon.

As well as rousing numbers like *We Need a Little Christmas* and *Glad Tidings of Joy*, the choir's program will include favourite carols to encourage the audience to sing along. The Martini Lounge Trio (Paul Peacock, Avalon Jack and the choir's musical director Richard Braham) will perform seasonal favourites like *Baby it's Cold Outside* and *Winter Wonderland*.

Paul Peacock is a seasoned London performer, having sung in West End productions, including the 20th anniversary performance of *Les Misérables*. Avalon Jack sang solo at the United Nations 70th anniversary concert; she performs at corporate events and is currently recording her own original songs.

The performance will be held at 3.30pm on Sunday 23 July at the Darlington Hall, Owen Road, Darlington. Advance bookings are available from Mundaring Community Bank 9295 6411, or Anna Wright 9299 7249, with tickets \$25 including afternoon tea.

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Tickets:
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An amateur production by arrangement with ORIGIN TM Theatrical on behalf of Samuel French Inc.

the shine Sunshine Boys

A delightful revival of Neil Simon's classic comedy

Directed by Dale James

July 21, 22, 24, 26, 27, 28, 29 @ 7.30pm
Matinees: July 23 & 30 @ 2pm

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Life After Death

A Comedy by Eric Chappell

Directed by Robert Warner

Season: 25 August to 9 September
Evening performances 8pm, Matinees 2pm

TICKETS: \$25 Adults, \$22 Concession, Group (10+) \$20
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2pm

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Includes complimentary Miss Maud refreshments served during interval

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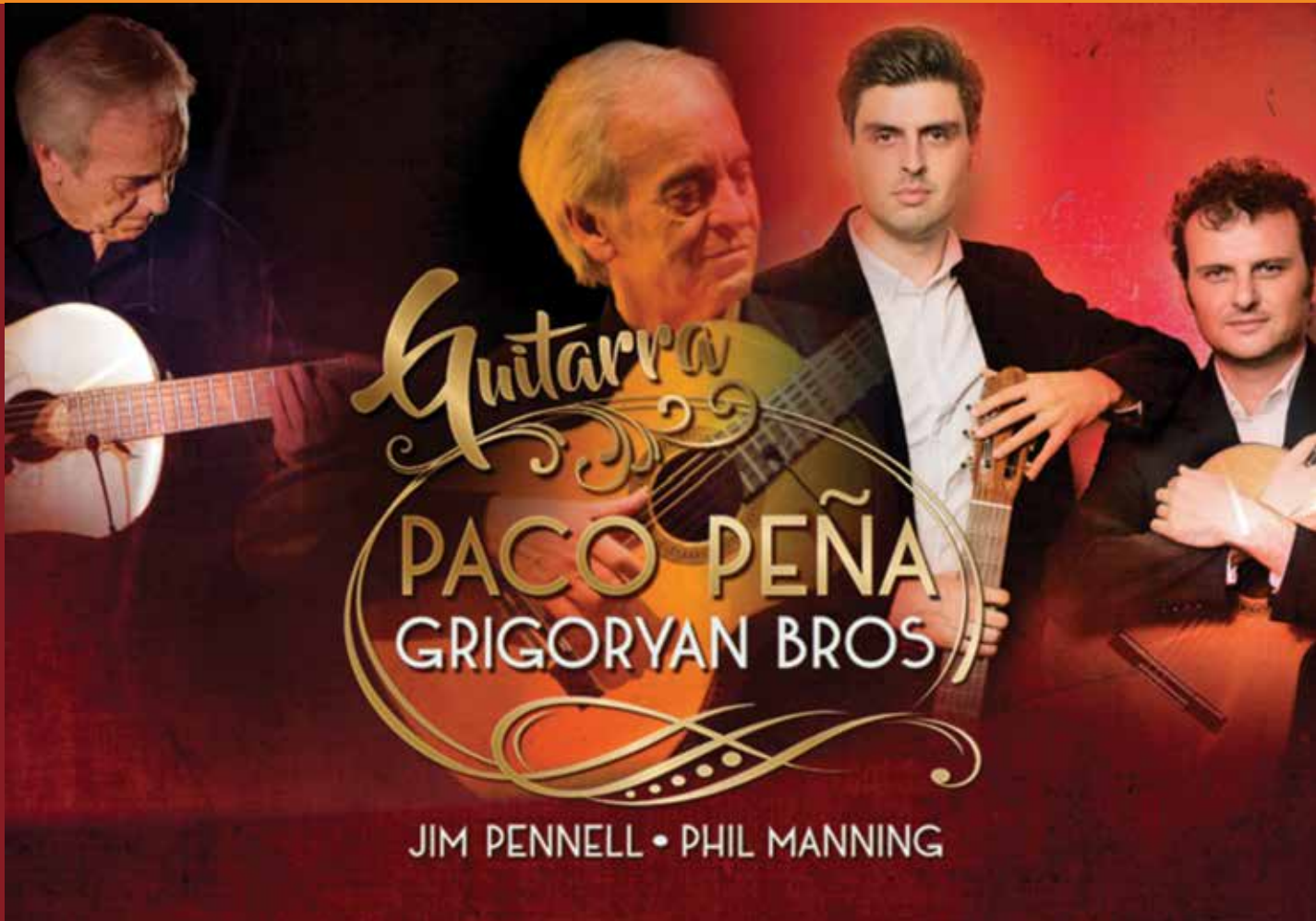
Tickets include show, chicken & chips, tea and coffee.
BYO alcohol and glasses. Soft drinks on sale

SHOW DATES: 23 (SOLD OUT), 24 (SOLD OUT) July and 4, 6 (SOLD OUT), 11, 13 (SOLD OUT), 18, 20 August

BOOKINGS: Email tivolibookings@hotmail.com PH: 0450 084 051 (Please leave a message)
Visit www.tivoli.org.au Tivoli Club Cnr Kintail & Canning Beach Roads, Applecross

Find us on

LESLIE HINTON AND ABSTRACT ENTERTAINMENT PROUDLY PRESENT



Guitarra is a Guitar Quartet comprising of the World's Greatest Guitarists within their chosen Genre of Music. Led by the incredible **Paco Peña**, described by Guitar magazine as the World's Greatest Flamenco Guitarist, this super group comprises of Four Time Aria award nominees **Slava and Leonard Grigoryan** (The Grigoryan Bros), leading Jazz Guitarist **Jim Pennell** and former *Chain* Guitarist **Phil Manning**.

The concert features these World class musicians playing individual sets with the finale being an incredible eclectic combo that explores their individual musical styles and gets right to the heart of Blues, Jazz, Classical and the Flamenco Guitar.

An absolute must see for all music lovers and lovers of the Guitar alike.

HIS MAJESTY'S THEATRE FRIDAY 01 SEPTEMBER

Tickets from Ticketek: 132 849 www.lesliehintonentertainment.com

LESLIE HINTON AND ABSTRACT ENTERTAINMENT PROUDLY PRESENT



In a career that has successfully spanned over 30 years **MAX PELLICANO - ELVIS TO THE MAX** is embarking on his farewell tour after 30 years and in excess of 30 Australian tours – a feat no other artist can boast of. Critics have described him as Elvis “resurrected” and “reincarnated”. His farewell tour in 2017 will be a fitting farewell to a truly great international artist.

CROWN PERTH WEDNESDAY 27 SEPTEMBER

Tickets from Ticketmaster: 136 100

For more information visit www.lesliehintonentertainment.com



SCENE SOCIALLY







SCENE (1): THE Astral Ball-room at Crown Perth was packed with dancers for the annual SRC Seniors Ball which was held on 7 June. This year's theme the *Swinging Years* put attendees in the mood with many dressed to the theme and the dance floor packed for every dance as band *Offspring* played all the classics. A sumptuous afternoon tea was served while the *Simply Swing* floor show entertained the crowd with their great dancing, and then treated everyone to a dance lesson.



Above; Clockwise from L-R; Diane Davies White - Pat and Phil Paddon

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SKIDS SWIMWEAR 11 AUGUSTA ST, WILLETTON **Mon-Fri 9-5 Sat 9-1**
PH: 9354 4124

SCENE (1): Top row, from left to right; Robyn Connell (long shot) - Ron Reddingius with Shannon Blake - Michelle Christie with Doug Adamson - Mark Teale, Pat Morris and Elliot Davis - Janet Ward with Leslie Crump - Yvonne Williamson with Peter McGowan - Julia Asensio (Long shot).

Second row, from left to right; Marlene Robins and Dawn Yates - Marie and Ivo Milicich - Sheila Morter and Paul Mortimer - Alma Pigweed and Frank Medland - Mrs Murray with Dawn Yates and Seniors Minister Mick Murray

Below; Lee Patrick and Quentin Smythe









SCENE (2): THE Kalamunda Legacy Ladies Club – The Laurel invited *Have a Go News* to speak about the *Living Histories* project at a recent meeting. The ladies enjoyed the talk by Quentin Smythe and Tahlia Merigan outlining the recording of people's recollections of WA in the 1950s and 1960s. People interested in the talks can call the office on 9227 8283. Seen at the talk were:



SCENE (2): Top row, L-R; Audrey Long and Joan Grimshaw - Barbara Sadler and Doreen Hopkins. Second row, L-R; Angela Waters, Glad Humphrey and Mary Purcell. Third row, L-R; Betty Coall, Doreen Wollen and Joan Vergamaschi. Below left; Joan Robertson and Joan Zinner

SCENE (3): VASSE Felix Wines recently celebrated their 50th anniversary with a special wine pairing dinner at the Inglewood Hotel. Four Vases Felix wines were paired with four specially selected courses. The Inglewood Hotel runs regular wine dinners to showcase Western Australian wines. The next dinner will be a West Cape Howe dinner hosted by wine maker Gavin Berry on the Thursday 10 August at 7pm. Five wines will be showcased with four courses for \$80. Bookings 9370 5511.



SCENE (3): Clockwise from top left; Kate Norman with Jarryd Bailly - Lisa McMahon with Ron Reddingius - Inglewood Hotel's Jason Sandercock with Rita Zuccarino - Vasse Felix's Evan Gill

Anyone for a game of tennis...

THE Gosnells Tennis Club located at 2 Mills Road West in Gosnells invites senior citizens for a social game of tennis in a relaxed fun atmosphere. They play on Mondays and Wednesdays from 8am or call Mrs Moll on 0424 912 787 for further details.

WIN a \$200 shopping voucher with *Have a Go News* Ad Words. See page 11 for details.



SCENE (4): BETHANIE, one of Australia's largest not-for-profit aged care providers, organised a glamour photo shoot for residents from its property to promote inner positivity and self worth. The idea came about from the abundance of beautiful photos of residents from when they were young which they had in their rooms, however there were no current photos of them. Bethanie Illawong care staff, volunteers and a hairdresser spent the morning adding a bit of 'glam' to the residents, adding some scarves for colour when needed. Kat from Pounce Photography was sourced for the day, setting up a background for the images using the Illawong books and chairs. With her easy-going approach and taking into account some of the residents' illnesses and reluctance to get in front of the camera, Kat got some great shots varying from great big smiles to more pensive images being deep in thought. Seen:

SCENE (4): Clockwise from top left; Beryl Hansen - Vera Shackleton - Raymond Blick - Pat Turton - Marlene Bennett - Barbara Sparks - Joan Carter - Margaret Collett - Coby Lamers - Doreen Bradley - Beryl Eastcote

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