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VOLUME 26 NO. 01 ISSUE NO. 293 AUGUST 2016

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# Sail of the century



Duyfken 'Little Dove' celebrates the 400th anniversary of Dirk Hartog landing in WA

by Jennifer Merigan

HISTORY is in the making as *Duyfken* prepares for the sail of the century to celebrate the 400th anniversary of Dirk Hartog landing at Cape Inscription.

Massive works have

been completed on the ship to prepare for this sail which will give many Western Australians from Bunbury to Denham the opportunity to step aboard this replica age of discovery vessel.

From its Dutch translation *Duyfken* is affection-

ately known as the Little Dove.

*Have a Go News* has tracked the progress of the ship since she returned to WA in September 2012.

The ship is a floating museum, not only is she a working ship, she allows

the visitor to learn about the age of discovery vessels, the search for spices and how the Dutch were forefront in the quest for new lands and mapping the coast of WA.

This celebratory voyage to mark the anniversary of Hartog's landing will give

people the opportunity to discover her allure.

WA's most celebrated sailing sportsman and chairman of the Duyfken Foundation John Longley invites people to share the experience and beauty of the ship.

*Duyfken* sets off on this historic sail on Thursday 18 August at 10am from Sardine Jetty at Fishing Boat Harbour in Fremantle bound for Bunbury and people are welcome to come down and wave her goodbye.

She arrives in Bunbury and will be berthed at Pilot Jetty from Sunday 21 August. A pirate day is planned for 28 August and she will be ported there until Sunday 4 September.

Her next port of call is Mandurah arriving on Monday 5 September. Pirate day in Mandurah will be Saturday 11 September and she will depart on 14 September.

Sailing from Mandurah she will arrive at Hillarys Boat Harbour on 15 September. Pirate day in Hillarys will be 18 September and she departs on 27 September.

Then she sets sail to Jurien Bay, Dongara, Geraldton and will arrive in Denham on 18 October to be part of the 400th anniversary celebrations and sail to Cape Inscription on 25 October.

*Have a Go News* readers are offered a seniors special group price for 10+ people for visits to the exhibition between 2-5pm from Monday to Friday at any port.

Ground volunteers are encouraged to help at each port. If you want to have a go and help *Duyfken* call 0427 160 606 or email [info@duyfken.com](mailto:info@duyfken.com).

Don't miss the opportunity to be part of this historic 400th anniversary and visit the Little Dove at a port near you.

A full list of ports and sailing dates can be found at [www.duyfken.com](http://www.duyfken.com) Bookings for port visits through Ticketek [www.ticketek.com.au](http://www.ticketek.com.au) or call 1300 665 915.

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### Funny historical fact

Coca-Cola was invented in 1885, by American pharmacist, John Stith Pemberton. The original ingredients included wine and cocaine and it was sold as a medicine.

### Ageing research snippet

THE National Ageing Research Institute Ltd offer a healthy ageing quiz that people can take on line. Height, weight and waist measurements are required to begin. It lets people know how well they are ageing and what they can do to improve their lifestyle.  
<http://www.nari.net.au/resources/public/healthy-ageing-quiz-testing>

### Urban slang

**Pokemon Go**  
 A recent epidemic starting in July 2016. This application has caused thousands of people, young and old, to take to the streets in search of creatures to catch on their phones which are not truly there.

### Quote of the month

*"It's never too late to learn some embarrassingly basic, stupidly obvious things about oneself."*  
**Alain de Botton**

### Word of the month

**Famulus**  
 noun  
 Definition - An assistant or servant, especially one working for a magician or scholar.  
 Origin  
 Mid 19th century: from Latin, 'servant'.

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## From the editor's desk



THANK YOU to the many people who extended congratulations to us on our 25th anniversary edition.

Well known and respected journalist Lee Tate has joined the paper this month and presents an interview with Jenny Seaton and a new column called TV Talk.

With his broad experience in journalism he will provide readers with another aspect in our pages.

Don't forget we are calling for people's recollections about what life was like for them in the 1960s in WA. See page 56 for more details and how to be part of this exciting project.

If you would like someone to speak to your club or group about the *Living Histories* project and the original book of stories from the 1950s, our co-founder and orchestrator of *Living Histories* Quentin Smythe is happy to come along and share some of the stories from the book.

To organise him to speak at your group, please call the office on 9227 8283.

The Belmont Forum Mall Walking Group celebrated its 10th anniversary last month and I had the pleasure of attending the ceremony.

Marketing manager of Belmont Forum Julie Elliott said over the last ten years, the COTA mall walkers at Belmont Forum have clocked up thousands of kilometres, built new friendships and kept fit.

I attended the Sport Industry Awards this month which recognise the important work which is being done in the community to promote sport and recreation.

The Minister for Sport and Recreation Award for Excellence was awarded to the City of Gosnells for their planning and design of the Mills Park Project which involved the complete redevelopment of a 24 hectare park. Old facilities that were struggling to meet the needs of a growing and changing suburban community were replaced.

The Bell Tower's annual photographic competition gives photographers the chance to express their view of the Bell Tower. The theme this year is *The Bell Tower Experience* and they are asking people to submit a photograph which portrays their experience at the tower.

The Bell Tower will provide photographers with a free entry voucher

so they can participate in the competition. The closing date for entries is 30 September, for more information visit [www.belltower.com.au](http://www.belltower.com.au).

August is National Family History Month and the WA Genealogical Society is holding various events. Visit [www.familyhistorymonth.org.au](http://www.familyhistorymonth.org.au) for more information.

The call for nominations for the WA Seniors Awards is now open.

Why not nominate a worthy person for one of these prestigious awards, it's a great way to highlight the many people aged 60 and over who work hard in our community, see full details on page 56.

Volunteers are being sought for research into brain injury recovery which is being conducted by Brightwater and UWA. Participants should be willing to donate three to four hours of their time and be aged from 18 to 70 years old.

For more information contact Fiona Allanson on 6488 1420 or email [fiona.allanson@research.uwa.edu.au](mailto:fiona.allanson@research.uwa.edu.au).

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

**Jennifer Merigan**  
 Editor

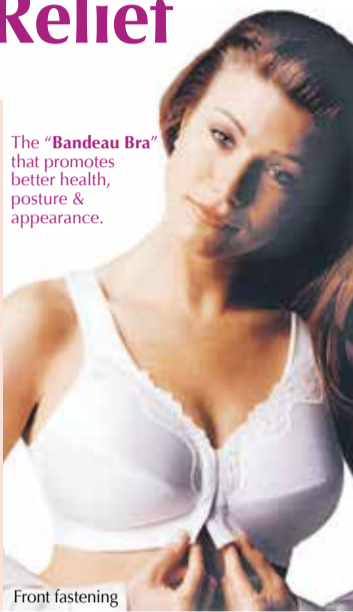
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## Retired journalist celebrates 65th wedding anniversary



BOORAGOON residents Glyn and Joan Williams (pictured left) celebrated their 65th wedding anniversary on 30 June.

They were married in Cardiff, Wales in 1951.

Glyn was chief sub-editor of the Welsh morning newspaper, the *Western Mail*, joined the *Daily Dispatch* in East London, South Africa as night editor at the behest of his lifelong friend, anti-apartheid editor Donald Woods, after they had worked together on the Mail. Donald was the central character in the Richard Attenborough film *Cry Freedom*.

Glyn became dispatch editor and editorial director in 1987 and retired in 1993. He has been an active journalist for 68 years and still produces a monthly electronic newsletter for family and friends around the world.

Joan and Glyn joined family in Perth in 2003. They have eight grandchildren and two great grandsons. *Have a Go News* extends our congratulations on 65 years of marriage.

## Stamp club meetings in Perth

THE PHILATELIC Society of WA, monthly meeting will be held at Philatelic House, 18 Wellington Fair, 40 Lord St. Perth at 7.30pm on Tuesday 16 August.

George Strickland will present a display on Japan. There will be circuit sheets, sales and supper on the night. Visitors welcome. Ring Ken 9457 0375.

The Air Mail Circle stamp club meets in Philatelic House, 18 Wellington Fair, 40 Lord St. Perth at 7.30 pm on Monday 29 August. Bring your North American Air Mail stamps. Visitors welcome. Supper served. Ring Ross 9294 3356.

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# Jenny Seaton - 40 years of public broadcasting



Jenny Seaton

by Lee Tate

JENNY SEATON rises well before the sun, raring to go to work and seemingly as eager and fresh as she was when she entered public broadcasting four decades ago.

"I don't think of myself not working and I'm lucky. I like my job, I like the people in our audience and I like communicating. My day is full, my brain is full," Jenny told *Have a Go News*.

It's dark when Jenny leaves home in the morning for the Curtin Radio studio and it will be dark when she gets home, but retiring isn't even in the picture.

"It's not something I ever think about," says the mother-of-two and grandmother-of-five who passed traditional retirement age a few years back.

Jenny Seaton - she with her vivacious looks and infectious laugh - has many memorable moments during her television and radio career. All flowing from her bubbly personality, it's just her. And people still remember her.

Jenny popped up on conservative 1960s television to present the weather report on a sweltering day in a fetching bikini. She didn't think twice about it.

"Up the corridor I went and out by the Channel 9 pool. It was just one of those novelty things."

On radio, in tandem with 6PR's Gary Carvolth, the airwaves crackled and audiences

crackled as the duo continually pushed the envelope with their frank exchanges.

"Do you remember when you had your first naughty?" asked a deadpan Carvolth on their first day on-air.

"I couldn't believe what this man was asking," says Jenny. "We were just put together on-air and I thought 'who is this man? What I am I doing here?'"

"But it worked. It was just hysterical."

Blokey taxi and truck drivers would pull off the road to phone in to get involved in the program, relating their stories and flirting with Jenny who was never short of a return quip.

For Jenny, it's taking life as it comes.

Given her easygoing, worry-free, microphone manner, Jenny is like the tranquil swan effortlessly slicing its way across on the pond but pounding its leg under the surface. She makes her job seem easy but she puts in the effort.

At her entry into the male-dominated, hard-nose television world, Jenny was a single mum, busy at home and busy at work.

There was little to guide her in front of the cameras or in dealing with the public.

And her roles kept changing, as producers, noting the raw and natural way Jenny was in front of the cameras, put her in bigger roles in more prominent programs.

"Of course it was fantastic. They were great days," says Jenny whose afternoon radio program draws a 100,000-strong audience in a competitive slot up against Perth radio's big players.

Jenny was destined for a performing role of some sort.

"Dad always had a guitar in his hand and was always singing. My grandmother was on the stage, I believe.

"Our house was at the end of the Applecross jetty. Dad put in a tea-room out the back.

"People would come down the river in their boats or walk along the bank to get morning or afternoon tea. He also turned the back of the block into a TAB office.

"Shirley Strickland (Olympian) lived up the road and she thought the betting agency was immoral," she laughed.

Now working a nine-day fortnight, Jenny is happiest catching up with friends for coffee or lunch or heading to see a movie.

With her two marriages well behind her and her two sons, Grant, 40, a (former Mr World and Mr Universe body builder) and Aaron, 36, Jenny relishes her independence.

Do people still recognise her and point her out?

"Oh yes. They'll come up tell me something that

we did that was funny in the past and even throw their arms around me. They are fantastic. I don't mind.

"One day I was on the train. A woman came up and said, 'Do you take public transport?'"

Home from work, house-proud Jenny will pick up any errand leaf that has blown in to her manicured garden from the nearby park on the river where she has a two-storey waterfront.

She might work on one of her charitable interests, especially the Esther Foundation which helps young women who have lost their way.

Jenny, who was named Most Popular Personality in the national Logie Awards in 1971, 1976 and 1979, is a popular speaker and MC. And she also conducts media training for academics at Curtin University and media students.

"Communication is everything," she says.

There are heavy demands on Jenny's time - just the way she likes it. But when her working life ends, Jenny wants to stay active.

"I don't want to be stuck at home watching afternoon television," says the former television host.

"No way!" After heart surgery, Jenny bit the bullet.

"One morning I just

said that's it. No more junk, only proper food. Not a diet, just healthy food. I decided I wasn't going to put anything in my mouth that I didn't need. I said 'I'm not going to yo-yo my weight any more'. I lost 15kg and I've stayed like that," she says.

Jenny reveals she is eyeing the next chapter in her life - a move from the suburbs closer to Northbridge or perhaps Fremantle.

"It's downsizing but I always want to be near people. I want to mix. And I want to be able to walk, walk, walk."

And talk, talk talk? "Oh yes, always," she says, letting go that infectious laugh.

## Dipping into the diary of Fanny Brockman

FANNY BROCKMAN (née Bussell) wrote in her diary for more than thirty years from 1872 - 1905, which at that time was almost half the age of the European settlement in the colony.

Her regular entries are a window to a big slice of the history of the state: the lure of pearling and the northwest, the establishment of the southwest timber industry and caves tourism, the discovery of gold, and political events such as federation.

They also provide a first hand account of pioneer farming at Margaret River and the people who came and went, and where this account is fleeting, a valuable timeframe for delving further.

Join speaker Gillian Lilleyman as she dips into Fanny Brockman's diary at a fundraiser for the Royal Western Australian Historic Society.

Don't miss this event on Tuesday 23 August, 9.30am for 10am start at Stirling House, 49 Broadway, Nedlands.

Tickets cost \$20 each and bookings essential on 9386 3841 or email admin@histwest.org.au

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## Mundaring Carpet Bowlers seek new members

MUNDARING Carpet Bowlers meet each Monday and Wednesday from 12.30pm at The Hub, Craig Street, Mundaring, for a friendly social afternoon of carpet bowls. They have a bus for social outings too. New members are most welcome and people can come along and try for free. The first three visits are free and include a cuppa and a biscuit, and after that it is \$3 per time. Flat shoes are the only requirement to compete, no experience is necessary. Contact Des or Aileen on 9454 5054 for information.

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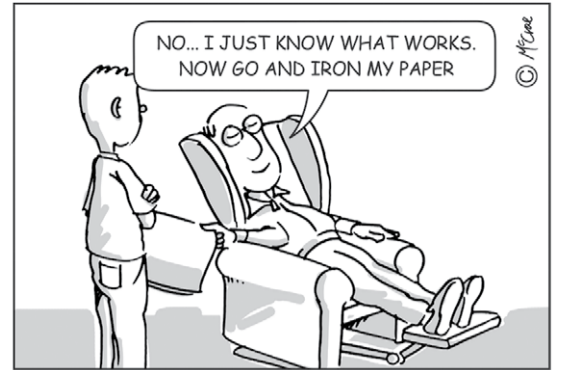
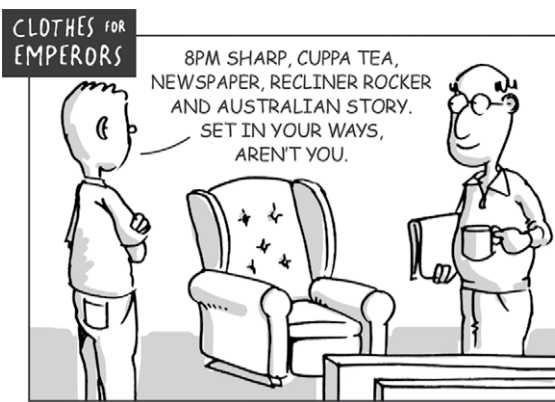
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## Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor,  
MANY thanks for the wonderful bag of goodies I received as a winner of one of the 25 prizes from the readers' survey. It was a pleasure to share with my friends.  
I have been a reader from the very first issue.  
In fact, in the days of the black and white editions I featured in a photo on the front page with a group of over 55s competing in one of the many triathlons that were held.  
The triathlons then started with a 12km walk, an 18km bike ride and then a 200 metre swim.  
As time went on and fitness

improved amongst the oldies the format changed to a traditional triathlon format.  
This increase in my own fitness led me to power walk in several City to Surf's and many fund raising walks and competing in ocean swim water races.  
My most memorable achievement was competing in the Swim through Perth in which I received a certificate for the first female to complete the course.  
Participating in all these activities lead me into many other organisations including the Over 55s Cycling Club.  
Instrumental to all this was the Seniors Recreation Council

Dear editor.  
I AM a 72 year old lady and am interested in starting a small laughter and chat group to meet on a weekly basis.  
This is mainly for people who live north of the river. The only requirement is a good sense of humour.  
Please call 9309 4108 for details.  
Kind regards  
**Sherrill Illich**

formed when Graham Edwards was the minister.  
I have another memory of Graham at the Leeuwin Concert and after the performance the band was playing for those who wanted to kick on – Graham in his wheelchair was the among the dancers and really made his chair dance.  
I believe we owe a great deal to Graham Edwards for his contribution to the ongoing fitness of an ageing population and how he showed that because it's there, we can.  
Yours truly  
**Barbara Bruce Bayswater**

Dear Editor,  
SOME spectacle companies are advertising electronic magnifiers for the vision impaired. These devices can cost thousands of dollars.  
Visability, formerly known as the Association for the Blind have a program where the vision impaired can apply for these devices cost free.  
LotteryWest have grants available and there is no necessity to be a member of Visability.

The vision impaired are vulnerable and I would appreciate you making this information available for your readers.  
Also Vision Australian now sponsors 990AM radio where volunteers read from the various newspapers commencing at 7am and running six days per week.  
Thank you for your assistance.  
Regards  
**Maria Gawor**

## Floreat Seniors celebrate 40 years

FLOREAT and Districts branch of National Seniors Australia is celebrating 40 years at a special party time meeting on Thursday 8 September.  
As well as fun and celebration, they will recount the many achievements of National Seniors Australia and invite all people aged over 50 to join the celebrations.  
A splendid morning tea break will allow all to mix and mingle, while the highlight of the morning will be a concert of Rodgers

and Hammerstein songs under the banner *Oh, What a Beautiful Morning*.  
The singers, from Agelink Theatre include Alinta Carroll, Nick Maclaine and Craig Skelton will entertain the guests for an hour.  
The meeting will be held at Mt Claremont Community Centre, Montgomery Avenue, Mt Claremont at 9.30am for 10am, finishing at 12noon. Car parking is available. The cost is just \$5.  
"We are expecting more than 120 people for a great time with

warm fellowship, fun, celebration and enjoyable entertainment," said president John Dingle.  
"I hope that many people who don't know much about National Seniors Australia will join us.  
"They will be made very welcome. What a great program for just \$5. Anyone aged over 50 are invited to come along," said John.  
For more information about the event, ring John on 0414 963 086.

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# A life dedicated to dance across WA and a trailblazer in Dancesport Australia



David Birrell and daughter Sharyn

by Adam Penn

PEOPLE take up dancing for various reasons but for young David Birrell at 16 it was as a chance to meet girls. Born on 8 February 1947 to David and Joy Birrell, of South Perth, his early start in

dance led to a long and illustrious career.

The teenager enrolled at Alan Butcher's School of Dance on King Street in Perth and started working towards his medals almost at once, dancing most of his exams with Zelda Butcher.

David was also encouraged to take on competitive dancing in the amateur division, travelling throughout WA before turning professional at 17.

His was a rapid rise up the ladder, achieving his first associate diploma with the WA Dance Masters Association in a few years, studying under Alan Butcher and examined by Eddie Ward and Kay Gilkison. David competed in the professional field in Ballroom (standard) and Latin, partnering Marilyn Anniken. He then formed a new partnership with Judith Conden, competing against the likes of Len and Pamela Humphreys, Bert Cohen and Mildred Symonds and the Gilkisons (Kay, David and Robert).

In 1968 David achieved his members degree in Ballroom, examined by Len Humphreys.

Teaching at Butcher's gave David the opportunity to hone his skills as a dancer and teacher, coaching and working with top level dancers in all three fields: Standard, Latin and New Vogue. His time with Butcher's also saw him meet young Elaine Murphy and the couple married in 1966. The couple had a son and daughter who both went on to become champion dancers.

David stayed with Butcher's until 1977 when the family moved to Kelmescott, David opening the couple's first school, in a shopping strip on Albany Highway, remaining there for the next

16 years. Along with Home Base school on Albany Highway, David taught throughout the south-eastern suburbs. An institution in Kelmescott, David and Elaine decided to move their school to bigger premises, then eight years later in 2000 to the current David Birrell Dance Studio in Gillam Drive.

David is an inaugural member of the Dance Masters International Association. His career in the dance industry in WA started in 1986 when he joined the executive of WA Dance Masters Association, later becoming both secretary and treasurer. He has continued as secretary ever since.

As well as being an active coach in competitive dance in WA, David also

acquired the title of 'King of the Kids' in competitive fields with more than two dozen juvenile and junior couples throughout the 80s. He has been a dedicated and active adjudicator and examiner, throughout WA and around Australia.

David was also active in showcasing dance to the public, following in Bernie Reilly's footsteps by running competitions at Belmont, Armadale, Kelmescott and Palm Grove shopping centres through the 90s. Fifty or so couples would show

their style in Ballroom, Latin and New Vogue to appreciative crowds, often dancing on difficult floor surfaces.

He was also instrumental in having Dancesport Australia recognised by the WA government and is suitably proud of his remarkable contribution to dance in WA in all its forms, social, medal exam and competitive.

If anyone has historic photos for Adam Penn's dance series, please contact Adam at [tophat97@optusnet.com.au](mailto:tophat97@optusnet.com.au) or on mobile 0412 361 917.

## Volunteers spread the conservation message at Kanyana



REWARDING, pleasurable, and making a difference are just some of the phrases that come to mind when education volunteers reflect on their time at Kanyana Wildlife.

Volunteers in Kanyana Wildlife's education

team have been spreading conservation messages for 20 years, and are looking for new regular members.

Audrey Boon started volunteering in 2010 after retirement, and is now in charge of organising the roster for visits out in the community.

"It is very enjoyable to see the interest the children take in having local wildlife up close and in some cases, being able to touch them. A close encounter, say with an echidna, stays with them for years."

Lorraine Dunn has been volunteering for the past 14 years and started because she wanted to make a difference, as well as helping Kanyana financially.

"My favourite thing about volunteering in education is seeing the pleasure that contact with animals gives to one and all. My role involves taking animals to schools, universities, and events to give the public a positive view

about our wildlife."

The education team is responsible for delivering all tours and educational visits to the community. They are looking for new volunteers that are available regularly during the week, to give a break to volunteers like Lorraine and Audrey who are here almost every day.

People do not need to have any prior experience, but a willingness to learn, and volunteering at least once a week is a must.

To learn more about volunteering with Kanyana's education team, visit the website (get involved section) at [www.kanyanawildlife.org.au](http://www.kanyanawildlife.org.au) or attend the next information evening on Wednesday 7 September at 6.30pm, at Kanyana Wildlife - 120 Gilchrist Rd., Lesmurdie.

For further information please contact Kanyana Wildlife on 9291 3900 or email [info@kanyanawildlife.org.au](mailto:info@kanyanawildlife.org.au).

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## Meet the columnists and contributors



### Jemma Aldridge

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



### Mike Goodall

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



### Jon Lewis

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



### Karen Majer

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



### Samantha Noall

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



### Rhonda Parker

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



### Mike Smits

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



### Rick Steele

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



### Jeanette Woolerton

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



### by Rhonda Parker

WITH 33,000 families in WA affected directly by dementia, the need for a cure and more effective treatment regimes is critical. There is a great deal of research activity in this area and, it seems, a new claim or an old claim being revisited is made every week.

Many people ask me or my team about the veracity of the many claims for cure and treatment of dementia being hailed in the media. I thought I'd give you some information that will help you judge for yourself, then tell you of one research trial that is giving real reason for excitement.

A simple guide to how advanced any research is rests in knowing at what

phase the clinical trials are up to. The early phase of trials is a discovery phase, often undertaken using computer modelling or on animals. If this work supports the hypothesis of the research proposal, (that is, it gets good results), the research proceeds to the next phase, often called phase 1 of the clinical trials which tests the treatment on a small number of humans.

This group is necessarily small as the side effects of the treatment is unknown, and it isn't appropriate to test on a large group of people until that has been established. If this phase is successful there are often two further clinical trial phases using a bigger sample of volunteers. These different phases can often take many years to progress through.

The frustration and disappointment in the history of dementia research is that the benefits of a treatment seen in the early phase has mostly not

translated to the clinical phases of trials. That is, the benefit seen in, say, a population of mice being treated for dementia type symptoms is not seen when the same treatment is tested on humans.

This success in early phase trials unfortunately accounts for a lot of results being hailed as breakthroughs in dementia research. History has taught us to be cautious when predicting that the benefit seen in mice will translate to humans. I don't point this out to discourage investment in dementia research. The opposite is true; Alzheimer's Australia is an ardent advocate for dementia research. However, I provide this background information to assist you in evaluating announcements in the media about dementia research. It is also important to remember that dementia is an umbrella term that covers many different types of neurological conditions and often the research

breakthrough is targeting just one type of dementia, most commonly Alzheimer's disease.

One research project that is seeing exciting phase 1 clinical trial results is the Anavex™ research. Anavex 2-73 aims to relieve the symptoms of dementia and slow the disease's progression.

Early phase animal studies have shown this treatment is able to reverse memory loss and provide neuroprotection in mice with induced Alzheimer's disease symptoms. The big question is would this benefit translate to humans in clinical trials?

So, what are the results from phase one of the clinical trials? Researchers are being cautious with how they are interpreting the results, but the great news is the results indicate the positive reactions in the brains of mice are being reflected in humans in the trial.

A variety of cognitive tests saw participants improve in psychomo-

tor function, attention and working memory. Anavex appears to be able to restore the brain's ability to function. Importantly, there were no side effects that would lead to the cancellation of the trial.

Recent media focused on two of the participants of the trial who regained lost skills. One was able to play the piano again after losing the ability to do so after the progression of her dementia, and another rediscovered her artistic skills.

Now that the phase one small trial has proved successful and safe, an extension of this research has been approved to monitor the effects over a longer period of time in a bigger group of people. This we eagerly await.

Watch and wait for further news on the Anavex trials. And as you do, remember the detail about the different phases of research trials so that you find the reports of breakthroughs a little easier to evaluate.

## The City of Swan's Ageing Disgracefully is back

THE City of Swan's much heralded *Ageing Disgracefully* event is back again this September.

The fun filled seminar

features guest speakers, including popular 6PR presenter Sue McDougall and Professor David Goodall, who at 102 is the oldest working scientist in Australia.

They are joined by Jude Blereau, a whole food cook and presenter, plus live music, entertainment and comedy. There will also be information stalls and a delicious morning tea.

So what is Ageing

Disgracefully? Well, have you ever met someone who had enthusiasm and vitality yet clearly is not a spring chicken? There was something about them, maybe the sparkle in their eye or the bounce in their step that belies their age and makes you think, they might have a few wrinkles, but they aren't old?

Maybe you have heard stories of older

folk doing adventurous and even slightly outrageous things, that makes you realise that the golden years can be something to look forward to? That is ageing disgracefully, and you too can be one of those vital folk who age well.

Ageing Disgracefully will be held on Wednesday, 21 September at Altone Park Leisure Centre in Beechboro. The event will kick off

at 8.30am and will finish around 1pm. Free parking and disabled access will be available.

Ageing Disgracefully is a free seminar, so people will have to book early to avoid disappointment.

Bookings and information are available on line at [www.swan.wa.gov.au](http://www.swan.wa.gov.au) or alternatively you can call Altone Park Leisure Centre on 9207 8555.

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# Swim for life with Masters Swimming WA



WA is delighted to partner Swimming WA in steps to make swimming in Western Australia a life long pursuit," he said. "Once fully implemented the benefits both physically and mentally on recreational swimmers in Western Australia will be significant.

"Masters Swimming WA is working closely with Swimming WA to provide a pathway from junior club swimming to Masters Club swimming. "Masters Clubs provide a lifelong connection for like-minded swimmers who swim for health and a positive mental wellbeing."

to establish a clear swim for life pathway throughout the state.

Key areas in which the two key swimming organisations will work together include development programs for coaches and officials, pool meets, open water swimming and the annual celebration of the swimming community – the Swimming WA Swimmer of the Year Awards.

In making the announcement Swimming WA president Jeanette Bailey joined with Masters Swimming WA president Gary Bradley to celebrate what they called a natural alignment in swimming.

"Swimming is not a solo sport," Mrs Bailey said. "It is comprised of clubs, athletes, volunteers and families that work together to create a hub in their local community. We seek at a state wide level to work with like-minded aquatics partners to ensure our swimmers have the opportunity to take part in swimming at all ages, levels, abilities and locations.

"This partnership with Masters Swimming WA is a natural progression in our aim to ensure swimming is an essential part of the Western Australian way of life."

The formal partnership between the two parties comes after ongoing collaboration and discussions between the associations.

Mr Bradley says the partnership will be a boon for the WA swimming community.

"Masters Swimming



by Karen Majer

CLIMATE change was a key electoral issue for many in the Federal election. The ABC's Vote Compass showed 75 per cent of respondents want the government to do more to tackle climate change and 63 per cent support a price on carbon emissions. Yet the two major parties were strangely quiet on that policy front.

The Greens' policies on renewable energy and climate were ranked well

# What does our election mean for climate action?

ahead of Labour, with the Coalition trailing behind, in the analyses of platforms undertaken by environment groups including ACF and Get Up!

Now the country is navigating uncharted waters in the wake of a cliff-hanger election. The Coalition, whose plan will not deliver the greenhouse gas reductions needed under the Paris Agreement, will have to negotiate with an opposition, cross-benchers and a Senate with widely divergent platforms.

Policies range from those of the Greens to One Nation, which promotes a conspiracy theory that the IPCC, Bureau of Meteorology and CSIRO have

been engaged in fraud over climate science.

To quote Malcolm Turnbull, 'Climate change is a global problem. The planet is warming because of the growing level of greenhouse gas emissions from human activity. If this trend continues, truly catastrophic consequences are likely to ensue from rising sea levels, to reduced water availability, to more heat waves and fires.'

The government website warns that: 'Australia faces significant environmental and economic impacts from climate change across a number of sectors, including water security, agriculture, coastal communities, and infrastructure.'

Add to that health issues, damage to the Great Barrier Reef and other environments that support our tourism industry, and loss of our precious biodiversity and you get some sense of the magnitude of the problem. The economic implications are indeed catastrophic.

Our challenge is to convince politicians to look beyond short-term election cycles and build an economy based on clean energy and leaving fossil fuels in ground. We owe it to our children and grandchildren.

Find out more: [www.abc.net.au/news/2016-05-18/what-are-our-leaders-really-thinking-about-climate-change/7420112](http://www.abc.net.au/news/2016-05-18/what-are-our-leaders-really-thinking-about-climate-change/7420112)



Executive officer Masters Swimming, Samantha Noall, Beatty Park Leisure Centre

by Samantha Noall

SINCE starting here at Masters Swimming WA in February we have made some great progress towards ensuring greater relevance and longevity of our organisation.

This started with a move of offices to Beatty Park Leisure Centre where we have two member clubs. Swimming WA, Diving WA. AUSTSWIM and most recently Triathlon WA are also located at Beatty Park making this an aquatics hub where organisations can work together to provide more opportunities and experiences for our members.

A major part of this transition is largely to do with Masters Swimming WA forming a partnership with Swimming WA. This means that all Western Australians will now have the opportunity to participate in a life-long pursuit of swimming. The two bodies have signed a three year Memorandum of Understanding, which will see both parties work collaboratively



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## Celebrate the life and music of Elvis Presley

THE BABY Boomers/ Country Rockers are celebrating the life and music of Elvis on the anniversary of his passing.

Don't miss this terrific night dancing to the sounds of the **Second Chance Band** on **Saturday 20 August from 8pm -11.30pm**

There will be prizes for the best dressed Elvis.

Food is on sale but bring your own snacks and nibbles. Drinks at club prices, there is no BYO alcohol.

Entry is \$15 (door sales if not sold out beforehand)

Book now by calling Linda on 9354 3899 or Carole on 9444 4323.



## Be informed

Come along to National Seniors Zone 108 Conference. You'll enjoy fine food, wonderful company and be informed by a host of interesting guest speakers including respected radio host Graham Mabury, Alzheimer's Australia WA chief executive Rhonda Parker, National Seniors chairman David Carvosso and National Seniors CEO Dagmar Parsons.

**Date:** Wednesday 14 September  
**Time:** 8:30am - 4:00pm  
**Place:** Langley Hall (RAAFA Estate) Bull Creek Drive, Bull Creek  
**Cost:** \$40 per person, including morning tea and lunch  
**RSVP:** Essential by 31 August

Visit [nationalseniors.com.au/events](http://nationalseniors.com.au/events) or contact **Jan Powell-Jones** on **08 9420 7274**

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# Come high water with The Over 55 Canoe Club



by George Gouteff

BELLS RAPIDS has just given quite a few members of the club a generous shot of adrenalin and a lot of self-confidence.

From time to time the club has paddled from Bells Rapids, on the Upper Swan River, when water levels were thought to be challenging but not too challenging. However just before a planned paddle in early July the river rose almost overnight to a flow rate more than six times greater than members had ever paddled in before, according to the Walyunga monitoring station.

After an inspection of the river at Boland's Bend the consensus was that it would be safe to paddle and all those present had the skills, 'so come hell or high water let's go!' The most challenging section, after Boland's Bend, was the tee trees downstream from Yagan Bridge where

fast moving water paddling skills were put to the test. It was the fastest ride from Bells Rapids to Amiens Crescent that the club has experienced and every participant walked away with a sense of achievement.

Three days later, with only a small drop in water levels, a larger group of club paddlers successfully paddled the same course. It would be very remiss not to comment on the super fitness of Taka who on both occasions decided to jog the six kilometres back to Bells, wearing his wet suit, to pick up his vehicle.

A paddle on the Upper Canning River from River Avenue, Maddington to Masons Landing Cannington turned into quite an adventure. The paddlers,

while experiencing moving water, encountered fallen trees and a variety of vegetation all of which added up to a considerable amount of portage. Portage in this case was often associated with difficult kayak entry and exit alongside or off a high and muddy bank. The icing on the proverbial cake was that five paddlers, including the very experienced secretary, earned duck stickers for their kayaks as a result of involuntary immersions. The stickers will be presented with due pomp and ceremony at the Christmas luncheon by Adrian the Duck Master.

A new development in the ongoing evolution of the club has been the formation of the Veterans

Group. This group is only for members who have paddled with the club for at least five years and can no longer paddle at what might be termed the usual rate be it due to injury or other health reasons. To ensure that the club is not split the veterans group starts and finishes at the same place as the main group.

On the social scene the club celebrated the winter solstice with a luncheon at the historic and recently renovated National Hotel, Fremantle. It never ceases to amaze how well the members scrub up for a social occasion.

For further information visit our web site, [www.over55canoecub.org.au](http://www.over55canoecub.org.au) or telephone club president Peter on 9409 3813.

# Walkers get social in the Swan Valley



Over Fifty Five Walking Association's members Gordon and Valerie enjoying mid year luncheon

by Valerie Newton-Barnett

MORE than 90 members of the Over Fifty Five Walking Association recently met at the Valley View Restaurant situated in West Swan Road for the club's mid year luncheon.

After parking our cars in the spacious designated area we walked along the veranda of this attractive property to the front door where we were met by Rhonda and Estelle, our efficient social coordinators.

The vision on entering the function room was gob smacking.

A central sparkling chandelier, round tables clothed in white surrounded by white swathed chairs with bright blue sashes and decorative table centre pieces (sourced by Estelle) completed the delightful picture.

Much chatter ensued as members greeted their friends, many difficult to recognise in their best clothes as distinct from the usual walking gear of white club shirts, jeans and trainers.

Potato and leek soup with pancetta topping was served and then we were invited table by table to approach the buffet where the staff placed portions of appetising hot food on our plates. Everyone declared the food delicious and some even returned for seconds.

After a suitable interval, platters of dessert were placed on the tables for our enjoyment, followed by tea and coffee for those who wished to round off a sumptuous meal.

The inimitable Molly then entertained us by rendering several hilarious pieces from her seemingly inexhaustible supply of anecdotes.

Door prizes of bottles of wine and boxes of Lindt chocolates were distributed to 12 lucky members and the luncheon concluded with a vote of thanks to members Rhonda, Kevin, Estelle and Lynley, not forgetting Linda Collins and the staff of the Valley View Restaurant who delighted us all with a wonderful mid year luncheon.

**Slides to DVD**  
25 cents cost per slide  
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## Wider Vision Social Club seeks new members

MORLEY Wider Vision Social Club meets for morning tea followed by a guest speaker or entertainer weekly. Sometimes a lunch is organised at a local venue.

The club recently celebrated its 21st anniversary and is looking for new members to join this happy and friendly club.

First time visitors are welcome to come along and enjoy morning tea. Following on from your first visit people who would like to join can do so for an annual fee of \$10. The weekly fee of \$4 covers refreshments and the club subsidises lunches for members. Guests are welcome to come along too but pay full price for lunches.

The club meet every Thursday from 9.30am to 11.30am at the Morely/Noranda Recreation Club behind the Noranda Palms Shopping Centre, entry off McGilvray Avenue or Benara Road. There is ample parking at the entrance.

For further information please contact Rhonda on 9271 7540.

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- Painful urination
- A weak stream
- Constantly feeling that your bladder isn't empty

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"Thank you for sending out Magnus Shield. I really believe they have been a great benefit to me. Before Magnus Shield, I was going to the toilet 3 or 4 times a night, now using Magnus Shield I've been going once a night, sometimes not all"

John W, Benalla, VIC  
18 Jan 2010

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

Paul E, Ormond  
22 April 2008

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

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

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

Gordon M, Rochedale, QLD  
4 December 2009

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Shop G93, Karrinyup Shopping Centre 200 Karrinyup Road, KARRINYUP, 6018
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# Growing old is not for sissies



by Rick Steele

THEY say growing old is not for sissies. However the alternative is worse.

Some people say if you remember the 70s then you weren't really there.

What are they on about?

I remember very clearly arriving in Perth on 1 April 1971 and what a beautiful day it was too. Blue sky and warm sunshine made me right at home immediately.

Before long I had a job, moved into a flat with three new friends in Beaufort Street, Mt Lawley and my new life had begun.

I was introduced to Emu Bitter courtesy of the Brisbane Hotel and at 27 cents for a middy the bonding process was in motion.

Across the road from the Brizzy was a wine bar called the Bushranger which specialised in cheap wine, cider and something called Brandavino.

I imagined it was brandy mixed with wine but who knows and who really cared. Wicked Whites was another favourite consumed and

probably the incentive for me one night to ask the manager to pass me the guitar that was hanging on the wall.

"Can you play?" He asked. "A little", I replied, "and I know some Neil Diamond."

An hour or so later we, my flat mates and I walked somewhat unsteadily from said wine bar.

Of course this prompted a return performance and after two or three more sojourns I was offered a position as troubadour for about \$15 per night plus free cider or wine as long as my mates didn't come.

From this somewhat ignominious beginning, came the arrival one night of a portly gentleman with a somewhat scruffy appearance and my life took a new turn. The gentleman was the recently departed Stewart Van Raalte aka Scruffy Sir Lunchalot.

Apparently my fame had spread far and wide. Well, at least three blocks up Beaufort Street to a newer more hip wine bar, The Spanish Onion.

After lengthy negotiations of about three minutes I agreed to move for a slightly improved fee and a better quality cheap wine.

Monday night was called Rick Steele and who dares, in reality it was the first of what the scene now calls open mike night.

Saturday arvo featured the wonderful Billy

Klaus Trio and I would follow them at about 5.30pm and try and keep the crowd.

One of Stewart's initiatives was the creation of his lovely ladies card.

Should I or one of his two partners see a damsel of beholding attributes, we would present the young maiden with card which of course entitled her to a free cheap wine. Good one Scruffy.

Not long into my new employment I realised my newsletter to my mother was due.

With glowing terms I related to Ma how my prospects had changed and my future looked bright. No easy feat to the wife of an archdeacon, a choir mistress and a strict disciplinarian.

However it was only a matter of weeks ago I was in discussion deep and meaningful with an ale in hand that I stated how I feel blessed that I was fortunate enough to fall in with the right crowd.

Soon my fame had spread as far as East Perth - to the Norwood Hotel, the Grosvenor and the Perth Concert Hall tavern where I gained residency for a couple of years.

I will always be grateful to Stewart not only for my first break but for the enduring friendship which we have shared over four decades.

RIP Scruffy and blessings to your family, Charlie, Greer, Elle. Cheers dears.



by Jon Lewis

HOW DO you know when you are stuck in well-worn habit?

To the best of my knowledge there is nothing to see, nothing to feel and nothing to notice. So how do you know? How can you know?

There may be one way, I'm happy to say, that has revealed itself to me.

A holiday - I should have realised.

Actually, I felt like all was going quite well for me. There seemed no need for a break from my well organised routine. Things

# Stuck in a rut - try a holiday

seemed really quite good. So why then should I listen to my darling wife and take an adventure holiday to a place I have never been too before? I was comfortable where I was. Comfortable or slightly comatose?

Gratefully I listened to my wife, yes, she has this in writing now.

Off we jetted to... Vietnam. I was worried about drinking the water, I was scared of the traffic, I was frightened to tell my mum.

I couldn't have been more delighted on all counts and more.

Regarding the water, we made my favourite drink, coffee, in the hotel room with the tap water, we even had ice in our drinks and all seemed to be fine. Regarding the traffic, crossing the road in the busy cities was indeed a true walk of faith.

I must admit to allowing the bigger vehicles to pass by first and then taking my chances with the many scooters and bikes. Generally, we casually befriended a local and crossed with them. I suggested to Gloria if a mum and a baby can cross, so can we, especially when we cross with them. I have a feeling the locals are used to foreigners doing this as they seemed to nod knowingly with a smile.

Living and travelling in such a different place actually forces you to do things differently. It also gives you time to consider things a busy life does not. As my darling had worked so hard to plan this event, I had decided to be on my best behaviour and do my best to join in on the more different aspects of the holiday.

This meant I had to think differently. I then needed to act differently and I liked it.

To use a computer term, I feel like I have defragged my mind. All those little mental blocks and walls have been cleaned away. Now I can make up my mind faster and I feel lighter. Things I did only out of habit are now strangely inviting and a little exciting.

It turns out far too much in my life had become habit and now I am free... at least I hope so. How can I be sure?

Maybe I need to take another holiday.

For non-nerds: Defragmentation is the process of locating the non-contiguous fragments of data which a computer stores on a hard disk, and rearranging them into a single file, thereby speeding memory access to the file.



by Jeanette Woolerton

RESEARCHERS in the UK and Finland have recently developed the first-ever vaccination which attacks and kills the primary cause of dementia - the tangles in sufferers' brains.

When tangles form in the brain they disrupt the straight tracks which

# No more tangles for the brain

carry nutrients, cell parts and other key materials through brain cells.

A protein called tau usually helps the tracks stay straight, but it sometimes collapses into twisted strands, forming tangles which block the vital cell transport system, depriving the cells of nutrients.

The cells then die, which causes the memory loss associated with the disease.

Current treatments for dementia focus on treating the symptoms, but can only slow, not halt its development.

Professor Roy Jones, director of the Research Institute for the Care of Older People (RICE), Bath, UK, says researchers are now looking at whether the vaccine is safe for people to use. But it will be several years until we know if it will be able to improve the lives of people with Alzheimer's disease.

"With an ageing population and no new dementia drugs produced in over a decade, this is a significant and important study. It opens the way to a completely different and hopefully much more ef-

fective vaccine," he said.

The study involved sufferers being given a vaccine containing antibodies which remove tau proteins in the tangles.

Another vaccine in development - also pioneered by RICE researchers - targets protein deposits called amyloid plaques in the brains of Alzheimer's patients.

However plaques are not as strongly linked to memory problems as tangles, and the amyloid vaccine is only effective in patients in the very first stages of developing Alzheimer's.

It is hoped that the tau vaccine will work in patients with more advanced disease.

Dr James Pickett, head of research at UK Alzheimer's Society warned that, even if found to be safe, it would be many years before the vaccine could be used as a treatment.

"So far, most clinical trials have focused on amyloid protein, which can be responsible for brain cell death and some Alzheimer's disease symptoms, but this potential drug is targeted at tau protein tangles that may be linked with memory loss."

More than 350,000 Australians are living with dementia. This number is expected to increase to 400,000 in less than five years according to the Australian Bureau of Statistics.

Without a medical breakthrough, the number of people with dementia is expected to be almost 900,000 by 2050. Thirty per cent of people over the age of 85 (and almost one in ten people over 65) have dementia.

The disease does not only affect the aged. More than 25,000 people currently living in Australia suffer from younger onset dementia. This includes people as young as 30.

Caring for people with dementia involves 1.2 million people. More than 50 per cent of residents in Australian Government-subsidised aged care facilities have dementia.

Despite it being the second leading cause of death in Australia, there is currently no cure.

With the development of vaccines we can hope for no more tangles, no more tears.

# WHO WILL YOU NOMINATE?



## WA Seniors Awards CELEBRATE LATER LIFE

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All nominators have a chance to win a \$500 voucher kindly donated by Murray Street Flight Centre.

Nomination kits are available at [www.cotawa.org.au](http://www.cotawa.org.au).

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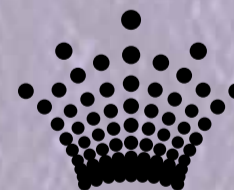
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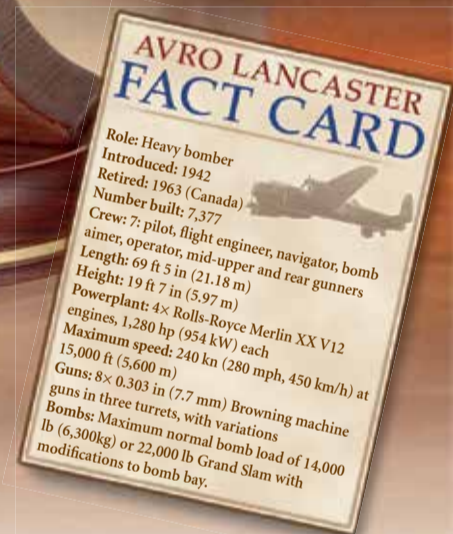
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# Have a Go News celebrates 25 years in 2016 – many celebrities have graced our pages



by Jennifer Merigan

HAVING a 25-year history of publishing has meant that we have met and interviewed some interesting characters over the years.

Looking back on the archives was very nostalgic and interesting to see whom we had featured in the pages.

Judith Treby, myself, Josephine Allison, and some of our former journalists including Paul

Goldie, Ara Jansen and David Grant have scored exclusive interviews for the paper with many a star.

The inimitable John Inman from *Are You Being Served* fame came to Perth in the late 90s and our founding editor Judith interviewed him when he was performing at His Majesty's Theatre. She said he was a charming man.

Some of other people featured include Amer-

ican actress Debbie Reynolds, 60s pop sensation Cliff Richard, 70s pop star Leo Sayer, 60s star and singer Petula Clark.

Who will forget American singer Gloria Gaynor's *I Will Survive* song, she featured on a front cover about five years ago.

We spoke to Australian musical superstar Anthony Warlow, the one and only Barry Humphries, American

singers Gene Pitney, Lyle Lovett and Glen Campbell, Australian author Di Morrissey, Australian musician James Morrison, Australian actor and singer John Waters and Australian actress Penny Cook.

Judith and I had the pleasure of interviewing the charming and delightful stalwart of Australian television and stage Bert Newton.

We have also featured the talents of Tina Arena, Jimmy Barnes, Brian Cadd, Kerri-Anne Kennerley and George Negus told us how retirement wasn't an option for him.

Judith had the opportunity of meeting and interviewing the second man on the moon Buzz Aldren when he came to WA and she was over the moon about scoring that interview.

We have also fea-

tured *The Seeker's* Judith Durham, Australian chef Maggie Beer, Australian opera star Teddy Tahu Rhodes and artist Kate Ceberano.

We've rock and rolled with Suzi Quatro and *Dr Hook's* Dennis Locorriere, danced along with Hollywood star Chita Rivera, and cooked with Malaysia's celebrity chef Wan.

Local celebrities and artists featured include Max Kay, Jill Perryman, Kevan Johnston, Edgar Metcalf, John Burgess and Gina Williams.

We also featured local television and radio personalities over the years and many of the stars from WA Ballet, WA Opera and WASO.

Next month we look some of the unsung heroes and every day people who have done amazing things who we have featured in our pages.

## SRCWA President's Jottings

### Congratulations on your 25th anniversary

SENIORS Recreation Council of WA would like to congratulate the *Have a Go News* team on 25 years of successfully publishing their newspaper. The dedication to encourage WA's over 45s to be physically and mentally active through the many articles and advertorials is a credit to the paper. The different topics that have been covered over the years has grown and developed in keeping with topical issues. The travel section has encouraged many people to enjoy the benefits of overseas and Australian holidays with the in-depth stories which have been presented. SRCWA has had a long and valuable relationship with *Have a Go News* and appreciates all the sponsorship, input and support it has received for the organisation and all its programs over the years. Well done Quentin, Judith, Jennifer and the *Have a Go News* team, we know the future will bring many more years of information sharing with WA's over 45s as the paper continues to develop and grow with the changing times.

### West Coast Eagles Information Day



The fourth "Eagles in their Prime Activity Information Day" a joint event run by Seniors Recreation Council and the West Coast Eagles (WCE) was held at Domain Stadium on 22 June. Around 80 people were treated to a range of activities and information stalls in the West Coast Eagles team warm up room. The activities on the day included; seated hockey, carpet golf, quoits, giant darts, skittles, bob (table billiards), exergaming and pole walking.

Pole walking proved to be extremely popular with people walking around the boundary of the oval.

Eddie the Eagle WCE team mascot participated in the activities and posed for photos with WCE Members.

There was a free door prize raffle for WCE merchandise, a quiz for a WCE signed team football and a free raffle of a Samsung Tablet from Telstra Subiaco.

### Liveliighter Seniors Activity/Information Days – Free event

Seniors Recreation Council of WA is hosting two FREE Liveliighter Seniors activity information days in the coming months. These events offer people the opportunity to come and enjoy a free day of activities and senior specific information stalls.

**Event 1 - 25 August - Liveliighter Seniors Activity/Information Day, Peel,** Masonic Hall, 16 Furnissdale Road, Furnissdale. 10am to 1.30pm – including morning tea and light lunch.

**Event 2 - 9 September - Liveliighter Seniors Activity/Information Day, Bunbury -** South West Italian Club, 20 White Street, Bunbury. 10am to 1.30pm – including morning tea.

These events are very popular and registration is essential for catering purposes, if you would like to attend either or both these events please call 9492 9773 to register your attendance.

The sponsors for these events are Liveliighter Healthway, Dept of Sport & Recreation, Dept of Local Government and Communities.

### Have a Go Day 2016 a Liveliighter Event, 9 November at Burswood Park - Registration Open

*Have a Go Day*, a Liveliighter Event is an activity/information sharing event for over 45s and last year attracted an attendance of 15,000 participants and 220 exhibitors.

Registration forms are now available for clubs/groups, not for profit agencies and commercial entities; forms can be obtained by calling 9492 9771 to register your interest.

#### Diary Date:

### SRCWA Christmas Variety Concert:

Wednesday 14 December, Morley Sport and Recreation Centre, 12.30pm to 4.30pm.

A wide range of popular artists will be performing throughout the afternoon.

For further information and to receive a promotional flyer phone Kate Chetwin 9492 9771.

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



Hugh Rogers, Seniors Recreation Council State President

## The history and future of stamp collecting: part 6



by Mikel Smits

STANLEY Gibbons would have to be the most famous and immediately recognised

name in philately. The renowned English stamp dealing firm is not only one of the world's oldest, it has also published catalogues and journals since 1865 which has been a fundamental contributing factor to the company's international success. Hardly a day will go by without the need for me to refer to one of their current catalogues.

Its founder was born in Plymouth in 1840, the same year as the world's

first postage stamp was introduced, the penny black. Whether this coincidence is what inspired the young Edward Stanley Gibbons to begin stamp collecting is unknown, but it surely proved to be something of a fortunate omen. His school boy collection is said to have included a Western Australian penny black swan stamp, the only other British Empire, penny stamp, that was also black. Black fell out of favour as a colour for stamps as it was difficult to see and read the postmark.

As was usually the norm in those days, Edward left school at 15. He began working at the Naval Bank in Plymouth where he likely improved his stamp collection through incoming correspondence.

The following year his eldest brother, an apprentice in his father's pharmacy business, died. Edward

then began working for his dad. His passion for stamps however had not waned and in time he was also trading from a counter in the pharmacy. His father had recognised the growing popularity of stamp collecting while wishing to encourage his son's entrepreneurial endeavour.

In 1863, Gibbons purchased a sack full of the unusual, triangular stamps of the Cape of Good Hope (South Africa) for \$5 from two sailors. The acquisition was a windfall and by now the income from his stamp trading had actually surpassed that of the pharmacy. When his father died in 1867, Gibbons sold the pharmacy, relocated, and concentrated on his stamp business. At first he began trading as E.S. Gibbons, then E. Stanley Gibbons and eventually decided upon Stanley Gibbons.

In 1874 he made the big move to south London and within two years another shift to central London as his business boomed. After 34 years of dealing, in 1890, the year he and the penny black turned 50, he sold the business to Charles J. Phillips for £25,000 (equivalent to \$2 million today). He effectively retired but continued to have an interest in the company he formed.

In the years following he travelled the world. This was a dream come true inspired by his fascination with stamps that had come from far and wide. He continued to collect, specialising in six countries which was feasible back then, while offsetting his expenses by buying collections and large holdings which he shipped back to the firm in London.

I wish I could be so lucky.

## The themes of coin collecting

by Mikel Smits

LAST month we discussed the commercialisation of modern coin collecting. A proliferation of theme coins are marketed to capture the imagination of those who are, for example, also enthusiasts of cars or motorbikes, or maybe fans of *Dr Who*, *Star Trek*, *Star Wars*, *Harry Potter*, *Disney* characters and film stars.

From prehistoric animals to cats and dogs, pirates to pioneering navigators, infamous gangsters to presidents, Roman conquerors to Aussie diggers, the range continues to ever expand.

Generally speaking many of them are not released by affluent countries. However it's fair to say they do too, regularly issue assorted commemoratives, but usually they are of indigenous historical significance to their societies.

Up until 50 years ago the issuing of currency was by comparison conservative. It was essentially determined by the need for day-to-day transactions and utilising coins of generic designs.

Most mints have at least maintained some form of respectability by not succumbing to the almighty dollar by participating in the release of fanciful coins in their country's name. However, they are not inhibited from manufacturing and

marketing such products. This may be either directly or via some private companies who then pay royalties for the privilege to underdeveloped countries which are in much need of the revenue.

We previously identified and highlighted Tuvalu, a very small Pacific island nation, as being one of these countries. Others in the region who have joined the throng include Niue, Kiribati, and the Cook Islands.

One cannot really blame them because, after all, the rich countries produce premium cost collector coins for revenue and, in the end, it's up to individual collectors as to how and on what they spend their real money.

I do feel modern collectors should be aware that traditional numismatists consider such coins to be somewhat spurious. This can reflect inherently on resale values. On the other side of the coin however, there are theme collectors who will say: "well, if the US Mint cannot bring itself to paying tribute to Marilyn Monroe on a coin but I can buy one from some other country, then I will because I love Marilyn and enjoy collecting coins or whatever memento she appears on."

Collectors are fundamentally driven by what appeals to them, which is why these coins are, at the least, a marketing success, and therefore popular.



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**REVO**  
Disassembles into five lightweight pieces, circuit breaker, seat height adjustment, 360° rotation, flip-up arm rests, adjustable tiller, headlight and tail light. Load capacity 136kg.



**PATHRIDER 140 XL**  
Full suspension, hydraulic sealed brake system, large pneumatic tyres, directional signals and headlight, wraparound easy drive tiller, rear view mirror, front shield, pillow-top seat and LED lighting. Load capacity 181kg.



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Tilt in space style mechanism makes it ideal for people with hip and lower back problems. High, fully adjustable 2 or 3 pillow contoured backrest, zipper back cushions that can be altered to suit most individuals. Side storage pockets. Available in a range of fabrics. Load capacity 142kg.



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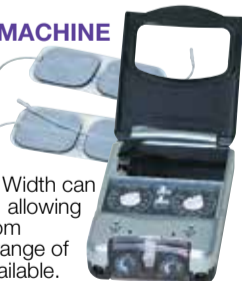
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## Community NOTEBOOK

### SOX "N" JOX

Help the homeless by donating new sox "n" jox Collection boxes can be found at your local Community Newspaper Group suburban office or 6PR, level 1/ 169 Hay Street, East Perth. Donations can be made during office hours. [www.shelterwa.org.au](http://www.shelterwa.org.au)

### HIGHLAND GATHERING/ PERTH KILT RUN

Sunday 18 September  
Minnawarra Park, Armadale  
After the run come along to WA's largest celebration of Scottish culture including pipe band, highland games and dancing, medieval fair, clans and craft village. Proceeds go to charity. Adults \$10 Senior \$8 Youth \$5 Under 12 free.

### KALAMUNDA LAPIDARY CLUB INC

2016 Annual Exhibition – Gemtastic.  
All welcome  
Saturday 17 September – Sunday 18 September  
9.30-4.30pm  
Admission \$2 Adult  
Kostera Oval, Recreation Rd, Kalamunda  
Info 0427 772 601.

### WHEELS FOR HOPE

Provides loan wheelchair accessible vans to WA families with disability to access medical and remedial services, social and community events. Ph 9233 9808 Mob 0448 158 946  
email: [jsparks@wheelsforhope.org.au](mailto:jsparks@wheelsforhope.org.au)

### THE CARRADINE CHOIR

Mid Year Concert, Sunday 14 August 2pm.  
Tickets \$12 Con \$10 at door.  
Includes afternoon tea.  
Kelmscott Senior High School, main auditorium  
Third Ave, Kelmscott.

### BALLAJURA COMMUNITY FAIR

Ballajura Community College,  
Cnr Illawarra Cres & Cassowary Drv  
Sunday 21 August 10am-3.30pm.  
Rotary Club event. Free  
Multicultural displays, dancing, clown, food, stalls and more.

### MELVILLE SCRABBLE CLUB

Meets every Monday at Melville Bowling Club  
Join us for a fun day, tuition and competition available  
BYO lunch.  
More information call Jane on 9316 1157.

### AGEING GRACEFULLY

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Westfarmers Theatre, VisAbility's Perron Centre  
61 Kitchener Ave Victoria Park  
Wednesday 17 August 9.30am-1pm  
Morning tea included  
Hosted by COTA or call 9472 0104 to register.

### SENIORS HOUSING CENTRE AND COTA WA

Home Sweet Home - Ageing in Place  
23 August, 1.30pm  
Citiplace, Perth Railway Station  
Register on Eventbrite or call 9472 0117.

### WANDERING FAIR

10 September at Wandering. Fun for all the family.  
Stalls, food and activities for all ages, Clydesdale horses, wagon rides, live music and more.

### THE YORK FESTIVAL

10-11 September from 10am -4.30pm  
York Town Hall  
Incorporating art exhibitions, Mt Brown Run, sand sculpture, the blokes barn, children's activities and lots more.

### RAVENSTHORPE WILDFLOWER SHOW

13-24 September  
Open 7 days 9am-4pm  
Ravensthorpe Senior Citizens Centre. Morgans St.  
Many events on different days.  
Contact Jeanette Denham 0427 691 326.

### ANNUAL HYMN-SINGING FESTIVAL

Organised by the Welsh Free Church of WA  
Trinity Church St George's Terrace, Perth  
Sunday 28 August, 2.30pm  
Everyone is invited to come along to join in the singing of the lovely old, traditional hymns.  
Admission is free and light refreshments will be served afterwards.  
Contact Pat on 9364 9342.

If you would like to promote your event through the Community Notebook, please email Pat, [research1@haveagonews.com.au](mailto:research1@haveagonews.com.au)

## Heritage corner - A multicultural history of Northbridge



China Town, Northbridge

NORTHBRIDGE'S history has been formed and defined by more world cultures than arguably anywhere else in Western Australia. It has a rich ethnic diversity which has helped to shape its character and development.

Originally known either as Little Italy, or simply North of the Line, the precinct was renamed Northbridge following a media competition in 1979.

The area's landscape originally consisted of a series of interconnected swamps and lakes. These were drained during the 1860s. Initially used as market gardens, Northbridge went on to become a flourishing trade and light-manufacturing centre for Perth during the first gold rush of the 1890s.

The Chinese represent one of the earliest and most prolific ethnic groups based in the area. A prominent member of their community, local business man

Quan Ah Shem, founder of Ah Sam and Co, which supplied fresh produce to most of Perth's major hotels and many visiting ships, was a founding member of the Chung Wah Association which was set up to represent the Chinese community.

In 1911, it was determined a "suitable place of resort for gentlemen of the Chinese nationality residing in Western Australia..." was required and the Chung Wah Hall on Roe Street was built. This very fine hall with its splendid decorative pressed tin ceiling was, and remains, a centre for the Chinese community in Perth, reminding us of their long association with Northbridge.

For much of the 19th century, Northbridge was also significant in the evolution of Perth Jewry. The

influx of migrants to Western Australia in the 1890s, and in the decades which followed, included Jews in sufficient numbers to generate and sustain the institutions of Jewish religious and communal life.

The principal institution in its early days was the Perth Hebrew Congregation. Assisted by a government grant of land in Brisbane Street, the congregation built a synagogue in 1897. The building was extended three times to accommodate its growing membership and became a prominent landmark in Northbridge for 77 years. A second, smaller synagogue was built in Palmerston Street in 1918.

European immigrants added another strong cultural influence to Northbridge. St. Constantine and St. Helene's Greek Orthodox Cathedral was built in 1936-37 during a period of considerable building activity in the economic recovery which followed the Great Depression. Designed by architectural firm, Oldham, Boas and Ednie-Brown, this important landmark on the edge of Russell Square has been the major place of worship and fellowship for Perth's Greek community since its construction.

A very well known shop in Northbridge is Kakulas Brothers, where the people of Perth have been

buying their provisions since the 1930s. Evangelos Kakulas purchased the Teeny Thomas Ginger Beer Company and commenced to operate in August 1929 at the site where Kakulas Bros continues to thrive today.

The business was very profitable in its first year with plenty of ginger beer being sold during summer. Unfortunately the sales dropped off during winter so the decision was made to supplement the ginger beer trade with the sale of eggs, fruit and fine cut loose tobacco.

The Depression proved a struggle for the brothers, who decided to try importing products. By the early 1930s new lines were arriving from Greece to cater for the needs of the European community. In 1934, drums of olives and olive oil, and bags of beans, lentils and chick peas were imported. Greek newspapers and storybooks were also imported and the shop became a meeting place for most Greek immigrants living in Perth. The store also acted as a benevolent station; the brothers housing their needy compatriots who were having trouble getting a start in the new country. This service was extended to include Italians, Poles, Russians and Romanians.

From the early 1950s,

the Italian community in Northbridge has introduced many popular foods and goods, setting influential styles that still exist and flourish today. From the first coffee machines and gelato to setting the pace in fashion, Italians have had a great influence on how we eat, drink and play.

The Italian Club (Casa d'Italia) was founded in 1934 and immediately became an important and popular meeting place for the Italian community. At the outbreak of the WWII, the club closed and its future became uncertain. With the cessation of hostilities the Casa d'Italia promptly resumed its activities. In 1947 its registered name was altered to the WA Italian Club Incorporated.

If you want to discover more about multicultural Perth and the wonderful treasures that multiculturalism has brought to our city, you can download a self-guided Northbridge Trail at [www.omni.wa.gov.au](http://www.omni.wa.gov.au)

Follow Heritage Perth on [www.facebook.com/HeritagePerth](http://www.facebook.com/HeritagePerth), [twitter.com/heritageperth](https://twitter.com/heritageperth), and [instagram.com/heritageperth/](https://www.instagram.com/heritageperth/)



## Big top array of entertainment at Circus Royale

A VISIT to the Circus Royale will enthrall you with the top class selection of circus performers on their 42nd annual tour.

Damian Syed is one of the youngest circus owners. He purchased the circus from the famous Bullen Brothers and has made it into Australia's premier circus.

The costumes are bright and colourful, the performers – very captivating – there are fantastic acts like magical trapeze artists, acrobats, and ribbon and rope dancers, magicians, contortionist, jugglers and hilarious circus clowns. Death defying motorbike stunts are a must see in the globe of death with sib-

lings Hugo, Brandon and Geraldine Fernandez.

A clever mix of animal acts includes Harrison's wagging dogs, lamas, cows, camels, ponies, horses, clever geese and much more. Pancholin, the clown from Chile is very interactive with the audience creating a pleasurable atmosphere.

Circus Royale has a multitalented range of performers. Make it a day's outing and visit the show.

Bring the grandchildren and see the magical acts. Show bags and night lights can be bought for keepsakes, with freshly brewed coffee, home-made sugar donuts,

hot dogs and popcorn and much more. Children will be entertained with rides, jumpy castle, merry-go-round, cup and saucer ride or playing the clown balls.

Circus Royale is only in Perth for a short visit so don't miss out on this special circus.

Shows are currently showing in Maddington 27 July – 7 August, Mon – Sat 7.30pm and matinee shows Sat 4pm, Sun 11am and 2pm. Kingsway 10 – 28 August Mon – Sat 7pm, Sat 4pm and Sunday 11am and 2pm.

For tickets book on [www.circusroyale.com](http://www.circusroyale.com) or call the circus hotline on 0410 669 253.



## Mature age learning begins a new semester in August

MATURE ADULTS Learning Association Inc. (Perth branch) now has its second semester program organised.

The topics for the first five weeks include: *Mind The Gap* (Peter Reynolds), *More History of the Americas* (Jan Bishop), *Write Your Life Story* (Rhuwina Griffiths), *Aboriginal Culture* (Prof. Simon Forrest), *Operatic Magic – Fairy tales in Opera* (Annie Patrick), *The Language of Art* (Carl Altmann).

Topics in the second five weeks include: *Mind the Gap* (Peter Reynolds) (not a repeat the first section), *Australians at War* (Bobbie Oliver), *The Crying Need for Laughter – Humour and Humanity* (David Hayles), *The Language of Art* (Carl Altmann) (not a repeat of the first section), *Around the World with a Geologist – Two Big Continents* (Jenny Bevan and Antoni Milewski - Week 5), *Evolution: What it is and how it*

works (Alan Needham).

Sessions are held on Fridays only, and the time slots are (a) 10.15am to 11.15am and (b) 11.45am to 12.45pm.

There is plenty of parking where MALA meets at the George Burnett Leisure Centre, Manning Road, Karawara (between the Freeway and Curtin Uni) and efficient public transport stops right outside the centre.

MALA welcomes people's enrolment. A form is available from [www.perthmala.org.au](http://www.perthmala.org.au). More information and additional enrolment forms are available from Julie on 0498 560 026.

Come and be welcomed to lifetime learning and friendship.



## Vale Cam Gilmour

LONG time deliveryman of *Have a Go News* Cam Gilmour sadly passed away last month after a short illness.

Cam had been associated with the paper for the last 20 years and drove up from his hometown in Augusta every month to deliver papers around town.

As the paper grew Cam worked on the Mandurah and southwest route.

He never missed a month delivering during those 20 years and became great friends of founders Judith Treby and Quentin Smythe.

Cam was a strong community minded man who contributed much to his hometown and beyond.

We extend our sympathies to his wife Virginia and family.

Cam will be sorely missed. RIP.

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# travelling

## let's go travelling

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Samoa provides a wonderful winter escape. Writer Michael Osborne returns to this tropical paradise and visits the picturesque Sua Trench in Upolu during his South Pacific adventure. Read more on page 24.



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# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



Jen Merigan

OF all the enquiries I receive from readers, travel insurance would be the one about which I am asked about most frequently.

This month Frank Smith takes a look at travel insurance for the mature market and has some

interesting information for readers.

I took a long weekend at the end of last month and headed down south to enjoy some winter weather. It was a wily weekend with rain, hail and shine but it was lovely having a log fire in our cabin in the bush.

When we were looking for accommodation I must say that searching the internet for somewhere to stay was not an experience I enjoyed. It really is much easier looking through magazines and papers for accommodation.

Thanks to the many people who have enquired and booked on our Antarctic day trip, it should be a fabulous day trip of a lifetime. Contact me for last minute bookings as places are filling fast.

The Perth Holiday and Cruise Expo returns in February next year to Crown Perth and will be highlight expo for those looking for holiday options.

Organiser of the expo Pat Strahan has

handed over the reins to Peter French and he looks forward to bringing attendees a new and improved range of facilities.

The expo will be held on 11 and 12 February in the newly refurbished Crown Ballroom.

We will have more on that expo over the coming months.

It's that time of year when those who are thinking of travelling at Christmas time should start finalising their bookings.

Rail Europe have some great discounts for travellers to Britain. Travellers who book BritRail, BritRail England and BritRail South West Passes with Rail Europe will enjoy an additional travel day for free. The free day applies to flexible and consecutive passes and is valid for travel within six months of booking.

Visit [www.raileurope.com.au](http://www.raileurope.com.au) for bookings and more information.

We have a bumper travel liftout this month with lots of stories from WA, interstate and

around the world.

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

If you're a facebooker than like *Have a Go News* at [www.facebook.com/Haveagonews](http://www.facebook.com/Haveagonews). Happy trails



Jennifer Merigan  
Travel Editor

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



## UPCOMING 2016 TOURS

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28 September	Into The Mystery Valleys	\$85
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1 November	Melbourne Cup Day Tour	\$95
23 November	Nosh Gourmet Food & Gifts	\$80
1 December	Christmas Party @ Cafe Coast	\$90
19 December	Cherry Special Day Tour	\$90
29 December	4 Day New Years Tour Margaret River	\$1150 <small>twin share</small>

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## Visit Vietnam and Cambodia with Vince and Anne Garreffa



Vince Garreffa

DISCOVER the delights of Vietnam and Cambodia with well known Perth foodie Vince Garreffa and his wife Anne.

When you travel with Vince

and Anne you become family. Vince and Anne are renowned for their hospitality and fun on their tours and this trip will provide guests with an opportunity to cruise the Mekong and learn about traditional food, culture and customs.

Guests will enjoy a tour into these countries like no other and will enjoy seven nights sailing on board La Margeurite a boutique five-star floating hotel which will make the perfect setting to cruise through these two exotic countries.

Sail through stunning scenery, visit remote villages that line the banks of the Mekong River and unwind in the ship's peaceful air-conditioned lounges or on the

sun deck.

Enjoy a superb dining experience each day in the air-conditioned Mekong Restaurant, prepared by the on-board chefs each day from the freshest ingredients (western favourites will also be available).

During the cruise Vince will do an on board cooking demonstration.

Before the cruise guests will enjoy two-night stays at the Grand Hotel Saigon in Ho Chi Minh City and after the cruise stay at the Shinta Mani resort in Siem Reap.

In Ho Chi Minh City there will be an exclusive dinner at Xu Restaurant.

Some of the tour highlights

include a visit to the historical Angkor Archaeological Park, a ride on an ox cart, a blessing by a Buddhist monk and a visit to the Cu Chi tunnels.

If you want to be a part of this wonderful opportunity to travel with Vince and Anne Garreffa and savour the culture, scenery, food and friendship, come along to Mondo Butchers, 824 Beaufort Street Inglewood, on Thursday 1 September at 6.30pm.

The trip departs Perth on 21 January 2017 and if you book and deposit by 30 September you will FLY FREE with Singapore Airlines!

RSVP: to Kings Tours and Travel on 9380 6656 or email [office@kingstours.com.au](mailto:office@kingstours.com.au).

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inclusion: All flights with taxes and fuel surcharge, meals, 4-5\* hotels, sightseeing& transfers, English speaking Tour Guide, tipping for most of tours. \* Travel insurance, visa are excluded

### Orchid show in Peel region

PEEL Region Orchid Society annual show will be held at the Old Mandurah Yacht Club, Halls Head Parade and Mary Street on 10 and 11 September.

The opening hours for the public will be from 1pm to 5pm on Saturday 10 September after the judges have completed their judging and on Sunday will be from 9am till 3pm. Morning and afternoon tea will be available and orchids and plants will be for sale.

Gold coin admittance.  
Any further information required, please ring 9537 8477.

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# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

## A worldwide celebration of the bold, benevolent beacons of brilliance



Clockwise from top; Aerial view of Cape Otway. The Cape Otway Lighthouse on Victoria's infamous 'Shipwreck Coast' was built partly in response to the loss of the immigrant ship *Cataraqui*, Australia's worst ever maritime disaster with the loss of 400 of the total 410 souls onboard - For more than a hundred years the Point Lonsdale Lighthouse has helped ensure safe-passage for thousands of vessels entering or leaving Port Phillip through The Rip, the notoriously narrow and often very turbulent entrance to the Bay - left - Jeanette Woolerton

by Jeanette Woolerton

IN EARLY times, people set fires at the edge of the water to warn boats of dangerous rocks on shore. Later Egyptians completed the tallest lighthouse ever built in 283. It stood 122 metres high on the island of Pharos in the harbour of Alexandria. The Pharos Lighthouse used a mirror to reflect its light beam. This could be seen up to 50 kilometres away.

Australia's first colonial navigation beacon was lit on the South Head of Port Jackson, New South Wales in 1793, when a bonfire was lit for the passenger ship *Bellona*. By 1794, a fire was lit in the metal basket suspended from a tripod each night.

The first lighthouse structure in Australia was constructed at South Head Signal Station in 1816 and completed in 1818 at the command of Governor Macquarie. The work was undertaken by Francis Greenway, the famous convict architect.

The lighthouse still did not guarantee safe passage and unfortunately, the *Dunbar* was tragically wrecked below the signal station in 1857. Despite the cries being heard through the night, only wreckage and one survivor (out of 121 passengers and crew) was found the next day.

Many of the earliest Australian lighthouses were built in direct re-

sponse to shipwrecks in the treacherous waters in the Southern Ocean and the Tasman Sea – part of which was known as the shipwreck coast. Lighthouses became critical aids in preventing shipwrecks.

Today, lighthouses are built in harbours, on islands, coral reefs and beaches, and it is estimated that there are currently more than 350 lighthouses (all built in the last 200 years) within Australia.

Victoria, with its rugged coastline and renowned gale force winds howling through the Bass Strait, boasts lighthouses aplenty. These historical beacons of light grace some of the most magnificent seascapes on the continent.

Victoria will participate in the 19th annual International Lighthouse/Lightship Weekend on 20 and 21 August, to honour the gracious lighthouse.

This event is a celebration of the historical importance of lighthouses, their keepers and radio operators around the world. An estimated 400 light stations, including Victoria's own Point Lonsdale, are taking part in the weekend program worldwide.

Co-hosted by international amateur radio operators, who will broadcast from the light stations over the weekend and the Association of Lighthouse Keepers, the event is a collaborative professional effort,

which will undoubtedly offer the visitor an incredible sensory (and educational) experience.

Volunteers from the Queenscliffe Maritime Museum will conduct tours of the light station daily between 9.30am and 3pm over the International Lighthouse Weekend at 33 Australian lighthouses.

For more than a hundred years the Point Lonsdale light has helped ensure safe-passage for thousands of vessels entering or leaving Port Phillip through The Rip, the notoriously narrow and often very turbulent entrance to the Bay.

Tours will include the historic foghorn shed and soundings of the foghorn at 10am and 3pm on both Saturday and Sunday.

Tour bookings are essential and can be made by calling 0419 513 007. Entry cost is \$10 adults, \$8 concession and \$5 children. Note: Children undertaking the tours must be at least five years old and be taller than 95 centimetres.

International Lighthouse/Lightship Weekend is a great opportunity for all of us to participate in a worldwide celebration of these lifesaving aids to navigation, as well as the men and women who manned them, while enduring extreme weather conditions and isolation.

Lighthouses are awe inspiring and this event is their ultimate validation.

### WA wildflowers are nearly here

VILLA Carlotta Travel is gearing up for their annual wildflower holiday season and they can't wait to take people there. Whether they want to head north, south or east, Villa has the wildflower tour to suit. Travelling in their luxury coach and with on-board

wildflower experts, guests will enjoy a wonderful holiday filled with spectacular scenery.

Villa has six great wildflower tours to choose from ranging from four to seven days in length.

These include: Cervantes Wildflowers and the Famous Pinnacles Desert departing in September, Geraldton and Midland Wildflower Extravaganza with departures in September and October.

Or why not head to Hyden and the Wheatbelt Wildflower Trail

or head further south on the Southern Wheatbelt Wildflowers Wonders holidays departing in October.

Kalbarri is beautiful this time of year and Villa has departures in August and September. Lastly Villa's West Coast Wildflower Explorer departs in August.

So now there really is no excuse not to head off on a wonderful wildflower adventure with Villa in 2016.

FreeCall 1800 066 272 or email [holidays@villa.com.au](mailto:holidays@villa.com.au) to book your next wildflower holiday.

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# let's go travelling

ADVERTISING FEATURE



## Talofa lava - welcome to Samoa – a tropical escape in the South Pacific



From left to right; Welcome leis - Seabreeze Resort - Fale's over water

by Michael Osborne

WHAT makes travellers want to return to a destination that they have visited several times before? Here I am, back in Samoa for another visit and I am excited about it.

But I am not the only one, for more than 3,000 years people have been coming to the magic islands of Samoa.

Being a Polynesian society, friendship, love and harmony are part of the mainstay of life, add some very spectacular Pacific Island scenery and easy access from Australia it all adds up to an ideal destination for travellers who like to relax and enjoy life.

The natural beauty of the 10 islands allows one to pick and choose between slow and rewarding in modern resorts and hotels to a beachcomber style life on a sensational beach.

The two main islands of Upolu and Savaii are the most popular, with the capital of Apia on Upolu. Here you find the wonderful colonial architecture that has survived the test of time and weather.

The main shopping precinct and markets provide both local and visitor with highly colourful and aromatic adventures.

Because of an ancient volcanic history the scenery is spectacular, from rugged wave washed coastlines, crystal lagoons with fringing reefs and white sand beaches. The littoral tropical forests rise into the skyline offering jagged peaks to the heavens. Many waterfalls cascade down these mountains, offering more wonderful food for our eyes and cameras.

Don't miss a visit to Sua Trench, a giant natural swimming hole – it is the most magical swimming pool in

the world where a series of canals to the ocean ensure this water hole never dries out.

Tusitala – Robert Louis Stevenson – spent his last years living in Vaillima on his estate in Apia, revered by the locals as Tusitala, the teller of tales. His home has been restored and turned into a museum. To not visit would be a crime.

Seabreeze Resort is one of our accommodation favourites. It has been recognised as the number one hotel in Upolu and was ranked 11 out of 25 for the top 25 small hotels in the South Pacific in the 2016 TripAdvisor Travellers' Choice™ awards for hotels.

“To be recognised as the number one hotel in Upolu, Samoa is what the team at Seabreeze have been working so hard to achieve.

“We are incredibly proud that our guests have rated and reviewed the

resort and our service so highly and we are honoured to be the only Samoan resort featured in the top 25 small hotels in the South Pacific,” says owner of Seabreeze Resort, Wendy Booth.

Seabreeze Resort is the ultimate in boutique luxury, gently nestled into a private secluded bay on Samoa's famous south east coast of Upolu.

The resort provides the ideal romantic getaway for honeymooners and couples or those seeking luxury and intimacy.

Featuring 12 air-conditioned villas including the ultimate Honeymoon Point House, all have ocean, lagoon or reef views and are designed to provide guests with a sense of relaxation and tranquillity.

They have a recipe for relaxation: “when hungry you eat, when thirsty you drink, when tired you sleep and be pampered at every opportunity.”

Aggie Grey's is dedicated to the famous hotelier Aggie Grey who became world famous and a legend of the South Pacific. Often quoted as Samoa's most famous address since 1933 – it is worth the visit to look at all the historic photos.

Sinalae Reef Resort and Spa was my second stay and within about 15 minutes, the feeling of bliss and relaxation was overtaking me. How would I be if I stayed a week or so?

If you needed another reason, children under 12 are not allowed.

Savaii island is a short voyage away. It opens the door to more of Pacific paradise. Slightly more laid back than Upolu, and with many sensational beach and lagoon side resorts and restaurants.

The Taga Blow Holes, the old volcanic flow has gaps where the full force of the Pacific Ocean waves punch into the coast and send columns of spray many metres into the air which is very spectacular and drenching if the wind turns.

Other points of interest to visit are swimming with the turtles, the Saleaula Lava Fields and the Sapapali Church.

The quality of the restaurants has dramatically improved, with an organised program to utilise local fresh produce.

Space does not allow me to tell you all, so go to: [www.samoa.travel](http://www.samoa.travel) or see your licensed travel agent.

The author was a guest of the Samoa Tourism Authority.



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- All meals in the Queen Adelaide Restaurant
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- All-inclusive off train excursions in in Kalgoorlie, Adelaide and Broken Hill
- An outback stop in Cook

from **\$4679**

**SUN PRINCESS & INDIAN PACIFIC**  
13 November 2016 – 21 days



**PORTS:** Sydney, Brisbane, Yorkeys Knob, Alotau, Darwin, Broome, Geraldton, Fremantle

**INCLUSIONS:**

- 3 nights on the Indian Pacific from Perth to Sydney
- 17 nights on board Sun Princess
- **BONUS Up to \$285 onboard credit per cabin**
- Meals, entertainment & taxes whilst cruising

**INDIAN PACIFIC JOURNEY INCLUDES**

- A comfortable sleeper twin cabin featuring private en suite and upper and lower berths that convert to a three-seater lounge by day
- All meals in the Queen Adelaide Restaurant
- All-inclusive Australian wines, beers, base spirits and non-alcoholic beverages
- All-inclusive off train excursions in in Kalgoorlie, Adelaide and Broken Hill
- An outback stop in Cook

from **\$4459**

**INDIAN PACIFIC & TOP END SYDNEY TO FREMANTLE CRUISE**  
5 February 2017 – 21 Days



**PORTS:** Sydney, Brisbane, Cairns, Darwin, Bali, Port Hedland, Geraldton, Fremantle

**INCLUSIONS:**

- 3 nights on the Indian Pacific from Perth to Sydney
- 1 night at a 4 Star Sydney Hotel
- 16 nights on board Radiance of the Seas
- Meals, entertainment & taxes whilst cruising

**INDIAN PACIFIC JOURNEY INCLUDES**

- A comfortable sleeper twin cabin featuring private en-suite and upper and lower berths that convert to a three-seater lounge by day
- All meals in the Queen Adelaide Restaurant
- All-inclusive Australian wines, beers, base spirits and non-alcoholic beverages
- All-inclusive off train excursions in in Kalgoorlie, Adelaide and Broken Hill
- An outback stop in Cook

from **\$4729**



# ESCORTED TOUR

PROGRAMME 2016/17



The Holidayplanet Group, which includes Seniors Planet, has been looking after West Australian travellers for over 15 years and is Western Australia's largest single travel business.

We specialise in all forms of cruising in and around Australia, North & South Asia, Canada & Alaska, Europe, North & South America and Africa, together with individual and group touring programmes to Britain, Europe, North & South America, Africa and Asia. In 2015 The Holidayplanet Group launched a small and exclusive series of Escorted Tours that have now been extended for the 2016/17 season to incorporate over 15 Exclusive Departures. Each departure is fully escorted from Perth. Our series of Escorted Tours are fantastic for couples and solo travellers alike, wanting

to experience these destinations to create ever lasting memories. Travel care-free on our exclusive Escorted tours and visit world famous sights and cities in style. Sit back, relax and visit your chosen destination while your tour escort takes care of everything for you. The Holidayplanet Group organise all of the travel details including transportation, accommodation, sights to visit and various meals, while you can spend your time enjoying the sights, the culture and all the luxuries.

## TOUR INCLUSIONS

- ✔ Forget the hassle and stress of organising accommodation and transport: let the professionals do the planning for you.
- ✔ Travel as part of a group, stay in excellent hand-picked hotels and enjoy all the best sites at these amazing destinations
- ✔ Our escorted tours normally include flights, hotels, transportation, transfers throughout, selected meals and a wide range of sightseeing.
- ✔ A HolidayPlanet Tour Escort will meet Perth passengers at Perth airport and fly with you to your destination.
- ✔ Your Tour Escort will be available during your holiday for all your questions and to offer any assistance required.
- ✔ For local knowledge your host may team up with local guides in your destination for the more specific parts of your stay, ensuring you are always in the most knowledgeable hands



### CANADA & ALASKA

30 August 2017-24 Days

#### TOUR HIGHLIGHTS/INCLUSIONS:

- Return Airfares from Perth to Vancouver
- 1 night at a 4 star Vancouver hotel
- 13 Day Canadian Rockies Tour
- Sightseeing, local guides, deluxe air-conditioned coach
- 7 nights on board Island Princess
- Meals, entertainment and port taxes are included whilst cruising
- 1 night at a 4 star Vancouver hotel with a farewell drink
- Airfares from Vancouver to Australia
- All transfers
- Holiday Planet Tour Escort
- Holiday Planet ticket wallet & luggage tag

Adult from  
**\$6899**

Over 55's from  
**\$6699**



### SINGAPORE CHRISTMAS LIGHTS

26th November 2016-6 Days

#### TOUR HIGHLIGHTS/INCLUSIONS:

- Return airfares from Australia to Singapore
- All transfers included in Singapore
- 6 nights' accommodation at the Grand Park Orchard Hotel with daily breakfast
- Sunday Vintage Champagne Brunch at the Ritz Carlton hotel.
- Singapore Gardens by the Bay tour
- Morning at Singapore Zoo including breakfast with the orangutan's
- Singapore by Night tour including dinner, finishing at the Raffles for a Singapore Sling
- Holiday Planet Tour Escort
- Local Guides when Sightseeing
- Exclusive Holiday Planet Ticket Wallet
- Exclusive Holiday Planet Luggage Strap



Adult from  
**\$2599**

Over 55's from  
**\$2499**



### JAPAN DISCOVERY

2nd May 2017-15 Days

#### TOUR HIGHLIGHTS/INCLUSIONS:

- Airfares from Australia to Tokyo and Osaka to Australia
- 3 nights at a Superb 4 Star Central Tokyo Hotel
- Half Day City Tour of Tokyo
- Mt Fuji-Hakone Full Day Tour including Lunch
- 7 night cruise on board The Diamond Princess from Tokyo to Kobe (Osaka)
- All Meals, Entertainment & Port Taxes on board
- 3 nights at a Superb 4 Star Central Osaka Hotel
- Kyoto & Nara Full Day Tour Including lunch
- Transfers Throughout Tour
- Holiday Planet Tour Escort
- Exclusive Holiday Planet ticket wallet & luggage strap

Adult from  
**\$5749**

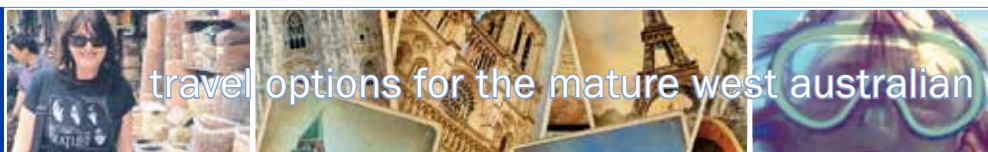
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ADVERTISING FEATURE



travel options for the mature west australian

## RAC travel insurance policies now are even better...

RAC are excited to announce that their travel insurance offering is now better than ever. The enhanced product now covers more pre-existing conditions with competitive pricing and new policies to choose from.

The international policy offerings include the comprehensive policy which offers the highest level of cover or an essentials package which is a low cost policy still with great coverage.

They also offer an annual multi-policy trip for those who travel more than once a year.

Domestic, medical only and car rental excess policies are available too.

RAC members enjoy a 15 per cent

saving on insurance as well as 24/7 overseas emergency assistance and unlimited medical cover for overseas hospital and medical expenses.

Children and grandchildren are also covered for free up to the age of 25 years and not working fulltime.

Policies also cover cancellation and lost deposits cover, emergency expenses and automatic cover for 38 pre-existing conditions.

The claim process is simple and easy and they offer a 21 day cooling off period.

Find out more about RAC travel insurance by calling 1300 655 179 or visit [www.rac.com.au/travelinsurance](http://www.rac.com.au/travelinsurance)

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WHETHER you're travelling internationally, domestically, or setting off on a cruise, choose a policy to give peace of mind when travelling.

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- Unlimited overseas medical cover
- 24-hour emergency assistance
- baggage cover up to \$8,000

Call them today on 1300 550 396 or visit [www.insureandgo.com.au](http://www.insureandgo.com.au)

Make sure you mention the promo code 'haveaGo10' to get your exclusive 10% discount!

Mitsui Sumitomo Insurance Company, Limited, ABN 49 000 525 637, issues InsureandGo Travel Insurance (the insurance). Please read the combined product disclosure statement and financial services guide available at [www.insureandgo.com.au/policy-wordings.html](http://www.insureandgo.com.au/policy-wordings.html) to decide if the insurance is right for you.

## Travel Insurance without tears

by Frank Smith

THE DEPARTMENT of Foreign Affairs puts it bluntly, "If you can't afford travel insurance you can't afford to travel."

They back this up with horror stories of people who had an accident overseas and were not covered by insurance. Moreover some countries will not let you in without travel insurance.

A wide range of policies is available in Australia at a considerable range of prices and a confusing array of limitations and exclusions.

Australian Consumer's organisation Choice recently reviewed 35 travel insurers and found significant differences between the policies, particularly when it comes to cover for people aged over 65 years.

Choice also found some policies won't pay claims for travellers who fail to follow travel warnings or following the financial collapse of an airline or tour provider.

They recommended Apia and Southern Cross Travel Insurance for older travellers.

Choice advises older travellers to be extra vigilant when choosing travel insurance as they often face many exclusions around pre-existing medical conditions, conditional age and activities.

The wide range of policies on offer means you can shop around. You can do this on line for example at [www.comparetravelinsurance.com.au/travel/quote](http://www.comparetravelinsurance.com.au/travel/quote). Compare quotes and policies and haggle for a better price.

Policies bought from travel agents tend to be expensive as the agent receives a large commission on the sale.

You may qualify for free travel insurance if you acquired a particular credit card, pay all or a specified amount of your travel costs using the particular

credit card or use award points earned on your credit card to pay for your travel costs.

However, with this type of insurance it's the bank or credit provider that is treated as the insured under the policy – and not you – because they have arranged the cover with the travel insurer. Get a copy of the wording, read and understand the cover and make sure that it meets your needs before you book your travel.

"Choosing the wrong policy can almost be as bad as none at all – so you need to know what you are buying," says Choice spokesperson Ingrid Just.

While 90 per cent of claims are paid in full, when there is a dispute only 30 per cent of those that reach the Financial Ombudsman Service (FOS) decisions stage are resolved in favour of the applicant.

Each policy has a Product Disclosure Statement (PDS) that you have to acknowledge you've read and understood. This can be lengthy, but spending a little time getting to know the policy you're considering can be crucial.

Read 'general exclusions' and 'policy cover' and 'pre-existing conditions' sections carefully, especially if you have particular medical needs and check the 'word definition' table as it may contain some tricks of the policy, for example a definition of the term 'relative'.

The Financial Ombudsman Service says insurance companies have an obligation to express potentially devastating policy terms in language their customers can understand and appreciate.

Make sure you read and fully understand the policy details so that you are sure what is covered and what is not before taking out insurance cover.

But whatever you do don't leave Australia without travel insurance.

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Cover up to 100 years of age    Unlimited overseas medical expenses    All medical conditions considered

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**Cover for pre-existing medical conditions:** We automatically cover 38 pre-existing medical conditions\* and will quote for all other conditions.

- » 24/7 emergency assistance
- » \$unlimited overseas medical & emergency expenses#
- » Simple and easy claims process



Call 1300 655 179 or go to [rac.com.au/travelinsurance](http://rac.com.au/travelinsurance)

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# Take a Journey of Discovery Through Spectacular Tasmania



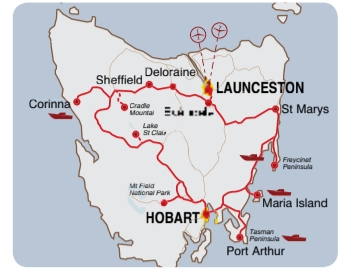
## Grand Tasmania Experience

Discover yourself a world away on this extraordinary and comprehensive tour of the Apple Isle, with only the best of attractions included. You will experience it all, from the cultural delights of Hobart, to the colonial history of the south to the breathtaking scenery of the north and west.

**Highlights** | Western Wilderness Railway | Tarkine Wilderness River Cruise | Cradle Mountain Wilderness Region | Port Arthur | Tasman Peninsula | Salamanca Markets | Launceston and the Tamar Valley

14 Days | Friday 14 to Thursday 27 October 2016 | Price \$5480 pptw | Single Option \$975

**EXCLUSIVE SOLO TRAVELLER DEPARTURE** | 14 Days | 3 to 16 Mar 2017 | FreeCall 1800 066 272 for full itinerary



## Tasmanian Ultimate Wilderness Explorer

Now is the time to get off the beaten track to see some of Tasmania's most eye-popping scenery, from the Freycinet and Tasman Peninsulas to the absolutely spectacular Cradle Mountain region.

**Exclusive Small Group Departure**

**Highlights** | Maria Island Walks, History, Nature | Freycinet Peninsula Cruise | Corinna Wilderness Experience | Pieman River Cruise, Tarkine Wilderness | Tarraleah Village and History Guided Walk | Tasman Peninsula Cruise | Salamanca Markets | Port Arthur | Cradle Mountain

14 Days | Saturday 5 to Friday 18 November 2016  
Price \$6490 pptw | Single Option \$1365



## Taste of Tasmania

Staying 8 nights in Hobart you will enjoy the cultural delights of Hobart, the colonial history of Richmond and Old Hobart Town, visit Australia's premier convict site, Port Arthur, tour Bruny Island and enjoy all the delights of Tasmania's south!

**Highlights** | Salamanca Markets | Mawson's Hut Replica Tour | Richmond and Old Hobart Town | Huon Valley Apple Heritage | Tahune Airwalk | Tasman Peninsula | Port Arthur Historical Site | Derwent River and Harbour Cruise | Bruny Island Touring and Produce | Free Day in Hobart

9 Days | Thursday 17 to Friday 25 November 2016  
Price \$4195 pptw | Single Option \$555



## King and Flinders Island Adventure

This 8 day small group holiday features King and Flinders Islands, both renowned for their incredible scenery, fantastic produce and rugged coastlines. See pristine wilderness, shipwrecks, lighthouses and lagoons filled with birdlife. Do not forget your camera on this small group adventure.

**Exclusive Small Group Departure**

**Highlights** | King Island Scenic Touring, Shipwrecks and Lighthouse | King Island Kelp Factory and Craft | King Island Dairy | Flinders Island | Scenic Touring and Historic Sights | Flinders Island Wildlife and Walks

8 Days | Friday 25 November to Friday 2 December 2016  
Price \$5520 pptw | Single Option \$415



## AMAZING VILLA HOLIDAYS FOR 2017

**Australian Open Tennis, Australia Day and Cirque du Soleil** | 5 Days | Wed 25 to Sun 29 January 2017 | Price \$3360 pptw | Single Option \$520

**Highlights** | Premium Reserved Seating Rod Laver Arena | Shrine of Remembrance Australia Day 21 Gun Salute | Royal Botanical Gardens Explorer Tour | Cirque du Soleil Premium Seats | Free Day in Melbourne

**Panama Canal Adventure Cruise** Featuring Mexico, Bahamas and Central America | 21 Days | Wed 25 January to Tue 14 February 2017 | Price From \$10995 pptw | Single Options From \$2355

**Highlights** | 1 Night Sydney | 2 Nights San Diego, USA | 15 Night Holland America Cruise | 7 Ports of Call | 6 Days at Sea | 7 Countries - Mexico, Guatemala, Nicaragua, Costa Rica, Colombia, Panama and The Bahamas

**Hawaiian Islands Cruising** | 21 Days | Sun 19 February to Sat 11 March 2017 | Prices From \$7870 pptw | Single Option on Application

**Highlights** | 1 Night Sydney | 2 Nights Los Angeles | Los Angeles City Tour | 15 Night Star Princess Cruise | Hilo, Honolulu, Kauai and Maui, Hawaii | Ensenada, Mexico

**Majestic Norwegian Coastal Voyage and Fjords** | 19 Days | Thurs 6 to Mon 24 July 2017 | Prices From \$10444 pptw | Single Option From \$2660

**Highlights** | 2 Nights Amsterdam | Amsterdam City Tour and Canal Cruise | 14 Nights ms Koningsdam | 8 Ports of Call | 5 Days at Sea | North Cape | Stavanger | Alesund | Geiranger | Bergen | Flam | plus more

Just for Singles **Colours of Mauritius** | 8 Days | Sun 7 to Sun 14 May 2017 | Guaranteed Single Room \$5190 | Share a Room and Save \$495

**Highlights** | Coloured Earths of Chamarel | Pamplemousses Royal Botanical Garden | Sugar and Tea Estates | Waterfalls and Volcanic Craters | Mauritian Traditions and Feasts | Nature Parks and Wildlife | plus more

**New Zealand Rail, Cruise and Coach Holiday** | 20 Days | Sun 2 to Fri 21 April 2017 | Price \$6975 pptw | Single Option \$1580

**Highlights** | City Sightseeing of Auckland, Wellington, Christchurch and Dunedin | Hole in the Rock Cruise | Rotorua | Interislander Ferry | Coastal Pacific Rail Journey | TranzAlpine Rail Journey | plus more

**Enchanting Japan** Featuring the Famous Cherry Blossom Season | 13 Days | Sun 2 to Fri 14 April 2017 | Price \$13075 pptw | Single Option \$3075

**Highlights** | Tokyo City Tour and Markets | Lake Ashi Cruise | Mt Fuji Day Trip | High Speed Bullet Train Hakone to Kyoto | Nara Day Trip | Hiroshima Day Trip | Free Day Kyoto | Cherry Blossom Season

Discovery **Scotland's Wild Highlands and Islands** | 16 Days | Sat 3 to Sun 18 June 2017 | Price \$11565 pptw | Single Option \$1125

**Highlights** | London Guided Tour | Visit St Pauls Cathedral and Tower of London | Train Journey London to Edinburgh | Edinburgh Guided Walking Tour | Fairytale Castles: Cawdor, Dart Castle | Inverness, Culloden, Loch Ness | Isle of Skye and Mull

Discovery **Borneo-Sabah Rainforests and Wildlife Experience** | 12 Days | Sun 4 to Thu 15 June 2017 | Price \$5850 pptw | Single Option \$1205

**Highlights** | Spectacular Wildlife Viewing Including Endangered Orang Utans | North Borneo Railway | Sandakan | Mount Kinabalu | Award Winning Rainforest Eco-Lodge (2 Nights) | plus more

Discovery **Kimberley Cruising** Broome to Darwin | 15 Days | Fri 4 to Fri 18 August 2017 | From \$12135 pptw | Single Option On Application

**Highlights** | Broome Walking Tour | Buccaneer Archipelago | Tender and Shore Adventures | Swimming and Fishing | Kimberley Sunsets | Prince Regent River | King's Cascade Falls | Mitchell River

**Kelly Country and the Man from Snowy River** Featuring Australia's Great Legends and Bushrangers | 10 Days | Fri 24 March to Sun 2 April 2017 | Price \$4355 pptw | Single Option \$795

**Highlights** | Old Melbourne Gaol | Benalla Museum and Gallery | Glenrowan Guided Town Tour | Kelly Homestead and Blacksmith Shed | Bright, Wangaratta and Corryong | Ettamogah Pub | The Man from Snowy River Bush Festival

Discovery **Heart of Outback Queensland** Longreach and the Camarvon Gorge | 9 Days | Thurs 4 to Fri 12 May 2017 | From \$4955 pptw | Single Option From \$360

**Highlights** | Longreach | Qantas Founders Museum | Ilfracombe | Stockman's Hall of Fame | Winton | Carnarvon Gorge Wilderness Lodge | Spirit of the Outback Rail Journey

Just For Singles **Norfolk Island** Passport No Longer Required | 9 Days | Thurs 16 to Fri 24 February 2017 | Guaranteed Single Room \$4840 | Share a Room and Save \$570

**Highlights** | Island Tours: Culture, History and Industries | Historic Settlements, Sights and Ruins | Guided Walking Tours | Scenic Feasts | Local Produce Tastings | Theatre and Entertainment

All Villa Carlotta Travel holidays are fully escorted, depart from Perth and include courtesy home collection (Perth and Mandurah metro only)\*, airfares, taxes, insurance\*, gratuities\* and most meals. \*Terms and conditions apply.

40 SEATS ONLY!

## VILLA'S FREE MONTHLY TRAVEL PRESENTATIONS

Villa is delighted to continue our monthly free travel information session in Perth at the State Library of Western Australia  
Tue 16 Aug 2016 - Wed 7 Sep 2016 - Thu 6 Oct 2016 - Bookings Essential - Phone for Details

9.30am to 12.30pm



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## Cruising snippets and deals - see what's available from the cruise industry



From left to right; Lots to do onboard the Emerald Princess - Emerald Princess in Norway

by Brad Elborough

### Pacific Dawn – Brisbane – refit

THE 2000 passenger Brisbane-based *Pacific Dawn* is to receive a multi-million dollar refit, which will include a new state-of-the-art waterpark.

P&O Cruises says the refurbishment, which is to also include the development of an interactive kids-only play area, is scheduled for February 2017.

The superliner will also emerge from its re-vamp with The Pantry, an international market place of fresh food outlets which will replace the traditional ship buffet. In addition, *Pacific Dawn's* Pantry will include a new Mediterranean-inspired offering called Nic and Toni's. Also on offer will be the extremely popular pool-side grill, offering casual dining options.

The refit comes as P&O prepares for its biggest year of Queensland cruising, with two ships sailing from Brisbane year round. Between them, *Pacific Dawn* and *Pacific Aria* will offer 108 cruises to holidaymakers in 2017 – up from 98 cruises this year.

Passengers will be able to enjoy *Pacific Dawn's* new features from March 2017. Cruises

include a seven-night South Pacific itinerary departing Brisbane on 13 May, 2017, priced from \$849 per person quad share.

For more information visit [www.pocruises.com.au](http://www.pocruises.com.au), call 13 24 94 or see a licensed travel agent.

### APT – Antarctica – free flights

APT is solving the problem of the added expense of flights when taking a cruise to Antarctica. It is throwing the airfare in with the cruise costs.

For a limited time, when you book to sail on one of its luxury cruises around Antarctica, your returns flights are free, including up to \$200 of your air taxes.

This deal is available on four trips: 13-day Classic Antarctica; 15-day Classic Antarctica with Buenos Aires; 22-day Flavours of South America; and 29-day Best of South America.

The 200-passenger *Le Boreal* is a private expedition cruise ship that offers amazing luxury, with 139 crew members to make your journey as comfortable as they can.

The ship boasts two restaurants, a theatre, library, gym, theatre, hairdresser and medical centre.

This offer is strictly limited and is available un-

til sold out. The offer is subject to availability and terms and conditions apply.

Visit [www.aptouring.com.au/specialdeals](http://www.aptouring.com.au/specialdeals) or see your travel agent for costs and departure dates.

### Emerald Princess – new ship to Sydney

The 3082 guest *Emerald Princess*, which will sail into Sydney Harbour on 15 November, is the biggest Princess Cruises' ship to be based in Australia this summer.

West Aussies will get a look at the superliner on 8 November when she visits Fremantle, before heading to Busselton (9 Nov) and Melbourne (13 Nov).

She will arrive in Sydney two days later to begin her inaugural five month season of cruises from Sydney, offering 13 round-trip itineraries in the South Pacific, New Zealand and around Australia.

*Emerald Princess* features more than 1500 guest rooms – including nearly 900 balcony staterooms. Also on board are eight showrooms and lounges, two nightclubs and four swimming pools, as well as signature Princess offerings such as the child free sanctuary, poolside movies under the stars and the luxurious Lotus Spa.

Fares start from \$1199 per person twin share for an 11-night South Pacific cruise departing Sydney on January 21, 2017 and visiting five ports in New Caledonia and Vanuatu.

For more information visit [www.princess.com](http://www.princess.com), call 13 24 88 or see a licensed travel agent.

### Astor – family cruise – from Perth

If you're looking for a family-friendly holiday option from Perth, this Christmas holidays, look no further.

Cruise and Maritime Voyages is helping to make a family getaway during the next lot of summer school holidays a whole lot more affordable.

Cruise from Perth on board the premium cruise ship *Astor*, for six nights, departing on 7 January, 2017, for an amazing prize – plus visit some of WA's most popular coastal ports.

And by cruising from WA, there are no international flights to pay for (no flights at all for those who live in Perth, or close by), plus no passports or visas are required.

Here's what's on offer – Southern Explorer – 7–13 Jan, 2017 (6 Nights)

Depart from Fremantle and visit Esperance, Albany and Margaret River (via Bunbury) before returning to Fremantle.

Family deal 1 – Two interior cabins - from \$2999 for mum, dad, two children, grandma and grandpa.

Family deal 2 – Two oceanview cabins, from \$3569 for mum, dad, two children, grandma and grandpa.

*Astor* is returning to Perth this summer for her fourth season and is again offering 16 return-trip itineraries from Fremantle.

Visit [www.cmvaustralia.com](http://www.cmvaustralia.com) or ask your travel agent.

### Norwegian Jewel – Australia – inaugural season

The 15 itineraries being offered by *Norwegian Jewel* on her inaugural Australian season can now be booked.

Prices have been released for the October 2017 – March 2018 season, which will start with a 39-night combination cruise departing from Vancouver in Canada on 3 October, 2017, arriving into Sydney on 12 November, 2017. Guests will visit Hawaii on the way.

The season includes seven round-trips from Sydney taking in southeast Australia, Tasmania and New Zealand, and concludes with a 40-day combination cruise sailing Sydney to Yokohama – Gateway to Tokyo, arriving during peak cherry blossom season.

*Norwegian Jewel* offers a wide range of accommodation ranging from inside and ocean-view staterooms to family suites and expansive, together with 16 dining options ranging from Teppanyaki to Brazilian Churrascaria with no set dining times or pre-assigned seating – providing exceptional flexibility and freedom of choice.

The inaugural five day Tasmanian Sampler cruise ranges in price from \$1147 per person for an inside stateroom to \$2825 per person for a luxurious courtyard penthouse with balcony suite in NCL's exclusive enclave, The Haven.

There are a range of specials being offered for bookings made by 31 August.

Visit [www.ncl.com.au](http://www.ncl.com.au) or ask your travel agent.

# OVATION OF THE SEAS

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SINGAPORE TO BEIJING CRUISE DEPARTS 14 APR 2017

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INCLUDES:

- Return Airfares With Singapore Airlines from Perth
- 3 Nights in Singapore with breakfast daily
- 12 Night Cruise On the Ovation of the Seas
- Arrival Transfer Tianjin to Crowne Plaza Wangfujing
- 3 Nights in Beijing with breakfast daily
- Full day tour of the Great Wall including Lunch
- Morning tour to Tiananmin Square & Forbidden City



Inside Cabin  
from **\$3,739** pp

Ocean View Cabin  
from **\$4,079** pp

Balcony Cabin  
from **\$4,839** pp

CRUISES INCLUDE ALL MEALS\*, ENTERTAINMENT, PORT CHARGES, TAXES & PREPAID GRATUITIES. ALL HOTELS ARE 4\* & INCLUDE BREAKFAST DAILY



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**Terms & Conditions:** Prices are per person based on twin share and include return airfares ex Perth with Singapore Airlines 'N/H' class, including taxes & fuel surcharges and luggage. \*Excluding speciality restaurants. On Sale until 01 Sep 16 or sold out prior. Cabins are sold as Guarantee, cabin numbers to be allocated prior to embarkation by RCL. Visa for Vietnam required and charged to guests onboard account. Visa for China required prior to embarkation. All prices are subject to availability and currency fluctuations and can change without notice. Cancellation and change fees will apply. Booking may be subject to compulsory credit card fees and service charges from the agent. Other conditions apply. ATAS No A10841.

# let's go travelling

ADVERTISING FEATURE  
travel options for the mature west australian



## Cruising - A time to live life large

by Byron Horne,  
Cruise product buyer, Asia Escape Holidays.

LONG gone are the days where cruising was purely a means of transport getting you from one exciting destination to another. On Royal Caribbean International's *Ovation of the Seas*, the ship itself becomes one of the major attractions on this 18-night fly, cruise, stay package.

From the bright lights of Singapore, to an overnight stop in Phu My, the gateway to Ho Chi Minh City, shopping in Hong Kong followed by the intrigue of South Korea, these ports offer something for everyone. After disembarking in Tianjin, the port of Beijing, guests will enjoy a three-night stay with a full day trip to the Great Wall and a morning tour of Tiananmen Square and the Forbidden City.

The *Ovation of the Seas*, like her sister the *Quantum of the Seas*, is a smart ship. No more paperwork and long lines at check-in and key-cards are no more. An electronic wrist band now acts as your key-card and you simply swipe it at all the various bars and shops for all your purchases. It's all electronic, including an IQ App you can use on your smart phone or one of the many iPad's scattered all around the ship.

Here people won't find the usual, busy, noisy, three tier main dining rooms – that is a thing of the past. The *Ovation* boasts four main dining rooms which form part of the 10 complimentary dining venues – so guests will never get bored of the same meal, let alone the same restaurant. There is a varied choice of speciality restaurants should for those who wish to try something a little different including Jamie's Italian.

The ship is large, with nearly 4900 guests but RCI have not compromised on space. Larger than average cabins, beautifully furnished, elegant, smart, clean lines – perfect. For those on a budget, the interior cabins boast an innovation – all have a virtual balcony – an 80-inch screen with live views and sounds that those with an ocean view or balcony stateroom would enjoy. Your days at seas will be well spent with a huge variety of activities on offer.

It's easy to see why she is an extraordinary ship. She excites, wows and is sure to make your Asian cruise from Singapore to Beijing incredible. You'll wish the cruise was longer to fully experience this floating city with more options than ever seen before on a ship of her size.

For more details on this exciting fly, stay and cruise package contact Motive Travel on 9322 2666.

## West Australia's dedicated holiday and cruise website for the over 55s

THE HOLIDAYPLANET Group have been looking after West Australian travellers for more than 15 years growing from just a four-person office in West Perth to a business that is now based in Leederville and employs more than 38 people.

The current business specialises in all forms of cruising across Australia, North and South Asia, Canada and Alaska, Europe, North and South America and Africa together with individual and group touring programs to Britain, Europe, North and South America, Africa and Asia.

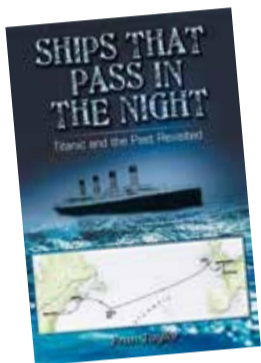
In 2015 the Group launched Seniorsplanet.com.au a new site catering for holiday and cruise holidays for the over 55s and at the same time launched a small series of escorted tours that have now been extended for the 2016/17 season to incorporate more than 15 exclusive departures.

Each departure is fully escorted from Perth. The series of escorted tours are fantastic for couples and solo travellers alike wanting to experience these destinations together and create ever lasting memories. Travel

care-free on the exclusive escorted tours and visit world famous sights and cities in style. sit back, relax and visit your chosen destination while your tour escort takes care of everything.

The Holidayplanet Group organise all of the travel details including transportation, accommodation, sights to visit and various meals, while you can spend your time enjoying the luxuries.

For further information see our full page advert in this edition or go to [www.Seniorsplanet.com.au](http://www.Seniorsplanet.com.au) or call 1300 789 567.



**Ships That Pass In The Night**  
*Titanic and the past revisited*  
by Fran Taylor  
Reviewed by Pat Paleeya

FRAN Taylor was born and grew up in Scotland near the river Clyde. She would watch all types of ships going up and down the river and became fascinated with the sea and all things maritime. She has crewed on tall ships all over the world and is regularly invited as a guest speaker at many venues around Perth. In April 2012 she and around 1,500 passengers joined *MS Balmoral* at Southampton

## Ships that pass in the night

to undertake a voyage to New York commemorating the 100th Anniversary of the sinking of the *Titanic*. The *Titanic* is still an intriguing subject for many people and this book is an entertaining combination of maritime history and the authors account of the memorial cruise.

Not many people have dived on the wreck but a couple of men who had done so were on board and shared their encounters. One particularly poignant story tells of all the shoes on the seabed. One theory is that they may have belonged to the first class passengers who used to put their shoes out at night for polishing.

On page 80 the author writes that a ship from Halifax called the *Mackay-Bennett* was chartered to search the wreck site for bodies. One sailor is reported to have said that: "the bodies in their white life jackets looked from a distance like a flock of white seagulls resting on the water."

Knowing how the original voyage ended I would have found the whole cruise eerie and a little unsettling (read

ghostly spirits), small wonder that so many photographs taken on the cruise had unexplained orbs floating in the background. We know, don't we?

Apart from the cruise the author touches on her time in New York, Scotland and England, writing a mini travel log with some interesting snippets of maritime history along the way.

Fran Taylor's passion for the sea shines through in this interesting, informative and well written book.

Ships that pass in the night is available online at [www.booktopia.com.au](http://www.booktopia.com.au) and <http://www.amazon.com>. ISBN 978-0-9944752-0-6

### WIN WIN WIN

**We have a copy to give away.**  
To enter please email to [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au), with the *Titanic* in the subject line or write to **TITANIC Competition, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope.**

## Cruise the rivers of Europe this Christmas



Strasbourg, Germany

RIVER cruising specialist Beyond Travel has added two new Christmas market river cruise itineraries to their range for the 2016 season.

Starting from just \$995 per person the new four-

day Advent on the Rhine cruise offers fantastic value for money. The itinerary departs Cologne, Germany on 26 and 29 November and 2 December, with stops at Koblenz, Boppard and

Rudesheim with their charming local Christmas markets in which to stroll around with a warm Glühwein while listening to the carols and tempting Christmas treats.

Several other Christmas cruises are available on the Rhine River in November and December with a six-day cruise from Basel, Switzerland to Cologne, Germany priced from \$1,955 per person twin share with stops in Strasbourg, Speyer, Mannheim, Rudesheim and Koblenz.

Single travellers are not forgotten either with great value single supplements available from only \$95 on the four-day cruise or

\$195 for the six-day itinerary, for sole use of a twin share river-view cabin.

Cruises include accommodation in a river-view deluxe cabin, all on-board meals, complimentary wine with dinner, services of a multilingual cruise director, cultural highlights, port charges, arrival and departure transfers, and comprehensive sight-seeing focused on the charming Christmas markets held over the winter season.

For these and other great offers contact Beyond Travel on 1300-363-554 or visit [www.beyondtravel.com.au/cruises/2016-christmas-markets-river-cruise](http://www.beyondtravel.com.au/cruises/2016-christmas-markets-river-cruise).

## 2016 CHRISTMAS MARKET RIVER CRUISES



### Advent on the Rhine

#### First- Class River Cruise

**4 Days from \$955 per person**

Cologne - Koblenz - Boppard - Rudesheim - Cologne  
Departs: November 26, 29, December 02, 2016

**6 Days from \$1,955 per person**

Basel - Cologne  
Departs: December 11 2016

**For booking details contact your local travel agent or Beyond Travel**



info@beyondtravel.com.au  
1300 363 554  
www.beyondtravel.com.au

Prices are per person twin share. Standard Beyond Travel booking terms apply.

FULLY ESCORTED TOUR



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

### Holiday Inclusions:

- ♦ 10 day Insight Vacations Tour of Portugal staying in the best locations with breakfast daily
- ♦ Authentic Dining & Signature Experiences: Celebration dinners and VIP access to iconic sites
- ♦ 8 day Uniworld Boutique River Cruise of Portugal's Douro River onboard the luxurious Queen Isobel
- ♦ Cruise includes all meals, unlimited beverages, in-suite Butler Service, and personalised hosted shore excursions
- ♦ Return group transfers to Perth International Airport with pickups from Busselton, Bunbury & Mandurah
- ♦ Return flights from Perth to Lisbon including air taxes
- ♦ From \$10,990\* pp twin share inc air taxes \*conditions apply



CALL FOR MORE DETAILS phone 9721 9588 or freecall 1800 177 788

# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

## George Booth - maintaining a passion for travel through 60 active years in the travel industry



Jo and George Booth

by Jennifer Merigan

WHEN you've held 12 passports and visited more than 100 countries, people may wonder

whether travelling would still hold its appeal.

George Booth a stalwart of the WA tourism landscape and, with 60 active years in the travel

industry, still loves the thrill of travelling and organising travel.

George from his early days, ventured out like a Marco Polo, "Out into the unknown."

When I asked George what his favourite country was, he said that it was the people who you travel with rather than the destination which gives him the greatest satisfaction.

I have known George for more than 10 years and only just discovered his love of Fremantle and the great interest he has in his family history.

Born in Fremantle to a family of horse racers and livestock he still lives on the race track block where he was born and has many a tale to tell about his family history but readers that will wait until another time.

I wanted to discover how he stays so passionate about his job for many years and what inspires him to continue.

Firstly George believes that giving back in life is the best philosophy.

This would explain why he's an active member of Rotary, and has twice participated in the Variety Club Bash.

He's been on the marketing committees of the Fremantle Hospital Research Foundation and the Juvenile Diabetes Foundation.

He also has been an active member of the Fremantle Rugby League for 66 years where he is a life member and was inducted into the Western Australian Players Hall of Fame. He was also instrumental in getting Touch Football off the ground in WA.

Conscripted to the Army in 1958, George served in Vietnam in 1971 as a lieutenant and retired in CMF as a Captain and was awarded six medals and one decoration.

To say George is a doer is an understatement - at 76, I don't think he's aged a day since I first met him, to me he encapsulates the 'have a go' philosophy of healthy ageing through activity.

This also could have something to do with him being an active member of the Cottesloe Pioneers Club who meet three mornings a week at 6.30am and walk four kilometres followed by a 20-minute swim all year round.

There is so much to George Booth apart from his career in travel but I wanted to share a few of his amazing adventures.

He was one of the first Australian tour operators to enter China in 1972, as a participant in the Canton Fair which eventually in him organising tours to China and inviting the first Chinese tour officials to a conference in Perth.

As a result of his Vietnam military experience he designed and escorted eight tours for Vietnam veterans to the country.

George says that one of the special places in the world for him is Bhutan, he started organising tours to this country when they only let 400 tourists enter each year.

I asked George to summarise some of his most memorable travel moments, and as one would imagine the list was numerable.

"In 2002 I sailed aboard *Orion* to Antarctica and visited Mawson's Hut.

"Visiting Israel and Petra in Jordan was amazing"

"Another highlight for

me was taking a running and rafting group to the pre alps of Mt Everest in Nepal"

"In 1985 *The Sunday Times* travel editor John Young and I received an invitation to visit Aurangabad and the heritage sights of Ellora and Ajanta in India.

"John was a great photographer and historian and I loved travelling with him.

"The day we were at Ellora Hindu Temple which is a city carved into a rock face, John remained there for two hours discussing the wonders of such.

"A guide who had noticed that unlike the average tourist we had spent a substantial amount of time at the site said he would like to show us something special and drove us in his old Ambassador car to a huge cave with a statue of a Buddha inside and told us to stand there and wait.

"As the sun moved overhead the shaft of light lit up the Buddha and it appeared to move its arms and smile and the amazing photos John captured were featured on the front cover

of *The Sunday Times* travel section," said George.

George and his wife Jo have lead escorted tours to many destinations and continue to do so.

He says his favourite one is organising tours for vision-impaired people and their companions.

He's taken them to Singapore, Hong Kong, Sabah, China, Thailand and New Zealand.

"I play to their other senses and to me its one of my favourite tours I do each year.

"When I lead a tour I use everything I ever learned from travelling and put it in the tour."

This inspiring man is one whose book we could all take a leaf from and says two of his favourite quotes which I believe are good mantras to follow include, "It's easy to be ordinary and persistence will win where talent will not."

Keep on travelling George you are inspiration to me, and many others.

George can be heard on Radio 6PR's Remember When program on Sunday nights with Harvey Deegan.

\*Reach us online  
[www.haveagonews.com.au](http://www.haveagonews.com.au)  
 3,319,648 hits in 2015

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 Western Australian Indigenous  
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**Exclusive Offer**

for bookings made through Kings Tours Only

Brand New Luxury Small Ship Cruising

# Portugal River Cruising

Madrid, Douro River & Lisbon Cruise Tour



14 Days, 19 July to 1 August 2017

### Included in Your Price:

- ✓ Emerald Star Ship EXCLUSIVE to Evergreen Tours
- ✓ Deluxe Emerald Balcony Suite
- ✓ The services of an Evergreen Tours and Tour Director
- ✓ Port taxes and charges included
- ✓ All tipping and gratuities included
- ✓ Free airport transfers
- ✓ 7 nights on a luxury European river ship
- ✓ 3 night stay in Madrid
- ✓ 3 night stay in Lisbon
- ✓ Explore 8 different cities, towns and villages with a guide during our included tours and shore excursions
- ✓ City tour of Madrid
- ✓ Visit a local wine estate
- ✓ Tour of Salamanca
- ✓ Coa Valley pre-historic museum
- ✓ Tour of Lamego
- ✓ City tour of Porto including wine caves
- ✓ City Tour of Lisbon

### Dining Highlights:

- \* 27 superb meals including 13 Full Breakfasts (B), 5 Lunches (L), 8 Dinners (D), 1 Highlight Dinner
- \* Captain's Welcome Reception & Dinner
- \* Complimentary wine, beer and soft drinks served with lunch and dinner while cruising

### You're Invited:

- \* Local dinner at a Douro Valley wine estate
- \* Cocktail making lesson on board

**Only \$7,295**

PER PERSON TWIN SHARE FOR A **DELUXE UPPER DECK EMERALD BALCONY SUITE** PLUS AIRFARES

**Saving up to \$1350 per couple**

Subject to availability and until sold out

**Book through Kings and Receive Complimentary Home Pick-up\***

\*Home pick-up is provided within the Perth Metro area. This tour is not escorted by a Kings Tour Manager



#### Day 1: Arrival Madrid

Welcome to Madrid, Spain's central capital is a city of expansive boulevards and large manicured gardens. Many works of great Spanish artists are housed in its museums and galleries such as the Prado, and being the home of Salsa, its lively nightlife and dancing culture is centred around the beautiful designed Plaza Mayor. This evening, meet your Tour Director and fellow travellers for a welcome drink.

Three Night Stay: Madrid

#### Day 2: Madrid (B,D)

Enjoy a sightseeing tour of Madrid including the 17th century Austrian quarter, the Sabatini Gardens and the Royal Palace. After an afternoon at leisure, tonight is an included dinner in a local restaurant.

#### Day 3: Madrid (B)

Day at leisure in Madrid.

**Discover More:** Excursion to Toledo (extra expense)

#### Day 4: Madrid - Porto Embarkation (B,D)

After breakfast transfer to the airport for your flight to Porto (flight to be booked at own expense) where you will board your Douro river cruise ship and be welcomed by your Captain and crew. Tonight enjoy a welcome reception and dinner on board while cruising past the illuminations of Porto.

#### Day 5: Porto - Pinhao (B,L,D)

Today enjoy a full day sailing the windy turns and twists of the Douro Valley. A UNESCO world heritage site this area is sparsely populated by small quaint villages and typical communities working vineyards and small farms. Your Cruise Director will host a lecture on board showcasing the history and wine culture of the region. Perhaps join a painting class of local mosaic tiles which typically depict traditional motives. Later this afternoon arrive in the village of Pinhao which is situated on a river bend surrounded by terraced hillsides producing some of the world's best Port. Tonight your captain will be delighted to host the welcome dinner and cocktail reception.

#### Day 6: Pinhao - Vega de Teron (B,L,D)

Today visit the marvelous baroque village of Lamego, where history stands still. Visit the remains of a Roman sanctuary and battlements. Return to your ship for lunch and an afternoon sailing to Vega de Teron, your gateway into Spain. You're Invited: Join your barman for a lesson on how to make cocktails using port wine on board.

#### Day 7: Salamanca (B,D)

Founded in Roman times, the city of Salamanca is home to one of the oldest universities in Europe, the seat of the Spanish language, and still a lively student town. With its grand squares and medieval structures, a walking tour here is more like stepping back in time. Tapas bars feature on every street and traditional Spanish music trickles out of buzzing bars and restaurants. You will enjoy a full day in this beautiful golden city with plenty of free time to explore independently. Upon returning to your ship from Salamanca, you will be invited to enjoy a BBQ dinner on the Terrace alongside your fellow guests.

#### Day 8: Pocinho (B,L,D)

This morning arrive in the picturesque village of Pocinho and embark on an excursion to the Coa Valley Museum. This impressive concrete structure details pre-historic stone carvings made by the early inhabitants of the Douro, which were uncovered during the construction of the nearby dam. Later return to your ship for lunch and enjoy your idyllic surroundings as you sail towards Regua. **You're Invited:** This evening dinner will be hosted at a local winery estate.

#### Day 9: Regua (B,L,D)

Wake up this morning in the former roman settlement of Regua. Visit the Douro Museum for a look at wine making in the region. **Discover More:** Guided excursion to the Mateus Palace (extra expense).

#### Day 10: Porto (B,L,D)

Located at the mouth of the Douro River, Porto is a fascinating eclectic mix of modern and ancient architecture. Its most famous export is of course fortified wine, and the hillside across from the city centre features numerous wine caves and tasting boutiques in the area of Vila Nova de Gaia. Sample the local fair in one of these specially adapted wine cellars and learn about the long adapted craft of creating port. **Discover More:** Excursion to the Palacio da Bolsa (extra expense) or Excursion to Guimaraes (extra expense)

#### Day 11: Porto Disembarkation - Lisbon (B,D)

After breakfast disembark your river cruise ship and transfer to Lisbon to continue your journey. Spread across steep hillsides that overlook the Rio Tejo, Lisbon has captivated visitors for centuries, with amazing vistas that reveal the city in all its beauty. Three Night Stay: Lisbon

#### Day 12: Lisbon (B)

Today you will have an exciting walking tour of the city centre and view some of the famous points, as well as experience the sights of the yellow trams clattering through tree-lined streets.

#### Day 13: Lisbon (B)

Day at leisure in Lisbon.

**Discover More:** Excursion to Sintra (extra expense)

#### Day 14: Lisbon - Farewell (B)

After breakfast transfer to the airport for your onward or homebound flight.



## Singapore Christmas Lights & Sights

8 DAYS, FRIDAY 25 NOVEMBER TO FRIDAY 2 DECEMBER 2016

Lights, camera, Christmas! Capture the magic of the festive season with our spectacular Singapore Christmas Lights holiday. Whip out your cameras, and get ready for the must-see Christmas 'On A Great Street' at Orchard Road. For six weeks from the middle of November, Orchard Road is at its most enchanting, transformed into a sparkling fairyland when night falls. You'll get a good eyeful of what must be millions of glittering lights dripping from decorated trees and majestic arches, all along the 2.2-kilometre stretch from Tanglin Mall to Plaza Singapura. The Christmas Lights are just one of highlights on this wonderful holiday. You'll spend seven-nights at the Royal Plaza on Scotts hotel which offers you complimentary unlimited WIFI (internet), complimentary minibar restocked daily and Nespresso gourmet coffee from the comfort of your own room. The excellent location on Orchard's iconic shopping belt, makes this hotel the perfect base for your stay. We've filled each day with a highlight and have also given you free time to enjoy Singapore at your own pace.

### TOUR HIGHLIGHTS

- ★ Seven night stay in Singapore
- ★ Singapore Sights Tour
- ★ Enjoy free time in Singapore to relax or shop
- ★ Gardens by the Bay
- ★ Enjoy High-Tea at the Raffles Hotel
- ★ Eat at some wonderful venues including our special farewell dinner

### TOUR INCLUSIONS

- ✓ Home pick up and return
- ✓ Kings Tour Manager
- ✓ Return economy airfare including taxes with Singapore airlines
- ✓ Exclusive Kings Tour to Singapore
- ✓ 7-nights at the Royal Plaza on Scotts
- ✓ Sightseeing and entry fees as per the itinerary
- ✓ Breakfast daily, 1 high tea and 3 dinners

Only \$3,890

PER PERSON TWIN SHARE  
SINGLE PRICE \$5,190 PER PERSON



ON SALE  
UNTIL AUGUST 31 2016

## Christmas & New Year Cruise South Pacific Treasures

16 DAYS, MONDAY 19 DECEMBER 2016  
TO TUESDAY 3 JANUARY 2017



### TOUR HIGHLIGHTS

- ★ Enjoy two nights in Sydney prior to the cruise
- ★ Spend Christmas in style & enjoy the New Year's Eve festivities
- ★ On the ship, discover museum-quality paintings such as an oil painting of the city of Utrecht painted in 1842, as well as contemporary art like the series of photographs of music greats Dizzy Gillespie and BB King.
- ★ Every day aboard a Holland America cruise ship brings a wealth of cruise activities and indulgences, along with the freedom to partake in as many — or as few — as you please.

### TOUR INCLUSIONS

- ✓ Home pick-up and return
- ✓ Kings Tour Manager subject to minimum numbers (10 passengers or more)
- ✓ Return economy airfares including taxes
- ✓ 2 nights at the ParkRoyal Darling Harbour
- ✓ 14-night South Pacific Christmas & New Year Cruise with Holland America
- ✓ Transfers throughout
- ✓ Includes breakfast daily, 13 lunches & 14 dinners

From \$4,495\*

PER PERSON TWIN SHARE  
SINGLE PRICE \$5,950\* PER PERSON



\*\*No visa is required for this destination\*\*  
Organised shore excursions are an additional expense.

\*Price based on Inside Stateroom CAT J. UPGRADES AVAILABLE



## Austrian White Christmas

TWO ROOMS LEFT!

14 DAYS, SUNDAY 18 TO SATURDAY 31 DECEMBER 2016

Picture celebrating Christmas over 4 nights in Leogang Village in an 800 year old Coaching Inn. Enjoy festive drinks in the Samerstall stables and a horse drawn carriage ride on Christmas Day. Savour the fabulous Christmas Markets in Vienna, Salzburg, and in Innsbruck we will be in the grounds of the delightful Schönbrunn Palace at dusk. Enjoy a traditional Christmas Eve dinner, Turkey lunch on Christmas Day, a feature dinner in the centuries old Griechenbeisl Inn, Vienna and a farewell dinner and Swiss Folklore Show in Luzern's Stadtkeller.

### TOUR HIGHLIGHTS

- ★ Celebrate Christmas over 4 nights in Leogang village in an 800 year old coaching Inn with festive drinks in the Samerstall stables and a horse drawn carriage ride on Christmas Day
- ★ Savour the fabulous Christmas Markets in Vienna, Salzburg, Innsbruck and in the grounds of the delightful Schönbrunn Palace at dusk
- ★ Enjoy a traditional Christmas Eve dinner, Turkey lunch on Christmas Day
- ★ Stay 3 nights in glorious Vienna
- ★ Stay in the winter resort of Innsbruck and visit Swarovski Crystal Worlds

### TOUR INCLUSIONS

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ All sightseeing, scenic drives and excursions described in the itinerary
- ✓ First class touring coach
- ✓ End of tour tips to drivers and guides
- ✓ 9 nights selected accommodation as described
- ✓ Hotel portorage
- ✓ Buffet breakfast daily
- ✓ Turkey lunch on Christmas Day
- ✓ 7 evening dinners including a special meal at the old Griechenbeisl Inn in Vienna, Christmas Eve Dinner and Farewell Dinner with music and drinks at the Stadtkeller

Only \$9,250

PER PERSON TWIN SHARE



## Christmas & New Years Cruise Fremantle to Fremantle

16 DAYS, WEDNESDAY 21 DECEMBER 2016  
TO THURSDAY 5 JANUARY 2017



- ★ Nights on-board are always a buzz with activity - from live theatre and the big screen, the casino or even have a dance.
- ★ The biggest highlight of this holiday is being away on a holiday over Christmas and New Year – let the staff on the ship look after you!

### TOUR INCLUSIONS

- ✓ Home pick-up and return
- ✓ Kings Tour Manager subject to minimum numbers (10 passengers or more)
- ✓ 15 nights on board the Sun Princess
- ✓ Includes breakfast daily, 15 lunches & 15 dinners

From \$3,650

PER PERSON TWIN SHARE  
SINGLE PRICE \$6,185 PER PERSON

\*Price based on Inside Stateroom CAT 1B.  
UPGRADES AVAILABLE  
\*\*No visa is required for this destination\*\*  
Organised shore excursions are an additional expense.

PLUS \$200 ON-BOARD CREDIT PER STATEROOM

### TOUR HIGHLIGHTS

- ★ Cruise in and out of Perth – no flying involved!
- ★ Enjoy the stunning Indonesian sunsets
- ★ Fill your days with activities one day and do nothing the next
- ★ Take one of the ships personal enrichment class, do yoga, go duty-free shopping, or just relax with a dip in one of the pools or spas.



## Christmas in the Hunter Valley Gardens

Featuring the Christmas Lights Spectacular & Stunning Nelson's Bay

6 DAYS, THURSDAY 22  
TO TUESDAY 27  
DECEMBER 2016

Picture yourself surrounded by beautiful landscaped gardens in a festive atmosphere and where the climate is moderate, similar to that of the Mediterranean. At the Mercure Resort Hunter Valley Gardens, you'll spend five nights in a meticulous room that opens out onto a private balcony or courtyard. Enjoy the days touring around the region taking in the stunning sights and tasty food. On Christmas Day we'll treat you to a five-course Christmas lunch.

### TOUR HIGHLIGHTS

- ★ Take a ferry ride from Nelsons Bay to the Tea Gardens
- ★ Visit the historic town of Morpeth
- ★ Magnificent Hunter Valley Gardens
- ★ Free time to shop
- ★ See the spectacular Christmas Lights
- ★ Scrumptious five-course Christmas Buffet Lunch
- ★ Visit the Hunter Valley Zoo
- ★ Dinner at the Harrigan's Irish Pub

### TOUR INCLUSIONS

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 5 nights accommodation at the Mercure Resort in the Hunter Valley
- ✓ Exclusive Kings Tour to the Hunter Valley
- ✓ Luxury coach travel throughout
- ✓ Breakfast daily, 4 lunches and 5 dinners
- ✓ Sightseeing and entry fees as per the itinerary

Only \$3,150

PER PERSON TWIN SHARE  
SINGLE PRICE \$3,950\* PER PERSON



WA COACH TOUR

## Christmas in Walpole & Pemberton

6 DAYS, FRIDAY 23 TO WEDNESDAY 28 DECEMBER 2016

### TOUR HIGHLIGHTS

- ★ Visit the historic Village of Wagin
- ★ Enjoy a WOW Wilderness Cruise
- ★ Visit the Valley of the Giants
- ★ See the King Jarrah tree
- ★ Go to the Manjimup Timber & Heritage Park
- ★ Visit the Fine Wood Gallery and Tea Rooms
- ★ Lunch at the Hidden River Estate
- ★ Lunch at the Rose Hotel

### TOUR INCLUSIONS

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ 3 nights accommodation at the Tree Top Walk Motel in Walpole
- ✓ 2 nights accommodation at the Best Western in Pemberton
- ✓ Luxury coach Travel with a professional driver
- ✓ Breakfast daily, 6 lunches and 5 dinners

Only \$2,190

PER PERSON TWIN SHARE  
SINGLE PRICE \$2,690\* PER PERSON



## Experience the Kings Tours Difference!

- ★ Kings has 30 years of Escorted Touring Experience
- ★ Kings Provides Home Pick-Up and Return Operated by Hughes Chauffeured Vehicles
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**The barracuda is a pussycat to fish...**

ally tough customers of northern waters. A Spanish mackerel, for example, has an exceptionally businesslike array of teeth. They are razor sharp and powerful, and as I found out to my cost earlier this year at the Abrolhos, capable of slicing through flesh far more efficiently than their more feared cousins.

Mind you, 'cudas are prone to snapping at anything nearby when landed and a friend of mine is convinced they look right at you and deliberately have a go. He's an experienced fisho and definitely a little unhappy when he hooks one.

'Cuda are reputed to grow in excess of 50kg and one I saw off the north Kimberley coast would have been bigger than that, but in the main they are caught in the 2-10kg range. The fight from one of these fish is a little disappointing alongside a mackerel, queenfish or trevally of similar size and they can feel decidedly slimy when you have to handle one to remove hooks. As if all that wasn't enough, they are also regarded as only mediocre table fare.

So on a good day fishing up north, the hooking of a 'cuda isn't always greeted with wild enthusiasm by anglers, who would much rather be spending the time catching more sporting or better eating species. But on a slow day, when nothing seems to be

interested in the lures, a 'cuda can be a welcome diversion.

The most common way to catch them is with lures, either cast or trolled, and they don't seem particularly fussy as to colour or size. Look for them in relatively shallow water, especially around reefs. Most northern estuaries are good places to start looking, but they can range well out to offshore reefs. They commonly turn up in tidal creeks, but the one place along the whole WA coast where you are most likely to strike a really big one is in the shallows along the western side of North West Cape.

On quite a few occasions I have been wandering and casting in thigh deep water in that part of the world and spotted what looks like a small log drifting along just under the surface. You can get surprisingly close to these logs, only to find they are big 'cudas, often in the 1.2-1.4m range. Why they choose to just drift about aimlessly is a mystery. I also struck a couple of similar sized 'cuda doing the same thing in just 40cm of water at Cocos Islands late last year.

Because they have those teeth, a short length of wire trace in front of the lure or bait is good insurance when fishing for what I believe is one of the most overrated predators in the sea.

**Barry Wiseman with a sizeable Mackerel Island's barracuda**

by Mike Roennfeldt

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IN SOME quarters the word barracuda conjures up images of fearsome predators, aggressive monsters that threaten the life and limb of anyone who is sharing the ocean with them. Yet most of the more experienced fishermen I know that have had much to do with 'cudas, hold these fish in far less awe. They do get big and have an absolutely scary set of dentures, but in reality, the 'cuda is just a pussycat alongside some of the re-

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Guests only need to unpack their suitcase once as they are staying at the Le Grande Motel in Albany all five nights. Worth a mention, the motel is on flat ground so there is no climbing hills to get to the bar and restaurant.

The tour will include full cooked breakfasts, full cooked dinners, morning tea and some lunches.

Some of the highlights of the holiday include lunch at Beaufort River on the journey to Albany, a harbour cruise, visit to Mount Romance Sandalwood factory, toffee and cider, wine and cheese tasting, Albany sights and a day trip to beautiful Bremer Bay. A must is a visit to the new War Memorial. Returning via Wagin, the home of the Big Ram.

There will also be some free time in Albany to relax with a coffee or enjoy a spot of shopping.

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To book a place on the tour or require more information please contact Mary on 0421 306 734 or Chris on 0413 741 556 or 9378 9994 (evenings).

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# Escape to the warmth of Broome, the gateway to the Kimberley



From left to right; Couple on Cable Beach, Broome - Group tour at the Willie Creek Pearl Farm, located just north of Broome - Alfresco luncheon at the Mangrove Hotel, overlooking Broome's Roebuck Bay. Images © Tourism WA

by Anthony von Leonhardi

AS PERTH'S days and nights get chillier and winter sets in, many people's thoughts – especially this writer's – turn towards warmer climes and there's none more popular than our own far north west.

As a getaway destination or base for touring the Kimberley, historical Broome has something for everyone.

There's a plethora of world-class resorts, hotels and caravan parks to choose from, but if it's prime beach location with a five star touch you're after then a stay at the Cable Beach Club is a must.

Located right opposite the pristine white sands of Cable Beach, Cable Beach Club Resort and Spa was built more than 28 years ago by the late Lord Alistair McAlpine with the deal for the land signed on the back of a beer coaster at the Roebuck Bay Hotel.

Set within acres of lush tropical-style gardens the property has just undergone a spectacular multi-million dollar refurbishment of all its rooms, suites and bungalows.

The on-site restaurants with cuisine reflecting Broome's multicultural heritage are popular with both locals and tourists alike and a drink at its Sunset Bar is the perfect location from which to watch Broome's world renowned sunsets and get that postcard shot.

With its rich cultural heritage there's plenty to do around town if you're not inclined to go on long tours of the Kimberley.

A visit to Broome's tiny museum is incredibly informative and a great way to get an insight into the origins of township. Include a stroll around the Japanese and Chinese cemeteries and a trip to Gantheaume Point where red cliffs meet the blue ocean to check out the ancient dinosaur prints.

In Broome town there are many quaint little shops to pick up souvenirs of your trip. There are also the world-class big brand named jewellery stores specialising in local pearl jewellery – you'll feel just like a kid in a candy shop with the variety.

If it's learning more about the pearling industry you desire then a tour to the working Willie Creek Pearl farm is a must.

Guests can either be

picked up from their hotel or make their own way to the farm where well informed guides impart their knowledge about the cultivation of these organic south sea gems.

A highlight is a boat ride through the creek – with a bit of croc spotting – and a morning or afternoon tea with delicious home made damper with jam and

cream. I can also highly recommend the chopper ride along Cable Beach to and from the farm for the views.

If it's up close and personal with the local wildlife you want, then visit the Malcolm Douglas Crocodile Park and Animal Refuge. It's about a 15-minute drive from Broome and houses

some of the biggest crocs in Australia. Feeding time is an eye-opener and if you're brave enough you can even hold a baby croc.

For a few nights each month between March and October there's an almost surreal occurrence on the tidal flats of Roebuck Bay where at low tide the moon appears

to be accessible by stairs as it rises over the horizon.

Watching this natural phenomenon from the gardens of the newly refurbished Mangrove Hotel there was a hush over the crowd on the evening this writer attended as the substantial crowd watched stairs magically appear over the mudflats from under a blood red moon.

In the background the haunting sounds of a didgeridoo added to this once in a lifetime experience. One can only imagine what significance this held for the local indigenous community watching it for thousands of years before white settlement.

Another vantage point is at Town Beach with its vibrant night markets offering a variety of local

craft stalls, international food caravans and entertainment. The pearl meat Laksa is to die for and uniquely Broome.

Watching a movie under the stars is something we all love to do and Broome has the oldest outdoor picture theatre in the world.

There's something surreal about sitting in a deck chair at Sun Pictures on a balmy night with popcorn and choc top in hand watching a film when suddenly a plane flies over low to land at Broome airport.

Broome becomes party central in mid August for the annual Racing carnival – although official racing starts in May. All the colours of the Kimberley are seen at the racetrack during race week which is full of glamorous lunches, cocktail parties and plen-

ty of socialising culminating in the Broome Cup.

This writer has been many times and is always impressed with the fashion and glamour seen on and off course.

And the fun doesn't stop there with The Shinju Matsuri Festival or Festival of the Pearl in September celebrates Broome's diverse cultural heritage.

Highlights include the colourful street parade to wake up festival mascot Sammy the Dragon and the magical long table dinner under the stars on Cable Beach.

This is just a small snapshot into what the gateway to the Kimberley has to offer.

If you want to know more check out the website [www.broome.com.au](http://www.broome.com.au) or ask at your hotel's tour desk.

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## Terrific scenery, delightful markets, good walking trails and great food – all in a day's visit to the Perth Hills



Left to right; Masonmill Gardens - Kalamunda Farmers Markets - Lesmurdie Falls

by Brad Elborough

A DAY that started out as a simple search for a Perth Hills breakfast venue, vis-

ited several years ago, recently became so much more.

Terrific scenery, a leisurely stroll, amazing views

and delightful markets all became unexpected highlights for a full day.

I was searching for a rose-themed café that I'd

been to once before. The only vague memory remaining though was of a very decent breakfast and beautifully manicured gardens.

A wrong turn on my search found me on Lesmurdie Road though, with signs pointing to Lesmurdie Falls. It had been a couple of decades since I'd be there too and again memories of the place were fond, although well and truly faded.

I was not on a schedule, so there was time for a detour.

Even if I'd had vivid recollections, they would still not have been as good as what I found. There has been an effort made recently to entice visitors to the area to explore, safely and comfortably.

There are two car parks – the first of which is at Upper Lesmurdie Falls. As I'd done no homework, I didn't know there was another at

the end of the 'No Through Road', so I pulled in. I'm glad I did.

The sun was only just peeking through the trees and it was hitting the trickle of water that was passing through the area.

I was only 30 minutes from Perth, but already I was relaxed and felt much further away. But that's one of the great things about Perth Hills.

There were several cars in the car park, but no people around. A quick exploration of the area led to some paths that clearly trailed off to the bigger falls.

The walk to Lesmurdie Falls wasn't difficult, nor slippery or dangerous. Those not interested in the walking part of the experience can continue by car to the end of the road, where there is a larger car park, toilets, information posts and areas to sit and rest, or enjoy a picnic.

This area is located just a couple of hundred metres from the first car park and only about 320m to the main Falls.

The first section of the trail ends at a viewing platform that juts out from the hill. It provides a terrific view of the Lesmurdie Falls that drop spectacularly 50m down the hill.

(Tip: visit between June and November when there is plenty of water).

The views also open up west over Perth and the suburbs. Some visitors claim to be able to see out to Rottnest Island on a clear day, but I wasn't that lucky. Perth, however, was easily identified.

The paths were pretty busy, with locals who clearly use the trek as a part of their regular exercise regime. Others were like me, checking it out for the first time, while some even appeared to be visitors from even further away.

Some of them continued the whole way to the foot of the falls, while others, like me, settled for the platform. One adventurous guy even decided to trek up the north side of the falls, from the foot, through the shrubbery. For the record, I wouldn't recommend it.

Less than 10 minutes from the car park (driving) are the Kalamunda Farmer Markets.

They run every Sunday, from 8am-12noon. These are just like regional markets, with baked goods (the croissant was fab), cheeses, fruit and veg, a chorizo and bacon specialist, some terrific chilli and feta cheese, some innovate dog treats and a newcomer specialising in goat cheese. There was even a solo guitarist playing some old country classics, to help add to the atmosphere.

They're not big markets, so you don't need a lot of

time to explore all of the stalls.

So, it works out that the rose themed café, previously the Rose Heritage Gardens, has changed its name to Masonmill Gardens. It's located just 10 minutes further south, down Canning Road.

The name had changed, but the gardens are still spectacular. It'll take you a while to get from the car park to the restaurant. The koi pond is full and its tenants will give you a close look at their colour and size; and there are several gardens still very well manicured, offering relaxing spots to stroll around, or just sit, relax and take in the surroundings.

If you have kids with you and you can pry them away from the koi pond, there is a terrific nature-play playground for them to enjoy too. Some older kids... alright adults... were enjoying it as well.

Masonmill Gardens is fully licensed, but very family friendly. It has inside and outside dining options (some undercover, some not) and can cater for a lot of people. There was a bit of a wait for our breakfast, but it was worth it.

Our table enjoyed the full cooked \$20.80 (bacon, sausages, tomato, mushrooms, hash brown, eggs, toast and house chutney), and a bacon and egg roll \$16.90.

After our walk at the falls and through the markets, needless to say there wasn't a scrap of food left on our plates. We'll have to come back one afternoon for the wood fired pizzas.

Lesmurdie Falls are in the Lesmurdie Falls National Park, inside Mundy Regional Park. The Falls are one of a few that can be found along the Darling Range Escarpment.

Several walk trails are available from here of varying degrees of difficulty, including:

The Falls Trail. 640m return, Class 2, allow 30 min.

The Shoulder Trail. 1.5km return, Class 3, allow 1hr.

The Cascade Trail. 300m return, Class 3, allow 30 min.

The Foot of the Falls Trail. 2km return, Class 3, allow 1hr.

The Valley Loop Trail. 3km return, Class 3, allow 2hrs.

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## The Peel region is the paddling capital of WA - come and have a go during September



Over 55 rafting at Dwellingup Peel Paddling Carnival

RESIDENTS and visitors to the Peel region are invited to take part in Peel Paddling Carnival which runs from 1 to 30 September and experience the diversity of Peel region's waterways, paddling trails and clubs.

The carnival is an annual event that offers a variety of

paddling opportunities suitable for new and experienced paddlers with a number of events geared especially to the older adult. Most of the events are free.

Special events for seniors include flat water rafting on Saturday 10 September. The event is hosted by Dwellingup Adventures and is followed by hot soup and a sausage sizzle. Book on 9538 1127.

The Mandurah Over 55s Canoe Club is hosting social paddles on Monday 5 and 21 September. The Mandurah Murray Vietnam Veterans Group is also hosting social paddles on the 8 and 22 September. Details available in the full program on line.

Other activities include a selection of have-a-go events and recreational, sport, eco and skills workshop events.

The carnival is coordinated by Canoe Trail Friends of Mandurah and Pinjarra in partnership with local businesses, paddling clubs and groups and various local government agencies.

For full program details and contact information visit the Peel Paddling Carnival website at [www.peelpaddlingcarnival.myclub.org.au](http://www.peelpaddlingcarnival.myclub.org.au) or pick up a flyer from a Visitor Information Centre in Mandurah or Dwellingup.

## Journey beyond with the Ghan and Indian Pacific

A JOURNEY through the heart of Australia is one that should be savoured. Glimpses of kangaroos grazing while you are dining aboard the Indian Pacific or waking to a sunrise over the boundless horizons from a private cabin on The Ghan - this is an experience not to be missed.

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The Ghan Expedition will be available on all Darwin to Adelaide departures for an extended six month season next year 2017, from 3 May to 25 October.

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For further details or to book contact the WA Visitor Centre on freecall 1800 812 808 or email at [wa@ausvc.com.au](mailto:wa@ausvc.com.au)

## Wildflower season is 'Djilba' season



Foraging for wildflower bush tucker in Australia's south west

FOR THE Noongar people in Australia's southwest region, August marks the beginning of the Djilba season. Characterised by the blooming of wildflowers, this is the time when, traditionally, the Noongar people would journey to the coast. The blistery winds are starting to slow down - making way for the warmer weather period. It's the season of new life in the country - Djilba is the Noongar season of conception.

Local birds are starting to nest, preparing for their new chicks to arrive and wildflowers are starting to open - painting the country in beautiful vivid

hues. It's time for the male emus to 'take a seat' on their eggs - traditionally, emu eggs were gathered and sometimes the emus were hunted.

This year, the Makuru season (June, July) has fuelled the country with lots of rain, triggering an early burst of plant life such as golden wattles and kangaroo paw. Local native plants and flowers were used by the Aboriginal people long before European settlement and each new season delivers a wide variety of 'produce' - more than just food or medicine, many plants were a resource material, used to make

hunting, foraging and other tools.

Towards the end of Djilba, when the baby swans are out on the water, there will be other plants like Boronia in flower. It's all part of nature's cycle - everything is connected and carefully balanced.

The Noongar people of Western Australia have six seasons - Birak (December, January), Bunuru (February, March), Djeran (April, May), Makuru (June, July), Djilba (August, September) and Kambarang (October, November). The Noongar people spent the summer months along the coast and the winter months inland using plants that were in season along the way.

Throughout Western Australia, there are local Aboriginal guides taking visitors on tours which venture deep into the ancient roots and traditional uses of wildflowers - tours that are coloured with spectacular landscapes and panoramas of vivid, colourful carpets. For more information, visit [www.waitoc.com](http://www.waitoc.com).

## Tranquil holiday escapes for lovers of peace and quiet

IF you're thinking about taking a holiday this year, these gorgeous destinations offer plenty of serenity and relaxation away from the crowds.

### Tropical Island Escape, Vanuatu

This stunning island destination is perfect for those who want to experience a tropical holiday without breaking the bank.

Vanuatu has many relaxing resorts to choose from. You can stay in a resort close to the small hub of Port Vila (try Erakor or Iririki) or escape to one of the outlying islands, like Tanna or Espiritu Santo.

Thanks to its tropical climate, any time is a great time to visit Vanuatu.

### Rocky Mountaineer Train Journey, US and Canada

What could be better than relaxing back, watching the scenery go by and having everything you need at your fingertips?

Riding the Rocky Mountaineer is an incredible experience, with magnificent mountain and forest scen-

ery to view, and stop-offs including Seattle, Vancouver, Whistler and Lake Louise/Banff.

### Milford Sound Stay, New Zealand

If nature (and perhaps a touch of adventure) is your thing, you'll discover a wealth of tranquillity and fun in New Zealand's beautiful Milford Sound.

The dedicated lodge here sits beneath the Darran Mountains and offers everything from camping to cabins to luxury chalets.

During the day, you can do anything you like - go on a wandering hike, glide on a kayak or even take a day cruise. And at night, simply dine away or relax under the stars.

### Big City Break, Switzerland

Contrary to many assumptions, breaks in a big city don't necessarily have to be noisy and crowded. Zurich is a stunning city that offers a rich cultural scene, excellent food, luxury shopping, and a generally peaceful atmosphere.

Walking and cycling through the streets is easy in Zurich, and a bundle of tours (food tours, trolley tours, Old Town tours, Segway tours) are readily available if you want to do some city exploring.

For the more adventurous, escaping into the surrounding Swiss Alps is entirely possible. Tours are great options if you're unsure how to get there, and activities like skiing, hiking, taking the train, riding the cable car and dining at high altitudes are easy as pie.

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### "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.  
**Nookaminie 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 have a distinctive pink colour whilst the other side remains its natural blue.  
**The Toapin Weir** -12 kilometres northwest of the town, constructed in 1912 to collect rainwater runoff to supply the town and irrigate the nearby farms.  
**UPCOMING EVENTS:** 16, 17 & 18 Sept, Feature Artist Day, 22 Sept, NAIDOC Day, 8 Oct, Quairading Show (with Luke & Ebony Haythornthwaite) and 28 Oct, Spring Fling with Sabrina Hahn

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# Visit Kalbarri for bumper wildflowers which are blooming now



**KALBARRI** Wildflower season, 2016, is set to be the best in a long time. Excellent May – July rainfall has paved the way for

the National Park to be a blaze of colour. There are more than 800 species of wildflowers in and around the park and even into

town on the golf course, as well as along the scenic coastal walking trails. Locals are saying this season is best in more than 20 years.

August onwards is the very best time to visit Kalbarri with a very mild winter (a lot warmer than Perth and down south) and the time when you see some of the best wildflowers. Fields of everlasting, native orchids, Banksias, kangaroo paws, Thryptomene, cats paws, starflowers, featherflowers and 12 O'Clocks are just a few of the many flowers people are likely to experience. It really promises to be a wonderful wildflower season and a must to at least get away from Perth and down south's wet and cold weather.

Later in the season people will see many

wattles, Hakeas, Grevilleas, Verticordias and Leschenaultias. The coastal areas of the National Park boast plants such as the Murchison Rose which can only be found in Kalbarri.

Another feature of the holiday is watching the annual migration of approximately 22,000 humpback whales as they pass the Kalbarri coastline (June to November) heading north to better feeding grounds and then August onwards after a good feed in warmer waters they begin to make the return journey back to Antarctica. The average adult humpback is 14 – 18 metres in length, weighs up to 50 tonnes and swims at about 7km per hour. So they are not hard to spot and to watch for a while from the many scenic

vantage points along the coastline near Kalbarri township.

Kalbarri Edge Resort is the perfect place to base your holiday in the centre of the seaside township. Choose a room upstairs with a view or downstairs for easy access. Treat yourself to a king bed (or twin king singles). The spa suite has a separate lounge area and also a private balcony with outdoor dining area and barbecue. Kalbarri is great for outdoor dining on warm, mild evenings. The resort is rated four stars and people will be pleasantly surprised with all the resort features and quality room amenities. If you decide not to cook there is a restaurant open for breakfast and dinner and also plenty of other choices of eateries around town. Visitors must try of course

some local seafood while in Kalbarri as this was the original industry in town and is still a thriving part of the local economy. Local lobster, snapper, dhu fish and emperor are often available fresh from the boats at the fisherman's jetty.

There is of course heaps more to do in Kalbarri, so if possible visitors should stay at least five nights. Enjoy walking on the beach and the scenic trails down towards the coastal gorges. Treat yourself to a scenic flight to Monkey Mia or out to the incredible Abrolhos islands. Meander through the shops with a difference around town. Take a boat ride on the Reef Walker boat or the River Queen up the river. Spring, which begins early in Kalbarri, is the very best weather with average

daytime temperatures up around 26 degrees and mild nights. Such a great time to get your body and soul defrosted after the colder weather in Perth and further south.

There is at present a great seniors special offering free room upgrade to spa suite with king bed, free restaurant breakfast daily, a welcome drink upon arrival, courtesy bus transfers for those who arrive on Trans WA and a discount voucher for dinner in the restaurant. The best special is \$66.50 per person per night which offers all of those features mentioned. The spa suites have a full kitchen if people want to cater for their own meals and they also have their own private balcony with outdoor setting and barbecue. Even better idea, try catching a fish such as whiting, bream, tailor or mulloway (which are plentiful all year round) and barbecue it fresh that evening.

Free call the resort on 1800 286 155 to book or email them on info@kalbarriedge.com.au, for details and prices on all the packages go to www.kalbarriedge.com.au and click on rates/deals.

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**2016 Chittering Wildflower Festival, Bindoon**  
Friday 16 - Sunday 18 September, 10am-4pm  
Festival programme available on our website.

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# WA WILDFLOWERS

let's gotravelling



by Brad Elborough

FIRST, the disclaimer. If you are wowed only by the biggest and fiercest creatures in the animal kingdom, then the Peel Zoo isn't for you.

You won't find any lions, elephants, rhinos, or crocodiles here. There are no polar bears, or pandas. And the only tiger you'll come across is the spotted tailed tiger quoll. It's a carnivore (meat eater), like its namesake, but it's generally the size of a domestic cat, not something you'll see in a Katy Perry film clip eating a human whole (reference to the video for her song 'Roar').

What you will find at Peel Zoo though are a couple of hundred animals that appear just as keen to see you, as you are them.

The young emus, for example, pretty much mirrored me as I walked along the outside of their enclosure. I even tried to trick them by doubling back in the opposite direction, but they were on to me.

As a keen viewer of the Netflix series Zoo, where the animal kingdom is starting to fight back against the human race and take over the planet, I must admit there were a few nervous moments. These guys seemed organised.

But what could these cute little emus do? Plus it's only a television show, not a documentary (I kept reminding myself).

Some of the tenants at Peel Zoo share the walkways with you. I'd swear a few of the ducks followed me during my entire stay. It was almost like I had a private escort.

And when I was looking for the toilets, the peacocks were more than happy to help me find my way. In fact, a few of them were perched above the entry of the WC, which I could easily locate while walking around the zoo. I almost expected them to offer me a hand towel on my way out.

Rest assured though, that although this is a wildlife sanctuary, you don't spend your visit walking among the animals while they scatter around freely among you. The majority of them are in enclosures.

Not that there isn't a chance to interact. There are a couple of walk-through areas (there's a kangaroo petting area and a walk-in aviary) and if you're in the right place at the right time, one of the keepers may offer a chance to touch, pet, or even hold one of the animals.

I had no such luck the day I visited though, as the bad weather meant many of the animals were doing their best to stay out of the rain.

Surprisingly though, I did still see most of the animals, including one of my favourites at any zoo, the Tasmanian Devil.

The enclosures are such that those calling them home can still protect themselves while we get a good view of them.

If you follow the news and saw the story recently where one of the dingoes bit one of the keepers, there is no need for alarm; the animals provide no danger to guests (providing you keep your fingers and hands where they are supposed to be).

Peel Zoo claims to be a boutique zoo and wildlife sanctuary.

It's a family owned and run and couple Narelle MacPherson and David Cobbold were both up to their eyeballs in work the day I was on site. They are not alone though, with keepers and volunteers helping out. And if you have some spare time, there are opportunities (information is on their website) where you can assist.

They have developed a terrific tourist destination and (as someone who has been involved in travel and tourism in WA for nearly two decades) I am embarrassed to declare I had not visited before.

The stroll around Peel Zoo is very relaxing.

It's nowhere near the size of its equivalent found in the city, and it provides the ability to walk around it without feeling as though you are in a rush to avoid the risk of not seeing everything.

In fact, I found myself spending more time in front of enclosures check-

ing out the owls, parrots, quokkas and kangaroos, that I would any of the exhibitions in Perth.

And if you have youngsters, or those technologically savvy with you, at Peel Zoo they don't need to leave their electronic device in the car (locked up, of course).

Each of the enclosures at Peel Zoo features a QR (quick response) code. You need to download the reader (on iPhone or Android device) before you get to the zoo.

You can then just scan the boxed code with your device and you will be diverted to a website that provides you with a heap of information about the animals that are inside, as well as some information on its importance to the Noongar culture.

It's like having your very own keeper or docent follow you around during your visit.

Or you can just take your time and pretend that the animals are talking to you, like I do!

Peel Zoo is located 10 minutes from Mandurah, behind Pinjarra Golf Course (on Pinjarra Road).

It is open daily 10am-4pm on weekdays, 9am-5pm on weekends, public holidays and during school holidays.

There is limited food and drink available for sale and there is a barbecue and picnic area.

Tickets: Adult (16yo+) \$23; Child (3-15yo) \$12; Australian Senior \$17.50; Family ticket (2 adults and 2 children) \$60.

www.peelzoo.com.au.

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# WA WILDFLOWERS

let's gotravelling

## Experience a spectacle of colour and gain insight into a WA biodiversity hotspot



Walkers and wattle

THE world-renowned Bibbulmun Track gives people the opportunity to get right into the bush for a closer view of some of the best wildflower displays in WA. Experience a spectacle of colour and gain an interesting in-

sight into this biodiversity hotspot. More than 2,000 species of plants can be seen along the track.

The Bibbulmun Track in Western Australia stretches over 1000kms from Kalamunda in the Perth Hills to Albany on the

south coast. From giant boulders, to magnificent ancient forests of jarrah, karri and tingle, coastal heathlands and spectacular views, the track passes through some of the most diverse and unique areas of Australia's south west.

As people step onto the Bibbulmun Track at the Northern Terminus in Kalamunda and begin their journey into the botanical region of the jarrah forest.

The jarrah forest is found on the Darling Plateau and during the months of July to October comes alive with a stunning and colourful variety of native flowers.

The soil on the slopes is very shallow so most of the plants are low growing and form a dense, co-

lourful, heath-like carpet, except where outcrops of ancient granite poke through giving a strong contrast to wildflowers.

The first vibrant colours of the flowering season are the purples of hovea and the golden yellows of wattles. Donkey Orchids can start flowering as early as July and bloom in clumps of yellow and brown heads that appear to have large donkey-like ears.

Further east, the track will take you through typical spindly jarrah forest that has been harvested within the last 20 years. When you move from the typical red, pea gravel plateau of the jarrah forest along the edge of the Helena Valley, you descend through a small valley of deep, loamy soils that is wooded with wandoo and yari (WA blackbutt).

The wandoo are a very white barked tree, which stand out beautifully from the darker tree.

The yari have deeply furrowed grey bark, graceful weepy leaves and can grow to an enormous 45m high. Below them the understory

plants usually grow lush and thick, with soapbush, and yellow wattles and brightly coloured peas such as chorizemas and kennedias being very common.

Heading further south, the Bibbulmun Track parallels the Albany Highway and crosses over and passes granite outcrops. These areas are like rocky islands within the surrounding forests or bush-land and, like islands, they usually have a unique range of plants and animals that are quite different from their surrounds. The granite has long spikes of fluffy pink and grey flowers.

From the Collie Valley southwards the jarrah forest receives more rain so the understory shrubs can be denser and lush and some types are also found in karri forests.

The richer soils support water bush, named for its abundance of fine toothed leaves that have the ability to hold droplets of water that will soak a passing walker to the skin.

At Karri Gully, on the Brockman Highway be-

tween Bridgetown and Nannup, jarrah forest gives way to karri and introduces a range of new understory flowering shrubs to walkers.

The tall karri hazel with soft oak shaped leaves and karri wattle with fern-like leaves and pale lemnor wattle flowers.

For the plant lover it is a joy to walk the Bibbulmun Track along the south coast from September until the summer sets in.

The vegetation is generally thick and low so views into the hinterland and across the ocean are mostly uninterrupted and the foreground of brightly coloured flowering shrubs sets the scene off to a tee.

The colours that contribute to this cheerful scene are the yellows and golds of coastal or shark's tooth wattle, cut leaf hibbertia and the common but very graceful Bossiaea Linophylla, a pea flower that has no common name.

Adding splashes of blue and mauve are shining feather flowers and the native wisteria.

The wildflower season starts in the north around late July and gradually blossoms from then on heading south.

September and October tend to be the peak times but this can be earlier or later depending on the season in any particular year.

The flowers vary along the track in terms of variety, abundance and season.

Walking the Bibbulmun Track is a perfect way to immerse yourself in a dazzling display of plants and wildflowers.

It is easy to access and easy to navigate.

People who wish to venture out; the Bibbulmun Track Foundation sells essential maps and guidebooks, and provides a wealth of information and advice.

Also available is a handy guide, *Wildflowers of the Northern Bibbulmun Track and Jarrah Forests* which detail more than 300 of the most common wildflowers found along the northern half of the Track.

Or for those people unsure where to start, the foundation includes guided wildflower walks in its seasonal calendar of events.

The foundation also organises walking and accommodation mini breaks in various locations along the Track.

There are town-to-town tours, where people can complete sections of the track in comfort, as well as the popular all-inclusive eight-day highlights of the Bibbulmun Track tour.

One participant shared his experience on the track, "I have walked in many places around Australia and been on many wildflower tours with other companies, BUT the wildflowers here were insane! The variety, the colour, the abundance – they were everywhere you looked."

"You promised wildflowers, and you delivered."

Their current calendar of events includes wildflower walks and offers a variety of events for all ages and fitness levels.

A copy can be obtained by phoning 9481 0551, email: friends@bibbulmuntrack.org.au or online at <https://www.bibbulmuntrack.org.au>

### Discover Wildflowers in the Southern Forests

The southwest corner of West Australia is known to be a biodiversity hotspot with a wide variety of unique orchids and flowers native to this region.

For info on trails, tours, events and maps, contact our Visitor Centres:

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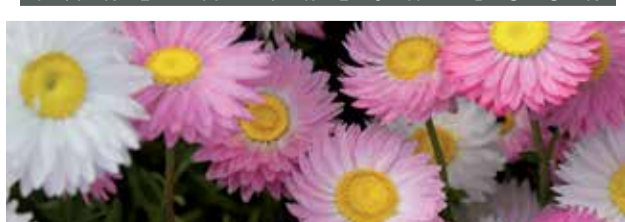
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# WA's GREAT Outdoors

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## Learning about outback history and culture of the Golden Outback



From left to right; The smallest hotel in Kalgoorlie - Gold panning is a great activity to try at Hannan's Mine

THE WILD outback history of Western Australia played a highly important role in shaping the future of the entire state.

As well as a rich Indigenous history and heritage, the Golden Outback is the birth place of Western Australia's gold rush era, and where the early pastoral pioneers laid the foundations for today's agricultural industry.

Take an incredible journey of discovery through the outback history of Western Australia and experience the unique history and ancient cultures of the Golden Outback's Indigenous communities.

Learn how the lure of gold brought thousands of fortune seekers to the Kalgoorlie and Murchison Goldfields in the late 1800s.

Many of the towns people see today, began life as gold rush settlements and still retain their old-world charm.

Others have long been abandoned and all that remains are eerie ghost towns and ruins.

The region's agricultural history is just as colourful, and people can follow in the footsteps of the hardy pioneers who ventured deep into the outback and developed the untamed land for pastoral farming.

Why not visit some of the Golden Outback's many historical sites, museums and heritage trails that offer amazing insights into the lives of the brave and courageous who shaped the outback history of Western Australia.

### Indigenous history and culture

The Indigenous history and culture of Western Australia's Golden Outback was shaped by the ancient tribes who have inhabited the region for many thousands of years.

These include the Wongi people of the Western Desert and the Goldfields, the Yamatji people of the Gascoyne-Murchison region and the Noongar people from the Wheatbelt and Esperance-South Coast.

Unlike other early civilisations around the world, the Indigenous history and culture of

Western Australia's Golden Outback was not focused on building permanent structures or clearing the earth to cultivate crops. Instead, their spiritual beliefs and way of life were closely bound to the land, sea and sky.

### The Dreaming

The Dreaming is the foundation of Indigenous culture and spiritual beliefs.

The ancestral Dreaming spirits, who could change their form into animals, people or any physical feature, travelled across the country shaping the natural environment and establishing religious and moral systems for Indigenous Australians.

They also created the natural environment, and the humans and animal species that populated the land.

When their work was complete, the spirits transformed themselves into hills and other physical features, leaving evidence of their presence in the natural environment, where they still remain a powerful spiritual force for Indigenous Australians.

The Dreaming is not just an integral part of the Indigenous history and culture of Western Australia's Golden Outback, it's also an important source of information for day-to-day survival.

Dreaming stories map out the location of water, places to gather food, campsites and significant landscape features, while also linking distant

40,000 years old.

### Conservation

Historic Indigenous sites are valuable resources.

Please help preserve these places for future generations. Avoid touching or stepping on the area, leave no rubbish behind and do not mark the site in any way.

### Indigenous art today

Indigenous art galleries and art centres throughout the region showcase the work of local traditional and contemporary Indigenous artists. In some places, you can even watch the artists at work.

### Authentic Indigenous tours

You can explore the Indigenous history and culture of Western Australia's Golden Outback by joining one of the many authentic Indigenous experiences or visit [www.waitoc.com](http://www.waitoc.com) for more details.

### Gold rush history

The Western Australian gold rush began with the first discovery of gold in the late 1890s.

News of the gold spread as fast as the region's wildfires and soon gold prospectors were arriving to seek their fortune and set up gold rush towns in the dusty landscapes of the Kalgoorlie, Goldfields and Murchison regions.

They came slowly at first, but as the finds grew so too did the population. Lonely clusters of tents and rough

bough sheds were soon transformed into booming Western Australian gold rush towns.

Grand hotels lined the main streets and bustling town centres soon boasted butchers, bakers, schools and churches.

And with the completion of the Golden Pipeline, this arid region was given a constant supply of fresh water.

Many of the original townships remain and though the populations are not as huge, the character buildings and museums provide a fascinating glimpse into the wild and colourful spirit of the gold rush era.

Take a journey of discovery, starting at Hannans North Tourist Mine in Kalgoorlie-Boulder and visiting some of the region's many museums.

Try your luck at gold prospecting and fossicking in the Goldfields. Or follow the Golden Quest Discovery Trail, leading you through the gold rush towns of Coolgardie, Laverton and Gwalia.

### Agricultural history

The agricultural history of the region begins

in the late 1800s with fascinating stories of colourful characters who ventured bravely into the remote plains.

It was these hardy folk who laid the foundations for the agricultural and pastoral industries that still remain strong today.

These early pioneers drove mobs of cattle and sheep through the vast and often waterless countryside.

Along the way, they carved out the original outback highways which now form the region's roads, tracks and trails.

And as more people arrived in the region, settlements transformed into small townships,

with donkeys, camels, bullocks and horses adding to the hustle and bustle of these early regional hubs.

You can experience the harsh rural life these early pastoralists endured by visiting the historical sites, heritage trails and museums throughout the region. The Wheatbelt is particularly rich in historical towns and artefacts, with rusting ploughs, old tractors and traditional farming equipment standing as testimony to the early agricultural history.

For more information visit [www.australiagoldenoutback.com](http://www.australiagoldenoutback.com)

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# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



## Discover the Golden Outback's flora and fauna



Lizard on East Mount Barren, Golden Outback © Tourism WA

THE ANIMAL and plant life of Western Australia's Golden Outback is incredibly diverse.

In the national parks, reserves and woodlands people can encounter everything from the iconic kangaroo to tiny, endangered marsupials.

Crossing the vast outback plains there are birds and lizards thriving in harsh desert conditions.

Throughout the region, spectacular wildflowers bloom from July to November.

Meet the friendly resident kangaroos of Lucky Bay, near Esperance, or watch the sea lions and dolphins at play in the waters around the Recherche Archipelago.

Discover the fish species of the southern reefs, and in late winter and spring, see humpback whales on their annual migration along the coast.

On the sweeping red plains in the north of the region, you'll find small, versatile marsupials that have adapted perfectly to the dry outback environment.

It's not unusual to see emus, kangaroos, wallabies, possums, dingoes and galahs roaming the wide-open spaces of the outback.

And people who are passing through the Wheatbelt region, pay a visit to Barna Mia Animal Sanctuary near Narogin, where they'll find some of the rare and unusual native marsupials, including the bilby, boodie and woylie.

Explore the depths of the Dryandra Woodland in the Wheatbelt region – a tranquil sanctuary for some of the most endangered and unique wild animals of the outback.

In contrast, the farm stays of the Wheatbelt region offer a very different animal experience. Here, people can pet and cuddle cute farmyard animals and learn about rural life on a working farm.

The Goldfields and Gascoyne-Murchison regions are famous for their profusion of birds and unique species of reptile.

Be sure to look to the skies while travelling through the Northern Goldfields for a glimpse of the majestic wedge-tailed eagle.

Tiny zebra finches flock in clouds of colour.

At dawn and dusk, the bush is alive with the chitter-chatter of budgerigars, the raucous calls of galahs and the coo of doves.

To help preserve these pristine environments for future generations, follow the principles of Leave no Trace.

For further information about where to spot kangaroos and encounter the wild animals of Western Australia's Golden Outback, visit [www.dryandra-tourism.org.au](http://www.dryandra-tourism.org.au) or [www.dpaw.wa.gov.au](http://www.dpaw.wa.gov.au)

For more information about the region visit [www.australiasthegoldenoutback.com](http://www.australiasthegoldenoutback.com)

## No trip to Kalgoorlie is complete without a visit to Hannans North Tourist Mine



Gold panning demonstration at Hannans North Tourist Mine © Tourism WA

TAKE your time to explore at Hannans North Tourist Mine. Discover the secrets of gold rush history and modern day mining in the Goldfields.

After listening to Paddy Hannan tell his tale of discovery,

people can find their fortune panning for gold, and try a hand at the legendary game of two-up. Walk through original buildings relocated from mine sites along the Golden Mile,

including an historical dynamite room and the Parlinga gold room which was in use from 1920. The Daisy Mae engine room is home to beautiful early 1900s engines which are still in working condition. The prospectors campsite lets visitors see how miners of the 1890s lived and worked and gives people an idea of how tough life was in the early Goldfields.

Get up close and personal to four headframes, including the Morty headframe originally erected in 1890. Go inside a replica of the National Australia Bank's 1934 Southern Cross branch to see an original De Grave bullion balance used to weigh gold

in the early 1900s. Hannans North also allows visitors to experience modern day mining as they climb aboard a giant 793C haul truck, stand in the shovel of a 994F loader, and go inside a modern underground refuge chamber where up to twelve people can survive for seventy-two hours.

With 34 points of interest to tick off the list on a self paced, self guided tour people won't want to leave.

Open Sunday to Friday 9am until 4pm.

For more information see Hannans North website, [www.hannansnorth.com.au](http://www.hannansnorth.com.au) and Facebook page [www.facebook.com/hannansnorthtouristmine/?ref=settings](http://www.facebook.com/hannansnorthtouristmine/?ref=settings).

## Perth Seniors Travel Club



From left; Ryan Newman, Anne Williams and Geoff Mead

WELL a month has gone by and Perth Travel Club are really thrilled with the response. The facebook page has "likes" reaching more than 500. It is very gratifying and thank you to the people who found the time to let them

know that they are on the "right track".

New schedules are in the planning and they have chosen a fairly wide range of trips so people can have the choice of day trips, extended trips, over east trips and overseas trips. Trips being the ultimate word.

The future schedule is well underway and if people call them they will be happy to arrange to send out a current copy with booking forms to plan well ahead.

Perth Seniors Travel Club is about to undertake visits to seniors clubs to inform people "first hand" of how they operate and offer a caring environment for people to come touring. If any club or group would like a "guest speaker" Anne will visit and give a personal insight and a "Travel Light" presentation so guests can learn how to really pack light.

For bookings with West Coast Bus Charters, contact Anne Williams on 0408 912 642 or Geoff Mead on 0473 514 944.

Refer to ad on page 34.

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- Hyden Rock - enjoy the rock's walks, surrounding flora and fauna.
- Bromus Dam - free camping area with bushwalks, lots to explore or a great place to have a BBQ or picnic.
- Mt Jimberlana - 5km east of town, offering spectacular views from the top with a picnic area at the base.
- Phoenix Park - educational, historical and is close to the town centre

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# let's go travelling ADVERTISING FEATURE



travel options for the mature west australian

## Sailing on the enchanting *Enchantment of the Seas*



Left - The Enchantment of the Seas Right - The beautiful dining room

by Chris Frame

WHEN Royal Caribbean International's (RCI) *Enchantment of the Seas* entered service in 1996 she was, at 74,000 gross tons, one of the largest ships in the fleet. Considered small when compared to RCI's current holder of the largest title – the massive 225,000 gross ton *Allure of the Seas* – the smaller and more intimate *Enchantment* is an ever-popular vessel among travellers planning a cruise as part of a holiday in the United States of America.

The ship underwent a dramatic transformation in 2005 where she was lengthened and fully refurbished. This process saw the ship cut in two, and a new 22m long central section added to the ship. Today she weighs in at over 82,900 gross tons making her bigger than the QE2.

Aside from additional cabins, this new section provided improved facilities for passengers to enjoy. Facilities include an expanded pool deck (which is actually more like a water park), extra bars, lounges and an expanded casino.

The interior of the ship has been decorated in a clean and modern style.

Cabins of all categories are large and spacious. As expected, all include a private and well-appointed ensuite bathroom and there are a wide variety of room types to choose from. Cabin designs start from inside (no window) rooms, through to large suites with private balconies. 24 hour room service is available.

The ship's many public rooms were all upgraded in 2005 and have been refreshed periodically since then. The main dining room, named 'My Fair

Lady', is a dramatic statement of ocean liner dining rooms of days gone by. Double height; the room is accessed via a large grand staircase. Diners on the lower level sit below a giant chandelier, and passengers could be forgiven for thinking they were on the great passenger ships of old. After dinner, the waiters serenade the guests with a selection from the classics, followed by applause and cheering from the guests.

RCI know how to cater, and the Windjammer Café on Deck Nine is a perfect example of this. It's the ship's impressive buffet restaurant. With amazing views over the bow (and sides) of the ship, the restaurant has a seemingly endless supply of food. The design of the buffet makes choosing your meal easy and quick. In a matter of minutes you can – if you

want – have multiple courses on your tray and be at your table to enjoy.

Evening entertainment aboard this ship is impressive.

The Orpheum Theatre is the ship's main show lounge. Spanning multiple decks at the forward end of the vessel, this impressive room has excellent seating, great sight lines and good sound. A specially designed program of production shows allow for excellent entertainment throughout the cruise, while comedy acts, singers and musicians also perform here.

At the opposite end of the ship, the Spotlight Lounge provides a subtler atmosphere. After dinner drinks, dancing and cocktail parties are featured here, while views astern make this an interesting place to visit during daylight hours.

High atop the ship, on

deck eleven, is a hallmark of the RCI fleet, the 'Viking Crown Lounge'. Named for the company logo, the lounge is featured aboard each RCI ship and offers panoramic views over the decks below, as well as the ocean.

Aboard *Enchantment*, the room acts as a quiet lounge by day, and the nightclub by night, and is very popular for people wishing to dance the night away.

There is a range of other activities aboard for you to enjoy.

These vary from rock climbing and bungee trampolines to more subdued pastimes such as art auctions and bingo. However in true RCI style, even the bingo is super-exciting, with the grand prize often being an upgrade to the prestigious 'Royal Suite' for the duration of the cruise! Well worth playing for and on our voyage the winner was a lady travelling in the smallest inside cabin aboard. She was overjoyed.

Age groups aboard *Enchantment of the Seas* vary. On our voyage, the youngest was around two years old while the oldest was an RCI regular, celebrating his 70th cruise aboard RCI ships at age 90.

With something for everyone, this is an enchanting ship, and will appeal to those wishing to experience a fun, active and entertaining voyage.

## Stay a while at Wickepin



© Jane Vlahov

THE SHIRE of Wickepin has wildflowers, big skies, lakes, the home of Albert Facey, great roads and backroads.

The roads are RV friendly and the shire has three caravan parks with dump points.

They also have sheep and gnomes and (just quietly, really cheap fuel).

The picturesque shire includes the historic towns of Wickepin, Yealering, Harrismith and Tincurrin. Lake Toolibin falls within its boundaries.

Wildflowers including orchids, verticordias, grevilleas and banksias are to be found throughout the shire. Orchids include the white spider, red beaked, pink fairy, cowslips, donkey and green spider orchids.

Orchid hotspots can be found in Harrismith, Malyalling, Yealering and Wickepin Cemetery. Harrismith has a defined bush path enabling you to discover the sometimes hidden flora and fauna and boasts a wide range of orchids and verticordias. Early and plentiful rains this year have enthusiasts out walking the trails and paths already.

Albert Facey's homestead is situated along the main road in Wickepin. *A Fortunate Life* his autobiography, is a much-loved and widely read story tracking the once-simple but oh-so-hard farming life in the Wheatbelt in the early 1920s. The homestead is open to visitors with barbecue area and playground alongside.

Yealering nestles against Lake Yealering and has a diverse range of birdlife. Barbecue facilities and playgrounds are situated lakeside with wildflowers around the lake and town.

Wickepin is a small but immaculate town with an impressive collection of historic buildings along well defined walk trails. The WWI War Memorial is worth a visit alone. The biannual art prize on again with a flurry of activities planned for the weekend of the 14 to 16 October.

For stays contact the caravan parks at Wickepin (9888 1089), Yealering (9888 7014) and Harrismith (9883 1010).

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# food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

## Fortified wines are great winter warmers



by Frank Smith

PORT and sherry are the best known of fortified wines but there are many more. Some are quintessentially Australian, like fortified Muscat wines. These are unaffected by the naming agreement with the European Union, as Muscat is the name of the grape used.

Hungary objected to the continued use of the name Tokay by Australia, even though Hungarian Tokaji are not fortified but are simply botrytised and the spelling is different. Therefore by agreement Australia has registered the name 'topaque', which will gradually replace 'tokay'.

Enjoy Muscats and Tokays after dinner in front of a roaring winter fire or add a dash of chilled tonic as the Portuguese do to make a sun-downer or aperitif.

**Seppeltsfield Schluck** is a fortified wine style made from two white grape varieties – Muscadelle, and Pedro Ximenez. Schluck is a Barossa German word meaning to drink or sip. It is an amber coloured wine with gold tinges. It is a highly aromatic wine, displaying caramel, honeycomb and toffee aromas. The palate is light and fresh, whilst maintaining a core of raisined fruit and a satin smooth finish. It is a must with sticky date pudding. RRP \$20.

**Morris Cellar One Classic Muscat** is a brown/amber coloured liqueur with a rich bouquet and intense varietal Muscat fruit with a touch of rancio complex-

ity. The palate is full of rich luscious aromatic fruit flavours with a hint of wood dryness. RRP \$21.99 for 500ml bottle.

**Morris Classic Liqueur Tokay (Topaque)** is amber with slight green highlights. The aroma is concentrated nose showing great depth of malty Tokay character. The palate is complex, intense and luscious, combined with freshness. RRP \$21.99 for 500ml bottle.

**Patritti Rare Old Fortified Muscat.** This is made from a blend of Muscat Gordo Blanco and the rare hybrid grape Canada Muscat. This sweet aromatic wine shows the luscious mellow Muscat fruit and complexity from extended barrel maturation.

The colour is mahogany brown with olive-green on the rim, the nose is particularly fragrant. Complex raisin, Christmas cake and singed toffee are lengthened by the rancio. The silky viscosity and intense flavours engulf the palate driving a long, lingering finish.

A must with chocolate ricotta pudding. RRP \$30.

**Talijancich 5 Year Old Liqueur Verdelho.** The fruit is handpicked at the semi-raisin stage in the Swan Valley to help give the finished wine greater texture. The wine is matured in old brandy casks for five years, retaining the youthful characteristics of apricot and honey, all flowing onto a luscious palate. Serve it chilled in summer as a pre-dinner wine or at room temperature as a dessert wine. RRP \$29



## Crumby lamb parmesan strips

by Vince Garreffa

THIS was a recipe that I used to make leftover roast lamb appetising again, but here I have given you the ingredients to make it from scratch because I know that sometimes you just can't wait for the leftovers.

### Method

Put your lamb into a casserole pot with your potato, onion, garlic, rosemary, sage, bay leaf, thyme and chilli (if you choose to use).

Now pour the chicken stock in and put the heat onto the full until the ingredients start to boil. At which time you lower the heat to a gentle simmer. Now salt and pepper your meat and vegetables then put a lid on. Cook for one hour until the meat is cooked and the potato is tender.

Remove the meat from the contents in the casserole dish and set it aside to cool a little while you remove any rosemary sticks, thyme sticks or bay leaf and discard them.

The potato, herbs and onion can now be strained and mashed together but please save the juice to pour hot over the mash later. Now cut the meat into strips (even if it's still warm) and dip the meat strips into seasoned flour, then the beaten eggs and lastly the crumb mix. Fry the strips in extra virgin olive oil until the crumbs are cooked (remember your meat is cooked already). Serve hot on top of the mash with the juices poured over.

### Ingredients for 4

- 1kg of boneless lamb shoulder or lamb blade
- 4 large or 6 medium potatoes diced small (royal blues are best)
- 1 medium fine diced onion
- 2 cloves of garlic chopped
- 10g fresh rosemary
- 10g fresh sage
- 1 bayleaf
- 1 sprig of fresh thyme
- chilli (optional)
- 4 cups of chicken stock
- salt and freshly cracked black pepper

### Crumb mix

- 2 cups fresh breadcrumbs (three day old loaf)
- ½ cup basil leaves
- 2 cloves of garlic
- ¼ cup parmesan cheese
- salt and pepper

### Seasoned flour

- Flour
- Salt and freshly cracked black pepper
- 2 eggs beaten

## 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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## Croon the night away with Gary Lynn at Rigby's



Gary Lynn

JOIN crooner Gary Lynn for his show where he will sing all the favourite songs including many of Frank Sinatra's classics on Saturday 27 August between 7 and 10pm at Rigby's Bar and Grill at 221 St Georges Terrace, Perth. Tickets cost \$20 for show only. An

à la carte menu is available with drinks from the bar. Phone 9324 1196 for bookings.

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## Brunch with T - Harvesting in Vic Park with a Pokemon or two



THIS month my friend Dan and I chose to go to brunch in Victoria Park at Harvest Espresso and then go Pokemon hunting in Kings Park. For those who don't know about Pokemon Go, it has taken Perth by storm and is a new app on mobile devices where you catch virtual creatures by walking around outdoors.

Harvest Espresso is very small but has a very quaint and intimate atmosphere. If you choose to go on a weekend be

prepared to wait for a table. Their menu is always changing with seasonal options and quite unusual brunch options which are delicious.

They have a large selection of hot drinks including red expresso (decaf coffee), matcha (Japanese powdered green tea served in a latte style), chai and coffee as well as a great selection of cakes.

We ordered at the counter. It was very friendly service which catered to our choices. Dan ordered a large flat white (\$4.30) which was in a mug and very good. I ordered a chocolate chai latte which was a new drink to try for me and was delicious (\$5.50).

For food we ordered off

the seasonal menu which I would recommend. I had the chicken ballotine (\$24.50) and Dan chose the crumbed veal sweet-breads (\$24.50) although it took some time to come to the table it was worth the wait.

The price was a little more than we usually pay but the quality and size of the meal was excellent.

The veal dish had Japanese inspired flavours and the batter on the sweet-breads was deliciously crunchy with all the flavours complimenting each other.

The chicken also had Asian inspired flavours which all complimented each other and was a generous serving. I didn't particularly like the charred cos lettuce served with it



but I generally am not fond of cos anyway. Apart from that, I could have licked the plate clean.

Dan and I couldn't decide if either of us had the better meal; they were both so decadent and delicious.

As we were leaving I couldn't stop from buying one of their little banana bread loafs as it had been taunting me the whole time I had been sitting down. It was also a good fuel up for our walk through Kings Park and

our quest for becoming Pokemon Masters.

I rate Harvest three and half spoons.

**Harvest Espresso,**  
629 Albany Highway,  
Victoria Park  
Phone: 9355 5884  
Open 7 days  
7am-4pm



## What's fresh in August

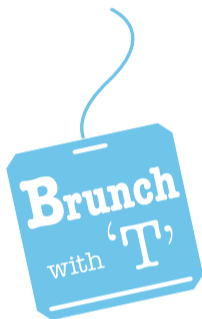
**Local strawberries** – arriving now from market gardens around Wanneroo are sweet, juicy strawberries to brighten the dullest of days. Ripe strawberries impart cheery colour and delicious flavour when used in winter desserts, and combine well with other fruits in season including apples, pears and oranges. Berries which are 3/4 ripe will ripen at room temperature but store ripe strawberries covered in the refrigerator. Use as soon as possible as they are very perishable.

**Leeks** – Braised leeks with grilled pancetta, oven-baked leeks stuffed with mushrooms and bread-crumbs; there are many lovely things to do with leeks, not least to whip up a silky batch of classic potato and leek soup for those wintry evenings spent curled up on the couch. When preparing be mindful that the layers have a strong tendency to collect dirt, slice lengthwise, fan the layers out and give them a good rinse before using.

**Jarrahdale pumpkins** – A good buy right now is the Jarrahdale pumpkin with its blue-green skin and brownish streaks. The rich orange tones of pumpkin add life and colour to salads, risotto and pasta dishes. Not to mention soup; on these cool evenings, what's nicer than a big batch of creamy pumpkin soup? Store whole pumpkins in a cool, dry place for up to a month.

**Beurre Bosc pears** – A real winter classic of a pear, rich, fragrant and brilliant for fresh eating and cooking, and delightful to look at with their deeply tanned skin. The colour of good quality pears may not be uniform as some may feature russetting – brown-speckled patches on the skin. This is a characteristic, not a flaw, and at times can reflect a more intense flavour. These rotund fruits are also very high in fibre; particularly when you leave the skin on.

**Hickson Mandarins** – Local Hickson mandarins are now in season, giving citrus lovers a fresh new variety to look out for. The medium/large-sized fruit has a slightly flattened shape with a slight neck on most fruit – check for the blue WA birthmark sticker to make sure you're buying local produce. Like most mandarins, they are easy to peel, contain few seeds and lots of fresh, superbly sweet juice. Make sensational oil for drizzling over meats and veggies by leaving mandarin zest to infuse for two to three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Divine.



### T's spoon ratings

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



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# food & WINE

...eat, drink and be merry...  
ADVERTISING FEATURE



Pear and fennel salad

by Noelene Swain

PEAR season is now in full swing. So whether you like the Josephine or Packham, there is sure to be a variety to please everyone in the family – even the most difficult of

## Pure and simple pears

household members.

When selecting pears the challenge is knowing just how ripe they are. Pears are picked when fully developed but still firm and continue to ripen off the tree. They become soft and fragile when ripe, so green grocers prefer consumers to buy them while they're still hard and then ripen them at home for a few days at room temperature.

For those who love a crisp pear, the Packham is the pick of the bunch. It is green-skinned and remains so, even when ripe. It has a white, juicy flesh, which is ideal for both eating fresh and cooking.

The Buerre Bosc has a brown-coloured skin which ripens to a deep cinnamon colour. The flesh is sweet, buttery and delectable. It is worth

savouring on its own and is just as delicious in elegant pear dessert recipes. And who thought all pears were green?

It is hard to improve on the flavour of a soft, juicy pear, but when teamed with blue cheese or prosciutto, you'll have something truly divine. You can also bake, pan-fry or poach pears, use them in tarts or salads – both sweet and savoury. Now how versatile is that?

Western Australian pears are exceptional in quality right now so be sure to indulge in the fruits of the season whether fresh from the hand or cooked. Here are some lovely winter recipes to start your own creativity.

Brought to you by Fresh Finesse Fresh Food Promotions – [www.freshf.com.au](http://www.freshf.com.au)

## Knife and fork talk with the Dining Divas



**THE DINING DIVAS** – Pat Paleya and Judith Cohen – dropped into the Woodbridge Hotel to test the seniors' lunch menu.

What a beautiful day for lunch. A stroll along Guildford Road and window shopping on our way to the Woodbridge Hotel.

To greet us outside were three immaculate motor cycles, but lunch called and we moved on. Inside the atmosphere was buzzing, every bar was packed with happy quaffers and chompers. Metal advertising signs from long ago studded the walls, reminis-

cent of old country pubs.

We ordered the chicken Caesar salad and potato dill and salmon fishcakes with salad and a small pot of tartare sauce. The fishcakes were freshly cooked with a very light crunchy coating and were simply delicious. The salad was tasty and had just the right amount of dressing but the serving was more of a garnish and quite frugal and like Oliver Twist the Dining Divas left wanting more.

The chicken Caesar salad was a generous serve of nicely cooked chicken resting on top of an ample

amount of salad leaves and with strips of anchovies and golden crispy croutons. A light dressing was drizzled over the whole dish. What a treat. Delicious.

The happy staff did an excellent job considering how busy they were and it was a pleasure to dine at Woody's. We awarded it four forks.

Seniors menu \$9-\$14 Monday – Friday 11.30am onwards.

**Woodbridge Hotel**  
East Street, Guildford  
9377 1199



### 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 fork** – would not recommend

## Panna cotta with citrus poached pear



Preparation: 15 mins, plus chilling;  
Cooking: 20 mins,  
Serves: 6

900ml cream  
1/3 cup caster sugar  
2 teaspoon vanilla extract  
2 teaspoon powdered gelatine, dissolved in 2 tablespoon cold water  
1 cup sugar  
3 cups water  
1 lemon, juiced  
4 Josephine pears, peeled, quartered and cored

PLACE the cream and sugar in a saucepan and gently heat while stirring, until the sugar dissolves and liquid begins to bubble. Remove from the heat and stir in the vanilla extract. Dissolve gelatine in cold water for two minutes. Add to the warm cream and stir until it is completely dissolved.

Pour into six 150 ml ramekins or moulds. Place in the fridge for four to five hours or until set. For the pears, heat the sugar, water and lemon juice in a saucepan. Slide in the pear quarters and gently poach over a medium heat until just tender. Place pears and cooking syrup in a bowl and refrigerate until cool. Turn out the panna cottas and serve with pears.

## Recipe for one: Pear and fennel salad

Preparation: 15 mins, plus chilling;  
Cooking: 20 mins,  
Serves: 1

1 ripe pears, sliced about 1mm thin  
1/2 small fennel bulb, sliced paper thin  
squeeze of lemon  
a handful of rocket or other baby salad greens  
1 tablespoon toasted walnuts  
1 tablespoon crumbled feta  
a few mint leaves

### Dressing:

1 tablespoon olive oil  
1 tablespoon sherry vinegar (to taste)  
1/2 teaspoon dijon mustard (to taste)  
1/2 teaspoon honey (optional)  
salt and pepper

THINLY slice fennel into a small bowl using a mandoline. Drizzle a tiny bit of olive oil, a squeeze of lemon and sprinkle some salt. Toss and set aside. Marinating the fennel like this for a few minutes helps it become more tender.

Whisk together the dressing ingredients, taste and adjust to your liking. Set aside.

In a larger bowl, toss together the pears, rocket, fennel, most of the feta, and most of the walnuts. Assemble on a platter and top with the remaining feta, walnuts, and mint leaves.

## Inglewood on Beaufort Street night market is back



The Inglewood Night Market offers 150 stalls to enjoy on a Monday night © Jeff Atkinson

THIS year up to 150 stalls will be featured each week, spreading out on both sides of Beaufort Street from Sixth Avenue to the town clock at Dundas Road.

The markets run every Monday night – come rain, hail or shine – through to the last Monday in March next year.

A new food, entertainment and seating hub has been introduced this year in a cul-de-sac on Seventh Avenue, adjacent to New Look Dry-cleaners.

Founder of the markets, Vince Garreffa from Mondo Butchers says crowds of between 2,500 and 5,000 visitors

attended the markets every Monday during the last season.

There will be a focus on artisan-style stalls in the library precinct. and also food outlets, with arts, crafts, fruit and vegetables, plants and others.

A few new stallholders this year include Josh Catalano from Catalano's Seafoods and fish aficionado Stuart Fergusson with their new food truck, The Fish Boss, serving fresh seafood.

The market runs from 6pm to 9.30pm every Monday and includes stalls in the library precinct and around the Westpac Bank.

## Win one of 20 cookbooks featuring Aussie pears



AUSTRALIAN Apples and Pears are offering *Have a Go News* readers the chance to re-discover the joy of cooking pears by giving away 20 delightful full colour cookbooks. Entitled *Aussie Pears* and featuring 60 luscious and inspiring pear recipes it will certainly ignite a passion for exploring the joys of all Aussie Pears.

Gain an sneak preview of the book and access to all these gorgeous recipes by joining [www.facebook.com/australianpears](http://www.facebook.com/australianpears) or visiting [www.rediscoverthepear.com.au](http://www.rediscoverthepear.com.au)

### WIN WIN WIN

To be in the running simply note your favourite pear variety, your name, phone number and email address and send [win@haveagonews.com.au](mailto:win@haveagonews.com.au) or post to **Pear Competition Have a Go News PO Box 1042 West Leederville 6901. Entries close 31/8/2016. Books will be available for winners to collect from reception at Have a Go News.**

## Treasures galore this August...



COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 13 and Sunday 14 August 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 lo-

cated at the one venue.

### Handmade Crafts

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

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

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.

For further information about the fair, phone 9457 9315 or visit [www.treasuredcraftcreations.com.au](http://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 [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word vintage in the subject line. Competition ends 12/08/16.**

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# healthy living

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AGED CARE



Joan with her mural

## Joan's dedication rewarded as aged care's finest

EMBLETON multi-skilled carer Joan Stevenson has been named the State's top aged care employee in this year's prestigious Excellence in Care Awards announced by the sector's peak body, Aged and Community Services WA.

A passionate and dedicated Juniper staff member, Joan works within the Memory Support Unit at the City of Bayswater Hostel, a friendly and much loved 70-place residential aged care facility, operated and staffed by Juniper.

Juniper chief executive Vaughan Harding said Joan is a widely respected employee and the award acknowledges Joan's huge contribution to excellence in care.

"Joan has a natural ability to calm, nurture and connect with residents who have limited means of communication.

"Her initiative, artistic talents and creativity have also resulted in a much improved living environment for our residents.

"We are delighted to see Joan's work celebrated by the aged care sector," he said.

Among her many achievements, Joan designed and personally created a new Sensory Room for residents – transforming storage space into a calming sanctuary with forest-themed decorations, artificial grass on the floor, massage chairs and aromatherapy diffusers.

Joan has made numerous other improvements to the Memory Support Unit, re-decorating the outdoor area, dining areas and corridors to create a welcoming and calming environment.

"This is a home for our residents and if it feels clinical or unloved, how can they possibly warm to it?" said Joan.

The care facility's residential manager Toni Fyfe said Joan's focus on the comfort, happiness and wellbeing of the residents in her care is unwavering.

"Joan has created the Sensory Room and our other themed rooms in her own personal time by coming in on weekends and crafting decorations at home, and she has made such a positive difference," she said.

"Dementia care is one of the most challenging areas in aged care and Joan is a wonderful example to our team.

"Her selfless commitment to residents and her exceptional work in improving the quality of our service, truly makes her a worthy recipient of this award."

For more information on the 2016 ACSWA Excellence in Care Awards, visit [www.acswa.org.au](http://www.acswa.org.au).

## Accommodation bonds - to RAD or to DAP? That is to be the question...

by Charles Penheiro, Financial Planner

RESIDENTS going into residential aged care must pay an accommodation bond to enter a facility. As the name suggests it is a bond you put down to gain entry and which you later receive back when you exit the care facility. At the case of death, the bond is refunded to your estate.

The accommodation bond and its new term, refundable accommoda-

tion deposit (RAD) is 100 per cent guaranteed by the government. Hence if the residential age care facility were to go bankrupt, the government would step in and refund the RAD back to residents.

The problem is that accommodation bonds or RAD's (as they are now known) can be very expensive. The maximum that a residential age care facility can charge for a RAD is \$550,000 without government approval.

Anything greater than this and the facility needs to get approval from the government.

As you can imagine the nicer the facility, the nicer (higher) the RAD.

Facilities charging a RAD from around \$300,000 to \$350,000 are usually shared rooms with a shared bathroom. While RAD's above this will get you a single room with your own bathroom or ensuite.

Whichever way you look at it, these are large figures. Which is why

from 1 July 2014 the government said that a person is able to pay a RAD in installments or a Daily Accommodation Payment (DAP).

The difference between the RAD and what you pay towards the RAD is effectively an interest only loan which you do not pay back. The maximum permissible interest rate on this loan is currently 6.28 per cent which is set by the government.

So if a RAD is say \$500,000 and you

choose to pay 50 per cent of this (\$250,000) and pay the rest as a DAP, the DAP will be \$15,700 pa or \$43.01 per day (\$250,000 x 6.28 per cent).

This provides a bit more flexibility in allowing people greater choice as to where they go if they do not have a large upfront lumpsum accommodation charge, but have the means to pay an ongoing accommodation charge.

Unlike the RAD however, the DAP is not refund-

able to the resident when they leave or their estate when they die.

Importantly, a residential care facility must advertise the amount of RAD and equivalent DAP so there is transparency. The resident has up to 21 days to decide how to pay the RAD/ DAP from the date of entering the facility. Consequently, the facility cannot discriminate between those paying a lumpsum or an ongoing fee or a combination of the two.

\*Reach us online  
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We all want the best for our parents in their final years. We want to make sure that they are comfortable, well fed and looked after. Unfortunately, the day to day pressures of everyday living may mean that the family unit is not always able to provide the level of support required to achieve the above. Hence, Residential Age Care may become a more viable option.

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

These are questions I can help you with.

**CHARLES PENHEIRO**  
 Aged Care Financial Planning  
 Tel: (08) 6102 0833 Mbl: 0405 182 789  
 Email: [info@penheirofinancialplanning.com.au](mailto:info@penheirofinancialplanning.com.au)  
[www.penheirofinancialplanning.com.au](http://www.penheirofinancialplanning.com.au)

See my aged care posts on LinkedIn

**Sleep Awareness Week**

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**Help wanted to improve communication with people with dementia**

COMMUNICATING with people with dementia can be challenging, but it may be vital to find out information about them if they need to go into hospital.

Dr Elissa Burton at Curtin University's School of Physiotherapy and Exercise Science is developing a communication form, About Me (I AM) with just that aim.

About Me prompts the carer to provide information about the person with dementia's needs and preferences. If they have to go to hospital the form can be given to the staff.

The form is completed at home and kept updated in case of an unanticipated need for hospitalisation. Then, if such a need eventuates, the completed form is given to nursing staff in the hospital.

Items addressed in the form include usual routines and abilities, the management of key health issues including pain, hearing and vision problems, and how the staff can help manage the patient.

The form was developed to support the implementation of appropriately person-centred care by the hospital staff and is also tailored to minimise risks for the person with dementia such as becoming severely distressed or falling. It is now being trialled with real carers.

If you are caring for someone who is living with dementia, Dr Burton needs your help in developing the form.

If you take part, you will be asked to complete the form at home and keep it up to date for four weeks. Mail it in at the end of the four weeks and later you will be offered the opportunity to provide feedback during a short telephone interview.

If you are interested or would like to know more about the project, please contact Dr Elissa Burton at Curtin University's School of Physiotherapy and Exercise Science on 9266 4926 or email [E.Burton@curtin.edu.au](mailto:E.Burton@curtin.edu.au).

# healthy living

ADVERTISING FEATURE

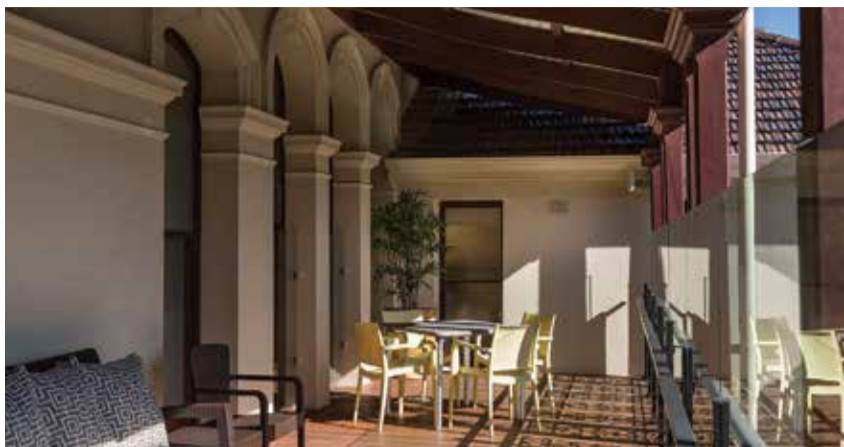


health options  
for the mature  
west australian



AGED  
CARE

## Luxury aged care living with old world opulence - Regis North Fremantle



NEWLY redeveloped Regis North Fremantle retains its classic heritage design with a beautiful new contemporary wing.

This luxury aged care facility boasts comfortable lounges with fireplaces, tranquil courtyard gardens, and numerous activity areas which encourage companionship, stimulation and relaxation.

Regis provides five star hotel-style services with a range of club rooms and first class amenities. People will be spoiled for choice with a variety of room types available including single with ensuite and eight spacious two-room

apartments, all feature contemporary furnishings and finishes.

For residents who desire extras to compliment their care they also offer an on-site chef, cinema, cafe, private dining room, internet and pay-TV, library, hairdressing salon and for indulgence a day spa.

Regis North Fremantle is conveniently located a short walk from the Mosman Park Cricket Club and the North Fremantle Bowling Club. As with all Regis facilities, North Fremantle delivers innovative aged care including ageing-in-place, dementia specific, palliative and respite care.

Regis provides the support residents need while encouraging them to participate in lifestyle programs specifically created for their particular interests. Regis developed its lifestyle program, PIEC&S, to create a positive and engaging environment with various programs available across their Perth facilities from art classes, pet therapy and live entertainment to exercise and discussion groups.

A visit to Regis North Fremantle is not to be missed, visit [www.regis.com.au/northfremantle](http://www.regis.com.au/northfremantle) to book a tour at a time that's convenient.



Residents at Baptistcare Riverside in Salter Point

JOHN and Wynne Andrew have been enjoying life at Baptistcare Riverside for two years. They call their home retirement living at its best.

From Baptistcare's nine retirement villages with a variety of options for a range of lifestyle preferences and budgets, John and Wynne found one that suits their needs perfectly.

"Just over two years ago, we were contemplating our future. To

### Seniors' living at its best

leave a lovely home close to the estuary in Mandurah was a confronting decision," John and Wynne said.

"The question was where to go? We considered several options and finally decided that being in a community was desirable. We were fortunate enough to be able to secure a three bedroom apartment at Baptistcare Riverside in Salter Point.

"In the two years since we moved in, we've made many friends and enjoyed numerous social activities. We have great facilities including the community centre, theatre, craft room, indoor heated pool, hobby area and private meeting room. Soon we will have a bowling green."

When residents are looking for retirement living accommodation that matches their situation and interests, they are assisted by Baptistcare retirement living manager Lidia Dawkins. As residents' circumstances change over time, Baptistcare's individualised in-home care

and 14 residential aged care facilities are ideally placed to provide specialised services to ensure their well being and other needs are met.

"Our residents enjoy a good balance between community and convenience. We understand what makes people happy and healthy is different for each person and can assist you in identifying your options and goals," said Lidia.

Lidia said people looking for a retirement village lifestyle often do not realise the range of choices available and it is more affordable than is widely perceived. Baptistcare has properties available in some of WA's premier locations, including Margaret River, Busselton, Albany, Rockingham, Salter Point, Lesmurdie, Byford and Mundaring.

For more information about Baptistcare's retirement villages, contact the village office on 9282 8650. For aged care and home services enquiries, please call 1300 660 640.

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or call us on 9240 0313

Supporting older Western Australians since 1949







## More transport volunteers needed by St John's



Community Transport volunteer Bob Hudson

ST JOHN'S Community Transport service is looking for more volunteers to bolster a growing service which improves access for people in the community, including the elderly. The Community Transport service is a non-profit initiative that was launched a year ago and it has steadily built, but St John would like more people to get involved, particularly those aged 55 and over.

Volunteers provide transport and companionship for people who cannot use mainstream public transport systems or their usual form of transport because of moderate disabilities or impairments.

Community Transport volunteer coordinator Aimee Riddell said the feedback from clients is that they really enjoy the service provided during their transport, and it helps take the stress and pressure out of trying to get to appointments.

"People are so relieved to find they can access transport without having to rely on family members and public transport," she said.

"Many are happy and reassured knowing their elderly relatives are in safe hands when they access our services."

Volunteer Bob Hudson, a retired sales representative, said he was very proud to be a community transport volunteer.

"You are working with people the same age as yourself, so you share the same interests and so on which is great – so it's more than about driving someone to an appointment, it is about giving them a familiar

and friendly face and making the experience a good one for them.

"This is a great way to give back to the community – I haven't done anything like this before – where you get to regularly meet the same client," he said. "This is the best volunteering experience I have had, I truly feel as though I am making a huge difference to the community."

"Some of the people we drive are in care and may feel some social isolation so we can become quite close to them if we drive them regularly."

Community Transport volunteers are required to commit to about eight hours per fortnight and they need to hold a valid driver's licence.

Volunteers are given the training, support and confidence to feel ready in their roles to help the local community.

If you are friendly and community-minded, have a look at the different volunteer roles on offer.

If you are interested in becoming a volunteer or are seeking more information, call 1800 069 393 or email [volunteerservices@stjohnambulance.com.au](mailto:volunteerservices@stjohnambulance.com.au)

## Getting a good night's sleep



DO YOU wake up exhausted? Does your partner complain about your snoring? You may suffer from sleep apnea and you may not know you have it.

Sleep apnea is a condition where the muscles in the back and sides of your throat relax so much when you sleep that your breathing is blocked for a few moments and you choke. When this happens, your brain notices a lack of oxygen in your blood, wakes you up just enough for your conscious mind to tense the muscles and take a breath. Then you fall into a deeper sleep again and the cycle continues – usually without you even noticing.

The end result is that you may suffer from a lack of sleep and oxygen, and wake up exhausted. Your spouse, or mates on the camping trip, may also complain about your snoring. Some sleep apnea sufferers find themselves falling asleep at work or while driving.

It is normal to stop breathing, wake a little, breathe and fall into a deeper sleep again. Everyone does it occasionally, however when it happens more than five times per hour, you have sleep apnea. In severe cases it can happen more than 30 times per hour.

Sleep apnea occurs in all age groups – including newborn babies – but is most common in people over 50 years old and those with a little extra weight. It is also more common in men than women. Drinking alcohol and taking sleeping pills can make your choking worse. Large tonsils, a small nose, some thyroid conditions and nasal congestion also don't help.

Sleep apnea has a range of symptoms. You may have sleep apnea; if you have more than two or three of these: snoring, feeling sleepy during the day, poor concentration, feeling depressed, irritable or moody (Dockers supporters excluded here), suffering from a reduced sex drive or erectile dysfunction, going to the toilet frequently at night or nightmares.

By treating your sleep apnea, you may also be able to reduce the severity of, or risk of suffering from poor heart health, high blood pressure, stroke and diabetes.

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- # 6-week iPad training
- # Excursions
- # Poetry corner
- # High need/dementia groups
- # Weekday, afternoon and Saturday services available



HAGN102/293



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[www.communityvision.asn.au](http://www.communityvision.asn.au)

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HAGN102/293 BETH141105



## Hearing Awareness Week Expo

THIS year for the first time the Deafness Council will be hosting a Hearing Awareness Week Expo, as part of Hearing Awareness Week – a very exciting first for WA.

The Hearing Awareness Week Expo will be held on Saturday 27 August at the Bendat Parent and Community Centre, 36 Dodd Street in Wembley from 10am to 3pm.

The Expo will showcase the services, information and resources available for deaf and hard of hearing people. It is an event for individuals, families, community groups, organisations and businesses that have an interest in supporting the needs of people deaf and hard of hearing in WA.

The expo will be a fun day for the whole family including exhibitor information, food, stalls and entertainment.

Hearing Awareness Week runs from Sunday 21 August to Saturday 27 August.

For more information call Christine on 9387 9856.

## Some of the causes of hearing loss in Australia

### HEARING awareness WEEK

THE most significant cause of hearing loss in Australia is exposure to excessive noise – in 37 per cent of all cases, according to Access Economics. Hearing loss can also be acquired through illness, accident, exposure to certain drugs and chemicals, or as part of the normal ageing process.

#### Why is loud noise so damaging?

Loud noise can cause irreversible hearing damage, as it harms the delicate hearing mechanism within the inner ear. Damage to hearing due to noise exposure is cumulative. This means the higher the noise level and the longer your exposure, the greater the harm, making it even more important to protect your hearing.

Many of your daily activities won't harm your hearing, but some activities can start

to cause damage after only a short time. For example, vacuuming, at around 65 decibels (dB), is unlikely to damage hearing, but listening to a portable music player at 94dB for one hour can start to cause damage.

The level of noise at a nightclub, at 100dB, can be as loud or louder than a chainsaw and this can damage your hearing after just 15 minutes' exposure. Louder sounds, such as a jet plane or gunfire, both of which are more than 110dB, can cause damage in just one minute.

#### Hearing loss among children

In Australia, between nine and 12 children per 10,000 live births will be born with a moderate or greater hearing loss in both ears. Another 23 children per 10,000 will acquire a hearing impairment that requires hearing aids by the age of 17 through accident, illness or other causes.

Otitis media, also known as middle ear infection, is a common childhood complaint often associated with temporary or fluctuating hearing loss. This in turn can affect a child's learning, language development and behaviour. Although it is usually easily treatable, the incidence of otitis media is significantly higher among Indigenous children,

for whom it represents a serious health and educational problem.

#### Hearing loss and age

The incidence of hearing loss increases as we get older. It's a part of the natural ageing process, with over half the population aged between 60 and 70 having a hearing loss. This increases to more than 70 per cent of those over the age of 70, and 80 per cent of those over the age of 80.

#### Hearing loss among veterans

War veterans are likely to suffer from hearing problems due to damage from noise exposure during their service. It is the second most common medical condition reported by Australian war veterans and war widows, with 55 per cent reporting hearing loss as a current medical condition.

#### Hearing loss among rural Australians

Over half of Australia's farmers are likely to suffer from premature hearing loss through occupational noise exposure from agricultural machinery, tools and pigs in sheds at feeding time. Almost all farmers over the age of 55 who have been exposed to loud noise suffer some degree of hearing loss. However, only 18 per cent of farmers wear hearing protection while working with heavy machinery.



Jack Beasley

## Listen up! Top tips when using a hearing aid for the first time

Will everyone notice it? Will the device be difficult to use?

But the benefits of using a hearing device far outweigh any concerns.

Wendy Pearce, principal audiologist at Australian Hearing, says when patients use hearing aids for the first time, they hear sounds they haven't heard for many years.

"Audiologists always joke that their key tool or instrument is a box of tis-

sues," she says.

"Clients or their family members will often end up in tears of joy relaying how the hearing aids have changed their life and then we'll end up in tears. It really is very emotional! It definitely is life-changing for them and it's amazing to be part of that process."

Ms Pearce advises people to take their time when selecting a hearing aid to ensure they choose the one that will

suit them best.

"People should look for a hearing aid with features that best suit their lifestyle and their needs," she says. "We make sure that people are able to take their time to look at what they look like and what features work best for them."

Top tips for using a hearing aid for the first time:

Choose the best hearing device to suit your

lifestyle and needs. Your audiologist will work with you to recommend the best device.

If you're recommended a device, ask about a free trial so you can find out if it's suitable for you and if you're comfortable with your choice. Use your hearing aid at first in an environment where you feel comfortable.

Take the time to adjust and experiment with the different settings.

Learn how to properly care for and clean your hearing aid.

"Remember that, as with anything new, it will take time to adjust to the new device. It may have been quite a while since you've heard particular sounds and your brain will need time to get used to these sounds again.

"Giving yourself time will give you the best benefit from your hearing aid," says Ms Pearce.

WEARING a hearing aid for the first time can be an unnerving prospect. Will it be uncomfortable?

# HEARING AWARENESS WEEK

## Understanding Inclusion Support

Hearing Awareness Week 2016 activities are for people affected with hearing impairment and/or loss, their family, friends and anyone interested in learning more about hearing impairment and hearing health.

### SUNDAY 21 AUGUST - SATURDAY 27 AUGUST

❖ **WA Foundation for Deaf Children**  
Sunday 21st August 10.30am-12.30pm  
Youth Forum at Perth Art Gallery  
For information call (08) 9385 3557

❖ **Telethon Speech & Hearing**  
Sunday 21st August 3.00pm  
Power of Speech Awards  
For information call (08) 9387 9888

❖ **School of Special Education Needs Sensory**  
Monday 22nd August 10.00am  
Hearing Awareness Week Launch  
For information call (08) 9402 6100

❖ **Australian Hearing**  
Tuesday 23rd August  
12pm-1pm & 5.30pm-6.30pm  
Young Adults Information & Technology Workshop  
For information call (08) 9226 7100

❖ **Ear Science Institute Australia**  
Various events throughout the week  
For information go to [www.earscience.org.au](http://www.earscience.org.au)

❖ **Earbus Foundation of WA**  
Wednesday 24th August  
Youth Centre on Lawson St (Sth Hedland)  
For information call (08) 9388 7485

❖ **WA Deaf Society**  
Thursday 25th August 1.30pm - 4.30pm  
Deafness Awareness Training  
For information call (08) 9441 2677 or visit [www.wadeaf.org.au](http://www.wadeaf.org.au)

**HEARING BUS DAY**  
**Free Hearing Checks**  
Friday 26th August

❖ Telethon Speech & Hearing - Wembley, Karratha, Roebourne & Cockburn  
(call (08) 9387 9888 for more detail)

❖ Lions Hearing Foundation - Various Locations (visit [www.earscience.org.au](http://www.earscience.org.au))

❖ Australian Hearing – Bunbury  
(call (08) 9226 7100 for more detail)

**HEARING AWARENESS EXPO**  
**Saturday 27th August 10am - 3pm**  
at Bendat Community Centre,  
36 Dodd Street Wembley

For information call (08) 9387 9856



# Downsizing

ADVERTISING FEATURE



## Let's look at what the politicians say about downsizing?

by Frank Smith

DOWNSIZING can both increase the supply of appropriate houses for families and improve the quality of life of older people after the children have left home.

Readers have told *Have a Go News* that a major disincentive to downsize is the cost of stamp duty on the new home, so during the election we contacted all major political parties to find their policy on downsizing.

The only response we got, other than an acknowledgement of our email, was from the

Nick Xenophon team.

They said, Yes. The Nick Xenophon team would support measures to enable easier downsizing for seniors.

So next we contacted all the candidates in Hasluck (where the author lives). Only the Labor candidate, Bill Leadbetter replied.

"You raise an issue about which I have some sympathy.

"The complication is that the Federal Government is responsible for Centrelink and pensions and the State government is responsible for the stamp duty which you pay on the

purchase of a home. Getting them to agree on something... well you know how that goes sometimes.

"I agree that there should be an investigation of a possible mechanism for pensioners to downsize without adversely affecting their pension payments."

Since then we have had more luck with getting responses.

Treasurer Mike Nahan has this to say about stamp duty:

"I acknowledge that transfer duty (stamp duty) is one of the least efficient taxes and it can pose difficulties for

older Australians seeking to purchase a home better suited to their changing needs. However, it also affects other people buying a home to meet changing life circumstances, such as growing families needing to purchase a larger home.

"Unfortunately, due to Western Australia getting ripped off under the GST system, the State does not have the financial capacity at this stage to provide downsizing grants. However, we are committed to keeping overall transfer duty rates as low as possible subject to responsible

financial management."

Labor member of the Legislative Assembly, Margaret Quirk, Shadow Minister for Seniors and Ageing recently chaired a parliamentary committee on community development and social justice – An age-friendly Australia? A challenge for government.

The report said: Stamp duty is... a barrier to downsizing and the committee supports the numerous organisations who have recommended that it is abolished or at least reduced for seniors.

Lynn MacLaren MLC, the WA Greens Older

Australians and Housing spokesperson in State Parliament, said all Australians, including seniors, should have access to adequate, safe, secure and affordable housing.

"Many people choose to simplify their living arrangements as they age. As dependents move out from the family home, some older Australians choose to downsize. In many cases, this offers more affordability as smaller homes usually have lower costs in electricity and rates for insurance. Smaller homes, in higher density neighbourhoods, have many benefits like being closer to shops and services and offering convenient access to affordable transport options.

"However, while there are benefits in lower costs, healthy lifestyles and convenience, downsizing can be costly under current rules for superannuation and the pension, not to mention stamp duty payable when you buy property.

"We recognise that the high cost of stamp duty in WA is an obstacle to many would-be downsizers.

"We have called for a phase-out of stamp duty on housing in WA, to be replaced by a fairer, low level and broad-based land tax, working in collaboration with the Federal Government to ensure its introduction is fair and revenue neutral.

"We also want a review of all property-related taxes and concessions, including stamp duty, GST, the First Home Owners Grant and land tax in order to improve the fairness and effectiveness of the tax system.

"So, while we have not called for a specific concession for seniors on stamp duty, our proposed overhaul of property-taxes and concessions is likely to make downsizing for low to medium income households, including seniors, more affordable," she said.

So there we have it. All parties agree that stamp duty needs to change but they don't intend to do anything yet.

Next month we will try to unravel politicians' views on the Centrelink assets test and its effect on the downsizer.



Over  
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### Arthouse hits the mark with downsizers



Aerial view of Arthouse apartments

RESORT-STYLE apartment living is proving a popular choice among downsizers in Perth's northern suburbs with Joondalup's Arthouse apartments registering strong demand.

Since the 17-storey Arthouse was launched in March this year 40 apartments have been sold.

"We are really pleased with the results to date and especially the level of acceptance and enthusiasm Arthouse is generating in the local Joondalup community," says Edge Visionary Living's managing director, Gavin Hawkins.

"Buyers are also really attracted to the high-levels of amenity, and for downsizers the ease and security of a lock-up and leave lifestyle.

"Joondalup is really on the move with an estimated \$1 billion in new investment, and we are really thrilled at being part of Joondalup's vision as the City of the North."

Mr Hawkins says Arthouse's unique inner-city location within walking distance of the train station, Lakeside shopping centre, the hospital and the university is what is attracting purchasers.

"Arthouse's two and three bedroom apartments are proving the most popular followed by the penthouse apartments and the one-bedroom options," he says.

"And what is really encouraging is that the majority of our purchasers are owner-occupiers so they are really looking to making Arthouse their home.

"The State Government plans to relocate up to 800 public servants to Joondalup by 2019 so we are expecting even further strong demand for people wanting a convenient and low-maintenance lifestyle.

"With the City of Joondalup set to double its population to more than 700,000 people by 2050, Arthouse will without doubt be a jewel in Perth's City of the North over the coming years."

Arthouse is scheduled to be completed in late 2018. For further information please contact Paul Plowman 0408 938 855.

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EDGE

# Downsizing

ADVERTISING FEATURE



## A new way of thinking for welfare with a universal basic income for all

by Frank Smith

NEXT year Finland plans to experiment with a radically different way of providing social security. Each adult citizen will receive a monthly cash grant, called a universal basic income (UBI) and paid to all adults to cover basic living expenses.

Proponents say it will eliminate poverty and reduce inequality with dignity and security for all. It will mitigate the human costs as technology substitutes for human labour and reduces wage income and purchasing power. It will encourage entrepreneurship, life long learning, creative and caring work and civic engagement.

Moreover it will eliminate poverty traps where benefit recipients are

discouraged from taking up employment, if the additional income received from a job is only marginally higher than means-tested benefits.

The cost of UBI will come from savings in government bureaucracy, the existing social security system and taxation. Basic income recipients who have a high income will pay back some of the UBI in their income tax.

If a similar program was introduced into Australia, each adult Australian resident could receive about \$714 per month in a basic income guarantee during 2013-14, leaving the social security budget no worse off, says Dr Mikayla Novak of the Australian Institute of Public Affairs.

Opponents say recipients will spend the income on alcohol and

other drugs and it will breed dependency. It will also cost too much, be inflationary and discourage people from doing unattractive but essential jobs.

A small-scale trial will initially be undertaken by KELA, the Finnish equivalent of Centrelink. All Finns in the trial will receive a basic income of €550 during the pilot phase, increasing to €800 per month.

If the trials are successful, the government of Finland will consider replacing its expensive welfare state with a basic income, in what could be the most ambitious rollout of this radical idea ever seen.

The experiment will also explore how to make the system more effective in terms of providing incentives for work and avoiding the poverty

trap. Another goal is to reduce bureaucracy and simplify complex and costly procedures for administering benefits.

The Finnish government has set aside €20 million for two years for the experiment.

In a recent survey carried out by KELA, nearly 70 per cent of respondents support the idea of a universal basic income.

A report on UBI by the UK Royal Society of the Arts canvases a number of ways in which the program could be implemented and funded in Britain and concludes that it would be best funded through a progressive income tax on earned income over and above UBI.

A basic income for all would also make the minimum wage redundant.

In Australia support for UBI is motivated by a desire to eliminate poverty traps that come when welfare subsidies interact with progressive income taxes, and to downsize the wastefully large bureaucracies charged with administering complex welfare schemes.

Dr Novak says there are plenty of problems with the Australian welfare system as it stands. It is fiscally unaffordable, damaging to work incentives, and is paternalistic to those who cannot climb up the income scale.

"UBI is a debate we need to have. Politicians tend to be reactive. By discussing the opportunities and problems of UBI now, we can help the debate become more proactive," she said.

### SwanCare

- 55 years of a WA icon



Top; Swan Cottage Homes when it opened in 1961  
Above; Division of Swan's MP Richard Cleaver at SwanCare's Bentley Park opening

IT is 55 years since SwanCare welcomed its first residents, many of whom were war widows in need of a safe and secure place to live.

On 23 July 1961 the first 16 self-contained units were officially opened in Bentley Park, which has now grown into the state's largest retirement and aged care community.

One thousand residents across 15 hectares now call SwanCare home.

SwanCare was formerly known as Swan Cottage Homes and was opened due to the vision of the late Richard Cleaver, the then MP for the Division of Swan.

"It is not the privilege of all to see a dream transformed into reality. The development of our retirement village represented for me such an experience," said Mr Cleaver in 1974.

Historical documents tell us that Perth in 1960 was not a great place to grow old in and SwanCare was one of the first of its kind, offering housing and care to elderly people in need.

"A strong history has given SwanCare a strong future," said SwanCare chief executive Graham Francis. "Existing and new residents enjoy the security and peace of mind of being part of a community that has earned its great reputation."

SwanCare operates Bentley Park and Australind Rise retirement villages, in addition to three Bentley-based residential care centres: Waminda, Tandara, and Kingia, all of which are fully accredited, as well as a home care program.

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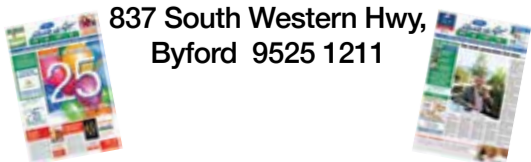
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# Downsizing

ADVERTISING FEATURE



## Baby boomers to ignite regional property markets

MILLIONS of baby boomers will be a driving force of Australia's property market over the next 20 years and many will head to the affordability of regional Australia, according to new research.

The study, by national property market researcher Propertyology, identified 40 regional locations likely to be targeted by baby boomers, because their poor retirement savings and superannuation balances means that housing affordability will be a major priority.

"Baby boomers didn't have their employer contributing towards superannuation until the back end of their working years. So, one way or another, around 90 per cent of this generation will have some reliance on a government-funded pension," Propertyology market analyst Simon Pressley says.

"Don't be surprised if tens, and possibly hundreds of thousands end up organising a removal truck and relocating to one of the many beautiful parts of regional Australia in search of a sea or tree change."

The expected influx of baby boomers is likely to have a significant impact on regional property markets. Mr Pressley says the potential for a mass baby boomer migration over the next two decades means regional property investment is a sound strategy.

"When Australia's baby boomer population equates to 4.45 million people, even if only a small portion relocate, it will create significant extra demand for housing in the regions," he says.

"This very real scenario is one of several reasons why Propertyology has always maintained an open mind

to taking advantage of property investment opportunities in parts of regional Australia.

"Whether coastal or rural, we believe that the regional cities that will be in highest demand by baby-boomer re-locators will offer a combination of quality lifestyle, good health care, and availability of freestanding houses for less than \$400,000."

Propertyology has identified 40 regional locations that are likely to be in strong demand from baby boomers. These include: Coffs Harbour, Port Macquarie, Armidale, Orange, Tamworth, Dubbo and Wagga Wagga in NSW. Cairns, Townsville, Hervey Bay and Toowoomba in Queensland. Hobart, Launceston, Devonport and Burnie in Tasmania. Albany, Bunbury and Geraldton in WA. Port Lincoln in SA. Bendigo and Ballarat in Victoria and Alice Springs and Katherine in the Northern Territory.

Mr Pressley says it makes sense for property investors to consider regional Australia because of the number of strong fundamentals in play.

"The advantages of investing in regional Australia include a smaller capital outlay to get in to the market, higher rental yields, lower holding costs, and diversification within a portfolio," he says.

"When analysed on an average annual capital growth rate over the past 15 years, many regional cities have actually outperformed capital cities.

With industries like agriculture, tourism, and advanced manufacturing very well-positioned to prosper from the Asian Century, it shouldn't be difficult at all to understand that the investment fundamentals are very sound," he said.

## British pensions update



by Mike Goodall

THE INTERNATIONAL Confederation of British Pensioners (ICBP) has suggested to the UK government that a partial up-rating of overseas pensions would encourage more British retirees to emigrate, thus saving the costs providing of the National Health Service and hence being affordable.

ICBP has now received a request from the UK Government for further investigations and due diligence of ICBP's economic model to support its claims. As a result the ICBP's board has requested tenders from several government approved consulting firms, to report on our model and satisfy the Government's Office of Budget Responsibility (OBR) as to the veracity of the ICBP's assumptions and calculations.

The replies to ICBP's tender requests are expected in the next few days, after which ICBP has to firstly assess the replies, consider the most suitable of these offers and the costs involved, before

deciding which one to use. The ICBP chairman John Markham is then required to provide our selected consulting company's offer to the Minister of Policy Mr. Oliver Letwin for his consideration.

All of this and the chosen consultants' work, when it eventually commences, are time consuming and I detect a certain level of irritation and frustration evident among some of our members about the apparent lack of activity.

However, if we do not comply with the UK Government's specific requirements, then we are unlikely to progress towards any Government decision on the issue for partial up-rating or pension parity.

I hope to be able to provide timing on the outcome of all this work that ICBP and the consultants are required to do, but that will have to wait until the first stage of the process is completed, i.e. the selection of consultants and then ICBP's subsequent meeting with Mr Letwin. The first stage should be completed by the end of July.

Anyone who would like to discuss the above or any other aspects regarding their UK State Pensions, is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPIA's Coordinator in Western Australia on (08) 6364 0859 e-mail: mikecgoodall@btconnect.com

# Have a Go Day

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



### Registrations Now Open - places filling fast

Expressions of interest are always welcome by interested parties to hold a site for the premier event of the WA Seniors Week Have a Go Day 2016, a LiveLighter Event.

### Great new area designed for displays

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All day - chocolate wheel with great prizes

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Have a Go Day is a FREE event for the general public to attend

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in 12 high-quality retirement and lifestyle villages from Yanchep to Bunbury – with a new development on Lake Gwelup due for completion March 2017. Each epitomises a friendly, vibrant retirement.

Relax and meet new friends as you enjoy social groups, bowling greens, clubhouses, men's sheds and a host of convenient amenities.



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# Downsizing

ADVERTISING FEATURE



## Bethanie on the Park construction has started



From left to right; Mike Ryan - Jacob Hollenberg - Bethanie CEO, Chris How - Yew Han Goh and Tim House at Bethanie on the Park's official 'turning of the sod' ceremony

BETHANIE, one of Western Australia's best known not-for-profit aged care and retirement living providers, has officially commenced construction of the first stage of Bethanie on the Park.

An official 'turning of the

sod' ceremony was held at the site on Wednesday 12 July, attended by Bethanie and PS Structures – the builder responsible for the development. Construction is expected to take between 12 to 14 months.

Bethanie CEO Chris How said he was delighted to see construction commence at Bethanie on the Park's new serviced apartments.

"This innovative offering will bring a new level of assisted living to Perth's inner suburbs where a premier location and excellent facilities are mixed with services such as laundry and cleaning to help seniors to live well in an independent environment.

"People who secure an apartment at Bethanie on the Park will join an existing village with great facilities including a clubhouse, beautifully landscaped gardens, a barbecue area and function rooms all overseen by a village management team located at the site."

Residents of Bethanie

on the Park will also experience sweeping city views and breathtaking parkland outlooks from the leafy suburb of Menora, just a stone's throw from Mount Lawley.

When complete, the serviced apartments will include:

- Spacious, architectural designs with one or two bedroom floor plans with private spacious balcony for living your relaxed retirement dreams.
- Private lift lobby for easy, secure access for each group of four apartments.
- Well-designed, modern kitchen with built-in appliances and ample storage.
- High quality fittings, including built-in robes and stone bench tops.
- Superior flooring options to select, including timber, tiles or carpets.
- Two bathrooms, includ-

ing one ensuite.

- Reverse cycle air-conditioning.
- Service packages, including large linen laundering and weekly cleaning.
- Secure under-croft car park and storage facility.
- Security through a 60 year long term lease.
- Prices from just \$450,000 with no stamp duty payable.
- 24 hour monitored emergency duress system.

A state-of-the-art residential care facility will be built onsite in future stages of the development.

The village, located at 2 Plantation St, Menora is open Fridays from 10am to 12pm or at a time to suit.

For more information call Bethanie on 131 151, or visit [www.bethanie.com.au](http://www.bethanie.com.au).

## The next 100 years - Self funded retirees talk about taking on life

WA SELF FUNDED Retirees guest speaker at their September monthly meeting will be Rachel A. Young B.Sc., D.C.

Her talk is aptly titled: The Next 100 years: Taking the bull by the horns and start living like a champion.

Do you have trouble moving, pain and discomfort and feeling old? Find out how you can take on the next hundred years with energy and vitality and do what you love.

Rachel has a passion for inspiring others to live life to its fullest and loves a challenge. She is an avid lover of mountain climbing and horse riding. She is a third degree black belt in two disciplines in martial arts and is currently in training for her fourth degree black belt.

And, don't most people relate to some of those problems she refers to in describing the topic of her talk. Just maybe, or perhaps even probably, when people follow the recommendations which will certainly arise during her discourse they will enjoy climbing personal mountains.

Rachel Young is a chiropractor with more than 20 years experience in the health industry.

This is a meeting that those of us (perhaps most of us) who suffer aches and pains, will undoubtedly benefit from.

The meeting will be held on Friday 9 September at 10am at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors to the meetings are always most welcome. For more information please contact: Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

## Rod Evan's Community Centre's Stay Sharp program

MORE than 350,000 Australians are currently living with dementia, with expectations this number may rise to 900,000 by 2050. Increased prevalence of this disease demands several new approaches.

The Rod Evan's Community Centre's Stay Sharp Program is fundamentally dedicated to prevention.

It was created with the aim of reducing a person's relative risk of developing dementia, through specifically designed and researched cognitive and physical exercises, with the ultimate aim of incorporating them into their everyday lives.

Dr Jenny Brock, a well renowned brain doctor and author of *Future Brain* says this program has the capacity to revolutionise how community centres, aged care facilities and all bodies involved in elder health and care can look to optimise and maintain health in our rapidly ageing population.

The Stay Sharp Program has been fortunate enough to have the input of Jenny's invaluable research and knowledge, as well as that of Professor Ken Nosaka from the School of Medical and Health Sciences, at Edith Cowan University.

Professor Nosaka has extensively re-

searched the benefits of eccentric exercises – the phase of contraction that occurs when a muscle is lengthened, rather than shortened – for example walking down stairs, instead of up.

"This is the first community trial of eccentric exercise intervention. Participants showed a significant improvement over the first 12-week program, suggesting this may just be the best formula of exercise medicine," he said.

For details on how to get involved in the Stay Sharp program, see their advert on page 5.



they'll catch the one that got away tomorrow.

## Live it up north from \$239,000.

Now this is what retirement living should be about. Activity-filled days, lots of friends and a new quality-built home that represents outstanding value. Managed by RSL Care WA, Jurien Bay Village is a community for the over 55s with landscaped gardens and a community centre that features an indoor swimming pool, restaurant-grade kitchen and dining room, entertainment area and much more.

The town of Jurien Bay reclines on a stretch of the turquoise coast that's as picturesque as anything in WA. Along with friendly locals and a great climate, it has all the amenities you could want including a golf course, bowling club, medical centre and shopping mall. And it is all just a couple of hours from Perth.

So why live down there when you can live it up north? Contact Chris Harrison on 0413 120 631 or [chrish@hhde.com.au](mailto:chrish@hhde.com.au) to find out more.



Corner Bashford St and Nineteenth Ave, Jurien Bay  
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**Jurien Bay** VILLAGE

# Downsizing

ADVERTISING FEATURE



## Generations join together for the Big Bethanie Bake Off



Having fun with Bethanie's CEO Chris How, centre, with Bethanie residents Bill and Patty Mallor, and their two grandchildren, six year old Meisha, left, and four year old Laura. Pic Jen Merigan

BETHANIE, one of Western Australia's most well known not-for-profit aged care and retirement living providers, has officially launched the 'Big Bethanie Bake Off' for 2016.

Following on from the success of the past two years, which saw many en-

tries from across the state, the Big Bethanie Bake Off returns for a third year continuing the aim of closing the intergenerational gap between our seniors and youngsters.

To take part, school children and Bethanie residents must submit their

family recipes online in the hope of being selected as a finalist to compete in a live bake off at Have a Go Day on Wednesday 9 November.

School-aged children will be asked to research their grandparents' background and discover their favourite recipe. The children will then need to reproduce the dish - with the aid of a grandparent - and submit their application for a chance to win some amazing prizes.

Each submission will be judged on the creativity, nutritional value, and complexity of the recipe, along with the story behind their secret family recipe.

Winner of last year's 'Best Kid' recipe, Molly Urwin from John XXIII College said her favourite part of the event was the opportunity to cook with her dad and to share their family recipe with the audience and judges.

"My family was very

pleased that the recipe was a winner. It was originally my grandad's therefore was something my dad grew up with, so I think that he was happy to recreate his memories and see the recipe shared within our family as well as outside of it," said Molly.

"To anyone looking to enter, I would say jump right in and do it. It was such an amazing opportunity and turned out to be a great day filled with fun and really good food."

Four Bethanie residents will be chosen as finalists to compete against four chosen school students at the grand finale for a live bake off at Have a Go Day, Burwood Park, Wednesday 9 November.

To enter, visit [www.bigbethaniebakeoff.com](http://www.bigbethaniebakeoff.com) and complete an online entry form. Entries close 5pm, Friday 23 September 2016.

For further information on please contact Bethanie on 131 151.

## Staff and residents from Bethanie Beachside Yanchep help King Edward Memorial Hospital prem babies unit



From L to R; Christine Back - Rosa Barrett - Lynda Smith - Patricia Davies - Shirley Gentry and Kathleen Wetshir

BETHANIE, one of Western Australia's most well known not-for-profit aged care and retirement living providers, has donated hand made blankets, beanies and booties to the King Edward Memorial Hospital premature babies unit.

Residents, family members and staff from Bethanie Beachside, Yanchep joined together to make 22 packages that were donated to the hospital, each with a card welcoming photos of the recipients. The items will help the premature babies stay warm during this cold winter season.

## We want your stories from the 1960s...



many other changes in society. Tell us what your life was like living in Western Australia during this decade.

Everyone has a story to tell and we want to hear about what life was like for you, whether it was how you lived your every day life for work or school or some grand event in which you participated.

We ask you to try and capture the essence of the 1960s from your perspective with a personal story, a poignant tale or an overview of life for you in that decade.

Over the coming months we will publish a selection of stories in this paper and contributions will be collated into a special *Living Histories - 60 stories from the swinging 60s* - book which will be published in November.

Each contributor will receive a copy of the book as a lasting legacy for future generations.

Entries should not exceed 1000 words and entrants are encouraged to supply photographs with submissions.

The final date for submissions will be 20 September, 2016.

Entrants can download an entry form from the *Have a Go News* website, email [livinghistories@haveagonews.com.au](mailto:livinghistories@haveagonews.com.au) for a form to be emailed or call the office on 9227 8283 for a form to be posted.

## Who are you going to nominate?



2015 Juniper WA Senior of the Year, Brother Olly Pickett

nior of the Year for his inspirational work as the driving force behind Wheelchair for Kids. The charity has now made and sent more than 30,000 wheelchairs to children in 80 countries.

Nominations are open for six categories this year - Community Service Award, Arts and Culture Award, Group or Organisation Award, Business Award, Age Friendly Community Award and the Deborah Kirwan Media Award.

The Minister has also encouraged community groups and organisations to apply for funding from the WA Seniors Week Community Grants Program to host events and activities during WA Seniors Week from 6 - 13 November.

Individuals who make a nomination automatically get entered into a draw to win a \$500 voucher from Flight Centre Murray Street. Nominations for the 2016 WA Seniors Awards close at 5pm on 2 September.

For more information on the awards and the grants, visit [www.cota.wa.org.au](http://www.cota.wa.org.au)

WEST Australians are encouraged to recognise exceptional people aged 60 and over in their communities by nominating them for a WA Seniors Awards.

A partnership between the State Government and the Council on the Ageing, the WA Seniors Awards is an opportunity to recognise and celebrate older West Australians and the organisations which work to address the needs and interests of seniors.

"As WA's seniors population continues to grow, their involvement in the wider communi-

ty provides enormous benefits to the economic and social wellbeing of our State," Seniors and Volunteering Minister Tony Simpson said.

"The WA Seniors Awards serves as a reminder of how vital our seniors are as visionaries, role models and champions of awareness and change in modern society.

"Nominations from the community are essential because it is the public who know the seniors who are out there doing great things."

Last year, Brother Olly Pickett was named the 2015 Juniper WA Se-

## The Westcoast Chordsmen celebrate Christmas in July



MEMBERS of the Westcoast Chordsmen, Perth's premier senior men's barbershop chorus, enjoyed their Christmas in July club night recently, according to past president and lead singer Pender Pedler.

Pender reported that quartets and ensembles of members sang Christmas songs, told Christmas jokes and all joined in a Christmas supper.

"Around 30 active members regularly sing in four-part, unaccompanied close harmony - and have a lot of fun doing it," says Pender.

"We value our singing as a healthy activity with many benefits to both mind and body.

"When singing, we express and communicate the feeling of the song, helping us relax and uplift our spirits.

"Singing is also good for the body as an effective form of aerobic exercise for the abdominal muscles, the lungs and the circulation of blood.

"When singing, we breathe deeply, using our lungs in a way we probably don't at any other time. There are also psychological benefits as our singing leaves us with a sense of achievement and satisfaction.

"Finally there are the social benefits. Singing while focusing on the 'us' of the chorus rather than the individual 'me', encourages co-operation with other singers and helps to build character.

"Thus singing helps to improve our physical health, psychological wellbeing and quality of life," said Pender.

Members meet weekly on Tuesday from 5pm to 7.30pm and interested people are welcome to come along.

For further information, visit the website [www.westcoastchordsmen.org.au/](http://www.westcoastchordsmen.org.au/) or contact Andrew on 9246 5418 or Peter on 9276 8265.

# You're invited

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## Akora's new display apartment

SwanCare invites you to inspect its brand new display apartment at Akora, the stylish architect-designed apartment complex at Bentley Park.

Bright, secure, low maintenance and central to everything, Akora offers the ultimate in retirement living. Spend your days relaxing or catching up with friends in the residents' lounge or spectacular mezzanine area, or join in one of over 40 activities on offer.

This is your opportunity to secure an Akora apartment ahead of its completion in October.

Contact Harry Pearson on 6250 0016 or [harry.pearson@swancare.com.au](mailto:harry.pearson@swancare.com.au)



2 Adie Court, Bentley WA  
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 **Akora**  
BENTLEY PARK



**GREAT HOME and GARDENING**  
ADVERTISING FEATURE

# Have a go growing mushrooms or tiptoe through the tulips



Tiptoe through more than 125,000 tulips at Araluen Botanic Park

by Colin Barlow

COLD and wet it may be outside, but now is the perfect time to do a little bit of work inside to make your winter meals taste like a master chef's. So, have a go at growing your own mushrooms, it's easy and it guarantees both freshness and taste. Whether you are young or old, watching mushrooms almost double in size overnight is both exciting and fun to do.

You may be familiar with the white mushroom kits, which are extremely popular for home gardeners and cooks. This

year Mr Fothergill's have developed two fresh new mushroom kits in conjunction with the mushroom experts, Sylvan Australia. The exotic high yielding oyster mushroom kits are easy to use and guaranteed to grow and come in two varieties – golden oyster and pearl oyster.

Golden oyster mushrooms are fast growing and very beautiful with an excellent nutty flavour, highly prized by gourmet chefs. They complement light dishes such as chicken, pork, vegetables and rice. Pearl oyster mushrooms have a de-

lightful velvety texture with a mild and exquisite flavour. They are ideal with chicken, pork or seafood or can just be grilled with salt and pepper.

Don't feel guilty about eating them as mushrooms are cholesterol-free, practically fat free, high in protein and low in carbohydrates. Oyster mushrooms also contain considerable levels of nutrients including iron, zinc, calcium, phosphorus, potassium, folic acid, niacin and vitamins C, B1 and B2.

**How to grow them**

1. Open up the top of the box and then fold

down the flaps. Carefully open the bag inside the box, cutting just below where the bag is sealed. Pour just enough water in the bag to completely submerge the substrate block and then leave to soak for 24 hours.

2. After soaking pour the water out of the bag and leave your oyster mushroom kit in a brightly lit location but out of direct sunlight. Make sure that the contents remain moist and humid at all times by spraying water on the surface daily. If the surface dries out it will inhibit the formation and growth of the mushrooms.

3. Mushrooms should start appearing within a week to 10 days, and then double in size every day. After they start to appear do not spray any more water on the surface. When the growth of the mushrooms has slowed down it's time to pick them. If required the mushrooms can be stored for a few days inside a paper bag in the refrigerator. The kit can then be re-soaked to grow a bonus crop of mushrooms. When your mushroom kit has finished producing after the second flush of growth the growing media can be used as compost

in your garden.

Oyster mushroom kits are available at Bunnings and independent garden retailers for \$24.95 per kit and make the perfect gift for a gardener or a foodie.

**Love from Nanna's Garden**

This year the annual Nannup Flower and Garden Festival celebrates its 20th anniversary from 18 to 21 August at the Nannup Garden Village, Warren Road, Nannup. The theme for this year is 'Love from Nanna's Garden' – evoking memories of the sweet smell of a cottage garden, playing on the Hills hoist and delicious kitchen aromas. Special guests this year include well known *Gardening Australia* presenter Angus Stewart, *River Cottage Australia* host Paul West and international cooking sensation Sophie Budd. Check out [www.nannupgardens.org.au](http://www.nannupgardens.org.au) for details on the range of open gardens, market stalls, gardening talks and entertainment on throughout the week.

**Tiptoe through the tulips**

It's that wonderful time again when the beautiful spring bulbs and annuals make a spectacular display at Araluen Botanic Park, 362 Croyden Road, Roleystone. The spring showcase runs from the 20 August until the 18

September and includes more than 125,000 tulips that make you want to tiptoe through them. The extensive gardens also include some superb tree specimens, camelias, magnolias and roses. Why not get a small group

together and take time for a guided tour with one of the park's horticulturists including tea and a light snack at end of your visit. Call 9496 1171 or go to [www.araluenbotanicpark.com.au/](http://www.araluenbotanicpark.com.au/) for further information.

\*Reach us online  
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## TV talk with Lee Tate

matured since its London launch in 1979, as well as any Margaret River wine.

Seriously, how many TV programs can you name that consistently entertain and educate viewing audiences week-by-week or – as on our own ABC – day-by-day? Millions of people all over the world tune-in to *Antiques Roadshow*. Canada and the US have come up with copycat shows.

Modern day producers note: TV programming doesn't need the overkill of effects, constant shocks or slick language to be successful.

For the uninitiated, the friendly *Antiques Roadshow* team turns up at historic venues around Britain and, after hostess Fiona Bruce's briefing on the castle or mansion, local people present their possessions to be evaluated for authenticity and value.

Not boring heavy history stuff, not drawn-out interviews with dusty old lords and ladies, nor excessive

focus on values. Not over the top. And plenty of variety.

Eager folks queue by the thousands with paintings, sculptures, war medals, artefacts, jewellery, furniture, coffins, documents, photographs, autographs and anything judged to be of interest (even fossilised poo).

Possessions have often been inherited over generations with bequeathed valuables – including entire houses and belongings – handed down, overwhelmingly it seems, by a distant, late and mysterious aunt.

Professional evaluators provide historical, craft or artistic context and there's interplay between owner and evaluator.

Viewers are green with envy when someone who has picked up a chipped vase or scratched telescope at a car boot sale for a song is told by a smiling expert it is rare and worth a small fortune.

The most valuable item popped up in 2008: an original 1990s maquette of the Angel of the North sculpture by Antony Gormley valued at a cool one million pounds. It is owned by Gateshead Council.

There was a collection of chandeliers valued at – wait for it – seven million pounds! But they were building fixtures where the show was being filmed rather than an item.

And many items are worthless. Or fakes. But all make for good television. What will turn up next?

*Antiques Roadshow* touches on culture, history, art, war, sport, business, entertainment, royalty and taste (good and bad). Whole families at home are watching, guessing the value of items and laughing at the colourful characters (experts and locals) and their stories.

And being amazed and informed.

Items from Japan, America, China, Australia, New Zealand and Russia mix with the rich and abundant offerings of Britain where a 17th Century artefact dug up from a Bristol backyard may be valued at a mere few pounds because they are not considered rare in their neck of the woods.

Today's TV producers plotting programs for the next era may want to consider the avalanche of noisy, forgettable programs of the past half-century. Audiences might be ageing but there's plenty of life in them yet.

If you think a TV program is worthy of switching on the box, let us know. Email [leetate@live.com.au](mailto:leetate@live.com.au) or write to TV Talk, 30/132 Cockburn Road, Munster, 6166.

## Channel Nine newsreader Tim McMillan... a happy life balance of work and family



Tim McMillan

by Josephine Allison

CHANNEL NINE journalist and newsreader Tim McMillan is revealing being back in Perth three and a half years after he landed the plum job of sharing weekday newsreading duties with Emmy Kubainski and doing interviews around Perth. The previous night his interview with the late Eoin Cameron was a poignant reminder of the fragility of life and the importance of family.

"The time back here has gone quickly," McMillan says. "It's great to be back; everything was right to come home. Our boy Griff was two, my wife Jo is from Perth and both our families are from here. When this job opportunity came up, it was a no-brainer really. You can't put a price on having family around, especially when you have a little one. He is five and a half now and Jo (a teacher in media studies and English) mainly cares for our boy."

McMillan's onscreen presence is of a polished professional with a beautifully modulated voice giving the news good and bad. But there's sometimes a glimpse of impish good humour behind a happy news story and you get the impression of a grounded person who loves his job.

Perth born and bred, McMillan finished a Bachelor of Science at the University of WA before deciding to pursue his interest in news. He completed a degree in broadcasting at the WA Academy of Performing Arts, then landed a job at ABC 720 Perth.

He headed overseas for a year and, based in Scotland, did some broadcasting work but mainly enjoyed travelling. He settled in Melbourne, returning to ABC Radio but in 2007 swapped radio for television, joining Nine News in Melbourne.

He covered some major stories including the Black Saturday bushfires, Australia's longest terrorism trial and the final inquest into the death of Azaria Chamberlain. During his time in Melbourne he won two Quill Awards for Best Television Report. In 2010 he joined Nine News in Sydney and covered big events such as Cyclone Yasi, moving back to Melbourne in 2012.

McMillan says his day now is a little different from the past few years when he was doing the early morning *Today Perth* news, a double shift.

"I didn't mind doing it but my son has started pre primary school and if I was working those hours I would only see him at weekends. My day starts getting him ready for school and I am lucky enough to take him there and be involved with morning things.

"I go to work at lunch-time and one day to the next can be quite different. Some days all hell is breaking loose and it's full on from the moment you walk through the door or you have to start earlier than usual.

"Emmy and I divide up who does what with radio updates, updates on Channel Nine and there is plenty to keep us busy during the afternoon. Then one of us does the 5pm bulletin, followed by us both doing the 6pm news. It's a matter of getting your head around what is happening that day. A lot of things come full circle in one day such as last week with the UK referendum

with everyone expecting the vote to stay would win but it was not the case and a shock to many people.

"Days like that can be quite crazy but it is a good place to be when those dramatic events are unfolding; you feel like you are part of it and have to stay on top of it all."

McMillan says his hours mean wife Jo does most of the cooking.

"But I love to cook especially during the winter months when you put something in the slow cooker and let it do its thing for five hours. My absolute favourite when I have the time – and I don't have much time these days – is making a curry from scratch. It takes a couple of days and I make a hell of a mess and I often make it too hot for my wife unfortunately. I always make truckloads of it to last into the next week.

"I don't get home on an average night until around 8pm. Now Griff is five just in the past six months he is still up when I reach home, so I get the tail-end of the day with him and if all is well at home I get to read him a bed-time story.

"Emmy and I have a lot in common as we both have young families and we are of a similar age. We are very fortunate; there aren't many jobs like the ones we have that allow us to spend quality hours with the children during the morning. I feel for the mums and dads who get caned at work doing long hours and don't get to spend much quality time with their kids."

McMillan says he is looking forward to Channel Nine's big move to the city in September. The station will operate from premises at the top end of St Georges Terrace opposite the Barracks Arch.

"It will be a change of culture; we are currently in quite an old building in Dianella, more than 50 years old. It's the end of an era out here with us gone, Channel 7 gone and only Channel 10 remaining but we don't need so much space anymore. It will be great to occupy new premises with a real presence in the city."

Tim shares one of his favourite curry recipes below.

### Tim McMillan's lamb rogan josh recipe

#### Ingredients

4 fresh red chillies, sliced – I don't deseed them because I like a bit of a kick. Take the seeds out if you prefer it mild.  
8 cloves garlic  
2 tablespoons fresh ginger, finely chopped  
4 tablespoons desiccated coconut, lightly toasted  
5 tablespoons cashews  
2 tablespoons ground coriander  
2 teaspoons ground cumin  
2 teaspoons poppy seeds  
1 teaspoon ground fennel  
1 teaspoon ground cardamom  
½ teaspoon ground cloves  
½ teaspoon ground mace  
½ teaspoon freshly ground black pepper  
6 tablespoons ghee  
2 medium sized brown onions, finely chopped  
8 cardamom pods, give them a light whack to bruise them

1 teaspoon ground turmeric  
250 ml plain yoghurt  
4 ripe tomatoes, peeled and chopped  
salt to taste  
1.5kg boned leg or shoulder of lamb, cubed  
2 teaspoons garam masala  
1 decent handful fresh coriander leaves

SERVES 8 – 10.

Ideal to make a big batch to freeze and reheat later.



#### Method

COMBINE the garlic, ginger, desiccated coconut, cashews and chillies into a food processor with a little water and blend until it's a smooth paste.

When it comes to spices, I try to toast and grind them myself. The flavour is definitely more intense, (if you're time-poor, just use the pre-ground stuff). In a frying pan, toast the coriander, cumin, poppy seeds and fennel over a low heat until the aromas are released. Transfer to a mortar then grind with a pestle. Add these spices to the chilli paste mix in the food processor and give it a whizz. Transfer the mixture to a bowl and add the cardamom, cloves, mace and pepper and put to one side.

Heat the ghee in a large pan on a low heat. Add the onion and cook gently until softened. Add the cardamom pods, turmeric and chilli paste to the pan and cook until the oils separate from the spices.

Now add the yoghurt, a tablespoon at a time and stir as you go. Add the chopped tomatoes and a pinch of salt, and cook for five minutes. Time for the lamb now – crank up the heat to high and brown the lamb on all sides. Drop the heat back down to low, put a lid on the pan and leave for at least an hour. The meat should be tender and the liquid reduced. It's worth checking occasionally as you go to make sure it isn't catching in the pan. Add a little water if you need to.

When the lamb is tender, sprinkle the garam masala over the top, cover and cook for another five minutes. Finally, sprinkle the fresh coriander over the top.

Serve with rice of course. And feel free to add your own condiments like a spicy chutney or lime pickle.



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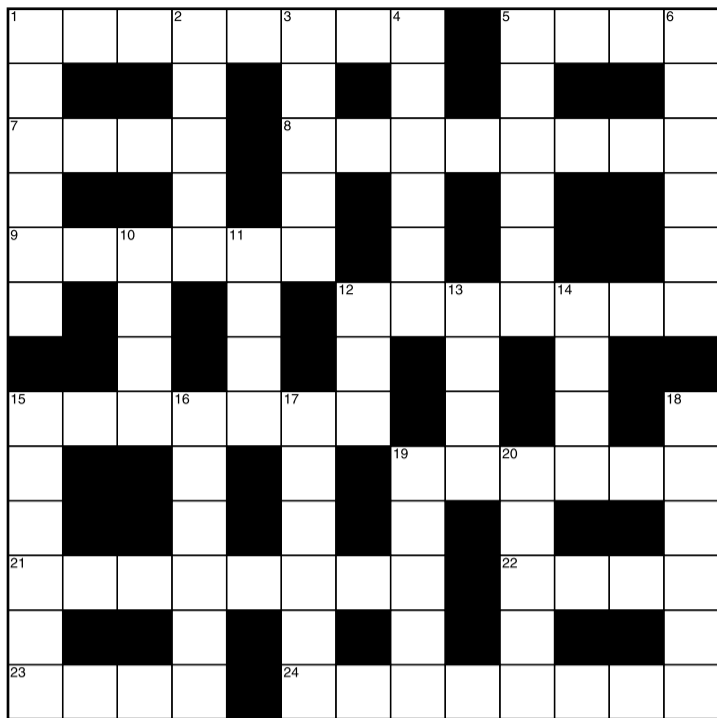
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# PUZZLES

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## CROSSWORD



**ACROSS**

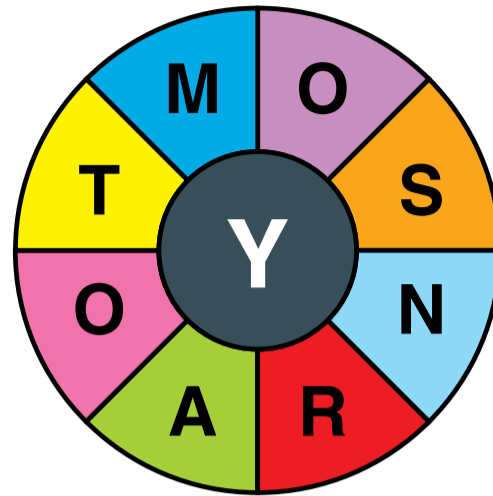
- 1. Sang in unison
- 5. Tiny amount
- 7. Small island
- 8. Faintest
- 9. Camera glasses
- 12. Jury finding
- 15. Most pious
- 19. Annul
- 21. Kept steady
- 22. Freezes, ... over
- 23. Ore seam
- 24. Esteems

**DOWN**

- 1. Cools
- 2. Smells strongly
- 3. Open wounds
- 4. Injure
- 5. Mean
- 6. Painter
- 10. Not binding
- 11. Otherwise, or ...
- 12. Critically examine
- 13. Talk excitedly
- 14. Novel thought
- 15. Of medicinal plants
- 16. Inherited
- 17. UFO, flying ...
- 18. Tightens (muscles)
- 19. Plant stem lumps
- 20. False appearance

© Lovatts Puzzles

## Wheel Words



© Lovatts Puzzles

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.

12 Good 17 Very Good 22+ Excellent

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Thanks to Channel 7's HOME in WA for sponsoring the puzzle page. Solutions will be in next month's issue.

## SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

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

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## #292 July edition PUZZLES Solutions

G	E	I	S	H	A	S	C	O	L	O	M	B	O
U	S	A	I	H	I	A	R						
R	R	R	O	A	R	I	N	G	L	L			
K	R	A	A	L	M	L	H	A	I	F	A		
H	E	E	V	E	R	E	S	T	B	N			
A	L	L	E	Y	S	A	S	O	U	N	D		
S	A	S	E	I	N	E	H	O					
P	N	G	A	N	M	A	N	N					
T	L	M	O	N	K	S	R	T					
R	O	U	E	N	C	I	P	E	R	T	H		
I	G	E	T	E	R	N	A	L	U	U			
P	L	A	C	E	A	G	E	S	S	E	N		
O	N	D	U	N	E	D	I	N	S	D			
L	D	L	I	O	T	F	I	E					
I	P	A	N	E	M	A	M	A	Y	F	A	I	R

**Red Herrings Solution:**  
Juniper, Parsley, Caraway, Oregano, Chervil, Paprika, Chicory, Mustard.

**Code Cracker Solution:**  
A=17, B=21, C=6, D=9, E=16, F=13, G=12, I=7, K=2, L=20, M=19, N=4, O=10, P=3, R=1, S=8, T=15, U=18, V=5, W=14, Y=11  
ACTION



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# From Churchlands High School to singing with Opera Australia



Taryn Fiebig (centre)

PERTH born, Churchlands High School educated Helpmann-Award winning soprano, Taryn Fiebig is returning to Perth and her old alma mater for

a one night only concert in the concert hall of her old school. She will have lovers of Puccini, Mozart, Wagner and Lerner and Lowe on the edge of their seats as they savour her performance.

One of Australia's most popular and versatile artists Taryn is principal soprano with Opera Australia. She has performed with all the major Australian opera companies as well wowing audiences at the Edinburgh Festival in Opera Australia's produc-

tion of *Bliss*. Trained at Western Australia's Churchlands School of Music and at UWA, Taryn's first love was the cello before she found her operatic and musical theatre voice to magnificent effect, going on to dazzle Australian and international audiences. Accompanying Taryn during her one night only *From School to Opera Australia* performance will be Perth concert pianist Mark Coughlan well

known for his music and role as chair of the Government House Foundation music series. The Taryn Fiebig concert will be presented in the magnificent architecturally designed, 500-seat concert hall, which was opened in 2012 on the school's 50th anniversary. Boasting unequalled acoustics and a \$250,000 full sized Fazioli grand piano – one of only three in Western Australia and purchased with funds raised by the school's

Foundation – the TAG Architects' designed auditorium will provide the perfect stage for Taryn's magnificent voice. Tickets for the one night performance on Friday 19 August, at the Churchlands Senior High School Concert Hall (located at 20 Lucca Street, Churchlands) will sell quickly. Bookings can be made online at [www.trybooking.com/189819](http://www.trybooking.com/189819) or by calling 9441 0442. Ticket prices which includes light refreshments

are - Premium \$49; Standard \$39; Concession \$29; Students \$14. **WIN WIN WIN** To be in the draw to win one of three double passes to this performance simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Taryn in the subject line. Please include your name, address and phone number or call the Have a Go News office during business hours on 9227 8283. Competition closes 15/8/16.

## 11.22.63 – An epic thriller travelling back in time to the Kennedy assassination



11.22.63 characters' Sadie Dunhill and Jake Epping

ON 22 November, 1963, three shots rang out in Dallas, President Kennedy was killed, and the world changed. What if you could change it back? Based upon the best-selling novel by Stephen King, *11.22.63* is an epic thriller from J.J. Abrams. James Franco stars as Jake Epping, a high school English teacher who, encouraged by his ailing friend (Chris Cooper) travels back in time to prevent the assassina-

tion of President John F. Kennedy. Delving into the darkness of the American dream, viewers are transported to the world of 1960s Texas as Jake explores the mystery surrounding the supposed gunman Lee Harvey Oswald, his family and associates. But Jake's mission faces threats not only from Oswald, but from Sadie Dunhill, a beautiful librarian he falls in love with, and from the past itself – which doesn't want to be changed. And if the past doesn't want to be changed, it will push back – often violently. Out now on DVD - \$29.95

## The Beatles: Eight days a week - the touring years



ACADEMY Award winner Ron Howard's authorised and highly anticipated documentary feature film about The Beatles' phenomenal early career, *The Beatles: Eight Days A Week - The Touring Years*, opens in cinemas nationally on 16 September. *The Beatles: Eight Days A Week - The Touring Years* is based on the first part of The Beatles' career (1962-1966) – the period in which they toured and captured the world's acclaim. Ron Howard's film will explore how John Lennon, Paul McCartney, George Harrison and Ringo Starr came together to become this extraordinary phenomenon: *The Beatles*.

It will explore their inner workings – how they made decisions, created their music and built their collective career together – all the while exploring the Beatles' extraordinary and unique musical gifts and their remarkable, complementary personalities. The film will focus on the time period from the early Beatles' journey in the days of The Cavern Club in Liverpool to their last concert at Candlestick Park in San Francisco in 1966. Presented by Studiocanal Australia and in cinemas for one week only from 16 September.

**WIN WIN WIN** To be in the draw to win one of five double passes to *The Beatles Eight Days A Week* documentary simply send an email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Beatles* in the subject line or call the Have a Go News office during business hours on 9227 8283. Closes 31/8/16.

## Clinton: The Musical



Matt Dyktynskic in *Clinton: The Musical* © Robert Frith

BILL Clinton was one of America's most influential and divisive presidents. One the one hand: educated, charismatic and extremely popular. On the other: reckless, fun and decidedly unprofessional. The musical explores this duality with two actors playing both sides of Clinton as he navigates his tumultuous career, alongside his ever-faithful wife Hillary.

This engaging and outrageous musical comedy, penned by Australian writing duo and brothers, Paul Hodge and Michael Hodge, will set you up for an unimpeachable night out with zero spin. Heading to Perth for the first time after a sell-out season off Broadway, this hilarious musical will be just the antidote we need in the lead up to yet another US presidential election drama.

*Clinton: The Musical*, presented by Black Swan State Theatre Company in association with the Perth Theatre Trust. Book by Paul and Michael Hodge. Music and lyrics by Paul Hodge. Presented as part of the Winter Arts Festival 2016, 27 August - 11 September.

**WIN WIN WIN** To be in the draw to win one of three double passes to *Clinton: The Musical* on Saturday 27 August at 7.30pm in the Heath Ledger Theatre of the State Theatre Centre, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word *America* in the subject line. Alternatively, phone the Have a Go News office during business hours (Monday to Friday, 9am to 5pm, excludes public holidays) and leave your details. Competition ends 20/08/16.

### ART for ALL

- August 8-10 Gallery closed for painting.
- August 12-28 An exciting exhibition by WA Quilters.
- August 29 - September 4 Ruth Costello: Introspective Retrospective exhibition, colourful oils.
- September 5-9 Creative Connections, Art and Poetry Exhibition. An eclectic collection of artwork produced by artists with complex needs.

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## THE ITALIAN TENORS

Direct from Italy the Italian Tenors are three of Europe's most successful operatic Tenors that formed in 2012 and released their successful album "Viva la Vita" in 2014. They are now a worldwide pop-opera phenomenon. The three Italian Opera singers Mirko Provini, Sabino Gaita and Evans Tonon do an unbelievable balancing act between classical arias and popular pop hits. The Australian tour promises all the Italian charm and vocal power of their recently sold out European tour. **Support - JEREMY RYAN**

**ASTOR THEATRE PERTH Saturday 10 September 2016**  
**TICKETS:** Ticketek 132849, TTG 1300 111 369 or [www.astortheatreperth.com](http://www.astortheatreperth.com)

## Paco Pena

Spanish guitar virtuoso Paco Pena returns to Australia in 2016 with this company of dancers as they bring the magic and traditions of the Flamenco to stages across Australia. Bringing to life the intoxicating rhythms, colours and sounds of Andalucía, Paco Pena and his dancers, singer and musicians set the stage alight in bursts of glorious improvisation and virtuoso flamenco technique. The first half of the performance features the solo guitar by Paco Pena. The second half sees the dancers join Mr Pena for the full flamenco experience.

**HIS MAJESTY'S THEATRE Friday 30 September 2016**  
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## Pipe Organ Plus and Voyces showcase outstanding contemporary compositions



Renowned organist Dominic Perissinotto

THE exceptional choir from Voyces will collaborate with renowned organist Dominic Perissinotto for a magnificent musical performance at the Basilica of St Patrick this September.

Concert four of the 2016 Pipe Organ Plus series, *Magnificat* features an afternoon program of organ repertoire and contemporary classical choral music, with accompaniment from a countertenor, harpist and percussionist.

The concert will showcase music composed within the past 40 years, including Leonard Bernstein's *Chichester Psalms*, choral works by Arvo Pärt, Elena Kats-Chernin and James MacMillan, as well as organ solos by Giles Swayne, Andrew Newcombe and Philip Glass.

Voyces is a West Australian arts organisation whose focus is on the performance, production and promotion of contemporary choral repertoire, with musical director Dr Robert Braham leading the ensemble through diverse and challenging choral music. Voyces has showcased works by acclaimed Australian composers such as Peter Sculthorpe, Iain Grandage, Dan Walker and Stephen Leek, alongside interna-

tional composers including Eric Whitacre, Morten Lauridsen and Ola Gjeilo. As a strong proponent of emerging composers, Voyces has showcased works by a number of local composers including Perry Joyce, Stefan Pugliese and Alex Turley.

Pipe Organ Plus is a long-running concert series pairing the organ with an array of sublime musicians and artists, performing in majestic Western Australian venues, exploring the full spectrum of music from medieval to modern. All concert events feature complimentary interval refreshments, affording the audience time to talk with other concertgoers, as well as meeting the performers.

*Magnificat* will be performed on Sunday 18 September at 2.30pm at The Basilica of St Patrick in Fremantle. Concert tickets available through [www.pipeorganplus.com](http://www.pipeorganplus.com) or at the door one hour prior to the start of the performance. The concert runs for about two hours including an interval where complimentary refreshments will be served.

Tickets: standard \$40, concession \$35 and students (U-18) \$20.

## Viva la viva: the Italian tenors

DIRECT from Italy the Italian Tenors are three of Europe's most successful operatic tenors that formed the group in 2012 and released their successful album *Viva la Vita* in 2014. They are now a worldwide pop-opera phenomenon. The three gorgeous Italian opera singers Mirko Provini, Sabino Gaita and Evans Tonon do an unbelievable balancing act between classical arias and pop hits.

Leslie Hinton Entertainment and Roy Orto proudly presents The Italian Tenors. Their Australian tour promises all the Italian charm and vocal power of their recently sold out European tour. Together with their live band, which includes live strings, the evening promises to be an incredible musical montage of vocal passion and excellent entertainment.

The show will be at the Astor Theatre, Saturday 10 September. Tickets from Ticketek: 132 849 or from the Astor Theatre: 9370 1777. [www.lesliehintonentertainment.com](http://www.lesliehintonentertainment.com)



THE ITALIAN TENORS  
*Viva la Vita*

## Mel Gibson returns to big screen in *Blood Father*



MEL GIBSON RETURNS to the big screen with shades of *Sicario* and *Payback* in this edge-of-your-seat action thriller. Scripted by *Straight Outta Compton's* Andrea Berloff and *The Town's* Peter Craig (based on his novel), *Blood Father* is brought to the screen by the team behind *The Prophet* and *Rust and Bone* and helmed by the César-winning French director behind the acclaimed Mesrine films.

Action and attitude meets humour and humility as Gibson stars as John Link – an ex-con trying – none too enthusiastically – to embrace life on the straight and narrow. Eking out a meagre existence as a tattoo artist in his trailer park home, he battles with his past and his future. When his estranged daughter, Lydia is caught up in a drug deal gone wrong, she finds herself reaching out to the

last man she ever thought she'd need – her father. Only he can protect her from those who want her dead, and only he will – no matter what it may cost him.

In cinemas – 1 September.



### WIN WIN WIN

To be in the draw to win one of five double passes to *Blood Father* in the simply send an email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Blood Father* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 31/8/16.

## Don't miss the York Collectables Clock and Memorabilia Auction

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

Clocks/marble/slate/French/German/American and English. Musical cuckoo clocks (black forest), grandfather clocks, west minister chimes and German movements. Designer watches/automatic reproductions. Paintings, prints, aboriginal art and associated items, two vintage bicycles German/BSA, coin collections, militaria and weaponry, some furniture and sundries.



### EVENT PROGRAM

Sat 27 August Viewing 1pm-4pm

Sun 28 August Viewing 9.30am

Auction commences 11am

at York Town Hall

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## Oliver! The musical

AFTER an absence of many years from the stage, popular West Australian actor Ivan King OAM will return as Mr Sowerberry for the ever-popular family favourite musical *Oliver!* presented by ICW Productions, at the magnificent Joy Shepherd Performing Arts Centre, St Hilda's Anglican School for Girls from 20-27 August.

Joining Ivan on stage, and popular in his own right, is well known actor and media identity Jay Walsh as Fagin and a talented cast of West Australians, including local school children singing well known tunes such as *Food, Glorious Food, You've Got To Pick A Pocket Or Two* and *Consider Yourself*.

A regular figure on local stages in the 1970s and 1980s, Ivan is also recognised as the founder of the Museum of the Performing Arts (MOPA) at His Majesty's Theatre in 2001. In 2016 he was awarded an Order of Australia Medal for his contribution to the Australian theatre scene.

"ICW Productions is so pleased we were able to coax Ivan King back to the stage – audiences are in for a real treat when they see him as the artful Mr Sowerberry, coupled with Jay Walsh as Fagin," says musical director and producer, Ian Westrip.

Tickets are on sale now through: [www.trybooking.com/LLZE](http://www.trybooking.com/LLZE) or 0416 251 265. Visit [www.icw.org.au](http://www.icw.org.au) for more information.

### WIN WIN WIN

To be in the draw to win one of two family passes to see *Oliver!* on 20 August at 2.30pm, phone the Have a Go News office during business hours (Monday to Friday, 9am to 5pm, except public holidays) and leave your details. Alternatively, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word stage in the subject line. Competition ends 17/08/16.

## Magnificat

2.30pm, Sunday 18 September  
Basilica of St Patrick, Fremantle

Join renowned organist Dominic Perissinotto & the exceptional choir, Voyces for a magnificent musical showcase.

Visit [pipeorganplus.com](http://pipeorganplus.com) to book!

ICW PRODUCTIONS  
[www.icw.org.au](http://www.icw.org.au)

Book, Music & Lyrics by Lionel Bart

7 Shows Only

PRESENTS  
20th - 27th  
August 2016

Joy Shepherd Performing Arts Centre

By arrangement with Hal Leonard Australia Pty. Ltd, exclusive representative of Cameron Mackintosh and the Southbrook Group.

**Ticket Prices**  
All tickets to all performances  
Adults \$59, Children \$49  
Family (2+2) \$199, Groups 10 (1 free).

**Bookings** [www.trybooking.com/LLZE](http://www.trybooking.com/LLZE)  
Part proceeds go to Variety

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Tick one box only.

- Travel companion
- Pen friend
- Seeking a friend
- Seeking a partner

Abbreviations used in 'Friend to Friend'

- ALA: All letters answered DTE: Down to earth
- GSOH: Good sense of humour ND: Non drinker
- SD: Social drinker NG: Non gambler
- NS: Non smoker NOR: North of River
- SOR: South of River TLC: Tender loving care
- WLTM: Would like to meet




Name ..... Address .....

Postcode .....

Phone ..... I am over 45 years of age ..... (Signature)

**Each person may submit one entry every month.**

**STOP: Please read new instructions carefully**  
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:  
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Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

### Seeking a Friend

**ACTIVE** Aussie widow, 65, DTE, SOR. Interests; outdoors, travel, cruises, walking. WLTM friendly gent, 63-68, DTE, NS, SD, let's meet for coffee.  
**Reply Box 7202**

**A KIND** hearted, slim sincere lady NOR WLTM gent, 75+. Similar interests; music, theatre, dance, travel, cooking, family life in general, GSOH, good conversation, company, fin sec.  
**Reply Box 7193**

**ARTICULATE** young, 69, English lady, SD, NS, GSOH, cat lover, enjoys dining out, theatre, music, swimming, travel, reading. WLTM gent, kind, caring, honest, sincere, romantic, good conversation with positive outlook, NOR preferred.  
**Reply Box 7190**

**ATTRACTIVE** lady mid 70s WLTM genuine, sincere, well mannered gent, NOR. Likes good conversation, reading, travelling, drives. I am a full figured lady. WLTM for coffee.  
**Reply Box 7182**

**AUSSIE** gent, 58, fit, well off, enjoys walking, travel, movies, theatre, fun and life in general, seeking a lady companion.  
**Reply Box 7198**

**AUSTRALIAN** lady, 70, WLTM friendly, easygoing gent for happy mutual relationship. Me; GSOH, SD, NS, SOR, varied interests. ALA.  
**Reply Box 7179**

**DOMINANT** girlfriend wanted by eccentric Englishman. Please tell me to buy you a coffee.  
**Reply Box 7209**

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[www.haveagonews.com.au](http://www.haveagonews.com.au)

**GENT** 66, GSOH, NS, SD, 178cms tall, WLTM lady who likes dancing, music, art, poetry, reading, sport, walking, country trips, cooking, sharing grandchildren, 40-60yrs, young at heart. Let's meet for coffee.  
**Reply Box 7178**

**GENT** 69, looking for lady to sit in passenger seat, must be interesting and over 55, come on let's have a laugh, send me your passport photograph.  
**Reply Box 7208**

**GENT** 70+, enjoys keeping fit, travel, dining in/out, movies, life in general. WLTM affectionate lady, age no problem. I live SOR but where you live isn't a problem. Let's meet to enjoy life to the full. Looking forward to your reply. I am not too tall, average height but am exceptionally fit and active, very easy going. Let's meet and give it a go.  
**Reply Box 7191**

**GENT** 70s, NS, SD, easygoing, enjoy life in general, WLTM sincere, friendly Asian lady for future companionship, relationship. Please genuine replies only. SOR.  
**Reply Box 7194**

**GENT** 77, happy, healthy, nine years in Australia. Retired industrial engineer, vegetarian, NS, ND, GSOH. Likes music, dancing, reading, outings, socialising, good conversation. WLTM a lady for friendship. Mandurah area.  
**Reply Box 7210**

**GENT** late 70s, widowed, young at heart, fin sec, SOR, honest, sincere, carrying no luggage, NS, NG, GSOH, DTE, WLTM caring, mature lady for friendship, companionship. Let's meet for coffee and chat. See how we get on.  
**Reply Box 7192**

**GENT** mature outlook, blue eyes, loves to party. Medium build, active, easygoing, dancing, music, cooking, swimming, walks, long drives, fin sec. WLTM bright lady for a chat over coffee that something might happen, who knows?  
**Reply Box 7177**

**KIND** fit, healthy gent, 55, WLTM gent 60+ with same qualities for romantic friendship, NS, plus GSOH. All replies treated confidential. Please reply with relevant detail.  
**Reply Box 7185**

**LADIES** finding it hard to meet a friend? Me too. Few places to go. Me; A young 70s, well dressed, healthy, caring, music, dancing, travel. WLTM slim, affectionate, caring, romantic lady, NOR, chat over coffee.  
**Reply Box 7203**

**LADY** 60s, living NOR, WLTM other single ladies of same age, NOR, to enjoy outings, coffees etc together, no fees, just friendly get togethers.  
**Reply Box 7201**

**LADY** 67, seeks a good friend or possible partner who is attractive and has varied interests. NS, SD, GSOH, live East Perth, age immaterial, a photo would be appreciated. Love to meet gentleman.  
**Reply Box 7181**

**NOR** lady late 60s, bright and positive, GSOH, DTE attitude, enjoys keeping fit, slim, blonde, attractive. Enjoys live entertainment, animals, travel, country. Seeking gent with caring nature.  
**Reply Box 7188**

**WELL** presented gent, educated, good health, live alone near Perth. I am searching for an intelligent 70+ senior to develop a friendship and more. ALA.  
**Reply Box 7180**

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**THESE** winter days spent alone. Gentleman, tall, educated, sincere, some ties, seeks understanding, same situation, mature lady. Me; 66, healthy, GSOH, ND, SD, NS, laughter, intimacy, who knows what could be, age open to all ladies. ALA.  
**Reply Box 7197**

**WLTM** male, 68-75, NS to be friend/companion who enjoys walking, beach, travel around Australia. Myself; friendly, young lady of 71. NOR 6022.  
**Reply Box 7184**

**YOUNG** looking gent, 74, loyal, caring, trustworthy, genuine, DTE, GSOH, TLC, fin sec, tallish, slim to medium build, healthy, movies, music, dining in/out, walking, animals, quiet nature. WLTM a lady, age and nationality open, with some of the above. Ladies pick me. Anyone for coffee?  
**Reply Box 7199**

### Seeking a Partner

**ACTIVE** Aussie gent, 70, 5'11", slim, fit, easygoing, caring, sincere, NS, SD, NOR. Enjoys movies, dining, gardening, travel, caravanning, sports. WLTM lady, open minded, romantic, affectionate, similar interests, friendship, relationship, meet for chat, coffee. ALA.  
**Reply Box 7206**

**ATTRACTIVE** lady, 67, UK born, 5'2" tall, medium build, educated, refined, feminine, DTE, GSOH, ND, SOR. Interests; good conversation, socialising, reading, walking, gardening, country drives. WLTM caring, sincere, professional, gentleman, 65-72, genuine replies only. ALA.  
**Reply Box 7200**

**COUNTRY** lady, young at heart. WLTM gent 60-73 for friendship, who enjoys simple things in life. Interests; family movies, country drives, markets, dining in/out, gardening, cooking, fishing, NS, SD, GSOH, TLC. Photo appreciated.  
**Reply Box 7187**

**EXTROVERTED** gent, 80, with a lot of living to do, seeks lady with similar outlook. Willing to share the best that life can offer, age irrelevant, long term relationship, the goal.  
**Reply Box 7204**

**GENT** 66, UK Australian, VGSOH, NS, SD, 180cm tall, enjoys good company, seeks intelligent, attractive lady, 48-62, slim to medium build, enjoy usual social activities, beach, coastal walks, dining, socialising, travel, cruising. Genuine only please. NOR. Let's chat. Coffee?  
**Reply Box 7196**

**GENT** 68 seeks lady slim, 5'4" to 5'9", long hair for friends first and hopefully long and loving relationship. Must have GSOH, be NS, active to share happy times. Please send photo and phone number. ALA.  
**Reply Box 7189**

**GENT** 76, fit and active, medium build, tidy appearance, NS, easygoing, positive outlook, good listener, enjoys the beach and coffee. Lady, age open, SOR, TLC.  
**Reply Box 7183**

**GENT** Australian, born in Egypt, NOR, ALA, GSOH, SD, WLTM DTE, TLC, NS, ND. I'm young at heart, fit, healthy, fin sec, well off. Interests; walking, travel, cruising, movies, fun and life in general, seeking a lady companion, 50, GSOH.  
**Reply Box 7211**

**SINGLE** gentleman, no ties, 60, nice looking, caring, honest, genuine, NS, SD, cooking, music, movies, keeping fit, romantic dinners with candles, red roses, GSOH, WLTM romantic lady, 55-65, genuine, warm hearted, single, GSOH, ALA, photo, TLC.  
**Reply Box 7207**

**WIDOW** slim, attractive, varied interests, WLTM Euro gent 65-70+, genuine, well educated, NS, SD for permanent relationship if compatible, based on love and respect. Let's meet and let the sun shine yet again. SOR.  
**Reply Box 7195**

**WIDOWER** 68, NS-SD Guildford area offers love, security, Australian travel, fishing, friends, music, movies and more to a slim, honest, fit, DTE, outdoors Australian lady without restricting ties for rest of life. I am genuine. ALA.  
**Reply Box 7186**

**WIDOWER** 70+, active, SD, NS, GSOH, loyal, honest, handyman, flexible, overseas travel, music, cooking, reading, outdoors more B42L8. Not into gambling, religion, dancing or footy. WLTM active, honest, DTE, feminine lady, compatible age, interests for stable loving relationship.  
**Reply Box 7205**

**Do you need a companion or friend? Don't be lonely in 2016. Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.**

## Friend to Friend: When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:  
eg. Reply Box 4100  
c/- Friend to Friend,  
PO Box 1042, West Leederville, WA 6901.  
(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened.



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**MIDLAND LADY 60** very pretty blue eyed natural blond, young, well kept, slim, petite, widow, indep, respectful, grounded w/ good old fashioned values. Sk active, kind, intell man 58-65.

**LANCELIN LADY 68** slim, fit, attr, youthful, adventurous spirit, loves travel & has own caravan to do so. Is intell, well spoken, indep & sks healthy, funloving man 65-75 who has not given up on enjoying life w/ someone special.

**THE HILLS LADY 72** good looking blue eyed brunette, refined, well educated, widow, well travelled, loves the arts. Is a loyal & loving person who cares about other people. Sk honest gent w/ a kind & generous nature.

**PEEL REGION LADY 70** attr, well grmd, blue eyed blond, funloving widow, ex farmers wife, sks easygoing, honest man 67-75 w/ tidy habits who wants to love & be loved again.

**CANNINGTON GENT 67** tidy & well grmd, 177cm, trim, clean shaven, well mannered. Just a very nice man w/ a happy, d.t.earth nature, loves life & doesn't let things get him down. Sk positive lady 60-70 who appreciates simple pleasures.

**SWAN VALLEY GENT 66** relaxed, openminded, happy to try new things, keeps fit & trim & is very well grmd/ spoken. Likes the o/doors, photog, walks, visiting places of interest. Sk sincere, compassionate lady 58-68 who still believes in romance.

**MANDURAH GENT 72** gorgeous retired professional, 183cm, trim, articulate, well spoken, confident, e/ going, personable. Wants to share life w/ refined & d.t.earth lady 65+

**MIDLAND GENT 68** will meet ladies northam, York, Toodyay, perth. Quiet, homeloving, country minded, likes o/doors, cruises, tours, dancing & the simple things. Sk lady 60-70 who is a good person...looks are not important.

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# SCENE SOCIALLY



**SCENE (1): CELEBRITY** chefs made a visit to the Good Food and Wine Show held at the Perth Convention Centre in early July. People's desire for watching cooking shows on television has not waned and demonstrating some of their loved recipes at the show were: Gary Mehigan, Anna Gare, Adriano Zumbo and Miguel Maestre.



**SCENE (2):** Wearne Cottesloe, managed by Bethanie on behalf of Curtin Care, hosted a special art exhibition on Friday 22 July, showcasing artwork produced by a number of their residents – some of whom are currently living with dementia. Seen at the exhibition were:  
  
SCENE (2): From left to right Julie and Shirley Wood - Jennifer Olney and Elaine Fleay - Fred and Isobel Ridge - Dom Daniele and Elaine Fleay



**SCENE (3): THE** members of the Bayswater City View Club having fun at a high tea to raise funds for the Smith Family Learning for Life Program. If any ladies would like to have fun raising money to help end poverty through education then the club would welcome new members. For details please contact Glenys on 0417 946 779.



**SCENE (4):** WACBA Have a Go News 2016 State Pairs Tuesday 19 July 2016 Seen at the competition were:

SCENE (4): Top row from left: *Hard at work... treasurer, Eugene Paskett, president, Jean Sked and secretary, Barbara Price*  
Second row from left; 1st Place – Rockingham, Graham Winterbottom and Geraldine Howe - 2nd Place – Falcon, Gladys Shepley and Colin Shepley - 3rd Place – Nollamara, Roland Green and Ellen Schumacher

**SCENE (5):** BELMONT Forum Mall Walkers celebrated their 10th anniversary on 20 July. The group meet twice a week before the shopping centre opens on Wednesday and Fridays at 8am. COTA WA's Phil Airey and local member for Belmont Glenys Godfrey presented walkers who had been part of the group since its inception with a special Supreme Achievement Award certificate and Belmont Forum provided them with a gift. People who are interested in mall walking at the many shopping centres who participate in the activity around Perth should contact COTA WA on 9472 0104. Seen at the celebration were:



SCENE (5): Top row from left: *Glenys Godfrey with Belmont Forum's marketing manager Julie Elliot - Phil Airey with Mall Walker leader Gwen Davies - Belmont councillor and acting mayor Robert Rossi with Cr Bernie Ryan*  
Second row from left; 10 year walkers Jay Salter - Mary Smith - Jess Osborne - Carole Okis. Third row from left; Pixie Barratt - Peter Oggesby - Aida Vinciullo and Rae Dewhurst. Fourth row; Celebrating 10 years of mall walking at Belmont Forum



**SCENE (6):** THE City of Perth's Rod Evans Centre at 160 Hay Street in East Perth offers a variety of health and well being programs for older people. They also provide quality lunches on a daily basis during the week. Call 9461 3920 for details. *Have a Go News* popped in during their Laughter Yoga class which is part of the Stay Sharp program to see participants in action. Seen at the class were:



SCENE (6): Top row from left: *Trevor and Prue Hathaway - Jean Edwards and Glen Fruin.*  
Second row from left; *Helen Bainbridge, Satima Flavell and Edna Schildkraut*  
Third row from left; *Lucy Brooks and Anna Kirkpatrick - Dawn Franker and Pam Noonan*  
Fourth row from left; *Maxine and Ken Talbot*



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