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liftout

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- Winter in the West



Josephine Allison interviews veteran journalist Ron Banks



- Healthy Ageing - Aged Care feature
- Food & Wine - reviews, recipes and more
- Downsizing

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# Bushwalking in winter



are more than 20 parks and reserves near Perth in addition to the state forests and more than 1000 km of local, accessible walking opportunities. These are mostly not documented elsewhere but have been well tested by walkers over the 14 years since WalkGPS went online.  
The walks on WalkGPS are all circuit walks, starting and finishing at the same location, so avoiding any need for car shuffles. They also cater to a wide range of walker experience and fitness. Walk distances range nine - 19km, with the average of 15km. The shorter, easier WalkGPS walks don't require navigation skills, and are a good way for novice bushwalkers to get started and gain confidence. The Trails WA site also includes information on several, mostly shorter bushwalks close to Perth.  
The WA Strategic Trails Blueprint 2017-2021 released by the Department of Sport and Recreation in May this year acknowledges that WA still lacks state-wide and regional trails strategies for bushwalking. It seems development of more circuit trails to encourage bushwalking in our parks and reserves may be some years away.  
Meanwhile, as a passionate advocate for bushwalking in the Perth region, Mr Osborne hopes his non-commercial website will continue to encourage anyone who can walk, young or not-so-young, to discover the great wealth of under-recognised opportunities close to the city.  
Visit [www.walkgps.com.au](http://www.walkgps.com.au) for more information.

Walkers enjoy a winter walk at Nganguring Hill in the state forest near The Lakes

BUSHWALKERS love winter in Perth. The cooler months are the best time for walking; to get outdoors and explore the parks and forests in the Darling Range near Perth; to nurture the body and mind through immersion in nature. The beauty of the woodlands, the wildflowers and the many impressive granite outcrops are ample motivation.  
Dave Osborne, the author of popular Perth bushwalking website 'WalkGPS', urges that no matter your age, it's never too late to get started.  
More younger people today are discovering bushwalking through online Meetup groups, but it continues to attract a large and committed following among older members of the community. Australia-wide, active seniors participation in bushwalking ranks high on a list of more than 50 other recreational activity options.  
Many wonderful bushwalking areas lie within one hour's drive from Perth or less and newcomers often enjoy their first bushwalking experience on the very popular Eagle's View Trail in John Forrest National Park. If they prefer a short family-friendly walk of less than five to 10km, or a multi-day hike on the Bibbulmun Track, the search for opportunities for other, less busy circuit day walks of good length and quality can be frustrating without help.  
Joining a club provides an ideal way to discover those other walks with experienced, like-minded spirits and to develop some useful bushwalking skills. Perth's largest club, Perth Bushwalkers Club, typically offers at least three day-walk activities each week through the cooler months.  
Osborne's WalkGPS website, recently completely updated and re-launched, also provides details - including directions, walk maps, GPS navigation data and route notes - for more than 65 circuit day bushwalks in the Perth region. There



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# From the editor's desk



I WOULD like to extend my best wishes to Advocate CEO Greg Mahney who retired early this month. During his ten years at Advocate Greg made a substantial contribution to promoting advocacy for older

people. One of his great achievements was the establishment of the Elder Abuse Help Line.

★★★★  
The Great Bethanie Bakeoff returns again this year and we will be calling for older generations to team up with young people to share some family recipes. This is a great opportunity for you to share your family stories and recipes with others. The Bake Off finals will take place at *Have a Go Day* on 1 November. *Have a Go News* sponsors the event each year and we will have entry details in the paper next month.

★★★★  
Last month I had the opportunity to meet with the Minister for Seniors and Ageing, Volunteering and Sport and Recreation, Mick Murray. It was a good opportunity to share some feedback that we have received on the recent changes to the WA Seniors Card with him. As I expressed to Minister Murray the two biggest concerns

that we heard from readers were that they felt both state and federal governments were constantly moving the goal posts around retirement. This makes life more difficult for people planning for retirement or those retired people who found they had to change their plans.

Many self funded retirees also felt that they had contributed much to the community, especially with the paying of taxes and not drawing a pension. They felt they were being punished for their achievements with the withdrawal of some of the concessions available to those people who only hold a Seniors Card. *Have a Go News* will be interviewing the Minister to address these concerns and sharing his thoughts with the readership in the next edition as he takes time to absorb the feedback following our meeting.

★★★★  
The Bunbury High School reunion is on the 8 October at the RAAFA

in Bullcreek. The event starts at 11.30am for a 12 noon sit down lunch that includes two courses and free tea and coffee for \$40. If you would like to attend please call Ivan Okey on 9248 6535, 0447 267 938 or email yekornavi@yahoo.com.au

★★★★  
Our *Living Histories* program has generated a lot of interest from clubs and groups with our guest speaker program.

If you would like us to speak to your group please contact me on the email below or call the office on 9227 8283.

You can purchase a copy of the second book *Stories from the Swing-ing 60s* which is a recollection of life in WA during the 1960s. The book is \$25 and is an ideal gift.

★★★★  
I wish you a happy and a healthy month.

Jennifer Merigan, Editor  
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## Morley Bowling Club calling for female players

MORLEY Bowling Club is looking for people, especially women, who are interested in making new friends and want to enjoy a low impact recreation activity.

The club is offering free coaching and bowls available for use.

Pennant games are held on Tuesday, Friday and Saturday.

Interested ladies can call Pam on 0413 093 059 or the club on 9276 8312 or visit [www.morleybowling-club.com.au](http://www.morleybowling-club.com.au)

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## Ageing research snippet

### Three factors to help reduce the risk of dementia

A combination of exercise, controlling blood pressure and some form of brain training may reduce mental decline in old age and reduce the risk of Alzheimer's-type dementia, US experts have concluded.

A new report released by the National Academies of Sciences, Engineering, and Medicine states there is "encouraging" evidence,

although it is inconclusive.

The recommended interventions include:

- Cognitive training: includes programs aimed at enhancing reasoning and problem solving, memory, and speed of processing - to delay or slow age-related cognitive decline.
- Blood pressure management for people with hypertension: particularly during midlife - generally ages 35 to 65 years - to delay, and

slow clinical Alzheimer's-type dementia.

- Increased physical activity: to delay or slow age-related cognitive decline.

## Great West Aussies - Did you know?

ANDREW Clarke, put in charge of troops in Van Diemen's Land at just 18, went on to become West Australian Governor in 1846 but died after just 13 months in office.

## Funny historical fact

THE yoyo was invented in the Philippines centuries ago, possibly as a weapon but its history as a children's toy began in 1928 when Pedro Flores opened a factory making them in California.

## Word of the month

**ingurgitate**  
verb  
Swallow (something) greedily: 'its empty holds are ingurgitating a vast, continuous rush of murky brown seawater'  
Origin  
Late 16th century: from Latin ingurgitat- poured in, drenched, from the verb ingurgitare, from in- into + gurg- whirlpool, gulf.

## Have a Go News Quiz

1. What was Mark McGowan's profession before politics and where did he work?
2. In what state/territory was the highest recorded temperature, 53°C, recorded?
3. Who is on the front of our \$100 note?
4. How many albums did the late Slim Dusty record?
5. Who wrote *Cloudstreet*?
6. Where is the Big Prawn?
7. In what year did the Australian National Gallery open (1976, 1980 or 1982)?
8. Who, in her 90s, famously rode her horse along London's Thames?
9. Who was The Beatles' lead guitarist?
10. Who is TV's most celebrated time traveller?

See answers on page 10.

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# Fifty years a journalist - a reporter's notebook

## The big story...WA Inc: revelations that shook a nation



by Lee Tate

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

It's 25 years since a pile of phone-book-size documents thudded onto government, legal, corporate and media desks around Australia.

It was the long-anticipated report by three Royal Commissioners into WA Inc.

The stench from rotten business and government deals had been permeating the nation almost daily for 15 months of hearings, occupying every working hour of the assigned judges, lawyers (from 30 firms around Australia) and journalists.

The issues that shocked a nation and made international headlines would be finally addressed and hopefully dealt. The 'Inc stink', hopefully, would recede.

Every working day we journo would troop down to the National Mutual building in St George's Terrace to be ringside as the State's movers and shakers came up with their answers, defences

and defiances. A thousand times we must have heard: "I don't recall".

Channel 7 reporter John Mort cheekily produced a WA Inc club tie with a lyre bird logo (liar bird, get it?) that participants snapped-up for \$20-a-pop.

The story dominated Australia's TV, radio and newspapers. I was reporting daily for the *Australian Financial Review* and front page stories came easy.

My favourite story in the *Financial Review*: "The WA Government explored a scheme in 1987 in which it would spend \$2 billion on BHP shares and move the headquarters of the big Australian to Perth."

Shock, horror in east coast business and financial circles! Perth stealing BHP? The audacity!

My favourite quote: Ex-Premier Peter Dowding told the commission: "You don't assume Alan Bond is going to steal \$1.2 billion. You don't assume Laurie Connell is going to deceive and live like a parasite off the State."

The Royal Commission began in one room before three judges (Justices Wilson, Kennedy and Brinsden) but with a huge range of probes and facing government deadlines, the judges split ranks and ran three simultaneous inquiries in different rooms.

So cameras were set up in each hearing to be watched in a viewing room. Journalists and interested parties (including legal observers watching for admission of crimes) didn't have to miss a thing.

Here's a list of gems.

The Royal Commission cost taxpayers \$30 million. The commission engaged 96 staff, involved 1,000 summonses, 700 witnesses and three million pages of documents.

The WA Government approved legal fees of \$1.7 million just for Brian Burke and \$1.92 million for David Parker. Total witness costs were \$12.5 million.

Witnesses, including central figures Alan Bond, Warren Anderson and Laurie Connell were all entitled to claim \$147 a day for appearances. Professional people summonsed to appear could claim for loss of their professional fees.

In one WA Inc deal, Bond paid Connell \$1 million to ensure Stirling councillors approved his plans for Scarborough's first high-rise, Observation City. Canny Connell paid just \$25,000 of it to Ray O'Connor, the ex-Premier on his payroll, to sway councillors in Bond Corp's favour. But O'Connor (himself a former councillor) judged there'd be enough councillors on-side without having to offer any sweeteners and banked the cheque. He was sent to jail for theft.

Ex-Bond executive Tony Oates told the commission that he was too busy working in Poland establishing breweries to give evidence. And ex-Bond executive, Peter Mitchell, said he was too busy, too, with commitments in the US and Europe preventing him giving evidence.

Burke, when Pre-

mier, took control of ALP funds: He bought gold bullion, rare stamps and coins. His grants included \$44,000 to Balga soccer club where his son Thomas played in the team.

The Burke Government lost \$128m trying to rescue the Teachers Credit Society.

The WA Government and Bond Corporation paid \$400m just for a concept - of a petrochemical plant. Connell received \$350m and Dallas Dempster got \$50m.

The petrochemical concept collapsed so Bond Corp sued the government for \$500 million.

Companies lavished money on the government, tipping \$4 million into a Leader's Account. Dallas Dempster, who was awarded the casino licence gave \$400,000. John Roberts, casino contractor, gave \$300,000. Yosse Goldberg, who made \$16 million buying and selling Fremantle Gas & Coke, tipped in \$300,000. 'Mr Fixit' Connell gave \$300,000 and another \$250,000 for the 1987 federal election campaign.

Bond companies gave the Dowding Labor government nearly \$1 million for the 1989 election.

Burke received an interest-free loan from his brother, ex-MP Terry Burke, after agreeing to give Terry a 25 per cent commission on funds to be raised for the ALP. Terry reportedly received more than \$600,000 in commissions from the Labor Party.

Brian Burke confirmed that Terry arranged the purchase of a home for

him about the time he resigned as ambassador to Ireland.

Terry had \$205,000 frozen in Connell's merchant bank's Rothwells when the government ordered its rescue.

There were whispers of Perth being dominated by a Catholic mafia, including Burke. It didn't help with the government's land grant for the establishment of (the now highly-successful) Notre Dame University, led by Catholic figure and tycoon Denis Horgan.

The Royal Commission was told that at the time of the Burke Government's decision to save Rothwells in 1987, Catholic education and church groups had \$39m in deposits in the floundering bank.

Burke parachuted hand-picked outsiders into government ranks: 300 appointments between 1983 and 1986, according to one count.

Peter Dowding accused Alan Bond of stealing \$1.2 billion. Bond Corp gained access to \$1.2b in cash reserves in Bell Resources after it took control of Bell Group in 1988. (SGIC bought 19.9 per cent of Bell and lost several hundred million dollars).

Janet Holmes à Court was tearful in a 20-minute appearance at the commission. She recalled in 1988 Alan Bond visiting her husband, Robert, at their home.

"There was a joke in our house that I usually went for a walk if I didn't like people who had come to the house and (when Mr Bond came) I went for a walk", she said.

The WA Inc Royal Commission released many skeletons from their corrupt closets.

A year after the commission began, several hundred WA business leaders congregated on Rottnest Island to discuss answers to the smell of 1980s greed: business ethics.

In WA, it's hard to get away from the influences of Bond, Connell and Co. Business executives attending that summit on Rotto stayed in cottages once controlled by Connell and others bedded-down at Rottnest Lodge, once owned by Bond.

WA government and business has, of course, distanced itself from those

rogues and those halcyon days. But also, significantly, from each other as bedfellows.

That, at least, is a worthwhile outcome, 25 years down the track.

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## The Ageing Disgracefully event is back on again



CITY of Swan's much heralded Ageing Disgracefully event is back again this September.

The fun-filled seminar features guest speakers, including popular master gardener and presenter Sabrina Hahn (pictured left) and Dr Peter Dingle, one of Australia's leading motivational health speakers.

They are joined by David Bear, who is director of Exercise IQ and author of *If I'd Known I'd Live This Long*, plus live music, entertainment and comedy. There will also be information stalls and a delicious morning tea.

So what is Ageing Disgrace-

fully? Well, have you ever met someone who had enthusiasm and vitality yet clearly they were not a spring chicken, and there is 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, 20 September at Altone Park Leisure Centre in Beechboro. The event will kick off at 8.30am and will finish around 1.30pm. Free parking and disabled access will be available.

The Ageing Disgracefully event 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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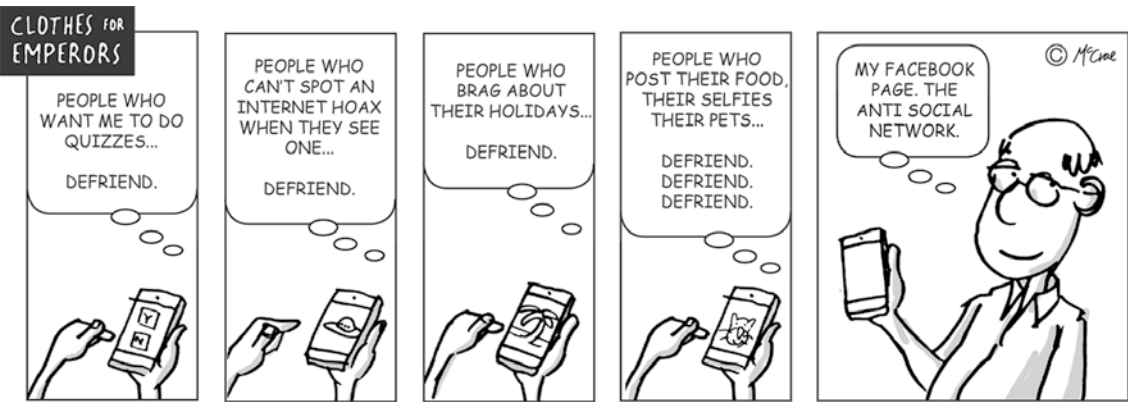
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## Letters to the Editor

Submissions may be edited for clarity and space.

DEAR Editor,  
TECHNOLOGY has made a vast difference to photography.

In years gone by the old box brownie had only a small spool of eight exposures, we therefore were very selective in the photos we decided to take.

Today, with the mobile phone, the iPad and digital cameras photography, the number of photos that can be taken is immense. Not

just hundreds. Many parents take thousands of snaps of their young addition to the family.

The down side is the fact many people only load them on to the computer or send them to others via Facebook.

Technology is an evolving thing; what is available now, may not be so in the future. Hard copies, although they may get tatty, will remain over the years.

Realising that crashes can and do occur with computers, young mothers should make hard copies of those delightful moments when their young child reaches important milestones. The child, and their mothers, in years to come, will appreciate capturing those precious times.

Sincerely,

**Dorothea Morris**  
**Broadwater**

DEAR Editor,  
IN your No 304 edition of *Have a Go News* you published the story of *Tail End Charlie*, the Chamberlain tractor and crew celebrating the 60th anniversary of the Redex rally...

I wish to add the following to this story... the tractor used was put together and finished close to mid-night before taking off with no running to check for faults etc.

According to Bill Bulgarnie the chief engineer for Chamberlain Tractors, it did this trip around Australia without a spanner touching it.

After a fault-free trip this tractor spent the rest of its working life around the Chamberlain factory until its closure.

Yours sincerely

**RWD Johnson**  
**Henley Brook**

## Come along to the Livelighter Peel Aged Care Games

REGISTRATIONS are open for this year's Peel Aged Care Games.

The Peel Livelighter Aged Care Games are designed to offer seniors in care within the Peel Region, including those who reside in nursing homes and hostels, as well as those in adult day care, the opportunity to gain experience in being part of a team, and to enjoy social interaction along with an element of competition.

A meeting will be organised shortly for occupational therapists from those homes and hostels with residents interested in competing.

The Peel Aged Care Games will be held at the Murray Leisure Centre, 16 Camp Road Pinjarra on Tuesday 10 October.

Enquiries to Jan McGlinn 9535 4749 or email [dmc56456@bigpond.net.au](mailto:dmc56456@bigpond.net.au)

## Rain brings fast moving water for canoeists



Pure concentration

by Jeremy Haslam

SOME decent rain at last! This had the white-water specialists licking their lips (as it were) and reading detailed river reports (trust me they are detailed). No sooner had a trip on the Murray been planned for an extra outing before it

was abruptly cancelled after more rain overnight – deemed too dangerous.

But before all those fun and games, members and guests, 55 in all, gathered for a mid-season lunch at Quinlan's Training Restaurant on the Beaconsfield campus of South Metropolitan TAFE WA. A great

social time was had by all, with good food and service from the students.

The next week it was back to the serious business of paddling. Serious it was too, arriving at Dwellingup at 8am to a cool 4°C, stamping and shivering in the icy air. One party headed to Sandy Pool for the six km descent through the rapids to Island Pool while the rest tackled the more gentlemanly descent from there down to Baden Powell. The downstream party soon discovered there was at least one area of fast water, but being well prepared all took it in their stride. The adventurous party had lots of fun, one member taking the opportunity to inspect the bottom of the river, but no harm done. The Duck-master was watching; bad move.

Tearing themselves away from the excitement, the next week saw everyone down at Point Walter to enjoy the one sunny day of the week in

calm and predictable water. But it was not to last. An extra day at Dwellingup drew lots of interest, and another well-handled dunking complete with a self-rescue in the deep moving water. Training pays off.

More in contrast was the paddle from Garratt Road Bridge down to Ascot exploring many of the little channels on the way. The water was as flat as could be, like paddling on a mirror. An expected shower did not dampen spirits, with the two groups of paddlers enjoying a morning tea at Adachi Park with its musical toilet. No end to the excitement on the Swan.

As this goes to press there is a two-day paddle in progress back on the Murray at Dwellingup. Early reports indicate that nineteen intrepid souls are tackling the rapids in good conditions with all managing very well. Everyone is enjoying the camp with a great atmosphere, as well as a good time at the local pub for the evening meal.

It has been a very varied and rewarding month for canoeists. The club is going strong with more than 40 paddlers active; half that number regular white-water enthusiasts.

Further information about the Over 55 Canoe Club can be found on the web page [www.over55canoeclub.org.au](http://www.over55canoeclub.org.au) or on YouTube and Instagram.

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# Newspapers, the arts and looking for a guy named Bjorn...



Ron Banks

by Josephine Allison

RON Banks switched from a career as a teacher to journalism and a 15-year stint as arts editor of *The West Australian*. It was a role which saw him travel the world, meet many entertainers, singers, actors and artists and bring their stories and theatre reviews to life, sometimes working in difficult conditions.

In his new book, *Other Times, Life, Journalism and the Arts*, Banks gives a fascinating account of his early days at *The West Australian* with its bakelite phones, typewriters on trolleys which involved a daily tussle for use with *Daily News* journalists across the way, copy sandwiches (paper with carbon inserts on which journalists wrote their stories) and a smoke-filled

rather male-dominated newsroom with the newspaper produced in a hot-metal factory below.

But somehow amid all the noise and activity, a newspaper came out just as smoothly in the days before electronic media, mobile phones and the like. Banks worked at *The West Australian* from 1978 to 2005, firstly as a general reporter and then in the arts. In later years he has been a contributor and occasional travel writer.

The book touches on the old newsroom of yesteryear and contains a selections of Banks' interviews and reviews of various entertainers who came to Perth in the 1990s. Banks revels in his role as arts editor and is frank in his self-assessment: "Someone once asked me what qualified

me to be a theatre critic, Nothing I replied. I had never appeared in a play, directed a play, written a play or even produced one."

Perhaps it is this fresh approach that saw Banks and his friendly persona become so highly regarded in the Perth arts world, starting with a relatively small local arts scene in an isolated city to the vibrant world it is today. Perth has produced some top quality artists who have made their mark nationally and overseas and the Perth International Arts Festival is world renown.

"Well, I'm not sure I was ever born to be a critic; rather I fell into it after there was a vacancy for someone who could turn out a few paragraphs on the latest play to reach Perth stages," he says.

He took on the mantle as arts editor with gusto, travelling to many cities including Singapore where he wrote about joining the hundreds of extras recruited there for the operatic spectacle of Verdi's *Aida* (more nerve-racking than writing a review) to riding across London in a taxi with legendary musician Sir Yehudi Menuhin for an interview with the great man (the only time Menuhin had) to happening on a performance by the elusive film maker Woody Allen playing clarinet in a New Orleans-style band in Manhattan.

In 2002 Banks was asked to South Africa to see at first hand the theatre origins of the show *Umoja*, learning something of the shanty-town culture that inspired the show. He met Mokize Mongezi who had been living under a freeway flyover near central Johannesburg until he auditioned and was accepted for the show.

He established a rapport with long-serving Festival of Perth director David Blenkinsop and his successor Sean Doran and saw the festival evolve into the international success it is today. He saw a young WA Academy of Performing Arts graduate Hugh Jackman perform in the final-year student production of the farce *Thark*, playing the lead character, sensing Jackman "was on the verge of a promising global career, firstly in television, then in music theatre and then in Hollywood films."

He interviews and reviews the shows of such greats as Barry Humphries, Billy Connolly, Judith Durham, Greta Scacchi, Stephane Grappelli and Victor Borge, the two latter men then quite old but still touring. He meets pianist David Helfgott who talks about his mental collapse and triumphant return to the stage, later made into the film *Shine*.

There is the infamous Paul McCartney review

which the author says was caused by a sub-editor.

"A throwaway line about the performance not being particularly satisfying was elevated to the top of the story, giving the whole review a slant that I had not really intended."

Banks becomes Public Enemy Number One but survives the brickbats to write another day.

He reviews many Leeuwien concerts with the annual event now an institution and writes of behind-the-scenes demanding diva Diana Ross who went on to delight the crowd. His most difficult subject? Dame Maggie Smith who loathed being interviewed and made it difficult.

He writes of *Mamma Mia!* and a resurgence of interest in the work of Swedish pop group *Abba*, chasing former *Abba* member Bjorn Ulvauus by phone across several continents until the Australian publicist in desperation leaves Banks' home phone number with him.

"Fortunately I was at home after work hours when he rang, and my 17-year-old son picked up the phone. 'Dad, there's some guy called Bjorn who wants to talk to you,' he said handing the phone over. Later I told James that the caller had been a member of *Abba*, thinking he might be impressed."

"So, he said, shrugging his shoulders, obviously unimpressed. Oh, yeah, *Abba*, I think I have heard of them."

Banks says he wrote the book because he wanted to tell the story of the days when *The West Australian* was the only major news outlet in town. He laments the closure of Effie Crump Theatre, the Hole in the Wall and old Playhouse but welcomes the fact big-name shows such as *Phantom of the Opera* and *Les Miserables* now visit Perth. It's a fascinating, entertaining read of a great career.

*Other Times, Life, Journalism and the Arts* (Vivid Publishing) sells for \$25 from the Lane Book-

shop in Claremont or \$30 posted. Contact Ron Banks on ron.banks@iinet.net.au

(ed note: Josephine Allison worked for Ron Banks as an occasional arts writer.)

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## Youth focus at the Holly Wood Tuesday Morning Show

by Michelle Davies

SHENHAV Nave, a year 12 student from Woodvale Secondary College presented a program of classical and popular songs as part of Youth Focus at the *Holly Wood Tuesday Morning Show*, last month.

The historic Perth Town Hall boasts a beautiful grand piano, which took centre stage.

Shenav looked very confident as she sat at the piano, her fingers dancing with great dexterity, across the keys.

The audience were enthralled with her first number, *Mariage D'Amour* by Paul de Senneville, which was followed by more beautiful pieces.

The audience was so enthralled they were reluctant to see her leave the stage. She obliged with an encore, playing Andrew Lloyd-Webber's *Phantom of the Opera*. It was very moving and inspiring. Thanks, Shenhav.

It is always entertaining, friendly and educational at the *Holly Wood Tuesday Morning Show* which is held every Tuesday morning from 11am to 12 noon at Perth Town Hall corner Hay and Barack Streets, Perth.

Come and join in. It is free, with free raffle prizes and tea, coffee and biscuits (50c) available from 10.15am. Enquiries: 9461 3145.

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## SRCWA President's Jottings



### LiveLighter Seniors Activity Information Day Peel

On Thursday 22 June SRCWA conducted a Seniors LiveLighter Activity/Information Day at the Masonic Lodge in Furnissdale and despite the torrential rain and local flooding 75 enthusiastic and active seniors arrived looking forward to a morning of activities. The day started with a warm-up activity from Robyn Lister demonstrating the Fit and Flexi program and other activities enjoyed included strong on your feet, exergaming, seated hockey, carpet bowls, skittles, bean bag toss, pole walking, giant darts, and game of bob. Department of Consumer Protection, Silver Chain, Kings Tours and Travel, Breast Screen, Australian Hearing, KinCare, Stay on Your Feet, NE Solutions, Umbrella Multicultural Community Care and Seniors Recreation Council of WA provided information for attendees. The Australian Hearing bus was on hand for free hearing assessments and advice. SRCWA Peel Branch volunteers and the Mandurah Lions Club provided lunch and everyone enjoyed the entertainment from Rockin' Ronnie. Thanks to SRCWA volunteers and staff, Peel branch president Jan McGlenn and her dedicated volunteers and sponsors LiveLighter Healthway, Dept of Sport and Recreation, Dept of Local Government and Communities and Have a Go News.

### LiveLighter Seniors Activity Information Day – Mundaring

On Thursday 29 June the Hub on the Hills was the venue for the LiveLighter Seniors Activity Information day. Although there was frost on the ground, it didn't dampen the enthusiasm of the 125 people who took part. A lovely barbecue lunch was supplied by the Shire of Mundaring, and was cooked by the Mundaring Men's Shed. A range of SRCWA activities were available as well as static displays and information for attendees. SRCWA acknowledges and appreciates its hard working volunteers and the Shire of Mundaring staff for their support in making this event possible. Thanks to sponsors LiveLighter Healthway, Shire of Mundaring, Dept of Sport and Recreation, Dept. of Local Government and Communities and Have a Go News.

### West Coast Eagles Grandparents Activity/Information Day

Around 120 WCE members enjoyed the grandparent's day at Domain Stadium on 5 July which was organised by Seniors Recreation Council of WA and West Coast Eagles (WCE). Grandparents and their grandchildren were treated to a range of activities and information stalls in the West Coast Eagles' warm-up room. WCE Team Mascot Eddie the Eagle, participated in the activities on offer and posed for photos with WCE Members who were treated to free prints which they took home in a commemorative folder. Thanks to West Coast Eagles, Seniors Recreation Council of WA, BreastScreen WA, KinCare, Consumer Protection WA and Kings Tours and Travel. SRCWA acknowledges all the hard work and support from its dedicated volunteers and staff as well as the West Coast Eagles support staff.

### Country Music Shows - a sell out

More than 600 people enjoyed an afternoon of entertainment at the Mandurah and Morley country music concerts. This was the fourth time they have been organised by SRCWA. The featured artists included Laura Downing from Queensland, Brian Letton from Tamworth, the Band of Mates - Terry Bennetts, Evan Platschinda, Ginger Cox, Kingsley Day and Phil Rego. Thank you to Jan and the Peel branch team for their help in Mandurah and in Morley to the SRCWA team and the team from Wooroloo. Thanks to Pat Paddon who coordinated afternoon tea for both concerts and a big thank you to organiser Phil Paddon and Terry Bennetts of Red Dog Music.

### Have a Go Day, a LiveLighter Event, Burswood Park, Wednesday 1 November

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

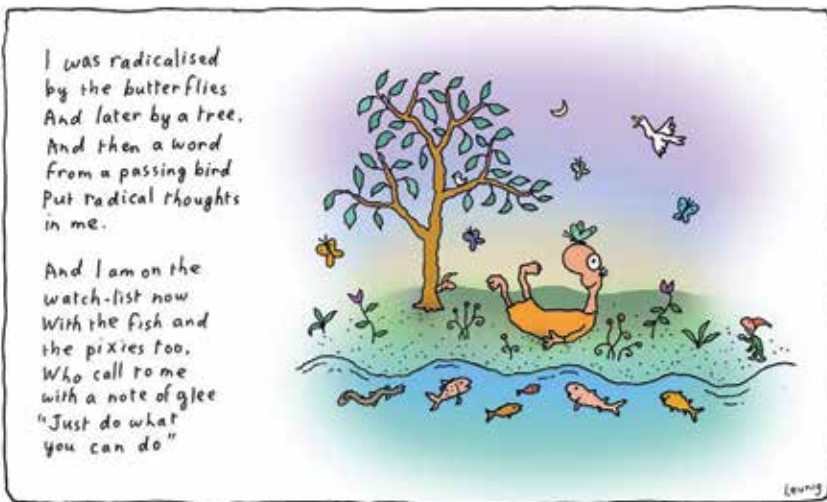
For more information please contact Kate Chetwin on 9492 9771 or email kate.chetwin@srcwa.asn.au.

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

Hugh Rogers,  
Seniors Recreation Council State President



## Just do what you can do to help the world live lighter



Above: Michael Leunig cartoon sourced from <http://www.facebook.com/MichaelLeunigAppreciationPage/>  
Left: Karen Majer



by Karen Majer

AS an idealistic teenager, I wanted to save the

world. In my twenties, I embarked on a forty-year career in science communication and environmental education, confident in the idea that demystifying science was the key to people changing behaviour and making informed decisions. We are an intelli-

gent species, and as far as we know we can look further back in time, and further into the future, than any other animal.

Since then, huge strides in technology and medicine have changed the way we live. However as far as protecting our

planetary life support system is concerned, it's been a game of snakes and ladders. The '90s were a ladder with rising community concern about the environment. Landcare farmers, catchment groups and organisations such as Greening Australia changed the landscape.

In the current decade we seem to be on a snake slide, with science pushed aside, alternative facts, research funding slashed and much progress on climate change reversed. We are witnessing a mass extinction of species due to human activities.

However while top politicians argue, many people are taking the future into their own hands and stories of hope abound. The uptake of renewable energy has outstripped expectations, providing more than 17 per

cent of Australia's electricity in 2016 and growing fast. South Australia recently set out to become a world leader in large-scale lithium ion battery storage. People are embracing recycling, food growing, roof-top solar, energy-efficient buildings, tiny houses, plastic-free, and nature conservation.

Each of us can make a difference, however small. So in my retirement, I'm doing what I can to help my own community to transition to a way of living that is lighter on the earth.

Michael Leunig says it so beautifully. 'I was radicalised by the butterflies, and later by a tree, and then a word from a passing bird put radical thoughts in me. And I am on the watch list now, with the fish and the pixies too, who call to me with a note of glee "just do what you can do".'

## Developing and initialising a community response to dementia



by Rhonda Parker

SEVEN out of ten Australians said that their lives were impacted in some way by dementia according to a recent survey.

Dementia is now a

prevalent experience for so many of us, but our communities are largely silent in their response to it. I've mentioned previously that some 70 per cent of those living with dementia live at home in the community and want to continue to participate for as long as possible. The alternative is to stay isolated at home until you might finally be admit-

ted into residential care. That can be years. What should change?

Four years ago Alzheimer's WA partnered with the Government of Western Australia to commence work on creating dementia friendly WA. This is a first for an Australian state or territory, and to our knowledge has not been attempted on this scale anywhere in

the world.

I would like to share with you just one example of the many tangible outcomes of this world leading initiative.

Creating dementia friendly communities is focused on two things. The first is to increase the understanding of dementia to reduce the stigma people with dementia experience. The second is to create enabling environments by either changing the physical features or by skilling staff and community members so that they are supportive, when they have contact with a person with dementia.

What is more normal than catching up for a cuppa? Yet, with stigma and varying degrees of impairment of brain function, catching up for a cuppa can become difficult or confronting for those with dementia. How quickly the social isolation sets in.

The memory café, is held each month at Garden City shopping centre. After dementia awareness training owner of Garden City's Coffea Fine Espresso Euro Lamb and his staff now run the café.

The memory café has a full house each time. What makes it so special for people living with dementia? It's so normal; it has great coffee, having dementia is ok and nobody minds if you forget yourself mid-sentence. You're among friends – people who live in the surrounding suburbs sharing a similar experience whom you've never met before. Fellow travellers.

AMP, which owns Garden City, came on board and provided marketing support and with the community services team at the City of Melville and Alzheimer's WA, helped bring this together.

So, what is the outcome? Often the simple things in life are the best, but we fail to count them. We must not make that mistake here. I've vis-

ited the café a number of times and am always moved to see those living with dementia socialising, laughing, talking, meeting friends, making new ones, and being able to share their daily struggles in an accepting, lively, normal environment. This simple experience is so often denied to those with dementia because the environment isn't welcoming.

The benefits don't end when people leave the café. A number of couples have banded together and created a walking group, where one of the carers walks with the partners with dementia and the other carers have some valuable time off. If it takes a village to raise a child, equally it takes a village to support those on the dementia journey.

This example shows what can happen when individuals, business, community and services come together. This is just the beginning of the movement towards dementia friendly communities. A Fremantle memory café is starting up this month, while the Art Gallery of WA has an inclusion program for people with dementia, and the WA Museum are running Objects and Memories tour for people with dementia at WA Shipwrecks Museum and the WA Maritime Museum.

These are just a few of the dementia friendly community initiatives, many other businesses and services are developing a positive response to supporting people with dementia to be able to continue to access their services. Together communities grow stronger and through that strength we will find new solutions.

If you would like to learn more about the memory cafes or the Dementia Friendly Community project please visit: [www.alzheimerswa.org.au/about-dementia/being-dementia-friendly](http://www.alzheimerswa.org.au/about-dementia/being-dementia-friendly) or call 9388 2800.



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# Masters Swimming launches its “Swim into spring campaign”



by **Samantha Noall**  
LOOKING to get back

into shape this spring?  
Do you want a way to exercise but aren't a fan



Above; Samantha Noall  
Left; Having fun

of the gym? Why not head over to your local Masters Swimming Club and join more than 6000 people like you who love to swim?  
Here are three things you may not know about

Masters Swimming:  
1. You don't have to be a pro-swimmer to join. If you love to swim for fun, either in the pool or in the ocean, we've got you covered. You just need to be able to swim 50m unassisted. It's that easy.  
2. Under 30s love to swim with Masters because we respect all our members and treat everyone as an independent adult.  
3. We set realistic targets that you can achieve, which means our friendly coaches are always on hand to help support

in accomplishing your goals  
Swimming is a great way to build muscle tone, which means you'll be looking good and feeling confident all through spring. Not only that, swimming is proven to help reduce stress. So if you're working, studying or both, then having time in the pool or ocean is the perfect way to wash away the woes of your day. Our coaches are on hand to help you achieve your goals and progress towards whatever targets you set for yourself.

As a member of Masters Swimming WA you can also choose to enter some of our pool and open water events that are on offer every year. These club and state run events are great fun regardless of whether you are swimming to improve your own personal best, swim as a club or just have a swim for enjoyment there is plenty you can do. They are also very social events with a post swim catch up at each event. This is a great way to meet new friends and be a part of a great group of like-minded people.

Don't miss your chance to be better. If you're looking to swim for recreation, for competition, or to learn some new techniques then Masters Swimming is ready and waiting to welcome you to the club.  
To find out more about how it easy it is to join, why not send an email to [info@mswa.asn.au](mailto:info@mswa.asn.au) or head over to our website: [mswa.asn.au](http://mswa.asn.au)  
We look forward to welcoming you to one of our 38 clubs located across the State.

## Living Longer Living Stronger offers a direct mobile service



Hannes Holly (Active 4 Life), Scott Mellish (Body-mech), Lorraine Musgrave (YMCA Morley Sport and Recreation) are all part of the new mobile service of Living Longer Living Stronger.

COTA (WA) the Council on the Ageing is very excited to announce the launch of their new mobile service for Living Longer Living Stronger. Living Longer Living Stronger is WA's very best health and fitness program for people

aged over 50 and runs in more than 50 gyms and clinics around the state.  
COTA WA has hand picked some of Perth's best exercise physiologists and fitness instructors to make the service available to retirement communities and seniors facilities in the metropolitan area.  
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Subsidies are available from HBF for both assessments and classes, and the instructors are available immediately.  
The mobile service is available for any group of seniors who would benefit from Living Longer Living Stronger.  
The program is also available for any facilities manager seeking a new and invigorating class for seniors at no cost to the centre.  
Any fitness instructor or exercise physiologist who would like to come on board is welcome to contact COTA.  
For more information or to book your club or group's session please call 9472 0104.

## Strong on your feet - exercise class vacancies in Pinjarra, Waroona and Falcon

STRONG on Your Feet is a strengthening and falls prevention light exercise program for older people who live independently within the Peel community.  
Strong on Your Feet exercises are held either sitting or standing behind a chair. New registrations are being taken now for vacancies in Falcon, Waroona and Pinjarra.  
The Seniors Recreation Council of WA Inc. Peel branch administer the program with instruction being provided by their SRC volunteer peer leaders who undergo training and regular assessment with local physiotherapists from

the Mandurah Community Health Centre.  
Strong on Your Feet classes are held weekly and cost \$3 per person, plus \$2 for morning or afternoon tea.  
Enquiries to Strong on Your Feet Coordinator Jan McGlinn 9535 4749 or email [dmc56456@bigpond.net.au](mailto:dmc56456@bigpond.net.au)

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# Finding inspiration through the Spirit of the Streets choir



Above; The Spirit of the Streets book  
Left; Rick Steele

by Rick Steele

WEDNESDAY morning in July and the rain is pounding down outside

my window. Methinks, a good morning to stay in bed a little longer and maybe read a book for an hour or so. Morning television keeps trying to give me beauty tips (bit late for that) or teach me how to cook better, or how to lose weight. Kind of a lost cause for me, I believe. I reach over to my bedside cabinet and there behold is a book entitled, *Spirit of the Streets, Our Stories*. This publication was released in April this year and was part of the celebrations for the tenth birthday of the Spirit of the streets choir. I had read a few parts before and promptly deemed it a good read and sent it to my brother, for his birth-

day. He incidentally is an historical author, and research journalist. A few pages in and as Buddy Holly once sang: "It's raining in my heart!" I have mentioned before how I filled in for Bernard Carney, the musical director and founder along with his wife Eleanor for a few weeks about three years ago, and was lovingly adopted by the choir. My extended family grew by another fifty people. We meet every Tuesday arvo from 1pm at St Albans church hall in Beaufort Street, Highgate for a cuppa tea and bicky and then we sing, laugh, clap, dance and occasionally shed a tear or two while our spirits

share the love. It is common knowledge now – even the government knows too – that singing and musical participation is good sustenance for your soul. We, the choir are now an important part of Sing for Health week, which in turn is part Mental Health Week which is a world wide event. The book, which was co-ordinated by Maureen Helen, PhD, leader and narrative research project, Spirit of the Streets Choir. "It has been a great pleasure to work with the members of the choir and to see this heart warming collection of brave stories from generous members come together in this book," she wrote.

From the chairman of the board, Shane Ogilvie: "Each member has their own story to tell and we have extreme diversity in culture, background and social experiences." Maybe that quote, by the chairman of the board, is one of the reasons, that this book is such a fascinating read. We know that we all walk our own long and winding road but to have a collection of numerous mini autobiographies in one publication is a winner. The fact that every contribution, no matter how hard the journey, finishes with such a positive outlook bares testament to the significant contribution this organisation has played in our com-

munity by replenishing the spirit of all people involved. I feel blessed to have been guided, adopted and accepted by such a loving family. I urge you all to take the initiative and as Molly Meldrum used to say: "Do yourself a favour!" and go forth and buy a copy of *Spirit of the Streets, Our Stories*. PS. Get one for granny too! I always say, "Honesty is the best policy." I mean to say, "If I had two faces, would I be wearing this one?" Cheers dears. *Spirit of the Streets Our Stories* is available by calling 9361 0272. [www.spiritofthestreetschoir.org.au](http://www.spiritofthestreetschoir.org.au)

## Dealing with failing technology - may I suggest a coffee break?



by Jon Lewis

THE day started off in its normal fashion, alarm at 3pm and breakfast concluded by 3.30pm...ish (I believe we all need an ish in life, it reduces tension). My car was already prepared for the quiz

night, I was compering, so I filled my mini thermos flask in preparation for a delightful coffee. Everything seemed organised and set for a fine evening of quiz night fun. I even had a map of my final destination, the University Club of Western Australia. It's a wonderful thing to be planned, organised and ready. After arriving and setting up, all seemed well except for my little MP3 player. Buzz, buzz, buzz it sang. Dutifully I turned it off

and on again, being advised to do this once by a computer wiz. Buzz, buzz, buzz it sang again. I looked up on the Internet: "how do you successfully turn off and charge an MP3 player" fitting the description of mine. It seems my computer wiz friend may have actually written the article as it dictated to turn it off and on again. Only a moment passed. You guessed it... Buzz, buzz, buzz. Actually, it was becoming kind

of annoying. I really needed this music playing device and the only playing it was doing was up. If I could have only paused to have that pre-prepared cup of coffee I might of thought things more clearly. Ruthlessly I tried to turn it off and on again, this time with gusto! Relentlessly it sang buzz, buzz, buzz. Someone really needed to tapped me on the shoulder and make me think. It was the clock that did this, reminding me it was soon time to start! If only I had had that coffee and calmly thought things through. You see my habit (and I do like habits) is to have a backup for everything. Therefore, I had a backup music player, all I had

to do was admit that I needed it. I admitted it and I admit it operated sensibly and beautifully. When I arrived home, upon hearing this tale, my darling wife suggested I should use her one dollar charging cable and see if that made a difference to my mischievous MP3 player. It did! Technology is supposed to make our lives more relaxed and better. This is good. What is not so good is a diminishing attitude for patience. Why did this little bit of technology unnecessarily absorb me for so long? If you hear 'buzz, buzz, buzz' I suggest you relax and have a delightful cup of coffee. All the best!

## Advocare adviser to speak to self funded retirees

THE speaker at the meeting on 8 September of the WA Self Funded Retirees Association will be Andy McMillan from Advocare Inc. talking about new aged care reform and home care packages. Advocare promotes the rights of older people and people with a disability independent of community and aged care providers. It supports individuals to reach resolution, where possible, with service providers, provides education for community and service providers and advice to aged people and their carers on who is eligible to receive community or aged care services. Advocare also operates the Elder Abuse Helpline with advice for older adults who are being abused or are at risk of abuse by family or friends. There is little doubt that this is a topic which will be of personal interest or may assist us in helping somebody that we know. Each month on the second Friday at 10am the WA Self Funded Retirees Association, holds a meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat at which topics of interest to retirees are a feature with a guest speaker. Visitors to the meetings are always most welcome and for more information please contact: Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

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- September 4 - 10** Creative Connections Art & Poetry artists



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## No more active ageing in Peel calendars

ACTIVE Ageing in Peel Calendars will no longer be printed as many people are now using ipads and iphones for calendar purposes and many local businesses give calendars to customers free of charge.

Seniors Recreation Council of WA Inc. Peel branch president Jan McGlenn and committee members wish to thank the many people of the Peel Region who supported the Peel Calendar project over the past 10 years.

Ms McGlenn said it has been a very worthwhile and low cost project in promoting sport and recreation to seniors of the region.

She said the committee was grateful for support given and sincerely thanked the many sporting and recreation volunteers who contributed photos for the calendars.



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# Local author takes new direction



Teena Raffa-Mulligan in the mood for romance at the launch of *A Bouquet of Love* at Koorliny Arts Centre.  
Photo: Neil Mulligan

THE saying ‘you can’t teach an old dog new tricks’ doesn’t apply to Warnbro author Teena Raffa-Mulligan. After more than four decades of writing for children, this versatile writer is now penning fun, flirty romances. It’s a new direction for Teena, whose many publications for children include picture books, junior fiction, poems and short stories. She also enjoyed a long career in journalism before retiring in 2010 to focus on her creative writing.

“I never saw myself as a romance writer or reader,” Teena said. “It really came about by chance because many of my friends are successful romance authors and I wanted to support them by reading their books. “I also learnt a lot about writing for the genre as a result of joining a professional critique group, so when I heard that local publisher Serenity Press was calling for submissions of short romances for an anthology in 2016 I decided to give it a go. “I had fun writing

*Perhaps Love*, a light-hearted story about a romance author who doesn’t believe in love everlasting, and I was thrilled to have it included in the anthology called *Rocky Romance*.” That jogged Teena’s memory of her only other attempt at writing a romance, which remained unpublished in her filing cabinet. She successfully submitted it to Serenity Press and *Risking Mr Wrong* was released in October last year. This year, Teena’s third short romance, a fun story about an unusual bride, is one of ten stories in the anthology, *A Bouquet of Love*, also published by Serenity Press.

“I’m enjoying writing for a different audience and I have quite a few more ideas for happy-ever-after love stories,” she said. “Several are works in progress. “However, I’m still writing for children and I can’t see that changing at this stage of my life. My new picture book *Friends*, which features a menagerie of Australian creatures, came out in March and in June I celebrated the release of a middle grade novel called *The Seven Day Dragon*. “I’m half-way through another middle grade novel and a non-fiction book to inspire kids to write their own stories. “All of my stories, regardless of whether they are for children or adults, seem to have a feel-good factor.”

# Find the secret letters in the adverts to make a word and go in the draw to win a \$200 shopping voucher

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

1. Parcel Property
2. Captain Cook Cruises
3. Perth Gold & Jewellery Buyers
4. Magnus Shield

5. Avivo
6. Floreat Travel Expo
7. Magellan Cruise Ship
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9. Waroona Visitor Centre
10. Attune Hearing
11. Raine & Horne Mandurah

Entrants can enter via email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don’t forget to include the word, your name, address and phone number. Closes 31/08/17. Congratulations to Beryl Cosgrove our May Ad-words winner.

## #305 August edition PUZZLES Solutions

**Wheel Words**  
Solution: Dues, Side, Sued, Used, Guess, Guise, Issue, Sided, Diesis, Disuse, Guised, Issued, Disused, Gussied, Disguise. 9-letter word: DISGUISED

**Alphabet Soup**  
Buzzard, Quail, Sparrow, Vulture, Finch, Waxbill, Jay, Hawk, Goose, Macaw.

**Have a Go News Quiz Page 2**  
Answers: 1. Lawyer in the Navy. 2. Queensland. 3. Dame Nellie Melba. 4. 103. 5. Tim Winton. 6. Exmouth and Ballina, NSW. 7. 1982. 8. Queen Elizabeth. 9. George Harrison. 10. Dr Who.

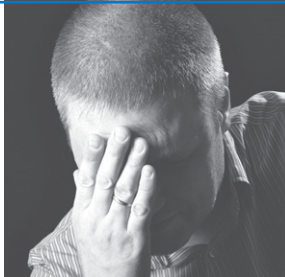
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4	7	2	1	8	3	6	5	9
6	8	5	4	2	9	1	7	3
3	9	8	6	4	2	7	1	5
7	2	1	5	3	8	9	6	4
5	4	6	9	1	7	3	2	8

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# Enlarged Prostate?

1 in 3 Australian men above 50 will suffer from an enlarged prostate.



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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**

“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**

“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**

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**Pharmacy 777**

Shop 42, Whitford City Shopping Centre

Whitfords Ave, HILLARYS 6025

**Health Kick Whitfords**

Shop 234, Whitford City Shopping Centre

Whitfords Avenue, HILLARYS 6025

**Health Kick Joondalup**

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**Kenwick Pharmacy**

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KENWICK 6107

**Thornlie Naturopathic Centre**

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**Rostrata Avenue Pharmacy**

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WILLETTON 6155

**Health Kick Melville**

Shop 10B,

Melville Plaza Shopping Centre

390 Canning Highway, MELVILLE 6156

**Stammers Arcade Health 'N' More**

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**Leighton Beach Pharmacy**

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**Kardinya Health Foods**

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**Health Kick Spearwood**

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254 Rockingham Rd, SPEARWOOD 6163

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1 Council Avenue, ROCKINGHAM 6168

**Leda Community Pharmacy**

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Feilman Dve, LEDA 6170

**Wizard Warehouse Pharmacy**

Shop 12, 175-179 Mandurah Tce,

MANDURAH 6210

**Health Kick Mandurah**

Shop 78, Mandurah Forum,

MANDURAH 6210

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**Terry White Chemists Bunbury**

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# TV Talk - A few good laughs...Look at moi!



by Lee Tate

SADLY, belly-laughs come infrequently on TV today. Something's missing. We don't enjoy the likes of *MASH*, *Keeping up Appearances*, *Fawlty Towers*, *Mother and Son* and *Vicar of Dibley*.

People still turn to re-plays, as reported here from our little grey no-mads' survey.

That's not to say there

haven't been plenty of tummy-tickling attempts. How many of these can you recall?

The *Micallef Program*, *Summer Heights High*, *Wilfred*, *Acropolis Now*, *All Together Now*, *Angry Boys*, *Big Girl's Blouse*, *CNNNN: Chaser Non-Stop News Network*, *The Comedy Company*, *DAAS Kapital*, *Enough Rope with Andrew Denton*, *Fast Forward* and *Fat Pizza*.

And there were *Full Frontal*, *Funky Squad*, *Hamish & Andy's Caravan of Courage*, *Hey Dad..! Hey Hey, It's Saturday Night*, *We Can Be Heroes*, *The Adventures of Lano & Woodley*, *Jimeoin*, *The Librarians*, *The Micallef Program* and *Mother*

and *Son*. There have been some uniquely Aussie rib-ticklers. I'd place *Kath and Kim* (which began in 2002 and aired four seasons) and anything by Jane Turner or Gina Riley at the forefront.

Magda Szubanski is roly-poly hilarious in anything she does and was brilliant as Sharon in *Kath and Kim*.

Kim: "I'm hungry. I want something healthy."

Sharon: "What about some fruit, Kimmy?"

Kim: "Good idea. Can you get me a Cherry Ripe? Jumbo size."

Sharon: "Sure"

The gag lines flowed through *Kath and Kim*.

Kath: What are you reading there, Kim?

Kim: *The Da Vinci Code*, I'm reading it to (baby) Epponnee as a bedtime story.

Kath: Oh, yes, I'm reading that, but I'm reading the abridged version. It's called the Eensie-Weensie Da Vinci Code.

Kath tried to help her daughter to lose weight: Look at moi,

look at moi, Look at moi, ploise. Now I've got one word to say to you... Ozone hi bootiful girl!

Kim: What?

Kath: The ozone diet. It's the only way! It's taking Hollywood by storm, Kim. Everybody's on it: Madonna, Penn Ritchie, Jennifer Pitt Aniston, Courtney Loves Cox.

Kim: The ozone diet? What does that pacifically entail?

Kath: Well, it's air evidently, Kimmy. You eat air for two weeks and then red meat for two weeks, so it all balances out!

Then there was the issue on water shortages.

Kim: Mum, why is there barely any water in here?

Kath: Well it's a drought Kim! Phase 2 at the moment!

Kim: Oh, just fill it up - I would!

Kath: No Kim! The farmers! Actually Kim, Kel did fill it up the other day but bozzo next door dobbed us in.

Kim: So what are we sitting in now?

Kath: This is grey water, it's washing up water.

Kim: [takes sponge out of water and throws it on ground] Ewwwww! Mum!

Kath: Well Kim, that's what we're reduced to, thanks to - [neighbour sticky-beaks] Oh yes! Having a good butcher's, are we? No, don't try and hide! We can see you!

Kim: We can see you! And these quips on girl-talk.

Kath: Oh Kim, I'm very proud to say that last night Kel made me feel more like a woman than I have in a very long time.

Kim: Not before breakfast, ploise!

Kath: Oh no Kim, I need to talk about it. You know last night Kel touched me, he touched me in nooks and in unexplored cran- nies I never knew I had.

What do you watch/ don't watch on TV? Email leetate@live.com.au or drop a note to TV Talk, Have a Go News, PO Box 1042, West Leederville 6901 and let readers know.

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## Community NOTEBOOK

### U3A SW METRO REGION

Melville Recreation Centre (Apollo Room)  
Friday 18 August 2pm  
Melanie Turner will be speaking on "An underwater view of the Swan River"  
\$4 includes afternoon tea. Visitors welcome  
www.u3auwa.org/region/s-w-metro

### SOUTHCARE INC

Volunteers needed to provide friendship and companionship to lonely seniors in SE Metro area through the Community Visitors Scheme. Learn more by contacting Southcare Volunteer Manager- Vicki 9450 6233

### CANNING STAMP CLUB INC

Wilson Community Hall 40 Braebrise Rd Wilson  
Meet every fourth Monday (except December)  
New members always welcome.  
Ph 9457 7565 or 9457 0715

### THE ANNUAL HYMN-SINGING FESTIVAL

Sunday 27 August 2.30pm.  
Trinity Church St. Georges Tce.  
Organised by the Welsh Free Church of WA.  
Free entry  
Join in the singing of lovely traditional hymns. Light refreshments will be provided afterwards.  
Ph 9364 9342

### ALFORD COVE ART SOCIETY

18th Annual Awards of Excellence Exhibition at Atwell Gallery  
586 Canning Hwy Alfred Cove.  
From Tues 22 - Sun 27 August, 10am-5pm  
Except 27 Aug 10am-4pm  
Phone Susan 0439 641 227  
Email alfredcoveartsociety@gmail.com

### KALAMUNDA LAPIDARY CLUB

Annual Gem Exhibition  
Sat 16 and Sun 17 September  
Kostera Oval, Recreation Rd. Kalamunda  
9.30am-4.30pm  
For information 0427 772 601

### BALLAJURA COMMUNITY FAIR

Sunday 21 August 10am-3.30pm.  
Gold coin donation  
Run by the Rotary Club of Ballajura /Malaga Craft, market stalls, choirs ongoing entertainment.

### RAVENSTHORPE WILDFLOWER SHOW

Ravensthorpe Town Hall 10-23 September  
9am-4pm \$5 Adults Children free.  
Devonshire Teas and warming soup available each day.

### BOYANUP ANTIQUE COLLECTABLES AND CRAFT FAIR

Hugh Kilpatrick Hall South West Hwy.  
Entry \$3 for over 12  
1 Sept (12noon -5pm) 2 Sept (9am-5pm)  
3 Sept (9am-3pm)  
Refreshments provided by Boyanup Lions who receive proceeds.  
Phone Ann 0429 866 030

### WANDERING FAIR

Cheetaning St Oval, Cheetaning St. Wandering  
Saturday 9 September, 9am  
Fun for all the family. Stalls, food, activities, Clydesdale Horses wagon rides, live music and more.

### CHITTERING SPRING FLOWER FESTIVAL

Start date 15-17 Sept, 9am to 4pm  
Floral displays, historical vehicle day and fair, exhibitions, four theatrical performances and much more over two days.  
6180 Great Northern Hwy, Bindoon.

### THE YORK FESTIVAL

16 and 17 September  
10am-4.30pm, Avon Tce, York  
Handmade arts, crafts, gourmet food and puppets.  
Noongah bush sculpture, nuno collage and textures and lots for the family.

### COINS-COINS-COINS

Upcoming date for the Perth Numismatics Society's coin fair are 10 September, 4 November and 30 December. From 9am-2pm  
South Perth Community Centre, South Tce, Como

### GLASS ARTISTS OF WESTERN AUSTRALIA

Exhibition and sale of work  
Zig Zag Gallery, 50 Railway Parade Kalamunda  
5-27 August  
Weekdays 9am-4pm. Weekends 10am-4pm  
For enquiries email glassartistswa@hotmail.com

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



## Let us help tick peace of mind off your to-do list

More than **50% of West Australians don't have a Will**, potentially leaving their loved ones with unnecessary stress and uncertainty when they're gone.

By having a valid Will you can ensure that your wishes are carried out and your assets distributed to the people and causes you care about. To help, Cancer Council WA is partnering with Classic Legal to offer a professionally prepared **standard Will\* for just \$99**.

In this no obligation service, we encourage you to think of your family and friends first and then consider including a gift in your Will to a cause close to your heart.



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Floreat WA 6104

Date: 13 and 14 September 2017

Time: 9am - 5pm

Appointments can be made in advance by calling Classic Legal on (08) 9371 2323

For more information on including a gift in your Will to Cancer Council WA please contact us on **08 9212 4333** or visit **www.cancerwa.asn.au**

\*A standard Will does not include complex matters such as control of trusts, ownership of companies and business interests or blended families



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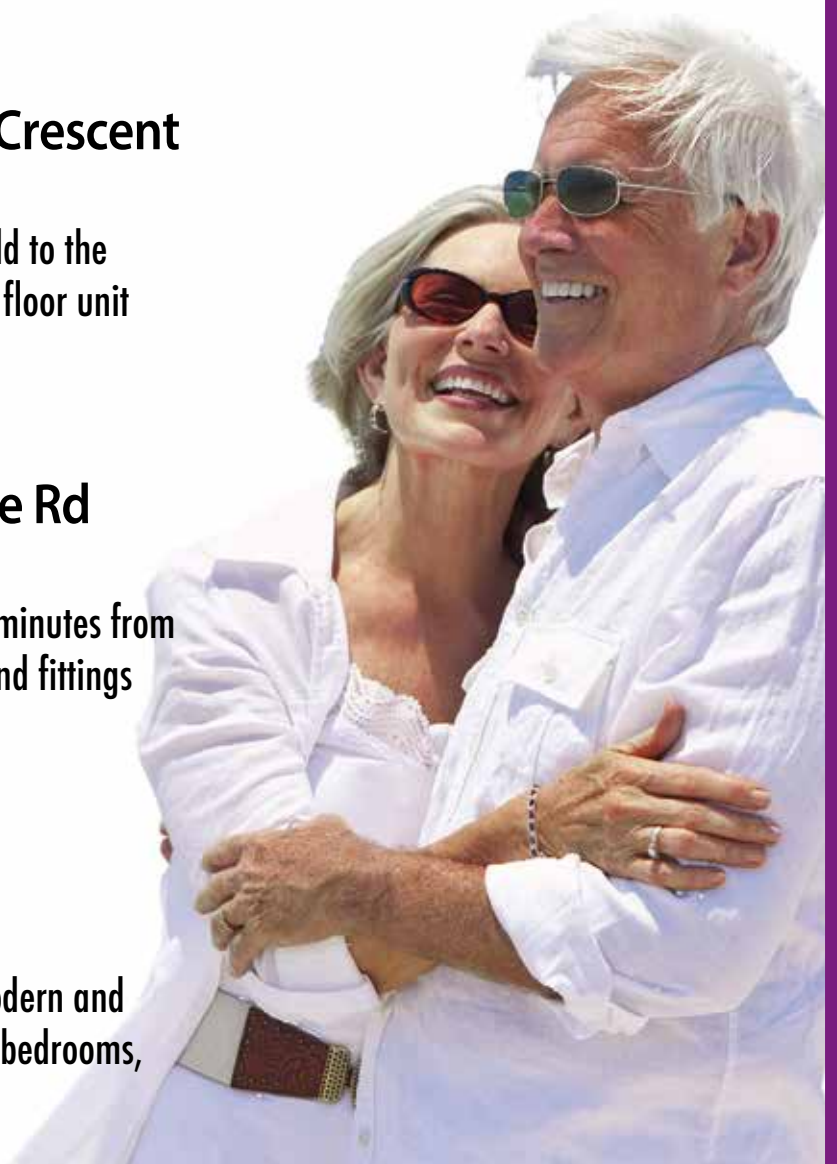
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# There's money in money - profiting from the practice of issuing currency



by Mickel Smits

THERE'S money in money, especially for governments that have the privilege to issue

currency at to their own discretion, the production cost of which is usually just a fraction of its legal tender value.

Ever since the evolution of money more than 2500 years ago, rulers and governments have profited from this practice. It therefore makes me wonder why it took nine years after the federation of the Australian states in 1901, for the newly-formed federal parliament to issue our first currency.

Apparently part of the explanation is that federal and state politicians and their bureaucrats were overwhelmingly absorbed with the ramifications associated with the formulation of the new state and federal political system. In the meantime we continued to use British money as had been the case since colonisation.

Prior to and following federation, the coinage consisted of bronze halfpennies and pennies

with the three pences, sixpences, shillings and florins being made from real silver; 92.5 per cent pure.

The price of silver bullion at the time was comparatively cheap due to heightened production from the mines at Broken Hill, elsewhere around Australia and throughout the world. Hence the cost of the metal content of silver coins represented only about a third of their monetary value.

In 1908, it was proposed to introduce our own currency and in the following year the parliament finally passed the enabling legislation.

Australian mints in Melbourne, Sydney and Perth were still branches of the Royal Mint in London and were fully occupied with the production of millions of gold half sovereigns and sovereigns, so an order was placed with the London Royal Mint to manufacture firstly our new silver

coins with the coppers to follow the next year.

The silver coin order amounted to £200,000 worth, consisting of a million each of the florins, shillings and sixpences, and two million three pences.

The coins were dated 1910 with the initial batch arriving early in that year. They all featured the same design; the Australian Coat of Arms on one side and on the other, the head of King Edward VII,

who had just died, and hence, these are our only silver coins portraying his effigy.

By the end of the year, the full original order had been received along with almost another £180,000 worth. It amounted to an easy profit for the treasury but at least the people had real (silver) money in their pockets and purses.

Email: smits@westnet.com.au

## A forgery or a counterfeit - that is the question...

by Mickel Smits

IN recent articles we have discussed the forging of stamps. For simplicity, I have generally used the word forgery but that is not actually correct in technical, philatelic terms because advanced philatelists have come to recognise various categories of forgeries. Having said that, they don't

always agree amongst themselves.

For example, some philatelists consider a forgery to be an imitation created to defraud a collector whereas counterfeits are stamps intended to cheat governments out of postal revenue. I tend to agree with these definitions yet there are those who think the opposite, or consider them all as forgeries or use the term postal forgery in lieu of counterfeit... phew weel!

Then we have facsimiles, which are imitations that were not intended to defraud collectors or the authorities as they were generally printed and sold at modest prices or given away. They may have been received for free with a stamp magazine or with an order from a trader. In later years, facsimiles, usually of rarities, have also been produced for philatelic promotions and/or as cheap souve-

nirs at stamp fairs and the like.

A fake is a genuine stamp that has been altered to create a valuable variation of that type of stamp. This might involve the addition or alteration of an overprint on the stamp, the re-perforating of the stamp to achieve a rare perforation variation, or the altering of the actual design to create a prized printing error. Cover cancellations/postmarks also exist of rare types of cover.

Then there are bogus stamps which are simply creations of someone's imagination. These generally eventuated in the early days of collecting when many were unaware as to what had or had not been officially issued by a country.

To make matters even

more confusing, there are also official reprints which were reproductions of obsolete stamps issued by authorities to cater to the collector market. However these reprints were often distinguishable in respect of the shades of colour, type of paper, size of perforation or even the printing method.

And, ironically, there are forgeries of forgeries. There are collectors who actively and seriously collect forgeries. Some forgers were true masters of their trade, later recognised and even admired for their ability. In some cases their forgeries are now as rare as the originals and, on that basis, are highly prized. Some collectors also seek master forgeries to include in their collection of genuine stamps so as to highlight how near-perfect they were.

Email: smits@westnet.com.au

## New drama series about food, love and infidelity set in Cornwall



DELICIOUS starring Dawn French (*Vicar of Dibley*), Emilia Fox (*Silent Witness*) and Iain Glen (*Game of Thrones*) is a new drama series about food, love and infidelity in Cornwall.

Passionate cook Gina (Dawn French) was once married to Leo Vincent (Iain Glen), a successful entrepreneur

and chef in Cornwall.

Leo owes much of his success to Gina's exceptional cooking, but since leaving her for the glamorous Sam (Emilia Fox), his business has continued to thrive.

When Sam has suspicions that Leo is having an affair she confides in Gina, confident that she'll recognise the signs.

But the secrets and scandals that spill out are proof that sleeping with another woman's husband is never a good idea - even if he was your husband first.

As Sam and Gina try to fix their broken families, will a friendship rise from the ashes of betrayal or will they tear each other apart?

*Delicious* received top ratings while on ABC1 and the show has already been renewed for a second season. To celebrate the release of the DVD we have some giveaways for 10 lucky readers.

Delicious DVD RRP - \$29.99.

**WIN WIN WIN**  
To be in the draw to win one of 10 *Delicious* DVDs simply send an email to [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) with *Delicious* in the subject line or write to *Delicious* DVD competition c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 30/08/17.

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# Talented dancer and administrator took Australian dance to a new level

by Adam Penn

AFTER a life-time of achievement and awards for his dance prowess well known Perth dance personality Derek Gatley is reflecting on an illustrious career. Born in Kalgoorlie in August 1939, Derek grew up in South Perth. He started dancing aged 17 because his sister Anne

needed a partner to attend a ball. Derek took lessons at Wrightson's Dance Studio in Hay Street and started working towards and achieving his medals, dancing to his star medal exams in ballroom with Melva Mills and Latin American with Shelda Wrightson. Derek was only the second person in WA after Ross Letch-

ford to dance the Cuban rumba star exam. His competitive career started in 1957, only a year after he first took lessons, partnering Gemma Foxwell, then changing to Gail Chipper with whom he won numerous local and WA titles including the 1961 state ballroom title.

One of Derek's favourite memories is his first win with Gail, the silver medal quickstep event. Another fond memory is competing against Peter and Shirley Roby, the defending state ballroom champions (1960) and taking the 1961 title. Derek met and started a life-long friendship with a young Ron Barker, who belonged to the old time set.

That year saw Derek and Gail chosen as WA ballroom representatives to the Australian championships. Later that year, Derek decided to turn professional, studying under Edgar and Hillary Peters for his associate diplomas and subsequently his members' degrees.

In 1963, Derek joined forces with Pamela Bidstrup and continued his professional career as both a competitor and coach-teacher. He and Pam took over the management of Wrightson's dance studios Fremantle at Victoria Hall.

They travelled to Melbourne to compete in the 1964 Australasian professional ballroom championships at the Palais in St Kilda. In 1964-65 the

couple took local titles in Midland, Fremantle, Perth Festival and Blue Riband along with state titles two years running. They enjoyed success in the Latin category, winning in Geraldton, Perth and the 1965 state title.

Derek and Pam married in January 1966 and, with only a couple of days' grace, they sailed on the *Oriana* on the first of many trips to London. They spent six months in England, studying under Alex Moore, Elizabeth Romain, Bill and Bobby Irvine and Lina Hunt. Derek achieved his members degrees with the ISTD (International Society of Teachers Of Dance) and IDMA (International Dance Masters Association) later the International Dance Teachers Association).

While in England, Derek and Pam competed in the 1966 world professional ballroom championships in Germany where they reached a semi-final place.

Derek remembers he and Pam being asked to demonstrate the samba after their return to Perth later that year, which also saw them take on the management of Wrightson's Dance Studios in Hay Street. The couple also travelled throughout WA to teach, coach and examine. After taking the title of Australasian professional ballroom champions at Canterbury Court in 1968, they retired from competition. In 1972, Derek and Pam took over

the management of the Murray Street branch of Wrightson's until 1984, when they focused their efforts back at Hay Street.

In 1982 Derek's executive career in the dance industry, reached national level when he became secretary of the ADBC (Australian Dancing Board of Control) After some time, the position of secretary was to change to executive officer of the ADB (Australian Dancing Board), a position he held for 18 years. Derek resigned from his portfolio with the ADB in 2000, and became chief executive officer with DSA (Dance Sport Australia). He has been an integral member of the organising committee for the WA open dancesport championships for 32 years.

During his time with the ADB and DSA, Derek has held many positions in dance both nationally and internationally including member of the international selection committee 1998-2010; Australian delegate to the ICB (International Council of Ballroom Dancing) to become the WDC (World Dance Council) 1989-2000 and chairman of adjudicators for the Australian championships Melbourne 1989-2013.

Derek continues in the executive roles of chair of the Rules Commission and chief financial officer for DSA, from 2009. He is one of only two Australians to hold the distinguished WDSF (World Dance Sport Federation)



Derek and Pam

chairman of adjudicators licence.

Derek remembers the fun and satisfaction that he and Pam enjoyed while teaching with the physical education department (human movement and recreational studies) at the University of WA. He also recalls the social interaction down the years as dancers and family members joined as one big family for special occasions.

In December 2008, Derek was recognised by the ADS (Australian Dancing Society) with a Golden Bolga at the Australian open championships. In 2009 he received the

Order of Australia in the Queen's Birthday honours list for his dedication and commitment to the Australian dance industry. In 1988 he was awarded the Australian Sports Medal in the 1988 bi-centennial celebrations.

As well as parents to Darren and later Larissa (a champion dancer herself), Derek and Pam are now devoted and doting grandparents.

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

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See page 10

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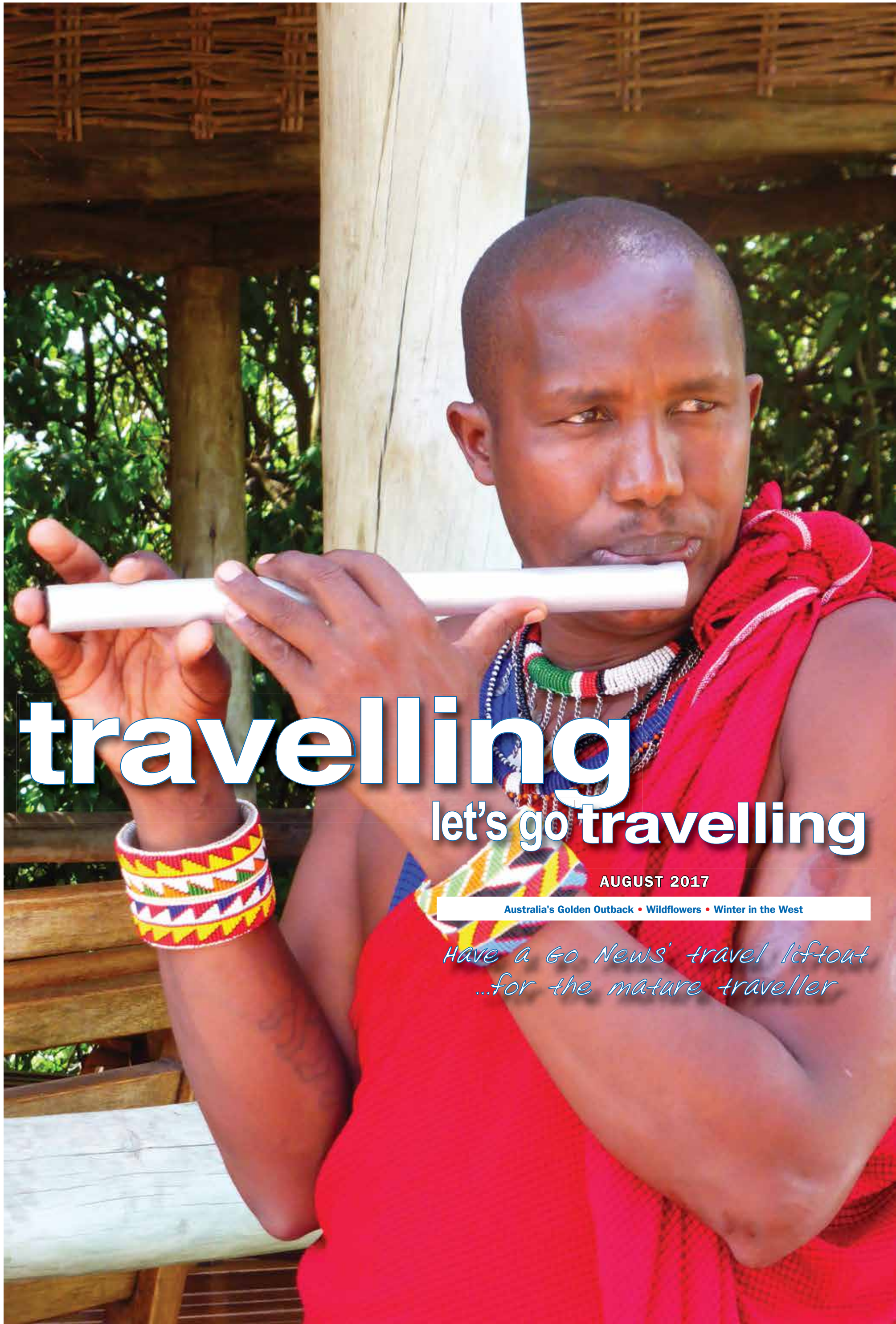
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### "ARE YOU A POOR SLEEPER?"

Sleep Disorders Australia will present a FREE public presentation: Professor David Hillman, will discuss What is good sleep? How much do you need? Poor Sleep dangers! Sleep disorders and their treatment. Saturday 2 September at 1.30pm, Hollywood Hospital Lecture Theatre. Enter gate 5 off Monash Ave and park in the multi-story car park and follow the signs. For enquiries phone 0419 199 744.





# travelling

let's go travelling

AUGUST 2017

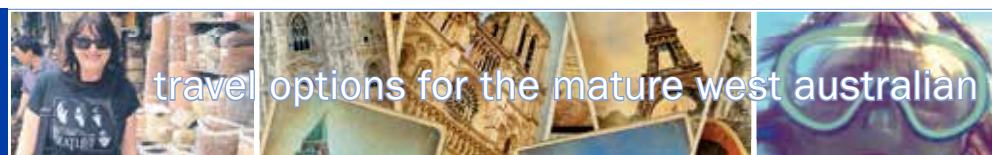
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*Have a Go News' travel liftout  
...for the mature traveller*



# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



Above; Keep Shetland Beautiful sign  
Left; Jennifer Merigan

APOLOGIES to John Kelmar who sent through some travel tips for readers about Taiwan last month – we inadvertently spelt his name as Belmar. I always appreciate people who contact me and share information about destinations and John's tips for Taiwan were most informative.

Over the next few months we have some fabulous stories covering many destinations.

Regular contributor Steve Collins visited the USA and took the train across the country. He will be sharing stories about the train trip and how he fell in love with Chicago.

Frank Smith has returned from his sojourn to the UK and Iceland and has some quirky stories to share with you in the coming months.

He shared this photo he took in Shetland, Scotland which he says is a bit more forthright than our Keep Australia Beautiful signs.

Lee Tate has written some pieces about his trip north in his caravan. He provides some great tips for people looking at heading north and has a cracking story about Jannes the singer who is one of the interesting characters he has met along the way.

★★★★

The taxi price index for 2017 has been produced from online used car dealership Carspring which has studied the cost of taxis in 80 cities around the world. The study provides a great guide for travellers and helps avoid paying exorbitant fees when travelling.

The most expensive city ride was from Tokyo Narita Airport to Tokyo city centre with a cost of \$189.91. The least expensive ride from airport to city was Cairo with a cost of \$4.20. Zurich,

Switzerland had the most expensive flag fare costing \$8.20 just to get into a taxi.

It's well worth a look before travelling with the full results for all 80 cities to be found at <https://www.carspring.co.uk/taxi-price-index-usd/>

★★★★

Until 30 August 2017, Rail Europe is passing on \$20 savings to selected Eurail Pass bookings. They include the Eurail Select Pass for three and four countries as well as the Eurail Global Flexi and Continuous Passes. To redeem, travellers must enter the promotional code of EURA20 at the time of booking. Pre-discount prices start at AU\$518 for the three-country pass, AU\$562 for the four-country pass, AU\$617 for the Global Flexi and AU\$787 for the Global Continuous Pass. Travel must be complete within 11 months of purchase. The offer is valid for the adult and adult saver passes only. Terms and conditions apply. Visit [www.railplus.com.au](http://www.railplus.com.au) for more information or call 1300 555 003.

★★★★

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)

## Duyfken to set sail soon



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ADVERTISING FEATURE

travel options for the mature west australian

## Vegetables and wimps curry no favour in a traditional Masai village



Enjoying the hospitality at the Masai Village

by Susan Bredow

ELDERLY Masai women scoff and pull faces when I ask if they grow vegetables in their village. They are repelled by the very mention of them.

"They don't eat vegetables because they think that would make their poo go green – like a baboon," my guide and translator, Sadira, explains.

Food is always going to be an interesting topic amongst these African people whose traditional diet is cow's milk curdled by blood. And meat.

They are so healthy, they all look like they could jump out of their skins.

While a taxi driver in Nairobi tells me that these days the Masai are more likely to cook with basil, garlic and olive oil, Sadira says his village lives on meat from goats and sheep and cows' milk.

The traditional welcome drink for guests is the blood-curdled milk sweetened with honey. He tells me to be prepared for this as we walk the narrow dirt path uphill towards his village.

I'm digesting the idea. Perhaps the honey will alleviate the taste?

Less than a minute later, the guide grins. Only joking.

Sadira's village is Olonana on the banks of the Mara River in Kenya's southwest. It borders on the Masai Mara wildlife reserve.

Four families live here in traditional thatched-roofed mud huts with few touches of moderni-

ty. Treated water is supplied by the nearby Sanctuary Olonana resort where we are staying and heavy plastic sheets are laid under the thatch to ensure water proofing.

We are greeted with dancing and singing by separate groups of men and women. Then men give us a round of adumu, a dance which involves jumping, although not quite out of their skins. This activity is a demonstration of agility as well as a sure-fire way to attract women. The higher a man can jump, the more women he will attract. Or so Sadira reckons.

Around the village, the dense stick fence has four entrances, one for each family. In the centre is a fenced circular yard where the domestic animals are kept safe at night.

Being so close to the wildlife, it is not unusual for hungry lions to see the Masai's animals as an easy feed. In times past the villagers killed the lion that stole a cow. These days they are compensated by the government: two cows for each dead one and they don't pursue the lion.

Not a bad deal, I say to Sadira. "Not bad," he says, "but we love our cows and we are sad to lose any of them."

There are 1.6 million Masai grazing their animals across the savannahs of Kenya and Tanzania.

While in our Western culture, we consider it impolite to ask how much money we each have, a Masai's fortune is counted in the number of cows he owns. And it is rude to ask how many. If he is wealthy, he may answer, not less

than 50. Or he may not answer at all.

Wealth is accumulated in part through a coming of age ceremony where young men are circumcised in front of a large male audience. The eye-watering occasion favours the brave who manage the process without so much as a flinch.

The guests to this ritual passing to manhood leave gifts of cows. The more manly you are, the more gifts.

There is no need to ask how many wives a man has in this polygamous society. He wears a beaded bracelet for each wife. Most men in the village have just one bracelet. Our friend is wearing two but tells me later he has only one wife.

"The more wives a man has, the more trouble," Sadira smiles. He needs also to provide a house for each.

At Sanctuary Olonana I continue the conversation with the assistant manager, Jackson, a Masai who says his father had six wives. These days he says the children's education takes priority and as this doesn't come cheap, men are less likely to marry more than once.

While his fellow villagers dress in the traditional red cloak or shuka, Sadira, a handsome 32-year-old who speaks perfect English, adds colourful beaded neckwear and decorated belts.

Added to this he has a scar on his arm where, he says, a lion had a go at him. He looks striking.

Once the Masai wore earrings that greatly

expanded their earlobes. This is more common today in Australia than amongst these people, although a front tooth removed from the lower jaw is still the mark of a true member of this nomadic tribe.

The shukas were dyed red to frighten lions. Although it is now widely known that lions are colour blind, the bright cloaks remain.

Inside the mud huts are dark and warm; the ceilings low. Walls roughly divide the interior into three spaces with a rudimentary chair in the entry area and a still smouldering fireplace for cooking and heating between two sleeping platforms. The woman sleeps on one with her children. When children reach seven they move out to live with their grandparents. The man sleeps around the corner on the other platform.

While villages nearby have tin roofs, the Olonana village offers an insight into the Masai's unique culture and traditional way of life. While this may be for tourists, the people are authentic in the way they carry out their lives.

There are no televisions, no mobile phones, no vehicles and no plastic other than the containers used to collect water. There are no bathrooms.

The banks of the Mara River are the laundry and clothes are washed there and dried on rocks in the sun alongside those of the villagers.

*Abercrombie & Kent has 11-day private luxury and fully inclusive safaris to Kenya and Tanzania staying at Sanctuary Retreats. [www.abercrombiekent.com.au](http://www.abercrombiekent.com.au)*

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## English wine comes out of the shadows to make its mark



Left to right; Biddendum winery in Kent - German and French grape varieties can be found at Biddendum - Gifford Hall Vineyard's John Howard

by Frank Smith

AROUND one in three West Aussies have their roots in Britain, but how many have tasted English wine? I hadn't, so I took the opportunity of a visit to the Old Dart to find out about this unexpected phenomenon and why English sparkling wines are winning accolades even from the French.

The Romans grew wine

mainly in east Anglia. According to Linda Howard of Gifford Hall Vineyard near Bury St Edmunds, Roman soldiers hoped to be posted there because of the quality of the wine, but vineyards largely disappeared during the dark ages to be revived by monasteries after the Norman conquest, to disappear again after their dissolution by Henry VIII. Wine grape growing began again only re-

cently.

Linda and John Howard bought their vineyard 11 years ago, although it had been established several years before.

"It was a destination for coach outings such as Women's Institute," she said. "But now English wine is mainstream. It is different, fresher and with lower alcohol."

"The increase in vineyards has attracted many young winemakers from

Europe drawn by opportunities to try different technology, minimum intervention and long slow fermentation using grapes grown with a minimum of chemicals," she said.

As an indication of this the Howards use tiny but tough Hebridean sheep to control vineyard weeds and to prune lower branches, rather than sprays or mowing.

The premium grape

variety grown is Bacchus, a Riesling cross producing a wine resembling New Zealand Sauvignon Blanc, but more restrained with odours of elderflower. £11.95 (\$20)

Madeleine, an early ripening, frost tolerant grape from the Loire produces wine with a floral characters like an English garden after a shower of rain. £12.10 (\$20.10)

The traditional grape varieties - Chardonnay,

Pinot Noir and Pinot Meunier are grown for sparklings. Gifford Hall Sparkling Brut is a soft dry wine with a persistent mousse, hints of pear and hazel nuts and a persistent finish £21.55 (\$35.90).

Rondo is one of the few red grape varieties adapted to the English climate. It is usually blended with Pinot Noir to give the blend a fruit kick. Rondo is one of only three grape varieties where the colour runs through the flesh as well as the skin of the berry. It is very fruity with an astringent finish. Gifford Hall Rondo £12.20 (\$20.30).

The Gifford Hall Rosé is a blend of Madeleine and Rondo. It displays crisp acidity and delicate aromas of peaches. It is a very aromatic wine with a long finish £11.95 (\$19.90).

Another winery I visited was Biddendum in Kent.

Their grape varieties include the ubiquitous Bacchus but also a number of German varieties including Ortega, Dornfelder, Shönburger, Reichensteiner, Scheurebe and French varieties Pinot Noir and Gammay.

We liked the Pinot reserve sparkling white, a dry fruity wine rich and creamy with bready overtones and good length. £26.80 (\$44.66).

We also enjoyed Gribble Bridge Ortega, a crisp semi-aromatic wine with fresh aromas of apple, grapefruit, new mown hay and floral notes. £10.90 (\$18.16).

English wines are rarely available in Australia. But if you are visiting England or Wales wine tasting is a pleasant way to while away a wet summer's day. English wine Producers have a map showing the location of vineyards. [www.englishwineproducers.com](http://www.englishwineproducers.com).

## Australian Chinese Friendship Society offers a unique tour to China



Sailing or more accurately steaming on the River Li offers dramatic scenery as nature's vast limestone carvings soar into the air

ONE of the many unique features of China is 56 ethnic minorities spread through the nation.

Their dress is different, their cuisine, music, dance, and even in some areas language, may vary from that of the Han majority.

A package tour just released by the Aus-

tralia China Friendship Society, a not-for-profit organisation devoted to the cultivation of friendship between the two countries, will cover several of these communities, observing their every-day activities, especially their arts and craft practices.

The visiting group will

be under the guidance of an Australian, Professor Colin Mackeris AO who has toured China 70 times and has become a recognised authority on these diverse ethnic groups. Local guides are also used throughout the tour.

Scenic attractions play a big part in the

itinerary and one of these is the famous Li River where a riverboat cruise is enjoyed. However, alternative activities are available for passengers who have already been to this area. These options include a visit and participation in a cooking school or alternatively being embedded in a local family farm to work with or observe the day's activities.

The 13-day package leaves from all Australian capitals on 22 April flying with China Southern (the world's third largest airline) direct to Guangzhou, the old Canton.

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A copy of the itinerary is available from [hanley@inet.net.au](mailto:hanley@inet.net.au) or from China Best Tours on toll free 1 300 88 66 78.

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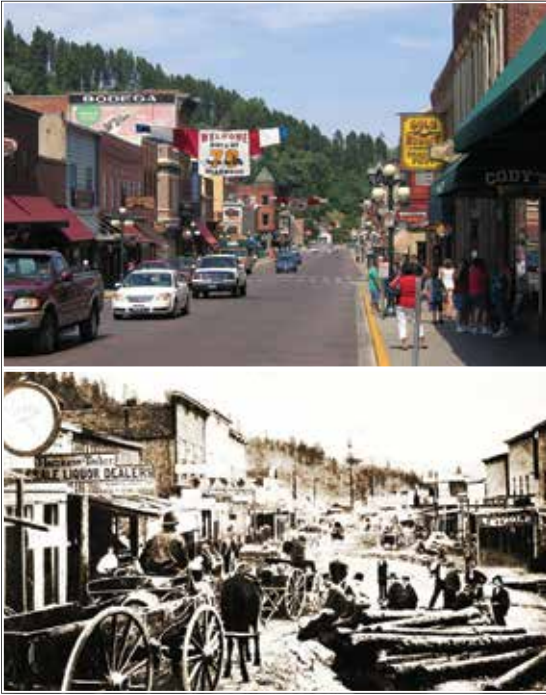
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ADVERTISING FEATURE



travel options for the mature west australian

## Wild Bill and Calamity Jane - side by side in death, but in life...?



Deadwood today - No Doris Day, the less than attractive Calamity Jane Burke dressed as a man, swore furiously, was a part-time prostitute, and on drunken sprees would shoot out the lights of saloons and gambling houses - Deadwood at the height of its 1870s goldrush. © Deadwood Chamber of Commerce and Visitors Bureau

by David Ellis

STUDENTS of the Wild West refuse to give up their search for an answer to the question that's baffled experts for more than a century: just what was the real relationship between legendary Wild Bill Hickok and less than law abiding

Calamity Jane?

And visitors to today's Deadwood in the Black Hills of Dakota can also still ponder that same question as they not only walk the same boardwalk streets that Wild Bill and Calamity Jane trod 140-odd years ago, but also visit their side-by-side graves and wonder at

the strange relationship between these complete opposites.

The one-time Marshall Hickok (between engagements also a hired-gun and professional gambler) is known to have considered Calamity little more than a drinking mate. So just why did the alcoholic hooker ask

to be buried next to her great love as she was dying nearly 30 years after he was shot dead in a Deadwood bar-room?

History tells us that as in the movies, the Deadwood Stage did roll out over the hills, lawbreakers were lynched in the streets of the shootin'est town in the West, and that Wild Bill and Calamity Jane did on occasion step Deadwood's boardwalks together.

And just as in the movies, 30,000 gold miners did flock to Deadwood in the 1870s-80s, just as today tourists can visit the tombstones in the town's cemetery of those who met their death by natural cause, rope or bullet.

But unlike in the movies, Hickok wasn't interested in upholding justice when he left his newly-wed bride in Wyoming and jumped the Deadwood Stage: he planned on relieving gullible miners of some of their Black Hills' gold at the poker table.

And again unlike in the movies, when he arrived in Deadwood in 1876 Hickok was mysteriously accompanied by Calamity Jane Cannary who he had previously worked with in a Wild West Show together with a colourful one-time Pony Express

rider, Colorado Charlie Utter.

And Calamity soon turned out to be anything but Hollywood's Doris Day hosting Wild Bill to candle light dinners in a rose-gardened Deadwood cottage.

Deadwood had hit the headlines in August 1875 when gold was found in a nearby creek; within days thousands of hopefuls had flocked to the Black Hills, in the beginning scooping-up nuggets as big as candy bars, and when these easy pickings petered out blasted their way into the gold-bearing hillsides.

On a fateful August 2 1876 Hickok - who drank with his left hand to keep his gun-hand free - dropped into the No.10 Saloon for a game of poker. The only seat at the table had its back to the door, so he opted out, fearful of ambush from behind.

But fellow gamblers talked him into staying, and he'd played just a few hands when drunken hoodlum Jack McCall stumbled through the bat-wing doors, and shot him dead with a single bullet to the head. His black aces and eights that spilled to the floor are known to this day as

a deadman's hand.

McCall was tried, but acquitted on his claim it was revenge for Hickok killing his brother. When it was discovered McCall's outlaw brother was already dead, he was re-captured and hanged.

Calamity Jane meanwhile was doing what Hollywood didn't tell us: she was working as a barmaid and part-time prostitute in local saloons, often taking her pay in whiskey before both lifestyles caught up with her.

But just before her death she asked that she be buried next to Wild Bill, and posed, haggard and gaunt, with a bouquet at the grave of her great love. That was in 1903, 27 years after Wild Bill's death and when she was 53; today the bodies of Martha 'Calam-

ity Jane' Cannary and James Butler 'Wild Bill' Hickok lay side by side in Deadwood's Mt Moriah Cemetery.

And this leaves historians mystified: the newly-married Hickok was immaculate in dress and grooming, and constantly wrote home to his new bride Agnes in Wyoming.

Conversely the less than attractive Calamity Jane dressed as a man, swore furiously, and on drunken sprees would shoot out the lights of saloons and gambling houses.

Deadwood today is a fascinating trek back into the Wild West, with a gambler's El Dorado of restored boardwalk casinos, saloons and dining halls, an 1860s gold mine to explore, and museums recounting its wild past.

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## What's your favourite Derby moment?



Left to right; Sean Gorman with contributors Mark Greenwood and Dennis Cometti at the book launch. Right; Derby book



ARE you a footy fan? With the Western Derby now more than 20 years old, David Wish-Wilson and Sean Gor-

man thought it was high time someone looked at the culture of rivalry between fans of the West Coast Eagles and fans of the Fremantle Dockers. They interviewed 40 people to produce *Derby: WA Footy Fans on the Game's Greatest Rivalry*.

"As any fan will tell you, the Derby game is no ordinary game. It is characterised by a high level of anxiety that is generally matched on the oval by ferocity and a competitiveness that has become a hallmark of the AFL calendar.

"I think when Dennis Cometti says that the Eagles-Dockers Derby rivalry is the best in the land, he isn't exaggerating," said Gorman.

Wish-Wilson said every single contributor to the book had something fascinating to say about the place of football in

their lives.

"There are plenty of laugh-out-loud anecdotes in the book and some surprising insights into what being a footy fan means, as it relates to deeper themes of family, community and sense of place in Western Australia," said Wish-Wilson.

Derby features interviews with unknown fans (our favourite being Lesley the Voodoo Lady) alongside fans drawn from the worlds of music, literature, politics, the media and sport including James Baker, Julie Bishop, Alison Fan, Justin Langer, Dennis Lillee, Alsy Macdonald, Shaun McManus, Jeff Newman, Gillian O'Shaughnessy, Melissa Parke, Kim Scott, Bill Sutherland and David Wirrpanda.

For further information to purchase the book see ad on page 49.

## Bibbulmun fun for everyone on the track as the wildflower season opens up

THE Bibbulmun Track Foundation is encouraging everyone to get outdoors with a great range of events from its latest calendar. Led by experienced guides, there are day and overnight walks suitable for all ages and fitness levels, on the world-renowned Bibbulmun Track. Spring is just around the corner so it's the best time to get out onto the Track and view WA's famous wildflowers.

The calendar has a number of day walks designed to get people outdoors, including specialised themed events such as Bibbulmun Blossoms where you learn about the many wildflowers in bloom on a guided walk near Kalamunda this spring.

The most popular events on the calendar are the exclusive women-only walks. On Blissful Balingup Belles a weekend of pampering is on the menu with day walks, great food and massages. Or try an overnight adventure staying out on the Track on the Dandy Dwellingup Dames in May 2018. Both these events will leave you feeling rejuvenated and ready to face the world once again.

The Foundation also makes it easy to tackle overnight adventures with all essential hiking gear and transport provided and experienced guides are on hand to offer support. The Ramble and Paddle, a weekend fun filled event with bushwalking, canoeing and sightseeing in Dwellingup or the Wildflower Wander Expedition held over the Queen's birthday long-weekend are perfect weekend escapes.

For those planning their own adventure, the Foundation hosts fun and informative workshops / seminars to guide and teach new skills in trip planning, navigation, hiking gear and food, and a series of Social Sunday Walks are the perfect introduction to the Track - led by trained volunteers, these walks are free for members of the Foundation and only \$15 for non-members.

These are just a sample - pick up a calendar at your local library or book online at [www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au). For more information phone the Foundation on 9481 0551 or email [events@bibbulmuntrack.org.au](mailto:events@bibbulmuntrack.org.au).



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## The perfect time to be in Exmouth - discovering the coast and the interior



Shothole Canyon - cliffs meet coast

by Lee Tate

A LARGE group of tourists has congregated along WA's north-west shore. Every eye is fixed out to sea. They are facing one of the true wonders of the world.

This latest wave of visitors from all parts of the world is anticipating one of the greatest adventures of their lives – diving, snorkeling, swimming and viewing precious creatures and corals. Along with whale sharks, manta rays, dugong, whales and coral fish and perhaps a graceful turtle.

But I opt for another course. I turn my back on magnificent Ningaloo Reef.

I am facing inland to the plains, ridges and gorges of North West Cape, set to exchange dolphin for dingo, whales for wildflowers and coral for kangaroos.

When I discuss my plan to our Cape camping neighbour, Mike from Perth, he reveals that in

the 20 years he has been driving to Exmouth he has not once steered away from the coast to check-out what's between the Cape's coral coasts.

And what I encounter while traversing a slice of the 50,581-hectare Cape Range National Park is astounding.

As my wife and I drive through Exmouth's main street, three emus amble toward us, setting the scene for our brushes with wildlife over the next few days.

Just 21kms out of town, we randomly turn from the main road onto Charles Knife Gorge Road.

We quickly arrive on top of what has to be one of WA's most breathtaking views – looking down the mighty mouth of Shothole Canyon. In the distance is the sparkling blue ocean.

There are dramatic vistas, left and right, cavernous canyons, razorback ridges, bulging boulders and erosion-carved caves. Wildflowers, just

ture to set its own unique agenda. The Cape, due to its prolonged isolation, is unique.

And it truly feels special. Certainly worth the 1,270 km trip from Perth – or other parts of Australia – or the world. International tourists show they are clearly gob smacked.

Driving down the road, we see movement through the bush. Out of the bush emerges a dingo, heading our way. He strides past the car, within a few metres, near enough for me to take a close-up photo.

It makes you wonder how Dutchman William Janz reacted and what he saw when he landed on the sparking Ningaloo coast in 1618 (150 years ahead of Captain James Cook in NSW) and ventured into this remote wild world.

Most West Aussies know of Exmouth from its role as a US communications base to maintain contact with nuclear-armed submarines.

The name Exmouth has no connection with this history. The town got its name from Viscount Exmouth on whom author CS Forrester based his character Horatio Hornblower.

As we set out each day from our camp/caravan site on Lighthouse Bay at the tip of the Cape, we sight 12 communication towers at the Harold E Holt Communications Station, opened in 1967, one soars 387.6 metres, the second-tallest

structure in the Southern Hemisphere.

The district's airport is operated alongside RAAF Learmonth – the air force keen to maintain a presence in a strategic region (bombed in World War II by the Japanese with no loss of life nor significant damage).

Sheep still straggle along the road, a hint of earlier farming when large sheep stations operated along the coast. Pearl diving came too.

Fish are caught commercially, Exmouth Gulf prawns are sought for local and overseas markets and there's abundant oil and gas.

Tourism supercharges the economy today and is set to magnify as Ningaloo's wonders seep further around the globe. One smiling Japanese visitor, stepping off a whale-watch boat tells us: "We saw four whale sharks and huge manta ray today".

With the arrival of another typical clear, blue-sky day we tackle the Cape's West coast, steering to the end of the road at Yardie Creek where, for \$35, eager tourists can board a flat-bottom boat on the area's only permanent fresh water gorge.

On the guided tour thorough an impressive, multi-coloured gorge our

boat captain, Ash, points out rare black-footed wallabies, a solo bat, diving kingfisher and the tips of bright red claws of buried mud crabs.

Astute observers walking the trails can encounter fossils. The Cape has fossils aplenty in sandstone deposits.

En route back to Lighthouse Bay, we call in at Jurabi Turtle Centre (open every day) and the Milyering Discovery Centre. We come across chattering tourists who've been snorkeling and swimming in glorious Turquoise Bay.

We encounter them later, along with a West Australian promotional film crew, at Vlamingh Head lighthouse, overlooking Exmouth Gulf on one side and the Indian Ocean on the other. The best cameras can't do it full justice.

And that's before we see the most stunning sunset. The line-up of visitors is ooh-ahh-ing.

Along this Western shore are 140 beachside camping bays with direct access to Ningaloo Reef lagoon and all its watery activities. The sites have no power, showers or cooking facilities although there are toilets and picnic tables.

Priority number 1: Bring your own water. Exmouth Visitor Centre generously provides water for all your

containers including caravan water tanks.

All camping bays in Cape Range National Park must be booked online at parkstay.dpaw.wa.gov.au

There are modest park entry and camping fees (\$10 an adult/night) with concessions for seniors card-holders.

Exmouth, with about 2,250 permanent residents, has no wet season with hot summers and mild winters – enjoying 320 sunshine days every year.

Flights operate from Perth to Learmonth Airport, 37kms from Exmouth and 120kms from Coral Bay. Transport services run from Learmonth and Exmouth to Coral Bay but require bookings (Ningaloo Visitor Centre, phone 9949 1176).

Best time for Cape visits to catch wildflowers is June to October. Whale sharks visit between March and August (boat tickets cost \$375), humpback whales from June to November. Boat tickets for manta rays cost \$150.

While Perth and the south-west shiver through winter, Cape Range National Park basks in warm, sunny days. Month after month after month.

It is the time to be in Exmouth.

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Victoria Plains encompasses many charming little farming communities within an easily accessible drive (via the Great Northern Highway or through Toodyay) less than 2 hours from Perth.

The drive alone is breathtakingly beautiful in the Winter and Spring, with wildflowers, bright yellow canola crops and the remains of many early buildings still visible from the roads. The area includes the historic monastic town of New Norcia; however it is often the other small rural towns that impress visitors who just want a peaceful stopover or base when exploring the rich history, wildflowers, renown star gazing or thriving agriculture.

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## On the road again - Jannes the golden oldie entertaining campers around WA



Jannes Kleinman

by Lee Tate

JANNES Kleinman, in his bush hat and country-style check shirt, looks every part the laid-back Aussie bloke, a farmer perhaps. With his booming grin, he steps up on a small stage to face the gathering.

Jannes' audience of retirees is soon singing along with cheery-faced

Jannes (Yunness) in the fund-raising charity event.

"I just love singing. Always have," grins Jannes who, aged eight, set out from Holland with his family for what turned out to be a fascinating future.

Turning 69 next Australia Day, Jannes reckons he's arrived at his right place in the world.

Simply singing for people. The retiree says he couldn't be happier.

By word of mouth and recommendation, Jannes is becoming hot property as a singer – not on the big stages, not before massive swelling crowds nor with big hits on the radio. Jannes has found his mark among fellow retirees: those in nursing homes, at street parties and socials, in retirement villages and at fund-raisers. And among grey nomads on the road.

From Albany to our north-west, Jannes, with wife Marja, tour in their caravan, happy in retirement, soaking up the country and looking for opportunities for Jannes to do his thing – entertaining.

I catch up with Jannes and Marja after they pull into a caravan park south of Broome. A small

market day is underway, raising funds for the Royal Flying Doctor Service.

Campers and caravanners stroll the stalls displaying crafts home-made by campers for the RFDS. A red bucket is placed prominently on the oval and, under the shadow of a tree at the edge of the oval, stands Jannes. In his bush hat, microphone in hand.

The old home town looks the same, comes out as Jannes sings a Tom Jones number, followed by the hits of Frank Sinatra, George Jones, Johnny Cash and Dire Straits.

For two hours, Jannes reels off the familiar classics. The pace is relaxed. Campers squat on the grass to listen.

Jannes gently nudges the crowd: "This is for the Flying Doctor. We need 'em. We just hope we don't need 'em. Every coin in the bucket helps."

For campers, who sometimes stay for months at individual caravan and camping

grounds, Jannes is the only live entertainment they'll have on their holiday.

And Jannes is clearly one of them.

"I do golden oldies," Jannes tells *Have a Go News*.

"That's just what I do". Jannes and Marja now face new horizons, selling their Swan Valley home and moving to a canal home in Mandurah. To this point for the couple, it has been a long and winding road.

After schooling in Melbourne, Jannes became interested in earth-moving, developing into a mechanical operator of graders and scrapers.

At night, Jannes, in a little band, sang at pubs and dance nights. Despite the late nights, at the crack of dawn he was in the seat of earth-moving equipment.

In 1971 the couple, whose Dutch-born parents were life-long friends, went on holiday to Holland. Mostly, they understood the language

and culture.

That was all about to go dramatically deeper. Despite living as an Aussie for 15 years, Jannes, being Dutch-born, was conscripted into the Dutch army.

He served 14 months' military service. Jannes was released a few months earlier than normal when a grader driver was needed in North Holland and, being qualified, he agreed to take it on.

The years passed. Twenty years, during which time Jannes worked and he and Marja were partners with the community in establishing a radio-turned-TV station in their region.

"But we both really wanted to get back to Australia," says Jannes.

Settling in Perth the couple set up a company specialising in soil penetration with daughter Natasja also in the business. After 13 years the business was sold.

"I sold it to a mate," he said.

Jannes, 63, thought of himself as being semi-retired with time for music and travel. The couple combined both, setting off for nearly nine months in their caravan.

Jannes is dyslexic, so can't easily learn lyrics by reading the words but it proved to be a low hurdle.

"Once I hear a song, I remember it. I'll sing it a couple of times and then I can perform it," he said. He sets up with song sheets along with his PA system, using backing tracks that he buys.

Without ever having singing lessons, Jannes unashamedly croons popular songs from his own era. Clearly, it has struck a chord with baby boomers.

With his light banter and natural, non-confronting singing approach, Jannes says he's about sticking to what is at his core – a love of good, popular music and being happy to perform while audiences appreciate it.

Out on the road in their caravan when they pull into a camp site or caravan stop, Jannes will ask: "Do you need any music?"

It might be a caravan park, a camp site, a farm stay or a bush stay. Bursting into song around a camp fire, Jannes will soon have everyone singing along.

Their longtime friends, John and Jannice, also with Dutch heritage, frequently travel in convoy with the wandering minstrel and his supportive wife.

Jannes says: "John will often go into the caravan park office and ask if they'd like a performer. They often do. Some have asked me back next year."

While he's a solid supporter of worthy causes, Jannes says he now also has time for professional bookings.

"For the next year we will settle into Mandurah close to the water. I'll love it and there'll be time to sing for people around Mandurah. I hope they like it," he grins.

Then they'll be heading out onto the road again (*On the Road Again*, the popular Willie Nelson hit is a regular on Jannes's song list).

Jannes says he has no intention of breaking his mould: country songs, sixties and seventies music, bush-style songs.

"It's what we grew up with. It's what people love to hear and sing along with," he said.

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## Ravensthorpe celebrates wildflower season



RAVENSTHORPE Wildflower Show and Festival this year takes people on a journey to challenge their knowledge whilst offering an enlightening, enjoyable and relaxing experience.

Set aside a few days to visit the area and plan to see the Wildflower Show display at the well sign-posted venue. There are up to 700 different wildflower species to find in the region all named and collated in family groups – a plethora of amazing colour and form.

To understand and appreciate the unique biodiversity of the Ravensthorpe Shire, in this southern corner of WA, take time to book on one of the three planned four wheel drive tours and/or the bush walk. Spend four to five hours with a local tour guide appreciating wildflowers in the wild. Attendees will also learn about the local geology and a mosaic of soils, giving rise to this vast array of flora, which in turn attracts birds and small mammals feeding on the abundant insects and nectar.

The 4WD Tours will run on Saturday 16, Thursday 21 and Friday 22 September.

Community groups are working together to coordinate the many events, Ravensthorpe Progress Association run the 4WD Tours and provides a picnic lunch in the bush for guests at a cost of \$25 per head. Volunteers from the Ravensthorpe SES assist with lead and tail vehicle escort and provide radio communications for all touring 4WD's.

This allows input from the tour guide as the convoy travels and provides travellers with an opportunity to ask questions and indulge in friendly chit chat as well as stopping to enjoy, learn and photograph. This is where one can lose oneself in the bush and be reminded that life is meant to find time for peace and beauty in our often far too busy world.

A Farm Gate Art project, the initiative of the Ravensthorpe Regional Arts Council, and supported by other community groups and individual artists, welders and farmers is establishing an intriguing trail of wildflower sculptures along roadsides in the Ravensthorpe Shire. These will be brought to travelling visitors attention for add-

ed interest.

The Bush Walk planned for Sunday 17 September will take three to four hours of a moderate pace in the bush. Walkers are asked to meet at 10am for a 10.30am start and should bring their own lunch, snacks, water/drinks and sun protection.

The Fitzgerald River National Park (FRNP) trip is a self-drive into one of only two biospheres in WA. The FRNP is one of the most botanically significant national parks in Australia with about 2500 flora species and sub species – 20 per cent of Western Australia's plant species. More than 100 are endemic to the area.

Records show 206 species of birds and there are more species of

other animals living here than any other nature reserve in south-western Australia. So if you love nature this is the place to be.

Recently improved sealed road access and recreational facilities provide a wide range of opportunities for world class nature-based activities, in highly scenic and diverse coastal and inland environments.

Access to the eastern side of the Fitzgerald River National Park is from the town of Hopetoun or South Coast Highway west of the town of Ravensthorpe.

Bookings for the 4WD Tours and Bush Walk can be made by phoning the Ravensthorpe Resource Centre on 9838 1340 or emailing ravensthorpe@crc.net.au

## Mark your diary for this year's Chittering Spring Festival event

NOW is the time of the year to experience the beauty of wildflowers.

Western Australia is known around the world for its wildflowers. People travel from far and wide to see them. There are more than 11,400 species of flowering plants in Western Australia with more than 10,000 of these native to WA.

Plant families which have large numbers of representatives in WA are the myrtles, peas, banksias, grasses and daisies. Up to 80 per cent of the plants in some of these families are found nowhere else in the world. It is these unique species that makes the south west of WA recognised as one of the world's biodiversity hotspots.

The Shire of Chittering sits within this hotspot, an easy drive from the Perth metropolitan area. Chittering and the

surrounding areas have an extensive array of easily seen wildflowers, particularly in spring. The trip is well worth it.

A free display of the local species complete with names will be presented at the Chittering Landcare Centre from Thursday 14 to Saturday 16 September 10am to 4 pm as part of the Chittering Spring Festival.

Assistance with identification of wildflowers will also be available. For those undertaking a tree change we can also provide advice on managing your bush or lifestyle block to protect your wildflowers and land.

The event is accessible and refreshments will be available. See advert elsewhere in this edition for further details or contact the Chittering Landcare Centre on 9571 0400 or chitteringlandcare@inet.net.au.

## York offers many delights for visitors - just over an hour from Perth

WHETHER you're after a wander through the wilderness or a drive with a difference, York in spring is the perfect season to experience all of this wheatbelt town's hidden treasures.

Mount Brown is a two-minute drive from the town centre or a fifteen-minute active stroll, and is a wonderful setting for sunset drinks, picnics, or shared barbecues with friends. Be rewarded with panoramic vistas overlooking picturesque York, whilst you sip on a chardonnay and contemplate

the blanket of wildflower colours on offer in this A grade nature reserve.

Immerse yourself in York's indigenous heritage in the Noongar Six Seasons Garden Walk. Discover native plants used for traditional medicine and ceremonies. Look inside the Residency Museum, the last remaining part of York's convict depot. Pack a picnic and enjoy the birdsong and native flora under the shade of the York gums.

A quick stop at the York town hall to collect a map and you are off on

a short but action-packed drive through York's picturesque countryside on the Mokine Drive. See if you can spot pygmy sun-dews, rosy-cheeked donkey orchids and visually stunning yellow hibbertia.

Take the turn onto Ashworth Road and stop in at the delectable York Olive Oil company, which has more than a few surprises up its sleeve, with their all ages playground, everlastings in full bloom, homemade ice cream and picturesque views of rolling hills and countryside.

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**DAY 1 & 2** ✈ IFM / D  
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Your holiday begins from when you are picked up from home by a private vehicle and transferred to the airport. Meet your Kings Tour Manager and fellow travellers then fly to Victoria Falls via Johannesburg. Welcome to Africa! Upon arrival you will be transferred to the Victoria Falls Safari Lodge. Tonight, hear the drums beat as you are welcomed to dinner. Enjoy an evening of entertainment and a four-course dinner featuring local cuisine. **Hotel:** Victoria Falls Safari Lodge for 3 nights

**DAY 3** B  
**VICTORIA FALLS**

After breakfast depart on a guided tour of the falls and traditional village. Here you will view the spectacular Devil's Cataract, Main Falls as well as the Horseshoe Falls. At the village you will have the opportunity to purchase some of Zimbabwe's arts and crafts.

**DAY 4** B  
**DAY AT LEISURE | SUNSET CRUISE**  
Enjoy the day at your leisure. At the end of the day, sail upstream to celebrate the setting African sun. Share in the end-of-day ritual which sees wild herds streaming to the river banks for their last drink.

Flocks of birds skim the waterline as the sun sets behind the African skyline. Enjoy our range of cocktails served with an accompaniment of delectable hors d'oeuvres. Bring a camera and create your own golden memories.

**DAY 5** B / D  
**EMBARK THE ZAMBEZI QUEEN**  
After breakfast, we check out and cross the border in to Botswana and transfer to the Zambezi Queen. In the late afternoon we go in search of some big game by tender boat at the perfect time when animals come alive and the golden glow of the African sunset allows for amazing photographs.  
**Cruise:** Zambezi Queen for 2 nights

**DAY 6** B / L / D  
**CHOBE RIVER**

We have a leisurely start to the day when meeting up for breakfast before the morning activities begin. Included activities range from a village tour on the Namibian side of the river, bird watching or fishing or you may even decide to simply remain on-board whilst the Zambezi Queen cruises along the Chobe River. Join our guide in the afternoon on a tender boat water-based safari where you can get up close to an array of wildlife that the Chobe is known for like its 120,000 resident elephants.

*Tour Highlight!*

**DAY 7 – 10** B / D ✈  
**ZAMBEZI QUEEN - SAFARI LODGE**

Today we fly direct to Nelspruit airport and transfer to our Safari Lodge. For the next four days you will revel in a true African experience. Your days will begin with an early morning wake up call. Tea and coffee will be served in the main area before departing on an early morning game drive in search of the "Big 5". The rangers and trackers gladly share their extensive knowledge of the many things surrounding you. When returning to the lodge you can enjoy the rest of the morning at leisure or relax with some of the Spa treatments, or even venture off into the bush on a bush walk with your ranger. Lunch will be served each day. Following afternoon tea you will explore the reserve again on the afternoon Game drive. Breakfast, lunch & dinner is included during the safari lodge stay.  
**Hotel:** Kapama River Lodge for 4 nights

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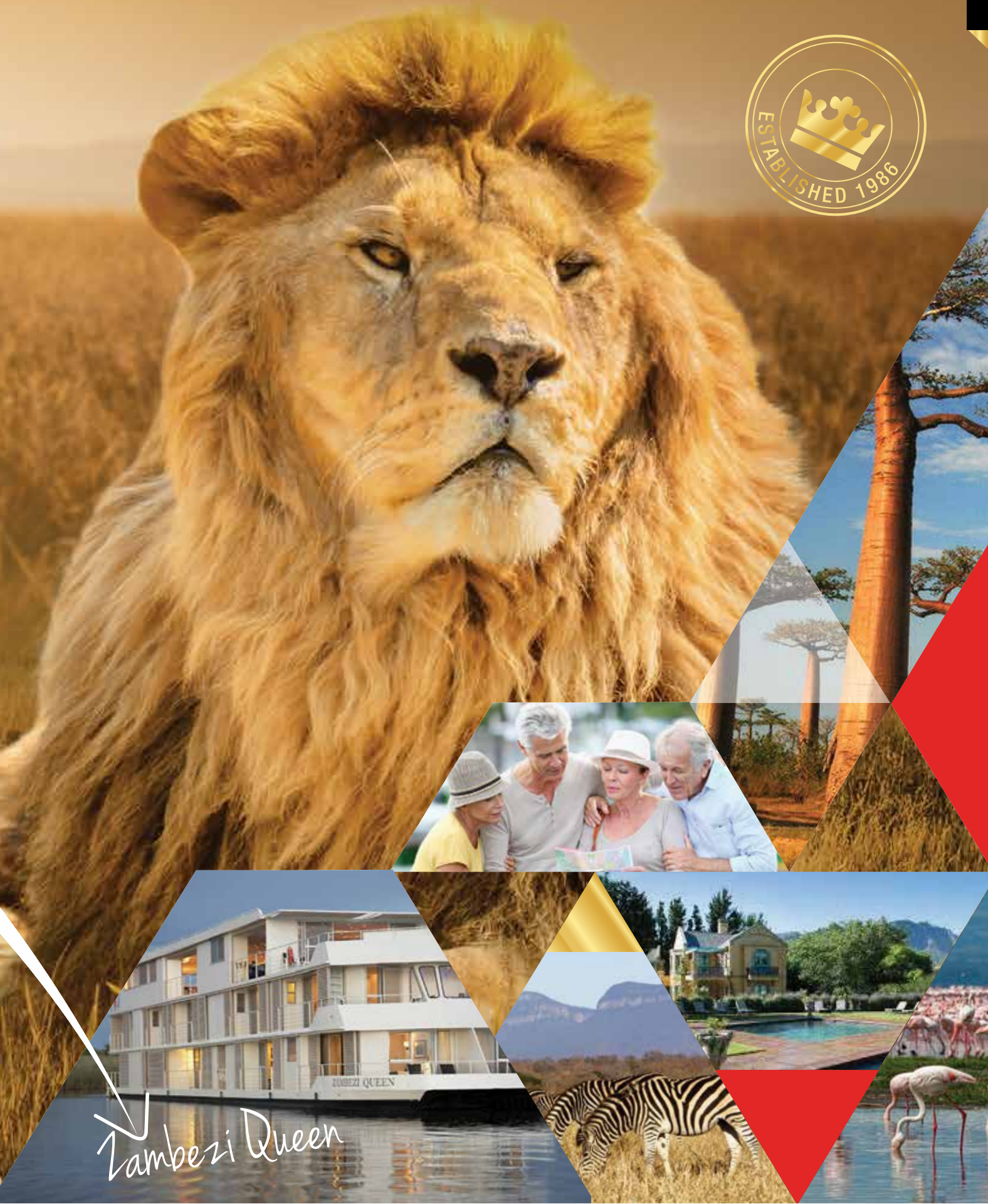
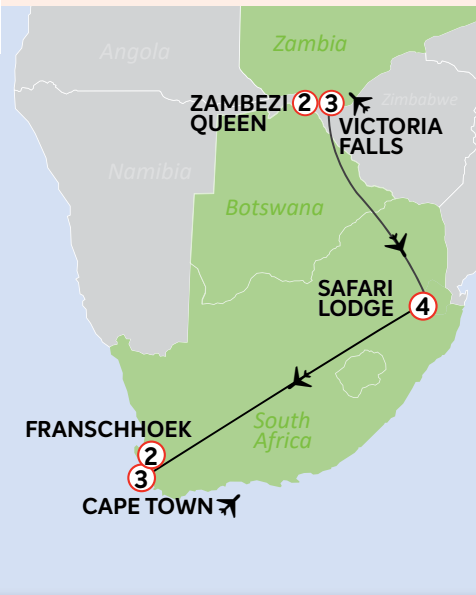
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**DAY 11** B / D ✈  
**SAFARI LODGE - CAPE TOWN**  
Today we fly direct to Cape Town. Upon arrival we will transfer to the hotel where we will spend the next 3 nights. Tonight we walk across to the waterfront restaurants for dinner.  
**Hotel:** Commodore Hotel Cape Town for 3 nights

**DAY 12** B / L  
**CAPE PENINSULA**  
A trip to Cape Town is not complete without taking in the spectacular views of the Cape Peninsula and Cape Point themes. Enjoy a scenic drive along the Atlantic coast passing through the fishing village of Hout Bay. Then head along Chapman's Peak Drive on to Cape Point and the Cape of Good Hope Nature Reserve. Lunch will be enjoyed at Seaforth Restaurant, with a late afternoon tour to the Jackass Penguin Colony at Boulders Beach. Return to the hotel for the rest of the day at leisure.

**DAY 13** B / L  
**CAPE TOWN SIGHTS**  
After breakfast we enjoy a tour around the city including Table Mountain and Kirstenbosch Botanical Gardens. Drive through the city past the Cultural History Museum, St George's Cathedral and up to the Houses of Parliament where you will be able to take a stroll through the Company gardens. Lunch will be served at the Moyo Restaurant, Kirstenbosch. Return to the hotel in the afternoon for time at your leisure.

**DAY 14** B / D  
**CAPE TOWN - FRANSCHHOEK**  
After a relaxed start this morning, we transfer you to the Franschhoek Country House, located in the heart of Franschhoek valley. Franschhoek is abound by wine farms and restaurants that nestle in the valley. Settled over 300 years ago by French Huguenots, the

seeds of their labours still flourish today in the picturesque village and friendly people. The village is abound by art galleries, craft shops, restaurants, cafes and all manner of other treasures just waiting for you to discover!  
**Hotel:** Protea Hotel by Marriott Franschhoek for 2 nights

**DAY 15** B / L  
**STELLENBOSCH**  
Today we enjoy the day in the beautiful Cape Winelands region. Stellenbosch is an area surrounded by vineyards, fruit orchards and mountains renowned for a gracious blend of 18th Century Cape Dutch, Georgian and Victorian architecture. A delicious chocolate and wine pairing at The Boschendal Wine Estate and an amazing lunch at the picturesque Tokara Wine Estate.

**DAY 16 & 17** B / IFM ✈  
**CAPE TOWN - PERTH**  
This afternoon we will be transferred to Cape Town airport for our flight home via Johannesburg. Upon arrival in Perth, your driver will be waiting to take you home.

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Coral sunset

by Lee Tate

HEADING into the north-west with the annual carav-

van exodus from points south, we cross the Tropic of Capricorn. No fanfare. Just one road sign.

Perhaps there should be a big banner. Or a speed bump. Perhaps a man-made oasis with information booth.

Motorists could be advised what's ahead: lots of wildlife-based adventures, soaring wedge-tail eagles, roos, emus, dingoes and magical vistas and sunsets. But also water restrictions, permeating red dust and sometimes unpredictable tropical weather.

The Tropic of Capricorn marks the spot. We are about to enter another world.

There are also higher

prices and fewer services – as expected. But things are changing for the traveller.

We are on a mission to report to Have a Go News readers on services and prices facing today's caravanners and campers.

As reported previously, while southerners would traditionally get best prices and grocery choices in Perth, you can now leave shopping to Geraldton and/or Carnarvon for well-stocked and fair-priced supermarkets.

That means you don't have to do an extensive shopping and packing exercise before you start the journey. By opting for Geraldton or Carnarvon supermarket and discount outlets, your fuel bill for that first leg will be lower.

Crossing the Capricorn latitude is exciting: the landscapes begin to alter substantially. You feel more open to the elements. Campsite choices are also limited and more regulated.

Grey nomads want to travel free and easy. Free camping is evolving with local councils recognising a need for the short-stay traveller. '24 Hour Stay' signs in the North are increasing: toilets and seating are provided – and sometimes with a sheltering tree or little shed. Travellers can feel safer being among others out here in the wilderness.

Apart from being hospitable to visitors (we money-bearing tourists), councils that provide basic

facilities, sometimes including water and rubbish bins, are also able to contain any damage or refuse in their shires.

Caravan fees of \$40-a-night (that's \$280 a week – sometimes with discounts for staying more than a few days) can be daunting for the long-haul holiday. Free camping has a ring of appeal.

From Perth our first stop was also our first free-camp stop, alongside Dongara's oval, a handy stroll from town. Another traveller tells us that the ranger had just been to ensure caravans were collecting their own grey water. We set up a bucket under the van. No power or water here so an early night and back on the road first-thing.

Next stop Billabong, a lovely, basic caravan site at \$24-a-night with modest motel set-up and café. Power but no water for vans. Halfway between Perth and Exmouth, it's a handy fuel stop.

Charlie, a solo motor bike rider pulls into a site and after drinks at the café, hits the hay – or rather the dust, sleeping in his swag in the chill under the stars. He roars off after first light.

In Carnarvon, the caravan parks are conveniently along the main drag into town. We roll into Wintersun Park with its own bowling green and dog exercise yard as well as power and water at \$43-a-night. With plenty of disciplined dogs on site.

Now approaching Coral Bay we are entering territory where advance bookings are often needed, certainly in school holidays. We score the last powered site available at People's Park, across the road from the beach. It's \$50-a-night with water available only from a tap at the ablutions block.

Prices from here on are high (with some exceptions). The supermarket and shops seem to be favoured by mostly younger tourists. Grey nomads arrive well-stocked.

Whale-watching, coast cruising and scuba diving are also most popular with younger people – \$375 to swim with whale sharks, \$150 for manta rays; quad bike tours from \$115.

There's no television reception but footy might be showing on the big screen at the bar. Otherwise have a drink on the lawn by the pool outside, looking out to the memorable sunsets.

There are few seniors' discounts in the north-west. But government bodies usually have concessions. Keep asking; keep up the pressure.

Quobba Station, 80km North-West of Carnarvon, is a fabulous stay – 80km of harsh, unpredictable and spectacular coastline – a corrugated unsealed section of road is well worth enduring. For \$16-a-person with no water and limited power from the station generator, we wouldn't miss it for quids.

Quobba Station has a

reputation for game fishing, fish ballooning, spinning, bottom-bouncing, salt water fly and spear-fishing.

Millions of shells wash up and we find ourselves among them over two days, sifting, comparing and just appreciating the mostly-white marvels. A young kangaroo bounces along the rocky shore. Flocks of finches flood a water trough on the still-working sheep station.

On to Exmouth. Wonderful Exmouth with access to Ningaloo Reef, the fabulous N-W Cape gorges and Pebble Beach. We paid \$160 for four nights. Diesel was \$1.65 per litre.

After 2,427kms (and \$638 in diesel) we reach Karratha where we take time to reassess where we're going and what to book ahead. Having laptops (and modem) is handy. Our van site at the Discovery Park costs \$220.50 for seven nights with power and water.

Karratha doesn't allow random camping but a couple of hours drive before here there's a free-camp by a river under gum trees. Further out in the wonderful wilderness there's a free-camp. Without a tree, a bush or any facilities. But it's free.

The final word to fuel. The old rule still works in remote areas: Top-up your tanks wherever you can.

You just have to pay the price of petrol. But the rewards for the traveller are incalculable.

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**Enderslea Farm presents:**  
**Uncovering May Gibbs**

*Enderslea Farm, Chittering Valley © enderslea.com*

DIANA Pope, owner of Enderslea Farm in Chittering Valley has teamed up with Agelink Theatre and well known author, actor and director Jenny Davis to present *Uncovering May Gibbs* in September.

May Gibbs lived between Harvey, Sydney and Perth until she married at age 42 and moved to Sydney permanently.

She wrote *Snugglypot and Cuddlepig*, *Seven Little Australians* and the Billabong Books which have all remained in print into the 21st century.

The performance will be an oral history of May Gibbs, along with fellow authors Ethel Turner and Mary Grant Bruce. They discuss the events and social conditions of their lives and reflect on the perseverance and resilience of the Australian characters in the story books written during the period from the 1890 to 1930s.

The performances will be held in the historic stone barn of Enderslea Farm and include afternoon tea on Friday 15 September at 2pm, Saturday 16 September at 11am and 2pm and Sunday 17 September at 2pm with ticket prices at \$37.

Bookings online through [www.trybooking.com/211681](http://www.trybooking.com/211681) or call Diane Pope on 9386 5575.



# It's Time to Book Your WA Wildflower Holiday

ON BOARD  
WILDFLOWER GUIDES

**Wildflowers on the Southern Coast** Featuring the Esperance and Ravensthorpe Wildflower Show and Festival  
6 Days | Wednesday 13 to Monday 18 September 2017 | Price \$1545 pptw | Single Option \$285 | **Highlights** | Wave Rock | Wildflower Shoppe | Cape Le Grand National Park | Esperance Bird Park | Stirling Range National Park

**Cervantes Wildflowers** Featuring Lesueur National Park and the Famous Pinnacles  
4 Days | Friday 29 September to Monday 2 October 2017 | Price \$1185 pptw | Single Option \$205 | **Highlights** | Lake Thetis Stromatolites | Gravity Centre Guided Wildflower Tour | Lesueur National Park | Badgingarra National Park | The Pinnacles

**Kalbarri Natural Wonders in Spring Time** Featuring Kalbarri National Park and Murchison River  
5 Days | Monday 2 to Friday 6 October 2017 | Price \$1380 pptw | Single Option \$190 | **Highlights** | Kalbarri National Park | Kalbarri Wilderness Cruise | Murchison House Station | Murchison River Gorges | The Pink Lakes of Hutt Lagoon

**Hyden and the Wheatbelt Wildflower Trail** Featuring Wave Rock and the Tin Horse Highway  
4 Days | Tuesday 10 to Friday 13 October 2017 | Price \$1135 pptw | Single Option \$210 | **Highlights** | Wave Rock | Wandilla Farm Homestead | Treasuries Museum | Lake Grace | Cabinatta Yabbies | Tin Horse Highway

**Southern Wheatbelt Wildflower Wonders** Featuring Albany, Bremer Bay and Hyden  
5 Days | Thursday 26 to Monday 30 October 2017 | Price \$1385 pptw | Single Option \$235 | **Highlights** | Albany | Kalgan River Cruise | Old Farm Strawberry Hill | Stirling Range National Park | Wave Rock and the Wildflower Shoppe | Bremer Bay

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**Goldfields and the Prospector Rail Journey** Featuring Return Journey on the Prospector  
5 Days | Monday 18 to Friday 22 September 2017 | Price From \$1215 pptw | Single Option \$275  
**Highlights** | Super Pit Tour | Kalgoorlie Boulder Museum | Golden Quest Discovery Trail | Leonora | Kookynie | Coolgardie | Royal Flying Doctor Service Base | Gwalia | Menzies

**Golden Outback Triangle** Featuring the Prospector Kalgoorlie to Perth and Esperance  
6 Days | Tuesday 3 to Sunday 8 October 2017 | Price From \$1585 pptw | Single Option \$325  
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# Eighty years of the intriguing and romantic city icon - London Court



Left to right; Old englyshe fayre to open London Court 1937, courtesy State Library WA - London Court

schemes by which he acquired many mining companies and attracted overseas investment and personal support. In the latter part of his life however, financial difficulties and ill-health saw him live as a recluse on Selsey Bill, Sussex and he died there in 1963.

He did however leave an endearing legacy to his flamboyant lifestyle with London Court. The practical concept was a little more subdued, being to provide a thoroughfare between St. George's Terrace and Hay Street. It was seen as an important link between Perth Railway Station in Wellington Street, and the Esplanade.

Following the purchase from Molloy, De Bernales engaged a Melbourne architect, Bernard Evans and local consulting firms Oldham, Boas and Ednie-Brown Architects to design the arcade. In August, 1936, construction commenced and within 12 months it was completed at a cost of £100,000.

Whilst it was a relatively quick build, it was not without its problems, as reported in *The West Australian*, 16 January, 1937 under a story titled "Fall Renders Workman Unconscious". It went on to say, "Early today Hector Knight (28), of 59 Fairway, Nedlands, was knocked unconscious when he tripped over a pile of wood at the London Court building and fell, striking his face. The accident happened in the basement of the building, and it was necessary to lower a stretcher a distance of 15 feet from the first floor. Under the supervision of a St. John Ambulance officer, Knight was placed on the stretcher and hoisted up by crane. He was then taken by ambulance to a private hospital, where he received treatment for abrasions and shock. Subsequently he recovered consciousness."

Built in imitation Tudor style, the three-storey shopping arcade was a combination of 24 residential flats, 55 offices, and 53 commercial premises. Constructed using the latest reinforced concrete construction methods of the time, it featured an air-conditioning system which had not previously been seen in Western Australia, a dedicated postal and laundry service and a large restaurant in the basement.

Beyond the huge wrought iron gates at each entrance and half-timbered walling to the arcade, a special feature is the clocks that dominate the entrances. Above the St. George's Terrace entrance is an automaton depiction of St. George slaying the dragon. The dial of the clock is a replica of the face of the clock in St. Stephen's Tower of the House of Parliament, in London, usually referred to as Big Ben.

The clocks were made by the Synachrome Company of London and the bells cast at the famous Whitechapel Bell Foundry at a cost of £4,000. These items were the only material in London Court which were not made locally.

London Court was opened in lavish style with a three-day 'Ye Olde English Fayre' which featured volunteers dressed in Elizabethan style costumes, folk singing, evening dramatic and musical performances. Reportedly, several thousand visitors attended the opening and helped raise £2,000 for the new Perth Hospital.

The official part of the opening ceremony on 29 July 1937, was conducted by the Lieutenant Governor, Sir James Mitchell, who in his opening speech commented that London Court was unique in Australia and that it would be an ornament to the city.

During the ceremony, Mitchell unveiled two plaques, one commemorating the ceremony and the other giving a brief history of the building. After inspecting the arcade, the official party and 90 guests assembled for a lunch in the basement restaurant of the arcade. This restaurant resembled an old English tavern with huge wooden pillars and adzed roof supports. In a toast during lunch, S.W. Munsie, Minister for Mines and Health, described London Court, as a romantic oasis from the artificial bonds of our lives.

London Court quickly became the talk of the town and remains a Perth treasure.

For more information about Heritage Perth visit [www.heritageperth.com](http://www.heritageperth.com) You can also follow Heritage Perth on [www.facebook.com/HeritagePerth](http://www.facebook.com/HeritagePerth) and [twitter.com/heritageperth](http://twitter.com/heritageperth)

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LONDON Court is 80 years old. Its location was originally known as Gun Alley, which was a series of alleyways owned by former Mayor of Perth, Thomas Molloy. In 1936 Molloy sold the property for £75,000 to wealthy gold miner and financier Claude de Bernales for the Australian Machinery and Investment Co Ltd.

Claude Albo De Bernales, sometimes known as the 'man with the Midas touch', was born in 1876 in London. His mother was American and his father Basque. He was educated at Uppingham School and the University of Heidelberg, but despite his education, he never graduated. Instead, he migrated to the Western Australian goldfields in 1897.

Arriving at Coolgardie with £5, De Bernales borrowed £50, moved to Kalgoorlie and sold machinery. He accumulated immense wealth through complex and elaborate

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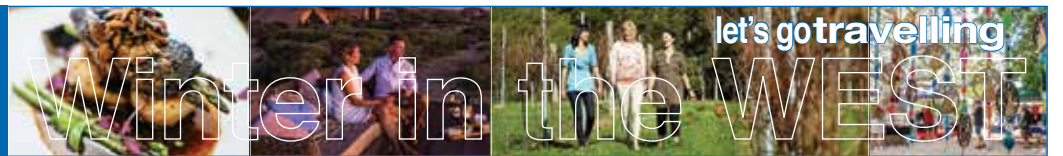
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# WA's GREAT Outdoors

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## Storm fishing



Big snapper often come in close during or after a storm

by Mike Roennfeldt

AUGUST is a funny time of year for fishing in the southern half of WA. Most opportunities live and die by the weather, where wild conditions can close down most of our river, offshore and coastal fishing, but create other exciting big fish options at the same time.

Winter storms are perfect for bringing big fish in close to our rock walls, where presumably they can take advantage of baitfish, crustaceans and the like which have become disoriented or dislodged by raging seas smashing into on-shore infrastructure.

When I was a teenager living in Melbourne, it was well known that big snapper would move in close to Mornington Pier and even St Kilda Pier during rough weather. I fished Mornington quite a bit and the pier would only fire if there was spray going over the top.

Our best times here are when the wind has swung around to the south west after blowing hard from the north west or west. It's just a matter of finding a rock wall that offers a little shelter and where you can cast into a reasonable depth of water. Places like North Mole and the north wall of Hillarys Marina are ideal, as are rock walls jutting out into

Cockburn Sound. Cockburn jetties probably offer similar opportunities but the angler is much more exposed to the elements than he would be on the lee side of a rock wall.

Pink snapper are the most likely predator to turn up in these situations but there's always the chance of a big mulloway as well. All the usual baits seem to work but it's pretty hard to go past a well presented mulie or strip of fresh squid.

One item of gear that is essential for the serious storm chaser is a long handled gaff. Even in the lee the ocean can be pretty lively and I hear plenty of heart-in-the-mouth accounts of anglers unwisely taking big risks when trying to land that fish of a lifetime from the rocks during or just after a storm. It gets even more dangerous at night, which is when most people seem to do their rock wall storm fishing.

At least with a long handled gaff you can land the fish from the relative safety of higher rocks without getting down there near the water where it's likely to be more slippery and there's a chance of a swell sneaking up on you.

Like diving, rock wall storm fishing is something best tackled in company.

## Meet Waroona's Mooriel - a bovine addition to the town



Kathy Krauth and Mooriel

WHEN a local primary school was looking for a new home for their life-sized fibreglass cow, Waroona Visitor Centre manager, Tracy Goldsworthy, was quick to take up the offer.

Initially the plan was to use Mooriel to promote the annual Yarn Bomb Waroona event and to that end she was bombarded with

mandalas and pom poms made by local artist, Sarah Robertson.

The reaction of locals and visitors was marvellous with dozens of people stopping each week for photos. It soon became clear that Mooriel needed to become a permanent fixture to avoid disappointing her adoring public.

The pressure was now on to come up with ideas to see her outfits change monthly to suit the seasons, dates of celebration or just to have fun with different characters.

Mooriel now has her own calendar and personal wardrobe assistant, visitor centre volunteer, Kathy Krauth. Kathy has been largely responsible for tailoring the ensembles and crafting the accessories since.

The task is not an easy one with a model whose size, shape and unwillingness to bend or lift her legs creates numerous challenges.

Perseverance has paid off though and

Mooriel has been dressed as Moodolf Valentino, Moodolf the Red-nosed Cowdeer, Moody Garland in her Easter bonnet and the list goes on.

You can visit Mooriel at 37 South West Highway, Waroona and photos of Mooriel can be found on the Waroona Visitor Centre and Gallery Facebook page, Tripadvisor and on Instagram #waroonacow.



## Explore and discover the spectacular scenery of the Morawa region

MORAWA is a fabulous getaway offering wildflowers, spectacular scenery, nature reserves, cultural heritage and a friendly relaxing welcoming atmosphere for all. It is located about 370km north of Perth.

During wildflower season which runs from July through to September, the region can become a myriad of spectacular colours.

On the outskirts of town are Kadji and Locharda, stations managed by The Department of Parks and Wildlife where you will find plenty of wild and beautiful country to explore, including a shearing shed set up as base camp free for travellers.

Nestled in the town is the Monsignor Hawes Church along with a well-stocked museum known for its collection of windmills.

The town is RV friendly with a well-equipped caravan park including both powered and non-powered sites as well as self-contained chalets and units.

Other options for accommodation are the local hotel or bed and breakfast. Meals can be obtained at the Morawa Hotel, Everlastings Guest House or the roadhouse.

Free Wi-Fi is available in the town centre and caravan park.

The town has a full range of shops and services with many recreational activities for an interesting fulfilling family adventure.

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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 Kimberlana** - 5km east of town, offering spectacular views from the top with a picnic area at the base.
- **Phoenix Park** - educational, historical and is close to the town centre

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## Winter in the WEST

let's gotravelling

### Slowing down and taking it easy in the south west in winter is good for the soul



Left to right; Cows crossing the road heading to the milking sheds for their afternoon milking - Southern Ocean - birds at The Berry Farm

by Jennifer Merigan

OVER the last few months in this travel section we have written about slow travel and the art of taking

time to relax and enjoying a destination, living for the moment and slowing down from our fast paced lives.

With a limited time frame

of five days away from the office, a visit down south during the cold weather was the perfect way to enjoy some slow travel.

On a rainy Thursday

morning we headed down the freeway to the Margara River region.

There are two essential stops along the way, the first, the Miami Bakehouse

on the freeway just out of Mandurah and the second is the Bunbury Farmers Market to stock up on fresh meat and produce.

Our home for the stay

was Boobrook chalet at Forest Rise Eco Retreat in Yelverton, named after the local owls in the area. It's a lovely self-contained mud brick cottage with a wood fire. On arrival guests enjoy a lovely selection of local goodies including wines, cheese, bread, nougat and chocolate.

Our plan was to relax in the mornings and then head off in the afternoon for lunch and a drive. Our first foray out was for lunch at Hay Shed Hill Winery's Rustico restaurant. It's located about 10 minutes from the chalet and the wines are good, the view lovely and the

food fabulous. Afterwards we dropped into Vasse Virgin where they make their own skin care products from local olive oil.

They were in the news a few years ago when a huge conglomerate decided to take them to court about their name, fortunately Vasse won the case but it cost the small business a significant amount in lawyers fees.

You can watch the products being made and test them at the specially designed bar. I love supporting local businesses and a visit to their shop and factory makes an enjoyable stop.

The following day we headed further afield to the Berry Farm about 15 minutes south of Margaret River.

It's a pleasant spot where you can wander around the farm, enjoy some hearty home-made fare at the café and taste the fortified wines and other goodies made on the farm.

Afterwards we decided to keep heading south and visit Augusta.

It was a lovely drive through forests and farms. We were most amused when driving through some dairy farms we had to come to a stop to make way for a long line of cows crossing the road heading to the milking sheds for their afternoon milking.

As we drove into Augusta I realised I hadn't been there since I was a child.

I had forgotten how lovely and unique the place is with the Blackwood River meeting the Southern Ocean.

We drove around the river and then headed to see the new marina and around to Leeuwin lighthouse and the old water wheel. I am marking this town for our next visit down south.

On the Sunday we spent the afternoon at the Margaret River Hotel by the fire watching the West Coast Eagles and enjoying some local pub hospitality. Unfortunately the Eagles lost but the service at the pub made up for the disappointing play.

On our last day we visited Vasse Felix winery which is celebrating its 50th anniversary. Apart from tasting the wines a must see was the exhibition from Janet Holmes à Court's private art collection of some of her lesser known and more unusual pieces. This runs until October.

In five short days we enjoyed forests, farms, good food and wine, rivers and the sea. We really have a piece of paradise in our own back yard and we enjoyed our visit at a leisurely pace. Slow travel is good for the soul.

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## The York Festival returns bigger than ever this year and now runs over a month



one hour from Perth) as York comes alive across the weekend with music, art, food, performance, workshops, exhibitions and activities. This year, festival exhibitions will be month-long for the first time, culminating on Saturday 14 and Sunday 15 October at the renowned York Festival Maker's Markets.

York is an easy one hour drive east of the Perth, off the Great Southern Highway. Nestled on the banks of the Avon River in the West Australian wheatbelt, the district offers unique insights into Western Australia's rich and colourful past, both before and following European settlement in 1831.

York's location and heritage make much of the content of the York Festival program, which include highlights such as the Hay Bale Challenge sculpture competition, the Americana Music Festival (alternative country music festival), the Act-Belong-Commit Mt Brown Run-Cycle event, the Great Gold Hunt, the Running of the Lambs and the renowned Mak-

er's Markets.

The York Festival will take place down Avon Terrace with pop-up festival activities, food trucks, displays and buskers from 10am - 4.30pm daily. In addition, many of York's historic landmarks will host exhibitions and entertainment, including the York Town Hall, Old York Courthouse, Troopers Yard, Peace Park, the RSL and the Sandalwood Yards.

Entertainment, art performance highlights include: Roald Dahl's *The Twits* presented by Spare Parts Puppet Theatre; the Act-Belong-Commit York Conversations: a 'slice of life' exhibition at the Town Hall, featuring stories and artefacts from people who were/are a part of York history, in their own words.

Bilya Yep Waangkiny - readings from Balladong poets (Saturday 16 September, 2pm, Country Women's Association Courtyard); an intimate afternoon of poetry, readings and memories by Northam Noongar community members including

Janet Kickett, Yvonne Kickett, Deborah Moody, Tanya Mabo, Julie Wynne, Cyndy Moody and more. From walking country to motherhood to memories of Elders, these poems speak of matters of the heart and tell stories of Balladong country and beyond.

The Artija Fine Art Spring Salon: showcasing Australian Aboriginal artists from regional and remote communities from across the North-west, central Australia and the Northern Territory, presented in York for the first time at Gallery152.

The Sambanista's: drumming troupe who will perform and conduct a workshop during the festival.

Entry to most Festival events is FREE or by gold coin donation, except for certain ticketed events. There is wheelchair access available at all venues. Parking is free within York.

For full program information visit: [www.yorkfestival.com.au](http://www.yorkfestival.com.au) and sign up to the newsletter for updates.

## Kalgoorlie Boulder Visitor Centre is your guide to the Goldfields

KALGOORLIE Boulder Visitor Centre's award-winning team can help you plan your next visit to the area with local information, tour, travel and accommodation bookings, customer service and advice.

They are the one-stop-shop for visitors' travel needs in the Goldfields and offer a large range of information on Kalgoorlie Boulder and the Goldfields region for tourists.

To get the most out of a holiday to the area make the Visitor Centre the first port of call.

The centre also stocks a large range of gifts and souvenirs including locally made products, gold jewellery, cultural souvenirs and Kalgoorlie Boulder gifts.

Explore this fascinating region and discover the colourful gold rush history of the area.

For further information contact Kalgoorlie Boulder Visitor Centre on 9021 1966 or visit [www.kalgoorlietourism.com](http://www.kalgoorlietourism.com).

WA's oldest inland town kicks off its annual community celebration of culture and arts on Saturday 16 and Sunday

17 September at the 2017 The York Festival. Thousands will visit the charming, historic Wheatbelt town (just

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Accommodation: Caravan Park/Yalgoo Hotel.

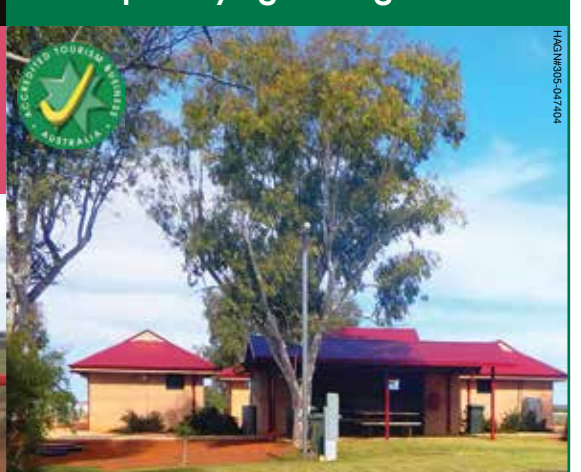
7 October 2017



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Do something different and head up, up and away to Northam this September



Balloons over the Northam grain silos

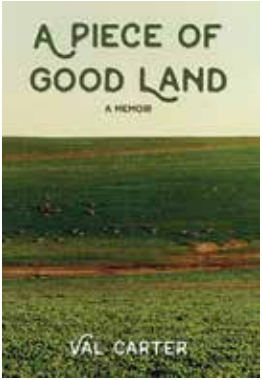
ALL eyes will be on the skies in Northam this September when the National Ballooning Championships descends on the town in the heart of

the Avon Valley, creating a spectacular aerial display. After successfully staging this majestic event in 2015, Northam Aero Club won the rights to host it again this year. From 2 to 9 September, hot air balloon pilots from across Australia and around the world will descend on the Avon Valley, testing their skills at varying winds and altitudes. About 30 balloons will be in flight during the course of the event. To see so many colourful balloons in the sky at the one time is a visual treat for spectators. Enthusiasts can see the balloons flying across the rolling hills and valleys on competition days at dawn and again in the afternoon if weather conditions are suitable. The event launches with the Northam Balloon Fiesta and Balloon Glow on 2 September. The Fiesta will include a range of family attractions and the opportunity to see competition balloons in all their glory when they gather for a stunning display on the Henry Street Oval, fired up after dark and to music. Stay the night and see the balloons in flight the following morning. Practice days are 2 and 3 September and Competition Days are from 4 to 9 September. The championships conclude with the key grab competition – a flying task departing from the Northam Airfield at first light on Saturday 5 September. Pilots fly from point to point, collecting foam keys from the end of 10 metre poles in several locations. The competition course and best viewing spots will differ each day

based on wind conditions. Spectators should check the event's Facebook page (Northam Nationals) to see where flights will be each day, or start at the Northam Aero Club at Withers Street, Northam to be directed from there to where balloons will take off from that day. Morning flights will be from about 6.30am to 9am. For more information visit [www.northamnationals.com](http://www.northamnationals.com), email [info@northamnationals.com](mailto:info@northamnationals.com) or receive updates on Facebook – [www.facebook.com/northamnationals](http://www.facebook.com/northamnationals) and Instagram @northamnationals. A special TransWA event train will arrive in Northam from Perth at 4pm and will depart at 9pm. For accommodation information call the Northam Visitor Centre on 9622 2100 or email [tourist@northam.wa.gov.au](mailto:tourist@northam.wa.gov.au).



Book review - A memoir of life on the land in WA



A Piece of Good Land - A Memoir By Val Carter Reviewed by Pat Paleya

IN 1955 Ron and Val Carter purchased a 3,600-acre block of virgin land 60 miles west of Moora. Travelling from Meckering a couple of times a

year to fence, clear and crop they were living in a shed in the company of snakes, bushflies and centipedes. It was so hot that they buried their vegetables to keep them fresh. It took them 12 years before they moved permanently to the block which had now become their home, a farm called Four Corners in the Badgingarra district. This pleasing memoir chronicles the experience of the Carters and family over many years and their association with the land, the community, and some interesting characters along the way. Frank Fagne and Fred Weston became friends of the Carters and their

stories are told in great details in chapters six and eight respectively. Fred was known as a hermit, he lived in the bush and had several huts dotted around the scrub. He had spent time with the Aboriginals and shared their bush knowledge with the Carters. He was a little eccentric and would often ride his horse bareback and naked through the scrub. Frank was a Bindoon Boys Town boy employed by Ron in 1956 when he was sixteen. He had been a child migrant and entered Bindoon when he was ten. After being institutionalised he took a while to adjust to family life on the farm but a great bond was formed and continues to this day. Val and Ron have their stories also in chapters two and three. Ron recalls that as a child if he was sick his dad would shoot a parrot for his mum to make soup, if no parrot then a plucked plover did the trick (Heston is so passé!). Val recalls making her bridesmaids' dresses and feeling very pleased with herself, but a week before her wedding there was a locust plague and they ate holes in the dresses. She recovered them with broderie anglaise – it worked. This is such a good read, chock full of facts, figures, anecdotes, humour and hardship, and significantly records much history of Dandaragan Shire. A Piece of Good Land is available from Vivid Publishing, P.O. Box 948, Fremantle, 6959, Phone: 9467 4143. Email: [info@vividpublishing.com.au](mailto:info@vividpublishing.com.au) WIN WIN WIN We have one signed copy to give away. To be in the draw please email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au), with the book title in the subject line or write to A Piece of Good Land, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of your envelope. Competition ends 31/8/17.

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WITH STALLS FROM 3PM UNTIL 6PM

Aussie physiotherapist designs slower paced relaxing tours for older people



Jerusalem Western Wall

SENIORS still want to travel and see the world, but often struggle to keep up with regular, fast-paced tours... or feel vulnerable travelling alone. Trish Duke, a physiotherapist with more than 40 years' experience, has seen the need for holidays that are specially designed for people with physical challenges, such as arthritis, cancer, diabetes, visual impairment, strokes, cardiac and respiratory issues etc... or just don't want to be rushed from place to place. Over the years, Trish has sympathised with patients

who were unsure about travelling and treated those who came back after a holiday worse for wear. So, she has designed tours at a slower pace, with minimal steps, walking, standing, slopes or rough ground. Trish escorts 10-day tours to the Holy Land where she has travelled extensively for more than 10 years and loves the amazing archaeology, history, stunning scenery, diverse cultures and religions. The locally produced food is so fresh it almost jumps off the plate. Find out more at [www.EasyIsraelTours.com](http://www.EasyIsraelTours.com). Another tour is 14 days at the Dead Sea. History tells us that Dead Sea treatments are beneficial to people with any type of arthritis, psoriasis, vitiligo or respiratory complaints. It's a unique healing environment, as well as a stunning holiday destination. Even Cleopatra and the Queen of Sheba went there for ancient holistic medicine. The free Dead Sea treatments consist of sunlight plus rich minerals in the mud, salt water and an atmosphere that penetrates deep into your body. Being the lowest place on earth, the harmful UVA rays can't reach there, so you can soak up the goodness of the sun without burning. To learn more about the scientific research on this treatment go to [www.MyHealingHoliday.com](http://www.MyHealingHoliday.com) or phone Trish on 0414 54 3843.

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Win one of 20 cook books - Aussie Pears - Rediscover Australian 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 cook books. Featuring 60 luscious and inspiring pear recipes it will certainly ignite a passion for exploring the joys of all Aussie Pears. Gain a 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 to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with pear in the subject line or write to Pear Book Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Books will be available for winners to collect from reception at Have a Go News office.

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.



# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Plan ahead and book your Christmas getaway now



NOW is the perfect time to book your Christmas getaway. Why not let someone else do all the work this year? Villa Carlotta Travel have a wonderful range of Christmas holidays to choose from, be it a relaxing WA getaway or an overseas adventure.

Villa is known for its great WA Christmas holidays and this year they have a new destination on offer. Along with their usual favourite Christmas holidays to Esperance and Albany, Villa is also offering a five day festive break in beautiful Bridgetown.

Enjoy stops at Jalbrook Estate, the Nanup Markets, Ooh La Lollipop Shop and the Harvey Dickson Country Music Centre. Christmas celebrations will include a wonderful Christmas

dinner with all the trimmings. Departing 22 December, this tour will sell out quickly.

For people wanting to get further away, then head to Tasmania this festive season for the wonderful Christmas Festivities in Hobart – a nine-day holiday departing on 18 December. Featuring Hobart, Richmond, Old Hobart Town, Bruny Island, a D'Entrecasteux Channel cruise, Tahune Airwalk and most importantly, Christmas day at the incredible Port Arthur historic site before enjoying a sumptuous festive dinner at your accommodation, the famous Hadley's Orient Hotel.

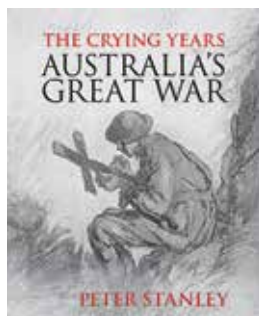
Villa also has some amazing international Christmas getaways. Villa's Ultimate Christmas in New Zealand holiday de-

parting on 20 December features the most amazing coach you will ever journey on. Called business class on wheels, enjoy touring the spectacular South Island on a full sized coach with only 20 seats, each equipped with a personal audio control unit, personal storage area, panoramic viewing, individual USB point for charging your phone, iPad and camera. This is truly the most luxury way to travel. With premium hotel accommodation and all the iconic stops, this will be a fantastic Christmas adventure.

Finally, there is A Norfolk Island Christmas. This nine-day holiday departing on 21 December will take guests to beautiful Norfolk Island to enjoy the tropical climate and all the wonderful attractions. Guests will be amazed at Christmas 'Norfolk' style. With feature dinners, convict and settlement tours, a glass bottom boat cruise and some incredible local produce on offer. This is an excellent way to spend Christmas.

To book on any of these wonderful Villa Christmas holidays, FreeCall 1800 066 272 or email Villa at travel@villa.com.au.

## The Crying Years - Australia's Great War



FIRST World War from 1914 to 1918 affected all Australians and decisively changed the new nation.

According to writer Zara Cross who lost her brother in 1917, the war years were known as the crying years.

In the new book *The Crying Years - Australia's Great War* award winning historian Peter Stanley has compiled a unique visual history of the era which weaves a compelling narrative around many striking, never before seen, images.

Using documents, photographs, artefacts and images from the National Library's collection, Stanley connects the war overseas with the well chronicled battles at Gallipoli, Fromelles, Passchendaele and Villers Bretonneux with the equally bitter war at home for and against conscrip-

tion, over loyalty and disloyalty.

Men faced life-changing choices; volunteer to fight or stay at home; join the revolutionary unionists or break the strikes.

Women bore the burdens of waiting and worrying of working for charities or of voting to send men to their deaths. Even children were drawn into the animosities as communities fractured under stress.

Engaging and well written, *The Crying Years* evokes the drama, tragedy, suffering and sacrifice of Australia's great

war and it's lingering aftermath.

Published by NLA *The Crying Years* is available at all good book stores for \$44.99.

### WIN WIN WIN

To be in the draw to win a copy of *The Crying Years* simply email win@haveagoneews.com.au, with the Crying in the subject line or write to *The Crying Years Book, 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. Competition ends 30/8/17.*

## Duyfken cleans up at Fremantle Business Awards



Left to right: John Ibbs, Tracy Hogan, Vikki Baldwin (back), Pic Lee Song (front), Robin Chester, Bob Meredith, Kieran Bogumil, Elly Spillekom, Freek Bijlsma, Pauline Ibbs. © The Scene Team

FRIDAY 9 June proved to be a most momentous day in the short 18 year history of the Duyfken 1606 Replica Foundation, with the Foundation among the

winners at the ninth annual Fremantle Chamber of Commerce Business Awards held at the Esplanade by Rydges.

In a glittering and exciting ceremony, the Foundation took home two of these highly sought after awards.

The first - Outstanding Community Event Award - Duyfken 2016 Dirk Hartog Commemorative Voyage, was a wonderful recognition for the immense efforts of the Foundation staff and volunteers in organising and delivering this four month long community event at various ports along the coast between Bunbury and Denham in Shark Bay.

As the evening unfolded there was a huge surprise in store for all those guests in attendance with the naming of the Duyfken 1606 Replica Foundation as Fremantle Business of the Year. What an outstanding achievement to culminate a fantastic year for the Foundation... an organisation that is driven by the efforts of a small employed team and supported by the thousands of hours contributed by 50 or so volunteers.

What a year for the Duyfken family...

45th ANNUAL

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A Forward Move



## Practice these six steps to protect your precious hearing...

EXPOSURE to excessive noise is the most significant cause of hearing loss in Australia – around 37 per cent of cases, according to Access Economics.

Loud noise can cause irreversible hearing damage, as it harms the delicate hearing mechanism within the inner ear. The damage to hearing is cumulative. This means the higher the noise level and 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 music at 94 dB for one hour can start to cause damage.

The level of noise at a night club, at 100 dB, can be as loud or louder than a chainsaw and this can damage your hearing after just 15 minutes exposure.

So to protect your precious and fragile hearing here are six steps to help you to do so;

1. Be aware of noise sources in your area especially those loud enough to damage your hearing.

2. Be aware of early indicators of hearing loss and arrange for regular hearing checks.

3. Eliminate noisy tasks or find quiet ways of working.

4. Use barriers and acoustic (sound-deadening) treatments if you can.

5. Conduct noisy work away from other people.

6. Wear hearing protection when in a noisy environment.

For further information contact the Deafness Council Western Australia Inc contact@deafnesscouncilwa.org.au or phone 0488 588 863.

## The patient is front of mind in all decisions about hearing health...



Lions Hearing Clinic's Lize Coetzee with brother Will

WE all know the story of that friend or relative who paid a fortune for a hearing aid and then deemed it useless and never wore it. There are a few things that can bring about an issue like this and it has

recently been the focus of the Australian Competition and Consumer Commission (ACCC).

This type of outcome can be the result of receiving a hearing aid that is incorrectly matched to

your hearing needs, or a poor assessment or lack of follow up after being fitted with your hearing aid. Lions Hearing Clinic is part of the not-for-profit Ear Science Institute Australia organisation and has been working hard for nearly a decade to be the stand-out hearing service provider.

Lions Hearing Clinic head Lize Coetzee said hearing loss was a personal quest and something she was passionate about.

"My first experience with the hearing industry was as a child when my brother, who has hearing loss, received poor treatment when we initially found out about his condition," she said. "It was declared that he had no hearing at all when he did have some hearing, and the distress it caused him and my family was immense.

"Luckily for us, this was not an accurate diagnosis, but the lack of empathy, professionalism and testing from the clinician spurred me on to become an audiologist and ensure this never happened to anyone else."

Today Ms Coetzee manages the Lions Hearing Clinics across Western Australia and keeps the patient at front of mind in all decisions she makes.

"Our Lions Hearing Clinics only employ qualified clinicians to ensure we provide the best care possible and we never pay commissions to our team so that we can always stay focussed purely on the needs of the person in front of us," she said.

Lions Hearing Clinics are intertwined with the research that occurs at Ear Science. Proceeds

from the clinics go directly back into the institute and this helps to support ongoing research.

"We work with Ear Science researchers in two ways; we work together on projects to identify and define ways to improve outcomes for our patients. Many of our patients are happy to be part of these studies. Secondly we implement the findings from research to ensure our clinicians are always working from the latest evidence-based information to provide optimal care," Ms Coetzee said.

The clinics provide follow-up care to track the hearing outcomes of its patients and avoid any after-purchase disappointment. This continues even a year later when patients are invited back to see their clinician for an assessment to check that they are getting the

most out of their hearing aid and to see if there has been any change to their hearing levels.

"Our audiologists spend years at university to learn how to provide ear and hearing health care, and we continue their ongoing education through unparalleled levels of training to keep their knowledge current. We want what is best for our patients and we are interested in making sure they walk away with a better ability to hear than when they first entered the clinic," Ms Coetzee said.

"We involve the family, as many times it is the people closest to the person with hearing loss that are also impacted, and we know providing the family with information on how to communicate to a person with hearing loss can greatly impact their future quality

of life." Ms Coetzee said she would definitely recommend Lions hearing clinics and was proud of the team and the care they provided to all their patients.

"If our clinics had been around when we were seeking help for my brother, I know the situation would have been very different," she said. "I urge anyone who has hearing loss themselves or a loved one to contact us.

Also people who have hearing aids sitting untouched in their drawers at home. Even if they were purchased at a different clinic, get in touch and they can see if they are able to get them working properly for you again."

To find out more book an appointment at our Lions hearing clinics, call 1800 054 667.

# Hearing aids that can recharge even when you go off-grid



lionshearing.org.au or call 1800 054 667

Finally, a hearing aid that has no batteries to replace, or fiddly plugs to connect, thanks to a remarkable wireless charging system. As the tiny batteries are built-in, the devices are fully dust and water proof, making them ideal for remote and harsh environments. A portable recharger means you don't even need mains power, for up to an entire week. If you'd like to know more about portable and rapid recharge hearing aids, you don't need a referral to see us, but please do make an appointment and quote reference Recharge.



Part of the not-for-profit Ear Science Institute Australia.





## Find out the facts about hearing difficulties

by Angela Mack, senior audiologist  
Attune Hearing

*HEARING loss affects only old people.*

False: Only 35 per cent of people with hearing loss are over age 64. It is estimated that one in every six Australians has a hearing loss. Hearing loss affects all age groups.

*Hearing loss is on the increase in Australia*

True: By 2050, one in four Australians are expected to have a hearing loss. This increase is largely due to an ageing population, but increasing exposure to dangerous leisure noise by younger Australians is a contributing factor.

*Hearing loss is more prevalent in men.*

True: In general, the number of Australians with a permanent hearing loss increases significantly with age, with men experiencing relatively higher levels of hearing loss.

*My hearing is normal for my age.*  
This is a strange way to look at things. It is also normal to get arthritis as you get older, that doesn't mean we should not receive treatment and pain relief for the problem. Many people with hearing difficulties struggle without help because they are not as bad as their friends or partner.

*Young people don't speak clearly.*

As you get older you don't hear the high-pitched sounds as well as you did. This means that you hear the lower pitched sounds like e,a,o but struggle to hear s,t,h,c sounds. This means you only hear half of the words and have to fill in the

missing bits. It sounds as if people are mumbling.

*Enjoyable sounds like listening to music cause hearing loss.*

True: In 2010, The National Acoustic Laboratories revealed young Australians have a increased risk of acquiring a hearing loss through their leisure activities – such as attending live concerts, going to bars and night clubs, wearing personal headphones and even attending fitness classes.

*People with dementia, diabetes, or heart disease are more likely to have hearing loss*

True: There is strong evidence that these groups have a higher incidence of hearing loss. The impact of hearing loss for patients with dementia is significant. There is a link between untreated hearing loss and deterioration of brain function in dementia patients.

*If I had a hearing loss, my family doctor would have told me.*

False: Most people with hearing loss manage quite well one to one in a quiet place, like a doctor's surgery, so it can be virtually impossible for your doctor to recognize the extent of your problem.

*I have one ear that's down a little, but the other one's okay so I don't need help.*

False: Most types of hearing loss affect both ears fairly equally, and about 90 per cent of patients are in need of hearing aids for both ears. It is unusual to have a difference between your ears so it is important that this is investigated, there could be an underlying medical problem that could be treated.

*Hearing aids make things too loud and you can't hear in noisy*

places.

False: In the past, this might have been true but with advances in technology, around 95 per cent of people with a sensorineural hearing loss can be helped with hearing aids. Your audiologist can set the aids to amplify the sounds you want to hear most. The aids can distinguish speech from noise and switch programmes automatically when your surroundings change.

*Music sounds terrible through hearing aids.*

False: Hearing aids were initially developed to make speech clear and little effort was made regarding listening to music. This is no longer true. If music is important to you discuss this with your audiologist, in most modern aids the settings can be changed to enhance the sound of music. The aids can also be set up to stream music directly from your phone to the hearing aids. How cool is that?

*It is better to hide a hearing loss than wear hearing aids.*

False: Untreated hearing loss is more noticeable than hearing aids. If you miss hear people or respond inappropriately in conversation, people may not make the effort to include you in conversation.

*People on a pension get free hearing aids*

True: The Office of Hearing Services provides funding for hearing aids to Australian residents with a pension card. These aids are small and suitable for the majority of hearing losses, there is an option to pay extra to get hearing aids with additional features. All Attunes audiologists are able to provide these fully funded devices.



Attune Full Service Clinics are celebrating hearing awareness week by offering you:

**BUY A PAIR OF HEARING AIDS RECEIVE A PAIR FOR FREE\***

### Why a spare set of hearing aids?

There are many hostile environments or situations in life where your hearing aids are put under considerable stress and in the long term may affect performance. Remember hearing aids are electronic devices that are not waterproof. Consider situations such as sport, gardening, fishing, exercising. Having a spare pair means you can wear them in these more demanding situations without ruining your more expensive pair of aids. It's a good idea to take them on holiday also so you are never without the amplification you need, no matter what situation.

Limited time only: Offer ends August 31, 2017

Alkimos	08 9233 2400	Suite 2, 3 Bulwark Avenue
Jandakot	08 6174 5300	Unit 3, 234 Berrigan Drive
Joondalup	08 9233 2400	Unit 3, 19 Boas Avenue
Mt Lawley	08 6278 5500	Suite 2, 689 Beaufort Street
Murdoch	08 6174 5300	Suite 17/18, 1st floor, Wexford Medical Centre, 3 Barry Marshall Parade

[www.attune.com.au](http://www.attune.com.au)



In 2014, Attune Hearing Pty Ltd was proud to be the first and only Audiology Company to be accredited nationally against the National Safety and Quality Health Service (NSQHS) Standards. ATT1512 \*Conditions Apply.



# Hearing Awareness Week 2017

## Sunday 20 to Saturday 26 August

### Hearing is Precious and Fragile

Hearing Awareness Week 2017 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.

#### Hearing Awareness Week main event:

**Deafness Council Q+A with moderator Geof Parry of Channel 7 News and a panel of community representatives**  
Wednesday 23 August @ 10am

**Topic** NDIS - New Frontiers for Deafness (How the NDIS impacts on people who are Deaf or Hearing Impaired)

**Where** Boulevard Function Centre, Floreat Forum

Q+A is open to the community, please see further information at [www.deafnesscouncilwa.org.au](http://www.deafnesscouncilwa.org.au) and RSVP via website

#### Hearing Awareness Week launch:

**School of Special Education Needs Sensory**

Tuesday 22 August @ 10am

For information see [www.deafnesscouncilwa.org.au](http://www.deafnesscouncilwa.org.au)

#### For other Hearing Awareness Week events please contact...

**Australian Hearing**  
[www.hearing.com.au](http://www.hearing.com.au)

**Better Hearing Australia WA**  
[www.betterhearingwa.org](http://www.betterhearingwa.org)

**Earbus Foundation of WA**  
[www.earbus.org.au](http://www.earbus.org.au)

**Ear Science Institute Australia**  
[www.earscience.org.au](http://www.earscience.org.au)

**Telethon Speech & Hearing**  
[www.tsh.org.au](http://www.tsh.org.au)

**WA Deaf Society**  
[www.wadeaf.org.au](http://www.wadeaf.org.au)

**WA Foundation for Deaf Children**  
[www.wafdc.org.au](http://www.wafdc.org.au)



For further info contact Deafness Council Western Australia Inc [www.deafnesscouncilwa.org.au](http://www.deafnesscouncilwa.org.au)





health options  
for the mature  
west australian



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## Making Australia age-friendly for older people to feel respected and included

by Frank Smith

A WORKSHOP on developing age-friendly WA was held by the Department of Communities last month as part of the State Government's work towards making Western Australia more age-friendly.

This resulted from the World Health Organisation (WHO) accepting the State as an affiliate member of its Global Network of Age-friendly Cities and Communities.

The keynote speaker was Dr Jane Barratt general secretary of Toronto-based International Federation of Aging (IFA).

Dr Barratt said WHO was leading

a global effort to combat ageism. Older people need respect and inclusion.

"We don't really know what respect is like, but its opposite, disrespect is well understood," she said.

"Advancing healthily into old age – physical, socially and mentally – is about well-being. That is not just the absence of disease. Health impacts on the quality of life."

"You need to start healthy ageing way back long before you retire. Remember you retire from work not from life. You need to plan purposeful activity for the future – have a reason to get up in the morning."

She said 60 per cent of older people

have two or more underlying health conditions – co-morbidities – such as high blood pressure and arthritis. These non-communicable diseases are complex and have functional consequences that impact on care and our ability to actively participate in community activities. Early detection and control of these diseases is essential.

Chronic Obstructive Pulmonary Disease (COPD) and diabetes present the highest risk of hospitalisation for older people, while falls are the second leading cause of accidental death.

She said intervention to prevent falls, such as improved house de-

sign, was an essential part of an age-friendly environment.

So is keeping up with vaccinations. While childhood vaccines are well accepted there is a low uptake of adult vaccinations worldwide.

We also need screening for vision problems. Early intervention can prevent much of vision loss in older people.

"An age-friendly environment is linked to a life trajectory of healthy ageing."

In an ideal situation people only lose their abilities close to the end. Life without disability should extend nearly as long as life.

"We need to change the way we

think about older people and their relationship to the environment. There is more to creating an age-friendly city than park benches and adjusting traffic lights.

"Older people should have an impact on age friendly design outcomes. An option is co-design by including older people. Older people need to be part of conversation not just sitting at the table."

"Listen to what they say and where they're coming from."

"Effective functioning in retirement is centred on a new narrative, the physical ability to connect socially, mobility, learning and participation in paid and unpaid work," she said.

### The bathroom adaption that can change lives

BARBARA Nash simply dreaded going to the toilet, the combination of arthritis and a bad back made what is a simple thing for most people almost impossible for her.

Her doctor had said a bidet would solve her problem but the cost for installation and space required for the traditional stand alone bidet in her home was just too expensive. Barbara says her luck changed when visiting her friend Norma in the next suburb. While she was there she had to go to the toilet – a thing she dreaded most while she was out.

Well she was amazed by what was on her friend's toilet. She asked Norma what it was and Norma explained that she had a Cow-

ay Bidet toilet seat installed only a few weeks ago by The Bidet Shop.

"The chap was so nice and helpful; he had the bidet installed in a jiffy," she said.

"It has a heated seat and soft closing lid but the best thing is, once I have finished going to the loo I simply press the wash button on the remote control and the bidet cleans me with a stream of warm water, the in-built fan then dries me off with warm air and I haven't used toilet paper since. It's the best thing since sliced bread!"

Well Barbara hesitantly went in to the toilet and used the Coway Bidet, she pressed the large button on the remote control and she

was clean. She cried tears of joy and relief now that her toileting problems were solved. She rang The Bidet Shop straight away and ordered one. Since then Barbara has introduced four of her other friends to this life changing machine.

"I just didn't know how many other people out there were having trouble going to the toilet. My advice to everyone is get a Coway Bidet put on your toilet, I did and it changed my life."

For more information or to purchase call The Bidet Shop on 08 6315 4252.

Have a Go News readers may qualify to have their bidet fully funded. Please call to ask how.

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### Make prostate health problems a thing of the past

ONE in three men aged over 50 have benign prostatic hyperplasia (BPH) commonly known as an enlarged prostate and this number rises to nearly 80 per cent of men when they reach 70.

While BPH is not fatal like prostate cancer, it can cause a lot of pain and inconvenience.

Common symptoms are frequent and painful urination, and in some cases sexual performance is affected. It is no wonder that we have reached epidemic proportions, yet so few men

talk openly about it.

For those who have approached their doctors for advice, more often than not, an effective treatment is quickly and conveniently made available.

Surgery is usually the last-resort due to the unpleasant nature of the side-effects such as incontinence and impotence.

Most cases can be adequately treated with oral over-the-counter medication such as the popular Magnus Shield, developed and distributed by

Graminex Australia.

According to Mr. Indra, spokesperson for Graminex Australia, men in general tend to be tight-lipped about their current condition.

"It's normal for men to feel uncomfortable talking about their prostate and their symptoms (of BPH), that's okay, we understand," says Indra, who does his best to personally answer questions from individual callers.

He has also spoken to many concerned wives whose husbands are reluctant to acknowledge

the issue.

The key to this problem, he believes is to slowly encourage a culture where men should not feel ashamed to talk about their medical condition, especially if it concerns their personal equipment.

For the men who are willing to seek help to fight for their health and well-being, Magnus Shield has proven to be a very effective solution.

Bill was suffering from the symptoms in silence on a daily basis and at first believed that it was part of the normal ageing process all men go through.

That was until he spoke to a close personal friend who suggested that he get some medical advice. This led to him being prescribed some Magnus Shield by his family doctor and the results have been positive thus far.

According to Bill, "Since taking Magnus Shield tablets for the past three months, I have noticed an improvement. Previously I would go to the loo five to six times a night, and now I only go two to three times, even less sometimes."

The good news is that more men like Bill are taking a proactive approach to taking care of their own health.

Indra feels it's only a matter of time before practically all men learn the ins and outs of taking care of their prostate.

"Eventually we hope to get more men to come forward and share about their prostate issues. This is our way of showing our support for this common condition", says Indra.

For enquiries about joining a prostate support group, visit [www.magnusprime.com](http://www.magnusprime.com) for more information and for enquires about Magnus Shield, call 1300 760 627.

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## Let's end homelessness in our community, not just manage it

by Eileen Webb, Assoc.  
Professor Curtin Law  
School

AS we enter Homelessness Week, it is important to ponder the position of older people who are experiencing homelessness and housing stress.

The downside of Australia's changing economic circumstances, both good and bad, has fallen disproportionately on vulnerable people in our community. As people age, housing security is of considerable importance to their well being. Although there has been some easing, housing and rental prices in WA remain high in comparison to wages and pensions. Moreover, Western Australian tenancy laws provide little security of tenure for renters and housing support services are under-resourced.

Curtin University researchers, Eileen Webb, Amity James and Helen Hodgson have received a Bankwest Curtin Economics Centre grant to examine seniors in rental accommodation and housing stress in Western Australia. The research team will conduct interviews and focus groups with seniors or their family members and friends, representatives from government and non-government organisations and agencies working with seniors and in the housing area.

The law in relation to housing security, as it affects older people, is lacking. Seniors living in rental accommodation are often afraid to ask for repairs to be done for fear of rent rises or eviction. Bullying of older tenants by landlords and management is rife. The most vulnerable seniors, those experiencing homelessness or living in boarding and lodging accommodation, have little or no legal protection and yet their numbers are growing.

There is also virtually no legal security of tenure for older renters, at least not for any reason-

able period of time. The Residential Tenancies Act 1987 (WA) regulates the relationship between owners (lessors) and tenants in WA. It is fair to say that the legislation remains focussed very much on the rights of the landlord. In the absence of an enforceable option, there is no guarantee that a tenant can obtain another lease. Standard fixed-term rental periods rarely exceed six or 12 months. Many tenants are on periodic leases which although they 'roll over' at the end of each period can be easily terminated with little notice. Yet longer leases over a residential property to older people would: increase the stability of the tenancy; provide greater incentive for the tenant to care for the property; and ensure no loss of income between tenancies or fees for finding new tenants.

Western Australian legislation, and indeed legislation in other Australian jurisdictions, compares unfavourably to Western Europe where residential rental terms are, mostly, lengthy, there are strict limitations upon termination and, in some cases, specific protections for older tenants.

A lower-cost alternative to retirement living is residential parks, lifestyle villages and caravan parks. However, the plight of tenants in residential parks has become evident with the closure of several locations in and around Western Australia. The sites, often located on what has become prime land with considerable redevelopment potential, have been purchased by developers, necessitating the departure of the residents. In such circumstances, many former residents are left without alternative accommodation and those who own a relocatable home may be unable to find an alternative site. Even where the residential park is ongoing, the Residential Parks (Long Stay tenants) Act 1996 (WA) does not provide

for secure tenure and, in some cases, older tenants experience increases in charges, as well as bullying behaviour from park managers, supported by fears of eviction.

Beyond rental houses and residential parks, there are many seniors who seek accommodation as a boarder, or lodger. Unfortunately, in most cases, these home-dwellers are excluded from the Residential Tenancies Act and to date Western Australia does not have any legislation which provides protection for this group. Many seniors who reside in boarding

or lodging accommodation are vulnerable and for such older people to leave the boarding accommodation is likely to result in homelessness.

The population is ageing and although fewer older people are homeless compared to other age groups, with an ageing population this will increase. The method of gathering statistics on homelessness makes it unlikely that accurate numbers are recorded but it is known that older women are a particularly threatened group. Most women who become homeless in mid to later life have led what is regarded as normal lives

but, as a result of a significant life event, such as divorce, find themselves with little or no superannuation, experience discrimination in employment, and may be unable to afford rental.

In Homelessness Week, it is time to take stock of the vulnerable situation many Western Australian seniors find themselves in regarding secure housing. The law provides little protection and there is no guarantee of a right to housing. More seniors are experiencing housing stress and homelessness. This substantial issue should not be ignored.



If you are experiencing rental/housing problems you can seek assistance through the following organisations.

**Seniors Housing Advisory Centre – 1300 367 057 (housing information service).**

**My Aged Care – 1800 200 422 (Australian Government service assisting with finding accommodation, filling in forms).**

**Entry Point Perth – 6496 0001 (for those at risk of and experiencing homelessness).**

**Crisis Care – 9223 1111 (information and counselling service for people in crisis).**

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## Australian and China Ageing Forum shares ideas on positive ageing in Perth



Visiting Chinese aged care and WA delegates

INNOVATION on Ageing Forum was held in Perth with a group of aged care experts from Shanghai, last month, supported by The Council On Ageing WA (COTA), the Independent Living Centre WA (ILC) and MGB Multicultural Aged Care Solutions. Perth welcomed seven aged-care experts from Shanghai where they shared the latest research statistics and innovative design and technologies to assist ageing populations.

One of the guest speakers from the Shanghai Re-

search Centre on Ageing, Mr Yin Zhigang said that it took just 21 years for Shanghai's senior population to increase from seven per cent to 14 per cent of the population.

Another of the guest speakers from the Shanghai Technology Centre for Ageing, Wu Hanzhang said that being innovative while maintaining familiarity is the key to encourage seniors to try innovative technology and products.

"It is much easier for a grandpa to use his daily walking stick with an invisible GPS tracking function

in it rather than persuade him to wear completely new equipment to be able to track his whereabouts in case of accidents," he said.

Participants at the forum had the opportunity to download and use WeChat which is a Chinese super app which could be used to introduce services to the local multicultural communities in Perth.

At the end of 2016 WeChat became the number one channel to acquire information and news for its 700 million active Chinese users.

The forum attracted more than 40 participants from local residential and community aged care providers as well as representatives from government and non-government agencies. It was

facilitated and chaired by the winner of the 2016 Outstanding Service to Multiculturalism Award of Western Australia, Maria Bunn.

Australia now has acquired more ties with Asia, in the space of 15 years with two in every five migrants coming from Asia according to the 2016 census.

In WA our Chinese community has been growing rapidly with Perth overtaking Brisbane as the third largest Chinese population in Australia.

Australia and China share the common problem of an ageing population. Shanghai is the fastest ageing city in China and one of the top ten in the world. It has more than five million people who are aged over 60.

The sharing of ideas from these conferences provides ideas and innovations for people working with older people to improve their day to day living.

In November the fourth Innovation on Ageing conference will be held in Shanghai where delegates from Australia will be invited to attend and visit Shanghai.

Those interested in participating in the conference can contact Jillian Pan on 0425 606 396 or email [jjperth2014@gmail.com](mailto:jjperth2014@gmail.com)

## RAAFA commits to ageing community in Merriwa

ROYAL Australian Air Force Association WA Division (RAAFA) is in the process of completing a major redevelopment costing more than \$2.6 million at its Karri and Tuart Lodge residential aged care facility in Merriwa.

The redevelopment, based at the RAAFA Estate on Hughie Edwards Drive, will provide much-needed accommodation and care for an additional 32 of the community's growing population of people living with dementia, in addition to providing further employment opportunities for care staff.

The new wing will see the implementation of a person-centred approach to care being offered to residents, which aims to empower physical and emotional well-being along with promoting independent decision making within a positive social environment.

RAAFA CEO John Murray said the organisation was looking forward to bringing the new residential care wing to the Merriwa community.

"RAAFA has been caring for elderly West Australians for many decades

and we are committed to providing quality residential care facilities in our community which is why we have spent several years planning this new development.

"We're particularly pleased that during a time when many aged care providers are inhibited by the commercial realities of building new facilities, our organisation has been able to proceed with this major project," he said.

Designed by Perth-based Scatena Clocherty Architects, the redevelopment will be completed during September, with residents scheduled to move in during October.

The facility is safe and secure without being obviously so, and residents will have access to inviting open activity spaces, relaxation rooms and outdoor alfresco areas with a sensory garden.

Approximately 10 rooms will be taken up by existing residents and there is currently a waiting list for the remaining rooms. For more information or details on how to be placed on the wait list contact Julie Exeter 9400 3800.

## Add life to your years...

A directory of sport and recreation for over 50s



To obtain a free copy of the 20th edition *Add Life to your years* directory please contact Dawn at the Seniors Recreation Council on 9492 9773 or email [info@srcwa.asn.au](mailto:info@srcwa.asn.au)

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## Combined Probus Club of Murdoch gives a big welcome to new members

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COMBINED Probus Club of Murdoch celebrated its 20th Anniversary in May and now has a few vacancies for new members.

Membership is aimed at people wishing to keep their minds active, expand their interests and enjoy fellowship and friendship with others.

The club meets on the second Wednesday of the month 9.30am at the South of Perth Yacht Club, Canning Beach Road, Applecross.

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

Those wishing to stay can enjoy a casual lunch at the yacht club.

Get-a-way holidays (usually four nights) are organised twice a year and monthly outings are organised usually for the third Wednesday of the month.

For further information please contact Ray on 9367 3191.

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# Downsizing

ADVERTISING FEATURE



## A stylist makes the most of the possessions in your home



Left to right; Creating your 'home' is about bringing order and a sense of style with interior elements  
Above; Zofia

by Zofia St James

FOR those of you who may be reading my column for the first time, I am a stylist. That is a master or model of

style, especially a writer or speaker who is eminent in matters of style. A person noted for distinct style, a person who advises on style. How many times can I say style? I have to say I do love that word.

My take on styling has always been about the individual or family and I take your treasured possessions, make the most of them and develop a look which is styled and organised.

Most people have some art or prints they love, they might have a beautiful rug, a sofa or favourite reclining chair, books, framed photos – all the elements that I have talked about over the last few months.

These are the elements, the pieces of you that tell your story and make your space your home.

You may look around your home right now and think to yourself, yes I have this in spades but it's out of control.

I love to bring calm to the overwhelmed, honour memories and somehow bring it all together in order to create a home that you only dream about living in.

A stylish room speaks of the person the room belongs to. There is a fine line between organised and clutter or mess, and that is something that's easily fixed.

What most people do not realise is that it

is possible to transform a space with a stylist's tweaking.

I take what you have and make it work better and make it look more modern, organised and styled to give you pleasure.

Do you have lots of block colour in your home and wish to inject a major hit of modernity?

Or do you wish to use and honour what you have that's perhaps patterned and bring new life to it?

There is a remedy and solution for every problem. I am a passionate homemaker who loves bringing law and order to others.

Maybe what you have just needs a few new

fresh things to bring it up to speed or maybe you need a total make over.

These are the reasons that employing the service of someone can make this happen quickly and efficiently and is the reason a stylist is worth her weight in gold.

Whether you are about to downsize and have to make major decisions as to what you keep and cull or are staying in your home but wish to give it a fresh start let's have a conversation. I can assist in the next chapter and help you ease into the transition that presents for your home.

It's the last month of winter and time to think of spring cleaning and preparing for sunshine and warm days ahead and how we may enjoy them. Make a dream list.

Zofia offers an interior style consultation for readers. She may be able to assist with de-cluttering, restyling, choosing what pieces of furniture to take and of course personal styling. She offers a special rate for Have a Go News readers and she knows how to style on a budget.

For those who would like to contact Zofia call her on 0406 336 607 or email [zofia@stjames.com.au](mailto:zofia@stjames.com.au)

## Environmentalism and photographer guest speaker at Mandurah AIR

ERIC McCrum, OAM, an environmentalist and photographer will be guest speaker at the August meeting of the Association of Independent Retirees (AIR) in Mandurah. His great interest is photographing birds and he has done this all around the world.

AIR holds regular monthly meetings on the fourth Monday of every month (except when that clashes with a public holiday).

Their next meeting will take place on Monday 28 August at 9.30am at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Visitors are welcome to join the group and are invited to stay for morning tea.

For enquiries please ring Eva Ilett on 9534 5215, or Jim Landells on 9586 9174.

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# Retirement & Aged Care Association (Inc)

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- Garage under main roof
- Storeroom and small shed
- Resident can select new floor coverings to living area and bedrooms
- Front and rear courtyards

### Mandurah Village (Unit 14) 22 Third Ave, Mandurah

**\$165,000**

- 2 bedrooms (double robes to main bedroom)
- 1 bathroom - newly renovated
- Freshly painted
- Ducted air conditioning
- Storeroom.
- Front and rear courtyards
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- Resident can select new floor coverings to living and bedroom

### Coral Estate (Unit 34) 1 Anzac Place, Mandurah

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- Split system in bedroom
- Resident can select new floor coverings to living area and bedroom
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- Solar panels installed
- Medi-alarm • Rear courtyard with patio

### Coral Estate (Unit 35) 1 Anzac Place, Mandurah

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- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Split system in dining/lounge
- Resident can select new floor coverings to living area and bedrooms
- Floor tiles - kitchen/dining area
- Solar panels installed
- Medi-alarm
- Rear courtyard with patio

# Downsizing

ADVERTISING FEATURE



## Psaros launches sophisticated new apartment development in Waterford

PSAROS is proud to announce the launch of its latest exciting apartment development – Cascade by Psaros, in the award-winning Cygnia Cove estate in Waterford. This innovative, modern and sustainable boutique development offers a fresh and easy apartment lifestyle close to the Canning River foreshore, parklands and pristine wetlands. A choice of one and two bedroom and studio apartments is available – 40 in all. Each apartment features premium fixtures and finishes including bamboo flooring, stone benchtops and European appliances. Big balconies and courtyards provide attractive outdoor living spaces, while a communal north-facing terrace and gardens will create a sense of community for residents. As with all Psaros’ developments, Cascade incorporates sustainability features such as solar-passive design and rooftop solar PV, along with energy and water efficient appliances and tapware. Being close to amenities is also an important part of living sustainably, and Cascade by Psaros benefits from its proximity to the Perth CBD, public transport and Waterford Plaza Shopping Centre. Curtin University, Canning College and several popular private schools and colleges are also easily accessible. “We are very proud of Cascade, it is a sophisticated offering that will appeal to those looking for a low maintenance lifestyle, without compromising on spaciousness or luxury,” said Psaros CEO Danny Psaros. “The location, particularly being in walking distance of Curtin University, close to the river in a prestigious and highly sought after estate, is also a huge appeal. I think Waterford is one of Perth’s best kept secrets.” The launch of Cascade by Psaros attracted a large crowd, with the level of interest reflected in six apartments sold on the first weekend. The sales office at Cascade by Psaros is open at 6, Anthus Corner, Waterford between 4pm and 6pm on Wednesdays and 2pm and 4pm on weekends. For further information contact Coleen Wright on 6380 3030 email coleen.w@psaros.com.au

## WA coast offers lots to build holiday memories

IF YOU think building a family beach house along Western Australia’s stunning coast is out of reach – the clear message from LandCorp is think again. The State Government’s land development agency has blocks available at surprisingly affordable prices in some of the most beautiful coastal towns in Western Australia, stretching from the Kimberley in the north, throughout the stunning Coral Coast and along the State’s scenic South. LandCorp general manager regional Stuart Nahajski says building in beachside communities including Broome, Kalbarri, Cervantes, Leeman, Green Head, Onslow, Denmark and Hopetoun provides people with the perfect chance to holiday at home on the WA coast. “Many of our coastal land estates are a comfortable driving distance from Perth. In fact you could be on the beach with the kids or grandkids while international travellers are still waiting in the departure lounge.” Mr Nahajski says not only is the land within easy reach of Perth, it also represents extraordinary and unique purchasing value. “There are few places in Australia or anywhere in the world where you can buy coastal land two to three hours from the capital city from as little as \$160 per square metre,” he said. “Apart from traditional construction methods and materials, WA builders are also providing creative and cost effective solutions such as modular homes, and there is a growing market for DIY kit homes.” Mr Nahajski says many Western Australians had grown up with the tradition of holidays at the family beach house, and buying into the coastal lifestyle offered a holiday-like experience all year round. “We think it’s an investment in happy memories that you can share with your partner, children and grandchildren.” You can check out the LandCorp coastal community lots around the state by visiting [www.landcorp.com.au/coast](http://www.landcorp.com.au/coast)

# Cascade

BY PSAROS



## Apartments from \$399K

The good life is here and it's all yours to enjoy in a sustainable boutique apartment beside the Canning River in Waterford. Shopping, dining, education and recreation are all within your reach in exclusive Cygnia Cove.

**Cascade by Psaros offers:**

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**Sales office now open! Wed 4-6pm, Sat & Sun 2-4pm**  
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Sven Robertson 0419 984 368 | Terry Lu 吕瑞 0410 213 027



# Downsizing

ADVERTISING FEATURE



## Sabrina Hahn gets set for spring at Belswan Lifestyle Village Pinjarra



Sabrina signs her book *Dirty Deeds*

LAST week's wind and rain did not deter more than 100 green finger and a few brown thumb gardeners from turning up at Belswan's Lifestyle Village in Pinjarra to absorb the insightful and at times amusing presentation of gardening personality Sabrina Hahn.

Titled *Get Set for Spring* Sabrina covered everything from soil preparation to the removal of non-performing trees and shrubs.

"If they haven't moved since last year rip 'em out and replace them," she said.

Western Australia's sandy soils lack the ability to retain water so she explained that now is the time to spread soil wetting agents to get your plants off to a good

start in spring.

Sabrina also spoke of her love of the north west and her work with indigenous groups to develop sustainable gardens for food production as well as the lack of garden space around building developments in cities.

"Where you previously had one house now you have a block of units with minimal areas for a garden."

She also commented on the gardens at the village that are maintained by Ben the gardener and the residents' vegie patch, all contributing to a healthy living environment.

Question time caused a few laughs. "What do I do with these sweet potatoes?"

Eat half and plant the other half?"

Everyone who posed a question got detailed information on how to proceed with their problem or query.

Guests then moved from the grand lounge of the village clubhouse to the restaurant and were treated to an indulgent afternoon tea. They left with compliments flowing freely while some took the opportunity to tour the village facilities. All agreed it was a great day out.

Belswan's managing director Kevin Phillips was overwhelmed by the response to the Open Day Event and is considering future interesting subjects and personalities as a follow up to Sabrina's most successful presentation.



by Mike Goodall

CONSERVATIVES in the UK have made an agreement with the Democratic Unionist Party (DUP) to receive support in the House of Commons. This agreement will help them pass legislation but of course that will only be legislation that is agreed upon by the DUP.

This agreement has come at some cost to

England and a great benefit to Northern Ireland to the tune of £1 billion. Inevitably the DUP will be back for more as the years go by.

The UK Government has held further Brexit negotiations with the EU offering to retain the benefits to UK Citizens and expats living in the EU (including annual pension uprating and child care benefits). As the UK intends to be independent from EU laws this is creating somewhat of an impasse. However, which-

ever view prevails UK citizens in the EU will retain their annual pension increases and benefits.

This should then leave the door open for the Australian Government to have discussions about our annual pension increases.

The DUP have already had some effect on UK State Pensions. As part of their agreement with the Conservative Party both parties have agreed to retain the triple lock (used to calculate the annual increases in UK State

Pensions) for the duration of this parliament (ie until 2022). The Conservatives were originally planning to reduce the triple lock to a double lock by 2020. However, retaining the triple lock was top of the DUP's manifesto pledges on pensions.

The second item was the WASPI (Women Against State Pension inequality) case which I have written about previously. Until the WASPI case has been resolved the DUP will probably not even consider the cam-

paign for pension parity. I now have a copy of the DUP agreement with the Conservative Party and I will be scanning it for any loopholes that we can utilise.

Since the UK General Election, the All Party Parliamentary Group on Frozen Pensions has been reformed (a legal requirement). At their first meeting they elected new officers and resolved to invite the DUP to nominate a vice-chair. Additionally, on 11 July the Labour Party tabled

an Early Day Motion revoke the security benefits uprating regulations 2017. Prior to the parliament summer recess 52 MPs had signed and the new motion could receive time for a debate and vote after parliament returns in September.

Despite the new pension rules commencing on 6 April 2016 I am still receiving enquiries from many of you who haven't been claiming for your spouse or partner. While Australia recognises de-facto relationships

the UK requires that you have been through an official ceremony. Once done you are entitled to claim for their spouse or partner under certain conditions. It may pay to check your entitlements.

Anyone who would like to discuss the above in greater detail or requires help with any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on 0403 909 865 or via e-mail: [mikecgoodall@btconnect.com](mailto:mikecgoodall@btconnect.com)

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# Downsizing

ADVERTISING FEATURE



## Friendly vertical villages in the city of Perth



ONLY weeks ago, the tallest residential apartment tower in Perth was completed, standing at an impressive 38 storeys tall and redefining the East Perth skyline. Concerto Apartments by Finbar comprises 226 apartments ranging from studios, one bedroom, two bedroom (two bathroom) and three bedroom apartments.

The new owners have begun moving in, fulfilling their dream of downsizing into brand new homes with sweeping views of the Swan River, the CBD, South Perth, Elizabeth Quay and around to the new Perth Stadium.

The people living in this majestic tower are already creating a new community. Chance

meetings in the lobby, in the lifts, by the pool or in the gym are already seeing relationships being formed by those with similar aspirations.

Consider this for a moment; a standard suburban block has around 20 homes. Concerto with 226 homes therefore is the equivalent of 11 suburban blocks or almost a new suburb in its own right.

The only difference is that it is a vertical community or vertical village. But this is very different to suburban living. Concerto has no fences between neighbours and no sprawling front yards that mean a distant wave is the closest contact many people will have. Instead, Concerto offers the opportunity for people to meet and get to

know their neighbours in the normal day-to-day life of a contemporary apartment development.

The wide range of luxury facilities, from the 25m wet edge heated pool to the games room, from the cinematic theatre to the private dining room with banquet seating for 14, from the well-appointed residents' lounge to the sauna; all of these are like the village green, or the local park, where people intermingle, enjoying their new lifestyles.

The next time you drive by Concerto, just remember that behind the impressive façade reaching into the sky, is a community of new owners in the heart of our city, enjoying living, and sharing, a social life closer to what our grandparents enjoyed in a very different time.

Concerto still has some quality apartments available including two bedroom, two bathroom apartments from \$710,000 and three bedroom, two bathroom apartments from \$870,000.

For more information, contact Neil Kay on 0439 687 688 or Ian Tan-Kang on 0488 833 333, or visit the display apartments every Saturday and Sunday from 11am to 1pm.

## Unique apartment development in Craigie from the Alcock family



ABN Group's Parcel Property has reached out to the wider market with an emphasis on providing downsizers easy-maintenance housing options. With a growing portfolio of boutique apartments which are funded and backed by the Alcock Family, buyers can have confidence in delivery of quality and well-designed new homes in a range of locations.

Vivo Apartments is an example of an architecturally designed project located in the heart of the newly established Vive Estate in Craigie. Vivo Apartments provide a unique and affordable opportunity to live a low-maintenance, contemporary lifestyle with an outlook on to landscaped parkland.

Built by Dale Alcock Developments and designed by Harden Jones Architects, Vivo Apartments offer a coastal lifestyle close to Mullaloo Beach and Hillarys Boat Harbour, whilst remaining only a few minutes from Whitford City shopping centre.

The boutique development houses 12 two-bedroom, two-bathroom apartments, all feature quality floor coverings, stone benchtops and European-style appliances.

"There has been a lot of feedback from our downsizer customers who are in

need of a low maintenance option but aren't ready for or have no desire to move into a lifestyle village," Parcel Property's executive general manager Andrew Auret explains.

"Their options in this northern coastal location are limited. They can't afford the apartments right on the beach front but don't want to leave the area they are familiar with."

"Being Craigie's first apartments and the only one of their kind in the area, Vivo Apartments are the solution. They provide housing choice and affordability to the northern suburb hotspot."

Construction of the apartments is forecast to complete November this year.

Starting from \$399,000, they're being sold exclusively through Project Property Group, for more detail visit [vivoapartmentsatcraigie.com.au](http://vivoapartmentsatcraigie.com.au).

As an exclusive opportunity Parcel welcomes everyone to an information session on Friday 25 August, between 10am-11am at the Craigie Leisure Centre. The session will cover the hurdles of buying off the plan, finances, contracts and settling. There will be a morning tea to follow giving people the opportunity to ask questions and speak directly with the team. To reserve a spot contact [info@parcelproperty.com.au](mailto:info@parcelproperty.com.au) or call 9200 4000.

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# food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE



## Brunch with T - tapas style Chinese in Mount Lawley



Clockwise from left; Chapas' beef ragu with baked eggs and steamed bao

by Tahlia Merigan

LAST month I celebrated my birthday. Apart from eating far too much cake I also enjoyed a few brunches. My brunch partner, Dan and I ventured out on a cold, wet day to try out the Chinese tapas restaurant Chapas in Mt Lawley.

I love the way they have used the space and arranged the décor at Chapas. As you walk through the Chinese door you feel as if you have landed in the hutongs of Beijing. The atmosphere is fabulous.

For drinks I ordered a chai latte (\$4.50) and Dan ordered a cappuccino (\$4) that came in the most beautiful Chinese cups, we just loved the presentation.

We had to try the dumplings and we ordered some mushroom with truffle oil and Shanghai dumplings which are made with pork and a delicious soupy jus which explodes in your mouth – they were both flavour-some and the perfect temperature to eat straightaway. Dan also wanted to try the prawn toast and see what their take would be on it (\$10) it was deliciously crunchy with prawn pieces and served with sauce.

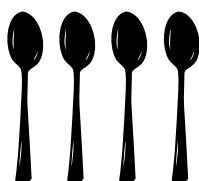
For mains I ordered the popular matcha toastie (\$17) and Dan ordered the beef ragu with baked eggs (\$22) and steamed bao instead of toast. The matcha toastie was similar to French toast and had a slight matcha flavour. It was paired with a zesty mascarpone which balanced the dish. The crumble and Nutella added another flavour layer which meant every bite had a different flavour combination; either the rich smooth Nutella or the aftertaste of citrus.

Dan's beef ragu had a great depth of flavour and the beef was cooked to perfection. He said it was similar to pulled pork with eggs and was perfect for the rainy winter's day. The steamed bao bun soaked up all the delicious sauce that was left over and he thoroughly enjoyed it.

Besides the generous portions and delicious food the staff are very accommodating.

Overall we had a great brunch and would give them four spoons.

Chapas Kitchen & Bar, 634 Beaufort Street, Mount Lawley, 9328 3861 chapas.net.au  
Open: Tues-Sun 8am-2.30pm - Tues-Thurs 5.30-10pm - Fri-Sat 5.30-11pm Sun 5.30-9pm



### T's spoon ratings

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

## Ma Tomania's goulash



by Vince Garreffa

THIS is another one of my favourite recipes from my book *The Flesh In My Life* which is available at my shop Mondos in Beaufort Street, Inglewood and other good stockists.

Those of you with more than 50,000 meals under your belt might also remember the Court Café on the corner of Barrack and James Street. I remember as if it was yesterday, because you don't forget stomach memories. Thank you Ma Tomania for sharing your recipe and feeding me and my brothers all those years ago.

**Serves 8**  
2 kg beef chuck cubes (3 x 3 cm)  
350 g onions, finely diced  
600 g red capsicums, seeded and diced 2 cm  
500 g onions, half-moons sliced 1/2 cm thick  
150 ml extra virgin olive oil  
2 tablespoons tomato paste  
1 tablespoons sweet paprika  
250 ml full-bodied red wine  
WA lake salt

#### Method

Wash the meat and drain it in a colander for two minutes. (Do not

ask why, just do it, as it is part of the secret.) Put the meat into a pot, no lid, and cook with a brisk flame on its own.

Add nothing, but stir occasionally for about 20 minutes until the meat looks cooked and is swimming in lots of juice. Now strain the juice and add the tomato paste to it. Give it a good stir and set aside to rest until later.

Cook the strained meat for a further two minutes or more until the bottom of the pot is dry of any juice. Add the oil and finely diced onion, then fry while stirring. After 10 minutes, add the red capsicums and a generous serving of salt. (Why now and why generous? Well, that is a secret too.) Stir well. After five minutes add the sliced onions, paprika, and red wine.

Again stir well, then add the meat juice with tomato paste that was set aside earlier, along with enough water to completely submerge all the meat.

Lower the flame to a simmer and allow the goulash to cook slowly, without a lid, until the meat is tender to Ma's liking, approximately two hours. Stir occasionally so that it doesn't stick to the bottom.

Serve the goulash with mashed potato.  
Buon appetito!



## Letters to..Vince Garreffa

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



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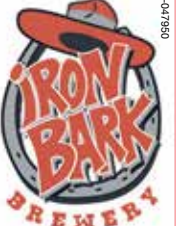
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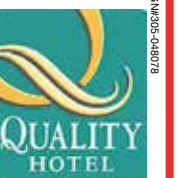
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# food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE

## This is the perfect time to rediscover the joy of pears

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. 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 retailers 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. 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 or cooked. Here are some lovely winter recipes to start your own creativity to rediscover the joy of pears.

**Brought to you by Fresh Finesse Fresh Food Promotions – [www.freshf.com.au](http://www.freshf.com.au)**

## What's fresh in the market place in August

**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 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 are Jarrahdale pumpkins with their 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.

**Strawberries:** arriving now from market gardens around Wanneroo are sweet, juicy strawberries to brighten the duller 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 ¾ ripe will ripen at room temperature but store ripe strawberries covered in the refrigerator. Use as soon as possible, as they perish quickly.

**Mandarins:** Local mandarins are now in season. The Afourer is a variety with a deep orange red colour, giving citrus lovers a fresh new variety to look

out for. 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-three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Divine.

**Apples:** Crunching on a fresh new season apple every day is a joy when there is such a choice. WA's best known apple, pink lady, along with the spicy sweet red fuji and granny smiths are great eating through winter. Also look out for sundowner – it's a very under-rated WA-bred cross of lady williams and golden delicious—the same parents as pink lady. It's super red and super tasty.

## Pear and pumpkin risotto

**Preparation: 15 minutes; cooking: 30 minutes; serves 4**

600 g pumpkin, peeled and cut into 1cm cubes  
1 teaspoon olive oil  
50 g butter  
1 onion, finely chopped  
2 cups Arborio rice  
5 cups hot chicken or vegetable stock  
½ cup grated parmesan  
2 Buerre Bosc pears, chopped  
Chopped chives, to garnish

HEAT the oven to 200°C. Toss the pumpkin in the olive oil and place on a baking tray lined with non-stick baking paper.

Cook in the oven for 20-25 minutes or until tender. In a heavy based saucepan melt the butter over a gentle heat. Add the onion and cook for five minutes or until soft and golden. Add the rice, stirring constantly for one minute.

Add half cup of the hot stock to the rice mixture, stirring constantly. Repeat the process until all the stock has been absorbed and the rice is creamy and tender. Gently fold in the parmesan, cooked pumpkin and chopped pears. Scatter with chives and serve immediately. Ideal accompany with a green salad.

## Recipe for One

### Pear, fennel and smoked trout salad

**Preparation:**  
15 minutes;  
serves: 4



1 tablespoon white wine vinegar  
¼ cup olive oil  
½ teaspoon dijon mustard  
Salt and cracked black pepper  
300g smoked trout fillet, skin removed and flesh  
3 Red Sensation pears, thinly sliced  
1 baby fennel bulb, trimmed and thinly sliced  
1 bunch watercress, trimmed and sprigs separated  
2 tablespoon chopped chives, 3cm lengths  
Fresh crusty bread, to serve

WHISK together the vinegar, oil, mustard, salt and pepper until fully combined. Place the trout, pears, fennel, watercress and chives in a large serving bowl. Pour over the dressing and toss lightly. Serve salad with thick crusty bread.

Note: This salad is best made close to serving. If that is not convenient, drizzle a little lemon juice over the sliced pears and fennel to prevent any browning.



**Preparation: 15 minutes,**  
**plus chilling;**  
**cooking: 20 minutes;**  
**serves 6**

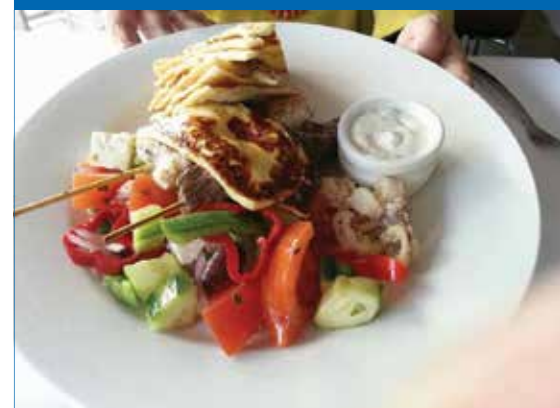
## Vanilla panna cotta with poached pear

900 ml cream  
⅓ 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.

## Knife and fork talk with the Dining Divas - going for Greek in Beaufort Street



Estia Cafe's souvlaki platter

by Pat Paleeya and Judith Cohen

ON a cold, rainy Friday it was a pleasure to visit Estia, a café-restaurant in Beaufort Street, Inglewood.

The atmosphere was warm, friendly and welcoming especially with the greetings from the boss and the cheerful wave from both chefs in the kitchen.

We chose the \$20 lunch and ordered a souvlaki platter and a squid salad which also included a glass of wine or Mythos beer.

The souvlaki platter consisted of two skewers, one of chicken and one of beef both deliciously cooked. Warm pitta bread, grilled haloumi, Greek salad, chips and tzatziki dip adorned the platter.

The squid salad turned out to be baby octopus but that didn't detract from the most delectable melt in the mouthful mollusc that this Diva has devoured for many a day.

The semi dried tomatoes, fennel, radish and lettuce complemented the seafood perfectly.

Our meals were served to us by a young waiter who took great pleasure in doing his job and he not only looked after us well but was attentive to everyone in the restaurant.

That was our first visit but won't be the last. \$20 Lunch special valid Wednesday, Thursday, and Friday from 11-3pm.

4 Forks  
Estia Café and Restaurant, 836 Beaufort Street, Inglewood. Phone: 9371 5585



## Knife and fork talk ratings

**Five forks** – excellent food and service

**Four forks** – overall good food and service

**Three forks** – reasonably good food and service but could make some improvements

**Two forks** – food and service needs improvement

**One forks** – would not recommend

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# Discovering the delights of UK gardens and then replicating the style back home



Clockwise from left; Hampton Court Flower Show 2017 Blind Veterans UK Garden - The Veddw - Colin Barlow



by Colin Barlow

LAST month I was lucky enough to lead a group of Australian travellers on an overseas horticultural trip for Ross Garden Tours, the Great British Garden Tour of Scotland and Wales and the Hampton Court Flower Show. We toured around the best of the British countryside in high summer when the herbaceous borders were overflowing with sumptuous foliage and colourful blooms.

Our tour began in London with a visit to the Royal Botanic Gardens at Kew viewing the magnificent gardens on both foot and the land train. The timing was perfect as the roses were spectacular and our group were enthralled by

the Palm House, Princess of Wales Conservatory, Alpine House, Rock Garden, and Kew Palace.

The next day Hampton Court Flower Show was a highlight of the tour with the Floral Marquee and Show Gardens including the Conceptual and World Gardens, a must see even in the unusually warm weather for a UK summer.

A cross-country drive from London to Cardiff in South Wales began the Welsh leg of our tour with a trip to Dyffryn Gardens, the grandest Edwardian gardens in Wales. A garden brought to life by the famous landscape architect Thomas Mawson for the Cory family who made their fortune from exporting coal across the world. We then settled in for the night overlooking the Bristol Channel in our accommodation on Cardiff Bay.

The next day a trip to the home garden of controversial writer and blogger Anne Wareham's Veddw House Garden entertained

our group. Distinct garden rooms and vistas have been intertwined with contemporary garden design to create an unusual effect in this Welsh valley setting. A short trip to visit the historic 12th Century ruin at Tintern Abbey followed before returning to Cardiff.

On our way to Chester we stopped off on the border of England and Wales in Herefordshire to visit Bryan's Ground, an enchanting formal wild garden that is not to be missed. Onwards to Powis Castle, a fortified medieval castle perched on a rocky ridge, which was later transformed into a palace. Our accommodation for the next two nights was within the Roman walls of historic Chester city centre.

Biddulph Grange, a picturesque survivor of Victorian gardening styles was our destination the following day. The series of themed garden rooms are arranged like a film set to showcase the amazing ar-

ray of plants gathered from around the world by owner horticulturalist and orchidologist James Bateman.

The Peak District and Chatsworth House was our next destination en route to the historic Viking city of York. The gardens and grounds of Chatsworth House have been cultivated for more than 462 years and during this time many different gardening styles and features have been introduced and then replaced by the latest gardening fashion of the day.

The first rainy day of our tour greeted us as we visited the home of *Brideshead Revisited*, Castle Howard in York. The Howard family has lived in Castle Howard ever since it was built more than 300 years ago and the gardens are famous for their 18th century landscape with ornate temples, terraces, lakes and follies.

It always feels like home coming back to visit Royal Horticulture Society's

Harlow Carr in Harrogate, Yorkshire. Now in the heady heights of mid summer the herbaceous borders were in full bloom, the kitchen garden overflowing and the recently replanted stream garden was spectacular. A memorable day and taste of real Yorkshire hospitality was capped off with a visit to the nearby spa town of Harrogate.

Now I am back in WA, I aim to replicate some of these new naturalistic planting trends in my own landscape design work. The key to success will be using plant species that perform well in our hot and dry harsh climate, not an easy task.

Billowing grasses like Stipa, Pennisetum and Miscanthus perform well in Perth as do many flowering plants including: Russian sage, Salvia, Monarda, foxgloves, day lilies, sea holly, red hot poker, Crocosmia, lavender, Dahlias, Dierama, Iris, Pelargoniums, Agapanthus and Alstroemeria. Natives including Grevillea, Melaleuca, kangaroo paws and flame peas could also be used for a similar effect. 'It' plants like Veronicastrum and Astrantia are becoming increasingly popular and available in Australia, so it will be interesting to see how they perform in our conditions.

To see some more pictures from the trip check out the Gardens from Eden Facebook page [www.facebook.com/GardensfromEden1969/](http://www.facebook.com/GardensfromEden1969/) or go to [www.gardensfromeden.com](http://www.gardensfromeden.com) and follow the link. If you would like to

join me on tour next year to England and the Chelsea Flower Show, contact Royce Green from Ross Garden Tours on 1300 233 200 for more information or go to [www.rosstours.com.au](http://www.rosstours.com.au)

**Tulip time festivities...**

The annual Nannup Flower and Garden Festival presented by Sunsmart is open daily from 10am until 4pm from the 17 to the 20 August at the Nannup Garden Village, Warren Road, Nannup. Special guests this year include gardeners Sabrina Hahn and Steve Woods, journalist Deryn Thorpe and cooks Anna Gare and Guy Jeffreys. 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.

Araluen Botanic Park at 362 Croyden Road, Ro-leystone will come to life again this August in dazzling delightful colour. This year the spring spectacular runs from the 19 August until the 25 September and includes more than 140,000 tulips along with colourful spring bulbs and flowering annual displays. While you are there don't miss the international recognised collection of camellias, along with stately specimen trees and flowering magnolias. Call 9234 2200 or go to [www.araluenbotanicpark.com.au/](http://www.araluenbotanicpark.com.au/) for further information.

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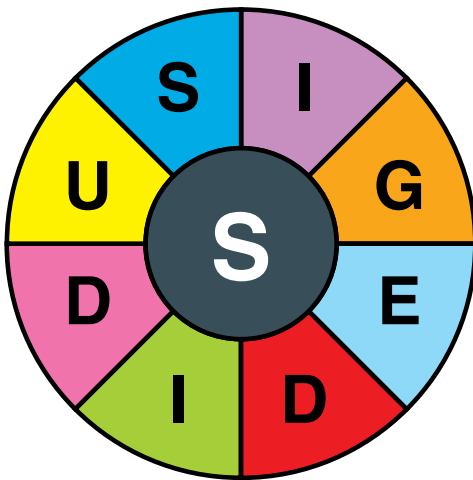
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# PUZZLES



## Wheel Words



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## ALPHABET SOUP

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 \_ \_ A I L  
 S \_ A \_ R \_ W  
 \_ U L \_ U R \_  
 \_ I \_ C H  
 \_ A \_ B \_ \_ L  
 \_ A \_  
 \_ A W \_  
 \_ O O \_ E  
 \_ A \_ \_ W

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



© 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.

5 Good 8 Very Good 12+ Excellent

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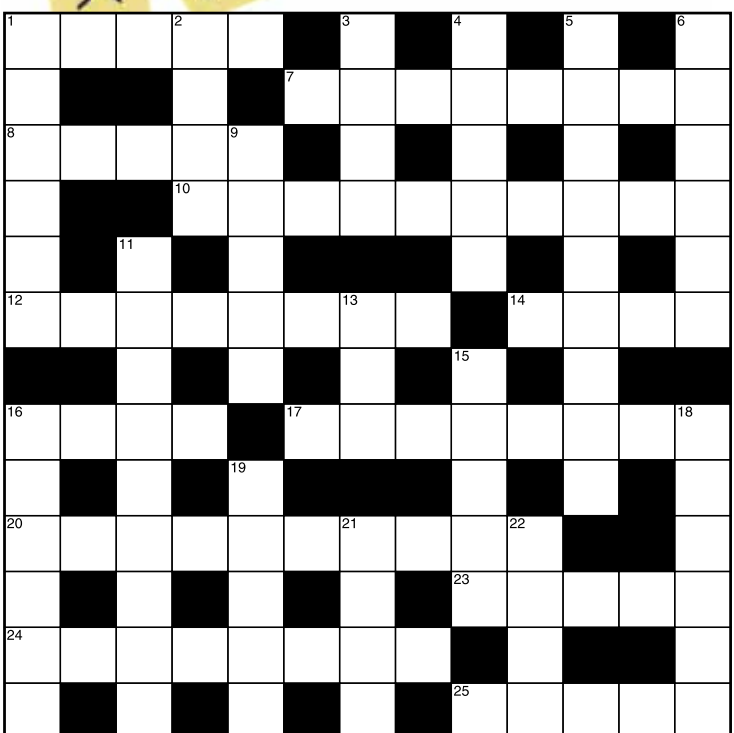
## SUDOKU

Rating: ★ ★ ☆ ☆ ☆

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

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

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## CROSSWORD

### ACROSS

- Submerged sandbank
- Nice
- Baked dough
- Semi-paralysed person
- Pathetic loser
- Highs & ...
- Whirlpool
- Meataxes
- Outmanoeuvred
- Holy city
- Agreeably
- TV serial melodrama, soap ...

### DOWN

- Wept
- Pronto (1,1,1,1)
- Jumping parasite
- Tennis-shots exchange
- Tropical swamp trees
- Supplies
- Paints roughly
- Balancing feat
- Fully
- Sultan's wives
- Sufficient
- Musical composition
- Appeal earnestly
- Egyptian river
- Profound

#305 August edition PUZZLES  
Solutions appear on page 10



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**Mandurah Performing Arts Centre - Fri 29 September**

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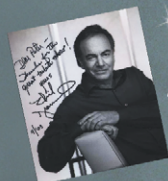
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## On the silver screen - films for August



### Valerian and the City of a Thousand Planets

BASED on the ground-breaking comic book series, *Valerian and the City of a Thousand Planets* is the visually spectacular new adventure film from Luc Besson, legendary director of *The Professional*, *The Fifth Element* and *Lucy*.

In the 28th century, Valerian (Dane DeHaan) and Laureline (Cara Delevingne) are special operatives charged with maintaining order throughout the universe. Under assignment, the two embark on a mission to the breathtaking city of Alpha – an ever-expanding metropolis where species from all over the universe have converged over centuries to share knowledge, intelligence and culture. But a dark force threatens the peaceful existence of the city of a thousand planets. Valerian and Lau-

reline must race against time to identify this threat and safeguard not just Alpha, but the future of the universe.

In cinemas 10 August.

#### WIN WIN WIN

**To be in the draw to win one of ten double passes to Valerian simply send an email to win@haveagonews.com.au with Valerian in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 15/8/17.**



### Hampstead

Starring Diane Keaton and Brendan Gleeson, *Hampstead* is a charming romantic comedy set around the beautiful Hampstead Heath in London, a quiet piece of countryside in a vast metropolis. Living on the edge of the Heath, Emily Walters (Keaton) can't quite focus on the things that need attention in

her life, like her lovely old apartment, her diminishing finances or even her son. Everything changes when she meets the eccentric, unkempt Donald (Gleeson), who has lived harmoniously on the Heath for 17 years in a ramshackle hut. Now, property developers are attempting to evict him. As Emily steps up to defend Donald in the escalating battle, she soon finds that, despite his gruff exterior, there is something special about this gentle and unconventional man.

Inspired by a true story, *Hampstead* is a warm, funny and life-affirming tale about two very different people who find unexpected love and discover that age is no barrier to second chances.

In cinemas 17 August.

#### WIN WIN WIN

**To be in the draw to win one of 50 double passes to Hampstead simply send an email to win@haveagonews.com.au with Hampstead in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 17/8/17.**

#### Maudie

Oscar nominated actress Sally Hawkins gives a career best performance in this beautifully drawn, absorbing

portrait of reclusive Canadian folk artist, Maud Lewis.

*Maudie*, based on a true story, is an unlikely romance in which the reclusive Everett Lewis (Ethan Hawke) hires a fragile yet determined woman named Maudie (Sally Hawkins) to be his housekeeper. Maudie, bright-eyed but hunched with crippled hands, yearns to be independent; to live away from her protective family and she also yearns, passionately, to create art. Unexpectedly, Everett finds himself falling in love.

Maudie charts Everett's efforts to protect himself from being hurt, Maudie's deep and abiding love for this difficult man and her surprising rise to fame as a folk painter.

In cinemas 24 August.

#### WIN WIN WIN

**To be in the draw to win one of ten double passes to Maudie simply send an email to win@haveagonews.com.au with Silver Screen in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 24/8/17.**



## When using words for weapons, how far do you go before it cuts too deep?



Actor Jenny Davis director - Lawrie Cullen-Tait and Giuseppe Rotondellac © Philip Gostelow

PATRICIA Highsmith penned some of the most exhilarating suspense novels of all time, some becoming major cinematic adaptations including; *The Price of Salt* recently released as the film *Carol*, *The Talented Mr Ripley* and *Strangers on a Train*.

Now the acerbic author herself is centre stage in *Switzerland*, Black Swan State Theatre's new production that is an edge-of-your-seat thriller by acclaimed Australian playwright Joanna Murray-Smith.

The subject – the late writer Patricia Highsmith played by Jenny Davis OAM – lives a reclusive life in the Swiss Alps surrounded by her collection of books and antique weapons.

The unlikeable genius

facing the end of her life has withdrawn completely from the world, finding solace in her seclusion, her cats and cigarettes.

Until one day a young man, Edward Ridgeway, intrudes into her place of refuge. He's yet another irritating delegate from her publisher demanding a contract for one final installment.

Jenny Davis said that a role like Patricia comes along once in a lifetime.

"How lucky I am that Joanna Murray Smith wrote such a wonderful play with such a complex and absorbing character, full of contradictions – and that she happens to be an older woman."

"I am awed by Patricia Highsmith's writing skills – so elegant and spare

and evocative.

"She makes the words flow and so easy for the reader – suddenly you have read several pages and scarcely noticed and you are caught up with story."

"In *Switzerland*, Patricia's health is failing; she's getting frail and tired and she would like to write of her own death... 'When I go, I'm going with a bang, baby!'"

"All of us in our senior years know what it's like to deal with pain and ailments and we all have to face up to our mortality."

"This is a woman both fearless and afraid."

"We all have a bit of the grumpy old woman inside us when we reach a certain age and what a golden opportunity it was to explore mine," said Jenny.

For bookings call Ticketek – 1300 665 915 or [www.ticketek.com.au](http://www.ticketek.com.au)

#### WIN WIN WIN

**To be in the draw to win one of three double passes to Black Swan Theatre's Switzerland on Saturday 19 August at the State Theatre Centre simply send an email to win@haveagonews.com.au with Switzerland in the subject line or call the office during business hours on 9227 8283. Competition closes 15/8/17.**

## Behind the scenes tours of the Perth Concert Hall

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Monday 2 October – 9.30am, 10.15am and 11.15am.

Monday 13 November – 9.30am, 10.15am and 11.15am

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

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**ACTIVE** young at heart 80 year old lady WLTM male friend for outings. DTE, GSOH, enjoys gardening, movies, reading, travelling, swimming and dancing.

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**AUSTRALIAN** lady 70, slim, fit, NS, SD, interests; nature, walking, outings, picnics, family, friends. WLTM tall, slim, medium build, well groomed sincere, genuine, kind, honest, positive, romantic, gent, 68-73, SOR, Pinjarra, Mandurah, Rockingham area.

Reply Box 7578

**EURO** Aussie gent, 180cm tall, retired, own home, fin sec, DTE, GSOH, NS, SD, enjoys most things in life. WLTM easygoing lady for friendship, SOR, any nationality, age open, NG, landline preferred, mobile ok. ALA.

Reply Box 7592

**GENT** 70, content, interesting, positive, agreeable, creative, charming, seeks lady for life changing meeting - could be? Got an open fire, high ceilings and a kettle ready to make a cuppa.

Reply Box 7571

**GENT** 70, DTE, NS, SD, GSOH, NOR, slim, WLTM nice lady, similar age for casual daytime meets for mutual pleasure. No ties. Let's have some fun. ALA.

Reply Box 7590

**GENT** 70, GSOH, likes travel and music. WLTM a slim, caring lady for coffee, outings and friendship. Interests include movies, walking and sport.

Reply Box 7586

**GENT** 92 fit, healthy, active, NS, SD, GSOH, WLTM lady 80-90, fit, active, average build. GSOH, NS, SD for companionship, outings, TLC, respect, happy times. ALA.

Reply Box 7581

**GENT** married, mid 60s, missing out on the good things in life, looking for similar lady. I am tall, fit, n/looks, caring, fin sec, GSOH, SD, very discreet. Love to hear from you.

Reply Box 7587

**GENT** mature outlook, blue eyed, nicely built, youthful, social outings, gardening, walking, dancing, music, NS, SD, easygoing, longdrives, GSOH, WLTM. Lady has a loving heart. Look forward to having a coffee and a chat NOR.

Reply Box 7568

**GENT** over 45, medium build, NS, SD, GSOH, mature lover, animals, music, movies, travel. WLTM easygoing, not materialistic, adventurous, caucasian lady for occasional company and socialising, meet for coffee.

Reply Box 7569

**GENT** UK-Australian, 60s, well presented, educated, fin sec, enjoys travel, gym, usual social activities, family, coastal walks, VG-SOH, seeks compatible lady, slim build, attractive, easygoing, early 60s, companion, travel initially, later, whatever. NOR coffee?

Reply Box 7599

**GOOD** looking, 63, lady, 169cm tall, medium build, caring, fun and easygoing. WLTM happy, intelligent gent who enjoys laughter, music and all good things in life. SOR.

Reply Box 7596

**LADY** ex yoga, 61, healthy, active, medium build, NS, DTE, enjoys animals, reading, cooking, beach, life in general etc. WLTM gent same interests, honest, similar age.

Reply Box 7572

**LADY** 70s, medium build, WLTM gent, GSOH, SD, NS, caring companion, social outings and quiet times.

Reply Box 7601

**LADY** widow, 76, 5'10" tall, medium build. WLTM gent for friendship and outings SOR, Rockingham area, easy to reach, GSOH, no baggage. I WLTM for coffee and a chat.

Reply Box 7597

**LADY** WLTM gent, 65-69, genuine, caring, honest for friendship. Interests; movies, music, walks, dining out, quiet nights at home, NS, SD. Would like someone living in Hamilton Hill or nearby areas.

Reply Box 7594

**LADY** semi retired, postcode 6000, 50, well educated and travelled. WLTM male, female for social, talk, listen, movies, walks, travel. If you are in similar age group.

Reply Box 7602

**MALE** 71, widower, fit, healthy, loves all life's pleasures, NS, GSOH, WLTM a lady, 66+ to consider establishing a long term honest relationship if compatible to participate in travelling by caravan overseas. Let's meet over a coffee. Prefer NOR.

Reply Box 7600

**MARINER** 66, 5'10", inner metro area, seeks mischievous gypsy, share our philosophy, poetry, 'boulevard of dreams', amber fluids, caucasian delights by twilight. No travellers need apply.

Reply Box 7598

**MIXED** friend group, between 60-80 yrs meet and have a barbecue on the last Sunday of every month at Tomato Lake, Oats Street Kewdale. BYO. Next meeting, 27 August, 10am to 12noon, near kiosk, look for the blue wishing well with red flowers on the table.

Reply Box 7584

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**NORTHERN** English Aussie guy, young looking, 66, 6ft, solid build, caring, sensitive, loves nature, passion for quality rock and world music. WLTM lady 55-65 for coffee, conversation, dinner, cinema, concerts, walks, GSOH, SD, NS, NOR.

Reply Box 7573

**SINGLE** Indian female mid 50s, WLTM male and female 50-75, write with phone numbers. Let's enjoy each other's company. Meet for coffee. No fees.

Reply Box 7582

**VERY** pleasant lady, widow, young at heart/looks, medium build. Seeking kind, caring gentleman, 75+, fin sec. As long term friend/partner. I enjoy reading, nature, gardening, swimming, the arts etc. I'm well travelled, a good conversationalist. Let's meet up SOR.

Reply Box 7593

Seeking a Partner

**ATTRACTIVE** lady, 53, medium build, WLTM gentleman, 55+, someone well mannered, fin sec. Interests; arts, outdoors, travel, good conversation, SOR, looks unimportant, western suburbs. Let's meet for coffee in Fremantle. ALA.

Reply Box 7591

**ATTRACTIVE** lady, 60s, postcode 6107, SOR WLTM sincere, kind, well mannered, unattached, fin/sec gentleman, 65-72. Myself; UK, born, feminine, refined, educated, medium build, enjoy reading, walking, gardening, music, good conversation. Genuine replies only. ALA.

Reply Box 7575

**LADY** 60 DTE GSOH NS, SOR, happy, active, healthy, medium build, WLTM gent similar age for chat, coffee, cooking, friendship, relationship, life in general etc your reward I am a good cook.

Reply Box 7579

**GENT** 59, SOR, tall, black hair, brown eyes, medium build. Likes travel, dancing, bushwalking, movies, AFL and cricket, dining out. NS, SD, seeks lady 55-60 for friendship, with view to relationship.

Reply Box 7585

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  
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(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, bulky items and photos. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.



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

Reply Box 7583

**LADY** 168cm tall, slim, enjoys travelling, reading, gardening, cinema, dining in/out, being fit, active. WLTM NS, SD guy 65-75 to share interests initially, companion, possible relationship, hopefully wanting to travel, not cruising. Let's start with coffee, SOR/CBD area.

Reply Box 7576

**TREVOR** we met speed dating 12+ years ago. The Royal, East Perth. Seagull poo incident Hillarys. Never quite forgotten you. If still single, please contact D.

Reply Box 7588

**YOUNG** at heart, active and adventurous, fit and healthy, tall, slim, blonde, wanting to meet that special gent for fun times and travel.

Reply Box 7580

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WARWICK LADY 60

slim, well grmd, brn eyed blond, natural, attr, active, fin indep. Reas quiet, enj swimming, bushwalks, music, concerts, most of all love o/doors, camping, caravan travel. Sk gent 58-68 peaceful & e/going.

FLOREAT LADY 63

funloving, quirky, professional, no ties or baggage. A kind, generous woman w/ GSOH. Loves local & o'seas travel, esp the outback. Sk gent w/ happy, positive o/look 60-70.

KINROSS LADY 68

Loving, intell, practical, a little reserved, caring, family/homeloving, enj exercise, reading, walks, music, boardgames, garden, cruises. Sk kind, respectful man 65-75.

FREMANTLE LADY 71

slim, fit, athletic, vivacious blue eyed blond, artistic, broadminded, well travelled, very happy, active, keeps busy but wanting to share life w/ articulate, gd humourd man 67-77 who loves animals.

ELLENBROOK LADY 72

slim, attr, blue eye blond, young for age, active, intell, financially secure, Christian values, enj travel & a wide range of interests, love being w/ family & friends, sk sincere man 67-77.

SWANBOURNE GENT 76

tall (185cm), trim/fit, handsome, ret. Professional, educated, extremely young & active, swims, walks, sails, skis, well travelled. Relaxed, sociable, very much a "gentleman". Sk lady similar 60-75.

QUINNS ROCK GENT 72

charming, youthful, good looking, intelligent man w/ wonderful sense of humour. Likes cooking, travel, live shows, good restaurants, some o/door pursuits. Sk stylish, well pres lady w/ GSOH 63-73.

MYAREE GENT 72

wid, 182 cm tall, trim, fit, active, gd looking, well grmd, academic, semi ret prof, well spoken, reserved, thoughtful, Christian beliefs. Love travel, holidays, nature, conversation & physical activity. Sk lady 60 plus.

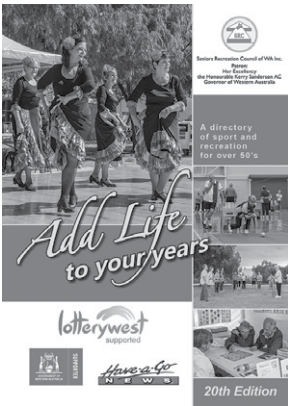


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# SCENE SOCIALLY



SCENE (1): THE West Coast Eagles and the Seniors Recreation Council of WA held a grandparents Activity and Information Day at Domain Stadium on 5 July. About 120 grandparents and their grandchildren were treated to a range of activities and information stalls in the West Coast Eagles team warm-up room. West Coast Eagles team mascot Eddie the Eagle took part in the activities on offer and posed for photos with WCE Members who were treated to free prints which they took home in a commemorative folder.



SCENE (1): Clockwise from left, left to right; Samuel Parnaby (aged 8, Carine); Margaret Cooper (Stirling); Rick the Rock (West Coast Eagles HQ); Katherine Parnaby (aged 4, Carine); Barry Cooper (Stirling); Rachel Parnaby (Carine) - Phil Paddon assisting with activities - Martin Yates with Eddie Eagle - Trent Sharp with Eddie the Eagle



SCENE (3): 6PR have now moved into their new state-of-the-art studios but for the final goodbye editor Jennifer Merigan joined fellow guest Richard Offen for the news panel for the last time in the Rod Tiley Memorial Studio at Radio 6PR with Perth Tonight's Chris Ilsley.

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SCENE (4): Advocate CEO Greg Mahney has retired from his position after many years working tirelessly for the organisation. A morning tea was held to farewell Greg and thank him for his work at Advocate. Have a Go News takes the opportunity to wish him farewell and best wishes for his next stage in life.

SCENE (4): Clockwise from top left; Kath Snell and Greg Mahney - Marlene Robins and Chris Jeffrey - Mark Teale, Helen Gryzb and Rod Astbury.



SCENE (5): OVER the last three years cancer survivor Mireille Tewfik has been running a morning tea to raise funds for Leukaemia Foundation hosted by MC extraordinaire Vince Garreffa. Artists William O'Reilly and George Taniani donated two spectacular pieces to be auctioned off for the event. Mireille has raised more than \$30,000 over the three years she has been running the event for research into blood cancers. Seen were:

SCENE (5): Clockwise from left; the hardworking committee who helped with the organisation of the day - William O'Reilly and George Taniani - Mireille Tewfik and Vince Garreffa.



SCENE (2): IT was a country music bonanza when Seniors Recreation Council presented their two country music shows in Mandurah on Saturday 8 July at Mandurah Seniors and Community Centre and on Sunday 9 July at the Morley Recreation Centre. More than 650 people attended both shows and spent an enjoyable afternoon listening to the sounds of the fabulous entertainers including Kingsley Day, Phil Rego, Ginger Cox, Brian Letton, Band of Mates and Laura Downing. Seen there were:

SCENE (2): Top; Laura Downing. Second row, left to right; The Band of Mates - Terry Bennetts and Brian Letton. Third row, from left to right; The Band of Mates' Ginger Cox and Evan Platschinda. Fourth row, from left to right; Finale Terry Bennetts, Laura Downing, Kingsley Day, Brian Letton, Phil Rego, Evan Platschinda and Ginger Cox.



SCENE (6): JUDI Grant and Carole Metcalf (both in their 70s) have taken out first place in the Mature and Motivated section of several dance competitions. In April, they won their section in the dance competition at Sacred Heart Sorrento and won the Bayswater Dance Competition in their division. In June they travelled to Geraldton and entered the West Coast Dance competition there, and took off first prize competing against much younger tap dancers and on Saturday 8 July, they won an event in Kwinana in the Star Search Competition. On Monday 10 July won the Mature and Motivated section at the Mandurah Dance Festival; an enormous achievement. If you would like to join the Silver Taps call Carole on 9448 2875.



SCENE (7): HAVE a Go News attended the Western Australian Carpet Bowls Association (WACBA) Have a Go News State Pairs competition on Tuesday 18 July. The well supported competition saw teams descend on Altone Park from all over Perth and surrounds. The competition saw Falcon take out first place with Carramar second and Rockingham coming in third place. Seen there were:



SCENE (7): Clockwise from top left; First, Falcon, Jean Johnson and Maria Edgley - Second, Carramar, Dennis Cockayne and Dal Cockayne and Third, Rockingham, Geraldine Howe and Graham Winterbottom.



SCENE (8): THE Gosnells Senior Citizens Tennis Club recently hosted a dinner for its members at the Memorial Tennis Park Clubhouse. They regularly play each Monday and Wednesday morning and welcome both young and the young at heart to join in for a social game of tennis. Simply front up on court or call Isobel on 0424 912 787 for more details.



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