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20 page liftout

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# In the footsteps of Burke and Wills



Venture beyond the beaten track in the footsteps of Burke and Wills

by Karen Majer

WALKING through the desert with a camel train, far from civilisation and creature comforts, may not be everyone's retirement dream.

For my husband Boyd Wykes, it is a passion. After spending a month west of Birdsville this winter, Boyd is keen to encourage others to venture beyond the beaten track.

"I went into the Simpson Desert with Australian Desert Expeditions in 2014 as a paying supporter," Boyd said.

"As a retired ecologist, I was invited back this year as one of the research team exploring Queensland's Munga-Thirri National Park section of the Simpson."

The majority of the supporters, affection-

ately known as cobbers, were retirees, many bringing their own expertise.

Some were stretched to their limit keeping up with the camel trains as they walk at a deceptively fast pace through the desert landscapes, but most were sufficiently fit to participate in the research – surveying birds and plants and digging pit-traps to catch nocturnal ground fauna.

"We also recorded numerous stone artefacts, poignant reminders that until the late 1800s the Mikiri-Nganka (people from the wells) of the Wangkanguru nation lived in and managed this country," said Boyd.

"We were perhaps the first visitors since then to walk their pathways, tell stories around campfires, marvel at the night sky and fall silent when dingoes howled."

Boyd came back from the 2014 expedition having experienced the Simpson Desert at its driest so he was keen to see the desert in bloom.

This year substantial rains to the north brought torrents down from the channel country to Lake Eyre. At the same time, rain swept over the desert, carpeting the red sands with meadows of lush wildflowers underneath groves of flowering gidgee acacia.

When enrolling as a cobbler in 2014, Boyd did not anticipate how engrossing it would be to pick up skills as a cameleer, in a tradition unbroken from a culture brought to Australia by the Afghans. They accompanied the camels imported from Rajasthan following the Burke and Wills expedition of 1860.

**continued on page 35**

**MARINA PRIOR & MARK VINCENT**

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# From the editor's desk



I CAME across a lovely story the other week about a group of teenage high school students from Sydney who held a Skype session on the Internet with a group of older people whose average age was 93 from a retirement village in Byron Bay.

The students asked the older people candid questions including topics like sex before mar-

riage, underage drinking, dating and how things were different back then.

One of the notable differences between the generations was the age that people left school. Most of the seniors had left school at the age of 14 and gone out to work, considerably younger than the students who were all aged between 15 and 16.

The students' teacher said that before the Q and A students assumed the seniors would be old, frail and sick and were surprised to hear such vitality from them and learn that in many ways nothing has changed across the generations.

I have been watch-

ing a very interesting television show on ABC every Thursday night called *The Checkout*. Each week they take an in-depth look into ways consumers can save money, avoid being ripped off and ensuring Australian's consumers' rights are being upheld. If you haven't had the opportunity to watch it either go to lview or watch on Thursday nights, there is a lot of useful information to be found by watching it.

The State Government has introduced a cash back for drink containers project which should help with recycling and allow charities, sporting and community groups

to profit by participating in large scale recycling activities.

The 10-cent refund will be available from reverse vending machines and collection depots at parks, beaches and public spaces across WA.

It's expected to commence in mid 2018.

Thank you to the many people who have been contributing their stories for Living Histories in which we are calling for people's recollections about what life was like for them in the 1960s in WA. We have extended the deadline for the project until 15 October. See this page for more details and how to be part of this exciting project.

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

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

I hope readers enjoy this bumper issue of the paper.

I wish you a happy and healthy month.

**Jennifer Merigan**  
Editor  
jen@haveagonews.com.au  
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## Funny historical fact

The British royal family is partly German. They changed their last name from Saxe-Conurg-Gotha in 1917 when Britain was at war with Germany. King George V decided that the family would take the name of his castle, Windsor.

## Quote of the month

"The key to successful ageing is to pay as little attention to it as possible."

Judith Regan

## Word of the month

### Logomachy

noun

Definition - An argument about words:

Origin

Mid 16th century: from Greek *logomakhia*, from *logos* 'word' + *-makhia* 'fighting'.

## Urban slang

### Epic Fail

Complete and total failure when success should have been reasonably easy to attain.

## Ageing research snippet

ACUPUNCTURE may help to improve dementia precursor.

It may help to improve the subtle memory loss that precedes the development of dementia, otherwise known as mild cognitive impairment, or MCI for short, suggests a review of the available published evidence in *Acupuncture in Medicine*.

The BMJ reports that trials taken place in China have found that acupuncture may also boost the power of drug treatment, the findings indicate, although further better quality research is needed, caution the researchers.

## Story contributions to the Swinging 60s Living Histories - date extended



1960s saw the introduction of the contraceptive pill for women, the assassination of US president John F Kennedy, the Vietnam War, demonstration marches against this war, the mini skirt and the first man landing on the moon, to name just a few.

Everyone has a story to tell and we want to hear about some highlights of your life, whether it was how you lived your every day life for work or school or some grand event in which you participated.

Already we have had contributions from people which included recol-

lections from men in the navy, an experience from the Meckering earthquake, driving across the Nullarbor and a lady who danced her way through the 60s which included her meeting and working with Peter Allen.

We ask you to try and capture the essence of the 1960s from your perspective with a personal story, a poignant tale or an overview of life for you in that decade.

The stories will be collated into a book entitled *Living Histories - Stories from the swinging 60s*, which will be published in November.

Each contributor will receive a copy of the book as a lasting legacy for future generations.

Entries should not exceed 1000 words and entrants are encouraged to supply photographs with submissions.

We have extended the deadline and the final date for submissions will be 15 October, 2016.

Entrants can download an entry form from the *Have a Go News* website, email livinghistories@haveagonews.com.au for a form to be emailed or call the office on 9227 8283 for a form to be posted.

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These are questions I can help you with.

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See my aged care posts on LinkedIn



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For more information please contact Joyce on 9276 9670 or visit [www.u3auwa.org](http://www.u3auwa.org).

# John Williamson - say true blue, is it me and you



John Williamson

by Brad Elborough

IS there anyone more Australian than John Williamson?

The 70-year-old, yep 70, singer/song-writer, is an Australian Recording Industry Association (ARIA) Hall of Famer (inducted in 2010) and multi-award winner.

He's an icon of the Australian music industry, despite laughing off that to him: "an icon is the shiny thing that goes on the bonnet of a car to show whether it is a Holden or a Ford."

He is happy that he has had an influence on people's lives though; that he's made a difference.

"I'm glad I have made people proud," he said.

Williamson, who will be in Western Australia for four shows in October, is responsible for bringing us classics, such as *True Blue*, *Old Man Emu*,

*Rip Rip Woodchip*, *Home Among the Gum Trees* and *This is Australia Calling*.

Of his more than 500 songs, you are probably humming some bars of your favourite right now.

And he's still writing.

He was putting pen to paper while he sat in his Sydney home, where he spends half of his time now (the other half in North Queensland) while watching the Rio Olympic Games and looking for inspiration.

In fact, his newest song, *Aussie Girls*, is about Australian sporting women too. It celebrates the likes of swimming legend Dawn Fraser, Olympic champion runner Cathy Freeman, Melbourne Cup winning jockey Michelle Payne and netball champion Laura Geitz.

"I was having a yarn with Laura Geitz and she

encouraged me like hell (to write it)," he said. "She wants to hear boys sing about how proud they are of us, she said."

"They haven't had the accolades they should have; from the Hockeys, now rugby, now in AFL... Aussie girls are tough girls and I am proud of them."

"They are attractive and the fact they are sporty does not take away their femininity."

"I can't understand why they do not receive equal pay. We fail to reach our potential as a country if we do not recognise the strength of our women."

Williamson loves his sport and his performances have landed him appearances at some of the top events in the country.

His gig at the 1989 NSWRL Grand Final is still considered one of the best from what the AFL and NRL have offered up as entertainment (please no *Meatloaf* jokes).

He's proud that songs such as *True Blue* have been useful in that way and that his songs, including covers of other Aussie classics, are still enjoyed and selected to be a part of such great celebrations.

Because he is a patriot. He says you need to be able to respect others.

"I'm patriotic, but not biased," he said. "I don't carry on as though Australia is the best country in the world; although I know we are very lucky to

live here.

"I believe in peaceful patriotism, because you can't respect anyone else if you don't respect yourself."

But while Williamson loves his sport; the inside of a gym is foreign to him.

He does keep himself in good condition though – and is currently cancer free, having been diagnosed with prostate cancer in 2014.

"I have a bit of regime in my house; I don't believe in gyms," he said.

"I do push ups and when I'm in the city I walk everywhere; I hardly ever drive."

"What keeps me fit when I am up north? I go back to being a bushy; fencing, gardening, chopping wood..."

It's his property in North Queensland where he feels most at home. He enjoys the peace and quiet and has a special relationship with the butcherbirds there, well one in particular that Williamson is convinced continues to come back to chat to him.

They are what *Rip Rip Woodchip* were named after.

He also has a shed full of junk that he has collected while he's been on the road; junk that he has started to show off once a year when he opens the gates to the public in June for a ticketed show.

All of the traveling has gotten to Williamson, but he attributes a lift in energy to two new per-

formers joining the show.

Award winning producer Matt Fell is now playing base and mandola. The other is Clare O'Meara, a former member of the Bushwackers, who plays the fiddle and piano accordion.

"I've lifted my game again," Williamson said. "I think I am still enjoying performing and I am still writing."

And those performances have already started to work their way around the country – again – where he will, no doubt, again play to packed houses.

Western Australia show dates:

Tuesday, 11 October – Princess Royal Theatre, Albany Entertainment Centre.

Thursday, 13 October – Bunbury Entertainment Centre.

Friday, 14 October – Mandurah Performing Arts Centre.

Saturday, 15 October – Astor Theatre, Perth.

**WIN WIN WIN**

To be in the draw to win a double pass to see John Williamson at the Astor simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with John in the subject line or send an envelope to John Williamson – C/- Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 30/9/16.

## Introducing MedSmart by Diabetes WA

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Please call 1300 136 588 or email [bookings@diabeteswa.com.au](mailto:bookings@diabeteswa.com.au) to register your interest.

## Grief talks to help ease loss...

LOCAL author Glennys Marsdon experienced the sudden loss of her partner and realised when looking for help that there were no books that focused on the first 12 months after someone close to you dies, especially with any humour.

Aptly named *50 Ways to Grieve your Lover* it is a collection of 50 light hearted emails to a friend which she hopes makes it easier to discuss the subject of death.

The book helps anyone travelling through loss move beyond the foggy period after the funeral and gain back control of their life. It also helps relatives talk about death.

The *Have a Go News* book reviewer has the book for review and that is published on page 12.

Glennys will be talking about her book at the Falcon Library and Community Centre on 15 September at 6pm and on 17 September at the Rockingham Writers Festival.

Interested people are welcome to attend.

For more information contact Glennys on 0419 922 386 or visit [www.glennysmarsdon.com](http://www.glennysmarsdon.com)

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**Be part of a group of dedicated people at COTA WA's AGM**



AT the heart of all not-for-profit organisations are its members and the volunteer board of directors

who give countless hours to ensure members of the community receive great services and live the best lives they can.

Council of the Ageing WA (COTA WA) is no different and has a dedicated group of people who oversee the governance of the organisation.

The annual general meeting to be held on 25 October at 2pm, provides an opportunity to hear about the great work that COTA does in the community and catch up with fellow members.

The meeting will also be a great opportunity to hear from the Junior Seniors Champion from 2015, Brother Olly Pickett (pictured left) who exemplifies how older Australians can make a unique and wonderful contribution to the community.

Since joining 'Wheelchairs for Kids' in 1998, Brother Olly's tireless volunteer efforts have had a tremendous impact on the lives of many people across the globe.

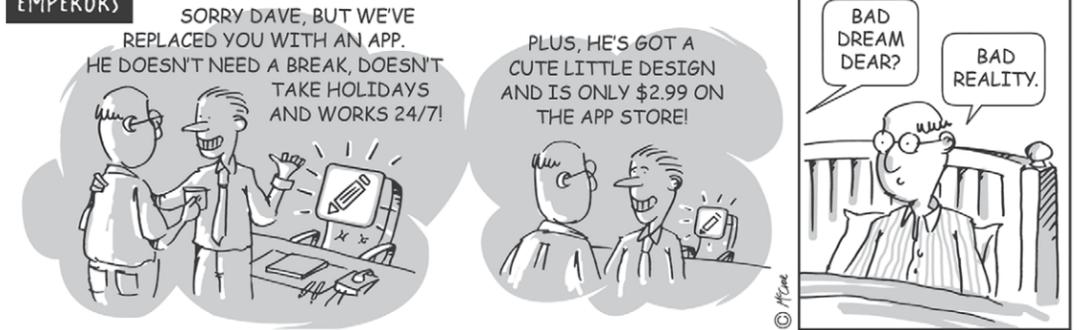
The 30,000-plus wheelchairs that have been produced are sent to children in developing countries. At the same time Brother Olly organises and leads 170 or so local retirees who actually make the wheelchairs.

The success of the program has meant there is a long waiting list of older Australians keen to become volunteers.

COTA WA is thrilled to have Brother Olly speak at its AGM and people are welcome to attend the meeting or become part of this organisation.

For more information contact COTA WA on 9472 0104 or email [exec@cotawa.org.au](mailto:exec@cotawa.org.au).

**CLOTHES FOR EMPERORS**



**Letters to the Editor**

*Submissions may be edited for clarity and space.*

Dear Editor,  
 THANK you for publishing an update on George and Jo Booth. They have been friends of mine for a long time.  
 I used to run a travel agency and Viva Tours operated by the great George Booth were my favourite tours.  
 I loved booking people on their tours, and always got such good feed back on how professional the trips were.  
 It was nice to see George is still a very active traveller and looking great.  
 Thank you again, I love reading all your stories.

Joyce Walsh  
 Fremantle

Dear Editor

I AM enclosing a little poem I wrote when my husband was very sick. I lost him a year later and not only was I his wife but also his carer.

I hope this may help some other carers.

Having a Hug

*When we were young we always had hugs from mums, dads, brothers and sisters, uncles, aunts, cousins and grandparents.*

*In our teens we had hugs from our boyfriends and girlfriends and friends.*

*When we were married we had hugs from our spouses and then we our kids came along from them too.*

*Now we don't seem to have hugs much anymore, our partners do not seem to understand and sometimes can't remember.*

*But today I saw my rubbish bin get a hug from the garbage truck and I thought it is so sad that we carers miss out on our hugs.*

So if you see a carer, give them a hug to make them feel special.

Shirley Stevens  
 Northam

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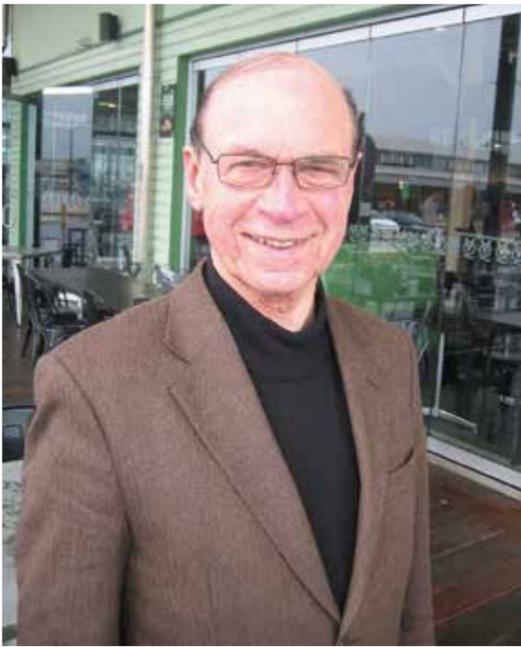
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# Gary Carvolth – he’s still the man with the microphone...



Gary Carvolth

by Lee Tate

GARY CARVOLTH shuffles through a pile of music CDs in his snug office at a Perth-anchored, privately-owned radio station which is forging its way in internet broadcasting.

The neat and dapper broadcaster has a weekly on-air slot on 101 Business Radio – Australia’s first radio station dedicated to business – that reaches as far as Sweden, Germany and Britain.

Lining up some golden oldies music, Gary hasn’t eaten all day, a decades-old habit that will see him through to the evening.

“I always have a proper meal at night. People tell me I do it the wrong way around, that the most important meal is breakfast, but it works for me,” a grinning Gary tells me.

Sustained on two early morning cups of black coffee, Gary has followed his own unique, colourful path through the media maze since landing an office boy job at 6KY. By age 16, calm and confident with his mature voice, Gary was already on his way as a broadcaster.

“I had a flying start. They kept it quiet about how young I was. The listeners never knew,” he quipped.

After a couple of years as a disc jockey, Carvolth took a phone call from TV boss Brian Treasure who asked the teenager with the dulcet tones to bring his parents out to Channel 7 “so we can offer you a TV career”.

Turning 75, Gary may now be a blast-from-the-past but he retains widespread respect for his old-fashioned values of politeness, correctness, dedication and a strong work ethic. In the media revolution, Gary isn’t stuck in the past.

“You will know the day I stop working. That’s the day I drop off the stool,” says the man who has spent the best part of 60 years on TV and radio stools.

Old habits die hard with the media junkie who spent years on early morning broadcast shifts that had him rising before the sun.

“I still get up at 4am. Every day. But it doesn’t worry me. It’s just what I do,” says the twice-wed father of three and grandfather to six.

It’s his habit after sunrise to head off to his local hotel, not for a bevy (he hasn’t touched a drop for 30 years) but for two black coffees while he pours over the morning newspapers.

It’s a short trip from Applecross where Carvolth enjoys panoramic river views from the \$3 million residence where he’s hung his hat for four years.

“The place is magic. It belongs to a mate who has gone overseas with his business and asked if I would be a sort of caretaker.

“It’s actually a big responsibility looking after everything. I haven’t been able to get away for a

holiday for four years,” he said.

Gary kicks-on with life, moving on, keeping in regular touch with family, giving public talks, doing presentations, being an events MC, promoting at shopping malls, speaking and compering at sports events and steering his latest radio show.

“It’s a growing segment of broadcasting, 24 hours-a-day across the world. We’ve got an audience of 153,000. I’ve never done international broadcasting before.

“People overseas, of course, have no idea who I am. Women send me messages and even photos of themselves,” smiles the bachelor who still favours his trademark skivvy shirts.

Ground-breaking is hardly new to Gary: From pioneering radio DJ to TV pop show host at Club 17 and then Telethon (despatched to Adelaide by Channel 7 to bring the TV charity concept to Perth in 1968, Gary was first Telethon manager and co-host).

The two-time Logie winner (WA’s most popular male TV personality of 1963 and 1964) delivered a knock-out fund-raising blow for Telethon after his interviews with Muhammad Ali at the time of the

1975 world championship fight with Joe Frazier in Kuala Lumpur.

Ali presented Gary with his boxing gloves for Telethon’s next auction. Gary then grabbed some paper, scribbled out a Telethon promotional message and Ali happily autographed it. Funds for children’s health were duly boosted.

Gary regales tales of fluking a meeting with legendary Walt Disney, playing cards with the Three Stooges and being on-the-spot when two US professional wrestlers tore apart their Perth dressing room.

Also on the Carvolth CV: Hosting beauty pageants, children’s TV host (with Carolyn Noble), current affairs host (In Perth Tonight), TV presenting for both footy newcomers Eagles and Dockers and making footy’s official on-field announcements.

Booing the man with the microphone on the footy field was a Subi tradition and one that Gary relished – being in the thick of things.

Gary conducted the official welcome home for Australia’s Olympic and Paralympic teams for the Atlanta and Barcelona Olympic Games (and official welcome home for the premiership-winning

Eagles) and in 1990 helped bring together the WA Football League, West Coast Eagles and Pepsi Cola in an historic five-year \$1.5m contract.

Gary also was the voice of sport through 6PR’s long-running program, Sports Connection before tickling radio audience funny bones

for three years on 6PR’s Afternoons program with Jenny Seaton.

Gary also dipped his toes into business as marketing manager for WA soft drink outfit Weaver and Lock and in business development with corporate finance and advisory firm MVP Capital.

Self-disciplined, but

no gym junkie or power walker, Gary has avoided serious health problems and for relaxation might go off to the movies.

Basically he’s happy to immerse himself in what he does, to embrace it and enjoy it.

Fundamentally, he’s the man with the microphone.



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## Meet the columnists and contributors



### Jemma Aldridge

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



### Mike Goodall

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



### Jon Lewis

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



### Karen Majer

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



### Samantha Noall

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



### Rhonda Parker

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



### Mike Smits

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



### Rick Steele

Rick came to Perth in 1971 and taught at Eden Hill School before launching into the "never ending story" of playing and singing country, rock n roll and the Blues.

40 odd years later he is known as veteran musician, a senior, and a grumpy old ... But he says, "I still got most of my faculties...I think!" Rick will share updates on the local music scene each month.



### Jeanette Woolerton

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



by Rhonda Parker

SEPTEMBER is Dementia Awareness Month and this year the theme is 'You are not alone'. This theme was chosen as we often hear from those living with dementia that isolation and loneliness are as much a part of the experience as the symptoms of the disease. We also hear that people often live with dementia for years without realising support is available.

In preparation for

## Don't forget those with dementia

Dementia Awareness Month, Alzheimer's Australia commissioned some research to test how widespread is the experience of loneliness (Dementia and Loneliness 2016). The results were sad to read.

The research revealed that people living with dementia are twice as likely to be lonely as the rest of the population. This is such a worrying result in a year where another similar report was released – Isolation And Loneliness Among Seniors (Victorian Government 2016). It seems the older you get, the greater the risk of being lonely. If you add cognitive challenges it gets even worse. Given the challenges dementia

presents, you need your friends and loved ones like never before.

Keith and Wendy Giance, who have worked tirelessly for people living with dementia since Keith's diagnosis, recently gave their view on this in the media.

"We realised that we had experienced first-hand stigma and isolation... (people) don't know how to communicate with a person with dementia, so the easiest thing is not to engage."

As part of the human condition we exist within a world of familiar patterns in areas from religion to eating. One of the paradigms most precious is the way we communicate and the way we

form close relationships. Memories are the collections of events that help us form the view of who we are. Shared memories are the cornerstone of friendships and lasting loving relationships. If the memories sometimes become inaccessible, there is potential impact on how we relate.

Changing paradigms or patterns of behaviour is not something we humans do easily. Yet we know that, for people with dementia, little changes can make a world of difference. Understanding the changes in how a person with dementia experiences the world is an important place to start. AAWA has workshop sessions that help family and

friends continue to maintain close communication relationships with their loved ones.

As a nation, we are proud of our reputation as friendly people. We can do better than leaving those living with dementia feeling isolation and loneliness.

This September I implore you find out what to do, talk to us and get some advice how to minimise the isolation and loneliness. Together, we can increase understanding and reduce the stigma and isolation that people with dementia so unfairly and unjustifiably experience.

To access support programs call 9388 2800.

## Have a Go News columnists - Where opinions count...



by Jemma Aldridge

GREY hair and wrinkles may be inevitable. But what if I was to tell you that the other ageing changes of muscle loss and bone loss and generalised stiffness of the joints can be delayed or prevented?

Research shows that many of those negative changes to muscle and bone are associated with inactivity, and that participating in physical activities can help reduce or reverse the changes on our body and reduce our risk of chronic disease and disability.

The type of disabilities we could expect over the age of 75 is:

Osteoarthritis – the cartilage within the joint breaks down, causing pain and stiffness.

Osteoporosis – the bones lose mass and become brittle. Fractures are more common.

Rheumatoid arthritis – inflammation of joints.

Osteomalacia – the bones become soft, due to problems with the metabolism of vitamin D.

Muscle weakness and pain – can result from all of the painful conditions listed above.

From the age of 30 our

muscles lose bulk and strength and this can lead to fatigue, weakness and reduced ability to exercise. Physically inactive people can lose 3-5 per cent of their total muscle mass each decade when past 30 years of age.

Muscle fibres reduce in number and size. Muscle tissue is replaced by tough fibrous tissue.

Changes in the nervous system cause muscles to lose tone and the ability to contract.

As these changes occur in our muscles so too is it happening in our bones. Older bones become less dense and

have less bone tissue as well. This process is accelerated by:

#### Inactive lifestyle

Hormonal changes – in women, menopause can bring on the loss of minerals in the bone tissue. In men, the gradual decline of testosterone leading to a later development of osteoporosis.

Bones lose calcium and other minerals.

Here is the good news, exercise can prevent a lot of these age related changes and also reverse some of them.

Exercise can make bones stronger and slow bone loss.

Older people can increase muscle mass and strength through muscle-strengthening exercises.

Tai Chi and other balance exercises can improve balance and prevent falls.

Physical activity in later life may delay the progression of osteoporosis.

Weight bearing activity is the best form of exercise, such as walking or weight training to maintain bone and muscle mass.

Exercise in water can also increase bone and muscle mass compared to inactive people.

Stretching is a great

way to maintain joint flexibility and prevent falls.

Before you start out on a new exercise regime see your GP for a general check-up and if you are not sure where to start contact a local physiotherapist.

**NB: Please note that the information in this article is of a general nature. It is not specific advice to any individual. Readers should consult their general practitioner or other health professional for an assessment and specific advice with regard to their particular condition.**

## VOLUNTEERS WANTED

Are you:  
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### Want to find out more?

For Stirling, Wanneroo and Joondalup areas:

Contact Karen Merrin, Manager  
Northern Suburbs  
Community Legal Centre  
Telephone: 9440 1663  
email: Karen.Merrin@nsclegal.org.au

For Rockingham or Kwinana areas:  
Contact Gai Walker, Managing Director  
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## British pension update

er than it was between March 2010 and June 2013.

If you also receive an Australian Government pension this should increase to partly offset the amount that you have lost.

One potential benefit to our campaign is that there are 470,000 UK Expat pensioners living in Europe and without an agreement between the UK and Europe these pensioners could lose their right to their annual increases.

They have formed a lobby group to fight to retain what they currently receive. Previously the UK government have said that they will not make any new social security agreements with any country that involves indexing pensions. Therefore these pensioners should be frozen as we are. However, I can see the UK Government attempting to weasel its way around this. It would be very interesting to have some legal advice as to whether that would give us an argument that could be fought in a court.

Many of you will have visited the UK and claimed your pension increases for the period of your visit. The UK Government will notify Centrelink about this temporary increase and you will possibly receive a note from Centrelink to this effect slightly reducing your Australian pension payment. The UK notify Centrelink that the increase is only temporary yet the Centrelink notifications can sometimes infer that you have received a permanent increase to your UK State Pension. Therefore please remember to check that your pension payment returns to its original amount after the weeks that you were actually in the UK.

Anyone who would like to discuss the above or any other aspects regarding their UK State Pensions, is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPIA's Coordinator in Western Australia on (08) 6364 0859 e-mail: mikegoodall@btconnect.com.

by Mike Goodall

I HAVE just returned from a short break in the UK where much of the discussion and newspaper comment has been about the UK voting to leave the European Union (EU).

This is commonly known as Brexit. I received several queries while I have been away as to whether this will affect our UK State Pensions and I can assure you all that it will not have any effect on the amount of pension that you receive.

However, there will be some reduction in the amount that you receive in Australian Dollars as the Pound Sterling has fallen to AUD1.70 to the £1. This is still high-

## Come dancing, it's good for the body and the brain



Over 50's Ballroom Dancing Club members

ABOUT 150 members from the Over 50's Ballroom Dancing Club enjoyed nearly four hours of dancing at their annual ball held in Cannington Exhibition Hall on Thursday 30 June.

They were joined by

30 or so visitors from other dance clubs. All appreciated the wonderful ambience created by a colorfully decorated hall and an excellent dance program set to superb music. Many of the ladies were

in elegant evening or cocktail gowns escorted by gentlemen in dinner suits.

Although this was their special day of the year, it was very similar to that which occurs every Thursday for the Over 50s dancers and they are always very keen for new people to join their group.

The Over 50s Ballroom Dancing Club hold dances at two locations; one week the dance is at South Perth and the following week it's in Karrinyup.

The dances begin at 11.15am. They start with an hour's refresher of one of the dances on the list followed by three hours doing mostly New Vogue dancing to

excellent CD music.

They would love to hear from single men, ladies or couples who want an afternoon each week meeting people and having fun.

Aside from great social interaction, ballroom dancing is one of the best activities for older people as it increases cognitive acuity while aiding coordination and balance.

Why not come along and have a great afternoon at a very modest cost while exercising both body and mind?

More detailed information is available on the website at [www.ofbdc.com](http://www.ofbdc.com) or ring John Kember on 0407 989 651.

## Swimming for all adults - swim into spring



Executive officer Masters Swimming, Samantha Noall

by Samantha Noall

SPRING has sprung and so our attention turns to getting fit. Now that the weather is warming up you should start planning to Swim into Spring.

September sees the start of the annual Swim into Spring membership drive conducted by Masters Swimming WA and all our member Clubs. Have a Go News' readers are encouraged to get along to their local Masters Swimming Club and have a go.

It is a common misconception that you

need to be a good swimmer to join a Masters Swimming Club. As long as you are able to swim a few laps you are a prime candidate to become a Masters Swimming member. We will provide you with all the support and knowledge you need to keep you motivated and in the water.

The Swim into Spring promotion provides the opportunity for adult swimmers of any ability to participate free for up to four weeks at Masters Swimming Clubs throughout WA. Pool entry fee is the only cost required during this promotional period and you are free to watch first and then join in.

This is a great opportunity for clubs to showcase to the general public what they have to offer and how regular swimming can be so beneficial, especially for adults, as our clubs cater for all ages, shapes and swimming abilities.

Some members like to participate in our inter-club meets and open water swimming events and some just like to train for fitness, health and friendship. You will be surprised how easy it is to enjoy the benefits of swimming with a group and improve your physical and mental health at the same time.

During the Swim into Spring promotional period clubs can provide the following benefits:

Demonstration training session by club members.

Guest participation in the session - have a go.

Stroke correction from accredited club coaches who are all volunteers.

Club information for participants.

To find out about a club near you, visit [www.mswa.asn.au](http://www.mswa.asn.au), make contact with the designated club person, find out details of when they hold their club sessions and visit for a casual swim.



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## Discover the history in the city program

ENJOY an afternoon of fun and learning by attending the Royal WA Historical Society's monthly talks which are held at Citiplace Centre on the first Wednesday of the month.

Damien Webb will present *Talking Back to the Archive* - Five years of storylines on 5 October.

On 2 November Lorraine Coates will discuss her book *Manufacturing Factories: 1900 above and beyond in Perth and suburbs*.

And the final talk for the year will be held on 7 December with Nonja Peters discussing the *Dutch Presence in WA since 1616*.

The talks include afternoon tea and cost \$5.

For more information call 9494 2798 or email [admin@histwest.org.au](mailto:admin@histwest.org.au)

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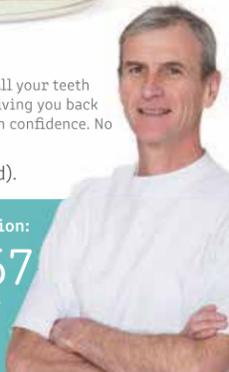
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## Very superstitious... the writing's not on the wall



by Rick Steele

I HAVE never really been superstitious. Things happen for a reason. Karma, I can sort of get to grips with but I have just been to another funeral of a bloke who had played a part in my continuing story of life. Rod Tiley (6PP), Stewart Van Raalte (Sir Lunchalot) and J B Williams (Mr Charity). Three mates in about six weeks. Surely no more. John Barrey Williams, 1947 - 2016 was a passionate supporter of charitable causes and sporting organisations, a big man with a booming voice, big presence

and a huge heart. JBW was one who along with a couple of others invited me to join Variety, the children's charity.

Over the past 25 years or so, I have travelled, played, danced, sung and never mind what on a mission to raise funds.

Perhaps my favourite recollection with J Barrey would have to be the night in the Virgins bar in a hotel in York. Between 300 and 400 punters caught the steam train to York for a gala day at the Jah Roc Gallery in the old mill for lunch, entertainment, raffles and all the other fundraising activities that you can poke a stick at.

Old Man Emu, John Williamson was the headline and my *Hot Biscuit Band* was a support along with a female country duo from Queensland.

The show was a big success and after dinner and a long day, I was invited to meet John and the girls for a quiet one in the Virgins bar.

"Bring your guitar," says J Barrey.

With the fire burning in the corner, J Barrey with his trusty cigars (before smoking was banned inside) we sang Everly Bros, Buddy Holly, Elvis and every song in between until the publican quietly hinted that he would like to retire. Spoilsport.

Camp Quality is a similar organisation to Variety and raises funds for kids with cancer or any other of those nasties. Camp Quality does actually have a camp down near Wokalup and I remember my first encounter.

Like a summer camp, the children have gentle encounters, some sport, maybe a pony ride or whatever they're capable of in their condition. I

remember I took a tambourine, some maracas, shakers and whatever and my brief was to try and get them singing and/or engage in music of a joyful kind.

Okey dokey, I can do that!

Just before I started, one of the carers came to me and said: "just be gentle with those three little ones near the front, they witnessed their mother being killed last week."

I played Danny Boy on harmonica standing next to the open coffin of a soldier.

I played *And I Love You* So at a wedding just before the groom's dad got up and said very derogatory things about his new daughter-in-law at the bridal table. This resulted in a huge brawl with the table going over, with the marriage too I suspect. The best man told me - in no uncertain terms - to just keep playing.

I could go on...

And now for the good news! By the time you're reading this I will be on another mission with Camp Quality.

The annual Wescarade will be on the road (again) travelling about 3000 kms on mostly dirt roads, visiting remote towns, schools, camps and people trying to enthruse and collect a few funds for the Camp to redistribute. We do get to have fun and unlike a rock'n'roll tour, we get fed regular meals. Two or three nights out camping with the snakes but hey, what about the wildflowers and the stars at night? I am a lucky boy.

I certainly won't miss peak hour and city traffic.

I mean to say... why do they call it rush hour when nobody moves? Cheers dears.

## To solve puzzles start by reading the instructions



by Jon Lewis

ON a whim, some time ago and with a fair amount of excitement I started.

In my childhood there had been some popular puzzles that had interested me and also confounded me.

Now as an adult (the jury is still out on this), I wondered if I had the skills to finally solve some of those tormenting puzzles? The peak of these had to be the desk top delight... Rubix Cube.

For many years, decades in fact, I had gone no further than convincingly completing only one side.

In previous years, my sister had cheekily helped by moving the stickers.

This approach only lead to a short-term feeling of false praise and a somewhat annoyed brother.

So I set out on a goal, dare I say a quest, to solve the cube.

It's actually quite easy and simple when you approach it as I did. I read the instructions and

solved it in a day. The satisfaction was immeasurable and the completed cube sat proudly on my bedside table for a week or more.

My friends did debate me on whether I had cheated by using the instructions.

I replied my desire was not to test my ability, rather I wanted to achieve a goal in the most sensible way.

After all, if you cast your mind back to your days at school this is how we did it.

The teacher would instruct and we would learn. It was only once we had completed this process were we finally tested. It would seem the correct way to do things. Learn first, test second. For some reason with this puzzle I had decided to test first and learn second. No wonder it took so long. I think the real trick with a puzzle, is how it tricks me into doing it the wrong way around?

You know it's amazing what you can learn from instructions.

By the way, here are the instructions...

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Or search... 'Solve Rubix cube.pdf' All the best...

## Stamp, coins and postcard collectables fair – Mandurah

MANDURAH 2016 Stamp, Coin, Banknote and Postcard Fair is a national competitive display of these collectables. Entries are coming from across Australia and five overseas countries as well as from WA.

There will dealers, including one from Switzerland and one from USA, plus local and eastern state dealers who are ready to buy and sell.

For more information visit the website [www.peelnu.ms.org](http://www.peelnu.ms.org)

The fair will be held in the Mandurah and Peel Convention and Exhibition Centre, Ormsby Terrace, Mandurah on Thursday 3 to Saturday 5 November.



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## Today, dementia is part of over 1,000,000 Australian lives

Dementia affects 70% of us\* \*IPSOS Research, 2015

## You are not alone

Alzheimer's Australia WA supports people with all forms of dementia, their families, friends and carers with information, care, support and education.

## DON'T MISS OUR OPEN DAY : 21 SEPTEMBER

For people living with dementia, their carers and families

MARY CHESTER CENTRE - SHENTON PARK  
 11.30am - 2.30pm or 4pm - 7pm

For full details about the Open Day & Dementia Awareness Month, visit: [bit.ly/WAyouarenotalone](http://bit.ly/WAyouarenotalone)



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Call: 9388 2800  
 Email: [alzwa@alzheimers.org.au](mailto:alzwa@alzheimers.org.au)  
 Web: [wa.fightdementia.org.au](http://wa.fightdementia.org.au)

**ALZHEIMER'S AUSTRALIA WA**  
 For 30 years, always and only focused on dementia





## What is a mint, and when is a mint, not a mint?

by Mikel Smits

WE all know of the Perth Mint and the Royal Australian Mint in Canberra. According to Wikipedia, a mint is an industrial facility which manufactures coins that can be used in currency. By extension of this definition one might say the Perth Mint is therefore no longer a true mint. Why? Because it does not manufacture coins used as regular currency for everyday use. However, it used to – from 1899 to 1931 it produced gold half and full sovereigns; from 1940 to 1964 it made pennies, likewise halfpennies from 1942 and until they were discontinued in 1990, the Perth Mint manufactured our one and two cent coins. The mint in Canberra is nowadays the sole producer of our regular currency coins.

Beyond bullion bars and coins, the Perth Mint issues and markets collector edition coins. The Canberra mint also releases premium cost collector coins, however they're not regular currency. Sure they have a legal tender value status by having a denomination applied to them but when one buys a \$1 denominated silver proof coin for say \$90, it is not expected the coin will be later spent as one dollar. The same would be assumed for special edition 50c and \$1 coins made of regular metal that are packaged and sold for \$10-15 each.

Now you may have heard of the Macquarie Mint, the Melbourne Mint and the New Zealand Mint. These are not mints in the sense of the word, rather, they are private companies which incorporate the word 'mint' as part of their trading name. They do not have the facility to manufacture coins.

The Sydney Mint, a branch of the Royal Mint in England, operated from premises in Macquarie Street, Sydney from 1855 to 1926 producing gold half and full sovereigns as well as early Com-

monwealth pre-decimal coins. Upon it's closure (though the building still stands today), our currency was then manufactured by the Melbourne and Perth Mints, both of which were also originally branches of the Royal Mint which also manufactured some of our early coins. The Melbourne Mint, located in Latrobe and William Streets, began producing gold half and full sovereigns from 1872 to 1931 and the regular currency from 1927 to 1967, following which it was closed down when the Royal Australian Mint in Canberra was opened.

New Zealand never had it's own mint or branch of the British Royal Mint. In fact they didn't have their own currency until 1933. Prior to which they used English coins. New Zealand's coins are issued by the Reserve Bank of New Zealand and have principally been manufactured by the Royal Mint, Royal Australian and in more recent years, the Canadian Mint.

Macquarie Mint Australia has been operating for about 10 years and is a privately-owned company and subsidiary of Downies Coins P/L also trading as Downies and Sherwood. It is essentially a mail order operation. Melbourne Mint P/L has no historical relationship to the original Melbourne Mint. It began operating a couple of years ago and is privately owned by the Australian Bullion Company, Gold Merchants International and Universal Coin Company. They market bullion and collectable coins from their offices and storage facilities in the original Melbourne Mint building. The New Zealand Mint is also privately owned, has been in business for about 40 years and trades in bullion and collector coins. The Macquarie and New Zealand Mints market collector coins by arrangement with the Cook Islands, Fiji, Niue and Tuvalu. Many of these coins are manufactured on their behalf by the Perth Mint.

## Stamp column: the history and future of stamp collecting

by Mikel Smits

MANY a time I've been told by a stamp collector that his wife sees herself as a stamp widow because he spends too much of his spare time absorbed in his collection.

"At least you're still alive" is what I might say in return, which momentarily distracts his attention away from my stamps while the wife looks at me either puzzled or aghast... I then elaborate.

Stanley Gibbons (who we introduced last month) is considered by many to be the godfather of stamp collecting. He founded the internationally successful stamp dealing and catalogue publishing business of the same name based in London. He was also a widower, four times over.

In 1872, aged 32 and by which time his stamp business was flourishing, Gibbons married his first wife, Matilda Woon, the daughter of a clergyman. Five years later she died of marasmus, a wasting disease similar to anorexia.

In 1881 he met and courted Margaret Casey, the barmaid daughter of a publican. She became his housemaid and assistant and in 1887 they married. She died of cirrhosis of the liver in 1889.

Soon after he married a woman named Georgina of whom little is known

other than that she died in 1905.

In that same year, now aged 65, Gibbons married 27 year old Bertha Bath, the daughter of a railway clerk. While travelling the world together buying stamp holdings, Bertha died in Ceylon in 1908 of cancer of the liver.

The following year he married Sophia Crofts. She outlived Gibbons who died in 1913 although they had most likely separated in the meantime, as the bulk of Gibbons' estate was left to a 'dear' friend, Mabel Hedgecoe. Throughout his life, he had no children.

Did these wives die of boredom or neglect being married to an avid stamp collector? Most likely says my dear wife of 33 years. Jokes aside, it was rumoured, though never proved, that Gibbons' wives who were decidedly younger than he, may have fallen by his hand.

When aged 16, he became an apprentice in his father's pharmacy business. He worked for him for over 10 years during which time he operated and grew his stamp business within the same premises.

Poisoning was not uncommon in those days with forensic science not being sufficiently advanced to convincingly prove such. Gibbons may have utilised his pharmaceutical expertise to

hasten his wives' time on earth.

Gibbons own death was also curiously shrouded in mystery. It is said he died of a heart attack in his nephew's apartment in London though tale has it that he was transported there, wrapped in a carpet, after

having died during a lustful encounter with a lady in a private room at the Savoy Hotel.

You wouldn't catch me dead doing anything like that - I'd rather be soaking stamps off envelopes in my bathtub - mind you, with my wife in there at the same time.

See pages 51 to 53 for your guide to the...



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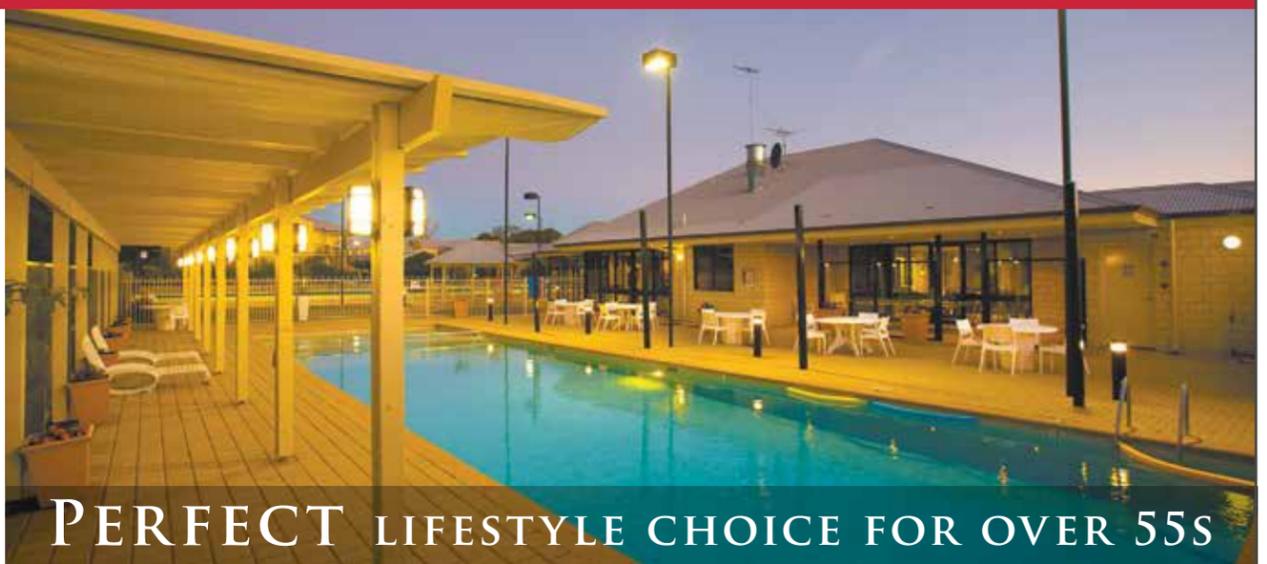
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*mix94.5*

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# WHAT'S ON AT CROWN THIS MONTH



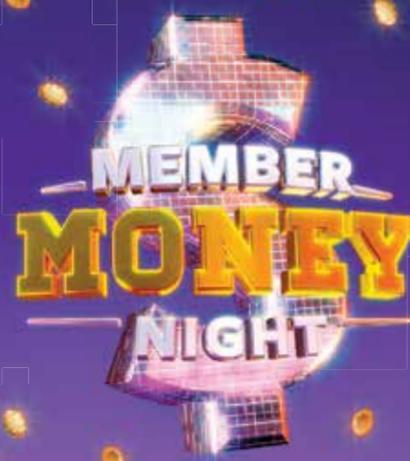
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**Don't miss the draw for your chance to win.**

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**If you're not a member, it's free and easy to join.**

Conditions apply. The \$10 Fun Pack is exclusive to Crown Club members and \$15 for non-members when you travel on the metro service. Price correct as at 5 September 2016. Additional costs may be incurred outside the metropolitan area. Visit [crownperth.com.au](http://crownperth.com.au) for full terms and conditions.



**\$13.95 VALUE MEALS**

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**Come enjoy a great value tasty meal.**

Non-member price is \$16.95. Available for lunch only at Market & Co, and lunch and dinner at 88 Noodle and Junction Grill. 88 Noodle and Junction Grill are 18+ venues. Image is for illustration purposes only. Visit [crownperth.com.au](http://crownperth.com.au) for full terms and conditions.

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by Jeanette Woolerton

# New dietary studies find gut-brain connection a two-way street

ACCORDING to new research carried out by University of California, Los Angeles (UCLA) researchers, bacteria in food can affect brains. Brain function changed among healthy people who consumed probiotics.

This finding has important implications for future dietary or drug interventions to improve brain function.

Dr Kirsten Tillisch, an associate professor of medicine at UCLA's David Geffen School of Medicine and lead author of the study, says many of us have a container of yogurt in our refrigerator that we may eat for enjoyment, for calcium or because we think it might help our health in other ways.

"Our findings indicate that some of the contents of yogurt may actually change the way our brain responds to the environment."

"When we consider the implications of this work, the old sayings you are what you eat and gut feelings take on new meaning."

It has been established that the brain can send signals to the gut, which explains why stress can often be the cause of gastrointestinal problems.

"Time and time again, we hear from patients that they never felt depressed or anxious until they started experiencing problems with their gut," said Dr Tillisch.

"Our study shows that the gut-brain connection is a two-way street."

A total of 36 people between the ages of 18 and 55 were included in the study. They were split into three different groups: Group one ate a yogurt containing a mix of several probiotics twice a

day for four weeks; Group two consumed a diary (or equivalent) product that contained no probiotics and Group three ate no product at all.

In order to look at the brains of the people in a state of rest and in response to an emotion-recognition task, the researchers conducted functional magnetic resonance imaging (fMRI) scans before and after the four week study period.

They found that during the emotional reactivity task, those who consumed the probiotic yogurt experienced less activity in both the insula and the somatosensory cortex of the brain - which

processes internal body sensations.

In addition, participants who consumed the probiotic yogurt had decreased activity in emotion-, cognition- and sensory-related areas of the brain compared to those in the two other groups.

In a resting state, those consuming probiotics had shown more connectivity between an important brainstem region called the periaqueductal grey and areas of the prefrontal cortex responsible for cognition.

Dr Tillisch said she was surprised to see that brain effects occurred in various different regions, including those that have nothing to

do with emotion, such as sensory processing.

Dr Emeran Mayer, a professor of medicine, physiology and psychiatry at the David Geffen School of Medicine at UCLA (and the study's senior author) said that the fact that signals sent from the intestine to the brain can be influenced by dietary change will hopefully drive further research on digestive and mental disorders.

"Studies showing that what we eat can alter the composition and products of the gut flora."

"People with high-vegetable, fibre-based diets have a different composition of their microbiota,

or gut environment, than people who eat the more typical western diet that is high in fat and carbohydrates.

"Now we know that this has an effect - not only on the metabolism - but also on brain function."

Researchers are now focusing on finding the gut chemicals which send signals to the brain.

These remarkable study results provide hope that, in the future, doctors will be able to manipulate intestinal content to treat brain related diseases such as Alzheimer's or Parkinson's disease.

The study was published in published in the journal *Gastroenterology*.

## Tennis trophy returns to KL

IT SEEMS as though the tennis battles between the Noranda Tennis Club and their Kuala Lumpur rivals is best played out on home territory.

A group of 10 players and three supporters travelled to Johor Bahru

in Malaysia recently to defend the trophy they won on their Noranda Recreation Club courts last year.

However, strong rivals from the Johor Golf Country Club, the Tanjung Puteri Tennis Club

and the XKTM Kuala Lumpur Club combined to see the Espresso Trophy return to KL. The Malaysians won seven games to four.

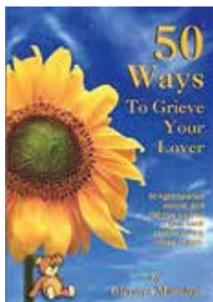
The two groups have been contesting the trophy, sponsored by the Noranda Shopping Centre's Espresso Cafe since 2013, with the balance sheet now favouring the Asians.

The Noranda team was weakened by the absence of club president Don Butler through injury, while Kumar Puvada was the club's best male player and Vesna Fabo and Viv Wherret were solid performers in the ladies.

The Noranda Tennis Club plays at the Morley-Noranda Recreation Centre on Tuesdays and Thursdays from 8.30am to 11am.

Anyone interested can contact Marilyn Kettell on 9276 5213 or 0418 834 546, everyone is welcome.

## Book review



**50 Ways to Grieve Your Lover**  
by Glennys Marsdon  
Reviewed by Pat Paleeya

THIS book is packed with helpful guidance for those who are suffering the loss of a loved one. The grieving process has no time-line, no right or wrong way of easing the heartache, it is a journey that can isolate us, and frighten us and we may believe that there's no end to the pain we feel.

Waking in the morning unaware for a few moments before the realisation of loss is remembered is devastating and at times may render us unable to function.

'To know the road ahead, ask those who are coming back' is an Asian proverb, the author has travelled that road along with many of us, and she conveys her empathy to those who are facing that overwhelming and difficult journey for the first time.

Glennys Marsdon's book offers insight and understanding of the grieving process and her passionate and honest wish to help others is very apparent.

After a friend asked for advice Glennys sent her an email entitled '10 things I have learned so far' and from that one email this book was born. There are 50 emails and many tips to her friend which are light-hearted. Humour is a great leveller and it doesn't detract from the compassionate nature of the advice offered.

Glennys hopes that her book may help and comfort those in need. I believe that it will. It is easy to read, it isn't a manual and it's not full of platitudes and empty promises, it delivers heartfelt advice in a very down to earth and sensitive manner.

To obtain a copy please contact Glennys through her website: [glennysmarsdon.wordpress.com/](http://glennysmarsdon.wordpress.com/) or the e-book is available at [www.amazon.com](http://www.amazon.com).

### WIN WIN WIN

**We have a copy to give away. To enter please email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au), with the book title in the subject line or write to 50 Ways to Grieve Your Lover Competition, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Closes 30/09/16.**

## TV talk with Lee Tate



four-year timetable. For all combatants at the world's highest level, four-years is a long time between drinks.

Two-yearly Olympics? Viewers will continue to tune in by the billions. If we eliminate most team events and mostly get back to the original Greek one-on-one format, there will be plenty of gladiators for the viewer to idolise.

ALONG with billions around the world, we happily lapped-up the drama, colour, characters, glory and heartbreak of another Olympics. We again gorged on the Games.

Gorged is the right word. But how much did you see of synchronised swimming, judo, boxing, tennis, table tennis, golf, soccer, rugby sevens, volleyball, BMX, handball, basketball and tennis? On top of glamour sports: swimming, athletics and gymnastics?

Even if you wanted to and spent all day and night in a marathon, Olympian effort watching the box, you'd be only skimming the surface of the 306 events filmed in TV's golden extravaganza.

Now, in this era of cents and sensibilities, it could be time to ponder. For every over-indulged, chubby athlete wanting to stay in the game there comes a time to take stock. And make cuts.

Cut back the world's greatest event? Television's golden glory? That'll be the day! It'll never happen.

Why not? And, wait for it, increase the number of Olympic Games.

Hold the Olympic Games every two years, not four. Slash the events by half. Which events to be excised in the new-look games would be decided by international committee.

There are currently 42 Olympic sport disciplines to choose from: 306 events over 19 days of competition yielding 136 medals for women, 161 for men and nine mixed medals.

Enormous benefits await a trimmer Olympics. Start with the athletes. Budding teenage champions who haven't quite reached full athletic maturity often just miss selection. To wait (while all the time training) for four years, they may peak in the interim and miss the boat again. A 17-year-old champion can be approaching his/her use-by date at age 21 in some sports.

Whether or not youngsters qualify for Olympic selection can come down to the luck of the draw, how their birth year slots into the Olympic Games

Additionally, smaller, slicker games will slice the financial and management burden on host cities, now usually driven close to bankruptcy providing the extensive range of sporting venues required for the honour of hosting the world's most watched spectacle.

Advertisers would jump at the chance to double their exposure to the world's biggest audiences.

Their products and services change far faster than the Olympics four-year cycle.

Every second new-look games (or even every Olympic Games as is periodically suggested), could be based in Greece, funded internationally. This would ease the burden of having to organise and manage TV cameras and commentary boxes at different venues every time.

Although extracting many events, a few crucial new ones could be added.

A new Olympic Games would increase television appeal for the world's ageing population with a small series of seniors' events: age groups for 50-year-olds, 60-year-olds, 70-year-olds, 80-year-olds and older? Perhaps just glamour events like swimming and athletics.

Perth's John Gilmour has been training for the World Masters Athletics Championships in Perth next month. He's a fit 97.

Paralympics could follow suit with two-yearly meets. Paralympics is a good and worthy television bet for the networks. We see proud double-champions, athletes who overcame personal hurdles before they hit the track.

Against the professional, high-polish of the current Olympics (and damaging drug problems,) Paralympians present with fresh, honest appeal with real winners and viewers are lapping it up.

What did you think of the Olympics coverage? Which TV program is worthy of switching on the box? Let us know. Email [leetate@live.com.au](mailto:leetate@live.com.au) or write to TV Talk, 30/132 Cockburn Road, Munster, 6166.

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Suits users between 165-190cm. Load capacity 150kg.



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Suits users between 178-193cm. Load capacity 200kg.



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Four contrasting colours and luxury fabrics. Fitted with high quality actuators and steel base frames plus removable back rest cushion with zips for adjusting padding thickness. Load capacity 135kg.



**MONTREAL RISE & RECLINE ARMCHAIR**

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**ONTARIO RISE & RECLINE ARMCHAIR**

Rise and recline arm chair, dual motor allows independent operation of the footrest and backrest. Adjustable feet on a high quality steel base. Covered in durable embossed fabric. Load capacity 150kg.



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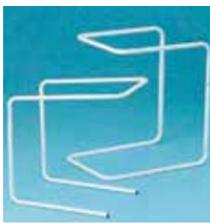


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**BLANKET SUPPORT**

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**MIDLAND** Corner Ferguson Street and Great Eastern Highway 9374 0577

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Tony Crowther, Sterling New Life Lease client, August 2016



\*Tony Crowther (pictured right) with daughter Annabel

Read more about Tony Crowther's story - See Sterling New Life article on page 56

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## Community NOTEBOOK

### YOKINE OVER 50s CLUB

Welcomes new members to join in various activities including, table tennis, badminton, card games etc.  
Wednesdays 1-3.30pm  
287 McDonald St.  
Cost \$3  
Ph John or Ena 9276 4615.

### GOSNELLS HORTICULTURAL SOCIETYS SPRING SHOW

8 to 9 October  
Addie Mills Centre  
Astley Street, Gosnells  
Enq. Margaret Baker 9398 2684

### OCTOBERFEST 2016

Langley Park  
Saturday 8 October, 2pm-10pm  
Two Big Top beer halls. German food and an eclectic mix of entertainment throughout the afternoon and evening  
Tix from Moshtix.

### ROSS MEMORIAL MUSIC RECITAL

Thursday 6 October, 12.30pm  
Ross Memorial Church  
Cnr Hay and Colin Sts, West Perth  
Enjoy some beautiful music in an oasis of peace during a busy day.  
Cost free.

### RECORD AND CD FAIR

Sunday 18 September, 9am-3pm  
Leisurelife Centre  
Corner Kent and Gloucester Streets  
East Victoria Park  
Adults \$3 Kids under 16 Free.  
Part proceeds to Radio Lollipop.

### SUDBURY COMMUNITY HOUSE

Join a group, help in the community garden, have a stall at the Market Day or volunteer your skills.  
30 Chesterfield Rd Mirrabooka  
Ph 9344 8011.

### GOSNELLS SENIOR TENNIS CLUB

Welcomes seniors for social tennis on Mondays and Wednesdays from 8am  
No need for advance bookings.  
Ph Sue 0428 190 094.

### MANJIMUP BLUE GRASS WEEKEND

30 September, 1 to 2 October.  
Family friendly alcohol free event.  
Presented by Live-Lighter.

### BRICKTOBER 2016

A project of the Rotary Club of Ascot.  
8 to 9 October  
9am - 4.30pm  
An exhibition of models built from LEGO.  
Competitions and prizes. LEGO play pit and refreshments.  
Cannington Exhibition Centre  
Pre booking essential.  
(trybooking.com)

### JARRAHDALE LOG CHOP 1500 & SERPENTINE JARRADALE LIONS COUNTRY FAIR

Jarrahdale Oval, Nettleton Rd  
Sunday 2 October, 10am - 5pm  
Children's entertainment, petting zoo, food vans, bar on site.  
A fun day for one and all.  
Free event.

### RAVENSTHORPE WILDFLOWER SHOW

13 - 24 September. Open 7 days 9am - 4pm  
Royal Hakea beside the boardwalk on East Mount Barren.

### ANNUAL CHITTERING WILDFLOWER FESTIVAL

16 - 18 September  
Three days of art, crafts, market stalls.  
Guided wildflower tours and much more.  
For full program search, Chattering Wildflower Festival 2016.

## Do you like to learn and share information?

THE Northern Suburbs and Scales Community Legal Centres are seeking volunteers to participate in an Older People's Peer Education Scheme.

Funded by the WA Department of the Attorney General's criminal property confiscation grants program and LotteryWest, the two-year pilot program will assist in alerting older people about the risk of elder abuse and provide them with the tools to identify, prevent and protect them.

Peer education recognises that most people learn better from peers and by sharing knowledge and information among friends, colleagues and neighbours to help protect people from the risk of elder abuse.

Those who are interested in volunteering to promote the prevention of elder abuse should be engaged in their communities and have time to work with the organisation to learn about peer education and to develop skills to promote prevention.

Volunteers will be trained and provided with a kit which will give them the tools to speak and educate their peers.

Training will be for a half day per week over a four-week period and the commitment required is for 12 months.

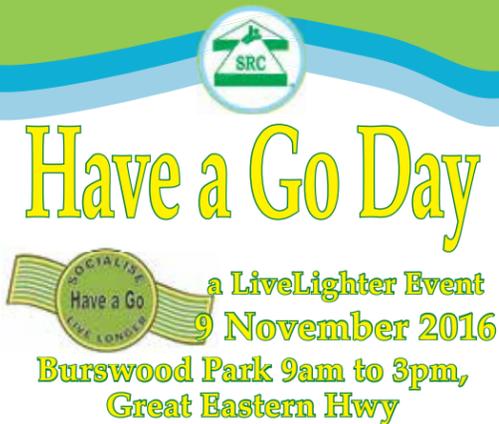
Those who work as peers will attend community events, community groups and services to present about elder abuse.

The first stage of the project will commence in Joondalup in September and October and the second group will commence in Rockingham in October and November.

The third group will be in Stirling during December and February; the fourth group in Kwinana during February and March and the fifth group will be in Wanneroo commencing in March and April.

People who live in the Stirling, Wanneroo and Joondalup areas should contact Karen Merrin on 9440 1663 or Karen.Merrin@nsclegal.org.au. while Rockingham and Kwinana area residents should contact Gai Walker on 9550 0400 or email g.walker@murdoch.edu.au.

### Seniors Recreation Council of WA Inc



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



### Registrations Now Open - places filling fast

Expressions of interest are always welcome by interested parties to hold a site for the premier event of the WA Seniors Week *Have a Go Day 2016*, a LiveLighter Event.

### Great new area designed for displays

Theme: *Socialise, Have a Go, Live Longer*

### Free activities, tea, coffee & bottled water

All day - chocolate wheel with great prizes  
Giant chess and giant jenga

### Come, bring a friend and have fun Have a Go Day is a FREE event for the general public to attend

Some of the new activities to enjoy at *Have a Go Day 2016*;  
Red Tappers - dance group  
Geocaching  
- using your own gps or android phone  
Canoeing - will be on the river

SPONSORED BY



All enquiries contact  
Seniors Recreation Council of WA  
Phone 9492 9771  
www.srcwa.asn.au

## Heritage Corner - Commemorations for the 100th anniversary of the Australian Flying Corp



Credit: Perth Heritage Days 2015

ONE HUNDRED years ago a squadron of Australian aviators and crew from the 1st Squadron of the Australian Flying Corp (AFC), the forerunner to the RAAF, left Australia to join the war effort in Palestine and Europe.

At that time, the corps was part of the Australian Army, but was re-established in 1921 as the RAAF.

As part of this year's annual Perth Heritage Days, which will focus on Perth - The Way We Worked, they will honour the men who took up the challenge and ultimately helped to retain the freedom to work and build the Perth which we know today.

Many of the men in the corps came from WA farms, or worked in Perth. Most were required to either know how to ride a horse, or be a motorist who could drive and repair a motor vehicle if required. Pilots were also drafted from the ranks of Western Australia's 10th Light Horse, a regiment still active in today's Australian army.

The aircraft flown during World War I were no more than rags, sticks and wire, unstable and unreliable and were flown by fearless men. They were engaged initially as observation aircraft, with the occasional chivalric tit-for-tat battles, but as the war lingered, the skies became a killing field from which many

did not escape. The AFC pilots' story is one of remarkable heroism.

On Saturday 15 October, about 18 vintage biplanes including a replica 1916 Sopwith Pup will land on Perth's original airstrip, Langley Park. This airstrip is acknowledged as the only one in the world which is located in the heart of a city and has remained in occasional use for nearly 100 years.

Built by the British Sopwith Aviation Company, the Pup biplane was officially named the Sopwith Scout, however it was nicknamed by pilots as the Pup because it was smaller than the two-seater Sopwith 1½ Strutter. This type of plane's illustrious career commenced in the autumn of 1916 when it entered service with the Royal Flying Corps and Royal Naval Air Service.

On the day, people will not only have the chance see these classic war birds land (about 1pm) and depart (about 2.30pm), but in the interim the fleet will be on static display and the pilots available to chat with.

Joining these vehicles of the air will be displays of other motorised vehicles, featuring a restored World War I Model A Ford dressed as a vehicle of the Australian Flying Corp, pre-WWII MG vintage cars and motorbikes from 1916 through to 1942, including a 1928

Indian Harley Davidson.

There will also be a display from the Aviation Heritage Museum, Bull Creek collection and a talk by Glen Darlington aviation and military historian titled *Rags, Sticks and Wire in War*, a salute to the Western Australian men and machines of the Australian Flying Corp 1916-2016.

Given many of the Flying Corp were drawn from the 10th Light Horse Regiment; a re-enactment troop from this regiment will present a display.

The troop is dedicated to preserving the horsemanship, skills and memory of the 10th Light Horseman. Members drawn from across the south west will be seen in authentic uniforms and saddlery from the period.

Some of the troop ride Waler Australian heritage horses, the breed used by Light Horseman in the Middle East in WWI. Following their arrival, members of the troop will be available for questions.

The day will be a rare chance to see the aircraft up close and talk to the pilots of Western Australia's antique tail dragger aircraft.

This is a free Perth Heritage Days event proudly supported by the principal sponsor, the City of Perth. The full program for the weekend will be available Saturday 1 October.

In the interim for people who want to find out more, follow Heritage Perth on [www.facebook.com/HeritagePerth](http://www.facebook.com/HeritagePerth), [twitter.com/heritageperth](http://twitter.com/heritageperth), and [instagram.com/heritageperth/](http://instagram.com/heritageperth/).



## COTA WA Annual General Meeting



The Annual General Meeting of the Council on the Ageing (Western Australia) Inc. will be held at the Perron Centre, 61 Kitchener Avenue Victoria Park at 2pm on Tuesday 25 October 2016.

The Juniper Seniors Champion for 2015, Brother Oly Pickett, will be giving an address on his inspiring work with 'Wheelchairs for Kids'. Members are invited to join the Board, staff and volunteers for afternoon tea following the AGM.

Nominations are also called to fill three (3) vacancies for a three (3) year term on the Board of Directors by Monday 3 October 2016. If you cannot attend the AGM you may nominate a proxy.

For nomination forms for the Board of Directors positions, proxy forms and to RSVP for catering purposes, please contact Trish Langdon on 9472 0104 during business hours, by emailing [exec@cotawa.org.au](mailto:exec@cotawa.org.au) or by writing to PO Box 923 Victoria Park 6797.



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





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Tick one box only.

- Travel companion
- Pen friend
- Seeking a friend
- Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered
- DTE: Down to earth
- GSOH: Good sense of humour
- ND: Non drinker
- SD: Social drinker
- NG: Non gambler
- NS: Non smoker
- NOR: North of River
- SOR: South of River
- TLC: Tender loving care
- WLTM: Would like to meet




Name ..... Address .....

..... Postcode .....

Phone ..... I am over 45 years of age ..... (Signature)

**Each person may submit one entry every month.**

**STOP: Please read new instructions carefully**  
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:  
**Friend to Friend**  
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**Obtaining replies to your Friend to Friend Reply Box entry:**  
Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

**Seeking a Friend**

**ARE** you tall, dark, handsome, sexy, rich? A girl can dream but if you are gent, 68+, who enjoys life, has GSOH, DTE, genuine, caring, NS, SD, in return you will receive TLC, love, laughter and lots more. Let's meet. Who knows what may be.  
**Reply Box 7233**

**ATTRACTIVE** young looking 67, Aussie seeks GSOH, sincere, DTE, guy. Friendship if compatible, who knows. Let's meet and change our lives. ALA.  
**Reply Box 7218**

**AUSSIE** slim, easygoing lady, NOR, enjoy good company, music, dance, movies, theatre, friends. WLTM sincere, young at heart, gent, 75+, GSOH, fin sec, enjoy each other's company. Prefer landline.  
**Reply Box 7229**

**EXPLORER** genetically modified, risk-taker, healthy self, vitality to bottle, love life, social dancing and more. Met-rosexual, 50+, Spanish, French, Northern Italian background. Doesn't ask for more than she is willing to give.  
**Reply Box 7219**

**GENT** 55, lonely, home life with ties, fit and active, tidy appearance, NS, easyloving, GSOH. Likes movies, dining out, music, SD. WLTM lady; age open for happy mutual relationship.  
**Reply Box 7216**

**GENT** 77, happy, healthy, 13 years in Australia, retired industrial engineer, vegetarian, NS, ND, GSOH. Likes music, dancing, reading, outings, socialising, good conversation. WLTM a lady for happy, mutual relationship. Mandurah area.  
**Reply Box 7243**

**GENT** 80/81, widower, caring, affectionate, fin sec, SOR, WLTM lady companion of similar age for genuine friendship. Let's meet for coffee and chat. I am NS, GSOH, NG, SD with lots of TLC.  
**Reply Box 7239**

**GENT** European, 64, seeks lady, 45 to 55, Perth, Mandurah and country to be my lover. Dancing, movies, dinner, travel, NS, SD, NOR, GSOH, WLTM. Send photo please.  
**Reply Box 7237**

**GENT** widower, 70+, average height, very fit, active. Enjoys travel, live entertainment, cinema. WLTM lady with similar tastes, NOR or SOR, age immaterial, with view to long term loving relationship. Let's meet for coffee and take it from there.  
**Reply Box 7225**

**GENTLEMAN** wishes for company of dark complexion lady, hispanic, middle eastern Indian, Sri Lankan, Pakistan heritage. Travel possible, gardening, nature, coastal, country drives, peaceful, tranquil existence, NG, NS, SD, GSOH. Wide range of music tastes.  
**Reply Box 7214**

**LADY** 70s, easygoing, WLTM gent, NS, SD for friendship. Let's meet for coffee. NOR only.  
**Reply Box 7245**

**LADY** 75, 6163 area, UK born, attractive, lives SOR. WLTM gent for friendship, outings, positive attitude, movies, dining out, good conversation.  
**Reply Box 7230**

**MALE** 58, active, healthy, likes outings, going for walks, cruising, life in general. Is looking for a lady who is not couch potato.  
**Reply Box 7228**

**NATALIE** you didn't enclose your phone number to Reply Box 7172, July edition. This cheerful and caring gent thanks you for the lovely letter. I'm into music too.  
**Reply Box 7240**

**NOR** lady, happy, GSOH, 72, slim, fit, energetic, seeks male friend, NS, SD, NOR for dating who enjoys dancing, bistros, travel, hugs and kisses, good conversation. Let's meet for coffee or wine. See what happens.  
**Reply Box 7221**

**RETIRED** business gent, 68, widowed, smoker, SD, seeks slim, fit, DTE, Australian lady who isn't tied to one location. I enjoy quiet times, fishing, music, movies, home maintenance, Australian travel, VTPR. ALA.  
**Reply Box 7227**

**SINGLE** guy, late 50s, NS, SD, WLTM, a male friend, 50-60, within 10 kms of 6148. Occasional meetings, coffee, chat etc. Prefer single guy, NS, SD. ALA.  
**Reply Box 7226**

**SPECIAL** request for a genuine, honest gent, 68 plus, with a GSOH, NS, now that winter has gone, time to enjoy spring and all that it has to bring. Lots of TLC, love, laughter, living and enjoying life. Are you game to give love another go? I am, so what is keeping you? ALA.  
**Reply Box 7232**

**YOUNG** looking, 75, healthy gent, well dressed, tall, caring, GSOH, NOR, easygoing, caring, good listener. Likes music, dancing, reading, walking. WLTM slim, affectionate, caring, romantic, amorous lady. Age open. Meet a friend for coffee?  
**Reply Box 7242**

**Seeking a Partner**

**ATTRACTIVE** lady, 67, UK Australian, 5'2", medium build, educated, refined, positive attitude, DTE, GSOH. Interests include music, reading, walking, socialising, good conversation, current affairs. WLTM sincere, refined gentleman, 65-70. Genuine replies only. Photo appreciated. ALA.  
**Reply Box 7220**

**CROATIAN** lady WLTM gent, 55-70. Likes movies, gardening, travel, SD, let's meet for coffee. Prefer Croatian gent.  
**Reply Box 7236**

**EURO** Croatian lady WLTM gent, 55-65, for coffee and chat. I like animals, cooking, quiet times. GSOH, travel, beach, NS, ND, TLC, SOR.  
**Reply Box 7235**

**GENT** 59, Australian, retired, 5'11", NS, SD, SOR, 6112, sincere, loving, caring, international markets, coffee, movies, drives. WLTM lady, gentle, caring, understanding, affectionate, age open, ALA.  
**Reply Box 7215**

**GENT** 71, NS, SD, GSOH, DTE, fin sec, own home. Where is that special lady, slim to med build, 65-72 with similar interests, 60s music, travel in/out Australia, walking, caravanning, dining out, country drives. Let's meet over a coffee. ALA.  
**Reply Box 7217**

**IT WOULD** be nice at this time of life for this tall, genuine male, 74, living in Albany to meet a DTE, NS, ND, independent lady, any area with varied interests. Seeking happy, healthy, committed relationship.  
**Reply Box 7222**

**LADY** 63, vegetarian, NG WLTM, TLC, sincere, DTE, GSOH, educated, businessman, farmer, for a partner. Enjoys; music, dancing, movies, dining, travel. Kindly, genuine replies only. Send photo and phone number.  
**Reply Box 7234**

**LADY** 70+ WLTM caring, sincere gent with GSOH, NS, SD. Interests; dancing, gardening, country drives, family life in general. ALA.  
**Reply Box 7224**

**LADY** interesting background, well presented and educated, cheerful, active, slim, caring, seeks decent, genuine gent, 70+, well mannered, SD, NS, for permanent relationship when suited. Likes walks, drives, travels, music, theatre, gardening. SOR.  
**Reply Box 7244**

**MALE** 49, fit, European seeks female 45-65, who would enjoy uncomplicated, intimate relationship, size and looks unimportant, personality first. Seeking one special, outgoing female who enjoys incense, massage and more. All replies will be answered.  
**Reply Box 7231**

**PETITE** Asian lady, GSOH, ND, DTE, NOR, NS, seeking TLC, wishing to meet a man who meets both my limited emotional needs but also my extensive BDSM desires. Would like to just start with coffee.  
**Reply Box 7238**

**REDHEAD** 63, 5'7" tall, country attitude to life. Would thrive with an affectionate, loving gentleman to care for and love.  
**Reply Box 7241**

**Seeking a Travel Companion**

**MAYBE** you are not very active but interesting to talk TLC. Need a friend, companion, someone to help you travel, friend companion, carer. I'm honest, reliable, seeking, employment to also help you enjoy your last years.  
**Reply Box 7213**

Visit *Have a Go News* online:  
[www.haveagonews.com.au](http://www.haveagonews.com.au)

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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:  
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c/- Friend to Friend,  
PO Box 1042, West Leederville, WA 6901.  
(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

**An evening of silly songs is back by popular demand**

ONCE again, the hills are about to come alive to the sounds of silliness as talented local performers bring you another evening of some of the silliest songs ever written.

Following the sellout success of their 2014 concert, the hilarious musical talents and antics of the Silly Songs gang return to the lovely Kalamunda Performing Arts Centre.

Chris Durrant, Stephen Turley, Ileana Otto-Johansen and pianist Christina Browning have created an all-new funny show to delight comedy song lovers.

"This concert will appeal to anyone who likes a good laugh and who appreciates witty rhymes set to great tunes," says singer Chris Durrant.

"We're very excited to bring you some great new funny material alongside some old favourites like the Flanders and Swann animal songs. This year, the program includes silliness from Sondheim, Lehrer, Gilbert and Sullivan, Bernstein and even Monty Python to tickle your funny bones. And because this concert's in the evening, you can bring along a tippie or two for the interval to complement the traditional fabulous free supper."

The team will be again supported their jovial MC Chris Bedding and the lovely Anne Simmonds. Proceeds of the concert will go to support the work of the Parkerville Children and Youth Care.

*An Evening of Silly Songs* is on Saturday, 24 September at 7.30pm at the Kalamunda Performing Arts Centre, Kalamunda. Tickets are just \$30 (\$25 concessions) and can be bought online at [trybooking.com/MLVA](http://trybooking.com/MLVA) or at Nightingale's Pharmacy in Kalamunda, the 2Cafe in Darlington or on the night.

Please phone 9293 6093 for more information.

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**EDGEWATER GENT 65** kind, gentle natured, conservative but w/ adventurous spirit. A problem solver & handy around the house. Tall, neat, family minded, sk lady 55-70 who enj the o/doors.

**KIARA GENT 68** prof, sincere, happy disposition & GSOH. Loves to travel, cook good food, keep fit & conversation. Sk bright, sociable lady who is at peace with herself 58-68.

**HILTON GENT 76** healthy, well grmd, honest, fun loving, retired prof. Likes music, reading, culture & is respectful of women. Sk lady 65-77 who has pride in herself & wants a long term r'shp.

**ROCKINGHAM GENT 68** honest, reliable, organised, neat & tidy, Englishman, wid, very active w/ old school values. Sk lady 60-70 similar o/look.

**FLORENT LADY 65** country minded widow, friendly, well spoken, intell, helpful to others, kind, gentle, ladylike w/ honest values. Likes travel, farming, current affairs. Sk gent 65-75.

**MORLEY LADY 50** Chinese, living here, slim, petite, attr, feminine qualities, independent, loves to cook, watch films & prefers the home life. Sk gent 50-65 for happy, long term r'shp.

**MELVILLE LADY 55** Eurasian b'ground, slim, petite, well presented, young & modern, happy w/ beautiful smile. Very comfortable in her own skin. Sk gent w/ own interests to enjoy being a couple 50-65.

**TUART HILL LADY 67** refined, attractive blue eyed widow w/ a fresh & openminded attitude. Indep & young at heart, sk e/going, intell man who loves life & is not too old for romance 65-75.

**WOODVALE LADY 78** looks 10 years younger, slim, very pretty natural blond w/ blue eyes. Active & energetic, well read. Likes caravan travel, live shows, gardening. Sk gent who does not feel "old" 73-83.

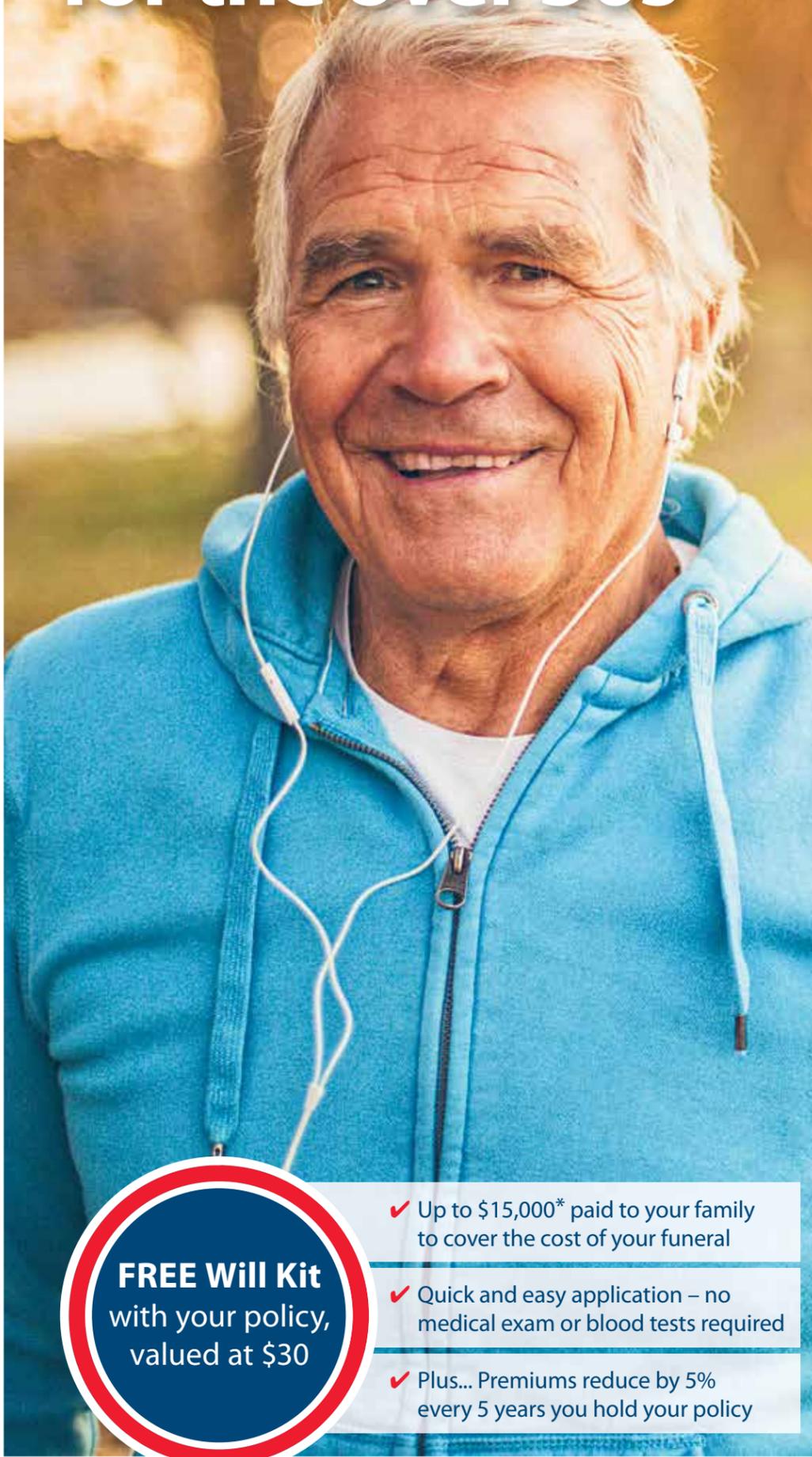
**MANDURAH LADY 69** pretty blue eyed blond, loves a good laugh & making the most of life. A country girl loves o/doors & the country spirit. Sk well grmd, funloving gent 65-75.

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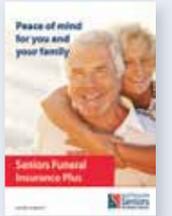
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First name(s)

Last name

Date of birth  D  D /  M  M /  Y  Y  Y  Y

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Suburb

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# GRAND ACTIVITIES

A school holiday guide for parents and grandparents

ADVERTISING FEATURE



## Great school holiday entertainment from Circus Joseph Ashton



Nikki Ashton

CIRCUS Joseph Ashton has a proud family history with seven generations of acrobats, bareback riders, animal trainers, clowns and trapeze artists.

Matriarch Nikki Ashton has been involved in the

circus most of her life. She joined the circus in 1962 as a dancer during a Sydney season.

She said that she immediately felt that this was the life for her.

With her parents blessing she thought

she would try it for six months but loved it so much she never left.

Nikki began learning and mastering a number of acts, including her first big love, the flying trapeze.

Merv Ashton, whom she married in 1966, taught her the trapeze and Nikki said he was a very good, no-nonsense teacher.

Through her training and hard work Nikki became the outstanding female flying trapeze performer of her generation.

Much sought-after by other circuses around the world, Nikki performed in Germany with the flying trapeze troupe.

Not content with just being a top flyer Nikki also performed many other acts. Her long-standing partnership with Jonas, the man with the iron jaw, was a highlight, but almost ended in tragedy when a fall put Nikki into hospital for many months.

Bouncing back like a real trouper, Nikki continued learning new skills. Amongst other things she presented ponies, rode Price, the high school horse, on a side-saddle and performed with her niece, Tanya and her husband

Cifuentes, on the revolving ladder.

Nikki mastered the difficult skill of sword and dagger balancing on a ladder and became the wrangler and groom for Jaffa the giraffe.

And most importantly, she learned how to make fairy floss.

Nikki's creative side has been put to good use over the years as she has created and sewn many of the beautiful and original costumes for the circus. Even though she retired from the flying trapeze act in 1995 Nikki is still very actively involved in Circus Joseph Ashton as the glamorous lady Ringmaster. Nikki's children, Joseph, Bekki and Golda, and her grandchildren now run the circus.

As the ringmaster of Circus Joseph Ashton, Nikki looks forward to welcoming the people of Perth to their performances in Warwick during the school holidays.

Don't miss this opportunity to share the joy of a great Australian circus with the grandchildren, see advertisement on this page or call 0411 302 095 or book online at [www.circusjosephashton.com.au](http://www.circusjosephashton.com.au)

## Egyptian Treasures

THE Western Australian Museum will be popping up at Garden City these school holidays. Come and take a peek inside our incredible inflatable museum which will house a unique and fascinating exhibition of Egyptian artefacts from the WA Museum. Egyptian activities will be running for the entire week.

- Visit the inflatable museum at Garden City.
- Amulet necklace making

Make your own enchanted protective amulet.

- thread it and add decorative beads to wear.
- Egyptian mask making.

Decorate your own Pharaoh's mummy mask with fabulous colours and act like a royal Egyptian.

- Bookmark making.

Practice writing your name in Ancient Egyptian hieroglyphics and make a gorgeous cartouche (a name in a frame) bookmark to take home.

Venue: Garden City Shopping Centre, Promotions Court 125 Riseley Street, Booragoon.

Further information: Call 1300 134 081 or visit [www.museum.wa.gov.au/whats-on/museums/pop-ups](http://www.museum.wa.gov.au/whats-on/museums/pop-ups)

Programs are subject to availability. All children 12 years and under must be accompanied by a parent or guardian.

## Be awesome this year during the school holidays



Big Bad Wolf L-R Patrick Graham, Kate Cheel and Emma J Hawkins. © Tony Lewis

THE 2016 Awesome Festival will inspire creativity in Perth families this October school holidays.

Wesfarmers Arts and Awesome will present *Big Bad Wolf*, by Windmill Theatre Company, a unique take on a well-loved fairy tale that will leave you wondering why you were scared in the first place and *Tiger Tale*, by Barrowland Ballet. This high-energy delight all the way from Scotland is scored with live music and accompanied by unique sensory elements, which pull young audiences into the depths of its captivating narrative.

Calling all crafty Nannas. The younger generation needs you.

Join us at Nanna's Verandah to share some of your special skills with children at the festival. The art of making pom-poms? Crocheting? Storytelling? Letter-writing? Calligraphy? Using a slide rule? Tell us what you'd like to share with the younger generation and then join us on Nanna's Verandah.

If you're interested in taking part in this unique cross-generational project, contact Awesome Arts by emailing [marketing@awesomearts.com](mailto:marketing@awesomearts.com). They'd love to have you.

The Awesome Festival runs 1-14 October at the Perth Cultural Centre. It is supported by principal partner BHP Billiton.

### WIN WIN WIN

To be in the draw to win a complimentary family pass (value \$75) to a one of the shows at the 2016 Awesome Festival, email [win@havea-goneews.com.au](mailto:win@havea-goneews.com.au) and include the word Awesome in the subject line. Alternatively, address an envelope to Awesome Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Competition ends 25/09/16.

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<p><b>KOALAS</b></p> <p>Open 10am-1pm 2.30pm-4.30pm</p>	<p><b>KANGAROOS</b></p> <p>Open all day</p>

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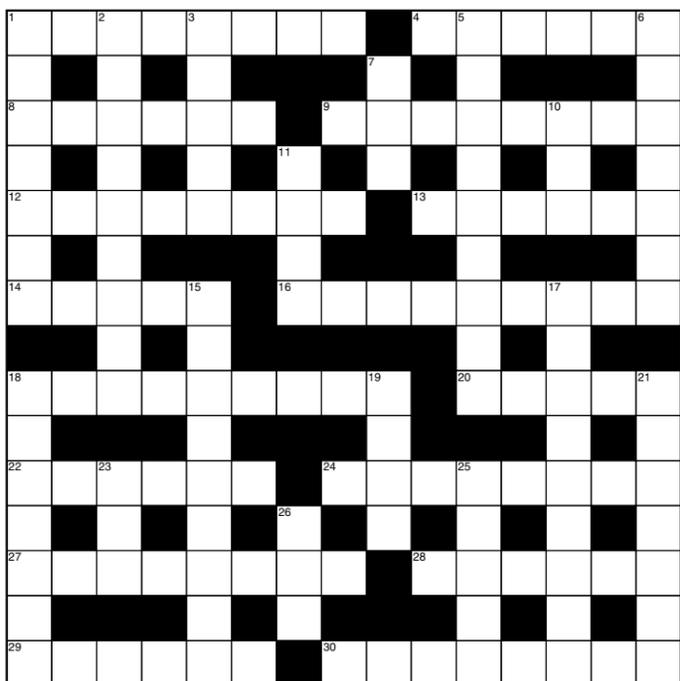
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# PUZZLES

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TO YOU BY 

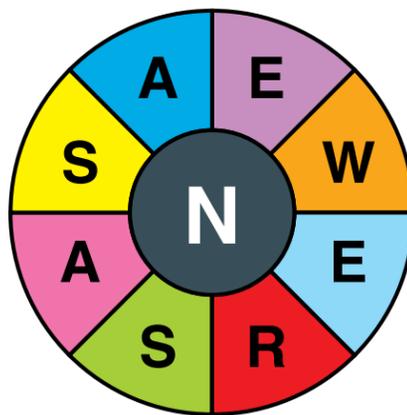
## CRYPTIC CROSSWORD



- CROSS**
- Gazelle found before long easy walk (8)
  - Diplomacy, I see, is a strategy (6)
  - In the Sahara, Fatima found Yasser (6)
  - Delay mail? Post office directions (8)
  - Donkeys, sulphur or a property valuer (8)
  - Chore I concoct for joint successor (6)
  - Ambushes most Spartans on their way back (5)
  - Fan that a dentist might use? (9)
  - Frieze tile expressly for pool stroke? (9)
  - Beat repeatedly when in bathrobe (5)
  - Acquiesce nicely, having panoramic views (6)
  - Sing about corn being contemptuous (8)
  - When asked for ice, cite 'vision' (8)
  - Collision is the deed of a little devil (6)
  - Ease off steering line for puppets and pearls (6)
  - Hugh mainly spoke in a compassionate way (8)

- DOWN**
- In Canada, man takes firm (7)
  - Alter ants? Change tongues (9)
  - Deals out title roles (5)
  - In the past, Ron authorised driver of rocket (9)
  - Cleaner making little change more apparent (7)
  - Who turns in what way? (3)
  - Poem written in Rhodes (3)
  - Appear in taco menu (4)
  - Slight trace of what Caesar's wife must be above? (9)
  - Finish term in eight, say (9)
  - Cultivates forests perhaps? (7)
  - Engrave in stretcher? (4)
  - Rumour of bigger tree caused prejudice (7)
  - Sheep coming from both sides (3)
  - Ballroom dance needs some drum backing (5)
  - A ship, a woman or a song, by Aznavour (3)
- © Lovatts Puzzles

## Wheel Words



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

12 Good 16 Very Good 21+ Excellent

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Thanks to Channel 7's HOME in WA for sponsoring the puzzle page.  
*Solutions will be in next month's issue.*



## #293 August edition PUZZLES Solutions

C	H	O	R	U	S	E	D	I	O	T	A
H	E	O	A	N	R						
I	S	L	E	R	E	M	O	T	E	S	T
L	K	E	A	E	I						
L	E	N	S	E	S	G	N	S			
S	U	L	V	E	R	D	I	C	T		
L	S	E	A	D							
H	O	L	I	E	S	T	V	E	T		
E	N	A	N	E	G	A	T	E			
R	N	U	O	U	N						
B	A	L	A	N	C	E	D	I	C	E	S
A	T	E	E	S	E						
L	O	D	E	R	E	S	P	E	C	T	S

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

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Wheel Words PX 0002

Solution: Amy, Arty, Many, Mayo, Nosy, Rosy, Soya, Stay, Tray, Tyro, Yarn, Antsy, Mayor, Moray, Nasty, Rayon, Roomy, Satyr, Sooty, Stony, Story, Stray, Notary, Smarty, Snooty, Stormy, Masonry.  
9-letter word: ASTRONOMY

## SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ★ ☆ ☆

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

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# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Left to right; Jen Merigan - Maureen Felton's postcards

I LOVE sending and receiving postcards. To me it's still one of the fun parts of travelling. I love shopping for them and then stopping and writing something about my travels.

I remember going on a long overseas trip in my 20s when there were no

social media or mobile phones.

My girlfriend and I were staying in a village in Turkey and there was only one public telephone which didn't always work and that meant often a few weeks would go by before being able to call my Mum.

I remember when we finally spoke she had been so worried that something terrible had happened to us

These days it takes only a moment to do a quick update on social media to alert people pretty much wherever you are in the world.

It seems postcards are not as popular as they once were but I do hope they will always have their place.

One of my lovely readers, Maureen Felton shared with me some of the postcards that she has received over the years from family and friends - the photograph pictured here is some of her collection.

Next time you travel overseas I urge people to make a point of sending a postcard, especially to the younger people in your life.

I still think people get a thrill out of receiving something in the mailbox and as life is changing so quickly soon it seems receiving a letter in the mail

will be a novelty.

Congratulations is in order for the town of Geraldton who were named the winner of the GWN7 Top Tourism Town Award last month.

Exmouth was named the winner for a town under 5000 people. These awards offer towns an incentive to improve their facilities to attract the important tourism dollar.

I am a strong believer in encouraging tourism in our state as it provides jobs and growth for our important regional areas.

Muresk Agricultural College celebrates its 90th anniversary next month and a back to Muresk event will be held to celebrate the milestone.

The college is keen to hear from former staff and students to come and help celebrate on Sunday 30 October.

For further information about the event please email muresk90th@inet.net.au or call 08 6150 7399.

I hope readers have the opportunity to get out and see the many wildflowers in bloom during spring, check out our feature in this month's section.

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)

## Take advantage of Australian Holiday Centre's early bird sale

THE AUSTRALIAN Holiday Centre has an early bird sale on their rail holidays program and this a great opportunity for people to travel in 2017 at 2016 prices.

The sale is on until December unless sold out prior. Get in now before the prices rise.

The Ghan Expedition is the new three-night Ghan tour from Darwin to Adelaide that has stops in Katherine, Alice Springs and the underground town of Coober Pedy. This sold out last year so for people who are thinking of travelling on this amazing journey down the centre of Australia, don't delay booking.

Australian Holiday Centre can tailor make any package to suit people trav-

elling from Western Australia. They are proudly Australian owned and operated and have been in business for more than 20 years.

The staff are well travelled and can assist people with domestic and International travel so give them a call today to assist in planning a dream holiday.

They have rail and sail packages for clients not wanting to fly, seniors coach touring that has no single supplement if people book on a willing to share basis.

There is a range of Christmas and New Year itineraries travelling on the Murray Princess on the Murray River and hosted Christmas tours to Tasmania and Bright. Call them on 1300 799 342.

## Palace Cinemas hosts Lavazza Italian Film Festival

DRIVEN by Fiat, the Lavazza Italian Film Festival returns to Cinema Paradiso (Northbridge) and Luna on SX (Fremantle) from 22 September - 12 October, showcasing the very best in Italian cinema.

In the Opening Night film *Perfect Strangers (Perfetti sconosciuti)*, seven friends at a dinner party decide to

share the content of every message, email and phone call they receive over the night during which more secrets than expected are revealed.

The festival is proud to host the world premiere of *The Space Between* by Melbourne filmmaker Ruth Borgobello.

The first Australian-Italian feature co-production is a cross-cultural romantic drama starring Flavio Parenti and Maeve Dermody and a true celebration of la dolce vita. The filmmaker will be present at a Q&A screening here in Perth - stay tuned for details.

Taking the centrepiece slot is veteran director Marco Bellocchio's *Sweet Dreams (Fai bei sogni)* straight

from Directors' Fortnight at Cannes. The film adaptation of Massimo Gramellini's best-seller *Sweet Dreams, Little One*, is headlined by Valerio Mastandrea and Bérénice Bejo.

Other festival highlights include *Solo (Asolo)* in which veteran Italian actress Laura Morante firmly cements herself as part of the new wave of Italian cinema with her Woody Allen style comedy which she writes, directs, and stars in.

*Daddy's Girl (Belli di papà)* stars Diego Abatantuono in the hilarious role of a wealthy father who decides to teach his over privileged children a lesson by pretending his company has gone bankrupt.

For lovers of Italian



cinema and for those who speak Italian don't miss the Lavazza Italian Film Festival, all films include subtitles.

**WIN WIN WIN**  
To be in the draw to win one of five double passes to any of the movies in the festival simply send an email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Lavazza in the subject line* or call the *Have a Go News office during business hours on 9227 8283 closes 22/9/16.*

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

**3 CITIES & 3 TRAINS** **11 NIGHTS**  
DEPARTS PERTH ON SUNDAYS

• Rail travel on the Indian Pacific, Perth to Sydney in Gold Service cabin • 3 nts in Sydney • Sydney Harbour Story Cruise • Rail travel on the XPT, Day Service Sydney to Melbourne • 3 nights in Melbourne • City tour and river cruise • Rail travel on the Overland, Melbourne to Adelaide • 2 nights in Adelaide • Adelaide City Sights Tour • Air travel, Adelaide to Perth

**GOLD \$3450 per person twin share**  
**PLATINUM \$5620 per person twin share**

**AROUND AUSTRALIA BY RAIL** **18 NIGHTS**  
DEPARTS PERTH ON TUESDAYS

Air travel, Perth to Broome • 3 nts in Broome • Town Tour • Air travel, Broome to Darwin • 2 nts Darwin • City Tour • Air travel, Darwin to Cairns • 3 nts in Cairns • Rail travel on the Spirit of Queensland, Cairns to Brisbane (Rail Bed) inc meals • 1 nt Brisbane • Rail travel on the XPT, Brisbane to Sydney • 2 nts Sydney • City Tour • Rail travel on the XPT, Sydney to Melbourne (First Class Seat) • 2 nts Melbourne • City Tour • Rail travel on the Overland, Melbourne to Adelaide • 2 nts Adelaide • City Tour • Rail travel on the Indian Pacific, Adelaide to Perth in Gold Service inc meals

**GOLD \$5590 per person twin share**  
**PLATINUM \$7680 per person twin share**

**AUCKLAND TO PERTH FLY CRUISE** **12 DAYS**  
DEPARTS 23 NOVEMBER

Air travel, Perth to Auckland • Transfer to your hotel • 4 nts at Auckland City Hotel • City Tour • A Taste of Waiheke Tour • Transfer to Cruise Terminal, Auckland • 7 nt cruise aboard the Astor cruising from Auckland to Adelaide, with a port call in Sydney, including on board meals and entertainment • airport transfer • Air travel, Adelaide to Perth

**FROM ONLY \$2175 per person twin share IG Category**  
**FROM ONLY \$2275 per person twin share OG Category**

**SOUTHERN BIGHT** **6 NIGHTS**  
DEPARTS SUNDAY 19 FEBRUARY 2017

Astor cruise from Fremantle to Adelaide with a shore visit to Esperance including meals and entertainment • 1 night's accommodation in Adelaide • Air travel, Adelaide to Perth.

**SALE PRICE \$1160 per person twin share Inner guarantee**  
**Oceanview guarantee \$1325 ppts**

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**EAST COAST EXPLORER** **9 NIGHTS**  
DEPARTS 30 NOVEMBER

Air travel, Perth to Sydney • 1 night's accommodation in Sydney • Join your Astor Cruise at Circular Quay terminal from Sydney to Fremantle with port visits to Adelaide and Kangaroo Island, including meals and entertainment, gratuities not included \$10pp per night payable onboard

**SALE PRICE \$999 per person twin share Inner guarantee**  
**Oceanview guarantee \$1125 ppts**  
**Premium suite \$2210 ppts**

# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

## Diverse landscapes and traditional cultures enchant in Ethiopia



Trekking in the Simien mountains - An Oromo woman in traditional dress

by Laurie Scott

I AM sitting on the edge of a huge cliff. Two thousand metres below me a great maze of purple canyons and rock pillars stretch away to the horizon and to Sudan. All around me hundreds of gelada monkeys with their red bleeding heart chests, feed on the grassy meadow and noisily socialise.

I could almost reach out and touch them. Great birds of prey soared above the cliff line in search of fallen animals.

Where else in the world could I find such a magical landscape with such an intimate wildlife experience as in the Simien Mountains in the north of Ethiopia.

Today this experience can be had by anyone who visits the enchanting country of Ethiopia and from the comfort of a high quality lodge within the spectacular Simien Mountains National Park.

I first went to Ethiopia in

the mid-seventies and travelled there with a friend at a time when Emperor Haile Selassie was still in power.

In those days it was a rustic and difficult adventure, but an extraordinary and exciting experience. What I encountered there started up a lifelong love affair with this extraordinarily diverse and fascinating country.

Today Ethiopia is developing fast and tourism is taking off.

Although still little known by Australians, it was no surprise to discover that in 2015 Ethiopia won an award as the 'World's Best Tourism Destination' from the European Council on Tourism and Trade.

After a long period of revolution, war and political instability, my wife and I returned there in 2002 to work. By then Ethiopia was a largely peaceful place and tourism was beginning to develop. Today, all the main tourist sights of this country can easily be

visited by air or road with comfortable accommodation and good food available.

So what better time to visit, before Ethiopia is discovered like so many destinations have been around the world. Unlike many African countries Ethiopia is a safe destination for tourists and crime is at low levels, making for a comfortable and relaxed time in the country.

The focal point for almost all tourists is the world famous and World Heritage listed ancient rock churches at Lalibela, high up in the mountains in the north of the country.

The churches were built mainly in the 12th Century and are today at the spiritual heart of this strongly Coptic Christian country. To visit Lalibela alone would be worth the trip.

But Ethiopia is more than just Lalibela and its churches. The country is wonderfully diverse with nine World Heritage sites, in-

cluding the Simien Mountains National Park, the extraordinary archaeological sites at Axum in the north, 17th Century Palaces with all the appearance of European Castles in Gondar and several cultural and archaeological World Heritage sites in the south.

The list of things to see in Ethiopia is endless. Perhaps most interesting of all is the culture and way of life of the multiplicity of ethnic groups within the country.

High up on the Ethiopian plateau it is possible to sit in the cool mountains drinking traditional beer with white robed priests.

The next day you can be down in a village in the South Omo valley where in the tropical heat Hamar men jump over bulls to impress potential wives and Mursi women wear giant clay lip plates inside their extended lower lips.

And in the east it is possible to walk among the narrow streets and numerous mosques and shrines

of the ancient Muslim city of Harar.

And why not stop along the way in a small town and enjoy a traditional Ethiopian coffee ceremony. Ethiopia is the source of all the world's coffee bushes and it still grows wild in the forests.

Then there is the wildlife. High in the Bale Mountains National Park at 4,000 metres it is easy to see one of the few remaining Ethiopian wolves, the rarest dog in the world. From a lodge high above Lake Chitu, a small crater lake in the southern Ethiopian Rift valley, 20,000 flamingos form a pink mass far below.

The country has many rare and unusual endemic animals and Ethiopia is one of the world's great birding destinations.

Ethiopia also has dramatic deserts with active volcanoes and geothermal wonders equally as good as those to be found in Yellowstone National Park.

Keen to promote tourism and to share our love for the country earlier in 2016 my wife and I hosted a tour to the north of Ethiopia.

We visited many of the country's tourist jewels, the Simien Mountains, third century stelae and archaeological sites in the ancient city of Axum in Tigray, Lake Tana and its ancient island monasteries and the rock churches at Lalibela.

Our all-inclusive road

trip stayed in clean and comfortable hotels and was hosted by our great friend and tour operator extraordinaire Solomon Seyoum through his company Anini Ethiopia Tour Operators.

Solomon is an exceptional guide with great attention to detail and personally accompanies most tours.

Anini specializes in tours for highly personalised self-designed groups for individuals or couples to small group tours of 8-10 people.

Accommodation can be in hotels and lodges only or hotel and camping combinations, including trekking trips using horses or on foot.

Tours can vary from the highly adventurous, using 4WDs, to comfortable road trips staying in good hotels and visiting the well-known tourism destinations.

A tour to Ethiopia is to a very different, exotic and adventurous destination

and one never to be forgotten.

**Ethiopia fast facts – what to see and do:**

Spectacular mountain scenery and trekking.

World Heritage historical sites – Lalibela Rock churches, Gondar Palaces, Axum archaeological sites, living cultural heritage.

Rare and unusual wildlife.

Check current safety warnings at [www.smarttraveller.gov.au](http://www.smarttraveller.gov.au) before planning a trip to Ethiopia as conditions may change quickly.

**How to get there:** The most direct route from Perth to Addis Ababa is on Emirates via Dubai

**Who to go with:** Anini Tour Operators Ethiopia [www.aniniethiopiatur.com/](http://www.aniniethiopiatur.com/) [info@aniniethiopiatur.com](mailto:info@aniniethiopiatur.com)

For further information contact Laurie Scott [laurielouisescott@yahoo.com.au](mailto:laurielouisescott@yahoo.com.au) or 0410 148 724.

See pages 51 to 53 for your guide to the...



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INCLUDES:

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- 2 OUTBACK EXPERIENCES ALONG THE NULLARBOR
- ALL MEALS AND BEVERAGES ONBOARD

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\*Save up to \$1420 per couple based on the High Season Advance Purchase Adult Fare on The Ghan Expedition from Darwin to Adelaide. Fares based on Gold Service, High Season Advance Purchase per person twin share, with single pricing available on request. For new bookings from 04 July 2016 for travel from 01 April 2017-31 March 2018. Advance Purchase fares are available in Gold Service and are subject to availability at time of booking and may not be available on the date first requested. In order to receive the Advance Purchase fare, bookings must be made a minimum of 6 months prior to departure. Full payment required within 14 days of booking. Amendment to travel dates allowed greater than 45 days prior to departure to another Advance Purchase fare more than 6 months before departure and subject to yield availability. If no yield availability or the amendment is less than 45 days prior to departure then guests to pay the difference between Advance Purchase and applicable fare. 100% cancellation fees apply 14 days after booking date and the fare is non-transferable. Credit card fees may apply. Not available with any other offer. Timetables and Off Train Excursions are subject to change without notice. For general terms and conditions of carriage please visit [www.greatsouthernrail.com.au](http://www.greatsouthernrail.com.au). ATAS No. A10679. 04870CDGM 0816

# let's go travelling

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## cruising



The yacht Indian in full sail © Bernie Kaaks

WINDS of change are in the air for next year's Fremantle to Bali Yacht Race and at 1440 nautical miles, it is the longest yacht race in Australia.

While retaining its traditional Fre-

mantle to Bali role for racing and rally yachts, the event to be held in May 2017 will offer greater attractions than ever with an extension to the Javanese port of Banyuwangi and an organised Spice

## Fremantle to Bali Yacht Race 2017

Islands Rally taking yachts on a day-by-day circumnavigation of Bali.

For those who wish to continue, the very popular Beyond Bali Rally will give sailors the opportunity to visit the magic of the Indonesian archipelago with stopovers in many of the tropical island bays including Komodo, returning home via Darwin and the Kimberley coast.

The Java Sunrise Rally will take the entire fleet from the race finishing point at Benoa to a brand new marina facility at Banyuwangi. This is a one day sail over a distance of about 60 miles. The strait between Bali and Java is only a mile or so wide, so the two islands are within sight of each other. The effect of such a narrow gap between the two land masses is a strong, surging tidal stream. Currents running faster than the maximum speed of some of the yachts under sail will challenge skippers and navigators to work out their tactics to make best use of quick flowing water streams.

Event chairman, Ralph Newton said that already some of the state's top-racing yachts have indicated their intention to compete.

"With the promise of thrilling racing, exotic stopovers and the prospect of cruising through some of the world's most attractive tropical regions, it hardly comes as a surprise," said Ralph.

The race record, set by the late Tony Mitchell's chartered maxi yacht *Supersled*, is bound to be challenged. Although the presence of another super maxi in the 2017 race is most unlikely, *Supersled* completed the journey in just under six days in less than ideal wind conditions, so it seems only a matter of time before favourable weather patterns will provide an opportunity to set a new record.

History might show that the challenge is a little more daunting, since Rolly Tasker's race record set by *Siska* in the inaugural race in 1981 stood for thirty years

before finally being eclipsed by Alan Brierty's *Limit*.

Much of the attraction of the event however, lies in the rally. The assumption that rally yachts are slow and will always provide the last boat to finish has proved to be a myth, since rally yachts are free to use their engines when winds become too light, giving them the opportunity to surge past racing yachts which must complete the journey under sail power alone.

With the inclusion of the new leg to Java's Boom Beach on the Sunrise Coast at Banyuwangi and the opportunity to spend time away from the Bali tourism hot spots, there are more reasons than ever for yacht owners to head north next winter. Given the level of interest within the yachting community already, a strong fleet is assured.

To learn more about the event visit the official website at [www.fremantletobali.com.au](http://www.fremantletobali.com.au)

## Cruise for art lovers aboard Astor

ASTOR will welcome Australasian Porcelain Art Teachers (WA region) Inc for the six-night cruise from Fremantle, departing 12 February, 2017. The cruise will visit Esperance, Albany and Bunbury, before returning to Fremantle on 18 February.

More than 50 members of Porcelain Art Teachers have registered for the cruise, including from as far away as Canada, while the group also has members from South Korea, Hong Kong, Singapore, Thailand, Malaysia, New Zealand, Taiwan,

and Japan.

During the cruise Australian artists and guests from Switzerland - Clotilde Ruegg and Peter Faust - will conduct demonstrations in the art of porcelain painting. Two schools have been planned, with one on board the ship and for the land lovers another in Mandurah following the cruise.

There will be a free exhibition of hand-painted porcelain in The Gallery throughout the cruise. For porcelain contacts and information on their cruise visit [www.porcelainartteacherswa.net](http://www.porcelainartteacherswa.net)

## Where dreams set sail - new Hong Kong cruise line launches in November



Dream Cruises' Genting Dream

GENTING Hong Kong has worked hard to changing the face of travel in Asia for more than 20 years.

Beginning with Star Cruises they pioneered the concept of cruising in the Asia Pacific region and they have recently acquired

the world's most luxurious cruise line, Crystal Cruises.

Now they start a new chapter with the launch of Dream Cruises, the first ever Asian luxury cruise line which launches this November.

Their first ship Genting

Dreams is a vessel designed for people's dreams and features authentic Asian hospitality combined with the finest experiences from around the world.

The itineraries which depart from either Hong Kong or the home port of Guangzhou offer two, five or seven night cruises to Ha Long Bay, Nha Trang, Da Nang and Ho Chi Minh City in Vietnam.

Dining experiences will take passengers around the world one meal at a time with restaurants featuring cuisine from Japan, south east Asia, England and Europe.

Guests will depart from

the ordinary cruise with underwater encounters available on the two submersibles on board. Four guests per submersible will venture deep into the ocean and experience a dazzling array of fish and sea creatures.

More than 70 per cent of the staterooms aboard include private balconies and the best bathroom amenities, décor and lighting. They are spacious and modern and offer a haven of calm.

There is something for everyone on a Dream Cruise whether it's a family holiday with the children and grandchildren, a ro-

mantic cruise for couples or a luxurious break, all these options are covered.

Dream Cruises, which launches this November, will be one of the exhibitors at the rebranded Perth Holiday and Cruise Expo.

The expo returns this year to the Grand Ballroom at Crown Perth on 11 and 12 February, 2017 and will be bigger and better than ever.

Mark your diary now and use this expo to plan your adventures in 2017.

Participants will find a dedicated cruising section, travel promotions with expo specials, seminars and great prizes.

SeniorsPlanet.com.au

## THE AMERICAS COLLECTION

Just announced our new Programme features the very best of the Americas. Discover the beauty and diversity of Canada, Alaska, USA, Mexico and Cuba as well the vibrant continent of South America in our new brochure - The Americas. With the America's being more popular than ever, we have created an expansive and exciting selection of package options which are sure to be on many people's bucket lists. Order your own personal copy by calling us on **1300 789 348** or email us our call into our Head Office in Leederville.

### ANTARCTICA EXPEDITION

11 February 2017-13 Days

If you're looking for a holiday with a difference, you simply can't go past Antarctica. Offering diverse wildlife and breathtaking vistas. Antarctica is truly one of a kind. So few of us get to visit the great white continent, but those who do can't speak highly enough of it. On this trip, cruise the glacier-filled waters of Antarctica on a spectacular 10-night cruise aboard Le Boréal in unparalleled luxury. Travel by ship from Ushuaia, through the Drake Passage to experience one of the most unique environments on earth. And with Holiday Planet, you'll spend a full five days cruising and not just one or two.

**PORTS OF CALL:** Ushuaia, Drakes Passage, Antarctica Scenic Cruising

#### TOUR INCLUSIONS:

- Return Flights to Buenos Aires with a premium airline
- One nights accommodation before your Antarctic Cruise and a further night after
- 10 nights in a Prestige Stateroom on board Le Boréal
- 5 days cruising the Antarctic Peninsula
- 31 meals - 12 Breakfasts, 9 Lunches and 10 Dinners
- All day complimentary beverages on board your cruise
- All port charges and tipping
- Shore excursions and Zodiac (small boat) excursions.
- Knowledgeable Expedition Leader as well as a team of expert naturalist guides
- On board lectures and presentations to learn more about this amazing destination

Adult from  
**\$15,999**

Over 55's from  
**\$15,799**

### CUBA FLYCRUISE

7 February 2017-14 Days

**PORTS OF CALL:** Cozumel, Havana (2 nights), Montego Bay Jamaica, George Town, Cozumel

#### INCLUSIONS:

- Airfare from Perth to Miami
- 2 nights at a 4 star Miami Hotel
- Airfare from Miami to Cozumel, Mexico
- 1 night at a 4 star Cozumel Hotel
- 7 night Cruise from Miami
- Meals, entertainment and taxes onboard
- Airfare from Cozumel to San Francisco
- 3 nights at a 4 star San Francisco Hotel
- Airfare from San Francisco to Perth

Adult from  
**\$3999**

Over 55's from  
**\$3899**

### PANAMA CANAL FLYCRUISE

29 April 2017-20 Days

**PORTS OF CALL:** Fort Lauderdale, Cartagena, Colon, Panama Canal, Puntarenas

#### INCLUSIONS:

- Airfare from Perth to Miami
- 2 nights at a 4 star Miami Hotel
- 15 nights onboard Celebrity Infinity
- Meals, entertainment and taxes onboard
- 2 nights at a 4 star Los Angeles Hotel
- Airfare from Los Angeles to Perth

Adult from  
**\$4199**

Over 55's from  
**\$4099**

### BRAZIL & ARGENTINA EXPLORER WITH TRANSATLANTIC CRUISE

17 March 2017 - 34 Days

**PORTS OF CALL:** Buenos Aires, Rio de Janeiro, Salvador, Recife, Santa Cruz de Tenerife, Cadiz, Malaga, Palma de Mallorca, Valetta, Messina, Civitavecchia, Genoa

**GUIDED TOUR ITINERARY:** Rio De Janeiro (3nights), Iguassu Falls (2nights), Buenos Aires (3nights)

#### TOUR INCLUSIONS:

- Airfare from Perth to Rio de Janeiro
- 1 night at a 5 star Rio de Janeiro hotel
- 9 Day Guided tour of South America
- 1 night at a 5 star Buenos Aires hotel
- 21 nights on board your luxury MSC Cruise
- All meals, entertainment & taxes on board
- **BONUS** selected alcoholic & non-alcoholic drinks during meal times (Forfait package)
- **BONUS** 30% discount on Laundry Service
- **BONUS** 3 Free Shore Excursions (pre-selected)
- Rail from Genoa to Milan
- 1 night at a 4 star Milan hotel
- Airfare from Milan to Perth

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Prices are correct as at 05 September 2016. Prices are per person based on twin share and are subject to availability. Discounts for travellers over 55 are not available with any other offer. Where onboard credit amounts are mentioned, these values may not be applicable for all cabin categories. Cabin based on inside cabin unless stated otherwise. Conditions apply. Licence 9TA 1193.

# ESCORTED TOUR

PROGRAMME 2016/17

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

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

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

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

## VIETNAM & CAMBODIA

1st March 2017 - 16 Days

A stunning cruisetour Fully Escorted from Perth. With a whole range of inclusions this tour is proving very popular with only five rooms left. On your Lower Mekong Cruise we have included International wine, local beer and spirits included with lunch and dinner.

### TOUR HIGHLIGHTS:

- Welcome Dinner at KOTO Van Mieu in Hanoi
- Take a rickshaw ride in Hanoi
- Receive a Buddhist blessing in Oudong Explore Titop Island & the fascinating Cua Van Floating Fishing Village onboard your Halong Bay Cruise
- Visit the Cu Chi Tunnels in Ho Chi Minh
- Enjoy an ox-cart ride in Kampong Tralach
- Visit Siem Reap's ODA Art Orphanage
- Visit the temple Bayon in Angkor
- Enjoy sunset over Angkor Wat

### TOUR INCLUSIONS:

- International & Domestic Airfares within Vietnam & Cambodia
- Two nights accommodation in Hanoi
- Two nights on a Halong Bay Premium Junk Cruise
- Two nights accommodation at the historic Grand Hotel Saigon
- Eight days cruising the Lower Mekong in a Deluxe Balcony Cabin
- International wine, local beer and spirits included with lunch and dinner onboard your Lower Mekong cruise
- Soft drink included at all times during your Lower Mekong cruise
- Two nights accommodation at the iconic Shinta Mani Resort
- 37 meals including - 15 full breakfasts, 10 lunches and 12 dinners
- Fully Escorted with Tour Host from Perth & Local Travel Director in Vietnam & Cambodia
- Holiday Planet Ticket Wallet & Bag Tag

Deluxe Balcony Cabin from **\$7499** Over 55's from **\$7199**

## CANADA & ALASKA

12th May 2017 - 24 Days



Another superb tour with a host of extras included and incredible value for money. A superb 7 Day Alaskan Inside Passage Cruise followed by a 13 day tour taking in visits to Lake Okanagan, Okanagan Valley, Glacier National Park, Yoho National Park, Kicking Horse Pass, Banff National Park, Canadian Rockies, Lake Louise, Jasper National Park, Fraser River, Mount Robson, Seton & Duffey Lakes, Whistler, Strait of Georgia, and the Gulf Islands. Ply Vancouver & Victoria!!!

### TOUR HIGHLIGHTS & INCLUSIONS:

- Return Airfares Perth to Vancouver
- One Night at a 4 Star Vancouver Hotel
- Seven Night Princess Alaskan Cruise including all entertainment, and port taxes whilst cruising
- On Board Cocktail Party
- All Meals on Board your cruise
- Two Nights post Cruise at a 4 Star Vancouver Hotel
- Half Day Brewery Tour in Vancouver
- 13 Day Canadian Rockies Tour from British Columbia to Alberta with overnights on Vancouver Island, this tour is surely an experience to remember. Sightsee in Vancouver and Victoria, and enjoy superb scenic highlights through Western Canada
- Sightseeing, local guides, deluxe air conditioned coach
- Holidayplanet Tour Escort
- Holidayplanet Ticket Wallet & luggage tag

24 Day Escorted Tour from **\$6999** Over 55's from **\$6899**

## QUEEN MARY 2 & THE GHAN

12 Feb 2017 - 13 days



### TOUR HIGHLIGHTS & INCLUSIONS:

- 4 nights on board Queen Mary 2 from Fremantle to Adelaide
- All meals, entertainment & port taxes onboard
- 3 nights at a 5 Star Adelaide Hotel
- Guided tour of Victor Harbour & McLaren Vale with lunch
- Murray River highlights tour with lunch onboard Proud Mary
- 2 nights onboard The Ghan from Adelaide to Darwin
- Gold Service Cabin with private ensuite
- All meals & drinks onboard the Train
- Off-Train excursions in Alice Springs and Katherine
- Outback Experience in Marla
- 3 nights at a 5 Star Darwin Hotel
- Half day Darwin city guided tour
- Farewell dinner with drinks Pee Wee's at the Point
- Transfers throughout tour
- Holiday Planet Tour Host
- Exclusive Holiday Planet ticket wallet & luggage strap



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## On the water - cruising updates, news and specials from the cruise industry



La Belle Epoque in the Burgundy Canal

by Brad Elborough

### SEABOURN smoking policy change

Seabourn has listened to the feedback of its

guests and will ban smoking on guest suite verandas and in the observation lounge of its vessels by 2017.

The new policy takes

effect on *Seabourn Quest* on 28 November, *Seabourn Encore* on 4 December, *Seabourn Sojourn* on 5 December and *Seabourn Odyssey*

on 7 December. Visit [www.seabourn.com](http://www.seabourn.com) for cruise options to most corners of the world.

### Silversea upgrade

The Silversea fleet will undergo a massive US\$170 million refurbishment, aiming to significantly improve passenger comfort.

*Silver Whisper's* luxurious suites will be refurbished, the pool freshly tiled and new chaise lounges added. Dining areas at The Restaurant and La Terrazza will also be revitalised. She will receive two satellite antennas, vastly improving Internet speeds on board and new, interactive TVs and on demand movies available in every suite.

*Silver Wind* and *Silver Discoverer* will also receive significant upgrades.

For more information, visit [www.silversea.com](http://www.silversea.com).

### Coral Expeditions - Sydney to Hobart

The Boxing Day departure of Coral Expeditions' seven-nights adventure around Tasmania is the best way to view the Sydney to Hobart yacht race, short of competing in the iconic event.

Albeit a lot slower than the pros, the cruise still offers adventure, dramatic scenery and a terrific look at Tasmania's striking coast.

Guests have a variety of excursions to choose from. The Coral team varies the itinerary to take advantage of the weather conditions and explore the most remote and untouched parts of Tasmania.

Visit [www.coralexpeditions.com](http://www.coralexpeditions.com)

### WA cruise law changes

The WA State Government recently announced changes to the restrictions facing visiting cruise lines.

Gambling on cruise ships will be permitted for intrastate cruises and within 12 nautical miles of the WA coastline.

The existing provision that it must be a scheduled deep water cruise will still apply along with a new provision that gaming on a ship must be an ancillary service, meaning casino cruises would remain banned.

"Cruise ships are crucial to growing the State's tourism industry. The number of cruise ships coming to Fremantle has more than tripled since 2012-13 when 17 ships brought 49,000 passengers to the port city. In 2015-16, 58 ships berthed at Fremantle with 152,000 passengers," WA Premier and Tourism Minister Colin Barnett said.

### Adventure World - Antarctica

Adventure World, the soft adventure specialist, is now representing Lindblad Expeditions and between them are offering an exclusive air, land and expedition package to Antarctica saving clients up to \$3711 per person.

Priced from \$16,151 per person, the 14 day Journey to Antarctica package includes LATAM international and internal flights, two nights' accommodation at the 5-star Grand Hyatt Santiago and 11 nights aboard the Na-

tional Geographic Orion, all shipboard meals, activities, shore excursions, port taxes and fees.

Visit [www.adventureworld.com.au](http://www.adventureworld.com.au) for more information

### European Waterways

Among special being offered by European Waterways is a cruise aboard the luxurious *La Belle Epoque* in the wine region of Burgundy, departing in April 2017. The fare is reduced from \$6070 to \$5460 per person, based on double occupancy. Rates are all-inclusive and feature an English-speaking guide, master chef and hostesses.

The discounts are not combinable with other offers and a deposit is required by 31 December, 2016 to be eligible.

Visit [www.gobargaining.com](http://www.gobargaining.com)

### Movie cruise

Princess Cruises is again running its Travelling Film Festival at Sea on board *Dawn Princess*. This November, cinema buffs will be able to enjoy a selection of special film screenings curated by Sydney Film Festival Director Nashen Moodley, during the ship's five-night roundtrip cruise from Sydney to Tasmania.

The films on offer will include *Mr Holmes*, *Phoenix* and *Iris*.

Departing Sydney on 1 November, 2016, the cruise will also feature a full schedule of activities highlighting the best of Sydney Film Festival, including guest speakers and cocktail parties.

Fares start from \$749 per person twin share.

Visit [www.princess.com](http://www.princess.com)

### Astor group Christmas special

If you're looking for a group Christmas party option, CMV has a weekend cruise at some handy rates for Astor.

Depart Fremantle on Friday 16 December and return Monday 19 December (7am):

Twin share Interior from \$649 for the first person, with the second from \$324.

Twin share Outside from \$779 for the first person and the second from \$389.

Also:

Book five cabins twin share and the fifth cabin is free.

Book 20 cabins twin share and receive three free cabins and a complementary 30-minute cocktail party.

Talk to your travel agent Visit [www.cmvastralia.com](http://www.cmvastralia.com)

### True north and Scenic tours

True North and Scenic Tours have teamed up to offer a once in a lifetime voyage in the Kimberley in 2017/18.

The seven-day cruise, departing from Broome, is a part of Scenic's 20-day Top End and Kimberley Snapshot tour which also explores Darwin, Kakadu, Katherine, El Questro, Halls Creek, and Fitzroy Crossing.

There are three departures scheduled for next year on 5 June and 26 July 2017, priced from \$19,495 per person, including taxes and charges.

Visit [www.scenic.com.au](http://www.scenic.com.au)

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Come along to Villa Carlotta Travel's free travel presentation on Thursday 6 October 2016 at the State Library of Western Australia. Starting from 9.45am and running through until 12.30pm, you will hear our travel experts guide you through a huge range of holiday destinations.

Beginning with Tasmania, this is one place that most people include on their bucket list and villa has a great range of holidays ranging from relaxed exploring to grand adventures and exclusive solo traveller departures.

Victoria is visually spectacular during autumn and our experts will tell you all about our very popular Australian Alpine and High Country holiday, perfect for those that love autumn colours and our brand new tour, Kelly Country and the Man from Snowy River featuring Australia's great legends and bushrangers. A fantastic way to see rural Victoria or if the big city is more your style, why not head to Melbourne for the Australian Open Tennis. Find out more during this first presentation.

Villa also has an excellent selection of solo traveller holidays and will showcase a variety of WA, Australian and overseas destinations. Come along and find out why villa's Just for Singles range are such highly sort after holidays.

And finally, Norfolk Island and Queensland holidays. Norfolk Island is a place steeped in Australia's history. Find out about the mutineers and locals that founded this beautiful island and the wonderful selection of tours villa has coming up. Queensland, beautiful one day, perfect the next as they say. Whether it's the tropical FNQ or inland to discover the QLD outback, villa has you covered.

**RSVP is essential as only 40 seats are available for this free presentation. FreeCall 1800 066 272 or email [travel@villa.com.au](mailto:travel@villa.com.au) to secure your seat for this great free event.** \*Presentation subject to change without notice.



Call now for your copy of villa's free 2017 holiday planners filled with a huge variety of WA, Australian and overseas holiday destinations.

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## Head to Historic Hobart

Enjoy unpacking once and using Hobart as your base while you tour to the fascinating southern coast and its attractions.

**Highlights** | Salamanca Markets | Tasmanian Maritime Museum | Mawson's Hut Replica Tour | Cascades Brewery Heritage Tour | Richmond Old Hobart Town | Huon Valley Apple Heritage | Tahune Airwalk | Port Arthur Derwent River Cruise | Bruny Island Touring and Produce

**Taste of Tasmania and Historic Hobart**

**9 Days** | Thursday 17 to Friday 25 November 2016

Price \$4195 pptw | Single Option \$555

## Discover Bass Strait and Its Amazing Islands

This small group adventure will have you grabbing your camera and enjoying the sights of King and Flinders islands.

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

Discovery **Bass Strait Island Adventure**

Featuring King and Flinders Islands

**8 Days** | Friday 25 November to Friday 2 December 2016

Price \$5520 pptw | Single Option \$415

## Escape this Christmas to Norfolk Island

Don't miss this opportunity to escape the same old Christmas events this year and head to beautiful Norfolk Island for summer fun, relaxation and fascinating history!

**Highlights** | Christmas Day Celebrations and Feasts | Cultural Tours | Evening Entertainment | Feature Dinners | Glass Bottom Boat Cruise | Local Guided Tours | Local Produce and Tastings | Scenic Picnics and BBQ's

**A Norfolk Christmas**

**9 Days** | Thursday 22 to Friday 30 December 2016

Price \$4515 pptw | Single Option \$545



ON BOARD  
WILDFLOWER  
GUIDE

## Explore WA's Wildflowers in All Their Glory!

Now is the time to book your wildflower holiday. With all the early rain, you are certain to see a magnificent range of wildflowers with our on board expert guide as well as wonderful touring opportunities throughout the region.

**Highlights** | Albany | Kalgan River Cruise | Old Farm Strawberry Hill | Stirling Range National Park | Experienced Local Wildflower Guide | Yongergnow Australian Malleefowl Centre | Bremer Bay | Fitzgerald River National Park | Wave Rock and the Wildflower Shoppe | Wagin Historical Village

**Southern Wheatbelt Wildflower Wonders**

**5 Days** | Wednesday 5 to Sunday 9 October 2016

Price \$1375 pptw | Single Option \$235



ON BOARD  
WILDFLOWER  
GUIDE

## Wildflowers in Hyden and Wave Rock

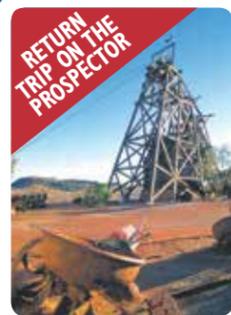
Head to our beautiful southern wheatbelt region to see the incredible world famous Wave Rock and Hippos Yawn whilst exploring the beautiful wildflowers that flourish around this area.

**Highlights** | Wave Rock | Wandilla Farm Homestead | Tressies Museum | Lake Grace Art Space | Tin Horse Highway | Farewell Lunch in Quairading

**Hyden and the Wheatbelt Wildflower Trail**

**4 Days** | Tuesday 11 to Friday 14 October 2016

Price \$1190 pptw | Single Option \$210



RETURN  
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PROSPECTOR

## Goldfields Getaway

Join us on a goldfields getaway that includes a rail journey on the famous Prospector Train. This is the perfect way to watch the incredible WA outback scenery glide by as you sit in comfort.

**Highlights** | Prospector Train Journey Perth to Kalgoorlie and Return | Super Pit Tour | Golden Quest Discovery Trail | Leonora | Kookynie | Coolgardie | Royal Flying Doctor Service Base | Use Your Transwa Free Passes to Save

**Goldfields and the Prospector Rail Journey**

**5 Days** | Sunday 16 to Thursday 20 October 2016

Prospector Free Pass \$1185 pptw | Pension/Seniors Card \$1290 pptw

Adult \$1395 pptw | Single Option \$260



TWO  
GREAT EVENTS

## Quilters Rejoice, The Airing Is Coming

Historic Northampton is the setting for the annual Airing of the Quilts and as an added bonus, the triennial Hanging of the Quilts in Dongara is also on this year. Join us on a wonderful 5 day holiday that will take you to both of these events!

**Highlights** | Northampton's Airing of the Quilts | Dongara's Hanging of the Quilts | Chapman Valley Museum | Chapman Valley Lavender Farm | HMAS Sydney Memorial | Chiverton House | Themed Feature Dinner "Gone with the Wind" | Historic Hampton Arms Hotel

**Airing of the Quilts Spectacular** Featuring the Hanging of the Quilts in Dongara

**5 Days** | Thursday 6 to Monday 10 October 2016

Price \$1260 pptw | Single Option \$280



RELAXING  
GETAWAY

## Where the Forest Meets the Ocean

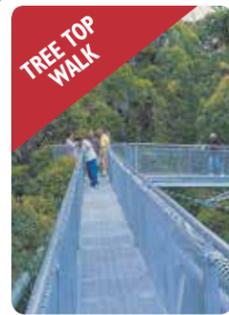
Denmark is a delightful place to visit. With towering Kamri forests and spectacular coastline, not to mention the superb produce the area is renowned for, this will be the perfect southern getaway.

**Highlights** | Spectacular Torbay Scenery | William Bay National Park and Green's Pool | Denmark Historic Museum | Pentland Alpaca and Animal Farm | Dinosaur World National Anzac Centre | Princess Royal Fortress | Mt Romance Sandalwood Factory | Denmark Toffee Factory | Southern End Restaurant | Old Kent River Winery | Quindanning Tavern

**Delightful Denmark**

**5 Days** | Monday 24 to Friday 28 October 2016

Price \$1270 pptw | Single Option \$180



TREE TOP  
WALK

## Journey to the Valley of the Giants

This Pemberton holiday will take you to some of the most breathtaking scenery in WA. With a walk in the treetops at the Valley of the Giants to a meandering cruise up the Noranlup Inlet plus so much more, we guarantee you will love this relaxing break.

**Highlights** | Manjimup Timber and Heritage Park | D'Entrecasteaux National Park | Fine Woodcraft Gallery | Donnelly River Cruise | Valley of the Giants and Tree Top Walk | Pemberton Historic Tram Ride | Noranlup Inlet Cruise, Walpole | Beedelup Falls and Bicentennial Tree

**Pemberton and Tall Timber Country**

**5 Days** | Friday 4 to Tuesday 8 November 2016

Price \$1390 pptw | Single Option \$225



NATIONAL  
ANZAC CENTRE

## Mary Poppins Comes to Historic Albany

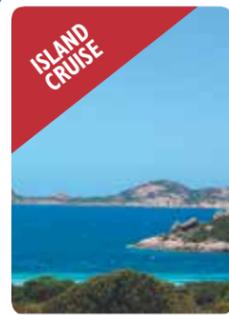
Come with us and visit one of WA's most historic settlements, historic Albany, birthplace of the Anzac Dawn Service and now home to Mary Poppins...well almost. Along with some amazing touring opportunities you will enjoy a performance of the famous Mary Poppins show.

**Highlights** | National Anzac Centre | Porongurup Ranges | Mount Barker's Old Police Station Museum | Princess Royal Fortress | Scenic Touring Torndirrup National Park | Guided Tour of Whale World | Mary Poppins Performance | Kalgan River Scenic Wildlife Cruise

**Albany Great Southern and Mary Poppins**

**6 Days** | Monday 7 to Saturday 12 November 2016

Price \$1510 pptw | Single Option \$255



ISLAND  
CRUISE

## Head to the Bay of Isles

Esperance is world famous for the squeaky white beaches of Cape Le Grand National Park and the many beautiful islands as far as the eye can see. Throw in a life size replica of Stonehenge and a side trip to Hyden and Wave Rock on the way home, this holiday definitely ticks all of the boxes.

**Highlights** | Recherche Archipelago Cruise | Esperance Stonehenge | Cape Le Grand National Park | Hopetoun, Wave Rock and Hyden | Yongergnow Malleefowl Centre | Bremer Bay and the Wellstead Homestead | Fitzgerald River National Park

**Esperance and Bremer Bay**

**7 Days** | Tuesday 8 to Monday 14 November 2016

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# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

## Get out and find some Fringe benefits in Melbourne this spring



by Jeanette Woolerton

THERE is a hint of spring in the air. Delicate canopies of pearly pink and white blossoms crown Melbourne's gracious tree lined streets.

A soft, sweet scent, mingled with a sense of anticipation, fills the air.



It is Fringe Festival time

It is Fringe Festival time and September is also the school holiday period and this year's festival has taken that aspect into account by organising a spectacular series of events for the entire family.

The Melbourne Fringe Festival is the longest-

running multi-arts festival in Victoria. Through creative programs and partnerships, the festival has consistently provided innovative ways with which to support artists and inspire audiences.

Running from 15 September to 2 October, this year's fringe returns with

a special focus on family. An extensive program for children and adults offers a number of free (as well as ticketed events) full of fun, colour and imagination.

From comedy to puppetry and circus to music, these spectacular Fringe shows are a must-see for the whole family.

Some of the 2016 highlights include:

Comedian Josh Earl will present a brand new show for children: *Olive Up a Tree*, featuring songs, stories, silliness and one hundred tiny teddy bears.

For aspiring actors, Impro Melbourne presents *Fairytale Cookbook*, an improved fairy tale where

children decide how the story ends.

*Tales Told and True* invites children of all ages to join an adventure-packed interactive theatre show, where true stories are transformed live on stage by actors and musicians.

For the circus-lovers, Jugg Life presents a show just for children.

Experience an explosive fusion of dynamic live percussion and relentless energy with the breathtaking skills of two of Australia's best jugglers, Bryan Hutton and Joe Fisher.

For adults, the list is endless.

Strut your stuff with *Jungle Shimmy*, a unique music and dance adven-

ture through India, Iran, Turkey and Egypt.

In *Bellbird* (by Polyglot) visibility and reality are blurred. This is an enchanted forest of sound. Designed for families, the senses are shift as you enter this interactive musical installation. As you wander among the hundreds of streaming ribbons, the ringing from brass bells attached, creates a playful soundtrack through movement. This is the perfect opportunity to close your eyes and open your mind.

Melbourne Fringe presents its first-ever Kids Club. Designed for children of all ages, the Kids Club is an inclusive and

participatory space with free daily programming throughout the last week of the Festival, from body positive dance workshops to a Fringe Footy Club.

Comedian Tessa Waters hosts *Shake, Shimmy, Shim Sham, Sha Bam*, a participatory event that celebrates all body types.

*Starting School* takes children back to the golden age of music and *Comic Chaos* encourages all and sundry to add to a giant, progressive comic book, facilitated by comic book artist Bernard Caleo.

For prices, bookings and venues, visit [www.melbournefringe.com.au](http://www.melbournefringe.com.au)

## Enjoy the best of Italy on a small group tour

VITA Italian Tours are pleased to announce their exciting itineraries for the 2017 season. All the tours are personally guided by the owners, Mario, Viny and their son Gianni.

They offer a small group of 14 travellers an unforgettable experi-

ence with their popular 17-day Grand Tour of Italy. The journey starts in Rome and includes extended stays in Sorrento, Florence and Venice.

Vita Italian Tours believes it is important to see the big cities, but also great to be able to

live like a local where you are the only tourist.

The tour will discover some of Italy's hidden gems like Pesaro, Urbino, San Marino and San Le, which are full of history and culture.

Travellers will enjoy regional food and wine prepared in traditional restaurants. Many people combine this tour with the five-day Cinque Terre Tour immediately preceding it.

There are the boutique tours exploring the picturesque Northern Lakes and Dol-

omites Tour in June as well as central Italy on The Best of Tuscany, Umbria and Le Marche Tour in September.

Mario, Viny and Gianni love to introduce travellers to lesser-known regions of Italy.

They have a number of tours visiting Le Marche Region: a beautiful part of Italy and rapidly becoming the new holiday destination for travellers looking for a taste of the real Italy.

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SENIORSPLANET (a division of The Holidayplanet Group) has just released a new America's Collection brochure featuring the very best of the Americas.

Discover the beauty and diversity of Canada, Alaska, USA, Mexico and Cuba as well the vibrant continent of South America in their new brochure - The Americas.

With the America's now being more popular than ever, they have created an expansive and exciting selection of package options which are sure to be on many people's bucket lists.

Order a copy by calling them on 1300 789 348 or pop into the office in Leederville.

### Win an around the world holiday...

Seniorsplanet (a division of The Holidayplanet Group) have a fabulous competition that offers readers the opportunity of winning two round world air tickets plus four nights accommodation at four star Hotels in Singapore, London and New York.

Entries close soon so please go to [www.holidayplanet.com.au/comp](http://www.holidayplanet.com.au/comp) to sign up and see more details about how to win this fabulous holiday.



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Margaret River Escape	2 days	5 November
Seniors \$400pp Adults \$450pp	S/Supp \$70	
Outer Adelaide - Kangaroo Island	7 days	7 November
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Tasmania	12 days	15 November
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ing in Italy in the travel industry, Vita Italian Tours can take care of all your travel needs including flights, transfers and accommodation. Private itineraries are also available for individuals and groups.

Take advantage of the early bird specials available on all the tours.

For more information contact Mario, Viny and Gianni on 1300 842 444 or visit the website [www.vitaitalian.com](http://www.vitaitalian.com).



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# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

## Jenny Franceschi - making people's holiday dreams come true through high quality customer service



Jenny with her husband Bronson Franceschi on a recent trip to Singapore

by Jennifer Merigan

KINGS Tours and Travel commenced operations in 1986 with Bob Page and his wife at the helm.

In the 80s they had their own coach and offered a selection of tours around WA.

Bob's daughter Jenny Page (now Franceschi) learned about the local travel industry by helping in the family business at an early age. She was in fact ten when this all began.

This inspired her to establish a career in the travel industry and she knew that to really succeed it was essential she worked outside of the family business.

In her first job she worked for Jetset Travel for five years in a retail store.

"Working in retail travel I learnt about customer service and expectations," said Jenny.

"Jetset offered an excellent training program called the 'Jetset Way' and this really helped me learn about the importance of customer service."

Jenny loved working in travel and was offered a position at Qantas Holidays, back then that organisation was still owned by the airline and this gave her the opportunity to learn about airlines and the wholesale side of the travel industry.

She was then transferred to Melbourne where she lived and worked for six years.

Working for Qantas Holidays, Jenny rose in the ranks to team leader where she managed a team of 30 people.

She said that one of her greatest achievements was the day one of her managers told staff that if you need to look up to Jenny as she is a great example of the Qantas way.

When she had her first child, she moved home to Perth to be closer to family.

She was transferred with Qantas to Perth as a training and recruitment supervisor but found the position was very difficult to combine with motherhood.

In 2002 her father Bob Page asked her to join him at Kings Tours and Travel with the idea to learn the operational side of the business and eventually take it over when he retired.

Kings then was located in Queen Street in Perth and was a small agency offering a combination of WA coach and a few interstate and overseas holidays.

"One of things I found difficult about organising coach holidays in WA was the hospitality industry, often we couldn't provide the level of service I expected for my clients. This inspired our decision to move away from coach tours and let the owner/driver coach companies handle that kind of travel," said Jenny.

Jenny fulfilled her father's wishes and has taken over the company so he could retire, that transition occurred five years ago, although Bob still pops into the office regularly and sometimes leads tours.

"When I started in travel, most travel agencies were family businesses, being run by husband and wives.

"A lot of those people are now retiring and if they have no one to pass the business on to, some are choosing to close.

"I want to be part of that next generation to keep independent travel agencies alive, where customer service is at the top of the agenda and where the money is staying here in Australia and supporting our community," said Jenny.

One of things that became most evident to me when interviewing Jenny was her absolute commitment to customer service.

She reflected about when she worked at Qantas and often had to deal with customer complaints.

"Customers just wanted someone to take responsibility for a problem and I learned way back then to do that and to be able to reassure that person they were valued and their problem solvable.

"Back then I used to try to be the person behind the red paint," said Jenny.

Well again Jenny is the person behind the red paint, now the Managing Director of Kings Tours and Travel where the company colour is red too.

Kings Tours and Travel today offer fully escorted tours to Australian and overseas destinations.

"Now 50 per cent of our trips are to interstate destinations and 50 per cent travel the globe," said Jenny.

"One of my goals is to ensure that most of our trips are fully organised by Kings, that includes the guides, coaches and tours

overseas, we only use a wholesale travel company if it provides the best price and availability for my customers.

"Customer service is the key to our business, we were the first company to introduce home pick up and return for our clients and our tour managers are fully trained and hand picked people who come from a variety of backgrounds," she said.

As Kings have always specialised in tours for older people they have many customers who also want them to book general travel.

As the demand for this has risen over the years it has inspired Jenny to expand her operations and later this month her first general travel agency in Marmion will open.

Northern Beaches Travel and Cruise at Marmion Village Shopping Centre will be a concept store offering travel agency services as well as a shop selling fashion and lifestyle products.

Customers will be able to book the ever-popular escorted Kings Tours from the location as well.

The focus again will be on providing the best customer service from Jenny and her team.

"One thing online travel will never be able to do is replace the human connection and experience that comes with that. In my opinion, planning and booking a holiday is such an exciting, uplifting process and I want to make people's dreams come true and be part of their experience," said Jenny.

## The Adelphi Grill - stalwart of Perth's dining scene



guests for drinks and canapés. It is superbly designed with its mesh-like wall giving diners privacy and includes a display of 1000 or so bottles of different wines.

Adelphi offer guests some great wine and beer specials for drinks on Wednesday and Thursdays from 3pm to 7pm. Wine Wednesdays have a great selection of good wines for \$7 per glass.

To give a taste of what's available on the menu we were served little canapés of the main dishes to try and I must say they were very cute with delectable flavours.

My favourites were the eggplant schnitzel, seared salmon and the duck tacos. Adelphi has always been renowned for the steaks and we were escorted to the kitchen for a lesson about steak - although I personally don't eat steak, the other diners said it was delicious and they would definitely come back to dine.

After our steak lesson we were taken back to The Reserve section to enjoy an espresso martini and a selection of petit fours desserts which were delicious - how can a dessert ever not be delicious? I thoroughly enjoyed the vanilla panna cotta and chocolate tart.

Adelphi Grill has a good selection of dishes including steaks and seafood.

Open seven days for breakfast, lunch and dinner it's worth visiting this stalwart of the Perth dining scene to try chef Chad Miskiewicz's sumptuous and contemporary menu.

Adelphi Grill - 14 Mill Street, Perth 9215 2422.



Clockwise from top left; Adelphi Grill - Wagyu burger - Tahlia Merigan - Signature Fiery Fillet

by Tahlia Merigan

THE ADELPHI Grill at the Parnellia Hilton in Perth is a stalwart of the local restaurant scene. I recently had the pleasure of attending a sundowner there to showcase the menu and venue.

The Reserve is Adelphi's private event space and can seat up to 20 people for a sit down meal or up to 40

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Mandurah: Tuesday 11th Oct 2016

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Ormsby Terrace, Mandurah

Cost: \$5 per person (payable when RSVP'ing)  
all proceeds donated to the Tabitha Australia

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**SPECIAL DEPARTURES 24 October 2016 & 9 March 2017**

### >> ITINERARY

(B) Breakfast. (L) Lunch. (D) Dinner. (SD) Specialty Dinner.

#### DAY 1: Depart Perth

Today you will be transferred from your home to Perth Airport for your overnight flight to Auckland.

#### DAY 2: Arrive Auckland (Free Day) (B,D)

On arrival in Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel. Early check-in and breakfast have been included at the hotel this morning. The remainder of the day is at leisure.

**Hotel** Rendezvous Grand Hotel Auckland

#### DAY 3: Auckland - Bay of Islands (B,D)

Today enjoy an Auckland city sights tour before travelling to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Continue through Whangarei to the Bay of Islands. This afternoon enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.

**Hotel** Scenic Hotel Bay of Islands (2 nights)

#### DAY 4: Bay of Islands (B)

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins. The remainder of the day is a free day. Choose from the many optional activities available. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

#### DAY 5: Bay of Islands - Auckland (B,D)

Farewell the Bay of Islands and drive south via Whangarei and Dargaville to Matakoho where you will enjoy a visit and informative talk at the Kauri Museum. Continue to Auckland's north shore for some time at leisure. Why not take a stroll to the nearby beach for views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.

**Hotel** Spencer on Byron

#### DAY 6: Auckland - Rotorua (B,L,D) (SD)

Depart Auckland and travel to Glenbrook Vintage Railway for a nostalgic 15 km trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside to Longlands Farm & Restaurant. Enjoy a delicious home cooked lunch hosted by a rural NZ family. Continue to Rotorua and visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.

**Hotel** Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

#### DAY 7: Rotorua (B,SD)

Today begins with a Gondola ride and breakfast at Skyline Rotorua. There is also time for a luge ride! Next stop is the Agrodome for an action packed hour of farming entertainment and education that's unlike anything you've seen before. Enjoy some free time this afternoon before travelling to Te Puia to see the boiling mud pools and awesome Geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

#### DAY 8: Rotorua - Wellington (B,D)

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and then continue south along the Kapiti Coast to the capital city of Wellington for an extensive city tour.

**Hotel** James Cook Hotel Grand Chancellor (2 nights)

#### DAY 9: Wellington (B)

A highlight this morning will be time to explore Te Papa, New Zealand's National Museum, with exhibits that embrace both Maori and European views. Enjoy free time at leisure this afternoon and this evening is also free.

#### DAY 10: Wellington - Christchurch (B,D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal



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Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Travel through numerous tunnels and across several bridges before departing the train in Kaikoura. Travel via coach south through some of the finest farmland areas to the garden city of Christchurch.

**Hotel** Quality Hotel Elms (2 nights)

#### DAY 11: Christchurch (B,D)

Today visit the International Antarctic Centre designed to provide an informative account of life in Antarctica. This is followed by an introductory city tour of Christchurch. This afternoon includes a journey on board the Christchurch Tram at your leisure, one of Christchurch's leading attractions.

#### DAY 12: Christchurch - Arthur's Pass - Franz Josef (B,D) (SD)

This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Board your coach and travel to Hokitika, famous for its Greenstone before arriving at Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

**Hotel** Scenic Hotel Franz Josef Glacier (Douglas Wing)

#### DAY 13: Franz Josef - Queenstown (B)

See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown, a year round resort situated on the

shores of magical Lake Wakatipu. This evening is free to dine at one of the many fine restaurants.

**Hotel** Mercure Queenstown Resort (Lakeview Room. 2 nights)

#### DAY 14: Queenstown (Free Day) (B,SD)

Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbecue dinner which the chef will prepare in front of you at the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

#### DAY 15: Queenstown - Milford Sound Overnight Cruise (B,D)

This morning travel to Arrowtown and visit the Lakes District Museum. Continue via Te Anau to Milford Sound and board the Milford Mariner for your amazing overnight cruise. There is plenty of time to view the fiord's spectacular waterfalls, rainforest, mountains and wildlife - you're bound to encounter seals and if you're lucky maybe dolphins and penguins. As evening falls enjoy a delicious carvery buffet prepared freshly by the onboard chef.

**Overnight** Milford Mariner

#### DAY 16: Milford Sound - Te Anau (B,D)

Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord. Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau. This afternoon enjoy a cruise across Lake Te Anau

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to visit the Glow Worm Caves where you will admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto.

**Hotel** Distinction Luxmore (Deluxe Room)

#### DAY 17: Te Anau - Dunedin (B,D)

Travel via Gore and Balclutha to Dunedin for an informative city tour including a visit to Olveston House, a prestigious historic home. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

**Hotel** Scenic Hotel Southern Cross (2 nights)

#### DAY 18: Dunedin (B,SD)

Travel along the Otago Peninsula to Larnach Castle for a guided tour. Next visit Glenfalloch Restaurant for a delightful morning tea. Return to the city for some free time before boarding the Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail. On return to Dunedin's historic Edwardian Railway Station your coach will transfer you to your hotel.

#### DAY 19: Dunedin - Christchurch (B,SD)

This morning visit Olveston House, a prestigious historic home before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends.

**Hotel** Sudima Hotel Christchurch Airport

#### DAY 20: Depart Christchurch (B)

Time to say goodbye. You will be transferred to the airport for your flight home after a memorable New Zealand holiday.

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\*Prices valid ex Perth and includes prepaid taxes of \$160, correct at time of print. Prices and taxes are subject to change. \*\*Private car transfers arranged by Kings Tours & Travel and are provided within the Perth Metropolitan area including Mandurah. Early hotel check-in and breakfast included in itinerary, subject to change due to flight schedules. Travel Insurance recommended. Jacket & Cap is one per person. One Travel Guide per household. Diary is one per person. Deposit amount is \$450 per person with final balance due 120 days prior to departure.



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# WA WILDFLOWERS

let's go travelling

## Trevally a tried and true great fish



Big GTs attract a cult following around the world

by Mike Roennfeldt

THEY have earned a lot of different nicknames over the years: trevors, bumpers, blurters, turrum, lowlies or GTs. In really big sizes they have even been called Volkswagens. By any name, the mighty gi-

ant trevally is one heck of a fish, to the point where the species has developed a cult following around the world.

In WA these pugnacious battlers of tropical inshore waters probably grow to around 50kg, but I've seen photos of fish

caught in Hawaiian waters that would have been closer to 70kg. One was so big that you couldn't see the man crouching behind the fish to support it in the photo.

GTs are at the top end of the trevally family and the same hard-pulling, never-say-die attitude that we southerners love in our little silver trevally (skippy), is magnified in their big cousins.

They are caught in a number of ways, but by far the most exciting is by using surface popper lures. The sight of a group of big trevally chasing down a popper splashing across the surface is one of the great moments in fishing. These slab-sided, heavy shouldered predators can get pretty single minded when they see the popper as an easy meal skipping town. Pushing big bow waves as they try and bump each other out of the way in the race to get there first, you can be sure they have nothing but pure murder on their minds. If the hooks pull out of the first fish to reach the popper, there will be a second and a third fish waiting to snatch a share of the action.

Of course, it doesn't always go quite like that, but if you find a school of GTs in shallow water up north and can get a popper

splashing near them before the fish are spooked, there's a good chance the sort of mayhem described will take place.

The really big fish, the ones that attract a fanatical following, are more often loners or found in very small groups. The way to turn these customers on is by blooping mega sized poppers, something along the lines of a Halco Haymaker. Ripping the rod tip down causes the lure's cupped face to blast its way down through the surface. While this creates a blooping sound with small poppers, it's more like a detonation with the Haymaker and that's just what the XOS sized GTs love to hear.

Once hooked, a giant trevally can be unstoppable in the early stages of the fight, but with patient, smooth rod work even big ones can be beaten.

While not considered great eating in large sizes, juvenile giant trevally to around 5kg are very acceptable table fare and the trick is to cut them into fairly fine fillets. Even a 2kg fish is fun to catch too and wading northern sand flats with a flick rod and small metal lures can provide hours of fun when the little trevally are about.

There's no argument, giant trevally are one of the world's great sport fish.

## Aussie Redback Tours turns one



Thong throwing on Australia Day 2016

AUSSIE Redback Tours is celebrating its first birthday.

As owner Sharon Kersting reflects on the past year, she can confidently say it's been a good first year.

"We have had a number of very successful extended tours including tours to the wildflowers last spring, then tours to the north of WA including the Gibb River and Bungle Bungles, the Kimberley, and the mid-west of WA," she said.

"We have held two extremely successful art tours - one to Busselton and surrounding areas last November with Melbourne artist Greg Allen,

and a recent tour to Alice Springs (Namatjira Country) with Melbourne artist Ross Paterson. "Some of the artists on these tours actually did both tours so that's saying something about how popular they are and will be in the future."

Day tours have been very successful too - with trips to New Norcia, Toodyay (including the Moodyne Joe Festival in May), York, the Araluen Tulip Festival, Australia Day Mystery tour, and even a Christmas in July tour, to name a few.

"I am looking forward to seeing the business grow and I'm so excited to see repeat passen-

gers joining us again and again for both the day tours and the extended tours," said Ms Kersting.

"We have decided to reward our loyal passengers with a loyalty rewards program. Everyone who books with us will be given details of how they can earn rewards points."

Extended tours leading up to the end of the year include a four-day southern wildflowers tour departing 2 October, a two-day trip to Margaret River departing 5 November, a seven-day tour of Adelaide and Kangaroo Island departing 7 November, and a 12-day tour of Tasmania departing 15 November.

One day tours coming up include Southern Wildflowers 16 Oct, Perth Hills wildflowers 30 Oct, Melbourne Cup Mystery Tour (with restaurant lunch) 1 Nov and a Swan Valley Tour on 27 Nov.

For people who are keen to become one of Aussie Redback Tours' loyal passengers, please give them a call on 1300 662 026 to find out more. A full brochure and detailed itineraries are also available by contacting that number.

Alternatively, you can email Aussie Redback Tours at aussieredbacktours@yahoo.com.au.

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## Meet Jim Richards - the Gold Rush Man



Jim Richards, author, geologist and adventurer...

by Frank Smith

JIM Richards has had the career that legends are made of. A London University geology degree led him to join the Parachute Regiment and see service in Northern Ireland fighting the provisional IRA.

He left the army to travel to South America working in remote parts of Guyana under primitive conditions in one of the most dangerous places on earth. From there he progressed to diamonds and his own dredging operation, diving to suck gold and diamond bearing gravel from the beds of fast flowing rivers.

After moderate success he left for the UK and unable to find a job, he came to Australia.

At first he worked on a gold mine near Meekatharra and after working in Laos he moved to In-

donesia and lost his hard earned capital in a mining scam.

He next worked on a gas project in Pakistan and later returned to Australia to found his own company. This led to discovery of a high-grade iron ore deposit in the Pilbara which was eventually sold to BHP.

He now runs his own mineral exploration company.

He makes a spirited defence of mining.

"Chucking shit at mining companies is easy. The challenge is to harness mining as the potent force for the good it can be: to empower, educate and lift from poverty some of the most disadvantaged people on earth and, in the process, to leave the environment as good as, or better than, when we started.

"The environment can benefit from managed

reserves, well-funded conservation programs and appropriate rehabilitation. Whole countries can prosper from the taxes paid and opportunities provided."

And he gives this advice to the person in the street:

"As a consumer, check out the ethical sourcing policy of your product manufacturer. Does it have a policy? Does it track the supply chain of its raw materials? If not, why not?"

"Ask. Many positive historic changes in mining started with ordinary people taking a stand: the banning of hydraulic mining in California in 1884, for instance. The good guys inside the mining industry also need good guys outside the mining industry."

Jim Richards' autobiography *Gold Rush: How I Made, Lost and Made a Fortune* is published this month simultaneously in WA, by Fremantle Press and in London.

"I was inspired to write by my passion for gold and prospecting and I'm sick of reading about mining written by outsiders who lack any spark," he said.

It has been a hard road to his present success.

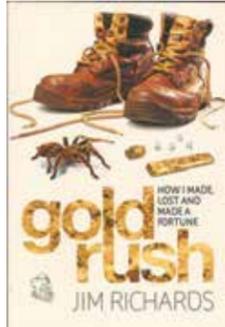
"I would do it again. It was not an easy road, but I'm hard wired in my DNA to discover things.

"In Australia thousands of grey nomads go metal

detecting as part of their trip round Australia. It is a wonderful holiday. They have the same bug as I do.

"I wrote the book for my four young sons. The message is that it is worthwhile to take risks. Don't sit in front of a screen all day every day. Do what you want to do, however nutty, get out and have a go," he said.

*Gold Rush* by Jim Richards is available for \$32.99 RRP to purchase from [www.fremantlepress.com.au](http://www.fremantlepress.com.au)



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continued from front cover

## In the footsteps of Burke and Wills

by Karen Majer



Boyd Wykes found the camels very special

"You get to places no-one has surveyed. The camels themselves are also very special and you quickly get to know each as an individual with a distinctive personality," he said.

"The schedule is all about the camels. From day-break our 12 camels are untethered to wander and feed.

"While the cameleers tend their charges, we roll our swags and head out to check the pit-traps.

"On returning, the camels have been brought into camp in two lines and hooshed down onto their knees ready for loading by our soon well-coordinated teams, involving all expeditioners.

"The show gets on the road about 9am and we wend our way along woodland swales, around dry and full water pans, across creek beds and over dunes.

"Other than a half-hour

break for lunch and billy tea, we cover the day's route of 10 or so kilometres by about 3pm when a suitable campsite is chosen.

"Our teams reverse the morning's packing procedure, get the campfire going and set up swags.

"The ecologists and interested cobbers head out, while the cameleers conjure a feast from ingredients carried in unrefrigerated camel boxes," said Boyd.

I asked Boyd what he would say to someone considering a desert exploration.

"My passion is caring for and helping to protect my local environment. To fully understand Australia, its natural and social history, past, present and future, you need to experience its desert heart.

"It will be an adventure and a revelation. And when director of Desert Expeditions Andrew Harp-

er, calls it a day, there may never again be the chance to step back in time in the footsteps and camel-pads

of Burke and Wills." Find out more: [www.desertexpeditions.org/walking-with-camels](http://www.desertexpeditions.org/walking-with-camels).

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## Discover the stunning wildflowers in the southern forests region



*Caladenia harringtoniae*  
(Harrington's Spider-orchid)

**SOUTHERN** Forests region is a great place to visit for wildflowers, National Parks and the natural environment. The region comprises several river systems leading to the southern ocean and is home to a wide range of ecosystems. Towering old-growth karri forests

in the high rainfall belt; majestic tingle trees surrounding Walpole; extensive jarrah, marri and banksia forests; ancient granite belts; a series of ephemeral paperbark swamps and permanent lakes and heathlands throughout the coastal plain and dune systems.

These ecosystems provide habitat for a wide range of birds and other fauna. There are more than 2000 flora species to be found in the Southern Forests region. Wildflowers can be found all year although peak flowering season is from mid-September to late October.

Join a guided tour or visit one of the many National Parks and reserves.

Drop into the Visitor Centre in Walpole, Northcliffe, Pemberton or Manjimup to get local information on current wildflower hotspots.



### Enjoy the gardens at Cartref Park Country Gardens

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Located along the Pathway to Wave Rock and near the Great Eastern Highway, Narembeen is the perfect place to stay and relax.

## Take precautions against uninvited pests when travelling interstate



Travellers to and from South Australia and Victoria where the grains pest Russian wheat aphid could be present have been urged to take precautions to ensure they do not introduce it into WA.

© Frank Peairs Colorado State University Bugwood.org - © MA Nash

LEAVE the fresh fruit behind and clean your shoes.

These are messages being issued to travellers both within Western Australia and from other states to protect WA's agriculture industries against two serious pest threats.

Following the recent detection of the major grains pest Russian wheat aphid (RWA) in South Australia and Victoria, visitors and WA residents travelling from those states are urged to ensure they do

not carry the tiny aphid with them. RWA can cause significant yield losses in wheat and barley crops.

Additionally, travellers planning on travelling to the state's north are asked to leave behind fresh fruit. This follows last year's outbreak of Mediterranean fruit fly (Medfly) in Kununurra, which was discovered in traps at local caravan parks. The pest was subsequently eradicated.

Department of Agriculture and Food WA chief

plant biosecurity officer John van Schagen said Russian wheat aphid had not been detected in WA, and ongoing vigilance was required to prevent its spread from other states.

"WA already enforces strict quarantine measures at its borders, including the disposal of all fresh fruit and vegetables, seeds, and bee and honey products to prevent the entry of pests not present in WA," he said.

"As an added precaution

we are asking inter-state travellers who have been in areas where RWA has been detected or could potentially be present, to ensure they do not accidentally bring the tiny aphid across the border with them.

"This includes brushing down luggage and its contents, washing hands and wiping shoes before leaving the eastern states."

The Ord River Irrigation Area (ORIA) near Kununurra is WA's only horticulture region that is free from Medfly, which provides the local industry with access to valuable export markets. Medfly is endemic in all other areas of WA.

Mr van Schagen said Medfly could easily be transported north in seemingly undamaged fresh fruit carrying Medfly larvae. Thin-skinned stone fruit (apricots, nectarines, peaches) and all citrus are particularly susceptible to Medfly. They can also breed in other fruits that are over-ripe or damaged.

"It is prohibited to take uncertified citrus and stonefruit into the ORIA between 1 April and 30 November each year. Although any type of fruit at any time of year can harbour quarantine pests, so we encourage all travellers to exercise caution at all times, particularly if carrying home grown produce," he said.

"These simple measures can go a long way to preventing uninvited guests and protecting our agriculture industries."

As a reminder, information road signs are in place before Warmun and the Cockburn rest stop (intersection of the Great Northern Highway and the Victoria Highway), where bins to dispose of fruit and vegetables are available. There are also honesty bins at the caravan parks in Kununurra.

If travellers suspect they have travelled with an aphid, or have discovered Medfly in the state's Kununurra region, they should report it using the department's MyPest-Guide Reporter app on their smart phone, make a report online, or call the Pest and Disease Information Service on 1800 084 881.

Go to [mypestguide/agric.wa.gov.au](http://mypestguide/agric.wa.gov.au) for the free app or to make an online report.

For more information about Russian wheat aphid visit [www.agric.wa.gov.au/rwa2016](http://www.agric.wa.gov.au/rwa2016).

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## Paradise in our own backyard can be found at Penguin Island



Beautiful sea lions

by Brad Elborough

WHEN I first set foot on Penguin Island, I half expected to see the cute little flightless birds scattering around everywhere. I was hopeful anyway.

Penguins are arguably my favourite bird, but they spend most of the days (in the months when people visit their island) out feeding at sea, not returning until dark when everyone has left.

But the disappointment left me quickly, as I had found a terrific spot for a day out with the family.

The drive is about 45-minutes from Perth, but give yourself much more time if you have a cruise booked, as parking can be an issue, especially on fine weekends and public holidays.

It's advised not to walk across the sand bar that joins the Island to the mainland, as people have drowned while attempting to do so. There is a ferry that heads there at regular intervals.

But the day I was there, the water was still, the tide low and there were two life-savers on duty (thanks

guys for watching over us). It was a pretty easy and enjoyable walk (but much more difficult on the way back when the wind and tide had picked up).

And at the other end is a terrific destination for a day trip.

Our family packed a picnic lunch and spent a few hours on a clean and very family friendly beach. We had a couple of canoes with us, which made exploring the protected north-east side of the island a bit more exciting.

It was perfect for swimming and snorkelling, remembering it is a part of a protected marine park.

The island is pretty small, so getting around it was easy – and rewarding. There are a couple of look-out points and the views are terrific.

There is a chance to see penguins too, at the Discovery Centre, during daily feedings.

There are about a dozen little penguins, the smallest in the world, swimming around inside a shed while one of the rangers pro-

vides some insight into their way of life.

Some of these guys have had a tough start to life and are using the Centre as a place to regain strength and courage before heading out in the real world again. Others may not get there, but will be well looked after.

Little Kevin was a crowd favourite, certainly mine, and is one that may live out his life with the rangers on the island, but he seemed happy enough to do so.

I'll return over summer to check on him and see how he's progressing.

Those who are keen to head there, you need to cool your heels, as Penguin Island isn't currently open. Because about 1000 pairs of little penguins nest on the island over winter, it's closed.

It will reopen on 15 September and then can be visited each day (except Christmas) until early June (Western Australia Day Public Holiday).

But you can still visit the marine park and enjoy

the Three Islands Wildlife Cruise. Run by Rockingham Wild Encounters, you get pretty close up to some of the wildlife in the area – and learn something along the way.

Unlike Penguin Island, where you will be lucky to see a wild penguin, at Seal Island there are a heap of sea lions. And all of them are males.

The females and their young are up north around the Abrolhos Islands (four hours north of Perth).

Boys, it gets better.

These males do not mature until late in life and with the females out of the picture, lounge around on the beach all day hoping to get fatter. The fatter ones are more attractive to the females.

You get a close look at the sea lions on the Three Island Wildlife Tour. Those who weren't sunbaking on the beach were out in the water taking a close look at the boat.

We didn't see any dolphins on our trip, although the earlier cruise did.

There was an osprey sitting high and looking mighty on top of its nest on Gull Rock and the pied cormorants were out in large numbers.

The crew aboard the boat were very knowledgeable about everything we were seeing and even got a bit excited themselves when the sea lions were swimming underneath and around us.

You will get a close look at Penguin Island on this cruise, but if visiting before mid-September, that's as close as you'll get.

It just provides a reason to go back.

### FAST FACTS

Penguin Island is located 45 minutes south of Perth and a five-minute ferry ride across the Shoalwater Islands Marine Park.

Rockingham Wild Encounters is the only cruise company licensed to visit

Penguin Island and operate within the wildlife sanctuary zone of the Shoalwater Islands Marine Park.

If you want to park close to the jetty, get there early. Tickets and Gift Shop: Open daily 8.30am-4.30pm.

Reservations (9591 1333 or info@dolphins.com.au): Daily: 8.30am-5pm.

Ferry departs hourly: 9am, 10am, 11am, 12pm, 1pm, 2pm and 3pm. It returns at 10.10am, 11.10am, 12.10pm, 1.10pm, 2.10pm, 3.10pm and 4pm.

There are extra ferries during peak season as required.

Penguin Island Discovery Centre: Open Daily 10am-3.30pm. Penguin Feedings: 10.30am, 12.30pm and 2.30pm. Pengos Café: Open Daily 8am - 4.30pm

Visit [www.rockinghamwildencounters.com.au](http://www.rockinghamwildencounters.com.au) for more information.

## Manjimup comes alive this spring with good old Blue Grass music...



MANJIMUP will be alive with the sound of music this spring, with world-class bluegrass act *The Davidson Brothers* (pictured above) set to headline the Manjimup Bluegrass and Old Time Music Weekend.

The award-winning duo, comprised of brothers Hamish and Lachlan Davidson from Victoria, will be headlining at the Saturday night concert at the Manjimup Town Hall between 30 September and 2 October.

Having performed in prestigious festivals and competitions across Australia and the USA, The Davidson Brothers' performance in Manjimup will be a first for Western Australia.

This exclusive event will be a treat for all music lovers, with the brothers holding a swag of Australian Bluegrass Championships, Golden Guitar and Tamworth Country Music Festival Awards between them.

Joined by the talented Jacob McGuffie on guitar and Louis Gill on double bass, *The Davidson Brothers* and Band will feature a number of times over the three-day event.

A family-friendly hit from 2014, a Bush Dance will again be held on the Friday night, with *The Davidson Brothers* and band providing live music.

Supporting the band on the Saturday night concert will be *Old Time* duo Ash (guitar) and Andy (fiddle and mandolin), with special guest Jeremy Marcotte on banjo.

This will be the third time this biennial event has been presented. The Manjimup Bluegrass and Old Time Music Weekend is focussed on inclusive and family-friendly activities, with plenty of opportunities for everyone to join in the fun.

Locals and visitors will be able to hone their craft by learning from both bands during hands on instrument workshops on the Saturday and Sunday.

A 'Learn how to Jam' session will be held by Greg Mc-

Grath on Saturday for those a little hesitant of playing with others, or those looking to build their jamming skills. Children's music workshops and other kid friendly activities will be held on the Saturday.

Local musicians and the feature band will perform on the Local and Visitors Stage on the Saturday and at the Gospel SingOut on Sunday morning. Both are free.

A classic cars display and a local produce market will again be a feature of the weekend.

The Manjimup Bluegrass and Old Time Music weekend is sponsored by Healthway, presenting the Live-Lighter healthy lifestyle message.

Anyone interested in attending the weekend, as a workshop participant, performer, busker or audience member, should head to the website [www.manjimupbluegrass.com](http://www.manjimupbluegrass.com) or contact [info@manjimupbluegrass.com](mailto:info@manjimupbluegrass.com) for tickets and more information.

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See pages 51 to 53  
for your guide to the...

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## Discover the amazing wildflowers in Albany

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Other visits on the tour include the Windmill Farm and wildflower pathway

in Albany, The Gap and Natural Bridge together with Whale World are a must see.

On the tour people will have the opportunity to view wildflowers in Cranbrook, the Stirling Ranges and Bluff Knoll as well as a visit to Two Peoples Bay and Cheyne Beach where there are a diverse range of wildflowers. The return trip to Perth is via Kojonup and Quindanning.

Call Sharon on 1300 660 668 for more information.

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Clockwise from top left; Hay Shed Hill winery - the vines were enjoying a winter soaking - the beautiful forest at Forest Rise - fierce seas at Prevelly

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by Jennifer Merigan

THRASHING seas, rain, hail and even a little bit of sunshine was on the menu on a recent stay down south.

As WA shivers through the last of its coldest winter in 30 years, an escape down south to soak up the cold was perfect for me. I settled in front of a roaring fire with the sound of rain and hail on the roof, and a book on the couch of Forest Rise's comfortable rammed earth bungalow for a long weekend.

Forest Rise Eco Retreat is located on Yelverton Road between Busselton and Margaret River and provides a variety of accommodation.

I chose a bungalow deep in their forest retreat. A deep spa with a glass roof in their bathroom added some luxury and I certainly enjoyed luxuriating in the warm water while watching the rain falling.

To enhance the forest experience, one can brave the outdoor forest shower at the bungalow but I must say I didn't take up that opportunity.

We arrived on a Friday afternoon and found the fully equipped bungalow stocked with some delicious goodies, the heater

on and pleasant music playing

A loaf of local bread, a bottle of bubbles, a few beers and some nibbles including cheese and chocolates was a welcome surprise.

The little things have all been taken care of at Forest Rise, the fully equipped kitchen has tea and coffee, even a pod coffee machine and all the things you need to self cater.

It was a great spot for a winter break.

Even the firewood is ready and waiting and we loaded up our fireplace and used the barbecue on our first night.

Waking on Saturday morning to hail and rain, we stoked the fire again and relaxed with books loving the feeling of isolation.

We decided to head out that night for dinner and after pouring over places in our local guide we chose the Arc of Iris in Margaret River.

It was only a 20 minute drive and we decided on an early dinner.

Apparently the Arc of Iris is the oldest restaurant in Margaret River, started in the early 1990s by a group of locals who cooked great food, the decor is an eclectic mix

of old and new and we were rather hopeful that the new owners would do justice to this ongoing reputation of great food.

I must say we were slightly disappointed with our meal and wished we had gone to the restaurant next door but alas such is life.

The following day we decided we would do some touring of the area and headed off to Prevelly on the coast which is a spot where I had spent many of my childhood summers.

I couldn't remember ever seeing the Margaret River meeting the ocean or the seas so wild and the river was high, we could barely walk along the river banks, winter certainly had hold of the south west.

After a shorter walk than expected we drove back to Caves Road and decided to visit Cullen Winery to taste a few wines.

Cullen follow the French style of wine making and though a little more expensive than average the wines are magnificent.

Following Cullen we dropped into Margaret River Venison and tasted a delicious selection of their salamis and sausages.

The very friendly shop assistant informed us that the man behind Elmar's makes all the small goods for them.

After a few purchases

and a phone order from a friend in Perth we left with an esky of meat to take home.

It was time for lunch and after a drive through Cowaramup we headed to Hay Shed Hill winery.

The restaurant at the winery is called Rustico Tapas Bar and we found a lovely spot on the deck to enjoy a delightful selection of tapas food and a glass of wine.

Not only were the views of the vineyards spectacular the food was delicious and the service warm and friendly.

Our little sojourn down south was coming to an end and we spent Sunday night by the fire getting prepared to head back to Perth the following morning.

We were given a tip from one of the staff at Hay Shed Hill to stop by the Bunbury Farmers Market on the way home.

We did and what a spectacular store it is.

Great priced local meats, fresh vegetables, cheeses and bakery items.

We stopped in for a few things and left with a trolley load, it was excellent value and quality.

A few days break down south is rejuvenating and lovely in the cold weather, we loved our bungalow at Forest Rise Eco Retreat, it was clean, well equipped and a lovely spot for a stay.

Forest Rise - www.forestrise.com.au

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## Duyfken pirates storm Bunbury



ITS been a wild old time here in Bunbury since Duyfken's arrival in the south west city, the first port of call on the 10-week *Duyfken* 2016 Dirk Hartog Commemorative Voyage and Exhibition.

After experiencing heavy five metre seas as she passed to the west of Garden Island, *Duyfken* pushed on into a stiff 30 knot southerly under auxiliary engine power so that she could meet her scheduled arrival time in the Port of Bunbury, at 11am on Saturday 20 August.

Heavy showers and strong winds prevailed throughout the arrival, but with the assistance of the Bunbury Sea Rescue team, *Duyfken* was led safely to her berth where she was met by the exhibition land team and the harbourmaster, Captain Rob Liley who welcomed *Duyfken* to his port.

Once ashore the sailing crew shared their stories of challenge with 13 of the crew of 16 sending 'burley' over the side as the ship pitched 50 degrees either

side of the centre line. For non-sailors that means you just have to hold on as the ship rocks and rolls from side to side and your guts churn to the point of puking over the side.

That said, the crew were all smiles as they stepped ashore to once again connect with a stable surface.

Whilst all this was a happening the land crew were preparing the exhibition marquee for the opening on Sunday 21 August.

And what a huge opening the first week was.

More than 1000 school children took part in the *Duyfken* Education program, whilst hundreds of others visited the ship to take a tour and discover what makes this Little Dove so special.

The week culminated in a massive Pirate Day when 950 budding pirates took over Bunbury. Regardless of age everyone got into the spirit of the day. We had heaps of little pirates and plenty of oldies who thought they were the next Jack Sparrow.

The *Duyfken* team

though set the standard with all the gang dressing to impress, many unrecognisable in their pirate garb. It was a super fun day... and there are more to come as *Duyfken* begins her journey north.

The upcoming Pirate Days are:

- Mandurah: Sunday 11 September
- Hillarys: Sunday 18 September
- Jurien Bay: Sunday 2 October
- Geraldton: Sunday 9 October
- Denham: Sunday 23 October

Tickets are available from [www.ticketek.com.au/duyfken](http://www.ticketek.com.au/duyfken)

Big thanks from *Duyfken* to the City of Bunbury for supporting the visit as the event partner, and to Southern Ports for providing *Duyfken* with a berth at no cost.

*Duyfken* will be on exhibition in Mandurah (5-13 Sept), Hillarys (15-26 Sept), Jurien Bay (29 Sept- 3 Oct), Dongara (4-7 Oct), Geraldton (8-15 Oct) and Denham (20-23 Oct).

The *Duyfken* team looks forward to seeing you at one of the exhibitions. Details at [www.duyfken.com](http://www.duyfken.com)



## Escape to the south west this December for cherry time...



VILLA CARLOTTA Travel's cherry season holidays are extremely popular. For people looking for a relaxing getaway to the south west, jump on board with a three or five-day relaxing break with Villa. If it's a quick getaway you're looking for, then Villa's three-day Cherry Time Getaway is perfect.

Choose from their classic holiday or the dedicated just-for-singles solo traveller departure. Both stay at Abbey Beach Resort and feature tours to the Margaret River wine region and a chance to meet the dolphins of Koombana Bay.

For those wanting to get away for a bit longer, the five-day South West Cherry Time holiday features visits to Olio Bello, The Berry Farm, Margaret River Chocolate Factory, Anniebrook Wine and Flower Emporium and beautiful Aravina Estate, just to name a few.

Last but not least, the

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# let's go travelling

ADVERTISING FEATURE



## Dogs on show as Northam hosts Trans-Tasman sheep dog test



Left to right; Nan Lloyd - The Lloyd's sheepdogs keeping livestock in their place

by Frank Smith

WORKING dogs are an essential component of every farm.

When you arrive at a farm you are usually met by a welcoming committee of dogs who bark at you, wag their tails and pee on the wheels of your car. Then they usually run off in the direction of their owner, which is helpful because that's often who

you came to see. However golden retrievers in particular tend to appropriate the front passenger seat of your car if you are not looking.

Without the help of dogs, sheep and cattle graziers would be hard pressed to stay in business. As well as meeting and greeting visitors they provide security and keep livestock in the right place. And in case Babe has

left any doubts in your mind, talking piglets don't cut it when herding sheep.

Nan Lloyd breeds and trains sheepdogs as a hobby. It seems like an obvious choice for someone who, with her husband Murray, runs some 15,000 merinos on a 16000-hectare grazing property near Darkan WA. But very few farmers have properly trained dogs and far fewer trial them against

other dogs. Ms Lloyd breeds and trains both Border Collies and Kelpies.

"I prefer Kelpies. Collies are a better trial dog because they take commands easily. Kelpies make a better stock dog. They will look for sheep in a paddock and find them. They won't leave any behind."

The Lloyds' dogs and those of other WA enthusiasts get an opportunity to showcase their skills against other elite dogs of Australia once every six years at the Supreme Sheep Dog Championship.

As well as the Supreme competition, which is open to all triallers, the event includes the Interstate Challenge where each state puts up two team members to take on the rest of Australia.

The Interstate Challenge is always fiercely fought and the local crowds enjoy the opportunity to barrack for their team.

The results ultimately lead to the selection of the 2017 Australian team to compete in the Trans Tasman Test, where local sheepdogs get to compete against dogs from New Zealand.

This happens in WA only once every twelve years.

This year the Supreme Australian Sheepdog Championship, Trans Tasman Test Series against New Zealand and the Interstate Challenge between WA, NSW, SA, VIC, TAS and QLD will all be held at the Northam Showground from 8 to 16 October.

Some 3,500 visitors are expected to attend at some time during the championship. Specta-

tors will be admitted at no charge. The Supreme provides entertainment for the crowds from local Wheatbelt shires and Perth and all surrounding schools are expected to attend.

There are good public transport connections to Perth via Avonlink rail and TransWA busses.

Grant Cooke, captain of the Australian test team, says arrangements are going well but there is room for more sponsorship. If readers know of any business that would benefit from exposure to dog, sheep and farming enthusiasts let them know about the Supreme.

"There will be novice and open competitions as well as pre-selection leading up to the test with dogs chosen last year.

"There's plenty to do in Northam and there will be plenty of dog action on the showground, he said.

## Goodearth and Perth Ambassador hotels embark on a new and exciting era

AUSTRALIA Pacific Hotels Group, owner of the award-winning Goodearth and Perth Ambassador Hotels in Western Australia, has announced a major re-

brand. Both hotels are set to join the Choice Hotels franchise. Their recent purchase of the Karratha Motel will also come under the new franchise agreement.

The Perth Ambassador Hotel will be re-named the Quality Hotel Ambassador Perth and the Goodearth Hotel will be renamed as the Comfort Inn and Suites Goodearth Perth.

The newly acquired Karratha Motel will be renamed as the Econo Lodge Karratha.

The re-brand of the three properties is due to be completed by mid-August.

The decision comes at a turning point in Western Australia's hotel

sector, with new builds and room supply set to explode over the next few years. Perth itself is undergoing a landmark transformation into a world-class city, supported by unprecedented levels of public and private infrastructure being constructed or upgraded, including Perth Airport, Elizabeth Quay and the Perth Stadium.

"Joining Choice Hotels will give our businesses global brand recognition and a vital competitive edge," said

general manager, Jeremy Cotterill.

"As proud as we are of our heritage, this is an exciting new phase for our company. Together with recent refurbishment works to the tune of over \$4 million invested back in our hotels, the re-brand demonstrates our long-standing commitment to the hospitality and tourism industry as we enter our 15th year of operation."

Whether staying for work or pleasure, guests have convenient access to Perth and Karratha's nightlife, entertainment, shopping, restaurants, sports, tours and attractions, making their hotels the ideal base to



Econo Lodge Karratha is the newest addition for Australia Pacific Hotels Group

explore these tourism hotspots.

Known for their innovative style and their core philosophy of providing value, quality and service, Australia Pacific

Hotels Group is thrilled to take the company into a new era of change and pleased to have selected Choice Hotels as the ideal fit for their accommodation assets.

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### Deryn Thorpe

Deryn writes a weekly gardening column in *Habitat* and regular garden stories for *The West Australian* newspaper and monthly in *Gardening Australia* magazine. She runs a successful Perth garden consultancy and assists in the family revegetation and land care business. Join Deryn Thorpe on these two wonderful tours in 2017.

### BALTIC & ST PETERSBURG GARDEN CRUISE and the Cotswolds & Chelsea Flower Show

Visit beautiful gardens in Stratford-upon-Avon and the Cotswolds before the Chelsea Flower & Garden Show in London. Then cruise the Baltic aboard MS Zuiderdam with 2 days to explore St Petersburg, visiting Tallinn, Helsinki, Stockholm and Copenhagen.

**21 May - 11 Jun, 2017**

### MELBOURNE INTERNATIONAL FLOWER AND GARDEN SHOW

We visit David Glen's garden *Lambley*, Paul Bangay's garden *Stonefields* and the Botanical Gardens in Ballarat. We visit *Frogmore Garden* in Daylesford before the 22nd Melbourne International Flower & Garden Show, ranked in the top five flower shows in the world. Later we visit beautiful gardens on the Mornington Peninsula and the Dandenong Ranges.

**25 Mar - Apr, 2017**

# let's go travelling

ADVERTISING FEATURE



## Be adventurous and trek through Tasmania's vibrant east coast

THOSE who have an adventurous spirit, enjoy fresh Aussie-grown food, and are longing to leave urban life behind for a week – all for a good cause – will be up for this trek across Tasmania's east coast.

Next February, Landcare Australia is teaming up with Inspired Adventures to offer a thrilling seven-day Trek for Aussie Farmers with the goal of raising a total of \$30,000 to support our local farmers' future.

Did you know that Aussie farmers produce more than 90 per cent of the food consumed in Australia, plus they also feed an additional 40 million people all over the world?

With climate resilience a priority for farmers – along with core issues such as soil health, water supply, and the threats posed by introduced animal and plant species – funds raised with this trek will go to landcare groups that focus on sustainable agriculture and work on projects to save the industry.

Trekkers are tasked to raise \$1,000 or more each prior to the commencement of the trek, with the aid of a fundraising tool kit and support from Inspired Adventures.

The lush, rugged Tasmanian land, plus the local produce, is a dream for adventurers. While not an overly physically intensive ex-

perience, participants should be reasonably fit and prepared for the 43 kilometre hiking adventure over 293 kilometres of terrain.

Starting in Launceston and finishing in Derwent Valley seven days later, trekkers will get to explore historic towns and natural places of beauty, including North East Tasmania, St Columba Falls, the Bay of Fires, Oyster Bay, Triabunna, the twin peaks of Bishop and Clark, Darlington, the famous convict settlement of Port Arthur, Hobart, and Huon Valley.

While admiring the incredibly vibrant landscapes, trekkers will be swimming, hiking, going on boat cruises, observing one-of-a-

kind nature and wildlife, and sampling the best of local Aussie produce straight from the source.

It is a fundraising adventure to help support our local Australian farmers better respond to the ever changing conditions of the environmental landscape.

Let's help keep the land healthy and vibrant.

Only 17 lucky people will be able to experience this amazing adventure. Would-be trekkers can register by calling 1300 905 188 or going on fromfarmtofork.org.au. Deadline for registration of an interest is 30 September.

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

"B&B guests are looking for something different to bog standard, often overpriced, hotel rooms. We have many regulars, who

know they cannot run up a bill here. They enter via a code and pull the door behind them when they leave, so it's relaxed. We include free breakfast, WiFi and parking, and if they book more than one room or stay a week, they receive great discounts."

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

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

a pet bond." Sarah says.

"It's knowing what pleases guests, like spacious rooms, no shared bathrooms or stairs, the comfort of knowing children are never frowned upon, and pets always welcome." Sarah says, "My personality as a writer and diver is reflected in the king sized room bathroom's amazing underwater fresco ceiling, which kids adore; in the romantic ensuited master room with French doors and a gas log fireplace."

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

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

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# food & WINE

...eat, drink and be merry...  
ADVERTISING FEATURE



## Turkish Lamb with Lentils

by Vince Garreffa

THERE are a variety of lentils. If you do this dish often and use different lentils each time you can decide which you prefer.

I used red lentils for this because they break up and thicken the dish. Freeze the excess soup and reheat for another day.

### Ingredients for 6

- 500g shoulder cut into tiny pieces
- 2 litres stock (veal, chicken, beef or vegetable)
- 2 onions finely chopped
- 100ml Extra Virgin Olive Oil (EVOO)
- 4 cloves of garlic finely diced
- 1 large tablespoon tomato paste
- 1 cup cooked, drained chickpeas (about 1/2 a can)
- 1 cup white or black eyed beans cooked and drained
- 2 bay leaves
- 1 1/2 cups red lentils (dry not cooked)
- pinch of paprika powder

Western Australian organic lake salt  
freshly cracked black pepper  
chilli powder (optional)  
1 cup mixed fresh coriander and mint  
chopped (optional)

### Method

Put the olive oil in a large saucepan and fry the onion on medium heat until it is soft and clear, then add the garlic and cook for one minute, stirring well. Next add the tomato paste and cook and stir for one minute. Now add the meat and cook on high heat, stirring occasionally for five minutes before adding stock and bay leaves and bring to a boil. Next add the chickpeas and beans then simmer for one hour, ensure the lamb is tender, if not cook a little longer. Now add the lentils and cook and stir for 30 to 40 minutes more, season with salt and pepper if required. If the lamb is tender enough, stop cooking and serve in bowls.

Buon appetito



## Brunch with T - Bicton café a winner with the family



THIS MONTH our little family including my grandfather Quentin (Ga), Lisa, her son Beechy and I decided to go to Bicton to try out Kava Café as we had seen some amazing posts about the food on Facebook and Instagram.

They offer brunch, a selection of cakes and dinner from Wednesday to Saturday. Take-away food is also available on those nights.

The décor of the café has a very modern feel and some stand out features include the lighting and some vintage items displayed on the walls.

Although it is counter service we had a very nice waitress who took care of us with our specific orders.

For drinks the boys both ordered hot choco-

late (\$4.20) which they thoroughly enjoyed and I liked the red cups they were served in. Lisa said the coffee (\$4.50) was very good and would definitely recommend it and I had chai latte (\$4.20) which was lovely and creamy.

Beechy decided to order spaghetti bolognese (\$16) for brunch which was a huge serving for the price and, as he is a growing teenager, he finished it all. The tomato sauce was very rich and we really enjoyed the taste of it as you could distinguish the flavour of each ingredient.

Lisa had the hash benedict (\$20) which was a delicious combination of flavours with melt in your mouth smoked salmon, light and fluffy hollandaise and the crunchiest homemade hash browns she had ever had. I had food envy about her meal.

Ga had the vege breakfast (\$20) and added the hash browns (\$2). He loved the eggs and the mixture of flavours,

the hash browns and for someone who doesn't like mushrooms he ate them all and enjoyed them. His meal was the biggest and he could not finish it.

I had the red velvet pancakes (\$16) which looked amazing but I've decided I am definitely a savory breakfast person. The mascarpone with them was very good and the raspberry helped cut through the richness of the red velvet. They were very delicious but

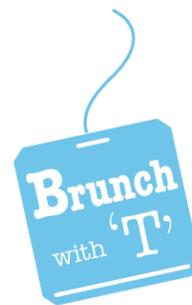
I would have probably preferred Lisa's hash benedict.

The food was all served to the table very promptly and we all enjoyed our Saturday morning outing even with the rain.

Overall I would give them 4 spoons.

**Kava Café, 39A Bristol Avenue, Bicton. Phone 9319 1669**

**Opening Hours Tues: 07.30 - 14.00, Wed-Sat: 07.30 - 21.30, Sun: 07.30 - 13.00**



### T's spoon ratings

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

## Letters to... Vince Garreffa

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

Please include your telephone number so I can call you!



## Health tips and great recipes at The Essential Edible Pharmacy

DOWN to earth and straight talking Australian clinical nutritionist Sophie Manolas has published a book which helps heal yourself from the inside out, aptly named *The Essential Edible Pharmacy*.

With more than 60 of the most commonly available nutrient dense foods and beautifully illustrated quick and easy recipes, this book will help supercharge your health.

Sophie shows the reader that eating delicious foods that are also healthy is not a difficult process.

The book lists everyday vegetables, grains, fruit and spices and provides information about their health benefits.

The recipes are easily made for any skill level and include a variety of cakes and desserts.

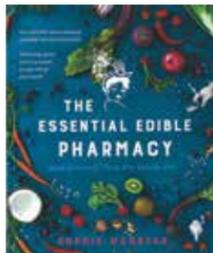
This is a practical reference book which will both educate and entertain.

Published by Exile Publishing and out now, the book sells for \$34.99 and is available from [www.exislepublishing.com.au](http://www.exislepublishing.com.au) or wherever good books are sold.

### WIN WIN WIN

To be in the draw to win copy of *The Essential Edible Pharmacy* simply email win@haveagonews.com.au with Pharmacy in the subject line or send an envelope to Edible Pharmacy - C/- Have a Go News - PO Box

1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 30/9/16.



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# food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

## Midweek SENIORS LUNCH SPECIALS

- |                                                                                                                                                      |                                                                                                                                                    |                                                                                                                                                    |
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| <p><b>ELIZABETHAN VILLAGE PUB</b><br/>\$19 Seniors Lunch Menu<br/>Monday to Friday 12-2pm<br/>25 Canns Rd, Bedforddale<br/>9399 4531</p>             | <p><b>BROOKLANDS TAVERN</b><br/>\$23 Seniors Set Menu<br/>7 Days 11am- 9pm<br/>7 Holmes St. Southern<br/>River 9490 9777</p>                       | <p><b>BAYSWATER HOTEL</b><br/>\$19.95 Seniors Buffet<br/>Monday to Friday<br/>12-2.30pm<br/>Railway Pde Bayswater<br/>9271 7111</p>                |
| <p><b>KALUMUNDA HOTEL</b><br/>\$13.90 Seniors Menu<br/>Monday to Friday 12 - 2pm<br/>43 Railway Rd,<br/>Kalamunda 9257 1084</p>                      | <p><b>YANCHEP INN</b><br/>Tuesday only senior meal<br/>\$12.50<br/>Other meals \$15 and<br/>upwards<br/>3499 Wanneroo Rd<br/>Yanchep 9561 1001</p> | <p><b>KINGSLEY TAVERN</b><br/>\$15 Seniors Lunch<br/>Special<br/>Monday to Friday<br/>11.30 - 2.30pm<br/>Kingsley Drive<br/>Kingsley 9409 6767</p> |
| <p><b>MARKET CITY TAVERN</b><br/>\$14.95 Lunch Special<br/>Monday to Saturday<br/>12- 2.30pm<br/>280 Bannister Rd,<br/>Canningvale<br/>9455 2282</p> | <p><b>CROWN CASINO</b><br/>\$13.95<br/>Weekdays Lunch and<br/>Dinner excluding public<br/>holidays.</p>                                            |                                                                                                                                                    |

## Get Medieval in York this October



YORK Medieval Fayre once again will be run by the ladies of the York Friendship Club, proving age does not hold you back when it comes to having fun.

Come along to the Fayre which will be held on Sunday 2 October and bring out your inner knight or damsel.

There will be a great atmosphere on the grass of Avon Park by the river with lots of food, diverse stalls, old world crafts e.g. blacksmithing, armory and entertainment from various dance troupes, minstrels and medieval combat groups.

Kids free and adults just \$5 (proceeds to Perth's homeless).

You can even trace your heraldic origins and if in costume go in the parade at 2pm through York's beautiful old town.

Act, belong, commit – if you care be there!

For more information see advertisement on page 63.

## Knife and fork talk with the Dining Divas



**DINING DIVAS** – Pat Paleeya and Judith Cohen – were tempted by the seniors lunch buffet at the Bayswater Hotel this month.

The hotel was built in 1898 and is heritage listed because of its historical significance to the community. Many of its original features remain, including metal ceilings and a lot of early timberwork.

The hotel offers a buffet with a special price of \$19.95 for seniors and what a feast it is. There is

food to delight any taste and lots of it.

Soup, hot and cold foods, salads, pasta, cold cuts, seafood, fruit, cheese and much more.

Pictured is just a sample of the delectable choices on hand. The fish is thick, tasty and juicy and the edges of the batter crunchy and moorish.

The coleslaw was really fresh and appetising. Cheese, biscuits, olive and nuts finished off a very satisfying meal.

Deep fried sardines, small half crab (take your

crochet hooks) and a Greek salad left enough room for a fruit medley.

The staff are especially attentive to all and the atmosphere was warm and friendly, making the experience very pleasant indeed. We both would recommend it highly.

Tea and coffee are included in the price and desserts are extra.

Snippet of our conversation during lunch which we would like to share...

Diva 1 to Diva 2 – “Don’t like the beetroot much it’s very soft and squishy.”

Diva 2 to Diva 1 “That’s because it’s a plum!”

Yes folks, remember the specs.

Rating - 4 forks  
**Bayswater Hotel Railway Parade (just opposite the railway station) 9271 7111 - \$19.95 senior price buffet. Monday to Friday 12pm-2.30pm**



### “THE MAGNIFICENT 7” 7 DISHES - 7 DAYS

Includes a glass of beer, house wine, soft drink, tea or coffee

- ☞ Beef burger, soft brioche bun, bacon, cheese, Roma tomato, mesclun, aïoli, chips
- ☞ Pulled pork sliders, apple puree, slaw, chipotle, chips
- ☞ Steak sandwich, caramelised onion, fried egg, bacon, tomato tapenade, mixed greens, aïoli, chips
- ☞ Crispy beer battered snapper, chips, tartare sauce & salad
- ☞ Herb & sumac roasted winter baby vegetables, porcini, fennel & mascarpone risotto, Parmesan & mustard seed wafers (v) (gf)
- ☞ Marinated tiger prawns, seared scallops, glass noodles, tatsoi, julienne vegetables, pickled lime, crispy wontons, yuzu wasabi soy dressing (gf)
- ☞ Moroccan smoked beef salad, roasted pumpkin, pearl couscous, cashews, baby spinach, feta, tomato, basil pesto (v option) (gf option)

\* Not valid with any other offer.



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- 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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# food & WINE

...eat, drink and be merry... ADVERTISING FEATURE



Orange marmalade

by Noelene Swain

BREAKFAST is not complete without hot buttered toast and marmalade. Beautifully coloured and flavoured, most marmalades are soft, transparent jellies with small pieces of fruit or fruit peel suspended in the jelly. Marmalades may be made from one, two, three or more fruits, one of which is nearly always citrus. Very few people can go past a delicious homemade marmalade – and now is the time to get busy and cook up a batch.

Orange marmalade is the most favourite of marmalades and it can be made from the bitter Seville orange or sweet Navel oranges. Bittersweet Seville marmalade was discovered by accident in the 1700s, when

## Find pleasure in preserving these delicious citrus fruits - it's marvellous

a Spanish ship took refuge in Dundee harbour and its entire load of oranges were purchased by an enterprising local, who later discovered them to be thick skinned and too bitter, so his wife turned them into a chunky, bittersweet marmalade, which has become very popular over time.

The Seville oranges have a very short season so if you can get your hands on some of these gems, grab a few and craft a batch of this beautiful tasty, bittersweet, marmalade. Alternatively navel oranges are peak of season right now, so use sweet navels instead for a delicious result. These will of course give a sweeter flavour to the marmalade, which some find preferable.

The navel orange has a rich-coloured thin skin, full of juice and sweet which also teams well with lemons, limes or grapefruits. Try some of these creative combinations...

**Three fruit marmalades** – a traditional combination of grapefruit, orange and lemon.

**Cumquat, lime or tangelo** – mandarins make a fabulous marmalade, either on their own or in tandem with other citrus fruits.

**Lemon and navel orange.** To make marvellous citrus

marmalades, it is customary to use the peel of the fruit, which lends texture, colour and deep flavour.

Marmalades require slightly longer cooking and use less sugar than jams.

Cooking the fruit in water before adding the sugar will soften the fruit. Prolonged boiling once the sugar has been added will not soften the peel; it will darken the marmalade and breakdown the pectin which will affect the setting properties.

Pectin is contained in the pith and the seeds, which are cooked with the marmalade, usually in muslin to assist with the setting.

Citrus fruits are ideal for preserving. Fresh, locally grown navel oranges are a juicy, flavoursome variety along with local lemons and grapefruit. These are all available and at such economical prices.

Fruit butter or curd is another outstanding buttery spread for your morning toast – lemon curd is sure to be a traditional favourite. Made from fresh eggs, butter, sugar, fresh lemons, grapefruit or oranges, fruit curd has a delicate, buttery citrus flavour.

It is easy to do in the micro-

wave and saves all those dishes and continuous stirring.

The popularity of Middle Eastern cuisine and tagines, has seen preserved lemons become a popular item to use in these dishes. Preserved lemons are easy to prepare and even if you don't use them for cooking, they look fabulous with the light shining through the jar of lemons on the kitchen window sill.

Preserving can be so much fun and creative, using various flavourings, spices, liqueurs and fruits.

When properly cooked and stored in clean, sterilised, airtight containers, preserves last for months and months and remain in superb condition. It's best to store them in a cool, dark spot such as the pantry or a cupboard. Just remember to refrigerate the container once opened, except for marmalade.

Grab a basket and purchase preserving fruit now whilst the local citrus orchards are loaded with stunning fruit.

The following recipes will give you an opportunity to create delicious preserves to give as gifts from the heart for family or friends and ensure your enjoyable citrus fruit all year round.

## What's fresh in September



**Navel oranges** – the season for WA navel oranges is in full swing at last. Seedless, easy to peel and full of sweet juice, navels are a perfect snack or refreshing finish to a meal. Eating one orange a day will ensure you are getting your recommended daily intake of vitamin C. When juicing, remember to squeeze just before use as the juice of navel oranges doesn't have the keeping qualities of Valencia, the summer variety. Always keep your eyes peeled for the sticker that guarantees you're getting the freshest WA-grown oranges.

**Jarrahdale pumpkins** – a good buy right now is the Jarrahdale pumpkin with its blue-green skin and brownish streaks. The rich orange tones of pumpkin add life and colour to salads, risotto and pasta dishes. Not to mention soup; on these cool evenings, what's nicer than a big batch of creamy pumpkin soup? Store whole pumpkins in a cool, dry place for up to a month.

**Cumquats** – marmalade lovers, listen up. Cumquats are ripening up and are waiting for you at your local produce store, ready to be turned into all sorts of lovely preserves. The cumquat tree is a particularly pretty, not to mention useful, addition to a backyard – try the fruits whole for their sweet rind and sharp juice or macerate cumquats in vodka or another clear spirit for an unusual, citrusy twist.

**Local 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 3/4 ripe will ripen at room temperature but store ripe strawberries covered in the refrigerator. Use as soon as possible as they are very perishable.

**Cabbage** – many a happy morning throughout my childhood was spent inspecting the cabbage beds of our vegetable garden, hoping to find the babies that I'd been told were sleeping amongst the leaves. Thankfully these days I'm more interested in eating these delicious Brassicas. Crinkly Savoy cabbage is considered the most tender and sweet and is the better choice for stuffed cabbage leaves as the leaves are more pliable and stand up better to longer cooking times. The firmer texture of green and red cabbage goes exceptionally well with mustard seed, tarragon, garlic, caraway seed, black pepper and thyme and also pairs beautifully alongside classic corned beef and bacon.

### Microwave orange marmalade

Marmalade sets best if fruit is not too ripe.

- 4 Navel oranges
- 1 lemon
- 200 mls water
- 3 cups sugar

**Preparation: 15 mins,**  
**Cooking: 20 mins,**  
**Serves: Makes 3 - 4 cups**

THINLY slice fruit. Place in two litre microwave safe jug or bowl. Add water. Microwave on high for 10 minutes to soften the fruit. Add sugar. Stir to dissolve. Microwave again on high for 10 minutes then medium high for a further 10 minutes (watch carefully to ensure it doesn't boil over). By this time it should have reached gel point. A teaspoon of marmalade on an icy cold saucer should set. Cool a little. Pour into sterilised jars. Cover and label when cool.

Note: Get creative and try any other citrus fruit. Replace oranges with three pink grapefruit, six lemons or 1.5 litres of cumquats (quartered). For cumquat marmalade: remove the seeds from the cumquats and soak them overnight in the 200mls water to extract the pectin. Add the pectin water into the fruit before cooking.

### Microwaved lemon curd

- 2 eggs
- 250gm or 1 cup sugar
- grated rind and juice of 2 lemons
- 1 tablespoon cornflour
- 60gm butter

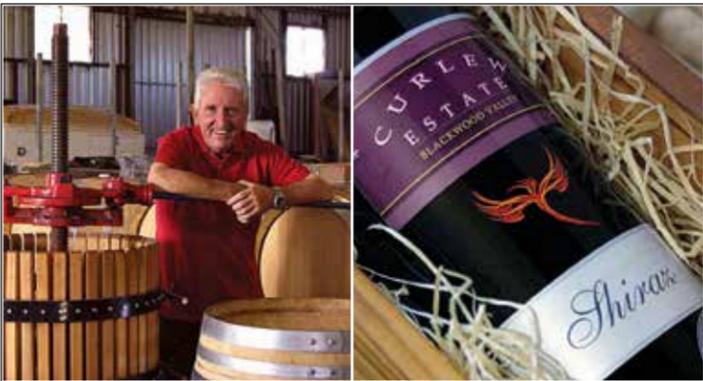
**Preparation: 5 mins,**  
**Cooking: 5 mins,**  
**Serves: Makes 2 cups**



BEAT eggs in a large microwave-safe bowl or jug. Add sugar. Beat until very creamy. Add lemon rind, juice and cornflour. Mix well. Add butter. Microwave on high for three minutes. Stir. Microwave on medium two minutes. Stir until smooth. Cool slightly. Spoon into sterilised jars. Store in the refrigerator.

Brought to you by Fresh Finesse: [www.freshf.com.au](http://www.freshf.com.au)

## Taste the wines of the Blackwood Valley



by Frank Smith

THE BLACKWOOD Valley Wine Region is probably WA's least known wine region and almost certainly the prettiest. Stretching from Nannup to Bridgetown and Boyup Brook it is home to 19 wine producers and 50 vineyards.

Vines were first planted in the Blackwood Valley more than 30 years ago, and the region has been producing quality fruit and wines ever since. The unique flavours of the terroir are characterised with earthy undertones in the cabernet and shiraz and golden honey flavours in white wine varieties.

Blackwood Valley is the only wine show awards night in Western Australia to make every one of the different wines entered for judging available for tasting by the public. Where else can you taste so many different wines at your leisure while enjoying delicious canapés and live music, all

for only \$30 per person?

The 2016 event will again be at the Bridgetown Gardens Function Centre, allowing you to relax and take in the spectacular views while you delight your palate. Take the time to learn the stories of the vine and wine directly from the owners and winemakers in this remarkable wine country.

Wine Show Awards night Saturday 15 October, 5pm – 7:30pm. Tickets \$30 per person from the Bridgetown-Greenbushes Visitor Centre.

Here is a selection of Blackwood Valley wines to whet your palate:

**Bridgetown Bubbles 2010 Sparkling Shiraz.** Made in the traditional method. The wine was allowed to mature in the bottle for four years before disgorging and topping up to produce a semi sweet sparkling shiraz. RRP \$20.

**Bridgetown Winery Pump Shed Shiraz 2011.** This complex wine

has a subtle aroma showing a hint of white pepper that carries through to the palate where dark fruit, plum, dark cherry and blackcurrant dominates. The mild tannins produce a smooth drinking wine. RRP \$15.

**Curlew Estate Shiraz 2015.** The nose is elegant with a collection of the vineyard's distinctive nuances. The palate combines varietal flavour and spice while the judicious use of new French oak integrates the fine tannins to produce a long finish. RRP \$25.

**Form One Lane Shiraz/Cabernet 2015.** The nose is complex and intense with strong fruit predominance while the pallet displays lifted cassis and blackberry flavour supported by a backbone of rich plum and peppery Shiraz. RRP \$25.

**Tanglewood Cabernet Sauvignon 2014.** With blackcurrant and dark chocolate on the palate this medium bodied wine is a typically dry Cabernet. You can almost taste the gravel these vines are grown on. RRP \$22.50.

**Tanglewood Merlot 2014.** This is a full-bodied wine with fruit cake like characteristics. Lots of rich raisin, brandy and ripe plumb flavours that linger long on the palate and a lovely spicy peppery finish. RRP \$22.50.

**Tanglewood Viognier 2014.** Viognier is a white variety known for its stone fruit characters. Nectarine and apricot flavours predominate with great acidity and dryness to the finish. The richness and complexity of this luscious white wine has been described as a party in your mouth. RRP \$24.50.

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# GREAT HOME and GARDENING

ADVERTISING FEATURE

## Ensuring that lawns are healthy is good for you and the environment



Left to right; Colin Barlow will be appearing at a Bunnings store near you this month - great looking lawn can be found at Crathes Castle in Scotland - Garden Clubs and Societies Plant Fair - Scotts Lawn Builder + Wetting Agent

by Colin Barlow

RECENTLY there has been a lot of debate about the value of lawns and some local councils heavily pro-

mote native waterwise verges over grass verges.

I believe that there is no need just yet to dig up your verge and plant natives unless it will make your life

easier and you don't have a lawn mower. Native verges can be attractive, functional, attract pollinators and provide habitat for flora and fauna, but they may

also be a problem if you need to pull off the road in a car or view oncoming traffic. Pedestrians may find native verges hard to walk across or push prams and wheelchairs over.

Luckily in a democratic society we have a choice and for me a garden would not be complete without a lawn. It is the perfect place to relax and play with the whole family and friends. The lawn's green colour provides the perfect foil to complement the plants and the hard landscaping, such as the walls and paving.

Many of the important benefits of lawns such as absorbing and preventing the leaching of nutrients, oxygenating the air, preventing erosion by absorbing and filtering rainfall, groundwater and storm water run-off are downplayed. You may not be aware that lawns also absorb as much carbon dioxide as trees, reduce air and noise pollution and dissipate heat to reduce the temperature of the sur-

rounding areas.

Research has shown the importance of 'green spaces' including sporting facilities and parks, which play a key role in maintaining both our physical and mental health and wellbeing. Who does not remember being a kid running barefoot on the grass, playing cricket or kicking a footy on the lawn. For me there is no excuse not to include a lawn somewhere in your garden even on the verge.

So what does it take to get a great looking lawn? The answer is much easier than you may think: Scotts Lawn Builder + Wetting Agent. Here in WA spring is the time to apply a wetting agent so that you don't waste a drop of water or valuable nutrients when your lawn will need it the most. Scotts Lawn Builder + Wetting Agent is suitable for all lawn types as it reduces water-run-off and promotes a deeper root system so that less watering is required and your lawn will become more

drought tolerant.

This slow release granular fertiliser with added professional grade wetting agent helps water permeate into the soil and be absorbed by the grass roots whilst also increasing the uptake of nutrients. Apply Scotts Lawn Builder + Wetting Agent three times per year in early spring, early summer and autumn to prepare your lawn for the dry spells ahead. It is safe for the kids and the family pets.

Scotts Lawn Builder is an environmentally friendly slow release fertiliser that contains Scotts patented timed-release nitrogen and all the nutrients required for a healthy lawn. The nutrients are released at about the same rate that the grass roots can take up the fertiliser so there is no wastage, run-off to the waterways or surge of growth and the added iron provides a quick green up for your lawn.

You can spread Lawn Builder by hand but the quick and easy way is to use a Scotts Spreader, which takes the guesswork out of applying fertilisers. Just check out the spreader settings on the bag to easily apply the fertiliser at the correct rate. Lawn Builder will continue to feed your lawn for up to three months and it is safe on your lawn until it next rains or is watered in, unlike some other fertilisers that may burn your lawn unless watered in immediately. For a quicker green up within two days apply to moist foliage, wait 24 hours, then water it in thoroughly.

One 4kg bag of concentrated Lawn Builder + Wetting Agent will cover more than 250 square metres or an average lawn three times. That's equivalent to a years' worth of fertiliser for an average lawn in one small bag.

So remember, a lawn makes the perfect addition to your garden and provides a multitude of benefits. With the right care including the application of Scotts Lawn Builder + Wetting Agent you can easily attain the perfect waterwise lawn to enjoy with all your family and pets.

### Gardening for your Home in WA

Spring is here and that means I'm back on the television on *Home in WA* each week. Tune into Channel Seven Perth at 4.30pm on Saturday or on the statewide Golden West Network (GWN 7) to learn how to get the best out of your garden.

I will be providing expert advice specifically for Western Australian conditions through informative and practical gardening segments to help you get

green thumbs. You can also watch the YouTube segments at [www.homeinwa.com.au](http://www.homeinwa.com.au) if you miss the show. So don't forget if you are planting, pruning, feeding, weeding or watering your garden or plants stay tuned to *Home in WA* each week.

### Problems solved at your local Bunnings store

Would you like to have your garden problems solved? Whether it is those pesky pest problems, weeds invading the lawn or the best way to start a garden from scratch, well now you can ask me any of the questions personally. Come and meet me in store at Bunnings throughout September and October. I will be on hand between 10am and 2pm on the following weekends:

Jandakot on Saturday 17 September.

Harrisdale on Sunday 18 September.

Joondalup on Saturday 24 September.

Melville on Saturday 8 October.

### Spring flower spectacular

Why not checkout some of Western Australia's best plants? Whether they are exotics or our native wildflowers the onset of spring means they all looking blooming lovely right now.

Make your dreams a reality and take in the floral fantasy celebrating the alluring and magical flora of Western Australia at the Kings Park Festival this year. Throughout September the Kings Park Festival presents dazzling spring displays of wildflowers and many free events including live music, guided walks, outdoor exhibitions, flower fashions and mysterious hair wizardry shows, so there is something for the whole family. Further details on all the festival highlights can be found at [www.kingsparkfestival.com.au](http://www.kingsparkfestival.com.au)

It's back - the wonderful Garden Clubs and Societies Fair on 10 and 11 September at the South Perth Community Centre, Sandgate Street, South Perth. Join Western Australia's dedicated members of gardening clubs and societies who will be showcasing their plants and activities to the public. There will be African violets, begonias, bromeliads, cacti and succulents, ferns, geraniums, chrysanthemums, gerberas, roses, palms and cycads, orchids and wildflowers on display and for sale. Entry is only \$5 for adults and the plant fair is open from 8.30am to 4pm on Saturday and 9am until 3pm on Sunday. For more information go to [www.horticulturalcouncil.com.au](http://www.horticulturalcouncil.com.au) or contact Helen Martin-Beck on 6361 7688.

**SCOTT'S Lawn Builder +Wetting Agent, the feed your lawn needs**

The single most important thing you can do for your lawn is provide it proper nutrition. Applied in minutes with a spreader, Scotts Lawn Builder slowly releases all the right nutrients your lawn needs to keep it green and healthy for 3 long months. Best of all, Scotts Lawn Builder is pet and child friendly so its okay to keep playing on the lawn after application\*.

visit [www.scottsaustralia.com.au](http://www.scottsaustralia.com.au)

\*Okay to re-enter lawn after application. Does not include Lawn Builder + WeedKill or Lawn Builder + Grub & Insect Control.

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# GREAT HOME and GARDENING

ADVERTISING FEATURE

## It's Yates Springtime at Araluen



COME along and experience an enchanting journey through Araluen Botanic Park to experience Perth's greatest display of spring tulips.

Indulge the senses with more than 125,000 tulips along pathways winding through Araluen's exotic species.

The internationally recognised camellias will dazzle visitors while the elegant magnolias will enchant.

Famous for the display of tulips, Araluen Botanic Parks striking floral palette has surprises around every corner.

With the additional four electric barbecues throughout the park and an abundance of picnic spots to choose from people will be spoilt for choice to enjoy the ambience of the Park.

Araluen's iconic train will be running daily from the concourse for a modest charge offering a scenic journey.

The Roundhouse Gift Shop will be open daily for that perfect souvenir.

By the Roundhouse there is the caffeine machine offering guests refreshments daily as well as face painting from Scribbly Faces and the Freedom Fairies to keep the little ones entertained on the weekends.

Café Oranje and Sesame Cuisine will be a part of the springtime festivities this year offering patrons a variety of cuisines to enjoy on their day at Araluen Botanic Park.

Local talent Jay Weston and the Armadale City Concert Band will provide entertainment throughout the festival which runs until 18 September.

Take the journey to Araluen Botanic Park this springtime, it is only 35km from Perth and experience the largest display of tulips and springtime blooms.

## Life Starts at 50 Expo - mark the date

EVERYTHING you need to know about a happy, active and hassle-free retirement will be under the same roof at this year's Life Starts at 50 Expo.

The expo is free to attend and has grown so big it will be held at the new central location of the Silver Jubilee Pavilion at Claremont Showgrounds with easy access to public transport and parking.

During the weekend on 29 and 30 October the expo will become a one-stop retirement shop boasting a diverse range of experts to help create the retirement of people's dreams.

For the first time, three State and Federal government departments will be there, including Human Services (Centrelink) which will hold information sessions on both days of the Life Starts at 50 Expo.

Sigrd Adams, sales and operations manager from Village Solutions Australia said the expo, formerly the Retirement Living Expo, is now in its fifth year. It is proudly equipped with the vast experience of its experts and exhibitors to help in all aspects of retirement.

"We expect the added attraction of three State and Federal Government departments in the one location will attract even bigger numbers to this year's expo. We also have health providers and various travel operators providing valuable relevant information," she said.

The information-packed expo will have something for everyone with tips on planning for retirement, retirement living and lifestyle issues. Families of retirees and people considering retirement options will also find the Life Starts at 50 Expo invaluable.

Exhibitors include a variety of lifestyle villages and resorts, estate planning, financial and investment planners, superannuation and insurance advisors, and health and hearing specialists including healthy home delivered food options.

For retirees planning their next adventure there will be plenty of options on show from travel operators, tourism destinations and caravan and campervan suppliers.

In addition, information sessions will be held on both days to offer valuable in-depth information about a variety of topics.

The Department of Human Services (Centrelink) will present sessions giving sought-after information on superannuation, how to understand retirement income streams and information about the aged pension. The Department of Local Government and Communities will provide information on carers, Senior Card and how seniors can engage with their local government.

TransWA will also be there, along with the Council on the Ageing, and Volunteer Taskforce. Other exhibitors will provide information on travel, finance, retirement living, health issues including dementia and offer helpful advice on how to downsize and de-clutter.

It is free to attend the Life Starts at 50 Expo. Register at [tickets.exponews.com.au/1003](http://tickets.exponews.com.au/1003)

There are still some limited spaces left to exhibit, if you're interested contact Tanya McDonald on 0435 134 636. See the Expo adverts on pages 51 to 53 in this issue.

## Food and Wine Expo comes to Perth next month...

BRINGING to life the connoisseur delights of Australia's cuisine, the Food and Wine Expo is coming to Perth Convention Centre. It will feature celebrity chef cooking demonstrations, culinary presentations and more than 80 exhibitors showcasing their fabulous products and offering free samples of gourmet food and wine.

A walk through the aisles of the expo will take you through some of the most renowned wineries of Australia, where you can sample award winning wines, learn about the wine making process and anyone new to the wine drinkers scene can learn the difference between a Shiraz and a Merlot.

Guests will enjoy free cooking demonstrations from *Masterchef* and *My Kitchen Rules* celebrities. The main stage has all the latest recipes and cooking ideas for people to try at home. Grab a front row seat, sit back and relax and watch the best celebrity chefs in the business create their favourite recipes - an interactive cooking show not to be missed. Catch the winners of *My Kitchen Rules* - Tasia and Gracia, Carly and Tresne, along with ex *Masterchef* contestant - Jessie Spiby, and Ben Milbourne from Ben's Menu.

The Taltarni Celebrity dining room will offer people a modern dining experience with a *Masterchef* favourite, Logie nominee and Channel 10 TV host, Ben Milbourne. With a succulent five-course two-hour degustation menu

each paired with a Taltarni matching wine, this is the menu of the year with the perfect opportunity to get up close and personal to learn all Ben's secrets in cooking and more. (Just \$95 per person).

Taste, sample and learn an appreciation for finer tastes. These free classes include wine, liqueur and cheese classes in the appreciation area and include non-stop sessions running throughout the expo. There is definitely something for everyone to indulge, and there's always something new to learn.

The 2016 Perth Food & Wine Expo will be held at

the Perth Convention Centre on Friday, 14 October - 11am-8pm, Saturday, 15 October - 10am-6pm and Sunday, 16 October - 10am-5pm. Visit [www.foodandwinewexpo.com.au](http://www.foodandwinewexpo.com.au) for more details and tickets.

### WIN WIN WIN

To be in the draw to win a double passes to the Food & Wine Expo simply send an email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Expo in the subject line or write to Food & Wine Expo competition, PO Box 1042 West Leederville 6901 with your details on the back of the envelope. Competition closes 1/10/16.

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Buy 18 Bags  
Get 5 FREE

\*Note: Potting mix bags are 30L

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# 2016 Seniors Week FOCUS

Sunday 6 to Sunday 13 November 2016



## This year's *Have a Go Day* will have a new look and feel to excite visitors



Entertaining the crowd last year were the Mad Tatter Morris dancers

MARK your diary for Wednesday 9 November to attend the new look *Have a Go Day*, a Live-Lighter event which will be held at Burswood Park.

This year's theme is 'Socialise, Have a Go, Live Longer' and there will be a variety of activities to have a go at, demonstrations to see and loads of entertainment.

The layout of the day will be quite different with all the stalls and activities now positioned along the riverside.

Seniors Recreation Council executive officer Dawn Yates said the new look day will provide attendees with a compact area and will really enhance the atmosphere of the day.

"There won't be any roads to cross and people will be able to wander around, try activities and enjoy this fantastic free day," said Dawn.

The official welcome by Minister Tony Simp-

son MLA, will commence at 10.30am and will be followed by a walk led by the Over Fifty Five Walking Association in partnership with other walking groups.

The *Have a Go News*' hospitality tent will be providing free tea, coffee and bottled water and provide tables and chairs for people to relax and socialise together.

A special feature will be the inclusion at the main hospitality tent of giant chess and jenga sets which enhances the theme, 'Socialise, Have a Go, Live Longer', provided by *Have a Go News* to celebrate their 25th anniversary.

The *Have a Go News*' chocolate wheel returns again and will be spinning each hour giving people the opportunity to win some great prizes.

Channel Seven Perth celebrities will be on site and look forward to meeting people in the hos-

pitality tents.

The Bethanie Bake Off finals take place again and provide an opportunity to see a great inter-generational activity on the day.

This year canoeing will take place on the Swan River and participants will be able to try their hand at this popular and fun activity.

Geo caching returns to the event this year and this activity gives people the opportunity to use their phone's GPS to find items around the event.

The special entry form for the major prize draw will be included in the October feature of *Have a Go News* next month, which will also include an updated map of the event.

Mark this date in your diary. There will be many new attractions and information sites at this year's event, so come along, have a go and be part of the new look event.

## Mark your diary for the *Have a Go News*' Seniors Week Film Festival



*HAVE a Go News* in collaboration with The Backlot Perth are thrilled to announce the inaugural *Have a Go News*' Seniors Week Film Festival which will run from Sunday 6 November to Sunday 13 November.

The Festival will be held from 2pm - 5pm each day during Seniors Week.

Included in the ticket price will be the chance to win a door prize and a snack pack including wa-

ter, popcorn and lollies.

The Backlot Perth offers absolute comfort with leather armchairs and has been named one of the best cinemas in the southern hemisphere.

Films on show will include new releases, a special grandparents screening and a classic film.

Tickets will be available for purchase next month in the October issue with a full listing of films.



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FREE COMMUNITY EVENT

## Seniors and Carers Expo

Friday 7 October 2016  
10am - 2pm



Free Refreshments / 130 Information Stalls  
Information Sessions / Grandchildren Welcome

**Mike Barnett Sports Complex,**  
Cnr Dixon Road and Goddard Street, Rockingham

**Bus**  
Catch the **548, 549, 551** or **555**. Contact Transperth for more information on **13 62 13**.

**Train**  
Closest station is Rockingham. Then catch the **555** bus.

**Assisted Transport**  
For collection from home, contact Care Options on 9550 7888 before 29 September 2016.

**Car Parking**  
Free car parking is available at the venue in designated areas. Additional parking is available off Dowling Street on Dixon Road Reserve. A free shuttle service will be available from the reserve to the venue.

For more information, contact the City of Rockingham on **9528 0333** or [customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)

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### Seniors Week 2016 - get your listing in



WA Seniors Week  
CELEBRATE LATER LIFE  
6th-13th November

THIS year Seniors Week will be held from 6 -13 November.

Clubs, group and businesses are welcome to list specific events for Seniors Week in our Seniors Week liftout which will be published in the October issue of *Have a Go News*.

The listing will also be available on line at the website at [www.haveagonews.com.au](http://www.haveagonews.com.au)

Don't forget to register your listing with us to ensure it will be placed in the official listing of events for Seniors Week 2016. Listings close on Friday 23 September.

For a registration form visit our website at [www.haveagonews.com.au/new/seniors-week-2016/](http://www.haveagonews.com.au/new/seniors-week-2016/) or call the office on 9227 8283 for more information.

### Permanent solutions to everyday denture problems

IF YOU wear dentures you know all too well that your life has been changed forever, but often not for the better. Wearing dentures forces permanent changes to your diet and to your lifestyle.

Food can become tasteless and options limited with a bland choice of soft foods and purees becoming a normal part of your diet. Nutritionists recommend a varied and balanced diet. Denture wearers often completely avoid nuts, seeds and whole fruit and when choices are limited, poor nutrition can result in negative health consequences.

Could your ill-fitting dentures be leaving you undernourished and at risk of diet related illness?

Do you refuse invitations to eat at restaurants?

Do your grandchildren look forward to your next sneeze?

Lifestyle compromises are all too common with ill-fitting dentures.

Retirement should be about enjoyment and more time devoted to socialising with family and friends.

People shouldn't need to worry about feeling embarrassed over denture problems. Bad breath, loose fitting, uncomfortable and stained dentures are robbing retirees of the enjoyment of a happy and confident lifestyle.

Fortunately, there is a permanent solution to these denture issues, right here in WA. Thanks to the dynamic and innovative world of dentistry, you can have a set of beautiful new teeth fixed on as few as four dental implants over just a few appointments and you never have to compromise on taste or lifestyle again.

Dr William Reidy recognised early the huge potential benefits to his patients of this technology. He has restricted his dentistry practice exclusively to implant related treatments, and with his more than 10 years of experience with dental implants, people can rest assured that their new smile is in good hands.

For further information or a free consultation, phone WA Implants on 1300 660 367.



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\*Fully subsidised under the Patient Assisted Travel Scheme (PATS): [wacountry.health.wa.gov.au](http://wacountry.health.wa.gov.au)

# 2016 Seniors Week FOCUS

Sunday 6 to Sunday 13 November 2016



## Peter Kennedy talks politics and state premiers

PETER Kennedy is the guest speaker at the WA Self Funded Retirees Association October meeting and the topic of his talk will be *Premiers I have known*.

Peter will talk about the 11 premiers he has known – from David Brand to Colin Barnett and discuss little known but significant aspects of each leader. He will begin his talk with a (non-threatening) quiz to test how well attendees know these premiers. He will also be happy to try and answer any questions the group may have.

Peter is Perth born and educated, graduating with a major in economics from the University of WA. Initially a high school teacher in Bunbury, he switched to journalism with *The West Australian* in 1970.

He covered politics in Sydney and Canberra for *The Sydney Morning Herald* from 1977 to 1984, and was press secretary to the Western Australian deputy premier Malcolm Bryce in the mid 80s.

At the ABC from 1990 to 2010, he presented both the Morning and Drive pro-

grams on 720 ABC Perth, and was later the long-term state political reporter on ABC television news.

He retired from daily journalism in December 2010, after 20 years with the ABC – in both radio and television but still comments regularly on political issues.

Peter is the author of a recently published book on the 11 WA premiers he has known and interviewed, and is an adjunct professor at the University of Notre Dame in Fremantle. Guests and members will be in for a most interesting morning.

Each month the WA Self Funded Retirees Association, holds a meeting at which regular guest speakers address topics of interest to retirees.

This meeting is on the Friday 14 October at 10am the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors to our meetings are always most welcome and for more information please contact: Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

## Bonsai Society 40th celebration

BONSAI is a living art; creating the look of mature trees in a small space. The Bonsai Society of Western Australia regularly displays our trees at events including Perth Garden Festival and Japan Festival.

Come along to a wonderful 40th celebration of the Bonsai Society and see their display which will include the familiar figs, Japanese black pine, cotoneaster, junipers, Chinese elms, olives and maples and unique Australian natives including bottlebrush, paperbarks,

lilly pilly, she oak, tea trees and many more.

See beautiful trees from miniature to majestic all beautifully presented by members of Bonsai Society.

The celebrations take place on 15 - 16 October at the Morley Sport and Recreation Centre from 9am to 5pm and entry is free.

Bonsai demonstrations and sales continue all weekend plus great activities for the children.

Most children's activities are free including search-

n-quiz, colouring in, stamping, create a bonsai picture and origami.

Pot your very own bonsai to take home for a \$10 donation to support Telethon. This is available for the big kids (adults) to join in too.

The Bonsai Society welcome people to come along and see them, talk to members and learn about the wonderful world of bonsai.

www.bonsaisocietywa.com - www.facebook.com/groups/bonsaisocietyofwa/

## Generations come together for the Big Bethanie Bake Off



Scones being prepared by Kerry Bell and Jessie Rowe

BETHANIE, one of Western Australia's most well known not-for-profit aged care and retirement living providers, has officially launched the Big Bethanie Bake Off for 2016.

Following on from the success of the past two years, which saw many entries from across the state, the Big Bethanie Bake Off returns for a third year continuing the aim of closing the intergenerational gap between our seniors and youngsters.

To take part, school children and Bethanie residents must submit their family recipes online in the hope of being selected as a finalist to compete in a live bake off at Have a Go Day on Wednesday 9 November.

School-aged children will be asked to research their grandparents' background and discover their favourite recipe. The children will then need to reproduce the dish – with the aid of a grandparent – and submit their application for a chance to win some amazing prizes.

One of last year's finalists, Jessie Roe from Bethanie Geraldton Social Centre said she was overwhelmed with excitement to be provided the opportunity to bake the scones she has been making from the age of 13 at the Big Bethanie Bake Off.

"I grew up in the wartime so when my mum had to go out to work, I had to learn how to cook for myself," said Jessie.

"I still can't believe I came first at last year's Big Bethanie Bake Off, it was very humbling! I had a lovely few days in Perth and met some really friendly people along the way."

Each submission will be judged on the creativity, nutritional value, and complexity of the recipe, along with the story behind their secret family recipe.

Four Bethanie residents will be chosen as finalists to compete against four chosen school students at the Grand Finale for a live bake off at *Have a Go Day*, Burswood Park, Wednesday 9 November.

To enter, visit [www.bigbethaniebakeoff.com](http://www.bigbethaniebakeoff.com) and complete an online entry form. Entries close 5pm, Friday 7 October

For further information on please contact Bethanie on 131 151.



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- Floor tiles - kitchen/dining area
- Solar panels installed

**Contact Cheryl 9535 0200**  
Mon-Fri: 9am-3pm

# Choose from a wide range of engaging activities at Bethanie's Social Centres.



They say variety is the spice of life, and at Bethanie Social Centres, we agree. Our social centres give you the opportunity to get out of the house and amongst friends, old and new, while enjoying a range of engaging activities. These include:

- Outings and bus trips
- Guest speakers
- Arts and crafts
- Gardening
- Cooking demonstrations
- Quizzes and games



CLICK HERE TO VIEW EXCLUSIVE CONTENT about Bethanie

You can explore your interests and discover new ones amongst like-minded individuals in a comfortable, welcoming environment.

If this sounds like something you or a family member might enjoy, our friendly customer service team would love to hear from you.

131 151  
[bethanie.com.au](http://bethanie.com.au)



**Bethanie**  
You're among friends

## SRCWA President's Jottings



### Liveliighter Aged Care Games - Belmont Oasis

ON THURSDAY 4 August SRCWA conducted the 13th metro Liveliighter Aged Care Games at Belmont Oasis, where 14 teams of seniors in care came together to compete.

The games have been adapted to enable them to be played by participants from care agencies and include seated hockey, seated pass ball, beanbag toss and skittles.

The oldest competitor at Belmont Oasis was Nancy Sullivan from Regis Como House a sprightly lady aged 99 years young and the best-dressed team were Carrington Cats.

The winning team was The Sunshine Team with 282 points, coming second was Kwinana King Fishers with 267 points and in third place was Hurricane Hamersley with 238 points. Each person received a medal on the day.

There was a special presentation of the 2015/16 champion of champion's trophy. This year's games have been held in Boddington, Bunbury, Great Southern, Greater Geraldton, Joondalup, Metropolitan, Peel, Rockingham and Southwest Capes.

The champion of champion team is the one with the highest score from all the games conducted during the last year and it was awarded to Harman Park.

It takes a large number of volunteers to set up tables, chairs and playing fields and also score the games, chase balls and the ladies who make tea and coffee.

Also much appreciation goes to the St John's Ambulance team who looked after the participants during the games.

Thank you to our sponsors and supporters, Liveliighter Healthway, Dept. of Sport and Recreation, Department of Local Government and Communities and Glenys Godfrey MLA without this support the Liveliighter Aged Care Games would not happen.

### Notice of SRCWA Annual General Meeting – Wednesday 28 September

Seniors Recreation Council of WA is holding its annual general meeting on 28 September at Department of Sport and Recreation. The meeting will include election of officers, reports from SRCWA branches and project officers and a guest speaker. This meeting gives SRCWA accredited volunteers the opportunity to share information and anecdotal evidence regarding the programs SRCWA is conducting in metropolitan and regional WA and how they impact on this demographic.

### Have a Go Day 2016 a LiveLighter event, 9 November at Burswood Park - registration is open

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

The theme is "Socialise, Have a Go, Live Longer" and there will be a variety of activities to have a go at and hospitality tents providing free tea, coffee and bottled water for participants to relax and socialise in.

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

Mark this date in your diary - as there will be many new attractions and information sites at this year's event.

### SRCWA Christmas Variety Concert

Presented by Phil Paddon and Red Dog Music. When: Wednesday 14 December 2016. Venue: Morley Sport and Recreation Centre, 12.30 to 5pm. Cost: \$30pp

Artists: Band of Mates, Kingsley Day, Phil Rego, Sharon Heaslip, Justin Standley and Amber Reid. Come along and enjoy an afternoon of entertainment and fun.

For further information or to purchase tickets phone Kate Chetwin 9492 9771.

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



Hugh Rogers, Seniors Recreation Council State President

# Have a Go News celebrates 25 years in 2016 - every day heroes in our community



Left to right; Have a Go News' July 1994 and September 1995 front covers

by Jennifer Merigan

EACH month over the 293 editions and 25 years of publishing *Have a Go News* we have featured people who inspire, inform and excite our readership to get out and have a go.

Many of these people have contributed articles or columns to the paper and some have been interviewed by our journalists.

These every day heroes

provide opportunities for mature people to participate in activities to enhance their lives.

Reading back on the archives I found a lovely story from writer Barbara Booth who wrote a column about activities around Bunbury and Busselton for readers in the 1990s.

She made the following observations which I think are still apt today...

"One of the most grati-

fying things about getting older in 1994 is to see that so many people are starting to move with the times.

"Not content simply to slide from parenthood to grandparenthood, many people are rediscovering some life of their own and surely when you've lived half a century or more usually much of that time in the service of others, it's time for some of that centeredness to go on to self.

"I see older people, if we must be so labelled, walking hand in hand along the river, going on cruises, learning how to speak on their feet, collecting for charities, bicycling and taking part in dragon boat racing, which is a big thing in Bunbury."

In the 22 years since this was written many people have taken the opportunity to 'have a go' and really make the most of their mature years.

Barbara Zahari contributed much to the paper during the 1990s with her

community theatre listings and Barbara's Billboard which listed myriad community events.

So many people in our pages have really given back to the community, through volunteering, raising money or feats of skill which in turn help charitable causes.

The Revise WA program has been featured in the pages since the 1990s and has attracted many retired teachers who have taken up the opportunity to assist outback families with their children's teaching needs.

Ride for Youth has attracted many readers who have participated over the years and who have raised substantial amounts of money to assist the charity Youth Focus.

The clubs and groups that have featured in our pages over the years are all run by volunteers, the real every day heroes of the community.

Through those vol-

unteers' hard work and commitment there are clubs specifically for older people which include dancing, walking, canoeing, cycling, bowling both indoor and outdoor, swimming, golf and many other activities.

*Have a Go News* has been privileged to promote the many community groups and the people who run them to provide a better lifestyle for older people.

In 25 years society has changed dramatically and much for the better in how older people are positioned.

This paper has certainly changed with the times as well but the original concept of promoting healthy ageing through activity and valuing older people and their contributions to society remains our focus and will continue to do so for many years to come.

Next month we look at the history of Seniors Week through the pages of *Have a Go News*.

## Lovely Augusta - why not move to a pristine area of the West!

The Augusta Retirement Units are administered by a small group of volunteers. One of our superb self-contained and air-conditioned units has just had a complete 'makeover', and is 'as new', and again is available for occupation in a Lifetime Tenancy. **'ONE UNIT LEFT \$230,000'** A two bedroom, one bathroom unit with roller door at the side. There is a small weekly maintenance fee of \$50 which covers all rates, water, external lawns and gardens.

For enquiries, contact Judith Childs 9758 1257 email: [judithchilds@gmail.com](mailto:judithchilds@gmail.com)

## New care hub in Kununurra will deliver enhanced services



Juniper chief executive, Vaughan Harding

COMMUNITY services provider Juniper plans to build an innovative aged care service hub in Kununurra to provide a full range of options to meet the needs and aspirations of the local community.

Chief executive Vaughan Harding said the project brings together 32 residential aged care places with home care and support

services in a modern facility designed for the Kimberley climate and sensitive to local cultural expectations.

"We have worked closely with the community to help realise a vision for Kununurra, to bring enhanced aged care services and opportunities to the town and region that are designed to meet current and future needs," Mr Harding said.

Located on the corner of Coolibah Drive and Ivanhoe Road, the new facility will feature a range of accommodation layouts including single rooms with ensuites and two and three-bedroom rooms with ensuites.

"There is a strong need for residential aged care and community care support services in the region. This, coupled with a high level of con-

fidence and investment in Kununurra, will bring positive economic activity and important infrastructure to the town and wider community," Mr Harding said.

"A new aged care service hub will provide more options for people living in Kununurra and the wider region, whereas at the moment families and older people are often forced to look to Darwin and Perth for care and support.

"In addition, the project will help stimulate local employment, career pathways and opportunities for student placements.

"Juniper is proud to deliver an innovative and capable aged care service where older people can remain close to family and friends and maintain strong connections to their community and culture," he said.



## I didn't know my library did that!

The things you can do with your City of Joondalup library membership – all for free – may surprise you.

You can stream movies, use the internet and WiFi, download eMagazines, get help with technology, and catch up over a board game.

Become a City of Joondalup library member to go into the draw to win one of two book stacks worth \$200.00 each.

[joondalup.wa.gov.au](http://joondalup.wa.gov.au)

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# Life starts at 50 EXPO 2016

Formerly the Retirement Living EXPO

**An information packed event** not only for people seeking advice on issues relating to a happy, active and hassle-free retirement but it is equally important to the families of retirees. The event will display everything relating to planning for retirement, retirement living and lifestyle issues.

**29<sup>TH</sup> & 30<sup>TH</sup> OCTOBER**  
SILVER JUBILEE PAVILION  
CLAREMONT SHOW GROUNDS  
10AM - 4PM

**FREE**  
Entry on both days

**FREE Entry** via registration at [www.startsat50expo.com.au](http://www.startsat50expo.com.au)

## Free information sessions (Spaces Limited - Register Now)

Register to attend the expo and the next page will take you to the booking registration page.

	Lecture Theatre 1 Saturday	Lecture Theatre 2 Saturday	Lecture Theatre 1 Sunday	Lecture Theatre 2 Sunday
10.00am		<b>Department of Local Government and Communities</b> What support is available for carers and grandcarers.		<b>Department of Local Government and Communities</b> Seniors Card - Details on support and concessions seniors can access.
10.30am		<b>Department of Local Government and Communities</b> How seniors can engage with their local government to have a voice & Local governments age-friendly initiatives. Question Time - after topics are presented.		<b>Department of Local Government and Communities</b> Elder Abuse- what it is and what support is available. Question Time - after topics are presented.
11.00am	<b>Department of Human Services</b> Understanding Super, Understanding Retirement Income Streams and Age Pension: Your Choices. Question Time following topic discussions.	<b>Australasian Health Group</b> Don't leave skin cancer un-checked.	<b>Department of Human Services</b> Understanding Super, Understanding Retirement Income Streams and Age Pension: Your Choices. Question Time following topic discussions.	<b>Australasian Health Group</b> Don't leave skin cancer un-checked.
11.30am		<b>WA Retirement Villages Residents Assos</b> Looking For and Selecting a Retirement Village.		<b>NE Solutions</b> Decluttering and Downsizing to a Happier Lifestyle.
12.00pm		<b>Mortgage Choice</b> Financing in your 50s.		<b>Macular Disease Foundation Australia</b> Macular Disease Foundation.
12.30pm	<b>NE Solutions</b> Decluttering and Downsizing to a Happier Lifestyle.	<b>Heart Foundation WA</b> Understanding risk factors for heart disease and steps you can take to live a heart healthy life.	<b>Department of Human Services</b> Understanding Super, Understanding Retirement Income Streams and Age Pension: Your Choices. Question Time following topic discussions.	<b>WA Retirement Villages Residents Assos</b> Looking For and Selecting a Retirement Village.
1.00pm	<b>Bethanie</b> Dementia.	<b>Bethanie</b> Dementia.		
1.30pm	<b>NE Solutions</b> Decluttering and Downsizing to a Happier Lifestyle.			
2.00pm		<b>Macular Disease Foundation Australia</b> Macular Disease Foundation.	<b>Volunteer Task Force</b> Why not give a little time to Volunteer Task Force?	<b>Council on the Ageing Western Australia (COTAWA)</b> Cyber Crime
2.30pm	<b>Volunteer Task Force</b> Why not give a little time to Volunteer Task Force?	<b>NE Solutions</b> Decluttering and Downsizing to a Happier Lifestyle.		
3.00pm	<b>Council on the Ageing Western Australia (COTAWA)</b> Cyber Crime			
3.30pm		<b>Heart Foundation WA</b> Heart Foundation in Western Australia.		

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- Lifestyle & Retirement Villages
- Aged Care Facilities
- Community Care
- Affordable Housing
- Social Centres

Our friendly, dedicated staff are always happy to help with any services that you might need, and give each individual the respectful care they deserve. If you'd like talk to us about the services we provide, please call us on 131 151 or visit our stall at the 'Starts at 50' Expo.



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# Downsizing

ADVERTISING FEATURE



## Downsizing and the Centrelink asset test



Downsizing can improve the quality of life for empty nesters

by Frank Smith

DOWNSIZING can both increase the supply of appropriate houses for families and improve the quality of life of older people after the children have left home.

Readers have told *Have a Go News* that a major disincentive to downsize is the fear that they will lose part or all of their pension entitlement due to the asset test applying to the capital released.

So we contacted all major political parties and Centrelink to find their policy on downsizing.

Centrelink offers some temporary relief. Andrea Davie of the Department of Human Services, says if you sell your house and tell Centrelink that you intend to buy another the proceeds of sale will not be considered an asset for 12 months, however any interest earned by investing the proceeds will be considered income. This applies to all house owners not just those seniors who are downsizing.

A Liberal spokesman for Minister for Social Services Christian Porter was uncompromising.

"There is no evidence that the pension means test discourages people from downsizing. Obviously a pensioner will be financially better off overall if he or she frees up capital by downsizing the family home, so there is already an incentive to downsize.

"Research by the Productivity Commission shows that older Australians prefer to live in their homes for as long as they can. When they do move it is usually because of health, lifestyle and family considerations rather than

financial reasons.

"The assets test for the pension is generous. The assets test is important because it would be unfair to allow people with substantial savings to access the pension."

Not all seniors consider the assets test in quite the same favourable light.

The Labor party is more receptive of seniors' dilemma. Senator Doug Cameron supplied a report titled '*Growing Together - Labor's agenda for tackling inequality*'. The report points out that in 2013 the Labor government introduced a measure that would exclude some income from selling off the principal residence without it affecting senior's pension.

This included the somewhat odd condition that to benefit the downsizer would have had to have lived in the same house for at least 25 years.

Unfortunately that measure was abolished by the Abbott Liberal government before it came into force.

The report says future Labor governments should consider ways of incentivising older

Australians to downsize their home without it significantly affecting their pension incomes.

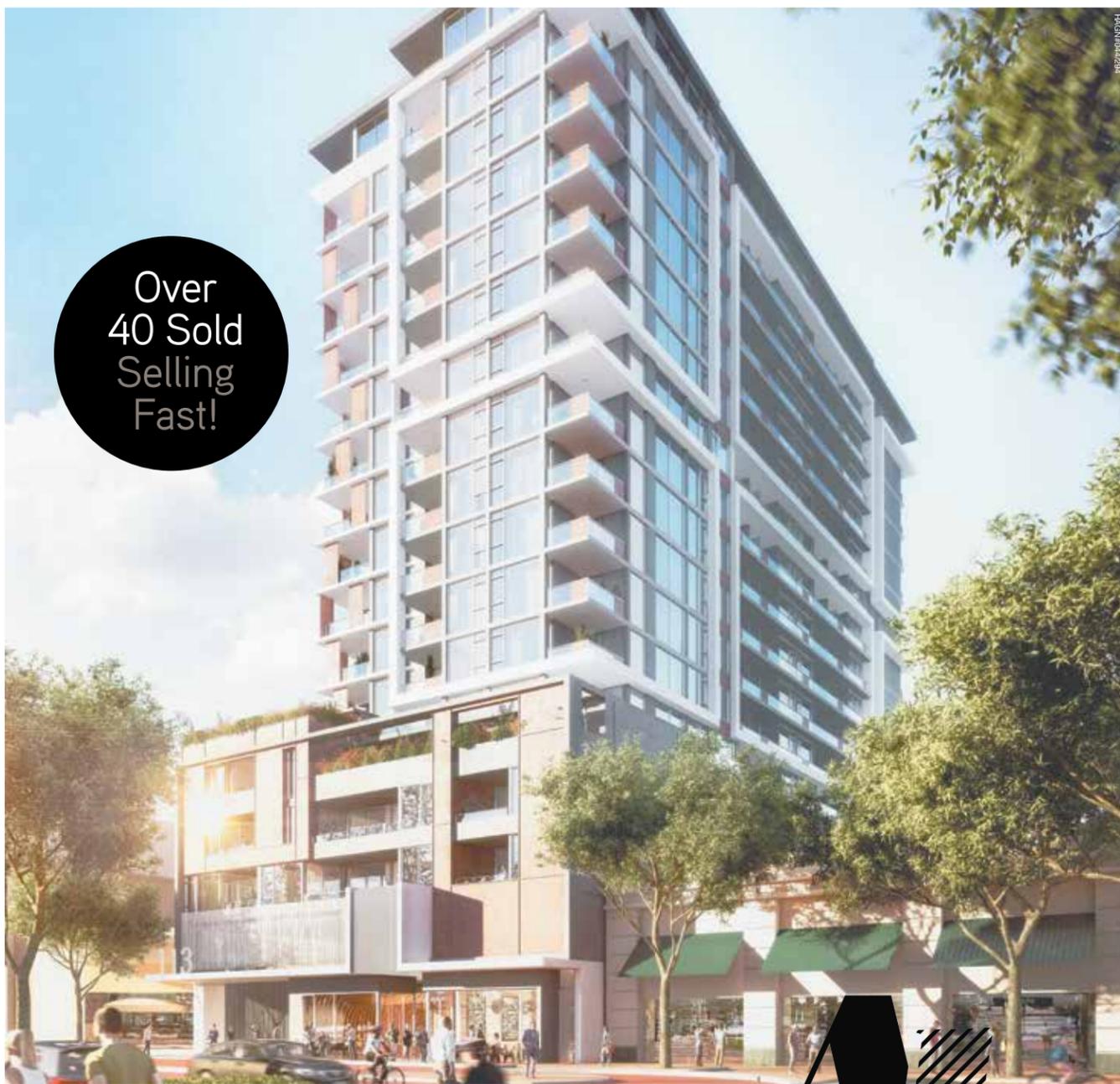
Senator Rachel Siewert, the Australian Greens spokesperson for supporting older Australians, said that the Greens' comprehensive housing policy package would make housing more affordable.

"Reforms to negative gearing, capital gains, and supporting affordable housing would improve housing affordability for older Australians," she said.

"We support the existing exemption under the pension asset test for pensioners who are downsizing. Pensioners should be able to downsize to housing that meets their needs."

"In addition, in order to increase the amount of affordable housing for all low income households including seniors, we are calling for increased government investment in public and social housing including a minimum target of 50 per cent affordable housing in new LandCorp developments."

One thing remains perfectly clear. Downsizing is not a priority for any politician or political party.



Over 40 Sold Selling Fast!

## Adventist Residential Care gets full marks from Australian Government

WITH occasional horror stories heard on the news about aged care homes, how can anyone know if a home is a safe place for their ageing, dependent parent?

Aged Care homes must be accredited by the Australian Aged Care Quality Agency before they have authority to operate and be eligible for government funding. While the Agency visits aged care homes several times each year, every three years a full assessment of each aged care home determines ongoing accreditation.

A re-accreditation audit against the 44 expected outcomes of the Accreditation Standards was conducted at Adventist Residential Care (ARC) in Rossmoyne from 10 August 2016 to 11 August 2016.

The areas evaluated were management systems, staffing and organisational development, health and personal care, care recipient lifestyle and physical environment and safe systems.

The team of inspectors gave a near-perfect

report to ARC, expressing compliance in all 44 of the expected outcomes.

"Our excellent results demonstrate all the hard work and team effort of our staff," said facility manager Helen Hunter.

Further, the assessing team were delighted to discover the high levels of resident happiness within ARC's aged care home, which was clearly reflected by the staff's commitment to provide a service that creates a lifestyle where residents can feel safe and valued.

Adventist Residential Care CEO, Gary Blagden, speaking of the home's accreditation said: "The outcome is clear evidence that our Church's aged care program in Perth is delivering a holistic and appreciated service ministry and one of which every Church member should be proud. We have a fantastic team and a very positive community."

So once again, Adventist Residential Care can continue their essential service caring for the frail and vulnerable.

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Introducing an innovative and affordable lifestyle option designed for singles with a new lower entry price - the Garden Apartment.

**The Garden Apartment is the latest offering from National Lifestyle Villages (NLV), who continue to develop new ways to enrich the lives of over 45's and turn the idea of retirement upside down.**

The new Apartments contain NLV's most popular features, as well as a private paved alfresco area in addition to a shared gazebo, carports and gardens.

These beautiful one bedroom apartments really do combine the best of community living and lifestyle choice.

"There's a wonderful sense of security ... [it's] a community where good neighbours become great friends." says Founder of National Lifestyle Villages John Wood.

The Garden Apartment has been specifically designed to deliver a new low entry price to the market. There are three pricing options available, and an NLV Lifestyle Consultant will help you select the option that best suits your needs.

The new apartments are turnkey, so you can move straight in and start enjoying a great lifestyle immediately.

Life in a National Lifestyle Village means living in a community of like-minded friends and neighbours, with year round access to resort facilities that are part of your backyard.

The result is over 3,000 people living a happy, active life, just like Glen Sugars of Tuart Lakes Lifestyle Village.

"My son always asks "What are you doing now, Mum?" says Ms Sugars.

"I'm always doing something ... off to the casino, a bike ride, the movies, a drink with friends. Life couldn't be better!"

**The new Garden Apartment is available at 5 of our 9 locations: Mandurah, Rockingham, Baldivis, Albany and Helena Valley.**

**To find out more contact an NLV Lifestyle Consultant today.**

## GARDEN APARTMENTS FROM \$149,000

### CONVENIENT LOCATIONS

National Lifestyle Villages has 9 Villages in some of WA's most sought after locations.

### SECURE, FRIENDLY COMMUNITY

Every National Lifestyle Village is a secure community where the gates open at dawn and close at dusk. Your home features a video intercom system to the front gate so you know exactly who's coming to visit.

Living in a National Lifestyle Village means enjoying an active and independent life while being part of a community that is as welcoming as it is private and secure.

### ESTABLISHED FACILITIES

Our residents have year-round access to resort-style facilities that are as close as their backyard, including a heated pool, cinema, bowling green, tennis court, workshop, clubhouse and more.

### REDUCED FINANCIAL BURDEN

In a National Lifestyle Village you'll enjoy the benefits of home ownership without the financial burden and responsibility of land ownership. You simply pay a weekly rent for the land, facilities, infrastructure and services.

**TO ENQUIRE ABOUT ANY OF OUR HOMES FOR SALE ACROSS WA, FIND OUT ABOUT OUR GARDEN APARTMENTS, OR ENJOY A VILLAGE TOUR, VISIT ONE OF OUR NINE LOCATIONS. SALES OFFICES ARE OPEN DAILY FROM 10AM - 4PM**



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Why buy a retirement home and lose up to 45% when selling in **EXIT FEES?**

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HAN/MB/1/2/14

# Downsizing

ADVERTISING FEATURE



## Living the life in retirement which most only dream about...



Tony Crowther (right) with daughter Annabel

SEVENTY-FOUR year old Tony Crowther was using his combined pension and superannuation to pay off his mortgage.

It wasn't allowing him to have the sort of retirement he had planned.

Originally from England Tony wanted to return to the UK for a holiday.

His mortgage commitments were not allowing him to have any sort of holiday or do any of the activities that he had wanted to do during retirement.

Tony heard about Sterling New Life and

enquired about their contemporary seniors housing.

"It was getting me down being so restricted with a mortgage and when I did my homework about Sterling New Life I found this concept was just brilliant for me," said Tony.

Sterling New Life offers people over the age of 55 the opportunity to enter into a 20 year fixed lease program at a property of their choice.

They offer a selection of properties around Perth and Mandurah and people can choose the

area where they want to live.

The houses are brand new and the arrangement includes the payments of all rates, taxes, insurance and maintenance, all residents have to pay is for their utilities and contents insurance.

"I really did my homework about Sterling New Life and talked to my lawyer and tax accountant before I made my mind up that this was for me," he said.

"I would recommend the concept to anyone, it is brilliant.

"It has allowed me to have the lifestyle I wanted during retirement and still be able to leave a benefit to my children and grandchildren," said Tony.

Tony's daughter Annabel Crowther spent a long time researching the deal offered by Sterling New Life with her father.

She was so impressed with the company and the concept that she has started working for them as a consultant.

"What I liked about the

concept is that if you are retired or looking to retire in 10 years time and you want to free up cash, the Sterling New Life concept allows you to utilise your money and have the retirement which most of us just dream about," said Annabel.

"The other benefit about using a Sterling New Life lease agreement is if that you are not tied to one place, if you want to move to another area, you simply give them six months notice, choose a new property, pay the difference on the lease and move, it's all easily arranged," said Annabel.

"For people looking at unlocking some of their hard earned money, reducing the cost of living and who don't want to live in a retirement village, this provides them with excellent options," she said.

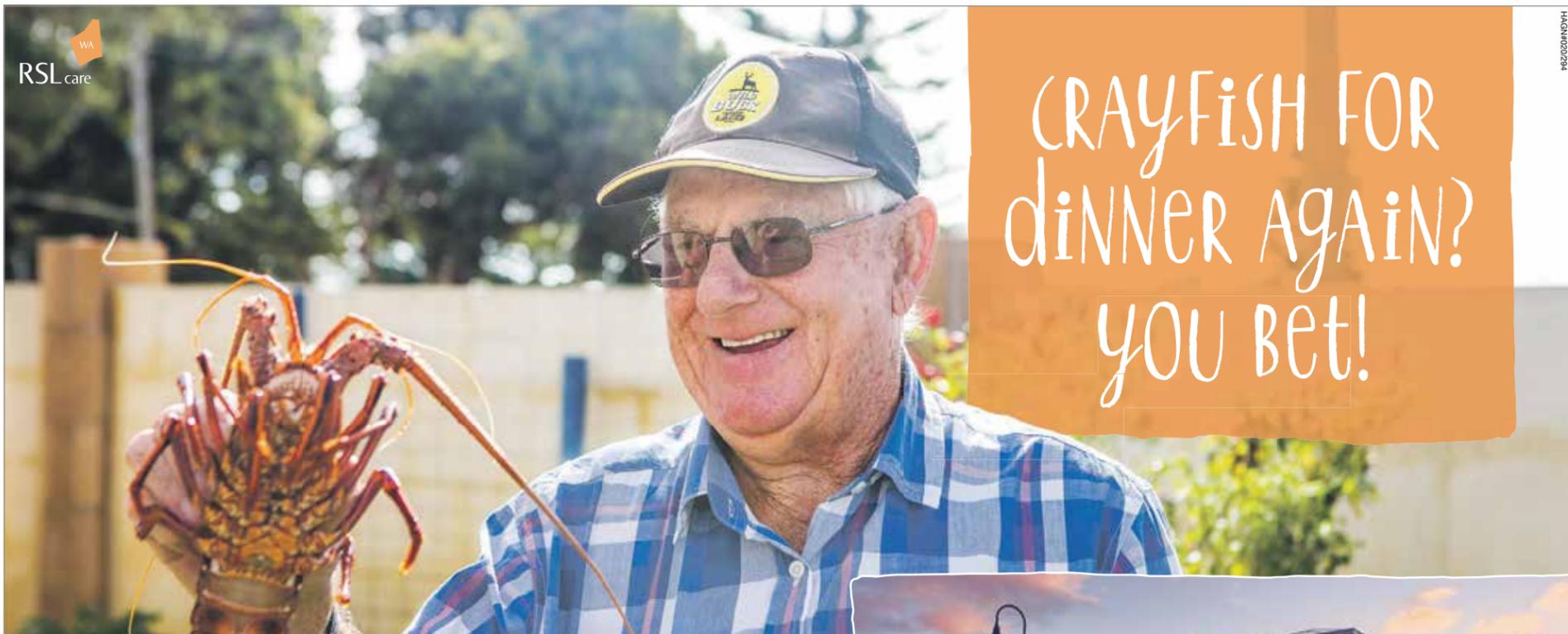
For more information about Sterling New Life contact them on 1300 665 890 for a no obligation chat.

See pages 51 to 53  
 for your guide to the...



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RSL care



## Live it up north from \$239,000.

Now this is what retirement living should be about. Activity-filled days, lots of friends and a new quality-built home that represents outstanding value. Managed by RSL Care WA, Jurien Bay Village is a community for the over 55s with landscaped gardens and a community centre that features an indoor swimming pool, restaurant-grade kitchen and dining room, entertainment area and much more.

The town of Jurien Bay reclines on a stretch of the turquoise coast that's as picturesque as anything in WA. Along with friendly locals and a great climate, it has all the amenities you could want including a golf course, bowling club, medical centre and shopping mall. And it is all just a couple of hours from Perth.

So why live down there when you can live it up north? Contact Chris Harrison on 0413 120 631 or [chrish@hhde.com.au](mailto:chrish@hhde.com.au) to find out more.



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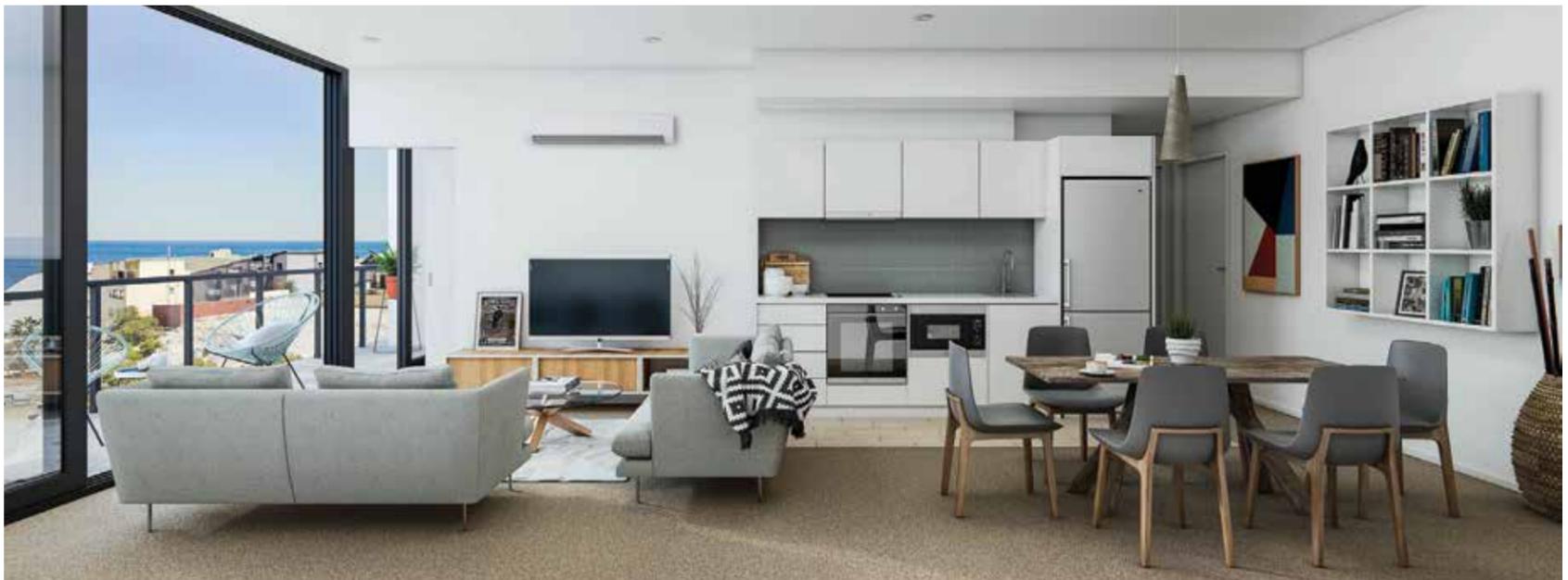
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# Downsizing

ADVERTISING FEATURE



Lillian Pelham and Mandy

BENTLEY seniors have been forming special friendships with young children with disabilities, thanks to a partnership between SwanCare and the Carson St School.

A group of residents living at SwanCare's Waminda aged care facility in Bentley have become adopted grannies and grandpas for young children with special needs from the

## Special partnership for SwanCare and Carson Street School

Carson Street School, as part of an interactive program that's bridging inter-generational gaps.

About eight Carson Street School students who have Down syndrome, Cantu syndrome, cerebral palsy or autism visit SwanCare every Wednesday morning, where they spend time doing schoolwork with the help of their adopted grandparents.

Eight SwanCare residents volunteer their own time to help build the chil-

dren's reading and writing skills – and there's usually some time leftover to play games together afterwards too. The residents also help to show students the value of respect for others, which is an important part of the Carson Street School's ethos.

SwanCare's diversional therapy coordinator Annemarie Kluvers said it's been a joy to watch special friendships forming between young people and residents since the partnership kicked off in

June last year.

"There is so much that young people can learn from older people – and vice versa," Annemarie said.

"Not all of our residents have the chance to see their own grandchildren regularly, so they absolutely love the opportunity to spend time with their adopted grandchildren from the Carson Street School."

SwanCare residents recently returned the favour by visiting students at the Carson Street School,

where they enjoyed a morning tea and got to flex their skills playing bingo in teams with students.

SwanCare chief executive officer Graham Francis said the intergenerational partnership helped break down barriers between young and old people, while contributing to the seniors' sense of belonging to the community.

"It's important for people in aged care to continue feeling a sense of purpose, meaning and belonging – so by helping

young children practice their literacy skills they can impart some of their own wisdom while gaining a sense of achievement and reward themselves," he said.

SwanCare operates independent living units known as Bentley Park Retirement Village and Australind Rise, in addition to three Bentley-based residential care centres: Waminda, Tandara, and Kingia, all of which are fully accredited, as well as a Community Care program.

You're invited

Act now. 50% already sold.






### Akora's new display apartment

SwanCare invites you to inspect its brand new display apartment at Akora, the stylish architect-designed apartment complex at Bentley Park.

Bright, secure, low maintenance and central to everything, Akora offers the ultimate in retirement living. Spend your days relaxing or catching up with friends in the residents' lounge or spectacular mezzanine area, or join in one of over 40 activities on offer.

This is your opportunity to secure an Akora apartment ahead of its completion in October.

Contact Harry Pearson on 6250 0016 or [harry.pearson@swancare.com.au](mailto:harry.pearson@swancare.com.au)



2 Adie Court, Bentley WA  
[akoraapartments.com.au](http://akoraapartments.com.au)



## Exciting residential opportunities at revitalised Scarborough Beach



Artist perspective of Scarborough Beach Pool © City of Stirling

THERE is an exciting new vision to transform Scarborough into an iconic beachfront destination.

This master plan builds on the ideas from the City of Stirling's 2011 master plan and takes into account feedback from community and local business.

Works have commenced on contemporary family friendly destinations along the Scarborough Beach foreshore.

Some of the highlights include the upgrade of the Clock Tower into a pedestrian friendly and welcoming entry to the beachfront which will be improved with landscaping, trees and shade structures to tempt visitors to the beach.

The Scarborough Square will offer a sheltered town square in the heart of the development surrounded by restaurants, cafes and shops with space for activities including markets, performances and food vans.

The beach hub will feature a redeveloped surf lifesaving club with a flagship bar, restaurant and kiosk and an all season play facility with water play and a new heated outdoor swimming pool built by the City of Stirling.

There will be decked walkways along the beach with pedestrian promenades and lookouts and a reconfiguration of car parking in certain locations to improved pedestrian access and views of the water.

When completed in early 2018, the \$100 million project of the Metropolitan Redevelopment Authority and City of Stirling will provide a world-class beach destination to live and play.

Located in the heart of Scarborough

Beach Redevelopment precinct will be a new mixed-use building that is well under construction and will include 60 apartments, 21 short stay apartments and four commercial tenancies.

Designed by Hartree and Associates Architects and developed by Eurowide Investments, the Vetroblu building will offer a vibrant new style of apartment living in Scarborough.

The residential apartments will be available in one, two and three bedroom configurations and include six, two-level penthouses.

The nine-storey development includes a rooftop common area available for residents to enjoy panoramic views of the ocean.

Other facilities include a resident's sky lounge and terrace, gymnasium, sauna, outdoor spa and barbecue alfresco area.

Vetroblu is also designed with sustainability and includes a rooftop canopy of photovoltaic panels.

The apartments will appeal to those looking to downsize or invest and are a key element to the Scarborough Beach revitalisation with completion expected in March 2017.

Located only 300 metres from the beach, this development is access friendly with no stairs, offers a secured lock and leave lifestyle with low maintenance and low strata fees. It is ideal for the mature person looking for an affordable beach lifestyle with close proximity to the city.

Interested people should visit [www.vetroblu.com.au](http://www.vetroblu.com.au) or see advertisement on page 57.

## We're here to give you a helping hand.

If you need some help to live well at home, give Bethanie a call. We can give you a hand with just about anything, and we're more affordable than you might think.

Our aged care and at home services include:

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- Cleaning   • Transport   • Social centres   • Respite

To find out more, or make an appointment, call 131 151 or visit [bethanie.com.au](http://bethanie.com.au)



BETHA100



# Love lost and love found - two takes on one classic from WA Ballet



SEPTEMBER will see West Australian Ballet transform His Majesty's Theatre into fair Verona for Youri Vámos' *Romeo and Juliet* and the addictive world of rock giants *Radiohead* for Edward Clug's *Radio & Juliet*. The greatest love story ever told, in two remarkably different ways.

Presented as a dual season, the two performances will run on separate evenings.

This moving production of *Romeo and Juliet* set during 1930s Italian mafia warfare was last performed by WAB in 2009 to sell out audiences.

The sheer joie de vivre and hu-

manity of its characters, wittiness, tempo and excitement permeate the entire ballet amid impressive and poignant love scenes.

"Only those who move the heart will change the world - this is the goal I am trying to achieve," says Vámos.

A contrasting face on the same coin, *Radio & Juliet* is back after a critically acclaimed season in 2013.

A fast-paced and hard-hitting contemporary take on Shakespeare's classic, *Radio & Juliet* is set entirely to the music of *Radiohead*.

Edward Clug's intricate yet ro-

bust choreography paired with the distinct sounds of one of the most popular contemporary rock bands of the 21st century makes for an overt, introspective journey through the psyche of the modern day Juliet.

*Radio & Juliet* is presented as part of the MoveMe contemporary dance festival.

*Romeo and Juliet's* celebrated score by Sergei Prokofiev will be performed with the West Australian Symphony Orchestra conducted by Nigel Gaynor.

Audiences who book *Romeo and Juliet* full price tickets will receive 30 per cent off *Radio & Juliet*

tickets (adult A and B reserve only, conditions apply).

Audiences under the age of 30 can snap up \$30 tickets\* in A and B Reserves for Wednesday and Thursday performances only.

\*A service/delivery fee may apply and credit, debit card processing fees will apply to credit/debit card transactions. Conditions apply.

The season of *Romeo and Juliet* will run from 9 - 24 September at His Majesty's Theatre, Perth. It is presented by Alcohol Think Again.

Tickets - \$22 - \$112 (*Romeo and Juliet*) \$22 - \$52 (*Radio & Juliet*) through Ticketek 1300 795 012 or [www.waballet.com.au](http://www.waballet.com.au)

## She's back... *Bridget Jones's Baby*



OSCAR winners Renée Zellweger and Colin Firth are joined by Patrick

Dempsey for the next chapter of the world's favorite singleton in *Bridget Jones's Baby*.

After breaking up with Mark Darcy (Firth), Bridget Jones's (Zellweger) 'happily ever after' hasn't quite gone according to plan. Forty something and single again, she decides to focus on her job as a top news producer and surround herself with old friends and new. For once, Bridget has everything completely under control. What could pos-

sibly go wrong? In cinemas 15 September.

Watch the trailer: [www.bridgetjonesbaby.com.au](http://www.bridgetjonesbaby.com.au)

**WIN WIN WIN**  
To be in the draw to win one of five double passes to *Bridget Jones's Baby* in the simply send an email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Baby* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 20/9/16.

## Rock stars of Renaissance vocal music come to St Mary's Cathedral



The Tallis Scholars. Picture Eric Richmond

WORLD-renowned British early music vocal ensemble, The Tallis Scholars, will embark on an extended national tour of Australia in October and November of this year.

Founded in 1973, *The Tallis Scholars* have established themselves as the leading exponents of Renaissance sacred music throughout the world. Lauded by audiences and critics alike for the purity and clarity of their sound, which founding director, Peter Phillips, believes best serves the Renaissance repertoire, *The Tallis Scholars* have reset the bar for a cappella music.

*The Tallis Scholars* have performed in both sacred and secular venues, notably St Paul's Cathedral in London, the Sistine Chapel in the Vatican, which

marked the final stage of the complete restoration of the Michelangelo frescoes and the Church of St Ignatius Loyola in a collaboration with Sir Paul McCartney, as well as the National Gallery London where they appeared with Sting and Shakespeare's Globe Theatre.

The exceptionally high standards of performance and recording maintained by *The Tallis Scholars*, and their dedication to one of the great repertoires in Western classical music make this Australian tour an experience not to be missed.

The Perth concert will take place in St Mary's Cathedral on Tuesday 8 November at 7.30pm.

Tickets on sale now at [www.ticketek.com.au](http://www.ticketek.com.au)

## The Secret Life of Pets - a great family animation film



FOR their fifth fully-animated feature-film collaboration, Illumination Entertainment (*Minions* and *Despicable Me*) and Universal Pictures present *The Secret Life of*

*Pets*, a comedy about the lives our pets lead after we leave for work or school each day.

Comedy superstars Louis CK, Eric Stonestreet and Kevin Hart

make their animated feature-film debuts, which co-stars Ellie Kemper, Lake Bell, Jenny Slate, Bobby Moynihan, Hannibal Buress and Albert Brooks.

In Cinemas 8 September. Watch the trailer at [www.theseconlifeofpets.com.au/](http://www.theseconlifeofpets.com.au/)

**WIN WIN WIN**  
To be in the draw to win one of five double passes to *The Secret Life of Pets* simply send an email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Pets* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 15/9/16.





## Two heavenly voices combine for one magical evening



Mark Vincent and Marina Prior

FOR one night only, the iconic Marina Prior

will join Australia's No.1 tenor Mark Vincent in a magical performance of soaring opera arias, musical theatre showstoppers and well-loved popular songs.

Marina Prior, one of Australia's greatest leading ladies has performed more than 20 leading roles in her musical theatre career, starting in such much-loved shows as *The Phantom of the Opera*, *Cats*, *Les Misérables*, *Guys and Dolls* and *Mary Poppins*. She is currently starring as Baroness Schraeder in the Australian tour of *The Sound of Music*.

Mark Vincent is a prodigious singing talent, with legions of fans nationwide after winning *Australia's Got Talent* at the age of 15. Now 22, Mark has six albums under his belt, with more than 500,000 plus sales in

Australia alone, making him a multiplatinum artist. He recently starred on stage in the highly acclaimed musical *Dirty Dancing*, and is making a name for himself in Australian opera and musical theatre.

Singing all the classics from their latest album to be released by Sony Music in May, from *Amigos Para Siempre* to *All I Ask of You*, *The Prayer*, *I Dreamed a Dream* and *Somewhere Over the Rainbow*, this unforgettable evening promises to be a night of fine entertainment with two of Australia's most heavenly voices.

The Perth performance will be on Friday 23 September at the Perth Concert Hall at 8pm. Tickets available through [www.marinaandmark.com.au](http://www.marinaandmark.com.au)

## Snowden - the personal story of Edward Snowden



AN epic true story, this makes for one of the most compelling films of the year.

Academy Award-winning director Oliver Stone, who brought *Platoon*, *Born on the Fourth of July*, *Wall Street* and *JFK* to the big screen, tackles the most important and fascinating true story of the 21st century.

*Snowden*, the politically-charged, pulse-pounding thriller starring Joseph Gordon-Levitt and Shailene Woodley, reveals the incredible untold personal story of Edward Snowden, the polarising figure who exposed shocking illegal surveillance activities by the NSA and became one of the most wanted men in the world.

He is considered a hero by some, and a traitor by others.

No matter which you believe, the epic story of why he did it, who he left behind, and how he pulled it off, makes for one of the most compelling films of the year.

In cinemas 22 September.

**WIN WIN WIN**

**To be in the draw to win one of 10 double passes to *Snowden* in the simply send an email to [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) with *Snowden* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 20/9/16.**

## Agelink Theatre presents two new musicals

PUT a spring in your step, and don't miss seeing Agelink Theatre's *Some Enchanted Evening*. This beautiful musical show is based on the enchanting and well-loved songs from the pens of the illustrious duo, Rodgers and Hammerstein.

Oscar Hammerstein thought he was destined to become a lawyer and Richard Rodgers almost gave up his dream as a struggling composer to sell children's underwear.

Luckily they decided to take the risky path of showbiz and two legends were born. Rodgers and Hammerstein later became the most successful composer/lyricist partnership in history and their shows changed the face of musical theatre forever.

Share an hour of enchantment with Agelink as they go back in time to celebrate the music and times of the talented duo that wrote masterpieces such as *South Pacific*, *Oklahoma*, *Carousel*, *The King and I* and *The Sound of Music*.

Compiled and directed by Sally Tunnicliffe, *Some Enchanted Evening* features the beautiful voices

and comedic talents of Alinta Carroll, Nick Maclaine and musician Craig Skelton.

This show runs from 5 - 16 September.

This Christmas Agelink presents *Memories are Made of This* compiled by Sally Tunnicliffe and starring Alinta Carroll, Jackson Griggs and Michael Macuish. Consisting of music from the 1950s golden age of musical theatre.

Suitable for almost any venue or occasion, the talented cast will charm audiences with an hour of the famous numbers and stories from a variety of shows - whether from the Deadwood Stage of *Calamity Jane* and the wild west, the enchanting music of Borodin that was borrowed for the romantic *Kismet*, the Cockney streets of London pluckiness of *Me and My Girl* or the New York City energy of *Guys and Dolls* and *West Side Story*, there is something here for everyone. Shows runs from 5 - 16 December.

To book Agelink Theatre for a performance which can take place at almost any venue, simply contact [admin@agelink.com.au](mailto:admin@agelink.com.au) or call 0411 318 974.

LESLIE HINTON & ROY ORTUSO PROUDLY PRESENT

## Paco Pena

Spanish guitar virtuoso Paco Pena returns to Australia in 2016 with this company of dancers as they bring the magic and traditions of the Flamenco to stages across Australia.

Bringing to life the intoxicating rhythms, colours and sounds of Andalucía, Paco Pena and his dancers, singer and musicians set the stage alight in bursts of glorious improvisation and virtuoso flamenco technique. The first half of the performance features the solo guitar by Paco Pena. The second half sees the dancers join Mr Pena for the full flamenco experience.

**HIS MAJESTY'S THEATRE Friday 30 September 2016**  
**TICKETS: Ticketek 132849 Group Bookings on 1300 364 001**  
[lesliehintonentertainment.com](http://lesliehintonentertainment.com)

## ART for ALL

- September 12 - October 2  
Feature exhibition inspired by the Year of the Camel
- October 3-7  
Visiting QLD artist Tricia Reust, will present 2x2-day mixed media workshops plus a Lunch in the Gallery, October 5, 12-2pm
- October 10-16 Pastel Society of WA
- October 17-23  
Australasian Porcelain Art Teachers WA

**ATWELL GALLERY AT ATWELL ARTS CENTRE**  
 Riverside location on bus route - Plenty of parking - air conditioned  
 586 Canning Hwy, (Cnr North Lake) Alfred Cove  
**Ph: 9330 2800 [www.atwellarts.com](http://www.atwellarts.com)**

PERTH SYMPHONIC CHORUS  
 Director Dr Margaret Pride  
 PRESENTS

# Rachmaninoff Vespers

**VENUE**  
 GOVERNMENT HOUSE BALLROOM

**TENOR**  
 JUSTIN MCDONNELL

**DATE**  
 SUNDAY 25 SEPTEMBER 2016

**TIME**  
 3PM

**TICKETS**  
[WWW.TRYBOOKING.COM/MGKY](http://WWW.TRYBOOKING.COM/MGKY)  
 TICKETS FROM \$69

**Special Preview**  
 Tickets from \$29  
 Saturday 24 September 3PM  
 All Saints Floreat

Seniors Recreation Council of WA Inc.

## Christmas VARIETY CONCERT

presented for your enjoyment by: Phil Paddon and Red Dog Music

**Wednesday 14 December, 12.30pm - 5pm**  
**Morley Sport and Recreation Centre**  
 Cnr of Wellington Rd & Mangini St Morley

**Band of Mates**  
 Terry Bennetts, Evan Platschinda and Ginger Cox  
 Talented guitarists and country balladeers

**Kingsley Day**  
 "Keyboard Extraordinaire"  
 accompanied by local drummer Phil Rego

**Sharon Heaslip**  
 Singer, songwriter and one of Australia's leading female vocalists of Australian Bush Ballads and country songs.

**Justin Standley**  
 Most popular balladeer 2016 (ICMA),  
 APRA/TSA New Songwriter Award 2015,  
 Toyota Star Maker Finalist 2014 X Factor Finalist 2012

**Amber Reid**  
 Local talent studying at WAAPA, has performed at Disneyland California, Crown Theatre and Perth Concert Hall.

Tickets \$30 each available from Seniors Recreation Council WA  
**Phone: 9492 9771**  
 Refreshments at interval included

## On the silver screen - films for September

*Miss Peregrine's Home for Peculiar Children*  
 IN CINEMAS SEPTEMBER 24

*Captain Fantastic*  
 IN CINEMAS 8 SEPTEMBER

### Miss Peregrine's Home for Peculiar Children

From visionary director Tim Burton, and based upon the best-selling novel, comes an unforgettable motion picture experience.

Starring Eva Green, Asa Butterfield, Chris O'Dowd, Ella Purnell, Rupert Everett and with Judi Dench and Samuel L. Jackson, screen lovers will be in for a treat.

When his beloved grandfather leaves Jake clues to a mystery that spans different worlds and times, he finds a magical place known as *Miss Peregrine's Home for Peculiar Children*.

But the mystery and danger deepen as he gets to know the residents and learns about their special powers... and their powerful enemies.

Ultimately, Jake discovers that only his own special peculiarity can save his new friends.

In cinemas 29 September.

**WIN WIN WIN**  
**To be in the draw to win one of ten double passes to any of the movies above simply send an email to [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) with *Silver Screen* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 30/9/16.**

every day, until one morning she sees something shocking happen there and becomes entangled in the mystery that unfolds. In cinemas 6 October.

### Captain Fantastic

Viggo Mortensen stars in *Captain Fantastic*, the hilarious and heartfelt journey of a father raising his six children off-the-grid in the American wilderness. Far from the modern world, Ben (Mortensen) teaches his kids survival skills and home-schools them with a challenging curriculum of science, philosophy, literature and a healthy dose of anarchy. But when tragedy strikes, the family is forced to leave their self-created paradise and re-enter society. As the kids face the perils and excitement of an unfamiliar world, Ben begins to question the choices he has made for his family. In cinemas 8 September.

### WIN WIN WIN

**To be in the draw to win one of ten double passes to any of the movies above simply send an email to [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) with *Silver Screen* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 30/9/16.**

BEN MAIORANA ENTERTAINMENT PRESENTS

PETER BYRNE

# Forever DIAMOND

★★★★★  
Internationally  
Acclaimed

★★★★★  
5 STAR RATING

An International Tribute to Superstar  
Neil Diamond



Fully Endorsed by  
Music Legend  
Neil Diamond

Relive and  
Celebrate  
all the  
Classic Hits!

50<sup>th</sup>  
ANNIVERSARY  
CELEBRATION



WWW.BENMAIORANAENTERTAINMENT.COM.AU WWW.PETERBYRNE.COM

Albany Entertainment Centre - Thur 22 September - 8pm Book - 9844 5005 / ticketek.com.au  
Bunbury Regional Entertainment Centre - Fri 23 September - 8pm Book - 1300 661 272 / www.bunburyentertainment.com  
Mandurah Performing Arts Centre - Sat 24 September - 8pm Book - 9550 3900 / www.manpac.com.au

BEN MAIORANA ENTERTAINMENT PRESENTS

# BUDDY HOLLY

Starring Internationally Renowned **Scot Robin** in concert

"Relive all  
the classic hits"

25th Anniversary  
Celebration



GROWN THEATRE PERTH - SAT 22 OCT Book now at TICKETMASTER.COM.AU or 136 100

★★★★★  
5 STAR RATING

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# THE BEATLES

1963 - 1970 No.1's

# 1

BY THE WORLD'S No.1

All of  
The Beatles  
No.1 Hits



THE FABULOUS  
beatle  
BOYS

Albany Entertainment Centre - Thur 3 November - 8pm Book - 9844 5005 / ticketek.com.au  
Mandurah Performing Arts Centre - Fri 4 November - 8pm Book - 9550 3900 / www.manpac.com.au  
Bunbury Regional Entertainment Centre - Sat 5 November - 8pm Book - 1300 661 272 / www.bunburyentertainment.com



## Crown Perth comes alive with the sound of music



Von Trapp children

LONDON Palladium's lavish production of *The Sound of Music* will play at Perth's Crown Theatre from 14 September, starring Amy Lehpmeyer (*Once, The Rocky Horror Show*) as Maria Rainer and Cameron Daddo (*Legally Blonde, Big River*) as Captain Georg von Trapp, alongside Marina Prior (*Mary Poppins, The Secret Garden*) as Baroness Schraeder, Lorraine Bayly (*Calendar Girls, The Sullivans*) as Frau Schmidt and David James (*Playschool, Avenue Q*) as Max Detweiler.

Twelve Perth children have been cast in the local season, on behalf of producers Andrew Lloyd Webber, David Ian, John Frost and the Really Useful Group. There will be two different casts alternating in the roles of the six youngest von Trapp children during the Perth season.

"We have assembled an extraordinary cast of young stars to play the von Trapp children," said the producers. "We had more than 800 children audition last month and we were absolutely

blown away by the talent. It's exciting that Australian audiences will see a production of this quality."

Inspired by the lives of the actual von Trapp family, *The Sound of Music* is the world's favourite musical. It tells the uplifting story of Maria, a fun-loving governess who changes the lives of the widowed Captain von Trapp and his seven children by re-introducing them to music, culminating in the family's escape from the Nazis across the mountains from Austria. It features an unforgettable score that includes some of the most famous songs ever performed on stage, including *My Favorite Things, Edelweiss, Do-Re-Mi, Sixteen Going On Seventeen, The Lonely Goatherd, Climb Ev'ry Mountain* and the title song, *The Sound of Music*.

Playing at Crown Theatre from 14 September with tickets from \$69.90\* and available through Ticketmaster - telephone 136 100, or [www.ticketmaster.com.au](http://www.ticketmaster.com.au). For groups 12 + Call Group Bookings on 1300 889 278.

\*An additional transaction fee and/or a credit/debit payment processing fee may apply.

**WIN WIN WIN WIN**  
To be in the draw to win one of five double passes to the performance of *Sound of Music* at Crown Theatre on 14 September simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Music in the subject line or ring the office on 9227 8283 during business hours to enter the competition. Competition closes 13/9/16 so be quick!*

## MetSO's September concert showcases talented young performers



Left to right; Kai Ning Wang, Christopher Dragon - Max Wung and Emmalena Huning

THE METROPOLITAN Symphony Orchestra, also known as MetSO, is one of Perth's leading community orchestras.

Christopher Dragon will be returning from his position as associate conductor with the Colorado Symphony Orchestra to conduct the

MetSO's September concert.

In the 2016/17 season Chris commences his position as principal guest conductor with the Denver Young Artists Orchestra. Despite this busy schedule, he still holds firm roots with many WA ensembles and is currently musical director of the Metropolitan Symphony Orchestra, Operabox and the orchestra he founded - The Orchestra Project. He regularly conducts for the West Australian Academy of Performing Arts and the West Australian Youth Orchestra.

Chris will lead the orchestra through an interesting program where three talented young musicians will perform.

Kai Ning Wang aged 11 (piano), Emmalena Huning aged 15 (violin) and Max Wung aged 11 (cello) will perform Beethoven's *Triple Concerto* for violin, cello and piano in C Major.

The concert will also include Mendelssohn's *Hebrides Overture*

and Schubert's *Symphony No.3*

The concert will be held on at 3pm on Sunday 18 September at the Music and Drama Centre at Hale School in Wembley Downs.

The regular price of entry (\$25 adult, \$20 concession, group tickets available) also includes afternoon tea. Tickets available at the door or book by phone (call Andrea on 0435 174 550) or online [www.trybooking.com/Event/EventListingURL.aspx?aid=10540](http://www.trybooking.com/Event/EventListingURL.aspx?aid=10540).

More information about the Metropolitan Symphony Orchestra is available at [www.metso.asn.au](http://www.metso.asn.au).

### WIN WIN WIN

**The Metropolitan Symphony Orchestra is giving away five free double passes to the first five people to enter the competition. Entrants can email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with MetSO in the subject line or call the office during business hours Monday to Friday on 9227 8283. Closes 15/9/16.**

## The reimagined tale of Disney's Pete's Dragon



A REIMAGINING of Disney's cherished family film, *Pete's Dragon* is the adventure of an orphaned boy named Pete and his best friend Elliott, who just so happens to be a dragon.

For years, old wood carver Mr. Meacham (Robert Redford) has delighted local children with his tales of the fierce dragon that resides deep in the woods of the Pacific Northwest.

To his daughter, Grace (Bryce Dallas Howard), who works as a forest ranger, these stories are little more than tall tales... until she meets Pete (Oakes Fegley).

Pete is a mysterious 10-year-old with

no family and no home who claims to live in the woods with a giant, green dragon named Elliott. And from Pete's descriptions, Elliott seems remarkably similar to the dragon from Mr. Meacham's stories.

With the help of Natalie (Oona Laurence), an 11-year-old girl whose father Jack (Wes Bentley) owns the local lumber mill, Grace sets out to determine where Pete came from, where he

belongs, and the truth about this dragon.

Disney's *Pete's Dragon* opens in Australian cinemas on 15 September.

### WIN WIN WIN

**To be in the draw to win one of 10 double passes to Pete's Dragon simply send an email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Dragon in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 15/9/16.**

## Coming to cinemas in September - The Confirmation



A SMART and effective coming of age tale - *The Confirmation* - stars Clive Owen as a divorced dad

whose rare weekend with his son turns into a unique bonding adventure as they encounter a series of

odd characters and even odder circumstances. Rogerebert.com called this wry and witty father/son story, a smart, effective coming of age tale.

In cinemas 15 September.

**WIN WIN WIN**  
Icon Film Distribution is celebrating the

release of the film *The Confirmation* by offering some lucky readers the opportunity to win a DVD pack valued at \$45 which includes the following films: *Infinitely Polar Bear, Dan In Real Life, Death At A Funeral* and *What Women Want*.

If you would like to be in the draw to win one of five DVD packs then simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Confirmation* in the subject line or write to *The Confirmation DVD competition, Have a Go News PO Box 1042, West Leederville 6901. Closes 30/9/16.*

OLD MILL THEATRE  
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SOUTH PERTH (opposite Windsor Hotel)

By Joanna Murray-Smith By permission of the author

# HONOUR

A moving story of love, lust and loss  
Directed by Dale James

7, 8, 13, 14, 15, 19, 20, 21, 22 October @ 8pm  
Matinees: 9 & 16 October @ 2pm  
Tickets: \$25 or \$20 concession (10+ all \$20)

BOOKINGS: 9367 8719 [oldmilltheatre@inet.net.au](mailto:oldmilltheatre@inet.net.au)  
or online [www.oldmilltheatre.com.au/tickets](http://www.oldmilltheatre.com.au/tickets)

# TIVOLI CHRISTMAS SHOW

The Tivoli Club of WA is back on stage celebrating Christmas around the world in a spectacular show sure to delight all

**Fridays 8pm** (Doors open at 7.30pm):  
November 11, 18, 25  
December 2, 9

**Sundays 12noon** (Doors open at 11.30am):  
November 13, 20, 27  
December 4, 11

**TICKETS:**  
Adult \$20 Pensioner \$17 Child \$10  
All tickets include show, chicken & chip meal, tea and coffee. BYO alcohol and glasses

**BOOKINGS:**  
Email [tivolibookings@hotmail.com](mailto:tivolibookings@hotmail.com)  
9364 5463 (Please leave a message)  
Visit [www.tivoli.org.au](http://www.tivoli.org.au)

The Tivoli Club of WA Inc

Find us on

By arrangement with Origin™ Theatrical, on behalf of Samuel French Inc contains some coarse language and sexual references

Harbour Theatre Inc presents  
Norm Foster's

# The Love List

Directed by Kirstie Francis

16, 17, 19, 21, 22, 23, 24  
September @ 7.30pm  
18 & 25 September @ 2pm

\*BOOK at [www.taztix.com.au](http://www.taztix.com.au)  
or 9255 3336  
\$25.50 F \$23.50 conc  
\$20.50 ft student or child u15 yrs  
\*Ticket fees apply

Find us at Camelot, 16 Lochee St, Mosman Park  
For further info visit [www.harbourtheatre.org.au](http://www.harbourtheatre.org.au)

The Act-Belong-Commit  
**YORK MEDIEVAL FAYRE**  
Sunday 2nd October 2016

**VENUE: Avon Park**  
Stalls • Music • Entertainment  
Knights • Swordsman  
Weapon displays

**Parade 2pm - Avon Terrace**  
Adults \$5, Kids - Free  
[www.yorkmedievalfayre.org.au](http://www.yorkmedievalfayre.org.au)

Other events include  
Saturday Night  
Medieval Banquet  
- 1st October at Town Hall

healthway  
Community Resource Centre

# SCENE SOCIALLY

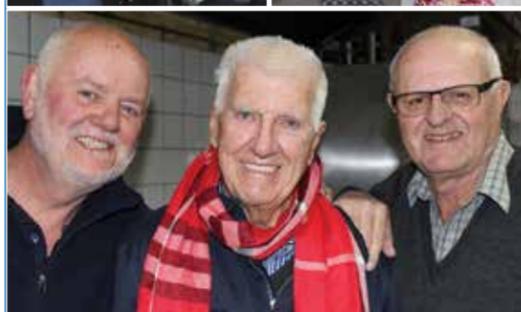


**SCENE (1):** *HAVE a Go News'* Quentin Smythe gave a talk to the members of the Men's Shed in Joondalup about the Living Histories project and to encourage members to contribute to this year's project which looks at life in the 1960s in WA. Groups interested can call the office on 9227 8283 if they would like to have Quentin speak at their group. Seen there were:  
 SCENE (1): Clockwise from left; Merv Pearce and Reg Luther - Hedley Bond and David Garrett - Ron Slavin, Ralph Anthony and Michael Robinson - Frank Aantolor and Kerry Sinclair - Les Hendon and Bill Enright.

**SCENE (2):** THE Silver Taps dancers spread some cheer recently when they opened the Property Council of Australia's Retirement Living Expo held at Hyatt Hotel's Grand Ballroom on 24 August. The ladies presented some lively routines to set the scene and showcase the many talents of our older community. The dancers whose average age is 70 certainly look fantastic in their costumes and are a great example of the *HAVE a Go* philosophy.



SCENE (2): Pictured above is Judi Grant with Silver Taps founder Carole Metcalf. For people who would like to book the dancers contact Carole on 0416 191 043.



**SCENE (3):** VINCE and Anne Garreffa from Mondos Butchers hosted an information evening about the Vietnam and Cambodia Tour they are escorting which departs in January 2017. The trip includes a river cruise down the Mekong and a visit to Angkor Watt. People who are interested in going on the tour can fly free with Singapore Airlines if bookings are made by 30 September. Anyone interested in participating in the cruise should call Kings Tours on 9380 6656 for more information. Seen at the evening:

SCENE (3): Top row from left; Anne and Vince Garreffa - Tahlia and Anna. Second row from left; Martin and Arlene Schwartz - Chris and Kerry Bain. Third row; Ron Reddingius, Quentin Smythe and Bob Page

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 No GST or Stamp Duty applicable.  
 Not-for-profit organisation. Fully renovated units set in beautiful grounds.  
 Close to shops and transport. Solar panels.  
 Friendly atmosphere with social centre. CCTV.

**Bull Creek UNIT AVAILABLE priced at \$298,000**

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 2 Bedroom units at \$330 - \$340 per week

For further information or to view, call 9314 5884 or 0429 893 018  
 Lifemark Accredited, Member of Property Council of Australia



**SCENE (5):** OLDER people are enjoying the fruits of a wonderful new vegetable garden they helped to create with Rustic Pathways' students and international volunteers at the Juniper Kununurra Community Care Centre. Rustic Pathways provides travel experiences for young people which positively impact on communities across the world. Pictured here were the helper students at the new garden.



**SCENE (4):** BETHANIE, WA's most well known aged care and retirement living provider, hosted the 'Beth-a-lympics' at Bethanie Beachside, Yanchep on Thursday, 4 August.

More than 40 residents across four Bethanie residential aged care facilities (Beachside, Kingsley, Geneff and Illawong) participated on the day in activities including hockey, pass ball, skittles and beanbag toss. The competitive nature of the residents certainly came out, making a close scoreboard throughout the day. Seen were:

SCENE (4): From left to right; Pat Hay with the torch - Jim Mollon - Mary Mitchell - Jean Monahan gets ready to bowl



## Great advice about hair for mature ladies - and a chance to win a new hair style



Get inspired for spring with new colour and styling from Dharma hair salon

DAVID Wernik from Dharma hair salon in Bedford says it's time to start thinking about having some spring fun with colour and hair styling. The new season is just around the corner and is the perfect time to get into the mood with colours that will carry you through spring and into summer. Think about soft muted copper tones as well as cocoa and mocha with some artistic highlights placed in the hair to create tone and depth. Grey ash tones are starting to

come into fashion along with some beautiful soft grey tones as well. Winter has been hard on our hair with all the blow drying we've had to do, so enriching hair with a refreshing colour and deep moisturizing treat will help. In terms of styling for spring and summer we are now noticing soft waves, curls and more movement through hair. So bring out tools that have not been used for a while. Rollers, curling tongs and hot rollers are making a come-back rather than the

flat straight look. The cuts that will be in this spring and summer 2016 are the classic bob in all lengths and the pixie cut, which is making its way back in. Cut though, all comes down to face shape and lifestyle with time a major factor for styling the right cut for each client. David says Dharma is happy to provide complimentary consultations at the salon. For further information contact 9271 1137 or drop in to the salon at 1062b Beaufort Street, Bedford.

**WIN WIN WIN**  
 To be in the draw to win a design colour with deep moisture treatment cut and style valued at \$215 simply email win@haveagonews.com.au with Dharma in the subject line or send an envelope to Dharma - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 30/09/16.



## Zip out with a bargain at Zip Fashion warehouse clearance

FOR a limited time, browse through a huge range of high-fashion clothes, shoes and handbags at total clearance prices directly from Zip Fashion Warehouse. With leather shoes reduced to clear at only \$30, find a variety of beautifully designed and made tops, dresses, pants, jeans and handbags reduced to clear up to 85 per cent off retail prices. There are imported European and Gabriella Frattini labels available, with one-off sample items offered direct to the public. Zip Fashion Warehouse is open every Thursday-Sunday, 10am-2pm for a limited time and accepts cash, Eftpos, Visa and Mastercard. Visit 9 Tidal Way, Bibra Lake, Cockburn Commercial Park. For further information phone 9434 6577.

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