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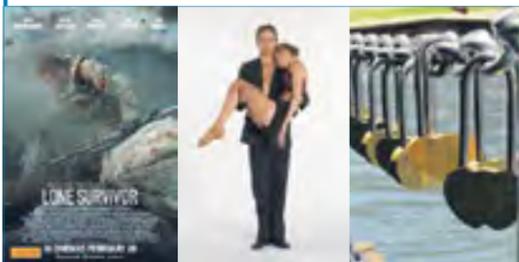
WA'S PREMIER MONTHLY PAPER FOR THE OVER 45s

VOLUME 23 NO. 07 ISSUE NO. 263 FEBRUARY 2014

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- Let's Go Travelling - *Have a Go News'* Travel Editor's trip to Switzerland plus much more
- Downsizing
- Healthy living - Healthy ageing

Competitions/Giveaways



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The Bell Tower Love Locks TICKETS

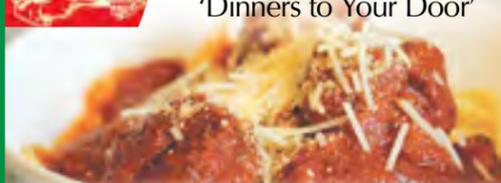
Ballet at the Quarry - Radio & Juliet
Lone Survivor
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25th Annual Alliance Francaise
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Living history...



Elegant and stately. The Old Treasury Building at dusk

DUE TO the ever growing popularity and interest in Perth's heritage, *Have a Go News* will be once again publishing a heritage column.

With support from Heritage Perth, we thought you might be interested to know more about Executive Director Richard Offen, the driving force behind this

not-for-profit organisation. Originally from Kent and now an Australian citizen, Richard trained as an engineer and then spent 11 years teaching science at a school in Canterbury.

After teaching, he joined the staff of the UK National Trust in 1989 and from 1992 until 2003, was responsible for the Trust's

famous Neptune Coastline Campaign. Under his direction the campaign raised more than £28 million, enabling the Trust to buy and protect nearly 100 miles of the spectacular British coastline.

During his time with the Trust, Richard worked with a number of organisations, including Eco Mediter-

ranea (Spain), the Maltese National Trust and the Czech Union for Nature Conservation, advising on conservation strategies and fundraising. He also accompanied HRH the Prince of Wales on an official visit to the Italian National Trust's first coastal property to advise on its management and interpretation.

In the UK, Richard was a popular lecturer and a regular broadcaster on both radio and television for many years. In 1999, he wrote and presented a 55 minute documentary video, *Neptune's Legacy*, which charts the history of the UK National Trust's most successful campaign. Richard was also co-author of the National Trust book *The Living Coast* and wrote the text for a book of aerial photographs of the British coast entitled 'Coastline UK'.

During a six-month sabbatical in 2001, Richard worked on secondment to the National Oceanic and Atmospheric Administration in Washington DC and spent time on an exchange programme with the Historic Houses Trust of New South Wales and in Perth, with National Trust Australia (WA).

With his extensive experience of heritage matters from around the world, we are very fortunate that in 2006 Richard was appointed Executive Director of the new City of Perth Heritage Appeal (now Heritage Perth Inc.) and settled in Western Australia, becoming a citizen in March 2013.

Heritage Perth was set up to show the heritage of Perth in a positive light as a major social and economic asset. Through a series of innovative projects, Heritage Perth has, and continues to demonstrate that heritage places can find a role in today's society without losing either significance or historic value. The annual Perth Heritage Days that will be held in October in 2014 has grown from 6,000 visitors the first year, to 40,000 in 2013, the fifth year of the event.

Speaking with Richard you realise that beyond being a really nice chap, he has brought to Perth a wealth of experience, passion and dedication to preserving heritage, in all its forms.

continued on page 10

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Varied diet good for seniors' health



Newcastle University, School of Health Sciences' Professor Clare Collins

minerals and vitamins. However, commonsense is not scientific evidence.

But now a study published in the American Journal of Managed Care has provided data to back up the sentiment.

Dr Yuan-Ting Lao and colleagues surveyed the diets of 1650 older people in Taiwan. They then calculated a dietary diversity score (DDS) for each person's diet and compared it to data from the health insurance claims they made.

In Taiwan, which like Australia has an ageing population, one third of all medical expenditure is spent on people aged 65 and over.

In an eight-year follow up, 63 per cent of participants with the highest DDS score were still alive compared to 14 per cent of those with the lowest DDS rank.

People with higher DDS scores used hospital emergency departments less frequently and spent fewer days in hospital.

Dr Lao's team also found those with higher DDS scores had more health check ups and used preventive care and dental services

more often. Another finding was that seniors with teeth problems consistently ate a less varied diet.

Chewing difficulty and poverty were associated with a lower adherence to dietary recommendations and higher mortality.

The authors concluded that improving the diet of less well off seniors would reduce overall health care costs.

An earlier study of the diets of middle-aged Australian women investigated if higher diet quality would predict the number of Medicare claims.

Lead author Professor Clare Collins of Newcastle University, hypothesised that women whose diet is closer to the National dietary recommendations would suffer from less chronic disease and live longer. In turn this should be reflected in lower health care costs over time.

She found that there was a statistically significant association between five-year cumulative costs and diet quality, but in the opposite direction to that they expected.

Women with the highest diet quality had higher health care costs.

"I think what confounds the study is that those who eat better also have more screening tests such as mammograms and pap smears done," Professor Collins said.

Checks carried out at a later point in time showed fewer Medicare claims.

"We plan to check again in a few more years as I think eventually it will start to also show reduced health costs in later years - as the study in Taiwan found," she said.

Afternoon Tea Dance

THE SENIOR Citizens' Centre opposite the Post Office in Stirling Street, Bunbury is hosting an Afternoon Tea Dance every second and fourth Wednesday each month from 1-3pm, including a tea break. Dances, old and new. Come and enjoy yourself. Tel: 9721 4752

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by Frank Smith

"EAT A VARIED diet with lots of fruit and vegetables." This advice is almost the standard mantra of nutritionists.

But is there any scientific evidence that this is true?

Commonsense tells us that if you eat a broad range of food items there is less chance of missing out on micronutrients such as some



by George Gouteff

OFFICIALLY sanctioned paddling by the Over 55 Canoe Club paused in early December for the summer break over the festive season and will resume with the February camp at Augusta.

However there are a number of members who have had severe attacks of "Paddlus Withdrawis" a painful condition which can only be eased by going for an occasional paddle regardless of heat or water conditions.

In late December, John 'have a go' T, Barry and Glenn decided to ease the pain by paddling upstream on the Swan River from Barrett Street, Herne Hill with the objective of at least making it to Amiens Crescent with a long shot the Yagan bridge on the Great Northern Highway.

The Over 55 Canoe Club is on vacation ... sort of...

They soon discovered that the river was running out of water and that there was going to be a lot more portage than paddling; Amiens Crescent was out of reach and Yagan Bridge was a bridge too far.

January saw another group attempting to ease the pain of withdrawal by paddling out of Hillarys Boat Harbour. This intrepid group was led by Barry and Ken and paddled north to Pinnaroo Point where they went ashore for morning tea before returning to the harbour.

The kayaks paddled by the Over 55 Canoe Club are not sea kayaks and are not designed for surfing the waves, so coming ashore and then launching from the beach can be very challenging; in fact so challenging that a number of the group were tipped out of their kayaks. As this was not an official club paddle there will not be the usual duck awarded for falling into the water. Ten out of 10 for

pushing the envelope and having a go!

During mid-January, the club opened its social calendar with a well-attended and enjoyable evening barbeque on the foreshore at Matilda Bay.

The Over 55 Canoe Club will be holding a new members day on 3 April where individuals who are interested in paddling or learning how to paddle a kayak can try one out under supervision.

More details will be published in the March 2014 edition of *Have a Go News*.

For further information telephone Peter on 9227 8283 or visit our web page <http://www.over55canoeclub.org.au/WELCOME.html>.

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Over 55 Walking Association



THE OVER 55 Walking Association Incorporated (OFFWA) 2014 season commences Tuesday 11 March at Perry Lakes, Alderbury Reserve, Floreat

The Association's website <http://over55walkingassociation.myclub.org.au>

org.au provides a lot of information about the organisation and includes the program of walks at different venues.

As well as the benefits from walking at your own pace and distance in a safe and accessible environment, there are several social events including an organised holiday away in Cervantes this year.

Upcoming walks for March:

11 March, Perry Lakes around the Lakes: assemble at Perry Lakes Drive, Alderbury Reserve, Floreat

18 March, South Beach to Round House and South Mole: assemble South Beach Kiosk car park, Ocean Drive

For further information contact OFFWA's president, Brown on 9448 6965 or via email brown12@hotmail.com.

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Preserve your Scarborough Beach memories
 DON'T MISS your chance to preserve your Scarborough Beach memories this February at Scarborough Beach. The travelling sound studio, The MRA Storybooth, will be on location to record your stories about Scarborough Beach. Bring along some photos and they'll be edited together with your story into a short video for you to share with your friends and family. This will be held from 10am - 4pm on Saturday 15 and 16 February at Scarborough Beach Reserve. Thanks to the MRA this event is completely free of charge. Book now by emailing liz@chronicle.net.au. For more info see <http://www.summersetartsfestival.com.au/Events/SCARBOROUGH-CHRONICLES>.

"Who will care for our children when we can't?"

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Judith Treby

HELLO Everyone,
 The Christmas holiday break is now but a distant memory with most people either back at work or for those who are retired, looking forward to resuming their favourite activities and interests ... and perhaps to becoming involved with something new and different. For the next few months, the Perth arts calendar is crammed with many quirky and diverse shows to tempt you. Speaking of shows that tempt you with their innovation and talent, Jen Merigan, our sub and travel editor and I

attended the opening night of WA Ballet's *Radio and Juliet* at the Quarry. The performance began with three different and equally entertaining acts, see more on page 52 followed after interval by *Radio and Juliet*. This interpretation of Shakespeare's *Romeo and Juliet* is somewhat different to the original version, which might not please the purists, but combined with the ethereal music of Radiohead, was an enjoyable performance. Kicking off this month is the 62nd Perth International Arts Festival which runs until 1 March. As PIAF says in their promotion, there are 1001 unique festival moments, everyone world class, which could see you enjoying a range of diverse and interesting activities, events and performances in 24 days of

extraordinary experiences. For bookings and festival info call 6488 5555 • perth-festival.com.au • Ticketek outlets Perth International Arts Festival. Also coming up is the inaugural Independent Theatre Festival presented by the Perth Theatre Trust and Subiaco Arts Centre. The Festival showcases leading West Australian theatre and dance productions every Wednesday, Thursday, Friday and Saturday nights from 12 March to 12 April. For a brochure or more information, visit www.subiacoartscentre.com.au or call 9265 0932. For those who would like to help at the annual Clean Up Australia Day 2014, it will be held on Sunday 2 March. Interestingly, during the 24 years the day has been observed, volunteers have given

more than 26,100,600 million hours towards cleaning up their local environment with an estimated 288.650 tonnes of rubbish removed Australia-wide. For more information or to register, log on to www.cleanaupaustraliaday.org.au and follow the prompts or call 1800 CUA DAY 1800 282 329. My thanks to those readers who responded to comments in last month's editorial on the vexed issue of parking at the QE11 Medical Centre - "Charlies". See Letters to the Editor on page 12. That's all from me this month. Keep happy and healthy.
Judith Treby
editor@haveagonews.com.au
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A wartime love story

AGELINK Theatre is excited to present their new play, a wartime love story *Cis and Barbiche* based on the letters and diaries between an English woman and a French airman. This world premiere features award winning actor Jo Morris (*A Streetcar Named Desire*) and exciting talent Mark Desebrock (just returned from London), along with the sublime vocals of Alinta Carroll and the music of the popular piano accordionist, Nikki Dagostino. There will be two performances only at the State Library Theatre, Perth Cultural Centre on Saturday 1 March at 11am and 2pm. Seventy years ago in 1944 in Liverpool, young Barbara Rigby, aged 19, fell in love with a young French airman,

Francis Usai, who was fighting in WWII for the Allies in England and training to be a gunner on Halifax Bombers. "Cis", as he was called, wrote dozens of letters to his "Barbiche"; wonderful letters - lively, passionate, funny, and poetic. Barbara, meanwhile, kept an informative daily diary of her life in wartime England. *Cis and Barbiche* will also be performed in York, UK in July during the second stage of the Tour de France as part of the 100 Day Cultural Festival which accompanies the race. Yorkshire Air Museum, houses the only two French Heavy Bomber Squadrons of WWII and the letters and diaries which form the foundation of the play are considered the largest sin-

gle WWII social history document in France. The original letters by Francis Usai are housed in the French National Museum. These letters and diaries are a remarkable and fascinating insight into the personal lives of two young people caught up in the horrors of war. Ticket prices: \$30 full, \$25 concession (NB: No booking fees) Bookings: Via email admin@agelink.com.au or call 9384 8158 For more than 20 years Agelink Theatre Inc has been creating theatre from oral histories, entertaining the public and affirming the value of our seniors. For further information visit www.agelinktheatre.com.au Proudly supported by Jenny Davis

Chance for all to shine on stage

WHETHER you're young, old, male or female, Garrick Theatre is interested in hearing from you. A second round of auditions is being held for *Oil Well That Ends Well* from 7pm on 18 February - and more than 20 male and female roles of differing ages are on offer. Director Gail Lusted describes the play as "a modern *Macbeth*", adapting Shakespeare's work to give it a twist by setting it in modern-day Perth.

"*Macbeth* is considered one of Shakespeare's darkest and most powerful tragedies," she said. "Originally set in Scotland, the play dramatises the corrosive psychological and political effects produced when evil is chosen as a way to fulfil the ambition for power. "But what if we moved it to present-day Perth in the oil industry?" "Royalty succession is replaced by the corporate ladder and the cut and thrust of the royal entourage is replaced by the machinations of industry

and commerce. "It's no less deadly nor earnest and just as corrupt with the same disregard for human frailty." All language is modern, not Shakespearean, except for the witches' speeches. Performance dates for the show are 1 to 17 May. For more details and to book an audition, email glusted@westnet.com.au. Garrick Theatre is located at 16 Meadow Street, Guildford, opposite the Stirling Arms Hotel and Guildford Town Hall.

Senior's Open House welcomes you

WOULD you like to meet new people and make new friends? Then why not go along to the Senior's Open House held every Friday morning from 9.30am to 12 noon at All Saints Floreat Uniting Church Hall, corner Berkeley Crescent and Kirkdale Street, Floreat. Activities include various card games, rummy cup, Scrabble, Mahjong and carpet bowls. Morning tea is at 10am for a gold coin donation. Everyone welcome! For further information, or if transport is needed, please call Nancy Creeper - 9387 2701, Margaret King - 9245 6306 or Ian Oliver - 9387 2228.

Memories of Everest

ISABELL Evans, from the City of Bunbury, will speak at the U3A's first meeting for 2014 on 14 February at 9.30am. The venue is Edith Cowan University, Block 6: room 103. Members are reminded that fees are due before the AGM on 28 February (name and \$20 in envelope) and nominations for committee positions are requested. Visitors are most welcome (\$2 for morning tea and \$2 for ECU parking). There will be a committee meeting afterwards.

Don't be a victim of internet fraud



by Frank Smith

NEARLY 20 per cent of Australian Internet users aged 50-75 have been victims of Internet fraud, including stolen credit card and bank account details, email scams and online purchase scams.

That's the findings of a survey presented to the Australian Seniors Computer Clubs Association (ASCCA) annual conference in Sydney last month.

Moreover one in four seniors had chatted to a stranger on line compared to only eight per cent of teenagers.

The research was commissioned by Internet security company McAfee Asia Pacific.

"We know from our research on teens that this is at a high risk [demographic] due to their fast adoption of technologies, but now we're seeing the same trend with our older Australians and their Internet behaviour – so cyber education at any age is critical," said Keith Buckley, Managing Director of McAfee.

The survey also showed that using the Internet can be a rewarding experience, with seven in 10 seniors citing its importance in keeping connected with family and friends. A further one in two has used the Internet to connect with lost family and friends or trace family trees.

"Often you find that older Australians are isolated from loved ones, or they have lost family members, so the Internet is a wonderful place to help fill this loneliness," said Nan Bosler, President of ASCCA.

The survey showed that 85 per cent of seniors logged on to the Internet daily and spent an average of 3.4 hours on line. They used the Internet mainly for on-line purchases and keeping in touch with family and friends.

More than half the seniors had a social media account, either Facebook or Google+.

Three quarters of these agreed that social media puts them at greater risk of scams and identity theft and one third said they do not know all the people in their network.

Nearly half (48 per cent) learnt about safe internet usage from family members, 33 per cent did their own research via websites, and a further 20 per cent have taken an internet course.

Nearly half (44 per cent) of survey respondents did not consider sharing personal information to be a risk to their privacy or security.

Mr Buckley recommended that all Internet users should install security software and refuse to share personal information such as full name, birth date, address, bank details and holiday dates.

You should be careful of websites, emails or friend requests from unknown organisations or individuals and think before you post on social media, he said.

The WA Police Major Fraud Squad and the Western Australian Department of Commerce estimate about 600 to 700 people are sending a total of \$600,000 to one million dollars to fraudsters every month.

Fraudsters target lonely FIFO workers and seniors with scams offering relationships, but eventually ask for money.

Project Sunbird, the result of this collaboration, identifies potential victims through financial intelligence and/or reports from the community. They then send warning letters to the person's home, advising they're likely to have been defrauded.

If there's no response to the second letter and money is still being sent, a member of Major Fraud Squad will visit the person to discuss the matter.

In almost all cases, after a personal visit by police, people acknowledge they're victims and stop sending money.



Porcelain of a golden hue pieces painted by Guild members

WHAT would you expect to see at an exhibition entitled Golden Reflections: golden hues, glorious colours, artistic applications of texture, lustre and metallics on porcelain, reflections and memories of the past? Well, you will see all of these and so much more ...

To celebrate the fine art

of porcelain painting the West Australian Guild of China Painters, in their 50th Anniversary Year, will hold an exhibition of members' work at the historic Guildford Town Hall, cnr James and Meadow Streets, Guildford on Saturday 3 May and Sunday 4 May, 2014 between 9.30am and 4pm.

'Golden Reflections'- WA Guild of China Painters exhibition

Participating artists have been given the theme 'Golden Reflections' to inspire innovation and artistic interpretation.

The free entry exhibition will feature hundreds of exhibits with work available for sale.

The Guild is Australia's oldest china painting association and has been promoting the art since 1964.

The exhibition will be a great opportunity to see some of the best porcelain artists in Australia exhibiting both contemporary and traditional work.

Vases, jewel boxes, platters, jewellery and other unique pieces, hand decorated in rich lustrous, precious metals and bold colours will be on display.

A special display entitled '50 Years of Hand Painted Porcelain' will also be featured at the exhibition as part of the Guild's Golden Anniversary celebrations.

For more information on the Guild or the forthcoming exhibition, visit the Guild's website www.chinapainterswa.asn.au or call Heather Tailor on 9337 3228.

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For more information please call Elaine on 0417 992 422 to make a booking or have a have a look around the club.



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Brian French

French's Forum

received the gift of a copy of the UK Weekly Telegraph newspaper.

Of course the news does have a UK flavour, but it also includes the UK sports news and an excellent crossword which keeps me off the streets.

This hot weather seems never-ending, but I suppose it's to be expected because we are still in the final month of summer.

The Brits clearly have found it anything but pleasant on the cricket field, and have certainly not carried themselves with honour in either the Test arena or the "one dayers".

The local boys are now in South Africa, and will at least have plenty of confidence to take on those determined players. Let us

wish them luck.

I'm not sure who sent me the following information, and I may already have included it in a previous column, but I think it is very interesting and some of it is worth repeating. It's information on eating fruit so should be of value to most readers.

What's the correct way to eat fruit? Do not eat fruit after a meal! Fruit should be eaten on an empty stomach.

We are told that eating fruit plays a major role in detoxifying your system, supplying you with a great deal of energy for weight loss and other life activities.

Kiwi fruit is tiny but mighty and a good source of potassium, magnesium and vitamin E. Its vitamin C content is twice that of an orange.

An apple a day keeps the doctor away. While an apple has a low vitamin C content, its antioxidants and flavonoids enhance the activity of vitamin C and helps to lower the risk of colon cancer, heart attack and stroke.

Strawberries are a protective fruit which contain the highest total antioxidant content of all the major fruits and protects the body from cancer causing blood vessel-clogging free radicals.

No doubt we will have a reaction from nutritionists, and, of course I am no expert, just quoting others, but the benefit gained from eating fruit sounds plausible.

How many of our readers are hoarders? I know I am. Mary is constantly telling me I need to rid the house of some of my clutter.

A survey conducted in UK found that each household harbours some 400 pounds of unused goods. The top items are: books, DVDs, sports equipment, board games, sandwich makers and cassette tapes.

I do confess to hoarding books and cassette tapes, a small amount of sports gear and papers from my previous employment, which I am very reluctant to destroy. (Perhaps Mary will have the final word at some time but not in the near future).

There is an incredible story in the UK International Express newspaper from the Great War during which a private soldier, Henry Tandey won the Victoria Cross as well as other bravery awards.

In the final weeks of the war he was confronted by a wounded German soldier who was trying to escape. At that moment on 28 September 1918, while Tandey had the German in his rifle sights, he did not shoot him because he felt he could not kill an already wounded enemy. He lowered his rifle and indicated to the enemy soldier to "bugger off".

It was only very much later that it was discovered that the German was Adolf Hitler.

It is a matter for conjecture on what would have been the result if Private Henry Tandey had killed Adolf Hitler? (Moreover, I wonder if this tale is true.)

In my last month's column I confessed to my passion for crosswords. Since then I have received a very warm email from Mostyn Edwards on the topic of Cryptic Crosswords and how to solve them. He can be contacted by email - monty@inet.net.au, and I am sure you will benefit. (Thank you Mostyn and I can assure you I'll enjoy the benefit of your advice).

Tidbits from church ladies with typewriters

The following actually appeared in church bulletins or at church services.

(These were given to me by one of my Prime Mover supporters).

The sermon this morning: "Jesus Walks on Water." The sermon tonight: "Searching for Jesus".

Ladies don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married last Sunday. So ends a friendship that began in their school days.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

Finally: Don't let worry kill you off - let the church help

Have pleasant and safe month.

Brian French
Email bfrench792010@hotmail.com

The state of the State



Ms Deidre Willmott

© www.canningpurple.com.au

FLOREAT and Seniors Branch of National Seniors Australia meets monthly at the Mt Claremont Community Centre, Montgomery Avenue and is expecting a big crowd for its opening monthly meeting for the year on 13 February 2014.

The meetings from 9.30am for 10am with a tasty morning tea included provide fun, fellowship, entertainment and information.

Car parking is available and the cost is \$3.

Branch President John Dingle says, "We average 100 attending our meetings

and are privileged to have Ms Deidre Willmott as the keynote speaker for our first meeting in 2014. She has had a wide ranging career in the private sector, public sector, politics, communication and administration and becomes chief executive of the WA Chamber of Commerce and Industry in March. I believe that she is ideally equipped to speak on the subject of "The state of the State" and give a broad view of the economic, demographic, social and political situation as well as the challenges and opportunities ahead."

All over 50s will be given a warm welcome and the opportunity to mix and mingle with many others with similar interests and at the same stage of life.

National Seniors Australia is active in promoting the interests of all aged over 50 and has branches in the Perth area as well as some regional centres.

For more information, ring John on 9446 4510.

Perth Branch of AIR meets in Floreat

THE PERTH Branch of the Association of Independent retirees meets at 10am on the third Friday each month at the Cambridge Bowling Club, Chandler Ave, Floreat. At the meeting on 21 February, Peter Stewart from Benchmark Consultants will discuss the topics of Wills, Enduring Power of Attorney, Enduring Power of Guardianship, Advanced Health Directives, Wealth Management, Estate Planning and Aged Care Services. For more information, please call Kathy on 9246 1269.

The Dianella Combined Districts Probus Club

welcome new members

THE CLUB meets on the fourth Monday of each month, 10am at the Yokine Bowling Club, off Wordsworth Avenue in Yokine.

Membership is open to active retired or semi retired men and women.

Readers interested in joining require further information, can attend a membership stall at the Dianella Plaza on the 11 and 12 February.

Also a special "Interested Visitors" meeting will be held on Monday 24 February to provide an opportunity for those who would like to know more about membership, to attend and observe club operations.

The meeting will have a guest speaker, door prizes and refreshments at the morning tea break.

If you wish to attend, and to help with seating and catering please RSVP by 20 February, 2014.

For more information, please contact Joy on 9349 1354 or Derrick on 9276 1450 or email safetext5@optusnet.com.au.

Bunbury Senior Citizens' Gentle Gym resumes

GOOD news, Gentle Gym has recommenced at the Bunbury Senior Citizens' Centre opposite the Post Office in Stirling Street, Bunbury. Come along and make new friends as well as a fitter body.

Starts at 10am on Mondays and the cost is \$5.

For more information, please call 9721 2522.

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Understanding the affects of dementia



Alzheimer's Australia WA CEO, Ms Rhonda Parker

AT ALZHEIMER'S Australia WA (AAWA), we believe dementia is a human experience rather than just a biological condition. Dementia not only affects the person living with the diagnosis, but also their family, carers and support persons.

One of the challenging aspects of caring for a person with dementia is when the dementia begins to impact on usual behaviours and on the usual capacity to care. The behaviour is likely to be the result of an unmet need that arises because of any one of a number of impairments that the dementia is causing in the brain. These impairments may mean, for example, that a person may not be able to tell their carer that they are in pain, or that their communications are being consistently misunderstood and they become increasingly frustrated (as any of us would!).

In recognition of the challenges of understanding and responding appropriately to these behaviours, the federal government funded the Dementia Behaviour Management Advisory Services (DBMAS). AAWA is contracted to deliver this service in Western Australia. Our DBMAS team provides a range of services across the state to support families, carers and support persons, such as providing information and advice, undertaking assessments and short-term case management and delivering tailored information and workshops. The service is also available to residential aged care providers. Our work is delivered by a qualified team of registered nurses, mental health nurses, occupational therapists, physiotherapists and social workers. The DBMAS service has become widely appreciated by residential care staff and family carers alike.

In June 2013, AAWA was successful in securing funding to deliver the DBMAS service for a further three years. AAWA welcomed confirmation that we could continue our work in this program area.

What excited us even more was our success in receiving additional fund-

ing to expand the scope of DBMAS to include the acute and primary health care sectors – that is, hospitals and GPs. Through this expansion, AAWA will support health professionals in these settings to understand and better support people with dementia who present with changed behaviours.

The Australian Institute of Health and Welfare report Dementia Care in Hospitals, Costs and Strate-

gies (2013) established that the experience of people with dementia in hospital is fraught with challenges. It stated that 'cognitive impairment and difficulty communicating within a busy hospital environment can potentially lead to poorer health outcomes through delays in recovery and extended lengths of stay'. The report identified a range of strategies that might improve outcomes for people with dementia in hospitals. I'm sure many readers will have experienced the disorientation and impacts mentioned in the report that a loved one with dementia has experienced during a hospital stay.

To increase understanding and discussion about the challenges faced by health professionals and patients with dementia in hospitals, AAWA through its DBMAS team is organising a two-day symposium to promote excellence in dementia care in the hospital system. The symposium will target health and social care professionals working within the hospital systems, mental health services and outpatient services. Planned for June this year, the symposium will raise awareness of the unique needs of a person with dementia and their carers, challenge current attitudes and practices, and share innovation in practice.

While we are still finalising the symposium pro-

gram, AAWA has secured a mix of leading international, national and local speakers such as Professor Sube Barnejee from the United Kingdom and Associate Professor Mark Yates from New South Wales to address and inform the symposium. The amount of interest in DBMAS that we've received from acute and primary care health professionals has been encouraging. We anticipate keen interest in the symposium.

Dementia presents a huge challenge to the health and care system and its professionals. The greatest challenge of all is, of course, faced by the person with the diagnosis and their carers. Thanks to programs like DBMAS there is support in understanding and dealing with the challenge of changed behaviours if and when they occur, whether at home, in residential care, or in hospitals.

If you want further information on the DBMAS symposium or need support in understanding and dealing with the challenges of dementia, call AAWA on 9388 2800 and ask to speak to someone about the range of services available. Dementia isn't a journey you should do on your own, and AAWA is always available to help with that journey.

Until next time, take care.

Rhonda

Members of the Be Active Together Lockridge walking group, celebrate its 20th anniversary



MEMBERS gathered near their 'commemorative tree' (kindly donated by the City of Swan), located on the grassed lawn area at the Lockridge Community Health Centre, where the group assembles each week. Walkers meet to begin their walks on both Tuesday and Thursday mornings and have done so for the past 20 years.

"Booked in for a Cuppa"

THE ROYAL Western Australian Historical Society's Book Shop located in Stirling House 49 Broadway Nedlands is hosting an event called "Booked in for a Cuppa" from 10am -11am on Thursday 27 February.

This event, with a selected panel of authors and special guests, will present engaging talks about great WA historical

reads while the audience enjoys a 'cuppa'. Cost \$10 and bookings are essential by calling 9386 3841.

A RWAHS Historical Films Evening is to be held at Stirling House 49 Broadway Nedlands from 7.30 - 9pm on Friday 7 March 2014.

Cost \$15 and bookings essential by calling 9386 3841.



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Karen Majer

by Karen Majer

Killing sharks

protect beachgoers from sharks that are deemed to be a threat to humans – white, bull and tiger sharks more than three metres in length.

The plan was for up to 72 drums with baited hooks to be deployed in stages over January to April at locations one kilometre offshore at Ocean Reef/Mullaloo, Trigg/Scarborough, Floreat/City Beach, Cottesloe/North Cottesloe and Port/Leighton beaches.

In the south west they are at Old Dunsborough beach, Meelup/Castle Rock and at Gracetown up until the end of the school holidays in February when the focus shifts to surfing spots south of Cape Naturaliste.

A tender was offered for

shark fishermen to patrol the waters and kill any shark bigger than three metres spotted in the designated zones, while sharks hooked on the drum lines will be killed and disposed of off-shore. The cost of the new measures over the four months will be around \$1 million.

Killing sharks as a means of trying to prevent shark attacks is an emotive issue and there are well-intentioned people on both sides of the debate. Even among people who have had friends or loved ones injured by a shark, and in the surfing fraternity, opinions are divided.

On 4 January a nationwide protest highlighted the extent of community opposition to the shark cull. More

than 4000 people attended a rally at Cottesloe beach and crowds gathered in Bunbury, Cable Beach, Byron Bay and in Adelaide. Several on-line petitions urged the Government to reconsider the cull. More widespread protests followed in February.

The protesters raised concerns about the lack of evidence to prove these measures reduce shark bites and about environmental impacts, as well as the ethics of killing native animals in their habitat.

Drum lines catch sharks, and often a by-catch of other animals, indiscriminately.

It has even been suggested that baiting, and the by-catch on the hooks, will encourage sharks to frequent these areas off popular swimming beaches more often. They called for more research and education instead of killing.

The public debate delayed the cull program start in January after potential professional fishing contractors pulled out, apparently in the face of protesters' threats to 'name and shame' and other non-violent actions.

Glenn Hyndes, Associate Professor at the Centre for Marine Ecosystems Research at Edith Cowan University is one of a number of scientists who have gone public on the issue, saying, "We have no evidence that the shark culling program proposed by the WA government will do anything to protect the public."

Carl Meyers from the University of Hawaii says Hawaii shark control programs of the 1960s and 1970s were expensive, culled 4,668 sharks and yet failed to pro-

duce measurable decreases in shark bite incidents.

Sharks are important to maintaining the balance in marine ecosystems and many of Australia's shark species are already under threat.

The white shark, targeted in this cull, is listed as vulnerable under the Environment Protection and Biodiversity Conservation Act 1999 and is protected internationally through a number of conventions including the Convention on International Trade in Endangered Species of Fauna and Flora and the Convention on Migratory Species.

The Australian Government has identified shark control programs as one of the major threats to the species and has developed a White Shark Recovery Plan.

The Commonwealth Environment Minister exempted this cull from national environment laws but refused the possibility of the right to catch sharks in open waters off WA and also a reconsideration of the great white's protected status.

In the face of the obvious conflict between the Commonwealth protection and State culling initiatives, it's worth trying to get some perspective on the shark attack issue.

Sharks have a fearful reputation – remember Jaws?

Well known WA author Tim Winton responded to news of the cull with an article called *In Deep Water* in which he highlighted the way in which we demonise these creatures. In fact, humans harm them far more dramatically than the reverse. Al-

most a hundred million are killed annually, including in the barbaric shark-fin industry, compared to a handful of attacks on people.

Western Australia has had 20 fatal shark attacks in the past 100 years, seven of them in the past three years. Winton points out that the worst year for fatal shark attacks in Australia in living memory was 2011 when four people lost their lives. That same year we suffered the lowest road toll since World War II – 1292 Australians were killed. Even bees kill more people than sharks.

A common misconception is that sharks are a great threat to beach swimmers. However a 2012 WA Government Fisheries Department report says attacks are more likely to occur offshore, in deeper waters.

"Of the 26 shark attacks in Western Australia, only one has occurred close (< 30 metres) to the shore. The highest number of attacks occurred more than a kilometre offshore with SCUBA divers and snorkellers (44 per cent) having the highest incidence followed by surfers and sea kayakers (37 per cent). Swimmers, despite being the most numerous users of the ocean, have comprised the smallest number of attacks."

As I write this in late January, the protest is even more vocal with widespread media coverage. Whatever the outcome; public debate is a good thing.

The commitment of more than \$20 million from 2011-12 to 2015-16 for shark hazard mitigation (with less than \$5 million of that going to funding research initiatives

to investigate deterrents, barriers, shark behaviour and enclosures) has to be questioned. There seems to be no point in spending millions of our taxpayer dollars to kill sharks without any evidence that it will stop shark attacks.

There are sufficient reasons of animal welfare and threatened species and marine conservation to suggest further research on shark behaviour and other approaches such as public education before reaching for the gun.

Want to get involved? You can email or phone your local State Government representative to express your views or check the Marine Conservation Society website for current petitions to stop the shark kill.

Find out more: Proof still required that shark culling works www.abc.net.au/environment/articles/2013/12/12/3909790.htm

Western Australia's shark culls lack bite (and science) <https://theconversation.com/western-australias-shark-culls-lack-bite-and-science-21371>

Shark Recovery Plan www.environment.gov.au/resource/recovery-plan-white-shark-carcharodon-carcharias

Tim Winton, *In Deep Water* www.smh.com.au/environment/animals/in-deep-water-20131209-2z00s.html

Fisheries Department Fisheries Occasional Publication No. 109, 2012 www.fish.wa.gov.au/Documents/occasional_publications/fop109.pdf

Marine Conservation Society www.marineconservation.org.au

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Masters Swimming WA members at recent Technical Officiating workshop

PRIME MOVERS REQUIRE VOLUNTEER INSTRUCTORS

Prime Movers require volunteer instructors to attend the Prime Movers' Instructor Course Information Meeting

20 March 2014

Challenge Stadium

For further details, potential volunteers need to call **Wenda Packard on 9364 6501 before the 20 March meeting.**

The instructor is an unpaid position. However, mileage and uniform expenses are reimbursed.

Instructor Course duration is six weeks beginning from early April.

12.30PM to 3.30PM

COURSE DATES:

3, 10, 17, 24 April and 1, 8 May

MASTERS Swimming WA conducted its annual Technical Officiating workshop on Saturday 18 January at Challenge Stadium to update and refresh our wonderful team of volunteer officials.

Thirty Masters' members who are also keen swimmers at their MSWA Clubs participated in both theory and practical workshops to get up to speed for the coming year of pool and open water events conducted by MSWA clubs. The Technical Officiating team is an invaluable group of volunteers who have gained qualifications in various roles from timekeepers to referees and contribute ongoing at both club and State levels.

Interclub swim meets and time trial distance events are conducted throughout the year for interested members at various club venues. The participation-based meets are conducted on the 'have a go' model and provide members with a good gauge as to how their training sessions and subsequent fitness is tracking. Only a small percentage of members actually "compete", as most enjoy the swim meets as part of their fitness campaign and the fun and friendship that goes with any Masters Club activity.

Adults of all ages belong to Masters clubs, with baby boomers forming the major age range of swimmers. However many members are well into their 70s and 80s and consequently are fit and healthy and great role models.

If interested on getting back into swimming for fitness and health contact your local Masters Swimming club (at www.mswa.asn.au) which offers

- swimming for fitness, health and fun for all adults regardless of age
- stroke correction and training sessions by qualified coaches
- pool and open water swimming
- active social calendar
- free one-month trial

Masters Swimming clubs are more fun than swimming on your own.

Check out the website for more details or contact me on 9387 4400 or via wendy@mswa.asn.au.

Wendy Holtom
Executive Officer

2014 Music by Moonlight

Music from Around the World

Sunday 9 March 2014, 7pm

Burswood Park Foreshore

Join us on the picturesque banks of the Swan River to enjoy the Western Australian Youth Orchestra, performing with special guests from the Western Australian Academy of Performing Arts, and be taken on a global journey of melody and rhythm.

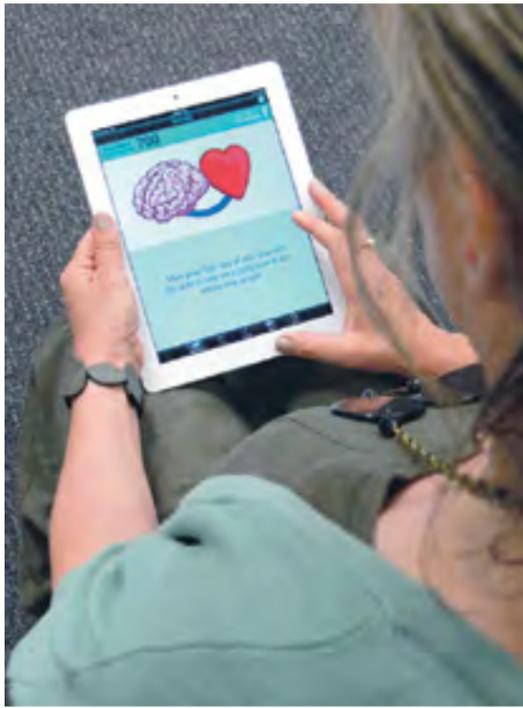
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Simple brain training can prevent memory loss



Download a BrainyApp

by Frank Smith

BRAIN FITNESS programs can have long-term benefits for participants.

Dr. George Rebok of Johns Hopkins University in Baltimore, USA found that adults over 70 years old who received as few as 10 sessions of mental training showed improvements in reasoning ability and speed-of-processing when compared with untrained controls. This was evident as long as 10 years after the intervention.

The cognitive gains were even greater for those who got additional booster sessions over three years.

Seniors who received training also reported that they had less difficulty in performing everyday tasks. The findings are published today in the *Journal of the American Geriatrics Society*.

Recently Alzheimer's Australia came up with an app that helps train your brain. BrainyApp can be downloaded free for your

iPhone or Android smartphone.

Suha Ali of Alzheimer's Australia says BrainyApp is the world's first dementia risk reduction app, providing information in an engaging and interactive way.

"Nearly 300,000 free apps have been downloaded so far.

"BrainyApp is based on Alzheimer's Australia's brain health and dementia risk reduction program, Your Brain Matters. This in turn is based on scientific evidence that a number of health and lifestyle factors that we can all do something about, are associated with brain function and the risk of developing dementia.

"We now know that the changes in the brain that can cause dementia can start in our 30s and 40s – so it's important we look after our brain health throughout our lives.

"BrainyApp is designed to give people an idea as to how brain healthy they are, and track their progress towards improving it.

"Users can engage in brain healthy activities designed to re-

duce cardiovascular risk factors, or increase mental, social and physical activity. This includes two fun brain games. Completing more activities leads to more Brain-Heart points.

"Many people enjoy completing the Brain Health Survey to find out if they are doing enough to keep their brains in good shape," she said.

"Showing that training gains are maintained for up to 10 years is a stunning result because it suggests that a fairly modest intervention in practicing mental skills can have relatively long-term effects beyond what we might reasonably expect," Dr Rebok said.

Three groups of participants received training in memory, reasoning and speed-of-processing through a computer-based program that focused on the ability to identify and locate visual information quickly. Training was conducted in small groups in ten 60 to 75 minute sessions over five to six weeks.

Memory performance im-

proved up to five years following the intervention, but there was no longer a significant difference between trained participants and controls at 10 years. However, reasoning and speed-of-processing trained participants still showed significant improvements relative to controls in the trained skills even at 10 years.

"Our findings provide support for the development of other interventions for senior adults, particularly those that target cognitive abilities showing the most rapid decline with age and that can affect their everyday functioning and independence. Such interventions have potential to delay the onset of difficulties in daily functioning," said Dr. Rebok.

Even small delays in the onset of mental and functional impairments may have a large impact on public health and help reduce rising health care costs, he said.

For more information about dementia, ring the National Dementia Helpline on 1800 100 500 during office hours.

Sharing the joy of dancing



Dancers at Have a Go Day 2013

YOU CAN hardly find better activity combining both, fun and fitness, than ballroom dancing.

True, learning the steps takes an effort, but you'll be rewarded by pure joy of expressing yourself to music; not to mention your improved posture, balance and ... memory.

Add to it the social value of dancing: meeting new people, the outings with a potential to form valuable long term friendship and, who knows, maybe even meet your life partner in a dance class.

There is yet another side of dancing: sharing your joy of moving to music with others. Entertaining people is exciting and even thrilling; it also gives you sense of achievement and satisfaction.

A performing group based in Subiaco, the Two Right Feet dance club, enjoyed giving a demonstration at Have a Go Day 2013.

They were fully rewarded for the hours of rehearsals by a warm welcome from the audience and obvious interest in dancing (all club's flyers were taken).

The group was also invited to show-dance at the seniors Christmas party in Tom Dadour Community centre in Subiaco.

It was pleasant to see the smiling faces of the audience during the performance, but most of all to get people involved in dancing the foxtrot, jive and old favourite, the Bam Dance. Some of the seniors confessed they had not danced for years.

So if you want your share of joy, and maybe make someone else happy, then - take to the dance floor.

Two Right Feet dance club runs classes every Wednesday from 5.30pm in the Scout hall at 399 Rokeby Road, Subiaco.

If you like to know more about the club, call Larissa on 6380 1119 or email her 2rightfeetclub@gmail.com.

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The Wollaston Lane Precinct is a secure development of homes from 85–133 m² and priced from \$295,000 to \$435,000. With a high level of fit out and ready access to the Club House and other amenities they all have greenbelt outlooks, enclosed double carports and lockable stores. Great for lock up and leave residents.

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Dr Brian Ironwood

Cricket fans respond to man therapy

by Frank Smith

THE RECENT Ashes Test and one-day series against England is unlikely to have driven many Australian men to despair.

But adverts breaks featuring Dr Brian Ironwood talking about men's well-being drove nearly 19,000 men to visit a website dealing with depression.

"We estimate that in three weeks around two million men were exposed to the TV ads during the cricket. As a result, visits to www.mantherapy.org.au increased astronomically," said former Victorian Premier Geoff Kennett, chairman of beyondblue.

"In the first fortnight alone, there were almost 19,000 site visits with more than 90 per cent being new visitors, and the number of men completing the online mental health quiz increased dramatically to one in three. It shows that men have actually taken note and taken action. What an incredible result!

"I am so pleased that Dr Brian Ironwood's dry humorous approach to men's wellbeing has had

an impact on Australian men enjoying the revered national past-time of watching the cricket on TV over the summer," Mr Kennett said.

The Man Therapy Campaign is the first of its kind in Australia and urges men 'to have the balls to take action' on depression and anxiety while reminding them that a real man looks out for his mates.

One person in 10 will attempt suicide at some time in their life. On average six people kill themselves every day.

The Australian Bureau of Statistics figures say the average number of deaths from suicide is 2,320 of whom 76 per cent were males. Suicide was most common amongst the 80 plus age group. This probably includes some very sick people adopting euthanasia. It was also high in the 45-49 age group which is often due to depression.

Beyondblue CEO Kate Carnell said many people don't realise that one in eight men are likely to experience depression during their lives and one in five are likely to experience anxiety.

"In 2011, the number of men who died by sui-

icide is almost twice the number who died on the roads that year. That means suicide is currently the biggest killer of males aged between 15 and 44.

"Research shows that untreated depression is a high risk factor for suicide and with most blokes not wanting to talk about how they feel, many won't take action to discuss their issues with a doctor.

"Hopefully, they'll take Dr Ironwood's advice and take action to deal with their depression or anxiety," she said.

Man Therapy is a multi-million dollar campaign that has been funded by the Federal Government as part of the Taking Action to Tackle Suicide Initiative.

People feeling they may be depressed can contact beyondblue support service 1300 22 4636 or www.beyondblue.org.au.

Those contemplating suicide can get help from Lifeline 13 11 14 or www.lifeline.org.au/Get-Help/ or Suicide Call Back Service 1300 659 467 www.suicidecallbackservice.org.au at any time of the day or night.



Heritage Perth's Executive Director
Richard Offen

Living history... *continued from front cover*

You would think his work commitments, speaking engagements and media appearances would consume all his time but Richard also volunteers as a member of the WA Committee for Museums Australia, sits on the Council of the Anglican Schools Commission, acts as Deputy Chairman of the Swan Bells Foundation, Secretary of the Sharpe Trust and is a Churchwarden at Christ Church, Claremont.

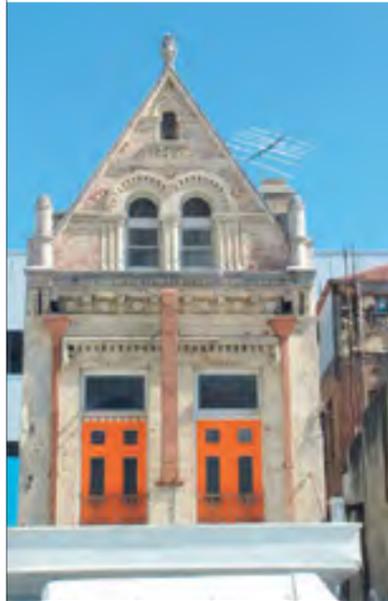
Richard's other interests include bell ringing. He has been a passionate ringer for more than 50 years and is a past Captain of Ringers at Canterbury Cathedral and Perth's iconic Bell Tower. He also enjoys swimming, calligraphy, reading, playing the piano (badly, he claims!), pipe organs (including claiming to play

them even more badly than the piano!) and travel.

His love of travel will be temporarily satisfied when he journey's to Portugal in March to present a paper at REHAB 2014, the International Conference on Preservation, Maintenance and Rehabilitation of Historic Buildings and Structures. Richard has been invited to deliver a paper that demonstrates how Heritage Perth is engaging the public through its innovative activities. It is a credit not only to Richard and Heritage Perth, but to the people of Perth who have so warmly embraced a new approach to heritage.

If you want to know more about Heritage Perth, visit www.heritageperth.com or www.facebook.com/HeritagePerth.

Where is that Heritage Building?



WIN WIN WIN

To celebrate the return of our Heritage Corner column to the pages of Have a Go News, we are giving readers the opportunity to win a copy of Warren Duffy's book, *Lost Perth*. To be in the draw to win, identify where the heritage building pictured left is located in Perth. To enter email win@haveagonews.com.au and include the answer in the subject line or address an envelope to Heritage Corner Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your answer and contact details on the reverse. Only over 45s are eligible. Competition ends 10/03/14.

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Come and see our fully restored
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Contact: 9430 2535 www.armymuseumwa.com.au

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Lock in a day to remember



LOVE is a promise; love is a souvenir, once given never forgotten, never let it disappear.

Love quotes by John Lennon.

Since the launch of The Bell Tower's, Love Locks for Valentine's Day 2012, more than 2,000 romantics have locked their love with one of the unique, quirky Bell Tower heart shaped Love Locks.

The locks have been a phenomenal success and the Tower keeps adding more chain, to lock more love.

Legend has it that Love Locks originated in China, with couples fixing a padlock to a fence, a pole or metallic chain to symbolize their eternal love. The padlock has the lovers names/initials inscribed on it and once sealed, it is the ultimate legacy to their everlasting love. It is said that as long as the lock remains on the chain, the love will last forever.

This expression of love is now enacted by amorous couples around the world and locks can be found at The Great Wall of China, Nevada USA, Russia, South Korea, Italy, Hungary, Japan, Guam, Latvia, and The

Bell Tower in Perth ... the love goes on.

Now lovers can create their own love souvenir in Perth with a Love Lock. Love Locks are a quirky way to symbolise one's love. They cost \$30 and include engraving of two names and a date and are enclosed in a beautiful folder so lovers can record the date and the moment that they locked their love together for eternity.

To further enhance the romantic experience, lovers may wish to enter the Tower and make a video postcard to share the moment with friends and family, after all, love should be shared.

On Valentine's Day 2014, lock your everlasting love in the heart of Perth at The Bell Tower, Home of the Swan Bells.

Located in Perth's Barrack Square, the Tower is open from 10am every day.

For more information visit www.thebelltower.com.au

WIN WIN WIN
To be in the draw to win a Love Lock, call Have a Go News on 9227 8283 during office hours, or email win@haveagone.com.au and put the words Love Lock in the subject line. Only over 45s are eligible.

Singing for health and well being



U3A (UWA) Choir first met in March 2012 following Professor Jane Davidson's lecture on singing for health and well being.

The eight sessions held each semester are structured around the university year and comprise practice once a fortnight with the services of a skilled musical director.

Currently there are 25 choristers (whose ages range from 55 to 90) and it is anticipated that membership in 2014 will increase to 30 with further increases in 2015.

The aim of the choir is to improve quality of life through participation in a structured program of singing activities, ranging from vocal and physical warm-ups through to harmony singing.

It also seeks to encourage others, especially seniors - with the aim to foster a sense of community spirit - to sing for senior's organisations and community groups, including residents at aged care homes, with more performances scheduled for 2014.

Feedback from choir members reflects that during and following a choir session, singers enjoy a sense of wellbeing both mental and physical.

The distinctive Choir logo, branded concert music books, specially made scarves and clothing colour scheme, engenders a sense of camaraderie and what was once a group of seniors gathering fortnightly to enjoy singing together, has morphed into a choir with a difference.

Annual Choir fees payable to U3A are \$30.

For information about U3A enrolment into numerous and varied courses, available each semester, including the Choir, please ring 6488 1857 or visit: <http://www.u3auwa.org/>

Coins with Mickel Smits

RECENTLY I purchased a small yet interesting collection of Confederate States of America banknotes. They were issued during the period 1861 to 1864 by not only the Continental Congress which governed the Confederacy but also the respective state banks of the 11 southern States that formed the Confederacy.

During that time a wide variety were produced and released in up to 10 different denominations ranging from 50c to usually \$100 though higher denominations came into use later as inflation became rampant (we may touch on that aspect some other time).

The first issue was distributed in April 1861 just a couple of months before the outbreak of the Civil War with the Union, or United States, of the north and east. Most are still comparatively easy to find and hence rather cheap to buy which has lent them to being popularly collected today, particularly in the USA, as they are genuine mementos from a sad and dark era of American political, social and economic history.

Their designs portray classically beautiful images including mythical figures and gods and goddesses such as Ceres, Hope, Liberty, Cupid, Commerce and Minerva.

Contemporary Southern life also features with depictions of slaves hoeing and picking cotton through to loading the bales onto carts

for transportation.

Poignantly the slaves appear to be going about their work without disapproval; in some, smiles can be clearly seen upon their faces.

Sailors and soldiers, sailing and steam boats, trains and State Capitol buildings feature prominently.

And of course there are the ubiquitous portraits of statesmen including the President of the Confederacy, Jefferson Davis and his Vice-President, Alexander Stephens and other members of the cabinet. George Washington, the first United States President who happened to be born in Virginia along with Andrew Jackson (the 7th President) from Tennessee was also featured on some issues.

Being primarily an agriculture-based economy the Confederacy lacked the design, engraving and printing expertise and capacity of the North and because the Union had imposed trade embargoes on the Confederates, the Southerners could only rely on their limited resources and imports. Consequently the quality of their banknote production was somewhat crude by comparison as evidenced by lesser clarity and detail of the artwork and printing, the variety and quality of the papers used, and the distinctions that most of the notes were only printed on one side and once having been done, were then literally cut out from the printed sheets using scissors, often rather haphazardly.

In order to be validated for usage and distribution the notes required the hand-written signatures of the Treasurer and Register be-

cause the Continental Congress would not allow them to be printed. This of course imposed an extraordinary physical burden on the signatories whereupon it was inevitably agreed that hundreds of clerks be employed for the purpose of signing, on their behalf, what eventually amounted to be tens and tens of thousands of notes. The serial numbers were also hand-inscribed and recorded before distribution.

During their brief period of use the Continental Congress alone released seven successive series of varying denominations while the States additionally distributed their own versions. The wide variety created has since been well recorded and documented. Other than the first Continental series, relatively speaking, they are rare to find today. This can simply be explained by the harsh reality that when the South lost the war, their notes were consequently de-validated thereby rendering them to be worthless, other than being kept as novel war souvenirs.

So the Southerners were not only defeated, they also became penniless which begs the question as to how they could have placed so much faith in their infant currency - in essence such faith must have been based not only on the belief they would win the war but also the promise given by the governing authorities, as was clearly printed on the notes, that their notes would be redeemable 'Six months after the ratification of a treaty of peace between the Confederate States and the United States', that is to say, redeemable in gold and silver coins. A hard lesson to be learned, or is it?

Join a village community that's far from retired.



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PEET

2014 Alliance Francaise French Film Festival returns to Luna



Enjoy the 25th annual Alliance Francaise French Film Festival at Luna Palace Cinemas

THE 25th annual Alliance Francaise French Film Festival returns to Luna Palace Cinemas on the 18 March to 6 April with a mouth-watering selection of Gallic fare, including a tantalizing lineup of features and documentaries and a smattering of special events.

Opening Night Screening:
The Finishers
(*De toutes no forces*)
Tuesday 18 March
@ **Cinema Paradiso, 6.30pm**

Screening courtesy of Madman Entertainment, directed by Nils Tavernier and starring Jacques Gamblin and Alexandra Lamy, *The Finishers* follows the journey of an embittered, former Ironman champion, and his disabled son who join forces to compete in a triathlon. The screening will commence at 7pm, followed by an Opening Night Party at The Bakery Artrage complex, with entertainment by LEZAMIS and catering provided by Jean

Pierre Sancho Bakery, Cake Box, Marie-Antoinette and Kronenbourg 1664.

Special Event Screenings:
Tour De Force
(*La grande boucle*)
Sunday 23 March
@ **Windsor Cinema, 3.30pm**

Enjoy the spectacular French scenery around the Tour de France route in this crowd-pleasing comedy. Tickets include pre-screening "welcome to the finish line" drinks and delicacies for 30 minutes, with the film commencing at 4pm.

It Boy (20 ans d'écart)
Friday 28 March
@ **Cinema Paradiso, 6pm**

Be pampered by the lash and brow experts and experience a threading and makeup session with experienced beauty therapists before the film. In addition to a free pampering session, guests will also enjoy sparkling wine and patisseries prior to the film which will commence at 6.45pm.

La Fémis
– Paris Film School)
Monday 31 March, 6.30pm
@ **Cinema Paradiso**

Discover the film talents of tomorrow in collaboration with Paris-based national French film school La Fémis.

Closing Night: A French Classic chosen by you!

Sunday 6 April
@ **Cinema Paradiso, 6.30pm**

Celebrate classic cinema and enjoy one of the fabulous films of enduring icon of French cinema, director Jacques Tati. Guests will be served drinks and patisseries and treated with live entertainment prior to the screening of a film voted for by you at 7pm. To vote, head to www.affrenchfilmfestival.org.

Download the full program online at http://www.palacecinemas.com.au/_img/custom/enews/FFF14_programme_Perth.pdf

For booking and session details, visit the Festival's official website at <http://www.affrenchfilmfestival.org> or https://lunapalace.com.au/index.php?cin=festival&fest_id=1058.

WIN WIN WIN
To be in the draw to win a double pass to the film of your choice, put your details on the back of an envelope and send to French Film Comp, c/o Have a Go News, PO Box 1042, West Leederville, 6901 or email win@haveagonews.com.au and include the words French Film in the subject line.

Competition ends 05/03/14. Only over 45s eligible.

Letters to the Editor

Submissions may be edited for clarity and space.

DEAR editor,

I read your editorial in the January issue of *Have a go News* and must congratulate you on bring this matter to the attention of your readers.

I would totally endorse your remarks and would like to go on the record as a fellow protestor.

From my personal experience I know that one treatment session of chemotherapy can see you occupied for anything up to five or even more hours.

One session of radiation therapy can, depending on the type and the number of patients waiting, take up to three hours.

Now when you equate these times into parking fees, as you so accurately point out, a substantial portion of your pension has seemingly "evaporated".

At "Charlies" the parking fees charged are as you stated, but at Fremantle Hospital, they can be much greater.

Yes, there is street parking available, on a much cheaper scale, but finding a parking spot in the middle of the

day is tantamount to mission impossible and a \$20 plus fee is unfortunately more the norm and comes as a huge shock, as you are not warned.

I agree with you when you ask, "why is it essential for a teaching institution to have such exorbitant fee structure?"

There is, however, another aspect, and another set of victims in this 'scam'. This is the dedicated staff that provides tender care for the patients.

I wonder how many patients consider how these wonderful people get to and from the clinics in which they administer their care and treatment.

I am reliably informed that these "staffers" must pay the same parking fees as the patients.

The mind boggles in trying to figure how much of their hard earned salary is absorbed in parking fees.

I spoke with a few of staffers recently and they all have taken to travelling via public transport. One of them takes two buses and a train to and from her home to work and return necessitating her to leave very early in

the morning and arriving home late in the day, which I'm certain you will agree has the result of reducing her family time and causing end of the day exhaustion

While on the topic of wrong things what about the fact that the new children's hospital currently under construction is already identified as being at least one floor short of being adequate for present needs and far less than projected needs. Our state government says that they have had advice which recommends that the best time to add another floor is now while construction is underway.

With an attitude, which may be described as a little arrogant, they choose to ignore such advice! Might I suggest the Elizabeth Quay project has taken precedence [over other issues].

I could wax on for ages on other "wrongs" but I shall leave them for another day.

Best wishes in your quest for improved health.

Name and address supplied.

DEAR Editor

On behalf of the Leukaemia Foundation I would like to thank your readers who participated in and supported the Leukaemia Foundation's UGLY Bartender of the Year campaign throughout October and November.

The money raised by UGLY Bartenders will help the Leukaemia Foundation continue to provide regional families with a fully-furnished place to call home when they need to relocate to Perth for blood cancer treatment.

With 161 bartenders participating throughout WA, we have raised \$158,799. This will provide 1984 nights of accommodation for families affected by blood cancer.

UGLY stands for 'Understanding, Generous, Likeable You' and is the Foundation's quirkiest campaign, raising serious funds for regional Western Australians affected by leukaemia, lymphoma, myeloma and related blood disorders.

By raising these vital funds, many families will be able to stay together at a time when they need each other most.

Yours sincerely

Andrew York
General Manager WA

WE WOULD like to thank you for the article you printed in your paper last November regarding the Friends of Osborne Park Hospital requiring volunteers.

We have had a great response and have obtained many much needed volunteers. Once again, thank you.

Yours sincerely

Jill Higgins
Hon Secretary
Friends of Osborne Park Hospital Inc

Free one hour seminar for Retirees

Discover how you can stay in your home, free from financial worry

Sterling New Life Solutions – Cash flow solutions for retirement security



Join us for this seminar and you'll see how Sterling New Life Solutions can help you turnaround your lifestyle opportunities in retirement, without moving out of your home.

What you will learn:

- How to unlock cash flow and lifestyle opportunities.
- Strategies to restructure your assets and go from cash flow negative to cash flow positive.
- How to convert mortgage payments into cash flow that you can spend now.
- What a typical "New Life" case study looks like.
- Compare the other retirement alternatives – reverse mortgages, retirement village leases, downsizing.
- How does "New Life" in retirement affect your pension eligibility.
- How to spend now and still leave as much as possible for your children.
- The 5 common mistakes that retirees make when they realise they have retired without enough capital.

Industry Speaker:

- Ray Jones – Property industry veteran and co founder of Armstrong Jones, with over 40 years experience in the property industry.

Who should attend:

- Retirees and near retirees - If you are asset rich and cash flow poor in retirement, or have ongoing mortgage worries, this seminar will help you understand how you can turn your financial position around. This seminar will show you how to open the door to life changing financial freedom.

EVENT DETAILS:

Tuart Hill Recreation Centre
Cnr Cape & Stoneham Streets
Wednesday, 26 February 2014

Bunbury Lighthouse Beach Resort
Leschanault Room
Carey Street
Wednesday, 5 March 2014

South Perth Library Function Room
Cnr Sandgate St and South Terrace
Wednesday, 12 March 2014

Registration 6.15pm
Seminar 6.30pm to 7.30pm

Register Early – Seating is Limited

YES, I WOULD LIKE TO ATTEND THE SEMINAR:

Name: _____
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Which Seminar: _____ How many people: _____

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*Crown Club member price. Carvers is an 18+ venue. Menu alternates daily. Image is for illustration purposes only.



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- Bonus voucher for a bit of fun!

The \$10 Fun Pack is for Crown Club members and is \$15 for non-members when you travel on any metro service below. If you're not a member, it's free and easy to join when you arrive at Crown Perth.

*Conditions apply. Excludes public holidays.

Northern Routes	time	stop no.
Alexander Heights (Wed & Fri)		
Alexander Heights Shopping Centre, Mirrabooka Ave	9.13am	12503
Illawarra Cr before Kingfisher Ave, Ballajura	9.23am	15999
Beechboro Shopping Centre, Beechboro Rd North	9.38am	15845
Walter Rd East Before Grey St	9.44am	15738
Bassendean Station - Stand 1	9.50am	17722
Maylands Shopping Centre	9.57am	11644
Arrive Crown Perth	10.10am	
Depart Crown Perth	3.45pm	
Joondalup (Tues to Sun)		
Joondalup Interchange - Stand 7	9.38am	17851
Coolibah Plaza	9.48am	18638
Warwick 8 Cinemas, Dorchester Ave	9.54am	18680
Stirling Interchange Bus Station - Stand 7	10.03am	11543
Arrive Crown Perth	10.20am	
Depart Crown Perth	3.30pm	
Quinns Rocks (Wed & Sun)		
RAAFA Estate, Hughie Edwards Dr	9.28am	18176
Shenton Ave, Currabmine Marketplace	9.43am	17861
Whitfords City (Marmion Ave)	9.53am	18066
Karrinyup Shopping Centre (Karrinyup Bus Stop) - Stand 5	10.01am	11562
Innaloo Bus Stop, Odin Rd at Bunnings	10.08am	19212
Arrive Crown Perth	10.25am	
Depart Crown Perth	3.15pm	
Wanneroo (Tues & Thurs)		
Wanneroo Central Shopping Centre	8.58am	12308
Newpark Shopping Centre, Templeton Cres after Marangaroo Dr	9.11am	12485
Australia Post Wanneroo Rd, Westminster	9.19am	12336
Mirrabooka Bus Station - Stand 12	9.28am	12544
Dianella Plaza Shopping Centre	9.36am	11596
Arrive Crown Perth	9.56am	
Depart Crown Perth	3.45pm	
Morley (Tues & Thurs)		
Dianella Plaza Shopping Centre	9.45am	11596
Morley Bus Station - Stand 12	9.54am	11367
Walcott St (after Longroyd St)	10.15am	12631
Arrive Crown Perth	10.34am	
Depart Crown Perth	3.45pm	

Eastern Routes	time	stop no.
High Wycombe (Wed & Sun)		
Kalamunda Bus Station - Stand 1	9.03am	13964
High Wycombe Shopping Centre	9.14am	14048
Forrestfield Caravan Park	9.23am	14114
Forrestfield Forum (Church)	9.25am	26122
Bus Stop at Discovery Holiday Park	9.27am	13866
Belmont Forum (Wright St Bus Stop)	9.42am	11670
Arrive Crown Perth	10am	
Depart Crown Perth	3.30pm	
Swan View (Mon)		
Darling Ridge Shopping Centre, Swan View	9.18am	14654
Midland Station - Stand 7	9.31am	14625
Bassendean Station	9.37am	17722
Bayswater Station	9.43am	16547
Maylands Shopping Centre	9.51am	11644
Arrive Crown Perth	10am	
Depart Crown Perth	3.30pm	
Southern Routes		
Armadale (Mon, Tues, Thurs & Fri)		
Armadale Interchange - Stand 4	9.01am	13192
Champion Dr, opposite Coles	9.07am	13051
Kelmscott Interchange - Stand 4	9.13am	22035
Gosnells opposite Addie Mills Centre	9.21am	19107
Thornlie Shopping Centre	9.31am	20500
Carousel Shopping Centre	9.41am	10050
Park Centre Shopping Centre, East Victoria Park	9.48am	11726
Arrive Crown Perth	9.50am	
Depart Crown Perth	3.15pm	
Fremantle (7 days a week)		
Fremantle Station - Stand 2	9.05am	10429
Corner Petra Street	9.17am	10295
Melville Shopping Centre	9.22am	10301
Myaree (Marmion Reserve Park 'n' Ride)	9.31am	10715
Booragoon Bus Station - Stand B4	9.38am	11134
Bus Stop after Como Hotel	9.53am	10335
Arrive Crown Perth	10am	
Depart Crown Perth	3.15pm	
Mandurah South (Wed, Fri & Sun)		
Corner of Old Coast Rd & Princeton Drive Car Park	8.38am	
Falcon Oval (Tennis Court Car Park, Flame St)	8.43am	
Halls Head Central	8.51am	17017
Mary St (Car Park near Old Bridge)	9.01am	
Dudley Park Bowling Club (Club Car Park)	9.08am	
Arrive Crown Perth	10.03am	
Depart Crown Perth	3pm	

Southern Routes	time	stop no.
Mandurah North (Wed, Fri & Sun)		
Mandurah Football Club	8.50am	17371
Silver Sands Shopping Centre (Cnr Mandurah Tce and Anstruther Rd)	8.55am	
Meadow Springs Bus Shelter (Opposite Shopping Centre)	9am	17020
Madora Bay Bus Shelter (near Madora Bay Rd)	9.05am	17024
Singleton Bus Shelter (after Singleton Beach Rd)	9.10am	
Arrive Crown Perth	10.03am	
Depart Crown Perth	3pm	
Munster (Tues & Thurs)		
Cockburn Central Station - Stand 6	9.16am	23630
Munster Stargate Shopping Centre, Rockingham Rd	9.31am	10640
Phoenix Shopping Centre opposite ANZ Bank, Rockingham Rd after Kent St	9.36am	10647
Waverly Rd, Coolbellup, opposite Coolbellup Hotel	9.46am	20324
Kardinya Park Shopping Centre, South St	9.57am	10489
Arrive Crown Perth	10.20am	
Depart Crown Perth	3pm	
Rockingham (7 days a week)		
Before Wambro Fair and Halliburton Ave, on Wambro Sound Ave	8.59am	17296
Opposite Waikiki Village, Read St	9.05am	17304
Rockingham City Shopping Centre, Council Ave	9.10am	21225
Rockingham Interchange - Stand 7	9.15am	23788
Kwinana Hub Bus Station	9.27am	26360
Arrive Crown Perth	10.10am	
Depart Crown Perth	3pm	
Central Routes		
Roe Street (Mon & Tues)		
Roe St Bus Station - Stand 12	10.30am	26784 ●
Arrive Crown Perth	10.40am	
Depart Crown Perth	2.45pm	

Please ensure you follow the parking rules when departing for Crown Perth. Arrival times should be only taken as a rough indication.

To avoid missing your bus, please be available at the departure area prior to the time stated on the timetable.

● Changed from previous timetable.



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Food needs of older people neglected



Curtin University, Professor of Public Health Colin Binns

by Frank Smith

WE DON'T look after the food needs of the elderly well enough, says Colin

Binns, distinguished professor of public health at Curtin University.

"Not enough money is allocated to food in residential care," he said. "It

used to be only \$2.50 per person per day. It is a bit more now but still not enough.

"To cut costs, food is usually prepared off site and reheated.

"Food comes as a 'gluggy goo'. It is not fresh. Just adding a piece of fresh fruit would add one dollar to costs."

Both taste and texture are important for enjoyment of food.

He said older people tend to lose their appetite, they lose their tastebuds, they use less energy because they take less exercise and therefore they need less food. Also many have denture and teeth problems.

This imposes limits to what can be served to the lowest common denominator of softer mushy food.

"I had an elderly Aunt in a nursing home. To improve life for her we provided her with bottles of sauce and vegemite, which she then shared with her friends. We ended up supplying several old ladies with sauces," the Professor added.

Professor Binns is the author of Australian Dietary Guidelines for Older Australians.

The Guidelines state that a diet rich in fruit and vegetables provides important health benefits throughout life. Potatoes are included in the vegetable category in Australian guidelines but not in the US.

It is best to choose foods with a low glycaemic index, which are digested slowly in the body, he said.

Cereals are an excellent source of carbohydrates and dietary fibre and significant sources of protein as well as some vitamins. They are also low in fat.

Older people can be at risk of dehydration if they limit their fluid intake. An older person should be drinking between 1.5 and 2.5 litres of fluid per day from water, juices and tea or coffee.

It is also important to limit salt intake because of the relationship between salt and high blood pressure.

"Of all dietary improvements reducing sodium intake has the most immediate effect on medication requirements to maintain optimum blood pressure," he said.

Restricting salt intake also reduces loss of calcium and hence reduces the

risk of osteoporosis. A diet high in calcium slows the rate of bone density loss and the risk of fractures.

Institutional food is often high in sugar to encourage older people to eat, but too much sugar decreases the nutritional value of food. Moreover diets high in sugar often lead to dental problems.

Dentist Clive Rogers says in care facilities people don't control their diet.

"A constant stream of things go into the mouth; tea, breakfast, medication, morning tea. Constant amounts of sugar leads to teeth decay. Sometimes teeth wear down to the gums.

"Humans are not cows they don't need to graze continually," he said.

Professor Binns said meals are an important opportunity for social contact. For older people living on their own, meals become an obligation rather than a pleasure.

A variety of fresh, wholesome nutritious food is as important for seniors as it is for younger people.

As Hippocrates, the father of modern medicine, said, "Let food be your medicine and medicine be thy food."

Government safety and security rebate now applicable to personal alarms

SILVER CHAIN Alarms give you an increased sense of security, wellbeing and independence while at home. They also provide your loved ones with peace of mind. And did you know WA Seniors Card holders can now apply for a new rebate to improve their safety and security, which includes up to \$200 for purchase of personal alarms and sensors?

The Silver Chain Alarm comes with a small, water

resistant pendant, which is worn around the neck. A fall detector iVi pendant is also available for those who suffer from dizzy spells, seizures and/or falls.

In an emergency, call for help by pressing the pendant. The call is answered by a trained operator who views your medical history and determines the appropriate response. The operator contacts your nominated person or an emergency service and

stays on the line until help arrives.

The pendant can activate up to 80 metres (262 feet) away from the base unit. The monitoring centre operates 24 hours a day, 7 days a week.

Silver Chain also offers sensors including gas, smoke, and flood detectors, which are installed around the home and also trigger the alarm.

Silver Chain alarms and sensors are suitable for people living alone,

people of any age with disabilities or ongoing medical conditions and anyone concerned about their personal safety within the home. Packages are available to suit a variety of needs.

For more information, please contact the Silver Chain Alarms team on 1300 557 551 or visit www.silverchain.org.au/alarms

For more on the WA Seniors Card rebate, see www.dlge.wa.gov.au/seniorscard

History in the City

ROYAL Western Australian Historical Society (Inc.)
History in the City Program 2014

Why not come to Perth, hear something of WA's history, have a marvellous afternoon tea and do some shopping?

Everyone welcome!

Where: Citiplace Conference Room, Perth Railway Station Concourse

When: 2pm, 1st Wednesday of the month

Entry \$5 at the door

Coming events for 2014:

Wed 5 March *Bill Edgar - Lags: new perspectives on the WA convict phenomenon*
Wed 2 April *Hilaire Natt - Recollections of Bon Marché - A quality department store, Perth*

Wed 7 May *Roy Stall - 12 years before the mast: the Junior Recruit Training Establishment HMAS Leeuwin*

Enquiries: History in the City Committee, Royal WA Historical Society.

Weekdays, 9.30am-5pm

Tel. 9386 3841 - A/hours, Lorraine Tholet 9342 3439

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SANE CEO Jack Heath

by Frank Smith

Few mental health support services for older adults

living with mental illness. Caring is often left to generalist aged care staff, who have little, if any, understanding of mental health issues," said SANE CEO Jack Heath.

A new report, Growing Older, Staying Well – Mental health care for older Australians – draws together research, interviews and surveys SANE Australia conducted earlier this year with more than 130 people living with mental illness, carers and service providers.

"Many older Australians have managed their mental illness over a number of years and they're often pretty resilient; but as they get older, additional challenges impact on their lives.

"Lack of employment in earlier life can mean this group is less likely to have secure housing or financial resources. The death of an

aged carer can lead to an urgent need for support and the long-term effects of medication on physical health can also affect people's independence, preventing them from doing the activities they enjoy."

He said these changes may contribute to a deterioration in mental health, but we must remember that neither mental ill health, nor dementia is not a normal part of ageing.

People do not automatically become depressed as they grow older. But this misconception and confusion between mental illness and dementia, can prevent health and care workers from identifying older people who aren't coping well and are in need of additional support, he said.

"Older people with mental illness also face a double

stigma – being both older and having a mental illness."

The report said the most effective treatment for mental illness is a combination of medications and psychotherapy but only half the patients are receiving psychotherapy.

SANE's report called for a stigma reduction program, professional development, aimed at the aged care sector and information resources to educate older adults, family friends and carers about the signs and symptom of mental illness as we age and what to do if they are concerned.

"By listening to the experiences of older people living with mental illness, we found that stable and safe housing, quality health care and opportunities to participate and keep engaged with life, are key to their needs," said Mr Heath.

HBF is committed to the members' health and wellbeing



Get fit this summer

HBF is committed to the health and wellbeing of its members. That's why they offer HBF Outdoor Fitness, presented by Live-Lighter.

The program has proved hugely popular since its introduction – and in that time has gone from being offered in just one location to 18 in just two years.

The twice weekly sessions run from September to March, with a brief break over Christmas and New Year.

The sessions are led by qualified instructors, and are designed for all levels of fitness. Separate groupings and modified exercises mean you can work out to your own desired intensity, in a positive and celebratory atmosphere. It's not a boot camp!

The program is free for all HBF members, and for non-members the cost is \$160 for the six month program (September – March), or \$95 for each three month program (September – December, or January – March).

In January this year, HBF has also introduced Family Fitness in six locations; a chance for parents to participate with their children aged 5-14.

For more information, or to register, visit www.hbffitness.com.au.

Locations are as follows:

City: Perth CBD, West Perth
Suburban: Ardress, Armadale, Bayswater, Belmont, Cannington, Crawley, Fremantle, Sorrento (Hillarys), Joondalup, Mandurah, Guildford, Rockingham, Wembley
Regional: Albany, Bunbury, Geraldton

Presidents Jottings



Hugh Rogers

Community Participation Funding Information Forum

THE Seniors Recreation Council of WA in partnership with the Department of Sport and Recreation is offering seniors clubs/groups the opportunity to attend a funding forum to be held on Friday 21 February 2014 from 9.30am to 12noon at the Department of Sport and Recreation, 246 Vincent Street, Leederville.

This forum is to give community based sport or active recreation clubs/groups the opportunity to discuss applying for the funding and information relating to completing the application forms. Funding of up to \$5000 comes from the Department of Sport and Recreation and may be applied for. Those interested in attending the forum please contact the SRCWA office on 9492 9772 before 14 February to register as places are limited.

Pole walking

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add a new dimension to walking as an exercise.

Pole walking is an easy, efficient and low stress activity that engages the whole body in a total body workout.

You get a greater increase in muscle endurance and toning in your shoulders, back, chest, upper arms and abdominals.

The poles provide stability and add more "spring" to your step as you push along.

The use of poles helps to reduce stress in the knees and other joints.

Pole walking loosens up tension in neck and shoulders which is beneficial if you have a job where you sit in one position most of the day.

Your posture and arm motion improves with right technique and it is up to

40 per cent more effective as an exercise than regular walking.

Your oxygen intake increases significantly, and your heart rate is five to 17 beats more per minute, compared to regular walking.

It suits all ages, fit or unfit, as you can adjust your walking to your own ability.

To find out more about pole walking or to organise a personal or group demonstration call the SRC office on 9492 9773.

SRC events coming up in 2014

- **21 February** Community Participation Funding Information Forum
 Department of Sport & Recreation Building
 246 Vincent Street, Leederville
 RSVP 9492 9772 by 14 February
- **5 March** LiveLighter Seniors Activity/Information Day
 Cockburn Seniors Centre
- **27 March** LiveLighter Aged Care Games
 - SRCWA Bunbury Branch
 - South West Sports Centre
- **23 April** Have a Go Day - SRCWA Rockingham Branch
 Aqua Jetty Rockingham
- **23 April** LiveLighter Seniors Activity/Information Day
 Armadale Arena
- **22 May** LiveLighter Aged Care Games - Avon - Northam Recreation Centre
- **18 June** Annual Seniors Ball
 - Astral Ballroom Crown Perth
- **24 June** Mundaring Seniors Activity/Information Day, Hub on the Hills, Mundaring.
- **12 November** Have a Go Day - Burswood Park

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

Hugh Rogers
 State President
 Seniors Recreation Council of WA Inc



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Friend to Friend

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Please nominate a category for your advertisement.
Tick one box only.

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

Abbreviations used in *Friend to Friend*

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

Each person may submit an 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
PO Box 1093
West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:
Please include two stamped (\$1.20) 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.

Name Address
 Postcode
 Phone I am over 45 years of age (Signature)

Friend to Friend

When replying to an entry:



eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1093,
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.

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:

Want to write? Limber up with the Society of Women Writers WA

AFTER a busy year in 2013, the Society of Women Writers WA has finalised its calendar of events for the year ahead.

John Harman will give two writing workshops at Citiplace following the Society's monthly meetings which will include Plotting Your Novel on 18 February and Show Don't Tell on 20 May 2014, both from 12.30 to 2.30pm. Visitors are welcome.

On Saturday 8 and Sunday 9 March 2014, Helen Iles, award-winning author, poet, editor and publisher, will put you through your paces at the Writing Boot Camp at the Guildford Mechanics Institute from 9am to 5pm. This intensive course will cover writing fiction, articles, poetry, editing and publishing. Cost is \$180 for members or \$240 for non-members.

On Saturday 22 March 2014, the Society will hold a Marathon Writing Competition at Citiplace from 9.30am to 4pm at a cost of \$20 - a great way to break writer's block or reignite your creativity.

From 31 May to 12 July, Helen Iles will

conduct Saturday morning workshops titled Writing Your Novel, at Citiplace from 10am to 12 noon. Cost is \$120 for members, \$160 for non-members.

More workshops and events are listed for the second half of the year. Check out the calendar of events on the website: www.swwofwa.com.

For more information on the Society, membership, workshops or events telephone 0415 840 031, visit the website: www.swwofwa.com or email: swwofwa@gmail.com

The Society of Women Writers WA aims to encourage women writers. It offers a central meeting place for information, support and fellowship with other writers and a communication base for country members and isolated writers.

Following each monthly members meeting, the Society has an entertaining and informative guest speaker. Rosanne Dingli, Juliet Marillier, Lynne Leonhardt and Trish Duke are some of the guest speakers booked this year.

Seeking a Friend

ACTIVE gent, 60s, good looks, healthy lifestyle, GSOH, would like to be partner of Asian lady, 50s, slim, and healthy with GSOH to enjoy life together.

Reply Box 6040

ACTIVE slim, 70 year old widow WLTM tall gent, same age, SOR, NS, GSOH with lots of getup and go and wants to enjoy life to the max with me. I'm DTE, loads of TLC. ALA.

Reply Box 6048

AUSSIE gent, 57, well presented. Likes travel, walks, adventure, fin sec. Seeking a lady. Let's meet for a chat.

Reply Box 6045

AUSSIE gent late 70s, active swimmer/rower, single. WLTM lady for friendship and fun. I'm NS, NG, SOR.

Reply Box 6056

AUSSIE gent, happy, healthy, fit, easy going, 70s, like to meet slim, long haired Asian lady, age not important, have varied interests, live SOR, NS, NG, SD, GSOH, happiness guaranteed.

Reply Box 6070

AUSSIE male retired. Interests: fishing, gardening, dining out, horse racing, not a world traveller, NS, SD. WLTM slim lady, similar, SOR. My post-code 6163. No mobiles please.

Reply Box 6049

AUST gent late 70s, 5'8", med build, fit, healthy, own car and home, fin sec, DTE, SD, NS, GSOH. WLTM lady 70-75, fit, healthy, fin sec, own home and car. Meet in Bunbury for coffee. NS. ALA.

Reply Box 6043

AUSTRALIA DAY has passed - let's make our own fireworks! Seek gentleman, 65-75, ready to care and share again with time in his life and room in his heart for a happy, caring, honest lady SOR.

Reply Box 6060

BOB from Denmark, 1933. You wrote to me but didn't include your contact number. Please write to me again, you sounded wonderful. I loved what you told me about yourself. I'll look forward to hearing from you, reply box 5826.

Reply Box 6051

COUNTRY girl at heart, ND, NS, NG, GSOH, DTE, active, healthy, enjoys laughter, daytime outings. WLTM retired farmer, over 68, meet in Perth. ALA.

Reply Box 6058

ENGLISH guy, 63, cheerful, GSOH, well presented, slim, 5'10". Likes walking, cinema, good conversation, SD. WLTM open minded, mature couple, for friendship, mutual appreciation and fun times. Discretion assured, be adventurous, try something new.

Reply Box 6044

GENT 62, WLTM Asian woman and form friendship, maybe relationship if compatible with NG, NS, SD, TLC, GSOH. If interested, let's meet for coffee.

Reply Box 6064

GENT 76, DTE, NG, SD, loves travel, nights in, GSOH. WLTM lady, 70-76, friendship.

Reply Box 6050

GUY 64, slim, fit, energetic, sociable and very friendly. Loves nature, animals, cooking, movies, music, intelligent, fun, funny, fun to be with, DTE, people person. I love and cherish women, and I want you in my life.

Reply Box 6052

HAPPY early 70s, West Aussie lady, enjoys walking, wine/dine in/out, w/ends away, quiet times at home, movies, theatre, music. I'm a DTE, NS, SD with GSOH. Area code 6210 (Mandurah). WLTM a caring gentleman, 70-80, NS, SD, honest, active, DTE with GSOH. Let's meet for coffee and make 2014 special.

Reply Box 6059

HELLO to you. Don't sit home alone. Free singles social group, aged 50-60, SOR, seeking members interested in various activities. Please include contact details, landline number preferred.

Reply Box 6041

I AM looking for a confident, fit, happy, secure, handsome, hassle-free, literate, early 60s bloke. Are you looking for a like minded, neat lady? Then let's meet for a chat.

Reply Box 6042

LADY tall, sincere, caring, well travelled, WLTM gentleman, 6' plus who is intelligent, educated, energetic, caring, interested in a little overseas travel, likes to try new things, weekends away as well as the usual.

Reply Box 6068

PETITE lady, 50+, likes movies, theatre, walking, dancing, travel, WLTM decent, caring man, 45-50, well-spoken, well-dressed, good looking, patient, fit, healthy, fin sec, professional with zest for life, ND, NS, no drugs, psychopaths or bipolars. For friendship, outings.

Reply Box 6065

REFINED man, 59, nice looking, good heart, genuine, affectionate, tall, GSOH, loves cooking, outdoors, movies, dining in/out, intelligent conversation. WLTM refined lady, 55-65, slim to medium, car door opened, sunsets, holding hands, red roses, GSOH, special friend, genuine.

Reply Box 6047

RETIRED gent, early 70s, affectionate, 5'6", medium build, into walks, sport, family orientated, lean living. WLTM attractive, DTE lady, NS, SD, SOR. Let's meet and chat. Be a friend and more. Explore the possibilities.

Reply Box 6055

SEEKING intelligent, genuine, gent, living meaningful life with honest, decent values and morals. Secure, stable, GSOH, optimistic, youthfully healthy, clean living, NS, ND, enjoys art, nature, animals, being alive, laughing, all same as this 50+, trim, classy, good looking lady, for possible NOR, cafe, chat. Reply telling me about you.

Reply Box 6054

SENIOR gent, single, fin sec, NS, SD, GSOH, many interests, SOR. WLTM lady friend for good relationship, 60-70, photo please. Reply with phone number. Meet you for coffee.

Reply Box 6046

THIS lover of Australia's immense, scenic beauty, lighter classical music, piano, landscape art, gardening, is romantic, free spirited, warm hearted, selective, widowed, 76, 5'6". WLTM cultured, artistic, poetic, spontaneous, loner, TLC, gentleman. Handicap, looks, financial status unimportant.

Reply Box 6061

WELL presented gent, tall, young looking, 74, easy going, GSOH, active, healthy, NS, SD, likes music, dancing, travel, amongst others, NOR. WLTM slim, healthy, affectionate, tactile, easy going, caring, homely, lady, age immaterial. ALA.

Reply Box 6057

Seeking a Partner

ACTIVE retired farmer, WLTM lady, 60-70 for travel and long term relationship.

Reply Box 6039

GENT 69, NS, SD, GSOH, DTE, fin sec, WLTM that special lady, slim to medium build, 65-71 with similar interests; 60s music, beach, walking, caravanning, country drives, dining out, movies. Let's meet over a coffee.

Reply Box 6063

GENT 70, 165cm tall, NOR, seeks genuine, attractive, slim, medium build, Chinese or Thai lady, photo appreciated - will return, NS, SD, 55 to 70, for friendship, relationship, long term, no time wasters please.

Reply Box 6062

I'M a lady, widow, Italian, 60-70, seeking a gentleman, same age, prefer Italian, live NOR, GSOH, SD, NS, NG, TLC. Someone interested in dancing, good personality, fun, loving and caring, long term. Wanneroo area.

Reply Box 6053

LADY 73, SOR, would like a lady or gent any age from the city or country. My likes: country and western, rock'n'roll music, socialising on paper, both city and farming. Give it a go.

Reply Box 6067

LADY tall, 5'8", slim, fit, 60s, enjoys playing competitive tennis, swimming, WLTM fit, tall, slim gent, to 70, who also enjoys playing and watching sport, GSOH a must, NS, SD, NOR.

Reply Box 6066

MISSED a special lady, 70-75, at Christmas, too early for next. Me; WA born, 6', not bald, no tattoos, DTE, SD, NS, NG, has all in life, loves holidays, home, and time together, prefer SOR.

Reply Box 6069

Friend to Friend...

FRIENDLY tips for maximising your use of this free service;

- Use the grid, write your entry in ink using one space per word.
- Your entry must fit into the 35 spaces of the grid - NO EXTENSION OF GRID IS PERMITTED.
- Post the entry to Friend to Friend PO Box 1093, West Leederville WA 6901
- Your entry must be accompanied by two C5 envelopes (which measure 23x16cm and are obtainable from Australia Post) Each envelope must have \$1.20 postage.

Please follow these instructions to guarantee your entry will be considered for publication.

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FOOD & WINE

...eat, drink and be merry...

Happy New You



Celebrate Australia's Healthy Weight Week with mushrooms...

by Noelene Swain

A PUBLICLY declared New Year's resolution - and I'm sure I'm not alone in feeling this way - can be a right pain in the proverbial.

A keen desire tap into that new year vibe of self-improvement, aided by copious amounts of Australia's finest bubbles can make even the most sensible folk make pledges that in the cold light of day seem utterly absurd.

"Ouch, yes well, giving up chocolate is all well and good," I hear myself say, "but for everyone's sake, probably best attempted next week when I've started that new job/gotten the kids back to school/figured out an appropriate hiding place for my secret stash".

Ahhh, the best laid plans, eh?

I'm yet to meet a person who hasn't fallen off the bandwagon at least once with their New Year aspirations, and had to sheepishly admit that in reality, it's much harder than expected.

Improving my - and my family's - general well-being is a pretty popular resolution that I trot out every year, but by early February my enthusiasm for eating more wholegrains and cutting down on excessive cheese consumption has waned considerably.

My family, by this point, have also started to tire of my irascible mood swings and general sulking; a direct result of double brie withdrawals.

This year Australia's Healthy Weight Week is on 17-23 February, carefully timed to keep us on track with our new year pledges, and,

a perfect time to set realistic goals and make small changes that are designed to have a big impact on the overall picture.

A terrible breakfast shirk, I'm going to stock my fridge with loads of richly flavoured mushrooms, sunny free-range eggs and dense, grainy bread to inspire me to fuel my body every morning with something delicious.

As every mushroom lover knows, mushrooms are a natural fit when it comes to good nutrition.

Mushrooms are low in kilojoules, low in fat and salt and best of all they taste great, making them ideal for a wide range of deliciously different summer meals.

But did you know that mushrooms are a great ingredient for healthy weight?

Two published research papers have indicated that eating mushrooms helps control the appetite.

The most recent paper revealed that people eating an average of three mushrooms per day lost 7 cm around the waist over the period of a year (that's around three belt holes).

In comparison, the control group (the non-mushroom eaters) in the research actually gained around the middle.

All of which is great news for mushroom lovers.

To help inspire you to maintain a healthy weight, here are some delicious recipes for you to enjoy.

Prepared by Fresh Finesse Food Promotions www.freshf.com.au

Recipe for One

Button Mushroom & Prawn Japanese Pancake



Preparation: 10 mins
Cooking: 6 mins
Serves: Makes 16 small

Ingredients

- 200g button mushrooms, finely sliced
- 100g shiitake mushrooms, finely sliced
- 100g enoki mushrooms, trimmed, separated
- 2 cups Chinese cabbage, finely shredded
- 200g green prawn meat, finely chopped
- 1½ cups self raising flour
- 2 eggs, lightly beaten
- 1 cup milk
- ½ cup cold water
- Pinch salt
- ¼ tsp white pepper
- ¼ cup olive oil
- ¼ cup Japanese mayonnaise*
- 2 tbspn salt reduced soy sauce
- ¼ cup Spring onions, finely sliced

Method

PLACE mushrooms, cabbage and prawn meat in large bowl. Sift flour over mushroom and cabbage mixture and toss gently to coat evenly with flour. Add eggs, milk and water, stir gently to combine. Season with salt and pepper. Heat barbecue plate to medium-high and drizzle with 2 tbspn oil. Scoop ¼ cup measures of mushroom mixture onto the barbecue plate to form eight small pancakes. Barbecue for 2-3 minutes on each side until golden and cooked through.

Transfer to a plate and keep warm. Repeat with remaining mixture. To serve, top each pancake with a 1 tsp mayonnaise, drizzle with soy sauce and garnish with spring onions.

*Japanese mayonnaise is available from the Asian grocery section of supermarkets or Asian grocery stores.

What's Fresh



AMBER JEWEL PLUMS: A lovely large, red heart-shaped fruit that was developed here in WA. The rich gold-coloured flesh is sweet and juicy even when the fruit is firm. Buy plums with plenty of colour, a somewhat dull skin and just a little softness. Ripe plums lose their sheen, so the best guide to plum ripeness is to look for plums with an all over dull colour. For great tasting plums, correct storage and handling are important. If your plums seem a little firm they may be left for a few days at room temperature to soften. Store ripe plums in the refrigerator. Plums are ideal for juice, syrups, jams, chutneys and make fantastic fillings for pies, tarts and cakes.

Zucchini: Economical zucchini makes a great filler for pasta sauces and curries. Dices or slices can be lightly steamed or microwaved and tossed through hot pasta with light sour cream, spring onion and grilled prawns to make a tasty light dish, packed full of nutrients. Zucchini is also a wonderful ingredient in home-made fritters; simply grate and combine with grated potato, eggs, lashings of oregano and some feta cheese for a Greek twist on a family favourite.

Nectarines: Plentiful supplies of these summer favourites are now arriving in store and the prices are very affordable. Luscious yellow fresh varieties are sweet and juicy eating - perfect for snacking, freshly sliced on your morning cereal or as fruity sorbet - you really only need to puree and freeze. Pile them high in the fruit bowl and they will disappear as if by magic.

Swiss Brown Cup Mushrooms: Plenty of flavour and just the right size for popping into summer salads, rice pilafs and pasta dishes. These nutty brown mushrooms work well with Asian flavours such as chilli, ginger and coriander; try stir-frying in the above plus a dollop of hoisin sauce and serving with honey glazed pork and steamed greens.

San Choy Bau



Preparation: 10 minutes
Cooking: 20 minutes
Serves: 1

Ingredients

- ½ tbspn extra light olive oil
- 100g cup mushrooms, chopped
- ¼ red chilli, deseeded and finely chopped
- 100g chicken mince
- ¼ cup chicken stock
- 1 spring onion, thinly sliced
- ¼ cup bean sprouts
- ½ tbspn lime juice
- 1 tspn fish sauce
- ½ tspn brown sugar
- Baby cos lettuce leaves to serve

Method

HEAT a wok over high heat until hot. Add oil, mushrooms and chilli. Stir-fry 2 minutes.

Add chicken mince and stir-fry for 5 minutes, breaking up the lumps as you go. Add stock and three quarters of the spring onions and bean sprouts. Bring to the boil. Reduce heat to medium-low and simmer for 10 minutes or until stock has absorbed. Stir through lime juice, fish sauce and sugar. Arrange lettuce leaves on plates. Top with chicken mixture. Sprinkle with remaining onions. Serve immediately.

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FOOD & WINE

...eat, drink and be merry...

Vince Garreffa's

Chicken in Lemon Leaves with Quinoa Salad



THIS IS a great little number and perfect after a couple of days of too much rich food. It's very Mediterranean, fresh and healthy food for our summer days! Do pick the new growth younger leaves from the lemon tree that haven't been sprayed with any chemicals.

Ingredients for 4

- 8 boneless/skinless chicken thighs
- 16 lemon leaves
- 8 skewers (soaked)

Marinade Ingredients (for chicken)

- 100 ml lemon juice
- 100 ml white wine
- 30 gm seeded mustard
- 200 ml extra virgin olive oil (EVOO)
- pinch Western Australian organic salt
- 3 garlic cloves (crushed)
- pinch freshly cracked black pepper

Quinoa Salad Ingredients:

- 1 cup quinoa (rinsed & drained)
- 2 1/4 cups water
- 500 gm corn kernels (thawed)
- 50 ml extra virgin olive oil (EVOO)
- 1 garlic clove (crushed)
- Pinch Western Australian Organic Salt
- 200 gm peas (thawed)
- 200 gm chickpeas (cooked)
- 2 spring onions (sliced thin)
- 50 gm radish (sliced thin)

Quinoa Salad Dressing:

- 100 ml extra virgin olive oil (EVOO)
- 1/2 lime zest & juice
- 1 garlic clove (crushed)
- 1 big teaspoon honey
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon cumin powder
- 1 big tablespoon finely chopped basil
- pinch Western Australian organic salt
- pinch freshly cracked black pepper



Method for Salad Dressing: Put all ingredients in a blender and blitz till smooth.

Method for Salad: Put quinoa and water in a pot and boil covered with lid on for 20 minutes till liquid is absorbed (but don't burn it dry.) Season with salt and pepper and spread out to cool. Now heat the EVOO and cook the corn and garlic for 5 minutes on high till a little coloured. Now tip corn and all oil and bits into a bowl then add the quinoa, peas, chickpeas, spring onions and radishes. Pour the dressing over and mix well, add more salt and pepper if needed and a little lemon or lime juice if you like (optional).

Method for Chicken: Marinade the chicken for an hour or two, then skewer two chicken thighs with lemon leaves top and bottom (double skewers). Lastly BBQ the chicken skewers on the hot plate or open grill section then serve on the salad. You don't have to eat the lemon leaves, just enjoy their lemony flavour in the chicken.

Very yummy summer food!

Who doesn't love a good burger!

CANON Foods Chicken Burgers are coated in a crunchy and delicious golden crumb taking out all of the hard work out of making burgers.

Chicken Burgers are a great way of bringing the family together and getting your kids to eat vegies. They are a great entertainer's meal because you can just prepare an assortment of toppings and place in the centre of your table and have your guests and family make their own.

Canon Foods Quick n' Easy Chicken Burgers



Time: 10-15mins
Makes: 4

Ingredients

- 1 tray of Canon Foods Quick n' Easy Chicken Burgers
- 4 wholemeal rolls
- 1/2 lettuce
- 1 tomato (Sliced)
- 1 cucumber (Sliced)

Method

Preheat the oven to 180°C
Place Canon Foods Quick n' Easy Chicken Burgers onto a baking tray and cook in oven for 5-6 minutes.

Prepare rolls, lettuce, sliced tomato and cucumber ready to assemble the burger.

Remove Chicken Burgers from the oven and turn, return to oven for a further 5-6 minutes.

Place cut rolls onto the plates and assemble lettuce, tomato and cucumber.

Remove Chicken Burgers from the oven and place one on each burger.

Serve immediately!

WIN WIN WIN

To be in the draw to win a Canon Foods voucher valued at \$100, email win@haveagoneews.com.au and include the word canon in the subject line or address an envelope to Canon Foods Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the back. Only over 45s are eligible. Competition ends 10/03/14.

Wines to start a conversation



by Frank Smith

HAVING a meal with friends? Bring along one of these bottles to start a conversation about unusual wines.

One of the oldest and leading growers in McLaren Vale, D'Arenberg produces some affordable and intriguing wines with the distinctive red stripe on the bottle label.

Cheapest of those we sampled is the 2013 Dry Dam Riesling. This wine has an elegant sugar-acidity balance with aromas of jasmine and orange blossom, along with lemon and lime characters that leap from the glass but still leave a long dry mineral finish. RRP: \$15.

The 2013 Broken Fishplate Sauvignon Blanc is an Adelaide Hills classic. The nose is intensely perfumed, with lychee, gooseberry, grassy and rosehip notes all contributing. The wine is fine and long, thanks to the vibrant natural acidity, and finishes full of minerals RRP \$19.

The Hermit Crab Viognier Marsanne is an unusual combination of the wonderfully aromatic Viognier with its heavenly lift of candied ginger and crunch, yet sweet white nectarine. This is allied to the nuttiness of Marsanne with flavours of stone fruit. This a perfect wine as a before-dinner aperitif. RRP: \$15.

The 2013 Olive Grove Chardonnay displays lovely peach and creamy notes, with an oyster shell minerality that runs through the palate. It delivers a plethora of fully flavoured stone fruit, blossoms and savoury notes with a vibrant acidity and a long lingering finish. The oak influence is minimal allowing the true flavours of the fruit to shine. RRP: \$15.

The 2013 High Trellis Ca-

bernet Sauvignon has a fresh and lifted nose full of violets and blackcurrants mixing with leafy aromatics and violets. The oak supplies a touch of cedar earthiness. RRP: \$18.

The 2013 Custodian Grenache exhibits primary fruit characters of mulberry, blueberry and plum with more complex layers, conjuring images of aniseed, fennel and coriander seed. The sweet and savoury fruits are accompanied by more savoury, cedary, baking spice like notes and a persistent finish. I like the winemaker's description of liquid velvet. RRP: \$18.

The 2010 d'Arry's Original Shiraz Grenache exhibits all the hallmarks of this traditional d'Arenberg blend of Shiraz and Grenache. The nose exhibits a complex array of dark, sweet and savoury notes, including plums, liquorice, nutmeg and a subtle hint of cedar. RRP: \$18.

The 2013 Footbolt Shiraz features lifted and fragrant red fruits and peppery spices. When opened to breathe there follows a raft of darker and earthier aromas such as mulberry, black plum, soot and baking spice. RRP: \$18.

Also new are two wines of the 'Tinja' range from David Lowe of Mudgee, The Lowe Tinja Pinot Grigio is a typical low alcohol Italian style Pinot Grigio with crisp, fresh acidity and minerality with flavours of pear and nougat flavours with long length. It is an unusual bronze colour.

The 2013 Lowe Tinja Riesling has aromatic lime lemon and citrus flavours and unusual for a Riesling, some residual sugar.

Both Lowe wines retail for \$22 from the cellar door <http://www.lowewine.com.au> or join the wine club for discounts.

Congratulations Vincent Baker!

CONGRATULATIONS to Vincent Baker. Mr Baker was the winner drawn from Have a Go News December 2013 Canon Foods Competition. Vincent Baker won a Canon Foods voucher valued at \$100.

So much to see and taste - 2014 Coles Gluten Free Food & Healthy Living Expo

TASTE your way through the gluten free food options available and discover new health products and services in the market.

More than 50 companies will be represented at the two day seminar, which will include 12 seminars and 14 cooking demonstrations.

Visitors will be able to taste new food options, discover some healthy alternatives and learn about coeliac disease and importantly, how to live gluten free.

Gluten free food will be available there to snack on. You will also be able to sample gluten free beer and organic wine and other products.

Sponsor Coles will also be on hand to guide visitors to their nearest store location where they can purchase their favourite gluten free products.

There will even be kid's activities to keep all the family happy.

Coeliac disease affects one in 100 people, many of whom go undiagnosed. The expo provides education for visitors while providing a backdrop of the many foods now available.

With the proper diet, coeliac disease can be managed well.

Headlining the seminar program will be Melbourne based Gastroenterology Consultant, Dr Jason Tye-Din, who has a wealth of knowledge about coeliac disease in both adults and children.

Popular 4 Ingredients chef and author Kim McCosker will present cooking demonstrations on stage and will also have a stand at the show where you can meet her and/or buy her books. Kim will be supported by Laila Gampfer from Rawsome.

The expo will be staged over two days on 15 and 16 March at the Perth Convention and Exhibition Centre between 9.30am and 4pm daily.

For more information, please call 9228 9166, email glutenfree@cmsevents.com.au or visit www.glutenfree-inwa.com.au

Admission: Adults \$14. Concessions - Aged, Health, Student \$10. Coeliac Western Australia Members \$7.

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WIN WIN WIN

To be in the draw to win one of five double passes to the Coles Gluten Free Food & Healthy Living Expo, email win@haveagoneews.com.au and include the word 'food' in the subject line or phone the Have a Go News office on 9227 8283 during business hours and leave your details. Only over 45s are eligible. Competition ends 25/02/14.



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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@haveagoneews.com.au. Please include your telephone number so Vince can call you!



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much play anything you like, from Chopin to jazz, from film music to pop songs. And you're never too old to learn.

If you have always wished to play an instrument, the piano is just the best choice. With its white and black keys it's laid out for you visually, so it doesn't take long to find your way around. As long as your piano is tuned, you can never play off key and really a piano offers you all the knowledge of four

instruments: the lower keys provide the bass, in the middle you learn your chords, like those in guitars, and the top notes provide the melody, like flutes or saxophones.

On top of that, the piano, with its little hammers, can be likened to a percussion instrument creating a rhythm.

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This is a more natural, motivating and fun way to learn how to make music.

Everybody loves it! For further information contact Aneka from Piano Lessons Fremantle on 9335 5389 or visit www.pianolessons Fremantle.com.au

New Year's resolutions - time for action is now!



Fun exercise for your body and mind

DID YOU make a promise to yourself to do more walking for fun or fitness but never got around to it?

Do you want to find something that is fun and interesting to do and to which you will look forward to returning to each week?

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Square dancing is all about walking and moving to the instructions of a caller.

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them if you are a traveller, you are able to square dance anywhere in the world.

There is a whole new world out there to discover while enjoying much fun along the way.

Why not try the beginners' classes starting now at one of your local square dance clubs ... these venues are listed on the national web pages www.squaredance.org.au

Singles and partners are always welcome or you can round up some friends to 'have a go' with you.

Square dance is said to be fun and friendship set to music and is a wonderful way to improve your health and well-being while enjoying the many lifelong friendships made along the way.

The Square Dance Society of WA began classes at the North Perth Town Hall on 5 February, 2014. The classes are held on Wednesday nights at clubs throughout WA.

For more information phone Steve on 9243 1200 or free call 1800 643 277.

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Wed:
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Thurs:
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FEBRUARY 2014

• Perth Holiday & Travel Expo • Ann Rickard's travels to Istanbul • GOING FISHING

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...for the mature traveller*



Above: Einsiedeln Abbey's Baroque Library Hall. Inset: Einsiedeln Tourism's tour guide, Brigitte Bisig. See the story on page 34.

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travelling

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Jennifer Merigan holding a book printed in 1657 in Switzerland

AFTER RETURNING from my Europe adventure I realised that I had committed a travelling sin; I over-packed.

A few years ago I had become very savvy at packing and really had mastered travelling 'light' when visiting tropical countries, but on the last few trips I have visited colder climates and my savvy packing went out the window.

Being away for five weeks, I thought I needed a good variety of clothes but I still took too many and even though I travelled through three countries and more than eight cities, there were at least 10 items in my suitcase that never saw the light of day.

This means that a) there's less room for shopping and b) carrying an extra five to seven kilos of luggage is an effort.

The answer is in the pre-planning and I know I left my packing to the last minute but here's a few tips that I can share with you from my over packing mistakes for winter travelling.

Winter packing: you do need an overcoat (carry it with you on the plane), one scarf (not four like I took), a pair of gloves and some sort of hat. I waited and bought a hat in Europe as well as a pair of winter snow boots.

I also took way too many shoes, I really only wore two pairs, my long winter boots and my new snow boots which I bought in Switzerland and the other four pairs became annoying clutter in my case.

It really does pay to have a good look at what you are going to take and then when you think you have got everything you need, cull the pile one more time.

I certainly won't make the mistake of over-packing again but you do need to allow time to pack and plan.

I had a phone call from a reader recently who asked me, "What do you do with your luggage when you have to go to toilet and you're travelling alone?"

I usually drag my luggage up to the last cubicle in the row and leave it outside the door so I can at least see it and then I take all my valuables into the cubicle with me. Most toilets in airports and train stations are usually attended.

I've found this the most practical way to deal with this, but I'm always keen to hear from readers other suggestions.

It was great to see the changes at Perth Airport when I landed back in Perth. We certainly are going to have a world class facility and it's very exciting

to see the progress which has been made over the past year.

We will commence the Talking Travel group again in March and I will advise you the dates in the next issue and by email.

If you have registered for the travel newsletter you will have received your first one for the year. Feel free to register for this regular email newsletter sent out mid-month between publications of the paper, and in which we feature a variety of competitions, information, tips and special offers.

Just email me Jen@haveagonews.com.au with the subject Let's go Travelling E News.

This paper is also available on line at our website www.haveagonews.com.au and here you can also see various videos of our travels.

Keep up to date with us regularly by liking *Have a Go News* on facebook or following us on twitter.

Happy trails

Jennifer Merigan
Travel Editor



let's go travelling

The travel industry and readers are welcome to contact the travel editor:
Ph 9227 8283 Fax 9227 8293
Email: jen@haveagonews.com.au



The Avon Valley Vintage Festival

With around 5000 or more visitors each year, this event is one not to be missed.

There will again be a strong representation of antiques and collectibles and free antique valuations with Mat Donnelly of Alan Donnelly & Co where you can bring along a family heirloom to find out just what it might be worth.

There will be plenty of historical displays with the Avon Valley Vintage Vehicle Association, WA Vintage Cycle Club of WA, a Royal Historical Society Photographic Display, Army Museum of WA display and 10th Light Horse display. The Vintage Poker Den will be back due to popular demand. There you can learn how to play poker without the pressure of losing actual money.

A silent auction will also be held where you can place a bid and try your

luck to land a bargain.

For the kids there is a cuddly animal farm and several kids' rides as well as the fun packed bungee trampoline, Clydesdale wagon rides and a face painter so the kids will be anything but bored.

Also on show will be a variety of market stalls with vintage clothing, vintage jewellery, foods, wines, crafts, antiques and several 'quirky' stalls to keep it interesting.

Be sure to come along in your best vintage/retro outfit as there will be a best dressed competition.

With a \$500 cash prize up for grabs thanks to Northam Race Club, there is no better excuse to glam up and remember to enter the door prize competition.

Tickets now on sale online or at the door or log on to www.avoneventsand-marketing.com

Looking for a travel companion?...



THEN TAKE advantage of this service which may provide you an opportunity to find like-minded companions for trips.

When submitting your listing, please print clearly and limit your entry to no more than 35 words. Telephone numbers or addresses

will be kept confidential in a similar format to the one we use for our Friend to Friend service, but for reader convenience it will feature in the travel section each month. If you wish you can use the coupon from the Friend to Friend page.

Please send your details

to Travel Companions, C/o Have a Go News PO Box 1042 West Leederville 6901. Please include a self addressed stamped envelope and quote the box number in your reply clearly and mark this first on the envelope and send to Travel Companions Reply Box ___ C/- Have a Go News PO Box 1042 West Leederville 6901. We will send out your replies at the end of each month. Please ensure all replies are marked clearly with the box number.

Box Number 96

Lady, slim, fit, very active, fun loving, retired, seeks travel companion for overseas trip this year. Open to suggestions, male or female interested? Thinking - South America or whatever. Love travel and meeting people. Non smoker please.



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ADVERTISING FEATURE



White light and red hot chilli peppers



Clockwise from bottom left; Jeanette Woolerton - funky mural - lunch on the Yarra

by Jeanette Woolerton

THE HEAT is on in Melbourne. It is, in fact, white hot.

With extraordinary anticipation, Melbournians await the resurgence of White Night Melbourne, an event that captivated and attracted more than 300,000

people in 2013. Commencing at 7pm on Saturday, 22 February 2014, Melbourne's city streets, laneways, landmarks and cultural institutions will (once again) be transformed into a cultural playground from dusk-till-dawn. White Night Melbourne 2014 will offer a mix of free and ticketed entertainment for families, to urbanites and everyone in-between.

Over a 12 hour period, in venues and major cultural institutions across the city centre, you are invited to participate in an urban extravaganza of exhibitions, street performances, fashion, lighting installations, film screenings, multimedia projections, concerts, dance and interactive events. Inspired by Paris' Nuit Blanche, the international network of White Night programmes has grown to more than 20 cities globally and Melbourne's own unique in-

terpretation of this worldwide phenomenon will certainly captivate you.

A spectacular addition to Victoria's Major Events Strategy, White Night Melbourne was created (and is proudly supported) by the State Government of Victoria.

Discover (or rediscover Melbourne) and bring in the light and laughter from 22 - 23 February 2014, at the Melbourne CBD, Swanston St, Melbourne.

For further information, please phone: (03) 9417 6690 or Fax: (03) 9495 6670, Email: info@whitenightmelbourne.com.au or log onto whitenightmelbourne.com.au

The months of February and March depict the onset of the harvest season, so it is no surprise that the Melbourne Food and Wine Festival is held at this time of year.

Australia's internationally acclaimed celebration of food and wine is fresher, more fragrant and more fruitful than ever.

This year (as in preceding years), the Melbourne Food and Wine Festival unveils a world-class program of more than 250 events - a true expression of Melbourne's renowned love of food and wine that captures the attention of food-lovers from around the globe.

The 2014 Festival will thoroughly investigate the theme of water (which will take food and wine lovers

on a refreshing, rejuvenating journey in order to appreciate the world's most precious resource).

The Festival spills through restaurant doors, onto the water, along river banks, down laneways, by the ocean and deep into picturesque wine country.

Its prestigious reputation attracts the world's largest culinary and wine personalities to participate in a program that also showcases Victoria's own celebrated chefs, restaurateurs, winemakers, sommeliers, producers and artisans.

The 2014 festival will launch with an incredible 1500 people seated at the World's Longest Lunch along the banks of the Yarra, which will culminate in a bucolic weekend in the peaceful surroundings of regional Victoria.

With an abundance of events on offer there is something to taste and tempt everyone.

The Melbourne Food and Wine Festival commences on 28 February, 2014 and runs through to 16 March, 2014.

There is no fixed address, as a wide variety of venues around Melbourne celebrate the Victorian harvest.

For further information please phone: (03) 9823 6100 or Email: info@foodfest.com.au or log onto www.melbournefoodandwine.com.au.

See you there!

Ships ahoy for Bethanie residents



Mary Harris and Pauline Wintrip

ON MONDAY 13 January residents from Bethanie enjoyed an exclusive tour of the ASTOR at Fremantle Port thanks to Bicton Travel.

Residents got to experience life on a cruise ship before sitting down to a showcase of entertainment on board the ASTOR. After the entertainment, residents enjoyed a four-course lunch at the Waldorf Restaurant on board.

Bethanie resident, Mary Harris spoke very highly of the day and said she would definitely like to visit more ships with Bethanie.

"They took us out to the state rooms (cabins) which were really interesting; I didn't know they would be quite so luxurious."

"We toured the rest of the boat, visiting the outdoor pool, restaurant, lounge, decks and showroom."

"We were whisked into the Entertainment

Lounge which was very nice; the champagne and canapés was a very nice welcome.

"For lunch, we were taken into the restaurant which was excellent. I went along with my two friends; we really enjoyed our dining experience on board The Astor."

Bethanie General Manager of Marketing and Brand Chris Frame said the tour was an exciting addition to the Bethanie event calendar.

"The tour was very entertaining and gave residents an insight into ocean travel and the ships that are available today."

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- BONUS TOUR - Willie Creek Pearl Farm, Broome
- BONUS MEAL - Sunset dining experience overlooking Cable Beach

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London Calling



Left to right; Jayson Mansaray - Waterloo tunnels, home to London's VAULT festival

by Jayson Mansaray

LONDON is one of those glorious melting pots of culture that means at any given moment if you are looking for a festival to attend, if you

are patient, you can find a brilliant one. From 28 January to the 8 March VAULT Festival returns for its second incarnation at the Waterloo tunnels.

Bought from British Rail

by The Old Vic theatre (also known as "The Old Vic Tunnels") in 2010 the 30,000 square foot area consists of five unused railway tunnel's underneath London's Waterloo station. Now up for sale to the right bidder, the tunnels future incarnation is uncertain, but previously it has hosted graffiti artist Banksy's documentary premier (which I attended) and Bill Clinton's fundraiser (which I didn't attend) and now VAULT.

The festival is six weeks

of incredible and diverse entertainment, bordering on the subversive and bizarre, one of London Calling's favourite lines to straddle.

On a Tuesday night my friends and I made it to *The Wild Worlds* by The Artful Badger.

I first became acquainted with The Artful Badgers at one of my favourite British summer festivals: The Secret Garden party. The Artful Badger's take over a small wood at the festival and create a combination of performance, visual art and what they call 'happenings... My favourite 'happening' was a dawn outing when all the badgers in their finery crept along a hillside in unison as the sun rose.

Dressed in their badger outfits it seemed as if the woods had come alive. So it was no surprise that *The Wild Worlds* was a journey through animal behaviours, mime, aerial tricks and even a quasi voodoo ceremonial sex dance. The latter was not in the literal sense but when the performers mingled with the audience it was not for the conservative or easily embarrassed.

There is so much to see throughout the festival.

Some of the acts still to come are *TangoFugue* by

Pythagoras Ensemble where you can see how Bach and Tango get on together.

For The Trumpets Shall Sound by Another Story slowly unravels a family mystery as Ruth clears out her mother's attic with the help of her son Jamie. Wingman (Scratch) by Richard Marsh is a comedy that sees an ageing lothario father trying to teach his "buttoned-up" boy about love when they are forced together on a road trip to scatter the mother's ashes.

Two of the main performances that run throughout the festival are:

Dr Hunter S Thompson's *Fear and Loathing in Las Vegas: a Savage Journey to the Heart of the American Dream* re-envisioned by an old friend of Thompsons, director-adaptor Lou Stein.

This production explores Thompson's newly pertinent warnings about the loss of national identity and resonates with the instability that threatens journalism today.

The current relevance of this cult classic is brought out by a focus on the surreal wit, humour and polemical heart of the original text.

Ralph Steadman, legendary illustrator and Thompson's collaborator, provides the artwork for this produc-

tion, released recently.

Steadman's work will form a crucial part of the show's visual narrative.

On the eve of a decade since Dr Thompson's suicide, *Fear and Loathing in Las Vegas* presents an opportunity to remember and rejoice with the inventor of gonzo journalism.

The Cement Garden - Adapted from Ian McEwan's novel by Jimmy Osborne and David Aula.

The dark coming of age tale of four abruptly orphaned children is adapted by Jimmy Osborne and David Aula, who also directs.

Presented by The Heritage Arts Company and FallOut Theatre and staged across two levels, the production will give audience members access to the cellar which houses the family's secret, as the young characters attempt to make sense of the adult world.

In the relentless summer heat, four siblings retreat into a shadowy, isolated world and find strange and unsettling ways of fending for themselves.

The theatrical adaptation of McEwan's first novel responds to the original text in a new humorous, energetic and sensitive interpretation.

And also for the night owls there is the Vault Lates...

At 10.30pm on Thursdays, Fridays and Saturdays throughout the festival, the atmospheric caverns of Vault become a nightclub, featuring one-off parties and extravaganzas including: three Fear and Loathing parties and a Valentine's Day Ball presented by The Artful Badger.

Tickets start at £7.50 and on Tuesdays and Wednesdays there's free live music and comedy. It's important to book tickets because capacity is limited for most shows. Some of the productions are not seated and you may need to move around or stand for periods, so check the website first.

In addition there is nudity, flash photography, scenes of a sexual nature and language in some of the performances so make sure you visit the website and check the performance details before booking. VAULT Festival at The Vaults, Leake St, London SE1 8SW www.thevaultfestival.com

Want to know something about London? The Email: JaysonMansaray@gmail.com with the subject "London Calling".

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Europe River Cruising 2014 ... it's not too late!

AFTER THE success of the 2013 Travel Marvel escorted group to Europe, Travel Tree has designed a similar tour from Paris to Amsterdam to join the River Ship Jewel to Budapest for a 15 day cruise, then on to Prague.

The 24 day tour leaves Perth on Wednesday 10 September 2014 with three nights in Paris and one night in Amiens to visit the battle-

field of Villers-Bretonneux prior to taking a coach to Amsterdam.

The tour includes 52 meals, soft drink, beer and wine with lunch and dinner, walking tours at each port stop and the opportunity to take quality optional tours for those who want more sightseeing.

There are currently two cabins left on the cruise in-

cluding a D Grade cabin. The tour includes flights and taxes to Europe from \$9,570 per person.

For those living within 40 km of the Perth airport free home pick-up and return transfers are included in the cost.

For information or bookings contact Ms Maxiema Lager at Travel Tree on 9382 5044.



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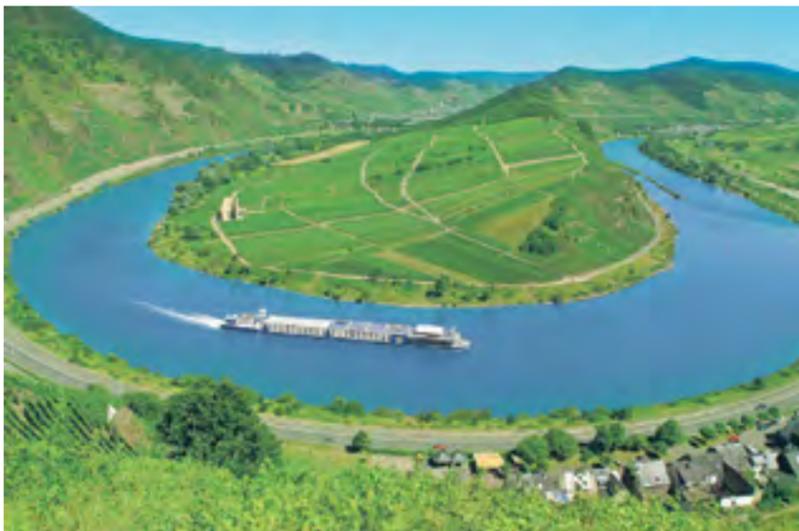
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ADVERTISING FEATURE



Holiday heaven for travel lovers at Perth Holiday & Travel Expo



Mosel Germany

IF YOUR idea of a perfect holiday is a trip that is hassle free and great value, then your first port of call must be the 2014 Perth Holiday & Travel Expo at Crown Perth's Grand Ballroom, from 10am to 4.30pm daily on 15 and 16 February.

The Expo is holiday heaven for travel lovers, with special deals exclusively for Expo patrons, and more than 100 exhibitors with holiday ideas to suit all ages, tastes and budgets.

After more than two and a half decades, the Perth Holiday & Travel Expo remains Western Australia's most popular and only independent travel exhibition.

River and ocean-cruising, coach and rail holidays, skiing and adventure trips, and relaxing resorts will all be on show, along with everything you could possibly need for your next escape, including flights, insurance and airport transfers.

Check out hundreds of destinations from around the world, from the most popular to the obscure, spanning Europe, Asia, Africa, New Zealand, Middle East, North and South America, WA and across the Nullarbor.

Travel experts will be there across the weekend to give you the very latest information, answer questions and assist with holiday planning.

Travel Theatre presentations will run throughout each day and are inclusive in your ticket price. Hosted by leading industry experts, you can pick up valuable travel tips and hear about unique holiday options from around the globe.

"The convenience of being able to research various travel options, talk directly to operators, and then compare and book everything in the one location takes the hard work out of holiday planning," said event organiser Pat Strahan.

"Bookings can be made on the spot, covering flights, accommodation, tours and even travel insurance. There are some massive savings to be made booking a trip this way, beyond what can be found elsewhere."

Growing in popularity
According to Expo organiser Pat Strahan, travellers in the over-55 age group are leading the charge towards nature and adventure-based travel, as well as holidays that are rich in culture.

"An increasing number of people in their later years are embarking on holidays with a touch of adventure, excitement or unique culture. Places like Europe, Africa, the Middle East, Asia, New Zealand and WA are so rich in these experiences and so are growing in popularity.

"Africa as a travel destination has grown enormously and there will be a major presence at the Expo from Africa holiday exhibitors," Ms Strahan said.

"Europe is also extremely popular right now – whether it's Mediterranean cruises, European river cruises or coach tours around Europe – there is great interest from Aus-

tralian travellers wanting to experience Europe this way.

"A bit closer to home, New Zealand has emerged as another popular choice for cruise holidays," she said.

The very best of these destinations and dozens more will be on show at the Expo, meaning you can research and even book your holiday on the spot.

Prizes and give-aways
Every visitor to the Perth Holiday & Travel Expo has the chance to win some fantastic travel prizes and giveaways which include:

\$6,000 Malaysia Holiday
The major door prize is a holiday for two to Kota Kinabalu, valued at close to \$6,000, courtesy of Tourism Malaysia, Malaysia Airlines, Sabah Tourism Board and Shangri-La Hotels & Resorts, you could win:

Airfares for two flying from Perth to Kota

Kinabalu and return, with Malaysia Airlines;

- Three nights' accommodation at Shangri-La's Rasa Ria Resort, including breakfast;
- Three nights' accommodation at Shangri-La's Tanjung Aru Resort & Spa, including breakfast;

- A Mari Mari Sepangar Island trip with full meals, inclusive of transfers;
- A visit to Mari Mari Cultural Village, inclusive of lunch, cultural show and transfer; and
- Return airport and hotel transfers.

Simply place your completed entry form in the barrel at the Tourism Malaysia stand and you could be heading off on a Malaysian adventure!

\$1,200 Care Hire Package

Hit the open road for your road trip of a lifetime! Thanks to DriveAway Holidays, one lucky Expo visitor will win \$1,200 worth of car hire towards a self-drive holiday. To enter, submit your completed entry form in the barrel at the DriveAway Holidays stand.

Free Movie Passes

The first 250 people through the door each day of the Expo will also receive a complimentary two-for-one voucher to see the upcoming new movie *Tracks*, based on Robyn Davidson's best-selling novel and starring Mia Wasikowa and Adam Driver.

Make a day of it!
Entry: \$10 for Adults, \$8 for Aged Pensioners/Seniors and free for children under 15 when accompanied by an adult.

For more details, visit www.holidayexpo.com.au

COCOA (Come Out Camping Older Adults) Club welcomes members



COCOA Club committee members. Pictured from left: Bill Fisher, Peg Manning, Jo Dash, Dorothy Meikeljohn, Joy Stephens, Mike Cox Janet Read and Judy Hampson.

EARLY in December, 56 members of the COCOA (Come Out Camping Older Adults) Club caught up with friends to enjoy a Christmas

lunch at the Rod Evans Centre, East Perth.

During the lunch, life membership was awarded to Bill Fisher and Wendy

Gilmour for their many years of service to the club.

The COCOA Club, which is open to adults aged over 55 years, offers social activities throughout the year.

They also organise at least three camps away a year, where members enjoyed much fun. The last camp was held at Kalbarri.

This year there will be week-long camps at Albany, Bridgetown and Bunbury.

Accommodation is dormitory style with meals provided and tours of surrounding areas.

If you would like more information and are interested in joining the club, please ring Janet Read on 9409 7419.

Letter to the Travel Editor

DEAR Jennifer

I am one of your regular readers and I travel a lot. At the moment I am getting ready to go to USA for a month.

Family and friends have a habit of calling in to say 'farewell' at the last minute. And this is very off putting.

Please pass my advice to other travellers.

"Tell all family and friends you are leaving the week before and if it is possible invite them to a farewell lunch.

Enjoy the company then have a week to do the preparations without the interruptions. I find this works well, in the past I have had neighbours arrive the night before with alcohol in hand and stay 'til 2am.

A good night's sleep the night before travelling is very important.

Yours sincerely

E McCready
Cooloongup



Christmas Island

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Clockwise from left; date packing - Anne Rickard - labyrinthine Grand Bazaar - The Basilica Cistern - Gozleme - Hamdi Restaurant

by Ann Rickard

DISCOVERIES on our own had all been of the culinary kind; dining at rooftop restaurants on stuffed eggplant and vine leaves and/or finishing every meal with cubes of pink Turkish Delight presented beneath tiny silver domes.

We had stood for half-an-hour outside one street-side restaurant, watching a woman sitting cross-legged in the window in front of a large round board where she rolled pancakes (gozleme) with a long stick to fill with spinach and feta before throwing them on to a nearby hotplate. By her fluid and efficient movements, she had obviously made thousands of these pancakes, a favourite street food in Turkey.

At Hamdi Restaurant with our guide Mutlu, we reluctantly bypassed the baklava shop on the ground level and headed upstairs to the busy dining room to eat kebabs made famous by Hamdi Arpacı who came to Istanbul in the '60s and created a street stall.

Now his sprawling restaurant is a drawcard for tourists who eat first and then trawl the nearby Istanbul Spice Market where trade has flourished under its high-domed roof for the past 350 years.

Mutlu quickly pointed out the myriad stalls of Turkish Viagra – a sweet treat said to make you super sexy.

But on our visit on the eve of Ramadan, dates, olives, nuts and cheese were being frantically snapped up – nourishing food to eat before dawn to sustain through a day of fasting.

We had started our day with Mutlu on the Asian side of Istanbul at Camlica Hill, one of seven imposing hills, where every visitor is attracted for the obligatory photo standing before the spectacular views over the city and the Bosphorus.

At 268 metres above sea level, the air is fresh, the gardens green, the teahouse welcoming – an idyllic escape from the city's summer heat (Istanbul has hot, humid summers, and cold, wet winters).

Back on the European side, one of the most fascinating discoveries came beneath the ground in the tranquil depths of The Basilica Cistern, built in 532AD as an underground reservoir to supply palaces. Domed ceilings and stately marble columns made it appear more like a cathedral than a reservoir. After three major restorations, this extraordinary underground cistern with its boardwalk, soft lighting and resident goldfish is a tourist attraction that captivates thousands each day.

On the discoveries went as Mutlu guided us to Taksim Square, the troubled place of protests earlier in the year. It was all peace and normality as we strolled to Istiklal Ave in the historic Pera district. Flanked by politically-important buildings, stately houses, apartments, boutiques, galleries, libraries and cafes, this 1.4 kilometre pedestrianised (apart from the historic red trams) strip is one of the most famous avenues in Istanbul.

We stopped every few metres to watch ice-cream vendors in traditional costume pull the ice-cream from one cone to another. Traditional Turkish ice-cream is thick, with an elastic texture and

can be stretched to impressive lengths and vendors will make you go through their bit of theatre for your purchase.

The cylindrical Galata Tower is an Istanbul must-do. Built in 1348 as a watchtower, it still dominates the skyline north of the Golden Horn estuary. Its upper balcony offers 360 degrees of the city.

No visit to Istanbul would be complete without browsing the labyrinthine Grand Bazaar. A wonderland of ceramics, lights and leather goods and carpets, the bazaar is an Istanbul institution and a story that must wait for another time.

The same goes for a visit to the Turkish Bath Houses. There is simply too much in Istanbul – a city of about 13 million people – to cover in a few days. Give yourself a week, stick to a guide and milk everything you can from this vibrant and historic city.

Ann Rickard is author of six humorous travel books on Italy, France and Greece.

She hosts an annual culinary tour to Provence for a small group.

See www.annrickard.com

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ADVERTISING FEATURE

Queen Mary 2: Still calling Australia home!



Queen Mary 2

by Chris Frame

THIS YEAR marks the 10th birthday of the 151,400 gross registered ton Queen Mary 2; the largest Ocean Liner ever built.

Measuring more than 345.9m in length, QM2, which entered service in January 2004, is so large that her dining room could easily accommodate the first ever Cunard

steamship, SS Britannia.

Throughout February and March, QM2 is once again calling Australia home. The ship's popularity has grown since her Aussie debut in 2007, so much so, that in 2012 Cunard sent her on a sell-out circumnavigation of Australia.

Last year, a similar voyage saw the ship encircle New Zealand. Again, this was a sell-out voyage,

prompting the line to send QM2 back in 2014 for another circumnavigation of Australia!

The voyage will see the ship call at Fremantle twice, first on 12 February, before returning on 6 March, towards the end of her voyage. Passengers aboard these voyages will enjoy the many unique and exciting amenities offered by the Queen of the Seas.

Unique public spaces aboard include Illuminations, the only sea-going planetarium. Here, under a giant domed roof, high speed 3D video footage is played, allowing passengers to take a journey through space and time, and learn about the origins of our universe. This experience is coupled with QM2's ConneXions learning centre; where courses and classes are offered to the discerning passenger who is looking to boost their knowledge of world events, computers, languages and even the arts.

If you're looking for a more relaxed shipboard life, you may be more interested in the ship's spa. QM2 has the first ever ocean going

Canyon Ranch Spaclub, which includes a full gymnasium, treatment rooms, a thalassotherapy pool, beauty salon, barber and masseuse.

As if to tempt you, just aft of the Canyon Ranch is Kings Court. This is QM2's 24/7 buffet restaurant, where food and drinks are on continuous supply. This area is broken into four distinct zones, including an Asian, Italian, British and American themed area. One of the most popular spots here is the burger bar, where burgers, chips and hot dogs are in high demand.

Don't let the casual buffet fool you though; the cuisine and dining experience aboard QM2 is renowned for its class, style and sophistication.

Most passengers will dine in the Britannia Restaurant; so named after Cunard's first transatlantic liner. Here, passengers will enjoy silver service and high quality specialty dishes, as well as access to one of the largest cellars at sea. The dress code: formal, with "informal" nights meaning a tie isn't required (jackets still are).

Other restaurants aboard include the prestigious Queens Grill and Princess Grill. Reserved only for those passengers paying the highest tariff for their cabins (which, are actually suites that rival those at the best land-based hotels and resorts), these restaurants are among the highest rated at sea. Passengers in the Queens Grill can order what they want, when they want, regardless of whether it is on the menu.

Throughout the day, and into the night, there is plenty of activity aboard the ship. Early risers can often be found on the boat deck, three times around equals a mile; an excellent way to stay fit. Others prefer a more leisurely pace, and head to the shops. Stores here include H. Stern, Cartier, Hermes and Christian Dior.

Just opposite the shops is the Veuve Clicquot Champagne Bar. Sommeliers are at hand to help you experience champagne at its finest, while for those more interested in coffee, the Chartroom Bar and Sir Samuels' are popular

areas, especially in the morning.

QM2 has the largest dance floor at sea. Known as The Queens Room, the space is dominated by two enormous chandeliers, which add an extra sense of drama to this area. Dance classes are held here during the day, with dance hosts on hand for the single travellers. During the afternoon, this area comes alive when the traditional British afternoon tea is served. Waiters in white gloves offer passengers a selection of Twinings Teas, scones, cakes and finger sandwiches.

This is just a brief sample of a day aboard QM2. There really is so much to do. In fact it is said that the Daily Programme is so packed full of activity, that it would take the entire world cruise for a passenger to sample each activity offered by QM2's entertainment staff.

Happy Birthday QM2 and many happy returns to Australia's favourite ocean liner!

Keen on more QM2 information? Check out www.chriscunard.com/qm2.php

Happy travels from all at Kings Tours and Travel

THE LATEST 2014 Kings Tours and Travel brochure is out now.

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We know that South Africa and Victoria Falls are on everyone's bucket list and what better way to visit this destination than with an experienced tour manager.

This 14 day tour, the ultimate holiday experience, departs 30 August and returns 14 September.

Recommended by Kings Tours and Travel Director Bob Page, this South Africa tour is not to be missed.

The trip includes a stay in the cosmopolitan city of Cape Town with tours of the beautiful countryside followed by accommodation in two different safari parks, the first of which is the Kapama Private Game

Reserve and then the Hippo Hollow Country Estate.

You will experience morning and afternoon game drives; a visit to an orphanage and village, an amazing elephant interaction and also have the opportunity to take a hot air balloon ride. You will then spend three nights on the Zambian side of Victoria Falls which includes a guided tour of the falls and a day in Chobe National Park - home to the largest population of elephants in the world.

Hmmm! While Christmas has just been and gone ... how do you fancy being onboard a cruise ship for Christmas 2014?

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In the new brochure Kings have an amazing showcase of many new and exciting itineraries. If you would like to know more then go along to one of their two brochure launches, first in Mandurah on 17 February at Accent Mandurah and then in Perth at the State Library on Thursday 20 February. They would love to have the pleasure of your company. Just give the team a quick call to secure your free seat at one of these events.

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THURSDAY 20 FEBRUARY 2014

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travelling

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Look before you book - carefully



by Frank Smith

HOW DO most people decide where to stay on holiday or where to eat?

In the past you had to depend on personal recommendations or take pot-luck. But now you can jump

on a number of websites and read reviews of hotels or restaurants anywhere in the world written by former clients.

Nearly three-quarters of social media users read reviews before booking a hotel or table. But how do we know that the reviews are genuine?

In December the Australian Competition and Consumer Commission (ACCC) issued a warning that reviews might not be all they seem.

"Australian consumers have more choice than ever before. However, with more options available, it is important that there is accurate and reliable in-

formation available to help consumers choose," said ACCC deputy chair Dr Schaper.

The ACCC is concerned that there is an increase in paid-for and fake reviews. Many consumers believe that reviews on various platforms are the genuine experience of other consumers.

"Fake online reviews mislead consumers and hurt Australian businesses. Businesses that pay for or post fake reviews can gain an unfair advantage or damage their rivals," Dr Schaper said.

Positive reviews are worth big money. Writing in "The Con-

versation" Justin Malbon Professor of Law at Monash University said sellers highly value positive reviews, and for good reason.

A 2011 Harvard Business School study found that a one-star increase in a rating on reviews site Yelp leads to a 5-9 per cent increase in revenue.

A 2012 Cornell University study using data from Travelocity found that if a hotel increases its review scores by one point on a five-point scale, it can increase its price by over 11 per cent and still maintain the same occupancy or market share.

Other studies suggest

that up to 20 per cent of reviews are fake.

People in the Philippines, Eastern Europe and Bangladesh are paid up to \$10 each to write reviews. This includes fake negative reviews of competitors as well as positive reviews of the business pay them.

Yelp, Travelocity and other web-based businesses try hard to exclude fake reviews, but they don't always succeed.

Warning signs that a review is dodgy include significant spikes in reviews and abnormal similarities in email addresses, user names, passwords or IP addresses.

Other warning signs in-

clude the use of overly positive or marketing-speak writing styles and reviews that either do not make sense or use the exact same language as other review.

Software designed by Cornell University can spot the fakes with 90 per cent accuracy. Use it for free at www.reviewskept.com.

ACCC's guide makes it abundantly clear that misleading consumers with fake reviews is not only unethical, it's illegal. The ACC recently fined an Australian company \$6,600 for using fake testimonials.

However most of the hotels and restaurants of concern are overseas.



EXPERTS representing 17 river cruise lines, barge and boating operators will take part in WA's only dedicated River Cruise Expo to be held from 10am to 4pm on Saturday, 8 March in the Botanicals (lower ground floor) at

Crown Perth, Great Eastern Highway, Burswood, to give advice and present exclusive deals to potential cruise passengers.

The not-to-be-missed event will be hosted by Bicton Travel which is celebrat-

ing 16 years as one of WA's leading cruise agencies and was voted CLIA (ICCA) Cruise Agency of the Year in 2010, 2011 and Cruise Agency of the year by Cruise Passenger Magazine in 2013.

Entry is free to the Expo that will feature some amazing exclusive Expo specials, cruise presentations and the chance to win some great prizes.

Sales and Promotions manager, Barry Downs com-

mented, "Even with the consistent launch of new vessels by all operators, demand far outstrips capacity and will do for the foreseeable future, so it is more important than ever to book early to secure your preferred itinerary, ship and cabin location.

"Whilst the popular Amsterdam to Budapest route is beautiful, there are sensational river and canal itineraries across not only Europe but the world. Our aim is to help you navigate the clutter of offers and specials to match you to the right product and best deal."

Products represented at the expo include:

American Steamboat Company | Aqua Expeditions | APT | Avalon Waterways | Cruise Adventurer (Mekong Cruises) | Cruise

Explorer (Burma Cruises) | Cruise & Maritime River Cruises | Evergreen Tours | Le Boat | Noble Caledonia | Riviera Travel River Cruises | Scenic Tours | Tauck River Cruises | Tempo Holidays | Travelmarvel | Uniworld Boutique River Cruises and Viking Cruises.

Public transport and extensive parking (paid and free) is available at Crown Perth.

Registrations for the cruise presentations will open early February: visit www.bictontravel.com.au or follow Bicton Travel on Facebook www.facebook.com/Bicton. Travel for details.

About Bicton Travel

The Bicton Travel Group have been finding the best cruise ship deals since 1998, sharing their passion and expertise in Luxury

Travel & Cruising.

Bicton Travel has been the leading Cruiseo agent in WA since 2002 and in 2008 was voted Best Travel Professional in Australia by readers of Luxury Travel & Style Magazine. The key to their business is that they have consultants who care, who want to make sure each journey you take is the best.

Bicton Travel Premium

Launched as a prestige service for luxury and discerning travel, with one aim, to provide the best professional service for the luxury traveller. As a Virtuoso-affiliated travel specialist, they have global connection with the best hotels, cruise lines, airlines and hotel companies. Ask about the Virtuoso difference and benefits.

Phil Smethurst is one of

only 10 accredited Virgin Galactic Accredited Space Agents in Australia, with clients already booked to be one of the first to travel to Space.

Log on to Cruisefinder.com.au the online division of Bicton Travel, for the following information:

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- Great cruise deals
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Recent awards
2014* Cruise Agency of the year (Finalist) - CLIA
2014* Cruise Consultant of the Year Phil Smethurst (Finalist) - CLIA
2014* Cruise Promotion of the year (Finalist) - CLIA
2013 Best Individual Travel Agency - Readers Choice Award - Cruise Passenger Magazine

2012 Best Individual Travel Agency (Finalist) - Cruise Passenger Magazine
2012 Best Travel Agency Single Location (Finalist) - AFTA
2011 Cruise Agency of the Year - ICCA/CLIA
2011 Office of the Year - Travelscene American Express
2010 Cruise Agency of the Year - ICCA/CLIA
2010 Cruise Consultant of the Year Phil Smethurst - ICCA/CLIA

* Winners of the 2014 finalists will be announced in Sydney on 8 February 2014 at the CLIA Awards Ceremony.



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ADVERTISING FEATURE



Saihoji Moss Garden is a secluded corner of tranquility in Kyoto, Japan

STRESSED out?

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The tranquillity of relaxing in a thermal spa, sitting in a quiet Zen garden and lingering over a gourmet banquet will soon ease your tension.

Toursgallery offer six escorted tours throughout the year to Japan, on which Ryokan accommodation is a highlight of each journey.

"Seniors and overworked business owners truly appreciate our style of travel." according to Ken

Stress relief tours

Osetroff, director of Toursgallery, who has been creating small group tours to Japan since 1983.

"Most of our guests are aged over 45 and appreciate travelling in comfort." Osetroff said "Our style of personalised tour attracts travellers who return with us on three or four different tours to Japan."

Itineraries are relaxing with accommodation often for two or three nights in each location.

Toursgallery guests can enjoy the tranquil charm of sleeping in a traditional Ryokan with tatami floors and soft futon beds, decorative wooden ceilings and walls, sliding paper doors and private baths.

Guests looking for a more cultural experience can indulge themselves in the Ryokan's onsen or big bath where hot water falls, herbal pools

and outdoor rock pools under the stars are a real treat for the senses.

Volcanic thermal waters in these baths are reputed to cure everything from muscle tension to rheumatic pains.

Cherry blossom, gardens, art, national parks, autumn foliage, snow monkeys and winter festivals are just a few of the escorted tours available exclusively from Toursgallery.

A private executive coach and English speaking Japanese guide are provided for each small group of 10 guests.

A photo gallery of Japan can be seen on the internet at www.toursgallery.com

For Japan tour details phone 1300 307 317 or send an email to travel@toursgallery.com

Your Western Australian touring specialists

FUNSEEKER Tours have now acquired a near new 25 seater touring coach for your added touring comfort. It is easy to access has safety belts and nice velour seats. Concentrating their touring in Western Australia is Funseeker Tours' speciality. There is so much beauty in our own State that now is the time to have a look at what it has to offer.

Tours are varied and range in distance from trips to the South West to Pilbara in the north. All tours are fully inclusive of home pick up and return - accommodation - most meals and entry fees.

Grab a copy of their brochure to see what's on offer and come and see your beautiful State of Western Australia.

For more information, please call Sharon on 1300 660 668 for more details.

An hour away - a world away

PEEL Tourism, a sub-committee of the Peel Chamber of Commerce & Industry Inc, with the assistance of R4R funding completed the successful Discover Peel Project in 2011, and continues to support and promote the Peel Region to further develop one of the region's key economic drivers, tourism.

Discover Peel Project to attract tourists to the region:

- The design, construction and installation of six Billboards along the Forrest Highway
- The construction of a website that gives cohesion to the vast array of individual Peel web addresses and to inform consumers of things to see and do and places to stay in the Peel Region mandurahandpeel.com
- The development of a Peel Regional Map, which has

been an outstanding success with a cross section of businesses participating and rave reviews from local and Perth operators.

• In addition, other marketing activities include - Participation in the Perth Caravan & Camping Show for the previous four years, including 2014 and the Channel 7 Crab Fest.

Five shires make up the Peel Region: the Shire of Boddington, the Shire of Murray, the Shire of Waroona, the Serpentine Jarrahdale Shire and the City of Mandurah.

The creation of the unique Mandurah & Peel Regional Map has been very successful with an extensive distribution and is 'the ONLY tourism map available of the Peel Region' with quotes from the Perth Visitor Centre's as being "the perfect stop-gap

from Perth to Margaret River, providing many Things to See & Do'.

Peel Tourism is currently updating a new version of the map and website in time for Crab Fest and Perth Caravan & Camping Show.

The Peel Region has its own activities, festivals and events, drawing many festival goers and travellers to experience something unique.

Peel has many drawcards such as adventure tourism, sky diving in Murray, white water raft-

ing in Dwellingup, steam train dining experiences, picnic locations at North and South Dandalup Dams, the Serpentine Falls and wineries, the Boddington Gold mine and Rodeo, the natural history of the Thrombolites in Lake Clifton the exclusive pottery collection in Waroona at Drakesbrook Antiques and car shows, not to mention the emerging equine industry, the food bowl developing with manufacturing and growers throughout Serpentine/Jarrahdale and

the Mandurah Estuary, which sits between the ocean and the large body of water known as the Peel Inlet. It's one of the best places in the region for fishing, crabbing, prawning (March and April) and dolphin spotting. These tourism attractions provide services and infrastructure to support the growing tourism industry. Just 48 minutes train ride from Perth to Mandurah Train Station 'An hour away - a world away' Why would go you anywhere else?

Holiday by the sea



THE COUNTRY Women's Association of Western Australia was formed in 1924 with its roots in isolated areas of the wheat belt, beginning with the Nungarin Branch. From this formation began a tradition of CWA service to the community that has continued for 90 years.

Camps for CWA holidays by the sea began in 1937. Children and camp mothers, many of whom had never seen the ocean, stayed in these camps by the ocean.

Each child brought a straw filled chaff bag, which became their bed and were later replaced by camp stretchers.

CWA branches often donated supplies and clothes, including bathers.

Annual dental care was included for children attending the camps after one child wept all night with toothache.

Highlights included homemade ice cream, and special outings such as a visit to the pictures and a picnic at the zoo.

Today's CWA Holiday Homes are welcoming and comfortable; affordable and open to members and public alike.

Hot water, washing machines, electric or gas stoves, television, bedding and all kitchen requirements are supplied.

Ring the local area number where you wish to stay to make a booking or check the website www.cwaofwa.asn.au for email contacts. The website also includes the location of the 140 branches around WA.

CWA also has for sale merchandise which includes their iconic CWA Cookery Book and Household Hints as well as snippets of history and projects.

They'd love to have you join them!

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travelling

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Isn't it time you took a break?



Couple on a 4WD outback Kimberley adventure
© Tourism WA

THE Perth Caravan & Camping Show is on again, returning to Claremont Showground from Thursday 20 to Monday 24 March 2014.

Whether you are looking for a new caravan, camper trailer, motorhome, roof top camper, swag or just a good old fashioned tent, there is something for everyone at the Show.

And it's not just "the big stuff" on display. Included are all the latest gadgets and

accessories ranging from 4WD equipment, portable Fridge Freezers and camping gear to kayaks and much more - too many to mention here.

Plus there is a dedicated tourism pavilion where you can talk with someone who lives in the region (they might not tell you their secret spot) but they will tell you everything about their home town.

And there are plenty of lifestyle products to

buy and all the latest gear and equipment.

Bring the kids down on the weekend and take advantage of all the free family activities, with a mechanical bull, mini golf, jumping castle, face painting and more, plus vehicle recovery demonstrations by Eureka 4WD Training, cooking displays (with celebrity cook Ken James) and daily seminars.

Parking is available on site with the Royal Agricultural Society charging \$5 per vehicle or even better, catch the train to the Showground Station and miss the traffic.

Beat the queue, tickets for the 2014 Show are now available online.

For more detailed information about the Show, visit the website www.caravanandcampingshow.com.au

Ticket Pricing: Adults \$18.50, Concession* \$12.50, free entry for children aged under 16 years.

*Concession Card must be shown upon entry to the Show.

Companion Card holders receive complimentary entry when accompanying their companion.



FREE seminars and demonstrations...



Perth Caravan & Camping Seminars

Thursday 20 March to Sunday 24 March

- 10am Portable Solar Power – John Brown Folda Solar
- 11am WA Police & SES show you how to save your life - Justin Coutts WA Police
- 12noon National Lifestyle Villages – John Wood National Lifestyle Villages
- 1pm CPR Demonstration – St Johns Ambulance
- 2pm Tourism – Australia's Southwest
- 3pm Tyre Safety – Adam Gosling Tyresafe

Monday 23 March

- 10am Portable Solar Power – John Brown Folda Solar
- 11am Tyre Safety – Adam Gosling Tyresafe
- 12noon National Lifestyle Villages – John Wood National Lifestyle Villages

National Lifestyle Villages

John Wood
Thursday to Sunday 12noon
Ellie Eaton Pavilion

In today's world, the expression "You're only as old as you feel" has become a mantra for many who refuse to sit back and simply watch themselves age. A mere 100 years ago, men and women were fortunate to survive past the age of 40. To-

day many of us exercise not only our bodies but our brains.

We question what we eat and how we think, and we seek out the latest health and scientific treatments and technologies to calm our minds, strengthen our muscles and live lives which are not only measured in years, but by the quality of life we experience.

Fortunately, for those of us looking to make a move, there is an option available which encourages a healthy, active lifestyle without the hassles that come with home ownership: National Lifestyle Villages.

Far from being a traditional retirement village, National Lifestyle Village (NLV) locations across Western Australia and Victoria offer independent living in the truest sense of the term. While NLV is promoted to men and women in their mid-fifties, the average age of residents is 63, making the residents far younger than the average age of 83 in traditional retirement villages.

"There is a generational difference between us and traditional retirement villages of about 20 years," says John Wood, Chief Executive Officer at NLV, which focuses on resort-style independent living aimed at mature, health-conscious individuals. "Many of them are empty nesters looking to downsize while still young in mind, body, spirit and attitude."

"For many years, their only choice was a house in the suburbs or a retirement village. We're the gap in the market," said Wood.

"It is the best of both worlds. Go and have a swim if you want to, but you don't have to maintain your own pool. If you want to spend six months travelling and six months at home, gone are the days where you have to worry about who is babysitting the house, what are we going to do with our dog, and having work to come back home to. Being able to lock up and go out and enjoy life is just a real driver for a lot of our clients."

Too young, too fit, too healthy for retirement? Come along to one of their seminars or visit stand 607 where there is one of their homes on display.

Portable Solar Power

John Brown, Folda Solar Direct

10am daily

Ellie Eaton Theatre

Unfortunately most people are at best confused when it comes to buying a solar panel for outdoor use. Because of this many people end up buying the wrong product or at least one that is too small to do the job they need it to do. This should not happen.

Which size do I need? What is the best technology? How many watts is best and what about amps? And, what about shade tolerance – is it just a myth or something that is simply misunderstood by some retailers and consumers alike?

These and many more important questions will be answered in a special daily seminar session conducted by Folda Solar Direct. There are many options that suit differing applications and you will also hear about the various technologies that are available in today's marketplace. Attending this seminar presentation is a must if you are in the market for solar power for boating, camping or caravanning; so be sure to be early to get a good seat.

Tyre Maintenance

TyreSafe Australia seminar

Adam Gosling – Tyresafe

Thursday to Sunday 3pm and Monday at 11am

Ellie Eaton Pavilion

TyreSafe Australia's seminar on tyre maintenance will address the issues surrounding your tyres. Consider the potential outcomes of a tyre bursting on your caravan whilst travelling at 100 km/hr down the highway.

Adam will share easy ways to maintain tyres and give a number of safety tips that will help you enjoy the holiday rather than curse the tyre you ignored yesterday. Tyre maintenance is mysterious to a lot of people – they are complex and simple at the same time.

Questions about the performance of your tyres are welcomed. TyreSafe Australia is not involved in tyre supply so has no allegiance with any brand.

Tyres will reward you with faithful service if you maintain them. Look after them and they will look after you.

See more at: <http://caravanandcampingshow.com.au/whats-on/seminars/>

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ADVERTISING FEATURE



Going Fishing Tassie



A nice brown trout from Woods Lake

I'VE BEEN going to Tasmania's central highlands for more than 40 years.

It's the sort of place that keeps drawing you back, offering an escape to a life that is far removed from the coastal existence I normally enjoy here in Perth.

It's made easy for me because I have a couple of mates with a shack on Little Pine Lagoon, an internationally renowned trout fly

fishing water.

There are only a dozen or so shacks there and it's serenely peaceful for most of the time, a place where you can sit on the verandah with a coffee in the morning and look out over the glassy surface of the lagoon at the dimples left by rising trout.

In the main, fishing consists of drifting over the lagoon in punts and casting dry flies at rises. The level

of feeding activity depends on the amount of insects hatching. The main attraction is the dun (mayfly) hatch which usually gets underway in the early afternoon. The more duns there are, the more fish you see.

Dry fly fishing has so much more to offer than other fishing styles. It's all very visual and seeing the fish rise to the surface to suck down your offering of fur, tinsel and feather gets the adrenaline flowing like little else. The actual take of the fly can be explosive and splashy or extremely subtle, where the fish's neb (nose) makes barely a ripple as it gently pokes through the surface before closing down on the fly.

It is this surface feeding that is the core of the appeal of fly fishing for trout. Very few other species feed in this manner. Once hooked, a trout will often perform several acrobatic jumps and while the fight isn't as powerful as some of their more aggressive saltwater cousins, it is still not bad, especially given the ultra light nature of fly fishing rods.

On my most recent trip

at the end of last month the fishing was tougher than usual. The insects were a bit sparse and the fish not as aggressive as we would have liked. The result was that I only caught four for the week, a tally that normally would have filled me with dismay. Luckily, there was one nice one among them, a brown trout approaching 1.5kg that performed extremely well.

Even that fish came from another lake which I hadn't been to before and the most interesting fishing came from another lake again. Poor old Little Pine Lagoon just didn't live up to its name this time around.

But the lack of results didn't faze me much at all. I felt a bit bad that I couldn't bring back a couple more fillets in cryovac to be smoked and turned into my famous smoked trout pasta, which will make me less popular with my friends. But that aside, the trip was thoroughly enjoyable with or without fish.

I suspect I'm losing my competitive edge with age.

Mike Roennfeldt

Learn to tow - then have a go!

NOVICE caravanners spend thousands of dollars on a caravan, so it makes good sense to learn how to tow safely and with confidence before hitting the road.

Over the years, hundreds of grey nomads have done just that with one of WA's leading towing trainers, Global Gypsies. The award-winning company's unique one-on-one, personalised sessions combine theory with hands-on practical training by expert instructors. Graduates of the towing course are full of praise for the Gypsy course with feedback such as "brilliant", "excellent" and "invaluable" appearing regularly on the company's testimonials web-page.

The half-day private course covers such topics as reversing, packing, hitching, unhitching, driving on highways, passing trucks, arriving at and departing from a caravan park and using various accessories. The course costs \$350 + GST per van/vehicle and is held on days to suit.

And if you live near the CBD, the Gypsies will even come to you!

Global Gypsies Director and Senior Instructor Jeremy Perks, says it's extremely important for novice caravanners to take a training course before they embark on their adventures. "There's a lot to learn about towing a caravan or camper trailer," he says. "You owe it to yourself, your loved ones and others on the road to learn to tow safely, correctly and responsibly. Our course gives you knowledge, confidence, new-found skills and hands-on experience so that you can relax and really enjoy your caravanning holiday."

Have Fun on a Convoy!

Once you've learned the ropes you can get up and go, and joining a convoy is a fun way to start. In addition to teaching people how to tow, Global Gypsies also leads escorted caravan/camper trailer/motorhome tours to such fabulous destinations as Karijini, Kakadu, Tasmania and even the USA. On these popular group getaways, a maximum of 10 vehicles 'tag-along' behind Jeremy, the convoy leader, communicating by two-way radio and benefiting from his expertise and tour guide narrative. Jeremy's a former Tour Guide of the Year with more than 20 years' experience in outback travel so you couldn't be in better hands.

From 14 - 23 October, 2014, ruggedly beautiful Karijini National Park will be the Gypsies' destination of choice for a special caravan, camper trailer and motorhome safari run in conjunction with RAC Travel. The 10-day, self-catered tour will begin in Dalwallinu and travel north to Karijini. After exploring this fantastically scenic part of the country, the small convoy will end its memorable journey in the coastal paradise of Kalbarri.

En route the group will go exploring, bush-walking, visit local attractions, learn about the various destinations, admire the flora and fauna, check out the night skies, take optional 4WD outings and practice their towing skills.

The tour is 'on-road' so it's not necessary to have a 4WD. The package price of \$1850 + GST per vehicle/van includes the services of a professional tour guide, pre-departure kit, caravan park fees, national park entry fees and lots of fun activities. There are also complimentary welcome and farewell dinners and the opportunity to meet new friends with similar interests.

For more information, contact Global Gypsies on 9341 6727, admin@globalgypsies.com.au or visit www.globalgypsies.com.au.

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Einsiedeln Abbey

- A thousand years of tradition and culture



Clockwise from far left; The Einsiedeln Abbey is a superb Baroque style building and sits high on the hill overlooking the town - Pig and calf skin bound books, some more than 400 years old, sit in a shelf at the library - The view of the snow covered grounds of the Abbey from the library - The text of a polyglot bible which was printed in 1657 - A polyglot bible with the same text printed in six languages

by Jennifer Merigan

IT'S NOT often you have the opportunity to visit a building which can boast more than a 1000 years of history but in Switzerland in the town of Einsiedeln just out of Zurich I did just that.

The Benedictine Abbey sits proudly on the hill overlooking the town and was founded in 934AD.

The current building was constructed between 1704 and 1750 and is one of the most important Baroque buildings in Switzerland.

The Abbey church is a truly stunning sight with its frescoes and pargeting (decorative plaster) and with such detail covering the walls and ceilings you can see why it took so many years to complete.

Pilgrims still come today as they have for the last 1000 years to the monastery and the Benedictine monks live and run the Abbey as they have for generations.

Located on the grounds is a school,

workshops, a wine cellar, stables and throughout the year a variety of tours, masses and concerts take place there.

With so many details to absorb, a visit to a building steeped in so much history is far better with a guide.

Our guide from Einsiedeln Tourism Office, Brigitte Bisig, took us through the Abbey and provided an animated and interesting explanation of its history.

Brigitte's enthusiasm for and knowledge of the building was impressive.

Totally mesmerised by her presentation, what was supposed to be just an hour's tour, extended to two.

Religion has played an important part in the history of Europe - all of which took place only in the past 500 years or so - with many interesting facts to be learned including details about the Protestant reformation and the war between France and Switzerland from the late 1700s to the mid 1800s.

Following the church tour, Brigitte

took me to the Abbey library which was built in 1738.

The history of the place certainly spans the ages. The Baroque Library Hall, constructed over two floors, has grey marble columns with convex and concave plaster features depicting the gloriously colourful and romantic Baroque architecture.

The colours in the hall are stunning with pig and calfskin bound books sitting beautifully in blue shelves complimented by the grey columns and pink stucco features.

The library was founded as part of the Abbey and holds more than 1230 manuscripts, 1040 volumes of incunabula and early prints, and about 230,000 books.

Many of the books feature Einsiedeln history and culture, Benedictine monasticism, theology and many devotional works.

Most of the books in the shelves displayed in the hall are polyglot bibles.

A polyglot bible has the same text printed in several languages with one eight volume tome featuring six languages.

During the tour, Brigitte invited me to take one of the books from a shelf. I chose a volume of a polyglot bible from a series printed in 1657.

What a thrill it was to be able to hold, touch and see this piece of history.

It was an exhilarating experience as I flicked through the pages noting the printed text in the various languages and to observe the visible differences of language and scripts.

The other piece of history which took my fancy was the wall mounted wooden catalogue just outside the hall: scrolling through the hand written notes from the last 200 years of book deposits was fascinating reading.

The secret to the essence of a Benedictine library is in its observance of tradition and culture which has helped preserve the

1000 year old history of the monastery.

My visit to the Abbey to see history cherished and preserved for generations to come, was one of the highlights of the tour.

The writer was a guest of Tourism Switzerland.

FAST FACTS

There are daily guided tours of the Abbey and the Abbey library which are organised by Einsiedeln Tourism Office (ETO). Tours cannot be organised on Sundays and Holy Days. The Abbey library is a private institution and can only be entered in the company of a guide from ETO.

Einsiedeln Tourism
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E-Mail: info@einsiedeln-tourismus.ch

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WANTED – Three couples for the best Australian road-trip



HAVE YOU ever dreamed of having your travel expenses paid for while you are on the Australian road-trip holiday of a lifetime?

Then you could be one of three lucky couples leading leisure company Dometic Australia is looking for to be part of their 'Follow the Sun' campaign.

The company is looking for three lucky couples to

become Dometic Australia's Ambassadors between July and September 2014.

The winners will have their own caravan, camper trailer, motorhome or off road vehicle fitted out with brand new Dometic Australia's products before hitting the road for nearly nine weeks of adventure, promoting their newly-fitted vehicles along the way.

The total prize for each winner is valued up to \$35,000.

Dometic Group Managing Director, Andreas Bischof said he was looking forward to seeing what the next three winning couples would experience following the success of the previous "Follow the Sun" campaign.

"Once again the couples will become Dometic Australia's Ambassadors on the road trip of a lifetime as they experience some of our most amazing country side while promoting leading Dometic products," he said.

"If you love caravanning or camping around Queensland, New South Wales or Victoria and South Australia, but hate paying travel expenses, if you love meeting new people and can see yourself as a Dometic

Ambassador, then this is for you."

The major prize is the opportunity for three winners to travel around Queensland, New South Wales, Victoria and South Australia for nearly nine weeks on a pre-planned expenses-paid trip, and receive a complete makeover of their own caravan or camper trailer, with a large range of Dometic and WAECO products.

Three winners simply need to act as Dometic Australia's Ambassadors, connecting with residents and tourists at local caravan parks along the way and hold 'Follow the Sun - Happy Hours' to show off their Dometic appliances to fellow travellers.

As well as the 'Happy Hours', the Ambassadors will be tracked on a live app post-

ing continual commentary and images so their fans can follow their great adventure.

Competition winners will be announced early June with the winners travelling during June, July and August 2014.

For more information please visit Dometic Australia's stand at this year's Perth Caravan and Camping Show. www.dometicfollowthesun.com.au

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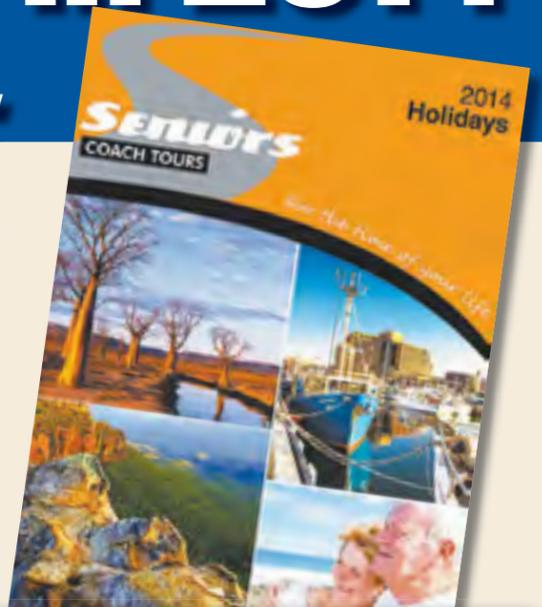


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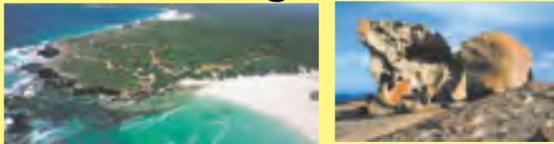
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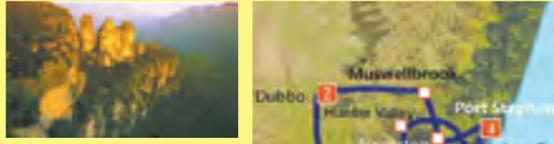
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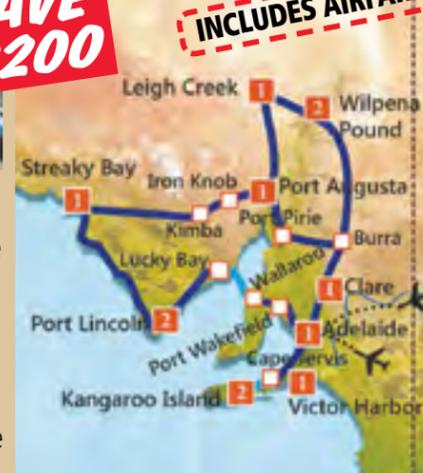


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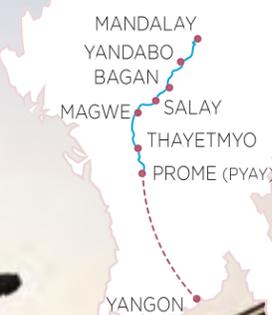
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ADVERTISING FEATURE



Jeanette Woolerton

by Jeanette Woolerton

Think and drive

IT IS commonplace to believe that one glass of wine will not affect your capacity to drive...

However, that myth is about to be abolished.

A new large-scale study revealed that drivers were nearly twice as likely to be at fault in an accident with a sober driver, despite their blood alcohol content being as low as .01.

"We find no safe combination of drinking and driving - no point at which it is harmless to consume alcohol and get behind the wheel of a car," says lead researcher and University of San Diego sociologist David Phillips.

The researchers analysed 570,731 fatal collisions between 1994 and 2011 (from the US Fatality Analysis Reporting System (FARS) database). Drivers with alcohol in the bloodstream were classed as 'buzzed'.

"Our data supports both the National Highway Traffic Safety Administration's campaign that 'Buzzed driving is drunk driving' and the recommendation made by the National Transportation Safety Board, to reduce the legal limit to a blood alcohol limit (BAC) of 0.05 per cent," says Phillips.

"In fact, our data provides support for yet greater reductions in the legal BAC."

For further information on this revolutionary new study, please refer to <http://www.abc.net.au/science/articles/2014/01/21/3929538.htm?topic=health>

Food for thought

It appears that market saturation in the developed world has led the alcohol, soft drink and processed food industries to target developing nations (Source: iStockphoto/coollema)

According to international health experts, this has led to a disturbing new global epidemic in non-communicable diseases.

Writing in the latest issue of Lancet, the group of public health researchers (led by Professor Rob Moodie at the University of Melbourne) says these industries

are now targeting developing nations and must be regulated in the interests of global public health.

Ironically, these companies are adopting tactics successfully used by the tobacco industry to avoid government regulation and undermine public health programs.

"These industries are taking governments for a ride by saying: 'We are part of the solution' and installing codes they know will have no effect," says Moodie.

The landmark paper draws upon public health research as well as market data.

It shows diseases such as heart disease, stroke, cancer and diabetes, which have long been major causes of death in developed countries, are now also reaching epidemic levels in the developing world.

It appears all concerns for public health have gone up in smoke.

To add to the problem, the developing world is embracing these industries as cheap food is a considered a better alternative to starvation.

But is it?

Please refer to: <http://www.abc.net.au/science/articles/2013/02/12/3688430.htm?topic=health> for further insights into this insidious information.

Passive/aggressive...

Recent reports by international scientists claim that Philip Morris, one of the world's leading tobacco manufacturers, was involved in research into the adverse health effects of smoking 30 years ago, but did not reveal data on the dangers of passive smoking.

Although the tobacco industry has said for many years that it was not aware of the toxic effects of cigarettes, the team of researchers discovered material from internal industry documents which revealed that Philip Morris used a German research facility to study the health impact of smoking in the early 1970s.

Professor Martin McKee, of the London School of Hygiene and Tropical Medicine stated in research published online by the Lancet journal that, "Arrangements were made to conceal the process, not only from the wider public, but also from many within Philip Morris, although some senior executives did know."

"However, New York-based Altria Group Inc (the

Health hints

parent company of Philip Morris) said the allegations in the journal were not new and had been made in many of the product-liability lawsuits filed against Philip Morris," he said.

"We have successfully defended against them," stated John Wunderli, a lawyer for Altria.

McKee said although the company maintained for a long time that the evidence on the harmful effect of passive smoking was debatable, it had been undertaking research that showed second-hand smoke was dangerous.

He claimed that the scientists at the German facility only reported some of their findings.

However, McKee and his

Swiss colleagues state clearly in the journal that, "In particular, the unpublished reports provided evidence that second-hand smoke is even more harmful than mainstream smoke, a finding of particular relevance given the industry's continuing denial of the harmful effects of passive smoking."

Perhaps there is more than one reason that the 'peace pipe' was revered a century ago.

'Passive/aggressive' just took on a whole new meaning.

For further reading, please refer to the full story on: <http://www.abc.net.au/science/articles/2004/11/12/1241893.htm>

2014 Diabetes WA sessions are back



DIABETES WA sessions are now in full swing for 2014.

Following are some February dates in various locations.

February CookSmart sessions:

• Thursday 27 February in Belmont.

Each 90 minute interactive food preparation session is run by a dietician who teaches a range of cooking techniques to

prepare tasty and healthy, low GI snacks and meals and provides the opportunity to taste test a variety of healthy products.

February ShopSmart session:

• Monday 17 February in Spearwood.

During this two hour supermarket tour, a diabetes educator demonstrates how to decipher and analyse food labels in order to make healthy choices for every day meals.

February FootSmart session:

• Wednesday 19 February in Subiaco

Diabetes can cause damage to your feet, and foot problems are the most common cause for a person with diabetes to be admitted to hospital. Find out how to avoid this by attending a FootSmart session to learn how to look after your feet.

All sessions are free to Diabetes WA members and NDSS registrants, \$20 for all others, and bookings can be made by calling 9325 7699 or emailing bookings@diabeteswa.com.au.

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ADVERTISING FEATURE

Improving residential care



Professor Christopher Etherton-Beer

by Frank Smith

RESIDENTIAL care has a negative image in the community but it is becoming increasingly important, because medical success in extending life span results in greater numbers of potentially frail older people in society.

Christopher Etherton-Beer, Professor in Geriatric Medicine at the University of Western Australia has been looking at ways of improving the outcomes of residential care for seniors who are unable to remain in their own homes.

He said residential care may be essential for older people with complex medical problems such as dementia, but supportive care, however well meaning, imposes restrictions on residents. This is in spite of a general shift towards a more enabling environment.

Etherton-Beer and colleagues carried out three different studies in the hope of improving residential care outcomes. These include DIRECT, educational intervention for general practitioners (GPs) and care staff; surveys of the organisational culture

within residential care facilities and a pilot intervention program (TORCH) aimed at achieving cultural change within residential care facilities.

In the DIRECT study 19 Perth-based residential care facilities participated in an education program, as did 27 general practitioners.

Staff who participated were encouraged to improve their communication skills with patients and their families; to respond better to resident's pain, depression and delirium and to try to improve the experiences of residents, staff and families with personal care and other activities.

GPs in the intervention group were also encouraged to work more effectively with care staff.

An evaluation showed most participants met the learning objectives and agreed that they could use what they had learned. However participation of care staff was low with only 10 per cent attending every session.

"One of the problems of care facilities is rapid staff turnover, but there is a core of long serving carers motivated by altruism," he said. "It is difficult to know how effective intervention is. Multiple cycles of education may be needed to achieve full participation.

A survey of staff and the families of residents aimed to identify unmet needs. It

found that the existing culture in care facilities is expressed in care teamwork and communication. Each facility had a positive organisational culture, but there was room for improvement.

The survey identified causes of staff stress of which timing of work demands was most important because all residents want attention at the same time.

Finally Etherton-Beer and colleagues compiled a cultural change toolkit for care facilities.

Evaluations showed use of the toolkit was perceived to be associated with empowerment of staff, improved efficiency of teamwork, increased consideration for other staff and improved communication.

Visible leadership was also improved and residents were happier, as measured by a QOL (quality of life) scale, as a result of their needs being better understood and met by staff.

"Our intention is to continue with the specific interventions implemented by the working group at every pilot facility. The toolkit is changed at each iteration in the light of experience and staff comments, thus creating a cycle of quality improvement.

"Watch this space. "The participating care facilities are still in the change cycle and further improvements may be in the pipeline," he said.

More mobility with rubber wheelchair ramps

Advertorial

RUBBER Mulch Australia have developed rubber ramps for those who depend on wheelchairs or walking frames for their mobility.

Mobility in and around the home with using wheelchair ramps adds safety and security for the senior. The ability to get access to all areas in and around the home also brings a sense of freedom and independence.

For safety reasons a wheelchair ramp should be considered essential at a senior's home. They are crucial in the case of emergencies so that the elderly and emergency first responders are able to enter and exit the home quickly and safely.

When most people think of wheelchair ramps, they often only think of them being needed to enter or exit the home, but there are other places in and around the home that ramps

can be needed. There doesn't have to be a set of steps to have a wheelchair ramp, the step out of a patio door is also an obstacle. An access ramp that simply covers the step out of a patio can allow mobility in this part of the senior's home.

A surface that isn't smooth is also a great place to add a ramp. A rocky walk way can bring added danger for a senior on a cane or walker.

The ramps allow more independence in their own home, preventing accidents and falls thereby helping maintain a higher quality of life for a longer period of time.

An ideal concept for around the home, Enduro Rubber Ramps will make life easier without the difficult challenge of steps and raised areas.

For more information, please contact Rubber Mulch Australia on 0408 938 617.

New video takes the stress out of going to hospital

WA Health has launched a new video for patients who are being admitted to hospital.

The video, entitled Going to Hospital, provides patients with practical information ranging from what to bring and how to get there, to informed consent and medication safety.

WA Health Executive Director of Performance Activity and Quality, Professor Dorothy Jones, says keeping patients informed about the health care process allows them to be more active and involved participants.

"We know that when patients feel informed, they

feel empowered to manage their own health care and this improves patient safety.

"Patients should feel like they are partners in their own health care – our aim is to increase patients' awareness of their condition and the hospital process.

"WA Health also recommends that patients make an appointment with their GP when they leave hospital to discuss their ongoing health needs."

Professor Jones said the Going to Hospital video covered a range of important tips for going to hospital such as:

- making a list of personal items to bring.
- completing any preparation needed before admission, like fasting.
- taking along a friend or relative for support.
- asking questions if you are unsure about your procedure.
- understanding the medicines you are prescribed.
- taking care of yourself upon your return home.

The video has been developed for use on Patient Entertainment Systems and clinic waiting rooms and can be viewed at www.healthywa.wa.gov.au by following the links to 'Going to Hospital'.

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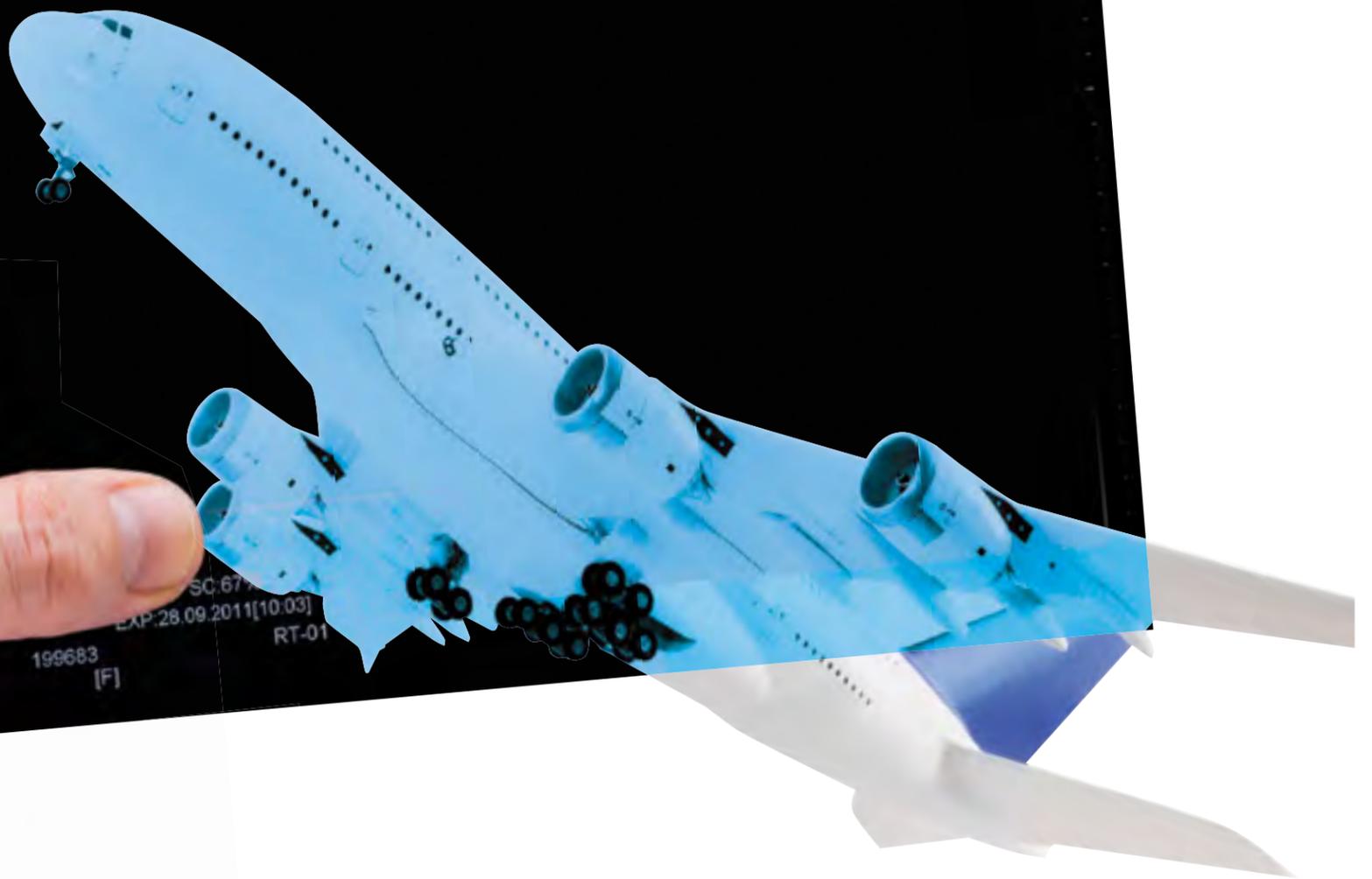
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ADVERTISING FEATURE

Our life is governed by our habits...

Advertorial

EACH day of our life is governed by our habits – what side of the bed we sleep on, what we do when we get out of bed, how we brush our teeth and so on.

But sometimes the habits and behaviours we have created do not serve us.

Think, for instance of the ingrained habits of smoking or eating junk food, excessive drinking, drug taking; the hours spent watching TV, gambling or just sitting at home being a couch potato.

Many habits can be changed simply by deciding to do things differently.

And there are habits that seem to be driven by some “hidden” part of ourselves that we find difficult to permanently change

through plain old will power.

We often slip back into habits we try to change and yes these are often the important life changing ones.

That’s when we need a bit of help to change the “hidden” part of ourselves, our unconscious-mind; our view of the world?

This can be achieved by helping you get in touch with your unconscious mind, helping you change parts of your innate behaviour that is no longer serving you and to get in sync with your conscious mind and make your conscious decisions.

The specialists at Your Life Clinic are trained in psychology, hypnotherapy, neuro-linguistic programming (NLP) and multiple brain integration technique (mBIT) and can help with quitting smoking, weight management and a myriad of other behaviours. They also offer relationships counselling.

They help you change your unwanted habits and behaviours easily and quickly so you can positively change your life.

For more information, please contact Your Life Clinic on 1800 991 108.

Hip pain



Above; Jemma Aldridge
Left; Hip joint

Free Exercise and Mindfulness Meditation classes

FREE exercise and mindfulness meditation classes specifically designed for cancer patients will be offered to people affected by cancer through the Cancer Council’s Life Now Program.

The Life Now 12 week exercise program includes aerobic and resistance train-

ing in a group environment, facilitated by a qualified exercise physiologist. Exercise can assist in overcoming some of the common side effects of treatment such as nausea, fatigue and depression. It is also the best way to enhance recovery post treatment.

During the program participants will have a one-on-one assessment with the exercise physiologist and receive a personalised gym program.

Mindfulness meditation will teach you skills on how to relax your mind and calm your thoughts. Mindfulness meditation has been shown

to decrease anxiety, depression and stress levels for people affected by cancer.

The Life Now Programs are free to cancer patients and their carers and aim to improve the quality of life for people affected by cancer. The Program’s manager Lani Valentine said, “The fact that all of our classes are specifically designed for cancer patients and their carers should give participants confidence they will be part of a safe and supportive environment. All of the classes also aim to help cancer patients cope better with pain as well as manage the stress and anxiety that many people experience. We encourage anyone affected by cancer to come along and try our free classes and experience the benefits first hand.”

To find a class near you please call the Helpline on 13 11 20 or go to the Cancer Council website at www.cancerwa.asn.au/patients/support-and-services/life-now/

OFTEN as we age the incidence of having an episode of joint pain increases.

It may come out of the blue, creep up on us gradually or as a result of regular exercise or movement.

Unfortunately our large weight bearing joints are the ones that come under frequent stress as we rely on them most to perform our activities of daily living.

This article is going to talk about hip pain and the origins of where hip pain can come from and how to tell the difference between an arthritic (osteoarthritis) or an inflammatory condition of which there are many.

The hip joint, a ball and socket joint, is the largest joint in the body. The ball is on the end of the long femur bone of the upper thigh and the socket is the cup part of the pelvis; both surfaces are covered by a layer of cartilage. This joint is vital for transmitting weight from the spine to the pelvis and down the leg and allowing fluid large multidirectional movements.

Because of the hip joints large structure and complex action, it requires very strong ligaments. These attach the ball to the socket and other ligaments that provide support around the entire circumference of the cup, creating a suction type force bonding the ball and socket together. Despite the strong ligaments, the hip joint has a huge range of motion due to the number of very large muscles that act around the hip and tendons attached to the hip. The large number of ligaments, muscles, tendons and bursa (gel filled sacs between tendons) makes it hard to diagnose the origin of the hip pain.

See illustration above. The type of symptoms you may experience with hip bone/cartilage structures are:

- Groin pain or pain that is described as a deep seated aching are typical signs of osteoarthritis of the hip.
- Pain that diminishes with rest and non-activity and then increases as weight bearing activity increases.
- Early morning stiffness in the hip with reduced movement, improving with movement and warming.

ment and warming. • Reduced quality of life and ability to perform activities of daily living.

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

- Acutely painful specific points above the hip bursa locations where tendons move closely and where muscle imbalances occur and cause inflammation of overworked tendons and bursa (bursitis). Pain when touched at these specific points.

This condition causes an aching sensation at night as inflammation is felt more then when the body cools and less during the day when the body is warm.

Pain with specific joint movements and weight bearing.

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

- Hip pain associated with specific activity around the hip, reducing when the activity stops or prolonging after activity depending on injury severity.
- Overuse injuries to muscles and tendons resulting in conditions such as tendonitis and develop into inflammatory conditions like bursitis. Because the hip function is affected by the other lower limb joints like the knee, foot and ankle, it would be a good idea to be assessed by a physiotherapist and that assessment would involve looking at:
- The whole lower limb and the relationship between the spine, pelvis and the sacroiliac joint (where spine meets pelvis). This may include looking at the deep and superficial hip muscles.
- Abdominal core muscle strength and pelvic muscle strength are good to be tested to rule out weakness causing pain or contributing to a muscle imbalance around the hip. And, the full testing of movement of the hip and any nerve involvement such as sciatica.

Unfortunately it is not always easy to diagnose the cause of your hip pain until a full assessment is performed.

Thanks for reading!
Jemma Aldridge

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.

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healthy ageing - AGED CARE

ADVERTISING FEATURE

Royal Perth Hospital Voluntary Transport Association are seeking volunteers

THE ROYAL Perth Hospital (RPH) Voluntary Transport Association (VTA) is seeking new volunteers to continue the invaluable service to patients that has been integral to Royal Perth Hospital for the past 78 years.

The VTA is the longest serving volunteer organisation at RPH, providing transport services to patients who require travel assistance throughout the metropolitan area for almost 80 years.

"The Voluntary Transport As-

sociation plays an important role in patient care," Heather Collins, Coordinator of Voluntary Transport said. "The service provides transport assistance to patients who otherwise would not be able to visit the hospital for their appointments".

The VTA is currently seeking volunteer drivers to donate their time to this free (eligible) patient service. Volunteers are provided with a reliable fleet vehicle to transport patients to and from the hospital, offering enormous scheduling flexibility.

Volunteers have the option to work in the morning or the afternoon and can specify how often they volunteer.

As well as providing patients with access to excellent medical care at RPH, the Volunteer Transport Association also raise money from donations received from patients who use the service. In 2013, the Voluntary Transport Association donated a staggering \$40,000 to RPH, money that has been used to purchase new medical equipment

for the hospital.

"All of our drivers gain much satisfaction out of helping our patients" Heather said. "It is a wonderful environment to establish new friendships, create memories and give something back to the community".

If you or somebody that you know would like to become a Voluntary Transport Association volunteer and assist patients with transport to and from the hospital, contact Heather Collins, Coordinator Voluntary Transport on 9224 2054.

Call to regulate food labels



Dr Christina Pollard, Adjunct Senior Research Fellow in the Curtin University School of Public Health

sustainable food supply in terms of health, social and economic benefits.

"Community perception is that government control or regulation of food labelling, food advertising and the supply of environmentally-friendly food, is important," Dr Pollard said.

Dr Pollard and her team collected and analysed data from two nutrition monitoring telephone surveys of more than 2000 West Australian adults aged 18 to 64. The surveys monitor food and nutrition use and consumers' attitudes for the WA Department of Health every three years.

"Our survey showed that 94 per cent of people think that the Australian and New Zealand governments should control health ratings on food and 83 per cent think that it should regulate the advertising of junk food.

"The majority would also like to see regulation of the supply of environmentally-friendly food.

"Curbing excess weight gain and the related disease burden is a public health priority and our research clearly demonstrates that public opinion has evolved ahead of government policy. As with alcohol and tobacco regulations, these changes need to become a priority."

Some states are considering a ban on inappropriate advertising and promotion, particularly to children, of energy-dense, nutrient-poor foods and beverages on television. Better food labelling to support healthier food choices are suggested as a way of limiting the obesity epidemic and to assist the public improve their diets.

"Considering the high levels of support for regulation and the levels of concern by governments over poor diet, overweight and obesity, and subsequent chronic diseases such as heart disease, diabetes and some cancers, these findings should provide a catalyst to support early government action," said Dr Pollard.

Meanwhile a News poll survey found only one third of Australian consumers actually read food safety advice on food labels. They also risk food poisoning by not using insulated bags or coolers to transport refrigerated food home from the supermarket.

The survey results were published in the current edition of the Australian New Zealand Journal of Public Health.

by Frank Smith

AT LEAST some of the time, most people look at the labels on cans and packets of food for health reasons, or to see what ingredients are contained in the product.

But the information is not always helpful and the devil is usually in the detail, which may require a degree in biochemistry to interpret.

Obesity and poor diet are a major cause of public health problems, but the first step to improving one's diet is to know what you are eating. This can either be left to the manufacturers or controlled by government regulations.

At present a voluntary code of health star ratings is being implemented, in addition to the heart health tick provided by the Heart Foundation.

Dr Christina Pollard, Adjunct Senior Research Fellow in the Curtin University School of Public Health, said there is increasing recognition in Western Australia that regulation has an important role to play as society addresses the public health problems of obesity and poor diet, as well as environmental protection.

The recently revised Australian Dietary Guidelines advise consumers to limit their intake of foods containing saturated fats, added salt and added sugars and, for the first time, they give specific recommendations to read food labels to identify healthier products.

There are also benefits of choosing an environmentally

Overcome weight loss confusion and lose weight with ease



Advertorial

DESPITE being constantly bombarded with new weight loss solutions, most people are confused about

how to lose weight and keep it off.

According to Perth weight loss specialist, clinical hypnotherapist and naturopath Kris Kern (pictured left) from Mind and Body Revival, one of the biggest reasons people struggle to lose weight despite the plethora of solutions available is because the widely-held beliefs

about diet and weight loss are based on myths.

These include restricting calories and exercising more. While partially true, restricting calories is not effective if the food being eaten tells the body to store fat and hang on to it, or slow the metabolism down; a natural reaction to restricting calories. More of the wrong kind

of exercise causes muscle loss, which is counterproductive for weight loss.

Both these factors commonly cause rebound weight gain after stopping a calorie-restricted diet.

And without dealing with self-sabotaging beliefs which cause poor self esteem, over-eating and emotional eating, losing weight can be a

constant struggle.

Ms Kern runs an eight week program for women over 40 designed to bust the diet myths and remove limiting beliefs to make weight loss easy and enjoyable.

For more information call Kris on 1300 599 872 or visit www.MindandBodyRevival.com.au/ events

The toilet seat that changed our lives!



Advertorial

TREVOR and Aileen Brown (pictured above) wished that they had found the bidet toilet seat years ago.

"It's marvellous," they say!

Trevor, a returned serviceman, says he knew his luck had changed when he saw the Bidet advertised in the local newspaper part of which said, 'This Bidet toilet seat simply replaces your existing toilet seat and will automatically clean you without toilet paper'. It can be installed in just a few minutes by anyone who can hold a spanner.

Mr Brown contacted The BIDET SHOP® and spoke with Stephen, a helpful gentleman, who explained how easily a Bidet toilet seat could be fitted to their existing toilet and then he expanded on the benefits that it offered. He pointed out that once you had finished using the toilet, you simply pressed the 'auto wash button' and the Bidet provides a stream of warm water to clean you thoroughly. Then an in-built fan dries you off with warm air without the need for toilet paper.

Trevor and Aileen decided on the spot to purchase a Bidet and have it shipped to their home, taking advantage of The BIDET

SHOP®'s offer of free delivery, with took only a few days. Trevor was delighted to find that the installation process was as easy as Stephen had said and as promised the seat fitted perfectly on their original toilet bowl.

Trevor said that he and Aileen have found that apart from the comfort and health factors, the Bidet toilet seat had many other benefits, including a heated seat for those cold mornings and the great feature of instant delivery of warm water after use. It is also offers savings on power and water settings.

Mr Brown said the Bidet is the best investment they had made to their personal health and hygiene and after years of toileting problems Mr Brown no longer finds going to the loo an issue.

"Give it a go" they say. "We did and we couldn't be happier."

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GREAT HOME & GARDENING

ADVERTISING FEATURE

All soils aren't the same!



Above; Colin Barlow demonstrates the application of soil additives, Watheroo Bentonite Clay and Humicarb in a Perth garden
 Above right; Celebrate February's hallmark day with a beautiful potted rose

KEEPING your garden in top condition during the hot summer weather takes careful consideration, a bit of TLC and the best soil additives.

But how can you tell the best from the rest?

Apart from taking a course in soil chemistry, there are two companies that have made it much easier for you to work it out.

The best additives for your soil are humus and clay. Whether you are on the Perth's coastal plain or the hills the addition of one or both will improve your soil permanently.

So what is humus?

Plainly speaking humus is microorganism excreta or what is left when organic matter has been fully broken down or decomposed.

This stable form of soil organic matter is usually dark brown or black in colour and contains mainly carbon, hydrogen and oxygen as well as substantial quantities of sulphur, nitrogen and small amounts of other elements.

Humus is like 'Garden Gold' for its ability to improve soil structure and to retain and supply plant nutrients over a very long time.

A study found that humus could remain active for extensive periods with the average age found to be more than 2,500 years.

Humus will work wonders in your garden.

When your compost heap or organic soil in pots decrease rapidly in size, this is because it is still actively breaking down or decomposing. This can supply some nutrients and organic content but needs to be continually topped up. Humus will not decrease in size and can be compared to a mature red wine. As organic matter decomposes and forms humus, over time it gets better with age, so you need to add less to your garden to get even better results.

Now a Western Australian company C-Wise in

Nambeelup near Mandurah has developed three products for the home gardener and professional landscape markets that are based in the incorporation of natural composted humus, the building blocks of the soil. These certified organic products are a maturity index three product, which is the highest level of compost maturity described in the new Australian standard AS 4454 (2012) and include:

- **Humicarb** – suitable for all soil improvement or mulching of existing soil and gardens. Apply one bag per square metre.
- **Turf Perfect** – a fine top-dressing suitable for rejuvenating tired or worn lawns or providing a nutrient bank. Apply one bag per fifteen square metres.
- **Humiclay** – again suitable for all soil improvement or mulching of existing soil and gardens with the addition of Bentonite clay. Apply one bag per square metre.

The perfect complement to this 'humus' is 'Watheroo Bentonite Clay', a natural clay product from

WA that is rich in both calcium and magnesium and consists of a series of layers, much like a 'lasagne'.

The Bentonite clay particles stick to the grains of sand and soil, helping to bind the sand and organic material including humus into aggregates to improve the soil's structure, water and nutrient holding capacity and 'wettability'.

Apply around 3kg per square metre by digging it in at the same time as incorporating 'humus' or organic matter to the soil or garden. I even mix a handful into my potting mix for vegies and planting waterlilies in pots.

The tiny particle size of organic humus and mineral clay is very important in that they have a bigger effect on soil behaviour than the larger particles of soil. The particles of both clay and humus have huge surface areas (10 to 800m²/g for clay and 800 to 900m²/g for humus compared to 0.01m²/g for coarse sand). This substantially increased surface area improves water and nutrient holding capacity, wetta-

bility and soil structure.

I use these products through my company 'Gardens from Eden' in all of the gardens we create with marked success in both 'water saving' and improved soil conditions which have resulted in bountiful plant growth and waterwise, sustainable gardens.

Give it a try on part of your garden to see what a difference a little bit of 'the right stuff' can make!

Gardening Getaways!

This month is filled with lots of 'hot' gardening ideas to set your heart on fire.

• Valentine's Day is almost here again and it's time to take your loved one out for dinner and to treat them to some horticultural delights. Potted roses make a long lasting alternative to cut flowers lasting for only a week. My favourites are Delbard and David Austin Roses teamed with a ceramic pot and lots of love. Melville Nurseries in Carmel grows Western Australia's best roses and has the widest selection. Check out www.melvillnurseries.com.au to see what will delight your better half.

• On the 22 and 23 February the Garden Clubs & Societies Fair will take place at the South Perth Community Centre, Corner South Terrace and Sandgate Street in South Perth. I will be there so why not join me and take a look at the beautiful displays and interesting plants from many of Western Australia's garden clubs and societies. You will be surprised what gems you might find there including African violets, begonias, bromeliads, bulbs, cacti, camellias, cy-

cads, daylilies, ferns, frangipanis, fuchsias, gerberas, herbs, hibiscus, hoya, iris, lavender, orchids, palms, pelargoniums, roses and succulents to name just a few. Entry is \$5 and the fair is open daily from 9am to 4pm. For further information contact Helen Martin-Beck on 9403 0001.

• A little further afield is the Ellerslie International show in New Zealand. The show is held in Christchurch's North Hagley Park over five days from the 26 February until the 2 March and has become one of the best gardening shows around the world with tens of thousands of visitors. To celebrate its 21st year in 2014 there will be more gardens and major display gardens to provide you with inspiration. For more information go to www.ellerslieflower-show.co.nz

show.co.nz

• The LiveLighter Araluen's Fremantle Chilli Festival is set to 'heat up' the Esplanade Reserve in Fremantle on 8 and 9 March. The Festival celebrates the unique culinary and cultural aspects of chillies, featuring an extensive range of stalls and entertainment. Why not buy some plants,

try some chocolate, or even some beer or wine. The proceeds support the work of the Araluen Botanic Park foundation, so do you bit and enjoy yourself at the same time.

Visit www.araluenbotanicpark.com.au for the latest on the festival.

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ADVERTISING FEATURE

Loss of city trees a health hazard



Curtin School of Public Health researcher Ms Helen Brown

by Frank Smith

CHOPPING down mature trees to make room for urban infilling may worsen health problems caused by a warming climate.

Curtin School of Public Health researcher Ms Helen Brown says trees provide shade, improved air quality, reduce energy use and are linked to the physical and mental health of local residents.

She says the impacts of

climate change are already being experienced around the world. It affects food, water, air, and ultimately health. The effects of extreme heat range from heat rash to heat exhaustion and heat stroke, which can lead to death.

A heatwave of five consecutive days of over 40oc temperatures in France during August 2003 led to 14,200 heat-related deaths, mainly amongst the elderly.

Ms Brown says people who live in urban environments are particularly susceptible to heat-related stresses, especially seniors, the very young and people with existing heart, respiratory, kidney and mental health conditions.

Loss of vegetation and an increased area under asphalt, concrete and brick paving lead to the creation of Urban Heat Islands (UHIs) in built-up areas through storage and reflection of the solar radiation from building and construction materials.

"We know that loss of tree canopy is a significant contributor to the creation of UHIs and that their effects can be reduced by green

spaces and vegetation," said Ms Brown.

"There is no simple variable to calculate the effect of trees, however there are plenty of studies that indicate lower levels of urban vegetation result in higher temperatures.

"All trees: pines, Eucalypts and deciduous trees will have an effect, but this will obviously vary. The cooling effect comes from a combination of the transpiration and shading.

"Trees have been shown to provide multiple benefits to people and the environment, and international and national support for the retention and planting of urban trees is strong.

"Unfortunately, some areas of Perth are currently experiencing significant reductions in tree canopy due to a lack of adequate policy, regulation and awareness of the issue.

"Without appropriate intervention, we may find ourselves in a situation where the expected increases in extreme temperatures from climate change are made worse by planning decisions taken today."

Ms Brown's research pro-

vides recommendations to create a healthier, more climate-resilient city, to benefit future generations.

"Green spaces and vegetation can cool local environments and provide other aesthetic and environmental advantages. Trees have been shown to provide the greatest benefits to people and the environment.

"Human health and well-being will be increasingly affected by climate change over the course of this century. Adaptation to these changes is a critical, yet highly complex challenge.

"The way societies react to these risks today will influence the extent to which current and future generations are affected. While climate change is a global phenomenon, adaptation is a local affair.

"Our research established that increases in extreme heat in Perth, pose the greatest risk to human health associated with climate change," she said.

Ms Brown recommended developing a tree canopy target, reducing the loss of tree canopy associated with urban infill and developing an urban heat island mitigation plan.

Habitat for Humanity

- giving a hand up, not a handout

HABITAT for Humanity is a major multinational Christian self-help organisation that is also active here in WA (www.habitat.org.au/wa).

The primarily volunteer organisation's main emphasis is on affordable home ownership for those who would not otherwise be able to have their own place.

It's a self-help system because the selected families are required to work on the building of their own homes, contributing "sweat equity", alongside volunteers from the community who do most of the building.

The houses are simple, decent, and affordable and here in WA, they are also sustainable so that the new owners can afford to live in them.

When the house is finished Habitat provides the partner family with an initial interest-free loan period to enable them to move into full home ownership at a later stage.

Since its inception in

the 1970s, Habitat has helped more than three million people in some 80 countries; most of them with new, renovated or repaired homes, or with help to establish legal rights over the land they occupy, or with training for micro-enterprises and with other skills.

In Australia they have built around 150 homes and counting.

Here in WA, as late starters, the organisation completed its first house in Seville Grove, at the end of 2010 and are about to start a second one, also in Seville Grove followed by a third in Boulder. There are active local 'Chapters' in Kalgoorlie and Bunbury and a new group is hoping to start soon in Albany.

Local people run the local branch of Habitat, using their local knowledge to select those most in need. Local companies - together with some national and international organisations too - donate most of the building mate-

rials and local volunteers build the houses.

How can *Have a Go News* readers help?

If you are interested in volunteering with Habitat for Humanity WA there are immediate opportunities available.

Currently, the organisation is looking in particular for people with public relations and marketing experience to work with the publicity team and a retired or semi-retired person with building industry experience to be part of the building team.

In addition to this, it is also looking for those with other skills including licensed tradesmen such as plumbers, electricians and carpenters in the regional Chapters as well as metropolitan Perth.

If you are time-poor but would still like to make a contribution, please do so via the website www.habitat.org/wa

For more information, please contact HfH WA by e-mail perth@habitat.org.au or call 0428 326 300.

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Downsizing

ADVERTISING FEATURE



Are you working beyond 65?

by Frank Smith

NEW FIGURES out last month show that the vast majority of older workers with chronic health conditions are on low incomes and cannot afford to retire.

More than half the people surveyed with chron-

Older people in poor health too sick to retire

ic health problems had no plans to retire, compared to 23 per cent of those with no major health problem.

A report Working Beyond 65 – what’s realistic? for National Seniors Productive Ageing Centre (NSPAC), was headed by Professor Deborah Schofield of the University of Sydney.

It shows 80 per cent of those aged between 65 and 74 with ongoing health problems are earning \$500 a week or less. Only two per cent earn more than \$1,500 per week.

In contrast 54 per cent in the same age group but without chronic health problems earn \$500 a week or less and 12 per cent earn \$1,500 a week or more.

Traditionally most people retire at 65. Because of the number of baby boomers who are reaching that age, governments around the world are encouraging people to stay in the workforce longer. Many are doing this by raising the age at which an age pension is paid to 67 years. There has also been talk of raising it further to 70.

National Seniors’ chief executive, Michael O’Neill, said staying in the workforce past age 65 lightens the load on taxpayers.

“It also helps older people enjoy a higher standard of living in retirement and gives them the social interaction of the workplace which has its own mental health benefits.

“If they have chronic health conditions but can manage to keep working, they will be better able to afford the medical care and equipment they need.

“Unfortunately, many older people in poor health but still working believe they will never be able to afford to retire.”

Flexible working hours or workstation modification may help an arthritis sufferer stay at work beyond the traditional retirement age of 65, said O’Neill.

“But further preventative measures for a range of health problems are perhaps the best solution to keeping older people at work so they can better fund their own retirements,” he said.

Seniors who choose to semi-retire can received

an aged pension from Centrelink that is not reduced by earnings of up to \$6500 per year.

The rub is that this only applies to employment, so if you are a self employed plumber or carpenter who wants to work one day a week you will be slugged 50 cents for every dollar earned.

The report found that more than half of the 1.3 million people aged between 65 and 74 had a chronic health condition and more than one in six of them were still working full time.

Men were more likely than women to be still employed and level of education had no influence on age at retirement.

The most common chronic disease conditions were arthritis, hypertension, back problems, diabetes and heart disease. Those with these conditions were less likely to be working and if they were working earned less than healthier colleagues.

The report says those with a chronic health condition are disproportionately disadvantaged due to the cost of medical treatment and the potential to lose income due to bouts of illness.

Learn to use your voice well - WASFR Meeting March 2014

EACH MONTH, at 10am on the second Friday the WA Self Funded Retirees Association, holds a meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat, a feature of which are the guest speakers, who present topics of interest to retirees.

Mary Sherborne, the principal of Peak Speech, spoken voice training and coaching, is the speaker at the meeting on Friday 14 March 2014 and her presentation will be, *Using your mature voice – fun and practise...*

No doubt, while along

with the realisation of the seemingly rapidly advancing years, many of us perceive to have attained more wisdom, maturity, compassion and an understanding of the foibles of others, all born from the process of ageing.

But, with these perceived qualities we also may have acquired a hoarse or scratchy voice, hesitant speech and a less than eloquent dialogue.

Mary will surely help us to overcome some of these drawbacks.

Her presentation will highlight the changes that can happen to our speaking

voice as we get older, what can be done to help keep it in good shape, and how we can use our voice for fun.

Mary is a qualified speech teacher, with an Associate diploma in speech and drama teaching, and a member of the Speech and Drama Teachers Association of WA.

She has extensive practical speaking experience (including debating, radio work, formal presentations and entertainments), and has taught a wide range of students (including children, people from non-English speaking backgrounds, and

adults wishing to improve their speaking and presentation skills).

Mary’s special interest is the maintenance and improvement of the older voice.

Currently she is conducting special voice exercise classes aimed at voice maintenance and the development of spoken voice skills as people age.

Visitors to the meetings are always most welcome and for more information please contact Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

Public invitation

GEORGIST* Education Association presents a full employment seminar on Thursday 27/2/14 from 2.30-3.30 PM at the Bassendean Public Library Meeting Room, 46 Old Perth Road, Bassendean

Entry by gold coin donation.

For more information, please call 9498 7515.

Georgist Education Association Inc PO Box 472 Bassendean 6934

is a not for profit organisation

*Georgism is an economic philosophy and ideology. (Source - Wikipedia)

Computer problems discussed at AIR Peel Branch meeting

A SPONSOR of Peel Branch of AIR, the Association of Independent Retirees, Paul of Computer Clinic WA is well known to all members for his friendly and competent services to solve our computer problems.

Paul will talk on the problems he is called on to fix and share useful advice on computer use at the Peel Branch meeting, which will be held at the Halls Head Bowling and Recreation Club, Sticks Boulevard Erskine, at 9.30am on Monday 24 February, 2014.

For more information, please call Norm on 9527 2383.

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Bentley Park offers affordable living in a lively community just 15 minutes from the CBD. It is one of Perth’s longest established retirement communities and offers accommodation with 24 hour care and support all on one site.

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Downsizing

ADVERTISING FEATURE



New alternative for homeowner retirees



Will you be a secure homeowner retiree?

ONE of the most common issues for retirees in Australia is that they have retired without enough capital to provide for living expenses in retirement. Most of their assets are held in the family home and cannot be accessed to spend on living expenses. In fact in many cases there is also a residual mortgage or guarantee still left on the house, with very little capacity to clear the mortgage with re-

irement income.

While traditional retirement solutions offer many benefits, they often end up with significant reductions in the family assets.

For instance, retirement village leases usually have a deferred management fee that increases over time and comes out of the repayment of the initial funds invested. Reverse mortgages have higher interest rates and simply add the interest

to the loan amount, which is then all repaid when the property is sold.

Downsizing to a smaller home also ends up with a smaller asset base for capital growth during retirement.

Sterling First Projects Pty Ltd has recently launched Sterling New Life Solutions, which provides a unique and innovative solution for security in retirement for homeowner retirees. It addresses all of the key challenges that homeowner retirees are facing, including staying in the family home, paying off the mortgage, getting access to extra cash and structuring assets to leave as much as possible for their children.

Retirees now have the option to convert difficult living circumstances into a more flexible lifestyle with surplus weekly cash.

For more information, see ad on page 12.

DOWNSIZING SEMINARS

These FREE seminars, provided by COTA, aim to help decide if downsizing to a smaller house/property is the correct option for you - examining the many alternatives and options available.

February 26	City of Vincent Admin & Civic Centre 244 Vincent Street, 10am to 11am (Free morning tea provided)
March 6	Mundijong Community Centre, 2 Paterson Street, Mundijong 10.30am to 11.30am (\$5 for morning tea)
March 11	Citiplace Community Centre Wellington Street Railway Station, Perth 10.30am to 11.30am
March 18	Joondalup Library, Meeting Room 3 102 Boas Avenue, Joondalup 1.30pm to 3pm

Seminars will be presented by Diane Marks of COTA's Senior Housing Centre. Bookings are essential for all seminars.



Call John or Diane at COTA on 1300 734 838 or email john@cotawa.org.au for more information

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Purchase one of the remaining 4, Stage 1 villas and we'll also pay all your electricity charges for twelve months and contribute \$5,000 towards the purchase of electrical goods, quality curtains or blinds of your choice.

For all the exciting details call Ken Hamilton on 0409 207 815 or 9652 2713.



Your monthly update on what's happening for seniors in WA ...brought to you by...



Government of Western Australia
Department of Local Government and Communities

Checklist for seniors to maintain their home



AN INABILITY to keep up with home maintenance is a common cause of seniors needing to leave their family home.

Recent figures from the Australian Bureau of Statistics (ABS) show that in 2012, 90 per cent of seniors remained living independently at home.

The statistics also indicate that this percentage will decline as people age and experience increasing need for help.

The ABS reports that nearly one in four seniors in 2012 needed help with property maintenance. In fact, home maintenance was the second most common need for help, just behind health care needs.

To assist seniors manage at home, the Department of Local Government and Communities has created the 'Age Friendly Home Maintenance Kit', which features common home maintenance issues that are often overlooked or can be prevented - and a handy checklist to help solve them.

There are three key steps to good home maintenance:

1. Undertake regular, preventative maintenance to help stop problems from occurring, for example, cleaning gutters.
2. Act to repair what needs to be fixed as soon as you can so the problem doesn't get worse or more expensive, for example, a leaking roof.
3. Plan ahead for major maintenance jobs, for example, painting, new hot water system or reroofing. These jobs can be costly, so try to include an allowance for future expenses in your household budget.

Other key tips in the kit include:

- Regularly check that carpets are not coming loose or fraying to reduce the risk of falls. In the bathroom, routinely check for cracks in your tiles, basin or toilet bowl.
- To prevent water leaks on your ceiling and walls, have your gutters checked regularly to ensure they aren't full or overflowing. Also ensure there aren't any trees in your garden or neighbouring your property that could touch overhead wires to your home.
- If electrical wiring needs repairing or replacing, call an electrician. Don't try to fix it yourself.

The 'Age Friendly Home Maintenance Kit' is available online at the Department of Local Government and Communities' website www.communities.wa.gov.au/communities-in-focus/seniors or call the Seniors Information Service on 6551 8800.

BPIA update

BPIA, along with our colleagues in the International Consortium of British Pensioners (ICBP) have been making representations ahead of the final debates on the UK Pension Bill in the House of Lords (HOL). The Bill is at the Committee stage and our associates in the HOL have raised two amendments to Clause 20 which are intended to further stimulate the debate. We will hopefully be able to report the outcome next month.

CHOGM Sri Lanka 2013

In spite of all the hard work writing and sending personal letters to more than 50 Commonwealth Heads of Government explaining why at CHOGM they should consider discussing Britain's failure to follow the newly signed Commonwealth Charters core values, it appears that nothing happened. I left documents with our Foreign Minister and Jim Tilley (our Chairman) was contacting Tony Abbott, but it appears the agenda had already been set. We did however receive considerable publicity in the main UK newspapers and on UK radio and television, so we are gradually 'getting our message across'.

A good PR campaign is vital to our success in selling our message in the UK because we now know that the decision to unfreeze our UK State Pensions is a political rather than a judicial one and this is where the campaign will eventually be won.

In November 2013 PHA Media achieved some significant media successes including the Eastern Eye which is an ethnic newspaper sold to UK South Asians and The Voice sold to Caribbeans in the UK. This is an important development as beside those of us who have retired in Australia, Canada etc, there are also many people [from ethnic backgrounds] living in the UK who wish to retire to their original homeland but are discouraged from doing so by a frozen pension and depreciating future income.

BPIA maintains its endeavours to achieve more publicity in Australia about our mission and our services to help British expats discover their UK pension entitlements, both of which we promote to boost our membership.

We trust our existing members will all continue to encourage three new members to join us, with each new member, when he/she joins, to do likewise. It is only in this way that we can grow our membership quickly. If I had a dollar for every expat who didn't know what they are or will be entitled to and how to maximise it, I would be a wealthy man. Contact me for a note about how we can help.

On Wednesday 8 January Clause 20 of the UK Pensions Bill was debated for one hour in the House of Lords. At the end of the debate the proposed amendment was withdrawn.

You will likely have seen that Clause 20 has not been removed from the new pensions Bill, and will likely pass as written. We want to stress that this is not the end of the line. It is only the end of the line for this particular clause in this Bill. It is not the end of the line for the campaign. As Lord Browne said "this is not going to go away". Lord Browne also referred to the constant pressure on local MPs and Peers from constituents. That is a direct result of all our supporters writing to their MPs - and it is being noticed. He also referred to it being covered in the media, and we intend to increase that coverage.

We are not giving up. It should be noted that Clause 20 does not enshrine freezing in legislation, it simply gives the Government power to make regulations concerning uprating - a power they already have for existing pension legislation. It was always a low probability that they would deny themselves the right to make this regulation for the new Bill, as clause 20 did. What the HOL debate did do was substantially increase our visibility and presence, and we intend to capitalize on that. The fight continues.

Anyone who would like to discuss this further is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPIA's coordinator in Western Australian on (08) 6364 0859 - e-mail:- mikegoodall@btconnect.com

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Downsizing

ADVERTISING FEATURE



Luxury in the heart of Dalkeith

LOCATED in the heart of Dalkeith, one of Perth's premier riverside suburbs, "Dalkeith on Waratah" is a collection of unique design elements woven into a superb living environment.

For the first time ever "Dalkeith on Waratah" presents 31 spacious apartments including nine exceptional third level penthouses featuring gallery-like mezzanine living areas.

Levels one and two of this contemporary development offer a range of two and three bedroom floor plan options, most comprising two master suites.

Every apartment delivers beautifully proportioned living spaces, combined with a wide range of generous and practical floor plans, affording a unique sense of space and harmony.

The apartment complex provides an excellent opportunity for "downsizers" wanting to stay in their local area according to selling agent Cheryl Stewart. "It allows residents from Dalkeith and surrounding

areas the opportunity to stay where they are comfortable and where they have spent most of their lives and to remain in touch with all the activities that they are engaged in within their local area," Ms Stewart said.

Ms Stewart said all the apartments feature top-of-the-range fittings and bigger-than-average living areas so that it is not necessary to downsize furniture.

Enjoy the unsurpassed convenience of walking from your front door to the adjoining Dalkeith Village Shopping Centre.

For those with a passion for leisure activities, a host of other opportunities abound nearby including Nedlands Golf Course, tennis and yacht clubs and the Dalkeith-Nedlands Lawn Bowling Club.

Completion of the apartments is estimated to be by mid 2015.

For more information phone Cheryl Stewart from Central Estate Agents on 0427 916 818.

Housing options for seniors



AS WELL as providing information direct to individuals, COTA's Senior Housing Centre has a Community Education Officer who can attend your local group and provide free, exciting seminars designed to increase your understanding of the available housing options. These seminars usually run from an hour to an hour and a half. The Centre currently offers seminars on these topics:

Making Informed Housing Decisions - An essential overview of the housing options available for seniors covering key questions and information to ask for while contemplating changes. Some of the areas covered are retirement villages, strata titles, granny flats, home modifications, residential aged care and more.

Retirement Villages and Residential Parks - both are called "Life-

style Villages"... but knowing the difference, and what to expect from these communities, is vital before you sign anything. Come and learn about your rights, obligations, and what to expect in this free, in-depth seminar.

Downsizing - A Field Guide - This seminar aims to help you decide if downsizing is the correct option for you - examining alternatives, building a new place or modifying a purchase, and housing options such as strata titles and residential park.

Reverse Mortgages and Accessing Equity - An independent guide to some of the financial products available for accessing the funds stored in your property, covering both the positive aspects of these services and the things to watch out for.

Modifying Your Home - An overview of the enormous range of serv-

ices aimed at helping seniors stay in their homes for longer... ranging from home modifications and improvements, accessing carers and helpers, to new and exciting technologies that can improve your quality of life.

Low Cost Housing Options - This seminar looks at some of the options available to seniors seeking low cost housing solutions, ranging from Community and Affordable Housing (such as shared equity home ownership models), to residential parks, boarding and lodging, and forming new sharing agreements.

Remember, all of these seminars are free and COTA will come to your group! COTA's Senior Housing Centre can help you make the correct choices about your housing future.

COTA's Senior Housing Centre is

open from 8.30am to 5pm Monday to Friday. For further information or bookings, phone 1300 734 838, or email them at housing@cotawa.edu.au.

Downsizing seminars

Diane Marks of COTA's Senior Housing Centre will be giving a seminar on downsizing on the following dates: 26 February at City of Vincent Admin and Civic Centre, 6 March at 2 Paterson Street, Mundijong, 11 March at Citiplace Community Centre and 18 March at Joondalup Library Meeting Room.

This seminar aims to help you decide if downsizing is the correct option for you. It will examine alternatives, such as, building a new place or modifying a purchase, and housing options such as strata titles and residential park.

For further information refer to ad on page 46.



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Downsizing

ADVERTISING FEATURE



How to decide whether to downsize



by Venessa Paech
Editor, realestate.com.au

IF YOU'RE getting older, feeling the need for a change, exhausted by

maintaining a large home, or sick of carting all your stuff from place to place, you might be tempted to downsize. But where do you start?

Many of us reach a point where we want to get rid of excess baggage, and that includes moving from a larger property to a smaller one. Some of us have to downsize our plans before they're even reality, opting for an apartment instead of a house, or a studio instead of a one bedder.

With certain properties out there cheaper to rent

than buy, some truly gorgeous apartments on the market, and the cost of living not going down any time soon, downsizing is a totally viable lifestyle choice that shouldn't carry any stigma.

But it can be hard to know where to start. And we may have to persuade our significant others to come along if we're feeling the need.

Talk it into focus

Have a conversation about downsizing with your partner, friends, mentor, or anyone else you trust to hear out your dreams and reasoning.

Use the conversation to tease out why you want to downsize, what's most important to you and what bothers you about your current property or lifestyle.

Once you know your priorities, you'll be able to plan a solution that addresses them. Don't plan for the 'ideal' you, plan for the actual you. It's okay to aspire to change your behaviour in a new property, but you'll set yourself up for a fall if you're not grounded in reality.

Pro and con it

Some people downsize into a 'tree' or 'sea' change and end up regretting it. They miss having family or friends within easy reach, or miss the conveniences of a more urban life. You'll

avoid these kinds of surprises if you're ruthlessly honest about what matters most to you and anyone you're downsizing with.

Want to spend more time socialising? Then an urban apartment or unit is probably the answer. Desperate for zen? Then maybe you want to move out of town.

If you hate maintenance, you might love an apartment where the landlord takes care of repairs. If you switch to renting, will you feel a loss of control (and is that good or bad for you)?

Advantages can include increased cash flow (depending on the market), more time, lower utility costs and less stress. Disadvantages can include less privacy, the effort required to start in a new area and make new relationships, loss of possessions and less room for guests. One person's pro is another's con, so stay true to your needs, not some mystical ideal.

Listen to those who've done it

Read books and blogs from those who've adopted a more minimalist lifestyle. Can you imagine yourself in their downsized shoes?

People like to boast about their victories and going lean is definitely a trend. Listen out for people willing to share their journey, warts and all, and take mental (or actual) notes.

If you're trying to convince

someone to scale back where and how they live, sharing inspiring success stories with them may help them see the light.

Be honest about your relationship with stuff

It's easy to crave a minimalist lifestyle if you're struggling with clutter. But if your belongings are eating up your space, moving to a smaller space might not fix the problem. It might make it worse, and leave you drowning in things you don't have room to store or emotional energy to sort. What we own does have a knack of growing to fit our spaces, rather than the other way around.

Ask yourself if you need to work on organising your stuff before your downsize – if it's likely to get in the way of a successful transition. They can happen simultaneously, but don't delude yourself into thinking they have a causal relationship. If you know you have a clutter mission to attend to first, do so, and use that as the first step on your downsizing adventure.

Once you've nailed that, you'll be a downsizing whiz.

Don't confuse less with cheap

Downsizing your property and belongings can save you money, but it can result in more cost to start, as you make the transition. If getting your hands on

more cash immediately is the goal, then downsizing isn't the answer. It's not a quick fix of financial problems, though it will probably help in the long term.

If you're moving from a house into an apartment or unit, you'll have different costs to factor in, like body corporate fees.

And on that note...

Run the numbers

How much would it cost you to sell up or break your lease? To buy a smaller place with a different lifestyle? Are things more expensive in the area you're likely to move to?

What will you save without your larger property, and how would you put that money to work for you? What belongings can you sell that you needed with the larger place (e.g. a lawnmower)?

Illustrating tangible financial benefits is a great way to convince someone of the benefits of downsizing. If there are things or experiences they've always wanted, show how a lifestyle change could help make them happen. And if there are any downside financially, you need that on the table right away too, so you can decide if and how to mitigate it.

Try it

You don't have to sell up or even rent to see if downsizing meets your expectations.

Here's one creative solution – organise your current property as if it were much smaller. Could you live in half as many rooms without stress or hassle? Lock the doors to unused rooms and banish the key.

Did you miss the space? Feeling ready for less?

Camp out in a mobile home for a bit. If you have friends or family that have downsized, see if they need a house sitter and live the life without the commitment to see how you cope.

Remind yourself nothing lasts forever

It's not as depressing as it sounds.

You've probably lived in several different places. This will just be another. If you downsize and hate it, you can change back – nothing is undoable. If your significant other is nervous about letting go of their old lifestyle, approach it as an experiment that you can assess the results of together.

Change is confronting, but it's also good for the soul and keeps us vital and alive.

Living with less stuff and being responsible for less space is a lifestyle embraced by many with lots of rewards.

This article was sourced and is currently available from www.realestate.com/blog



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Arts



Celtic Thunder brings Mythology to Australia



Celtic Thunder tours nationwide May 2014

FOLLOWING their hugely successful US tour, Celtic Thunder will return to Australian shores in May 2014 for an extensive 21 date national tour, visiting both capital city and regional markets across the nation, some of which they'll be visiting for the first time.

Mythology is without a doubt Celtic Thunder's most extravagant and spectacular show yet.

The show includes a mix of favourites, ranging from traditional Irish fare, to international hits as well as original compositions including *Voices* written by David Munro and world renowned composer Brendan Graham (*You Raise Me Up*).

The 2009 and 2011 number one billboard world artists, who once performed for President Obama at the White House, have amassed global sales of more than two million albums and over 700,000 concert tickets to date.

With thousands of loyal followers and adoring fans they have a string of platinum and double platinum discs in Australia, with 2012's *The Show* going triple platinum.

Celtic Thunder is performing in Perth at Perth Arena on Friday 13 June 2014.

Tickets on sale now at www.ticketek.com.au or by calling 132 849.

For information about the *Mythology*

tour 2014, please visit www.celtict thunder.com/tour

WIN WIN WIN

To be in the draw to win an exclusive Celtic Thunder Mythology prize pack (value \$169) which includes a double pass to see Celtic Thunder perform at Perth Arena, a copy of Celtic Thunder's Mythology CD and DVD, email win@haveagonews.com.au and include the word Celtic in the subject line, or address an envelope to Celtic Thunder Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the back. Only over 45s are eligible. Competition ends 7/03/14.



A sensory experience - Music By Moonlight

THE TOWN of Victoria Park and Burswood Park Board invite you to join them from 7pm to 8.30pm, Sunday 9 March on the picturesque banks of the Swan River at the Burswood Park Foreshore, off Resort Drive, Burswood to enjoy the Western Australian Youth Orchestra, performing with special guests from the Western Australian Academy of Performing Arts, and be taken on a global journey of melody and rhythm.

Music by Moonlight is the largest event in the Town of Victoria Park's calendar and is always a highlight of summer. The concert is free for all, and you are encouraged to bring a picnic and a blanket or some chairs. There will be a coffee van on site.

This year, the Western Australian Youth Orchestra will play a selection of songs from around the world. The concert will be a sensory experience which will take you on a global journey around different countries and cultures.

For further information, please call 9311 8114.

Concert under the stars with DivaLicious performing Opera Rocks



The DivaLicious duo

JOIN Cancer Support WA on the neighbouring lawns of North Cottesloe Primary School, 100 Eric Street (Corner of Railway Street) on Saturday 15 March for a beautiful balmy night under the stars featuring the duelling divas Penny and

Fiona from DivaLicious. Nominated for Best Cabaret, Fringe World Festival 2013, these two delicious divas in divine dresses will sing sensational songs with heavenly harmonies. The fully staged performance will include a pianist and baritone and many fabulous costume changes.

The comic sopranos will be competing not only for the top notes but also for the bass baritone Robert "The Phantom" Hofmann's affection.

Pop, opera and musical theatre's greatest hits are given the DivaLicious treatment. Ranging from Mozart to Mamma Mia, anything goes!

Fast moving, light-hearted and entertaining, this show has impressed everyone from the sea-

soned opera lover to the complete novice and perfect for the whole family to enjoy.

Gates open 6.30pm, Support Act commences at 7.30pm, DivaLicious on stage at 8pm.

Cost: Standard (Adult) \$40, Concession / Cancer Support Members / Students \$35, Children u/12 \$15.

BYO: Picnic dinner and drinks, low chairs, rugs, blankets and a torch.

Contact Details: Katie Payne - phone 9384 3544 or email katie@cancer-supportassociation.org.au

Book in advance: Tel 9384 3544. Box office hours, Monday to Friday 9am to 5pm or Book Online: www.trybooking.com

Book early and don't miss out!

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Stories from the front line



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THE LONG WAY HOME

BY DANIEL KEENE

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Photo by Australian Defence Force

Arts

films/theatre

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Romeo & Juliet meets Radiohead!



Jiri Jelinek and Brooke Widdison Jacobs
© Sergey Pevnev

WEST AUSTRALIAN Ballet headlined by choreographer Edward Clug's reinterpretation of Shakespeare's returns to the Quarry Amphitheatre, City Beach, from 7 February to 1 March, 2014 to premier the classic *Radio and Juliet* to the music of Indie rock stars Radiohead.

The annual PIAF season of Ballet at the Quarry will also include music by Tom Waits and choreography by leading Israeli choreographer Itzik Galili and talented young Australian Lucas Jervies.

Created for Ballet Maribor, *Radio and Juliet* explores the story of the star-crossed lovers from Juliet's perspective as she navigates her way through a modern, masculine world.

Romanian Edward Clug wondered, "What if Juliet didn't take her own life..." and woke up next to her Romeo remembering the events that led her to

the tomb.

Inspired by the atmosphere of the music produced by Radiohead, he chose 11 of their songs to score this production of razor-sharp movements, presented for the first time in Australia.

The Sofa, the first of two offerings from Itzik Galili, is a comic piece about three characters on 'the sofa'.

Against the sound of Tom Waits' raw, smoky voice, the relationships take one surprising turn after another in this short entertaining piece.

In contrast, Galili's other work in the programme, *Mono Lisa*, is a serious look into a push-me, pull-me relationship.

In the modern world of iron and steel, a typewriter clicks along with dancers involved in a rapid and extraordinary pas de deux. Galili approaches movement as a language, "his ... means of communicating in a wordless language

which makes it all the more eloquent."

Finally, WAB is excited to welcome Australian choreographer Lucas Jervies to create a new piece for Ballet at the Quarry, *Epic Fail*.

Jervies, who has created works for companies such as The Australian Ballet, Stuttgart Ballet, and Milwaukee Ballet, as well as having co-founded Jack Productions, will delve into the world of dance as a sport.

Sport, embedded as it is into our national culture, inevitably has a winner and a loser. Does it have a place in the performing arts?

With a picnic to enjoy under a balmy summer night, West Australian Ballet's, Ballet at the Quarry season is sure to enchant patrons with a compelling night of dance.

Ballet at the Quarry is a Perth International Arts Festival umbrella event. A special Valentine's Day perform-

ance will be held on Friday 14 February. Gates open 6.30pm, performances commence 8pm.

Picnic hampers available by pre-order - visit waballet.com.au.

Tickets \$35 - \$69. Bookings through Ticketmaster on 136 100, at any Ticketmaster outlet, or visit www.waballet.com.au

Don't miss this spectacular WA Ballet presentation at the fabulous Quarry Amphitheatre.

"As the sun sets and the stars appear against a backdrop of sheer rock face, reality begins to feel like a distant memory..." (Perthnow)

WIN WIN WIN

To be in the draw to win a double pass to a performance of *Radio and Juliet*, call [Have a Go News on 9227 8283](http://HaveaGoNews.com.au) or email win@haveagonews.com.au and put *Radio in the subject line. Only over 45s eligible.*

Charming French comedy - Cafe Brosse

RUNNING a café in a small town in France sounds like something we would all dream of doing. But what happens when the day to day grind wears you down? When you start to feel depressed, edgy, miserable and nervous?

The answer may be to swap lives with someone else for a while but ... perhaps the grass is not always greener.

Award winning director Nicola Bond has assembled an impressive team of actors to bring the charming French comedy *Cafe Brosse* to life at Harbour Theatre for their first season for 2014.

Written by the prolific British playwright Jean McConnell, this will be Harbour Theatre's final production in the iconic Port Cinesaste building before they move to new premises in the old Fremantle Myer building - now called MANY 6160.

George (played by Kit Leake) and Seraphine (Kirstie Francis) run the *Cafe Brosse* in a small French town. Seraphine is fed up with the drudgery of her daily life and feels that George does not appreciate her. Yvette (played by Fleur Wylie), who is George's mistress hankers for a comfortable housewife's existence. Enter Aramis (Marcus McGavock), the man about town who suggests that perhaps the two women should swap lives for a while.

Raymond (Peter Scarrott), a regular customer at *Cafe Brosse*, feels that George is not handling the situation as well as he should be and provides George some of his own very unusual advice when on top of everything else George's Aunt Marie (Ann Speicher) decides to make an unexpected visit.

Of course, what French town does not

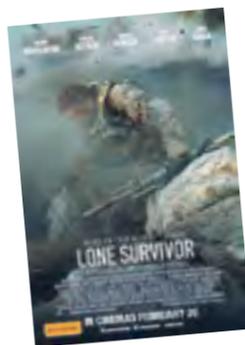
have a couple of tourists who struggle to make themselves understood? Enter two young people (played by Verity Wells and Scott Wilson) who, apparently, from what anyone can understand, are travelling from Iceland and whose car has unfortunately for them, broken down and will take some time to repair. In the meantime they seem to be buying a lot of brooms and brushes for which the town is famous.

A little bit of France comes to Harbour Theatre on 21, 22, 26, 28, 29 March, 2, 4 and 5 April @ 8pm with matinees on Sunday 23 and 30 March @ 2pm.

Bookings on 9255 3336 or visit - www.TAZTix.com.au.

Tickets are: Full \$25.50, concession \$23.50 and F/T Student or child under 15, \$20.50. (Trans Fees apply).

Lone Survivor



BASED ON The New York Times bestselling true story of heroism, courage and survival, *Lone Survivor* tells the incredible tale of four Navy SEALs - on a covert mission to neutralise a high-level al-Qaeda operative - that is ambushed by the enemy in the mountains of Afghanistan. Faced with

an impossible moral decision, the small band is isolated from help and surrounded by a much larger force of Taliban ready for war. As they confront unthinkable odds together, the four men find reserves of strength and resilience as they stay in the fight to the finish.

Mark Wahlberg stars as Marcus Luttrell, the author of the first-person memoir *Lone Survivor*, whose book has become a motivational resource for its lessons on how the power of the human spirit is tested when we are pushed beyond our mental and physical limits. Starring alongside Wahlberg as the other members of the SEAL team are Taylor

Kitsch, Emile Hirsch and Ben Foster.

Lone Survivor is written and directed by Peter Berg, who again crafts a striking portrait of the unbreakable bonds between men that he first explored in *Friday Night Lights*.

WIN WIN WIN

To be in the draw to win one of 10 double passes to see *Lone Survivor*, call the [Have a Go News office on 9227 8283](http://HaveaGoNews.com.au) during business hours (Monday to Friday from 9am to 5pm) and leave your details or email win@haveagonews.com.au and include the name of the film in the subject line. Only over 45s are eligible. Competition ends 17/01/14.

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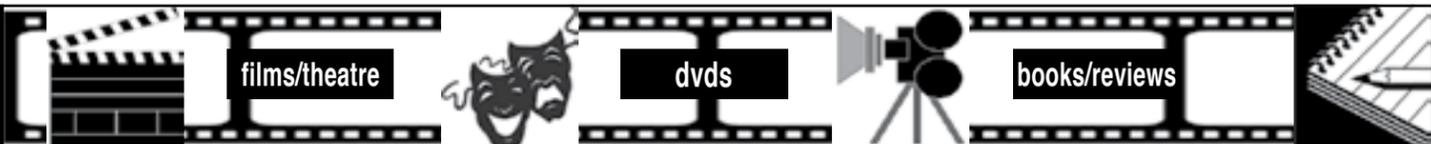
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Arts



ONEFIVEZEROSEVEN - Barking Gecko's daring investigation into the lives of Australian teenagers



BGTC's Artistic Director John Sheedy have travelled across Australia to investigate teenage life, this time from a national perspective.

ONEFIVEZEROSEVEN is the medium number of 'things' owned by a teenager. It's the average number of breaths they take each hour, the average number of things they own and it is the number of emotional moments they have a day.

The play explores how young people's identity and sense of belonging intermingles with their possessions, opening wide the door to their inner sanctum. In this visually striking cross art form work, Australian teenagers allow the audience a thought provoking view of everything they have and everything they hope for.

John Sheedy commented, "After the overwhelming success of *Driving Into Walls*, Suzie and I felt compelled to engage with young Australians, not just from WA, but from all over the country, [which was] no mean feat. We established both online and offline platforms,

travelled widely and have accumulated exciting insights and 'data'. Their stories paint an amazing picture of young people that has humbled and enlightened Suzie and me. We're inspired to be creating a dynamic theatrical event that reveals not only the face of young Australians but the decisions they will make for the rest of us in the next decade."

The crafting of raw content sourced directly from teenagers has culminated in a thrilling, brave and emotionally charged piece of theatre that's sure to ignite conversations and challenge perceptions.

The development of *ONEFIVEZEROSEVEN* was supported by Perth International Arts Festival's Vital Stages program, through funding from Lotterywest.

Performances will be at the State Theatre Centre in the Studio Underground, at 1pm and 7pm from 21 February until 1 March. The duration of the show is 50 minutes and it is suitable for ages 13+.

Tickets are available through Ticketek - www.ticketek.com.au or 1300 795 012.

IN 2012 BGTC interviewed more than 500 West Australian teenagers whose thoughts, feelings, hopes and anxieties were reflected in *Driving Into Walls*, which then toured Australia to critical acclaim.

Acclaimed writer Suzie Miller and

For a happier, healthier you, join a choir!

IT HAS long been known that singing makes you feel good.

Now, with the proliferation of choirs across the globe, scientists are finding exciting clues to why singing in a group seems to have remarkable health benefits - both physical and psychological.

The findings suggest that not only does group singing exercise the heart, lungs, and upper body muscles, it raises oxygen levels in the blood, and is thought to release 'feel-good' hormones - either endorphins (also released when eating chocolate) or oxytocins (believed to help reduce stress and lower blood pressure).

A UK study of 375 people, who sang in choirs, sang alone or played team sports, found that although all three activities increased well-being, choir singers felt the greatest benefits. It seems that singing, and doing it in a cohesive social group is a winning combination, calming the mind as well as raising

the spirits.

The New Scientist reported on a study by a Swedish researcher who found that choir singers' heart rates varied in synchronicity with their breathing, something that also occurs in meditation. He believes choir singing might be having the same calming effect, while other studies have claimed that group singing can increase life expectancy and reduce symptoms of depression.

What better reasons could you need to come along and join Swan Harmony Singers? They're a warm, friendly group who meet on Wednesdays from 7-9pm at the Ascension Church Hall in Spring Park Rd, Midland ... and visitors are always welcome.

As they are currently starting work on a new repertoire of fabulous songs, this is the perfect time to join.

For more information, phone Chris on 9298 9529 or 0435 062 728.

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Anthony will take audiences on a spellbinding journey both emotionally and spiritually.

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Date:	Friday 21st February 2014
Venue:	The Castle Theatre Rockingham
Date:	Friday 21st March 2014
Venue:	Forte Mandurah Quay Resort Mandurah
Date:	Wednesday 26th March 2014
Venue:	Quality Lord Forrest Hotel Bunbury
Tickets:	\$65 (Booking fees apply online) Unallocated seating.

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Arts



Shakespeare Birthday Festival



A Midsummer Night's Dream, one of Shakespeare's great plays

WILLIAM Shakespeare is, almost without debate, the greatest playwright in the English language. He was born in April 1564, which makes April 2014 the 450th anniversary of his birth.

Three local community theatre groups, The Darlington Theatre Players Inc, Garrick Theatre and Kalamunda Dramatic Society are very proud to announce that in order to commemorate this important event the clubs are combining to produce a repertory-style Festival of

three of Shakespeare's most important plays, *Macbeth*, *A Midsummer Night's Dream* and *Othello*. Each play will have an evening performance as well as weekend matinees.

The Festival will end on the 26 April, Shakespeare's baptismal day. His birthday is believed to be the 23 April, co-incidentally the day on which he died in 1616.

The clubs have invited experienced and award-winning directors, Lucy Eyre, Peter Clark (*Aida*,

Jesus Christ Superstar) and Douglas Sutherland-Bruce (*Romeo & Juliet*, *My Fair Lady*) to direct the clubs' productions.

All three productions will be performed on the Marloo Theatre stage which will be built as an Elizabethan stage, much in the style of the well-received *Romeo and Juliet* in 2007.

This is an exciting prospect to stretch all and provide clubs, actors, cast and crew with a rich opportunity to learn, entertain and engage.

The plays have all been cast with local actors and rehearsals began in January. This venture is believed to be a first in Western Australia.

Asked about the well-known curse that leads actors to call the play, '*The Scottish Play*' because even

to say the name brings down terrible ill-luck, Festival Director, Douglas Sutherland-Bruce, who is also directing Marloo's entry, *Macbeth*, replied with a laugh, "Don't believe in it - any play performed often has a fair chance of racking up a catalogue of accidents, quite apart from the fact that there are so many fight scenes and opportunities for error. But as long as I've got my lucky rabbit's foot..."

Peter Clark says of Garrick's play, "*A Midsummer Night's Dream* inspired 400 years of stories and pictures of tiny, butterfly-winged people living in the woods. Walt Disney's fairies are their descendants."

Bookings open in January 2014, with special rates for school groups and will be handled by TryBooking.com.

Sweet Thursday Community Singers



THE WONDERFUL bass singer for the Sweet Thursday Community Choir, Alf Gaebler and his wife Jeannette recently celebrated their Golden Wedding Anniversary.

The choir surprised the romantic couple by performing at their celebration a couple of very lovely songs, *Drink to Me Only With Thine Eyes* and that gorgeous song from *Babe* the movie *If I Had Words*, there wasn't a dry eye in the room.

'Singing definitely keeps you young at heart' says Alf who sings with the Sweet Tuesday Singers on a Tuesday evening at Highgate Primary School, as well as with a Barber Shop Quartet.

'Enjoying both the challenge of new songs, and singing in four part harmonies keeps your brain challenged and wired.' It has been reported in studies conducted recently that singing in a choir is both good for brain liveliness as well as emotional well-being.

So why not reap the rewards and join a choir. The Sweet Thursday Singers welcomes new people to begin singing in 2014. For more information call 9228 3705 or email sweetthursdaysingers@gmail.com



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Second Friday each month
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Earl Cole
A hot favourite from 2013 returns to sing 'The Rat Pack'
FRIDAY 14th FEBRUARY
Another favourite returns for the third time...
Purple Haze on FRI 14th MARCH

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Community NOTEBOOK

APPLECROSS RSL SUB-BRANCH
Memorial service for the Australian Army Nursing Sisters from the SS Vyner Brooke. Point Walter Reserve Bicton.
11am Friday 14 Feb 2014
Ph 9364 8564 or 9313 5649.

FREMANTLE ARTS CENTRE
Finnerty St Fremantle
Sunday music: Bearded Gypsy Band.
16 March
Ph 9432 9555

SOUTH WEST CRAFT BEER FESTIVAL
Two day beer appreciation, food, fun and entertainment. Old Broadwater Farm
56 New River Ramble, Busselton.
22 - 23 February
www.swbeerfest.com.au

ALBANY ENTERTAINMENT CENTRE
Are holding an Iliad event on Friday 28 Feb 2014. Starting 8pm. A tale of Gods, Goddesses and battles Narrated by Denis O' Hare in the Sunken Gardens.

THE ROCK AND ROLL COLLECTORS CLUB
For those who enjoy rock and roll music and enjoy reminiscing about great artists and music. Meetings at South Perth Community Hall Sandgate St. Adm \$2 towards hall hire and supper. Ph Sandra 0419 995 092 or Don 0423 480 774.

OUTTA THE SHED CAR and BIKE SHOW
ESPERANCE
Sunday 2 March
Showcasing cars, interesting vehicles and bikes, even works in progress.
Great family day out in gorgeous Esperance, with heaps of other events.
Event co-ordinator 0458 714 115.

PERTH MEDIEVAL FAYRE {THE FERRYMEN}
Supreme Court Gardens
Riverside Drive Perth.
Saturday 22 March 2014

AVON VALLEY VINTAGE FESTIVAL 2014
A celebration of all things vintage, retro and antique. Venue Northam Recreation Centre.
1 - 2 March from 10am to 4pm
www.avoneventsandmarketing.com

DANCE CLUB TWO RIGHT FEET.
Dance lessons are held on Wednesdays 5.30pm to 6.30pm at the Subiaco Scout Hall 399 Rokeby Road.
Ballroom, Latin American, Jive and New Vogue styles. Beginners welcome.
Ph Larissa 6380 1119
Email 2rightfeetclub@gmail.com

BILL BRYSON - Many a True Word
19 March 2014 at 8pm
Author Bill Bryson takes us on a captivating journey through his life, books, travel etc in conversation with Ray Martin.
Venue: Riverside Theatre.
www.ticketek.com.au

MORLEY WIDER VISION CLUB
For the over 50s. Every Thursday 9.30am to 12noon. Activities Room of Morley Library.
Guest speakers, lunches, quiz mornings and in house movies,
No obligation to join. Ph Rhonda 9271 7540

THE GREAT SWAN RIVER PADDLE
Point Belches to Herrison Island Perth WA
Saturday 15 March
Registration 8am
Start 9am

MANDURAH ANTIQUE AND COLLECTORS FAIR
Accent Senior Citizens Centre
15-16 February, Sat 9am-5m, Sun 9am-3.30pm
Admission \$3
Mandurah Collectors Club, Rosemary 9529 1724

TOY AND COLLECTORS FAIR
Cannington Exhibition Centre
16 February, 9.30am-2pm
Admission \$2, children under 15 are free
WA Model Collectors Club, Marilyn 9310 1790

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

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Bunbury Ent. Centre Fri 11 April 1300 661 272 bunburyentertainment.com
Crown Theatre Perth Sat 12 April ticketek.com.au 132 849

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SUNDAY MATINEE SHOWS 6, 13 April and 4, 18 May
Doors open 11.30am for 12noon start

TICKET PRICES \$18 Adults, \$15 Pensioner, \$8 Child
Ticket includes chicken and chips meal at intermission, tea and coffee. Soft drinks, crisps and sweets are available for purchase at the kiosk. BYO wine, beer, drinking glasses and nibbles.

BOOKINGS Phone 9364 5463 (please leave a message)
Email tivolibookings@hotmail.com Web www.tivoli.org.au

VENUE Applecross District Hall, Kintail Road, Applecross (opposite The Raffles at Canning Bridge)

Call or email to be placed on mailing list for future shows

TIVOLETTES (Juniors: 6-16 year olds) Performances commence at 2pm on the last Sunday of each month (May to November) COST: Adult \$3 Child \$1.50
Tea, coffee, snacks and drinks available for purchase. Check us out on:

Scene Socially



SCENE (1): Government House Ballroom was swathed in Australia for the annual Australia Day Lunch on 21 January. Hosted by the very 'Aussie' Rob Palmer, guests were treated to a 3 course Aussie lunch with a lamb roast as the main course. The Western Australia Governor, His Excellency Mr Malcolm McCusker AC CVO QC delivered his Australia Day address and launched Australia Post's Legends Stamp Series. Guests were entertained by a moving rendition of *Advance Australia Fair* performed by Billie Court and a lone Didgeridoo player, followed by an acoustic set by Australian music legend Ian Moss. Congratulations to Fred Chaney, Dr Bruce Robinson, Denise Smith-Ali and John van Axemere who all received Australia Day honours.

SCENE (1): Top row from left: Marina Valmadre with Dr Robert Isaacs OAM - Dr Ralph Martins with Les Valmadre - Ian Moss' acoustic performance was a highlight of the event - John Graham, Karen Wardrop and Brendon Lott - Billie Court whose rendition of *Advance Australia Fair* and *I am Australian*, was moving and patriotic - Rob Palmer donned his "Aussie" kit and kept the crowd entertained.



SCENE (2): Friends of Chairman of the Augusta Community Development Association Cam Gilmore gathered together recently to enjoy a fabulous lunch to celebrate Cam's 80th birthday at the Wings Restaurant, RAAFA Estate in Bull Creek. **SCENE (2):** Pictured top left: Cam, Virginia and Donald Gilmore. Lee Gilmore - Penny and Geoff Ryan. From left; Len and Pauline Evans - Dick Orbil - Danya Locke and David Crothers - Sherry and Clinton Floate.

At the midnight hour



Jon Lewis

It all adds up!
It was during a chat with my darling wife one warm evening that a light turned on in my head.

Like a revelation, I realised that the little moments of quiet enjoyment in life all add up. I want a good life, so I set about to consider some changes.

My day had begun earlier that morning with a big show on 6PR and after more than five hours of full-on talk-back and an interrupted sleep, I was grateful, later that evening, for the solace of my wife Gloria's quiet charm and gentle smile. This made me realise how much I appreciated her company and I proceeded to thank her; pausing a little to wonder if I had missed other magic moments with her that I needed to mention.

I thought for a bit and then also mentioned to Gloria how grateful I was for the lovely, healthy dinner we had enjoyed. She smiled and jokingly indicated I should keep on with the grateful thoughts... This made me smile, so I added my thanks for the time spent with her in the simple enjoyment of a shared quiet coffee.

I was on a roll now, I also realized how much I valued and was amazed by her unwavering patience with me, particularly when I had unleashed a commentary, that seemed interesting to me, of the entire five and half hours I had spent on air.

Wow, what a girl!
So, without further prompting, I then expressed my appreciation for her company on a walk we had just enjoyed at the beach. Another beautiful moment.

So, in all, my wake-up call was when I became aware

of how many of these valuable and memorable moments we had had, but I had not truly appreciated.

In trying to understand all this, my guess is that I, instead of seizing the moment and enjoying these truly special times, have either dwelt in the past or looked to the future, with no appreciation of the beautiful moments in life taking place in the present.

I pondered why?
Often I am happiest when creating, doing, moving. In truth, all three activities include some kind of action, so is it that I look for movement by habit?

Sit me still and I do become increasingly uncomfortable.

However, strangely, I also love to sit quietly in a comfortable cafe to relax and watch the people pass by, but constantly vary my view as a new set of people usher past. Perhaps, in some way, I am indeed still moving to the future?

"Hmm..." I pondered out loud.

If I can actually persuade myself to stop and take the time to enjoy a moment, particularly a shared moment, then perhaps I will be better able to appreciate more of these beautiful little moments.

Perhaps that is how some people find happiness; they stop to enjoy and remember the special moments.

I like it! There is not moment to waste!

No doubt a moment can build moment-um! :-)

All the best,

Jon Lewis

"Now Number One After Midnight"

Jon Lewis can be heard on 6PR 882 AM, from midnight to 5am on Friday and Saturday nights. Catch his *Let's Go Travel Show* from 5am Sunday mornings. Is your club looking for a quizmaster? Jon is available as your Quiz Master - and he's good. Call or text him on 0404 005 882.

For more details, visit the website www.haveaquiz.com

SUDUKO PUZZLE SOLUTION FOR #262 JANUARY 2014

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

SUDOKU

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

Rating: ★ ★ ☆ ☆ ☆

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

SUDOKU SOLUTION WILL APPEAR IN THE MARCH 2014 ISSUE OF *Have a Go News*

DOUBLETAKE CROSSWORD SOLUTION FOR #262 JANUARY 2014

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

Have a Go News DOUBLETAKE CROSSWORD

Tackle either set of these clues - you can even mix and match them, because the solutions are the same for both sets

1	2	3	4	5	6							
8	9		10		11		12		13			
15		16					17					18
23												24

DOUBLETAKE CROSSWORD SOLUTION WILL APPEAR IN THE MARCH 2014 ISSUE OF *Have a Go News*

CRYPTIC CLUES

Across

1. Informer's turf? (5)
4. Is led around and does very little (5)
7. Something that stretches across? Better not get this in the works, or you'll have trouble (7)
8. Formerly you left a thousand grains (4)
12. Step out? What a nuisance! (4)
14. Established custom involving some sausages? (5)
15. Fair to involve feet (4)
17. Slender results from a lot of bathing (4)
21. Alarm London Gallery putting a soldier in front (7)
23. Clean new weapon (5)
24. Rows will lead to tears, they say (5)

Down

1. I hear jeans are inherited (5)
2. A ship's fool? (3)
3. Fly back into Canberra, Oscar (4)
4. Where nearly all Finns go for a drink? (4)
5. Disturbed regal Jumbo (5)
6. Aroma from Sacramento leaves strange smell (5)
9. Gorilla hides in chapel (3)
10. Expected to mention dew (3)
11. Used to cool off enthusiast (3)
12. Four-legged family member is pretty odd! (3)
13. Perform slalom in moleskins? (3)
15. Delicate but showing a kind of flair (5)
16. Coach or rail transport (5)
18. Gets up close to damaged snare (5)
19. Quote it in church (4)
20. Rush to get missile (4)
22. First woman involved in revenge (3)

STRAIGHT CLUES

Across

1. Wimbledon court surface (5)
4. Runs in neutral (5)
7. Nut fastener (7)
8. Hourglass contents (4)
12. Destructive insect (4)
14. Treatment (5)
15. Church bazaar (4)
17. Skate on ... ice (4)
21. Stir up (7)
23. Cavalry spear (5)
24. Cake layers (5)

Down

1. Chromosome units (5)
2. Donkey (3)
3. Glide aloft (4)
4. Taverns (4)
5. On the loose, at ... (5)
6. Fragrance (5)
9. Imitate (3)
10. Payable (3)
11. Groupie (3)
12. Teacher's favourite (3)
13. Water scooter, jet ... (3)
15. Physically weak (5)
16. Orient Express is one (5)
18. Approaches (5)
19. Mention as example (4)
20. Sewn skirt tuck (4)
22. December 24, Christmas ... (3)

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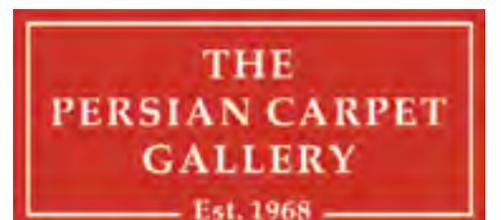
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