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VOLUME 24 NO. 09 ISSUE NO. 277 APRIL 2015

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- WA's world of dance...
- Let's Go Travelling
- Holidaying with Dogs
- Downsizing feature
- Perth Garden Festival
- Jo Allison speaks with Wicked's Simon Gallaher



### Competitions/Giveaways



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# Time to honour the ANZACS



Scenes from ANZAC Cove at Gallipoli 100 years ago

by Josephine Allison

AMID all the fanfare and excitement commemorating Gallipoli's centenary this month noted Australian military historian Dr Jonathan King has a word of caution: don't forget the whole Gallipoli campaign was a mistake and the centenary should be remembered as a learning experience.

Dr King, the author of *Gallipoli: Our Last Man Standing* and *Gallipoli Diaries*, speaks fondly of interviewing a few of the last WA Gallipoli survivors including Frank Isaacs from the Australian Imperial Force, Peter Casserly and Len Hall who he describes as a 'fantastic achiever for WA.'

"I loved Len Hall dearly, he was such a sweet man," Dr King said from Sydney. "I interviewed him when he was about 100 and made a documentary film about these men,

*Gallipoli - Last Anzacs Tell All* which is the story of these men. Len Hall is one of the stars. My wife and I donated some money for a memorial window in a Perth church when he died.

"Len Hall not only landed at Gallipoli with the Light Horse and fought at the Nek, he also fought at Beersheba when the Light Horse won the last successful cavalry horse charge in history.

"Len Hall is one of the giants of World War I. Having met the last ANZACS, my favourite ones were the West Australians and Len Hall who rode into Damascus with Lawrence of Arabia. He was such a quiet achiever yet he had done all these fantastic things.

"It was such a privilege to meet him. I am carrying on the baton for his words: 'Please don't glorify Gallipoli.'"

"Of course, Albany was the main departure point with 30,000 troops in

12 ships leaving in the first convoy. Prime Minister Andrew Fisher had offered 20,000 men on the immediate outbreak of war on 4 August. They got this number very quickly and they were the only volunteers; all the rest were conscripts. Around 331,000 troops left from Australia at various times, the majority from Albany."

Australia was still sending troops in November 1918. Ted Matthews, one of the last ANZACS in Dr King's film, was sailing to Europe on Remembrance Day 1918 when it was announced the war had ended. He decided to return home as he had already been fighting over there.

Dr King is a supporter of Camp Gallipoli which will see thousands of people in capital cities gather to experience the ANZAC legend, otherwise only possible at ANZAC Cove in Turkey.

The Camp Gallipoli program has been designed to captivate Austral-

ians with events taking place in six capital cities and selected regional areas.

In Perth, people will gather at Ascot Racecourse on 24 and 25 April where special areas will be set aside for camping using swags just as the diggers experienced.

The overnight experience will include live entertainment from leading artists and movies and documentaries will be shown on the big screen. Food reminiscent of the era will be available, followed by a memorable and moving dawn service on ANZAC Day.

"Many people can't make it to ANZAC Cove so Camp Gallipoli is an opportunity to remember the bravery of these young fellows," Dr King said. "The ANZACS trained at places like Ascot Racecourse. With a bit of luck, some of their spirit might be floating above the track."

*continued on page 20*

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Judith Treby

HELLO Everyone,

As the great granddaughter and great niece of two brave ANZACS, Charles McCaig Snr and Charles McCaig Jnr, the 25 April, 2015 is of special significance to me.

My great-grandfather eventually returned home from the war to his family, but Uncle Charlie, whose name is immortalised on the walls of the memorial at Kings Park, having fought and endured the slaughter at

## From the editor's desk

Gallipoli, died on the Somme at the tender age of 19.

This year, Australia pays tribute to the thousands of Australian and New Zealand armed forces - from all walks of life and sadly most of them teenagers and young men - who departed these shores 100 years ago for lands unknown in defence of mother England. Many of these young men thought of the war as a great adventure, unaware of the carnage and unimaginable horrors they were about to experience and endure.

For more on the history of Gallipoli and the ANZAC story, please see Josephine Allison's excellent front cover article.

Lest we forget!

Last month, I was privi-

leged to attend an informative and interesting computer training class for older adults organised by Telstra at their head office in Stirling Street with the help of the Seniors Recreation Council and ably overseen by SRC's Martin Yates.

Due to lack of space in this edition, I will be unable to do justice to the information available at these courses, but you will find full details of them, together with photographs and contact numbers, in the May issue of the paper.

That's all from me this month.

Keep healthy and happy.

Judith Treby

editor@haveagonews.com.au

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## A Royal Night Out



THE FILM *A Royal Night Out* is about one evening in the lives of two real-life princesses, Elizabeth and Margaret Windsor on 8 May 1945, VE night, the end of the Second World War in Europe.

The young princesses, aged 19 and 14 joined the masses to celebrate VE Day incognito, however we don't know exactly what happened... or what adventures Elizabeth and Margaret might have had during that historic night.

The film features up and coming stars Sarah Gadon (*Maps to the Stars*), Bel Powley and Jack Reynor (*Transformers: Age of Extinction*) alongside veterans Rupert Everett and Emily Watson.

WIN WIN WIN

To be in the draw to win one of 10 double passes, call *Have a Go News* on 9227 8283 during business hours or email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and tell us the names of the two princesses referred to in *A Royal Night Out*. Competition closes 24/04/15.

## Certified Financial Planner to speak at the May, WA Self Funded Retirees meeting

EACH month on the second Friday at 10am the WA Self Funded Retirees Association holds a meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue Floreat. A feature of the meetings is the guest speakers who present various topics of interest to retirees.

The speaker at the Friday 8 May meeting is Malcolm Evans, a certified financial planner and a regular contributor to the "Your Money" section of *The West Australian*.

Malcolm currently sits on the West Australian Chapter Committee for the Financial Planning Association of Australia (the FPA) and is also the managing director of a privately owned non-institutionally aligned financial planning and investment management practice in Dalkeith.

His speciality is in the delivery of complex strategy advice in the areas of portfolio investment management, superannuation and retirement planning, self-managed and small APRA superannuation funds, taxation planning and estate planning; topics in which most members would be vitally interested.

Visitors to the meetings are always most welcome.

For more information please contact: Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

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### 50 years of flowers

THIS YEAR the Western Australian Chrysanthemum Society Inc celebrates its 50th anniversary with both recent and some of the founding members, many of whom are still active and growing beautiful flowers, in attendance.

The Society will also host the Australian Chrysanthemum Council's Australian Championship this year, which only comes to Perth

once every five years, so 2015 is a very special show. The show will be held from Wednesday 6 to Saturday 9 May during shopping centre hours at a new venue - the Forrestfield Forum Shopping Centre, 20 Strelitzia Avenue, Forrestfield.

For more information, please call Leila Blackwell, show secretary, the Western Australian Chrysanthemum Society Inc. on 9534 8238.

### Citi Older women's network

THE GROUP meets every third Friday of the month at 1pm At Citiplace community centre Perth railway station concourse for speakers outings and friendship.

Next meeting will be on Friday 17 May. All welcome. More info on 9493 2734.

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### Scottish clans picnic

CLANS DONALD, Elliot, Forsyth, Keith, MacFarlane, Mackay, MacLean, MacLeod, MacGillivray, Munro, and Donnachaidh (the Robertsons, Duncans and Reids) are holding a joint picnic on Sunday 26 April, 2015 starting at 11am at King's Park on the back lawn area behind the Light Horse Regiment Memorial.

Take the off-road alongside the Old Tea Pavilion, on Fraser Avenue.

A welcome is extended to all who are interested in Scottish and Clan heritage, wish to exchange news and information and enjoy a day in the Scottish tradition with Scottish and Gaelic music and piping.

Bring BYO folding chairs, lunch, drinks and a card table.

For more details please ring Shirley on 9457 1945, or Jack on 9330 1812.

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### Don't miss the final Cottesloe State School reunion

A REUNION for students from the 1940 6A and 6B classes will be held on Monday, 13 May from 11am to 2pm at the Cottesloe Life Saving Club, Marine Parade, Cottesloe.

As the students are now 87 years young, they intend this to be their last reunion with everyone looking forward to getting together for one final fling.

Could attendees please bring along a small plate to share.

For more information, please contact Muriel Buss 9349 9205 or Mervyn Wright 9385 3503.

# Barbagallo Raceway V8 Supercars



Left to right; Race contenders Brad Elborough - Chaz Mostert and Garth Tander

by Brad Elborough

IT'S the stuff dreams are made of.

In pole position, the man who won his maiden V8 Supercars race, at Barbagallo Raceway in 2014, Chaz Mostert in his Ford Falcon.

Next to him, WA's favourite racing car driver, Garth Tander - well probably second now after Daniel Ricciardo - in his Holden Commodore.

Third on the grid, me, Brad Elborough, behind the wheel of a V8 Supercar for the very first time. I'm too nervous to even register what type of car I'm in.

The lights change quickly, from red, to amber... then green.

We're off - they're off. It took seconds for Chaz and Garth to leave me for dead. By the time they reached the first bend, I would not have even registered in their rear view mirrors.

These cars go fast, but boy are they tough to handle. The slightest movement of the steering wheel can send you off the Barbagallo Raceway track, as I found out several times on the first lap. I didn't need the tow truck though, like I did in training - twice.

Garth told me (after the race) that the grip on the Perth track makes it unique. "I am biased as I grew up here, but it is unique in the way that the grip is deliv-

ered," he said.

"Race track surfaces all age and they age differently and the way it does here is because of the sand that blows across it, so it is unique to other tracks that we race on.

"We classify Perth as a low-grip surface so the tyres wear out very quickly. The little bit of grip that you do have doesn't last very long. "Making the tyre live is a challenge and getting more grip than your opposition is a challenge as well. Then when you come to the race you need a car that consistently looks after its tyre and has better tyre longevity than everyone else.

"Achieving both of those things is a challenge, because ultimately one cancels out the other."

Once I got the hang of the lack of grip, there was no stopping me. My laps got faster and faster the longer I went. These guys were lucky that the race was only five laps.

To make things fair, this was a time trial, not a straight race over five laps. The fastest lap won the day and I wasn't far off the mark.

First place went to Chaz Mostert in 54.725 seconds; second was Garth Tander in 54.886 seconds; third, Brad Elborough in 71.100 seconds.

Not too bad for a rookie.

I'd probably not have performed so well in a real V8 Supercar though. We were

in a motor racing simulator at Ignition Racing in Wannara.

With surround sound, vision and motion, these machines put you behind the wheel of a powerful machine where you can push yourself to the limits without having to risk your life.

I must admit, I had to turn the motion simulator off, because I was feeling a bit sick, but so did Garth!

I'll be in the stands in the first weekend in May (1-3) when the two boys return for the next leg of the V8 Supercars Championship.

Garth is currently in fourth spot in the series' leaderboard on 457 points, with Jamie Whincup leading on 483. Chaz is in 10th spot on 296.

The Perth SuperSprint comprises three packed days of racing - with the V8 Supercars Championship as the main feature, supported by the Dunlop Series, the V8 Ute Championships and local Saloon Cars, Formula Vee and a full grid of improved production and street cars.

There will be two 60 km V8 Supercar races on Saturday and a 200 km V8 Supercar race on Sunday. The event provides Western Australian fans with the only opportunity to witness live V8 Supercar racing action, and more than 40,000 fans are expected to attend over the three days of adrenalin-fuelled racing.

"It ticks all of the boxes as far as a car race is concerned," Garth said.

"It has its own challenges. The lay out itself promotes good racing - so as a spectacle, it's fantastic.

"The track is one of the shortest ones we go to, it is only 2.4 km long, but the plus side is we are coming back past the fans every 55 seconds - you are seeing plenty of action, cars have got a fair bit of attitude on them."

Tickets are still available and start at just \$15 for kids and \$25 for adults on Friday (including an extra round of practice this year), and \$40 for kids and \$50 for adults for Saturday or Sunday's racing. Kids under 13 get in free with a paying adult all weekend. Grandstand, weekend and paddock pass tickets are also available.

For info on the V8 Supercars, visit [www.v8supercars.com.au](http://www.v8supercars.com.au). For tickets, which includes free public transport to/from the event, visit [www.ticketek.com.au](http://www.ticketek.com.au). For information on the motor racing simulators, visit [www.ignitionracing.com.au/](http://www.ignitionracing.com.au/)

**WIN WIN WIN**  
*Readers of Have a Go News have a chance to be at Barbagallo Raceway to see the boys tear up the track. Up for grabs are three double general admission passes, to the three day event.*

*To be in the drawer to win a pass simply email [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) or write Barbagallo Competition PO Box 1042, West Leederville 6901 ends 24/5/15.*

## Volunteers with Parkinson's wanted

PARKINSON'S Disease can lead to problems with thinking, planning and memory. Blake Lawrence's study is examining whether brain training and brain stimulation can be used to help improve problems like these in people with Parkinson's.

Brain training is a way of engaging the parts of the brain responsible for thinking, planning and memory and involves completing a few puzzles each day.

Brain stimulation involves passing a small current through the part of the brain responsible for thinking, planning and memory - which is safe and painless.

If you would like more information about this research or if you would like to participate in Blake's study, please contact him via phone 0415 621 061 or email [blake.lawrence@postgrad.curtin.edu.au](mailto:blake.lawrence@postgrad.curtin.edu.au).

## Are you at risk of diabetes?

T4DM is a research clinical trial funded by the National Health and Medical Research Council of Australia, to see if testosterone together with a healthy lifestyle programme can prevent the progression of Type 2 diabetes in men aged 50-74 years with impaired glucose tolerance or can normalise glucose tolerance in those with newly diagnosed Type 2 diabetes (t2DM).

They are actively recruiting right now at Fiona Stanley Hospital and Harry Perkins Research Institute for men in this age range with a waist circumference of 95cm or more. Men will be screened before enrolment to ensure they are eligible for the study. They will be carefully monitored at each three monthly visit if selected.

All men who are selected will receive free Weight-watchers and either an intra-muscular injection of testosterone or a placebo and be part of medical research making a difference in men's health.

The principal investigator

at this site is Professor Bu Yeap.

Men can complete the first part of the screening process directly by logging onto the website [www.t4dm.org.au](http://www.t4dm.org.au). Alternatively ring Helen Daniels, study nurse on 0498 588 482 or 08 6151 1138 Email [helen.daniels@uwa.edu.au](mailto:helen.daniels@uwa.edu.au)



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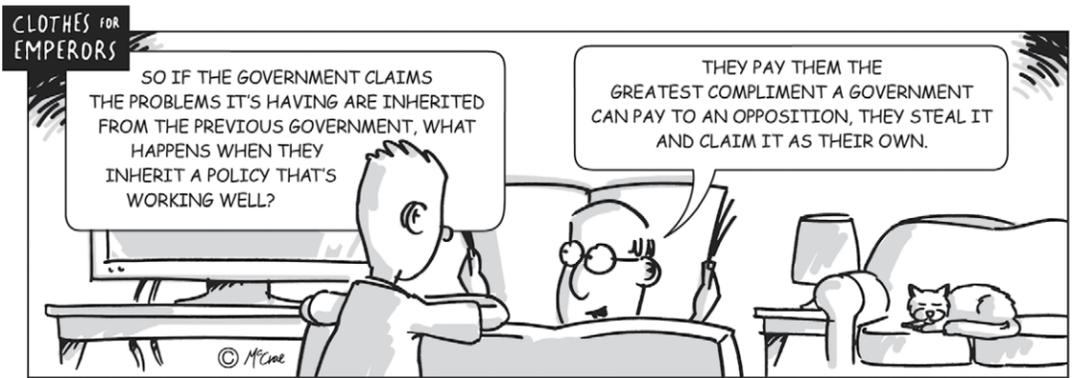
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**Letters to the Editor**

*Submissions may be edited for clarity and space.*

DEAR Editor,  
 Thank you for correcting Mr. Philip Harris and hopefully informing all your British readers that no more than 50 cents per additional \$1 will be taken from any increase in UK pension for which BPiA are campaigning. Too few of our British pensioners are aware of this fact and are consequently dismissive and show enormous apathy to our efforts to extract the extra pension from the British Government to which we should be entitled. It is now clear from polls that less than 40 per cent of the UK population are aware that the British government practices this unfair selective pension policy. UK state pensions are uprated each year in countries like in Spain,

the USA, Israel, the Philippines but remain frozen for many of us, mostly pensioners in Commonwealth countries. To counter Mr Harris's argument, if he should be given an extra \$100/month more by Britain, when we win our campaign for uprating all UK pensions equally and fairly worldwide, then he will get at least an extra \$50/month. If this is added to his taxable income, as fairly as is all other income, the most that will be deducted, if taxed, would be about \$10 leaving him \$40 in front and the Australian Government's budget \$60 to the better plus any GST incurred when he spends his extra \$40. The UK's Pension Minister was reported in Hansard as saying by freez-

ing a few British pensioners pensions; "The British Government are free riding on the welfare states of countries that British citizens are moving to ... we are asking other countries taxpayers to support our pensioners." BPiA is fighting to improve the retirement of UK pensioners here in Australia, Canada, South Africa etc., as well as the Australian budget. So come on-board and help fight for justice to remove the immoral British pension regulation which discriminates against us. Call us on 1300 308 353 or 6364 0859 and visit [www.bpia.org.au](http://www.bpia.org.au)  
 Kind Regards  
**Jim Tilley**  
**Hon Chairman, British Pensions in Australia Inc.**

DEAR Editor  
 I just want to thank you so much for the competitions you run. I recently won a double pass to Reading Cinemas, and it was a joy to be able to take my grandchildren to see a movie I otherwise would not have been able to afford as a pensioner! Thank you also for a couple of books we have won over the past couple of years too! They were really appreciated. Hope you are having a wonderful day, and I love the newspaper!  
 Regards  
**Merrill Leach Lesmurdie**

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*Artificial Lawn*

DEAR Editor  
 Much has been said about the advantages and disadvantages of artificial lawn, over the past few weeks. I would not know why a council would disapprove of a resident having artificial lawn on their verge when it looks so nice. I am pleased that I live in a suburb where our City Council, not only approves of artificial grass being placed on the verge, they have put it around the public areas of our local shopping area. It has been there a few years now and looks as good as the day it was put there. This was one of the reasons I decided to have it installed on our front lawn and the narrow verge. As we were on reticulated scheme water on a time clock, watering twice a week, we found that it was impossible to have a nice natural lawn. It was also impossible to water the narrow verge without wasting water which overflows onto the road. We are also doing our bit to conserve water. If any *Have a Go News* readers have a small area of lawn, artificial grass is the answer. It is affordable and it always looks nice and it takes the worry out of trying to keep it looking good.  
**Frank Granger**  
**Applecross**

DEAR Editor  
 Help those facing horror. Humans have an astounding ability to ignore horror. Particularly when it's not happening to us. How else can we explain the stunning lack of interest in the world's biggest humanitarian crisis? Four years of terrible violence in Syria, 16 million people needing aid and yet donations to Syria appeals have slowed to a crawl. Is it that Australians don't care? I hope not. Or maybe we can't see how to make a difference in a crisis this huge? Two out of three Syrian people need aid, yet Syria is often forgotten here in Australia. Imagine if two thirds of your community, your city or your country needed a hand with the basics like food, water and hygiene items to survive. The basic health and dignity of Syrian people are unacceptably compromised. But small practical contributions can help people survive. We're aiming to provide Syrian families with personal care essentials: toothpaste, soap, toilet paper, sanitary pads and much more, complementing other life-saving services that we support. We may not be able to solve the Syria crisis overnight, but in small ways we can make life more bearable for people trapped in its horror. Please help at [redcross.org.au](http://redcross.org.au).  
**Peter Walton**  
**Head of International Programs, Australian Red Cross**

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# Shirley's dancing talents captivated Perth over the years



Shirley Bickley and Edgar Peters

by Adam Penn

WHEN it comes to dance, Shirley Bickley is a household name in the Perth area, especially in Fremantle where she has long connections.

Born in North Fremantle on the 31 May 1935, Shirley attended primary school in Northam where her father

worked on the railways. She returned with her family to Fremantle to attend St Joseph's High School, followed by a year at teachers training college.

But the lure of dance proved too much and, at 21, she decided to tackle it seriously. Shirley began learning at Wrightson's Dance Studio, Victoria Hall, Fremantle,

dancing ballroom (standard) with Jim Mashmedt and latin with Roy Mavor, achieving her first qualification in ballroom in 1959.

She danced her Latin Oscar with Roy Mavor at the Embassy Ballroom in 1960 just before leaving with friend and dance colleague Pat Hoare, for Rome for the Olympic Games.

After the Olympics and travel in Italy, Shirley ended up in London where she took up a teaching position with the Albert Morgan School of Dance, teaching both ballroom and Latin and studying for a degree in each style with the Dance Teacher's Association, subsequently the International Dance Teacher's Association.

After some time in London, she teamed up with a couple of girls from Australia and drove around Europe, taking in all the sights including a bullfight in the south of Spain, which both horrified and distressed her.

At the end of her European tour, she returned to London where she met and married Alastair McKay, travelling home to Australia in 1963, and starting a family. The couple's first son Alastair (later to become a success-

ful dancer), was born in late 1963 with Andrew following in 1966, a year after Shirley started her school at the Hilton Progress Hall on Paget Street where she continued to be a familiar face in the community and dancing fraternity until the late 2000s.

Shirley joined the executive of WA Dancing Masters (WADMA), now Dance Masters International of Australia (DMIA) in 1963, serving as president for six years in the mid 1970s. She has served continually on the executive for 50 years, currently holding the vice-president's title. She has also held an executive position on the WA branch of the Australian Dancing Board for more than 40 years, having been president for 15 years.

In 1975 Shirley commenced running the City of Fremantle championships as part of the Festival of Fremantle in the Town Hall with dancers representing all areas of WA including Geraldton, Bunbury, Albany and Perth. Moving the event to John Curtin Senior High School the following year, she eventually took the championship to the Fremantle Terminal where it remained until 1999. After having run the champi-

onship for 25 years, Shirley retired from the production role, handed the event to the DMIA, who continue to host the championship as a feature on the WA dance calendar.

Specialising in junior formation dance, Shirley has coached teams that have won WA, South Pacific and Australasian championships, along with taking the first Australian junior formation team to Blackpool in 1979. Shirley fondly remembers how she had to rehearse the Blackpool orchestra to play the brand new Australian National Anthem, *Advance Australia Fair* the night before the teams were to enter to their respective anthems.

On arriving in the ball-

room, the compere asked what we feed them on Down Under? after seeing the height and stature of the Australian dancers.

The crowning moment for Shirley was when her adult and junior cha cha formation teams won their respective titles at the 1980 World Championships in Perth.

Shirley decided to broaden her career horizons in 1988, successfully running for a position on the Fremantle City Council, the year in which her junior formation team titled Ballroom won the bi-centennial championship title in Queensland. She has been awarded numerous accolades and awards for her work for the community,

both through council, charity work and dance, Shirley retired from Fremantle council in 2009, while continuing her efforts with dancing in WA.

Shirley is very proud of her work in her craft and continues her love of dance and teaching. She wants to continue teaching and sharing the magic of dance with the people of WA for many years to come.

Anyone with historic photos or stories for Adam Penn's dance series can contact Adam at tophat97@optusnet.com.au or mobile 0412 361 917.

## White porcelain - decorated unashamedly!



Jug by Irena Kopec

THE West Australian Guild of China Painters is presenting an exhibition of intricately decorated, kiln fired porcelain for lovers of fine china.

The Guild is Australia's oldest china painting association and it will celebrate this fine art with an exhibition of its members' work in May.

Artists were given the theme 'Unashamedly Decorative' to interpret and inspire innovation. Several hundred pieces of hand painted porcelain will be on display and artists will be on hand to demonstrate china painting techniques.

The Guild has been promoting the art of china painting since 1964. The exhibition is a great opportunity to see some of the best porcelain artists in Australia exhibiting both contemporary and traditional work. Glorious colours, golden hues, artistic application of texture, lustre and metallic will adorn a variety of porcelain shapes. Countless hours of work, individual style and methods ensure each piece is an original and unique work of art.

The exhibition is also a once-a-year opportunity to see the Guild's collectables - a fascinating porcelain collection reflecting trends in china painting over the last 50 years.

It will be held at the historic Guildford Town Hall, corner James and Meadow Streets, Guildford on Saturday and Sunday 2-24 May, between 9.30am and 4pm. Entry is free with some work available for sale.

For more information about the WA Guild of China Painters or the upcoming exhibition please visit the Guild's website [www.chinapainterswa.asn.au](http://www.chinapainterswa.asn.au) or phone president Heather Taylor on 9337 3228.

## Old Kingswoodians College reunion

THE Kingswood Girls 40 Year Reunion will take place on the Graeme/Victoria Girls Weekend, 31 July to 2 August 2015 in Grahamstown Eastern Cape, South Africa.

The reunion will focus on the ladies who arrived during 1973 - 1979 from pre-primary to post-matriculation. But Old Kingswoodian ladies from later years are very welcome too.

Enquiries regarding this event and the OK Club in Australia, please contact: Shirley Birch email: [Shirley.v.birch@gmail.com](mailto:Shirley.v.birch@gmail.com). Telephone 9942 5902 or Belinda Eisenhauer email: [beaemgm25@yahoo.com.au](mailto:beaemgm25@yahoo.com.au). Telephone 0448 260 055.



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THE UNIVERSITY OF WESTERN AUSTRALIA



Brian French

by Brian French

INEVITABLY, for each of us, the pace of life changes and slows with the passing of the years.

While this change of pace can offer a really pleasant opportunity to just sit at home and quietly reminisce and/or reflect on the good times past, it is also offers an opportunity to remember the not so good ones.

I like to think back on my childhood as a wartime evacuee living in the City of Bath. The months of April 1941 and 1942 were not pleasant.

During that time, we endured three nights of heavy

bombing resulting in two or three thousand civilian deaths and casualties, and as a 10 year old, I found those nights pretty scary.

Now, all these years later, it's April 2015, and here I am sitting comfortably at the computer in our own home in sunny Perth. How lucky can one be?

Speaking of contemplating, I read an article recently that pinpoints the age of 41 as the moment when we stop caring what other people think of us. This evidence was taken from a poll which found that passing 40 takes us to a state of mind where we just throw caution to the wind. I wonder if this is really true!

Once again I've been looking at the UK weekly newspapers for snippets of information that may be of interest to readers.

The first thing that strikes me is the way the UK is on the way up economically.

Its recent budget is remarkably promising for most people which, is of course to be

expected with a general election in the wings.

However, it's not all down to the flannel because the inflation level has plummeted to an all-time low and there are plenty of handouts such as a cut in beer prices and even in taxes. So, if you plan to holiday in the UK, now's the time to do it.

Sadly, there is still the problem of loneliness in the wider community with a study suggesting it is as big a killer as obesity and as dangerous to health as smoking 15 cigarettes a day.

Although I don't know how this can be proved, I'm sure lonely people out there would agree.

Before writing this column on Good Friday, I read an article that suggested an archaeologist may have found Jesus' childhood home in Nazareth.

While I think it would be almost impossible to irrefutably confirm this, from his evidence presented, it certainly sounds feasible. If proven, no doubt, it will very quickly be-

come a shrine for Christians around the world.

The latest information received on what we need to do to live longer and more fruitful lives comes from Finland and encourages us to exercise moderately for at least half an hour per day. Regular exercise helps to lower your risk of cancer with walking as good a way as any to achieve this.

As with many readers, I seem to have heard this advice before?

We are also encouraged to boost our brain cell capacity by participating in problem solving exercises such as puzzles, chess and bridge. (I love crossword puzzles which I do every day - but not always successfully).

Are you sleeping well? Apparently a good night's sleep is the key to allaying a host of killer conditions - or so yet another study tells us.

According to research, those who go to bed early and rise early are less likely to develop Alzheimers, heart prob-

lems, depression and more.

Good night all!

My wife Mary is a little sad: her favourite television series *Downton Abbey* is coming to an end. *Downton* was a program that she would not miss. While Mary enjoyed the grand scenery, it was the quality of acting of all members of the cast and particularly the superb Maggie Smith that she so enjoyed.

The 100th anniversary of Gallipoli will be with us in a few weeks and reminded me of a letter I read recently by an Aussie Brit (like me) titled *Injustice*.

This quite long letter raised a couple of points worthy of comment.

He says when we leave the country of our birth to settle in other lands we do forfeit some aspects of the privileges that the former country allowed us. I accept this and agree, but it should be applied to all emigrants.

The other point he made is the lack of recognition given to the vast number of British

and other nationality soldiers who died with the Aussies in Gallipoli under the command of the totally incompetent English general Staff. The difference, I suppose, was the more appalling effect the deaths had on Australian life throughout the country. I do not want to make any comment except to say I have been an Australian for over 26 years and know how the birth of the nation's spirit came from Gallipoli.

Now away from the serious to my usual titbits which I hope readers will enjoy before I close.

My young grandson called the other day to wish me *Happy Birthday* and asked me how old I was. I told him "80". My grandson was quiet for a moment and then asked "Did you start at '1'?"

A little girl was diligently pounding away on her grandfather's computer. She told him she was writing a story. "What's it about?" he asked.

"I don't know, she replied "I can't read".

*I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last she headed for the door, saying, "Grandma, I think you should try to figure out some of these colours yourself!"*

*After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"*

Hope you enjoyed the above.

Have a safe and happy month.

Brian French  
bfrench792010@hotmail.com

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THE Town of Claremont's Freshwater Bay Museum's latest exhibition, *The Western Suburbs at War*, focuses on the First World War and the involvement and impact on the western suburbs community. The exhibition incorporates a number of themes based around the First World War - some are general (nursing display) and oth-

ers are more specific to the Freshwater Bay area which encompasses Claremont, Nedlands, Dalkeith, Mosman Park, Peppermint Grove and Cottesloe.

The exhibition features displays about the 10th Light Horse and the 44th Battalion - a battalion that was raised in Claremont in 1916, (their colours are on loan from the Western Australian Museum).

## Freshwater Bay Museum - World War I Exhibition

This has been a community project as researchers from the museum have gathered local stories from the community members about their relatives. These stories have been used in a variety of ways - some stories were used in displays - the mourning dress in the remembrance room is an example. Also in the remembrance room there's a video loop that features six stories about people from the community and their involvement during the First World War - it gives some different perspectives. One story is told through postcards to a child from his father while he is away fighting. The remembrance room also highlights the way we remember the First World

War with monuments and the like.

There is also a companion book that goes with the exhibition, it goes into more detail about the First World War and also contains some community stories that were not used in the exhibition.

The Museum is located at 66 Victoria Ave., Claremont in the scenic Mrs Herbert's Park. It is open Monday to Friday - 1pm to 4pm (earlier by arrangement for group bookings) and on the first Sunday of every month from 2-5pm. The exhibition runs from now until 18 December.

Free parking is available next to the museum complex and a gold coin donation is required for entry to the exhibition.

## Baby boomers and country rockers dance nights

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# ANZACs in Egypt featured at Curtin Gallery until October



Photograph - Together 100 Years Apart

by Frank Smith

A HISTORIC photograph of men of the ANZAC 11th battalion posing on the great pyramid of Khufu (Cheops)

Pyramid at Giza, Egypt, taken on 10 January 1915 will be the centrepiece of a display at the John Curtin Gallery until October this year.

On Sunday, January 10,

1915, Captain Barnes recorded in his diary: "After church this morning the whole battalion was marched up to the pyramid (Old Cheops) and we had a photo taken of at least

several of them."

He concluded that for many of the men this would be the last photograph to be taken. Captain Barnes was himself killed in the Dardanelles on 28 April, 1915.

The 11th Battalion, A.I.F. (Australian Imperial Force) was raised in Western Australia within weeks of Britain's declaration of war in August, 1914. The battalion arrived in Egypt in December 1914 to train for the Gallipoli campaign and formed part of the first contingent of troops to depart Australia in 1914.

The photograph, entitled - Together 100 Years Apart - was installed on 26 March at the John Curtin Gallery. The print is a huge 10m x 6m - almost filling the main wall of the gallery's Atrium.

This image shows 704 men from the battalion's total complement of 1,023. The pyramids at Giza formed a majestic backdrop for thousands of ANZAC troops at the Mena

training camp on the outskirts of Cairo, Egypt.

Three months after this photograph was taken, many of these men were amongst the first ANZAC troops to land on the beaches of Gallipoli in the early hours of Sunday 25 April 1915.

Curtin Gallery, together with the WA Genealogical Society are hoping to identify many of the men.

Chris Loudon, webmaster of the WAGS said the society has identified 239 so far.

"Allan and Raye Ellam at the Princess Royal Fortress Albany Museum identified 125 men working from 1980s with a magnifying glass. Some were initially incorrectly identified and have since been corrected. Some parts of the image are not particularly crisp.

"We now know 239, others are coming in at a dribble.

"We are asking relatives to compare the image on the WAGS website with any pho-

to they have. If you think you have a match, please send a copy of your photo to WAGS for independent assessment at: [vigilans@wags.org.au](mailto:vigilans@wags.org.au)."

Chris Malcolm, curator of the Curtin Gallery said the photograph will be joined by other items exploring events before and after the photograph was taken.

"We are planning a presentation by a host of people including RSL, WAGS and university experts on 23 April.

"The image was first published in March 1915 in a Perth newspaper. Readers then were asked to identify the men.

"The original image was made on a glass plate negative. We don't know the size but the resolution is amazing," he said.

"Our aim is to promote awareness of the commemoration of the Gallipoli campaign, to assist WAGs in its identification project and to inform living descendants about their ancestors; the soldiers who took part in the Gallipoli campaign."

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## The worried well



by Rhonda Parker  
CEO Alzheimer's WA

THE National Dementia Helpline run by Alzheimer's Australia WA frequently hears from people concerned about their memories. The medical profession sometimes refers to them as the 'worried well'.

It seems the older we get the more we forget, and the more we forget the more we worry. I don't want to trivialise this in any way, but I do want to clarify the difference between forgetfulness and dementia.

Are any of these scenarios normal to you? You often have no idea where your car keys are; you know you have something on Saturday but what it is, you can't remember; you love that actor in that movie but their name and what the movie is called

at the moment is a complete mystery.

In fact, people of a certain age can often cite a string of things they forget, especially in the moment. We remember our kids' birthday parties 25 years ago, but where did I put the remote control? It is a frequent topic of conversation once you are over 50.

Does this forgetfulness mean you have dementia? I will quote from the TV ad for the National Dementia Helpline because the point it makes is very pertinent; there is a difference between forgetting your daughter's birthday and forgetting you have a daughter.

We all forget things from time to time, but the loss of memory with dementia is very different. It is persistent and progressive, not just occasional. It may affect the ability to continue to work, or carry out familiar tasks.

There are a number of things to consider before you start worrying about forgetfulness. Forgetfulness can be a normal part of ageing. Dementia is not a normal part of ageing. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't

remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems.

To quote the author William Gibson: "Time moves in one direction, memory in another." The statement is a generality for many people but I would imagine if I surveyed readers over 50, forgetfulness would be a frequent change people see in themselves.

Forgetfulness could be many things besides normal ageing. There is a condition called mild cognitive impairment (MCI) which causes a slight but noticeable and measurable decline in cognitive abilities, including memory and thinking skills.

Changes can be serious enough to be noticed by the individual experiencing them but not severe enough to interfere with daily life or independent function. Not all people with MCI get worse and some eventually get better. MCI is not dementia.

If you are worried I implore you not to self-diagnose. Your

first consideration, if you have concerns about your memory, should be to see your GP as early as you can.

A complete medical and psychological assessment may identify an easily treatable condition.

Testing would likely start with a detailed medical history. This helps to establish whether the symptoms have been slow or sudden, and what impact they are having on your life. A physical and neurological examination is also common. Cognitive evaluations and/or neuropsychological testing of abilities/issue areas such as memory, reading, comprehension, insight and judgment are common in diagnosis as these abilities may be affected by dementia.

There may also be psychiatric assessment to identify treatable disorders such as depression, which can mimic dementia.

There are laboratory tests, including a variety of blood and urine tests called a dementia screen to test for a variety of illnesses which could be responsible for dementia-like symptoms.

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Left; Karen Majer Right; Mowen cartoon courtesy of Kevin Schaffer



by Karen Majer

THE community of Margaret River made history in February by raising money to 'buy' an area of native State forest from the Government to save it from logging. The Save Mowen Forest group offered the State Government \$90,000 – the estimated net income the Forest Products Commission (FPC) would make from logging 1600 hectares of the 8000 hectare Mowen Forest – in return for protecting the forest habitat. To put this amount in perspective, a 1.1 hectare bush block in nearby Margaret River is currently on the market for \$498,000.

Protests began in November when the community got wind

of plans for imminent logging in Mowen Forest. The Margaret River Regional Environment Centre led the charge by initiating a community petition to stop the logging. Over 100 people heard a presentation by local geologist and long-time forest conservation campaigner Peter Lane, quoting data from FPC reports to show that logging native forests in south-west Australia is unsustainable and loss-making.

"For the 2013-2014 financial year, the FPC reported an after-tax loss for south-west native forest logging of \$10.4 million. Since 2007, the State Government has given \$101.7 million to FPC to remain financially viable," he said. "As well as draining state resources,

state-subsidised native forestry competes unfairly against plantation timber, hurting many farmers and investors in plantation timbers."

The community put their case to the Shire of Augusta-Margaret River Council, who voted 6-1 to protect Mowen Forest. The petition to prevent logging, with more than 1600 signatures, was presented to the WA Legislative Council in late November.

Angry at the prospect of damage to the forest and loss of wildlife habitat, a group calling itself Save Mowen Forest launched a campaign to raise \$90,000 through crowd-funding and pledges to pay the State Government to permanently abandon logging there.

They set up a forest camp and organised peaceful community meetings and protest rallies. When logging started in February, volunteers observed logging activities. The group initiated non-violent direct action, which they say is a last resort. Two people were summonsed for locking themselves to bulldozers in protest against the destruction of old habitat trees and operation of chainsaws and machinery during a total fire-ban period.

Incredibly, local people chipped in and reached the \$90,000 target. Community members representing a broad spectrum of interests travelled

# What is a forest worth in Margaret River?

to Perth to rally outside Parliament House and present a cheque to the Government in return for a Memorandum of Understanding that the forest would be protected. The offer was rejected and logging continued.

Any attempt to characterise this as a case of greens and tree huggers trying to stand in the way of industry would be wrong. The broad base of community desire to protect the forest is apparent from 1600 signatures, support from the local council, the amazing response to the fund-raising campaign and backing of celebrities including author Ben Elton.

Naturally not everyone in the Margaret River region is anti-logging, but those who are opposed cannot be pigeonholed. They are people from teens to 80s, including retirees, scientists, artists, farmers, business people and local developers.

The native forestry question spans economic, environmental and social issues, many of which have changed since the FPC was established 15 years ago. Mr Lane said that based on available figures, a proper business case would probably rule out logging Mowen Forest on economic grounds alone, let alone ecological concerns and the negative impact of logging on the region's ecotourism reputation.

"The quality of forest sawlogs extracted from our south-west forests is in catastrophic decline," he said. "Jarrah premium, first and second grade sawlog production has fallen from 324,000 tonnes in 2002 to a mere 1,600 tonnes in 2014. Consequently the FPC is searching for buyers of low quality jarrah sawlogs.

"The logs taken from Mowen Forest will end up mainly as firewood and charcoal, poor

quality timber products. Those who argue that it is inconsistent to live in a timber house and protest for forest conservation ignore the fact that harvesting low-grade timber won't help build local homes."

Environmental issues have become even more pressing. Biodiversity decline and the need to lock up carbon as part of the response to climate change stack up against logging native forest.

"Climate change has added to the value of intact forests," Mr Lane said. "Carbon storage by forests is considered a relatively inexpensive means of addressing climate change, and old trees are known to absorb more carbon dioxide than young trees. Leaving the trees to grow is an investment."

Australia is facing an extinction crisis and has the unenviable distinction of the worst mammal extinction rate in the world and the largest documented decline in biodiversity of any continent over the past 200 years. The south-west corner, a recognised global biodiversity hotspot, is under particular pressure from a drying climate and other impacts of clearing and climate change.

Nearly 90 per cent of all eucalyptus woodlands has been cleared throughout the south west. Within this dire scenario, Save Mowen Forest supporters argue that the remaining native forest should be protected from logging.

In rejecting the community's offer to save the trees, Premier Colin Barnett said "the old growth forest is protected – large areas, massive areas. But we also have a forestry industry and this has been one of the blocks that will be forested, and it will re-grow. This is not old growth forest."

Mowen Forest does not fit the criteria for identifying and

protecting old-growth, but it does not fit the FPC definition for regrowth forest either. Mowen exhibits the full range of age classes and species richness and diversity that make up an intact jarrah forest ecosystem. It has not been subject to gap creation or other intensive, present day logging regimes.

Although not pristine – areas have been selectively logged – the forest provides habitat for native species, many of which are threatened or endangered. They include brush-tailed phascogales (small carnivorous marsupials), western falspistrelle bats (a priority four threatened species), brush-tailed possums, brush-tailed wallabies, vulnerable red-tailed black cockatoos and endangered Baudin's cockatoos.

"The conversation has progressed beyond the need to simply protect old-growth forests," Save Mowen Forest spokesperson Naomi Godden said. "Native forests have far greater value standing than they do as low-value products like firewood, charcoal and woodchips. Mowen Forest is valuable to the Margaret River community, who have made their wishes very clear."

This community wishes and other social issues, including employment and the interactions, positive and negative, between forestry and other industries, are a complex factor in valuing the forest.

Margaret River's tourism and economy are based on its spectacular environment, whereas Bunbury employment is augmented by silica production which uses charcoal, so priorities are likely to differ between regions. Forestry employs people in harvesting, processing and manufacturing and has flow-on benefits especially in mill towns, but the

number of direct jobs has been questioned.

"There should be no confusion over the extent of employment," Mr Lane said. "Whereas the Minister for Forestry has said the native forestry industry provides 5500 jobs in the south west, it is recorded in Parliament's Hansard that there are 734 registered loggers and truckers in the south west, representing both plantation and native forestry. The Save Mowen Forest group calculate that at most, 352 people are directly employed in native forestry in the region. No statistics are available for direct or indirect employment from logging Mowen Forest but it's likely to be small."

In the context of increasing environmental pressures and changing community values, open dialogue is needed to decide the fate of Mowen and other forests.

The Minister for Forestry has declined to meet with Margaret River's community representatives.

"Our community, with the support of the Augusta-Margaret River Shire Council, is overwhelmingly opposed to the logging of Mowen Forest, and it is very disappointing that in a democratic system, an elected leader refuses to discuss our legitimate and evidence-based concerns," Ms Godden said.

In the meantime pre-dawn vigils, lobbying, fund-raising, community meetings and non-violent direct action continue.

"For the threatened species and their habitat, for clean air and water, for carbon storage and the rights of the people to protect their natural environment, our journey will continue," said Ms Godden.

Find out more: [www.facebook.com/save-mowenforest](http://www.facebook.com/save-mowenforest) and [www.mrrec.org.au/mowen.html](http://www.mrrec.org.au/mowen.html)

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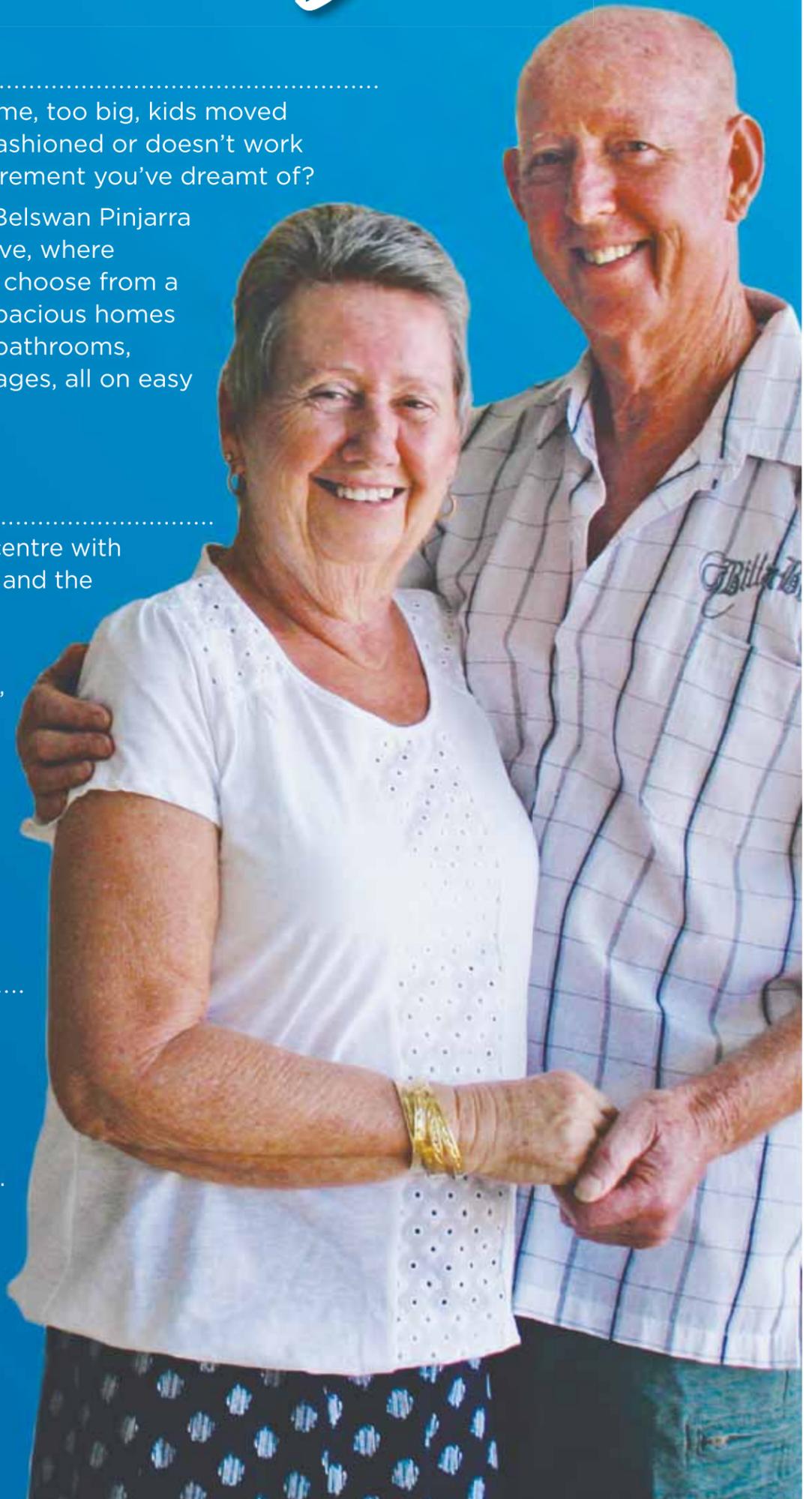
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### Anzac dawn service

IN RECOGNITION of the centenary of Anzac Day I wanted to write something inspiring and befitting this solemn and auspicious occasion. At first I thought I might review the new coin releases from the mints marking the anniversary and reflect on past issues released since 1990 when it was the 75th anniversary, however, because there are so many and I'm afraid to say, somewhat repetitive, I found it difficult to satisfy my urge to inspire. So, and I hope you don't mind, I'm going to deviate this month and, as an Aussie-born to 10 pound Dutch immigrants who came to this great country in 1956, I would like to relate what Anzac Day means to me, but before I do, I wish to also say that my father served in the Australian army for 12 years when I was a young lad and is proud to have done so.

My wife and I have lived across the road from the entrance to Kings Park for 30 years. Every 25th of April we are woken around 5am or before by the sound of Harley Davidsons spluttering and rolling up to park on the lawn at the entrance of Fraser Avenue which is closed to traffic. I get up, make a cup of coffee and look out to see a stream of black shadows slowly walking into the park. Cars pull up and park on the verge, the islands down Kings Park Road and onto the

## Coins with Mickel Smits

grassed lawns at the entrance, the only day of the year such is allowed by the park's rangers, I think, in consideration and for the sake of the elderly.

Young and old peel out of their vehicles and buses and make their way to the monument, silently and solemnly. It is sensorially eerie and emotionally invoking. The black silhouettes transform to shades of dark grey as the very early morning light, before dawn, begins to take over the night sky. By now Fraser Avenue is swarming with people, moving in a gentle wave spreading onto the lawns and embankments, taking up their places amongst the outdoor video screens of which there are many. And there they wait, patiently.

Every few years I'll get dressed and join them. One year when my son was three years old (he's just turned 20) I took him along. There we stood with him in my arms amongst the crowd which was deafly quiet listening to a hymn; at which time he begins to sing the French nursery lullaby, *Frère Jacques*. It was innocently delightful with people turning around and smiling which only encouraged him to continue and so after a bit I had to turn around and walk back a way so as to redirect his attention.

If you've not been to a dawn service, you're truly missing a genuine moment of pride and gratefulness that is otherwise not to be fathomed. To be amongst all those souls, thousands of them, in their silence and contemplation, and to see the serenity and respect in the expressions on their faces during the ode, the last post, the minutes silence, reveille and the sun rising... is just surreal. And at some time during the service, almost without fail, the kookaburras up in the trees will break out into laughter which in itself may also bring a tear to your eye and a shiver down your spine.

When it's over, the sea of people turns and makes it's way back just as it came. An hour later, I look out over to the park and it's as if it never happened, but it did, thank goodness.

Mickel Smits

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Email: smits@westnet.com.au

## Stamps with Mickel Smits

### World's rarest stamp auction mystery

EVERYONE enjoys a story which includes the essences of intrigue and mystery but would you expect to find such in a philatelic tale?

Last year I reported on the sale of the world's rarest and most valuable stamp, the 1856 British Guiana one cent magenta which was auctioned by Sothebys for a new world record of US\$9.48 million. I speculated that it might have sold for more if it wasn't for the fact it's previous owner was a convicted murderer, American, John du Pont, who died in gaol. My reasoning was I felt this would have put some people off wanting to own it. Then in the following month's column I needed to confess my outlook was probably misguided because the balance of his British Guiana collection in which this stamp once resided, was sold by auction at prices that were out of this world, for a total realization just shy of another US\$9 million.

The collection was broken down into 131 lots and offered by Swiss auctioneer, David Feldman. Not only was every lot sold, which is

somewhat unusual in itself but, staggeringly, the realisations amounted to almost six times the pre-sale estimated value. Such an outcome was unprecedented and virtually unbelievable. However, and it's a big however, it has since transpired that 127 of the lots were sold to one buyer which again, is ultra extraordinary and were not paid for. Why? Because he died before doing so.

The buyer, Sheikh Saud bin Mohammed Al-Thani, was a member of the Qatar ruling family. According to *Stamp News* magazine, during the period 1997 to 2005 when he was president of Qatar's National Council for Culture, Arts and Heritage, Sheikh Al-Thani purchased in excess of US\$1 billion worth of art, hence gaining himself the reputation of being the world's biggest art buyer. He was an art collector who had a passion for miniature art, in the form of stamps and coins.

Having been dismissed and charged with misuse of state funds, the sheikh continued to build his private collections. But in time it seems he not only suffered from probably the world's worst case of retail therapy syndrome, he also didn't have enough money to feed his insatiable desires. He became known as being a slow payer and even reneged on some major purchases. Apparently he owed money here, there and everywhere, in particular, US\$42 million to Sothebys, which makes me think it was probably fortuitous the sheikh was supposedly unaware of the earlier sale of the 1856 British Guiana otherwise he may have been into

them for another 10 million.

So it makes one wonder how Feldman got caught out. According to how the sheikh arrived unexpectedly only minutes before the auction began. Now I'm just reading between the lines here, as I'm prone to do, but usually collectors would view lots they're interested in before the sale and so the auctioneer gains an insight not only as to who is participating but also as to what they will be competing for. Because the sheikh's arrival took them by surprise and even though he was no doubt known to them, can you imagine, there and then, having to pluck up the courage to question his credit worthiness? After all, they had no idea of his intention to try and buy the entire collection, likewise, there was only just over US\$1.5 million involved based on the pre-sale estimates. After the sale the issue of payment was raised and, you guessed it, he needed terms which Feldman was forced to succumb to by accepting a 10 per cent deposit with agreed instalments to follow but, four months later, with no further payments having been made, the sheikh suddenly dies, aged 48, which is another mystery in itself.

Feldman et al are now in the process of suing his estate and in the meantime Sothebys have sold his unique Patek Philippe gold watch for US\$24 million which they were holding as collateral. What an untimely sequence of events and, who ever said stamp collectors must be boring?

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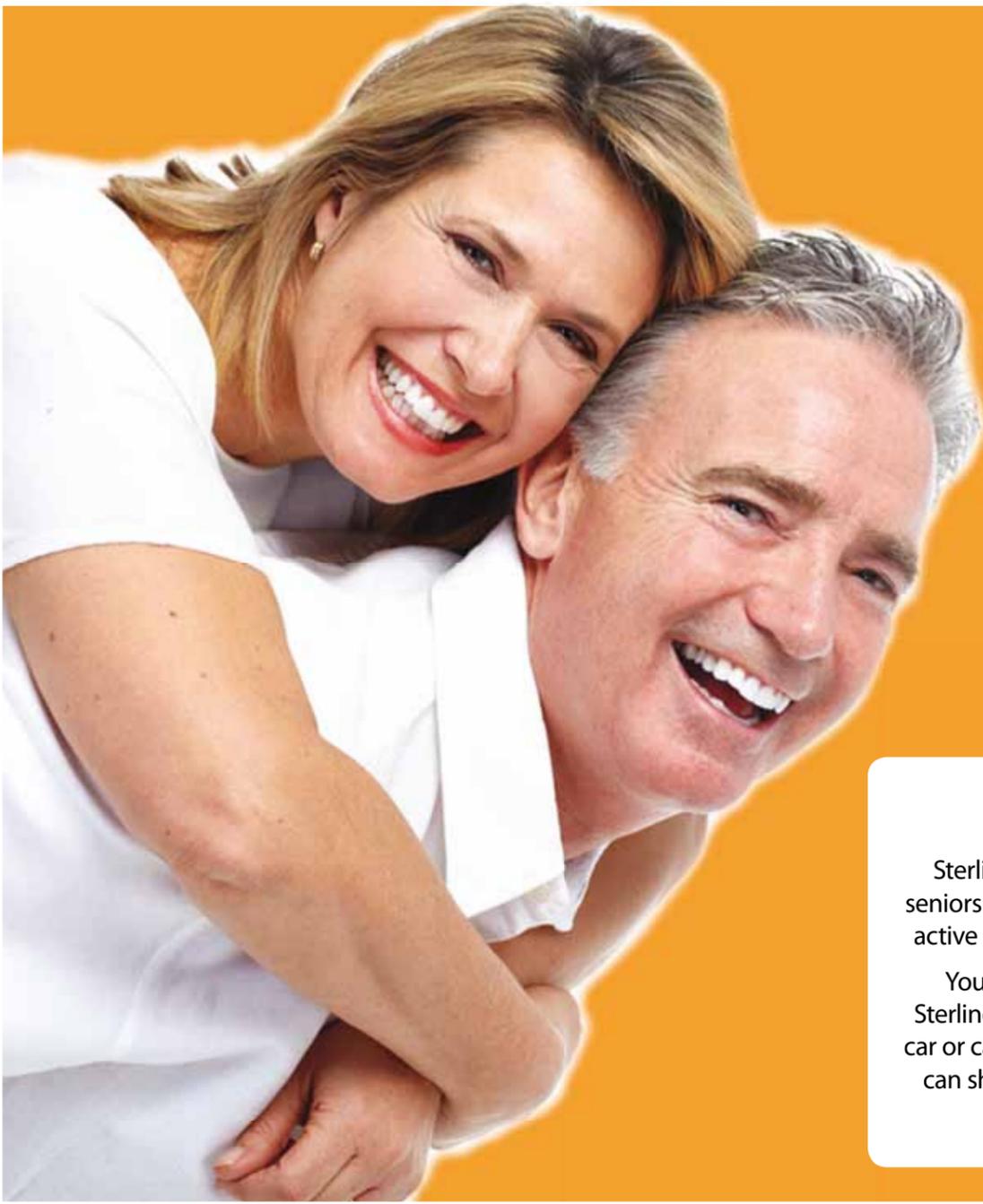
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# Heritage Corner



Top; Blackboy Hill 1918 Courtesy the State Library of WA  
Above; Blackboy Hill Memorial

TWELVE days after the declaration of war, the first troops marched into Blackboy Hill on 17 August 1914.

Blackboy Hill is located in Helena Vale. It was originally part of Captain James Stirling's 4,000 acre Swan Valley estate that he granted himself, soon after the establishment of the

Swan River Colony in 1829. Having passed through several owners, it was advertised for subdivision early in 1914.

From the time the camp was set up, 32,000 men were trained there for the Australian Imperial Force. Astonishingly, at the time, this represented approxi-

mately 11 per cent of the State's population.

*The West Australian* Newspaper reported at the time: "The encampment at Blackboy Hill, Helena Vale, will be started today. The military authorities state that men who have been enlisted at Perth and have passed the medical examination will parade at the drill hall, Francis Street at 1pm today. They are requested to bring with them a knife, fork, and spoon, towel and soap, and a change of underclothing. Men enrolled at Fremantle will leave for Bellevue today by the train starting from Fremantle at 12.30pm."

Western Australia's 11th Battalion was the first raised in the state, and such was the enthusiasm that there were far more volunteers than were first required. Apparently, some of the first to arrive were a group of navvies (a name given to men who built railways) and labourers who had been building the Trans-Continental Railway Line in the Goldfields. It is said that as soon as the men from the railway heard the call for volunteers, they downed tools and went to Kalgoorlie, where they were passed as medically fit and were enlisted. Once signed

up, they boarded a train to Perth and helped establish the Blackboy Hill camp.

The original tent camp was destroyed by a storm and in 1915 a more permanent camp of timber huts with concrete floors was built. The Midland Railway Workshops (established in 1904), whose workforce consisted of a considerable number of European migrants, assisted with the rebuild.

Those trained at Blackboy Hill were well known as some of the strongest, toughest and most highly respected soldiers in the entire Australian Imperial Force. The name Australian Imperial Force (AIF) refers to expeditionary forces raised to fight overseas during the World Wars. It was an all volunteer force which played a significant role in the final Allied victory. The 1st AIF included the Australian Flying Corps (AFC) of four combat and four training squadrons. Following the war the 1st AIF was disbanded between 1919 and 1921 and the AFC evolved into the Royal Australian Air Force.

After WWI, the camp was used as an isolation hospital during the Spanish Flu pandemic which swept the world between 1918 and 1920. The grounds then fell into disuse

until the Great Depression during the 1930s, when it was used to accommodate unemployed men.

A second Australian Imperial Force was raised in 1939 to fight in World War II and once again the camp was in use.

In the 1950s the WA Government decided to develop the site for housing. In 1957 the Returned Services League, learning that the State Housing Commission intended to build housing there, requested a plot be set aside as a memorial to those who trained at Blackboy Hill.

The site was dedicated by Bishop Tom Riley in 1959, the first sod having been turned by Governor Sir Charles Gairdner in 1958. The precinct contains commemorative arches erected in 1962; the memorial seat to honour the Gallipoli legion erected in 1964 and a lone pine tree from Gallipoli planted in 1969.

Today, other than the memorial, there is no trace of the Blackboy Hill Camp and the area is a housing estate and school.

For more information about Heritage Perth, visit [www.heritageperth.com](http://www.heritageperth.com), follow [www.facebook.com/HeritagePerth](https://www.facebook.com/HeritagePerth) or [twitter.com/heritageperth](https://twitter.com/heritageperth)

## More great entertainment at The Hollywood Tuesday Morning Show

by Michelle Davies

JENNIFER Merigan, from *Have a Go News*, took time from her busy schedule to update our audience on what's happening in the city – and tell us of all the prizes to be won!

We were entertained by the delightful and talented Amy Heron, singer, who delighted

us with songs from the big band to Beatles, torch songs to sing-alongs. *Somewhere over the Rainbow* had us reminiscing, *The Rose* was very moving, while *Diamonds are a Girl's Best Friend*, sung in Amy's good strong voice had us tapping our feet.

Amy Heron is much in demand and entertains for retirement and aged care homes,

parties, weddings, funerals, children's parties, cafes and all events. To contact Amy or hear her sing, visit [www.amyheron.com.au](http://www.amyheron.com.au)

Join us every Tuesday from 11am to 12 noon at the Perth Town Hall. Tea and coffee is available until 10.45am for a small donation. For enquiries and information on guests or artists contact 9461 3145.



## Parkland Villas Ellenbrook

# Your very last chance to retire to Parkland Villas Ellenbrook

### Register your interest today

The final stage of Parkland Villas Ellenbrook is due to be completed in 2016. So, if you've been thinking about moving to a vibrant community with exceptional facilities including a Clubhouse, heated pool and bowling green, why not join us for a tour? Come and experience a Swan Valley lifestyle in a resort-style community ideally located opposite The Shops at Ellenbrook, with public transport right on your doorstep.



To avoid disappointment and to find out more, register your interest at [retiretoellenbrook.com.au](http://retiretoellenbrook.com.au) and we'll be in touch.

To arrange a tour and to find out more call Louise 9296 7322



# FUN FOR \$5



**Every day, 13 – 24 April**

Crown Club members who ride the Crown Bus can purchase a Fun Pack for half price. That's just \$5!\*

The Fun Pack includes transport to and from Crown on any of the routes below, lunch at selected restaurants and a bonus voucher for a bit of fun!

**Hop on the Crown Bus for a fun day out.**

\*Valid for Crown Club members only. Non-members can purchase the Fun Pack for \$15. Regular Riders will not be stamped during the promotion period. \$5 Fun Packs refers to daytime visits only. Visit [crownperth.com.au](http://crownperth.com.au) for full details.

## CROWN BUS TIMETABLE

### NORTHERN ROUTES

	TIME	STOP NO.
<b>Alexander Heights (Wed &amp; Fri)</b>		
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
<b>Arrive Crown Perth</b>	<b>10.10am</b>	
<b>Depart Crown Perth</b>	<b>3.45pm</b>	
<b>Joondalup (Tues to Sun)</b>		
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
<b>Arrive Crown Perth</b>	<b>10.20am</b>	
<b>Depart Crown Perth</b>	<b>3.30pm</b>	
<b>Quinns Rocks (Wed &amp; Sun)</b>		
RAAFA Estate, Hughie Edwards Dr	9.28am	18176
Shenton Ave, Currabine 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
<b>Arrive Crown Perth</b>	<b>10.25am</b>	
<b>Depart Crown Perth</b>	<b>3.15pm</b>	
<b>Wanneroo (Tues &amp; Thurs)</b>		
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
<b>Arrive Crown Perth</b>	<b>9.56am</b>	
<b>Depart Crown Perth</b>	<b>3.45pm</b>	
<b>Morley (Tues &amp; Thurs)</b>		
Dianella Plaza Shopping Centre	9.45am	11596
Morley Bus Station - Stand 12	9.54am	11367
Walcott St (after Longroyd St)	10.15am	12631
<b>Arrive Crown Perth</b>	<b>10.34am</b>	
<b>Depart Crown Perth</b>	<b>3.45pm</b>	

### EASTERN ROUTES

	TIME	STOP NO.
<b>High Wycombe (Wed &amp; Sun)</b>		
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
<b>Arrive Crown Perth</b>	<b>10am</b>	
<b>Depart Crown Perth</b>	<b>3.30pm</b>	
<b>Swan View (Mon)</b>		
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
<b>Arrive Crown Perth</b>	<b>10am</b>	
<b>Depart Crown Perth</b>	<b>3.30pm</b>	
<b>SOUTHERN ROUTES</b>		
<b>Armadale (Mon, Tues, Thurs &amp; Fri)</b>		
Armadale Interchange - Stand 4	9.01am	13192
Champion Dr, opposite Coles	9.07am	13051
Kelmescott 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
<b>Arrive Crown Perth</b>	<b>9.50am</b>	
<b>Depart Crown Perth</b>	<b>3.15pm</b>	
<b>Fremantle (7 days a week)</b>		
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
<b>Arrive Crown Perth</b>	<b>10am</b>	
<b>Depart Crown Perth</b>	<b>3.15pm</b>	
<b>Mandurah South (Wed, Fri &amp; Sun)</b>		
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	
<b>Arrive Crown Perth</b>	<b>10.03am</b>	
<b>Depart Crown Perth</b>	<b>3pm</b>	

### SOUTHERN ROUTES

	TIME	STOP NO.
<b>Mandurah North (Wed, Fri &amp; Sun)</b>		
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	
<b>Arrive Crown Perth</b>	<b>10.03am</b>	
<b>Depart Crown Perth</b>	<b>3pm</b>	
<b>Munster (Tues &amp; Thurs)</b>		
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
<b>Arrive Crown Perth</b>	<b>10.20am</b>	
<b>Depart Crown Perth</b>	<b>3pm</b>	
<b>Rockingham (7 days a week)</b>		
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
<b>Arrive Crown Perth</b>	<b>10.10am</b>	
<b>Depart Crown Perth</b>	<b>3pm</b>	
<b>CENTRAL ROUTES</b>		
<b>Roe Street (Mon &amp; Tues)</b>		
Roe St Bus Station - Stand 12	10.30am	26784
<b>Arrive Crown Perth</b>	<b>10.40am</b>	
<b>Depart Crown Perth</b>	<b>2.45pm</b>	

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.



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Front L-R Gordon Medcalf, Sue Pow and Ron Gray with State president Gary Bradley behind

by Wendy Holtom

SEVERAL wonderful volunteers were presented with awards for their outstanding contributions to our sport at Masters Swimming WA's 2015 annual general meeting in February.

**Honour Awards for 15 years Service**  
Gordon Medcalf (Melville) has served MSWA in several areas including his

current technical officiating role as referee since 2002 and presenting at technical officials courses and workshops over the years. Gordon was also State Coach in 1989, 1996 and 1997.

Sue Pow (Beatty Park) has also served MSWA in the same areas as Gordon, as a referee since 2002, mentoring trainee officials plus presenting at technical officials courses and workshops over

## Masters Swimming recognises outstanding volunteers

the years. Sue was also State coach from 1998 to 2001.

Ron Gray (Thornlie) has served MSWA since 2000 when he was State meet director for several years. Ron also qualified as a referee in 2002 and has mentored trainee officials and presented at technical officials courses and workshops. Ron served on the State board for three years from 2002 in the role of director of programs. Ron has been organising the pool officials' rosters for several years as pool officials coordinator and has been the chief referee for MSWA for many years in both open water events and pool meets.

**Excellence Award for 10 Years Service**  
Stadium's Tricia Summerfield has served MSWA on the board as director of coaching since 2005. "Tri-

cia has been the driving force behind the ongoing development of coaches in WA since that time. MSWA has led the way in Australia with accreditation of trainee coaches with Tricia leading our coach education team.

**Merit Awards for five Years Service**

Belmont's Lynne Hunter has been the MSWA's volunteer book-keeper since 2010, having taken over from partner Robert. Keeping it in the family! Lynne has kept the books monthly apart from the odd overseas holiday and has been an absolute pleasure to work with.

Mandurah's Ken Phillip has served MSWA in the technical officiating area since 2009 when he qualified as a referee. Ken has coordinated and presented

at all officials courses and workshops since then in his role as technical officials coordinator, whilst also keeping up his referee duties along the way.

Over the years many readers of *Have a Go News* have taken the step to find out how enjoyable swimming with a Masters Club can be. So if you are a keen swimmer and would like some fitness, friendship and fun, then consider joining a Masters Swimming WA club. Check out our website [www.mswa.asn.au](http://www.mswa.asn.au) for a local club, make contact with them to find out when and where, and have a guest swim, without obligation.

For further information regarding Masters Swimming WA or any queries contact me via [wendy@mswa.asn.au](mailto:wendy@mswa.asn.au).



by Denis Martin

THERE ARE tremendous benefits associated with living a life of exercise and

activity; it builds an attitude of "can do" and "let's do it now!"

However, those of us who have constantly practiced this way of life for three score and more years have to be prepared for some wear and tear on the body.

For the last few years, my lovely daughters have been saying, in the nicest possible way: "Dad, you are bow legged and bent over, maybe it's

## New knees and new phones

time to get the knees sorted!" And, of course they were right.

After considerable homework, discussions with colleagues, consultation with the medical fraternity and even investigations into the possibility of stem cell treatment, it became clear that my only course of action was the dreaded TKR (total knee replacements) - two of them.

I know that there are many of you out there who have already experienced this reasonably invasive surgery and you have your own successful or horror stories to tell and I'm not going to burden you with a running commentary of my experience so far (one down - one to go).

However, may I highlight the key factors that I believe have made my experience one of limited stress and, subsequently, less painful than many who have gone

before me.

For weeks before this event, I cycled every day and maintained a healthy level of leg strength. I carried almost nil excess weight; I actually lost several kilos before the operation.

Mentally, I set my focus on the day after the operation, and did not stress about the actual event - this works for me.

I found the entire experience to be quite fascinating as I have never had an extended stay in a hospital. And I'm sure that there is an element of luck to get the right surgeon and good support staff to ensure it all comes together.

Now the first knee is done and I believe it to be very successful. I am preparing for TKR number two, which I trust will be as good.

Now, (as Monty Python would say) for something

completely different - the world of iPads, iPods, smart phones etc - a world which scares me more and more every day - and my newest discovery.

The time had come; I boldly ventured into a Telstra shop and after a couple of hours of "How does it do that?" - And "You're joking." I left with a new home phone set (three stations) and a 'you beaut' smart phone with access to more apps than you can poke a stick at (there is probably an app for stick poking).

But there is one feature that they did not tell me about - my new phone has the amazing capacity to refrain from ringing, especially when you are waiting for an important call, until it senses that you are about to step into the shower or go to the toilet - then it will ring joyously - how does it do that?

# Simplicity Funerals

Simply Affordable.

With 4 locations in the Perth region there's a Simplicity nearby, or our Mobile Funeral Director can come to you.

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Prepaid funerals available

## COTA has moved...



COTA WA is now located in the Perron Centre in Victoria Park

COTA WA has now moved to new premises in the VisAbility Building at 61 Kitchener Avenue, Victoria Park.

The new PO Box number is: PO Box 923, Victoria Park, 6979, and people can call them on 9472 0104. The temporary fax number is: 9472 0138

The Seniors Housing Centre phone number 1300 734 838 remains unchanged.

Mail and phone calls to the old address/number will continue to be forwarded for the next few months.

Want to become part of a fantastic volunteer team?



- Shopping
- Gardening
- Home visits
- Transport

Volunteer Task Force (VTF) supports frail aged people and younger people with a disability and their carers to live independently in their homes.

If you would like to help us support our clients with weekend and weekday gardening, home visits, shopping or transport, we'd love to hear from you.

Our volunteers are important to us and we offer regular volunteer events, training and reimbursement for out-of-pocket expenses.

Call the office on 9318 5700, email: [volunteering@volunteertaskforce.org.au](mailto:volunteering@volunteertaskforce.org.au) or visit <http://volunteertaskforce.org.au> to find out how you can make a difference.

## VOLUNTEER DRIVERS

We urgently need volunteer drivers to transport our frail aged clients to various appointments primarily within the South West metro area.

We currently operate Monday to Friday between 8am to 4pm and need drivers for these times.

We are also looking to extend those times from 6am to 6pm in two 'shifts' as well as shorter hours on weekends.

If you can help we would love to hear from you.

9331 2933



## Senior's Recreation Council Update



### LiveLighter Activity Aged Care Games Bunbury

ON THE 26 March SRCWA held the Bunbury Region Live Lighter Aged Care Games at the South West Sports Centre, Bunbury.

Hugh Rogers, SRCWA State president opened the games, everyone sang Advance Australia Fair and MC Phil Paddon explained all the games rules.

Sincere thanks to Betty McCleary who entertained the participants during the lunch break with a demonstration of Zumba Gold where she was ably assisted by the Bunbury TAFE students.

The games played were seated hockey, seated pass ball, beanbag toss and skittles with the TAFE students and carers from each agency competing in a fun event.

The winners were Harvey Health Group with 281 points with Capel/Dardenup HACC coming second with 250 points and Pemberton Autumn Club coming third with 246 points. The best presented team was Harvey Health Group.

A big thank you to the Department of Corrective Services Access program for supplying the volunteers to set up and pack down the sports centre and to Barbara Fleay, Bunbury branch president and the Bunbury branch committee and all the volunteers from Bunbury TAFE & Perth who helped make the day such a great success.

### SRCWA Rockingham Branch, Have A Go Day

On Wednesday 15 April, Seniors Recreation Council of WA's Rockingham branch is conducting a Have a Go Day at the Aqua Jetty 87 Wambro Sound Avenue, Wambro.

This free event will showcase club/groups from Rockingham and surrounding areas. There will be many different activities to "Have a Go" at eg; Xbox Kinect, line dancers, tai chi, swing dancing, petanque, pole walking, rock climbing, and many static displays.

For further information please contact Lesley Robson 9593 2419.

This event is Sponsored by ALCOA, City of Rockingham, Aqua Jetty, *Have a Go News*, Stockland, Coates Hire, IGA, Dept of Sport & Recreation and Dept of Local Government & Communities.

### Annual Seniors Ball 2015

The SRCWA annual ball, a Teddy Bears Picnic will be held in the Astral Ballroom at Crown on Wednesday 3 June 2015, 1pm to 4.30pm.

Teddy bears are a favourite with many young and young at heart who are in care, SRCWA would like to invite ball attendees to bring a teddy bear to the ball, the bears can be included as part of the teddy bears photo booth and after the ball be donated to a variety of agencies. Tickets are \$35pp group discounts available, afternoon tea is included, tickets can be purchased by calling 9492 9773.

The live band "Offspring" will provide dance music and the afternoon floor show is by Gary Lynn who presents the "The Swinging Years".

There will be many prizes to be won throughout the afternoon, door prize, spot prizes and free raffle prizes.

This event is proudly sponsored by Crown and *Have a Go News*.

### Have a Go Day 2015 a LiveLighter Event

11 November at Burswood Park 8am to 3pm - REGISTRATION OPEN -

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

Registration forms are now available for clubs/groups, not for profit agencies and commercial entities; forms can be obtained by calling 9492 9773 to register your interest.

This year's event falls on Remembrance Day so this will form part of the focus of the event.

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



Hugh Rogers,  
Seniors Recreation Council  
State President

# Grandma's 1001 Uses For Baking Soda and Vinegar



In this exclusive new 316 page book just released by Nature's Library, "Grandma's 1001 Uses For Baking Soda and Vinegar", you'll find everything you need from health and beauty remedy suggestions to cleaning, gardening and even cooking. It's a unique collection of Grandma's traditional remedies and recipes, passed down through the generations.

Simple and easy to follow, "Grandma's 1001 Uses For Baking Soda and Vinegar" gives you step-by-step instructions on how to mix these 2 wonder ingredients together or with other common kitchen items including: lemon, sugar, water, salt, honey and laundry powder just to name a few. All to help aid your health and beauty, to help out in the garden, to help you bake that perfect cake or scones, to clean and deodorise your home, laundry, kitchen, bathroom, garage, pets and so much more!

Whether you use baking soda and vinegar on their own or together, this fascinating and unique combination gets a special book all of its own, complete with 1001 uses that these two wonder products can provide.

### You'll discover:

- A helpful and simple remedy on page 139 to fade age spots.
- Do you suffer from leg cramps or want to prevent them? Then try this recipe containing vinegar and two other kitchen staples.
- A wonder elixir to aid with the relief of sore and aching joints.
- That vinegar is claimed to aid with weight loss. Is it true? Turn to page 167 to find out.
- Having trouble with built-up earwax? Baking soda may be able to help, go to page 11 and see how.
- Add this to your bath to help relieve the itching from chicken pox and measles.
- Baking soda and vinegar can clear clogged drains, learn how by going to page 278 for the exact measured combination.
- Clear weeds from your pathway or driveway without using harsh chemicals.



### DID YOU KNOW?

Many of the household cleaners purchased in the supermarket like air fresheners, toilet cleaners, drain cleaners, laundry powders, insect sprays, degreasers, anti-bacterial soaps are full of chemicals and could be detrimental to your health.

**USE NATURAL CLEANING PRODUCTS, THEY WORKED FOR GRANDMA AND THEY WILL WORK FOR YOU!**

Baking soda, vinegar, cream of tartar, washing soda, eucalyptus oil and lemon juice. All natural and safe to use in the family home and these will deodorise, remove germs, remove most stains and clean just about everything in your home, garage and garden.



- Has your camera or tape player been damaged by battery corrosion? See what baking soda and vinegar can do to help.
- Having trouble with your eggs cracking and leaking when you boil them? Then try one of these 2 wonders to resolve the problem once and for all.
- If you want the perfect shaped poached egg, apart from always using only these types of eggs, add a tablespoon of this for the perfect result.
- Cockroaches! Use these two common kitchen items, which are chemical free and safe to have in your home to get rid of these nasty and dirty pests.
- Kill small tree stumps with these simple ingredients.
- Never mix vinegar and this product found on page 207 as the results are toxic.
- Have you given up on cooking cabbage because of the smell? Well go to page 192 and see what you can use to stop it.
- What will help with an upset tummy? Turn to page 27 to find out.
- Learn how to relieve tired puffy eyes with these amazing products.
- The perfect foot softener for tired aching feet!
- What lavender and one other kitchen staple are capable of relieving.
- Mineral deposits from water over time can clog up your showerhead. Try this overnight solution to get a smooth running shower again.
- The unusual way to get rid of warts!
- Trying to get rid of the eggs from head lice can be difficult. Try this simple and inexpensive solution on page 154.
- How to stop colour from running on your clothes while you wash.
- Odour Eaters! Eliminate shoe odour for good.
- In the kitchen baking soda and vinegar are almost as necessary for baking as flour and sugar. Try these unique recipes on page 301 to always come up trumps!
- Relieve sunburn, peel less with this simple and common kitchen item.



And above is only a brief sample of the 1001 uses of baking soda, vinegar and other household staples you'll learn about. Delight in the time and money you'll save. Vinegar and baking soda are the two ingredients that you can use for just about everything. They are strong and effective as well as gentle depending upon what job or remedy you are using. Vinegar and baking soda are both safe for your children and pets and they are 100% natural. They are classified as green and eco cleaning products and can be a great way to entertain the kids, just turn to page 296 to see how.

### SPECIAL FREE BONUS

Order within 10 days and you'll also receive a free special report on "The magical effects of honey and cinnamon", including 21 free health tips. It's yours to keep just for previewing "Grandma's 1001 Uses For Baking Soda and Vinegar". Supplies are limited. Order today.

**The Magical Effects of Honey and Cinnamon**



### YOU'LL ALSO LEARN HOW TO:

- ✓ Extinguish a grease fire if it breaks out in your kitchen
- ✓ Deodorise your fridge, freezer and cupboards to perfection
- ✓ Remove stubborn stains from marble and many other surfaces
- ✓ Remove baked on grease from your pots and pans
- ✓ Put the shine back in your hair and remove all other product residues
- ✓ Eliminate cigarette odour from your house, carpets and curtains
- ✓ Bring back the natural glow to your skin
- ✓ Polish silverware and bring back the sparkle
- ✓ Clean your drinking glasses to perfection
- ✓ Clean your bathroom with little effort
- ✓ Remove strong odours and food build-up from your chopping boards
- ✓ Fun ideas for the kids to keep them occupied
- ✓ Try this SAFE recipe for treating inflamed eyelids
- ✓ Learn how to make your own solution to treat laundry stains
- ✓ Try this amazing unscented and irritation-free fabric softener
- ✓ Plus much, much more!

"Grandma's 1001 Uses For Baking Soda and Vinegar" is yours on a no risk trial basis for 90 days. That's right... Imagine three full months without obligation to keep this exclusive, one of a kind book. When you've read it you'll say, "Is there anything that baking soda and vinegar are not good for?"

To receive your copy direct from the publisher simply fill out the coupon below. Remember, it's not available in bookstores at this time. And you're protected by the publisher's 90 day risk free money back guarantee. If you are not totally delighted with your purchase, you can return it at anytime within 90 days for a full product refund. No questions asked.

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**BV30**



# healthy living

ADVERTISING FEATURE



Jemma Aldridge

by Jemma Aldridge

AN ACAT assessment is a free assessment. It is completed by a health professional who comes to your home and assesses you and your personal situation with the purpose of approving home care services or sug-

gesting more permanent care arrangements.

I have in the past written about the many services that you may be entitled to. These can make life easier when you live on your own or if you are caring for someone. However there may come a time when staying at home is too hard either for yourself or your partner and you.

Do not hesitate to ask your doctor or nurse practitioner to initiate an ACAT assessment. Or you may like to simply find your local ACAT team and arrange your own assessment, call 1800 200 422 or search and find your

local ACAT on a web browser.

The process may take a couple of weeks as the referral has to be sent to the your closest hospital where it will be processed in a department of social work. Then a member of an Aged Care Assessment Team will arrange to come visit you at home and talk to you about your current situation and work out what you are eligible to receive in government-subsidised aged care services.

The purpose of the ACAT assessment is to look at all facets of your life to identify the type of care services to

help you to stay at home. It may also provide you with eligibility for care in a residential aged care home.

The purpose of the assessment is to identify your options. You can make a decision once you have received the outcome of the assessment.

You will need an assessment if you want to:

- Access aged care services through any type of Home Care Package.
- Receive services through the Transitional Care Program – when someone is not ready to go home from hospital and needs some further

rehabilitation.

- Receive respite services – carers can have their loved one looked after in respite.
- Enter into an aged care home.

Until June 2014 aged care homes had high care beds and low care beds. The level of care you or your loved one needed determined where you could go to live. High care means you required more care and low care means you are more independent. Nowadays that has all changed; low and high care beds no longer exist and aged care homes have to cater for all your

changing care needs.

You do not need an ACAT assessment for aged care services that are not subsidised by the government such as those offered by volunteer groups and charitable organisations.

You also will not need an ACAT assessment to receive aged care services through some government-funded programs such as Home and Community Care, Day Therapy Centres and the National Respite for Carers Program.

Once you have had an ACAT assessment you will receive a letter to tell you what type of services

you're eligible for and approved to receive. You will also receive a copy of your completed Aged Care Client Record.

You should keep your copy of your completed Aged Care Client Record as you will be asked to show this record to organisations to confirm you are eligible to receive government subsidised aged care services. This record is essential information for any aged care home and you will need it to view homes when you are looking to find a residential place for yourself or a loved one.



Jeanette Woolerton

by Jeanette Woolerton

PEPPERMINT is the ultimate breath freshener, sweet treat and the perfect companion to chocolate, but did you know that it is also an age-old herbal medicine that is used to treat a wide range of abdominal complaints?

Peppermint oil contains a host of compounds, but the most abundant (and perhaps the most pharmacologically important) is menthol.

Most of us are familiar with menthol as an effective cold/flu relief, to clear

blocked noses and help soothe sore throats.

Peppermint can also temporarily relieve itching caused by insect bites, eczema and other lesions, including the rash of poison ivy.

Peppermint tea can be used as a mouthwash for babies with thrush (yeast infection in the mouth) or for reducing nausea and vomiting during pregnancy, especially for women who want to avoid stronger medications.

For more refreshing news on this wonderful herb, please refer to:

[www.healthnews.com/en/news/-Herbal-Medicine-The-Power-of-Peppermint/2mjc6\\_Bb-7785hzFpVGeN6/](http://www.healthnews.com/en/news/-Herbal-Medicine-The-Power-of-Peppermint/2mjc6_Bb-7785hzFpVGeN6/)

### Liver longer

Imagine a back up disc for

liver function, or a generator kicking in when that vital organ's power fails.

Well, that could soon be a reality.

Scientists from Montana State University (MSU) and Sweden's Karolinska Institute have discovered an antioxidant system that helps sustain the liver when other systems are missing or compromised.

"This is an important finding," said Ed Schmidt, a professor in MSU's Department of Microbiology and Immunology and co-author of a newly published study in Nature Communications. "It tells us about humans and all living things. It's an alternative way to maintain the balance you need in your cells to be alive.

"Some vitamins and supplements act as antioxidants," Schmidt said.

They help protect cells from the damage that can lead to ageing, cancers and inflammatory diseases. However, vitamins and supplements can't replace two known natural systems in liver cells: the thioredoxin and glutathione systems.

To investigate further, Schmidt's lab bred mice whose livers lacked key components of both systems. The mice were not robust. According to Schmidt, they were on the brink of failure. Yet they survived.

Interested in reading more on the topic? See [www.sciencedaily.com/releases/2015/03/150320133114.htm](http://www.sciencedaily.com/releases/2015/03/150320133114.htm) for further information.

## Health Notes - Mint condition

## Volunteers wanted for Heart Week



ARE there people with have one or two hours to spare? The Heart Foundation will provide a Heart Foundation shirt, collection tin and ID badge to clearly identify people as a Heart Hero.

Show a big heart to help raise vital funds for the Heart Foundation's life-saving research, education and prevention programs.

Support Heart Week 3-9 May and volunteer for the annual 'Beating Hearts' Street Appeal on Friday 8 May.

People can choose to join in the Perth CBD or at a local railway station from 7am to 4pm Friday, 8 May, depending on your availability.

Contact Maya Cherian, donor and community relations coordinator 9382 5934 or [maya.cherian@heartfoundation.org.au](mailto:maya.cherian@heartfoundation.org.au)

## Lecture - How do I know if my child has a sleep disorder?

SLEEP Disorders Australia is presenting a free public presentation by Dr Andrew Wilson, paediatric respiratory and sleep specialist. This presentation will look at some sleep disorders that children can suffer from, how they are diagnosed and how they are treated.

These are the questions:

What are the normal sleep requirements for children?

What are common behavioural sleep problems seen in children?

Could your child have sleep apnoea?

What can be done about it?

How do we treat children with sleep disorders?

Can sleep problems affect learning and concentration?

To hear the answers come to the presentation on Saturday 2 May at 1.30pm in the FJ Clarke lecture theatre, off Monash Ave, Sir Charles Gairdner Hospital.

For any enquiries phone Lorraine on 0419 199 744.

## Heart Foundation WA memorial and thanksgiving service

THE HEART Foundation will launch National Heart Week 2015, which runs from 3 to 9 May, at its memorial and thanksgiving service at St Joseph's Church, Subiaco.

This moving service is held each year to provide family, friends and supporters with an opportunity to light a candle in memory of a loved one who has passed away from heart disease, give thanks for those who survived and be uplifted by music and prayer.

Pastor Graham Mabury from Mt Pleasant Baptist Church will act as master of ceremonies and clergy from the Salvation Army, Council

of Churches WA, St Joseph's Church and St Edwards Anglican Church will participate in the service.

Heart Foundation WA president Graeme Robson will welcome the congregation. Guest speaker John Muir, who suffered a heart attack while competing in the 2014 Rottneest Channel Swim, will deliver an inspirational address.

The One Achord Choir will sing hymns during the service and when names of loved ones are read out by clergy for the candle lighting ceremony. Following the service, Heart Foundation staff will hand out red roses

and white doves will be released as a symbol of love and peace.

A complimentary afternoon tea, sponsored by Mareena Purslowe and Associates and prepared by volunteers, will be served in a marquee on the grassed area of the church from 2.30pm.

John Muir is getting his mojo back one step at a time

When he competed in the 2014 Rottneest Channel Swim, the veteran of seven solo crossings expected discomfort from jelly fish stings and extreme cold; however the last thing the fit and healthy 48-year-old anti-

pated was a heart problem.

John experienced extreme fatigue and felt like he had 'hit a wall' 12km into the gruelling 20km open water swim. Despite these difficulties, he managed to finish the race in a personal best time of five hours and 39 minutes.

Fortunately, as he crossed the finish line an observant first aider noticed pink phlegm at the corner of his mouth – a classic symptom of heart failure. He was rushed by ambulance to the island's airport and flown to Perth by the Royal Flying Doctor Service.

John said that following his heart attack he had to regain confidence in his heart.

"I had a bit of damage from the incident, and I had to learn the difference between heart pain and chest pain. I also had to learn from a physiologist ways to work around the problem, and it's made a big difference," he said.

"I've also been able to help other people who have told me they were active before their heart attack, but afterwards they lost their mojo. "One guy said my advice changed his life."

John Muir will tell his unique story when he is a special guest at the Heart Foundation's memorial and thanksgiving service at St Joseph's Church, Subiaco on Sunday 3 May.

Please contact Linda Bolton 9388 3343 or email [linda.bolton@heartfoundation.org.au](mailto:linda.bolton@heartfoundation.org.au) for a complimentary invitation for you, your family and friends.

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10 MAY is WORLD LUPUS DAY

The Lupus Group of WA PH 9224 3144 [www.lupuswa.com.au](http://www.lupuswa.com.au)



# AUSTRALIA RULES

This month it's time to stand proud as Australians as we celebrate the 100th anniversary of Anzac Day. Whether you are participating or watching at home do so in comfort with one of our many products to make it easier.



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# FOOD & WINE

...eat, drink and be merry... ADVERTISING FEATURE



## Wines from the Land of the Kiwi



Villa Maria's winemaker, Josh Hammond

by Frank Smith

UNTIL recently New Zealand

wines were epitomised by NZ Sauvignon Blanc. They tasted like alcoholic fruit juice and

were much loved by young women.

But the industry has since matured and several players are producing drier flavour-some wines for more sophisticated palates.

One of the leading NZ wineries is Villa Maria. Winemaker Josh Hammond was in Perth recently and *Have a Go News* was privileged to taste some 15 Villa Maria wines available locally.

Villa Maria Estate picked up five gold medals at this year's Royal Easter Show Wine awards and 200 of the world's top Masters of Wine named Villa Maria as the fourth most admired wine brand in the world, the only New Zealand winery to make the top 10 list.

Mr Hammond said Villa Maria aimed to produce approachable easy drinking wines at an under \$20 price point. These are our picks.

**Villa Maria Lightly Sparkling Sauvignon Blanc 2014** from the Marlborough region. The wine is bursting with passionfruit and fresh lime aromas. Vibrant and crisp with a lingering sparkle in the mouth. The small delicate bubbles of this frizzante style wine enhance the fruit flavours. Good as an aperitif or with seafood. RRP \$19.99

**Villa Maria Private Bin Arneis 2013** from the east coast has a fresh scented nose with an array of melon, almond and honeysuckle characters leading to a delicate and dry finish. Arneis is an Italian

white grape variety originating from Piedmont in Northern Italy. The name Arneis means little rascal due to its reputation as a difficult variety to cultivate. RRP \$11.99

**Villa Maria Private Bin Pinot Noir 2012** from Marlborough displays perfumed aromas of red cherry and bright berry fruits on the nose, whilst on the palate the wine displays succulent fruit with complex spice, wild herb and savoury elements. RRP \$19.99

**Villa Maria Vidal Merlot Cabernet Sauvignon 2011** from Hawkes Bay This classic blend of Merlot, Cabernet Sauvignon, Malbec and Cabernet Franc displays aromas of red fruits and spice. With flavours of plum, blackcurrant and cedar, the smooth finish on the palate is supported by supple, tannin RRP \$17.99

"It has been an awesome year in the Hawkes Bay area, from where Villa Maria draws its Cabernet Sauvignon grapes, producing an easy drinking wine that can be drunk while young," said Mr Hammond.

**Villa Maria Vidal White series Pinot Gris 2012** was first produced as an alternative to traditional Sauvignon Blanc from the east coast. It displays aromas and flavours of spiced pear, quince and red berries are supported by a soft textured palate. The fruit driven flavours are balanced by a gentle dry finish. RRP \$17.99

New Zealand wines have come a long way in recent years.

## Pears - fruit without par



by Noelene Swain

THE GREEK poet laureate Homer refers to the pears as a 'gift of the gods' in his celebrated work *The Odyssey*. High praise indeed from a bloke who'd seen a few things in his time! Our West Australian pear season is now in full swing, so whether you like Josephine or Packham, there's plenty of fresh, juicy pears here to be enjoyed.

Pears are unique in that they should be ripened off the tree rather than on. Purchase your pears and let them ripen in a paper bag or a dark place. When ripe, the flesh at the stem should give a little when you press down lightly on it. Remember that pears ripen from the inside out, so the exterior may be a bit

firm, though they will actually quite soft on the inside.

For those who love a crisp pear, the Packham is the pick of the bunch. It is green-skinned and remains so, even when ripe. It has a white, juicy flesh, which is ideal for both eating fresh and cooking.

Another variety which is certainly an eye-catcher is the Red Sensation, the red-skinned variety of the Bartlett or Williams. This pear is medium in size and is full, sweet and aromatic, making them ideal for both poaching and baking.

The cinnamon coloured Beurre Bosc will be available right up to November. Sweet, buttery and delectable, it's one of the best all-rounders for cooking. Beurre Bosc pears are perfect baked, in tarts, pan fried or used in salads, and, of course, savoured on its own.

Goldrush® is a new Western Australian pear which is exclusively grown under license in the region between Pemberton and Capel. It's similar in appearance to Beurre Bosc with exceptional eating qualities enhanced by a high natural fruit sugar.

It is hard to improve on the flavour of a soft, juicy pear, but when teamed with blue cheese or prosciutto, you'll have some-

thing truly divine. You can also bake and pan-fry or use them in tarts or salads – both sweet and savoury. Wanting to treat yourself? Try whole pears poached in a dessert wine; sinfully decadent on those colder nights...

Pears don't let us down in the nutrition stakes either, having one of the highest fibre rankings of all fruit, with each containing about four grams, and a very low GI status. These high fibre levels and low GI rating helps you to feel full for longer - a big bonus for people wishing to achieve or maintain a healthy body weight.

Pears are also a rich source of vitamin C, with virtually no fat or sodium and no cholesterol, and are one of the least allergenic foods available. With about one in 20 children having some kind of food sensitivity, they are ideal for kids and the perfect first food for babies.

Western Australian pears are exceptional in quality right now; be sure to indulge in the fruits of the season whether fresh from the hand or cooked. Here is a lovely autumn recipe to tantalise those tastebuds...

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## Upside Down Pear Pudding

Preparation: 30 minutes  
Cooking: 1 hour  
Serves: 4



### Ingredients

- 4 pears, peeled, halved and cored
- 1 cup caster sugar
- 3 cups water
- 3 tablespoon soft brown sugar
- 175 g soft unsalted butter
- ¾ cup caster sugar
- 4 eggs
- 1 cup self-raising flour, sifted
- 1 teaspoon baking powder, sifted
- 3 teaspoon cinnamon
- 100g ground almonds

### Method

HEAT the oven to 180°C. Line a 23cm cake tin with non-stick baking paper. Put the caster sugar and water into a saucepan and gently cook until the sugar dissolves. Add the pear halves to the pan. Gently cook the pears for 10 minutes or until tender.

Remove from the syrup using a slotted spoon and cool. Discard the syrup.

Sprinkle a prepared cake tin with brown sugar. Arrange pears cut side down over the sugar. In a large bowl cream the butter and caster sugar until pale and fluffy. Add the eggs one at a time, along with one tablespoon of flour, beating well between each addition. Fold through the remaining flour, baking powder, cinnamon and almonds.

Spoon batter over the pears and smooth the surface. Bake in the oven for 50 - 55 minutes or until skewer inserted into the pudding comes out clean. Remove from the oven and carefully turn out onto a serving plate. Cut into slices and serve with vanilla custard.

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# FOOD & WINE

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## What's Fresh?



**Autumn giant plums:** the name says it all, as these lovely large fruit are the last of this season's stone fruit to arrive on the scene. They ripen slowly, keep well, and have very juicy, sweet flesh, even though they remain firm when ripe. Simply divine, they leave a wonderful lingering memory of the stone fruit season.

**Packham Pears:** Buy when they are firm and green and keep at room temperature. They usually take about a week to ripen to their sweet, juicy best - you'll find they are ready to eat when the skin is tinged yellow. For a simple autumn dessert, melt a little butter, cinnamon and caramel syrup together and pour over pear slices in a heatproof serving dish. Grill until browned and tender. Yum!

**Parsnips:** Mashed, chipped, or roasted, this sweet peppery flavoured root vegetable has had a resurgence of popularity and it's no wonder. Parsnip keeps well and there's very little waste. Dress with a little fresh orange juice or rind, olive oil and freshly ground black pepper.

**Okra:** Otherwise known as lady fingers due to their long elegant shape, okra adds an authentic twist of the deep south to a vegetable hotpot or medley. Very high in soluble fibre, the characteristic gel inside the pod can be minimised by cooking pods whole or in acidic ingredients or by long slow cooking as in a gumbo.

## A feast fit for a family



cakes and slices and freshly ground Five Senses coffee. Fresh cooked gourmet breakfasts include, Mexican Eggs with tomato, avocado and coriander salsa, pot of baked ratatouille, chorizo and ricotta with an ozzy egg to stir through, cauliflower fritters with lemon wilted spinach, avocado, poached egg, bacon, and tomato capsicum relish and many more options.

And of course, they do not forget about the little ones. The dino French toast at Wembley is a favourite for many of our regular kiddie customers.

By mid-morning the food bar is full to the brim with colourful salads, homemade tarts and pies and individual seasonal specials. Lunches are full, bright and unique. With at least three freshly prepared salads, a host of internation-

ally inspired meat and vegetarian dishes, and a range of freshly prepared sandwiches and rolls. Feast have something for everyone, to eat in or take-away.

They cater for functions. From delicious Italian arancini balls to hand-rolled Peking duck pancakes, Feast offers a unique selection of dishes perfect for any occasion. They cater for: weddings, birthdays, anniversaries, office parties, product launches, fundraisers, family dinners and get-togethers.

Mother's Day Sunday 10 May - bring the whole family. Family friendly with glass front playroom at Wembley to entertain the little ones. Make a reservation to avoid disappointment. Call the café 6389 1001 or visit our website [www.feastcafe.com.au](http://www.feastcafe.com.au).

AT FEAST, they only use the freshest of seasonal ingredients to prepare dishes and desserts which celebrate originality, colour, and abundance in food.

There is always something new and something for everyone in the seasonal menu at the two location: Nedlands and Wembley.

Mornings are freshly-baked sweet and savoury muffins,

## Vince Garreffa's Oven roasted pork belly with Asian greens



PORK crackle will seduce even those on diets. They will want to know your Asian ancestry. The recipe is so easy it is embarrassingly simple and delicious.

**Ingredients for two or more**  
 1kg boneless pork belly with skin on and scored  
 Chinese five spice  
 1 bunch of choy sum  
 chopped garlic  
 oyster sauce  
 sesame seeds  
 water or stock  
 sea or lake salt to taste  
 freshly cracked black pepper to taste  
 olive oil

BUY GOOD female pork with a bit of fat under the skin from your butcher. Season the meat with the five spice, salt and pepper the night before and rest unwrapped in the fridge on a rack in the roasting tray, skin side up. Preheat your oven to 250°C having rested the meat out of the

fridge on hour before cooking if possible (not critical) as this helps the pork cook a little faster. Now cook for 20 minutes then drop the temperature down to 200°C and cook for an extra hour.

While waiting for the pork to cook have a shower, make a drink and then cook choy sum 10 minutes before the pork is ready. Wash and cut the choy sum in short manageable lengths say 6 to 8cm long. Keep the leafy sections separate from the stalky sections. Now blanch the leaves for one minute in boiling water and the stalks for three minutes and drain. Then fry in a pan with a little olive oil and the garlic for one minute. Now add one or two tablespoons oyster sauce and make the sauce by adding a little stock or water to the pan. Mix and stir fry then add some sesame seeds and put the greens on a plate and serve with thin slices of pork. Buon Appetito.

## Mondo Cooking Classes

How to make handmade sausages, brawn, rillettes, pate, pickles.

LEARN to make some sensational products that can be stored for many weeks in the fridge and pulled out when you want to party.

Monday 13 April 6.30pm to 9.30pm

Back by popular demand, air-dried sausages, salami, pancetta and coppa.

Let Vince share with you knowledge and recipes handed down for generations that you can continue to hand down to your grandchildren plus take home a gift from us to eat.

Monday 11 May 6.30pm to 9.30pm

Lamb extravaganza!

Vince will demonstrate how to cut and cook Western Australian lamb and how to use the whole carcass in many new and exciting ways. Five fabulous dishes will be served for your dining pleasure. Learn many butchers' secrets along the way as well as lots of eating and learning.

Monday 8 June 6.30pm to 9.30pm

All classes are held at Mondos, 824 Beaufort Street, Inglewood. To book your place in these classes you must phone 9371 6350 Tuesday to Friday between 9am and 4pm or email [princeofflesh@mondo.net.au](mailto:princeofflesh@mondo.net.au) with telephone and other contact details.

Payment can be made by credit card over the phone or come into the store to make the payment. All classes are \$99 per person and places are confirmed once payment is made in full.

Join the mailing list at [www.mondo.net.au](http://www.mondo.net.au) and get your friends to do so too.

Letters to...  
 Vince Garreffa



IF YOU want a particular recipe of mine, don't hesitate to drop me a line at *Have a Go News*.

Address your enquiry to Vince Garreffa

c/- Have a Go News PO Box 1042

West Leederville 6901, or email your question to

[vince@haveagonews.com.au](mailto:vince@haveagonews.com.au).

Please include your telephone number so I can call you!

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\*Booking fee applies for above shows

## Sharon Corr - new Australian tour comes to Perth

by Josephine Allison



COMBINING motherhood and life on the road might seem daunting to some but celebrated Irish singer Sharon Corr takes it all in her stride.

"I've lost count of how many times I've been to Australia but it's one of my absolutely favourite places to tour," Corr says, on the eve of an Australia visit, this time with popular evergreen rock group *America*.

Corr, who hails from Dundalk, County Louth in Northern Ireland, says she loves touring. Now a solo artist, the singer-songwriter, musician and television personality is best known as a member of the pop-rock band The Corrs, which she co-founded in 1990 with brother Jim and sisters Caroline and Andrea. She plays the violin, piano and guitar and sings backing vocals. She has played in national youth orchestras and is qualified to teach the violin.

The Corr siblings were awarded honorary MBEs by Queen Elizabeth II in 2005 in recognition of their musi-

cal talent and charity work.

Corr has released two albums, *Dream Of You* and *The Same Sun*. She has sold more than 45 million albums worldwide.

"Sometimes my little family join me when I'm on the road (Corr and husband Gavin have a son and daughter)," Corr says. "Last time we met was in Melbourne and we went on to Brisbane and Adelaide. The kids love seeing the world and hanging out back stage, eating all the sweets."

"Gavin is a great dad and husband and understands what I do and really appreciates it. So he looks after the kids while I'm off gallivanting around the world."

This Australian visit is Corr's first with *America*. She says the first song she ever sang on stage at 16 was their hit *A Horse With No Name*.

"I love their music and how free and optimistic it is, how pure and organic--they are the real deal. It's going to be a fun tour."

Corr says her show is: "very organic. I'm a singer-songwriter violin and

piano player so you hear all that. My concert reflects my traditional roots and love of music. I have three great musicians with me and it will be an exciting, dynamic show."

After Australia and WA, Corr says her plans are to perform at summer festivals and have a holiday with her family.

"I've been touring *The Same Sun* album for more than 18 months now -- we started in Brazil in October 2013 so now I'm starting to think about the next album and have started writing it."

"I will also be presenting a show for BBC radio two which is a whole new experience and very exciting musically."

"I am always songwriting, it's what I do and how I express myself. It's my therapy, how I get my thoughts and feelings out -- good and bad. I will never need a psychologist when I can write."

Special guest Sharon Corr appears with *America* the 45th anniversary tour 6pm Saturday, 9 May at Perth Red Hill auditorium.

### Treasured finds...

COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Sunday 26 and Monday 27 April from 9.30am to 4.30pm where people can visit more than 300 stalls from across the three-way combined event at the Claremont Showgrounds.

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

#### Handmade Crafts

The craft exhibitors offer a wide variety of unique and different quality handmade

crafts for sale including jewellery, clothing for adults and children, fabric craft, woodwork, toys, pottery, home-ware, patchwork, scrapbooking and much more. Enjoy a shopping experience where the person selling the product is the person who made it.

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

Craft stalls are situated inside the Robinson Pavilion.

#### Antiques & Collectables

This fair includes antique and collectable dealers sell-

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

Stalls are situated inside the Silver Jubilee Pavilion.

#### Polka Dot Vintage Market

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

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

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

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

For further information about the fair, phone 9457 9315 or visit [www.treasuredcraftcreations.com.au](http://www.treasuredcraftcreations.com.au)

#### WIN WIN WIN

**To be in the draw to win a double pass to 3 in 1 Markets, phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) or email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word vintage in the subject line. Competition ends 20/04/15. Only over 45s are eligible.**



#### HEATHRIDGE LAUGHTER CLUB

Meets Monday fortnightly at 10.30am Heathridge Leisure Centre, Sail Tce, Heathridge [www.laughwa.org.au](http://www.laughwa.org.au) email [jtlaugh29@yahoo.com.au](mailto:jtlaugh29@yahoo.com.au) Ph. Deb 0409 687 968

#### MOSMAN PARK COMMUNITY GROUP

Alf Adams Pavillion, Solomon St., Mosman Park Open day for Seniors Friday 17 April 9.30am-12.30pm Morning tea, activities, sausage sizzle Ph Sue 9384 4921

#### RETIRES WA MIDLAND BRANCH

Tea dance on Saturday 2 May Tickets \$10 each Held at the Senior Centre, 1 The Avenue Midland Ellenbrook Senior College Band, afternoon tea and music to dance to. Booking and enquiries phone Carol 9297 1514 or Mavis 9374 0225 Email [cadcock@iinet.net.au](mailto:cadcock@iinet.net.au)

#### BOYUP BROOK ANTIQUES AND CRAFT FAIR

15 May - 17 May Antiques, collectables, arts and craft etc. Event contact 9731 5017 Email [hillel60@yahoo.com.au](mailto:hillel60@yahoo.com.au)

#### STRETCH ARTS FESTIVAL MANDURAH

A major annual arts and cultural festival Friday 1 to Sunday 10 May. Art markets, roving circus, stilt walkers, boardwalk farmers market and much, much more. Arts festival officer 9550 3270

#### MOSMAN PARK ECO FAIR

St Lukes Church grounds Saturday 2 May 10am-4pm Gold coin donation. 60-70 stalls offering eco friendly foods, raw and vegan, all aspects of sustainable living, recycling. Raffle, prizes include eco hampers, garden materials, organic beef and more

#### ARTHUR GRADY DAY- FREMANTLE

Arthur Grady was the first person to ride a motor cycle around Australia in 1924. Huge display of veteran and vintage bikes plus a replica of Arthur's bike 1 June. Kings Square from 9am onwards.

#### MULTICULTURAL FESTIVAL KALGOORLIE- BOULDER

Sunday 3 May, 12-3pm Centennial Park Food stalls, entertainment, workshops, displays and games Contact City of Kalgoorlie-Boulder events team on 9021 9600 Email [mailbag@ckb.wa.gov.au](mailto:mailbag@ckb.wa.gov.au)

#### HERB SOCIETY OF WA

Herb w/shops and demonstrations Monday 27 April. Doors open 7pm Cost \$4 Visitors welcome South Perth Scout Hall, 20 Pilgrim Street Enquiries [@herbsocietywa.com](mailto:@herbsocietywa.com) Ph 9459 2964

#### ANZAC DAY SERVICES

**FREMANTLE**  
Dawn Service commences 5.50am War Memorial at Monument Hill

#### GERALDTON

Dawn Service commences at 6am Birdwood House, Forrest St

#### BUSSELTON

Dawn Service commences 5.45am War Memorial, Vic Square

#### TOODYAY

Dawn Service/Gunfire Breakfast Followed by 11am procession at Anzac Park and Youth Park



From left; Lynn Berry, co-founder of the 5,000 Poppy Project, RSL(WA) president and Vietnam veteran Graham Edwards at Phillip Johnson's WW1 stand

Seniors Recreation Council of WA Inc presents the



### Annual Seniors Ball Teddy Bears Picnic

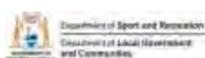
Wednesday 3 June  
1pm to 4.30pm

Astral Ballroom, Crown Perth

Tickets: \$35pp inc afternoon tea

Door and spot prizes  
Entertainment: Live band Offspring  
and Gary Lynn presents  
*The Swinging Years*

For further information 9492 9772



continued from front cover

### Time to honour the ANZACs

by Josephine Allison

Dr King, who will be reporting back to different media from ANZAC Cove, says many people don't even know where Gallipoli is located. They also don't know Gallipoli was a defeat because of all the fuss about it.

"Truth was the first casualty of the war because Australian war correspondent Charles Bean was censored, saying we were doing well and our men were heroes. The truth was we lost 8709 Australians, 2701 New Zealanders, 21,000 British and 13,000 French. I just find it so tragic walking around these graveyards and battlefields, I just weep. We can't do it again."

"I have counted 101 serious mistakes about Gallipoli that I want everyone to learn from. Hopefully, Camp Gallipoli will teach people where we went wrong."

"The Prime Minister handed the Australians over to the British who were not experienced, many of them appointed by the old boy network. Many Australians were sent to their deaths, especially at the Battle of the Nek 7 August 1915."

"All the ANZACS I interviewed for my film said we should never have fought under a foreign power on a foreign shore that had nothing to do with Australia. And we shouldn't do it again."

In WA, ANZAC Day will impact like never before with tens of thousands of Western Australians commemorating the 100th anniversary at more than 100 locations. The services are again being conducted by the Returned and Services League of WA (RSL of WA) from Broome to Albany.

Special arrangements are in place to cater for crowds at the traditional and iconic dawn service in Kings Park with extra public transport services, catering and big screens so that everyone can see.

The dawn service will be followed by the traditional 9.30am parade of more than 7000 veterans through Perth streets followed by the 11am commemorative service at the Supreme Court Gardens, where 1023 red balloons will be launched to honour the Western Australians killed at Gallipoli.

ANZAC Day falls on a Saturday and during the long weekend there will be some amazing ANZAC cultural activities at the Perth Cultural Centre, Forrest Place and Northbridge Plaza with lots of activities for families.

The RSL in WA is collaborating with the Department of Culture and the Arts and the City of Perth to provide three days of free family activities and entertainment over the three city locations, focussed on reflection, gratitude and education, to enable a further appreciation and understanding of the Anzac legacy.

Families will engage in free outdoor displays, storytelling, dance, theatre, poetry, food and information stalls, interactive children's

activities, live music, big screen broadcasts and exhibitions.

Inside Perth Cultural Centre's institutions (State Library of WA, Art Gallery of WA, WA Museum, State Theatre Centre of WA), there will also be activities, exhibitions and guided tours that are free to attend. [www.visitperth-city.com](http://www.visitperth-city.com)

Details of all services are available on the RSL of WA website [www.rslwahq.org.au](http://www.rslwahq.org.au)

School students across the State are producing commemorative crosses which will feature in the Bankwest Gallipoli Run on 19 April and will later find their way to the gravesites of Australians buried overseas.

A series of musical programs are being performed for the centenary including an ANZAC Commemorative Concert on 23 April with WASO, an ANZAC Requiem on 24 and 25 April by the Collegium Symphonic Chorus and on 3 May, the University of WA Choral Society and the Royal Agricultural Society of WA Brass join forces to present the WA premiere of *The Armed Man*.

At Kings Park, a series of sunset services will be held at 5pm each day from 19 April until 24 April. These short services will commemorate fallen soldiers and enable more people to greater participate in the commemorations.

Also, well known Perth dancer and entertainer Adam Penn will stage the ANZAC concert and dance at Beckenham Community Centre on Saturday, 18 April. The concert (\$10 per person) is from 4pm-6pm and the dance (\$15 per person) from 7pm-11pm. Call Adam on 0412 361 917 or email [tophat97@optusnet.com.au](mailto:tophat97@optusnet.com.au).

A hybrid native *Grevillea* displaying lush red flowers has been developed by the RSL as a tribute to Australia's fallen.

The RSL Spirit of ANZAC *Grevillea* was officially launched at Phillip Johnson's WW1 stand at the Melbourne International Flower and Garden Show by Veterans' Affairs Minister Senator Michael Ronaldson.

RSL (WA) president and Vietnam veteran Graham Edwards who attended the launch, said the plant is for the people, for gravesides, memorials or anyone wanting to participate in the spirit of ANZAC on the eve of the Gallipoli landings.

In 2013 Mr Edwards challenged plant breeders at Perth's Botanic Gardens and Parks Authority to propagate a plant suitable as the commemorative plant for the ANZAC centenary.

The Federal Government formally approved the name.

Mr Edwards said the plant was propagated because of its lush red flowers and its tough geographical heritage from across Australia.

# travelling

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ADVERTISING FEATURE



Jen Merigan

THIS month I am pleased to offer readers a special proposition from the Rendezvous Hotel at Scarborough for winter bookings. It's the perfect place to spend a couple of days soaking up winter at the beautiful Scarborough beach. You will receive 10 per cent discount off the best available rate, an upgrade to an ocean view room and breakfast for two people.

See below for the details of how you can take advantage of this fabulous offer exclusive to *Have a Go News* readers.

This month for our Talking Travel session we have a guest speaker who will talk to us about South Africa and answer all your questions about this destination.

It's the perfect opportunity to find out more about that beautiful country.

The front cover of this section features Michelle and Ron Legge and we speak to them about their gap year travelling around the world. This adventurous couple tell us all about their journey and share with readers some great tips.

Our holiday with dogs feature is a com-

prehensive guide of where you can stay in WA and take your four-legged friend along too.

We also have a great offer from the Travelodge Perth's Armada Restaurant for a lucky reader to win a \$200 dinner voucher.

As the weather cools in Perth it's the perfect time to plan your trips up north and we have some excellent tours and accommodation packages for the northwest.

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

If you're a facebooker than like *Have a Go News* at [www.facebook.com/Haveagonews](http://www.facebook.com/Haveagonews), there's always extra opportunities to win prizes and share interesting information.

Happy trails

**Jennifer Merigan**  
Travel Editor

let's gotravelling



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

## SENIOR BREAKS WA



*Senior Breaks* is a great brochure we have put together just for Western Australian seniors. It has package deals to some of WA's top destinations including accommodations and touring options, all at heavily discounted prices.

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## Want to know about South Africa - then join us at the Talking Travel session



THIS month we are going to talk about South Africa, which is a popular destination and one which is on many of our bucket lists.

The directors of No Worries African Tours will join us to talk about South Africa as a travel destination. They will be able to answer any questions you have about visiting this country.

Join us for an enjoyable African afternoon followed by afternoon tea sampling

some delicious African treats.

We look forward to welcoming you to chat about travel with like minded people and discovering more about South Africa.

Registration a must for catering and numbers. Ring 9227 8283 or email: [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au).

Topic - South Africa - Tuesday 28 April Time 2-4pm - FREE

Location - rear of 137 Edward Street, Perth.

## Exclusive Reader Offer at Rendezvous Hotel Scarborough

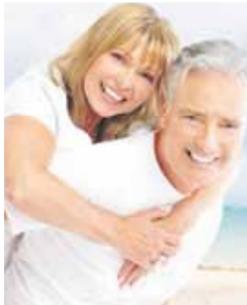
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## Looking for a travel companion?



TAKE advantage of our free listing. It may provide you with an opportunity to find a like-minded travel companion.

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 travel companions 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*. Please include a self addressed stamped envelope, quote the box number in your reply clearly and mark this first on the envelope. 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 125.** If you, male or female are unable to travel alone, I will join and assist in everything. You pay the expenses. European gent 76, NS, ND, fit 12 years in Australia, lives in Mandurah.

**Box Number 126.** 61+ Asian/Chinese Australian gent, never married looks 40+ 168cm, 60kg. Fit, healthy, well travelled, educated. Ex army matured respected into sport travelling, reading, quiet time, broad minded, seeks travel companion, male or female for travels. DTE.

**Box Number 127.** Retired lady, easy going GSOH WLTM gent 65+ NS for extended travel OS. Nature lover, decisions 50/50.

**Box Number 128.** Gent 70

active, healthy, NS SD planning trip to Bali would like lady companion 55+. Any nationality genuine GSOH, DTE. I will assist with airfare and accommodation. Let's meet for a chat.

**Box Number 129.** Gent 64 year old, 180cm, UK/Aus, presentable, VGSOH, ready to increase travel/holiday activities. All suggestions considered, keen on cruising, selective Asian destinations etc. Seeking attractive slim lady travel companion 50 -58 years old. Enjoy the benefits of travelling together.

**Box Number 130.** Gent 64, tall, fit, NS, SD, keen to widen experiences, listening, travelling, socialising, sharing with similar female.

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- Adelaide City Sights Tour
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- 2 nights in Sydney • Spectacular Sydney Tour
- Rail travel on the XPT, Sydney to Melbourne
- 2 nights in Melbourne • Melbourne City Tour • Rail travel on The Overland, Melbourne to Adelaide
- 2 nights in Adelaide • Adelaide City Tour • Rail travel on the Indian Pacific, Adelaide to Perth in a red seat

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### DARWIN RAIL ESCAPE

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ADVERTISING FEATURE



## Legges delight in couch-surfing around the world



Ron and Michele Legge camel riding in the Gobi Desert

by Jen Merigan and Josephine Allison

ROCKINGHAM couple Ron and Michele Legge have embarked on a brave new world as full-time travellers, unafraid to take on virtually anything that life throws at them.

The inspiring couple travel differently to most people. It has paid dividends and they have a wealth of advice for people considering embarking on similar adventures.

The Legges have always loved travel, especially when Ron was in the navy. After their daughters grew up they explored different places and came home always wanting

to stay longer.

"We were in Vietnam," Michele said, "when Ron announced that he could live there for a couple of years and I said, why not. We returned home with that plan and Ron obtained his motor bike licence."

"We then hosted couch surfers (people who sleep on our couch) from around the world who all encouraged us to visit their country. We decided to go to Europe and then it became overland on a motor bike. Our travel seems to be an evolving thing, we really have no set plan so we are just going with the flow."

The couple's original plan was to send a bike to Malay-

sia and ride across Europe but they realised China was a challenge. So the plan was changed to take trains, buses and boats from Malaysia to England and buy a motor bike there.

"We bought our first bike, a Honda Pan European, in England," Michele said "We named her Queen Bessie and she took us to our first house-sitting gig in Luxembourg. Sadly, after 15 days, she died on the side of the road, so we bought a Honda Deauville 650 in Belgium (aka the Princess). Then we found you can't register a vehicle in Belgium if you aren't a citizen, but we learnt you could get export plates. So we returned to England via Germany, Denmark and Sweden and registered her there."

The Legges say when parking overnight they try and find places with parking or security parking nearby. They have the Princess serviced along the way while Ron does oil changes and basic maintenance. They have not travelled to the Middle East yet. Morocco proved the most challenging though the locals were excited to meet Australians and fast-tracked the couple through the entry process.

As for couch surfing, the couple say it is one of the most rewarding things they have done. "Michele read an article about it in 2009 and started looking at the amazing peo-

ple who are hosting around the world," said Ron.

"We started hosting and have met many wonderful people. Hosting has allowed us to share Rockingham's beauty with others. Our favourite thing was to take visitors for a barbecue breakfast at the beach. Simple as it may sound, many of our visitors say it was their favourite part."

"We ask our surfers to cook for us so we get to try food from all over the world. Now our surfers and their families welcome us into their homes. In Denmark we were welcomed with 'g'day mate'. Our host had been watching YouTube videos to learn how to speak Australian and make us feel welcome."

The couple had a special treat in Casablanca where a young couch surfer and a friend showed them around the city for a day, making it a true local experience. Through couch surfing they have hosted Syrian engineers, a mayor of a city in France, an Australian peace clown and three Chinese students. They have stayed with a Russian woman, a fellow biker in Denmark and a family in Germany.

"Couch surfing gives you the chance to learn about the local community and meet local people," Ron said.

The couple say they spend around \$A110 a day which equates to around \$3300 a month. Some months it is

more and some less. They are currently in Morocco which costs around \$80 a day. Sometimes they rent apartments. A month over Christmas rented in the south of Spain cost \$A19 a night.

Favourite country? "We are finding every country we have visited has something amazing but Ron loved Mongolia," Michele said.

Ron says: "The big sky, washed-out landscape, the local people and the simple life. Driving through little towns with no more than a dozen houses. Outside the capital, Ulaan Bataar, little has changed and life still revolves around the humble horse."

"We took a trip to the Gobi Desert and stayed with a nomadic family. Seeing the men mustering sheep, goats, horses and camels on their ponies while dressed in traditional garb was like stepping back in time."

For Michele, Morocco has been a favourite with welcoming people. Country areas are desolate and people are seen with goats, sheep, laden donkeys and horses with carts. Rural markets offer everything from second-hand shoes to camels. Tents set up with barbers give the locals a good haircut for a small price.

The couple say they have not had any major hassles with travel but have experi-

enced challenging days such as crossing from Cambodia to Vietnam and catching the train to Siberia. When they caught a train they were confronted by two Russians in their cabin. Ron sorted out the situation and the pair were evicted.

The pair came off their bike in torrential rain in Spain but the kindness of locals saw them none the worse for their experience.

The Legges will return home in June but plan to continue travelling until the money runs out.

They say having social media with Facebook and

Skype/facetime has been a big advantage in keeping contact.

Advice and inspiration for others?

Life is short, don't waste time wondering what if, make a plan and go. Set yourself a date and aim towards it. Otherwise it is just something you will do in the future and, suddenly, it will be too late.

Follow the Legges journey on [www.leggingit.com.au](http://www.leggingit.com.au). Facebook [www.facebook.com/leggingitau](http://www.facebook.com/leggingitau). Twitter [www.twitter.com/leggingitau](http://www.twitter.com/leggingitau). Instagram [www.instagram.com/leggingitau](http://www.instagram.com/leggingitau).

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9 Days | 8 to 15 September 2015



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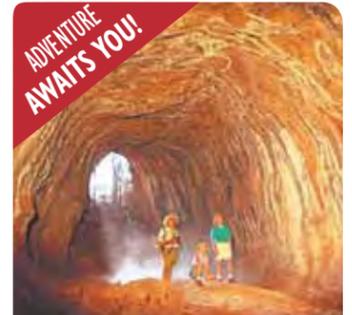
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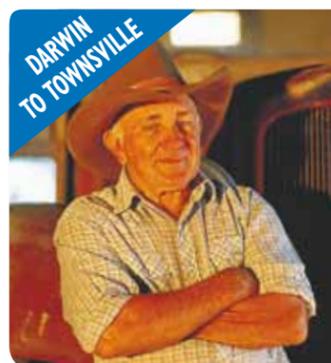
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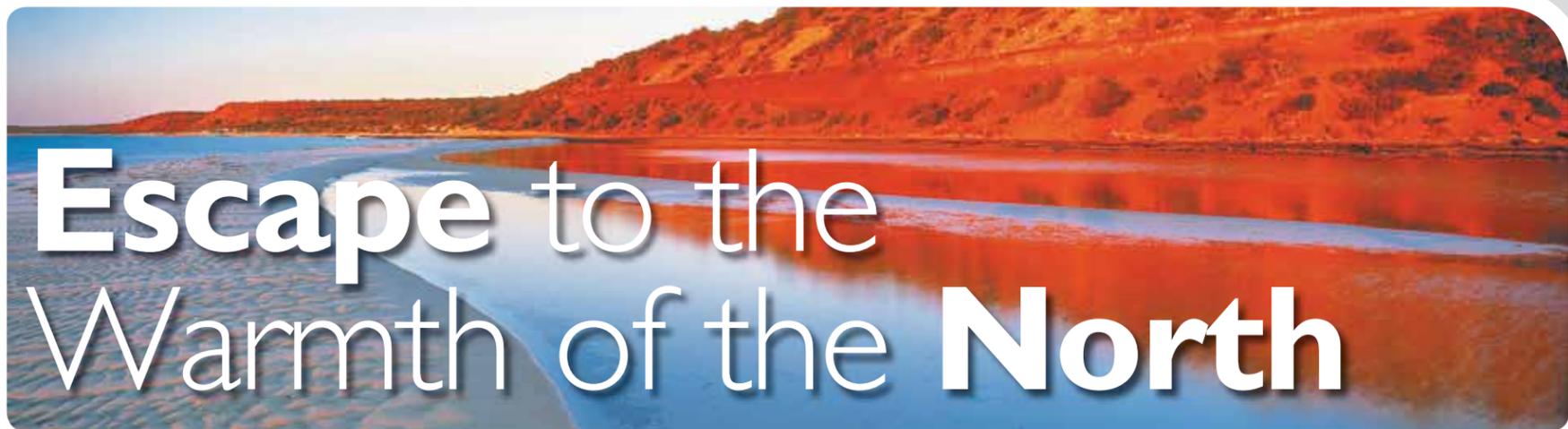
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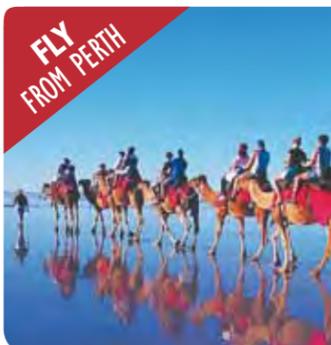
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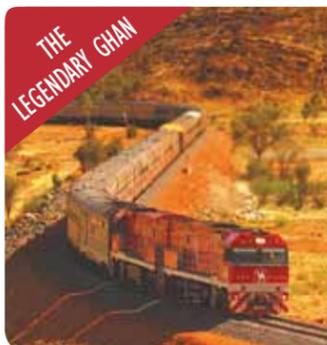


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Highlights | Optional Extra - North Melbourne v's Essendon at the MCG

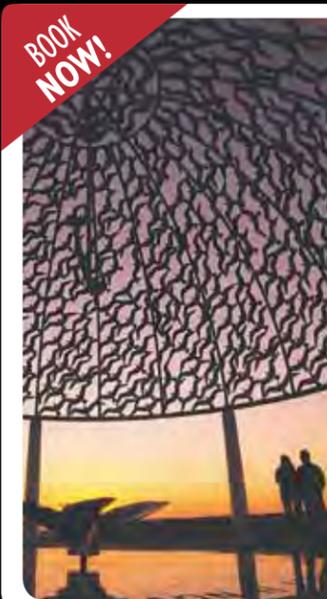
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Highlights | New Norcia Town Tour | Chapman Valley  
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HMAS Sydney Memorial | Historic Northampton | Greenough

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ADVERTISING FEATURE



## Funseeker Tours 2015 program

FUNSEEKER TOURS have set their 2015 program, and have some fun getaways planned for the year.

In August they will be cruising three southern rivers in our beautiful state.

October is the wildflower month, and December will see a trip to Manjimup for the Cherry Festival and Busseton for a great five-day Christmas tour.

All tours are inclusive of home pickup and return, all meals, morning teas, twin share or single en suite accommodation and entry into attractions.

If you would like to receive details of Funseeker's great 2015 tour packages, please call Sharon on 1300 660 668.

## London Calling... Grimm Tales



Left to right; Jayson Mansaray - Kate Adler and The Three Little Men in Grimm Tales, The Bargehouse © Tom Medwell

it is the true inspiration and that's where this month *London Calling* starts, with a tale of old but not the Disney style instead it's raw, it's obscure it's *Grimm Tales*.

After celebrated fantasy author Philip Pullman retold 50 of his favourite fairy tales from the Brothers Grimm in 2012 he has adapted a selection of six into an immersive theatre experience called *Grimm Tales*. An adventure in storytelling; the audience is taken by the hand to explore different worlds, where once set down in this version characters come to life and plays are acted out around you.

Pullman's *Grimm Tales* are new twists on celebrated classics, the actors are convincing and you hold on wanting to hear what happens next and to find out how each tale will end. The most impressive thing is the set, which is dressed to perfection, in beautiful low light. The audience walks around London's Bargehouse and every new room contains details of forgotten fairytales with incredible attention to detail. The puppets and props are simple and beautiful, inviting you to use your imagination, as red spoons represent strawberries and crayons transform into firewood.

Wondering around you discover that some rooms are empty, just traces of former characters lie there. In one room small beds are lined up, with radios playing and maps on the wall. You're literally in the witch's cottage with Hansel and Gretel and you can really sense the magic and delight in the players and audience as each story unfolds.

With the help and direction of Philip Wilson the 360 degree production uses storytellers, live musicians, 1,500 light bulbs, 160 tea chests, 200 apple crates, 500 picture frames, 800 brass objects and over 6000 square ft of netting to tell a selection of twisted tales:

### *The Frog King or Iron Heinrich*

A beautiful princess cuts a deal with an ugly, well-dwelling frog to get back her beloved golden ball. Her promise is ambiguous, but he gets all amphibious and hops along to the palace to collect his well-earned prize. But ugly is only skin-deep of course, as the princess duly discovers when her temper frays.

### *Hansel and Gretel*

In an age of recession you have to shed the non-essentials, so Hansel and Gretel's parents ditch the kids in the woods. The children's rumbling tummies lead them to

a freshly baked cottage and a rancid old witch. But the siblings have dealt with evil adults before; it takes more than a cackle and a cauldron to outsmart these young 'uns.

### *Faithful Johannes*

Loyal servant Johannes pledges to watch over a young king, but when he fails to protect his royal highness from a pin-up princess with a penchant for golden trinkets, three clairvoyant ravens foretell the increasingly bizarre tasks he must carry out in order to save his master's life. The only thing is... if he tells the king about it, he's as good as dead.

### *Thousandfurs*

Escaping from her insanely amorous father the king, a princess disguises herself in a coat of many furs and ends up washing dishes in the castle of a neighbouring, non-bonkers young king. After *Thousandfurs* crashes a few royal raves, the king gets an inkling that the dishwasher is quite a dish herself.

### *The Goose Girl at the Spring*

An old woman who lives with her geese incites the customary fear and suspicion from the locals, but holds a kindly secret. After begrudgingly doing her a favour, a young count leaves with the gift of an emerald box; a glimmer of hope for a grieving king and queen. With their jewel of a clue, the courtly three return to the goosey gaff - to find a pearl of a surprise.

### *The Three Little Men In The Woods*

While searching for summer strawberries in the winter snow on the say-so of her diabolical stepmother, a girl happens upon a trio of eccentric little men who reward her generosity with magical gifts. However, when her jealous stepsister tries the same tack, she gets the opposite results. Our good girl is whisked off by a king to get hitched, but the subterfuge of her step-relations knows no end. Until the very end.

*Grimm Tales* offers a sumptuous evening of storytelling that will remind you, of being told stories when you were a child.

Due to the restrictions of the Bargehouse building and the temporary nature of the show accessibility is unsuitable for anyone who would need to use a lift. Tickets: Adults: From £45, Children under 16: £20, Family Ticket (2 Adults and 2 Children): £125, Group rate available for 10+ Adults: £30 [www.grimm-tales.co.uk](http://www.grimm-tales.co.uk)

Want to know more email [jayson@haveagonews.com.au](mailto:jayson@haveagonews.com.au) or [twitter@Mansaray](https://twitter.com/Mansaray)

by Jayson Mansaray

WHEN you are young, parents, grandparents and teachers alike create fantastical, magical realms as they regale you with fairy tales of old. Giambattista Basile (*Sleeping Beauty*), Carlo Collodi (*Pinnocchio*) and Hans Christian Andersen (*The Little Mermaid*) were the staples. The medium for these fantasy worlds was Walt Disney, Dreamworks and today Pixar animations.

Most present in my mind are the classics like *Snow White*, *Cinderella* and *The Little Mermaid* and you can thank old Walt Disney for making them palatable, romantic and package-able for young minds.

But these versions of events, like many fairytales translated into English, were not quite what the authors intended, not quite how they thought and certainly not what they wrote.

You see in 1812 *Snow White* was a rule-breaking runaway and the queen wanted not just her heart but her lungs too. *Cinderella's* evil stepsisters didn't just try to squeeze their feet in, one cut off her toes and the other her heel to fit into the glass slipper and when they attended her wedding their eyes were pecked out by birds. In exchange for the little mermaid's legs Ursula set a high price, she took the aqua damsel's tongue and for every step on these new legs it would feel like she was walking on sharp glass.

Morose indeed and not quite the tales we know, but

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09/09/2015

# let's go travelling

ADVERTISING FEATURE



Left to right; Jeanette Woolerton - The German Ace the Red Barron

by Jeanette Woolerton

FOR people fortunate enough to visit Melbourne this April, please note this once in a lifetime, spectacular exhibition in the diary.

London's Imperial War Museum (IWM) is sending a specially curated exhibition of a tour to nine cities across the world and Melbourne is

not only the first port of call, but also the only city in Australia that will be hosting this exhibition.

It is awe inspiring. A hundred years since the first shots were fired during World War I (a war that instigated dramatic changes to the global political and social environment) we are now faced with the opportunity

to commemorate the event, with respect and reverence.

Melbourne will undoubtedly be inundated with numerous national and international tourists for this spectacular exhibition.

An impressive collection of more than 350 historically significant items will be brought to life, using cutting edge technology.

Artefacts will be juxtaposed with leading audio and visual displays that will immerse you in the atmosphere, creating a realistic experience of what it was like to live in those dark days.

The exhibition will be broken down into ten story chapters that will guide you through the entire process of the war: from its outbreak, through to the frontline as well as the impact it had on civilians left at home.

Throughout the exhibition, film animations and soundscapes will take you back a 100 years in order to witness the devastation of the first global war.

People will hear personal stories as well as consider how it changed the path of humanity irrevocably.

In the Shock of War chapter people will be confronted by the sound of intensive artillery fire and they will come face to face with the deliverer of destruction.

At the centre of the exhibition is a trench-like space that will evoke the landscape of trenches, with its twists, turns and escalating, steep walls (from which all to be seen is the sky above).

Visitors will witness intimate objects embedded in showcases along the way that tell tales of real people and their fate. The soundscape will provide the sound of tanks rumbling by, aircraft swooping above and shells bursting in the distance.

Combined, these sounds create an incredibly emotive and reflective experience.

From the trenches people will be drawn into Taking War to the Skies by a huge three metre high screen showing a dramatic and intense evocative animation of Manfred von Richthofen's final moments (renowned in popular culture as the German Ace the Red Barron).

Airmen from both sides fought gallantly and became celebrities for their daring antics.

Along with uniforms, equipment used by airmen during the war and blue print plans of the Red Baron's plane, the central space will feature the original engine from his crashed aircraft.

Between technology, personal stories and intimate objects, this exhibition

brings the war to our door. To experience the devastation and trauma in a safe environment may well help our current generation appreciate the heroism of the soldiers who fought so gallantly, as well as highlight the futility and devastation of war.

Through 3D imagery and incredible state of the art technology, one cannot help being immersed in the story.

This is a spectacular, premier and auspicious event, exclusive to Melbourne and certainly not an event to be missed.

The exhibition commences on 18 April and runs through to 12 July. For further information please refer to the website at [www.lxhibition.com.au](http://www.lxhibition.com.au).

## Lest we forget in Melbourne

## Enjoying the Armada Restaurant at Perth's Travelodge



Left to right; The surf and turf is a highlight - The tasting plate offers a selection of dishes

by Jennifer Merigan

HOW does a tasting plate with delicious morsels which

include satay sticks, Arancini balls, chorizo, olives and sticky ribs sound?

Or what about a classic surf and turf with a juicy rib

eye steak and fresh local prawns in a creamy sauce?

You can enjoy these and more at the recently refurbished Armada Restaurant at the Travelodge in Hay Street, Perth.

The Armada offers casual dining in the city in a modern environment.

It's the perfect place to meet for a drink and some snacks in the lovely terrace or enjoy a hearty meal in the restaurant.

I had the opportunity to experience the restaurant and found the food, service and surroundings very pleasant.

We started with the tasting plate which offered a selection of many of the entrees on the menu, everything was delicious and I think my favourite was the sticky ribs.

I love steak, it's one of those dishes I rarely cook at home but always want to order when I go out and the surf and turf did not disappoint.

A great sized steak with prawns and mash served in a creamy sauce which was delicious.

After the massive entrée and main course we just couldn't fit dessert in, but saw many other diners enjoying the home made sticky date pudding. Alas, I will have to wait until my next visit to taste this.

Armada is a well-priced venue with good size portions, friendly service and a fresh modern feel.

### FAST FACTS:

#### Armada Restaurant at Travelodge

417 Hay Street, Perth WA 6000 (08) 9238 1888

<https://www.tfehotels.com/brands/travelodge-hotels/travelodge-perth/dining>

### WIN WIN WIN

*To be in the draw to win a dinner for two people at the Armada Restaurant at Travelodge Perth valued at \$200 simply send an email to [win@haveagonews.com.au](mailto:win@haveagonews.com.au) or send an envelope to Armada Competition - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 8/5/15.*

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- Relax with 5 cruises including Dolphin / Hole in the Rock Cruise in the Bay of Islands, the vintage steamship TSS Earnslaw and the Milford Sound Overnight Cruise.

Experience the romance of rail travel, the majesty of cruising and the luxury of coach on this enthralling holiday. Visit all the 'best of' attractions of the North and South Islands and be escorted by a professional Tour Guide. Highlights include 4 spectacular Rail Journeys - Glenbrook Vintage Railway, the Coastal Pacific, the world renowned TranzAlpine and Taieri Gorge Limited. Relax on 5 scenic cruises, with an overnight cruise on the beautiful Milford Sound. This tour includes 2 night stays in the Bay of Islands, Rotorua, Wellington, Queenstown and Dunedin.

## SPECIAL DEPARTURES 13 Oct 2015 & 9 Mar 2016

### >> ITINERARY

(B) Breakfast. (L) Lunch. (D) Dinner. (SD) Specialty Dinner.

#### DAY 1: Perth - Auckland

Today you will be transferred from your home to Perth Airport for your overnight flight to Auckland.

#### DAY 2: Arrive Auckland (B,D)

On arrival in Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel. You may like to take advantage of the discount coupons in your Optional Tours Directory.

**Hotel** Rendezvous Grand Hotel Auckland

#### DAY 3: Auckland - Bay of Islands (B,D)

Today enjoy an Auckland city sights tour before travelling to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Continue through Whangarei to the Bay of Islands. This afternoon enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.

**Hotel** Scenic Hotel Bay of Islands (2 nights)

#### DAY 4: Bay of Islands (B)

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins. The remainder of the day is at leisure. Choose from the many optional activities available. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

#### DAY 5: Bay of Islands - Auckland (B,D)

Farewell the Bay of Islands and drive south via Whangarei and Dargaville to Matakoho where you will enjoy a visit and informative talk at the Kauri Museum. Continue to Auckland's north shore for some time at leisure. Why not take a stroll to the nearby beach for views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.

**Hotel** Spencer on Byron

#### DAY 6: Auckland - Rotorua (B,L,D)

Depart Auckland and travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside to Longlands Farm & Restaurant. Enjoy a delicious home cooked lunch hosted by a rural New Zealand family. Next, continue to Rotorua and visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.

**Hotel** Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

#### DAY 7: Rotorua (B,SD)

Today begins with a Gondola ride and breakfast at Skyline Rotorua. There is also time for a luge ride! Next stop is the Agrodome for an action packed hour of farming entertainment and education that's unlike anything you've seen before. Enjoy some free time this afternoon before travelling to Te Puia to see the boiling mud pools and awesome Geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

#### DAY 8: Rotorua - Wellington (B,D)

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and this afternoon visit Southward Car Museum, home to a comprehensive collection of veteran and vintage cars. Continue south along the Kapiti Coast to Wellington.

**Hotel** James Cook Hotel Grand Chancellor (2 nights)

#### DAY 9: Wellington (B)

Enjoy an extensive city tour in New Zealand's capital, Wellington. A highlight will be time to explore Te Papa, New Zealand's National Museum, with exhibits that embrace both Maori and European views. Enjoy free time at leisure this afternoon. This evening is also free to dine out at one of the many fine local restaurants.



- Home pick-up and return by private car to and from Perth Airport
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**DAY 10: Wellington - Kaikoura (B,D)**

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Travel through numerous tunnels and across several bridges before departing the train in Kaikoura.

**Hotel** Donegal House

**DAY 11: Kaikoura - Christchurch (B,D)**

A leisurely start this morning with time to enjoy the tranquil setting. Travel south through some of the finest farmland areas to the garden city of Christchurch for an introductory city sights tour.

**Hotel** The Quality Hotel Elms

**DAY 12: Christchurch - Arthur's Pass - Franz Josef (B,D)**

This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Board your coach and travel to Hokitika, famous for its Greenstone before arriving at Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

**Hotel** Scenic Hotel Franz Josef Glacier (Douglas Wing)

**DAY 13: Franz Josef - Queenstown (B)**

See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving

into picturesque Queenstown, a year round resort situated on the shores of magical Lake Wakatipu. This evening is free to dine at one of the many fine restaurants.

**Hotel** Mercure Queenstown Resort (Lakeview Room. 2 nights)

**DAY 14: Queenstown (Free Day) (B,SD)**

Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbecue dinner which the chef will prepare in front of you at the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

**DAY 15: Queenstown - Milford Sound Overnight Cruise (B,D)**

This morning travel to Arrowtown and visit the Lakes District Museum. Continue via Te Anau to Milford Sound and board the Milford Mariner for your amazing overnight cruise. There is plenty of time to view the fiord's spectacular waterfalls, rainforest, mountains and wildlife - you're bound to encounter seals and if you're lucky maybe dolphins and penguins. As evening falls enjoy a delicious carvery buffet prepared freshly by the onboard chef.

**Overnight** Milford Mariner

**DAY 16: Milford Sound - Te Anau (B,D)**

Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord.

Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau. This afternoon enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves where you will admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto.

**Hotel** Distinction Luxmore (Deluxe Room)

**DAY 17: Te Anau - Dunedin (B,D)**

Travel via Gore and Balclutha to Dunedin to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail. On return to Dunedin's historic Edwardian Railway Station your coach will transfer you to your hotel.

**Hotel** Scenic Hotel Dunedin City (2 nights)

**DAY 18: Dunedin (B,SD)**

Today travel along the Otago Peninsula to Larnach Castle for a guided tour. Next visit Glenfalloch Restaurant for a delightful morning tea. Return to the city for an informative tour before some free time to explore at leisure. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

**DAY 19: Dunedin - Christchurch (B,SD)**

This morning visit Olveston House, a prestigious historic home before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends.

**Hotel** Sudima Hotel Christchurch Airport

**DAY 20: Christchurch - Perth (B)**

Time to say goodbye. You will be transferred to the airport for your flight to Perth after a memorable New Zealand Holiday. On arrival you will be transferred to your home.

Get on board with the Escorted Travel Specialists  
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\*Prices valid ex Perth and includes prepaid taxes from \$135, correct at time of print. Prices and taxes are subject to change. \*\*Private car transfers arranged by Kings Tours & Travel and are provided within the Perth Metropolitan area including Mandurah. Early hotel check-in and breakfast included in itinerary. Travel Insurance recommended. Jacket & Cap is one per person. One Travel Guide per household. Diary is one per person. Pre tour get together is subject to minimum numbers, for more information ask your consultant at time of booking.



# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION

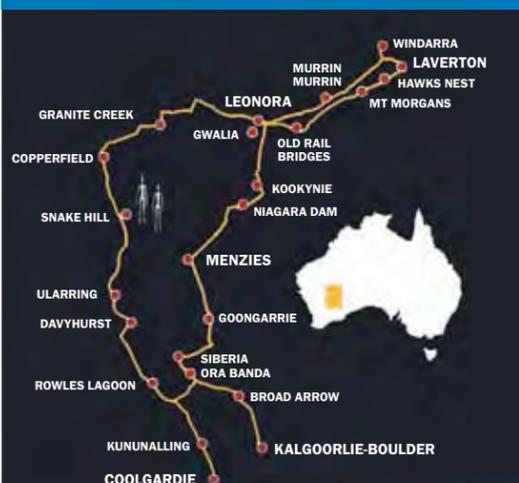


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For those going bush, enquire about the new Green Trail, a spur trail of the Golden Quest which links sites of Environmental significance in the Coolgardie Bioregion.



Above: Crowds were entertained and informed at the show  
Left: Brad Elborough

by Brad Elborough

THE interest in caravan and camping in Western Australia is certainly strong. More than 48,000 people attended the RAC Perth Caravan and Camping Show, held at the Claremont Showground in March.

If you missed it, don't worry, next year's dates have already been set – Wednesday 16 to Sunday 20, 2016. Caravan and Camping Industry Association CEO Simon Glossop said that the change in opening days, helped boost attendance by

almost eight per cent from 2014.

"This year the show opened on a Wednesday for the first time and this proved to be a popular move with more than 5,000 people visiting on the day," he said. "We will be sure to repeat the full five-day experience next year."

The Show featured around 100 exhibitors, with more than 400 brands and designs of caravans and 130 camper trailers available to be viewed.

Pundits certainly enjoyed the rare chance to be able to view them all in one venue and compare the various makes and models before making a purchase. And purchases were made.

It's difficult to keep up with all of the new technology and designs, but the show provides a rare chance also to speak directly to manufacturers, in some cases.

The pavilions were also full with exhibitors who were selling gadgets and just about every caravan and camping accessory that you could

think of.

And by the look of the parcel pick up area, where visitors to the show could leave their purchases and then continue enjoying the event, these were popular too.

Mr Glossop said that several initiatives that the show took on this that would be repeated in 2016.

"With free travel on Transperth included with on-line tickets, many people decided to leave the car at home and this proved to be a winner for visitors," he said.

"And, thanks to the Department of Health, additional parking was made available at Graylands Hospital. The courtesy buses were full of people, most seemed to be bringing goodies from the show back as well and the parking was much needed over the weekend with so many visitors.

"Saturday and Sunday saw the RAC Family Fun Zone kick into action and there seemed to be hundreds of kids taking advantage of the free rides and activities at any

one time. The rock climbing wall was a hit as was the face painting and fairy floss.

"Old MacDonald's Farm was the hot pick for the little ones and NaturePlay ran a tent pitching competition which, thanks to Getaway Outdoors putting up a \$50 voucher for the 10 races, saw a lot of parents keenly cheering on their kids to win."

The demonstrations were well patronised and those in attendance picked up some handy tips.

There will be a lot of campsites in WA with smells of sausage rolls and scones in the coming months, courtesy of Jo Clews recipes... while we should also see an improved towing skillset. The guys who demonstrated this at the Show, did so by reversing between two very expensive cars... gutsy!

In fact, we should see an overall increase in those heading out for an outdoors holiday – whether caravanning or camping – as interest in the industry continues to grow.

## Kalgoorlie offers great value pensioner and senior packages

TRAVEL in Western Australia has never been better value for pensioners and seniors on TransWA services. WA pensioners receive a free pass on any TransWA service once a year. Using this pass on the Prospector rail service to Kalgoorlie is now one of the most popular travel choices.

The Prospector is a fabulous trip, offering a comfortable air-conditioned ride through some of Western Australia's most scenic farm and red earth country. Entertainment is provided on board with easy access to snacks and meals as you travel along.

Now this pensioner free pass can be used on a package holiday to the Goldfields. Visiting Kalgoorlie and the surrounding region allows people to immerse themselves in the rich Goldrush history and experience historic streetscapes as you wander through the shops and call into some of the galleries and museums.

There are now great value pensioner packages available starting from \$299 per person, twin share, for a return rail, three nights' accommodation in Kalgoorlie.

The four-day Golf Extravaganza Package

allows you to play two rounds on the brand new Graham Marsh designed Kalgoorlie Golf Course.

For the more adventurous, there is even a self-drive package providing car rental, allowing you to explore further afield and perhaps take in the fascinating Inside Australia Exhibit with the famous Antony Gormley sculptures at Lake Ballard.

For further information on these exceptional value holidays, call the Kalgoorlie-Boulder Pure Gold Visitor Centre on 1800 004 653.

# Great Value Pensioner Rail Packages

**4 Day Kalgoorlie Golf Extravaganza**  
from twin share **\$299** with pensioner free pass.  
(adult \$470)

Gold was discovered in Kalgoorlie in 1893 and the gold rush began, but these days it's the GOLF RUSH! Play one of the world's greatest desert golf courses, designed by Graham Marsh. Travel to Kalgoorlie FREE on the prospector by using your Transwa pensioner pass.

**Holiday includes**

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- 2 days x 18 holes of golf on the new Kalgoorlie Golf Course. inc. 2 days green fees & 2 days golf buggy hire
- EXTRA COST: BYO golf clubs on Prospector extra \$15 per bag each way or rent clubs from KGC extra \$30 for the 2 games.

**Day 1: Perth to Kalgoorlie**

7.10am depart Perth on the Prospector and travel through scenic Wheatbelt in air-con comfort, arrive Kalgoorlie 2pm. Transfer to your hotel at own expense then free afternoon to explore the city and book tee off times at the new Kalgoorlie Golf Course.

Cost per person (twin share)	Pen Free Pass	Pen/Sen	Adult
Ibis Styles	\$299	\$385	\$470
Quality Inn Railway Motel	\$299	\$385	\$470
Rydges Resort & Spa	\$305	\$390	\$475
The View on Hannans	\$320	\$405	\$490

**4 Day Golden Quest Discovery Trail Drive**  
from twin share **\$315** with pensioner free pass.  
(adult \$485)

Discover Kalgoorlie – Boulder and the Goldfields at your own pace with the convenience of a rental car. Perhaps visit The Superpit, Hannans North Tourist Mine and wander the historic streets of Kalgoorlie and Boulder before you head north on the fabulous Golden Quest Discovery Trail.

**Holiday includes**

- Return Prospector rail Perth to Kalgoorlie
- 2 nights choice of accom, Kal, inc cont b/fast
- 1 night accom Leonora Motor Hotel, inc cont b/fast
- 3 days car hire mid-sized auto sedan, unlim mileage
- Golden Quest Discovery Trail self-drive guide book and CD

**Days 1/2: Perth to Kalgoorlie**

7.10am depart Perth on the Prospector and travel through the scenic Wheatbelt in air-con comfort, arrive Kalgoorlie 2pm. A representative from Racey Rentals will meet you at the Station with your rental car. The next 2 days are free to explore this wonderful inland city. Wander its wide streets and take in the vivid architecture, check out the view from the Superpit and relive Goldfields history at Hannans North Tourist Mine or the Kalgoorlie WA Museum. In Boulder Town Hall view the Goatcher Curtain and look down into an old mine shaft at the Metropole Hotel.

Cost per person (twin share)	Pen Free Pass	Pen/Sen	Adult
Ibis Styles	\$315	\$400	\$485
Quality Inn Railway Motel	\$315	\$400	\$485
Rydges Resort & Spa	\$318	\$405	\$490
The View on Hannans	\$330	\$415	\$500

**4 Day Kalgoorlie Step Back in Time**  
from twin share **\$335** with pensioner free pass.  
(adult \$515)

Discover the history and heritage of the Goldfields with this exclusive "Step Back in Time" package. Use your free Transwa pensioner pass to travel on the Prospector and undertake three tours.

**Holiday includes**

- Return Prospector rail Perth to Kalgoorlie
- 3 nights choice of Kalgoorlie accom, inc. cont b/fast
- Full day History and Heritage Tour with Goldrush Tours
- Questa Casa Bordello Tour
- Kalgoorlie Audio Walking Tour.

**Day 1: Perth to Kalgoorlie**

7.10am depart Perth on the Prospector and travel through the scenic Wheatbelt in air-con comfort, arrive Kalgoorlie 2pm. Transfer to your hotel at own expense then free afternoon to explore the city.

Cost per person (twin share)	Pen Free Pass	Pen/Sen	Adult
Ibis Styles	\$335	\$420	\$515
Quality Inn Railway Motel	\$335	\$420	\$515
Rydges Resort & Spa	\$340	\$425	\$520
The View on Hannans	\$355	\$440	\$538

**Day 2/3: Kalgoorlie touring**

After breakfast on these 2 days you can undertake the full day History and Heritage coach tour\* (departs Tue, Wed & Thu), the audio walking tour and the afternoon Questa Casa Bordello Tour.

**Day 4: Kalgoorlie to Perth**

After early breakfast, transfer to rail station at own expense. 7.05am depart Kalgoorlie Station and travel on the comfortable Prospector, arriving Perth 1.45pm.

**Departs Perth** Monday or Tuesday, every week

\* History and Heritage Tour subject to minimum 4 passengers travelling on the day.



Hurry, book now with **Kalgoorlie Boulder Pure Gold Visitor Centre** Cnr Hannan & Wilson Sts, Kalgoorlie  
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Located on the famous Gibb River Road, at the foot of the majestic Cockburn Range, Home Valley Station is engulfed by a landscape of breathtaking contrast.

Experience the exhilaration of Barramundi fishing on the Pentecost River or enjoy the tranquillity of swimming in natural sapphire pools dwarfed by ancient red gorges. Soak in the unforgettable scenery on horseback or as you venture on one of nine spectacular walking trails.

Home Valley Station is the perfect location to set up camp for those travelling the Gibb River Road. You can relax in comfort in the Station's guesthouse rooms, stay in luxury in one of the suites idyllically set on the edge of the Bindoola Creek or opt for the Eco Tents which are a safari-style tented cabin.

Arguably the most spectacular campground in the Kimberley, the Pentecost River Bush Camp offers grassy non-powered sites right on the edge of the Pentecost River with stunning private views of the Cockburn Range. While the main campground is located close to the Station's central guest services and facilities and offers powered- and non-powered sites.

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\*Conditions apply, subject to availability. Lead-in pricing per person based on 2 adults staying in a Guesthouse room using existing bedding. Book until 30 June 2015. Travel 1 to 31 May 2015 and 1 September to 31 October 2015. High season rates apply for travel 1 June - 31 Aug 2015 from \$242 per person twin share. Children 15 years and under stay free using existing bedding. Charges apply for a rollaway bed. Voyages general terms and conditions apply.

# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Cable Beach Broome © Tourism Western Australia

THERE is so much to see and do in the Kimberley and Pilbara regions of Australia's North West. To help you plan and make the most of your visit, here are the

top-ranking highlights.

### Broome

- Stroll along the pristine white sand and swim in the clear water of Cable Beach.
- Visit picturesque Gantheaume Point - home of the 130 million year old dinosaur footprints and the remains of Anastasia's Pool.
- Wander through Chinatown - home to fine pearl showrooms, retail outlets and sidewalk cafes.
- Take a sunset cruise along Cable Beach on a restored pearl lugger.
- Go for a leisurely camel ride along Cable Beach.
- Sit back in a deck chair at the oldest operating outdoor picture gardens in the world.
- See the remains of the Catalinas - Dutch Flying Boats bombed during World War II.
- Meander through the

famous Courthouse Markets on a Saturday morning.

- Reflect on the dangers of the early days of diving at the Japanese Cemetery.
- Venture out to the Broome Bird Observatory to view some of the 310 species of migratory wader birds.
- Jump on board a fishing boat or go whale watching.
- Play a round of golf at the fully grassed 18-hole course.
- Browse through the many contemporary and Indigenous art galleries.
- View some of the largest crocodiles in captivity and other native Australian animals.
- Fish - with a local guide and enjoy feasting on your catch.

### The Kimberley Coast

- Enjoy a freshly-caught dinner of fish, mud crabs, or oysters on board a Kimberley cruise vessel.
- Land at the Horizontal Waterfalls in a float plane and experience this incredible natural phenomenon.
- Dive or snorkel amongst the rich marine life and coral reefs of the Rowley Shoals.
- Visit the Mermaid Tree - a boab tree in Careening Bay emblazoned by Captain Philip Parker King in 1820.
- Learn from an Aboriginal guide as they provide an insight into the amazing rock art of the region.
- Take a helicopter ride over the towering King

George Falls.

- Catch the elusive barramundi, or one of the many other trophy species that inhabit these waters.
- Hike inland and discover freshwater pools and waterfalls.
- View the massive Montgomery Reef as it is exposed at low tide, creating a series of waterfalls as the ocean cascades off the expanse.

### Gibb River and Kalumburu Roads

- Four-wheel drive adventure of a lifetime.
- Hike through spectacular gorge country.
- Spot unique flora and fauna of the Kimberley.
- Swim in fresh water rock pool and lagoons.
- Fish for a magnificent barramundi.
- Canoeing and camping.
- Stay at outback retreats for cattle mustering, helifishing and unique indigenous cultural experiences.

### Fitzroy Crossing

- Visit Geikie Gorge National Park, cruise the river and learn from Aboriginal guides
- Explore the fascinating Mimbi Caves.
- Find a good spot along the mighty Fitzroy River to camp or fish for barramundi.
- Visit an Aboriginal Arts Centre to see local artists at work.

• Drive or walk across the original causeway crossing in Old Town.

### Halls Creek

- Take a scenic flight over the world heritage listed Purnululu National Park, Bungle Bungle Range.
- Check out Wolfe Creek Crater, the second largest meteorite crater in the world.
- View the China Wall, a sub-vertical quartz rock protruding six metres off the ground.
- Enjoy the tranquil scenery of fresh water springs at Palm Springs or Caroline Pool.
- Go swimming, picnicking and fishing at Sawpit Gorge.
- Visit Old Halls Creek, 16km from the Great Northern Highway, home to the first gold discovery in WA in 1885.

### Kununurra

- Explore Mirima (Hidden Valley) National Park.
- Cruise the Ord River, swim, relax and check out the vast array of flora and fauna.
- Take a scenic flight over Purnululu National Parks Bungle Bungle Range, the massive Argyle Diamond Mine or the spectacular Mitchell Plateau.
- Spend a few days barramundi fishing on the Lower Ord River.
- Cruise the vast inland sea of Lake Argyle.
- Visit the town's many indigenous and contemporary

art and craft galleries.

- View spectacular Argyle Diamond collections - some of the finest gems in the world.
- Drive out to historic Ivanhoe Crossing, the old concrete causeway over the Ord River - a great picnic spot or try your luck fishing for a barramundi.
- Take in the spectacular view of the Ord Valley from the Kelly's Knob Lookout.
- Take a tour of the town and irrigation area of the Ord Valley.
- Swim in one of the nearby waterholes and springs, that are particularly exhilarating in the wet season.

### Wyndham

- Take a drive to the Five Rivers Lookout and absorb the sweeping views and spectacular sunsets.
- Step back in time on the Wyndham Port Heritage Trail walk/drive.
- Call into the Wyndham Museum, situated in the old courthouse building.
- Visit Wyndham Wireless Station and enjoy 360 degree views from Telegraph Hill.
- Take a drive out along King River Road to Moolchalabra Dam. Keep an eye open for the Prison Boab Tree and Aboriginal rock paintings along the way.
- View tropical birds and crocodiles from the bird hide and boardwalk at Marglu Billabong.



**York, Toodyay, Northam & Ballooning Tour**  
Thursday 14 to Friday 15 May 2015  
COST Seniors \$450

Travel up to York, Northam overnight.  
Optional \$300 extra ballooning, champagne breakfast included.

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10 days 9 nights

COST Adults \$2,550 Seniors \$2,500 S/S \$550  
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### Royal Gala Tours

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Tuesday 2 June - Friday 5 June 2015

\$1100 per person Twin share. \$300 Single Supps.

Includes: All meals, accommodation, entries as per itinerary and luxury 5 star coach travel

**DAY 1** Depart Perth for Albany, morning tea in Armadale, Williams for lunch in the park by the river, afternoon stop at Mt. Barker Roadhouse.

**DAY 2** The Gap, Natural Bridge for morning tea, Mt Clarence, guided tour of The Albany Forts, the new National Anzac Centre, picnic lunch, afternoon visit to Mt. Romance with a tour of the factory.

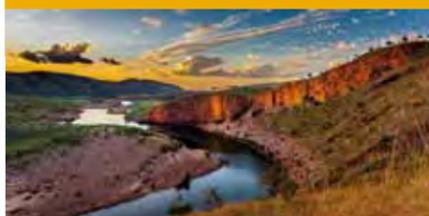
**DAY 3** Walpole, morning cruise, Greens Pool, Denmark

**DAY 4** Departing Albany for Perth, Kojonup for morning tea, continuing through Arthur River to Williams for picnic lunch, Nth Bannister for an afternoon stop before arriving back in Perth.

Call Elite Tours on 9314 2170  
[www.elitetours.net.au](http://www.elitetours.net.au)



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\$3200 pp

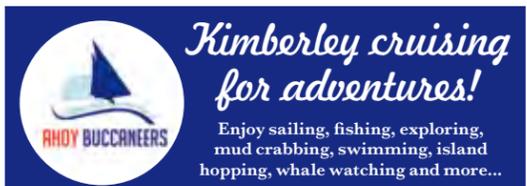


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## Kimberley adventures await

THE Kimberley has been described as one of the 'Last Frontiers' on earth and David Attenborough has called it one of the ten natural wonders of the world.

We are constantly reminded about this unique and amazing landscape that is practically in our own backyard, but how do we get to see this for ourselves?

For the last nine years, a West Australian company, Adventure Wild Kimberley Tours, has been quietly working away to solve this dilemma.

They have built up a small fleet of modern, well equipped, custom built four wheel drive coaches to take small groups into this remote and amazing area in safety and comfort.

They have employed and trained the most competent, friendly and motivated tour guides who bring The Kimberley to life with their knowledge, anecdotes and absolute professionalism to make this tour a trip of a lifetime!

They have tested and tweaked their tour itinerary over time and developed a 12-day Kimberley tour that gives a great balance between seeing and experiencing as much as possible, whilst still having enough leisure time to truly soak up and enjoy the journey. After all, the journey is just as important as the destination.

Adventure Wild know that food and entertainment is as much a part of a vacation as seeing the sights, so with this in mind they have developed a very flexible, fun and delicious menu that offers fantastic, tasty, good quality and delicious meals. The setting is not five star, it is a million stars!

Everyone needs a good night's sleep. A comfortable swag under the stars or in a fully sealed up safari tent, after a great day of exploring, will give you that.

With a number of established campsites with permanent tents, Adventure Wild has made camping especially easy with their guests only having to put up a tent three times on the 12-day journey.

For those worried about the facilities, this has been taken care of with flushing toilets and showers at all the overnight camp-sites.

All in all, this is one of the easiest ways to see this remarkable part of our great country without breaking your own vehicle or the bank.

For further information contact Adventure Wild Kimberley Tours on 9193 7778 or email [sales@kimberleywild.com.au](mailto:sales@kimberleywild.com.au)

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# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Travel Author Ann Rickard invites you over to her home town in Queensland.

WHO needs an excuse to visit Noosa?

Yes, you have glorious beaches in WA and more than your share of sunshine as well as a vibrant food and wine scene, but May in Noosa is when the Noosa International Food and Wine takes place (14 - 17)

## Make a date at the Noosa Food Festival

and the town overflows with celebrity chefs, wine luminaries and foodie personalities.

Noosa is my home town and I've attended, and taken part in, every one of the 12 food festival. Each year they get better and better with more ambitious events, more personalities and more colourful highlights than the year before.

In May the average temperature in Noosa is a beautiful autumn 21 degrees and the water is still warm enough for a swim, making it the perfect time to party.

From a very small beginning 12 years ago, when founder and restaurateur, Jim Berardo, took a group of southern media to the Coolabine Goat Farmstead in the Noosa hinterland and showed them local produce before sitting them down to lunch, the festival has grown to the country's most prestigious food and wine event.

But it is not just for foodies.

Despite the large number of hospitality heavy weights and personalities who descend on the town for the four day mega event, the festival is about lifestyle, about enjoying a celebration of the good life in one of Australia's most beautiful beach front towns (actually the most beautiful if you ask the locals).

Jim Berardo, a New Yorker who has lived in Noosa for 15 years and loves it every bit as much as the locals, shamelessly uses Noosa's charms as a backdrop for a number of ambitious events during the festival.

Every year he has upped the festival ante, bringing on more and more daring events over the four days.

Lavishly lined marquees are erected on Noosa's Main Beach to hold champagne breakfasts and cocktail-making competitions with some of the country's top mixologists.

Noosa Lookout with its spectacular views is the tableau for sunset cocktails and orchestral concerts before grand multi-course dinners.

The Noosa River becomes the backdrop for seafood lunch cruises. The hinterland towns of Kenilworth, Maleny formed the montage for intriguing food trails.

The Noosa Heads Lions Park transformed into a Festival Village with a massive 70 metre by 25 metre marquee its man hub and a 20 metre covered stage the centre for entertainment.

Noosa is beautiful all year round, but from 14 though 17 May, it is something special.

For a full program of events and highlights go to [noosafoodandwine.com.au](http://noosafoodandwine.com.au).

## We'll look after you in Italy...



Graham Mabury and Vince Garreffa

JOIN VINCE and Anne Garreffa on this magnificent food and wine tour of Italy in September and not only enjoy the delights of this indulgent tour of northern Italy but enjoy being hosted like never before.

They have specially designed this itinerary to highlight the north of Italy and coincide with some of the autumn festivals.

Some of the highlights include four nights in Lake Como, five nights in Verona and three nights in Sestri Levante.

The tour is set at a leisurely pace to really get to know the places that you will visit.

Of course with Vince, food will be one of the main focuses and you will enjoy tours of markets with local chefs, indulgent tastings, lunches and dinners with wine and experience the autumn festivals one of which includes a donkey race.

Another highlight of the tour will be Vince and Anne's special guests Graham and Merle Mabury.

They joined Vince and Anne on their initial tour in 2013 and loved it so much that they couldn't resist coming along again.

This 23-day tour is fully escorted by Vince and Anne and includes return economy airfares on Emirates, luxury coach travel, English speaking tour guide, 20 nights deluxe accommodation, sightseeing and entry fees, daily breakfast, nine lunches, seven dinners all with wines included and gratuities and portage at hotels.

This will be a tour of a lifetime, not only will you discover Italy through an Italian's eyes you will feel like you are part of their family.

For a copy of the itinerary or for further information contact Kings on 9380 6656 or call Vince direct on 0411 881 193.

## Taste of Perth festival returns



The festival is held at Langley Park © Jessica Wylde

FOLLOWING a hugely successful launch in 2014, Taste of Perth in partnership with Electrolux returns for its second year to the stunning outdoor setting of Langley Park, Perth for three days from 15 - 17 May.

Over three indulgent days you will rub shoulders with Perth's top chefs and like-minded foodies as you graze through your dream tasting menu designed by Perth's latest, greatest and hottest restaurants.

This year's festival will host 50 per cent more restaurants, with hot new additions to the restaurant line up Mary's and Asado joining last year's festival favourites - Print Hall, Lalla Rookh, Bib & Tucker, Bistro Guillaume, Nobu, Silks and el Público. Each restaurant will fashion three to four exquisite signature dishes in tasting sized portions, allowing people to create a dream tasting menu at the ultimate restaurant festival.

"Taste of Perth 2015 is an event not to be missed, particularly for foodies, restaurant-lovers, chef-enthusiasts and those looking for a great day out with friends and family," says Taste of Perth's event director, Simon Wilson.

Visitors can relax in Langley Park and indulge in the collection of delights from award winning, highly regarded restaurants, inspired by some of Perth's finest chefs, all in the one place. Bring a friend, bring the family, take a master class and enjoy the live music.

For more information visit [www.tasteofperth.com.au](http://www.tasteofperth.com.au).

## Great road trip adventures with Villa



THERE is nothing better than heading off on a road trip! Actually there is, when someone else does all the driving! Let Villa Carlotta Travel take the hassle out of your next adventure by letting them do all the work!

All you need to do is pack your bags and enjoy yourself. Villa has a huge range of amazing fully escorted and fully inclusive holidays to choose from. Whether it's up north or across the top, they've got it covered.

Head north with Villa's Broome to Darwin Explorer departing 17 June. Enjoy 13 days of amazing scenery including the Kimberley and Kakadu National Park.

Alternatively, why not head in the opposite direction from Darwin to Townsville on the discovery Across the Top Drovers Dream holiday, departing 19 June. Learn about life on the land in this incredible outback adventure.

Or why not get right off the beaten track on Villa's discovery Arnhemland and River Lodge Adventures departing 24 August. Featuring Mt Borradaile and Davidson's Arnhemland Safaris, this will be one to remember!

Closer to home, check out the Kimberley Experience featuring the Gibb River Road, Broome to Kununurra. This holiday departs 10 August and is one for those who love to get out into the wilderness.

Finally, Villa's North West Spectacular is nine days of scenic touring beauty. Seated in your luxury coach, witness vistas that will leave you breathless. With two departures, 27 June and 8 August, this will be one of the best holidays you've been on!

To book any of these amazing villa holidays FreeCall 1800 066 272, email [holidays@villa.com.au](mailto:holidays@villa.com.au) or visit [www.villa.com.au](http://www.villa.com.au) now.

## Adventure at Home Valley Station, Kimberley



Discover the Kimberley at Home Valley Station

HOME Valley Station will re-open its doors to guests on 1 May following its annual hiatus over the wet season. This unique working cattle station in Western Australia's East Kimberley will celebrate the launch of the 2015 season by inviting guests to save with a stay-five-pay-three nights offer.

Save with the stay-five-pay-three night package starting from \$705\* per room, twin share which includes five nights accommodation in a guesthouse room, buffet breakfast daily, entertainment at Dusty Bar and Grill and access to nine spectacular walking trails.

New this season at Home Valley Station are adrenalin fuelled airboat adventure rides for the wild at heart. Board a 500 HP Chevy V8, a custom Australian made commercial airboat for an experience along the mighty Pentecost River. Purpose built to enter the tidal waters of the Kimberley, the airboat is capable of climbing over mud banks and shallow waters to increase one's chances of spotting the famous saltwater crocodiles who inhabit this part of the country.

There are plenty of other things to see and do at Home Valley Station from horse riding tours, heli and boat fishing tours, and plenty of scenic tours. There are also nine self-guided walking trails, each trail is unique and features the beauty only found in the Kimberley wilderness.

To make a reservation at Home Valley Station, contact the Voyages Travel Centre on 1300 034 004 or email [travel@voyages.com.au](mailto:travel@voyages.com.au)

\*Conditions apply, subject to availability. Book now until 30 April 2015. Home Valley Station operates during the dry season between 1 May through to 31 October, annually.

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## Going Fishing with the family



Family fishing from small boats can be a great bonding experience

by Mike Roenfeldt

SPENDING a few hours fishing

in a boat is absolutely one of the best ways for a family to share some quality time. In the con-

finer of a small craft there's no escaping, no wandering off, and everyone is part of the special experiences that can come from a day on the water.

Depending on the age of the kids, it can be anything from a learning experience to full blown, good natured family rivalry. And there's nothing quite like that moment when a wee angler lands that first fish. Pride in the accomplishment is usually followed by a gradual growing in confidence as more fish are caught. Play it right and before you know it they are baiting up themselves, removing hooks and letting you know if a fish is too little to keep.

But where to start? What type of boat is right for you?

I have friends who went down what seemed to me like a perfect path years ago, starting when their two boys were three

and six.

They enjoyed an enormous amount of pleasure regularly fishing as a family, crowded into a little 3.4m Stacer aluminium dinghy during their annual trip to Monkey Mia. Fishing was restricted to within a couple of kilometres off shore on fine days and a certain amount of well organised cooperation was involved.

A big fish on the line brought a cry of "battle stations" and the boys would turn around and put their feet out of the way into the little bow section as the fish was brought into the middle between the seats. They fished for three years that way and had great success.

Things were getting a bit squeezy by the time the boys reached six and nine, so they upgraded to a 3.8m Savage Snipe,

powered by a 15 hp outboard. Because they towed a camper trailer they needed something that could be used as a car top and this was the biggest they could handle. The extra room and sea handling capabilities of the Snipe made things a bit more comfortable and that did them for a further three years.

But they had a yearning to explore wider horizons and hopefully catch even bigger fish so they took delivery of a 4.5m aluminium centre console, this time powered by a 50hp outboard. This was obviously a towing proposition, so the camper trailer had to go and their holiday accommodation moved to on-site chalets.

The expansion of what they could do on their annual Monkey Mia trip was enormous. Now they were running 20km out,

with all the excitement of finding new country to explore. They didn't necessarily catch more fish or have more fun but the exploration and adventure side of things added a new dimension to their holidays.

Three years later they continued the family boating odyssey, moving up to a 5.5m fibreglass twin-hulled centre console, complete with 135hp outboard. It added an extra level of comfort, safety and fishing room. Their boating options became almost limitless and they had finally arrived in serious offshore fishing terms.

The path they followed over the nine years of gradually upgrading their boats as needs dictated and budgets allowed, was a shining example of making the right boating choices according to circumstances.

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G'DAY from Broome's Gateway! There are rustic Broome-style accommodation and sites for camping,

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**Caravan Park**

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- Relaxed camp fire sunset and watch the moon rise.
- Great fire pit for camp cook-ups and sunset drinks. Ask about the pancake mornings, sausage sizzles and camp oven cook ups. There are barbecues enough for everyone.
- Arguably the best facilities in Broome. Disabled friendly, seniors friendly, family

friendly, pet friendly.

- The van sites are huge, ranging from 220m<sup>2</sup> to 500m<sup>2</sup>.
- Storage for all types of vehicles.
- The water at the park is great and there is plenty of it.
- High pressure wash down bay available or just wash down on site.

**The Lodge**

Queen and twin rooms with air conditioning, en suites, alfresco area, TV lounge, stove, microwave, fridges, coffee machine, pizza oven and all cooking and eating utensils.

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We are proud to offer a 10 per cent discount for Pet City Club members.

Conditions apply, refer to website for more information.

And there is more. On offer: Ask about the pet minding - while in town or on a tour relax knowing pets are being loved. Staff are pet friendly to friendly pets.

People can book tours through the friendly staff, usually at a cheaper rate than anywhere else!

Things to see and do around Broome

Broome Township: 28 km/25 min; 12 Mile Bird Park; 9 km/10 min; The Mango Pizza Place: 10 km/10 min; Malcolm Douglas Crocodile Park; 12.5 km/12 min.

Look for the entrance sign on: Broome Rd, Roebuck Plains, Western Australia 6725. GPS: 17°51.22S 122°27.25E.

Phone: 0437 525 485  
Bookings and general enquiries or email gateway@hookedonbroome.com  
www.broomesgateway.com

Please like them on facebook and comment on Wiki Camps.  
Come visit them soon!

## What makes a B&B appealing?

DR SARAH Rossetti, a personable TV screenwriter, has been successfully running Above Bored Bed and Breakfast in North Perth for the past 11 years.

"In addition to the price advantage B&Bs offer, it's the comfort of knowing that an experienced host lives on-site. B&B guests are looking for something different to bog standard, often overpriced, hotel rooms," said Dr Rossetti.

"We have many regulars, who know they cannot run up a bill once here. They enter via a code and pull the door behind them when they leave, so it's relaxed. We include free breakfast, WiFi and parking, and if they book more than one room or stay for a week, they receive great discounts."

Above Bored is a AAA 4 star rated, 1927 Federation home and cottage just five minutes north of Perth CBD, in a quiet street.

"We are child friendly and pet friendly accommodation. Pets stay free and can stay in guests bedrooms without a pet bond."

"It's knowing what pleases guests, like spacious rooms, no shared bathrooms or stairs, the comfort of knowing children are never frowned upon, and pets always welcome."

"My personality as a writer and diver is reflected in the king room bathroom's amazing underwater fresco ceiling, which kids adore; in the romantic en-suited master room with French doors and a gas log fireplace. Pet owners and car fanatics love the garden room cottage because pets romp freely in the secure back yard, and cars are tucked away safely in their own remote controlled garage," said Dr Rossetti.

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# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



## Golden rules for pet holidays

### Taking a first aid kit

JUST like us needing to keep a first aid kit at home, pets need one too! This kit should include the following: bandaging material, cotton wool, gauze swabs, irrigating solution, an antiseptic solution such as Betadine (avoid Dettol as it is too strong for animals), antiseptic cream, bite solution, thermometer, tweezers and blanket.

### Is it OK to travel by car?

Yes! It is fine for pets to travel by car to a holiday destination. There are however, a few things you need to be aware of.

Just like babies, pets cannot be left in a hot car as their temperature will rise and this can be fatal! Short nosed pets, such as pugs, and pets with medical conditions are at higher risk.

If you must leave your pet in the car, be sure there is enough cool ventilation coming in. Also make sure lots of cold water is available for your pet to drink.

Take regular breaks. Just like everyone else, pets need to get out and stretch and walk around once in a while. Some pets may get aggressive and/or sick if they aren't given this opportunity. Treat your pooch as you would want to be treated.

### Preparing yourself and your pet

Ensure your pet is well trained and under control. You will not have an enjoyable holiday with your pet if he/she is disobedient! Maybe consider enrolling your pet in some obedience classes before going away.

Your pet will need to be able to re-

spond to your commands when not on a leash. They must also have controlled barking. Nobody will be impressed if your pet starts barking at ungodly hours of the morning.

If you know your pet has separation anxiety (eg. samoyeds are known for their serious separation anxiety), do not leave them alone whilst on holiday. If you know that you will want some pet-free time alone, perhaps consider a pet-sitter?

You, as a pet owner, need to be prepared to clean up after your pet all times. It is not only for your own sake, but also for the sake of the accommodation proprietor and other holiday makers and pets in the area.

Source: holidayingwithdogs.com.au

## Spirits high as Bibbulmun end-to-end-ers reflect on their journeys



THE BIBBULMUN Track Foundation held a picnic at Point Walter Reserve On Sunday 15 March to acknowledge the walkers who had registered an end-to-end on the Bibbulmun Track since it was officially opened in 1979.

Despite the ominous weather forecast it was a great success. More than 100 people attended to meet old friends, make new ones and reminisce on their journeys.

"This is the first picnic we have been to and we really enjoyed the occasion to be able to mix with so many other achievers, meet up with a few old faces, and have a bit of a chat. A bit of an emotional walk down memory lane via the campsite register books was also a highlight," said Keith and Gloria Hunt, aka Wobbly Wanderers

Jim Baker, an end-to-end-er and valued volunteer at the Bibbulmun Track Foundation shared his experience.

"The real value of the event is the personal contacts. Meeting up with people that you had met previously out in the bush – my God, I've never seen you clean before! – last time I saw you, you had a big bushy beard! – and the track names – so you were Wild-goose? I walked behind you for six weeks! – Pseudo Solo Steve; what does that mean? – the Silver Tops, Iplod and Ipack, the Bibbulbuns, Wobbly Wanderers – who are they all? That marks the essence of the Bibbulmun Track – friendship, camaraderie, meeting like-minded people who love the bush and who appreciate the silence, the solitude, the beauty and the magnitude of the surroundings."

An end-to-end walk entails completing the entire length of the Bibbulmun Track which stretches over 1,000 kilometres from Kalamunda in the Perth hills to Albany on the south coast. The Foundation

has over 1600 registered end-to-enders from all over the world.

Walking the entire length of the Bibbulmun Track in one go is an awesome challenge and generally takes between six to eight weeks to complete. But not everyone has this amount of time to spare out of their busy lives. Many achieve their end-to-end by walking the track over a number of years, starting out with day walks then spending their holidays walking different sections.

Unfortunately, around 70km of track has been severely damaged from the recent bushfires and sections remain closed. At the moment walking an end-to-end is not possible and the foundation has advised walkers planning a trek to defer their plans.

The most significant loss was the Long Gully Bridge south of Dwellingup. This stunning heritage listed bridge was not only a highlight for walkers but, at 128 metres long, an essential crossing over the Murray River.

Up to 25 per cent of track walkers in the southern section are from interstate and overseas and this loss of visitors will be felt by the smaller towns such as Walpole and Northcliffe that are already facing tough times in the wake of the bushfires.

The replacement of infrastructure could take many months as the Bibbulmun Track is just one of many Parks and Wildlife managed assets which have been affected.

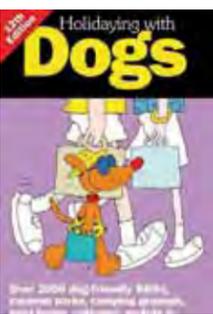
The Bibbulmun Track Foundation is a not-for-profit, community organisation dedicated to provide support for the management, maintenance and marketing of the Bibbulmun Track to ensure its long-term sustainability.

The Foundation has a fantastic team of nearly 300 volunteers and is committed to assisting the Department of Parks and Wildlife in doing all we can to get the Track fully re-opened. In the meantime we are appealing for people to join the Foundation, donate funds and to contact us if they can offer skills and equipment for the re-build.

Around 70 per cent of the Track remains open and, when the weather gets cooler, there will be plenty of options for day and overnight walks. We encourage you to support the bushfire affected towns over Easter.

For more information about the Bibbulmun Track or to donate funds, become a member or volunteer call 9481 0551 email: friends@bibbulmun-track.org.au or visit the website www.bibbulmuntrack.org.au.

## Holidaying with Dogs 12th Edition



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Not valid in conjunction with any other offer.

## Make mum feel special on Mother's Day

MOTHERS come in different shapes and sizes, nationalities and cultures yet we all call our mothers "Mum" and they are dear to our hearts.

Make your mother feel special this Mother's Day with some excitingly different ideas for Mother's Day gifts and make her day memorable.

Donating money to a charity on her behalf is always a good idea, or taking her to a high tea or restaurant or café for a lunch special. If mother is an early bird take her for a lovely stroll around the river and out for breakfast.

She may like some delicacies or a food tour and there is always that special treat of a gift

or food hamper. For our glamour mums out there they may like a glamour photo package to make her feel special.

Handmade gifts like pot critters or a plaque for the wall, with her grandchildren and children's names etched in the picture for a keepsake, make a personal touch.

Flowers are always well accepted as a fragrant gesture and have an exciting selection of arrangements with her favourite flowers to display in the home.

A day spa is a warm inviting way to say I love you and massage all the woes away. Handmade soaps body scrubs, cookies and sweets will tantalise your mums taste buds.

## Need a holiday but don't have time...then float away in Perth



by Jennifer Merigan

WHEN I was a child I used to have a daydream about floating on a cloud.

It provided me with great comfort as I imagined being whisked around the world wrapped in said cloud.

I couldn't imagine that I would ever actually experience anything like I imagined as a child but after experiencing a float in a flotation tank at Beyond Rest I came close to how I imagined floating on a cloud would feel.

You may ask what is a float? Flotation tanks have been around since the 1950s, the tank is a pod filled with water and which can be closed for complete darkness and is filled with over 500kgs of Epsom salts. This ensures that you are not fighting gravity and this gives you the floating on a cloud feeling.

Beyond Rest supply earplugs and this ensures that the water doesn't get into your ears and dis-

tract you from pure relaxation.

The water temperature is 35.5°C, which ensures that you lose track of where your body ends and the water begins.

Noise from the outside doesn't reach you and you are cocooned in a safe and warm environment to relax and rejuvenate.

As our lives seem to have gotten busier over the past few decades there's been a growing need for many of us to switch off.

And this is the absolute point of the Beyond Rest flotation tank.

It allows you to completely relax and it allows your body to rest, de-stress and heal.

The float increases your dopamine and endorphin levels naturally, which leaves you feeling happy and relaxed.

I loved the experience, it was an opportunity to shut the world out for an hour and leave most thoughts behind. I was in state of half asleep and half awake and I didn't even realise the hour had gone by, it felt like I was in there for five minutes.

That evening I drank a lot of water and had one of the best sleeps I have had for ages. The owners of Beyond Rest, Nick and Ben said that many people use the pods for healing of injuries, it's very popular with sportspeople and people from all walks of life have found benefits from floating.

Do you want to 'have a go'?

You can book your float by calling 9228 4062 or visit [www.beyondrest.com.au](http://www.beyondrest.com.au) and you can watch the Beyond Rest video about my experience at our website at [http://www.haveagonews.com.au/new/?page\\_id=1389](http://www.haveagonews.com.au/new/?page_id=1389)

## Sample the best of the west - nuts hand crafted in WA



MORISH Nuts is a family owned and operated business. Archie Moroni and Marie Mapp started Morish Nuts in a rented town house in Cottesloe, with Archie cooking half-kilo batches on a camping gas ring and Marie bagging and tying the cellophane bags with curling ribbon.

These first offerings were then sold at the local universities and markets. The reception to Morish Nuts was so enthusiastic that more time had to be allocated to Morish Nuts and less to Archie's studies at university, until eventually his studies were placed on long term hold to concentrate on producing Morish Nuts.

Morish Nuts are still made the same individual way, except they can now produce more from their factory in the Swan Valley, at 640 Great Northern Highway, Herne Hill. Their spacious new kitchen enables them to experiment with new products for your enjoyment, such as their

decadent Crunch and Peanut Brittle. For those with a taste for the exotic and that little extra bite, Morish have developed their own brand of Hot and Spicy caramel coated peanuts, cashews and macadamias.

Only premium selected nuts from Australian producers are used whenever possible. They roast and lightly caramel-coat them to enhance the natural flavour of the nuts and kernels, and no colorant, additive or preservative is added. Their savoury Morish Nuts products are also an excellent option for those who prefer a healthier snack.

Morish Nuts are available at craft fairs, agricultural shows, field days or special events. Buy them from mobile market barrows, at our stall at the Heritage Listed Fremantle Markets or at the new factory and gift shop at 640 Great Northern Highway, Herne Hill. Should people find it difficult to attend fairs or shows, they do offer a comprehensive mail

order service and would welcome adding your name to our list of satisfied customers.

**WIN WIN WIN**  
**Morish Nuts' MM, Nuts and Nougat Cooler Hamper**

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**Mouth watering Mondo Nougat accompanied by a refreshing Sparkling Oakover Chardonnay Pinot Noir.**

**All presented in a Morish Nuts cooler bag.**

**When everyone has consumed and enjoyed all your goodies - pack the cooler bag for a picnic and enjoy a day in the Swan Valley.**

**Finishing off a special day with a visit to Morish Nuts-Mondo Nougat and Oakover Wines to refresh your supplies of scrumptious goodies.**

**To be in the draw to win a Morish Nuts' MnM Nuts n Nougat Cooler Bag (RRP \$128) to celebrate Mother's Day 2015, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word morish in the subject line. Alternatively, address an envelope to Morish Nuts Competition, c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse side. Competition ends 30/04/15.**

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# GRAND ACTIVITIES

A school holiday guide for parents and grandparents

ADVERTISING FEATURE



## School Holiday Fun on the Bibbulmun Track

THE Bibbulmun Track Foundation is running two events for the kids these April school holidays: Camp Cooking for Kids and Dr Dolittle Goes Bush.

These hands-on events are a great way to escape the city and get the kids away from the X-Box and PlayStation. Experienced guides will keep them occupied while parents or grandparents can sit back and enjoy just being in the outdoors. Both events include a short walk on the Bibbulmun Track.

### 1. Camp Cooking for Kids

School Holiday Fun! Enjoy a 4 km return walk to a typical Bibbulmun Track campsite where kids learn to make things like damper and pizza and get to eat their creations. The kids will love this hands-on camp cooking experience, only one hour from Perth. Choose from two sessions. Suitable for ages 6 to 12 years.

When: Tuesday 14 April. More details:

Session A, 9.30am to 12.30pm: [www.bibbulmuntrack.org.au/walk-the-track/events-calendar/camp-cooking-for-kids-session-a-april-2015](http://www.bibbulmuntrack.org.au/walk-the-track/events-calendar/camp-cooking-for-kids-session-a-april-2015)

Session B, 12.30pm to 3.30pm: [www.bibbulmuntrack.org.au/walk-the-track/events-calendar/](http://www.bibbulmuntrack.org.au/walk-the-track/events-calendar/)

### camp-cooking-for-kids-session-b-april-2015

"It's always beautiful and relaxing to get out onto the track. We had magnificent weather too, perfect for walking. Really loved the animals. What a treat to get so close to some of those beautiful animals," said Simone, event participant.

### 2. Dr Dolittle Goes Bush

A 2 km return stroll on the Bibbulmun Track for children (5-12yrs) to a typical campsite to see and learn about our native animals from the Kanyana Wildlife Rehabilitation Centre. Watch their faces light up as they interact and learn about our native animals.

"Our four grandsons had a wonderful day. The hike was just the right length and the cooking class with hands on participation was excellent. A very good and enjoyable day. They will sleep well tonight." Vicki & John Grincer.

When: Saturday 18 April 3.30pm to 6pm. More details:-

[www.bibbulmuntrack.org.au/walk-the-track/events-calendar/dr-dolittle-goes-bush-april-2015](http://www.bibbulmuntrack.org.au/walk-the-track/events-calendar/dr-dolittle-goes-bush-april-2015)

Bookings essential. Contact the Bibbulmun Track Foundation Phone: 9481 0551 or Book online [www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au)

## Tinker Bell and the Legend of the NeverBeast



DISNEYTOON Studios returns to Pixie Hollow with the heartwarming adventure *Tinker Bell and the Legend of the NeverBeast*.

The new story explores an ancient myth of a fabled creature whose distant roar sparks the curiosity of Tinker Bell's good friend Fawn (voice of Ginnifer Goodwin), an animal fairy who's not afraid to break the rules to help an animal in need. But this animal, massive and strange with glowing green eyes, is not really welcome in Pixie Hollow, and the scout fairies are determined to capture the mysterious beast before it destroys their home.

Fawn, who sees a tender heart beneath his gruff exterior, must convince Tink (voice of Mae Whitman) and the girls to risk everything to rescue the NeverBeast before time runs out. Directed by Steve Loter (*Kim Possible*) and produced by Michael Wigert (*Secret of the Wings*), *Tinker Bell and the Legend of the NeverBeast* roars to life these school holidays.

Opens in cinemas for the school holidays.

### WIN WIN WIN

To be in the draw to win one of 10 family passes to *Tinker Bell and the Legend of the NeverBeast*, be amongst the first callers to phone the *Have a Go News* office during business hours (Mon to Fri, 9am to 5pm) and leave your details. Alternatively, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the name of the film in the subject line. Competition ends 17/04/15.

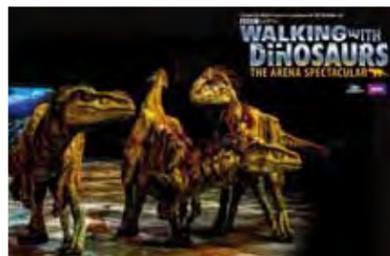


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**Take a unique Inside Tour of the Lancaster Bomber, only \$100. Please book a week in advance.**



## Walking With Dinosaurs

set to captivate young and old alike.

This updated production will showcase spectacular and colourful changes to the dinosaurs based on the latest scientific research including the likely feathering of some species.

The show depicts the dinosaurs' evolution with almost cinematic realism. *Walking With Dinosaurs - The Arena Spectacular* has scenes of the interactions between dinosaurs, how carnivorous dinosaurs evolved to walk on two legs, and how the herbivores fended off their more agile predators.

Visit ticketek to purchase tickets for this fabulous spectacular at [premier.ticketek.com.au/shows/show.aspx?sh=WALKKDINO15&v=WPA](http://premier.ticketek.com.au/shows/show.aspx?sh=WALKKDINO15&v=WPA)

### WIN WIN WIN

To be in the draw to win a family pass to *Walking With Dinosaurs* be among the first callers to phone the *Have a Go News* office during business hours (Monday to Friday 9am-5pm). Competition ends 15/04/15.

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CONVENIENTLY located on the corner of Knutsford Avenue and Fulham Street, Belmont, Reading Cinemas Belmont is a 10-screen cinema complex featuring wall-to-wall screens, digital sound, stadium seating, comfortable seats with movable arms, first release movies, value packed candy bar deals, arcade video games and two quality restaurants.

Enjoy \$10 movie tickets for a limited time in Reading Cinema's standard cinema.

**School holiday fun**  
Treat the grandkids to a great selection of movies these April school holidays with *Cinderella*, *Shaun the Sheep*, *The Spongebob Movie: Sponge Out of Water* and *Tinkerbell and The Legend of the Neverbeast*.

Or enjoy *The Book of Life*, *Fast & Furious 7* or *Avengers: Age of Ultron*.

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# Downsizing

ADVERTISING FEATURE



## To downsize or not - that is the question...



by Frank Smith

WHEN THE kids leave home, they leave empty rooms that need cleaning and maintenance but provide nothing in return.

If you live in a big house and the house makes up a large part of your assets, it is worthwhile to consider downsizing. That is sell the old house and move into something smaller, cheaper and more manageable and have cash in hand.

Downsizing can make a tremendous improvement in older people's lifestyles.

But it is not that simple. That's why over 90 per cent of older Australians intend to stay in their current accommodation for life according

to a report, *The Desire To Age In Place Among Older Australians* published by the Australian Institute of Health and Welfare (AIHW) in 2013.

The cost of moving can be significant. These include stamp duty (WA has one of the highest stamp duty rates of all Australian states), real estate agent fees, furniture removal, property inspections, preparing the existing home for sale, borrowing costs if you need a bridging loan and conveyance costs to name a few.

Stamp duty alone on an average \$500,000 value house comes to over \$17,000 in WA with a transfer fee of \$250 on top of that.

Moreover downsizing

will only produce surplus funds if you buy a cheaper house. If you buy a better quality home, or move to a higher priced suburb or an area with superior amenities, or the new property needs renovation, you may find yourself out of pocket.

Moreover, after selling your house and buying a cheaper one and meeting all these expenses, if you are an age pensioner any surplus may reduce your pension due to the workings of the asset test.

Centrelink will let you quarantine the sale proceeds from the asset test for a time, while you buy another property, but eventually your pension may be docked if you are single and your assets

(other than your home) exceed \$202,000 or \$285,000 for a couple, even if the assets produce no income.

There are other potential lifestyle pitfalls that you should also consider. A survey of 7000 older households conducted by the National Seniors Association in 2005 found that when people consider that their home is affordable, comfortable and in a good location, or when they feel an emotional attachment to it, they are likely to find their existing housing situation the best.

Owners answered 'cannot afford to move' least frequently, suggesting that if they wanted to move they were not inhibited by affordability, which strengthens the claim that they do not just intend to stay, they also want to stay.

Location rated highest as a reason to stay. Comfort was next, followed by financial suitability. Emotional attachment was lowest as a reason to stay.

Despite all this, some house owners will find it worthwhile to downsize, but the important thing is to get good advice before signing on the dotted line.

Downsizing can make a big difference to people's lifestyle, but like marriage, it should not be undertaken lightly.

## Australia's growing elder abuse problem

ELDER abuse has become a disturbing problem in Australia, one that will only escalate according to a report released recently. The report provides the first snap shot of elder abuse nationally, and this may be only the tip of the iceberg.

The first National Elder Abuse Annual Report found help lines from across Australia assisted 6,104 victims of abuse during the year.

Research into the extent of elder abuse suggest that as many as one in 20 older people may be experiencing abuse. The report also says that 32 per cent of perpetrators were the older person's son, and 31 per cent were the older person's daughter.

Shrouded by self-blame, shame and fear, many cases are not reported and older people suffer in silence.

Just as child abuse and domestic violence were once unrecognised, elder abuse is a hidden social issue that involves the mistreatment of an older person, typically in their homes, usually at the hands of family and friends.

Elder abuse comes in many forms - financial, psychological, social, physical and sexual abuse and neglect.

Elder abuse advocates are calling for the Federal Government to take action by developing legal and policy frameworks to deal with abuse.

Greg Mahney the Chief Executive Officer of Western Australia's peak elder abuse support agency, Advocare, wants more reforms and a national approach to the issue.

He has suggested several measures to crack down on abusers, including random

audits of enduring powers of attorney, to ensure they are being used legitimately, reforms to the banking industry, to alert older customers of unusual activity, and clarity to legislation about family agreements.

However, he said tougher penalties may lead to fewer cases being reported.

"Prosecuting may lead to family back-lash, or in many instances older people want the abuse to stop without breaking the relationship," Mr Mahney said.

Initiatives by the WA State Government on tackling elder abuse have been a positive step in the right direction. It

has included funding of a WA elder abuse helpline and establishment of an alliance of state government agencies to facilitate developments in WA elder abuse policy and raising awareness.

"The ultimate outcome if no multi-disciplinary response is given, will be that thousands more seniors experience abuse" said Mr Mahney. "The question we all ask is when will this issue be addressed nationally to ensure our seniors and our future seniors no longer suffer abuse?"

But until then, Australian seniors wait.

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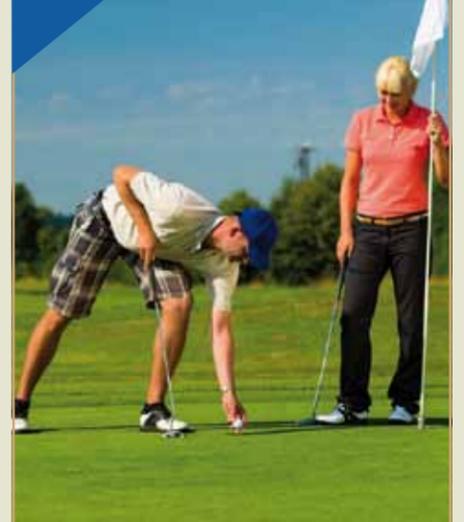
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# Downsizing

ADVERTISING FEATURE



## “O Death, where is thy sting? O grave, where is thy victory?” - Is it acting as an executor?

by Lynn Adamson

A FAMILY member asks you to be the executor of their will. You're flattered and agree immediately, but what are you letting yourself in for?

First, the deceased's assets have to be protected. This may mean changing locks on the their residence.

Next you will probably have to assist in arranging the funeral. Check whether

the deceased had a pre-paid funeral plan. It is the executor's responsibility to carry out the deceased's wishes. Often the family knows the deceased's preferences or their wishes are in their will.

Then there is applying for probate. The will may be among the deceased's personal papers, or the deceased's solicitors may advise that they hold the will. If there is more than one will, a later will revokes an earlier

one, but the executor should keep all the wills in case the validity of the latest will is challenged.

Be sure not to clip or pin anything to a will as the Supreme Court will want to know if a codicil has been removed from the will. Holes or indentations on the will have to be explained in the executor's affidavit when applying for the grant of probate.

The Supreme Court re-

quires a statement of the deceased's assets and liabilities. Valuations of real estate and of all shares held by the deceased at the date of death may be needed. The deceased's accountant should be able to assist.

Don't forget the deceased's online assets. Hopefully the deceased has a record of user names and passwords for online accounts, share trading accounts, time share credits, frequent flyer points, Facebook, Flickr, blogs and eBooks.

The family may not be aware of online assets and valuable family photographs and other content may be lost.

Once the Supreme Court has granted probate the executor can deal with the assets and follow the deceased's instructions in their will.

An income tax return for the deceased must be lodged from 1 July to the date of death and for the estate from the date of death to 30 June. The executor must apply for a Tax File Number for the estate.

The person appointed as executor is usually the person appointed as trustee of any property held on trust, e.g. if there are children who are minors, but this is not always the case.

The grant of probate for a straightforward estate may take a few weeks to gather

the information required to support the affidavit of application, register it at the Supreme Court's Probate Registry and for the Registrar to examine the affidavit and the supporting documentation and make the grant. The grant may be delayed if the Registrar issues requisitions (i.e. questions on any matters in relation to the will or the estate). If the estate is complex, or if any of the beneficiaries indicate that they want to make a claim or challenge the validity of the will. Then obtaining the grant and administering the estate may be delayed until all the issues are resolved to the Registrar's satisfaction or the matter has been resolved

by the Court.

The executor should get expert advice if an estate is complex, for example involving the deceased's businesses, partnerships, testamentary trusts or foreign assets. Those costs and the costs of the application for the grant of probate are borne by the estate and that may remove some of the sting.

*This article is provided for your information only. It does not constitute legal advice and is not intended by the author to do so. It should not be relied on as providing advice and you should obtain your own legal advice before acting on any information in the article.*

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## Seniors welcome reversal of government cash grab

SENIORS have welcomed moves to protect Australians' savings for longer by amending the inactive bank account legislation.

The Federal Government today announced it would reverse the former Labor government's cash grab by restoring the timeframe that bank accounts and life insurance policies are deemed to be inactive back to seven years from three years.

National Seniors chief executive Michael O'Neill applauded the move to revert the change back to seven years.

"Older Australians may not touch their secondary or back-up accounts for a few years. It does not mean it is

unclaimed or inactive.

"The former legislation was ridiculous. This is the people's money – not the government's money. Today is a win for common sense."

National Seniors had also raised concerns with the previous and the current government over violations of privacy regarding how personal information on inactive accounts was published.

"Previously, a simple name search for unclaimed money via the MoneySmart website could reveal sensitive information about a person including their address and the amount of money unclaimed.

"This raised many serious concerns over identity theft and people preying

on vulnerable members of society.

"We are glad that today's announcement also includes changes to strengthen and protect the privacy of individuals."

Accounts are regarded as inactive if no deposit or withdrawal takes place. The change will apply from 31 December 2015.

O'Neill urged older consumers to complete a transaction on their idle accounts every few years to prevent being caught out by the seven year cut-off.

With around 200,000 individual fee-paying members Australia-wide, National Seniors is the consumer lobby for the over-50s. It is the fourth largest organisation of its type in the world.

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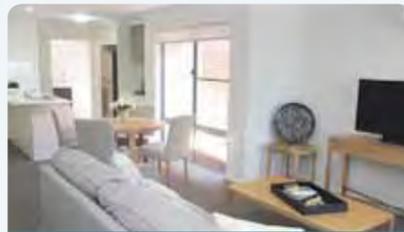
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**ELLENBROOK The Pines** 21 Ponte Vecchio Boulevard, Ellenbrook

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Pricing and availability advertised are correct at the time of printing but subject to change without notice. Information about the services and facilities provided in the village is correct at the time of printing but may change as the needs of residents change. Photographs are for illustrative purposes. March 2015.

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# Downsizing

ADVERTISING FEATURE



## Portfolio construction...the Fixed Interest sector

by Greg and Sonya Soudure

OF the four major asset classes – cash/fixed interest, property, Australian shares and the international arena, getting an adequate return from your cash and term deposits is proving to be the hardest to achieve at the moment, so it is appropriate to have a look at the alternatives that we have at our disposal, and the risks associated with them.

Aside from cash and term deposits, investments

in the bond sector considered to have the lowest level of risk are Australian Government bonds. This is due to the expectation that the Government will be able to pay the agreed interest when it is due and repay the capital at the maturity date of the bond. Therefore the risk of default on interest or capital is considered to be very low, but this also means that the interest, or coupon rate, offered on these investments is generally the lowest in the sector. So while you can buy these

investments for your super fund or private investment portfolio, with some maturities longer than 20 years, the current yields on offer are less than three per cent per annum. The main risk for this type of long-dated bond, especially when you are not being compensated by a high level of ongoing income, is a capital loss should you need to sell it prior to maturity. If interest rates do rise and the investor wants to liquidate these bonds, perhaps to get into higher yielding ones, they will have to take a loss on their original purchase to do so. This is because, as interest rates rise, bond prices fall as the holders of the lower yielding bonds have something which no one else wants unless they

can get them at a discount. Conversely, if interest rates fall even further, the prices of the current long-dated bonds will rise.

Should investors want a higher level of income from their capital, they may turn to corporate bonds. These tend to be shorter duration than the Government's instruments, and offer higher yields. This is a reflection of the higher credit risk of these bonds, that is the risk that the investor won't receive interest payments and/or be paid their capital in full at the agreed time. Therefore investors want a higher level of interest and a shorter term to maturity to compensate for this greater level of risk. Consequently the risks on these bonds share further similarities

with buying shares, in that they trade in a secondary market that can rise and fall like all bonds, but the risks around returns are higher given the greater chance of corporate failure compared with the Government. Corporate bonds, however, usually rank ahead of shareholders if the company fails.

A few years ago a new class of securities called hybrids came onto the market, which has the characteristics of both an interest-bearing security and equity, i.e. both bonds and shares. Like bonds, these pay an income stream and the face value is repaid at a future date. The rate of income return, often a franked dividend, is set at the outset and will either be fixed or floating (mean-

ing that the income return increases or decreases with changes with interest rates). On a future agreed date, the issuer will either repay you in cash or you will receive ordinary shares at a predetermined conversion rate. The income returns on the hybrids are higher as the risk is higher than other debt instruments. While investors rank ahead of ordinary shareholders for the payment of interest and recovery of capital if the company fails, they rank behind other creditors. Additionally, hybrids can trade more like equities, usually due to some of the terms embedded within them. Therefore the credit quality of the hybrid issuer is fundamental to your decision to invest in any offering. Companies

with long histories of profitability and strong balance sheets offer the greatest likelihood of income being paid and capital being maintained at maturity.

All of the aforementioned investments should be available through knowledgeable and well-resourced advisers who are able to provide intending investors with all of the relevant information needed to make those decisions.

*This article is general advice. Greg and Sonya Soudure are authorised representatives of Hartleys Ltd (ABN 33 104 195 057) (AFSL 230052). Please call 08 9268 2834 or 08 9268 2865 or visit [www.privateportfolios.com.au](http://www.privateportfolios.com.au) for further information.*



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Alchera Living Weeronga resident, Olga on the piano

## Caralee Choir commemorates ANZACs

ALCHERA LIVING'S Weeronga residents, along with staff from the Willagee Community Centre, are organising a commemoration in recognition of the 100 years since the ANZAC landing. Students from Caralee Community School have been invited to join the commemoration and their choir will be performing on the day.

On a recent visit to the school, residents were impressed to hear the children talking about the stories of ANZAC and other theatres of war that they had heard about from both their families and their teachers.

Maximus said that "one pop went into the war and the other couldn't go because he had something wrong with his foot."

Margaret, who emigrated from the Philippines, has only heard about ANZAC since she started school and has participated in Caralee's school commemorations.

Tiana told the residents that, as well as learning some songs from the period, they are also hearing stories and reading novels in class and drawing pictures that are related to the impact of war.

The residents are looking forward to sharing stories with the children and always enjoy hear-

ing Caralee's choir perform. The children are excited about seeing the vintage car display along with the other events which will be at the ANZAC Commemoration on 22 April between 10am and 1pm.

The event will be held jointly at Alchera Living's Weeronga Village and Willagee Community Centre. All are invited. Dig out your dusty photos and join in with some war time songs.

Morning tea will be provided, so for catering purposes just call Barbara on 0419 914 871 or leave your name at the front counter of Willagee Community Centre.

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Artist's impression



# Downsizing

ADVERTISING FEATURE



## Different slant on defacto relationships

by Mike Goodall

DE-FACTO relationships, while being recognised by the Australian government are not recognised by the UK Government, which only recognises relationships that have a document to confirm that they have been through a legal ceremony.

This effectively means that if you are in a de facto relationship and your partner dies you would not be entitled to receive a widows or a widowers State Pension from the UK or even an occupational pension. While I am not recommending that anyone in this position rushes down to the celebrants office to book a ceremony I just want you all to be aware that if you are relying on a partners UK pensions and have not a formal certificate you could be left in serious financial hardship.

Every week I hear people say that it is not worthwhile making additional voluntary

contributions to enhance your UK State Pension. If any of you read Nick Bruining's article in *The West Australian* dated 16 March you would understand that this is untrue. In almost every case that I have worked with when they become a pensioner they will be better off. Ironically if you are a self-funded retiree it can work even more in your favour. As I have said many times it's a no brainer. Please contact me for more information if you need help to get you started.

Following last month's article on the overseas voting rules I had hoped to report that the Private Members Bill had passed through the UK Parliament on 6 March. However the Bill has been delayed until 27 March which will now be too late to be affected before the general election. Of course the law could still be passed later depending upon the result of the election.

UK television channels are

working up to a fever pitch about this general election. According to them it is going to be the hardest election to predict in generations. It appears that the Scottish National Party (SNP) is set to take over about 41 seats held by the Labour Party in Scotland. Labour has traditionally relied on these seats to give them a majority over the Conservative Party. However the avowed aim of the SNP is to control the balance of power in the UK Parliament with the explicit intention of breaking up the union, so that they can form an Independent Scotland.

The Conservatives are therefore stating that a vote for the Labour Party or SNP is a vote to break up the UK. On the other hand we have the UK Independence Party which is intent on taking the UK out of Europe. Therefore the Labour party are saying that a vote for the Conservatives or UKIP is a vote to take the UK out of Eu-

rope. Now I personally consider that a UK outside Europe would be much stronger and able to control its own destiny without all the peculiar rules and regulation that have been imposed by Europe over many years, many of which have held back the UK recovery.

Traditional Labour voters are concerned that if they vote for Labour they are voting for the destruction of the union but feel unable to vote Conservative. Could they possibly create a swing to UKIP or any other of the minor parties as many Labour and Conservative voters are agreed that Europe is bad news?

It nearly happened in Heywood and Middleton near Manchester where at a recent by election a 2010 election majority of 5971 votes over the Conservative (with UKIP in fourth place) was reduced to 617 votes.

For those interested in politics it's a matter of hold on to your hat for a hectic ride.

Anyone who would like to discuss the above further is welcome to contact Brit-

ish 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.

## Doctor home visits are invaluable

IT'S the middle of the night and you or a family member is suddenly unwell. The first thought can often be to drive to your local hospital accident and emergency department where you find yourself sitting for several hours. Another option is just a phone call away – dial 9321 9133 and let Doctor Home Visits come to you whilst you remain in the comfort of your own home. After all – your home is the most comfortable waiting room in town!

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of the year locum service operating in WA.

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Detailed clinical notes are also forwarded to your nominated GP within a few

hours of the locum home visit to facilitate continuity of your treatment and ongoing care.

With the onset of the 'flu season upon us, if you are not able to visit your regular GP, our locum doctors are able to administer a flu injection in the home providing the patient has the flu vax ready. Make sure you are covered!

If you find yourself in need of medical assistance during the hours your regular GP is open, first telephone them and they will arrange for a home visit on your behalf. At any time when your practice is closed, you can just call WADMS direct.



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# Downsizing

ADVERTISING FEATURE

## Program for a healthier future launched by Bethanie and HBF



Bethanie CEO Chris How with HBF, executive general manager - Health and Wellness Jennifer Solitario

WA's largest not-for-profit aged care and retirement living provider, Bethanie, has partnered with WA's leading health insurer HBF to start a

new health support program for people suffering with a range of chronic health conditions.

The health support program is free for HBF members with certain levels of cover. It aims to help members live a happier, healthier life through providing tailored health advice and support.

The four level program will consist of face-to-face visits with a designated Bethanie health coach, phone support, a review of the member's current health status as well as educational information and resources.

Bethanie will provide the health coaches working on the project. They come from a range of clinical backgrounds, all are either registered nurses or allied health professionals.

They will also liaise with members' general practitioners to ensure that the very best support

is offered, with all health status factors taken into consideration.

The program can range from three to six months and members may qualify for one of four different tiers of services, which vary in degree of participation. The health support plan aims to assist members to manage their chronic health conditions, set and achieve their wellness goals, improve coordination and success of treatments, and increase satisfaction in health and wellbeing.

Bethanie, strongly emphasises the importance of living a healthy and active lifestyle to its clients. It is very excited to be part of this project says Bethanie CEO, Chris How.

"Bethanie is now a 60 year old WA company thus we thought it only appropriate to partner with another WA business icon, HBF, as we are

both established on the premise to provide great services to the WA community."

"HBF is always looking for ways to improve the wellbeing of our members and help them live healthier, happier lives. Partnering with Bethanie to provide tailored support to members will help them take control of their own health, and ultimately help them achieve a better quality of life," said Jennifer Solitario, executive general manager - Health and Wellness, HBF.

Bethanie looks forward to continuously improving the lifestyle and well being of its clients, this time in partnership with an organisation that cares equally as much for its members.

To find our more information contact Bethanie's HBF Health Support Line on 1300 55 11 13 or visit the website [www.bethanie.com.au](http://www.bethanie.com.au)

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## Handicrafts - a handy way to stay healthy and make a difference

FEW activities can stimulate your mind, test your skills and help you connect with other people like handicrafts such as sewing, knitting and quilt-making.

There's a reason why these traditional crafts survive and thrive in a post-Internet world - those who enjoy them well know their social, emotional and physical benefits.

The long-term benefits have also recently come to the attention of the scientific community, with some studies undertaken to determine the benefits these activities have on hu-

man health.

But beyond the health benefits, there is a real feeling of reward in creating something with your own hands - a reward that is never more evident than when you see the product of your creativity making a difference.

Such a difference can be seen at WA's Rockingham Hospital, where garments for premature babies and a total of 300 teddies - for children admitted to the emergency department - have been knitted by the folk at Affinity Village in Baldivis. Having something to cuddle can help take

their minds of their afflictions.

Affinity Village has also made a difference for WA foster children by making 20 single-bed quilts last year, with more in production for donation July of this year. They've also raised money, through craft stalls and raffles, for the Smith Family and Beyond Blue Men's Group.

In helping people in need, the knitters gain a great sense of satisfaction through doing something positive for their community.

And community is really what it's all about - handicrafts are a great way

for people to come together to share time, stories and knowledge in the creation of beautiful things.

At Affinity Village, the benefits of handicrafts are well known. That's why they have a dedicated arts and crafts room for their craft, patchwork and knitting group - just one of the many facilities designed to promote an active, healthy and social lifestyle.

If that sounds like you, it's well worth a visit. New homes for sale from \$329,000. Call 1800 72 71 70 or drop into the village at 38 Norwood Avenue, Baldivis.

## Retirees WA at Carlisle

THE CARLISLE branch of Retirees WA meet on the second Monday of the month for a meeting and guest speaker, on the third Monday for a concert and then again on the fourth Monday for the craft/knitting group. They also have a travel club that meets once a month

on Fridays for outings. The branch welcomes anyone who would like to attend. Meet at the Harold Hawthorne Community Centre, 2 Memorial Avenue, Carlisle. For further information contact Fiona Tatham on 0418 902 363 or Kay Cooper on 9479 1149.

## University of the Third Age - Bunbury

U3A meets every second and fourth Friday from 9.30-11.30am in block 3: room 119, Edith Cowan University SW Campus on Robertson Drive in Bunbury.

Visitors are most welcome. After the talk there will be an opportunity to socialise over morning tea and ask questions. There is a small charge of \$2 for refreshments and a parking charge of \$4 if applicable. Tel: 9721 4752 for information about the U3A.

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# Downsizing

ADVERTISING FEATURE



## Live grand at Claremont on the park



“Whether downsizing from a family home or moving into the area for the first time, this is a unique opportunity to secure a new luxury apartment in Claremont,” he said.

Overlooking the oval and connected to beautifully landscaped surrounds, The Grandstand also boasts a dramatic internal courtyard with a green veil that lines the gallery walkways incorporating the notion of discovery into the essence of The Grandstand and bringing nature into the heart of the building.

The spacious apartments include high ceilings and quality furnishings to create a feeling of openness and opulence.

The six-storey building will follow the curve of the oval in a contemporary design that celebrates the history of the iconic site. The Grandstand’s unique exterior incorporates organic design elements, integrating timber panelling, stone cladding, painted masonry and moveable balcony screens.

Mirvac design director, Michael Wiener, said the overall design goal was to create an environment rich in visual features and living amenities, a place that linked the community and inspired interaction.

“We wanted the design to create a quality environment with a true sense of community. Residents should feel secure and connected to everything and everyone that makes life enjoyable,” he said.

Sustainable design principles have been applied to ensure the environment has been considered at every stage of the design and construction of The Grandstand. The building is designed to achieve an average seven star NatHERS rating and ensure sustainability measures for the future life of residents and the community.

Register your interest by calling 9424 9999 or visit [www.claremont.mirvac.com](http://www.claremont.mirvac.com)

GRAND living opportunities are coming soon to the prestigious Claremont on the Park precinct. With a range of sophisticated apartment living options available and starting from just \$450,000, The Grandstand will deliver spacious, contemporary homes overlooking the Claremont Oval in the heart of the western suburbs.

Located on the northern boundary of the historic Claremont Oval, The Grandstand will be just minutes from the Claremont shopping district, long-established restaurants and cafés, and convenient train access to both the

Perth CBD and nearby beaches.

The Grandstand will deliver beautifully designed one, two and three bedroom apartments, and two bedroom terrace homes. Designed for luxurious living, The Grandstand combines character, quality and style in a superb location, creating new opportunities for those looking for change in lifestyle within the western suburbs.

Mirvac Group executive residential, John Carfi said The Grandstand is an ideal setting for anyone looking to embrace the best that Claremont has to offer.

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El Caballo Lifestyle Village is a master-planned community for over 45's with resort-style facilities.

The village is surrounded by an 18-hole international golf course, set on 200 acres of natural bush and rolling hills.

This secure, lock-and-leave village is situated in the picturesque Avon Valley, just 50 minutes from Perth, 25 minutes from Midland and only 15 minutes from Mundaring – where a full shopping complex is available.

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# Downsizing

ADVERTISING FEATURE



## Apartment living at Bethanie Esprit, Eaton



WA'S LARGEST not-for-profit aged care and retirement living provider, Bethanie, has released plans for two blocks of independent living apartments at their Bethanie Esprit site in Eaton.

The two-block development will feature 26 luxury apartments.

Each beautifully finished, stylish, architecturally de-

signed apartment will offer two bedrooms, a full sized bathroom (with some apartments offering access from both bedrooms), laundry and spacious living areas with modern design and full sized kitchens.

Construction is scheduled to begin mid year with a completion date set for late 2016.

Located just 200 metres

from Bethanie Fields, Bethanie Esprit offers South-west residents the chance to enjoy quality living and the very sought-after lifestyle that is associated with a Bethanie village.

Bethanie Esprit residents will have access to the brand new clubhouse, which will be the centre piece of the development.

Built for the exclusive use of residents, facilities for outdoor activities will include a bowling green, golf putting course, a relaxing courtyard, barbecue area and a heated swimming pool.

South of Bethanie Esprit lie coastal hinterlands and vineyards; east are the picturesque Ferguson Valley and hills of the Wellington District bush-

lands; go north to Mandurah and Perth; and a short journey west takes you to clean beaches and the Leschenault Estuary for swimming, diving, crabbing and fishing.

Medical facilities, shopping outlets and close proximity to public transport are just some of the conveniences offered to the residents of Bethanie Esprit, all nestled between vineyards and beaches.

For more information or to register your interest in apartment living at Bethanie Esprit, please contact Century 21 sales agent Craig Balme on 0408 086 029. To learn more about Bethanie and their various sites across WA, call 131 151 or log on to [www.bethanie.com.au](http://www.bethanie.com.au).

## Enjoy a new lifestyle in Walpole

WALPOLE is a small town situated between the forest and the ocean. It has a strong community network which has resulted in the provision of many support and recreation resources. If you enjoy walking, cycling, sailing, golfing, bowls or tennis these facilities are all available and the mild climate allows year round participation. Local artists have established small galleries and they take part in the Southern Art Trail which displays works during a two week period in September/ October. The local library and the Community Resource Centre support computer groups, book clubs, the Historical Society and the National Parks Association.

A community group began to work on their dream of a Life Style Village for the town, 10 years ago. This has come to fruition with the construction of quality aging in place units centrally located within walking distance of the CBD and all resources. Attention to detail and a thought-

ful architect has resulted in individual homes which are spacious and comfortable. The passive solar design including north facing living areas, effective insulation, reverse cycle air-conditioning and enclosed courtyards maximises the benefits of the cooler summers. Direct access from the attached garage ensures that you avoid the discomfort of winter weather. These features have earned the development a level six energy efficiency rating.

With active retirees in mind a second roller door in the garage allows for the parking of a small boat or camper in the courtyard area and there is still plenty of space to personalise the area with potted flowers or vegetables. A central landscaped garden is planted with water wise native plants. However the community garden is just a stone's throw away for those who enjoy working a plot of land.

The open plan living area is ideal for family gatherings, while the village social centre offers more space and a gazebo for

larger events. With two bedrooms and a separate activity/ computer room there is plenty of personal space. A second toilet is a comfort feature for residents and visitors. Built-in robes and well located cupboards provide excellent storage. Economical vacuum tube solar hot water and low energy wall mounted heating panels in the bedrooms are low cost features for residents in these homes.

Despite Walpole's low crime statistics, attention has been given to security with the installation of security doors and external lighting.

A recent review of the lease has allowed amendments which provide an entry age of 55 years, pet friendly policy, 12 month settling in period termination rights and 100 per cent of gain in market value. Priced at \$295,000 with low weekly levies the four available units are great value. Visit the website at [www.jarrahglen.com](http://www.jarrahglen.com), email [gaillaing@bordernet.com.au](mailto:gaillaing@bordernet.com.au) or phone 9840 8421.

# Bethanie Beachside Lifestyle Village

Image: Residents Jann & Alan - Lagoon Beach, Yanchep



*Live like you are on holiday every day...*

Join a lively, social and engaging village situated in beautiful Yanchep just minutes from the beach and let Bethanie take care of the hassle for you! Nestled between pristine beaches and a tranquil national park, Bethanie Beachside offers a truly exceptional setting ensuring a lifestyle that's as close as you can come to really having it all. Complete with Resort Clubhouse, undercover heated pool, bowling green, gymnasium, elegant bar / lounge, crafts room plus workshop all for you to enjoy with family and friends.

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[info@bethanie.com.au](mailto:info@bethanie.com.au)

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Or Justin at

Century 21 Clarkson

0407 577 865



Village Open every Friday 10am - 12pm or by appt



**Bethanie**  
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# Garden Festival Fever comes to McCallum Park



Left to right; McCallum Park, the new venue for Perth Garden Festival - Pick up some expert gardening advice and tips at this year's Festival - Enjoy seasonal favourite chrysanthemums this autumn - Go potty for tulips

by Colin Barlow

THIS YEAR the Perth Garden Festival takes on a whole new look that will hopefully re-energise the nursery and garden industry in Western Australia. The event will be held later this month from Thursday 30 April to Sunday 3 May at a new venue, the scenic McCallum Park, located just off Canning Highway in Victoria Park. Situated overlooking the beautiful Swan River, this new location provides improved onsite parking, access to public transport and flat land for easier public and exhibitor movement and use.

There will be more than 100 exhibitors at the 2015 Perth Garden Festival including some of Perth's best local garden centres, nurseries and retailers offering a huge variety of plants for sale. This is a great chance for garden lovers to do all their plant shopping in the one spot. Lack of nurseries and green life at last year's festival and previous Garden Weeks has been a problem so this should be a welcome change.

The SunSmart Landscape Show Gardens are set to be a show highlight with innovative displays set to inspire homeowners. From a full scale Anzac Cottage to Water-wise plants and products there are ideas to cater for most tastes. Live music and a designated children's activity area will provide fun and interest for all members of the

family. You can even take along your four-legged friends as long as they are on a lead.

The show is a great place to pick up gardening advice and tips from the experts. Throughout the Perth Garden Festival there will be a wide range of talks and seminars. I will be talking about 'Vertical Gardens - life on the edge' at 1.30pm on Saturday 2 May, so don't forget to come along and say hello.

This year the Perth Garden Festival will also play host to the 2015 Tree Climbing WA tree climbing championship and an axe chopping demonstration. WA's top tree climbers will converge on McCallum Park, Victoria Park for the annual WA Championships on the weekend of the 2 - 3 May. The top competitors will go on to the national championships.

Competing will be qualified arborists, tree surgeons and trainees who will participate in a range of events to challenge their climbing skills, with a focus on sound technique, safety and speed. Real life situations are recreated in events including aerial rescue, throw line, speed relay, work climb and foot lock.

The festival is open from 9.30am to 4pm each day with admission \$20 for adults, concessions \$14 and children (6-16) \$5. Children under 6 are free. Call 9436 0203 for more information or go to [www.perthgardenfestival.com.au](http://www.perthgardenfestival.com.au) or [www.facebook.com/perthgardenfestival](http://www.facebook.com/perthgardenfestival)

### Go potty for Spring Bulbs

I have to admit it that I am crazy about growing bulbs. It started when I grew a hyacinth in a jar of water for a kindy school competition and ever since I have been hooked. Having for the last two years seen the best display of tulips and bulbs in the world at Keukenhof in Holland as a tour guide for Ross Garden Tours, I have been inspired even more. Again we have teamed up with Tulips with a Difference to offer some inspiring prize bulb prize packs containing either tulips, Dutch iris, daffodils, ranunculi or hyacinths and a beautiful and informative bulb calendar.

You can plant bulbs for spring colour well into May. Check out *Tulips with A Difference* at the Perth Garden Festival where they will showcase the best bulbs for growing in Western Australia along with a few rare and hidden gems for the collector. You can even order online from the comfort of your home at [www.wabulbs.com](http://www.wabulbs.com)

### Melbourne Medal winners

The 20th annual Melbourne International Flower and Garden show (MIFGS) which ran from 25 - 29 March is over for another year and it was almost a case of déjà vu with the coveted City of Melbourne Award of Excellence for Best in Show won by Cycas Landscape Design for the gold medal winning garden Quietude. This year the garden was designed in conjunction with Lisa Ellis

Gardens as a celebration of outdoor life, horticulture and bespoke Australian products.

The other three other winners of the Gold Show Garden category were Ian Baker Gardens who designed *Crossroads*, Vivid Design who created *Resonate* and Nathan Burkett Designs *Equilibrium*.

### Colours of autumn

The autumnal colours are beginning to show and it is show time for seasonal favourites like chrysanthemums, roses and gerberas.

The Western Australian Gerbera Society Autumn show and plant sale brightens up the South Perth Civic Centre, corner of Sandgate Street and South Terrace, South Perth on 18 April. With bold brilliant blooms and sunny colourful flowers, the show will be open from 10am to 3pm. For further information call Joyce Riordan on 9594 0374.

Roses are looking delightful again with the milder weather. It's the ideal time to stop and smell the roses at the Rose Society of WA autumn show. Held at the Guildford Town Hall from 2 - 3 May there will be refreshments, raffles and plants for sale. So don't miss out, as it's the perfect time to plant them too. Contact Sandy Beverley on 0416 141 042 for further details.

The Gosnells Horticultural Society Show is on from 2-3 May at the Addie Mills Centre, Astley Street, Gosnells. Featuring floral art exhibitions, and chrysanthemums for sale

on Sunday. Enquiries call Margaret Baker on 9398 2684.

The Forrestfield Forum Marketplace is the new venue for the WA Chrysanthemum show and display from 6 - 9 May. Call 'Chrissie or pot mum' expert Frank Blackwell on 9534 8238 for more details.



### WIN WIN WIN

To be in the draw to win one of five Tulips with a Difference prize packs simply email [win@havegonews.com.au](mailto:win@havegonews.com.au) and include the word tulip on the subject line or address an envelope to Tulips with a Difference Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Competition ends 1/05/15 to be in the running to win. Each prize consists of one pack of either Dutch iris, daffodils, jonquils, tulips or ranunculi and a 2015 bulb calendar valued at \$25.

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## A living rose at Perth garden festival



### Living Roses

BEVAN AND Ann own Living Roses. They are passionate about their roses and love to share this passion with their clients. Bevan has a background in horticulture and Ann has a background in agriculture and floral design.

Ann and Bevan grow both standard and bush roses from newly budded to mature. They will advise on planting, growing, pruning, weed and pest control and carry out site visits to ensure the roses are suited to the appointed area. They will even plant them if required.

Another popular service they offer is rose hire in decorative pots. These roses add colour to weddings, sporting and corporate events. The roses can also be hired for birthdays, naming days and funerals with the option of purchase as a commemorative rose or gift. Living roses are often for sale at Mt Claremont Growers Market

This is the first year Living Roses has exhibited at Perth Garden Festival. They are looking forward to showing off their roses and meeting new clients. It is anticipated the Gallipoli rose will be available for sale to commemorate the centenary of the first landing at Gallipoli.

Living Roses is a small rose nursery located in Ascot. Their nursery is open to the public by appointment; ring 0403 315 538.

## You are what you eat goes for your plants too

YES WE have sandy soils in WA, but by adding Eco-Growth rock minerals and bionutrients people can start to change that.

Rock minerals don't leach from the soil like salt based fertilisers do, in fact they can help turn sand into soil. So to build a healthy garden choose plants that like the neighbourhood and plant with rock minerals, composted mulch and water.

As bigger plants grow, add an understory of little plants to build an ecosystem. This will help your plants and soil stay cool, reduce water use and create a sustainable home for

beneficial microbes in the soil.

To feed this ecosystem, feed it with high energy liquid plant and microbe foods such as Eco-Vital. Make sure your soil is wettable and if needed apply Eco-Wet. As improves it should naturally become more wettable. However the key to this is to always keep soil covered with living plants. Bare soil is dead soil, mulch is wonderful but plants are best, so cover up with plants and nature will do the rest!

People will never smell roses so sweet or taste food so good as what you grow yourself in a healthy beautiful garden.

## Home in WA returns...



JUST a quick reminder that the new season of HOME in WA airs on Saturday 2 May at 4.30pm.

HOME in WA is thrilled to be celebrating its 16th year on Channel 7 and GWN7.

Dan Paris and the team will be back to show you the best ideas and products for your home.

If you miss the Saturday viewing, you can see it on the website at www.homeinwa.com.au and don't forget to like them on facebook.

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# 'Have a go at gardening' - WA Garden clubs

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Barbara Johnson  
Ph: 6304 2261  
Email: b.johnson@ecu.edu.au

**Albany Horticultural Society Inc.**  
Paul Higginson  
www.albanyshow.org.au  
Email: aas@albanyshow.org.au

**Augusta & Districts Garden Club**  
Email: teddyfred@westnet.com.au

**Begonia Society of WA Inc.**  
www.begoniaswa.org  
Email: begoniaswa@live.com.au

**Bindoon & Districts Agricultural Society Inc.**  
Jan Cooper  
Ph: 9571 0660  
Email: justjan2@bigpond.com

**Blackwood Country Gardens**  
Peta  
Ph: 9764 1111  
Email: mail@countrygardens.com.au

**Boddington Arts Council Garden Group**  
Jill Duxbury  
Ph: 9883 8282

**Bonsai Society of Western Australia Inc**  
Nigel 9330 6242  
Dianne 9362 6996  
www.bonsaisocietywa.com

**Brunswick Agricultural Society Inc.**  
Leanne Juricev  
Ph: 9796 0468

**Busselton & Districts Horticultural Society Inc.**  
Kay Miller  
Ph: 9754 1362  
Email: bsnsnshow@westnet.com.au

**Cactus & Succulent Society of WA**  
Shirley Laslett  
Ph: 9277 3924  
Email: shirleylaslett@bigpond.com

**Camellia Society of WA Inc**  
Peg Ellis  
Ph: 9313 8117

**Canning Agricultural, Horticultural & Recreational Society**  
Canning River Gardens  
Ryan Schultz  
www.cahrs.com.au  
Ph: 9451 1820  
Email: enquiries@cahrs.com.au

**Carnarvon Garden Club**  
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Ph: 9941 2098

**Cymbidium Orchid Club of WA (The)**  
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# Freeo Grasshoppers sing of global warming



Silvadee and The Grasshoppers

by Josephine Allison

A SONG about global warming and the use of coal by local band the Freeo Grasshoppers has ignited keen interest in the United States because of its environmental theme.

Eight years after the band was formed by Dee Silva (known as Silvadee), the Grasshoppers album, *Taking You Home Tonight*, has sold more than 1000 copies with the last song, *Burning Away*, attracting the attention of a US publisher.

"*Burning Away* really remained unnoticed until a year ago," Silvadee said.

"Surprisingly, the title track of the first album, *I Guess I'm Lucky* has been picked up by Trinity Productions in the US to be used in a documentary, *Signs of Our Times*, about the plight of the homeless, especially in the US.

"The song can be viewed on YouTube. I'm humbled at the opportunity and hope the interest in both these songs might be the start of something bigger."

When the Freeo Grasshoppers was formed in 2007 Silvadee's brother Junior was on bass with various drummers filling in. The next year Silvadee sent solo, touring with local band *Easy Tigers*

to the North-West and Darwin, gigging extensively up the coast including inland country towns and mine sites.

In 2009 the Grasshoppers reformed and started gaining a name slowly but steadily, according to Silvadee. In 2010 Silvadee released the Grasshoppers first album, *I Guess I'm Lucky* which sold more than 1000 copies. By then, the band was gathering a fan base, especially with its live performances throughout the Perth area.

In 2011 dynamic drummer, Reggie D'Souza, joined the band to take it to another level.

"The hunger was growing to get into the studio to lay down another album and, by December 2013, *Taking You Home Tonight* was released," Silvadee said.

The Freeo Grasshoppers perform regularly at Fremantle's National Hotel and the Governor's Lodge on Rottnest, as well as at private and corporate functions doing covers and originals.

Silvadee, the front man, singer, songwriter and guitarist, has been playing and performing since age 11 after settling in WA with his family from India in 1974. He has also performed on television as a solo artist and with the Grasshoppers on ABC's *Stateline* program.

After his father, Eddie, died in 1987 Silvadee moved to Sydney with his

mother Kathleen where he released his first album, *Nose Power*, which he says was: "more or less a learning curve."

"I returned to Perth with one aim and that was to continue my music," he said. "Western Australia is definitely the music hub, especially for singer-songwriters where there are so many opportunities to tour up the coast and inland. Many musicians now strutting their stuff overseas come from WA."

Junior D'Silva, who has been playing bass guitar for the past 20 years, is renowned for his genetic harmonies and humour. Reggie D'Souza has played the drums since he was a child and also teaches drumming at local schools. Keyboardist Thierry Nogang performs most Sundays at the Crown Burswood. Originally from Mauritius he adapts well to the Grasshoppers mission to play across various genres.

"Our band is now recording its third album and there's already interest which is encouraging," says Silvadee.

The Freeo Grasshoppers perform at Cicerello's boat harbour, Fremantle, midday to 3pm, Monday, 27 April.

### WIN WIN WIN

To be in the draw to win a copy of the Freeo Grasshoppers CD simply email win@haveagonews.com.au with the word grasshoppers in the subject line. Competition ends 30/04/15.

# Tales from the Duyfken



YOU'RE never too young to have fun sailing... This is Bob Meredith (pictured above), one of those unique characters that make up the volunteer sailing crew aboard Duyfken. At a youthful 74 years Bob enjoys nothing

more than climbing up the foremast to prepare the sails for Dufken's next sailing adventure... no mean feat when you consider that when he's working up near the top of the mast he is 60 feet above the ship's deck!

The story for Bob though doesn't begin around water. For 30 years he lived and worked in rural Western Australia as the manager of a 17,000 acre wheat and sheep farm that was located 50 miles north of Mukinbudin... not much water out that way!

Along the way he played competitive football until he turned 50.

Relocating to Perth in 1987 he took up a role with Curtin University where he spent 10 years as the grounds curator.

It was during the late 90s after a visit or two to Fremantle that he discovered Duyfken under construction. Being very inquisitive he started chatting with the build team. By the time Duyfken returned to Fremantle after her 2002 voyage to Holland for the 400th anniversary of the VOC, Bob was hooked.

He started to read more about the original ship's history and with this new found knowledge it wasn't long before he was invited to

join the volunteer team as a ship guide. From this beginning he joined the maintenance team and then once the local day sail program commenced he joined the sailing crew migrating to the role of climber... a role that involves climbing to high points on the mast to release the sails for sailing.

Today Bob is actively involved in training a new crop of trainee climbers eager to embrace the joy of tall ship sailing from the highest vantage points on the ship.

From all this Bob has developed some great principles to live life by... in his words "if you rest you rust" and "you're never too old to have fun."

To meet Bob and the crew of Duyfken there are a couple of options for Have a Go News readers. During the winter months, April to September why not put together a group of 12 or more and join us for the Coffee 'n Cake Tour (\$15/person) of Duyfken at her Fremantle home.

And then come October we re-launch the Seniors Sailing Program on the Swan River so get your club to email Peter Bowman for details at manager@duyfken.com.

# Prostate health problems - a thing of the past?

**Advertorial**  
ONE IN three men over 50 have benign prostatic hyperplasia (BPH) commonly known as an enlarged prostate, this number rises to nearly 80 per cent of men when they reach 70. While BPH is not fatal, like prostate cancer, it can cause a lot of pain and inconveniences.

Common symptoms are frequent and painful urination, and for some cases sexual performance is affected. It is no wonder that

it has reached epidemic proportions, yet so few men talk openly about it.

For those who have approached their doctor for advice, more often than not, an effective treatment is quickly and conveniently made available. Surgery is usually the last-resort due to the unpleasant nature of side-effects such as incontinence and impotence. Most cases can be adequately treated with orally taken over-the-counter medication such as the popu-

lar Magnus Shield, developed and distributed by Graminex Australia.

According to Mr. Indra, spokesperson for Graminex Australia, men in general tend to be tight-lipped about their current condition.

"It's normal for men to feel uncomfortable talking about their prostate and their symptoms (of BPH) that's okay, we understand," says Indra, who does his best to personally answer questions from individual callers. He has also

spoken to many concerned wives whose husbands are reluctant to acknowledge the issue.

The key to this problem he believes, is to slowly encourage a culture where men should not feel ashamed to talk about their medical condition, especially if it concerns their personal equipment.

For the men who are willing to seek help to fight for their health and well-being, Magnus Shield has proven to be a very effective solution.

Bill was suffering from the symptoms in silence on a daily basis and at first believed that it was part of the normal ageing process all men go through. That was until he spoke to a close personal friend who suggested that he get some medical advice. This led to him being prescribed some Magnus Shield by his family doctor and the results have been positive thus far.

"Since taking Magnus Shield tablets for the past three months, I have noticed an improvement. Previously I would go to the loo five or six times a night, and now I only go two or three times, even less sometimes," said Bill.

Another long-time sufferer Paul, did not wait around for help and instead actively sought it out. One day he stumbled upon an article written in a health magazine about the prostate and this led to him trying out Magnus Shield for himself.

"I found about these tablets

Magnus Shield tablets from a magazine. I found it helps me to empty my bladder in night time and relieves the pain while passing water. It really works for me. I'm feeling better now," says Paul.

The good news is that more men like Bill and Paul are taking a proactive approach to taking care of their own health. In order to further encourage this trend Graminex Australia has been working together with non-profit prostate support groups in Victoria to help increase awareness amongst men.

Indra feels it's only a matter of time before practically all men learn the ins and outs of taking care of their prostate.

"Eventually we hope to get more men to come forward and share about their prostate issues. This is our way of showing our support for this common condition," says Indra.

Trevor Cottle, who is in charge of running the regular meetings with his prostate support group in Box Hill, Victoria, underwent prostate surgery eight years ago and also lost his brother to prostate cancer, feels the same way.

"Prostate support groups have been formed by men, for men, who are interested in prostate health issues and want to do something about it."

For enquiries about joining a prostate support group, visit www.magnusprime.com for more information.

For enquiries about Magnus Shield, call 1300 760 627.

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# Celtic Woman coming to Perth



Celtic Woman members from left to right; Mairead Nesbitt - Susan McFadden - Lynn Hilary and Mairead Carlin

by Josephine Allison

IT MIGHT be some ungodly hour of the morning but the lilting Irish voice coming down the line from Denmark sounds fresh and invigorated. Mairead Carlin of popular Irish singing group the four-member *Celtic Woman* is winding down after their final European concert in Aalborg before heading home to Ireland for a much deserved break ahead of a US tour and an Australian visit later in the year.

Carlin, who joined the group in August 2013, has to stop and think for a second when she considers how long it has been.

"It's been an unbelievable experience," she says. "There's not a day goes by when I don't pinch myself about how lucky I've been there so long - it seems like I only joined yesterday. It kind of shows how much I love it. If you are counting the days, it seems like forever but time has flown by and it has been a truly amazing experience."

Named Billboard magazine's World Albums Artist of the Year six times, *Celtic Woman* is a one-of-a-kind musical entity that showcases four gifted Irish women; three world-class vocalists and a brilliant Celtic violinist, whose talent and charisma help bring centuries of musical and cultural tradition to life in the group's recordings and concert performances.

Since its formation in 2004, *Celtic Woman* has sold more than eight million copies of its nine CDs and eight DVDs, making it the only all-female act to achieve multi-platinum success in the classical crossover and world music genres during the past decade. Other group members are Lynn Hilary, Susan McFadden and Mairead Nesbitt.

And, it seems, new member Carlin is enjoying the ride. From Denmark, the group was flying back to Dublin for a few hours of rehearsal.

"From there, I return home to Derry for a week off," Carlin says. "It's nice to go home and I spend most of my time in the kitchen baking and cooking for friends and family. It's my favourite thing; I love it. My sister is a vegan and we both love food and cooking. For my whole family, it's part of our way of life."

Carlin says she always wanted to be a singer and musician.

"I had my first singing lesson aged four; my father was a bass player, my sister a violinist and my granny a singer so I was surrounded by music."

"Derry is a very cultured

and musical place, wherever you turn there's music. That was especially true in my family. We would just sit around the fire, sing and drink tea - there was no alcohol involved, despite what people always think about the Irish."

After finishing her studies at Trinity College of Music in London, Carlin was signed to Decca Records and recorded her debut album, *Songbook*, in 2014. She toured Britain and Ireland with legendary American singer-songwriter Don McLean, including a sellout concert at Royal Albert Hall.

On St Patrick's Day, Carlin was in Manchester, New York, for the occasion before heading to Newark, New Jersey to celebrate the group's 10th anniversary tour. *Celtic Woman* toured Australia and Perth last year and Carlin is looking forward to returning here where she has a cousin and a good friend.

With such constant touring, she says it's important to find a balance in her life.

"I hadn't done a long tour until last year and I wasn't sure how I would cope. Four months is a long time to be

away from friends and family but everyone is so lovely here they make it easy for you. We are treated incredibly well.

"For me, it's a big part of caring for myself so I look to other things. I'm quite a spiritual person and do things such as yoga and I have started eating healthy. It's so easy not to and it really affects your state of mind. You come off stage and you might eat chips and wake up next morning angry with yourself. For instance, I had cous cous salad for dinner tonight."

As a vocalist, Carlin also plays the accordion and piano and a little bit of ukulele. She says audience appreciation stems from the fact that *Celtic Woman's* music is very honest and treated in an honest way.

"For example, we discovered the other day that *Amazing Grace* has had something ridiculous like 27 million views on YouTube. It touches people when we sing this kind of music, it also touches you as a performer. Our music director David Downes has a way of making the music move and head towards a climax. It takes you on a journey and back again. Our songs and

music tell a story and people love that."

As for the often-asked question about four women working and living together in such close proximity, Carlin says things wouldn't work if they didn't get on.

"They're all nice people and it's an important part of why we get on so well. It's a lovely atmosphere to be around."

*Celtic Woman* return to Australia on their 10th Anniversary World Tour in September. For ticketing details go to [www.ticketek.com.au](http://www.ticketek.com.au)

*Celtic Woman* perform Friday, 25 September at the Perth Arena.

### WIN WIN WIN

To be in the draw to win one of three double passes (gold tiered tickets - RRP \$131.52 each) to see *Celtic Woman* perform at the Perth Arena email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word Irish in the subject line. Or to enter via postal entry, address an envelope to *Celtic Woman* Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse side. Competition ends 10/05/15.

# Minifields and Miniskirts

IF HISTORY is told by the victors, the story of war is usually told by the blokes. Now it's the 'sheilas' turn. Nearly 1000 Australian women had a part in the Vietnam War as entertainers, journalists, volunteers and nurses. The one thing they have in common is that their lives were changed forever by Vietnam. For many of them it was the most vital and alive they have ever felt. This is their story.

Directed by the award winning Peter Kirkwood, Terence O'Connell's adaptation of Siobhan McHugh's book of the same name, *Minifields and Miniskirts* reveals through words, action and songs from the era, a collage of true stories about the extraordinary experiences of ordinary women in surviving a war. *Minifields and Miniskirts* presents a completely different look at the Vietnam War. It is told from the perspective of five women who were involved in diverse ways with the conflict. The play is based on true stories and covers all the aspects of the war that so polarised a generation in Australia.

Director Peter Kirkwood saw this play per-

formed at the Playhouse a number of years ago and it made a huge impact.

The director has assembled a highly experienced and dedicated team of actors with extraordinary talent who bring to life these stories of happiness, heartbreak, fear and bravado.

"We are also delighted to be able to donate \$2 from every ticket sold to Legacy to assist our needy veterans and their families"

*Minifields and Miniskirts* was adapted by Terence O'Connell from Siobhan McHugh's book of the same name. It is directed by best director award winner Peter Kirkwood

*Minifields and Miniskirts* plays at 7.30pm on 15, 17, 18, 20 and 22 April at 7.30pm with a matinee on 19 April at 2pm

Book through 9255 3666 or [www.taztix.com.au](http://www.taztix.com.au) (bookings and transaction fees apply). Members and Friends of MosArts bookings 9433 6260 or [tickets@harbourtheatre.org.au](mailto:tickets@harbourtheatre.org.au).

Harbour Theatre is back by popular demand as part of the 2015 ANZAC commemorations supported by the Town of Mosman Park.

# Toodyay Moondyne Festival 2015

THE TOWN of Toodyay will step back in time to celebrate the annual Moondyne Festival in May, bringing the infamous West Australian bushranger Moondyne Joe and his escapades to life.

Street theatre will have Joe and his gang wreaking havoc throughout the town. Joe may be found flaunting with the floozies, defying the tedious temperance ladies whilst trying to evade the local constabulary, intent on locking him up and throwing away the key.

The festival celebrates Toodyay's colonial past and the town is transformed into a lively festival of community fun and entertainment.

Everyone is invited to dress in 19th century costume for a colourful procession down the main street, headed by the musket-firing Rifle and Artillery Regiment 1860 with the boisterous entourage of colonial floozies.

Attractions include a

variety of stalls, displays entertainment and demonstrations. Local art exhibitions are held in the CWA Hall and Irish and Highland bushranger Moondyne Joe and his escapades to life.

There will be vintage cars and bicycles on display and visitors may experience the historical art of morse code telegrams with the Morsecodians Society. Engage with the Sherlock Holmes Society of WA and admire the displays of the Hand Tool Preservation Society of WA.

Visiting the Antique and Collectors Fair is also a must. The festival flows through the main town site to the beautiful Stirling Park resting on the banks of the Avon River where people will find the ever popular fun fair plus tasty refreshments.

Festivities include the log chop, stilt walkers, Clydesdale horses and sheep

shearing. Watch the blacksmith and the wood-turners demonstrate their art. Be enthralled by the Kalamunda Pipe Band and the ever popular swaggie stew at their makeshift camp. Enjoy bush poetry and Moondyne Joe laments throughout the day.

Families are invited to join WA Circus School for children's games in the park and perhaps having a ride on the Toodyay Miniature Railway, Lil Louie and the Toodyay Lions Wiggle Worm. Face painting, balloon twisting and the adorable baby animal petting zoo will delight visitors.

Join in the fun at the annual Moondyne Festival - an event for the whole family of all ages and interests.

Free entry and entertainment at Toodyay Moondyne Festival on Sunday 3 May 9am - 4pm at Toodyay town site.

More information: [www.moodynefestival.com.au](http://www.moodynefestival.com.au)

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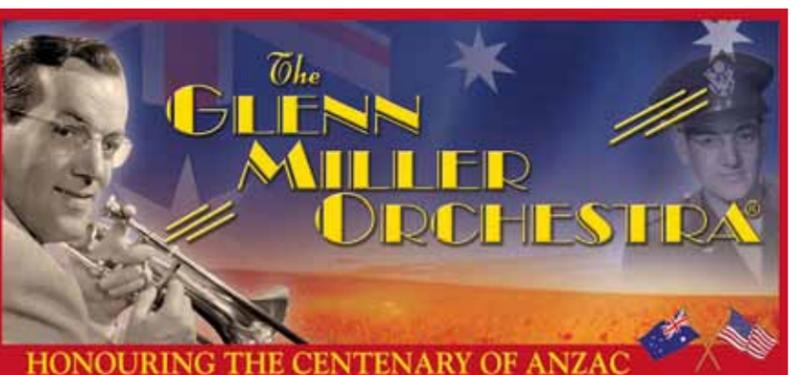


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HONOURING THE CENTENARY OF ANZAC

Your ENTRY FORM to be in the draw to WIN...



6PR, Mercure Perth and Have a Go News give readers the chance to win tickets to The Glenn Miller Orchestra live at Perth Concert Hall on 11 June. Plus one lucky winner will win the ultimate night out for their mum. Including VIP Seats, an overnight stay with breakfast at the Mercure Perth Hotel plus a pre show dinner for two in their brand new Beccaria Restaurant.

Name the regular host of 6PR's Perth Tonight Program.

Chris \_ \_ \_ \_ \_

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Entry limited to one per person, winners drawn on Monday 4 May. Entry closes last mail received Monday 4 May, 2015. Send completed entry form to Have a Go News PO Box 1042 West Leederville WA 6901

Book at Ticketek on 132 849

The Glenn Miller Orchestra features America's finest musicians together with the Moonlight Serenade Singers and The Broadway Swing Dancers, this year, the concert will pay tribute to the spirit of Anzac including a special feature of music and songs from the years of the Great War.



# Arts



## Simon's a wickedly different wizard



Simon Gallaher © Stephen Reinhardt

by Josephine Allison

POPULAR Australian entertainer Simon Gallaher is such a trooper; he handles his big work load with ease, flitting between directing *Pirates of Penzance* and appearing on stage in *Wicked*, set to open in Perth next month.

Gallaher had just emerged from rehearsal in Brisbane directing a short run of the 30th anniversary of *Pirates of Penzance* before our appointed phone interview. Then it was a back to the hotel for a brief rest before an early-evening performance of *Wicked*.

"I'm currently directing *Pirates* and have just left

actor John Wood in the theatre to take your call," Gallaher says, barely missing a beat. "How do I juggle so many hats? I ask myself the same question when I go to bed at night.

"Apart from the early show of *Wicked*, the usual show starts at 8pm and ends at 11pm. I'm in one theatre as the Wizard while all the pirates are running around in the theatre next door. I return to the hotel to unwind and be up and about by 8am the next day. But there could be worse things; we are not solving the problems of the world but we are bringing some joy to it and that's a good feeling."

Gallaher, 56, is well-loved as one of the country's leading musical theatre performers. He is also a television star, theatre performer, singer, musician, pianist, songwriter and successful theatre producer.

Apart from *Pirates*, Gallaher has performed starring roles in *Hello Dolly*, *The Student Prince*, *My Fair Lady*, *The Mikado*, *HMS Pinafore* and *The Merry Widow*. He marked 25 years in show business by returning to the concert platform in 2000. In 2012 he returned again with a series of tours and also a return to musical theatre when he starred in the role made famous by Harvey Fierstein and John Travolta in the musical *Hairspray* for Brisbane's Harvest Rain Theatre Company.

He confesses to being a latecomer to *Wicked* but when he finally got to see it, he was hooked.

"Firstly because the story is so cleverly engineered around the *Wizard of Oz* story; you know the characters but you don't know the story they are telling. I think as an audience it gives you a good comfort zone

and a good anchor to start from, but with the original story to go with it and a terrific original score from Stephen Schwartz. This very clever writer also composed the music for *Godspell* and *Pippin*."

Gallaher has only played in *Wicked* since the Brisbane run, after being flown to Sydney to learn the role and rehearse it there. Coming in the footsteps of Bert Newton and Reg Livermore, his will be a decidedly different wizard.

"They tell me I'm the only wizard who sings the notes. It's a lovely score, written for good singers, so it's a great opportunity to sing the part as well as act. This wizard is a little more multi-dimensional than he is in the film; he has a more sinister side.

"There's a lot of collusion between him and Madame Morrible (Maggie Kirkpatrick) with plotting and scheming going on. He has to be your lovable uncle but there's a subplot with Maggie. They are trying to weave their little spells to ensure everyone's under their thumb."

Gallaher says he is especially looking forward to his Perth visit after revisiting *Pirates* 30 years later.

"We finished our last season in Perth and that's when I met my wife Lisa. I took her out for her 20th birthday all that time ago and she has just celebrated her 50th birthday.

"Lisa's brother is Todd McKenney who was in Sydney with an Andrew Lloyd Webber show, *Song and Dance*, which closed prematurely. The director of *Pirates* saw the show and went backstage to offer Todd a role in the Perth show because of his aerial acrobatic skills.

"Nine months later I came to Perth and Todd offered me digs at his mother's house, saying there was a spare room because his sister was away dancing in Japan. I arrived and later there was a knock on the door. It was Lisa surprising her mother - I think she went and stayed with her father and the rest, as they say, is history."

Lisa will accompany her husband to Perth and the couple plan to rent a home in Subiaco for several months, bringing their two dogs with them.

Gallaher believes Australian musical theatre is in a good state at present.

"Unfortunately, it's an expensive exercise to go to the theatre but when you see a show like *Wicked* and all the spectacle of it, you realise where the money goes. It's by far the biggest show I have ever worked on in terms of scale. The number of people backstage let alone on stage is amazing. Some individual costumes cost around \$25,000 each so no money has been spared.

"*Wicked* is a real spectacle and audiences are in for a treat."

*Wicked* plays at Crown Theatre, Perth from 3 May. WIN WIN WIN

To be in the draw to win one of two double passes for Thursday 7 May performance of *Wicked* at Crown Theatre at 8pm, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word *wicked* in the subject line. Alternatively, address an envelope to *Wicked* comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse side. Competition ends 30/04/15.

## Writing a novel? The Society of Women Writers can help

THEY say everyone has at least one good book in them. Are you attempting to write that great novel? Need help? The Society of Women Writers WA is again conducting Saturday writing classes.

Writing a Novel, will be run by Helen Iles, award

winning author and poet; manuscript assessor, publisher and editor who will help you set a solid foundation for your novel.

"These classes will help writers set a solid foundation to their story by focusing on theme, plot, the develop-

ment of unique characters readers will want to join on their journey, and sound writing techniques. By setting the building blocks in place the novel will start to write itself," says Helen, who is also the president of the Society of Women Writers WA.

The course runs for three full days on 2, 9 and 16 May from 9am to 4pm at Citiplace Community Centre in the Perth Railway Station concourse.

The classes are open to men and women. Cost is \$180 for society members; \$240 for non-members. Bookings are essential as places are limited. To book or for more information, call 0415 840 031, email [swwofwa@gmail.com](mailto:swwofwa@gmail.com) or check the website: [www.swwofwa.com](http://www.swwofwa.com).

## On the Silver Screen



**A little chaos**  
REUNITED for the first time since *Sense and Sensibility*, Alan Rickman directs Academy Award winner Kate Winslet in the romantic drama *A Little Chaos*. The film follows Madame Sabine De Barra (Winslet), a strong-willed landscape designer who challenges sexual and class barriers when she is chosen to build one of the main gardens at King Louis

XIV's (Rickman) new palace at Versailles, causing her to become professionally and romantically entangled with the court's renowned landscape architect André Le Notre (Matthias Schoenaerts, *Rust and Bone*). Also starring Stanley Tucci.

**The book of life**  
From producer Guillermo del Toro and director Jorge Gutierrez comes an animated



comedy with a unique visual style. *The book of life* is the journey of Manolo, a young man who is torn between fulfilling the expectations of his family and following his heart. Before choosing which path to follow, he embarks on an incredible adventure that spans three fantastical worlds where he must face his greatest fears. Rich with a fresh take on pop music favourites, *The book of life* encourages us to celebrate the past while looking forward to the future.

**Samba**  
A recent migrant to France (Omar Sy, *The Intouchables*) fights to stay in his adopted country with the help of a rookie immigration worker (Charlotte Gainsbourg), in this winning drama from the directors of the breakout hit *The Intouchables*.

**Black Sea**  
A suspenseful adventure thriller directed by Academy Award winner Kevin Macdonald, centring on a rogue

submarine captain (two-time Academy Award nominee Jude Law) who pulls together a misfit crew to go after a sunken treasure rumoured to be lost in the depths of the Black Sea. As greed and desperation take control on-board their claustrophobic vessel, the increasing uncertainty of the mission causes the men to turn on each other to fight for their own survival.

Director: Kevin Macdonald. Cast: Jude Law, Scoot McNairy, Ben Mendelsohn.

WIN WIN WIN  
To be in the draw to win a double pass to one of the above films, simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the name of the film in the subject line or be among the first callers to phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) and leave your contact details. Competition ends 17/04/15.

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From the book by Siobhan McHugh  
Directed by Peter Kirkwood

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15, 17, 18, 20 & 22 April @ 7.30pm  
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TICKETS: \$25.50 full/\$23.50 conc \$20.50 f/t student or child under 15  
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**ART for ALL**

- 13 to 14 and 16 to 17 April, 12-2pm Kids Pottery Workshop
- 13-17 April, 10am to 12noon daily, extra class 1-3pm Kids Holiday Programme - Animals of Oz - take a trip around Australia in 5 days the animal way
- 13-23 April, Artists by the River - The culmination of a 20 week project with the theme 'The Natural World'
- 27 April - 9 May, A Source of Pleasure - artworks by The Riverside Collective

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\*Proceeds to the Atwell House Restoration Fund

OLD MILL THEATRE  
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Old Mill Theatre presents

**Hail Mary**  
An irreverent comedy

Written and directed by Noel O'Neill

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MATINEE  
19 April @ 2PM  
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BOOKINGS: 9367 8719 or [oldmilltheatre@iinet.net.au](mailto:oldmilltheatre@iinet.net.au)  
[www.oldmilltheatre.com.au/tickets](http://www.oldmilltheatre.com.au/tickets)

# Arts



## Moscow Ballet's *Sleeping Beauty* returns to WA



GRAND International Concerts proudly presents the welcome return to Australia of Moscow Ballet *La Clas-*

*sique* spectacular masterpiece and ballet's most loved fairytale, Tchaikovsky's *Sleeping Beauty*, touring nationally.

The great success of Russian Theatre is undoubtedly classical ballet. The highly-acclaimed and respected Moscow Ballet *La Classique* was established in 1990 by its current artistic director Elik Melikov and has since earned the reputation for their internally-acclaimed ballet skills, lavish costumes and magnificent stage sets.

The illustrious Moscow-based company will take Australian audiences on a mystical journey to the fairytale world of *Princess Aurora*, the *Sleeping Beauty*. In this two-act fairytale performance Moscow Ballet *La Classique* will capture the imagination

and the magic of *Sleeping Beauty*, a hugely enjoyable dance spectacular for ballet lovers of all ages.

Performances Sunday 3 and Thursday 7 May at the Regal Theatre, Perth. Bookings: 132 849 [www.ticketek.com.au](http://www.ticketek.com.au) or 9388 2066.

Monday 4 May at the Albany Entertainment Centre. Bookings: 9844 5005 or 1300 795 012 [www.ticketek.com.au](http://www.ticketek.com.au)

Tuesday 5 May at Mandurah Performing Arts Centre. Bookings: 9550 3900

Wednesday 6 May at Bunbury Regional Entertainment Centre. Bookings: 1300 661 272

## Films screening in April...



allowing herself to get close to anyone who might reveal her secret. But a chance encounter with charismatic philanthropist Ellis Jones (Michiel Huisman) reignites her passion for life and romance. When a weekend with his parents (Harrison Ford and Kathy Baker) threatens to uncover the truth, Adaline makes a decision that will change her life forever.

Director: Lee Toland Krieger. Cast: Blake Lively, Harrison Ford, Ellen Burstyn, Michiel Huisman. In cinemas 16 April.

### Boychoir

A troubled eleven-year-old boy at a prestigious east coast music school who clashes with the school's demanding choir master (Dustin Hoffman), in this inspiring drama co-starring Kathy Bates, Josh Lucas, Debra Winger and Glee's Kevin McHale.

From acclaimed Canadian director François Girard (*Thirty Two Short Films About Glenn Gould*, *The Red Violin*) comes a drama that the entire family can enjoy. *Boychoir* is the story of a talented youngster struggling against the odds to find his voice. Directed by François Girard. In cinemas 23 April.

### WIN WIN WIN

To be in the draw to win a double pass to one of the above films, simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the name of the film in the subject line or phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) and leave your contact details. Competition ends 20/04/15.

## X+Y



*X+Y* follows Nathan, an awkward, idiosyncratic teenager, grappling with the sudden death of the one person who understood him – his father. As he struggles to connect with those around him, he is introduced to an anarchic and unconventional maths teacher who takes Nathan under his wing.

Soon Nathan finds himself selected for the UK Mathematics Squad and, against the odds, representing his country in Taipei. Over there, the academically gifted aren't bullied but celebrated, envied and even invited to parties. Nathan's rational brain can cope with the most complex of maths problems just fine; the real test comes when he meets his female exchange partner, Zhang Mei, and has to cope with falling in love – the most irrational thing of all.

*X+Y* is written by James Graham and directed by BAFTA Award winner Morgan Matthews. Starring Sally Hawkins (*Blue Jasmine*, *An Education*), Asa Butterfield (*The Boy in the Striped Pyjamas*, *Hugo*), Rafe Spall (*Life of Pi*, *Prometheus*), Jo Yang and Eddie Marsan (*War Horse*, *Sherlock Holmes*).

*X+Y* screens in cinemas from Thursday, 9 April, exclusive to Cinema Paradiso.

### WIN WIN WIN

To be in the draw to win one of 10 double passes to *X+Y*, call the Have a Go News office on 9227 8283 during business hours (Monday to Friday 9am to 5pm) and leave your details or email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word maths in the subject line. Competition ends 16/04/15.

## Glengarry Glen Ross



their jobs if they don't make enough sales. The twist? They only have access to most undesirable properties and the most unwilling buyers. The pressure is on, and the guys will do anything they can to move the properties, from bribery to burglary and everything in between.

David Mamet's Pulitzer Prize-winning story is a master work of modern theatre about greed, desperation and ruthless ambition. Black Swan State Theatre Company presents *Glengarry Glen Ross* at the State Theatre Centre from 23 May – 14 June.

More information can be found on our website: [www.bsstc.com.au/season-2015/glengarry-glen-ross/](http://www.bsstc.com.au/season-2015/glengarry-glen-ross/) or Facebook page: [www.facebook.com/#!/BlackSwanStateTheatreCompany](https://www.facebook.com/#!/BlackSwanStateTheatreCompany)

### WIN WIN WIN

To be in the draw to win a one of five double passes for *Glengarry Glen Ross* on Saturday 23 May, 7.30pm in the Heath Ledger Theatre of the State Theatre Centre, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word Chicago in the subject line. Alternatively address an envelope to BSSTC Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Competition ends 30/04/15.

INTERNATIONALLY acclaimed and the subject of a critically admired film, David Mamet's Pulitzer Prize-winning story of salesmen struggling to stay afloat in the cut-throat world of Chicago real estate is not to be missed.

Set in the cut-throat world of Chicago real estate, *Glengarry Glen Ross* follows the lives of four down-on-their-luck salesmen under tremendous stress, threatened with losing

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TICKET PRICES \$20 Adults, \$17 Pensioner, \$10 Child  
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VENUE Applecross District Hall, Kintail Road, Applecross (opposite The Raffles at Canning Bridge)





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

- Travel companion
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- Seeking a friend
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Abbreviations used in *Friend to Friend*

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


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**Seeking a Friend**

**ACTIVE** gent, happy NS, enjoys movies, sport, dining out, picnics, walking etc. I WLTM an Asian lady sometime soon. Take care.  
**Reply Box 6618**

**AN** easygoing, slim lady, many attributes with GSOH, WLTM gent 75+, happy in each other's company, sharing similar interests; travel, dance, theatre etc. Long term if compatible. NOR.  
**Reply Box 6619**

**A SINGLE**, 64 year old man is seeking a friend to have coffee now and then or to the movies. Lives alone and seeks company, NS, ND, NG, happy person.  
**Reply Box 6633**

**ATTRACTIVE** English Australian lady, 70 plus, well educated, seeks dancing companion, unattached, SOR, NS, ND with a love of classical music. If this sounds like you, let's waltz into the sunset together towards happier times.  
**Reply Box 6613**

**AUSTRALIAN** lady fit and warm hearted WLTM gent, NS, SD, 75 plus. Quiet nights, movies, occasional dinners and good conversation would be ideal. Be nice to meet for coffee. ALA.  
**Reply Box 6607**

**FIT**, active, Bumbury lady 66, seeking honest, genuine friendship, male or female, interested in water sports, skiing, biscuit and tube, kneeboard etc, must have recreation boat ticket.  
**Reply Box 6630**

**GENT** 60, DTE, GSOH, who enjoys the simple life. WLTM lady who enjoys same and wants to become a friend and lover, age or nationality not an issue. Let's meet for coffee and chat.  
**Reply Box 6611**

**GENT** 65, 180cm, ex UK, presentable, well educated, easygoing, VGSOH, fin sec, WLTM compatible lady, 52-60, attractive, slim for friendship, social activities, outdoors and importantly, travel (Australia, overseas), maybe relationship later. NOR, genuine only, coffee.  
**Reply Box 6608**

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

**GENT**, NS, ND, NG, GSOH, lives NOR, looking for companion. DTE, into music, sport, outings, any age, open. I'm 60+.  
**Reply Box 6632**

**GREAT** guy, 58, active, kind, comfortably off. Likes to travel, walk, shows, seeking a nice lady.  
**Reply Box 6606**

**HAPPY** sincere, Aussie lady 78 likes reading, gardening, the sea. WLTM kind gent, GSOH, Mandurah area for reciprocal friendship, travels. Photo appreciated.  
**Reply Box 6620**

**LADY** 70+, refined, 5'3", good cook, keen sense of fun, seeking sincere single gentleman, NS, ND, loves roasts, trifle, beach and river walks, words, music, healthy, 5'6" minimum, 77 tops, companionship and friendship, reading.  
**Reply Box 6616**

**LADY**, 6163 postcode, English and Australian, 70, fit, healthy, happy, active, NS, WLTM gent for genuine friendship, enjoys walking, beach, outings, movies etc. Let's meet for coffee.  
**Reply Box 6631**

**LADY** Dutch Australian 5'9", slim, into health, creativity, inner peace. Enjoys tennis, nature, swimming. WLTM tallish, educated, single gentleman, 60 to 70, well presented, positive, positive, kind, natured, coffee. See if we click!  
**Reply Box 6622**

**LADY** GSOH, NS, SD, like to meet gent 75+ for friendship and outings NOR.  
**Reply Box 6621**

**MARRIED** but lonely mature gent WLTM occasionally with a friendly local or visiting country gent or/and lady. Thank you.  
**Reply Box 6627**

**MATURE** gentleman, tall, good looks, 59, good dresser, NS, SD, GSOH, travel, movies, picnics, keeping fit, good heart. WLTM beautiful lady, 55-65, who likes red roses, holding hands, genuine, photo, TLC.  
**Reply Box 6636**

**SEEKING** Australian Italian lady companion/partner, 60s, elegant appearance, dress, maximum 5'4", NS, SD, NG, Myself; early 70s, retired professional, caring, sincere, quietish, strong, believer, space, communication, sharing, active physically, intellectually varied. Interests; travelling.  
**Reply Box 6605**

**SINCERE** lady SOR, well educated, pretty, seeks a gent late 40s to mid 50s with equal quality. Hope to enjoy spending mutual time together with various activities.  
**Reply Box 6625**

**WIDOW** 70s, slim, warm-hearted, peaceloving, optimistic, cultured, musical, artistic with spiritual, psychic and gardening interests. Sincere, compatible souls, value the beautiful simplicities of life, the upward, fulfilling spiral is limitless.  
**Reply Box 6610**

**Seeking a Partner**

**ACTIVE**, slim, fit gent, tall, 68, semi retired professional living in western suburbs, DTE, NS, SD, GSOH, many interests, especially outback touring. WLTM special lady to share interests and to give my love and care too.  
**Reply Box 6629**

**ALLURING** gent 58, enjoys companionship, going places, doing things together, being active. WLTM a similar lady.  
**Reply Box 6623**

**ATTRACTIVE** English Australian lady, 60+, petite, feminine, refined, intelligent, educated, GSOH, DTE, WLTM well mannered, sincere, unattached, business or professional gentleman, 60 to 75. I love reading, walking, gardening, city and country life, genuine replies. Photo appreciated.  
**Reply Box 6615**

**AUSSIE** male, 70, post-code 6163, retired. Interests; dining out, movies, fishing, beach, horse racing, NS, SD, not a world traveller, WLTM slim lady similar.  
**Reply Box 6612**

**AUSSIE** widow 75, 5'2", NS, SD, rocky area. Like to meet sincere guy love art gardening GSOH, DTE.  
**Reply Box 6628**

**DOWN** to earth lady in her 60s with GSOH who likes to keep fit WLTM honest gent with whom to attend concerts, theatre and travel if compatible. I'm sincere, friendly, happy and healthy.  
**Reply Box 6635**

**GENT**, Aussie, 71, WLTM retired lady 65-68, slim, medium and pretty, partner, lover, travel, Darwin, motorhome in Perth winter months loves travel, cruises, fit and healthy, SD, GSOH, DTE, TLC, photo please. SOR, I live 6168.  
**Reply Box 6634**

**HAPPY** kind, easy going, blue-eyed, blonde, well groomed, lively and out going, seeks young minded, active gent who enjoys travel, concerts and is well mannered, decent and knows how to treat a lady. ALA.  
**Reply Box 6624**

**LADY** 63, life would be enhanced with the right piece to make it complete. That being a gentleman 63 to 70, SOR, with good manners and quality communication. Say hello if you WLTM.  
**Reply Box 6614**

**LADY** 69 WLTM gent so we can both get a life. Travel in Australia going to shows, outings, have fun together, live, laugh, enjoy each others company, NS, SD, SOR, GSOH, TLC, ALA, be happy.  
**Reply Box 6626**

**SOUTHWEST** lady looking for gent to 68 with brains, brawn and a pocket full of money, prefer widower. I'm 63, med build, VGSOH, SD, loves fishing, music, gardening, easygoing, own home by the sea.  
**Reply Box 6609**

**LADY** 65 Christian. WLTM friend, male or female to share outings Freeo area. My family is overseas, friends married. DTE, fun loving, enjoy walks, golf, dancing, movies, coffee, young attitude and looks.  
**Reply Box 6617**

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**SOLUTIONS CONTACT COLUMN 9371 0380**

**MANDURAH LADY** 50 Slim, petite & pretty blue eyed brunette, fit, young for age, bubbly but not overbearing, sociable, honest, reliable and a loveable human being. Sk gent 47-56 who communicates well and wants a serious r/shp.

**TRIGG LADY** 53 Tall, slim, indep, modern woman. Attr, feminine, confident, intell, brn eyed brunette. Love the o/doors, good food, wine and music. Would suit tall, smart, honest, sociable gent 50-60.

**WEST PERTH LADY** 60 Stunning blue eyed blonde, (looks 50), fit, petite figure, joyful, good company, bright, positive, full of life & has a really warm heart. Sk gent 55-65 confident & funloving.

**SOUTHLAKE LADY** 45 Pretty Thai (resident), sweet, girlish, slim, very well grnd, hd working, homeloving & loves a simple life, enj cooking good food, the garden & would suit kind, loving man 50-65 view perm r/shp.

**YOKINE LADY** 64 slim, brn eyed brunette w/ a positive o/look on life & a GSOH. Is an active, vibrant, happy & d.t.earth woman who looks after herself, walks to keep fit, has lots of hobbies. Sks loving r/shp w/ gent 60-70.

**MARANGAROO LADY** 68 An interesting woman, very comfortable in her own skin, funloving, a bit cheeky, kind hearted & so easy to talk to. Still an attractive blonde w/pride in grooming & appearance. Sk gent 70-80.

**CARINE LADY** 55 successful, self emp, very attr, blue eyed blond, takes great pride in herself, her work & her grooming. Youthful, slim/fit, happy-go-lucky. Sk gent 52-62 who participates in "life".

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**Aspiring and emerging writers workshop at Margaret River**

AN all-day workshop will be held for aspiring and emerging writers as part of the 2015 Margaret River Readers and Writers Festival, 29 - 31, May.

Festival director Helen Allan said three publishers and a self-publishing expert would present workshops to writers.

"We are fortunate that our festival, the seventh run by Arts Margaret River, attracts a range of authors, journalists and publishers from around Australia. Consequently the festival committee felt we should take advantage of their expertise and hold some workshops for aspiring authors."

Ms Allan said the first workshop, run by New Age Publishing proprietor Anita Revel, would guide people through how to publish their own books both hard copy and online.

"Ms Revel has self-published 18 books, in both print and digital formats and she specialises in giving seminars on how to self-publish. Her workshops help authors to learn about the pitfalls and the pleasures of self-publishing and how to take their initial concept through to a finished product," she said.

The second workshop will be conducted by Margaret River Press director Caroline Wood, Spinifex Press director Dr Susan Hawthorne and publisher Nicky Zubriski.

"These publishers will review the first chapter of emerging writers' work and give them specific feedback on how to make sure their manuscript is noticed and gets the best chance of being published," Ms Allan said.

Margaret River Press director Caroline Wood said established writers were well aware of the benefits of going with a small publishing house.

"Small publishers are often overlooked by emerging writers, but in truth many small publishers are renowned for their author care and are often more engaged with authors," Ms Wood said.

She said emerging and aspiring authors should come to the workshops to hear what small publishers could offer, but more importantly what their obligations as authors are in the publishing process.

The workshop, which costs \$150, will be held at the Margaret River TAFE on Friday, 29 May from 9.30am to 3.30pm. Tickets can be booked by phoning Arts Margaret River on 9758 7316 or [www.artsmargaretriver.com](http://www.artsmargaretriver.com).

# Scene Socially.....



**SCENE (1): THE Aspinal Lifeline Brunch** was held for the 19th time this year at Vince and Anne Garreffa's backyard to raise much needed funds for Lifeline. The brunch includes a superb array of food donated by many of Perth's top chefs as well as many items for the auction. The day organised by Mondo Community Warriors ensures that every dollar raised goes directly to that charity. All this is made possible by the organisers Vince Garreffa, Michael Tambori and Stefan Jenner. More than \$350,000 was raised on the day for Lifeline.

**SCENE (1):** Top row from left; Bre Cavallaro and Jillian McHugh - Patron Graham Mabury and his wife Merle - Sharon and Matt Sevier - Shelley and Abbey Thompson and Allison and Lyn Travis.  
Second row from left; Jen and Bronson Franchesci - Russell Woolfe and Sophie Budd - Vince Garreffa and Stefan Jenner - Carolyn, Malcolm, Tonya and Mary McCusker and Verity James.  
Third row from left; Rick Ardon and the paddles were raised to buy training packages for Lifeline counsellors.



**SCENE (2): On the 6 March, Government House** was the venue for the International Women's Day 2015 Hall of Fame induction ceremony to recognise and celebrate the achievements of 10 outstanding Western Australian women.  
**SCENE (2):** Top row from left; Nigel Reynolds, Dr Bridget Boultonwood, David, Mary and Jane Cannon - Wendy Ryan and Lennie McCall.  
Second row from left; Nasim Khamsen, Rehab Ahmed, Selene Hui and Celeste Brand - Liz Allison and Irene Porter - Dr Bernadette Wright and Lois Gately



**SCENE (3) ANTONIO Carluccio hand carved the walking stick** which was sold at the Aspinal Lifeline Brunch last month for \$15,000. The lucky buyer was Valerie Garreffa who bought the stick for her husband Charlie who recently broke both legs. Local jeweller Rohan set three diamonds into the stick.  
**SCENE (3):** Pictured above is Vince Garreffa, Valerie, Charlie and Rohan the jeweller.



Clockwise from left; Zofia St James - Classic basics are essential for dressing well

## Style for the mature woman

AS a personal shopper and stylist, the questions I have been most asked over the years have been regarding colour, age appropriate dressing, finding clothes that fit body shapes and where in the scheme of fashion does a lady over a certain age actually fit in.

Firstly, before we even hit the stores is that you have to have, even just a little bit of confidence and a sense of yourself and how you'd like to look and feel when you're at home and head out.

I love fashion, of course, but I feel most definitely a viewer of it rather than a participant most of the time.

I love its influence and how it can shape what is essentially our own style whilst keeping us looking up-to-date and fresh.

It's nothing to shy away from and be scared of and believe me I have dealt with women who feel this way. But an example of having this confidence I speak of was seeing my son-in-law's grandmother attend his wedding, dressed in the most beautiful colourful silk kaftan from Forever New. It would require almost a stiff drink to get some ladies to even contemplate crossing the store's threshold. Talk about wow factor. Being styled or even just shopping for oneself requires knowing yourself and your taste. The pieces need to resonate with your personality and lifestyle so that when you wear something it's a part of you.

I have always prided myself on the ability to understand the brief from a client and to fulfil this; interpreting her desires and finding the exact right pieces.

Fashion is fun or should be, it's as simple as one or two new things and enjoying the new seasons colour palette that can keep us looking and feeling modern. That's what it's all about.

As this year sees me shin deep into my 50s, my look is more about the basics and really always has been.

When I say basics I actually mean classics as well. There is something to be said for uniform dressing and by that I mean a wardrobe that has well cut, quality basics that take the guess work out of dressing daily and earn their keep by fitting the different scenarios in life we have, but at the same time provoke compliments on how effortlessly to put together a look.

My favourite colours to stock basics in are black, white, navy, khaki and grey. These colours are for pants, tops, T Shirts and jackets. Colour is then applied by way of accessories, scarves, shoes, bags,

coats and jewellery.

An example would be a light grey pair of pants or even jeans, a white shirt or t-shirt and adding a saffron yellow jacket or coat. You take the colour palette that's featured that season and find a shade that suits your complexion or one that you are comfortable wearing. In other words take what's in but bend it to suit you.

This season my heart is set on a finding a trench coat. Of course I don't have a budget that can see me enjoying a Burberry shopping excursion, hence I am very grateful for the stores that provide fantastic alternatives at reasonable prices.

Okay, this is the plan. First up go through your wardrobe. Be ruthless and throw away pieces that you deem old and outdated and no keeping stuff to just wear around the house.

Compile a wish list.

Now have an open mind, visit some stores you may not have considered but stock many age appropriate styles like; Seed Heritage, Zara and Witchery.

Be playful with fashion; it doesn't bite but we do want to wear it with a kick. Having great style 101: It's not about a huge budget, it's about being savvy and informed with the way you shop. Being well groomed (hair and makeup) is as important as any accessory. Attention to the smaller details like treating yourself to a manicure or pedicure make you feel like a million bucks.

Choosing a new scent, don't forget there are lots of affordable options at Chemist Warehouse.

Having great style is about living stylishly also. Taking pride in your environment is as exciting and inspiring as dressing well. Buy flowers just for you!

Well on that note I will sign off but please feel free to email me with any questions or advice on zofastjames@hotmail.com. I would love to hear from you.

## At the midnight hour: Motivation and a cup of coffee



Jon Lewis

edly to the now drying face as he considered the pen's warranty.

"It looks a little like me" he thought and wished he had drawn a slimmer body...

A thought bubble grew from the mouth of the image and his pen filled in the words.

"Why let your time slip away, why let it disappear, why think about the reasons to not do it, instead think about the reasons to do it. You may be surprised." And the words stopped.

Next to the blue image he drew up a column with two headings. "Good reasons to leave it until tomorrow" and "Better reasons to do it now".

For the first time he was off to a flying start! Many words, sentences and emotions came to him as his pen scribbled to the left of the column. Then he paused and sipped from his deep black cold double espresso. Picking up his pen, slowly one reason came to him and dutifully wrote it down this time to the right of the column. Another reason came and he also wrote it down. Then a surprise! He laughed a little. A reason came to him hardly before he had finished writing the previous one. And then another... He quickly swallowed his coffee as though he was in movie scene and the director had called "Action".

The surprising one good reason had been enough to make him act. The many before had been enough to make him see. The words to the left of the column had been more than enough to make him want to do.

With now refreshed energy he propped up the blue man's image by the clean white small espresso cup. He reached over for the bill... reflected for a moment. Then he turned it over and wrote his newspaper column.

All the best,  
Jon Lewis

Jon Lewis can be heard on 6PR 882 AM, Monday to Friday from midnight to 5.30am.

Is your club looking for a Quiz Master? Jon is available as your Quiz Master. Text him on 0404 005 882 or email jon@haveaquiz.com For more details, visit the website www.haveaquiz.com

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