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**WA'S PREMIER MONTHLY PAPER FOR THE OVER 45s**

VOLUME 23 NO. 11 ISSUE NO. 267 JUNE 2014

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- Retire in Style
- Grand Activities
- **LAST CHANCE TO BOOK**
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**Two nights in Margaret River Canon Foods \$100 voucher TICKETS**

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**The Sound of Music**  
**The Glenn Miller Orchestra**  
**The Two Faces of January**  
**Black Swan State Theatre Co - Dust**  
**At Last The Etta James Story**

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**Over 50s walk, swim and pump iron to avoid heart disease**



**Over 55 Canoe Club at Augusta**

by Frank Smith

OVER 50s rank walking, swimming and going to the gym as their major physical activities ahead of bowls and gardening, according to a poll of more than 2000 Australians aged 50 years or more, carried out over the Internet this year.

The poll was commissioned by Apia the insurance provider focussing on the older age group.

David Skapinker, Apia spokesperson said people tend to think that the lifestyles of older Australians have not changed much since our grandparent's generation.

"Then, tending the garden and heading down to the local lawn bowls were the main recreational activity; however this is simply not the case any more.

"Three quarters of our over 50s say they regularly walk to keep physically active, 14 per cent attend a gym or fitness group at least once a week, while just three per cent play bowls."

"It's not surprising that walking is so popular with older Aussies, given it is low impact, easy on the body, requires minimal equipment and can be done on your own or with friends at anytime of the day and at your own pace."

Interestingly, those between 65 and 69 are the

most likely to attend a gym or fitness group (18 per cent), perhaps because they have more free time after retirement.

"As we get older it's important to keep connected with people around you and fitness groups, cycling and walking meet-ups are a great way for people to stay active and socialise at the same time", explained Mr Skapinker.

Walking, cycling and canoeing groups are active in Perth. These combine socialising with exercise appropriate to the age group.

Meanwhile Curtin University researchers have found exercise protects against heart disease, regardless of lifestyle factors such as smoking, high cholesterol and abdominal obesity.

Professors Satvinder Dhaliwal from Curtin's School of Public Health and Tim Welborn from Sir Charles Gairdner Hospital studied more than 8,000 Australian men and women with no previous history of heart disease, diabetes or stroke, for 15 years from 1989.

Participants were graded based on the amount and vigour of exercise they reported.

Just over 600 died during the course of the 15 year study, 126 due to cardiovascular disease (CVD) and 85 because of coronary heart disease (CHD).

"We knew that physical activity played a role in preventing cardiovascular disease but we wanted to see how much of a role it played - could a lack of it stand separate as a contributing factor for CVD or was it part of other common lifestyle factors such as obesity?" Professor Dhaliwal said.

The research found that those with higher levels of fitness or conditioning had fewer cardiovascular disease events compared with those who engaged in less exercise.

Exercise was a standalone predictor of cardiovascular mortality regardless of other lifestyle factors - including weight and obesity.

Even exercising moderately could reduce your risk of CVD by 15 per cent.

"An activity that makes you breathe hard or pant, results in 65 per cent less chance of dying from CVD and the greater the range and intensity of the exercise, the more the benefit," Professor Dhaliwal said.

"A sedentary lifestyle puts pressure on your heart. Dieting alone won't ward off heart problems. Even slim people are at risk."

The research was published in the PLOS One medical journal in April.

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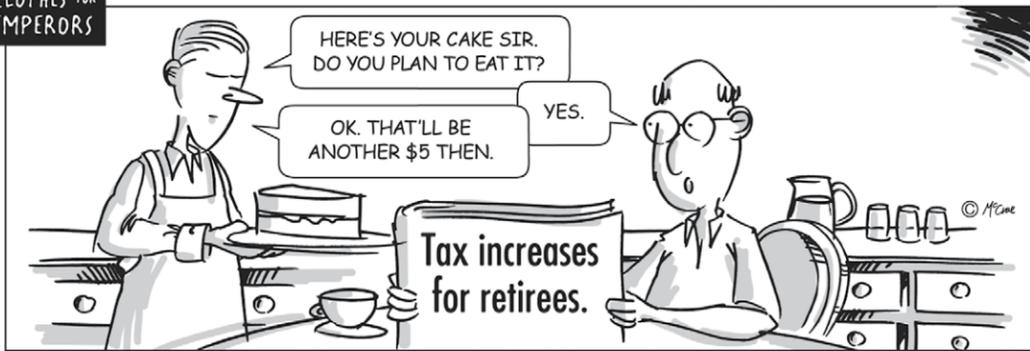


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## An invitation to Old Perth Boys' School students

“NO INSTITUTION in Western Australia has played a bigger part in helping to mould the life of the State than the Perth Boys' School.”

The above statement was made by the President of the Centenary Committee in the Foreword to the book, *Perth Boys' School 1847 - 1947* by J K Ewers, to recognize the first Centenary of Perth Boys' School.

Only 12 years later, in 1959, the final year of students collected their Junior Certificates and progressed to further education – or into the work force at the age of 14 years.

That has not stopped many past

students looking back with pride and affection on their days at Perth Boys' School and Perth Boys' Old Boys' Associations were established in 1913, 1919 and 1967.

A reunion at the James Street building, now the home of the Perth Institute of Contemporary Art (PICA), in 2013 attracted 117 'old boys' from a list of more than 200 former students who have expressed an interest in a continued association with other former students and includes those enrolled from 1932 - 1934 through to the final year - who turn 70 this year.

A group who attended the 2013

event has worked to organize another reunion at the old school on Monday 21 July from 10am till 12 noon for a morning tea where Heritage Perth Executive Director Richard Offen will address the gathering.

Former students wishing to add their contact details to the current list of those who are interested in a continued association with other former students, can send details by email to [mjstokes@iinet.net.au](mailto:mjstokes@iinet.net.au) or write to Malcolm Stokes, PO Box 162, Wembley WA 6913 with your name, contact email or postal address, phone number and your years of enrolment at the Perth Boys' School.

## Come fly with Jake Dennis at the The Ellington Jazz Club



LOCAL JAZZ, swing, and blues singer Jake Dennis (pictured above) returns to The Ellington, Beaufort Street, Perth at 7pm on Wednesday 11 June to perform *Come Fly With Me*, his new

cabaret show with Mint Jazz Band.

The show takes audiences on a journey around the world, visiting destinations such as Paris, London, the Deep South, and the Big Apple through song.

“Jump on board Mint Jazz Airlines, we will give you a night you will never forget,” said band-leader Jake Dennis.

“Each song we perform is a journey; the story begins when we play that first note. Join us on this adventure.”

The show includes songs made famous by Louis Armstrong, Nat King Cole, Ray Charles, and Frank Sinatra, as well as a few contemporary music surprises.

Jake Dennis and the Mint Jazz Band perform a variety of modern and Golden Era Hollywood tunes, often with a dramatic or musical twist.

They have performed at Jazz Fremantle, Subiaco Arts Centre, Forest Chase, and will appear Downstairs at the Maj in September for Jake's cabaret *Like Blown Smoke*.

Available for public, corporate, and private functions this quartet always impresses.

For more information, please call Jake Dennis on 0407 320 054 or email [jakedennis@hotmail.com](mailto:jakedennis@hotmail.com)

## From the Editor's desk



Judith Treby

HELLO Everyone,

Last month, on behalf of *Have a Go News*, I was privileged to attend Masters Swimming WA's annual presentations held at the HBF (formerly Challenge) Stadium in Mt Claremont. It was delightful to renew friendships with some long standing members, many of whom I have known since the inception of the paper, way back in 1991.

*Have a Go News* has enjoyed a long association with Masters Swimming, spanning more than 15 years and during that time, we have had the pleasure of attending many of their well organised and fun events.

If you like swimming and wish to join a club that is wel-

coming and great fun, then membership of a Masters Swimming WA club could be perfect for you.

For more information, see page 12.

All good things must come to an end and sadly, we bid farewell to our great friend at News Talk 6PR 882, Steve Gordon, who was the voice of 6PR every Saturday night for 15 years.

Every month, over those 15 years, our sub/travel editor Jen Merigan spoke about each new edition of *Have a Go News* on Steve's program. During that time, she and Steve clocked up more than 180 interviews including live crosses from India, Switzerland, Singapore, NZ and more.

Thanks for the memories Steve: you will be greatly missed!

Of interest to the many writers among our readers, The TodHunter Literary Award 2014 is again inviting scribes to submit entries to the award.

Your entry can be a short story, an essay, eg: a well written newspaper article,

or a small cast, one act play from 3,000 to 5,000 written or spoken words.

The topic is: *The Mystery of Ordinariness*.

The division of prizes includes the: William Todhunter Prize of \$1000 for the outstanding short story, the Leslie Marchant Prize of \$1000 for the outstanding essay and the John Joseph Jones Prize of \$1000 for the outstanding play.

The closing date for entries is Friday 1 August, 2014. Your entry form which can be accessed from Ross Kendall (Convenor) at 47 Kitchener Avenue, Victoria Park 6100, and the entry fee of \$25 should be sent to Todhunter Literary Award, 47 Kitchener Avenue, Victoria Park WA 6100. For more information email [patchtheatreinc@gmail.com](mailto:patchtheatreinc@gmail.com)

That's all for me this month.

Stay healthy and happy.

Judith Treby  
editor@haveagonews.com.au

Like us on Facebook or follow us on Twitter...

## New members welcome at Social Scrabble Club

A CONVIVIAL gathering of men and women attend the Hamersley Recreation Centre for a few games of scrabble each Tuesday at 1pm.

As some members have moved away from the area, numbers have diminished.

If you would like to join a friendly club where everyone is welcome, and even if you have just a basic knowledge of the game, then call Joan on 9447 0005 for more information.

The cost is \$2 which covers the rental on the room, tea/coffee and biscuits/cake.

## FAWWA has a new website

THE FELLOWSHIP of Australian Writers WA has a new website, with a new url.

The new address is <http://www.fawwa.org/>

Please check it out and let them know what you think.

Pat Johnson, Coordinator FAWWA [admin@fawwa.org.au](mailto:admin@fawwa.org.au)

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# Research shows that 'nanna naps' are good for you



Left to right; Professor Jonathan Wisor - Dr Nicole Lovato - Professor Leon Lack

by Frank Smith

MANY people feel sleepy in mid afternoon.

Taking a nap is the obvious solution, but naps can leave us feeling groggy and lethargic.

So, are 'nanna naps' good for us and what is the best way to nap?

Research by Dr Nicole

Lovato and Professor Leon Lack, psychologists at Flinders University, shows that regular napping has substantial benefits.

"If you are feeling sleepy, a nap can improve your performance, mood and alertness," says Dr Lovato. "The effect of naps has been found to be more consistent and longer lasting than caffeine

and generally without the possible side effects of disrupting the following night's sleep.

"As little as seven to 10 minutes sleep can result in a substantial increase in alertness."

The benefits of brief naps are evident immediately after waking, however longer naps, say two hours

or more, can result in a period of drowsiness, known as sleep inertia, immediately after waking. This may last for half an hour or so before alertness improves. The improvement lasts longer than for short naps.

One the other hand ultra-brief naps of 30 to 90 seconds produce no measurable benefit.

"Sleeping too much in the daytime may interfere with a good night's sleep. Longer naps contain more deep (or slow wave) sleep than shorter naps. So when you take long naps in the afternoon, it can be more difficult to sleep that night.

"On the other hand brief naps do not affect the length or quality of the following night's sleep," she says.

Research shows the best times to nap is mid afternoon between 1 and 4 pm.

A 20-minute nap at 2pm

has been shown to produce greater and more lasting benefits to mood, fatigue, performance and alertness than a nap at noon or in the evening.

Napping is a learned skill. Some research has suggested habitual nappers gain more benefit from the nap than those who rarely take a daytime nap, she said.

Most of these results come from research where subjects were told when to nap.

Drs Lovato and Lack speculate that a nap taken when you feel drowsy would show even greater improvements in alertness and mental performance.

Road safety experts suggest drivers stop for a coffee whenever they feel a touch of sleepiness, however combin-

ing coffee with a short nap is much better.

In a simulated driving task, people who had both coffee and a short nap when sleepy had only one third of the accidents as those who only consumed coffee.

Napping during and after travel also helps the body's biological clock to adapt to new time zones.

Professor Jonathan Wisor is researching the biological mechanisms behind the restorative power of sleep at Washington State University, Spokane, USA.

While the brain contributes only five per cent of body mass it uses 25 per cent of total glucose use. This process switches off during deep sleep.

Wisor thinks this may be a natural 'clean-up' process. The brain may use slow-wave sleep to reduce glucose utilisation and to reset its metabolic balance.

He likens the brain to a furnace that requires regular shutdowns to clear out soot and ash and return it to optimal working condition.

"We know that sleep is a restorative process," he says. "This set of biochemical changes may be the restorative basis for sleep in its simplest, most fundamental form."

Whatever the reason, taking a short 'nanna nap' after lunch is a good way to improve the way you function physically and mentally for the rest of the day.

## Come and discover the MensWork Project with *Have a Go News*

THE MensWork Project offers programs by experienced, professional facilitators who specialise in working with men.

As well as their specific topics, all of the programs offer men a respectful opportunity to explore and appreciate the power of the masculine journey and what it is to be a man.

The project follows the notion of building your toolbox for the life journey, which produces strong personal relationship techniques and skills in a supportive group setting. Each man can then adapt these skills to achieve his personal vision for the future and to remove barriers to achieving this.

*Have a Go News* have teamed up with The MensWork Project and we will be presenting a series of free workshops for readers throughout the year.

The first workshop will be for the ladies...

**Secret Men's Business** - (For women only)

Presented by Wes Carter and Peter Efford

Women often share insights with one another about the men in their lives...but there is more.

Here is an opportunity to hear and share with two men who have been conducting personal development groups for men over the past 20 years.

Mostly we share information about how men are socially conditioned and how that affects their lives in society, families and relationships with other men.

We'll discuss intimacy, emotions, communication, possibilities and answer a wide range of questions. Nothing is too secret!

Wednesday 16 July: 2pm to 4pm

Wednesday 6 August: 1.30pm to 3.30pm

**Secret Old Blokes Business**

Presented by Wes Carter and Peter Efford

If you are a 50 plus, male and wondering what the next part of life holds for you, come and hear from two old blokes who reckon they have some answers to

conscious ageing.

Entering and living through the second half of life brings with it a whole new set of questions. "Will I find meaningful things to do as I age?"

"What will my physical health be like?"

"Who am I if I am no longer working (your job)?"

There are many issues to cover and we want to be upbeat and to resonate with the importance for men of independence, self-reliance, dignity and strength.

Let's talk about getting old, sharing your stories and how this can become the most rewarding time in your life.

Wednesday 6 August: 10.30am to 12.30pm

The workshops will be held at the *Have a Go News* office at 137 Edward Street, Perth.

Numbers are limited to 10 people.

To register please call 9227 8283 or email [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au)

Refreshments are provided.

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## Join the fun on Tuesday at Bunbury Senior Cits

ALL SENIORS are welcome at 9am on Tuesdays at the Bunbury Senior Citizens Centre opposite the Post Office in Stirling Street, Bunbury where a choice of four activities await you.

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## Letters to the Editor

Submissions may be edited for clarity and space.

GETTING lumbered with so many cooking programs on TV lately, I wonder if some of those so-called chefs have ever had to cook on a pensioner's budget.

One has to get this ingredient, use that brand etc.  
 Living on my own, at 85 I love cooking and as an old bush cook I've picked up a few tips over the years.

By just adding one extra ingredi-

ent, you can make the blandest of meals taste completely different.

For instance, the everyday scrambled egg with a bit of curry powder added and or cheese becomes tastier. A little cream cheese goes well with poached eggs instead of butter.

When making fish batter, save a bit for cheesy pancakes at breakfast.

I also have a pressure cooker for cooking those little delicacies

which I can afford at times like lamb or ox tongues and pig bones or trotters to make pork brawn.

Try putting some mince and left-over mashed potato in a blender, some curry, an egg and whatever takes your fancy, put it into patties and bake for 20 minutes. It makes a meal for one or two.

I rest my case!

**Bill Daking Kingsley**

### The Kokoda Conundrum

With another ANZAC day [commemorated] us, there continues to be some confusion in the media over what to call that legendary jungle path between Port Moresby and Kokoda – a trail or a track.

When stationed in Papua New Guinea as a newsreel cameraman for Cinesound Movietone Productions between 1962 and 1967, my wife and I were privileged to be able to walk in the footsteps of our gallant soldiers for at least a small part of the track. I use that word purposely even though there was a crude sign at Owens Corner proclaiming it to be the Kokoda trail.

This conundrum has confused respected authors, war historians and even army bureaucrats from the very end of the Pacific campaign and was due to the influence of the post powerful communications tool in living memory – the motion picture.

There were many international newsreel companies with cinematographers covering the Pacific action. This contributed to most of the world including Australians and troops based in the Pacific being exposed to coverage of the Kokoda campaign, but seen through the eyes of overseas newsreel editors for Gaumont and Pathe as well as the much larger American newsreel distribution arrangements of MGM, Paramount, Fox Movietone, Universal International and their affiliates which dominated the world cinema newsreel industry.

Because of this market control, the Australian Cinesound News became a minor player in the field.

With main cinema audiences being in the USA, most of who did not understand the word "track", the local description "trail" was substituted in nearly all the narratives.

It can be established that nearly all the soldiers who actually fought in the Owen Stanley's referred to it as "the track".

Even legendary wartime cameraman Damien Parer who initially covered these events for the Australian Department of Information and later Paramount News referred to "the Track" in his "dope sheets".

These were descriptive shot information details for the editors and which accompanied his reels of films out of Port Moresby.

It is understandable that those officials who were not actually engaged in the fighting were only exposed to references to the area as the Kokoda trail in the cinemas and increasingly at official briefing sessions. This even resulted in the remote top Army brass and the Australian War Memorial proclaiming it as the "trail".

It is a proven concept that if an error is repeated often enough, it becomes the truth. This is what appears to have happened over the passing years.

As I am not a qualified historian, I can only suggest those who challenge my input seek confirmation from those remaining brave Diggers who traversed that sacred path.

I am more than happy to be proved wrong in my interpretation of events.

**Daryl Binning**

### Parking and the new Children's Hospital

THE new Children's Hospital, opposite the QE11 Medical Centre, will be a welcome addition to our health services.

Instead of criticising, consider how lucky we are to be getting a new modern hospital.

Moreover, if the hospital was to add an additional floor, it would increase the parking problem.

A far better solution would be to plan now for two future children's hospitals, one in the northern corridor and the other in the south, near rail transport.

Affordable accommodation for country parents should be close to the hospital. This could be built by private enterprise.

**Frank Granger Applecross**

THANK you for the two tickets I received recently to see the film *Belle*.

It was a very pleasant surprise to receive the prize and my husband and I greatly enjoyed the film - one of the best we have seen lately.

We both thoroughly enjoy your very informative newspaper which includes local news relating to us seniors and look forward to the new issue each month.

Thank you again,

**Liz Conner**

## VIEW Clubs fundraise to support children

SUBIACO Day VIEW Club is supporting The Smith Family Winter appeal, highlighting that every day disadvantaged children are at risk of fall-

ing through the cracks.

The Smith Family is a national charity helping young Australians in need to get the most out of their education.

Eighteen thousand members in 353 VIEW Clubs throughout Australia fundraise to support 1082 children through The Smith Family's "Learning for Life" programme and volunteer their time and talents in a number of ways.

Subiaco Day VIEW Club meets every fourth Wednesday of the month, with speakers and refreshments at the Mt. Claremont Community Centre,

Montgomery Road at 10am.

Social outings are held on the second Wednesday of the month.

Visitors are very welcome.

For more information, please call Ann on 9387 7104 or Audrey on 9384 6143.

Help bridge the gap by donating to the Smith Family Winter Appeal.

[www.thesmithfamily.com.au/view](http://www.thesmithfamily.com.au/view)

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# Gardening With Soul - love, faith...and compost



New Zealand filmmaker Jess Feast with Sister Loyola

by Josephine Allison

SHE is an unlikely star whose simple story brought to the screen tells of a nun working in all weathers as a committed and resourceful gardener.

*Gardening With Soul (love, faith...and compost)* by New Zealand filmmaker Jess Feast, focuses on Sister Loyola Galvin, the main gardener at the Home of Compassion in Island Bay, Wellington. Feast follows Sister Loyola over a year, charting her journey through the seasons which include celebrating her 90th birthday.

In 2008 Sister Loyola found herself, aged 86, in the spotlight as New Zealand's Gardener of the Year. At 80 she had embarked on a permaculture course and then helped establish a community garden for young city dwellers.

Feast, who was in Melbourne recently to promote the film, said she first heard about Sister Loyola when she won the gardening award.

"I heard about her on national radio and fell in love with her in a way. She is engaging, wise and deep without being self-important. I wanted to capture her story in a way that had a little more longevity and preserve her old wisdom, nanna knowl-

edge and ideas for future generations."

Feast says she initially thought about a book but inevitably it turned into a documentary. She started thinking of a short film but it was soon evident it needed to be longer.

"If I had come to Sister Loyola straight off the bat and knocked on her door, saying I wanted to make a 100-minute feature film all about you she probably would not have agreed."

Still, Feast says the film process was quite "full on" for Sister Loyola and when she saw the film 'a little bit of a shock.' "But she was happy with it; we gave her the chance to see the film so she could make any changes if she felt uncomfortable."

The film has touched many people since its release, with Sister Loyola seeing it as a good thing.

"She connects with many people," Feast says. "I knew from the start I wanted a seasonal piece because it fits so well with the idea of the cycles of life."

Sister Loyola is still gardening but in a lesser way (she moved recently to nearby Silverstream near Wellington). She has aged which, Feast says, comes through in the film.

"We captured a shift in her over that year. She has

become more frail but it's still incredible to be doing the kind of work she was doing right up until then. She worked in all weathers and she was always doing something to film."

Ever resourceful, Sister Loyola wields shovel and spade, placing crushed eggshell around seedlings to stop slugs and snails and newspapers are used to cover plants when there is a frost.

Sister Loyola's work is even more remarkable when you consider she works with a permanently damaged foot, stemming from a childhood bone infection. She joined the sisters following the death of her boyfriend in World War 11 and reminisces about him and her father in the film.

Feast says *Gardening With Soul* is an antidote to things happening in people's lives.

"It's a very contemplative film that gives people a chance to sit and be still for a while; it's almost like meditation in a way. Here is someone who has come to the end of their life, who is happy, vibrant, spiritual and connected and she has lived without things, only the basics."

*Gardening With Soul*, which won best documentary in last year's New Zealand Film Awards, was released nationally on 29 May. To view a trailer, visit [gardeningwithsoul.square-space.com/](http://gardeningwithsoul.square-space.com/)

# Len Rathman guest speaker at July WASFR meeting

EACH MONTH on the second Friday at 10am, the WA Self Funded Retirees Association (WASFR) holds a meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

A feature of the meetings is the guest speaker presentation on topics of interest to retirees.

The speaker at the Friday 11 July 2014 meeting is Len Rathman.

In an earlier life, Len was an engineer, and then manager of local and overseas companies involved in the manufacturing and marketing of agricultural and mining equipment.

Nowadays, he is enjoying "retirement" as a volunteer speaker with the Council on the Ageing (COTA).

Len says he especially enjoys meeting with seniors to share knowledge on how to make the most of the years that lie ahead.

Len in his presentation will update the group with information on Benefits and Concessions, the Cost of Living rebate, the Electrical and Fire Safety Rebate, the Cost of Living Allowance and Energy Concession Extension Scheme.

He will also advise us on reciprocal Seniors Card use within Australia, the review of card eligibility and offer advice on use of the Commonwealth Seniors Health Cards.

While most readers would have read much

about the Budget, some of us would like to know more of the effect it will have on us.

At the meeting you have the opportunity to hear what Len has to say and also to question him on those matters about which we are concerned.

Visitors to the meetings are always most welcome and for more information please contact Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.



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Applications close 5pm on Friday 15 August 2014

Application packages are now available from COTA (WA)

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let's connect



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Brian French

## French's Forum

not privy to all the details of the case even though he has already admitted to a relationship with a young lady over the age of 18.

Quentin and Judith are having a rough ride health wise at the moment, but show the usual Australian stoicism in dealing with it. Let's hope their progress will be maintained.

Readers will know that often I use the British newspapers for some of my discussion points; at least those that have some relevance to life in Australia.

Well, I have found some comments in the last few weeks' papers that you may find of interest. (I hope so anyway!)

We seem to have problems with snails in our garden, and researchers have come to the conclusion that the best way to resolve these problems is

simply to move them elsewhere without the need to destroy them.

Apparently killing snails hardly affects the numbers which continue to rampage in one's garden.

However, you have to take the snails at least 65ft (20m) out of the garden because they apparently have a "homing instinct" in any less distance.

Mind you, I am not advocating you just hurl them into your neighbour's garden, but rather find a bit of waste or derelict land.

Some academics in UK are suggesting the tradition of addressing teachers as "Sir" or "Miss" should be consigned to history because it discriminates against women.

They are saying children should be encouraged to use teachers' first names to avoid the prejudices of previous

generations, and to end sexism.

Jennifer Coates, professor of English language at Roehampton University says, "It's a depressing example of how women are given low status and men, no matter how young or new in the job they are, are given high status".

I'll not include other comments, but most of these academics seem to feel the same way.

I don't know what our readers think, but I do not agree, and have always respected my teachers equally, whether "Sirs" or "Misses", even if sometimes I felt some were a bit eccentric.

An article by Helen McClure, a journalist involved with expat advice in UK, reminds me of our life journey.

Many of you may know that Mary and I came from England 26 years ago and are now Australian citizens.

From 1957 to 1960, we spent three years in Singapore when the Brits were running the island. Life for us there was completely different, but extremely pleasant with servants, big cars, plenty of drinks, a club membership and an enjoyable and very social life.

We soon became acclimatised to the warmth and humidity, which was so different to the cold and grey of England, and enjoyed the good sporting life.

With the Brits in control we quickly fell in with the cultural, religious and language of Singapore and the locals seemed to accept the orderly bureaucracy of the Brits.

Of course it was easier for the English to come to the island than other nationalities, and we ourselves were hardly expats.

The observations by Mrs McClure are therefore more relevant to them, and she has

built up an interesting theory gleaned from her five country abodes and 50 other explorations. She calls them Coconut Cultures and Peach Cultures.

She puts the UK and some other European countries into the coconut category because they are harder to crack, need to be formally introduced and keep their distance.

The Americans she puts into the peach culture, where people are welcoming and will chat to you in a queue; but this does not mean you will be invited to dinner. (I think Australians are more likely to be in the "peach" category, but I stand to be corrected by home-grown Aussies).

Helen McClure said more, which I will not include, other than to say, it was a thoughtful article.

To conclude my diatribe, interestingly, Americans have surpassed the French in the consumption of wine. Last year 2910 million litres

were drunk in USA, and 2810 million litres were guzzled by the French. (I don't know where we came on the list, but I'm glad we were not first).

I've only a few "funnies" for you this month, but here goes:

Still from the church: **Pot-luck supper - Sunday at 5pm - prayer and medication to follow.**

This evening at 7pm there will be a hymn singing in the park across from the church. Bring a blanket and come prepared to sin.

The eighth-graders will be presenting Shakespeare's Hamlet in the church basement at 7pm. The congregation is invited to attend this tragedy.

That's all folks for the first month of winter.

Have a safe and healthy June.

Brian French  
bfrench792010@hotmail.com

WE SEEM to be getting our ration of rain as winter begins, for which we must be very thankful.

However, I am still waiting for the return of warm, sunny weather, as many readers would no doubt agree.

At least the reticulation is earning a well earned rest, and the need to fork out for the cost of water used.

Is Rolf Harris guilty or innocent of the sex crimes of which he has been accused?

I find it difficult to believe he is guilty, but of course I am



by George Gouteff

AFTER the very popular "paddles" at the safety day programme at Hillarys Boat Harbour, where members practiced capsize drills and deep water recovery techniques, there was an enthusiastic response to a suggestion by "El Presidente" Peter that after the Ides of March the club should paddle to Penguin Island.

So early on the last Thursday of March a fleet

of kayaks pushed off from Mersey Point Reserve, Shoalwater and paddled towards Penguin Island and into an 11 knot SSW breeze. The fleet was skilfully led by John M and Peter bought up the rear as tail end Charlie.

On reaching the shoreline, it was decided, in the spirit of Bass and Flinders, to attempt a clockwise circumnavigation of the island to prove once and for all, that like Tasmania, it actually is an island.

On the western side there was a small swell running which made for interesting paddling. Fortunately there were no mishaps and after rounding the northern most point, the fleet turned south into the calmer waters of the east side and set a course for the island jetty and morning tea.

And yes, the club can confirm that Penguin Island is definitely an island; the 19th century surveyors got it right - QED.

After morning tea the paddlers headed north towards Shag Rock and experienced some unplanned excitement when Des capsized his kayak.

The drills practiced at Hillarys Boat Harbour

came into play and Des was towed to nearby Shag Rock where he was reunited with his recovered kayak and paddle.

For this involuntary immersion Des will be awarded, with due pomp and ceremony, the first duck sticker of the season to affix to his kayak.

The three new member's days at Kent Street Weir were a great success with a record number of people turning up to 'have a go' at paddling a kayak.

On the social scene, the annual breakfast at The Secret Garden Café was again an outstanding success.

For further information about the Over 55 Canoe Club telephone Peter on 9227 8283 or visit our web page <http://www.over55canoeclub.org.au/WELCOME.html>.

On the first new mem-

bers' day a diversion occurred when John (have a go) T, true to form, intentionally paddled into a patch of water that was being churned up as in a washing machine by some fire hoses being tested with the inevitable result of him going for a swim. Now Adrian (the duck manager) will have the dilemma of recommending John for a duck or the Order of the Fire Hose, first class.

After three consecutive weeks at Kent Street Weir the club has now reverted to its traditional modus operandi of paddling at a different venue every week.

All acquitted themselves well and there were no unfortunate incidents.

Many thanks to all those people who loaned their spare kayak(s) for use during this three day try out period.

## The Over 55 Canoe Club "confirms" Penguin Island is an island!

## Cancer fund raising morning tea a great success



Fabulous Fashion Show of pre-loved clothes, modelled by our own glamorous super models and hosted by James Gray. Left to right, Geoff, Kirk and Jack.

by Michelle Davies

OUR last show started half an hour earlier than usual, so that we could sit down to enjoy a fabulous morning tea of hot scones, jam and cream. We then took our seats in the Perth Town Hall ballroom to see The Holly Wood Dancers performing their colourful and exciting Exhibition Dancing, which they practice each week after our concert.

Following their act, to loud applause, we welcomed a much anticipated fashion parade of male models as they paraded down the catwalk. They bought the house down!

The entourage even included a mad monk! One particular model, with his long, skinny legs, stood out from the group: it was our very own, 'Well Known Man about Town', Jack McEvoy, looking ever so sweet in his blue velvet dress and curly blonde wig, swaying and waving professionally to his fans.

Jack is also our 'washer-upper' of 200 cups and saucers each week, after the show.

Then the lady models showed the boys how modelling is really done.

Our very professional models paraded 'pre-loved' clothing for sale to our audience at the end of the show.

That was not the end of the morning. Many wonderful people had donated prizes for our Cancer Morning Tea Raffle. Tickets were quickly snapped up as the prizes were of significant value.

Each year in May, The Holly Wood Tuesday Morning Show hosts a Cancer Morning Tea to raise money for the Cancer Council WA's important Cancer Research. We raised \$750!

Thanks to the many generous donors who helped to contribute to the success of the morning. Also, 'a big thank you' also to Maureen and Ron Felton who both always work so tirelessly.

Come along and have a 'cuppa' (10am-10.45am), and enjoy a wonderful free concert thanks to the City of Perth, and *Have a Go News* from 11am to 12 noon each Tuesday at The Perth Town Hall, corner Barrack and Hay Streets, Perth.

For enquiries or information on guests or artists, ring 9461 3145.

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# A love of music and a passion to save orangutans

by Josephine Allison

BRISBANE BASED musician Sallie Campbell (pictured right) combines her love of music with a passion to educate supermarket shoppers about the plight of orangutans in Malaysia and Indonesia whose habitats are being destroyed by the development of palm oil plantations.

More than a year ago Ms Campbell composed *Nightingale Floor*, an enchanting 20-minute piece written for an 11-piece string section, electric bass and three soloists with vocalist Kate Miller-Heidke. Exotic instruments played to create the distinctive melody include the nyckelharpa (a traditional Swedish musical instrument), baritone bowed psaltery (plucking a melody while bowing a drone note), hammered dulcimer (a stringed musical instrument) and a five-string violin.

The music was launched last year beside an instrumental music video in which 40 vintage projectors and hundreds of handmade slides create textures and layers move in harmony with the music. The music video, written and directed by David Barker and Marianne Khoo, stars Sarah Snook as a timeless woman, trying to escape a soulless existence.

"Everyone involved in the arts project are

friends living nearby in Brisbane so we are a close-knit group," Campbell said.

Campbell chose *Nightingale Floor* for the music title while performing as a violinist in Japan for six months on a boat at Otsu near Kyoto in 2010.

"During my stay I visited a lot of ancient Japanese castles with nightingale floors. When you walk on them, they are built in such a way they squeak and sing and make the sound of nightingales to keep out intruders.

"I visited around four castles and was totally enchanted by these floors and their name."

Back home Campbell continued her palm oil crusade first started about six years ago by her niece Grace, now 11, who made a palm oil awareness videos on YouTube.

"Grace - we call her Amazing Grace - opened my eyes to it and the more I was educated, the more I realised it infiltrated everyone's life. There are so many causes but with this one every time you walk into a shop you can be educated on what products to buy and which ones to avoid."

"Palm oil is contained in about 60 per cent of supermarket items including biscuits, soap, makeup, toothpaste and a big range of items. It comes under 300 different names and by law it does not have to be labelled. So the public is

unwittingly buying items responsible for the destruction of rain forests and the subsequent threat to the orangutan."

Campbell is excited about a soon-to-be released App for a Smartphone which allows consumers to scan a product to see if it contains palm oil. There is also a Facebook page where consumers are asked to change their buying habits.

"The campaign is about being a conscious consumer and knowing that every time you buy something, you are voting for the world you want. We are empowered by choosing companies that have ethical practices and work in harmony with the earth."

Campbell spoke about her campaign and the music and film clips at the recent Byron Bay Film Festival. She also met Danish woman Lone Droscher-Nielsen who, for the past 20 years, has run an orangutan rescue centre in Indonesia and was visiting the eastern states.

"There are about 4000 orangutans remaining in the wild and we must do everything we can to save them," Campbell said.

People can visit [www.nightingalefloor.com.au](http://www.nightingalefloor.com.au) to educate themselves on palm oil and download the full piece, the short film or the instrumental clip. All funds raised will go to the Orangutan Land Trust.



Curtin University  
Department of  
Health Sciences  
Dr Christina Pollard

by Frank Smith

FOR YEARS, nutritionists have been telling us to eat more fruit and vegetables.

In Australia the mantra since 2005 has been two pieces of fruit and five servings of vegetables a day.

Nevertheless Dr Christina Pollard of Curtin University Department of Health Sciences says half the population never eat fruit and the average consumption of vegetables is half the recom-

mended amount.

But until now research backing this recommendation has been sparse. Mainly it was based on studies of population groups, such as nurses and vegetarians who can be expected to be health conscious.

But now a study from the UK with more than 65,000 participants, chosen as representative of the general population, has shown clearly that the more fruit and vegetables you eat, especially vegetables, the longer you are likely to live. Why is this so?

"Fruit and vegetables provide both nutrients and non nutrient advantages. A mix of vegetables appears to work better than a single item. They provide a wide variety of nutrients, valuable fibre and anti-oxidants. Moreover consumers tend to use less salt in their diet.

"Clearly there are additional benefits of consumption in excess of the recommendations," she said.

The study senior author Dr Oyinlola Oyeboode of University College, London said those eating seven or more portions of fruit and vegetables daily showed much de-

creased mortality.

It was not possible to find a maximum recommended amount of fruit and vegetables.

When different types of food were considered, an increased consumption of vegetables, salad, and fresh and dried fruit led to lower mortality.

However frozen and tinned fruit consumption increased mortality.

The design of the trial did not allow the effects of frozen versus canned fruit to be separated.

"I'm not sure why canned fruit came out badly, but there is evidence for an advantage of fresh fibre. Australian dietary recommendations limit processed or dried food to not more than one item per day," said Dr Pollard.

The authors speculate that the problem with canned fruit might be its sugar content. They say the fructose content of fruit may be responsible for driving obesity.

Other research has shown raw vegetables have a stronger relationship with longevity than cooked vegetables.

Writing in the same journal Dr Chris Kypridemos and

colleagues pointed out that under the current UK recommendations, 150ml of freshly squeezed orange juice; 30g of dried figs; 200ml of a smoothie made with fruit and fruit juice and 80gm of canned fruit salad in fruit juice all count as the five portions of the '5 a day campaign', and contain a total of some 60gm of refined sugars. This is more than the sugar in a 500ml bottle of cola.

The risk of a heart attack was doubled in the 20 per cent of the US population with the

highest sugar consumption.

Dr Oyeboode said the Australian dietary guidelines (2+5) may be more appropriate than the UK or European advice.

Dr Pollard said Australian dietary guidelines were based as close as possible to a reasonable existing Australian diet and the World Health Organisations recommendation of 400gm of vegetables per day which doesn't include potatoes.

"The Australian guidelines do include potatoes,

provided they are not deep fried or crisps because they are a regular part of the Australian diet," she said.

"Fruit and vegetables were listed separately because of differences in sizes. Most vegetables are eaten in

small serves of 80-90g while fruit tends to be chunky and greater than 120gm."

Boosting your fruit and vegetable intake is a simple and effective way of improving your chance of a long life.

## The more fruit and veggies you eat the longer you live

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Inside: *Life in Children's Homes and Institutions* is a travelling exhibition developed and presented by the National Museum of Australia and supported by the Australian Government Department of Social Services. Images: Stamp, on loan from John Murray; Badges, images courtesy CLAN's National Orphanage Museum of Australia

# Stepping up for the orangutans



Left to right; Karen Majer-Perry Schumacher carries Penai, a young male orangutan rescued from captivity, on their way to the training forest where the orangutans explore the forest for the first time.



Someone who has first-hand experience of the predicament of the orangutans is Perry Schumacher.

The Canadian, now living and working in Margaret River, was one of 15 young people from around the world who took up the challenge to spend 100 days in the jungles of Borneo as an 'Eco-warrior'.

A film, *The Rise of the Eco-warriors* documented their experiences as they confronted 'one of the great global challenges of our time', saving rainforests and giving hope to endangered orangutans.

Perry joined the Eco-warrior project when he was about to complete his veterinary studies. "I was at that stage when you are about to leap into the world

and see how you can make a difference," he said. "My girlfriend in Australia saw an ad for Eco-warriors and I knew I had to join. I put my vet studies on hold and made a video application, and I was one of the lucky ones chosen."

He was shocked when he saw the devastation that palm oil plantations are wreaking on the forest.

"Much of the Malaysian part of Borneo has already been cleared. Most of what's left is in Indonesian Kalimantan, where we were."

"It's being illegally cleared for palm oil at an incredible rate - something like 300 football fields a day. That's insane."

Part of the problem is that as long as the demand for palm oil increases, the plantations will expand.

Perry explained that an oil palm tree has a productive life of only 25 years. 'By the time it's done, the soil has been pumped full of fertilisers, pesticides and

other chemicals. The soil ecosystem is destroyed. The easiest thing for the plantation companies to do is to start again. They slash and burn a new area, releasing huge amounts of carbon dioxide. In some wet areas, where the peat is very deep, they even dig drainage canals in order to take boats in and clear the forest. The soil is so damaged that the forest can't re-establish even when the plantation is finished.'

"The orangutans move out. They are killed or get sick through eating unsuitable food. And they are like the canaries in the coal mine. When they leave it indicates that the whole ecology has broken down."

Perry's job in Borneo was to work as part of the wildlife rescue and rehabilitation team of three Eco-warriors and local staff from the Sintang Orangutan Rehabilitation Centre. He helped to prepare the Centre for an influx of orphaned babies which have been rescued

from captivity after being sold on the black market. They also raised money for a small jungle rehabilitation centre where the rescued animals can experience the forest and learn to live in the wild.

While he's clearly attached to the babies he helped to care for, Perry said the important part of the job was securing 20,000 hectares of land that would be protected as a safe release site, training locals in animal husbandry so they can run the operation and working with local communities.

"Local people are learning the benefits of protecting their land," he said. "We helped to give them reasons, resources and hope to do this."

Perry's face lit up when I asked if he holds hope for the future of the rainforest and its orangutans. "Yes, I do. The local people are becoming empowered. People here in Australia can make a big difference by cutting down on purchasing products contain-

ing palm oil. It's in so many things, for example chocolate, cosmetics and shampoo. It's a case of finding products that you like that don't contain palm oil."

"It doesn't matter about your background or how you view yourself, it's about stepping up to make a difference. One drop can create a ripple that can change the world."

*How you can help*

In next month's column I'll share ideas on how to identify palm-oil free products and say no to palm oil. ([www.saynotopalmoil.com](http://www.saynotopalmoil.com))

Here are some other actions you can take:

- Adopt an orang-utan [www.rainforestconnections.org/adoptions](http://www.rainforestconnections.org/adoptions)
- Help protect forests [www.rainforestconnections.org/projects](http://www.rainforestconnections.org/projects)
- Support a high school in the village of Tembak [www.rainforestconnections.org/tembak](http://www.rainforestconnections.org/tembak)

Find out more: Eco-warriors [www.ecowarriorstrise.com](http://www.ecowarriorstrise.com)

by Karen Majer

YOU MIGHT think that the plight of baby orangutans, orphaned and held captive after being displaced from their jungle homes in Borneo, is a world away and be-

yond our power to help.

However once you realise that our buying habits are encouraging illegal clearing to expand palm oil plantations, it's clear that we are a source of both the problem and the solution.



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## Over 55 Walking Association updates



THE OVER 55 Walking Association Incorporated (OFFWA) 2014 season is in full swing.

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

*Upcoming walks:*

**17 June**, Woodbridge; walk is towards Middle Swan: assemble end of First Avenue, Woodbridge

**24 June**, Bibra Lake; around Bibra and North Lakes: meet Progress Drive,

Bibra Lake.

**1 July**, Kings Park' circular walk within the Park: assemble Synergy Parkland (Vietnam Memorial)

**8 July**, Burswood; around the bridges (Narrows), meet Kagoshima Park, Resort Drive, Burswood.

For more information, visit their website <http://over55walkingassociation.myclub.org.au> which provides information on the organisation including the program of walks at different venues or contact OFFWA's president, Bronwen on 9448 6965 or vice president Ann on 9277 9604.

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# A Great Night Out!



# Learn about the Noongar culture and seasons at Piney Lakes



Tour guide Marissa Verma

by Josephine Allison

IT might be the middle of suburbia but it's a world away from the hustle and bustle of daily life.

Piney Lakes reserve at Winthrop is the setting for Bindi Bindi Dreaming's, "Explore Noongar Booja" Aboriginal tours headed by Marissa Verma who shares her life experiences about the Noongar culture.

On a sunny Saturday morning, Marissa looks at ease with the bushland locale as casually dressed people gather for the tour.

"The tours, which we run with the City of Melville, are called Moorditj, Waakiny, Mereny and Kadidjiny (good yarning, food and learning)," Marissa said. "They run at least six times a year and are held in accordance with the Noongar Six Seasons. There are two months per season and we work on a calendar year. For example, I conducted a tour in May which is Djeran (April-May)."

Piney Lakes is a significant women's

place because the lake was historically used by women. Marissa has run the tours since the launch of the Bidi Katitjiny women's trail in 2010.

People are taken on a journey of the Noongar six seasons on the Aboriginal women's trail. They spend time learning about the movement of Noongars with the seasons as well as activities such as gathering fruit and berries, hunting kangaroos and other food sources. Over an hour they are shown bush tucker and medicine plants and other fascinating aspects of the Noongar culture.

Back at the centre, people are shown bush herbs and spices and sample Marissa's famous lemon myrtle cake, many asking for the recipe.

"The reaction I receive from people is, they didn't realise a simple bush has so many uses for Noongars," she said. "They also say they have never had the chance to hear about the great things I share with people about our culture and that the way I share it is so open, honest and sensitive."

Marissa says the tours are rewarding, especially when people say how inspirational she is in sharing her personal experience.

Marissa has lived in and around the Fremantle area for much of her life. She says she didn't really know who she was as an Aboriginal person until she attended Curtin University.

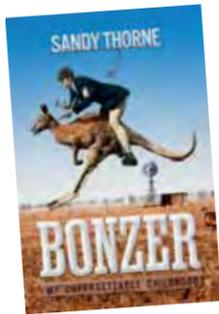
"I studied with some knowledgeable Aboriginal people who shared information with me so I learnt about Aboriginal life, especially the Noongars," she said.

"It must have switched on a light bulb because I started to work out life and choose paths I knew were good for me. I enjoy the tours because I know people take them for their own interest and want to know about me and my culture."

The tours have expanded with organisations such as Serco, the WA Health Department and other organisations taking part.

For more information on the tours, visit [www.bindibindidreaming.com.au/](http://www.bindibindidreaming.com.au/)

## BOOK REVIEW



**Bonzer - My Unforgettable Childhood**  
by Sandy Thorne  
Reviewed by Pat Paleeya

stead of me", writes Sandy Thorne of her ignoble birth.

Her self-deprecating humour sets the tone of this hilariously funny memoir of her Bald Hills childhood. She was a real fireball (in more ways than one) a wilful, incorrigible little Aussie rat-bag, a child with a penchant for the expletive which she used fluently and frequently at such a young age.

Rules were foreign to Sandy who was in strife more often than not; her complete disregard for authority seemed to catapult her into one disastrous escapade after another.

At four years old and in her Mum's bad books, she devises a plan to redeem herself. She decides to set alight to the wash house whilst her Mum was inside. She thought that 'while the flames were roaring and the ceiling about to collapse, I would rush in and save her and lead her to safety'. Did she succeed? I won't divulge.

This book is delightfully funny throughout, and yet her life as a child wasn't always easy. She runs away from home at 11 years old lying about her age, desperate to become a Jillaroo. The police brought her

back home. She was expelled twice. She palled up with Shazza "a wild, crazy, always in trouble sheila" and they dub themselves The Night Raiders causing havoc around the town.

Her father's infidelity was the reason that her mother finds solace in the bottle, and her parents split up when Sandy is 14. Virtually on her own she writes that she dragged herself up through her teens, having many a rough patch, but she never went to gaol or became pregnant, which in the 50s were the worst two things that could happen to a teenager.

I loved this book. I recommend it to those who grew up in that era, and to

those who didn't. Those who did will have a great trip back laughing all the way. Those who didn't will be wishing they had!

Sandy became Australia's first and only bush poet and yarn spinner.

Why am I not surprised? The book is published by Penguin Australia and RRP is \$29.95.

**WIN WIN WIN**

We have one copy to give away. To enter please write to 'Bonzer' Competition, Have a Go News, PO Box 1042, West Leederville WA 6901 with your details on the back or email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Bonzer in the subject line. Competition ends 15/07/14.

"I WAS born in 1951, huge and hideous despite my parents' good looks. Mum joked that when I came out the doctor slapped her in-

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# Stamps with Mickel Smits

THIS MONTH we celebrate the 185th anniversary year of Western Australia's Foundation, so appropriately, we shall continue to reflect on the 160th anniversary of its first stamps, amongst which, one of the world's great stamp rarities came to be; the 1854 4d 'Inverted Frame' Swan: more commonly though, incorrectly referred to as the 'inverted swan' or 'upside-down swan' stamp.

How this extraordinary error occurred is no longer a mystery but what is remarkable is that it eventuated in the first place because printers of stamps, then and now, are notorious for their fastidious attention to detail, as you might imagine.

'Human error' was of course the cause and such blame can be attributed to the Government Printer of the day, Alfred Hillman: but in all fairness to him, he was new to the job and his mistake eventuated by virtue of him endeavouring to do that job properly.

Hillman received an order to print 100 sheets (comprising 240 stamps) of the 4d stamp. The printing method used was 'lithography'. In this case, the printing 'plate' was a large rectangular slab of limestone weighing several kilograms. The upper surface was treated and polished and upon this, the impressions of the 240 stamps were laid.

At the time, Hillman must have determined the lithographic stone

plate to be faulty and unsuitable for use because records show he printed three sheets and then stopped.

It seems he then set about making a new stone plate; an elaborate and difficult process we shall not try to fully interpret. However, Hillman resorted to achieving the task by removing from storage what is referred to as the 'intermediate' (printing) stone.

The intermediate stone comprised 60 units of the stamps. By transferring, four times, the impression of the intermediate stone onto a new limestone plate, the job would have been done, but the intermediate stone must have also been found to be defective, but only slightly, as just two of the units required repairing.

Now here's where it gets a bit complicated again and for the sake of simplicity all you need realize is the intermediate stone was originally produced in two stages: first the 60 swans were individually transferred onto the surface, and then the 60 surrounding borders around the swan. The borders contained the wording: WESTERN - POSTAGE - AUSTRALIA - FOUR PENCE with 'postage' at the top of the stamp and 'four pence' at the bottom (the reason the borders were applied separately is because if you needed to produce a new denomination stamp for say 'two pence', then you need only change the borders when making a new plate).

So he has to repair two units but one of those was only damaged in its border area so Hillman removes the border with acid and then

transfers a new border in its place but, unfortunately for him, he applied it up-side down.

Task supposedly done, he then proceeded to transfer the 60 unit intermediate stone impression four times onto the new printing stone.

He then prints the remaining 97 sheets required and in so doing creates 388 (97x4) 'inverted frame' stamps.

Whether or not he realized it at the time and maybe said to himself "argh, the heck with it", or whatever, after all his effort, this is only one of many intriguing conjectures.

Whatever happened, the plate was again corrected with the error removed before the next print order was processed.

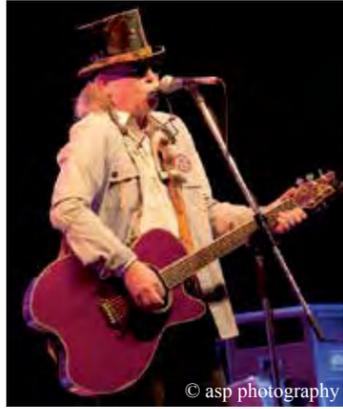
There are only 14 examples of this error stamp in the world.

There is a portion of one in a strip as well as another which was thought to be genuine but finally found to be a masterful forgery soon after it was sold in a New York auction in 1986 (how embarrassing for the renowned auctioneer).

Their value varies according to their condition but the latest Stanley Gibbons catalogue lists a fine used example at approximately \$165,000.

No mint (unused) examples are said to exist though I've got one hidden away ... just joking.

Acknowledgements: Brian Pope, Gary Watson, WASG.



© asp photography

## Perth Blues Club's 11th Annual Memorial Showcase

THE PERTH Blues Club's eleventh annual memorial showcase - A Rhythm and Blues Variety Revue will be held at the Astor Theatre, Mt Lawley from 9.30pm to 11.30pm on Saturday 28 June 2013 in support of the uniquely Australian war veterans' charity, Legacy. Doors open at 9pm.

The concert features a stellar line-up of WA's finest entertainers who are coming together to honour their departed mates.

Performers include international blues legends Dave Hole and Matt Taylor along with other performers such as the hilarious Peter Dee and the amazing Rick Steele (pictured left) himself. "I am personally very pleased that this showcase of talent can help such a great cause which is close to my heart. This is the club's biggest annual event and we pull out all the stops to make sure it is a memorable one."

## Volunteers wanted by Friends of Ellis House

FRIENDS of Ellis House are participating artists and associates who support the development of the House as a Community Art Centre.

The City of Bayswater has provided this beautifully refurbished old home and surroundings for the Friends of Ellis House to exhibit artworks and keep open for visitors to view the house and gardens.

Artists, both beginners and the more experienced, are invited to come and paint, draw or do their craft in these pleasant surroundings where they can exchange ideas and information with other artists.

An exhibition of mainly local artwork is held every three

weeks with themed Friends' exhibitions shown several times a year.

The House is open on Thursday and Friday from 10am to 4pm and Saturday and Sunday from 10am to 5pm.

The input from volunteers from Friends of Ellis House enables the house to be open to the public.

Potential volunteers, who wish to spend time helping with some painting, work in the gardens and on the verandas or just to greet visitors and answer simple questions, will be made most welcome.

For more information, call 9271 9770 or call in to see them at 116 Milne Street, Bayswater.



## Coins with Mickel Smits

AS THERE are two sides to a coin, there is another side to last month's story when we reviewed the work and achievements of Australian craftsman, Stuart Devlin, who designed the tail-side, more properly known as the 'reverse', of our decimal coins.

The designer of the head-side, or obverse, Arnold Machin, an English sculptor who was born in 1911 and lived till the ripe old age of 87, is acclaimed to hold the world's record for an artist's work having being reproduced.

When you consider his design for the Queen's head introduced on our first decimal coins in 1966; New Zealand's in 1967, Great Britain's in 1968, Canada's in 1965 and most other Commonwealth nations around the same time, it is not difficult to fathom he could well be the record holder.

But then when you realize those little Queen's head stamps you've seen on mail from Britain over the last 45 years or more is also his design, you can then imagine there may never be another artist who'll ever come anywhere close to knocking him off that pedestal.

The number of coins and stamps runs into the hundreds of thousands of millions.

So long as the Queen

lives, the stamp design is unlikely to change, however the use of his coin design was discontinued in 1985 when Raphael Maklouf's effigy was adopted there, here and elsewhere in the Commonwealth.

Like Devlin (who by the way also competed for the stamp design), Machin's love of art and ability and flair was evident at a young age.

Born in Stoke-on-Trent, affectionately known as The Potteries and the so-called World Capital of Ceramics and the home of Wedgwood, Moorcroft and other renowned ceramicists, it is little wonder Machin's passion became sculpture and ceramics.

He served his apprenticeship with Minton, studied at the Stoke and Derby Schools of Art and The Royal College of Art where he was later to achieve an exceptional reputation and standing.

During the Second World War, Machin was imprisoned as a conscientious objector; that is, he claimed the right to refuse to perform military service.

During those 12 months in prison he was supported by Josiah Wedgwood who later employed him as a designer.

In 1945 he designed 'Taurus', a ceramic bull featuring the signs of the zodiac which

became so popular it was produced by Wedgwood for the following 30 years.

His sculptures of 'John the Baptist' and 'the Annunciation' were both purchased by the Tate Gallery. And his terracotta sculpture of life-size and nude 'Spring' upon a cupid adorned throne-like base was bought by The Royal Academy of Art in 1947.

Ever the activist, in 1956 Machin gained further national publicity when he chained himself to an old lamp post outside his house that was to be replaced by a concrete version.

His protest was "against the destruction of all the beautiful things which is going on in this country".

To appease him the Council gifted it to him and placed it in his garden at which time his wife then 'unlocked' him but apparently some years later the lamp post was restored and relocated to its original position.

In 1962, as part of a group of sculptors from the Royal Academy of Art, Machin worked on the design for a new effigy of the Queen in preparation for its adaptation on the new decimal currency coins. His submission gained the approval of the Royal Mint Advisory Committee so much so, can you believe, one of its members thought it "made her look a bit sexy" - good gracious.

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## Queens Park Seniors welcomes new members

QUEENS Park Seniors, a not for profit organisation welcomes new members.

The club has a range of free activities, available every day of the week from Monday to Friday in either the morning or afternoon.

- These include:
- Carpet bowls Tuesday & Thursday afternoon.
  - Tai Chi Monday & Friday morning.
  - Craft on Wednesday.
  - Keep fit Friday afternoon.
  - Podiatry Tuesday & Thursday morning.
  - 6 monthly bus trip.
  - Hairdresser Wednesday & Friday.

- For further information contact Queens Park Seniors on 9458 7258 or phone the club secretary, Denise on 0418 780 059 or email her at dfbryant@bigpond.net.au

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# What's on at Crown

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A fun pack includes:

- Transport to and from Crown
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- Bonus voucher for a bit of fun!

The \$10 Fun Pack\* is for Crown Club members when you travel on any of the routes below. If you're not a member, it's free and easy to join when you arrive at Crown.

**\$10 FUN PACK\***

\*Crown Club member price. \$15 for non-members. Only for patrons aged 18+.

## Jackpot this Thursday



Member Money Night is bigger and better than ever! Crown Club members must be at the Casino at 9pm Thursday for the chance to win.\*

If the winner is not present, the prize will jackpot to the next draw. Plus, there are three chances to win up to \$2,000 from 7pm.

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

**EVERY THURSDAY**

\*Conditions apply. You must be present to win. Active contactable members only.

## Crown Bus Timetable



Northern Routes		time	stop no.	Eastern Routes		time	stop no.	Southern Routes		time	stop no.		
<b>Alexander Heights (Wed &amp; Fri)</b>				<b>High Wycombe (Wed &amp; Sun)</b>				<b>Mandurah North (Wed, Fri &amp; Sun)</b>					
● Alexander Heights Shopping Centre, Mirrabooka Ave	9.13am	12503	● Kalamunda Bus Station - Stand 1	9.03am	13964	● Mandurah Football Club	8.50am	17371	● Silver Sands Shopping Centre (Cnr Mandurah Tce and Anstruther Rd)	8.55am			
● Illawarra Cr before Kingfisher Ave, Ballajura	9.23am	15999	● High Wycombe Shopping Centre	9.14am	14048	● Meadow Springs Bus Shelter (Opposite Shopping Centre)	9am	17020	● Madora Bay Bus Shelter (near Madora Bay Rd)	9.05am	17024		
● Beechboro Shopping Centre, Beechboro Rd North	9.38am	15845	● Forrestfield Caravan Park	9.23am	14114	● Singleton Bus Shelter (after Singleton Beach Rd)	9.10am		● Arrive Crown Perth	10.03am			
● Walter Rd East Before Grey St	9.44am	15738	● Forrestfield Forum (Church)	9.25am	26122	● Depart Crown Perth	3pm		<b>Munster (Tues &amp; Thurs)</b>				
● Bassendean Station - Stand 1	9.50am	17722	● Bus Stop at Discovery Holiday Park	9.27am	13866	● Cockburn Central Station - Stand 6	9.16am	23630	● Munster Stargate Shopping Centre, Rockingham Rd	9.31am	10640		
● Maylands Shopping Centre	9.57am	11644	● Belmont Forum (Wright St Bus Stop)	9.42am	11670	● Phoenix Shopping Centre opposite ANZ Bank, Rockingham Rd after Kent St	9.36am	10647	● Phoenix Shopping Centre opposite ANZ Bank, Rockingham Rd after Kent St	9.36am	10647		
● Arrive Crown Perth	10.10am		● Arrive Crown Perth	10am		● Waverly Rd, Coolbellup, opposite Coolbellup Hotel	9.46am	20324	● Waverly Rd, Coolbellup, opposite Coolbellup Hotel	9.46am	20324		
● Depart Crown Perth	3.45pm		● Depart Crown Perth	3.30pm		● Kardinya Park Shopping Centre, South St	9.57am	10489	● Arrive Crown Perth	10.20am			
<b>Joondalup (Tues to Sun)</b>				<b>Swan View (Mon)</b>				<b>Rockingham (7 days a week)</b>					
● Joondalup Interchange - Stand 7	9.38am	17851	● Darling Ridge Shopping Centre, Swan View	9.18am	14654	● Before Warnbro Fair and Halliburton Ave, on Warnbro Sound Ave	8.59am	17296	● Opposite Waikiki Village, Read St	9.05am	17304		
● Coolibah Plaza	9.48am	18638	● Midland Station - Stand 7	9.31am	14625	● Rockingham City Shopping Centre, Council Ave	9.10am	21225	● Rockingham City Shopping Centre, Council Ave	9.10am	21225		
● Warwick 8 Cinemas, Dorchester Ave	9.54am	18680	● Bassendean Station	9.37am	17722	● Rockingham Interchange - Stand 7	9.15am	23788	● Rockingham Interchange - Stand 7	9.15am	23788		
● Stirling Interchange Bus Station - Stand 7	10.03am	11543	● Bayswater Station	9.43am	16547	● Kwinana Hub Bus Station	9.27am	26360	● Kwinana Hub Bus Station	9.27am	26360		
● Arrive Crown Perth	10.20am		● Maylands Shopping Centre	9.51am	11644	● Arrive Crown Perth	10.10am		● Depart Crown Perth	3pm			
● Depart Crown Perth	3.30pm		● Arrive Crown Perth	10am		● Depart Crown Perth	3pm		<b>Central Routes</b>				
<b>Quinns Rocks (Wed &amp; Sun)</b>				<b>Southern Routes</b>				<b>Roe Street (Mon &amp; Tues)</b>					
● RAAFA Estate, Hughie Edwards Dr	9.28am	18176	<b>Armadale (Mon, Tues, Thurs &amp; Fri)</b>				● Roe St Bus Station - Stand 12	10.30am	26784	● Arrive Crown Perth	10.40am		
● Shenton Ave, Currambine Marketplace	9.43am	17861	● Armadale Interchange - Stand 4	9.01am	13192	● Arrive Crown Perth	10.40am		● Depart Crown Perth	2.45pm			
● Whitfords City (Marmion Ave)	9.53am	18066	● Champion Dr, opposite Coles	9.07am	13051	<b>Central Routes</b>							
● Karrinyup Shopping Centre (Karrinyup Bus Stop) - Stand 5	10.01am	11562	● Kelmscott Interchange - Stand 4	9.13am	22035	<b>Roe Street (Mon &amp; Tues)</b>							
● Innaloo Bus Stop, Odin Rd at Bunnings	10.08am	19212	● Gosnells opposite Addie Mills Centre	9.21am	19107	<b>Roe Street (Mon &amp; Tues)</b>							
● Arrive Crown Perth	10.25am		● Thornlie Shopping Centre	9.31am	20500	<b>Roe Street (Mon &amp; Tues)</b>							
● Depart Crown Perth	3.15pm		● Carousel Shopping Centre	9.41am	10050	<b>Roe Street (Mon &amp; Tues)</b>							
<b>Wanneroo (Tues &amp; Thurs)</b>				<b>Fremantle (7 days a week)</b>				<b>Roe Street (Mon &amp; Tues)</b>					
● Wanneroo Central Shopping Centre	8.58am	12308	● Fremantle Station - Stand 2	9.05am	10429	<b>Roe Street (Mon &amp; Tues)</b>							
● Newpark Shopping Centre, Templeton Cres after Marangaroo Dr	9.11am	12485	● Corner Petra Street	9.17am	10295	<b>Roe Street (Mon &amp; Tues)</b>							
● Australia Post Wanneroo Rd, Westminster	9.19am	12336	● Melville Shopping Centre	9.22am	10301	<b>Roe Street (Mon &amp; Tues)</b>							
● Mirrabooka Bus Station - Stand 12	9.28am	12544	● Myaree (Marmion Reserve Park 'n' Ride)	9.31am	10715	<b>Roe Street (Mon &amp; Tues)</b>							
● Dianella Plaza Shopping Centre	9.36am	11596	● Booragoon Bus Station - Stand B4	9.38am	11134	<b>Roe Street (Mon &amp; Tues)</b>							
● Arrive Crown Perth	9.56am		● Bus Stop after Como Hotel	9.53am	10335	<b>Roe Street (Mon &amp; Tues)</b>							
● Depart Crown Perth	3.45pm		● Arrive Crown Perth	10am		<b>Roe Street (Mon &amp; Tues)</b>							
<b>Morley (Tues &amp; Thurs)</b>				<b>Mandurah South (Wed, Fri &amp; Sun)</b>				<b>Roe Street (Mon &amp; Tues)</b>					
● Dianella Plaza Shopping Centre	9.45am	11596	● Corner of Old Coast Rd & Princeton Drive Car Park	8.38am		<b>Roe Street (Mon &amp; Tues)</b>							
● Morley Bus Station - Stand 12	9.54am	11367	● Falcon Oval (Tennis Court Car Park, Flame St)	8.43am		<b>Roe Street (Mon &amp; Tues)</b>							
● Walcott St (after Longroyd St)	10.15am	12631	● Halls Head Central	8.51am	17017	<b>Roe Street (Mon &amp; Tues)</b>							
● Arrive Crown Perth	10.34am		● Mary St (Car Park near Old Bridge)	9.01am		<b>Roe Street (Mon &amp; Tues)</b>							
● Depart Crown Perth	3.45pm		● Dudley Park Bowling Club (Club Car Park)	9.08am		<b>Roe Street (Mon &amp; Tues)</b>							
				● Arrive Crown Perth				<b>Roe Street (Mon &amp; Tues)</b>					
				● Depart Crown Perth				<b>Roe Street (Mon &amp; Tues)</b>					
				3pm				<b>Roe Street (Mon &amp; Tues)</b>					



# Have a Go News' Masters Swimmers recognised



L-R: Have a Go News' Judith Treby with Volunteer Encouragement award winners; Melville's Sarah Lacey - Mandurah's Rosemary Green and Beatty Park's Anson Chau

FOUR ENTHUSIASTIC Masters' members were rewarded for their volunteer efforts by *Have a Go News'* Editor Judith Treby at Masters Swimming WA's annual presentations on Sunday 25 May at HBF (formerly Challenge) Stadium in Mount Claremont.

*Have a Go News* has been an outstanding supporter of MSWA for more than 15 years through monthly articles and annually with front page promotions for the MSWA novice open water swimming events.

For their enthusiasm and volunteering at their clubs since joining, Geraldton's Emma Russell (absent), Melville's Sarah Lacey, Beatty Park's Anson Chau and Mandurah's Rosemary Green were presented with their Volunteer Encouragement award by Judith as part of the LiveLighter 2014 State Championships presentations.

Three of the four *Have a Go News* Encouragement award winners, Emma, Sarah and Anson, participated in the 2014 LiveLighter State Championships for the first time, with Rosemary swimming

in only her third State event. Their enthusiasm at the State event was most evident and they all impressed as a valued member of their club team whether encouraging their fellow team members or offering to support the event as a volunteer time-keeper.

The weekend's swim meet once again confirmed the benefits of swimming with a Masters Swimming Club with all participants enjoying themselves whilst aiming for personal bests in the pool.

The relays were the highlight for many members and especially for the winners of the *Have a Go News* encouragement awards.

Any readers of *Have a Go News* who would like to join in the fun at a Masters Clubs to enjoy the mental and physical benefits of swimming regularly should visit [www.mswa.asn.au](http://www.mswa.asn.au) - contact a local club and have a go!

**Wendy Holtom**  
Ph: 9387 4400 during office hours  
Executive Officer  
Masters Swimming WA



## MALA is on the move ...

MALA is moving to the George Burnett Leisure Centre, in Manning Road (Cnr. Elderfield Rd) in the City of South Perth in time for the commencement of the Second Semester 2014 which begins in August – and leaves you free over the school holidays.

The Centre is located on Manning Road which leads off the Freeway near Canning Bridge.

From Manning Road, you will notice the Public Library first, followed by a very large parking area and then the George Burnett Centre. Members of MALA will be there to guide you! Parking is easy with disabled spots available.

If you are coming by public transport – you take the train to Canning Bridge Station, and every eight minutes there is a bus #100/101 which takes you right to the centre, on its way to Curtin University.

The sessions at the Centre will offer the same great range of topics with your favourite presenters and maybe more variety than before.

Enrolment details will be forwarded to you in July and the process will be the same even though session times have changed. There will be no afternoon lectures.

Sessions will be for one hour beginning at 10.15am to 11.15am, followed by another at 11.45am to 12.45pm.

MALA will assess the success of this move and plan for the future accordingly.

They are looking forward to moving into the new location and hope you will join them there where you will be warmly welcomed.

For more information, please call Frank on 9204 1640, Lyn on 9409 4275 or Sue on 9444 4902.

MALA - Lifelong Learning

## Male Shih Tzu dog found in Warwick



A SMALL un-sterilized black and white male Shih Tzu was found on Beach Road at the corner of Wanneroo Road/ Girrawheen Avenue at Bardsley Park on 13 May 2014.

Although he was wearing a collar, no microchip was detected in a scan of the cute little dog. If he is your dog, or you know who may own him, you need to identify the collar to claim him from the Warwick Veterinary Hospital, where he's currently in care.

They are open from 8am-7pm weekdays and 9am-2pm Saturdays and can be contacted by calling 9243 1997.

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Wednesday 25 June 2014 - Registration 6.15pm - Seminar 6.30pm to 7.30pm

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## Where is that Heritage Building?

### WIN WIN WIN

We are giving readers the opportunity to win a copy of Warren Duffy's book, *Lost Perth*. To be in the draw to win, identify where the heritage building pictured left is located in Perth. To enter, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the answer in the subject line or address an envelope to *Heritage Corner Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your answer and contact details on the back. Only over 45s are eligible. Competition ends 10/07/14.

Congratulations to Nicola Hamer who was the *Have a Go News Heritage Corner* winner for the May edition.

#### Answer to *Have a Go News*' May Where is that Heritage Building? The Cloisters, located at 200 St Georges Terrace, Perth

THE CLOISTERS was the first secondary school in Western Australia and was built for Bishop Hale, the first Anglican Bishop of Perth. Established with Hale's personal donation and a grant from the Society for Promoting Christian Knowledge, the school was known as 'the Perth Church of England Collegiate School'. With an initial roll of 23 pupils, the school mainly attracted wealthy young men as pupils and for some years was only source of secondary education in the colony.

Built in 1858, the Cloisters is one of a small number of remaining convict-built colonial buildings of the mid-19th century in the central area of Perth, the Town Hall being another. The style of the Cloisters was derived from St. James's Palace, Hampton Court, Eton College, and other well-known Tudor style English buildings. The design has been attributed to Richard Roach Jewell, who arrived in the Swan River Colony, in 1852 to be responsible for supervising the convict building program.

Undergoing a remodelling in 1879/80 the building continued to be used as a school until the late 1890s. In 1931, it was damaged by fire and, amid suggestions that it be demolished to enable the construction of a new building or the continuation of Mill Street, £2,000 was spent on its restoration.

Plans were again mooted for its destruction in the mid-1960s, but a campaign in *The West Australian* generated public support for retention of the building and eventually a scheme for office buildings with a plaza and shopping arcade, which included the restoration and adaptation of the Cloisters building, approved by Perth City Council. Together with the Barracks Arch, the retention of the Cloisters was important in raising community awareness of the historic buildings of Perth and the need for public action to ensure the protection of heritage buildings in the city.

This information was sourced from *Heritage Perth's website* <http://hptrails.com.au>



The Bohemia Hotel, one of the many majestic buildings owned by property tycoon Mary Raine

PERTH once boasted more than 10 grand hotels that were literally the cornerstone of the community. Whilst many of them have now been demolished or used for other purposes, some of these majestic buildings from years gone by are still functioning as hotels.

Dating back to the turn of the 20th century, the Wentworth Plaza Hotel stood alongside the Bohemia Hotel. Through time, the two have combined and is now known solely as the Wentworth Plaza. The beautifully restored building's décor is inspired by the classic glamour of the roaring 20s.

Located on the corner of Murray and William Street, the hotel was once owned by a woman who could arguably be called Perth's first female property tycoon.

Mary Raine arrived in Western Australia in 1905 purely by accident, well through sea-sickness actually.

Mary and her sister Daisy had been in Australia for five years and were returning to England. The voyage from Sydney across the Great Australian Bight became intolerable due to sea-sickness and the sisters decided to disembark in Fremantle. Finding work as a bar-

maid, Mary saved enough to add to the £100 she had brought from England and purchased her first house. Located in Subiaco, she let it for £1.5s.0d per week. Being frugal, Mary was soon able to build another house on vacant adjoining land.

In 1915 Mary bought the Bon Ton Café in William Street. It was prosperous and enabled her to buy more houses, land and shops including Café Anglais in 1922. The Café was then known as Gordon's Hotel and had a license to sell beer and spirits. It was remodelled and named the Wentworth Hotel and became Mary's home and office.

During the property boom of the 1920s, Mary formed a company called Metropolitan Properties Ltd to buy and sell real-estate. Among her deals was the purchase of the old State Implement Works building in Murray Street, Union Hotel in Aberdeen Street and the Bohemia Hotel next to the Wentworth.

The Great Depression hit in 1929, but Mary continued acquiring property including the United Services Hotel in St George's Terrace and a year later, the Windsor Hotel.

By the time World War II started, Mary had a property empire.

## Heritage Corner

She was owner or part owner of five hotels and owned all the property fronting William Street between Murray and Wellington Street, except the Royal Hotel. Mary also owned property opposite the Royal Hotel and Bon Marche Arcade in Barrack Street.

In 1959 Mary Raine became ill and passed away in February 1960 aged 83. On her passing, Mary's vast estate totalled nearly £1,000,000.

In Milligan Street there is a hotel that has been a part of Perth's landscape since 1897 when it was opened by New Jersey born - John de Baun.

He arrived in Australia in 1852 seeking his fortune in mining. After building a hotel in Melbourne and success on the stock exchange, he lost it all in an economic downturn.

John headed to Coolgardie and started four businesses, invested in the stock exchange and made a fortune. Moving to Perth he bought the Eagle Tavern on the corner of Hay and Melbourne Road (now Milligan Street). He demolished the Tavern to make way for The Old Melbourne Hotel. It remained an operating hotel until the eighties when it became a nightclub.

In 1997 the federation style grand old hotel was exquisitely refurbished and now this majestic Perth landmark is a 4½ star boutique hotel.

John de Baun also built the Palace Hotel on the corner of St Georges Terrace and William Street. It was however not the first hotel on this site. In 1830 it was the King's Head Hotel and

lodging house. That hotel was sold to William Leeder who changed the name to Leeder's Hotel. It became a social centre of town hosting gala dinners and celebrations.

In 1833 The Perth Gazette reported, "Few, if any, of (the employed classes) enjoyed a table such as the gentry made merry with at Leeder's hotel on the occasion of the King's birthday celebrations in August 1833, with nine types of meat and choice of three desserts."

In 1845 the hotel had been renamed again as the Freemasons' Tavern and housed the first Masonic Lodge in Western Australia.

During the gold-rush in 1897, John de Baun built the landmark three-storey building that exists on the site today. Now heritage listed, the hotel was smaller than many similar hotels in other capital cities. The Palace Hotel was described as, "...one of the most beautiful and elegant hotels in Australia" and, "...redolent of the bourgeois luxury and splendour of the Paris of Napoleon III".

In 1972 the Commonwealth Bank purchased the property with view to redeveloping the site as high-rise offices. A group called The Palace Guards launched a public campaign to oppose the demolition and ensure the buildings preservation. Today it is considered to be one of the most important hotels in the history of Australian architecture.

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

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# Have a Go Day

a LiveLighter Event  
12 November 2014

**Burswood Park**  
8.30am to 3.00pm  
Great Eastern Highway, Burswood

**Free activities and information day for over 45s promoting clubs/groups, senior and commercial agencies**  
**FREE tea, coffee and bottled water available all day.**  
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## Seniors' Recreation Council's president's jottings



Left: Hugh Rogers  
Right: From left to right; Seniors Exergaming WA (SEWA) volunteers, Nancy Buch and Bev Antipas - Hugh Rogers - SEWA Project Manager, Leanne Novatscou

**Livewriter Seniors Activity/Information Day - Armadale Arena**  
ON 30 April, SRCWA held a Live-Lighter Seniors Activity/Information Day in partnership with LiveLighter Healthway and City of Armadale.

The activity/information days are organized by Seniors Recreation Council of WA as a means to introduce seniors to a variety of activities. The days also give organisations the opportunity to provide valuable senior specific information in a safe and comfortable environment.

More than 170 participants took part in the activities which started with Exercise to Music and warm up activities followed by Exergaming (activities using the Xbox Kinect gaming console), carpet bowls, indoor bocce, seated hockey, beanbag toss, skittles, carpet golf and quoits. The participants all enjoyed the wide range of activities provided and commented that they would love to attend these events more often.

Static displays were manned by Advocare, APIA, Armadale Home Help, Australian Hearing, City of Armadale, Independent Living Centre, Kincaire, Kings Tours & Travel, Seniors Recreation Council of WA

and Telstra.

Participants who attended the event were also treated to morning tea and a light lunch as part of the day's proceedings.

It was great to see such a wide variety of participants enjoying the day.

**Livewriter Aged Care Games - Avon**

The SRC Avon Branch held their LiveLighter Aged Care Games on 22 May at the Northam Recreation Centre where everyone had a wonderful time. The staff were very helpful in setting up the event and assisting on the day. SRCWA appreciates the support from Northam Shire Council in providing the venue free of charge.

A young student, Georgia Quin sang the National Anthem beautifully which was enjoyed by everyone.

This year teams competed in hockey, seated passball, bean bag toss and skittles with some excellent scores reached.

The Perpetual trophy and Gold medal winners with 277 points were York All Stars 1; the Silver medal winners with 269 points were Tammin Seniors Tornadoes and the Bronze medal winner with 242

points was Dowerin Gentle Gym.

The team presented with the Best Presented Plaque was the York All Stars 2.

The oldest competitor in these games, a sprightly 93 year old, was Theo Masey. Many thanks Theo for showing us all how to enjoy life.

Congratulations to all competitors for making the day memorable. Everyone went home with a medal and lots of fun memories.

Our thanks also to the volunteers who helped out on the day: without their invaluable support the Live-Lighter Aged Care Games would not be possible.

We would also like to thank Live-Lighter Healthway, the Northam Shire Council, the Department of Sport and Recreation and the Department of Local Government & Communities for their sponsorship and support.

**Seniors Exergaming WA**

On Friday the 9 May at Seniors Exergaming WA's first Presentation Day for Kinect Kingpin Bowling, we also conducted the launch of the Resource Manual. The event was attended by approximately 70 participants. Awards were presented for first, second and third places plus presentations were made to three worthy individuals whose details follow:

One gentleman who had suffered a stroke resulting in him only having the use of one arm, improved so much he was able to join a lawn bowls group.

A couple from Melville Spinners kept the Exergaming programme going for a week while the co-ordinator was away. They set up the system and organised the morning tea for participants and more. They were also very encouraging and supportive of the whole concept.

A member from Silver Chain, Freo Follies who although visually impaired, loves playing and each time she bowled the ball she asked her friends, "have I bowled it yet". Her enthusiasm for the game had

everyone crying with laughter, including the member.

One further award, titled A League Of Their Own, was made to our volunteers and their teammates - who scored 1000 points higher than their nearest rival. Their success was mostly due to their participation in the Project over the last two and a half years.

Ron Alexander, Director General, Department of Sport and Recreation attended and gave a short impromptu speech.

We are now gearing up for Round 2 Kinect Virtual Golf which commenced on the 26 May and runs; for eight weeks.

If you would like more details, please contact Leanne Novatscou, Program Manager on 0433 825 061.

**Tech Savvy Seniors - Ipad & Portable Technology Workshop**

On 27 June, the SRCWA's, Tech Savvy Seniors program will be conducting a workshop focusing on Ipads and portable technology equipment. This workshop will be held at the Department of Sport & Recreation, 246 Vincent Street, Leederville, from 10am to 1pm with morning tea included.

Bookings are essential as numbers are strictly limited: to book please call Martin on 9492 9774.

For details of events and programs run by Seniors Recreation Council of WA visit our website [www.srcwa.asn.au](http://www.srcwa.asn.au)

To LiveLighter choose food with lower sugar content and increase your consumption of fresh fruit and vegetables.

**Hugh Rogers**  
State President  
Seniors Recreation Council of WA Inc



SHINE Community Services (formerly TAPSS) provides transport services to seniors and younger disabled people who reside in Claremont, Cottesloe, Mosman Park, Peppermint Grove and surrounding areas.

If you're going to a doctor's appointment, are heading to the shops or want to see a friend, why not call SHINE?

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### Coming up - the Royal WA Historical Society's Bookshop event

CHLOE Mauger, former president of the Children's Book Council and a judge for the 2014 Western Australian Premier's Book Award will be the key guest speaker at a Royal WA Historical Society Inc Bookshop event, *Booked In for a Cuppa*, on Wednesday 25 June, from 10am to 11am at Stirling House, 49 Broadway Nedlands.

Veteran political journalist Peter Kennedy will also explore the tales, triumphs and tribulations of the past 11 WA Premiers included in his first book *Tales from Boomtown*.

Entry is a \$10 donation which includes morning tea. Everyone is welcome and bookings essential by calling 9386 3841.



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# Time for some warming winter wines



integrated chewy tannins which will soften over time. RRP \$24.

**Forester Estate Shiraz 2011** is one of Margaret River's best value shirazes. The aroma shows concentrated aniseed, plum and white chocolate with subtle black pepper, baking spice and hints of violets along with sandalwood-like oak. The palate is full soft and round with soft tannins along with aniseed, white chocolate, plum and blackberry.

RRP \$23.99 - Look for it around \$17 in discount liquor stores.

**GATT Accent Tempranillo 2012.** This Spanish variety from the Barossa Valley has aromas with the heady floral fragrance of plum blossom and roses. The palate is brimming with fresh cherry and raspberry flavour, subtle herbal notes and rich chocolate layers.

RRP \$19.90. And now for something entirely different:

**Mud House Pinot Gris 2013** is a full textured white wine showcasing fruit entirely from the Marlborough region of New Zealand. The aroma is an enticing mix of red apple, ripe Beurre Bosc pear, nectarine and ginger spice with a touch of nougat. The palate is a refreshing style of Pinot Gris with soft mouth filling fruit flavours of luscious intensity and a long, generous finish. RRP \$18.99.

**Angullong Fossil Hill Shiraz Viognier 2012.** This rich red wine has aromas of blackberry and plum with spice and pepper and a touch of savoury meatiness. The palate has rich and vibrant layers of red and dark berries, with balanced oak and tannins which will further integrate with time in bottle. The small proportion of Viognier adds brightness and lift. RRP \$24.

**Angullong Fossil Hill Tempranillo 2012.** The high country of the Orange region (NSW) is now producing fruit with elegance and good natural acidity. This wine, the traditional red of the Spanish Rioja displays complex aromas of fragrant dark berries within a context of tar, herbs and spice. The palate is youthful with fresh dark cherry, plum and savoury flavours. It is a wine with attractive texture and

by Frank Smith

THIS MONTH we feature mainly red wines to suit the cooler temperature.

**Tyrells Rufus Stone Heathcote Shiraz 2012.** The Rufus Stone in the New Forest of southern England marks the spot where King William II, known as William Rufus, was killed in a hunting accident in 1100 AD. Tyrell family ancestor Sir Walter fired the fatal arrow.

This shiraz is deep red to crimson in colour. The nose is full of ripe plum and dark cherries with a hint of white pepper and sweet vanillin. The flavours carry onto the palate which is full of big soft fruit, but balanced by an elegant oak structure and natural acid, resulting in a rich wine with a complex and fresh structure.

RRP \$24.99 - but under \$20 at discount liquor stores.



Denis Martin

SOME of you may remember my friend Dougie. I have mentioned him before: he's not just my imaginary or invisible friend, like we used to have as kids, but a real live, ex-work colleague of some 25 years.

Dougie and I have collaborated and devised a number of cycling excursions in the past just because the opportunities were there and we thought, 'Why not!'

These sometime 'adventures' have included:

The WA Great Western Bike Ride from Albany to Augusta, two four night sections of the Munda Biddi bike trail, two trips on the Kep Track (Northam to Kalamunda) several rides 'around the Bridges' and a cosy little ride from home to Mandurah and back.

These 'for no particular reason' outings usually came to being because Dougie would say "Denis, why don't we... etc, etc.?" and I, trying not to ponder or procrastinate, would say "Yeah, why not!" then we would tag a few friends and do it.

Well, the reason for this introduction is that Dougie is at it again.

A recent, Friday afternoon phone call from Dougie went something like this;

"Hi Denis, my brother and I have decided that, as we are both retired, we are now going to do something that we

## Dougie has a 'Mint' idea

haven't done before, in or around Perth. Once every month, starting next Monday, we are going to do the tour of the Perth Mint, do you want to join us?

Then, as usual, I said "Yeah, why not?". So we did!

As we entered the building, I spoke to the lady at reception and said, "Hi, I'm Ray Mickleberg and these are my two brothers"; it only attracted a forced smile. I guess she had heard that before. Oh well!

I'm not going to dwell on the merits of this particular outing, except to say that, 'if you haven't already been to tour the Perth Mint, then please put it on your list: it is extremely well presented, educational, and has excellent

historical significance. You will see the recently made 1 ton, 24 carat gold coin valued at more than \$50,000,000 (world's biggest) and witness the pouring of molten gold.

All that aside, this exercise led me to do something else a little unusual (for me) - take the bus!

This was probably as enlightening as the tour itself.

Firstly, I needed to examine bus timetables on the internet and then dig out the 'seniors' card to get me on board.

Then, when I stepped onto the bus I observed a whole new 'alien' world - all passengers had their heads down, wires running from their ears, and thumbs dancing on electronic devices in front of them - I felt alone!

The driver of the big green Mercedes soon snapped me back into reality - he went from '0' to '100' kms/hour in the first three seconds. I lunged down the aisle, swung my body through 180 degrees around the pole and did a perfect backdrop onto the seat that now had to be mine.

It seems that this bus, and probably all new ones, have been built just long enough to be too big for all of the 'roundabouts' in the Victoria Park area; however it all added to another of life's great experiences.

If you haven't had the pleasure - try it!

Thanks again Dougie. What's next?

Cheers

Denis Martin

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## Hearing loss linked to dementia

Clarity Hearing Clinic's Audiologist, Ms Fernandez says, "When people have hearing loss, they may start to withdraw from activities they used to enjoy, because certain scenarios may tire them out, or become embarrassing or difficult." Now research is finding that hearing loss could also have a worrying knock-on effect, as evidence is emerging that deafness may lead to dementia. Research by the John Hopkins School of Medicine showed a strong association between hearing loss and the earlier onset and more serious degrees of dementia. Not being able to hear well could be a recipe for disaster. Improve your hearing today - call Clarity Hearing Clinic now on **9474 6644** to book your free hearing check and hearing aid trial.

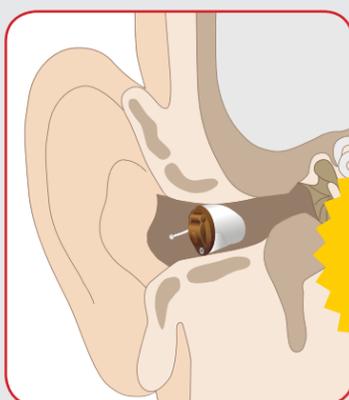
## Do you have trouble hearing?

Hearing loss affects 1 in 2 Australians over the age of 60. For most people, hearing loss is gradual and often first detected by family and friends. The most common signs of hearing loss are: Being able to hear people, but not clearly understand what they are saying; the feeling that people mumble; asking people to repeat themselves and needing the TV volume louder than others. The sooner you identify a hearing loss the easier it is to overcome it, before the brain loses vital connections. Ignoring a hearing loss for too long can make it difficult for the brain to adapt to hearing aids in the future. If you have signs of hearing loss, call Clarity Hearing Clinic on **9474 6644** today to take advantage of their free hearing check and hearing aid trials.

## Free hearing services at Clarity Hearing Clinic

Clarity Hearing Clinic is accredited by the Commonwealth Government to provide free hearing services to eligible Pensioners and DVA card holders, including free hearing assessments and a range of free hearing aids if required. Clarity Hearing Clinic's hearing aids are selected, programmed and fitted by expert university qualified Audiologists. Hearing aids are customised and individually programmed to suit the patient's hearing needs. If you are a pensioner or DVA Cardholder experiencing hearing loss, call Clarity Hearing Clinic on **9474 6644** to book a consultation today. They are conveniently located on 11 Preston Street in Como, and 209 Warwick Road in Duncraig.

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# FOOD & WINE

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



## Gourmet Chevups original sausage rolls



**Cooking time:** 35 minutes  
**Makes:** 10

THIS IS a great quick and easy recipe that is perfect served as a light dinner with your favourite salad, a warm afternoon snack for the kids or even as a warm starter for your next dinner party.

Canon Foods Gourmet Chevups are made with 100 per cent pure Australian beef and are low in fat and gluten free. You can quickly turn this recipe into gluten free by using gluten free pastry.

### Ingredients

- 1 tray fresh Canon Foods Gourmet Chevups
- 3 sheets of thawed puff pastry
- 30mls water

### Method

PREHEAT the oven to 180°C

Cut each of the thawed sheets of pastry in half, then into quarters.

Place one Canon Foods Gourmet Chevups onto each square on the diagonal and fold to opposite corners to cover the Chevups.

Place onto baking tray with greaseproof paper and brush over the pastry with water.

Place in the oven and bake for 25-30 mins (depending on your oven) or until golden brown.

When ready set aside to cool for one minute before serving.

## Congratulations!



CONGRATULATIONS to Jenny McCracken of Woodlands who was the lucky winner of the

*Have a Go News* May 2014 Canon Foods Competition.

**WIN WIN WIN**

To be in the draw to win a Canon Foods voucher valued at \$100, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word canon in the subject line or address an envelope to Canon Foods Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the back. Only over 45s are eligible. Competition ends 09/07/14.

## Degustation dinners at The Naked Fig



KEEP WARM this winter at The Naked Fig with a series of degustation dinners.

The fire will be blazing while guests indulge in fine wine and food.

The dinners, at \$99 per head, will feature six signature dishes, matched with seven different wines from some of Australia's most acclaimed producers.

The Naked Fig will be showcasing each region's finest wines, ranging from the big, full bodied Barossa varieties, to the elegance and poise of Margaret River and crispness of the Great Southern nectars of the Gods, and will be complementing them with perfectly paired dishes.

Either the wine-maker or an ambassador from the winery will host each event and will speak about each wine presented.

### Naked Degustation Wine Dinners:

- 19 June - Tom Foolery, Barossa
  - 24 July - Millbrook, Jarrahdale
  - 21 August - Seppelt, Barossa
  - 18 September - Howard Park, Margaret River
- Bookings are required, phone 9384 1222 or visit <http://www.thefig.com.au/>

## Vince Garreffa's Moroccan beef on couscous



TRAVEL to Morocco without leaving your kitchen with these tantalising aromas.

### Ingredients for 4

- 750g 3cm cubes of bolar blade or eye of beef knuckle (MSA quality)
- 1 x 400g tin chickpeas drained
- 100g brown onion wedges
- 200g chunky diced zucchini
- 200g chunky diced carrots
- 2 tablespoons chopped coriander (fresh)
- 50g tomato paste
- 2 tablepoons extra virgin olive oil (EVOO)
- 1 tablespoon sugar
- 1 tablespoon chopped chilli (fresh)
- 2 cloves of garlic chopped
- 1 heaped dessertspoon (10g) of moroccan spice
- Extras
- 1 x 400g can diced tomatoes
- 500g couscous
- EVOO (Extra Virgin Olive Oil)

### Method

COMBINE all ingredients except tomatoes and couscous. Mix well and rest for 15 minutes. Next pick out and separate the beef to cook first adding the vegetables later. In a large, very hot, non stick frypan or wok add a touch of extra virgin olive oil and cook the beef stirring often to seal and brown it (about 5 minutes). When beef is well coloured add the vegetables and continue to cook on high heat stirring often for 5 more minutes. Next add tomatoes stir well and lower heat to a good simmer, cooking for about 30 minutes till beef is cooked to your liking and sauce is thickened. The beef should be a nice "steaky" tenderness with a happy chew. If you want this dish to be mushy tender, then you need to simmer for longer (about 1 1/2 hours) and add a little stock or water stirring occasionally so it doesn't dry out.

For the couscous, buy the standard wheat product or there is a corn couscous that is great too! To 500g of couscous add 750ml of boiling water or stock, stir together, then add two tablespoons of EVOO and salt to taste. Serve as a base under the moroccan beef mix.

Buon appetito!

## Saturday Brunch

Have a sleep in and still enjoy a delicious brunch buffet with omelettes cooked to order. 7am-2pm.

**\$30pp**

## Sunday Carvery

Bring your family down for a traditional Sunday roast and buffet lunch, 12:30-3pm.

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\*Terms and conditions apply

## Seniors Recreation Council of WA Inc Rockingham Branch



## Fabulous 50s and 60s Concert

Tuesday 15 July, 2pm to 4pm

Gary Holland Community Centre  
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featuring *The Entertainers*

Tickets available from Lesley 9593 2419 and Noble Real Estate 9592 2222

Tickets \$10pp (No door sales)

Afternoon Tea provided

Raffle and Door Prize

*Have a Go NEWS*

## 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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# FOOD & WINE

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

ADVERTISING FEATURE



## Winter warmers

AT THIS time of year when the warmth of indoors beckons, warming casseroles, pies and stews are welcomed by most members of the family, including the cook.

These types of dishes are not only simple to make, they are hearty and extremely nutritious.

The cooking time for stews and casseroles may be long, however generally speaking not a lot of supervision is required.

Cooking ahead to refrigerate or freeze is a great time-saver and many slow-cooked dishes actually improve in flavour after a day or so.

Double the quantity of ingredients and use the extra

for pie or pancake filling, to mix with cooked pasta or top with mashed potato or polenta.

Make the most of the flavours obtained by ingredients such as well-flavoured stock, wine, aromatics like onion and garlic, spices and fresh herbs. Just one or two of these will make a heap of difference to the end result.

Most people like stews and casseroles with a thick, rich gravy or sauce. Potatoes, other root vegetables, grains and legumes all help to absorb and thicken the liquid.

Always add a few extra vegetables close to the end of cooking so that they will stay colourful and slightly crunchy. Carrots, pumpkin

and any green vegetables will respond well to this treatment.

Casseroles often use cheaper cuts of meat so the slower cooking method will make tougher meats tender and tasty. Cuts ideal for casseroling include beef steak of all kinds, gravy beef, osso bucco and lamb shanks, any chicken pieces and pork chops. Using any of these cuts will give you an appetising and flavoursome casserole the whole family will enjoy – without blowing the budget.

*Below are some easy cool weather recipes for you this winter, Brought to you by Fresh Finesse Fresh Food Promotions – [www.freshf.com.au](http://www.freshf.com.au)*

## Recipes for one

Preparation: 10 minutes  
Cooking: 1 hour 40  
Serves 4

### Ingredients

700g topside beef, trimmed of fat and diced  
Plain flour  
20 g butter  
1 clove garlic, crushed  
2 rashers bacon, diced  
1 beef stock cube  
2 sticks celery, chopped  
8 small onions, peeled  
400 g button mushrooms  
Pinch of dried thyme  
1 bay leaf  
½ cup water  
½ cup red wine  
3 tbspn brandy (optional)

*THIS recipe is perfect to create 4 different 'meals for one'*

### Meal 1 Beef and Red Wine Casserole

#### Method

TOSS beef in flour to coat. Melt the butter in a frying pan. Add garlic and bacon, frying lightly. Add the meat to brown then transfer to a casserole dish. Crumble a stock cube over the meat and add all remaining ingredients. Cover and cook in the oven at 180°C for 1½ hours. Serve hot with fresh crusty bread.

### Meal 2 Beef and Red Wine Pot Pies

Place half of the casserole in an individual ramekin. Brush the edge with water. Top with a sheet of puff pastry cut just slightly larger than the diameter of the ramekin. Brush the top with milk and bake in a hot oven for approx 15 minutes until golden brown.

### Meal 3 Cheesy Polenta Dumpling

Place half of the cooked casserole in an individual ramekin. Mix half a cup each of self raising flour, polenta, grated cheese and milk in a small bowl. Pour onto the top of the casserole. Bake in a moderate oven for approx 20 minutes until golden brown.

### Meal 4 Jacket Potato

Oven bake or microwave a large potato with skin on till soft. Cut a cross part way through the potato. Top with hot casserole and a sprinkle of cheese and chopped parsley.



**Kiwifruit:** It's now easy to choose WA-grown Kiwifruit: simply look for the distinctive green Western Australian sticker. Grown in Pemberton and hand-picked throughout May and June, the emerald-fleshed kiwifruit has a mild sweet taste and soft texture that lends itself to many uses in both savoury and

## What's fresh

sweet recipes. Skin, flesh and seeds are all edible. The best kiwifruit are plump with a little bit of give.

**Red Flesh Grapefruit:** Arriving now from Kununurra, beautiful Red Flesh grapefruit is a tangy, flavour-rich fruit considered by many to be the 'grown ups citrus'. Try making a Moroccan inspired dressing with red grapefruit juice, roast and ground cumin seeds and a pinch of sugar. Grapefruit stores well on the bench and longer in the fridge, but be sure to bring to room temperature prior to serving for maximum juiciness.

**Silverbeet:** Abundant during the cooler months, fresh silverbeet has dark green, ribbed leaves and a crisp, creamy white fleshy stem. Sometimes confused with spinach, silverbeet is more common in

Australia because it's more heat tolerant. Rainbow silver beet or chard is a spectacular version of this old favourite and comes with vividly coloured stems, hence the name. Silverbeet is very rich in folate, so buy a big bunch and use it in pies and quiches, substantial winter salads or for colour and flavour in pastas and risottos. Remove the lower portion of the stalk before slicing and adding it to dishes.

**Celery:** Along with carrots and onions, celery is one of the essential flavour-base of the three ingredients for cool-weather soups and stews. Simply chop them roughly and cook gently until soft to allow the flavours to develop. For a further dimension in flavour and texture, you can add sliced raw celery and carrot and cooked onion rings at the end of cooking.

## Silverbeet and Cheese quiche



Serves: 6  
Cooking time: 45 minutes

### Ingredients

2 sheets frozen shortcrust pastry, partially thawed  
1 tablespoon olive oil  
400g cup mushrooms, chopped  
½ small bunch silverbeet, leaves shredded  
4 green onions, thinly sliced  
½ cup grated tasty cheese  
80g feta cheese, crumbled  
3 eggs  
½ cup thickened cream  
½ cup milk

### Method

USE THE pastry to line the base and sides of 2.5cm-deep, 26cm (base) fluted quiche pan. Trim excess (see tip). Place pastry case in the freezer for 15 minutes or until firm.

Meanwhile, heat the oil in a large non-stick frying pan over medium-high heat. Add the mushrooms and cook for 4 minutes or until light golden. Add the silverbeet and toss to combine. Remove from heat. Stir in the onions. Set aside for 15 minutes to cool.

Place a baking tray in the oven. Preheat oven and tray to 200°C. Place the quiche pan on the hot tray and bake pastry case for 10–12 minutes or until light golden. Remove from oven. Reduce oven to 180°C.

Spread the mushroom mixture over the warm pastry base. Sprinkle with tasty cheese and feta. Using a fork, beat together the eggs, cream and milk in a bowl. Season with salt and pepper. Pour egg mixture over cheese. Bake quiche for 25–30 minutes or until set in the centre. Serve warm or at room temperature.

**Tip:** Commercial pastry shrinks a little more than homemade. To combat the shrinkage, use kitchen scissors to trim the excess pastry so it sits just a little above the edge of the pan.

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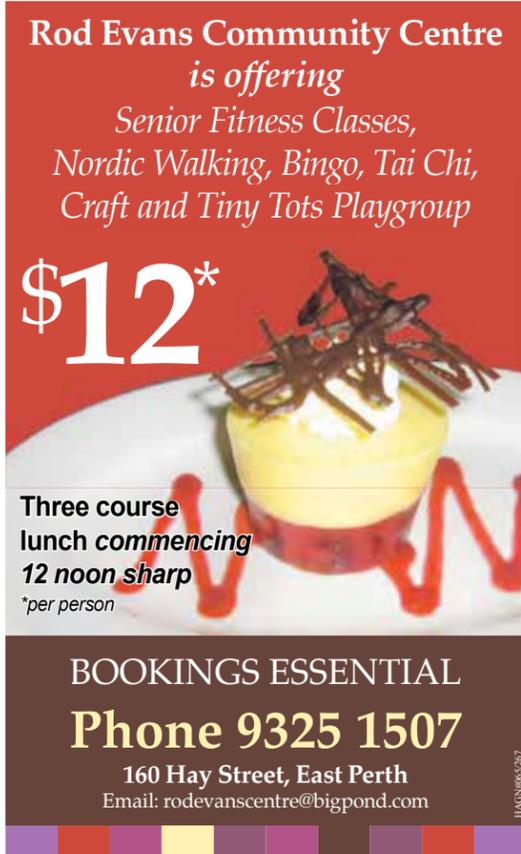
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2 COURSES \*\$17 per person  
(Roast mains, Dessert, tea/coffee and BYO)

3 COURSES \*\$20 per person  
(Choice of Soup of the Day or Garlic Bread, Roast mains, Dessert tea/coffee and BYO)

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# Where to GO? What to DO?

ADVERTISING FEATURE

## Wartime history lives on with a promise kept ...



From left to right; Army veterans Alan (Dicky) Taylor - Bill Haskell - Frank Cocks - the collection of swords

Story and pictures by Glyn Williams

A PROMISE made by one member of the Probus Club of Attadale, Perth, to another member was kept when a collection of swords was recently handed over at Anzac House, Perth.

The embryo of the promise began 20 years ago when master builder Frank Cocks became

friends with army veterans Bill Haskell and Alan (Dicky) Taylor, of Fremantle, when they were all involved in the removal of the Army Museum in East Perth to Fremantle.

Bill served with a machine gun battalion before being captured by the Japanese in Borneo and Dicky saw action in the Middle East during his six years in the army. Frank became something of a

mentor to the older Dicky.

Frank said, "I found to my surprise after we had been friends for some time that Dicky had bequeathed to me a collection of swords and knives, and despite my protestations he insisted that the relevant clause should remain in his will.

"I went to see Bill and told him that I would accept the collection but would ensure that it was passed on to his West Australian Ex-Prisoners' of War Association, for any purpose it wished when Dicky had died.

"Bill was much moved by the offer and we shook hands to put a gentleman's seal on it."

Bill died in May 2011 and Dicky in June 2013. Frank, who stored the collection at his home, then set about fulfilling his pledge.

He contacted Graham Edwards, the West Australian president of the Returned and Services League (RSL) who lost both his legs in a land mine explosion at the age of 26 when serving as a member of the of the assault pioneer platoon of the Australian Army 7th Battalion in Vietnam.

The collection was handed over at a combined lunch of members of the RSL, attended by Graham Edwards, and the Ex-Prisoners of War Association WA at Anzac House in the centre of Perth.

Frank spoke about the history of the collection and he was thanked for his donation by the state president of the Ex-Prisoners Association, Arthur Leggett.

Arthur said it was emotional to receive the collection given its origin with an army veteran Dicky Taylor, and then with the support of Bill Haskell and Frank Cocks. The collection would be stored by the RSL until his organisation had decided on its future.

The collection consisted of:

- A WWII Japanese army sword with scabbard;
- A WWII Japanese naval officer's sword, also with

scabbard

- Gurkha kukri in scabbard, with two small supplementary knives
- Ornamental small sword, uncertain origin
- Two Indonesian-type daggers or short swords
- Long dagger in scabbard with horse's head emblem
- A third broad bladed sword, with engraved brass hilt, and the word registered and a crocodile symbol on the blade.

Dicky Taylor died at the age of 94, mourned as a character who had continued to work for Veteran Affairs after nearly six years war service.

Bill Haskell was eight days short of his 91st birthday when he died. He survived horrendous years working on the Burma-Thailand railway and in Japanese coal mines, to lead a fulfilling family and community life.

In 2004 he was awarded the Order of Australia Medal for his services to ex-servicemen's organisations and the community. He became a life member of the Burma-Thailand Railway Memorial Association, and returned to Thailand 31 times.

Frank Cocks, a past president of the Probus Club of Attadale, was awarded the Order of Australia Medal for his work with the National Servicemen's Association. A past president and life member of the West Australian branch of the association, he played a leading part in securing a memorial dedicated to national servicemen, and attended the unveiling in Canberra.

It honours 212 national servicemen who died on active service and commemorates 287,000 men called up between 1951 and 1972.

## WIN WIN WIN...



THE SENIORS Recreation Council of WA Inc's Hollywood Classics Ball will be held on Wednesday 18 June, from 1pm to 4.30pm, at the Astral Ballroom, Crown Perth.

Tickets include afternoon tea. Entertainment by Offspring and Eddie Storm, with spot prizes, door and best dressed prize.

WIN WIN WIN

To be in the draw to a double pass to The Hollywood Classics Ball, be amongst the first callers to phone Have a Go News on 9227 8283 or email win@haveagonews.com.au and include the world ball in the subject line. Competition ends 15/06/14.

## We listen to you!

MORLEY Sport & Recreation Centre has recognised the impact of the recent budget on Perth's seniors and has accordingly reduced its over 55s membership to just \$10 a week, guaranteed for two years.\*

"In these tough economic times, we don't want the seniors in our community sacrificing their health and wellness," said Peter Bracegirdle, Centre Manager.

"As well as providing programs that enhance the body, mind and spirit, we organise regular social events for our seniors that are as popular as the classes."

Senior specific classes held at the Centre are conducted by mature age instructors and include Group Fitness and the Council of the Ageing (COTA) Living Longer Living Stronger program.

Group Fitness classes include basic aerobic moves, strengthening exercises, gentle yoga and use of equipment such as hand weights and fitballs. Living Longer Living Stronger classes are held in the Health Club and focus on developing muscle strength and general wellbeing using weight machines and equipment. The program is offered at three levels that cater for the higher functioning, low functioning and on-site Independent Living participants.

The Centre runs four Living Longer Living Stronger classes every week and holds a wide range of weekly group fitness classes suitable for seniors.

Casual attendance costs \$6-\$16 per class but for \$10 a week, over 55s can have unlimited access to all Living Longer Living Stronger classes and over 50 group fitness classes each week.

Peter added, "To encourage over 55s to get involved at our Centre, we have extended our two year price guarantee to no joining fee for new senior members and free unlimited suspension periods for all our over 55 members. This means our senior members can undertake extended holidays or family visits interstate knowing they don't have to pay us a redundant fee each week."

For further benefits of Morley Sport & Recreation Centre's senior membership see their advertisement on page 3.

To find out more about Morley Sport & Recreation Centre's senior programs or their \$10 all-inclusive over 55s membership, call the Centre on 9375 3529 or see the seniors page on their website, www.morley.ymca.org.au

\*Conditions apply.

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**Seniors Recreation Council of WA Inc.**

**HOLLYWOOD Classics BALL**

Wednesday 18th June 2014  
 1pm to 4.30pm  
**ASTRAL BALLROOM  
 CROWN PERTH**  
**\$35<sup>PP</sup> INC AFTERNOON TEA**  
 (DISCOUNTS FOR GROUP BOOKINGS)

Entertainment by:  
**OFFSPRING & EDDIE STORM**  
 Spot Prizes, Door Prize,  
 Best Dressed Prize

For further information and bookings contact:  
 SRCWA on:  
**9492 9772**

**TICKETS ARE LIMITED**

**Golden West Collector's Fairs**

July 2014

**South Perth Community Centre,**  
 corner of Sandgate Street and South Terrace.  
 Admission is just \$6 for adults  
 with children under 16 free.  
 Selection of food and drinks available.  
 Free parking.

Saturday 12 July, 9.30am - 3pm  
 Sunday 13 July, 9.30am - 3pm

**Handmade Craft  
 Antiques & Collectables  
 Vintage Market**

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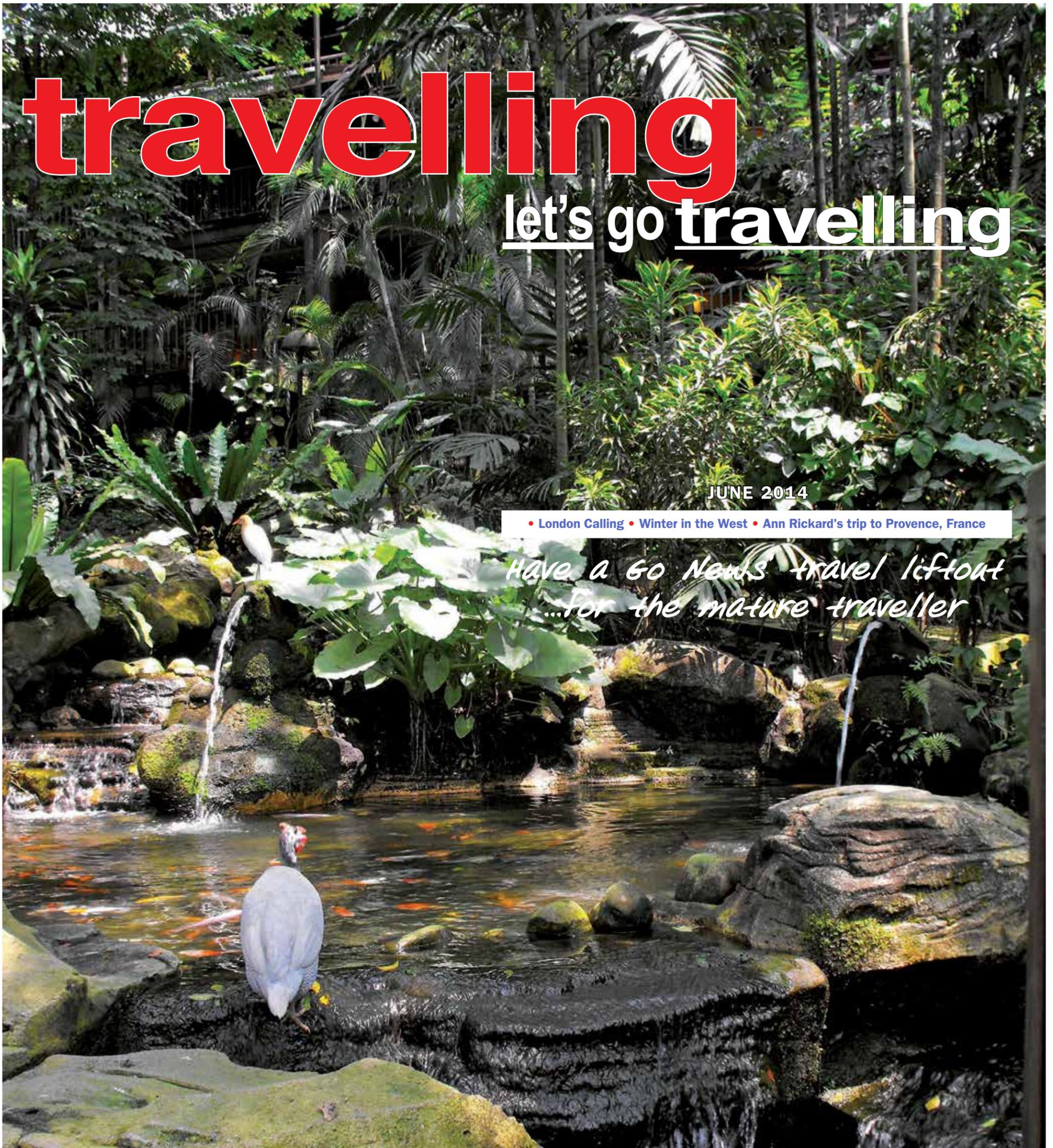
# travelling

## let's go travelling

JUNE 2014

• London Calling • Winter in the West • Ann Rickard's trip to Provence, France

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



Beautiful Malaysia. The perfect holiday destination - enter our competition to win a five star holiday to Kota Kinabalu flying business class aboard Malaysia Airlines and staying at the Magellan Sutera Harbour Resort...see page 27 for details. Pic Jennifer Merigan.



Enjoy a break by the sea at  
CWA HOLIDAY UNITS

Albany	9841 1591
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Esperance	0419 096 039
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Help us continue working to improve health and medical facilities in rural areas, education opportunities for country children, road safety and transport services, supporting primary production and environmental concerns as we have done over the past 90 years. Members of the Country Women's Association of WA work to improve the well being of all people, especially those in country areas by promoting courtesy, co-operation, community effort, ethical standards and the wise use of resources.

[www.cwaofwa.asn.au](http://www.cwaofwa.asn.au) or call 9321 6041



For 90 years over tea and scones the Country Women's Association has provided friendship, opportunities, strength, values and integrity in our communities

# travelling

let's go travelling



Jen Merigan gets practical and makes a memento to take home at the School of Hard Knocks Foundry at Royal Selangor Pewter

I HAVE JUST returned from a trip to Kuala Lumpur, Melaka and Penang where I explored the heritage areas of these places, details of which I will feature in our pages next month.

In the meantime to whet your appetite for a visit to Malaysia, we have a fabulous competition for readers to enter to win a holiday for two people, flying business class on Malaysia Airlines to Sabah with accommodation at the Magellan Suter Harbour Resort in Kota Kinabalu. See page (27) for details.

P&O cruises have announced their plans to port the Pacific Jewel in Fremantle from March until May 2015 and will offer a variety of cruises from three to 12 nights.

Not only will it be a boon for those travellers who love cruising from Fremantle to Fremantle, it will be great for the local economy as P&O source most of the local produce from WA for these cruises.

Pacific Jewel also offers a variety of activities and for the thrill seeking traveller, includes the exclusive P&O Edge, the largest adventure park at sea.

The one activity which really took my fancy was the option of re-enacting Jack and Rose's Titanic moment on the bow of the boat; a perfect activity for those looking for some romance and a

side serve of excitement.

Itineraries are planned and bookings are available, so if you want to get on board, contact your local travel agent.

The Milan Expo will take place over a six month period from May to October 2015 with the theme, "Feeding the Planet, Energy for Life". The Expo will welcome foodies from around the world to celebrate this new and exciting festival in Italy.

With more than 140 nations participating and themed pavilions in the purpose built exposition site, it is set to be the world's most important event of the century.

For more travel information, take the opportunity to register for our electronic newsletter, where we feature a variety of competitions, tips and special offers.

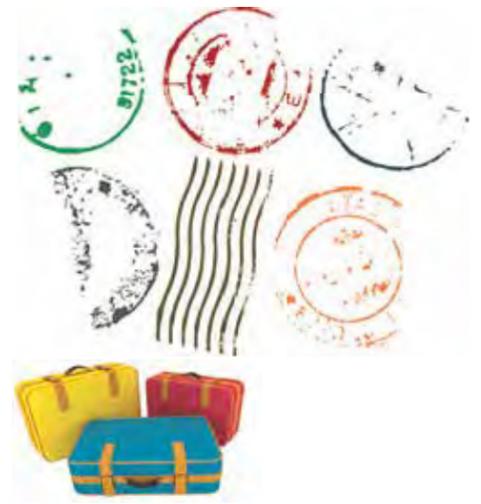
Just email me Jen@haveagonews.com.au with Let's Go Travelling E News in the subject line.

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

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

Happy trails

Jennifer Merigan  
Travel Editor



let's go travelling

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



## Join the Garreffas in Spain and Morocco

IF YOU love food, wine and travelling then why not join Vince (pictured left) and Anne Garreffa on their tour to Spain and Morocco.

After a very successful tour of Italy last year, Vince and Anne look forward to

sharing the delights of these countries with you.

The itinerary is spectacular: enjoy 24 days of touring which includes five star accommodation and all the little extras you would expect from a tour of this calibre.

Some of the highlights will include discovering the souks and spice markets of Marrakech, enjoying a true Arabian nights dinner at the spectacular Chez Ali restaurant, a guided tour of the treasure of Granada and a visit to the Salvador Dali museum in Barcelona.

Anne has spent many hours designing this tour and will show you the very best of Spain and Morocco.

But the true spirit of the trip will be about being part of the Garreffa family and

joining in on a spectacular, fun filled, delightful tour of Spain and Morocco.

A free information session will be held by Vince and Anne on Tuesday 8 July at 7pm until 9pm, at Mondo Butchers, 824 Beaufort Street, Inglewood.

Come with a hungry stomach for Spanish and Moroccan food!

An RSVP is essential (for those genuinely interested in this tour only please). Call 9380 6656 or 1800 677 760 to register your interest.

WILDFLOWERS in WA

**Perth's Best Wildflower Tour From \$155pp**  
Enjoy a relaxing day taking in the spring wildflowers. Our exact itinerary will be unknown until the day of departure to ensure you view areas with the most abundant wildflowers. Includes a botanical guide on board with expert commentary, luxury coach travel, lunch and a wildflower booklet to keep.

**4 Day Northern Wildflower Tours**  
Departing: 2, 9 & 16 September From \$990pp  
Take an extended tour north through small WA towns to see amazing wildflowers. Visit wildflowers, farms stations and national parks. Includes Accommodation, all evening meals, breakfasts, entry to various attraction and a botanical guide on board.  
4 Day Southern Wildflower Tours available as well

**10 Day Luxury Wildflower & Private Garden Tour**  
Departing: 12 Sept From \$4595pp twin share  
10 Days with a botanical guide in a small group. Explore nature's garden, rare and spectacular wildflowers and delightful private gardens, plus some of the iconic sights of the southern region of Western Australia. Includes botanical guide and experienced Coach Captain, 19 meals; 9 breakfasts, 1 lunch & 9 Dinners, transfers on the first and last day of tour, travel in a small group aboard a luxury vehicle with room to spread out, stays in 4-5 star hotels.

**Western Australian Visitor Centre**  
55 William Street, Perth

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Register LGT Enewsletter

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11 to 15	SOUTHERN RIVERS ROAMING	\$1,595
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DECEMBER		
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Departs Perth on Sundays for 6 nights  
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• Air travel, Sydney to Perth  
FROM \$1099pp twin share

**ADELAIDE RAIL ESCAPE**  
Departs Perth on Sundays for 5 nights  
• Rail travel on the Indian Pacific, Perth to Adelaide in a red seat  
• 3 nights in Adelaide  
• Adelaide Highlights City Tour  
• Air travel, Adelaide to Perth  
FROM \$965pp twin share

**DARWIN RAIL ESCAPE**  
Departs Perth on Sundays for 5 nights  
• Air travel, Perth to Adelaide in a red seat  
• Rail travel on the Ghan, Adelaide to Darwin  
• 3 nights in Darwin  
• Darwin City Sights Tour  
• Air travel, Darwin to Perth  
FROM \$1660pp twin share

**THE BEST OF SOUTH AUSTRALIA**  
Departs Perth on Tuesdays for 12 nights  
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• 4 night Murray River Cruise including transfers and all meals on board  
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**AROUND AUSTRALIA**  
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• Air travel, Broome to Darwin • 2 nights in Darwin • City Tour  
• Fly from Darwin to Cairns • 3 nights in Cairns • Rail travel on the Spirit of Queensland, Cairns to Brisbane (Rail Bed) • 1 night in Brisbane  
• Rail travel on the XPT, Brisbane to Sydney • 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  
FROM \$4705pp twin share

**3 CITIES & 3 TRAINS**  
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• Sydney Coffee Cruise  
• Rail travel on the XPT, Sydney to Melbourne  
• 3 nights in Melbourne  
• Puffing Billy Steam Train Tour  
• Rail travel on the Overland, Melbourne to Adelaide  
• 2 nights in Adelaide  
• Adelaide City Sights Tour  
• Air travel, Adelaide to Perth  
FROM \$1810pp twin share

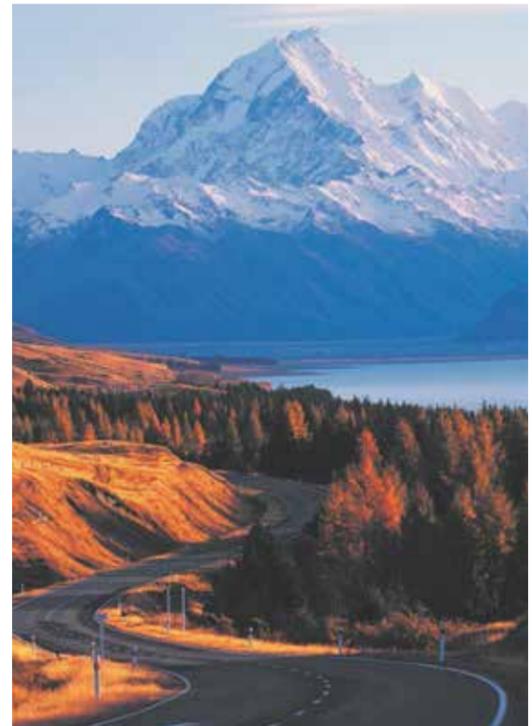
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Conditions apply, subject to availability prices valid for travel in red seat service upgrades are available at additional cost ask your consultant. Correct at the time of printing.

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PER PERSON, TWIN SHARE FROM

# \$6250\*



SINGLE SUPPLEMENT  
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### TOUR HIGHLIGHTS

#### The Coastal Pacific

This truly spectacular journey commences at the coastal port of Picton. Travel through the picturesque Marlborough Wine Region then continue along the East Coast via a thin wedge of land pinned between the Pacific Ocean on one side and the rugged beauty of the coastal mountains on the other. You may see amazing wildlife from your carriage including dolphins, seals and penguins before arriving at the seaside village of Kaikoura.

#### TranzAlpine Rail Journey

Enjoy an expedition on the TranzAlpine, world renowned as the Great New Zealand Rail Adventure. Depart Springfield and enjoy thrilling vistas over deep gorges as you travel alongside the ice-fed Waimakariri River. Ascend to Arthur's Pass located in the centre of the mighty Southern Alps, where spectacular views of the chiselled alpine landscape will take your breath away at every turn. An open air viewing carriage is available to allow you to get even closer to the stunning scenery.

#### Milford Sound Overnight Cruise

Cruise the full length of Milford Sound on board the Milford Mariner, see spectacular waterfalls, rainforest, mountains and wildlife. Whilst anchored in a sheltered cove, you can join the nature guide and explore in the vessel's tender craft or you may choose to go for a paddle in one of the kayaks. Or simply relax on deck and soak up the beauty of this amazing place. Enjoy a delicious carvery buffet, spend the night in a private suite and wake up in one of the most beautiful places on earth.

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# travelling

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### Bunbury - Margaret River Tour

Busselton Jetty, Train to Underwater Observatory, Annie Brook Flower Farm, Vasse Virgin Olive Soap Factory, Silk Road, Lunch Margaret River Hotel, Chocolate Factory, Canal Rocks, Dunsborough. Cost \$105

**Wildflower Wonder - Monday 8 to Saturday 13 September**  
Wreath Flowers Mt Gibson, Coalseam Conservation Park, Mullewa Geraldton, Kalbarri Gorges, Lesueur National Park, Moora Wildflower Shop  
Cost: Seniors \$1500

### Bunbury Day Tours

Passengers wishing to join our tours in Bunbury can use their FREE "WA Trip Voucher" Pensioner Concession or a Senior Card discount with Transwa bus or train, to travel to Bunbury.

### Royal Gala Tours

Please call 1300 233 556 now for a 2014-2015 brochure or visit [www.royalgalatours.com.au](http://www.royalgalatours.com.au)

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Left to right: Jeanette Woolerton - Melbourne's Federation Square will be luminous this June

by Jeanette Woolerton

THE MONTH of June in the southern hemisphere is the time in which we anticipate the annual Winter Solstice.

A solstice occurs when the sun's zenith is at its furthest point from the equator.

During the June solstice it reaches its northernmost point and the Earth's North Pole tilts directly towards the sun, at about 23.5 degrees.

It is also known as the northern solstice because it occurs when the sun is

directly over the Tropic of Cancer in the northern hemisphere.

The word solstice is derived from the Latin word "solstitium", meaning "sun-stopping", because the point at which the sun appears to rise and set stops and reverses direction after this day.

On this day (21 June) the sun does not rise precisely in the east, but rises to the north of east and sets to the north of west allowing it to be in the sky for a longer period of time.

## Explore Australia's south west with Funseeker



### Mt Barker.

Enjoy five days of fun whilst cruising on the waterways and visiting interesting attractions.

October is the month for wildflowers in the South West.

THERE is nothing more scenic than touring the beautiful south west of Western Australia.

Scenery ranges from rolling hills to magnificent forests and oceans and makes a trip in the region a wonderful escape.

Why not join Funseeker Tours on one of their three scheduled packages departing in August, October and December.

Their Southern Rivers Roaming package visits Pemberton, Albany and

Last year's tour was fantastic, and with the recent heavy rainfall, 2014 should be terrific.

If you enjoy Christmas in the company of like minded travellers, Funseeker's Christmas package is the one for you.

Packages are inclusive of home pick up and return - accommodation - most meals and entry fees.

Come and see your beautiful state of Western Australia with Funseeker Tours.

For more details, please call Sharon on 1300 660 668.



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

When submitting your listing, please print clearly and limit your entry to no more than 35 words. Telephone numbers or addresses will be kept confidential in a similar format to the one we use for our Friend to Friend service, but for reader convenience it will feature in the travel section each month. If you wish you can use the coupon from the Friend to Friend page.

Please send your details

## Looking for a travel companion...

to Travel Companions, C/o

Have a Go News, PO Box 1042 West Leederville 6901. Please include a self addressed stamped envelope and quote the box number in your reply clearly and mark this first on the envelope and send to

Travel Companions Reply Box C/- Have a Go News PO Box 1042 West Leederville 6901. We will send out your replies at the end of each month.

Please ensure all replies are marked clearly with the box number.

### Box Number 101

Lady fit, fun loving, adventurous and well travelled seeks kindred spirit male/female 50s/60s for more travelling experiences.

### Box Number 102

Gent seeks lady companion for travel. Consider a visit to Scotland, Europe or a River Cruise. Me - have GSOH, DTE, NS, NG, stable and bagless. Tall-slim, loves love, music, happiness and laughter. If you're ex UK or Euro, that's a bonus. Be great to chat over

a cuppa.

### Box Number 103

Gent late 60s, seeks a lady travelling partner who is outgoing and adventurous with a positive outlook. Enjoys walks and being pampered. Lives NOR. Let's catch up.

### Box Number 104

Recently retired gentleman with caravan travelling North West WA this winter seeks the company of a active outgoing adventurous Christian minded lady 60s/NS SD DTE. Share experiences and expenses - nothing ventured nothing gained. All genuine replies answered.

### Box Number 105

Gent GSOH SOR seeking lady friend for travel companion age up to 70 to share together. Meet for coffee - 9337 7693

### Box number 106

Seventy year old active gent, Perth, Laverton across Gibson Dessert, Uluru, Katherine, Horizontal Falls for two to three weeks. Anyone interested for travel in March 2015?

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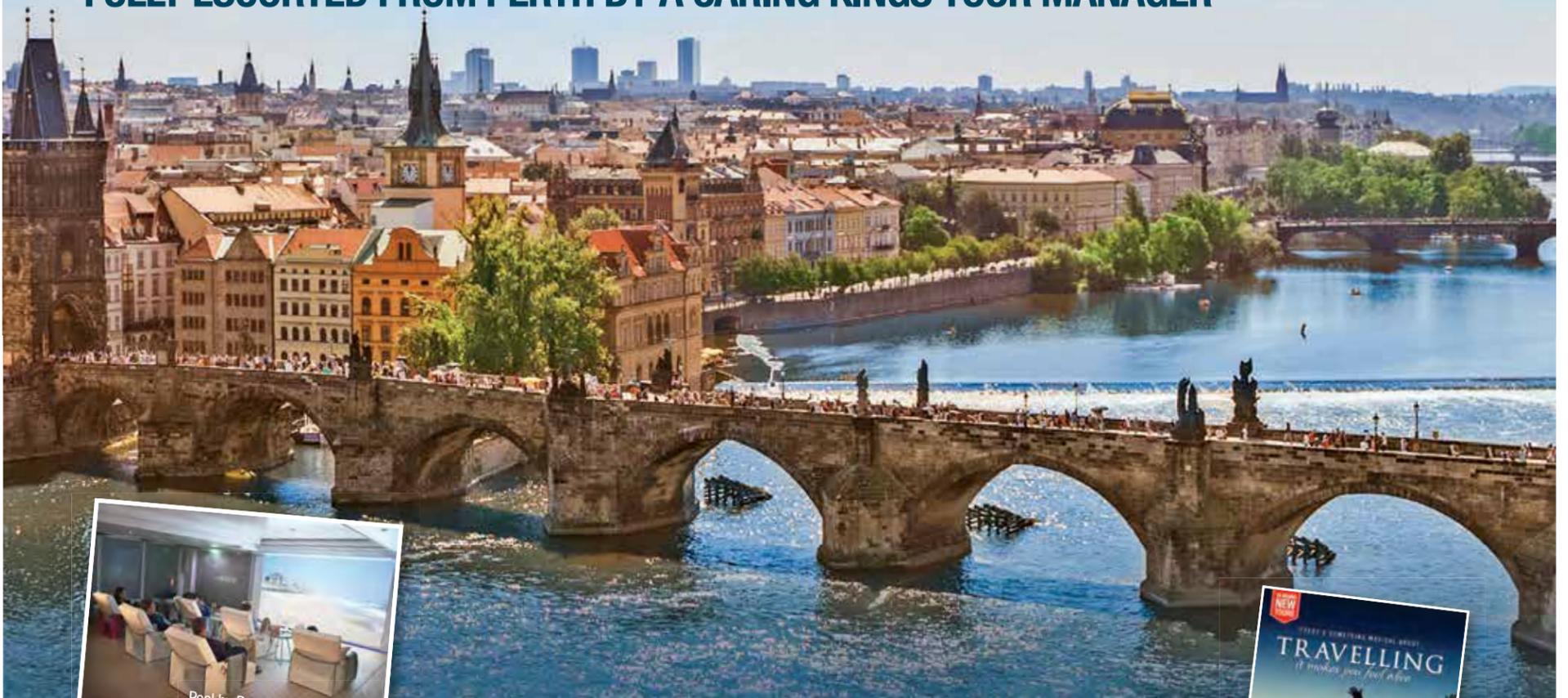
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# travelling

let's go travelling



## Qantas abandons Perth International Airport



While Singapore Airlines has added capacity, Qantas has shrunk its presence in Asia

by Chris Frame

IT SEEMS almost unbelievable but it's true; Qantas - Australia's 'national carrier' - will abandon Western Australian international flights from May.

At the start of this decade, Perth customers could fly aboard Qantas aeroplanes to Hong Kong, Singapore, Japan, Mumbai, Frankfurt and London.

As recently as 2012, when Qantas' in-

ternational hub was based in Asia, Perth customers still had a variety of international choices aboard Qantas operated aeroplanes.

Singapore and Hong Kong existed as Qantas destinations in their own right, however, via connections in these ports, Qantas passengers could fly on to London and Frankfurt aboard Qantas aeroplanes.

Singapore was the main hub for Qantas' Perth passengers, which operated on a joint service agreement with British Airways.

At Singapore, passengers had access to excellent Qantas and British Airways lounges, as well as the option to connect on either carrier through to Europe depending on which times best suited the customer.

Although Qantas had moved to upgrade the service to the Airbus A380 on the Singapore to London leg of the journey, both Qantas and British Airways offered advance seat selection, including exit rows, and operated similar aircraft types for much of their partnership: Qantas A380, passengers were spoilt for choice.

The four classes offered included First, Business Class, (with the excellent Skybed 'fully flat' seat), premium economy (one of the best in the world) as well as a relatively spacious economy class.

Flights were timed so that most of the travelling was done at night, allowing for a restful journey and an arrival into London at around 6am, a perfect time to get a full day in the city to ease into your holiday.

Today, the situation for Qantas' Perth passengers is quite different.

At a time when many international carriers are desperate to access landing slots in Perth, Qantas has cancelled its last remaining international flights out of the fastest growing Australian city, as part of its ongo-

ing cost-reduction activity.

Qantas are now assisting passengers to exchange their full service tickets for a seat aboard a Jetstar aircraft (no frills, no included meals, no entertainment, economy only Airbus A320s).

The other option for Perth passengers travelling internationally is to rebook travel with Emirates, Qantas' new partner that replaced British Airways in 2012. Through Emirates, passengers booking at Qantas.com can access the extensive route network offered by the Dubai-based carrier.

This change has been marketed as an improvement, offering 'one stop' access to a variety of European destinations. However, travellers to Asia wanting to book with Qantas can choose between a no frills service Jetstar Asia direct flight at five and a half hours, or on Qantas aeroplanes via Sydney at a whopping 15 hours flying time.

In another blow for Perth based Qantas frequent flyers, the long-standing code share agreement with South African Airways has been cancelled, making a Qantas coded journey to Johannesburg some 22 hours flying time via Sydney. South African Airways responded by teaming up with Virgin Australia from Perth, offering

a code share agreement with Virgin for travel to South Africa.

On a more positive note, Qantas has said it will retain 'seasonal' service to Singapore as well as Auckland. However, with Singapore Airlines and Scoot available year round to Asia, and Air New Zealand offering an excellent daily service to Auckland, the question is why would passengers choose Qantas 'seasonally' when other quality carriers are committed to Perth year round?

This issue for Qantas is exacerbated by the plethora of choice for international passengers. Perth travellers can fly to Europe via Doha on Qatar, via Kuala Lumpur on Malaysia Airlines, via Hong Kong on Cathay Pacific, Singapore on Singapore Airlines, Dubai on Emirates or Baiyun on China Southern - to name just a few of the full service carriers.

It only takes a few good experiences with another carrier for loyalty to shift, and with Qantas effectively out of the market, some will argue that it will be very difficult for them to regain this loyalty in the future.

It is indeed a difficult time for Qantas passengers in Perth, as travellers watch and wait for signs of a Qantas recovery that seems to keep eluding the airline.

## Grey Nomads urged to plan ahead before heading north

OLDER AUSTRALIANS heading north to escape winter's chills have been urged to pack their medications along with their bathers and beach towels to avoid a trip to hospital.

WA Health Chief Health Officer Dr Tarun Weeramanthri said it was important older people took measures to help protect their health such as maintaining their medication regime and ensuring scripts were filled ahead of time.

"Before leaving, travellers should meet with their GPs for a thorough health check and to discuss any health issues that may impact on their travel plans.

"A GP will also be able to provide patients with a current list of their medications, so they can take

it with them on their travels.

"It is important to check medication for storage instructions, as the temperature inside a van or car in warm weather may rise beyond the recommended levels for safe storage."

Dr Weeramanthri said by taking some simple steps before leaving home, people could help prevent any health-related interruptions to their holiday while also ensuring they don't place increased pressure on remote, smaller health services.

"Exmouth Hospital employs an additional doctor over the tourist season to assist in coping with increased demand, but travellers also need to do their part to make sure they are taking responsibility for their own health and wellbeing," he said.

**Tips for older travellers include:**

- remember to pack medications and repeat scripts
- ensure medications are stored properly, so their efficacy is maintained
- ensure scripts are filled ahead of time, to avoid running out of medication
- keep doctor, pharmacy, family and emergency numbers handy
- put in place a medication reminder system to ensure medications are taken on time (this could include setting an alarm)
- pack a first aid kit to use to manage small cuts and abrasions
- seek advice regarding travel insurance and ambulance cover before leaving.



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# let's go travelling

ADVERTISING FEATURE

## My Provence affair...Ann Rickard shares her love of France



From left; Roussillon, the captivating red buildings of the village - The markets brim with fresh produce - We visit the Venice of France, L'isle sur la sorgue - Visit the elegant town of Avignon

by Ann Rickard

FOR THE past 10 years I've been taking small groups of eight guests to Provence in the summer to experience all the bountiful charm of the glorious French countryside.

It all began after I'd written a book about France.

People started to contact me to see if I'd escort small groups...so I just sort of fell into it.

We stay near Uzès, an historic town of great renown just outside Provence in Gard, a region where the sun shines 300 days a year, where the air is pure and the sky intensely blue.

We base ourselves for two weeks in a romantically restored stone maison with pool and tennis court and immaculate grounds.

Local cooks and chefs come to us to prepare multi-course meals using the exquisite Provençal produce. We drink wines, favouring the local light pink rose wines for which the region is famous.

We take our guests on excursions to all the highlights of Provence: the graceful

town of Avignon, home to Palais des Papes, the old town of Arles with its Roman amphitheatre and the town where Van Gogh lived and painted for a year.

We visit L'isle sur la Sorgue, known as the Venice of France for its delightful canals and waterfront restaurants.

A highlight is the ancient hilltop town of Les Baux de Provence where we visit the castle ruins and later spend time in the Cathedral of Images, a disused bauxite mine where art masterpieces are exhibited on the lofty walls accompanied by dramatic music. It's an experience to send chills down the spine.

A highlight among so many is the town of Roussillon, famous for its red ochre national park and red buildings in the clustered village. At the beautiful old village of Gordes perched on the edge of the high Plateau de Vaucluse, we pose for photos against the breath-sapping backdrop.

We visit the vibrant markets of Uzès where the colour and movement and abundant produce sends the senses spinning. We lunch in the main square and watch the market wind down while we eat tarte tatin, croque monsieur and the

best cheeses in the world - all washed down with local wine.

We take a day out to kayak down the Gardon River to the mighty Pont du Gard, the 2,000 year old aqueduct built by the Romans. We picnic on gourmet food and pink wine beneath its majestic presence.

In the evenings we are entertained by local musicians - there is much singing - and we visit authentic bistros, local cafes and Michelin star restaurants.

I am assisted on these fun tours by my long term husband and all-round gentle-

man, Geoffrey. He is the man who pours the champagne, drives us safely around the French countryside, and does his gentlemanly hosting while I ensure our guests are comfortable and happy.

I insisted from the outset that these tours be all-inclusive: accommodation, endless food, free flowing wine, all transport, entry fees, and entertainment.

Our guests come from all over the country, with quite a number from WA. It works well for single travellers although we love couples. Put eight people in the French countryside in a beautiful property,

give them a glass of champagne, and firm friendships immediately follow.

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Contact Ann at [ann@annrickard.com](mailto:ann@annrickard.com)

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# travelling

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The landscape comes to life in the lead up to the wildflower season; an amazing adventure to witness the abundance of everlasting, wreath flowers, orchids, and many other flower varieties. The season commences as early as July with August and September being the most impressive months to enjoy.

A flight to the Arohos Islands is a breathtaking passage of discovery learning of the Batavia shipwreck, rock lobster fishing industry, and pearl farming production. Explore East Wallabi Island with its flora and fauna variety and keep an eye out for the whale migration heading north as you fly over beautiful clear waters.

The HMAS Sydney II Memorial is one of Australia's three memorials of national significance and is a moving tribute to the 645 sailors who lost their lives in 1941. Daily

tours take you on a journey of what occurred on that fateful date tying in with the memorials five elements. Offering 360°C views, it sets a glorious backdrop during sunrise or sunset.

For history enthusiasts the Western Australia Museum – Geraldton houses a variety of displays including the Shipwreck Gallery. There is also the Victoria District Hospital, Old Gaol, St Francis Xavier Cathedral, and the Lighthouse Keeper's Cottage to visit as well as five heritage walks capturing Geraldton's bygone era.

The Foreshore offers boardwalks and paths to explore the Batavia Coast Marina north and down to The Esplanade south with cafes, galleries, art and boutique shopping in between.

Geraldton is also an ideal base for day-trip exploration with Greenough and Walkaway south, Mullewa east, and Chapman Valley and Northampton north. Geraldton – Explore, Experience, Enjoy!

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## Geraldton – Take a Fresh Look

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## Kalbarri's new edge resort



Eagle Gorge, Kalbarri National Park

EXCELLENT autumn rainfall has paved the way for the National Park at Kalbarri to be a blaze of colour this year.

There are more than 800 species of wildflowers in and around the park and even into town on the golf course and along the scenic coastal walking trails.

Kalbarri with a very mild winter (a lot warmer than Perth), from June onwards is the perfect time to visit the area and to see some of the best wildflowers in decades.

Fields of everlastings, native orchids, banksias, kangaroo paws, thryptomene and 12 o'clocks are just a few of the many early flowers you are likely to discover. In all, over the whole season, Kalbarri boasts more than 800 species of wildflowers in the National Park.

It really promises to be a wonderful wildflower season and a must to at least get away from Perth's wet and cold.

Kalbarri Edge Resort this year has launched a new seniors' package that includes a free wildflower and National Park tour for each person booking the package and staying at the Resort.

The tour will normally depart the day after you arrive in Kalbarri using your free pensioners travel voucher or a good seniors' discount on TransWA. Coaches arrive from Perth and Geraldton every Monday, Wednesday and Friday.

With the package, the Edge Resort mini bus will provide free transfers to and from the bus station in town. The resort is located only 200 metres from the town and the foreshore, so once settled in you can explore these attractions which are within easy access.

Those selecting one of Edge Resorts seniors' packages as well as a free wildflower tour each will receive a welcome

drink on arrival, free breakfast daily, free courtesy coach transfers to and from Rainbow Jungle the local and famous parrot habitat and a discount voucher for an Edge Restaurant evening meal.

Choose a room upstairs with a view or downstairs for easy access.

Treat yourself to a king bed (or twin king singles) spa suite which has separate lounge area and also a private balcony with outdoor dining area and your own barbecue.

Kalbarri is great for outdoor dining on warm, mild evenings. The resort is rated 4 stars and you will be pleasantly surprised with its features and quality room amenities.

There is of course much to do in Kalbarri, so if possible you should try to stay at least five nights. Enjoy walking on the beach and the scenic trails down towards the coastal gorges. Treat yourself to a scenic flight to Monkey Mia or out to the incredible Arohos islands and much more...

All in all you won't do better than these current seniors' packages and specials.

With the free wildflower tour you need to book in June and travel to Kalbarri between June and the end of August. Other standard conditions apply like subject to availability and being unavailable with any other discount or promotion.

Freecall the resort on 1800 286 155 to book or email them on [info@kalbarriedge.com.au](mailto:info@kalbarriedge.com.au) for details and prices on all seniors' packages go to [www.kalbarriedge.com.au](http://www.kalbarriedge.com.au) and click on the seniors' tab.

At Kalbarri Edge they promise you one thing, "Kalbarri You'll Love it."

## Holiday homes at Ningaloo Reef Holidays



NINGALOO Reef Holidays provide self contained, fully equipped holiday homes located in Exmouth town and marina on the World Heritage listed, Ningaloo Reef.

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Ningaloo Reef Holidays offer personal customer service seven days a week with a convenient book online option from the website [www.ningaloo.net](http://www.ningaloo.net). Follow them on Facebook for fantastic last minute deals - [www.facebook.com/pages/ningaloo-reef-holidays](http://www.facebook.com/pages/ningaloo-reef-holidays)

Call Helen on 0400 933 338 or email [info@ningaloo.net](mailto:info@ningaloo.net) for more information. Visit the website today to view all homes [www.ningaloo.net](http://www.ningaloo.net)

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## The 'Little Dove' - Spicing up our maritime history



From left; Mike Lefroy on board the Duyfken conversing with school children - cargo below decks - Duyfken, moored at Fishing Boat Harbour

by Mike Lefroy

WHERE in the world can you find an authentic sea-going

replica of a Dutch ship of discovery moored 500 metres away from a museum full of Dutch shipwreck artefacts

from the coast of New Holland?

Well, right here – in Fremantle, Western Australia.

The little ship *Duyfken*, a much praised replica of the first European ship to reach Australian shores in 1606, is currently in a cosy berth behind Little Creatures in Fremantle Fishing Boat Harbour. To the north, is an easy five minute walk to world-renowned Shipwrecks Galleries – part of the Western Australian Museum.

These two sites provide a compelling educational opportunity for students to learn about the early maritime history of Australia and in particular the stories of the Dutch sailors who charted our western coast.

Five years after Willem Janszoon, the captain of the *Duyfken* made landfall at Weipa in the Gulf of Carpentaria in the north of Australia, another Dutch ship's captain, Hendrick Brouwer, pioneered a new route to the Spice Islands.

Rather than hugging the African coast before venturing east in the equatorial regions to the Indonesian islands, he sailed south from Capetown, South Africa and discovered a maritime freeway - the strong westerly winds of the Roaring Forties. Finding the 40° latitude was no problem.

Working out where to turn north for the Spice Islands, a product of knowing your longitude was much

more difficult.

So, it was only a matter of time before a Dutch ship would reach our western coast. Dirk Hartog in the ship *Eendracht* was the first in 1616. He left his message on a pewter plate nailed to a post on what we now call Dirk Hartog Island.

Over the next two centuries, the shape and nature of this new continent, a task begun by the crew of *Duyfken*, was slowly revealed and mapped by maritime explorers from the Netherlands, England and France.

These and other fascinating stories unfold dramatically during tours of *Duyfken* and the Shipwrecks Galleries.

The *Duyfken* legacy is now a part of the Australian curriculum and, over the past two years, several thousand eager students have clambered over the ship and discovered this part of our maritime history.

You see *Duyfken* is a real sailing ship.

Visiting students go below decks into the world of a sailor from the 1600s.

Here they walk on loose backed 400-year old ballast bricks that line the floor.

They learn how bricks like these were loaded as ballast along with chests of silver coins at the homeport in the Netherlands and then sold for housing in the East Indies. The students smell samples of spices similar

to those loaded on board for the return trip to Europe.

They feel the planks and beams of European oak and discover how ships of that time were constructed.

They learn of life and death, praise and punishment.

On deck they visit the captain's tiny cabin, learn how to load a cannon, how to steer and navigate the ship, where to cook their meals and where to go to the toilet – a surprising experience for students of the 21st century.

The *Duyfken* Foundation has worked with *The West Australian* newspaper in education over the last two years to produce two free learning booklets for schools based on the *Duyfken* experience. These booklets highlight the importance of the 'little Dove' as a unique educational tool.

We hope *Have a Go News* readers may like to share this experience with their families and grandchildren and bring them down to see her firsthand.

For more information about educational opportunities on *Duyfken*, including tours, day sails and volunteer guiding of school groups, check out the web site <http://www.duyfken.com/contact>

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COLD BEVERAGES won't be getting warm anytime soon in the Pelican ProGear™ 20QT Elite Cooler.

Perfect for use while fishing, boating, camping or hanging out on the beach,

the newest Pelican ProGear Elite Cooler holds up to 21 U.S. liquid quarts (18.9 litres). Additional tailgate and picnic friendly features include a stainless steel lock protector that doubles as a bottle opener, four integrat-

ed cup holders in the lid and an extra-wide pickup handle for easy team and individual carrying.

"The new Pelican ProGear 20QT Elite Cooler now gives tailgaters, golfers and beachgoers another reason to enjoy the fresh air. With Pelican core DNA built in and extreme ice-retention, this cooler is as tough and dependable as Pelican cases used by professionals who work in extreme environments around the globe," said Stephan Corti, Senior Vice President of Worldwide Sales - Pelican Products, Inc.

"It doesn't matter if it's an extended fishing trip or hunting adventure, this new portable cooler is designed to protect and keep your food and drinks cold for the duration."

The cooler is available in either Marine White or Outdoor Tan and has an RRP of A\$279.95 (inc GST).

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# let's go travelling

ADVERTISING FEATURE



## winter in the WEST

### Jetlag solved by iPhone app



Experience the benefits of the new iPhone app, Entrain

by Frank Smith

A FREE iPhone app, called 'Entrain', will help you get over jetlag in short order.

In a paper published in Computation Biology last month, mathematicians Kirill Serkh and Danny Forger of the University of Michigan explained that when our body's internal timekeeping system becomes misaligned with the time of day in the outside world, many negative effects can be felt, including decreased performance, poor sleep and jet lag.

If this misalignment is prolonged, due to frequent travel or shift work, it can also lead to serious medical conditions, including cancer, cardiovascular disease, and possibly even late-onset diabetes.

The authors say the answer is to rapidly readjust our internal clock by properly timed exposure to light.

"Light is the strongest signal to our internal clock," says

Dr Forger. "This internal clock can shift more rapidly than previously thought."

The mathematicians have developed a methodology to determine schedules of light exposure that can shift the human circadian clock into kilter in the minimum time.

"We show how the human circadian pacemaker is capable of shifting, simply by adjusting the timing of the beginning and end of each day."

The authors calculated optimal schedules for thousands of different situations, and condensed their findings into four general principles of optimal circadian shifting:

Use dim light and small time differences when the body clock is only slightly perturbed.

Expose to bright lights and large time shifts when aiming to make a shift as quickly as possible.

Short light pulses are less effective than sustained light if the goal is to re-entrain quickly.

The length of exposure to daytime should be significantly shorter when delaying the clock than when advancing it.

The light intensity and day length schedules are summarized into general principles for optimal shifting. These can be applied without knowing what the actual schedules are.

"Overcoming jetlag is fundamentally a math problem and we've calculated the optimal way of doing it," said Dr Forger.

"We're certainly not the first people to offer advice about this, but our predictions show the mathematically best and quickest ways to adjust across time zones."

The schedules presented are simple to follow, in that they involve only a single daily light exposure, and that they are predicted to produce the same results even in the presence of unpredictable factors.

The work could provide insights to help improve the health and quality of life for pilots and flight attendants as well as shift workers, which make up more than 10 per cent of the Australian workforce.

Based on their findings, the authors have created an app, 'Entrain', which is available for download free via the Apple store.

### Pitch your tent and your point of view



Travellers near Murchison Settlement © Tourism WA

HAVE you ever toured Western Australia in a Combi?

Maybe you've stopped for the night in a Kalgoorlie caravan park? Slept on the Nullabor in your RV? Or pitched a tent in the Pilbara?

However if you like to travel in WA, or even if it is just on your 'to do list', the caravan parks and camping grounds legislation is

about to change and you can be part of the decisions that shape it.

The current legislation is out of date and making it hard for operators to adapt their businesses to suit changing consumer needs.

In response, the Department of Local Government and Communities has released a consultation paper to enable people who use caravan parks and camping grounds, including long-stay tenants, to share their opinion on the proposed new legislation.

To have your say visit: [www.dlgc.wa.gov.au/CPCG-Consultation-Paper](http://www.dlgc.wa.gov.au/CPCG-Consultation-Paper).

The consultation period runs from 30 May until 1 September 2014.

For enquiries contact: Principal Policy Officer – Caravans and Camping Review on 6551 8700 or Freecall 1800 620 511 for country callers or email: [caravan@dlgc.wa.gov.au](mailto:caravan@dlgc.wa.gov.au)

The consultation paper is an initiative of the WA Caravan and Camping Action Plan, which is supported by the State Government's Royalties for Regions program to improve caravan and camping experiences in WA.

### Mark your diary for the action-packed Meekatharra Outback Festival

ENJOY your Queen's Birthday long weekend at the action-packed Meekatharra Outback Festival.

The Mid West town delivers entertainment for all ages from Friday 26 to Monday 29 September.

The festival launches Friday evening with live music, circus performers and fireworks.

Saturday morning sees

business and community groups vying for the best float presented in a colourful street parade along the Great Northern Highway.

On Sunday, cowboys and cowgirls ride into town for the Meekatharra rodeo.

With \$20,000 in prize money up for grabs this is a zealous competition.

The trademark Outback Ball rounds out the weekend.

Later that night, put on your Sunday best and dance the night away to country rock show band Renegade.

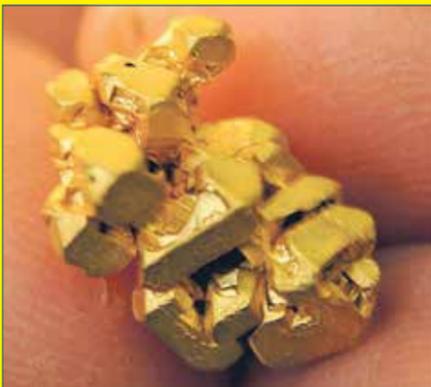
The Meekatharra Race Club runs alongside the festival with meets on Saturday and Monday afternoons.

For travel tips, accommodation options and further information visit [www.meekatharrafestival.com.au](http://www.meekatharrafestival.com.au) and [www.meekatharra.wa.gov.au](http://www.meekatharra.wa.gov.au)

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## Shire of YALGOO



Situated along the historic Miners' Pathway, 527km north of Perth, Yalgoo offers true outback adventure and unique attractions, including prolific seasonal wildflowers and the Courthouse Museum, showcasing over 80 years of Yalgoo history. Be sure to view the Railway Station, historical Yalgoo cemetery, Monsignor Hawes convent chapel, the vibrant and colourful water playground, and the fascinating Jokers Tunnel. Accommodation is available at the Yalgoo Caravan Park or the historic Yalgoo Hotel Motel. A general store is open seven days a week and self service credit card diesel/petrol bowsers are available 24/7.

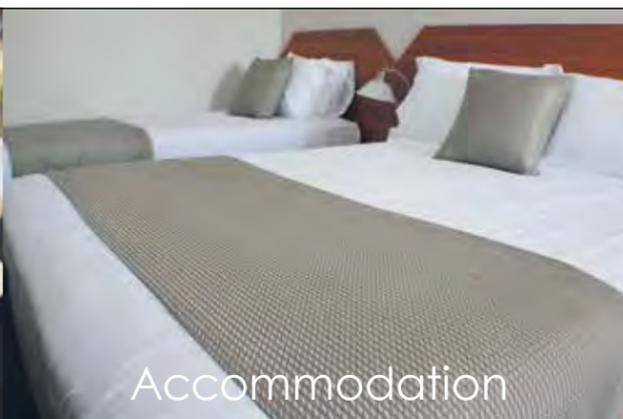
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# travelling

let's go travelling



## Margaret River - a special place to visit



FROM THE moment visitors arrive in the Margaret River Region they sense something special.

This beautiful corner of Western Australia welcomes visitors like no other part of the country.

Margaret River offers many things - an internationally renowned wine region, an idyllic holiday spot, a town and a gentle river that meanders its way

to the sea.

Be enchanted by life's simple pleasures - phenomenal wine and food, fantastic accommodation, stunning beaches, inspiring attractions, breathtaking scenery and an untroubled lifestyle.

Recognised by Lonely Planets as the jewel of one of the top 10 destinations in the world, the Margaret River Region is a place you'd rather be.

### Best time to visit:

Margaret River offers an abundance of activity all year round. The winter months attract visitors for the whale watching season and cosy winter getaways by the log fire, whilst spring welcomes blossoming wildflowers (September - November with October the peak wildflower season). Towards the end of the year, beautiful warm beach weather rolls in, and after a balmy summer, autumn is the perfect time for bushwalking and mountain biking.

### Famous for:

The name Margaret River is synonymous with wineries and surfing! The Margaret River Region has more than 140 cellar doors, many of which have outstanding restaurants attached. Surfers Point is one of the most recognised surfing locations in Australia and home to the Drug Aware Margaret River Pro.

### Must-see/do:

A stunning ancient network of limestone caves lies beneath the Leeuwin-Naturaliste Ridge.

Visit Jewel, Mammoth and Lake Caves and experience one of nature's most dazzling displays. Also a guided tour of the tower of the Cape Leeu-

win Lighthouse takes you on a fascinating journey through maritime history.

### Activities:

If wine and surfing isn't your thing try these: caving, snorkelling, fishing, canoeing, horse riding, climbing, mountain bike riding, cycling, art galleries, mazes, super golf, shopping, food sampling, animal parks, walk trails... the list is endless.

For more information on things to see and do in the Margaret River Region, visit [www.margaretriver.com](http://www.margaretriver.com)

### WIN WIN WIN

For a chance to win a 2 night stay in a deluxe room for 2 people, including dinner, bed and breakfast at the Quality Inn Margaret River, address an envelope to Quality Inn Margaret River comp, C/- Have a Go News, PO Box 1042, West Leederville, WA 6901, include your name, address and phone number on the back or email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with all your contact details and include Quality Inn MR in the subject line. Competition ends 30/06/14.

\*Please note, by entering this competition you agree that your details may be used for future Quality Inn Margaret River promotions.

## WIN WIN WIN

CONGRATULATIONS to Dianne Herbert of Harrisdale and J White of Kingsley.

Dianne was the Quality Inn Margaret River winner from the April edition of *Have a Go News*. J White won the May competition of a 2 night accommodation package at Quality Inn Margaret River.

## CWA 90 years of peace of mind through helping others



CWA members sharing scones at St Mary's Anglican Girls School at the launch of the 90th Year celebrations for CWA

THIS year the Country Women's Association of Western Australia is thrilled to be celebrating its 90th anniversary.

What was relevant in 1924 in the founding year of the organisation still rings true today with new branches opening up across the state.

Many of today's rural women live in isolation in sparsely populated farming areas.

New CWA branches started recently are the Perth Belles, Southern Belles, Tom Price (the mine manager joined in support), Champion Bay, Buracoppin, and Donnybrook.

The founding members of CWA of WA formed Nungarin Branch in 1924, quickly followed by other wheatbelt branches.

During WWII many

branches of the CWA had to close down: interestingly though, at this time. Ajana in the Northern Wheatbelt on the edge of station country opened a new branch.

With husbands, sons and friends away at war, country women were left even more isolated than before and the need for communication, consolation and belonging to a community was felt even more strongly by these women during this time.

Members in the Kimberley and Murchison communicated by Pedal Transceiver radios used for School of the Air; this was the beginning of the Air Branches. The Kimberley and the Derby/West Kimberley Air Branch is still active. Branches of CWA now advertise meet-

ings and events on Facebook, the modern communication tool.

The original movement strove to bring together women of the country - who were often lonely and isolated - breaking down class barriers and fostering understanding, giving companionship and unselfish service. This still resonates today within the 141 branches across the state from the Ord Valley to Esperance.

Similar organisations have grown all around the world where women were isolated and needed help, often under different names but holding a similar ethos. CWA supports international projects through Associated Country Women of the world.

CWA of WA is aware that depression can be a serious problem in society today, both in the country and city alike.

Becoming a member of CWA could be the perfect Act-Belong-Commit fit for many women. Country and city women can join their local CWA and become part of a proud and active women's organisation working to improve the welfare and wellbeing of people everywhere, especially in country areas.

CWA offers areas of interest for all women.

The organisation provides community service, support networks, welfare in times of need, education opportunities, friendship, fun and a great deal more. There are benefits for you and your community through CWA.

Look up how to join at [www.cwaofwa.asn.au](http://www.cwaofwa.asn.au) or call 9321 6041 to obtain information about your local branch of CWA.

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ADVERTISING FEATURE



## winter in the WEST



Tim Farnell with a nice mulloway from the beach north of Two Rocks

### Going Fishing - Mulloway

by Mike Roennfeldt

OF ALL the fish a shore based angler in the southern half of WA would love to catch more often, the mulloway is an absolute stand-out.

It's all about size really. Mulloway can grow to 40kg or more and even an average sized fish is likely to weigh in excess of 10kg.

For anglers more used to catching herring, whiting or tailor, a mulloway is a giant, a fish of a lifetime.

The only drawback with mulloway is that there just aren't enough of them to go around.

They fight well but fairly, will take a range of baits and don't taste too bad.

Mulloway are caught from

beaches, jetties and even the banks of the river. Most are landed after dark, but there is always a chance in daylight hours. I remember catching one from the Perth side of the Narrows midweek in the middle of the day and had to flag down a passing jogger on his lunchbreak to take the photo. It seemed surreal catching a big fish like that right next to all that midday traffic.

Hot spots around Perth where you are most likely to catch one of these great fish include the beaches between Long Point and Mandurah, the deep water of Mosman Bay or Blackwall Reach, under the Narrows or Causeway and beaches off the 4WD tracks north of Two Rocks. But without doubt, Perth anglers' favourite spot of all for catching big mulloway is in front of E Shed on the south side

of Fremantle Harbour.

Most often in WA they are caught on mulies, live baits or strip baits (fish fillets). A fresh tailor fillet makes an excellent mulloway bait, which is convenient because the two species are regularly caught in the same areas. Best live baits are yellowtail or scaly mackerel caught on site, but a herring will do at a pinch. A gang of 5/0 to 6/0 hooks is about right for a mulie or fillet bait, while the hook size for a live bait depends a little on the size of the bait but is usually in the 6/0 to 8/0 range.

The best spots to find a mulloway along a beach are in holes or gutters, so it can pay to check out a beach in daylight beforehand if you plan to fish it at night. Typically a mulloway angler will set up on the beach late afternoon/

evening, put out a big rod for the big fish and leave it in a rod tube while baitcasting or spinning for smaller species such as herring or tailor.

The mulloway season in the Swan-Canning system starts about October each year and continues through until the first rains of winter. Early season fish turn up in the deep water of Blackwall Reach and Mosman Bay before spreading upstream, sometimes as far as Guildford. Most fish along the beaches are also taken over the summer months, possibly because that's when most people are out fishing for them.

Like pink snapper, mulloway don't mind coming into dirty water to find a feed and tend to scavenge around in close after a blow off places like North Mole.

### Augusta gears up for bumper whale watching season

visitors and locals to jump aboard a whale watching tour this season.

"Whale watching is a superb way to experience the beautiful natural environment of the Margaret River Region - it's an iconic winter experience," said Ms Close.

"What's great about the whale season here is that it starts at the southern end of the region in Flinders Bay, Augusta, then the whales move north and can be spotted in Geographe Bay off Dunsborough and Busselton later in the year - resulting in an incredible six month whale watching season," said Ms Close.

Paul Szczypior from All Sea Charters advised that although the Humpbacks give birth up north, the Southern Right Whales breed in Flinders Bay.

"We've seen Southern Rights nursing their calves just behind the breakers," he said.

"Every tour is different - you never know what you might see - last year we had a very friendly young male whom we named George, who loved to see the boats; the odd Minke Whale and even a Blue Whale," said

Mr Szczypior.

"There's always plenty of marine life in Augusta - seals, dolphins, schooling fish, abundant birdlife, and good views of the lighthouse and stunning rugged coastline," he said.

Whale watching tours depart from Flinders Bay Boat Ramp in Augusta and can be booked at the Margaret River or Augusta Visitor Centres.

For more information, or to book a whale watching or lighthouse tour, visit [www.margaretriver.com](http://www.margaretriver.com), call 9780 5911 or email [welcome@margaretriver.com](mailto:welcome@margaretriver.com).

Two night packages including a whale watching tour and accommodation at Darby Park Margaret River, Margarets Beach Resort or Quality Inn Margaret River are also soon to be available at [www.margaretriver.com](http://www.margaretriver.com).



Whale watching in Flinders Bay, near Augusta © Tourism WA

VISITORS can prepare for what is expected to be another bumper whale watching season in the Margaret River Region, Western Australia, with tours kicking off at the beginning of June.

Local tour boat operators Albatross, All Sea, Naturaliste and Legend Charters have officially commencing whale watching tours in Flinders Bay, Augusta.

Up to 35,000 Humpback and Southern Right Whales and even the occasional rare Blue Whale, travel through the waters of the Margaret River Region on their northern migration.

Paul Cross from Natu-

raliste Charters confirmed there have been sightings in Flinders Bay already.

Terri Mitchell from Albatross Charters said it was an extremely exciting time of year.

"As the whales move into Flinders Bay, we are fortunate to see some of the most spectacular activity displayed anywhere in Australia, and even worldwide," said Ms Mitchell.

"What's so unique about whale watching in the south west is that Flinders Bay in Augusta is the first port of call for the whales on their northern migration from Antarctica.

Augusta Margaret River Tourism Association CEO Pip Close encourages all

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currently has Pensioner Rail Packages that incorporate the Golden Quest Trail.

A definite advantage if considering the trail is to buy the Guide Book and Audio CDs. You can purchase them from your local visitor centre or contact [info@goldfieldstourism.com.au](mailto:info@goldfieldstourism.com.au).

For more information see ad this feature.

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Moscow are all part of the itinerary, which can also be done in reverse from Moscow to St Petersburg.

The price includes seven night's accommodation at four star hotels with daily breakfast, coach and rail transport, extensive sight-seeing with private English-speaking guides throughout the tour, plus return airport and railway station transfers in a private car.

Departures for other months have also been discounted at a slightly lower rate.

For more details contact Beyond Travel on 1300-363-554 or visit [www.beyondtravel.com.au](http://www.beyondtravel.com.au)

## London Calling



From top: Jayson Mansaray - Brixton Village © Flora 99

by Jayson Mansaray

HER MAJESTY the Queen described 1992 as her "annus horribilis", her horrible year.

And rightly so! Among the many challenging events for the Queen that year were the Prince of Wales' separation from Diana, the waning popularity of the royal family and the devastating fire at Windsor Castle.

Twenty two years on, I am trivialising the significant royal misfortunes with my very own "mense horribilis" or horrible month.

And rightly so! Among a multitude of plane, train and automotive disasters I have encountered I include the vagaries of the London property market which proved the most challenging in that I was left homeless for a month.

This has left me at the mercy of my best friend's largesse who has provided me with a spare bedroom, south of the river, in Brixton.

As I navigated my new

surroundings, on a side of the Thames I have never previously favoured, I thought, why not take London Calling along for the ride.

One of Brixton's most distinctive features is its predominantly British African-Caribbean community.

Similar to Australia's 'Ten Pound Pom' scheme and the post-World War II mass migration of Italians and Greeks; Britain had the 'Windrush'.

The late 1940s saw an influx of African-Caribbean migrants. On arrival, migrants were directed to the nearest "Labour Exchange" or place to find a job which was located in Brixton. It's there that the community began and while it thrives today, it wasn't all smooth sailing.

Most notable setbacks were the riots in 1981, crime issues with guns, drugs, burglaries, gangs and deprivation.

But the noughties have seen a change.

An influx of an upwardly mobile part of the population means Brixton has become a

melting pot of class and race thanks in part to the wealthy middle classes, being priced out of central London.

The Brixton Markets with its fishmongers, butchers and vegetable stalls is now thriving, thanks to the patronage of both new and established residents in the area.

The multicultural mixture means that you can buy a vast range of competitively priced products from fresh fish to halal meat, spices, exotic varieties of fruit and veggies such as okra, plantain and what I think resembles a soursop.

But the area's newly found consumers and alchemy of cultures is best seen in the Brixton Village.

Built in the 1920s the vaulted arcades form what is now part market and a quasi fresco plaza.

Before the Second World War, Brixton was served by the late-night trams from the West End and its large population of music-hall performers gave the area a bohemian reputation.

As the economic pressure

from supermarkets forced the closure of many small businesses, in particular grocers, the marketplace genre fell out of favour and the iconic area was open to demolition and redevelopment.

But in 2009, a new scheme was initiated, which offered a stall lease free for three months to encourage new businesses to move into the area. This resulted in the markets gaining new life as a 'foodie' destination.

The markets offer a plethora of diversity in products, which range from curiosities to something decorative to enhance fine living.

At the markets you can buy almost anything from vanilla pods, loo rolls and plastic statues of Christ to dried eels. With an entire store devoted just to brands of incense there really is something there for everyone.

The 300 market stalls in combination with Brixton Village make it Europe's biggest Caribbean food market.

Market opening times are: Monday, Tuesday, Thursday

and Friday, 8am to 6pm, Wednesday 8am to 3pm, Saturday 8am to 6pm and closed on Sunday.

Some restaurants and cafes in Brixton Village have different trading times.

For something a bit different and a great photo opportunity, there is the Brixton Windmill, one of a few surviving windmills in London.

Most captivating is its unusual black exterior; it is a hidden gem barely 200 metres from where I am currently 'dossing'.

The prize-winning attraction was built in 1816 and in service until 1934 re-opening to the public in 2011 after undergoing a £600,000 restoration.

The Windmill holds open days throughout the year. There are steep ladders and low beams to navigate, but also a machinery display for those less mobile.

On open days there are short tours of the building, which don't require booking.

Longer tours with access to the upper floors must be booked in advance.

If you happen to be in Brixton Village on a Sunday you will probably see your London Calling columnist there ordering a flat white, shopping for cheese at the fromagerie and perusing the clothing stores...but he probably won't be shopping for dried fish or mini replicas of Christ...

**What to know something about London? The Email: [JaysonMansaray@gmail.com](mailto:JaysonMansaray@gmail.com) with the subject "London Calling".**

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ADVERTISING FEATURE



## Sometimes you gotta get brave...

comes a modern classic play.

Set in the fictional town in Corrigan in 1965, the story centres upon Charlie Bucktin; Hoa Xuande as Jeffrey Lu; with Elizabeth Blackmore and Alexandra Jones. Award-winning actor Humphrey Bower completes this fine ensemble.

Strictly limited season 17 July - 9 August  
Opening Night: 18 July at 7pm, Studio Underground, State Theatre Centre of WA  
Tickets \$30 - 45  
Bookings [www.ticketek.com.au](http://www.ticketek.com.au)

Recommended for ages 15+  
For more than 20 years Barking Gecko Theatre Company has told exhilarating stories influenced by their home in Western Australia and *Jasper Jones* is no exception - it will offer audiences a warm, at times hilarious and ultimately moving night out.

Barking Gecko Theatre Company gratefully acknowledges the City of Perth for its support of *Jasper Jones*.

BGTC Artistic Director John Sheedy has assembled a superb cast including Shaka Cook in the title role of

*Jasper Jones*, four WAAPA alumni: James Beck in the role of Charlie Bucktin; Hoa Xuande as Jeffrey Lu; with Elizabeth Blackmore and Alexandra Jones. Award-winning actor Humphrey Bower completes this fine ensemble.

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Barking Gecko Theatre Company gratefully acknowledges the City of Perth for its support of *Jasper Jones*.

WHEN Perth literary hero, Craig Silvey penned *Jasper Jones* it quickly caused a national sensation.

Subsequently, it has been listed as a 'Top 10 Aussie novel to read before you die' and received claims it was Australia's *To Kill a Mockingbird*.

After years of development and determination, Barking Gecko Theatre Company will premiere *Jasper Jones* at the State Theatre Centre of WA in July.

The staging of the play will be a landmark event in this year's cultural calendar - when the classic WA novel, adapted by lauded WA playwright Kate Mulvany, be-

## Peel Zoo: The up close and personal Zoo

PEEL Zoo is a boutique, hands-on zoo in a lush setting on the banks of the Murray River.

What makes Peel Zoo really unique is the 'hands-on' experience it provides visitors. The Zoo is home to well over 100 species of birds and animals - koalas, wombats, dingoes, exotic birds, reptiles and owls - that will capture your imagination.

The huge walk-through aviary and Tasmanian Devils are star attractions.

The difference between Peel Zoo and other zoos is

the "hands on" experience you get when you visit them.

The team at the Peel Zoo will do their best to ensure you get to pat a dingo, hold a python, and tickle a fox... You may even get the opportunity to pat a Tasmanian Devil.

Peel Zoo, a privately funded zoo and a wildlife sanctuary, aims to be the best boutique zoo in Australia. They strive to achieve this by making sure everyone who visits them has a unique and personal experience.

The owners, David and

Narelle, say visiting Peel Zoo is a bit like visiting a member of your own family, who just happens to have hundreds of pets.

Breeding animals is a key concern for the Zoo.

Their Tasmanian Devil breeding programme is of vital importance. This species is heading for extinction in the wild because of an incurable facial tumour disease: the Zoo's breeding programme contributes to the long term survival of the animal.

Reading the comments in the Visitors Book makes

you realise what a great little Zoo West Australian's have right on their doorstep.

Some of the comments listed were: "Wow!!" Jim, Val and Betty, Wambro, WA

"Great day out for the kids!" Kylie, Merredin, WA

"Best zoo Eva." Lilly, Victoria Park, WA

"Beautiful creatures!" Peter, Saskatoon, Canada

"Brilliant. Loved it. Fabulous." Ferrie Family, Scotland

"Staff really helpful." Jacquelyn, Suffolk, England

For more information, see ad below.

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These ancient bells were rung to signal the end of the Battle of Trafalgar; at Lord Nelson's funeral, and to welcome back Captain Cook after charting Australia.

Perth's Bell Tower is also the only location in the world where you can view the ancient art of Change Ringing and the bell movement simultaneously. It is a truly unique experience and may be somewhere to consider visiting with the grandchildren during the forthcoming school holidays.

The Bell Tower has a sensational offer for families...

Children will be admitted free with a paying adult (maximum of four kids free per paying adult).

To access the offer, simply pick up a City of Perth City Playground pass at the iCity Kiosk in the Murray Street Mall. The City Playground Pass is free.

There is a lot to see and many secrets to discover in the Tower.

Children can pick up a free activity sheet in the foyer then have their photograph taken with the oldest (450 years) bell in Australia to discover more about the amazing links to the great British Admiral Lord Nelson, see the vast animal bell collection, try their hand at chiming one of the 12-bells from St Martin-in-the-Fields and take home a chiming certificate.

On the Observation Deck they can record a free video postcard to share their experience with their family and friends.

For more information, please visit [www.thebelltower.com.au](http://www.thebelltower.com.au) or telephone 6210 0444.



## Playhouse for the young at heart

LITTLE CHAMPS Playhouse is a toddler playhouse for children aged up to five years old. The facility has been set up so that your grandchild is within sight at all times as they explore a safe and happy environment while you relax and enjoy a coffee at the snack bar.

Parties are available for booking in Little Champs Playhouse bright party room.

The facility is air-conditioned, includes a baby change area, disabled toilets and EFTPOS. Strictly no outside food is to be brought into the facility.

Little Champs Playhouse is open from Monday to Friday from 9am to 2pm.

For admission prices or further information phone 9434 9182.

### WIN WIN WIN

If you'd like to be in the draw to win your grandchildren some complimentary entry passes to Little Champs Playhouse, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word 'champs' in the subject line, or address an envelope to Little Champs Playhouse Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse. Competition ends 09/07/14.



# Visit THE BELL TOWER

Check out our Love Locks where you can lock your love with family members.

A great activity for grandchildren during the July school holidays!

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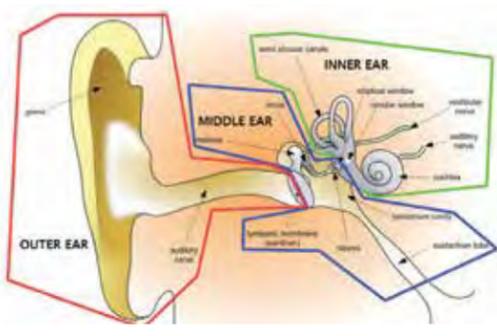
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## Coping with Tinnitus



Left to right; Jemma Aldridge - Tinnitus effects the inner ear

TINNITUS is a physical condition that is experienced as ringing or noises in the ears or head when no physical noise is present. The cause is usually a fault in the hearing system usually the inner ear; it is a symptom not a disease itself.

The word "tinnitus" means "tinkling or ringing like a bell"

**What are the causes?**  
Almost everything that can go wrong with our ears can produce tinnitus as a symptom.

It can be something as simple as wax against the eardrum or as serious as a tumour on the hearing nerve. A major cause of tinnitus is exposure to excessive noise eg. chain saws and other loud machinery and even rock concerts.

Tinnitus is a real condition but not fully understood. It is a symptom of a malfunction somewhere in the hearing system (ear and brain). The inner ear or cochlear is usually involved.

Eighteen per cent of Australians have tinnitus at some time of their lives.

**What can make it worse?**

**Loud noise** – exposure to sudden or long term noise can damage your hearing with resultant deafness and tinnitus. Those in high risk occupations include farmers, transport workers, industrial workers and lawn mowing contractors.

**Stress and fatigue** – mini-

mize stress and increase relaxation/recreation in your lifestyle. Keep busy and try not to focus on the tinnitus.

**Medications** – some medications cause tinnitus as a side effect or make your existing condition worse. Take special care with medications for arthritis, rheumatic diseases, antibiotics and antidepressants. Also aspirin – ask your doctor about alternatives.

Try easing off caffeine found in tea, coffee, cola drinks and chocolate - and alcohol as these beverages can temporarily worsen tinnitus for some people. Avoid quinine found in tonic water, nicotine and marijuana.

**What should you do?**  
Have your hearing checked by an audiologist

You may require an ENT specialist as there may be a treatable cause.

**Hearing aids**  
Good quality and properly fitted hearing aids reduce and can eliminate most tinnitus associated with hearing loss. Hearing aids can take away the strain of listening.

**Therapeutic noise generator**  
This device is recommended for people with no hearing aids. The generator looks like a hearing aid and produces a blend of external sounds which stimulate most fibres of the hearing nerve helping to divert attention from the tinnitus.

### Tinnitus Retraining Therapy

Aims to reduce and ultimately eliminate tinnitus perception. It combines auditory therapy – hearing aids and therapeutic noise generators to provide the brain with maximal environmental sound to reduce tinnitus perception.

**Cognitive Behaviour Therapy**  
Offered by clinical psychologists trying to change the way a person perceives tinnitus and control of stress

**Surgery?**  
There is no operation for tinnitus, however following successful surgical treatment for some ear problems, an existing tinnitus may sometimes disappear eg: Menieres disease and middle ear infection

**Medications?**  
Vitamin B12 may be helpful and herbal remedies if taken under medical supervision may be of some use too.

**Check with your dentist**  
Five per cent of tinnitus is caused by a temporo-mandibular jaw joint (TMJ) problem which is treatable by a physiotherapist. This type of tinnitus occurs because jaw muscles and a muscle in the middle ear are closely connected. When jaw muscles spasm the ear muscles react by pulling the eardrum too tight and can result in tinnitus.

Everybody's tinnitus condition is different and there are different causes. Excessive noise and medications seem to be the major preventable causes. It is usual for tinnitus to fluctuate with stress and tiredness.

Good luck with investigating the cause of your tinnitus  
Thanks for reading!

Jemma Aldridge

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

## Time to do something about your arthritis



Professor Kim Bennell

by Frank Smith

OSTEOARTHRITIS is one of the most common and intractable diseases of older people, although it can hit younger people too. It is also one that has a major impact on quality of life.

Arthritis is a disease of the joints. Joints allow movement at the meeting point of two bones and are protected by cartilage.

In healthy people cartilage provides a firm cushion that covers the ends of the two bones, absorbing shock and enabling

them to glide smoothly over each other.

The joint is wrapped inside a tough capsule filled with synovial fluid. This fluid lubricates the joint and keeps it moving smoothly.

In osteoarthritis, the cartilage becomes brittle and breaks down.

Some pieces of cartilage may even break away and float around inside the synovial fluid. Eventually, the cartilage breaks down so much that it no longer cushions the two bones.

Cartilage does not have a blood supply, so it relies on the synovial fluid moving in and out of the joint to nourish it and remove its wastes. Deterioration of cartilage usually leads to inflammation in the joint.

There is no cure for osteoarthritis.

Management consists mainly of taking painkillers and gentle exercise. More drastic measures include surgically removing affected joints and putting artificial joints in their place.

Exercises that involve moving the joints through their range of movement help maintain the flexibility that is otherwise lost as a result of the arthritis.

Arthritis pain is often caused by weakening of the surrounding muscles. Strengthening exercises help reverse muscle weakness. Strong muscles will

support sore joints.

However high impact exercise such as jogging, is likely to make the problem worse.

Professor Kim Bennell of the University of Melbourne's Department of Physiotherapy says that exercise alone has only modest benefits. However there are opportunities to maximise the benefits.

"We have growing evidence from the worldwide studies, including those from our own here in Australia that shows exercise in combination with different types of education, such as pain coping skills, can help reduce the symptoms and impact of osteoarthritis and maximise the benefits of this conservative treatment option."

She is calling for volunteers from all Australian states to take part in a landmark study to compare different treatment options for people over 50 years of age with persistent knee pain. The object of the research is to find out which treatment works best and why.

If you are over 50, have persistent knee pain and access to a broadband email account the researchers need to hear from you.

For more information contact Rachel Nelligan at [rachel.nelligan@unimelb.edu.au](mailto:rachel.nelligan@unimelb.edu.au)

## Carer recognised for helping men with dementia

ENABLING a person with dementia to make a real contribution and enjoy meaningful activities is a rare yet vital skill – one that has earned Eugene Hands the chance to win a state industry award.

Day Club Assistant Eugene enjoys his work at Amana Living Osborne Park so much that he has to be reminded to go home at the end of the day.

His primary role is to run the men's shed at Catherine King Day Club, where he facilitates a variety of creative projects for men living with dementia.

His outstanding skills and energy have earned Eugene a place on the list of finalists in this year's ACSWA (Aged and Community Services WA) 'Excellence in Care'

Awards. The winners were announced at a gala presentation on Friday 6 June.

"Amana Living believes in encouraging residents and clients to enjoy life, and to be the best that they can be by focusing on their strengths. At the same time their families need a break and a chance to recharge their batteries," said Amana Living CEO Ray Glickman.

"Eugene Hands' work at Amana Living's Osborne Park facility epitomises this approach. Eugene really does enable older people to live life in a meaningful way, while having fun, and he cares for their families too. I'm very happy that he has been shortlisted for this prestigious award."

Eugene builds rapport and trust with clients, intuitively

using his great sense of humour and mischief to keep them engaged as he calmly prompts, directs and praises.

Most items produced in the facility's men's shed are made from recycled materials.

Eugene takes clients with him in the day club bus and roams the streets during roadside collections, scavenging for wood, door handles, hinges, old furniture, frames, even paint – whatever looks interesting for recycling in men's shed projects.

A children's table and chair set for a client's grandchild were built from scavenged wood, reclaimed brackets, and recovered screws, nuts and bolts.

Eugene teams his men's shed participants up with the day club gardening

group run by his colleague, Kerry Haustead, to work on projects like building a rock garden and an aviary.

He has helped the men turn an old church pew into a collapsible woodworking bench, and they have created a very popular table-top board for the men to play marbles on.

Many items are raffled and the funds raised are used to purchase supplies for the men's shed

Eugene is well aware of the stress experienced by families of those living with dementia, and their need for respite while trusting that their loved ones are in good hands.

For more information on Amana Living Osborne Park (Catherine King Day Club), call 9424 6949.

## Learning to live with Parkinson's is a challenge

EVERYDAY tasks become increasingly difficult, and previously small problems can become insurmountable.

Even tying shoelaces and fastening buttons can be an impossible trial.

For those with the condition and their loved ones, the stress of dealing with the day-to-day effects of Parkinson's can be part of a vicious cycle that causes symptoms to worsen. Managing the condition means managing the stress caused by the condition.

Parkinson's WA is committed to supporting West Australians with Parkinson's by providing a range of resources to individuals, carers and families. Some of the most popular group activities are the regular support groups facilitated by Parkinson's WA, and delivered across Perth and beyond.

Support groups are an opportunity for people with Parkinson's, and their carers and families, to come together and share experiences, advice and ideas. Participation in these groups is shown to reduce feelings of isolation, provide opportunities to build networks, and offer respite to all who attend.

The benefits of attending a support group contribute to lowered stress levels and increased feelings of connectedness and wellbeing – essential for successfully managing Parkinson's symptoms. Many groups have guest speakers, and all provide the opportunity for coffee and a chat.

Parkinson's WA currently has 17 support groups in the Perth Metropolitan area, South-West and Wheatbelt regions, and is seeking to increase this number.

The organisation also provides a number of exercise classes in the Perth metropolitan area and will hold the annual "A Walk in the Park" event at Perry Lakes Reserve, Floreat, on Sunday 14 September.

For more information on attending or starting a support group or exercise class, contact Jodie on 9346 7373 or email [pwaspport@cnswa.com](mailto:pwaspport@cnswa.com).

### Volunteers needed for study on the effects of a component of apples on blood vessel function

The University of Western Australia School of Medicine & Pharmacology at Royal Perth Hospital, is assessing the effects of a component of apples on blood vessel function. Non-smoking men & women aged 20-70 yrs, are invited to participate in a five week study. For more information please phone Nicola on: **9224 0342** or email [nicola.bondonno@research.uwa.edu.au](mailto:nicola.bondonno@research.uwa.edu.au)

Approved by the University of Western Australia Human Research Ethics Committee

UWA/13/267

"I'd like to be part of an informal group"

"I'd like to access support in my local community"

"I'd like to share experiences with others"

Join your local  
**Parkinson's Support Group**



T (08) 9346 7373 | [www.parkinsonswa.org.au](http://www.parkinsonswa.org.au) | [E.pwadmin@cnswa.com](mailto:E.pwadmin@cnswa.com)

## DO YOU HAVE KNEE PAIN?



**Are you over 50 years of age?**  
**Have you had knee pain on most days for more than 3 months?**  
**Do you have access to an email account and broadband internet?**

If so, you may be eligible to take part in the IMPACT knee pain study conducted by the Department of Physiotherapy at the University of Melbourne.

Your help may assist in the development of new and improved non-surgical treatments.  
**HELP US TO HELP YOU!**

For further information please contact Rachel  
Email: [impact-study@unimelb.edu.au](mailto:impact-study@unimelb.edu.au)  
Or visit: <http://chsm.unimelb.edu.au/volunteer/impact/impact.html>

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# healthy living

ADVERTISING FEATURE



## New vaccine trial against common bacteria

PERTH RESEARCHERS have begun a clinical trial of a vaccine that may protect against a common bacteria that causes diarrhoea and abdominal pain in some hospital patients.

The Vaccine Trials Group, a collaboration between Teltheton Kids Institute, Princess Margaret Hospital for Children and the UWA School of Paediatrics and Child Health, is part of the international trial in which 15,000 people from 200 countries will take part.

Study leader Dr Peter Richmond said the vaccine aims to protect against the bacteria *Clostridium difficile*, which causes up to 30 per cent of all diarrhoea cases among hospitalised patients.

"This bacteria can cause mild to severe diarrhoea and abdominal pain and in some cases, complications from this infection can cause rupture of the bowel and death," Dr Richmond said.

"Those most at risk of infection include people who have had at least two hospital stays in the last year and received antibiotics as well as those who have an operation planned."

Previous studies of this vaccine in healthy adults found it was safe and produces a good immune response.

Volunteers aged 50 years and above are needed for the vaccine trial which involves receiving the study vaccine or a placebo, several blood tests and completing a diary card.

For more information, contact the Vaccine Trials Group:

Phone 9340 8542

Email [cdiff@telthetonkids.org.au](mailto:cdiff@telthetonkids.org.au)

Web [vaccine.telthetonkids.org.au](http://vaccine.telthetonkids.org.au)

VTG Recruitment Media Release H-030-014 Version 1, dated 07 May 2014.

Refer to ad on page 40.



Jeanette Woolerton

by Jeanette Woolerton

### Joint venture

IF YOUR joints are feeling a little worse for wear, have you considered glucosamine?

This supplement is often taken with chondroitin to help slow or reverse the progression of osteoarthritis, as well as relieve its painful symptoms and slow (or reverse) its progression.

Glucosamine is one of the building blocks of cartilage, derived from crab, lobster or shrimp shells.

It is available in two forms, sulfate (most tested) and hydrochloride.

One Australian study published in 2014 showed that people taking a combination of glucosamine sulfate and chondroitin sulfate over two

## Health hints

years reduced the amount of joint space narrowing compared to those taking a placebo.

Although views on the supplement may be conflicting (some believe that it is no more effective than taking a placebo), overall it seems the sulfate version of glucosamine works better, although it is not known why.

For further information regarding the pros and cons of this supplement, please refer to:

<http://www.abc.net.au/health/library/stories/2014/05/19/3998047.htm>

### Homeophobic?

For many, homeopathy is quackery based on unscientific principles, but those who regularly use homeopathic treatments hold a very different view. So what's going on?

The debate about the effectiveness of homeopathy is nothing new.

Recently it made headlines after Australia's National Health and Medical Research Council released a draft information paper on

homeopathy which found there were "no health conditions for which there was reliable evidence that homeopathy was effective".

In 2010 a report from the UK House of Commons said the evidence failed to show a credible physiological mode of action for homeopathic products, and what data was available showed homeopathic products were no better than placebos.

There are no recent figures available on the use of homeopathy in Australia, but data collected by the Complementary Healthcare Council in

2008 showed that Australians spent at least \$11 million that year on a form of therapy that all available mainstream evidence suggests doesn't work.

### Why?

Is this belief substantial enough to convince scientific homeophobics that there is some justification in using homeopathic medicine?

That query may be answered by reviewing the link: <http://www.abc.net.au/health/features/stories/2014/05/23/4010063.htm>

### Have a go!

Exercising over the age of 65 is not just about your heart, it is about gaining strength, balance and coordination.

Being active is one of the

best ways to age well; keeping you mentally healthy and free of disease and disability. And it helps even if you start late in life.

However, many older exercisers do only one activity and risk missing out on some important health benefits.

The ideal regime is to mix and match your activities, to gain a broad range of benefits to all of your muscles, organs and systems.

For an inspiring program and tips on what others are achieving, please peruse

<http://www.abc.net.au/health/thepulse/stories/2012/09/06/3584457.htm>

Be it fast or be it slow, it is never too late to have a go!

## Don't ignore hearing loss

CLARITY Hearing Clinic's Audiologist, Ms Fernandez says that, "When people have hearing loss, they may start to withdraw from activities they used to enjoy, because certain scenarios may tire them out, or become embarrassing or difficult".

Now research is finding that hearing loss could have a worrying knock-on effect as evidence is emerging that deafness may lead to dementia.

For most people, hearing loss is gradual and often first detected by family and friends.

The most common signs of hearing loss are: Being able to hear people, but not clearly understand what they are saying; the feeling that people mumble; asking people to repeat what they have said and needing the TV volume louder than others.

The sooner you identify a hearing loss the easier it is to overcome before the brain loses vital connections.

Ignoring a hearing loss for too long can make it difficult for the brain to adapt to hearing aids in the future.

Clarity Hearing Clinic is accredited by the Commonwealth Government to provide free hearing services to eligible pensioners and DVA card holders, including free hearing assessments and a range of free hearing aids if required.

The Clinic's hearing aids are selected, programmed and fitted by expert university qualified audiologists.

Hearing aids are customised and individually programmed to suit the patient's hearing needs.

Call Clarity Hearing Clinic, located in Duncraig and Como on 9474 6644 to book a consultation today.

If you've discovered you've got  
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You're not alone  
Contact Your Local Support Group

Albany	Colin	0409 377 683
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Bunbury	John	0407 219 507
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If you bought one of Rotary's Bowelscan kits during May, please don't waste it. Use it and return it to the pharmacy by June 14. Info: 1300 779 694 | [www.catchcancer.org.au](http://www.catchcancer.org.au)

Stay in touch. Like us: [f /catchcancer](https://www.facebook.com/catchcancer)

## Help us explore pathways to diabetes management

### Do You Have Type 2 Diabetes? We are enrolling adult volunteers now

If you have type 2 diabetes, and are between 18 and 75 years of age, find out if you qualify for a clinical research study of an investigational oral diabetes medication.

**You may be eligible if your blood sugar is not well-controlled and you are being treated with metformin and sitagliptin.**

If eligible to participate, you will be seen by a study doctor and receive study-related testing and medication at no cost.

If enrolled, you may be reimbursed for parking and travel expenses.

For more information, please contact:

Michelle England, Senior Clinical Trial Co-ordinator

Phone 9431 3230 or 0427 347 984

Fax 9431 2977

Email [michelle.england@uwa.edu.au](mailto:michelle.england@uwa.edu.au)

Thank you. Volunteers are critical to diabetes research.

Case study closes 16 August 2014

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# healthy living

ADVERTISING FEATURE



## Men's cancer group sweats it out

EDITH COWAN University (ECU) researchers have discovered an innovative way to tackle depression in men with prostate cancer.

Men with prostate cancer are nearly twice as likely to develop depression as the general population, but a recent study has found regular group exercise can significantly reduce this risk.

The study involved 64 men who had recently been diagnosed with prostate cancer and were receiving treatment. Half of

the men were involved in a supervised, group-based exercise program involving twice weekly sessions. The other half maintained their normal care.

After three-months, the men in the exercise program reported 40 per cent lower psychological distress levels than those in the control group.

The men in the exercise group also reported a five per cent increase in overall mental health and a four per cent improvement in social functioning.

Quick Facts

- Almost one in four men diagnosed with prostate cancer will suffer from depression.

- Around 20,000 Australian men are diagnosed with prostate cancer each year.

- The study, Can Supervised Exercise Prevent Treatment Toxicity in Prostate Cancer Patients Initiating Androgen Deprivation Therapy: A Randomised Controlled Trial, was recently published in the British Journal of Urology International.

- The study also revealed that exercise was effective in counteracting the physical side effects associated with prostate cancer treatment.

"The exercise program has been absolutely wonderful. I feel fitter and stronger and it's improved my mental wellbeing"

"Even though the study finished last year, a group of us still come down to ECU's Mount Lawley gym to work out together. We really enjoy the camaraderie."

"Being able to come down and workout with the guys, but also be able to talk to them about what we have all been through, has been a fantastic help"

Lee Giampietro, Research study participant

## Natural looking dentures

DOES your denture fit well?

Does it feel comfortable?

And are you happy with the way it looks?

Many people have problems with their denture due to poor fit, incorrect bite and a naturally changing facial structure.

When your denture is worn down or shrinkage occurs in the gums supporting your denture, the lower jaw can move out of its correct relationship with your upper jaw. Problems occur such as collapsed facial muscles, sore corners of the mouth, a clicking noise when chewing or a dull ache around the ear.

Qualified Dental Prosthetist David Wilson of Darling Range Denture Service has 25 years experience making dentures and said,

"I specialise in making natural looking dentures and my goal with each person is to create an individual denture that fits well, looks great and functions properly"

David provides an expert service direct to the public – repairs while you wait; new full and partial dentures and relines.

All work is guaranteed and recognised by Health funds and Veteran Affairs.

David is a member of the Australian Dental Prosthetist Association and his practice is located in the historical cottage at 6175 Great Eastern Highway in Mundaring.

He has been servicing the local and country community since 1992.

Phone David Wilson for a free consultation on 0419 918 692.

## Country/Rockers Dance Nights calendar

COUNTRY/ROCKERS Dance Nights are held on Wednesdays from 8pm-11pm at the Baby Boomers Meeting Place, RSL Belmont, 22 Leake Street Belmont (Off Great Eastern Highway).

Dates for June and July:

June 2014

11 Night Fever  
18 Second Chance  
25 Cameo

July 2014

2 Alan McCowat

- (The Zodiacs)

9 Indiana

16 Peter Hacking

23 Deja Vu

30 Rockin' Ronnie

Entry: \$5pp.

Doors Open 7pm - BYO

Snacks/Food.

Drinks at Club Rates - No

BYO.

For more information,

please call Linda:

9354 3899.

## STEM CELL INNOVATION



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This vaccine will enable the body's own defences to directly target the cause of C.diff disease.

Vaccination can be an EFFICACIOUS, COST-EFFECTIVE AND IMPORTANT PUBLIC HEALTH MEASURE to protect vulnerable individuals from this devastating disease, in whom the attributable mortality is 8 - 15%.

Your help is needed to educate patients about the risk of C.diff and the benefit of prevention.

Are your 50+ year old patients at potential risk of becoming infected with Clostridium difficile (C.diff)?

Sanofi Pasteur is currently conducting a Phase III Clinical Trial to develop a vaccine to prevent C.diff.

### Potential Trial Candidates

50+ years of age •

At least two hospital stays of 24 hours+ and received antibiotics in the past year or

Anticipating planned surgery with a hospital stay of at least 72 hours within the next 60 days.



H-030-014/APAC/10march2014

For further information please contact the research nurses on 9340 8549 or email vtg@telethonkids.org.au

## Community NOTEBOOK



### THE MAYLANDS HISTORICAL & PENINSULAR ASSOCIATION

Open to the public Wednesdays 9.30am-3pm  
Located at the old Maylands police station  
196 Guildford Road Ph 9271 3932

### SUNDAY SERENADES

It's All About Jazz 15 June, 2pm  
The Western Australia Youth Jazz Orchestra  
Civic Chambers, Joondalup  
Ticket prices; Adult \$12, Conc \$10  
To reserve tickets 9400 4230

### SONGS OF INSPIRATION

Sunday 29 June  
St Marys Church 2.30pm.  
Cnr Ridge and Karoo St South Perth  
Presented by Justin and Katherine Freind  
Price \$15 incl afternoon tea  
Book now www.trybooking.com/EJUK  
or 0408 855 458

### MERRY MELODIES

Midland Town Hall Sunday 13 July, 2.30pm  
Tickets \$10 Adults. \$5 Children  
Featuring orchestral music from classic cartoons  
To book in advance phone 9295 6411 or 9293 4313

### MUNDARING SUNDAY MARKETS

Second Sunday of each month. 9am to 3pm  
Up to 100 stalls selling a wide variety of products.

### MELVILLE HISTORY CENTRE

Opens the Miller Bakehouse Museum  
Cnr Baal and Elvira St, Palmyra  
Each Sunday 2.30pm - 4.30pm Gold coin entry  
The Society also conducts regular talks.

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



# 'Changing of the guard at Chelsea'



Some of the awe-inspiring gardens on display at the Chelsea Flower Show. From left; Togenkyo; A Paradise on Earth by Kazuyuki - The Topiarist Garden at West Green House designed by Marylyn Abbott - Birmingham City Council's commemoration of WWI - The Telegraph Garden designed by Tommaso del Buono and Paul Gazerwitz

I WAS fortunate enough to take in the 101st Royal Horticultural Society's (RHS) Chelsea Flower show in London on Members Opening Day as a tour leader for Ross Garden Tours this May.

The show was the final highlight of the 'Europe's Best Gardens' tour of Amsterdam, Paris and London.

Sadly there were no large Aussie show gardens there this year to fly the flag, but there were some Aussies helping out on English television personality Alan Titchmarsh's display garden celebrating the 50th anniversary of Britain in Bloom and his 50 years in horticulture, titled 'From the Moors to the Sea'.

However, there was an Aussie participating in the smaller Artisan Garden category: Marylyn Abbott formally of Kennerton Green in New South Wales and now West Green House in Hampshire, England who won Silver-Gilt.

Inspired by her own garden in Hampshire, this garden was called 'The Topiarist Garden at West Green House'. Here eclectic topiary designs were placed within a walled garden mixed with pots of annuals and perennials in a form of 'Topia Opera'.

The delightful design won many admirers for the amazing topiary and detailed brickwork of the cottage and walls.

The Chelsea Flower Show had a new show manager Saul Walker, who this year decided to revamp the layout of the Great Pavilion.

Walker introduced an influx of 'new' young designers less than 30 years of age to bring a breath of fresh air to the event. This was at the expense of the regular trusted 'old guard' of show garden designers.

Many of the young designers had cut their teeth at other RHS garden shows including Tatton Park and Hampton Court by designing and building smaller show gardens.

The young designers performed exceptionally well with David 23, and his 27-year-old brother Harry Rich's garden 'Vital Earth The Night Sky' gaining a Silver-Gilt award for their constellation inspired design featuring serpentine walls, rock boulders and black walls.

The 'Hope on the Horizon' garden by 29-year-old Matt Keightley represented the contemplative space and process that returned serviceman experience when on the road to recovery. This garden also took out a Silver-Gilt and the well deserved and coveted People's Choice Award.

The best performing youngster was the talented Hugo Bugg with his 'RBC Waterscape Garden', which illustrated sustainable solutions for home and commercial gardeners in response to global water issues. For his efforts he took out a Gold Medal, the youngest person to do so at 27 years of age.

Other Gold Medal winners in the Show garden section were Cleve West for 'The M&G garden' a contemporary take on the paradise garden invented by the Persians to create a place of sanctuary and contemplation.

Charlotte Rowe's 'No Man's Land for ABF the Soldier's Charity', highlighted the conflicts on the Western Front and how the landscape though permanently changed, has been regenerated.

The 'Homebase Garden - Time to Reflect' in association with the Alzheimer's Society was designed by Adam Frost to provide an ornamental wildlife friendly garden to help educate children about nature, encourage family interaction and to reflect on our memories.

Young apprentices from the Homebase Academy assisted in the Gold medal-winning garden. My favourite show garden was the 'Telegraph Garden' designed by Tommaso del Buono and Paul Gazerwitz with their Italian inspired garden for the modern era. Based on the principles and elements

of Italy's great historical traditions, the garden invoked a peaceful and beautiful environment designed for rest and relaxation.

Bay tree hedges and glorious roof trained lime trees furnished the backdrop to the immaculately clipped box domes, herbaceous plants and lawn.

The coveted 'Best in Show' award went to Luciano Giubbilei for the 'Laurent-Perrier Garden' whose Gold medal winning garden combined the interplay of natural elements with a simple geometric layout.

Luciano's intention was to stimulate the enjoyment of observation and to explore the relationships between the contrasting materials and forms in the garden. Delicate planting was set against strong stone finishes, with a subtle water channel gently flowing into a central pond, all of which were executed perfectly. An amazing textured sculpture of roughly hewn layers of cedar added further texture and composition to the design.

The winner of the best Fresh Garden section, which highlights new cutting edge garden design ideas, was 'The Mind's Eye' by LDC Design.

The garden was created for the Royal National Institute of Blind People as a sensory garden for blind, partially sighted people and those with perfect vision. It

explored how we can create images without the need for sight through a journey of discovery, memory and imagination.

The Artisan gardens in the Ranelagh Gardens at Chelsea always engage visitors with their artistic and naturalistic approach and the winning design this year was a stand out.

'Togenkyo - A Paradise on Earth' by Kazuyuki Ishihara was inspired by the fable of Togenkyo, a place of beautiful scenery that can help people forget their troubles and strife.

This garden set the benchmark higher than ever before with intricate stonework, water features and even hand-glued moss in perfect mounds. Even the back of the site where nobody sees was perfectly planted and finished off.

Maybe in the not too distant future the Aussies can again vie for the top honours at the 'Gardening Olympics' of garden design at the Chelsea Flower Show.

**Check out Europe's Best Gardens on Facebook**

If you would like to see more photographs of my gardening trip to 'Europe's Best Gardens' go to Gardens from Eden Facebook page <https://www.facebook.com/GardensfromEden1969> or follow the link from [www.gardensfromeden.com](http://www.gardensfromeden.com)

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ADVERTISING FEATURE

## Focus is on eco friendly homes

MANY PROPERTY owners are recognising the need to think green – not just for the environment but also to save money.

With World Environment day celebrated on 5 June, Perth rain harvesting expert Liza Joubert said it is a perfect time to focus on environmentally friendly products available in the home building and renovation market.

“There is an ongoing shift towards people wanting to use natural free energy sources to add to their homes to cope with the ever increasing water and utility bills,” said Ms Joubert.

“I’m calling on all home owners to think more about the energy we use and waste in our homes and how we can change our wasteful ways,” she said.

“It really is a case that every drop counts – and consumers are at the front line of the battle to save our water supply,” she said.

Ms Joubert said World Environment Day is a perfect time to consider having eco friendly products to change people’s attitudes towards sustainable products because:

- A rainwater tank gives householders

a visual and physical reminder of how they use water and the impact of that use

- Creates a consciousness around being green; rainwater tanks allow householders to see how much water and money they save

- Creates a feeling of doing the right thing by using green eco friendly products

- Engenders a feel good outcome with a ripple effect from using solar and water wise gardening and products inside their homes.

For more tips to save water and green products see [www.jojotanks.com.au](http://www.jojotanks.com.au)

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toilets at clubs etc. as it would allow me and others similarly disabled to have a morning, afternoon or day out and not have to ask their carer/husband/wife to assist them when they need to use the restrooms.

“It would just make these outings so much more comfortable for all concerned. It would also allow us to be able to get out on our own and just enjoy the day independently.

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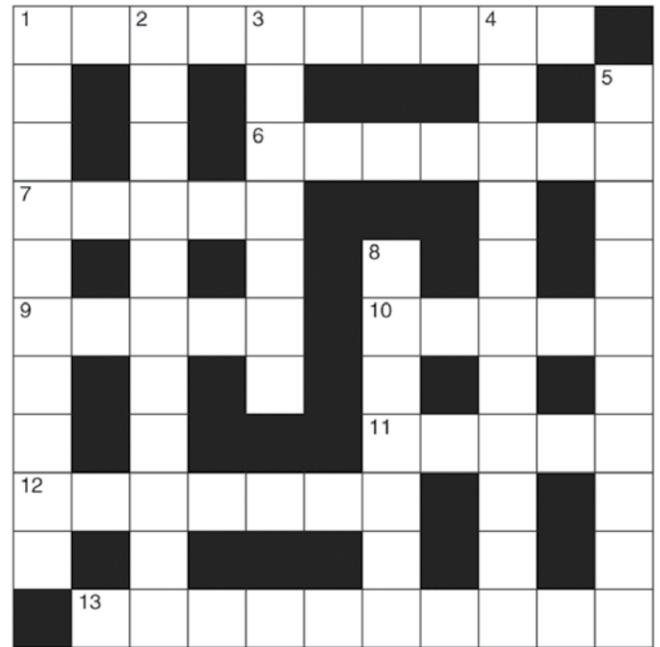
\*Mrs M Humphries

\*Name changed for privacy reasons

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Tackle either set of these clues - you can even mix and match them, because the solutions are the same for both sets

### CRYPTIC CLUES

#### Across

1. Commonplace person on foot (10)
6. Trees to become prize for best Brahman or Hereford (7)
7. Muslim eastern centre calls Arabs to read, initially (5)
9. Aussie general takes part in prolonged assault (5)
10. Not widespread back in Venezuela colonies (5)
11. Insects seen behind airborne tiger (5)
12. Function in Opera Tearooms (7)
13. Support outspoken deputies (10)

#### Down

1. Consent for each assignment (10)
2. Laundering establishment where good spirits are essential (3-8)
3. Stayed right in but left the straight and narrow (7)
4. Change action over quarrel (11)
5. Interfering with medals, some say (10)
8. Merciful to put Libyan leader in cement? (7)

### STRAIGHT CLUES

#### Across

1. Walker (10)
6. Award ribbon (7)
7. Hajj destination (5)
9. Attack on fort (5)
10. In the neighbourhood (5)
11. Cupboard pests (5)
12. Perform surgery (7)
13. Help (10)

#### Down

1. Go-ahead (10)
2. Fabric cleaning firm (3-8)
3. Deviated (7)
4. Noisy squabble (11)
5. Prying (10)
8. Mild (of weather) (7)

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## SUDOKU

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

Rating: ★ ★ ☆ ☆ ☆

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

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### CONVENIENT LOCATION

National Lifestyle Villages Bridgewater is set on a picturesque 40-acre site conveniently located between the Peel Inlet, an A-grade nature reserve and the Erskine Shopping Centre. Plus it's only minutes from the Mandurah city centre, train station and beautiful beaches.

### GATED COMMUNITY

To give you an added sense of security, National Lifestyle Villages Bridgewater is a gated community where the gates open at dawn and close at dusk. Your home features a video intercom system to the front gate so you know exactly who's coming to visit.

### ESTABLISHED FACILITIES

To help you maintain a healthy and active lifestyle, you'll have daily access to a huge range of established resort-style facilities, including an indoor heated pool, bowling green, tennis court, workshop, clubhouse and more.

### REDUCED FINANCIAL BURDEN

At National Lifestyle Villages Bridgewater, you'll enjoy the benefits of home ownership without the financial burden and responsibilities of land ownership. You simply pay a weekly rent for the land, facilities, infrastructure and services.

### YOU'LL NEVER FEEL ALONE

As a resident, you'll be part of a close-knit community with an unending program of events and activities. And when you need some quiet time, you can retreat back to your very private home and garden.

### CHOICE OF HOME DESIGNS

Living at National Lifestyle Villages Bridgewater takes the time and expense out of owning a big family home. You can choose from stylish 1, 2 and 3 bedroom home designs to suit your lifestyle and budget. Move into an established home now or build a brand new home in as little as 12 weeks.

### VISIT OUR DISPLAY VILLAGE

To find out more, come and view the wide range of homes in our display village at **106 Oakleigh Drive, Erskine, WA 6120** which is open daily from 10am-4pm.



Allen and Jan Isaac are enjoying an eco-smart, low-cost lifestyle after moving into National Lifestyle Villages Bridgewater, Mandurah.



The Isaacs are reducing their ecological footprint and saving money due to the built-in, environmental initiatives at National Lifestyle Villages Bridgewater.

Water management principles, such as sub-surface irrigation, water wise fittings and a rainwater tank fitted to their home, has reduced the Isaacs' average water bill to just \$20 a year.

The couple also have a healthy electricity credit thanks to solar panels on their roof.

"I think we are using just four units of electricity a day," says Mrs Isaac.

**We haven't paid a single electricity bill since the panels were installed.**

"We turn the lights on at night, and only occasionally during the day in winter. Our home faces north, providing ample natural light. It's beautiful."

National Lifestyle Villages Bridgewater is nestled between the Erskine estuary and the ocean, enabling residents to make the most of the sea breeze.

"There's water all around us, so it's a lovely, cool relief on summer afternoons," says Mrs Isaac.

**We open our doors to let the breeze filter through.**

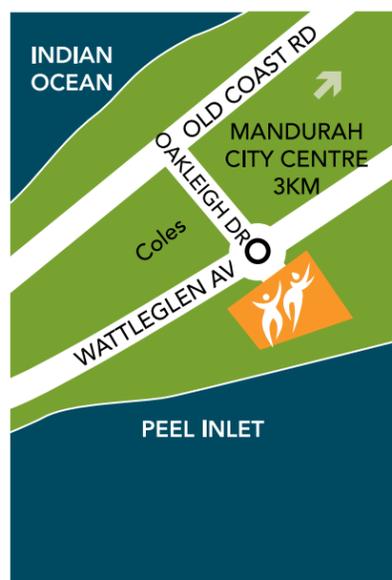
The Village prides itself on smarter living, boasting a recycling centre, chook-run and a thriving vegetable patch, intended to supply the residents with organic produce year round.

The Isaacs live in a sustainable two-bedroom, one-study home with one bathroom and two toilets.

"It's an ideal size for us with room for the family when they visit," says Mrs Isaac.



Only a limited number of pre-loved, established homes are available at National Lifestyle Villages Bridgewater. To find out more, call Regina on **9550 4882** or visit [nlv.com.au/bridgewater](http://nlv.com.au/bridgewater) today. Join us for our next information session on Sunday July 13th from 10am.



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**National Lifestyle Villages**  
Bridgewater - Mandurah

# Retire in Style



ADVERTISING FEATURE

## WASFRA welcomes guest speaker Professor Ralph Martins

ON THE second Friday of each month at 10am, the WA Self Funded Retirees Association holds a meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat at which, as a feature, guest speakers present topics of interest to retirees.

The speaker at the meeting on Friday the 13 June 2014 is Professor Ralph Martins.

Professor Martins established the McCusker Foundation for Alzheimer's Disease research in 2000 and in 2004 was appointed to the inaugural Chair in Ageing & Alzheimer's at ECU.

He is the winner of a

number of awards, including the 2010 WA Australian of the Year, the 2011 WA Citizen of the Year Professions Award and was awarded an Australia Day honour, Officer of the Order of Australia (AO) in the General Division 2013.

The professor is a board member of three research foundations and several committees for national research organisations.

He holds Adj. Professorships at the Thomas Jefferson University, the University of WA, Curtin University and the National University of Singapore.

Many members, if not all at the WA Self Funded Retirees Association, have a close relative, or know

someone who has or is suffering from this frightening disease.

Those who attend the June meeting will be privileged to hear what Professor Martins has to say and as a leading expert in Alzheimer's Disease and world renowned authority on the subject, his presentation will no doubt, leave us much better informed and with a good understanding of AD and its treatment.

Professor Martins, whose career spans more than 30 years, has had articles presented in more than 200 publications in mid to high impact journals. He has established a research unit comprising 30 research staff and 12 postgraduate students, who are working to understand the cause(s) of AD.

His research has led to the identification of three novel drug candidates, attracting Federal funding and the interest of key commercial partners.

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.

## Loneliness can be lethal



...loneliness is a risk factor for death and illness...

by Frank Smith

LONELINESS is more dangerous than obesity and a major cause of ill health and premature death in older people.

Professor John Cacioppo of the University of Chicago studied a sample of more than 2000 US adults aged over 50 as part of a Health and Retirement Study.

He says his team's research contributes to a growing literature indicating that loneliness is a risk factor for death and illness and points to potential mechanisms through which this process works.

"Loneliness is responsible for a 40

per cent increase in early deaths compared to 30 per cent for heavy drinking and 20 per cent for obesity," he said.

"People don't admit to being lonely. It is stigmatising - the equivalent to being a loser.

"Loneliness leads to poorer health, increased cortisol (the fight or flight hormone), impulsive and unhealthy behaviour and more fragmented sleep."

In another study, the Chicago Health, Aging, and Social Relations Study the team explored relationships with people and nonhuman beings.

They designed a relationship satisfaction scale to ask questions about participants' satisfaction with their most important person, their group, their God and their pet.

Person and group satisfaction contributed independently to well-being.

He said on-line friendship is no substitute for contact with actual people.

"The quality of a relationship is more important than the number of friends you have," he said.

Ms Angie Mitchell of Mount Eliza, Victoria said her friend's mum has now been in high-care for two years after suffering multiple strokes.

"She is stuck in a room full of people who have no brain faculty and can hardly talk. She can talk but there is no one to talk to.

"This is what the nurses told my friend typically happens to people in nursing homes:-

"First six months - all family and friends visits.

"Next six months - just family and maybe a few close friends visit.

"After 18 months - just close family visit - but only at most twice a week.

"After two years immediate family visit twice a month and only at weekends only.

"Thereafter visits are just spasmodic. "It is frightening! I am absolutely terrified of ending up in a nursing home," she said.

In Australia the Community Visitors Scheme (CVS) arranges for volunteers to visit lonely people.

Some residents of aged care homes don't have regular contact with relatives or friends from outside the aged care home, said Louise Berry of Kalamunda Community Visitors Scheme.

"As a community visitor, you add to the quality of life of the resident by being a companion and friend.

"Community visitors visit the resident at least once a fortnight. The visitor and the resident may like to read, chat, do crosswords, reminisce, or listen to music. If the resident is able, they might take a walk or go on an outing.

"You can help the resident feel more involved in their community. You may also provide assistance with day-to-day tasks, such as mailing letters, if you wish to and if this is appropriate.

"This sort of assistance should only be such as a friend would give, and only if you are comfortable doing so," she said.

For information about being a community visitor, contact a Commonwealth Carelink Centre on 1800 052 222, or visit the Commonwealth Carelink website at [www.comcarelink.health.gov.au](http://www.comcarelink.health.gov.au).

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Experience a healthy lifestyle with world class sporting venues, landscaped parkland and bush walking

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For further information see ad this page.

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# Retire in Style



ADVERTISING FEATURE

## June 15th is World Elder Abuse Awareness Day



Advocare's CEO, Greg Maheny

by Frank Smith

GREG MAHENY CEO of Advocare says elder abuse is largely hidden from public view.

"Our surveys suggest between four and six per cent of seniors suffer abuse. That is over 12,000 people in WA - about the same number as suffer Alzheimer's disease.

"It profoundly affects people. Most have taught their family members a set of ethical values and abuse by a son, daughter, partner or carer is hard to take.

"It may take years to ac-

cept what is happening and sometimes years to become aware of what is happening.

"Financial abuse is most common but often there is emotional and physical abuse as well.

"For example their children may threaten not to bring grandchildren to see them or threaten to kick their pet dog.

"Elder abuse is not limited to one or more ethnic groups. It occurs in mainstream society although subgroups differ in the form abuse takes.

"Often the abuser hopes that no one will realise what is happening. For example a daughter might take her mother shopping and take money for the petrol, but withdraw \$50 or \$100 rather than the \$10 expected.

"Frail aged people are the most vulnerable. They are unable to access their bank account or visit an ATM so they have to rely on others, such as giving their ATM card to a family member.

Sometimes the abuser will withdraw more or all the

money in the account.

People with dementia are also very vulnerable because they tend not to be believed.

"Dementia patients who complain of abuse may be considered a 'silly old goat'," he said

"If you have signed an enduring power of attorney it is important to pick someone you trust. When you can't make decisions for yourself a dishonest attorney can exploit the situation, even sell your house against your wishes.

Mr Maheny said Advocare's role is to provide support for abused people and to work out their options with them.

"We will never take actions that the abused person doesn't want us to do. For example we won't go to the police without their agreement even though a crime has been committed."

Advocare's other role is to educate groups who care for older people such as staff of aged care homes and respite centres of their rights

and responsibilities.

"We try to teach them to be alert and spot abuse," he said.

Advocare has seven advocates working in the area of aged care problems, including one Aboriginal advocate dealing with the indigenous community. They travel to remote areas as part of their role dealing with aged care complaints.

A telephone hotline staffed by Advocare has been launched in Western Australia to help seniors who are pressured by family members to surrender their money.

Seniors and Volunteering Minister Tony Simpson said once operational, the helpline will give elderly people advice on how to deal with such pressure and other abuse issues.

World Elder Abuse Awareness Day seeks to prevent elder abuse incidents by giving targeted information and encouraging community participation on a broad scale.

## Downsize while you can get the benefits!

"WE SHOULD have done it earlier," is the most common remark heard at Willow Creek Mews, Mandurah's latest life-stage retirement village, says Stephen May director of Mayco Properties.

"Too many people leave it till they have to downsize, be it for health reasons, companionship, or financial reasons, and then don't have the stamina or enthusiasm to enjoy the amenities available to them."

"Buying into a modern, well designed and attractive home at around half the price of similar lifestyle homes leaves plenty of spare cash to enjoy their leisure time. Which is what retirement is all about," he says.

"Retirement planning should not get left till the last minute." And he urges people to get out and look at the many options available to them

"Here at Willow Creek Mews we know we give the best possible value for your dollar and it is showing in sales as we move into our final stage."

"Our programme offsets the high ingoing and exit costs associated with retirement villages so buyers can move into a home tailored for over 55s complete with open plan living areas, European appliances, fitted carpets and window treatments. We don't have tennis courts or bowling greens so our low weekly levies allow us to utilise our resources wisely to give residents the best of both worlds."

Mr May says, "Mandurah already provides excellent recreation facilities from libraries, swimming pools, bowling greens and an outstanding foreshore, so why duplicate them. Willow Creek Mews has been designed to provide community, convenience and a spacious new home with the latest technological advantages relating to acoustics, energy efficiency and sustainability. All at a price well below our competitors."

"Villas have a huge double bedroom with an extra-large study that doubles up as a spare bedroom, all specifically designed for 'ageing in place' and finished to excep-

tionally high standards," said Mr May.

"Willow Creek Mews offers resident's a recreation centre, attractive landscaped gardens, security, and a link-up with a local age care serv-

ice provider which will supply a host of care packages as residents' age"

A new Display Villa is situated at Legend Crescent, Greenfields and opens every Saturday from 11am to 3pm.

Prices range from \$133,000 to \$150,000.

For more information, please contact Stephen May on 0419 042 300, or go to [www.willowcreekmews.com](http://www.willowcreekmews.com)

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Plus, you'll receive a monitored 24-hour emergency call service, 19 TV channels, and high-speed ADSL to each pet-friendly villa.

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# Retire in Style



ADVERTISING FEATURE



Andrea Palmer

by Andrea Palmer

BY THE time you are 55, you might be thinking about how to protect your super nest egg. It is common to feel uncertain and unclear about how to

## The right information can help you protect your super nest egg

best manage your super, especially as retirement approaches and you are looking at investment options inside your super fund.

But with the right education and advice, you can take control and make informed money decisions to avoid making mistakes.

When choosing the right investment option, here are some things to think about.

### Start with the end in mind

The first step is to start with the end in mind. Work out how much income you need each year to live comfortably

in retirement.

The second step is to consider your current super balance. How much money will you have saved in super at retirement? Given your annual income needs, how long will your super last?

The third step is to consider the gap in savings. If there is a gap in savings, you'll need to take the right action to help bridge the gap.

It's important to determine these three steps before thinking about which investment option or options to choose for your super. That's because choosing the right investment option(s) is about aligning your income needs and personal risk tolerance.

Let's say you are 55 years old and plan to retire in 10 years' time. Choosing a lower risk investment option such as cash or fixed interest might sound reassuring, but what if you need higher returns to bridge a gap in savings? And if you need higher returns, that normally means taking a higher level of risk. How does that sit with the "can I sleep at night" test?

### Understanding risk and return

Risk means different things to different people. Most people think of risk as the chance of losing their capital. Others describe risk in terms of the "ability-to-sleep-at-night" test. You don't want to lie awake at night worried about your investments, so understanding and accepting the risk of an investment will help you get a good night's sleep.

As a general rule, the higher the potential return from an investment, the greater the possibility of negative returns from the investment.

For example, over 10 years, a balanced option with average a returns of 6 per cent pa (net of fees and tax) will lose money in at least one of those years. A growth or high growth option with average returns of up to 9 per cent pa will lose money in at least two out of 10 years. But if you have between five to 10 years before retirement, you'll likely have enough time to ride through ups and downs. That's why an investment time horizon is so important - do you have enough time to ride out the ups and downs?

Historically, over any 20-year period, a growth or balanced strategy has delivered higher returns than more conservative investment options. A growth or balanced strategy may suit a long-term investor who won't be spending their super for more than five to 10 years. You must decide if the likely rewards are worth the risk.

**Product is only the vehicle**  
There is a universe of super fund products to choose from. But the super fund product is just the vehicle for your investment strategy. Your investment choice decision should be primarily based on strategy and good advice, not product.

To make better super fund product choices, it's wise to understand your personal risk tolerance by completing a "risk profile". A risk profile is essentially a set of questions to uncover your emotional and financial preferences towards investing. Typically, this involves working with a qualified financial adviser who will guide you through the questioning process and then recommend the optimal asset allocation to suit your personal appetite for risk. It's this asset allocation that then needs to find a suitable match in terms of the super fund product and investment options that you choose.

So to ensure your best interests come first, don't let the super fund product dictate your investment selection. Rather, determine your personal risk profile first and then find a super product to match.

**Protecting your super nest egg**  
Whilst it has been more than seven years since the Global Financial Crisis, the financial pain and emotional anguish of that time is still somewhat fresh in the minds of pre-retirees.

It follows that people approaching retirement should look to protect their super from sudden market falls. In the face of sudden market downturns, it's common to feel a sense of panic and move your funds into safer cash and fixed-interest investments. Unfortunately, at that point in time it's too late. The loss (on paper that is) has already occurred and you will effectively sell out at a low point of the market, or hope for a share market recovery between now and your retirement date.

So how can you protect your super from sudden market downturns?  
Here are a few options to consider:

- Reducing your exposure (in small increments) to growth assets over the five years leading up to retirement;
- Allocating a portion of your

super balance to safer investment options over the two years leading up to retirement;

- Allocating your employer and/or personal contributions to safer investment options in the two years leading up to retirement to build an emergency cash fund.

Remember, the above options all come with trade-offs and may mean you don't achieve the returns you need to reach your retirement goal. For this reason, it is critical to talk to a qualified financial adviser before making a decision. You can't afford to make mistakes so close to retirement.

**Think before you choose**  
When choosing your investment strategy, consider the following:

- Your age
- Your retirement income goal
- Current super balance
- How comfortable you are with investment risk
- How long before you are able to access your funds
- Seek advice from a qualified and trusted financial adviser.

If retirement is more than five years away, the day to day changes in your superannuation balance don't overly matter. Your focus should be on what the total super balance is likely to be worth in the future. In the same way that the value of your home doesn't matter from day to day, it only matters when you sell your house, or, in this case, take out your super.

If retirement is less than five years away, or you know that you will be using your super to pay out a mortgage in the next couple of years, then a lower risk (lower return) strategy could suit people who need greater security and certainty of capital.

**Seek expert advice to guide your decision making process**

Finally, seek expert financial advice from a qualified financial adviser.

Money Solutions is a leading financial advice and education company. We specialise in delivering affordable and accessible retirement advice to everyday Australians. Our approach has always been to educate and engage members, build confidence and motivate them to act.

The first meeting with a financial planner is **free and no obligation**. We can also provide affordable retirement advice over the telephone at the moment you need it.

To talk to a qualified adviser now, call **1800 046 144** or email [coach@monneysolutions.com.au](mailto:coach@monneysolutions.com.au) and mention the *Have a Go News* retirement article".

*Andrea Palmer is a lawyer and qualified financial adviser with 10 years financial planning experience. She is employed by Money Solutions as the Head of Sales & Marketing.*

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# Retire in Style



ADVERTISING FEATURE

## Your opportunity for an easy going country lifestyle



THE MOORA Lifestyle Village has recently welcomed new residents to the Village. Alan Leeson, Shire of Moora Chief Executive Officer said,

“There have been a number of strong enquiries resulting in lots within the park being reserved and deposits paid.” The enquiries are a result

of the Palm Beach Caravan and Camping Holiday Park in Rockingham being sold for commercial development.

The new residents look forward to enjoying the easy going country lifestyle that Moora offers. There are nine sites re-

maining for lease with lot sizes varying from 180m2 to 321.29m2. Weekly rental includes water usage and use of the shared facilities and ranges from \$128-\$138/week depending on lot size.

Moora boasts various commerce and retail sectors and many community recreational facilities that include five commercial banks, two supermarkets, two primary schools, and a senior high school, five doctors, pharmacy, dentist and district hospital.

With the services and facilities Moora offers it is an ideal country town in which to retire and enjoy life in a welcoming community.

The Moora Lifestyle Village offers a ‘tree change’ for the over 50s seeking independent living in peaceful surrounds with all the services and facilities of a large town. It has been designed with a real sense of community in mind and is the perfect place to relocate your park home or build yourself a brand new one.

There’s a community shed for pottering about in when the mood takes you and a meeting room for activities and social gatherings.

A village barbecue and gazebo are perfect for lazing away those summer days.

If you are seeking a peaceful and affordable lifestyle away from the city contact the village today for an information pack by calling Alan Leeson, Chief Executive Officer on 9651 0000 or visiting [www.moora.wa.gov.au](http://www.moora.wa.gov.au)

## Is it time to see the Coach?



WHEN most people think of ‘retirement’, they usually think only of three things:

‘I won’t have to work!’, ‘I can take that well earned holiday!’, and/or ‘I can finally do those jobs around the house!’

These are all great things to look

forward to, but hardly a game plan for the years and decades ahead...

David Wray, former Director of the state government’s seniors policy unit, says it’s alarming that less than half of all retirees have developed a basic financial plan - but horrifying that less than one in five have even thought about all the other aspects of their life.

“Those who age-well don’t spend their time talking about superannuation and retirement,” he explains. “They talk about a unique time where they have been able to build upon and complete their life’s work through continuing social contribution, fulfilling relationships, good health and perhaps most importantly, continuing to have control over their own destiny.”

David has set up ‘The Half-time Coach’ to help people carry forward their success in the first half of life and ensure the second-half really are the best years of your life.

As he explains, “Half-time’ is about preparing for and navigating a new phase of your life that begins somewhere between 45 and 75 and often continues for more years than many people will complete in the paid workplace.”

Housing, recreation, continuing employment and other forms of contribution, social connectiveness, relationships, family, legal matters, safety and security, health and wellbeing... These are just some of the matters to be mapped out.

The Half-time Coach can be your independent and expert advocate as you navigate the challenges and opportunities ahead. The ‘Coach’, will work with you and other important people in your life to develop and deliver a game plan that suit your experiences and aspirations.

For more information and a brochure, call 9446 9279 or email [wrayhse@gmail.com](mailto:wrayhse@gmail.com)

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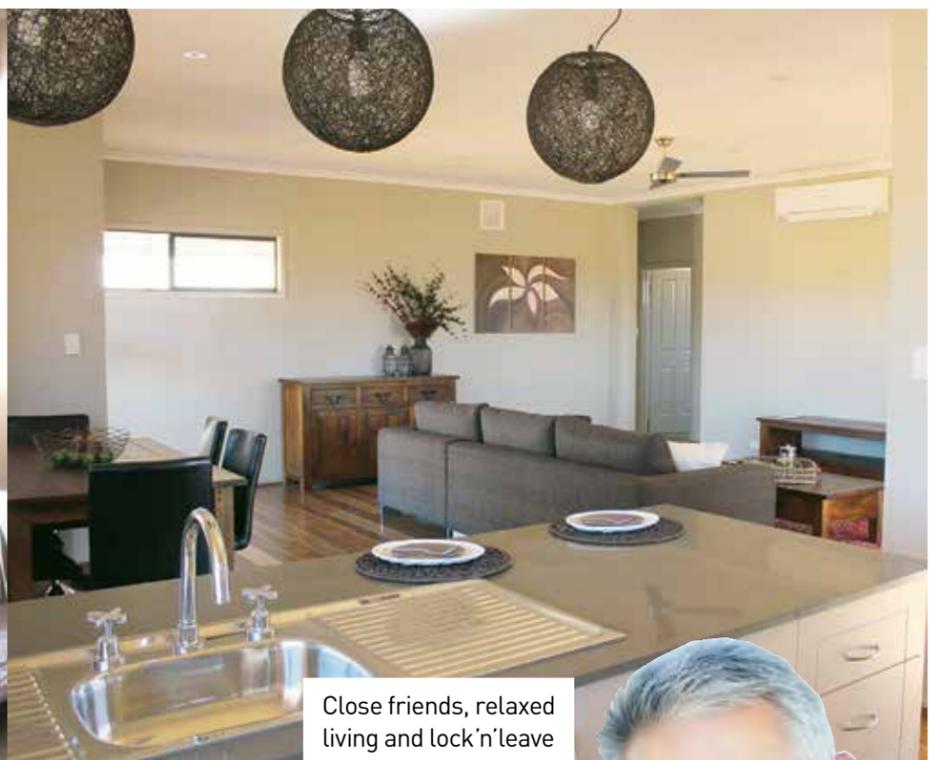
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# travelling

let's go travelling



## Enjoy Geraldton's mild winters

OVERLOOKING the Indian Ocean, the beautiful seaside town of Geraldton enjoys mild winters with an average daytime temperature of 20°C, making it a lovely season for that special holiday break.

The landscape comes to life in the lead up to the wildflower season; an amazing adventure to witness the abundance of everlastings, wreath flowers, orchids, and many other flower varieties. The season commences as early as July with August and September being the most impressive months to enjoy.

A flight to the Abohos Islands is a breathtaking passage of discovery learning of the Batavia shipwreck, rock lobster fishing industry, and pearl farming production. Explore East Wallabi Island with its flora and fauna variety and keep an eye out for the whale migration heading north as you fly over beautiful clear waters.

The HMAS Sydney II Memorial is one of Australia's three memorials of national significance and is a moving tribute to the 645 sailors who lost their lives in 1941. Daily

tours take you on a journey of what occurred on that fateful date tying in with the memorials five elements. Offering 360° views, it sets a glorious backdrop during sunrise or sunset.

For history enthusiasts the Western Australia Museum – Geraldton houses a variety of displays including the Shipwreck Gallery. There is also the Victoria District Hospital, Old Gaol, St Francis Xavier Cathedral, and the Lighthouse Keeper's Cottage to visit as well as five heritage walks capturing Geraldton's bygone era.

The Foreshore offers boardwalks and paths to explore the Batavia Coast Marina north and down to The Esplanade south with cafes, galleries, art and boutique shopping in between.

Geraldton is also an ideal base for day-trip exploration with Greenough and Walkaway south, Mullewa east, and Chapman Valley and Northampton north. Geraldton – Explore, Experience, Enjoy!

## Kalbarri's new edge resort



Eagle Gorge, Kalbarri National Park

EXCELLENT autumn rainfall has paved the way for the National Park at Kalbarri to be a blaze of colour this year.

There are more than 800 species of wildflowers in and around the park and even into town on the golf course and along the scenic coastal walking trails.

Kalbarri with a very mild winter (a lot warmer than Perth), from June onwards is the perfect time to visit the area and to see some of the best wildflowers in decades.

Fields of everlastings, native orchids, banksias, kangaroo paws, thryptomene and 12 o'clocks are just a few of the many early flowers you are likely to discover. In all, over the whole season, Kalbarri boasts more than 800 species of wildflowers in the National Park.

It really promises to be a wonderful wildflower season and a must to at least get away from Perth's wet and cold.

Kalbarri Edge Resort this year has launched a new seniors' package that includes a free wildflower and National Park tour for each person booking the package and staying at the Resort.

The tour will normally depart the day after you arrive in Kalbarri using your free pensioners travel voucher or a good seniors' discount on TransWA. Coaches arrive from Perth and Geraldton every Monday, Wednesday and Friday.

With the package, the Edge Resort mini bus will provide free transfers to and from the bus station in town. The resort is located only 200 metres from the town and the foreshore, so once settled in you can explore these attractions which are within easy access.

Those selecting one of Edge Resorts seniors' packages as well as a free wildflower tour each will receive a welcome

drink on arrival, free breakfast daily, free courtesy coach transfers to and from Rainbow Jungle the local and famous parrot habitat and a discount voucher for an Edge Restaurant evening meal.

Choose a room upstairs with a view or downstairs for easy access.

Treat yourself to a king bed (or twin king singles) spa suite which has separate lounge area and also a private balcony with outdoor dining area and your own barbecue.

Kalbarri is great for outdoor dining on warm, mild evenings. The resort is rated 4 stars and you will be pleasantly surprised with its features and quality room amenities.

There is of course much to do in Kalbarri, so if possible you should try to stay at least five nights. Enjoy walking on the beach and the scenic trails down towards the coastal gorges. Treat yourself to a scenic flight to Monkey Mia or out to the incredible Abohos islands and much more...

All in all you won't do better than these current seniors' packages and specials.

With the free wildflower tour you need to book in June and travel to Kalbarri between June and the end of August. Other standard conditions apply like subject to availability and being unavailable with any other discount or promotion.

Recall the resort on 1800 286 155 to book or email them on info@kalbarriedge.com.au for details and prices on all seniors' packages go to www.kalbarriedge.com.au and click on the seniors' tab.

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**NATURAL WONDERS**  
 Emu Creek Station has something for everyone who loves wide open spaces with very few people but lots of interesting wildlife and big skies. If it's wildflowers, geology, birds, the iconic kangaroos and emus, insects or lizards which revs your motor, you'll love Emu Creek Station.

**PERMANENT FRESH WATER POOL**  
 When the weather is really warm, nothing beats a swim in our fresh-water pool which is up to two kilometres long most of the year. Use our kayaks and either bum up some kilojoules or just drift along taking in the terrain and the bird-life. Over 70 bird species have been recorded.

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## Geraldton – Take a Fresh Look

The regional hub of the Mid West region. Located approximately 450km north of Perth, the city is perched on the edge of beautiful coastline to the west and rolling hills and breakaway ranges to the east. The Chapman and Greenough Rivers frame the city to the north and south. This superb location, combined with the friendly feel of a country town, makes for a truly memorable holiday experience.

Take advantage of our accommodation, tour and scenic flight booking service.

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# Retire in Style



ADVERTISING FEATURE

## Budget blues for seniors but some good news



How will the recent budget effect your retirement?

by Frank Smith

YOU MIGHT not believe it listening to Joe Hockey but Australia has one of the lowest ratios of debt to income (GDP) in the developed world. Certainly responsible governments need to work towards returning the budget to surplus, but there is no immediate crisis.

The budget measure least likely to pass the senate is the \$7 co-payment to see a doctor or visit a hospital emergency department. Labour, Greens and probably Palmer United senators are set to oppose it. It is not due to be imposed until next year but is already causing people to avoid seeing their doctor.

Of more immediate concern is the probable loss of the seniors' supplement, worth \$1300 to self-funded couples, income support benefit paid to pensioners and seniors' discounts of rates, electricity, phone and travel which is paid for by the WA state government but funded from Canberra.

The pension age is set to rise to 67 in 2023 and later to 70, but only for those born after 1965, so this will have no immediate impact. In the longer run, many people in manual occupations will probably have to go on the disability pension if they can't work to 70.

Hardest hit will be Aborigines whose male life expectancy is still only 69.

The pension will also be indexed based on cost of living (CPI) rather than average male wages which will cost pensioners about half a per cent of their pension.

Deeming rules are also likely to be changed from 2017. Superannuation balances will be included and deeming will start at \$30,000 (\$50,000 for couples) rather than the present \$46,500. This will adversely affect many people on part pensions.

While not yet certain, the age at which people can access their superannuation is likely to increase, making early retirement more difficult for those who want to make changes to their lifestyle as they get older.

The Mature Age Worker's tax offset – which was designed to help over-55s in the workforce who earn less than \$63,000 a year – will be scrapped as will the Dependent Spouse tax offset.

The effective marginal tax rate for high income earners will be increased to 49 per cent with the support of the opposition. That is almost as much as pensioners who are slugged 50 per cent of earnings if they work more than a few hours or draw a foreign pension.

Petrol is likely to become slightly more expensive as the excise duty on fuel will again be indexed to CPI. However miners and farmers will remain exempt for this charge.

Other changes in the budget include reduction in family tax benefits, restricting welfare for unemployed young people and a pending cut in company taxation.

There is some good news in the budget. Employers that hire older workers who have been on unemployment benefits for six months will receive a \$10,000 incentive and axing of the carbon tax is set to save the average household about \$550 next year, if the savings are fully passed on by utilities and industry.

For older people the budget is a painful one, which will be mitigated by some horse trading in the senate. Clearly most of the heavy lifting involved in returning the budget to surplus is going to be imposed on those least able to afford it.

## British Pensions Update ...

THE NEW UK Pensions Bill has received Royal Assent and is now law. This will affect all men who were born on or after 6 April 1951 and all women who were born on or after 6 April 1953. If you are affected by this new pensions Bill it is important that you contact us to find out how these new pension rules will affect your UK State Pension and discuss what action you can take to prevent you from losing your UK state pension entitlement.

This bill affects women more than men because if they reach State Pension Age after 6 April 2016 they will not be able to claim a Category 'B' pension based on their husband's contributions. It is most important both women and men investigate their UK State pension options.

The UK Government is not only

reforming the State Pension; they are introducing sweeping reforms to Occupational Pensions (about time I may add as I was involved with discussion with the UK Government in 1996 about making some of the changes that they are now proposing).

However, besides the main changes they are also looking at Public Sector Transfers and the following is an extract from the 2014 Budget document produced by HM Treasury in March this year.

"Having considered this carefully, the government intends to introduce legislation to remove the option to transfer for those in public sector schemes, except in very limited circumstances. Whilst the government would in principle welcome the opportunity to extend greater choice to members of pri-

vate sector defined benefit pension schemes, it will not do so at the expense of significant damage to the wider economy. Funded defined benefit schemes play an important role in funding long-term investment in the UK economy, which the government does not want to put at risk. The government's starting point is therefore that, whilst in principle it would like to permit transfers from private sector defined benefit schemes under the new freedoms, it will only consider doing so if the risks and issues around doing so can be shown to be manageable."

Until the Government consultation period for the pension reforms finishes (on 11 June 2014) we will not know when transfers from UK public sector schemes will cease. We will also have clarified (at this time) as to what the 'very limited

circumstances' for a transfer will be (i.e. will this include circumstances when the member is living overseas?).

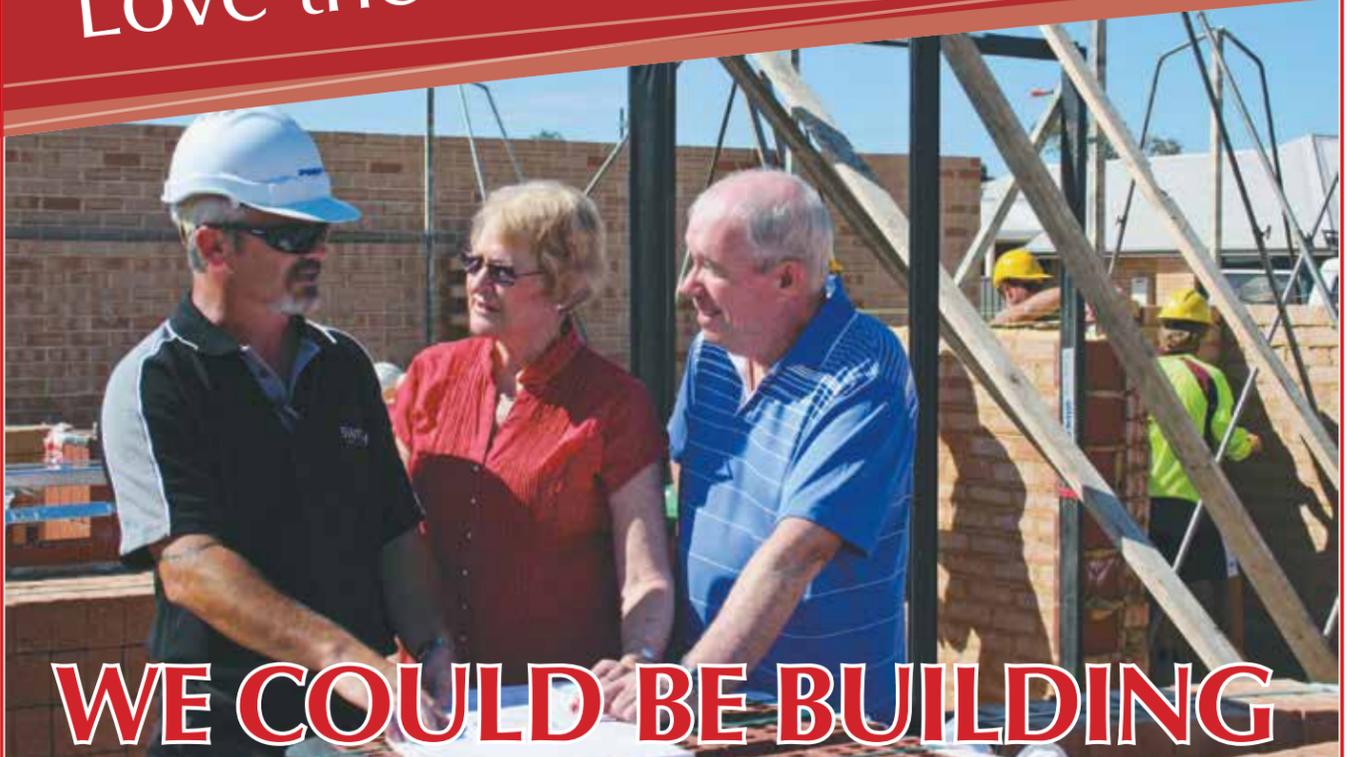
There are thoughts that permanent emigration will be one of the 'limited circumstances' that allow a transfer. Having said that, for any individuals who could be affected it would make sense to look into their options while they can as this legislation is likely to be effective from 2015.

Anyone who would like to discuss the above further is welcome to contact British Pensions in Australia on 1300 308 353 or me, Mike Goodall, BPIA's Coordinator in Western Australia on (08) 6364 0859.

Mike Goodall  
email:

mikegoodall@btconnect.com

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2014/06/11



Vika Bull set to emulate the turbulent life and times of Etta James' at the Regal next month

FOLLOWING a smash-hit national tour and back by popular demand the unforgOTTABLE sounds of Vika Bull and the Essential R & B Band will return to Perth from 23 July at the Regal Theatre, to once again delight audiences with the story of one of the most influential soul singers of all times - Etta James.

The turbulent life and times of Etta James is captured through the powerhouse voice of Vika Bull singing some of James' most beloved songs including *Tell Mama*, *Something's Got A Hold On Me*,

## Back by popular demand - At Last - The Etta James Story

*Sugar On The Floor*, the heart rending *I'd Rather Go Blind*, and her iconic signature song *At Last* along with many more.

Producers Moira Bennett and Simon Myers from *Room8* and Harley Medcalf from *Duet* are once again thrilled to bring *At Last* back to Perth.

"Immediately following our last Perth season of *At Last* we were contacted by people wanting us to bring the show back - this is testimony to not only the commanding performances of Vika Bull and The Essential R n B Band but the powerful and timeless story of Etta James," said Ms Bennett.

Described as having a voice of pure soul, Vika Bull is one of Australia's most respected singers with an impressive career, having sung alongside some of Australia's most iconic voices including Paul Kelly, John Farnham, Tim Finn and The Black Sorrows, and supported world famous musicians Bob Dylan, Sting, Joe Cocker and Billy Joel.

Vika eagerly admits that Etta James has had a huge influence on her musical journey from the

beginning having become hooked on her powerful voice and cheeky stage presence.

"To continue to be able to tell the story of a phenomenal singer such as Etta James is truly an honour," says Ms Bull.

Tickets for *At Last: The Etta James Story* starring Vika Bull and The Essential R & B Band on sale now. Bookings: Ticketek 132 849 or online at ticketek.com.au or at the theatre: Regal Theatre, Hay St, Subiaco. [www.atlasttheettajamesstory.com.au](http://www.atlasttheettajamesstory.com.au)

### WIN WIN WIN

Have a Go News are pleased to be able to give away five packs (double pass for Wednesday 23 July at the Regal Theatre @ 7.30pm and CD of the show) for *At Last - The Etta James Story*. To be in the draw, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include Etta James in the subject line or address an envelope to *At Last Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your details on the back. Competition ends 10/07/14.

## Be enraptured by Sydney Dance Company's 2 One Another



2 One Another 18-21 June His Majesty's Theatre Charmene Yap © Wendell Teodoro

ing multi-award winning Charmene Yap (2013 Best Female Dancer, Australian Dance Awards; 2012 Best Female Dancer in a Dance/Theatre Production, Helpmann Awards.)

The show is the result of an exciting collaboration between Sydney Dance Company Artistic Director and choreographer Rafael Bonachela, set and costume designer Tony Assness, and composer/music director Nick Wales, with poetry by Samuel Webster.

An exultant and sensual study of human interaction and relationships, *2 One Another* explores the couple (2), the individual (One), and the group (Another), in "A thrillingly fluent piece that maintains its vibrancy over its hour-long journey" (Sydney Morning Herald).

For a sneak preview: <http://youtube/efLWC620nR0>

Tickets: \$45 - \$65\* Book now at venue box office or Ticketek agencies or telephone 1300 795 012 or online [www.ticketek.com.au](http://www.ticketek.com.au)

\*Service/delivery fees may apply. Credit/debit card processing fees will apply.

Suitable for ages from 13 up, with schools and group booking discounts available. Ticketek Groups: 1300 364 001

Following Perth, *2 One Another* will tour to Mandurah, Albany, Bunbury and Geraldton.

See booking details at [www.sydneydancecompany.com](http://www.sydneydancecompany.com)

### WIN WIN WIN

To be in the draw to win a double pass to see the opening night performance of *2 One Another* on Wednesday 18 June at 8pm, be amongst the first callers to phone *Have a Go News* on 9227 8283 or email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word Sydney in the subject line. Competition ends 16/06/14.

## 'Wild and Urban Habitat Writing'

'WILD and Urban Habitat Writing' with Annamaria Weldon will be hosted by FAWWA at Mattie Furphy House in Swanbourne on the last two Sunday afternoons in July (20 and 27, from 2pm to 5pm).

The session will be limited to six participants.

An additional individual mentoring session of one hour is available to each participant on 2 or 3 August at a time to be agreed.

The cost will be \$120 per participant. For more information, please call 9384 4771 or [admin@fawwa.org.au](mailto:admin@fawwa.org.au) or go to the FAWWA facebook page.

### ART for ALL

- 11 to 19 June Atwell Youth Awards
- 21 & 22 June Print and mixed media workshop, 'Mark making through Landscapes' - with Bridget Seaton
- 23 June to 13 July COOL! - MCAA Members Winter Exhibition Workshops "Outside the Square" - with John Turton

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Directed by Graeme Johnson  
Musical Director: Paul Lawrence Olsen

11, 12, 17, 18, 19, 23, 24, 25, 26 JULY at 8pm  
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TICKETS: \$30, \$25 concession

BOOKINGS: 9367 8719 or [oldmilltheatre@iinet.net.au](mailto:oldmilltheatre@iinet.net.au)  
[www.oldmilltheatre.com.au/tickets](http://www.oldmilltheatre.com.au/tickets)

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Book by HOWARD LINDSAY and RUSSEL CROUSE  
Suggested by "The Story of the Trapp Family Singers"

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The ICW Arts Orchestra & Chorus

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## The Two Faces of January



AN ALLURING, mysterious couple draws an unsuspecting young man into a labyrinth of deception and desire in Oscar-nominated writer Hossein Amini's adaptation of Patricia Highsmith's suspenseful romantic thriller.

A brilliant con-artist, Chester MacFarland (Viggo Mortensen), accidentally kills a private detective who has tracked him down from the US to Athens. He flees from the international police with his wife (Kirsten Dunst) and a young American (Oscar Isaac) across the Greek islands through to Istanbul. Their flight will involve a web of manipulation and betrayal that binds them together in a way that only death could part them.

### WIN WIN WIN

*The Two Faces of January* screens at Windsor Cinema, Cinema Paradiso and Luna on SX from 19 June and, thanks to Studiocanal Australia we have five prize packs to giveaway. Each pack contains an in-season double pass as well as DVDs of two other suspense-thrillers: *The Ghost Writer* and *Fair Game*, to get you into the mood.

To be in the draw to win, be amongst the first callers to phone *Have a Go News* on 9227 8283 during business hours or email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the name of the film in the subject line. Competition ends 16/06/14.

# Arts



## School holidays will come alive with *The Sound of Music* at The Regal



THE JULY school holidays will come alive with the ICW Production of Rodger's and Hammerstein's *The Sound of Music* at The Regal Theatre from Thursday 10 to Saturday 19 July.

Popular songs such as *The Hills Are Alive*, *My Favourite Things*, *The Lonely Goatherd*, *Edelweiss* and *Climb Every Mountain* will be brought to life with the talent of leading West Australian performers and the full ICW Arts Orchestra and chorus.

Set in Austria at the outbreak of WWII, *The Sound of Music* is based on the true story of the von Trapp family and Maria, a nun who is finding the

discipline of life in a convent difficult. Maria is sent to be the governess for the seven von Trapp children and finds that their widowed father, an armed services captain, runs his family like a military operation.

The song *How Do You Solve a Problem Like Maria?* sung by the nuns is easily answered when audiences hear the stunning vocal tone of soprano Stephanie Gooch (pictured left) performing the role of Maria.

A graduate of the Australian Opera Studio, and recently returned from Germany, Stephanie has been a finalist and award winner of many prestigious singing competitions and awards.

She will be joined by actor Ian Cross who will play Captain von Trapp and whose many credits include Javert in the ICW Production of *Les Miserables* plus veteran actor Igor Sas performing the role of Max and WA Opera singer Nola Formentin as Mother Abbess.

Sponsored by Zetta and supporting the Prostate Cancer Foundation of Australia, The ICW Production of *The Sound of Music* plays from Thurs 10 to Sat 19 July at 7.30pm - plus matinee performances on Saturday 12, 19, Sunday 13 and Wednesday 16.

Book through Ticketek on 132 849 or at [www.ticketek.com.au](http://www.ticketek.com.au).

ICW Productions is also donating \$10 from each ticket sold to charity and fund-raising groups.

To register your group, call Robyn on 0416 251 265. Further information is available at [www.icw.org.au](http://www.icw.org.au).

**WIN WIN WIN**

To be in the draw to win a double pass to *The Sound of Music*, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with the word *regal* in the subject line or address an envelope to *The Sound of Music Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your details on the back. Only over 45s are eligible. Competition ends 30/06/14.



The extraordinary Danza Viva © Maree Laffan

PRESENTED by Perth Theatre Trust and His Majesty's Theatre, the Morning Melodies season continues in 2014 from Wednesday 25 June to 17 December.

What better way to spend a Wednesday morning than enjoying a wonderful performance in the magnificent surrounds of His Majesty's Theatre from some of Australia's finest talent, followed by morning tea in the theatre foyer where you will have the opportunity to meet the performers.

Why not come with friends and make a day of it!

Show your Morning Melodies ticket and enjoy

estry's Theatre from some of Australia's finest talent, followed by morning tea in the theatre foyer where you will have the opportunity to meet the performers.

Why not come with friends and make a day of it!

Show your Morning Melodies ticket and enjoy

## Concerts for the young at heart!

the choice of either Chef's homemade soup or gourmet fresh filled sandwiches for only \$8.20 in the Dress Circle Bar after the show.

Afterwards head Downstairs at the Maj and visit the Museum of Performing Arts to check out the current exhibition.

**Morning Melodies: Danza Viva**  
Wednesday 25 June @ 10.30am

Thrill to the passion and colour of the talented and versatile Danza Viva Spanish Dance Company.

Deanna Blacher's choreography of Rodrigo's much loved *Concierto de Aranjuez* will showcase Danza Viva's dancers in a feast of

castanets, hypnotic rhythms and colourfully eye-catching costumes.

Also on the bill will be *En las Jardines de Andalucia (In the Gardens of Andalucia)*, three fiery, flamenco numbers.

Time: 10.30am (approximately one hour duration)

Where: His Majesty's Theatre, 825 Hay St, Perth

Tickets: \$27\* per show includes morning tea.

3 show ticket \$72\* - Your choice of Three Morning Melodies Shows!

*A Celebration of Music Theatre* (Wed 8 October) and *On The First Day Of Christmas* (Wed 17 December)

Book at Venue Box of-

or Ticketek Agencies or Ph 1300 795 012 or online [www.ticketek.com.au](http://www.ticketek.com.au)

\*Service/delivery fees may apply. A credit/debit card-processing fee will apply. Danza Viva. 25 June at 10.30am

**WIN WIN WIN**

To be in the draw to win a double pass to *Morning Melodies' 25 June show featuring Danza Viva*, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the name of the venue in the subject line or address an envelope to *Morning Melodies Comp c/- Have a Go News Po Box 1042 West Leederville WA 6901* with your details on the reverse. Competition ends 18/06/14.



## See Macbeth with a twist

FOLLOWING nine months of hard work, from Friday 4 to Saturday 19 July, The Darlington Theatre Players at Marloo Theatre, Marloo Road, Greenmount, are happy to announce the July production of *The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's* wonderful comedy version by David McGillivray and Walter Zerlin's *Macbeth*, directed by well-known and accomplished director, Gail Palmer.

A remarkable accomplishment, this production of *Macbeth* for the local drama competition ... is a show with a twist. Yes; everything that can go wrong does go wrong! With vanishing actresses, broken legs, confused directors and stage fright, these elements all combine to produce a show abounding with of hilarious moments.

Don't miss it!

Performances start at 8pm and 2pm for matinees\* Sun 6\*, Sun 13\*. Tickets: Adults \$20, Concession/child \$18, Members \$16. Family 2 adults plus 2 children \$65.

For bookings call Gwyne 9255 1783.

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**Direct from the USA - The Glenn Miller Orchestra musical**



THE GLENN Miller Orchestra, a concert spectacular that promises Australian audiences a sentimental journey down memory lane on the eve of Glenn Miller Orchestra's 77th anniversary, tours Australia in May, June and July and will be in Perth on

19 July at the Perth Concert Hall at 2pm and 7.30pm.

Featuring the world famous Glenn Miller Orchestra, The Moonlight Serenade Singers and The Broadway Swing Dancers presenting great 'Big Band' hits, the original Glenn Miller

arrangements, the music of The Andrews Sisters, Bing Crosby, Frank Sinatra and the romantic World War II melodies made famous by Vera Lynn – music which captivated millions of people worldwide - are all brought together on stage in a nostalgic concert spectacular.

An added feature will be the music from the library of The Glenn Miller Army Air Force Band, performed by the Orchestra including the original arrangement of The St Louis Blues March.

The Glenn Miller musical arrangements are unique; even after 77 years, they are still heard worldwide; timeless icons of American culture such as *Chattanooga Choo-Choo*, *In the Mood*, *Tuxedo Junction*, *A String of Pearls*, *Moonlight Serenade*, *Little Brown Jug* and *Pennsylvania 6-5000*...musical hits which captivated millions of people.

"The Glenn Miller Orchestra is a colourful and flamboyant evening

filled with fun and nostalgia of the 30s and 40s. Our unique jazz sound is sought all around the world and in addition to recreating the golden era of swing, we bring to life the colour, costumes and spirit", said Musical Director Rick Gerber.

"America means freedom and there's no expression of freedom quite so [sic] sincere as music...and a band ought to have a sound all of its own. It ought to have a personality" - Glenn Miller.

www.glennmillerorchestra.com.au  
**WIN WIN WIN**

**To be in the draw to win a double pass to see The Glenn Miller Orchestra musical, send an envelope with your full details on the back to The Glenn Miller Comp, c/o Have a Go News, PO Box 1042, West Leederville, 6901 or email your details to win@haveagonews.com.au and put Glenn Miller in the subject line. Only over 45s eligible. Comp ends 30/06/14.**

**A mythical tale of truth love and courage**



THE MAGIC Flute premiered in Vienna on 30 September, 1791, a result of collaboration between Mozart and German librettist Emanuel Schikaneder who also played the role of the cheeky bird catcher Papageno.

West Australian Opera's production of *The Magic Flute* will see WA favourite James Clayton revive this charming role.

*The Magic Flute* reveals a mythical tale of truth love and courage and effortlessly combines comedy with drama. The story follows Prince Tamino who receives a magic flute from the Queen of the Night and sets out to rescue her daughter Pamina from an evil priest. Mayhem ensues as forest creatures prowl the stage, spells are cast and secrets revealed, until finally love wins the day and banishes the forces of night and darkness forever.

Mozart composed this opera with the knowledge that he was working with trained and untrained singers (or actors, who also had to sing). He took extra care to write vocal lines that followed the orchestra for his actors, saving the most dramatic vocal lines for his virtuosic singers. This is evident in his composition of the treacherous aria, *Der Hölle Rache* sung by the Queen of the Night which at its premiere performance, was sung by Josepha Hofer who was Mozart's sister-in-law.

This production is from internationally acclaimed director Göran Järvefelt and his long-term collaborator designer Carl Friedrich Oberle. Together they worked on numerous award winning and highly popular operas spanning the canon, for opera houses around the world. An enchanting night of Opera, The opera will be sung in English with English subtitles and features James Clayton, Milica Ilic, Alexander Lewis, Daniel Sumegi and Katja Webb.

Accompanied by the West Australian Symphony Orchestra and the West Australian Opera Chorus, *The Magic Flute* runs from 15 - 26 July at His Majesty's Theatre.

**Dust - an apocalypse looms...**



Charlotte Devenport as Emma in *Dust*

WHAT would you do if the world outside changed in an instant?

A great wind completely blankets Perth with red dust. Some believe that an apocalypse looms. But for others – a man and his young step-daughter, two strangers stranded in an airport lounge, young lovers in a hotel suite, a bride-to-be watching her white wedding disintegrate – the storm might be a gift.

*Dust* presents a stunning look at the ways in which we love, blame, connect, and find beauty in the chaos of our lives.

Tender, uplifting and unforgettable, *Dust*, by acclaimed and dazzling playwright Suzie Miller is about the odysseys on which we embark when our worlds turn upside down.

A Rio Tinto Black Swan Commission, *Dust* runs from

28 June to 13 July at the Heath Ledger Theatre, State Theatre Centre.

Warning: Coarse Language, adult themes, smoking.  
\*Tickets through ticketek.com.au, Ticketek outlets or 1300 795 012

Groups 8+ 1300 364 001  
\*A service/delivery fee also applies  
**WIN WIN WIN**

**To be in the draw to win a double pass to the Saturday 28 June evening performance at 7.30pm of *Dust*, be amongst the first callers to contact Have a Go News on 9227 8283 (during business hours) and leave your details or email win@haveagonews.com.au and include the name of the play in the subject line. Competition ends 20/06/14.**

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**A Love Affair**

by JERRY MAYER  
Directed by TREVOR DHU

An award winning romantic comedy brimming with hilarious as well as moving moments

"Terrific...an illuminating look at a long-term marital relationship...Above all, we care about these people which makes for a terrific evening" Hollywood Reporter

6, 7, 11, 13, 14, 18, 20, 21 JUNE @ 7.30pm  
Matinees: 8 & 15 JUNE @ 2pm  
FOR BOOKINGS phone 9255 3336  
or visit www.taztix.com.au (Transaction fees apply)  
TICKETS: \$25.50 F / \$23.50 C / \$20.50 S  
For Harbour Theatre members and Friends of MosArts bookings phone 9433 6260 or email tickets@harbourtheatre.org.au

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**FRIDAY 11th JULY**

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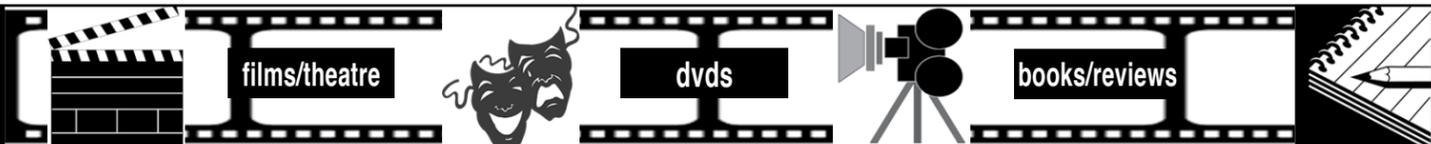
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Photo by Brian Geach

# Arts



## Hale School Venue for MetSO - one of Perth's leading community orchestras



THE METROPOLITAN Symphony Orchestra is giving away five free double passes to its next concert, on at 3pm on Sunday the 22 June, at the John Inverarity Music & Drama Centre, Hale School, Unwin Avenue, Wembley Downs.

The Metropolitan Symphony Orchestra, also known as MetSO, is one of Perth's leading community orchestras.

Established in 1977, the orchestra has performed regularly ever since, providing a musical home for keen amateur musicians covering an age range from seventeen to seventies.

The upcoming concert features French and Belgian composers of the 19th and 20th centuries. The main attraction is Francis Poulenc's *Concerto for Two Pianos and Orchestra in D Minor*, starring the talented young pianist Shuan Hern Lee, and his father Yoon Sen Lee.

At 11 years old, Shuan Hern has been described as a child prodigy, appeared on *Australia's Got Talent*, been profiled in *Limelight* magazine and won multiple international competitions.

The Poulenc Concerto will be accompanied by César Franck's *Symphony in D Minor*.

At its Paris premier in 1889, Franck's symphony was given the cold shoulder by the French musical elite; it was considered offensively Germanic, in a time when France and Germany had recently been at war.

The programme will be rounded out by Maurice Ravel's ever-popular *Boléro*. The *Boléro's* instantly familiar theme and driving percussion rhythm, building slowly over 15 minutes towards its final climax, has always been well received by audiences.

The orchestra will be conducted by the dynamic Christopher Dragon. Christopher is one of the most energetic forces in Perth's classical music community. Recently appointed as Assistant Conductor to the professional West Australian Symphony Orchestra, he is also the Musical Director of the Metropolitan Symphony Orchestra, OperaBox, the Leeming Area Concert Band, the West Australian Youth Orchestra's Philharmonic Orchestra, a conductor of the Fremantle Symphony Orchestra, and a co-founder of his own orchestra, the Swan Philharmonic. Tickets will be available at the door. Bookings are available by phone (Call Andrea on 0435 174 550) or online (<http://www.trybooking.com/Event/EventListingURL.aspx?aid=10540>). More information about the Metropolitan Symphony Orchestra is available at <http://www.metso.asn.au>.

### WIN WIN WIN

To be in the draw to win one of five double passes to the MetSO concert, be one of the first five callers to the Have a Go News office on 9227 8283 and mention the competition. Limit of one double pass ticket per caller. Comp closes 18/06/14.

The price of entry (\$25 adult, \$20 concession, \$10 primary school, group tickets available) also includes afternoon tea.

## UWA Grads to perform Miller masterpiece At Stirling Theatre



*Broken Glass* cast members from left: Geoff Meithe, Maree Grayden and Neil Cartmell

HAVE a Go News readers who are lovers of serious theatre will be interested to know that The Graduate Dramatic Society (GRADS), in association with Stirling Players, is presenting Arthur Miller's acclaimed play *Broken Glass* from 5-7 and 12-14 June at 7.30pm and 7 and 14 June at 2pm at the Stirling Theatre, Morris Place, Innaloo.

*Broken Glass* is a gripping mystery which reveals a strange, deceptive, relationship between work-obsessed, Jewish-American Phillip Gellburg and his wife, Sylvia, victim of a mysterious paralysis. As her doctor investigates, there are devastating consequences.

Director Barry Park says that this is the first time that GRADS has performed at the Stirling Theatre, and they are delighted to be associated with Stirling Players.

He says that Perth theatre lovers will have a rare opportunity to see this intriguing, late Miller masterpiece.

'*Broken Glass* is set in Brooklyn, in the days just after Kristallnacht, the Night of Broken Glass,' Park says.

'It's Miller's most Jewish play: a moving study of marital relations and Jewish identity. Miller is writing about the consciousness of American Jews,' he says.

'The protagonist, Phillip Gellburg has lived his life denying his Jewish identity, yet he is proud that he is the only Jew to be employed by his firm; and he is proud of his son's success in the American military.'

'Sylvia, his beautiful wife, represents the more conscious, hopeful nature of the Jewish world in the late 1930s. She internalizes the looming fate of her people, but is literally paralyzed to do anything about it.'

Park says that GRADS has been granted the rights to perform the moving interludes for cello, composed for the recent West End production by Grant Olding, award-winning English composer.

Accomplished cellist Sophie Parkinson-Stewart plays the haunting music.

Book at [grads.org.au](http://grads.org.au)

Ticket prices are Full: \$22 Concession: \$20 GRADS and Stirling Theatre Members: \$18. Groups of 6 or more, including school bookings are \$18 per ticket, arranged by emailing [bookings@grads.org.au](mailto:bookings@grads.org.au)

## 2014 - 100th anniversary of the beginning of the Great War

FOR three performances only - June 11 (Wednesday) 12 (Thursday) and 13 (Friday) at 7.30pm - St George's Cathedral Drama is presenting a professional production of playwright Stephen MacDonald's much acclaimed play *Not About Heroes*.

The play tells the story of the meeting of the most important of the Great War poets, Siegfried Sassoon and Wilfred Owen: Owen died just as the bells proclaiming the Armistice rang out and Sassoon lived into the 1960s.

The playwright, through

the use of poetry and diaries, enlivened with imagined dramatic sequences, paints a vivid picture of the war, and, at the same time, unfolds the evolving friendship between these two very different men.

St George's Cathedral Drama secured the services of two very talented Perth raised actors, Mark Desbrock (who plays Owen) and Sam Devenport (who plays Sassoon) are both, in age, looks and intelligence ideally suited to the roles they play. They were invited back from their successful overseas careers for the short

season. Mark arrived home from London in time to play Jesus in *Passion 2014* and the French airman Cis in Agelink Production's *Cis and Barbiche* and Sam, from the international Asian tour of *Phantom of the Opera*.

Seating in the Cathedral will be restricted to 200 seats per performance to allow excellent sight lines for all.

Ticket prices are \$38 adults, \$23 all concessions - through [www.trybooking.com](http://www.trybooking.com) or through [www.perthcathedral.org](http://www.perthcathedral.org) and click on Events and go the date required. For more information, please call 9325 5766.

## A LOVE AFFAIR

HARBOUR Theatre located at 70 Adelaide Street, Fremantle, invites you to come in from the cold and step into the home of Jimmy and Alice Diamond, the main characters in the award winning romantic comedy *A Love Affair* in the Harbour Theatre's second production for 2014 and their first at their new venue Camelot in Mosman Park.

Brimming with witty 'one liners' together with hilarious and moving moments, *A Love Affair*, directed by the Finley Award nominated director Trevor Dhu (*The 39 Steps* and *On Golden Pond*) is a heart-warming evening of theatre.

The semi-autobiographical play, written by Jerry Mayer (a former television writer for such classics as MASH, The Mary Tyler Moore and Bob Newhart shows), combines humour with insight about life, love and growing older. He also takes jabs at the fickle, youth-oriented television industry.

Featuring renowned local actor and radio personality Ted Bull as Jimmy with the very experienced and enormously talented Vickie Billingham as Alice, *A Love Affair* is an illuminating look at a long term relationship.

The show is currently playing at Camelot in Mosman Park until 21 June.

For bookings call 9255 3336 or visit [www.TAZTix.com.au](http://www.TAZTix.com.au) (Trans Fees apply)

Cost is \$25.50 Full/\$23.50 Conc/\$20.50 F/T Stud. Members and Friends of MosArts bookings on 9433 6260 or [tickets@harbourtheatre.org.au](mailto:tickets@harbourtheatre.org.au)

Espresso @ Camelot is also open prior to the shows so why not come along a bit earlier and enjoy the beautiful surroundings of Camelot.

### WIN WIN WIN

To be in the draw to win a double pass to *A Love Affair*, be amongst the first callers to phone the Have a Go News office on 9227 8283 or email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word love in the subject line. Only over 45s are eligible. Competition ends 13/06/14.

## Gary Lynn presents a variety of songs from the swing years



GARY Lynn (pictured above) will be appearing at The Holly Wood Tuesday Morning Show on 15 July.

Gary will be performing a variety of songs from the swing years featuring tunes

from Perry Como, Bobby Darin, Andy Williams, Dean Martin, Frank Sinatra, Bing Crosby and more...

If your club or group would like to book him for a performance call Gary on 9206 1362 or 0437 052 629 or visit his website at [www.garylynn.net](http://www.garylynn.net).

The Holly Wood Tuesday Morning Show is a free community service held on Tuesdays from 11am to 12noon at the Perth Town Hall (corner Barrack & Hay Streets).

Programs are available on the City of Perth website: <http://www.perth.wa.gov.au/living-community/community-programs-and-initiatives/holly-wood-tuesday-morning-show>

## Easy listening from Everard

WAIKIKI singer Hilary Everard will return with her program of easy-listening hits at Koorliny Arts Centre's Morning Melodies show on 13 June.

Everard's love of performing began in 1968 when she lived in Medina while her father worked for BP Refinery, singing with local bands and in competitions.

These days, Everard is a regular performer for the City of Perth's The Holly Wood Tuesday Morning Show, as well as at functions, weddings - she's even had a few Teltelton appearances.

'I'm looking forward to performing at Koorliny again,' she said.

'I have a selection of new songs that will be uplifting and have audience members dancing in their seats!'

Come along and hear songs from artists including The Carpenters, Barbra Streisand, Shirley Bassey, Dusty Springfield, as well as songs from Andrew Lloyd Webber's musicals.

Morning tea is served at 10am and the show starts at 11am.

Tickets cost \$15 and can be booked online at [www.koorliny.com.au](http://www.koorliny.com.au) or by calling 9467 7118.

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THE MOONLIGHT SERENADE SINGERS  
THE BROADWAY SWING DANCERS**

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*"A spectacular rendition of classics & upbeat favourites" Australian Stage*

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Phone 9956 6662  
Albany Entertainment Centre - Sun 20 July  
AEC Box Office 9844 5005 or Ticketek 1300 795 012  
Bunbury Regional Entertainment Centre - Tue 22 July  
Phone 1300 661 272  
Mandurah Performing Arts Centre - Wed 23 July  
Phone 9550 3900

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**TICKET PRICES \$18 Adults, \$15 Pensioner, \$8 Child**  
Ticket includes chicken and chips meal at intermission, tea and coffee. Soft drinks, crisps and sweets are available for purchase at the kiosk. BYO wine, beer, drinking glasses and nibbles.

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Email [tivolibookings@hotmail.com](mailto:tivolibookings@hotmail.com) Web [www.tivoli.org.au](http://www.tivoli.org.au)

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- Travel companion
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- Seeking a partner

Abbreviations used in *Friend to Friend*

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


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

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Name ..... Address .....  
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**Seeking a Friend**

**ATTRACTIVE** 5'3", 65, brunette seeks gentleman, fit, active, likes walking, card games, is well read, good communicator, looking for companionship at this very special time, NS, have GSOH, SD, SOR, initially email, letter, phone.  
**Reply Box 6203**

**ATTRACTIVE** solid lady seeks soulmate, fin sec, to travel. Enjoy life, good morals and principles. Happy person. I'm 68, will consider sugar daddy, seeking or carer companion for wage and could assist to travel.  
**Reply Box 6233**

**AUSSIE** guy retired, FIN SEC, 5'8", med build, fit, healthy, NS, SD, own home, car. WLTM aussie lady living in Bunbury shire, 5'3" to 5'5" tall, NS, SD, med build, fit, healthy, own home, car, view travel, meet for coffee.  
**Reply Box 6204**

**AUST** lady small in stature, WLTM Australian male, 60 to 65, SD, GSOH, NOR for friendship, possible relationship, take it slow.  
**Reply Box 6210**

**GENT** 56 active and fit healthy, caring, well presented, medium build, NS, SD, enjoys dining out, movies, country drives, life in general. WLTM compatible lady for friendship relationship, long term, age unimportant, see you soon.  
**Reply Box 6236**

**GENT** 56 looking for lady, similar age, enjoying life together, homelife, love animals, going out for dinner, quiet nights at home, country drives. I am honest, caring person, DTE, NS, SD, SOR.  
**Reply Box 6226**

**GENT** 75, young at heart, very fit, enjoys wine with a meal, most things in life. I am honest and affectionate. Seeking lady, NS for long term friendship, relationship, age and size open. SOR.  
**Reply Box 6222**

**GENT** Australian, 59, 6'3", slim, widower, pensioner, fin sec, NS, SD, GSOH. Interests: amateur art, photography, gardening, cooking, fitness, music, conversation, DTE, SOR, lady, slim, 45-60, DTE, similar interests, SOR, friendship.  
**Reply Box 6225**

**GENUINE**, honest, loving, caring, lady WLTM gent, 65-75, NS, SD, varied interests who is also looking for a friend, lover, no mind games to share some good times and who knows what the future might bring. Love to hear from you. ALA. SOR.  
**Reply Box 6237**

**GENT** fit, 80s, SOR, NS, ND, British born, has no relatives, lives alone, likes home cooking, garden walks, fishing, drive, shops. WLTM lady who lives alone with no relatives, mutual, genuine. ALA.  
**Reply Box 6200**

**HAPPY** Aussie lady, 73, WLTM sincere, caring gentleman, 70-80, fin sec with GSOH, NS, SD and a positive outlook on life. I love dining in/out, country drives, movies and quiet times at home. If you are looking for a lasting relationship and to share life's journey. Let's enjoy the simple things in life together, Mandurah area.  
**Reply Box 6213**

**HEALTHY** 57 years young, Aussie, male, adventurous, secure, kind and presentable. WLTM a happy and healthy lady. Please reply with your phone number.  
**Reply Box 6220**

**HER** disability prevents intimacy. Guy, 72, slim, normal looks, seeking discrete, physical day-meets, your place with pleasant understanding, lady 60 to 80+. Please write to your future companion chasing long-term, cosy, fulfilled frolics and affectionate association.  
**Reply Box 6211**

**LADY** 5' WLTM gent, 75 to 85 for friendship, outings, GSOH, likes most things, visits to theatre etc, SD, NS, meet for coffee, DTE, south of river.  
**Reply Box 6214**

**LADY** 58, GSOH, ND, NS, DTE, WLTM gent, same interests and age. I enjoy cooking, walking, beach, love pets, prefer any ex Yugoslavia. SOR. Let's meet for chat and coffee.  
**Reply Box 6198**

**LADY** mid 70s WLTM gent with GSOH for friendship and occasional outings. Prefer 6210 area. Let's start with meeting for coffee.  
**Reply Box 6212**

**LADY** with GSOH, NS, SD, DTE, lives NOR, WLTM a gentleman for friendship companionship.  
**Reply Box 6231**

**LADY** WLTM a gentleman with GSOH and sociable, 77-84. I like jazz and classical music, playing chess, going out with friends and entertaining.  
**Reply Box 6239**

**LOOKING** for special lady mate by a 6' tall, 75, WA born, gent, DTE, NS, NG, SD, own home etc for what's left in life, prefer around Gosnells area or SOR.  
**Reply Box 6232**

**ROMANTIC** male 84 seeks lady of similar persuasion willing to follow your interests whatever they may be, no special requirements, just be up-front, loves travel, music, sport, whatever. TLC. ALA.  
**Reply Box 6234**

**GAY** lesbian lady seeks same 45 to 65, DTE lady needs friendship plus GSOH. I'm honest, caring, 5' tall with blue eyes. Loves animals, country music, walking, beach, SD, outgoing, fishing. New to Albany.  
**Reply Box 6205**

**SUNDAY** brekkie ladies and gents, inner metro area, single, 60-70, interested in meeting others at variety of SOR cafes only, Gents we need you! Hope to hear back. 9am start.  
**Reply Box 6224**

**TALL** English gent, well presented, young, 73, active, healthy, easygoing, caring, GSOH, DTE, sociable, likes music, dancing, reading, travel. WLTM caring lady, slim figure, lonely, active, alone, romantic, easygoing, NOR, 'have a go' and reply.  
**Reply Box 6208**

**WHERE** are all the happy, fun to be with gentlemen, 68 to 78, who retain the passion of their youth, and are kind and caring. I am SOR, enjoy music, theatre, friends, fun and all life's pleasures. Seek metro guy for best friend/lover.  
**Reply Box 6202**

**WIDOW** 76, slim, warm-hearted, aesthetic, philosophical, musical, romantic, WLTM artistic, cultured, creative, Christian, soulmate, gentleman. Interests; Australia's scenic beauty, landscape painting, classical music, poetry, gardening, photography, gentle living conducive to love, simplicity above materialism. SOR.  
**Reply Box 6219**

**Seeking a Partner**

**ACTIVE**, fit, 63, European lady, NS, ND WLTM companion for outdoor activities, mostly walks and country drives. GSOH, positive attitude, open minded and friendly nature, will be highly appreciated.  
**Reply Box 6223**

**ACTIVE** gent, 57, no baggage, fit, financially comfortable, looking for a lady.  
**Reply Box 6216**

**ACTIVE** gent, 64, SOR, SD, NG, NS, DTE, enjoys dancing, walking, dining out, some movies, travel and holidays. WLTM lady similar age for honest long term relationship. ALA.  
**Reply Box 6215**

**ACTIVE** gent, young, 70, 165cm tall, fin sec, enjoys travel, agriculture, dancing, SD, NS, GSOH. Seeks slim Asian lady, 60 to 70, for longterm permanent relationship, similar interest. Photo if possible, will return. ALA.  
**Reply Box 6238**

**ACTIVE** slim gent, 76, single, fin sec, NS, NG, SD, GSOH, many interests, Morley area. WLTM lady partner for good relationship, happy, healthy, to 74, caring, honest, long term is a benefit, you have own home. Let's meet over a coffee.  
**Reply Box 6218**

**ARE YOU** serious and ready to form a true friendship relationship, if so, meet me for a cup of coffee to discuss the views on love because where there is great love, there are always miracles. I am a widow in my early 70s, and WLTM a honest gent. No ties, to 70.  
**Reply Box 6228**

**ASIAN** lady, 60+, educated, elegant, good cook, love dining-in, well travelled, sincere, honest, ND, NOR, NS. WLTM male same attributes, 55-60, good moral, family values, love to hear from you. View to permanent, sincere and caring relationship. ALA.  
**Reply Box 6207**

**ASIAN** lady, 60+, educated, elegant, good cook, love dining-in, well travelled, sincere, honest, ND, NOR, NS. WLTM male same attributes, 55-60, good moral, family values, love to hear from you. View to permanent, sincere and caring relationship. ALA.  
**Reply Box 6207**

**AUSSIE** gent 5'11" tall, slim as I am slim, in late 60s, for permanent partner, between Mandurah and Perth. Would be nice and surrounding areas, ALA, for sure.  
**Reply Box 6221**

**AUSTRALIAN** loving lady 67, medium build, NS, NG, SD, lives SOR, Christian values, enjoys outdoors, travel, music, gardening. WLTM gent of similar age, interests.  
**Reply Box 6229**

**AUSTRALIAN** lady WLTM genuine gent, kind, caring, fun loving, DTE, NS, SD, lives SOR. Likes dining out, walks, movies, 58-62.  
**Reply Box 6227**

**GENTLEMAN** 63 tall, youthful, GSOH, fit, retired, sincere, WLTM lady for walks, dining, drives, travel, share glass of red, you honest, sincere, NS, TLC, ready for friendship and love, age, 50 to 70. A happy lady.  
**Reply Box 6235**

**LADY** 62 I could write all the usual things about being attractive etc, however its in our first meeting that will influence the desire to know one another further. SOR looking forward to your hello.  
**Reply Box 6230**

**LADY** 64 WLTM sincere honest gentleman, NS, SD, GSOH, SOR, is this the place? Are you out there? Let's make a date and meet for a cuppa.  
**Reply Box 6209**

**LADY** Australian, tall, happy nature, active. WLTM tall 62+ guy, NS, to share interests, company, travel, life in general. Are you genuine, sincere, looking to enjoy all life has to offer? Possible relationship. Let's explore the future possibilities and 'have a go'.  
**Reply Box 6199**

**SOUTH** American background, gent, 65, 170cm tall, 65kg, genuine, retired, young minded, active, good health. WLTM nice lady, any age or nationality for relationship, companion for any normal and interesting activities. Ask any question on reply.  
**Reply Box 6201**

**TALL** soft-haired male, educated, kind, sensitive, loves painting, nature, sport, not affluent, rich experiences; lived, loved, suffered. WLTM woman 60+ to 70s, some culture, warmth, honest, thirst for knowledge, fun too! Share tenderness, affordable readventures. Reply related to above.  
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**Rossmoyne club for retirees powers ahead**



Club President Tony Morrell welcomes new members Denis Brooks and Heather Connell to the club

THE ROSSMOYNE Probus Club, founded in October 1985, had a landmark year in 2013, celebrating its 300th meeting and simultaneously throwing open its doors to lady members. A 25 year time capsule was recently unearthed containing the list of founder members of the club along with a number of newsletters. The founding Treasurer, Brian Betham, is still a member of the club and explained that Probus is a worldwide organization that grew originally from Rotary with the intention of providing a social structure for retired Rotarians. The club has further developed and most members are no longer Rotarians. "The name "Probus" was formed by combining the

words "professional" and "business". Many members have a professional or business background but this is not a strict requirement for membership," said Club President Tony Morrell. Morrell outlined the main reasons that retirees and semi-retirees join Probus. "We find that most enjoy the fellowship of like-minded people and getting to know other active retirees in the local community. "The club has a different guest speaker every month and there are regular social activities. "Each month we have a semi-formal meeting often with visitors from other clubs, followed by morning tea and our guest speaker. "In our club we have members from most walks of life.

You have the opportunity to share common issues of interest and make new friends. "Probus is non-political, non-sectarian, and does not fundraise for charity". "This last year saw a big surge in new members and I am pleased to report that a good two thirds of those new members were women. "Every club activity now has a real buzz to it and we are delighted to see our lady members involving themselves in all aspects of club activities." "The lifeblood of all Probus Clubs is its members and we are dedicated to continuing to add new members to the club to keep it vital, interesting and exciting." The club aims to organize a concert at one of its monthly meetings and open this up to the general public. This year it is hosting "The Divine Miss M's" singing the music of the 60s. To attend simply contact Geoff Field on 9457 3449. As well as top class entertainment, this gives visitors the opportunity to see what Probus is all about and meet club members. Club Secretary Geoff Field added: "Club meetings are held at the Rossmoyne Bowling Club on the first Tuesday of each month. The meeting commences at 9.30 and usually ends around 11.30 am. "For more information please call me on 9457 3449".

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# Scene Socially.....



**SCENE (1):** 6PR's Graham Mabury hung up his headphones on 4 June with a live broadcast from the Mt Pleasant Baptist Church where he is also a pastor. The auditorium was filled with colleagues, friends, and the Nightline family of listeners. It was a moving farewell to a Perth icon who spent 33 years on air.

**SCENE (1):** Clockwise from left; Merle and Graham Mabury farewelling fans after the show - Great friends Vince Garreffa and Graham Mabury - Gloria and Jon Lewis and Ben Gubana - Nightline producer Royceton Hardy - Live broadcast presenters included Basil Zempilas, Bob Maumill, Steve Mills and Graham Mabury.



**SCENE (2):** The Bethanie Ball for the staff is held annually and this year's theme was Unmasking the Talent of Bethanie. This year Bethanie also celebrate their 60th anniversary. Guests were treated to a fantastic night of entertainment from singers to acrobatics. The Crown Perth Ballroom came alive and a great time was had by all.

**SCENE (2):** Clockwise from left; Alex Chirico, Georgia Hildebr, Nicola Miller and Sarah Stock - Don and Marcia Godwin - Nicholas Van Der Heiden and Tanika Morton - Lisa Jones and Jane Swindells - Maxine Alexander, Jane Ghizzo and Nancy McGregor - Andrew Allsop and Michelle Harris.



**SCENE (3):** Early in May, to celebrate the significant milestone of its 35th anniversary, more than 200 friends and supporters of the Trinity School for Seniors embarked on a Captain Cook cruise down the Swan River to Fremantle.

Even the unexpected inclement weather could not put a damper on the day, with all enjoying the fun and friendly ambience on board.

**SCENE (3):** Top row pictured from left: Lois Hitchcock and Margaret Tait - Mary Portman - Brenda Johnson and Barbara McAllister. From left; Betty Cavley, Jann Rutherford and Beata Fung - Daphne Mevid - The beautifully decorated School for Seniors 35th Anniversary cake.



**SCENE (4):** During May, the West Australian Carpet Bowls Association (WACBA) held a very successful Patron's Mixed fours competition at The Alton Park Leisure Centre. Congratulations to the winning teams and all the carpet bowlers who took part and helped to make the day a great fun event.

**SCENE (4):** Top row; First place winners of the WACBA Patron's Mixed Fours was the Balga team. Pictured from left: Seniors Recreation Council President Hugh Rogers, Florri Scales, Derek Hillier Jo De Almeida and Sandra Maxwells. Second place went to the team from Addie Mills. Pictured from left: Fred Holland, Sheila Russell, Archie Mustard, Sonia Vunak and Hugh Rogers. Third place winners was the Herald Avenue team. Pictured from left with SRC president Hugh Rogers were John Tostevin, Georgie Waghorn, Margaret Vangennip and Jim Waghorn.



## At the midnight hour



Jon Lewis

*The most important person in the world - you*

RECENTLY, during an interview on 6PR, my favourite radio station, I heard a thought provoking comment regarding who, when having a conversation should you consider to be the most valued/important person of the two of you.

As the interview continued, the general consensus was that it should be the person with whom you are engaged with in conversation. How simple is that?

The person you are connecting with, either face to face or by telephone, philosophically speaking, should be treated with as much respect and consideration as you would expect for yourself.

I wondered more about this and considered this example.

When making or receiving a phone call, how much of a difference would it make if I was more attentive, responsive and polite to the interlocutor than I would expect to be treated myself.

No doubt, the caller would most likely be left feeling respected, appreciated and perhaps even loved.

If it was a family member, they might even be left wondering to whom they were talking...

I can hear people dismissing this as a 'given' with such catch phrases as, "You should treat people with respect". And another well worn saying, "Do unto others as you would have done unto you", also carries the good message.

I hear these sayings a lot! However, I wonder how often these sentiments are adhered to, when you are feeling down and bad about yourself.

Regarding the phone call for example, I wish I could feel confident to say that every call I made off air was filled with respect, apprecia-

tion and love... I wish... The reality is on 'occasion', feeling bad about myself, I am concerned that I may have been less cordial than I would like to admit.

I really like the 'idea' of treating the person you are with better than yourself and suggest it would be a work in progress.

Imagine if this 'idea' caught on?

Then I suppose everyone would treat each other better, and that would be nice.

So how do we do this? Is it hard work? Would it take too much time?

Referring back to the interview, as it continued, all was revealed.

I must say the answer seemed great to me at first.

The most important person in a one-on-one is you and how you feel about yourself.

Aaahhh! Finally this is something I can certainly identify with.

Consider this, if you want to work for the toughest boss, then go work for yourself. Often we treat ourselves much harder than anyone else might or even dare.

On occasion, in the past, I have said some quite awful things to my inner self when I consider I have been remiss in my behaviour/actions, and typified by a carelessly dropped glass, a scratch on my car from being careless, or being late for a meeting.

Why would I be so tough on me? Why not treat myself better or as the most important person in the world?

Then I could indeed be kind, thoughtful and loving... to me and to others?

That would be nice ... and would no doubt have a 'snowball' effect gaining momentum as it went.

As I am now in the company of you I would like to thank you sincerely for taking the time to read my 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*

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# Farmer gets his life back

"Hearing aids are as much about how well they are programmed as they are about the standard of technology itself. I know from years of painful experience with my hearing aids spending most of the time in the top drawer, that it's very important to choose the audiologist fitting the hearing aid before settling on any hearing aid. And that's the reason I've followed Brad Hutchinson to his new practice in Fitzgerald Street, North Perth."

"I'm sure you all remember my story. I'm Lindsay Olman, a farmer from Mullewa. Through years of exposure to noisy machinery, a lightning strike, and several episodes of ill health, my hearing was poor and I was continually in trouble with family over my hearing status. Most people in the community were probably just too polite to point out to me that I wasn't hearing very well. I had been pretty active in local community affairs, but I had to give all that away because I couldn't tell what people were saying, particularly in groups or at meetings. It all sounded like 'chook speak' to me.

**...it's very important to choose the audiologist fitting the hearing aid before settling on any hearing aid.**

For the past few years I've been wearing top-of-the-line hearing aids fitted by Brad Hutchinson and I'm right back in the thick of things,



Farmer Lindsay Olman with Audiologist Brad Hutchinson (BSc PGradDipAud MAudSA(CC))

really enjoying life. These hearing aids have allowed me to participate in discussions, even when there is a significant amount of background noise. People are really surprised when I show them my hearing aids, which I'm pretty proud of, because they are practically invisible and most people can't see I'm wearing them.

My advice to anyone who really needs or wants to hear and join in on life, is to make an appointment for a trial of Brad's hearing aids. Where others failed to help me in the past, these aids really work, I love them, and I'm grateful to have my life back." **Lindsay Olman**



Photo: Starkey Laboratories

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