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## NEWS



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Time	Holiday Room 1	Holiday Room 2
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10.30am - 11.10am	<b>Holland America Cruises</b>	<b>Outback Australia</b>
11.10am - 11.35am	Break	Break
11.40am - 12.10pm	<b>Small Group Adventures</b>	<b>Norfolk Island and Tasmania</b>
12.20pm - 12.50pm	<b>Australia and New Holidays</b>	<b>Africa and Mauritius</b>
1.00pm - 1.30pm	<b>Just for Singles Holidays</b>	<b>America and New Zealand</b>

\*Timetable subject to change without notice.

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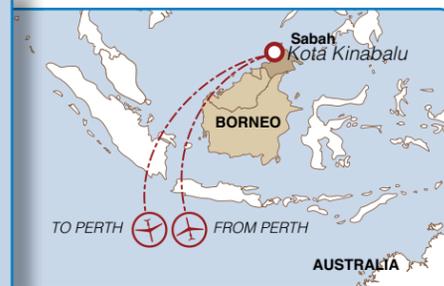
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VOLUME 25 NO. 02 ISSUE NO. 282 SEPTEMBER 2015

## In this Issue

- Let's Go Travelling - LAST CHANCE WIN a trip to Bali plus more...
- Seniors Week Focus
- Downsizing
- Great Home & Gardening



### Competitions/Giveaways



**Lavazza Italian Film Festival**  
**The Martian** - Matt Damon  
**A Walk in the Woods** - Robert Redford  
**Macbeth**  
Reading Cinemas Belmont  
**Peppa Pig Live!**  
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# Hooked on the music



Original Dr Hook member and lead singer Dennis Locorriere

by Brad Elborough

AMERICAN rock band *Dr Hook* last played together in 1985 and, sadly, many of the original band members have since passed away.

But next month, the unmistakable iconic tunes that were played to packed houses around the world for the best part of two decades, will

be heard in Perth.

Original *Dr Hook* member and lead singer Dennis Locorriere will visit WA on 18 October as a part of a 15-dates in 18 days Australian *Timeless* tour.

You're starting to hum already, right? Which song? *Sylvia's Mother*, *Walk Right In*, *Only Sixteen*, *Sharing The Night Together*, *When*

*You're In Love With A Beautiful Woman*, or *The Cover Of The Rolling Stone*?

Despite the absence of his friends, Dennis says the *Dr Hook* songs will be recognisable this year as being the same favourites from yesterday.

"I can still perform the music the way it is supposed to sound, which is important

to me," he said.

"It's about the sound; not about the group of people.

"And many of the band's original members are dead now, so if I wanted to do a reunion tour, I'd have to start it with a séance.

"But being the lead singer, I can reproduce the sound. I can come back with a band and play the music as people

remember it."

When *Dr Hook* fell apart, Dennis embarked on a solo career and a couple of the songs he wrote during the period have made it on to the play list for his upcoming tour.

Don't be alarmed though, the *Dr Hook* songwriter stuck to what he knows and says the songs would have made it on to a band album if they were still together.

Plus he has a fair reference list of people who like his songs, with Bob Dylan, Crystal Gayle, BJ Thomas, Helen Reddy, Willie Nelson, Southside Johnny and Jerry Lee Lewis among those who recorded his work.

But there did come a time when enough was enough.

"When I didn't want to do it, I didn't do it," he said about the post-*Dr Hook* era.

"Near the end of Hook, we were spending 300 days a year on the road. I had been doing it since I was 19 and I was worn out. I got to a stage where I would look out at sold-out crowds and think that if people stopped buying tickets, I wouldn't have to live like this.

"I started to think that if I went home, my son (actor Jessejames) was there and he didn't care what number on the charts we were; he just wanted me home.

"I owned a house - a big house, next to the Mayor and it had a big swimming pool, which I probably used four times, because I was busy working to try to keep it.

"Now, and this may sound silly, but I am only starting to realise the enormity of how important *Dr Hook* is. It's engrained in people's lives."

He's grateful for the time he spent away from music, doing things like drawing and poetry - things that he didn't have time to do when the band was together.

Now 66 years old, Dennis says that he's feeling good, "doing what I was doing at 26".

He heads to the gym to work on his stamina, hitting the treadmill mostly.

*continued on page 55*



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Judith Treby

HELLO Everyone, During the last month, we have been privileged to attend several live shows which have included Cirque du Soleil's *Totem*, *Dirty Dancing* at Crown and the movie, *Ricki and the Flash* starring the inimitable Meryl Streep as an ageing rocker. Each of these shows has something to offer audiences from the wide genre they represent. However, readers who enjoy music from the decades of the 60s and 70s and

**From the editor's desk**

love to relive their youth through the music of that era, as do I, will enjoy this month's excellent front cover story by Brad Elborough, which features the popular 70s soft rock band, *Dr Hook* which will be performing in Perth at Crown on Sunday 18 October.

Invited to sing with the band in the 70s, vocalist Dennis Locorriere was the last member to join the original band of George Cummings, Ray Sawyer and Billy Francis. Locorriere is the only musician still performing and touring with *Dr Hook* and presents on stage a charismatic energy and youthful appearance that belies his age.

In a complete change of artistic pace, next week, this balletomane will be attending the opening night of *Coppelia*.

I so look forward to seeing this ballet and the in-

terpretation of it by artistic director Aurélien Scannella who always adds something new and enjoyable to the original choreography.

I hear the ballet is presented with a Western Australian theme.

Coming up rather quickly is a plethora of events to celebrate Seniors Week 2015 with the Seniors Recreation Council's WA, LiveLighter Event, *Have a Go Day*, taking pride of place as the peak event of the week on Wednesday 11 November.

As that day is Remembrance Day, the SRCWA, in partnership with the Victoria Park RSL sub-branch will be part of the official *Have a Go Day* opening at 10.30am with the Police Pipe Band and 10th Light Horse Brigade in attendance. There will be a bugler present and the observance of a minute's silence at the

end of the ceremony.

The day will include regular and many new activities including static displays and health check facilities.

Free tea, coffee and water will be available throughout the day and there will be plenty of free parking including bus parking.

For more information call Dawn on 9492 9773 or email info@srcwa.asn.au

Just a reminder, dear readers, that the deadline for copy is the 20th of the month preceding publication and the paper is distributed at the end of the first week of the new month.

That's all from me this month.

Keep healthy and happy.

**Judith Treby**  
 editor@haveagonews.com.au

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**Volunteers sought for heart health study**

HEALTHY Western Australians with a family history of heart disease are being encouraged to consider volunteering for an important new study that could help reduce the risk of coronary artery disease (CAD) in families.

The study, which will be held at Royal Perth Hospital (RPH) shortly, is part of a National Health and Medical Research Council-funded trial that will be conducted in several states.

Professor Gerald Watts, head of the Lipid Disorders Clinic at RPH, who is leading the trial in WA, said that many heart attacks were the result of an inherited predisposition to CAD.

"However unless a person is found to have high levels of cholesterol in their blood, we cannot be sure how best to treat them.

"This trial will determine whether a

scan (to look directly at the heart) and the prescription of a simple medication may offer the best form of preventative therapy," he said.

Professor Watts said prospective volunteers would need to:

- be aged between 35 and 70 years
- be healthy and have no heart problems
- have a close family member who – before turning 60 – had a heart attack, a coronary stent inserted or underwent heart surgery
- not be taking a statin (cholesterol-lowering drug).

Professor Watts said the study would compare two pathways of care – routine care (normal care provided by the participant's regular GP) and guided care (a closely monitored form of care based on a heart calcium score in which the participant would be given advice on diet, exer-

cise and cholesterol-lowering medication).

Those who meet initial prerequisites for the trial will undergo a heart (CT) scan to determine their calcium scores (a measure of the calcium build-up in their arteries and an indicator of coronary risk) but only those found to be of low or medium risk will be eligible for the study.

The study meets strict ethical and governance requirements and all participants will receive optimal care under current best-practice guidelines.

Professor Watts said those who volunteered for the study would be making an important contribution to science and advancing the care and treatment of people with serious heart problems.

Anyone interested in participating should telephone 9224 0388, fax 9224 0329 or email caught-cad-smp@uwa.edu.au

**Writer Andrew Burke presents a workshop at FAWWA**

ANDREW Burke, widely published writer and poet for more than 50 years, is visiting Perth for a short time and presenting two events for Fellowship of Australian Writers FAWWA.

One of them, a workshop, titled *The Daily Muse*, is to be held on Sunday 13 September from 3pm to 5pm at Mattie Furphy House (Cnr Kirkwood Road and Clare Copse) Swanbourne.

Topics covered in the workshop include:

The habit of creativity in everyday life: learn good habits to keep in touch with your creative self.

Break free from humdrum reality to get your first drafts on the page.

The more you write, the better you'll get.

The workshop is with exercises, so bring a pad and pen.

For more information or to book, please call Fellowship of Australian Writers WA (www.fawwa.org) 9384 4771.

**Correction**

IN LAST month's article by Josephine Allison, *Chemotherapy in your home*, the length of time the chemotherapy treatment takes to administer was inadvertently misrepresented.

Whereas the article referred to it "taking several hours to set up the equipment and the treatment administered," it should have read: "the entire treatment rarely takes more than two hours to complete."

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**Older adults' balancing act to prevent falls**

IMPROVING balance is the number one way to prevent slips, trips and falls in older adults. One quarter of falls among older people is the result of poor balance.

"The good news is that falls are preventable, anyone can trip over but having good balance stops you from falling," says community engagement coordinator, Juliana Summers.

The Build Your Balance campaign is all about offering simple steps for older adults to maintain or improve their balance.

"Balance tends to decline as you get older but it doesn't have to," says Juliana.

Simple, safe balance exercises can be done in the comfort of your home or with a group in your local community. Alternatively, balance can be improved with activities such as tai chi, tennis or lawn bowls which involve leaning forwards,

backwards or to the side.

Cloverdale resident, Gwen Davies 81, is one of the faces of the Build Your Balance campaign.

"I do balance exercises every day in my kitchen. I know my limits and do what I know my body is capable of doing. People often comment how they can't believe how fit and well I look," she says.

The Build Your Balance campaign will also include education, resources and training for health professionals who work with older adults.

The falls prevention program, Stay On Your Feet®, launched their Build Your Balance campaign this month. It runs until 30 November.

Older adults and health professionals can receive free balance exercise flyers and learn about suitable balance activities by visiting stayonyourfeet.com.au or calling 1300 30 35 40.



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# Terri's dancing and teaching touched many Perth couples



Terri King and Roy Mavor

by Adam Penn

EVEN as a child Terri King had a burning desire to dance growing up in Perth so at 18 she started lessons at Reddy McMorrow's School of Dance in Murray Street.

Little did she know her dance career would span 60 years, earning accolades and instilling her skills among many along the way.

Born on 21 March 1927, Terri had an idyllic childhood, her hard-working father subsidising his income as a confectioner with window cleaning, most notably at St Mary's Cathedral.

Dancing her Bronze Ballroom with Reddy at the Murray Street studio, Terri was examined by Frank Webber, a member of the Federal Dance Association, the only dance association in WA at the time. Terri remembers "in those days (1946) you could only do Ballroom and Old Time as Latin American hadn't yet been introduced into the syllabus."

Her competitive career was short but eventful, dancing in several local and State events. She won an "all ladies" competition partnering Coral Glass, at one of her last times on the competitive floor at the Embassy Ballroom in William Street. In the early 50s, she partnered Brian Waterman, with whom she won the Silver Medal Foxtrot and a third in the Novice Waltz, Quickstep and Foxtrot, danced at the YAL ballroom, (Young Australia League) in Irwin Street.

Terri trained for competition and teaching qualifications at Wrightson's Fremantle, Victoria Hall, under acclaimed teachers Bob and Shelda Wrightson and Jim and Betty Maschmedt. She then went to Sydney to live for about a year.

Returning to Perth, she became a professional teacher at the newly appointed Wrightson Dance Studio in Murray Street. She was then asked to partner Bob Camp-

bell with whom she continued competing, coming third against Jim and Betty Mashmedt and Eddie Ward and June Watkins (Mavor), in the 1955 State professional titles.

In 1956, Terri was thrilled to be appointed junior dance director at Wrightson Dance Studio, a position that increased her teaching duties including training both current and future student and professional staff for the school. Throughout the history of Wrightson's, Terri was the only staff member to have this title.

In 1957, Terri danced her ballroom Oscar with Roy Mavor at the Embassy Ballroom, the same night that Ailsa Miller danced her Latin Oscar also with Roy. After this Terri focused on Latin, working through all levels and dancing her Paso Doble Star medal exam with Roy Mavor, just before he left Perth with wife June to establish careers in dance in Canada, then in Utah USA.

In 1960 Terri married Bob Farquharson at St Mary's Cathedral, the church she had grown to know so well as a child. The couple started a family, with their first of three daughters Leanne, born in 1962. Still teaching with Wrightson's, Terri curtailed her duties with the birth of her second daughter Michelle in 1963 (later to become a champion and professional dancer herself) with third daughter Natalie arriving in 1965.

When the girls were young, Terri took them to the junior class at the Hay Street studio, teaching the under 10s formation team which included her daughters. Many of the young dancers from this team moved on to the junior formation team, under the tuition of Bob Wrightson, eventually taking the 1973 State title.

Returning to teach dance in 1974, Terri was asked to organise classes with the Teachers and Further Education colleges, starting at Balga and later in Tuart Hill, Mt Lawley and Belmont. Many people over the years, who may not normally have attended dancing schools, were introduced to and fell in love with dance through these classes.

Terri also studied for her qualifications in dance, achieving her Fellows Degree in Ballroom and Members Degrees in Latin and New Vogue in the 1970s. Along with becoming an examiner and adjudicator for the Australian Institute of Dance, with whom she qualified, she also studied for and became a qualified scrutineer in 1975, working with dance societies and junior events.

Her qualifications also extended to the Commonwealth Society of Teachers of Dance (CSTD) with whom she danced her Members Degree, examined by Ethel Sheehan (nee Philip). Terri retired from active teaching, adjudicating and examining in 2007, after an amazing 60 years in the dance industry of Western Australia.

In last month's dance article on Robert and Dorothy Scudder; it was incorrectly stated that Robert moved his school to Queen Street in Perth without Dorothy because they had separated. Sadly, it was because Dorothy had died some years before in 1959. Apologies to Roberta and family.

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

## Forum to focus on women and heart disease

HEART DISEASE takes the lives of 24 women every day, yet public awareness is low. It kills women three times more often than breast cancer. Unfortunately there is a misconception that heart disease only happens to middle-aged and older men.

There is alarming data showing that women are not receiving the kind of care that they should be. Women are less likely than men to undergo percutaneous coronary intervention (stenting) – a common treatment used to help restore blood flow to the heart. On average, health care spending on females with heart and blood vessel disease is 20 per cent less per person than males. Women also tend not to fare well following a heart attack compared to men.

In addition to this women are more likely to

experience non-chest pain symptoms of heart attack (such as pain in the jaw, feeling nauseous, sweaty or fatigued) than men; which can lead to them presenting to hospital late and being treated differently to men.

The Heart Foundation WA is holding a free public forum to talk about women and heart disease on 15 September from 1pm until 2pm at Shenton Park Community Hall, 240 Onslow Road, Shenton Park.

Guest speakers include Dr Paddy Ramanathan, GP and advocate for women's heart health, Dr Michelle Ammerer, cardiologist and Heart Foundation board member and Helen Kingsway, heart attack survivor and Heart Foundation volunteer.

Heart Foundation staff will be available to answer questions following the presentations. All at-

tendees will receive free heart health information on women's heart health, a healthy lunch pack and bottled water.

People with an interest in their own heart health or health promotion are invited to attend. Places are limited and offered on a first come, first served basis.

The Heart Foundation received a Community Development Grant from the City of Subiaco to run this event.

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**Riverton Racing Pigeon Club seeks new members**

ON SATURDAY 15 August, members of the Riverton Racing Pigeon Club sent their birds to Cue, 550 km from Perth.

The birds were released at 7.45am with the winning bird arriving home at 12.28.02. The winning bird had an average speed of 1930 metres per minute which equates to 116 km/hour.

Congratulations to the following members:-

1. Joe Olszowy - blue bar cock - home at 12.28.02
2. Geoff Young - blue bar hen - home at 12.28.48
3. Grant Kelly - blue checker hen - home at 12.29.36
4. Skyview Lofts - blue checker hen - home at 12.31.27

Members of the club travel far and wide with the birds to take part in races.

If you are interested in becoming a member, please call Joe on 9459 3635.

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CLOTHES FOR EMPERORS



## Letters to the Editor

Submissions may be edited for clarity and space.

DEAR editor,

I was interested to read Frank Granger's letter regarding the will forms available from newsagents.

Recently my husband and I decided to purchase a couple of those will forms, for the same reasons you mentioned.

Instructions for how to fill out the forms are included, and as long as you follow those instructions, all will be legal.

The cost of those will forms is only \$2.50. I hope you find this information helpful.

Yours sincerely,

Mrs. Yvonne Pappill

DEAR editor

Just a quick note to say thank you for the two tickets to the *Tommy Emmanuel* concert last month. My husband and I are both in our seventies and we were amazed at the sheer talent of this performer. We thoroughly enjoyed this world class performance so thank you once again for giving us this opportunity.

Kind regards

Margaret Hartley  
Dianella

DEAR editor

*Opening a Bank Account for a Grandchild*

An elderly friend decided not to give a present to her new grandchild, and instead opted to open a bank account for the baby.

But it wasn't as easy as the dear lady thought it would be.

Fronting up to her local bank, she told the teller she wanted to open an account for her new grandchild. The teller then asked if she had the child's birth certificate and passport.

Dumbfounded, she repeated that the child was a newborn baby.

It was not possible for a grandparent to open the bank account.

What has happened to the good old days when kids had a money box that you got from the bank? Once you put money in you were unable to get it out.

When the money box was full you took it to the bank and opened your first bank account.

Frank Granger

*Ed: This is an unintended result of legislation to prevent money laundering*

## Welcome to Stripy - at the Hollywood Tuesday Morning Show



by Michelle Davies

BERT AND ELSIE, two of our favourite audience members, bought along Stripy (pictured above), a raffle prize from the Rod Evans Centre Christmas-in-July luncheon, to our concert recently. He was a wonderful attraction, and greatly admired by all.

He even joined in our welcoming song: *Come On Along, Come On Along, To the Tuesday Morning Show*, sung with much enthusiasm by our talented audience choir.

Rottnest Guides president, Ted Zappara, thrilled us with his beautiful slide show about Rottnest, and told us such amazing stories of its history. Most of us remembered Jimmy Woods who flew his little plane across. Many of us had been called to the cockpit to wind up the wheels on take-off, and wind them down again on landing.

Many memories made us all want to do it all again.

Our coordinator, Bernard Carney, made it more special by singing songs he has written about Rottnest and its colourful history.

The Hollywood Tuesday Morning Show is a free community service sponsored by the City of Perth and *Have a Go News*. It is held in the historic Perth Town Hall, corner Barrack and Hay Streets every Tuesday from 11am to 12 noon. Enquiries 9461 3145.

## Investing in coins

with Mickel Smits

NOBODY likes to lose money especially when it comes to your life savings including superannuation. Even worse is when it happens by no fault of yourself and/or you cop a loss just by virtue of being an innocent bystander, for example, the aftermath of the 2008 GFC resulted in many losing up to 50 per cent in the value of their superannuation due to the shakeout of global stock markets and the likes of financial 'products' such as those mortgage derivatives linked to the US real estate market.

Another despairing and insulting manner by which one might lose money is when you receive and accept in good faith, financial advice that turns sour or was foul in the first place of which there are countless possible scenarios. When such happens there's no assurance it could not happen again, nor is there much consolation when a financial planner, adviser or commentator is prohibited to 'practice' in said

capacity again: that rarely occurs in any case.

From time to time in recent years I've written about the rise and fall of rare coins and banknotes which evolved into an alternative investment phenomenon as of the late 1990s. They became favoured particularly by folk who had established their own private super funds which, in themselves, coincidentally became a popularly adopted approach by those who wanted more control of their own super's destiny. Certain dealers recognised this potential marketplace and purposefully and successfully promoted rare coins and banknotes as an option. Significant amounts of money began rolling into the numismatic marketplace (and in art, vintage cars etc) and as it was the rarities that this money was being channelled into, their values rose handsomely with 15 per cent per annum returns becoming commonplace and then the norm. Within five years, values double at this rate so the attraction became irresistible.

By 2005 I was openly advising collectors and investors the top end of the market was over-heated and over-valued and in an effort to protect their interests I would only purchase high class items if I was then able to sell them at at least a 30 per cent reduction on so-called market values as documented in the current catalogues, dealers pricelists and auction realisations. In a way, and in so doing, I was cutting my nose off to spite my face because sellers of such material were being paid higher prices by those dealers who were targeting the investors and so it became difficult for me to secure rare coins and banknotes. I then had to resign myself as to whether I should 'make hay while the sun shone' or stick to my senses of experience and principles and retire to the sidelines during the 'top end'

boom and thereby not be held accountable when the inevitable bust eventuated. I chose the latter, am still in business, but unfortunately now have to explain and advise those unfortunate souls who sank significant sums of personal funds into rarities as to their predicament.

What has become clearly evident is that almost all of those I've counselled had no experience in the coin and banknote market. And the items they hold range in value from several thousands to tens of thousands of dollars each which 95 or more collectors out of a 100 cannot afford and so the opportunities to sell rarities is limited so when you have a situation where all of a sudden everyone wants to sell, the odds are not only against you, you're at the mercy of the market and significant losses will be incurred.

Catalogues are an invaluable source of at least gaining some perspective of values and so when the new *McDonald's Australian Coin and Banknote* catalogue arrived this month I was keen to review the values applied to those categories of rarities particularly marketed as investments. The following is a rundown of their declines since the last edition of late 2013. Bear in mind these are highly specialised fields of collecting and not necessarily indicative of other numismatic areas of more general interest. The falls are detailed in brackets following them: Late 1700s Proclamation coins (-33 per cent); 1813 Holey Dollars in fine to very fine condition (-50 per cent); 1852 gold Adelaide Pounds (-48 per cent); 1919/21 Kookaburra Pattern pennies and halfpennies (-60 per cent); King George V and George VI 'Proof' condition coins (-up to 75 per cent); QE II pre-decimal 'Proof' coins (-40 per cent); 1930 Penny (-20 per cent); Unissued 1937 penny 'Patterns' (-70 per cent); King George V 'uncirculated' condition banknotes (-40 per cent); King George VI and QE II banknotes in 'uncirculated' condition are down 26 per cent and 35 per cent but I believe 40+ per cent is more indicative; and the worst outcome is decimal banknotes overprinted 'Specimen' which are now worth 75 per cent less - the reduction in value of Colonial era 'Proof' and 'Specimen' banknotes issued by private banks would be even worse than that but the section on these notes has been deleted for the moment by the publisher as prices "are still too volatile to pick a mean average".

These are certainly 'mean' losses to investors: the only consolation, though not to them, is that well-heeled collectors now have the opportunity to add these rarities to their collections at realistic values which will in time rise based on the forces of genuine demand.

Mickel Smits  
Phone: 9325 3252  
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# Enabling the environment to become more dementia friendly



CEO of Alzheimer's Australia WA Ltd, Rhonda Parker

by Rhonda Parker

A FRIEND recently told me a story about the time he determinedly dragged his arthritic body to the top of the DNA Tower at Kings Park over 20 creaking minutes, only to reach the top and find the magnificent view was just a blur because his glasses were in the car.

The environment that once suited perfectly for a great experience presents many new challenges as we age. If you throw dementia into that mix, the challenges are often multiplied.

With a recognition of the growing numbers of older people in our society, for some years there has been a discussion about creating enabling environments, that is, environments that enable all people to participate despite disability. For example, age increases the risk of poor mobility and other fac-

tors that impact on how well we can engage in environments. Think taking an arthritic body up the steps of the DNA tower, once a frisk frolic. If you add the impacts that dementia can bring, the challenge of being able to continue to engage in the surrounding world becomes even more challenging.

September is Dementia Awareness Month. We are asking everyone to think about how enabling the environment where you live and work, and how you could change that environment to increase the chances that a person with dementia will be able to continue to navigate the space rather than find it challenging or confronting.

The new challenges that our elders face from the built world are very similar to many of the challenges faced by people with dementia. To understand this article I need readers to imagine the challenge of how they experience the world.

Now for anyone with steps in their home or raised/sunken room, I want you to navigate through the rooms but you cannot look down at the steps. You just have to guess where the floor dips or a step up is needed and do your best to get around. How many times did you fall? Do you feel so confronted by the uncertainty of dealing with the world around you that you want to stay in your chair, or feel frustrated at losing your freedom to move easily?

The world is a great place, but it can be limiting once some of your senses let you down or the way you

get around the world is restricted.

It is actually sight that provides some of the bigger challenges to getting around. As many of you know normal ageing can lead to vision difficulties, including reduced sharpness, needing more time to adapt to changes in light levels, the area in which objects are seen getting smaller, and loss of peripheral vision. Put simply, the older your eyes get, the more challenges you are likely to face and the less you are enabled.

Dementia adds to this with a range of symptoms that impact on vision. The specific difficulties a person experiences with vision will depend on the type of dementia they have, but may include; decreased sensitivity to differences in contrast, reduced ability to detect movement, changes to the visual field and a reduction in peripheral vision, reduced ability to detect different colours and problems with the recognition of objects, faces and colours.

Among the challenges these impacts on vision can have is that the person with dementia can be confronted by people behind or beside them talking as they can't see them (loss of peripheral vision), or the person with dementia will fall down stairs with glossy, pale surfaces as the loss of depth of vision will make the stairs look like a flat surface.

Enabling environments will be different for people with different challenges but all should contribute to someone's independence and allow them to stay in their homes as long as

they are able to, to live well and get around easily.

Remember, 70 per cent of people in WA with a diagnosis of dementia live in their own home, and very much want to stay living there. With a bit of help, they can continue to do so.

Out in the community, businesses and public buildings need to consider enabling people who are less able to slide down the banisters than they were 50 years ago. They may just need things like clearer signage, fewer things to trip over or better use of colours.

Getting around both at home and in the wider world is absolutely imperative to your wellbeing, with or without dementia. The world once failed to consider people with physical disabilities but now has many of their needs built into building codes. It is not perfect, but it is better. With the growing numbers with dementia, it's time to start thinking of broadening the conversation to rethink enabling environments.

If you had dementia, you would want a world where you could continue to participate and engage in the fullest possible way. You would want people like me and organisations like Alzheimer's Association of WA to lobby for enabling environment despite your changing abilities. We are committed to this.

If you want to find out more about enabling environments, go to [www.enablingenvironments.com.au](http://www.enablingenvironments.com.au) or call AAWA on 9388 2800.

Read us online  
[www.haveagonews.com.au](http://www.haveagonews.com.au)

## AMHERST RETIREMENT VILLAGE 2 x VACANCIES



An exciting opportunity exists to purchase the License to Occupy Agreement for Unit 3 and 7 Amherst Village, Katanning.

Amherst Village is a Seniors accommodation village with 13 two bedroom units occupied by residents over 55 years of age. The village is centrally located in the Katanning town site close to shops and recreational facilities.

Expressions of interest forms and further information can be obtained from Janelle Bairstow on 9821 9983.



Please submit your interest by Wednesday 30 September 2015.

## REMEMBER THIS?



You probably used one many years ago!

What happened to those home movies you took?

They're probably tucked away somewhere 'cos it's too much hassle to set up screen and projector - globe's probably gone anyway!

Why don't you have them put onto DVD completely flicker-free before they self-destruct with age!! Then you can watch them on TV.

No, it doesn't cost an arm and a leg! We transfer your movies using our imported equipment, including a broadcast quality DV camera. As we are doing this as a hobby business it results in an extremely low cost. By the way, we do slides/VHS/SD as well. Also we pick up and deliver (metro area only)

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Mike and Gina  
9359 2025

## Walk in the park for Parkinsons

PARKINSON'S WA (PWA) will host its largest annual family-friendly day, *A Walk in the Park*, on Sunday, 13 September, at Perry Lakes Reserve.

*A Walk in the Park* is an event that gives the community an opportunity to celebrate, support and empower people, and their families, living with Parkinson's. All funds raised are dedicated to improving the lives of people with Parkinson's in Western Australia.

Participation for *A Walk in the Park* has increased steadily over the past four years, with this year's event expecting to draw crowds of more than 1,000 to take the 5km or 2km walk around Perry Lakes Reserve.

PWA CEO, Brenda Matthews, said public events like *A Walk in the Park* provided an excellent opportunity to raise awareness of Parkinson's in the community.

"Parkinson's is a progressive neurological condition that affects approximately 8,000 people in Western Australia. Around 30 people are diagnosed with the condition Australia-wide every day," she said.

"Every participant in the walk is a community champion for our key Parkinson's WA Nurse Specialist Service which helps improve quality of life and maintains independence, as well as drawing awareness to the broader support and services we provide for people living with Parkinson's, their family and their carer's."

PWA event coordinator, Randy Baker, said this year's event promised to be better than ever and would provide loads of entertainment for the whole family.

"There will be live music, performances, cake and craft stalls, a variety of food and refreshment options, as well as children's activities, a dinosaur hunt, best dressed canine and much more," Ms Baker said.

Gates open at 9am and the walk starts at 11am. Find out how you can join in the fun by visiting [www.parkinsonswalk.com.au](http://www.parkinsonswalk.com.au) and help raise vital funds for WA people living with Parkinson's. It's as easy as *A Walk in the Park*.

*A Walk in the Park* is sponsored by: 6PR, Lundbeck, UCB, WASAM and Roadshow DJs and Events.

## Open Garden in Woodvale to help fight Alzheimer's

SUPPORT research to find a cure for Alzheimer's disease. Spend the morning or afternoon strolling through a peaceful garden, sharing with someone your love or care for. You will find a little bit of heaven on earth were you can escape, perhaps while reading some poetry.

Your support will help 32,000 people living with dementia in Western Australia, more than 100,000 carers and their families. When we come together in love and care we all make a difference.

Open garden at 67 Castlegate Way, Woodvale on Saturday 26 and 27 September from 10am to 4pm. Entry \$6 (morning and afternoon tea \$4).

# THERE IS A DIFFERENCE

between forgetting your daughter's birthday and forgetting you have a daughter...



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Brian French

I AM WRITING this column on the 3 September which coincidentally, is the anniversary of the start World War II. Even as an 84 year old, I vividly remember those dark and vicious years because from the tender age of eight years, they completely changed my life. However, I'll not bore readers with reminiscences. From a survey carried out to get a snapshot of what 'Brits' consider important to them, it was found that we men cannot live without tel-

evision, whereas the ladies won't be parted from their toothbrushes. Males at least put their better halves second in their list of top 50 priorities, but women place their partners fourth.

I find these surveys interesting, but do not always agree with their conclusions and of course, results in Australia could be very different. For example, we are advised that the sale of ordinary tea is tumbling with people turning to fruit drinks and herbal and green tea. Well, I'm not one of them, and the brown stuff is essential in our house ... but only for me though, because Mary cannot stand tea.

Recently we had International Left-Handers' Day which has been celebrated on the 13 August every year since 1976. It's estimated that between seven and 12 per cent of the population

are left handed of which I am one, and, apparently, twice as many men as women are so endowed. We are very longsuffering and patient and have to endure the fact that many hand tools neglect to cater for us ... so be it.

What would you do if you were told by the doctor that you only had six months to live?

A Mr Baldwin at the age of 55 was told he had incurable renal cancer.

However, he is now 65 and thankfully still alive.

When he received the diagnosis, Baldwin decided he would blow his life savings to make the most of life remaining.

While the doctor prescribed him the drug Nexavar which put him into remission, he was still pretty ill.

During the decade after diagnosis, Mr Baldwin and his

wife have enjoyed a string of luxury holidays visiting San Francisco, Mexico, Florida, Barbados, Spain, Turkey, Egypt and Las Vegas. Also he spent time working in his beloved garden.

Under the circumstances, it must have been difficult to remain positive, but he did not want "to just lie back and think of England" as the saying goes.

Although we are living longer, are we living a healthier and happier life? Medical advancements, better diets and improved living conditions have contributed to life expectancy, but we need to put these advantages to good use through our own efforts - which is not always easy.

Perhaps just decide what you want from your life, which becomes even more essential as you get older (or even old). Incidentally, Mary and I are going on holiday sometime next month.

Yet another study has been published to help we obese people to lose those unwanted pounds, but not with an expensive diet.

It is suggested drinking a pint of tap water before each meal will fight the flab. It seems worth trying, although actually I'm not a lover of water - it's not as appealing as a glass of red wine.

Again we are being told middle class pensioners are putting their health at risk by drinking regularly each week, the equivalent to a bottle of whisky. I reckon that's real boozing, and hope we do not come into that category, despite the fact we like a tipple most weekends.

A pleasant reminiscence; when we emigrated from the UK some 27 years ago, we brought our beautiful Labrador Lisa with us, who lived to the ripe old age of 16. She was a retired drug sniffer dog from the RAF police, and had a superb temperament. A national poll of animal lovers in UK has found Labradors are the favourite breed of dog and twice as popular as the second in the poll - the German shepherd. Why am I not surprised?

Now and again I come across a really heart rending story, which I would like to share with readers, Rose Brookman, 79, married her childhood sweetheart Harry, 81, in 1956 but they were too poor to do it in style.

She had dreamed of walking down the aisle in a white dress, but they had to settle for a registry office ceremony. Rose carried a Bible rather than a bouquet of flowers. They had four children

and Rose is battling with leukaemia, but for all those years she has regretted not having a white wedding.

Surprise! Surprise! Her family has finally made her dream come true, and her son, Ian took her down the aisle supported by her 16 grandchildren and great-grandchildren.

Their reception was attended by more than 100 guests. What a great family!

If you want to enjoy a different kind of film, make the opportunity to see *Ricki and the Flash* starring Meryl Streep backed up by a very impressive cast. She is chasing her dreams of becoming a rock star, but abandons her family by playing with her rock band in a small bar.

It's a fascinating story of a somewhat dysfunctional family which finally recovers itself, but seeing Meryl Streep performing with a guitar so superbly in a completely different role makes the film one you should not miss. The cast includes Kevin Kline and Rick Springfield, and they all make their own significant contribution, but really in my view Meryl Streep is the main driving force.

Some interesting facts about feet have been published in a UK newspaper

which readers may like to know.

*Nearly a quarter of one's bones are in the feet.*

George IV (1762-1830) is said to have been the first person to wear a pair of shoes specially tailored for both his right and left foot.

*Butterflies taste things through their feet.*

Leonard da Vinci invented an alarm clock that woke the sleeper gently by rubbing the feet.

*Margaret the Barefooted is patron saint of brides, difficult marriages, victims of abuse and widows.*

I'll give you just a few bits of trivia this month because I've written a bit more in my column.

So here goes on the topic of retirement:

*Q. How many retirees does it take to change a light bulb?*

A. Only one, but it might take all day.

*Q. What is the common term for someone who enjoys work and refuses to retire?*

A. NUTS!

That's all folks. Have a safe and pleasant month.

Brian French

Email:

bfrench792010@hotmail.com

# French's Forum

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## WA Volunteer Service Awards

THE WA VOLUNTEER Service Awards have been extended to include those volunteers who have served one organisation for 25 years or more.

The 50 year category is available to volunteers who have provided dedicated service to one organisation for half a century or more.

Recipients of the 50 year award in 2014 included husband and wife team Keith and Edna Gaisford, volunteers for

Western Australia's peak archery body, Archery WA, since the 1960s.

Nominations for the WA Volunteer Service Awards can be submitted throughout the year. To receive an award from the Minister for Seniors and Volunteering at a special presentation ceremony, nominations must be received before 12pm on Thursday 1 October.

Four out of five West Australians volunteer every year across 5,000 organisa-

tions. A recent report by Volunteering WA estimated that the socio-economic and cultural contribution of volunteers to the State was worth \$39 billion in 2014.

The Department of Local Government and Communities provides \$1.33 million to the community services sector to support volunteering; more than \$630,000 to Volunteering WA and almost \$700,000 to 16 volunteer resource centres in 2015-16.

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# Rise up and take the plastic challenge



Karen Majer shows off a 'Boomerang Bag' and her single-use plastic for July. It all fits in a jam jar!

the devastating impact of plastic on our marine environment and the terrible waste of resources involved in throwing away materials that are essentially made to last forever. When I took the pledge to refuse all single-use plastic for a month I decided to record the journey. What plastics were still sneaking into my shopping trolley and how easy is it to find alternatives?

The top four to avoid are plastic shopping bags, bottled water, take-away coffee cups and straws. I found this part quite easy. The main thing was practising the habit of carrying a shopping bag, coffee mug and my favourite refillable water bottle.

Most of us know the feeling of getting to the checkout and realising the shopping bag is in the car, so volunteers in my community held social sewing bees to make more than 480 boomerang bags from recycled and donated material. The colourful bags to borrow and bring back have been a great hit at our supermarket and are constantly in use. However while some of us are doing our bit to reduce the estimated three billion plastic bags used in Australia each year, and the 50 million that end up as litter, more concerted action is needed.

Single-use plastic bags are banned in Canberra, South Australia, Tasmania and the Northern Territory. Fremantle has proposed the City of Fremantle Plastic Bag Reduction Local Law to ban lightweight plastic bags. So far it has been blocked twice by State Parliament. Other councils are watching to see what happens and are

likely to follow suit if the Local Law is passed. A state-wide or national ban would be even better.

What about degradable plastic bags? So-called degradable plastics don't break down, they break up into smaller pieces that remain as damaging waste for many years. The only acceptable bags are compostable bags that comply with Australian Standard AS4736-2006, so check before accepting a degradable one.

I was appalled when I researched the true cost of bottled water. Australians spend over \$500 million on bottled water every year and dispose of 118,000 tonnes of plastic drink bottles. Less than 40 per cent are recycled. The rest end up in landfill or litter and plastic bottles are among the ten most common rubbish items picked up on Clean Up Australia Day. Increasing recycling through a container deposit scheme may be part of the answer but the issue is much bigger. It's been estimated that it takes up to seven litres of water and one litre of oil to make one litre of bottled water. Some 460,000 barrels of oil are used in Australia each year to manufacture the plastic and transport the bottles. More energy is used to refrigerate and dispose of them. Then there's the expense. Bottled water costs almost 2000 times as much as tap water. Over 90 per cent of the cost can be traced back to the bottle, lid and label. What price convenience? I carry my own reusable water bottle in the car and when I go for a walk. They come in cool designs

and make great presents.

Carrying a reusable take-away mug for that impulsive coffee stop may take a bit more planning – I keep one in the car and I always kept one ready on the office desk. These days almost every coffee shop will fill your own cup and if you are lucky enough to find a responsible café there is the added bonus of a discount.

However I soon found out how pervasive other single-use plastic is and how nearly impossible it is to avoid it! Day two of the challenge found me unwrapping my local newspaper from its plastic sleeve. Three phone calls later I tracked down the delivery company and was able to request that the paper is not thrown onto my drive. I had to adjust my shopping, for example choosing milk in glass bottles. This is delicious but more expensive, so we each have to decide where our own balance lies. I found that some butchers and delis will use your own storage containers but there are health regulations that limit this. I take my own gauze bags or use paper bags to weigh fresh fruit and vegetables and never, ever buy cling-wrapped fruit on polystyrene trays! Bulk muesli, grains and dried fruit are available from a local grocer who supplies paper bags. Our wonderful Farmers' Market is plastic free wherever possible.

Some items, for example yoghurt, were practically impossible to obtain plastic-free unless I made my own. The challenge then was to find a re-use for the container. Large yoghurt buckets make wonderful storage

bins. Tetra Paks, the containers for shelf-stable UHT milk, soy milk, juice and more, have revolutionised safe food storage but they are more difficult to recycle than glass bottles or cans because they are made of layers of plastic, aluminium foil and paper. They can't be recycled in WA so if you put them in your recycling bin they are baled and shipped overseas. I filled one I bought in July with water to use as a freezer brick.

Cleaning products almost all come in plastic. Throwing myself into the spirit of Plastic Free July, I attended a make-your-own cleaning products workshop – great fun and I brought home (recycled) glass jars of cheap, effective lemon-based cleaner and gorgeous hand wash.

At the end of the month I was faced with a small collection of unavoidable plastic – post pack and magazine wrappers received in the mail, bags for web-order mosaic tiles, three cryovac bags for meat and cheese from the markets, a plastic glove, a few bits of cling wrap and a toner cartridge! I realised that with a bit of thought, the plastic load in my trolley can be reduced significantly.

You can help by avoiding single-use plastics as much as you can and by telling your supermarket that you won't accept plastic bags. Retailers and government, respond to consumer demands. Look for the responsible café sign and encourage your favourite café to get on board. Why not take up the plastic challenge?

Find out more [www.plasticfreejuly.org/](http://www.plasticfreejuly.org/)

by Karen Majer

IN JULY I joined 36,000 people from 85 countries saying no to single-use plastic. Plastic Free July aims to raise awareness of the amount of disposable plastic in our lives and challenges us all to do something about it.

For July *Have a Go News*, I wrote about



Masters Swimming Club's Andrea and Tricia will be 'having a go' in the LiveLighter Swim into Spring

## Swim into spring to LiveLighter with Masters Swimming

by Wendy Holtom

SPRING has sprung so anyone thinking about getting fit when the weather warms up should start planning to have a go at swimming now.

September sees the start of the annual LiveLighter Swim into Spring membership drive project sponsored by Healthway and conducted by Masters Swimming WA. *Have a Go News* readers are encouraged to get along to their local Masters Swimming Club and have a go. It is a common misconception that one has to be a good swimmer to join a Masters Swimming Club. One just has to be able to swim a few laps to start and very quickly the distances will increase with the volunteer expertise and support available at Masters Clubs.

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

This is a great opportunity for clubs to showcase to the general public what they have to offer and how regular swimming can be so beneficial, especially for adults, as our clubs cater for all ages, shapes and swimming abilities. A small minority of members like to participate in inter-club meets and open water swimming events, however most just like to train for fitness and health, plus the friendship. You will be surprised how easy it is to enjoy the benefits of swimming with

a group and improve your physical and mental health at the same time.

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

Demonstration training session by club members  
Guest participation (have a go!) in the session  
Stroke correction from accredited club coaches who are all volunteers

Club information for participants.  
If you wish to find out about a club near you, then visit [www.mswa.asn.au](http://www.mswa.asn.au), make contact with the designated club person, find out details of when they hold their club sessions and visit for a swim or to check it out. It is even better to go with a friend.

For further information on Masters Swimming WA contact me via [wendy@mswa.asn.au](mailto:wendy@mswa.asn.au) or 9381 3550.

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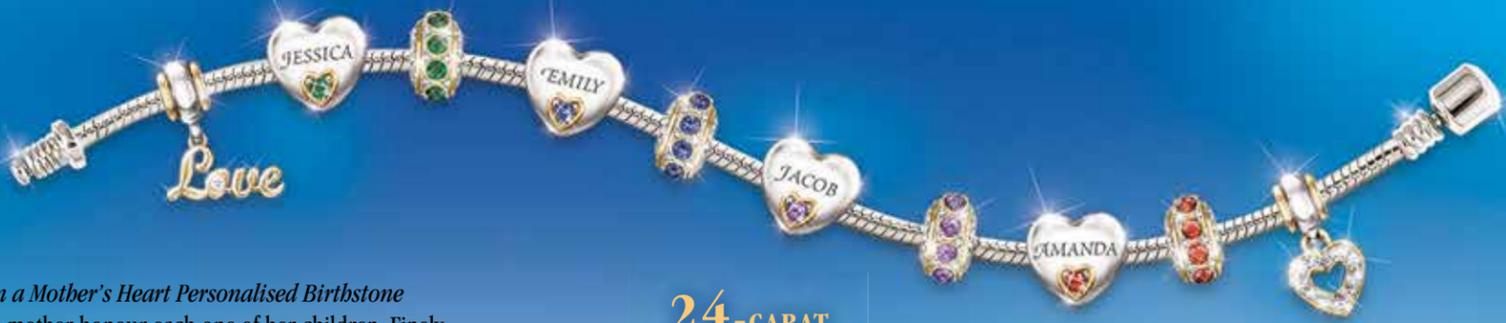
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# Stamps - picture postcards with Mickel Smits

OLD picture postcards are like looking through a window back in time. They can be absolutely fascinating and an education in modern history. Soon after they originated around 1895 they became a collecting phenomenon as they portrayed all manner of daily life, subjects and scenery and so captured people's imaginations just like stamps.

Back then it cost a half-penny to send a postcard to anywhere within a country and a penny to send overseas so it was a cheap means (half the price of a letter) by which to get in touch with friends, relatives and even business associates. It then became fashionable to collect postcards from far and wide and

it is said their advent attributed to the popularity of having pen-pals.

I've traded in old postcards since the 1970s. Collectors usually pursue cards portraying subjects of interest to them with an emphasis on those up to the 1940s, yet there has been a growing demand for more modern cards too. Popular subjects include railways, shipping, militaria, professions, industry, commemorative and special events, royalty, fashion, performing arts, sports, flora and fauna; almost any theme that might spring to mind.

Topographical collecting is another pursuit. This is the collecting of postcards relating to a country, state, city or town. As I've worked in

the city all my life, I have a personal collection of scenes of Perth city dating from the early 1900s. My! What a difference one can see from then to now. Modern cards from the 1950s to 70s also show dramatic developmental changes within the city. Then I have a collection of King's Park, the earliest of which show the trees lining Fraser Ave as just mere saplings whereas my collection of London Court arcade show little differences other than fashions of the day, which is quaint in itself.

As mentioned, postcards promoted pen pals, many of whom were motivated to correspond because they also loved collecting the cards they received. So I found it very interesting to read an article in the latest *Australia Post Stamp Bulletin* about postcrossing. Postcrossing is an online platform which is free to join and is a social network that interacts via the mail using postcards. How refreshing and innovative is that.

It was launched in 2005 by Paulo Magalhaes of Portugal with his concept being similar to that of pen pals, whereby people from all walks of life send each other postcards from all the corners of the earth. Among the members are collectors, however this is not the only intention of postcrossing: its founder believes there are people who still like to receive real mail in their letterbox: added to this is the surprise and novelty of getting a card, albeit randomly, from just about anywhere.

To get started, you register on the Postcrossing website

and provide some information so that others get to know a little about you including what sort of postcards you might prefer. However they are not necessarily obliged to meet this request. Once registered, you request an address which when received by email includes a Postcard ID Number. You then send a postcard, remembering to write the ID number upon it, so when the other member receives it, they register its arrival and number on the website and once this has been done, you then become eligible to receive a postcard from another postcrosser who requests an address which happens to be yours. It is therefore totally random, which adds to the excitement. You can then have a number of cards destined for your mailbox at any one time which is determined by how many cards you send; if you don't send, you won't receive.

It all appears to be safe and secure with simple, sensible rules and protocols to be followed, all of which promotes an international community of like-minded mail enthusiasts who also benefit by learning and gathering an understanding of other countries and cultures. The network really took off in 2011, over 200 countries are represented with more than half a million members participating and as many postcards criss-crossing the globe at any moment. The average age of postcrossers is 26 and the average travel time of the postcards is 24 days.

Maybe true pen pals may reign and multiply once again.



by Jeanette Woolerton

A STUDY published in the *Journal of Aging and Health* that followed nearly 3000 people has revealed a link between intelligence and midlife physical performance.

Previous research suggests that the better our physical performance in middle age, the more likely we are to retain our independence and cope with everyday activities in old age, such as carrying our shopping and getting dressed.

For their study, researchers at the University of Copenhagen in Denmark examined the relationship between intelligence in early adulthood and subsequent physical performance between the age of 48 and 56 years, in a group of 2,848 Danish men born in 1953 or 1959-61.

The study clearly shows that the higher intelligence score in early adulthood, the stronger the participants' back, legs and hands are in midlife. Their balance is also better.

These findings could be important for drawing up and implementing initiatives to get people from all walks of life, regardless of ability, to stay physically active.

However, PhD student

# Healthy mind leads to healthy body

Hodal Meincke, one of the report authors, urges more studies be done to find the reasons behind these links. Other researchers have, for example, suggested that childhood factors, exercise, health status and socioeconomic background may also affect physical performance in later life.

One explanation could be that more intelligent people find it easier to understand health information – such as advice on lifestyle and exercise – and put it into practice.

However, the simple truth appears to be that movers and shakers are record breakers – both in intelligence and fitness.

So keep moving and nothing will stop you!

### Fur-ever friends

Now here is some wonderful news worth sharing.

Animal Welfare League Australia (AWLA) has launched its 2015 Pets In Aged Care Grants program. Grant funding will be allocated to assist facilities and aged care residents around Australia to make suitable arrangements so residents and their pets can live-in together.

There is solid evidence to show pets make people happier and healthier and older people in particular gain from maintaining regular contact with pets.

Separating elderly pet owners from their animal companions when their pets cannot be accommodated in aged care facilities can lead to significant grief

at a time already marked by a profound sense of loss and sadness.

Effects of enforced pet loss on the elderly entering aged-care facilities include increased likelihood of health problems, disturbances in sleep and appetite and more problems in integration with other residents.

“A strong theme in survey responses from the aged care sector has been that although managing pets in aged care settings can be challenging at times, it is not impossible. Nothing is insurmountable, issues can be managed and it's worth the effort because the lives and well-being of residents improve markedly,” says Anne Boxhall AWLA executive officer.

The Pets In Aged Care Grants program can help to keep aged care residents and their pets together in retirement villages and nursing homes across Australia.

Last year's inaugural grants program was an outstanding success, with 10 grants awarded and a total amount of \$10,000 distributed.

Applications are open to aged care facilities, residents and family and friends on behalf of residents. Closing date for applications is 11 September 2015.

Find out more on Animal Welfare League Australia or apply for the Pets In Aged Care Grant on the Pet Friendly Aged Care website.

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Come along and listen to our exhibitors presenting on the stage.

**6PR will broadcast live from the event on Saturday and Curtain FM on Sunday.**

**Fremantle Chef Nimrod Nazoom, who is well known for his excellent food stalls at markets will be cooking live on stage at 2pm Sunday.**

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# Duyfken to take centre stage at Elizabeth Quay



An artist's impression of the Duyfken at Elizabeth Quay

DESPITE all the scuttlebutt Elizabeth Quay's scheduled opening is fast approaching.

Once open, it will allow the residents of Western Australia and visitors to the city of Perth to embrace and enjoy a project that has as its heart the revitalisation of the city centre, whilst reconnecting the city with our stunning Swan River. It certainly will be a wonderful place for Perth locals and visitors to relax, dine, frequent and explore.

In days past the riverfront of Perth was a place for picnics and paddling, with public swimming baths along the water's edge. As the city centre expanded the close connection between the river and the city was challenged with the opening of Riverside Drive in 1940. In bringing the river back to the footsteps of the city, the people of Perth and visitors will once again be able to embrace activities that such a close proximity has to offer.

At heart of this development will be The Island, a delightfully landscaped environment that will allow visitors to relax and play, whilst taking in the most spectacular views of the river and city. On the east-

ern side of The Island will be *Duyfken's* seasonal berth, a location where she will spend about three months of the year offering guided tours for the many visitors to Elizabeth Quay. This will make the Dove easily accessible from many suburbs by train or bus. A short walk down Barrack Street will get you to the ship.

A centrepiece of The Island will be the original 1928 Florence Hummerston Kiosk, which has been methodically reconstructed at this new location and will be reopened as a family friendly cafe offering food and refreshments. Access to *Duyfken* and The Island from the west will be via a stunning foot bridge that will provide some magic views. Another footbridge provides access on the east side.

So it's all about to happen, with *Duyfken* scheduled to open to visitors at Elizabeth Quay from 15 December through to 31 January, 2016. The team of volunteer ship guides look forward to welcoming readers of *Have a Go News* aboard during this time.

For more details on opening times and special entry prices for groups of 12 or more send an email to [info@duyfken.com](mailto:info@duyfken.com).

## Heritage Corner



**West Perth Heritage**  
**– Perth Constitutional Centre and Hale House**  
 ONE HUNDRED and twenty five years ago in 1890 Western Australia gained representative government and its own constitution. Based on imperial legislation, the Western Australian Constitution Act 1889 was enacted in the House of Commons in London and passed by the democratic Legislative Council here.

The Constitutional Centre of Western Australia is the only institution of its kind in Australia. It was established to encourage people of all ages and backgrounds to learn more about how our political system works. It provides information about our federal system of State and Commonwealth government.

The buildings which houses the Constitutional Centre was originally Hale School (previously named The High School), which opened in 1914. The Bishop's School, the Church of England Collegiate School and Colonel Haynes' Private Collegiate School were the forerunners of The High School but all closed due to lack of student numbers.

The High School however continued, with an annual subsidy from the Government and personal funding from Bishop Hale, a wealthy man in his own right. The only other income the school received was from fees of £10 per annum for day scholars.

In 1912 the Government announced the subsidy would be withdrawn by 1915 and the original school fee restrictions were removed. In 1914 the school moved into the new premises in West Perth where it remained until 1961.

The initial accommodation, designed and supervised by the Public Works Department in 1913-14, consisted of six classrooms, headmaster's office, masters' common room and a large assembly hall. It was not considered to be a lavish building at the time but was of a higher standard of architectural finish than future buildings undertaken by the school on its own behalf on the West Perth site.

By 1920 school enrolments had reached 300 and the need for new classroom accommodation was apparent. In September of the same year four new classrooms and a lining cloister were built as an east wing to the main building. Work was completed in June 1921.

As secondary schools expanded throughout the State, the name, The High School lost its exclusivity and in 1929, the name was changed to Hale School after Matthew Blagden Hale, the first Anglican Bishop of Perth who arrived in the colony in 1856.

The school has educated six premiers, an acting prime minister, recipients of the Orders of Australia, 13 Rhodes Scholars and pioneers of the State's pastoralist, forestry and iron ore industries.

The West Perth property was handed over to the State Government in February 1961 and was used by the Department of Education until the late 1980s.

Now a beautifully restored heritage building, it is located close to Parliament House, on the corner of Havelock Street and Parliament Place, in West Perth.

The Constitutional Centre of Western Australia was officially opened on 29 October 1997 by His Excellency Major General Michael Jeffrey, the Governor of Western Australia, with the Hon. Richard Court, Premier of Western Australia.

Until 2010 the old boarding house buildings were occupied by the Department of Education. In 2011 work started on the restoration of the heritage building to turn it into new office accommodation for the Premier and Cabinet Services, including a new cabinet meeting room.

During this year's seventh annual Perth Heritage Day, you will have the opportunity to visit the Constitutional Centre of Western Australian, Hale House and Parliament House, all in West Perth.

This year we are celebrating the famous and not so famous people who shaped Perth.

From the original owners of the land, the first woman member of parliament, Edith Cowan, our villains and vagabonds, aeronautical pioneer Sir Norman Brearley, the leaders of the suffragette movement, architect George Temple Poole, gardener John Braithwaite and our convicts and forward thinkers, they all had an influence on our society and direction of its future, now our past.

During the weekend of 17 and 18 October, Heritage Perth will bring the past alive at museums, churches, art galleries, gardens, libraries and other heritage buildings and locations. Take this chance to explore some of Perth's wealth of characters who have influenced, for good or bad, the city we know today.

All events are free. For more information about Perth Heritage Days, visit [www.heritageperth.com](http://www.heritageperth.com) and follow us on Facebook [www.facebook.com/HeritagePerth](http://www.facebook.com/HeritagePerth) or twitter.com/heritageperth

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**GO-GO ULTRA X**

Auto-latching lockup mechanism, maximum stability, disassembles into 5 super lightweight pieces, battery pack can charge on or off board.



**PATHRIDER ES 10**

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**PRINCETON ELECTRIC RECLINE /LIFT CHAIR**  
Four contrasting colours and luxury fabrics. Fitted with high quality actuators and steel base frames plus removable back rest cushion with zips for adjusting padding thickness.

**PRIDE EFFORTLESS AIR LIFT CHAIR**  
3 position lift chair with effortless air pressure relief system for those requiring long term seating. Load capacity 136kg.



**GO-GO ELITE TRAVELLER PLUS**  
Delta tiller with wrap around handles, 300lb weight capacity, 9" rear wheels, speed to 4.5 MPH, feather-touch disassembly, interchangeable colour panels - Red and Blue

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**WANNEROO** Shop 6, 771 Wanneroo Road **9206 2391**

**BAYSWATER** Unit 1/514 Guildford Road **6278 3406**

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

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

Abbreviations used in *Friend to Friend*

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


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

..... Postcode .....

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

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

**STOP: Please read new instructions carefully**  
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:  
**Friend to Friend**  
PO Box 1042  
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**Obtaining replies to your Friend to Friend Reply Box entry:**  
Please include two stamped (\$1.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

*Seeking a Friend*

**A HAPPY** young thinking, mature, slim, brunette lady, easygoing, genuine. WLTM gent, 75+, similar interests. Enjoys cooking, family, friends to dinner, GSOH, good communicator, friend, companion, quality life, long term if compatible, NOR.  
**Reply Box 6788**

**ALBANY** lady seeking dance partner, 55 to 65, SD, NS, GSOH, New Vogue, Rock 'n' Roll, Modern, don't need to do all of them but willing to learn is okay too.  
**Reply Box 6794**

**ARE** you a tall, intelligent NS, gentleman, 56-68? Me; I am a tall, intelligent, loving, happy lady, NS, early 60s, who WLTM a gentleman with similar attributes.  
**Reply Box 6801**

**CHEEKY**, flirty, charming, NS, GSOH. Ladies would you like to be my partner for coffee, chat or laugh to sounds of the ocean? Me; tall, slim build, mid 60s, bagless, NS.  
**Reply Box 6795**

**EASYGOING** gent, 55, seeks lady any nationality for ongoing casual relationship. I am semi retired, fit, healthy and fun, country drives and intimate occasions. I am genuinely seeking one special lady. Include contact number.  
**Reply Box 6808**

**CLASSY** fun-loving, blonde, NS, SD, living NOR, seeks honest, caring gent with manners who likes to travel and is active and enjoys outdoors plus theatre with similar easy going attitude as myself plus GSOH a must.  
**Reply Box 6820**

**EXCITING** 58, thoroughbred, presents well, adventurous, active male, looking for a good woman.  
**Reply Box 6813**

**GENT** 65+, 5' 10", med build, well groomed, good looks, NS, positive attitude, young outlook, loves dancing, music, laughter, English Australian, WLTM lady for companionship TLC, possible dance partner.  
**Reply Box 6811**

**GENT** 65 just retired, 5'9", slim build, active, NS, SD, NOR, WLTM lady, 60+, interested in travel, friendship, outings etc. Willing to try new things.  
**Reply Box 6793**

**GENT** 65, UK/Australian presentable, well educated, easy going, VGSOH, fin sec, WLTM compatible lady, 52-62, attractive, slim build for friendship, social activities, outdoors, travel, maybe relationship later? NOR, genuine only within criteria listed. Coffee fine.  
**Reply Box 6815**

**I AM** seeking people interested in 60s music to form a friends club.  
**Reply Box 6791**

**I WLTM** a genuine gent with GSOH, SD, caring, honest who enjoys music, weekends away, sport, theatre, social dancing, movies, 70+, let's meet for coffee.  
**Reply Box 6821**

**LADIES** are you staying home alone, lonely, finding it hard to socialise? Why not have a go? Tall, presentable guy, young, 66, easygoing, GSOH. Likes; travel, music, dancing, WLTM affectionate, slim, homely, caring, loving lady NOR.  
**Reply Box 6790**

**LADY** 63, attractive, slim, outgoing, loving life, WLTM professional gent, GSOH, SD, NS, slim, fin sec, caring, intelligent, like classical jazz, dining out, dinner parties, walks, picnics, play golf, domestic or international travel, enjoy good conversation, intimacy.  
**Reply Box 6792**

**LADY** 73 WLTM gentleman, NS, ND, who is fin sec as I am. Living Albany, Denmark, Mt Barker area. Reasonably active who likes varied interests, such as outings, dinners, travel, fishing, dancing, whatever, prefer gent over 5'3" tall. I am 5'2 1/2" and weigh approx 65kg. Honesty, manners and kindness are important to me, must like animals, also be tolerant with a GSOH. A chat over coffee or lunch would be nice.  
**Reply Box 6822**

**PETITE** European lady, widow, seeking gent's company to share diverse interests and outings. If you're not older than 67, full of life, DTE, NS. Please do not hesitate to answer my ad. I am sure you are out there somewhere. Postcode 6007. ALA.  
**Reply Box 6814**

**SINGLE** lady 69, medium build. Interests are dining in/out, music, drives, travelling, socialising, GSOH, SD, DTE, TLC. WLTM gent same interests, honest, sincere, future relationship.  
**Reply Box 6816**

**TERRORIST**, on a bootie call or one night performance neither strapped on a leash to a dreaded mobile. Prefers life basic and straight. Oriental, WLTM gent, fit, 58+, nationality open, ALA.  
**Reply Box 6805**

*Seeking a Partner*

**ACTIVE** Aussie gent, 65, positive outlook, well presented, NS, DTE, easygoing. Enjoys movies, outings, music, life in general. WLTM friendly, affectionate lady for some TLC. Let's spend some quality time together.  
**Reply Box 6806**

**AN** active gent 71, 165cm tall, NS, SD, ballroom dancer - can teach little, likes travel, 60s music, birds. Seeks Asian lady, attractive, slim to medium build, friendship, long term, relationship, some English, similar interests, 55-68.  
**Reply Box 6789**

**ASIAN** lady slim, 72, loves nature, walking, painting, travel. WLTM sincere, respectful, honest gentleman.  
**Reply Box 6812**

**ATTRACTIVE** lady 60+, refined, medium build, educated, UK born, ND, DTE, GSOH, WLTM unattached, sincere, caring, European/Australian gentleman, 62-72, prefer widower. My interests are walking, reading, gardening, country drives and good conversation. Genuine replies only.  
**Reply Box 6799**

**AUSSIE** lady 60s, NS, SD, VGSOH, SOR, loves music, laughter, fishing, looking some travel, caravanning, WLTM best friend, lover, caring gent to 70, no massagers or freaks. Phone number and photo would be great. ALA.  
**Reply Box 6819**

**DTE** NS, ND, SOR, WLTM, ALA, TLC, pretty, slim, dining in/out, movies, travel.  
**Reply Box 6817**

**ENGLISH/AUSTRALIAN** gentleman, young, loving, early 70s, quite homely, DTE, GSOH, plenty TLC, fin sec, genuine, caring, trustworthy, tallish, slim, medium build, movies, music, dining in/out, animals, walking, old fashioned values. WLTM Asian lady who is genuine, loyal for possible relationship. Anyone for coffee?  
**Reply Box 6802**

**FREO** lady, young, 62, very presentable, slim, fit, GSOH, NS, SD, varied interests, beach, sailing, travel, wine, people. Looking for similar age and interests. Good communication, great start. WLTM only genuine. Please reply.  
**Reply Box 6786**

**GENT** NS, SD, NG, 75, Italian born Australian, lives alone in his own house. Very lonely. Would give all his love and attention to an understanding and considerate lady. Please contact him.  
**Reply Box 6798**

**GUY** 61, 6'3", retired, easy going, NS, SD, into gardening, good music, animals, lives northern wheatbelt. WLTM Aussie English lass, 50-60, similar interests for happy long term relationship together, no baggage please. Genuine only.  
**Reply Box 6796**

**HONEST** lady 64, 5' 2", medium build. GSOH, NS, SD, WLTM like minded genuine gentleman with similar attributes. I enjoy dancing, the beach, outdoors, gardening, reading and quiet times. I live SOR. ALA.  
**Reply Box 6809**

**LADY** 64, medium build, NS, SD, VGSOH, WLTM sincere gentleman who likes family caravanning, diner with friends, barbecue, live shows, reading, music, picnics, dining in/out, genuine replies only please. DTE attitude to life.  
**Reply Box 6785**

**LADY** still looking for that special gent 67-74, who like me is honest, sincere, no baggage, no mind games. Enjoys all that life still has to offer. GSOH, NS, spontaneous, able to show and receive love etc. The best years are yet to come so let's meet and get to know each other. ALA.  
**Reply Box 6787**

**LAI**D back country gent, SD, 52. Likes outdoors, sports, fishing, barbecues, seeking woman up to 50, no drinking or drug habits, caring, family man.  
**Reply Box 6797**

**MILD** friendly gent, 55, seeks female, up to 65 who enjoys casual company and romantic evenings, looks and size unimportant, personality would be splendid. All replies with phone contact. TLC. NOR.  
**Reply Box 6807**

**WELL** presented 59, gent, no baggage, physically and fin sec fit. WLTM a nice lady.  
**Reply Box 6804**

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

*Seeking a Travel Companion*

**EDUCATED** refined lady, 66, fit, healthy, positive, modern, WLTM same for shared travel if compatible to Europe and UK, coach/train tours, three to four weeks, not five star, not budget, 2016, Please give phone number or email address. Genuine.  
**Reply Box 6800**

**GLOBE** trotting, fin sec female. Lover of fun and adventure seeks like-minded male companion for self organised, cost sharing journey through South America and other countries of interest.  
**Reply Box 6818**

**MALE**, young at heart, 70s, Australian/Egyptian, seeks to have coffee, retired, educated, intelligent, caring, loving and widowed. Likes cooking, gardening and learning more, DTE, NS, GSOH, NOR, NG, TLC.  
**Reply Box 6784**

**RETIRED** lady slim, NS, adventurous WLTM NS, gent. I like hiking and camping, not into shopping or sports.  
**Reply Box 6810**

**WIDOWER** 81, GSOH, ND, WLTM lady as friend, companion. Me; ex truck contractor, working class, 6' 3", fit for age, enjoys driving, staying home, lives new homes west unit, Busselton. Hope to meet local Bunbury local.  
**Reply Box 6803**

**Friend to Friend etiquette**

- FRIENDLY tips for maximising your use of this free service;
- Use the grid, write your entry in ink using one space per word.
  - Your entry must fit into the 35 spaces of the grid - NO EXTENSION OF GRID IS PERMITTED.
  - Post the entry to Friend to Friend PO Box 1042, West Leederville WA 6901 by the 20th of the month preceding publication.
  - Your entry must be accompanied by two C5 envelopes (which measure 23x16cm and are obtainable from Australia Post) Each envelope must have \$1.40 postage.
- Please follow these instructions to guarantee your entry will be considered for publication.

*Have a Go NEWS*

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

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

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

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

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

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

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

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

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

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

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# travelling

## let's go travelling

SEPTEMBER 2015

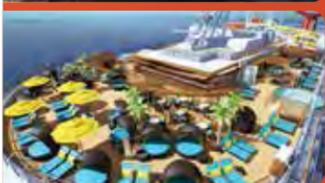
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*The Antony Gormley statues at Lake Ballard are a depiction of residents from Menzies and are a highlight of a visit to the Goldfields. Read more about these world famous statues and touring the Goldfields on page 25. Pic Jennifer Merigan.*

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# travelling

let's go travelling



Jen Merigan

LAST MONTH I attended *My Nine Lives*, a talk at the State Theatre Centre by *National Geographic* photographer Steven Winter. Steven has worked for *National Geo-*

graphic for more than 20 years and his presentation was about his work photographing the big cats of the world.

It was an interesting and informative presentation and one of the messages he delivered was that if we save the big cats (leopards, snow leopards, tiger, cheetahs, lions and cougars) from extinction we ultimately save ourselves.

Another conservation story which I came across is from Rwanda. They are holding the annual gorilla naming ceremony and there are 24 baby mountain gorillas to name this year.

The theme for this year's ceremony is 'conserving now and for the future' with the growing gorilla population becoming a major tourist drawcard.

The ceremony promotes conservation and creates awareness for these endangered species.

You can find out more about the gorillas at [www.rwandatourism.com](http://www.rwandatourism.com)

Still in Africa, South African Airways advise travellers with children travelling to South Africa that new immigration laws implemented on 1 June, 2015 require children to have proof of parentage and that both parents have given permission to travel to and from South Africa. Children need to carry a full birth certificate detailing the particulars of both parents. Where parents are not present a statutory declaration needs to be provided giving the consent of the absent parent. The declaration will need to be certified by a Justice

of the Peace.

If you love all things French but cannot plan a visit to the country this year then why not mark 24 October in your diary to attend the Bonjour Perth festival.

The event will be held at Langley Park from 10am to 9pm and there will be much to see and do from food and wine tasting and classes to language workshops and a French style market with lots of arts and crafts. Entry is by a gold coin donation so it makes an affordable day out to discover more about France and its culture.

I joined a Villa tour last month to the Goldfields, they operate a variety of tours around Australia and overseas, you can read more about it in this section. One of the highlights was a visit to Lake Ballard

to see the Antony Gormley statues which I have featured on this month's front cover.

If you have a travel issue, enquiry or would like to share some information, don't hesitate to contact me on the email below. If you're a facebooker than like *Have a Go News* at [www.facebook.com/Haveagonews](http://www.facebook.com/Haveagonews), there's always extra opportunities to win prizes and share interesting and fun information.

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 Email: [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au)

## Hop to Hop for Hope in the Yarra Valley

by Jeanette Woolerton

THE YARRA VALLEY, on the outskirts of Melbourne, is renowned for its pristine beauty and established vineyards.

A verdant valley all year round, the area has become a favourite weekend getaway for locals and tourists alike. Needless to say, it is particularly beautiful in spring.

Scented blossoms adorn

the branches of fruit trees, which stand side by side in orderly rows, bringing promise of succulent fruit (sold on roadsides) in summer.

It is a divine visual, sensual and olfactory assault on the senses.

During the months of September and October, the valley comes alive with another form of colour. Acrylic paint, lovingly cloaked over fibreglass kangaroos, has become the latest tourist attraction – an attraction supporting an extremely valuable cause.

Hop For Hope is a unique family-friendly art exhibition, which raises funds to keep children safe from violence and bullying.

The Yarra Valley Chocolate and Ice Creamery has joined forces with The Alannah and Madeline Foundation to create the exhibition, which will run throughout September and October.

Inspired by the theme of hope, leading Australian artists, entrepreneurs, sports stars and media personalities have transformed forty life-size kangaroo sculptures into unique works of art.

The exhibition is being held in the picturesque grounds of the Yarra Valley Chocolate and Ice Creamery, in Yarra Glen (about an hour's drive from the Melbourne CBD).

Entry to Hop For Hope is free. Visitors are invited to vote for their favourite artwork by giving a gold coin donation. All of the artworks will be sold at the conclusion of the exhibition in an online auction. All proceeds will go to The Alannah and Madeline Foundation, which is a national charity protecting children from violence and its devastating impact.

The fibreglass kangaroos have been transformed by



Jeanette Woolerton - Get hopping and support Hop For Hope

acclaimed artists such as painters David Bromley and Charles Billich, sculptor Ted Secombe, and cartoonist Michael Leunig. Other personalities such as ex-AFL footballer Robert 'Dipper' DiPierdomenico, presenters Melissa Doyle and Chrissie Swan, and Boost Juice director Janine Allis have teamed up with artists to turn their vision of hope into an artwork. All of the artists and personalities involved have given their time and expertise for free, in support of the foundation.

This event is great for the whole family. It is also a wonderful excuse to visit the Yarra Valley in its springtime glory. However, it will be challenging to resist picking up some delicious chocolates, or visiting some local wineries while you're there.

The Alannah and Madeline Foundation was set up in memory of Alannah and Madeline Mikac, aged six and three, who were tragically killed with their mother

and 32 others at Port Arthur, Tasmania on 28 April 1996.

The charity cares for children who have experienced or witnessed serious violence. They also run programs that prevent violence and advocate for children's safety and wellbeing.

Their vision is that every child will live in a safe and supportive environment.

The Yarra Valley Chocolate and Ice Creamery is the haven of passionate foodies Ian and Leanne Neeland. The Neelands have developed a destination where you can delight in the experience of tasting, seeing and indulging in quality culinary products.

Set on sixteen hectares among one of Australia's premium wine regions and surrounded by the picturesque Yarra Valley views, an emerging orchard and sweeping lawns, the architecturally designed Chocolate and Ice Creamery is an unforgettable experience for young and old.

You can watch the art of chocolate making from

handcrafting to hand packing and meet European chocolatiers who will amaze you with their creations. There are plenty of free chocolate and ice cream tastings in the stunning showroom and more than 250 different chocolate varieties (and gifts) to tempt you.

When tastings are done, you are encouraged to roam and explore the Chocolate and Ice Creamery's lawns, native gardens, orchard and developing wetlands conservation area on the beautiful property.

If you'd like to share the Chocolate and Ice Creamery experience with loved ones, they can arrange beautifully presented gift vouchers that can be redeemed for any of their chocolates, in the cafe or for Junior Chocolatier classes.

Hop for Hope takes place between 1 September and 1 November. If you are unable to attend, you may still follow the progress of artists, the exhibition and auction at [www.hopforhope.com.au](http://www.hopforhope.com.au) #hopforhope.

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## To market, to market

THE INGLEWOOD Night Markets are held every Monday from 6 - 9.30pm from Dundas Road to Sixth Avenue along Beaufort Street. There's a plethora of fabulous stalls including food vans, fresh produce and arts and crafts. These markets run until March 2016.

Mondos Butchers at 824 Beaufort Street, Inglewood has commenced their Saturday mini-markets from 8am to 12noon. Come along and enjoy Essenza coffee, New Norcia baked goods and lots of local food artisans.

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# let's go travelling

ADVERTISING FEATURE



## Kings Imperial Rajasthan tour of India



Ida O'Connell on her journey in India

by Ida O'Connell

MY JOURNEY through timeless Rajasthan, the land of forts and palaces was an amazing experience which I'd like to share with people.

One always begins a journey such as this in Delhi.

We set off on a sight and sound tour by rickshaw through the Chandni Chowk bazaar in Old Delhi. The colours and smells of food are amazing, the noises in Delhi sounded and felt like the entire population of 22 million people were all on the streets with us wherever we went.

Driving through Delhi there are some lovely broad avenues that are actually kept clean, they house the embassies and houses of parliament. Past the Indian Gate, we stopped to visit Humayun's tomb (1565-72 AD) built by his grieving widow.

One of my favourite experiences in Delhi was volunteering to roll out the dough at the Sikh Temple, Sheeshganj Gurudwara, where each day they feed thousands of people for free. Volunteers prepare, cook and serve the food, which is all donated, and anyone from any faith can help out.

Our tour then went to Agra to visit the Taj Mahal. I truly believe this has to be

on everyone's bucket list. It certainly was on mine and it didn't disappoint me. As soon as I went through the east gate, I just said, "Wow" it was much bigger than I expected, stunning, it is just something you must experience for yourself.

The Taj Mahal was built by Maharaja Shah Jahan for his third and favourite wife Mumtaz Mahal who

died aged 38 in 1631 after the birth of their fourteenth child. It is made of white marble, inlaid with calligraphy and 35 different precious stones, set in intricate flower designs representing eternal paradise.

The Taj was completed in 1653 and took 20,000 workers to build it. So that another one was not built, men were paid a pension for life not to work again. It has three gates; the east gate is for visitors, west for the Maharaja, the south for the workers, and the north side backs on to the river.

The Red Fort of Agra is one of the finest Mughal forts in India, built by Emperor Akbar in 1565, it certainly has an impact with red sandstone walls 20 metres high extending 2.5 kilometres. As we entered the towering gates I imagined a parade of finely decorated elephants carrying in the colourful court and red petals showering down upon them.

The Fort Palace is a place of luxury with inlaid marble, Persian carpets, rose water fountains and even a library with silver lined doors to reflect the light from shelves of oil lamps.

Our next stop was the pink city of Jaipur, not exactly pink, more of a salmon colour. In 1876 Maharaja Ram Singh had the entire old city painted pink (the

traditional colour of hospitality) to welcome the Prince of Wales (later King Edward VII). Today all residents of the old city have to preserve the pink facade by law.

As you drive into Jaipur you can see the mighty Amber Fort, which stands atop of a range of hills with a wall extending 18 kilometres around it. The Maora Lake at the base of the hill adds to the beauty of the fort.

Elephants were ambling up the steep slopes and I felt I was in an Aladdin movie.

The Amber Palace was also stunning with its pavilion made of marble, mirror works with carvings on walls and ceilings, miniature murals made of coloured glass, carved statues and elegant gardens.

One of my favourite sights had to be the dentists in the markets with their mats on the roadside attracting patients, a number of instruments laid out ready, and opium used to dull the pain. Where else but in India would you see these sights?

We arrived in Udaipur, India's most romantic city with its rolling hills, white marble palaces, and seven lakes, it's the centre for artists, dancers and musicians. They call it the Venice of India. It truly felt that way when we were on a boat ride to view the sunset on the famous Lake Pichola. Our hotel was inside the old

city walls, and the bedrooms had views over the lake.

There are lots of roof top restaurants and we tried four different ones with fantastic views.

We even visited the hotel where they filmed *The Best Marigold Hotel* and sat on the same veranda overlooking the lake with a gin and tonic in hand.

We ended our tour with amazing memories of all the forts and palaces we had seen, the delicious Indian curries, the friendly people we met, the amazing hotels we stayed in with unbelievable service, and most of all we went away with an appreciation of how lucky we are to have what we have in Australia.

A trip to India is a holiday you will remember for your whole life and I have very fond memories of the people.

The next Kings Imperial Rajasthan of India tour departs Perth on 27 February 2016. For further information or to join me, please email me at [ida@kings-tours.com.au](mailto:ida@kings-tours.com.au).

Ida O'Connell is one of the Kings Travel tour managers. This is an account of her recent holiday to India. She loved the trip so much that she has convinced Kings to include a tour to India in their program next year and Ida will be escorting the group.

## Have your say on caravan and camping laws

A SECOND consultation round about proposed changes to WA's camping laws is open until 30 November 2015.

A consultation paper is available on the Department of Local Government and Communities' website, containing a series of recommendations based on feedback from an initial public consultation last year.

It is hoped the proposed laws will lead to less red tape, more opportunities for caravan and camping ground operators and more choice for consumers. It is also anticipated the proposed changes will enable operators to meet current holiday makers' expectations.

The current legislation, the Caravan Parks and Camping Grounds Act 1995, came into effect in 1997, and there have been no substantial amendments to it since then.

The review is part of the State Government's Western Australian Caravan and Camping Action Plan 2013-2018, supported through funding from the State Government's Royalties for Regions program.

Comments can be made via [www.dlgc.wa.gov.au](http://www.dlgc.wa.gov.au)



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**DAY 2** Pemberton and the natural swimming pool for morning tea, some free time in town. Back to Manjimup for a picnic lunch in the park and free time to shop, visit the Timber Museum, visit to the Cherry Farm, sample cherries, purchase 1kg up to 5kg boxes.

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# travelling

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ADVERTISING FEATURE



## Last chance to win a trip to Bali with Best Western and Garuda



From left to right; Garuda Indonesia's Airbus 330 - Enjoy a swim in Best Western Kuta Beach's roof pool- Standard room at Best Western Kuta Beach

ONE LUCKY READER has the opportunity to win a trip for two to Bali staying at the Best Western Kuta Beach and flying Garuda Indonesia.

Best Western is one of the world's biggest hotel families with more than 4,000 properties worldwide. There are four properties to choose

your holiday in Bali from and all offer quality accommodation at excellent rates.

Enjoy lounging by the pool as you wind down and relax from the stresses and strains of every day life.

Bali is one of WA's closest neighbours and Western Australians have made it their second home.

Located in the heart of Kuta, Best Western Kuta Beach is a very popular area

for nightlife, entertainment and shopping. The property is only 50 metres away from famous Kuta Beach and one of the highlights of the property is its rooftop swimming pool with magnificent views. Famous area attractions around the hotel including WaterBom Park, Discovery Bali Mall, art markets, Starbucks, Hard Rock Cafe, Poppies Lane and the Kamasutra Pub are within an

easy walking distance.

Best Western look forward to welcoming *Have a Go News* readers to their Bali properties. See the advertisement in this section for further information.

Garuda Indonesia is a full-service international airline that prides itself on the Garuda Indonesia Experience, a service concept based on Indonesia's rich cultural heritage. This service is designed to allow passengers to experience Indonesia at its best. Garuda Indonesia is a proud member of the SkyTeam Alliance providing access to 1,064 destinations in 178 countries served by all SkyTeam member airlines.

Garuda Indonesia flies to more than 60 destinations in Indonesia, Australia, South East Asia, North Asia, the Middle East and Europe. Australian passengers will experience our award winning service with direct flights to Bali and Jakarta from Perth, Melbourne, and Sydney.

Passengers enjoy a wide selection of complimentary entertainment and culinary delights during their flight. In addition to a generous baggage allowance, Garuda Indonesia also offers a complimentary allowance of 23kg sporting equipment.

Passengers travelling frequently are invited to join the Garuda Miles program, which allows members to accrue and redeem mileage for free flights, upgrades and companion awards.

After winning the title of The World's Best Regional Airline in 2012, The World's Best Economy Class in 2013 and The World's Best Cabin Crew in 2014 and 2015, Garuda Indonesia has now reached the highest distinction of becoming one of only seven five-star airlines in the world as awarded by Skytrax in 2015.

**WIN WIN WIN**  
To be in the draw to win a holiday to Bali for two people staying at Best Western Kuta Beach and flying

economy class on Garuda Indonesia simply follow these instructions.

Answer the following question - What award did Garuda Indonesia win in 2014 and 2015?

Send in your entry via: Email - win@haveagonews.com.au with the subject line Bali Holiday - please include your name, address and telephone number and the answer to the above question.

Or post - simply send an envelope to Bali Holiday - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side with the answer to the question. Competition closes 30/9/15.

Winners will be notified by telephone and must be prepared to have their photo included in the paper for promotion. The holiday is not exchangeable for cash and must be taken by April 2016. The package cannot be taken from 23/12/15 - 3/1/16. Airline taxes are not included in the prize and this expense must be met by the winner. Accommodation and daily breakfast is provided by Best Western Kuta Beach Bali - all other costs are at the winner's expense. The decision is final and no correspondence may be entered into.

By entering this competition you agree to the terms and conditions as stated above.

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# WA WILDFLOWERS

let's gotravelling

## Visit the art and craft fair in York

THE YORK Bazaar art and craft fair is on at the York Town Hall on 19 and 20 September.

See art exhibitions by the Botanic Artists Group, Melbourne animators Isobel Knowles and Cat-Rabbit as well as a selection of garments featured in the 2015 Common Threads Wearable Art exhibition (courtesy of City of Mandurah).

Hear textile consultant Patricia Moncrieff discuss the York Residency Museum's textile collection (and bring along your heirloom textiles to show Patricia your textile treasures).

Start your Christmas shopping early and browse through stalls featuring the work of more than 80 artists from around WA and interstate.

Don't forget the Picnic in the Park in Peace Park Saturday night from 6pm, there is a free concert by the *Holli Scott Jazz Trio*.

## Blooming wild - southern forests and valleys' wildflower festival



West Australia is known to be a biodiversity hotspot with a wide variety of unique orchids and flowers endemic to this region.

A calendar of events promoting wildflower tours, forest experiences and arts and cultural activities are being planned, providing opportunities for you to re-connect to nature.

For event and activity details please view [www.bloomingwildflowers.com.au](http://www.bloomingwildflowers.com.au) or follow us on Facebook at Blooming Wild-Southern Forest and Valleys.

More information is available from Festival coordinator, Wendy Eiby on 0434 811 474.

A REGIONAL WILDFLOWER festival will be held from mid-September to mid-November in the towns of Northcliffe, Manjimup, Pemberton, Nannup, Bridgetown and Balingup. The southwest corner of

## Discover the delights of the Dryandra Woodlands



Quenda © Alan Danks and Numbat Adult *Myrmecobius fasciatus* © Babs and Bert WellsC

by Frank Smith

JUST 170km south of Perth lies Dryandra Woodland, 28,000ha of open Eucalypt forest and the largest remnant area of original vegetation in the western wheatbelt.

But it's not just plants. At least 25 mammals, 100 birds and 50 reptiles are at home in the woodland. Best known is the numbat, WA's state mammal emblem. There are also woylies, tamar wallabies, brushtail possums, kangaroos and bush wallabies. The birds include tawny frogmouths and malleefowl, which builds a nest of fermenting vegetation to incubate its eggs.

There are many walking trails, ranging from one to 12km long and even if you don't see bandicoots or numbats you will certainly see where bandicoots have been digging for earthworms and other soil born delicacies. Many termite mounds bear the scars where echidnas

have dug in for a do-it-yourself lunch.

For the less energetic there are two self drive tours through the woodland. One includes a radio commentary broadcast on 100FM as you move from site to site along the 25km unsealed road. There are six stops along the drive, each with a different story, including tales of the relationships between Aboriginals and settlers in Dryandra Woodland through the years, including early forestry days, bush railways and unique wildlife.

The 23-kilometre Darwinia drive trail includes five pull-over bays where interpretive information is provided on the complexity and interdependence of the forest ecosystems.

The trees are mainly wandoo and powder barked wandoo, with she oaks in clumps on newer soils. There are also clumps of brown mallet. The bark was used in tanning leather in the early part of the

last century. This provided a much needed cash income for early settlers. In 1900 more than \$150,000 dollars of bark was exported. The mallet trees are prolific seeders and so re-established themselves with some help from the Forest Department, but mallet bark is no longer used in tanning, so the industry has died.

In spring the undergrowth is alive with wildflowers including many rare orchids especially near

granite outcrops.

Many of Western Australia's native mammals have been lost from their former habitats because of predation by cats and foxes, and changed vegetation and fire regimes.

The Department of Conservation's Return to Dryandra project aims to re-introduce native animals to former habitats by eliminating feral predators and establishing breeding programs. Dryandra is once again

becoming home for indigenous animals that were locally extinct as they are released into a predator-proof compound.

To see these and other reclusive natives animals in a natural setting you need to visit the animal sanctuary of Barma Mia, for an evening viewing.

A tour guide takes visitors on a delightful stroll through the sanctuary. Using specially placed lights, you can see threatened native animals such as dalyte, woylie, wurrup (rufus hare-wallaby), quenda and boodie.

Visitors can book a tour of Barma Mia sanctuary on Mondays, Wednesdays, Fridays and Saturdays (except public holidays). Tours cost \$14 adult, \$12 concession and \$7.50 for children.

Accommodation is available at Lions Dryandra Village in former timber worker's cottages as well as camp sites at the Congelin Campground.

SEE IN 3 HOURS WHAT MAY TAKE A LIFETIME TO FIND!



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## TAKE A WALK ON THE WILD SIDE

Driving to see wildflowers is wonderful but stay a while longer in the transit caravan parks of Badgingarra and Dandaragan this spring to truly immerse yourself in nature on one of our many local walk trails and scenic lookouts



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[www.dandaragan.wa.gov.au/tourism.aspx](http://www.dandaragan.wa.gov.au/tourism.aspx) - [www.facebook.com/TurquoiseCoastWA](http://www.facebook.com/TurquoiseCoastWA)

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Narembeen is located 286km east of Perth on the Pathway to Wave Rock, near the Great Eastern Highway. The town is an agricultural region, producing cereals and livestock and has a vibrant agribusiness sector. Wander through Narembeen's many reserves and trails, experience prolific wildflowers August through November. Come and explore farming history at the Narembeen Grain Discovery Centre and indulge in the uniqueness we call Narembeen!

Narembeen offers top class facilities including a supermarket, motel, hotel, doctor and hospital. Stay in Narembeen's RV friendly Caravan Park with powered sites, modern units, ablution block and bbq.

**For further information contact:**

**Narembeen Community Resource Centre**  
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T: 9064 7055  
E: [narembeen@crc.net.au](mailto:narembeen@crc.net.au)  
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**Shire of Narembeen**  
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## WA Wildflower Tours



### Perth's Best Wildflower Day Tour

from \$155pp

Departing: Mon, Wed, Fri, Sun Sept - Nov

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

### Wheatbelt & Wave Rock Wildflower Tour

from \$990pp

Departing: 7 October 2015

Enjoy touring through Wildflower country. Visiting outback towns and quirky attractions along the way such as the Tin Horse hwy in Kulin. **Highlights:** Cunderdin Pumping Museum, Wave Rock, Hyden Lace, Walkers Hill Winery, Mulkas Cave and Corrigin dog cemetery just to mention a few.

**Inclusions:** Botanical guide on board, motel accommodation, 3 evening meals and 3 breakfasts and on board enjoy an air conditioned coach with toilets.



### 7 Day Great Southern Wildflower Tour

from \$5258pp

Departing: 16 September 2015

Great Southern Western Australian wildflowers are renowned as being one of the most spectacular wildflower displays in the world. Discover the magnificent rugged south coast, wilderness in isolated national parks that have extraordinary rare and endangered flora, fauna, birds, and astonishing landscapes.

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## Australia's Coral Coast is wild with travel experiences this spring



Eneabba and surrounds, wildflower company © Australia's Coral Coast

THE WILDFLOWER season has officially begun on Western Australia's Coral Coast, home to more than 12,000 species, 50 per cent of which cannot be seen anywhere else on earth. Now is the time to take a road trip or join a tour for the day, the weekend or even a week.

Australia's Coral Coast - a place like none other

and wild with experiences. Escape the cool weather to discover secluded beaches, untouched coral reefs, breathtaking gorges, distinctive marine life in crystal clear oceans, amazing wild-life and endless species of stunning wildflowers.

Australia's Coral Coast chief executive officer, David O'Malley said, "Where

else in the world can you, in the one holiday, swim with Manta rays, meet rare Black Footed Wallabies, explore deep canyons and spot the striking Sturt Desert Pea, one of which is endemic only to Cape Range National Park near Exmouth".

Enjoy the pristine waters of Shark Bay by catamaran, spotting Dugongs (10 per cent of the world's entire population, considered globally vulnerable to extinction) and also spy the Tamala Rose, local to the World Heritage Shark Bay region.

Bush walk or hike the gorges of Kalbarri National Park and view the numerous native orchids including the Banded Green Hood, Snail, Spider and Cowslip in addition to 150 bird species including Australia's largest bird of prey, the endangered wedge-tailed Eagle.

Mr O'Malley said, "Inland is just as spectacular as the coastal offering. People flock to the region to see

thousands of everlastings carpeting the landscape, turning fields into spectacular colours of pink, yellow or snow white."

Make Geraldton or Dongara-Denison your base to explore the wide-spanning carpets of Coalseam Conservation Park and Minigenew.

Just two hours north of Perth, there's a charming blend of wildflowers and historical treasures around Jurien Bay (Lesueur National Park), Coorow (Alexander Morrison National Park) and Badgingarra (Western Flora Wildflower Farm).

"I encourage families and wildflower enthusiasts to make the short trip out of Perth to see this unique spectacle for themselves. We've experienced good rains for the wildflower carpets and individual varieties are already on display" said Mr O'Malley.

For those wanting some company: "Travel in convoy on Global Gypsies and RAC's wildflower safari, join an Australian Pinnacles wildflower tour or make use of our self-drive itinerary options" he said.

Hashtag #wildflowerwatch on Instagram to have your pictures shared by Australia's Coral Coast or visit [www.wildflowerwatch.com.au](http://www.wildflowerwatch.com.au) to find regular updates on wildflowers in bloom throughout the region and to help you create your perfect wildflower itinerary.

## THE GREAT BEYOND VISITOR CENTRE

Explorers' Hall of Fame



Complementing the rich visual history of the Northern Goldfields, the Great Beyond Explorers' Hall of Fame utilises cutting edge technology to bring to life the characters and stories of the past. Step back in time with several notable explorers who led challenging expeditions through central Australia during the mid to late 19th Century as they recount their stories of hardship and bravery. Discover what it was like for women and pioneers living and working on the Goldfields during the pioneer days and learn about the valuable industries that sustain our inland.

Home of the Explorers Hall of Fame.

The Visitor Centre also houses a cafe and gift shop.

Open Mon - Fri 9am - 4.30pm and Sat - Sun 9am - 1pm

The Great Beyond Visitor Centre  
Augusta St, Laverton WA

Tel: 9031 1361

Email: [greatbeyond@laverton.wa.gov.au](mailto:greatbeyond@laverton.wa.gov.au)  
[www.laverton.wa.gov.au](http://www.laverton.wa.gov.au)



## Time to start thinking wildflowers

SEPTEMBER and October are great for viewing wildflowers in this wonderful state.

People can be assured of having a great time on wildflower tours organised by Funseeker Tours. Being in the touring business for 18 years there are some secret spots that year after year give a lovely showing of wildflowers.

September takes guests to Cranbrook for their wildflower display. Albany is the base for this tour and each day they travel to places like The Gap and Natural Bridge, Whale World and Middleton Beach, viewing wildflowers en route. They visit Two Peoples Bay and Cheyne Beach to see a very diverse range of flowers. Kojonup and Williams will also feature in this tour and remember it is all inclusive of home pick up and return morning teas, lunches and evening meals.

October takes people to the beautiful Cape region around Geopraphe Bay. Visit flowers in Donnybrook, Ambergate, Rosa Brook and Carbanup Reserve. Other visits include in and around Gracetown then travel to Boranup Hollow. Leeuwin lighthouse (where the Indian and Southern Oceans meet) is always a great visit.

Give Sharon a call on 1300 660 668 for further details.

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**Wickepin** - Albert Facey Homestead - The Albert Facey Homestead celebrates the life of Albert Facey and his best selling autobiography *A Fortunate Life*.



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Facilities include; shower, toilet, laundry and BBQ.  
Powered site \$20 per night. Unpowered site \$15 per night.  
RVs are welcome \$8 per night. RV dump available.  
Accommodation units - Single \$50 per night Double \$75 per night  
Bookings contact Tony Rigby on 9889 1089 or 0437 915 030



### Harrismith Caravan Park

The Harrismith Caravan Park is adjacent to the Wildflower Walk Trail. Facilities include; shower, toilet and laundry.  
Powered site \$20 per night Unpowered site \$15 per night  
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Bookings contact the Oasis Hotel 9883 1010



### Yealering Caravan Park

The Yealering Caravan Park overlooks the lake and is in an ideal place to watch native birdlife. Within walking distance of town centre and sporting facilities. Facilities include; shower, toilet, laundry and BBQ.  
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let's gotravelling

## Finding the riches of the Goldfields - our past and our present...



Left to right; The Villa group at the Super Pit - Panning for gold - Lois Vout sits in the cabin of the haul truck at Hannan's North Tourist Mine

by Jennifer Merigan

I LOVE getting out and about and seeing our great state; last month I had the pleasure of joining one of Villa's coach tours.

Villa operates a selection of coach, interstate and overseas tours and I was most impressed with their operations.

Part of the Villa service is to pick up all their guests from home and my taxi driver was promptly at my door to drive me to join the coach at the designated departure point.

A group of 25 of us boarded the coach and our friendly coach captain Jeff with coach hostess (Jeff's wife) Carey introduced themselves and then we were off on our way to the Goldfields.

My mother's family hail from the area so I was looking forward to discovering a little more about my family history.

Kalgoorlie is now Australia's largest Goldfield's city and I was surprised at its size. It really is a city offering most of the mod cons.

Our home for the stay in Kalgoorlie was the Quality Inn Railway Hotel which provided very nice accommodation and meals for the group.

The first tour on the trip was to see the Super Pit, one of the world's largest gold mines and we donned our high-vis jackets and had a comprehensive tour of the mine.

It really is unbelievable how big this hole in the ground is and it gave me a new respect for the men and women who work this mine 24 hours a day, seven days a week.

I spent some time at the Kalgoorlie Visitor Centre upstairs in the Sportsmen Hall of Fame where I found out some information about two of my relatives.

One of them, Pat Treby has her own plaque on the main street for her prowess in diving and the other was Sando-

ver medallist footballer Sonny Maffina who was listed in a couple of the books written about Goldfields athletes.

There is a lot of history to be discovered in the Goldfields, so many people hail from here and quite a few of the guests on our tour had affiliations with the area.

We made a visit to Hannan's North Tourist Mine and the Kalgoorlie Museum. Throughout the visits to these historical places I was constantly in awe of the people who made the area their home in the gold rush times of the late 1800s and early 1900s.

Hannan's North Tourist Mine provides the visitor with an insight into gold mining, one of their displays is one of the huge haul trucks which work the Super Pit where visitors can climb up to the cabin and get an insight into what it is like to drive one.

Stepping back in time I tried panning for gold and I must say that if I had been an early pioneer I would have

been broke - I had no patience for gold panning.

The Kalgoorlie Museum offers so much information, you really could allow at least three hours to see the displays and read about the lives of the Goldfields people.

One of the unique things about the area is the lovely heritage buildings, which have been maintained so well over the years and are still in use.

Villa has now included an overnight visit to Leonora and Gwalia on this tour and a stop to Lake Ballard to see the Antony Gormley statues.

We drove through Menzies which is one of the 'best kept' towns I have visited with lovely pavements and a display of metal cutouts depicting the lives of the people of the area when Menzies was a bustling town. I liked the fact that tributes were made to the Wongi people who are the local Aboriginal tribe.

Lake Ballard is 51 kilometres from Menzies and it was

one of the highlights of the trip to see the world famous sculptor Antony Gormley's statues which depict some of the residents from the town.

Placed throughout the salt lake it is a unique piece of artwork of the Goldfields and well worth the visit to see art in the outback.

A visit to Gwalia and to Hoover House was another highlight of the trip.

Herbert Hoover commissioned this magnificent house when he was the Gwalia mine manager in the early part of last century and today it overlooks another large pit and working gold mine.

It is a glorious heritage property where we were lucky enough to enjoy lunch on the veranda on a lovely winter's day.

The house is well maintained and is now a bed and breakfast where guests can sleep in the same room as the 31st president of the USA.

You must not forget to tour the Royal Flying Doctor

Service when in Kalgoorlie.

This amazing service provides health care and emergency medical evacuation for the people of the outback and the tour is an educational and interesting look at one of the world's largest and unique medical services.

As we said 'goodbye' to our lovely hosts Jeff and Carey and to the Goldfields we boarded the Prospector train to return to Perth and enjoyed the excellent facilities on board the six-hour trip.

A visit to the Goldfields is an opportunity to see the history of the area which helped shape the WA of today.

Guests on board a Villa tour can be assured of a great experience, from caring hosts to comprehensive and interesting itineraries and quality accommodation and food.

For more information about Villa visit the website at [www.villa.com.au](http://www.villa.com.au) or freccall 1800 066 272.

The travel writer was a guest on board this Villa tour.

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## YALGOO WESTERN AUSTRALIA

Yalgoo offers visitors unique attractions including Jokers Tunnel, Dalgara Crater or the Gold Battery at Payne's Find. Detecting for gold is also a great pass time in Yalgoo.

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Join Kings Tours Manager Ken Austin on this magnificent tour. Visit the World famous Butchart Gardens, stay overnight at the Fairmont Chateau Lake Louise, enjoy two-days on the Rocky Mountaineer from Vancouver to Banff and then embark on a 7-night Alaskan Cruise before staying in Princess owned properties in Alaska. To top it off, spend 2-nights in San Francisco before flying home.



## Exclusive Inclusions

- ★ GUARANTEED GROUP DEPARTURE
- ★ FULLY ESCORTED BY A KINGS TOUR MANAGER
- ★ DOOR TO DOOR SERVICE
- ★ PRE-TOUR STOPOVER IN HONG KONG
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- ★ 7 NIGHTS ON A LUXURY CRUISE SHIP

## Tour Also Includes

- 12 Day Canadian Rockies Coach Tour
- 6 Day Alaskan Wilderness Coach & Rail Tour
- 2 Day Rocky Mountaineer Rail Experience
- Return airport transfers
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This is a fantastic opportunity for those people who haven't yet holidayed on a Europe River Cruise or for those that would just love to do it again! We have included a night in Singapore to break up the journey to Europe before enjoying the 14-night cruise. With all your meals, sightseeing, tipping and entertainment included, you only need to concentrate on having a good time.



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- ★ PRE-TOUR STOPOVER IN SINGAPORE
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- ★ 41 SUPERB MEALS

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# 20 Day NZ Rail, Cruise & Coach Holiday



## FULLY INCLUSIVE

- Return airfares from Perth including taxes
- Meet & greet on arrival in New Zealand
- Return airport transfers in New Zealand
- **HIGHLIGHT** Milford Sound Overnight Cruise
- 17 nights superior hotel accommodation with 5 two night stays
- Luxury Coach travel throughout the tour
- Professional Coach Captain and Tour Guide in New Zealand
- 19 breakfasts including 1 specialty breakfast
- 15 dinners including 4 specialty dinners
- 1 specialty lunch
- 2 delicious morning teas
- Prepaid activities and attractions including Kauri Museum, Skyline Rotorua Gondola, Agrodome, Thermal mud pools & geysers, Larnach Castle and more.
- Enjoy 4 rail journeys - Glenbrook Vintage Railway, the Coastal Pacific, the world famous TranzAlpine and the Taieri Gorge Limited.
- Relax with 5 cruises including Dolphin / Hole in the Rock Cruise in the Bay of Islands, the vintage steamship TSS Earnslaw and the Milford Sound Overnight Cruise.

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

## SPECIAL DEPARTURE 9 March 2016

### >> ITINERARY

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

#### DAY 1: Perth - Auckland

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

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

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

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

Today enjoy an Auckland city sights tour before travelling to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Continue through Whangarei to the Bay of Islands. This afternoon enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.  
**Hotel** Scenic Hotel Bay of Islands (2 nights)

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

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

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

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

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

Depart Auckland and travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside to Longlands Farm & Restaurant. Enjoy a delicious home cooked lunch hosted by a rural New Zealand family. Next, continue to Rotorua and visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.  
**Hotel** Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

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

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

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

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and this afternoon visit Southward Car Museum, home to a comprehensive collection of veteran and vintage cars. Continue south along the Kapiti Coast to Wellington.  
**Hotel** James Cook Hotel Grand Chancellor (2 nights)

#### DAY 9: Wellington (B)

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



- Home pick-up and return by private car to and from Perth Airport
- Early hotel check-in on arrival including breakfast
- Grand Pacific Tours Jacket and Cap
- Pre tour get together
- 400 page New Zealand Eyewitness Travel Guide
- Travel diary\*\*

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**SINGLE SUPPLEMENT \$1700**

**DAY 10: Wellington - Kaikoura (B,D)**

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

**Hotel** Donegal House

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

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

**Hotel** The Quality Hotel Elms

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

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

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

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

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

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

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

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

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

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

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

**Overnight** Milford Mariner

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

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

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

**Hotel** Distinction Luxmore (Deluxe Room)

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

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

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

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

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

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

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

**Hotel** Sudima Hotel Christchurch Airport

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

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

Get on board with the Escorted Travel Specialists  
(08) 9380 6656 or 1800 677 760 (Country Callers)



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

# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION

# SOUTHERN FORESTS

let's gotravelling



© Elements Margaret River

## Experience springtime in the Southern Forests and Blackwood River valley

FROM the tall karri forests around Pemberton and Walpole to the rolling green farmlands between Nannup, Bridgetown and Balingup, the countryside throughout this inland region of the south west is at its best during spring.

In the Southern Forests, the immense karri, jarrah, marri and tingle trees tower over every town, harbouring beautiful wildflowers in the undergrowth. The overwhelming bushfires which swept through the forest earlier this year have at least left a beautiful legacy; wildflower season this year is shaping up to be memorable.

The tall trees are interspersed with rich agricultural lands. More than 70 different types of fruit and vegetable are grown in this region, not to mention the marron and trout that are found in the waterways.

The towns within the Blackwood River Valley collectively radiate a charm that is often boasted about in tourist brochures yet rarely ever achieved. They have managed to retain their quintessentially quaint main streets, complete with tearooms serving

scones, perfect planter boxes full of seasonal blooms, and antique stores aplenty. In spring, the valley comes alive with its iconic tulip and daffodil displays, plus native wildflowers, adding vibrancy to the already rich colours of the region.

### Top five things

1. Hike sections of the Bibbulmun Track, particularly stunning in wildflower season.
2. Pick fruit straight from the orchard or farm gate - don't miss regional specialties such as the Pink Lady apple, marron, rainbow trout and Pinot Noir.
3. Head to one of the region's key events - try the Boyup Brook Rodeo, Spring Festival of Country Gardens and the Balingup Garden Expo.
4. Discover the mountain bike trails through the entire region; the Pemberton Mountain Bike Park and the Munda Biddi trail are not to be missed.
5. Take a charming country drive through some of the back roads that tie the region together; try Nannup to Balingup and Pemberton to Manjimup.



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### Gilvonnies FARMSTAY BED & BREAKFAST

**Twin room \$30pp night Double room \$60 night**  
Peaceful idyllic country setting. Bibbulmun Track walkers, backpackers and families welcome 30 minutes from Windy Harbour Friendly relaxed atmosphere on working dairy farm Hot breakfast. Evening meal if required.

For bookings contact Gilvonnies Farmstay Bed & Breakfast host, YVONNE CASH 9776 7022 124 Armstrong Rd, Northcliffe

### Relax at CLOVER COTTAGE

CHECK WEBSITE FOR MID-WEEK SPECIALS

Limestone Spa cottages with woodfires overlooking the river valley. Trout stocked lakes and river fishing. Grass tennis court and canoeing. Close to the many wineries, restaurants and natural attractions of Pemberton, Manjimup and Walpole region.

Contact Paul or Petrina 9773 1262 info@clover-cottage.com.au www.clovercottage.net

### DEEP FOREST, DOWN SOUTH, ENJOY THE SIMPLE PLEASURES

Self-contained cottages in an old timber mill town, ideal getaway for families, friends or just by yourself.

**MID WEEK SPECIALS from \$410 for four nights**  
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www.donnelyriver.com.au contact@donnelyriver.com.au 9772 1244

### EXPERIENCE THE Silk STANDARD

Silkwood Wines in the Southern Forests region of WA is an award winning winery and includes world class chalets, with a first class restaurant and cellar door overlooking our beautiful lake and tall timbers. When you choose Silkwood you choose The Silk Standard.

Visit Silkwood Wines during September and October and enter the draw to win a 2 night mid week stay in world class chalets, including Premium Sparkling!

9649 Channybearup Road, Pemberton WA 6260 Ph 08 9776 1584 www.silkwoodwines.com.au

### Elite TOURS 3 DAY MANJIMUP CHERRY TOUR

Mon 23 November - Wed 25 November 2015 \$695 per person Twin share, \$160 Single Supps.

**INCLUSIONS:** all meals, accommodation, morning tea each day, Entries as per itinerary, lunch daily, luxury 5 star coach travel.

**DAY 1** Depart Perth and travel to Pinjarra for morning tea, picnic lunch by the dam in Harvey, scenic drive through the beautiful Ferguson Valley with a visit to Gnomesville. Stop off in Donnybrook for an afternoon break before continuing to Manjimup.

**DAY 2** Pemberton and the natural swimming pool for morning tea, some free time in town. Back to Manjimup for a picnic lunch in the park and free time to shop, visit the Timber Museum, visit to the Cherry Farm, sample cherries, purchase 1kg up to 5kg boxes.

**DAY 3** Depart Manjimup, stop at Donnybrook for morning tea, then onto Cicerellos in Mandurah for a 3-course lunch. Back to Perth arriving approx 3pm-3.30pm.

Call Elite Tours on 9314 2170 www.elitetours.net.au

### Manjimup Timber and Heritage Park

THE Manjimup Timber and Heritage Park, set in 10 hectares of native bush and parklands, is the home of many community events, celebrations and activities. Everyone is welcome to enjoy the park's amenities which feature gas barbecues and picnic areas, cafe, gazebos, heritage displays, adventure playground and plenty of shade within the native surrounds.

*Take a Step Back in Time*  
Take a step back in time inside the park's Age of Steam Museum, where you will find the restored 1907 Robey Cross Compound Engine. The museum is stacked with information on steam trains and the role they played in Manjimup's timber industry and on the walls are numerous historic photographs from the old Tone River Mill. While you are exploring the history of our town and it's surrounding area take a walk through the Historical Ham-

let, where you will find seven restored buildings that were operational within the town in the early 1900s. In addition to the many static displays relating to the early era of timber and steam, the park is home to the Manjimup Historical Society, who collects, records, classifies and preserves records relating to the history in Manjimup and surrounding districts.

*Discover the Native Flora and Fauna of the Park*  
Spring is the perfect time to see the abundance of wildflowers dotted along the meandering path ways of the park all whilst taking in some of Australia's majestic trees. The park also provides a sanctuary for many birds, and reptiles.

For further info please contact the Shire of Manjimup on 9771 7777, Email info@manjimup.wa.gov.au or visit www.manjimup.wa.gov.au.

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Greenfields Farm Stay Phone 9772 1364 288 Jones Road, West Manjimup

### Manjimup Timber & Heritage Park

SHIRE OF MANJIMUP

Located on the corner of Edwards & Rose Streets  
The Manjimup Timber & Heritage Park, set in 10 hectares of native bush and parklands, is the home of many community events, celebrations and activities.

Open: April to Sept 9am-5pm and Oct-March 9am-8pm

For further info please contact the Shire of Manjimup:  
37-39 Rose Street Open: 8.30am-5pm Ph 9771 7777  
Email info@manjimup.wa.gov.au Web www.manjimup.wa.gov.au

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### EXTENDED TOURS

Mandurah Greyhounds, Thu 17 Sept, COST \$45 p/p Includes transport and tipping guide.

Wildflowers Kings Park, Sat 26 Sept, COST \$45 p/p Delight in the annual magical colour spectacle of Kings Park and buy wildflowers from the friends of Kings Park native plant sale.

Perth Royal Show, Thu 1 Oct, COST \$45 p/p Includes transport only. Thrills and spills at the Perth Agricultural Show.

Kulin Races and Wave Rock, Sat 3 Oct - Sun 4 Oct COST Adults \$475 Seniors \$450 Includes morning and afternoon teas, accommodation, lunch, dinner, breakfast, BYO one lunch.

Mining in Wagerup, Fri 9 Oct COST Adults \$95 Seniors \$90 Includes entry fees, morning and afternoon tea and lunch

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# WA's GREAT Outdoors

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## The Southern Forest Region

THE CLEAR, crisp air and rich landscape of the Southern Forests region produce and nurture the magnificent forests of Karri, Marri and Tingle trees so closely associated with this picture-postcard area. Its exquisite landscapes are a blend of gently contoured, vine-clad hillsides, fertile orchards, majestic and ancient forests, and a coastline with exhilarating views across the vast Southern Ocean.

### Magnificent Forests

The Southern Forests begin around Manjimup where agricultural land is dotted with tall stands of magnificent Karri trees then journey further south towards the timber town of Pemberton. The forests get thicker here and you will see virgin Karri trees up to 300 years old protecting an amazing collection of forest flora and fauna.

Towards the southern coast lies the small town of Northcliffe, surrounded by towering forests, rich coastal plains and wetlands. It's the gateway to the D'Entrecasteaux National Park and the spectacular cliff-tops of Point D'Entrecasteaux. Travel further to the town of Walpole, enjoying the dappled light of the forests, and stop to take a nature walk to delve further. The Walpole/Nornalup area is 'Valley of the Giants' country, known worldwide for its Tree Top Walk that rises almost 40 metres above ancient Tingle trees.

### Mediterranean ecosystems

Southern Forests exhibits one of only five Mediterranean-type ecosystems in the world. The region has over 1500 species of flowering natives including colourful wisteria and stunning rare orchids. It is resplendent with wildflowers in the springtime, between August and December each year.

### Beautiful coastline

The Southern Forests coastal scenery is striking in its contrasts, with beautiful Karri forests meeting the rocky cliffs as they are pounded by the relentless Southern Ocean. It has 140km of the most magnificent coastline, from beautiful white sandy beaches to rugged sea cliffs and spectacular dunes.

### The Bibbulmun Track

The world famous Bibbulmun Track meanders through the Southern Forests region presenting a unique opportunity to appreciate the vast and ever changing scenery. The entire track stretches 963 kilometres from Kalamunda to Albany, with over 381 kilometres of its winding trails traversing the forest and beaches of this diverse region.

### Munda Biddi Trail

The Munda Biddi Trail was opened in June 2013 for cyclists. The trail runs from Perth through a 1,000km of the South West of Western Australia and is anticipated to become a world renowned cycle trail.

### Tranquil Lakes

The region boasts a number of tranquil inlets, streams and rivulets, brimming with life. Trout, perch, fresh water cobbler and marron present popular hunting opportunities in the fertile rivers and streams in our region. Marron is a very large freshwater crayfish native to the permanent rivers in for-

ested, high rainfall areas of the south west. Licences for Trout and Marron fishing can be obtained from the local post office.

### The history

Steeped in history, from the pioneering timber industry, the rich soils and cooler climate of the region now produce award-winning wines. It has grown to take its place as the third largest wine region in Western Australia. Many boutique wineries offer cellar door sales and tastings, with restaurants, cafes and galleries springing up amongst them. Take the opportunity to sample a variety of quality wines amidst the ambience of rambling rivers, magnificent forests and beautiful lush countryside.

### Gourmet food

The Southern Forests region could well be called the gourmet food bowl of Western Australia. It is rich with fine produce at all times of the year, reflecting the influence of our European cultural heritage. Producing niche epicurean treats including boutique wines, roasted chestnuts (a delightful Easter treat), cheeses, ginseng, green tea and, more recently, the black truffle. Complemented by dairy products, beef, lamb, marron, perch, trout, smoked products, rainforest water... the list goes on and on.

### Festivals and events

Festivals and events embody rural WA's hospitality and sense of community. Southern Forests host many notable events, including the Manjimup Moto Madness and Truffle Kerfuffle in June, the JB Ipsen Golf Classic in October, and the Cherry Harmony Festival in December.

### Cycling

For those looking for a bit more action, Southern Forests host some great cycling events including the Northcliffe Great Karri Ride for mountain bike enthusiasts, and the Pemberton Cycling Classic for road bikes, on the March long weekend.

### Walking Trails

If walking is one of your passions the Southern Forest region has a plethora of trails to choose from. To find a trail to suit your needs this link [www.warrenblackwood.com.au](http://www.warrenblackwood.com.au) will assist you in making the choice.

### Settlements

The Shire has a number of small settlements including Jardee, Deanmill and Quininnup. These settlements are worth a visit as they keep part of our history alive. Quininnup has a website to peruse <http://www.quinninup.net.au/>

This information was sourced from [www.southernforests.com.au](http://www.southernforests.com.au)

## Southern Forests Region Visitor Centres

### Manjimup

CENTRALLY located in Manjin Park and open every day, the centre has friendly staff who will always have time to assist you with information and accommodation bookings to ensure your visit to Manjimup is interesting and enjoyable. Phone: 9771 1831 Email: [manjiture@westnet.com.au](mailto:manjiture@westnet.com.au) For more information, please visit the Manjimup Visitor Centre website. [www.manjimupwa.com](http://www.manjimupwa.com)

### Northcliffe

Northcliffe Visitor Centre is the first place you should visit before heading off on your Northcliffe adventures. Staff will be happy to help you discover the local attractions and events and make accommodation or Westrail coach bookings for you. Phone: 9776 7203 Email: [ncfvisitorcentre@westnet.com.au](mailto:ncfvisitorcentre@westnet.com.au)

For more information, please visit the Northcliffe Visitor Centre website. [www.northcliffevisitorcentre.com.au](http://www.northcliffevisitorcentre.com.au)

Pemberton Visitor Centre website. [www.pembertonvisitor.com.au](http://www.pembertonvisitor.com.au)

### Walpole

Walpole Visitor Centre is centrally located in the town surrounded by tall karri trees and beautiful bushes where the courteous staff can provide you with a free map of the area and guide through the large number of attractions of natural beauty that exists in the town and its surroundings. There is so much to do - boating and sailing, fishing, bush walking, scenic drives and climbing. The Walpole-Nornalup region offers all standards of accommodation-luxury chalets, motels, budget accommodation, backpackers, bed and breakfast, holiday houses and caravan parks. Phone: 9840 1111 Email: [wnta@wn.com.au](mailto:wnta@wn.com.au) For more information, please visit the Walpole Visitor Centre website [www.walpole.com.au/](http://www.walpole.com.au/)

### Pemberton

Pemberton Visitor Centre is situated in the main street of the historic timber town. The first port of call where the helpful staff can provide you with a free map of the area and guide through the large number of attractions of natural beauty that exists in the town and its surroundings. The centre is an agent for TransWA bus bookings as well as being able to make your local accommodation and tour bookings.

The Pemberton Visitor Centre is open Monday to Sunday 9am to 5pm. The Centre is closed on Christmas Day and Boxing Day. Phone: 9776 1133 TollFree: 1800 671 133 Email: [pemtour@karriweb.com.au](mailto:pemtour@karriweb.com.au) For more information, please visit the

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Relax and enjoy a refreshing getaway in our tastefully decorated chalets; all linen provided; fully self-contained; just six minutes drive from town. Close to Tree Top Walk. A value for money experience by staying at the very best.

**Tinglewood Cabins - Bridge Road Walpole**

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Come and enjoy a relaxed cruise on the unique Donnelly River and meander along this 12km section that is only accessible by boat. Cruise by the lush Jarrah and Marri forest, through the paperbark and wetlands, past the unique holiday huts nestled amongst towering Marri trees to the limestone cliffs and majestic Southern Ocean. Includes park fees and morning or afternoon tea. Cruises operate daily with courtesy bus pickups from Manjimup, Pemberton or Karri Valley.

**There is no one photo to illustrate this amazing cruise!**

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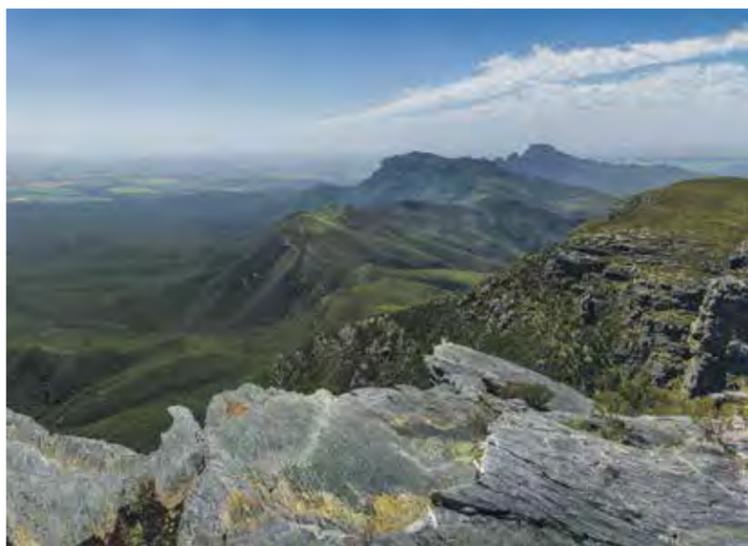
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# WILDFLOWERS IN WA'S GREAT SOUTHERN



## BIODIVERSITY BLOOMS IN THE GREAT SOUTHERN THIS SPRING

*The South West corner of Western Australia makes up one of the world's 34 biodiversity hotspots, and the only hotspot in Australia. With more than 8,000 species of flora in the South West, nature lovers visiting the Great Southern this spring are sure to receive a stunning display.*

### WHAT IS A BIODIVERSITY HOTSPOT?

South West WA's biodiversity status puts it up there with other unique natural environments worldwide such as the jungles of Costa Rica and the tropical Andes Range of South America. To qualify as a hotspot, a region must contain at least 1,500 species of endemic vascular plants, and it has to have lost at least 70 percent of its original habitat. Of the 8,000 species of flora found in the South West, over 50 percent of these are endemic, meaning they're found nowhere else on earth.



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## OTHER HIDDEN TREASURES TO EXPLORE IN THE GREAT SOUTHERN

While the coastal towns of Albany and Denmark are well trodden on the tourist map, the inland areas of the Great Southern provide, as the name suggests some hidden treasures waiting to be explored. Steeped in the heritage of early settlers, this often overlooked area of Western Australia offers a unique glimpse of the State's farming communities. Grand old homesteads, community halls and hotels from years past, huge grain operations that showcase modern agriculture, all mix in with award-winning wineries, local produce, great scenery and that warm sense of country charm. Several self-drive trails take in the Hidden Treasures region. Find out more at [www.hiddentreasures.com.au](http://www.hiddentreasures.com.au) or pick up a brochure from a regional visitor centre or Community Resource Centre.

## WHERE TO SEE THE WILDFLOWERS

There are 15 national parks in the Great Southern, harbouring these rare species. During spring the wildflowers come into bloom, making the stunning natural landscapes all the more beautiful. Read on for the top spots to view the wildflowers, or head to the local visitor centres when you're in the region to get up-to-date information on wildflower walks and insider knowledge on where rare species have been spotted.

### STIRLING RANGE NATIONAL PARK

Home to the South West's highest peak (Bluff Knoll) and standing 1,095 metres above sea level, this park is a wildflower hotspot. The towering peak is enhanced by the beauty of over 1,500 wildflowers (87 endemic) during spring. The prominent peaks of the Stirling Range stretch for 65 kilometres from east to west. Experienced rock climbers and abseil enthusiasts can take advantage of awesome climbs (permit required) and there are enjoyable walking trails to suit all abilities.

### FITZGERALD RIVER NATIONAL PARK

UNESCO recognised as an international biosphere reserve, this park has more than 1,800 beautiful and unique species of flowering plants as well as lichens, mosses and fungi. Be sure to visit Point Anne, one of only two places in Australia where Southern Right whales come to calve during their migration. This whale nursery is 65 kilometres east of Bremer Bay and it's not unusual to see up to 40 whales at a time. The park is also home to 22 species of mammal, 200 bird species, 41 species of reptile and 12 species of frog.

### PORONGURUP NATIONAL PARK

The Porongurup Range rises from the landscape like an island surrounded by a sea of giant karri trees. The Porongurup Range is over 1.1 million years old, making it one of the oldest ranges in the world. It is 12 kilometres long, 670 metres high and is formed from solid granite. A 1.5 kilometre walk trail leads you through spectacular forests on your way to the Granite Skywalk. Enjoy the breathtaking, panoramic views from the 38 metre, upper and lower lookouts atop Castle Rock, just 30 minutes from Mount Barker. The park also attracts rock climbers and bird watchers and is considered a mecca for botanists, wildflower enthusiasts and photographers with its unique flora (over 700 native species) and prolific bird life.

Surrounding the national park are boutique wineries producing cool climate wines and accommodation offering lovely views over the range.



## Hidden Treasures BLOOM Festival

presented by Act-Belong-Commit

The Hidden Treasures Bloom Festival, presented by Act-Belong-Commit is a month-long festival celebrating the wildflower season in the Great Southern. Commencing on September 11, and running until October 12, there are more than 35 events for visitors to participate in including wildflower walks, self-drive tours, exhibitions, garden tours and long table lunches. Visit [www.hiddentreasures.com.au](http://www.hiddentreasures.com.au) and follow the links to download a program of events, or pick one up from a regional visitor centre or Community Resource Centre.



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WINTER IN THE WEST  
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## Skippy is a fish worth catching



A beautiful metro skipper from an inshore reef

by Mike Roennfeldt

IT'S HARD to go past

skippy as one of the most enjoyable bread and butter species we can catch in wa-

ters close to Perth. Maybe they aren't quite as plentiful as herring but they put up a much more challenging fight. Also, in my opinion at least, they taste a whole lot better, especially when cooked fresh.

Most of the shore-caught fish are a little on the small side but you don't have to travel too far offshore to get into much bigger specimens, often in the 500g to 1kg range. Just look for a sand hole among the offshore reefs such as the Stragglers, Five Fathom Bank or Three-Mile, and start to berley. Skippy are school fish and if there are any about, a handful of mashed up old bait or even a few chook pellets scattered over the water every 20 minutes or so will bring them around.

They are great fun on light spin tackle loaded up with 4-8kg line. I like to use a hook around size No.2 for skippy and add as little weight as is practical for the location. Deeper water or strong current movement calls for heavier sinkers around 10-15g, but if you find yourself fishing in 10m or less and there's not much water movement, try running a tiny ball sinker or two right down to the hook.

Slow sinking baits certainly attract better bites from the skippy. These fish can be extremely wary feed-

ers at times and it has been suggested that they smack the bait with their tail as some sort of testing manoeuvre, but I'm not sure about that one.

A skippy bite is usually quite subtle, often feeling like weight coming off the line rather than being pulled away. In this situation it doesn't feel like you should strike, but that's just what you have to do, and the power of the resulting fight will come as something of a surprise after such a timid enquiry.

The advantage of using a bit more weight and fishing closer to the bottom is that skippy country is often King George whiting country and even fluking a couple of nice King Georges down deep can turn an ordinary day into a memorable one.

As for cooking skippy, I believe they are one of the species that is best eaten on the day of capture or within a couple of days, rather than after freezing. I tend to fillet out all the dark red meat and roll the fillets in egg and breadcrumbs before shallow frying in oil and serving with a squeeze of lemon juice.

And if you're a fan of sashimi, it's worth noting that in Japan, the home of sashimi, skippy are highly regarded by those who enjoy the taste and texture of raw fish.

## A half lap of Australia... an odyssey by motorbike



Left: Paul Church - Right: Paul's Suzuki Bandit GSF 1250SA and John Bristow's Triumph Sprint GT stationary at one of many daily stops on their 20 day motorcycle trip

EDGEWATER resident, Paul Church 65, has just returned from a motorcycle trip around half of this enormous country. Along with his good friend, John Bristow 67, from Beechboro, the two spent 20 days covering 10,769 kilometres on this odyssey.

Paul riding a Suzuki Bandit GSF 1250SA and John on a Triumph Sprint GT, had the trip on both of their bucket lists, so after a bit of homework as to a suggested route and proposed daily stops, the pair set off on 11 May.

The idea, which they said worked pretty much to plan, was to ride each day until about 4.30pm and then find accommodation, thus avoiding the dusk hours when many animals wander the roads

in search of food. Motorcycles and animals are definitely not compatible to enjoyable and safe riding.

The trip started from Edgewater and the first day saw the pair ride to Norseman. From Norseman it was on to Border Village, and then to Wudinna, Coober Pedy, Ayers Rock and onto Alice Springs.

After a few days rest and recreation in Alice Springs it was back on the road to Tennant Creek, Katherine and Darwin.

After a day's refresh in Darwin the boys started heading back west via Katherine, Turkey Creek and on to Broome.

After a day's relaxation in Broome they headed down to Port Hedland, Nanutarra, Coral Bay, Northampton and finally after 18 days arrived back in Edgewater.

Here's some of the stats from Paul and JB's trip to Darwin through the red centre which may assist anybody contemplating a similar trip.

They travelled 10,769 km overall and used 594 litres of fuel (John used slightly less on average on the Triumph Sprint GT) which equates to 5.51 litres per 100 km. Not bad with a top box, two panniers and bag to hold an emergency sleeping bag and other items. Fuel cost Paul \$989.68 which is an average of \$1.67 per litre.

They paid \$2.16 at Ayers Rock, \$2.05 at Caiguna and \$2.12 at Balladonia. They tried to use 95 octane when possible, but on odd occasions they had to use 91 octane and on others 98 octane, so overall it evens out.

The pair had three rest and recreation days (one in Alice Springs, one in Darwin and one in Broome).

Paul and John completed 10,586km town to towns in 17 days at an average of 622.70km per day.

Their accommodation cost \$2,735 for the two of them, which is \$143.95 per night or \$72 each per night. Do take into account they had to pay a high price at Uluru, then they treated themselves in Katherine at the Knott's Crossing Resort, twice, and had to pay a higher than normal rate in Coral Bay as it was the start of the long weekend in WA.

Accommodation and fuel cost the pair \$119.33 per day and then there was food and drinks on top of that. The boys did state that they didn't spend much on drinks, of course!

Overall the 20 days cost somewhere in the region of \$4,000 all up, each.

Paul said, "remembering if you stay at home you still have to pay for food and drinks. So, what are you all waiting for, get on your bikes and ride and have a go."

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## Harvey Dickson's rodeo and country music show

COME TO this year's Harvey Dickson's rodeo and music show on Friday night in the music shed.

Music by Kristy and Paul - Shane Dickson from 5pm to 11.30pm.

Saturday night at the rodeo complex *Wild Dogs - Sparrow - Gypsy Chicks*, Saturday rodeo gates open 7.30am starts 9.30am.

All venues are within walking distance of the camp grounds. Camping \$5 per night. There are three different camping areas on the farm. All have portable toilets, there is no power and no shower facilities. Try riverside camping to be more self sufficient.

There will be hot food and a bar on Friday night at the music shed and at the rodeo complex on Saturday. On Saturday and Sunday breakfast is at 7.30am.

The show is located 5km out of Boyup Brook on the Boyup Brook-Arthur River Road.

Dogs are allowed in the camping area only, but must be tied up at all times. No BYO alcohol is to be brought into the venue, there is a fully serviced bar. No glass. Security will check eskys and bags on entry. Tickets available on line until 22 October or you can buy them at the door.

Music show adults \$15, aged pensioners \$10, under 15 \$5.

Rodeo: adults \$30, aged pensioners \$25, under 15 \$5, under 4 free.

There is also a car and bike show, plus vintage caravans, markets, stalls and side show alley plus lots more.

Remember the date, Friday 30 and Saturday 31 October. For further information about Harvey Dickson's rodeo visit [www.harveydickson.com.au](http://www.harveydickson.com.au) or phone 0429 651 125.

# let's go travelling

ADVERTISING FEATURE



## Garden tour of Italy, England and France, 2016



JOIN West Australian Deryn Thorpe, renowned gardening expert, writer and presenter on a tour of the magnificent gardens of Italy, England and France. Deryn has worked as a journalist for more than 30 years and writes a weekly gardening column, as well as presenting on *Greenfingers* television show on Channel 7.

As a popular speaker at garden clubs and the WA expert for *Your Garden* magazine, there is no better-qualified person to guide you through the glorious gardens of Italy, England and France.

Highlights of Travelrite International's 2016 garden tour include the famed Chelsea Flower Show in London; Le Jardin Exotique d'Eze, set amongst the ruins of an ancient castle overlooking the Mediterranean sea on the French Riviera; the stunning grounds of Villa Ephrussi de Rothschild near Nice; the beautiful Renaissance garden of Villa Lante in Umbria; the UNESCO World Heritage listed garden of Villa d'Este near Rome; the unique gardens of Giardino e Rovine di Ninfa, rambling through the ruins of a medieval town near Sorrento and La Martella, the famous garden located on the spectacular island of Ischia.

Priced at \$9,995 per person twin share, this 22-day round trip departs on 9 May, 2016 and includes return economy air travel from Perth to Europe, accommodation, sightseeing tours and the spectacular gardens of London, Nice, Florence, Rome and Sorrento.

For more information, call Travelrite International on 1800 630 343 or visit [www.travelrite.com.au](http://www.travelrite.com.au).

## Aussie Redback Tours



Aussie Redback Tours' Sharon Kersting.

THERE'S a new touring company in town and they're ready to show you the highlights of Australia. Aussie Redback Tours is an Australian-owned Perth-based company with the owner and staff having more than 16 years'

experience in the travel, touring and coach industry.

The owner, Sharon Kersting, is passionate about the country we live in and is excited about sharing her wealth of knowledge with everyone who travels with her. She and her team take pride in their professional presentation, eco-friendly values and the fact that they simply enjoy what they do.

Aussie Redback Tours provide tours that are good value-for-money and include travel in air-conditioned comfort, motel accommodation, national park fees, most meals, boat cruises, wine tasting and tickets to special events and festivals. For example, The Wet Northern Safari tour includes flights to and

from Perth, two boat cruises, a helicopter flight and complimentary champagne and chocolates on arrival for that special touch, plus other extra highlights.

The tours will always be fun and friendly and they will show people some of the unique and famous attractions this beautiful country has to offer. They aim to ensure happy memories and new friendships which last a lifetime.

For information about tours, please contact Sharon or Renata on freecall 1300 662 026 or email [aussieredbacktours@yahoo.com.au](mailto:aussieredbacktours@yahoo.com.au) or visit [www.aussieredbacktours.com.au](http://www.aussieredbacktours.com.au).

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Boardwalk with its cafés, ice creamery, chocolatier, specialty shops, Sebel Mandurah, cinema, boat hire and the famous Stage Door Waterfront Restaurant.

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## Great holiday reading



## BOOK REVIEW

*The Doctor's Stories*  
by Charles T. Chase, MD  
Reviewed by Pat Paleeya

DR CHASE has been a neurologist for 25 years, but altogether has spent 35 years in the field of medicine. He is the chief of staff at a hospital in Ohio, and these are some of the stories of his patients over time. In his introduction to the book Dr Chase writes that these patients had a flair or intensity that made them stand out, and that they put him back in touch with his humanity.

These stories are a glimpse into the lives of those sometimes facing adversity, the stoic, the pragmatic and the emotional reactions of patients dealing with their prognosis never failed to surprise him. Sometimes there was humour, but always sheer determination and courage. He writes that the theme of his book is the triumph of the human spirit and our capacity to rise above extraordinary circumstances.

If you are interested in meeting some remarkable people then *The Doctor's Stories* will introduce you to them. This is an easy read, there is a clarity of language with not too many complex medical terms and Dr Chase comes across as a very genuine Ohio medico.

The book is available on Amazon, Barnes & Noble, Google Books and Xlibris.

### WIN WIN WIN

We have one copy to give away. To enter please write to *The Doctor's Stories* Competition, *Have a Go News*, PO Box 1042, West Leederville WA 6901 or email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Dr Stories* in the subject line. Don't forget to write your name, address and telephone number on the back of an envelope. Competition closes 09/10/15

## Teach the kids to sail



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ADVERTISING FEATURE



## Meet Chidlow's Doctor Doolittle



Left to right; Some of the orphans - Echidna unfurled - Wildlife carer Liz Appelt with Stimson the python

by Frank Smith

LIZ AND Mark Appelt's two-hectare bush block in Chidlow has an unusual collection of animals.

In the living room joeys, ensconced in eskies poke out their noses. A young grey kangaroo hops in and out of the room. A 10-year-old quokka called peanut scuttles about and Grover, a tawny frogmouth flies over and glares at visitors. A Stimson python lives in

an aquarium but likes to explore.

Outside, in a pen, is an echidna, injured in a road accident that she is nursing back to health. Echidnas have a low body temperature and as a result healing takes a long time.

"They generally recover if the injuries is on their body or legs, but if their beak is injured that's not a good sign," she said.

"You seldom see echidnas but they are not rare.

There are a lot out there but they are just shy. They are tough little animals."

There are also two rescued greyhounds, a donkey and two elderly horses.

"We take in injured and orphaned animals and rehabilitate them for eventual release," said Liz.

Liz has been a wildlife carer for more than 30 years. A qualified veterinary nurse she worked in a veterinary practice at Orange Grove before moving to Chidlow.

"We bought this property because of the opportunity to soft release animals. We are next to a timber reserve and there is open space on one side."

The area is not baited for foxes; it is too close to humans. But most neighbours have small bush blocks and cooperate to control foxes.

People bring her injured and orphaned joeys from all over the state, as do rangers from Mundaring Shire and Julimar forest.

It is all too easy to hit a kangaroo when travelling in the country. They are

attracted to green vegetation on roadsides in autumn and don't have a lot of road sense. Others are attacked by dogs or get caught on fences as subdivisions expand.

"If an adult is injured but can't get away from you, it is best to euthanise it as soon as possible. A rifle is the most humane way, if not give it a heavy blow to head," she says.

"Police and shire rangers are generally willing to help. But your best bet is to ring the 24 Hour Wildcare Helpline on (08) 9474 9055.

"Be careful if you try to remove a joey from an injured kangaroo.

"Joeys can be very tiny, as a rule of thumb they are viable if their eyes are open. Very young joeys need an experienced carer and should be taken to a registered wildlife rehabilitator.

"When people find an injured animal, the first thing they want to do is to feed it. That's the worst thing you could do; it causes stress.

"If they are not dehydrated and have no major injury, I bed them down and leave them for a few hours. That gives them time to get over the stress and cover the pouch with their own smell.

"It is important to keep young marsupials warm. They need heat as in a pouch, not just a blanket.

"Then they are hungry, feeding is usually no problem to if you are quiet.

"Marsupials are lactose intolerant so I use a lactose-free formula milk. Most pouch young wouldn't survive without it," she said.

"Releasing is the hardest part of looking after natives. Kids play with them and they become imprinted with human contact. But eventually they have to be released."

Liz practises soft release. Recovered animals are encouraged to wander into adjacent bush returning for food and safety. The process may take months.

A female kangaroo still keeps coming back after 23 years. Sometimes she brings her offspring to visit.

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ADVERTISING FEATURE



## Left, right or lost on the idyllic Greek island of Mykonos



Katrins Restaurant, tiny as it is, has one of the finest reputations in town © Katrins Restaurant - Postcard perfect Mykonos Harbour; a million visitors come here yearly for its restaurants, tavernas, bars, bakeries and boutiques © Google.com - Little Venice's home-businesses were once a landfall of pirates, now its tourists © Semeli Hotels Group

by David Ellis

THERE'S little likelihood of going hungry on the idyllic little Greek Island of Mykonos whose main town, simply called Mykonos Town, has a waterfront that's a clutter of cheek-by-jowl restaurants, tavernas, bakeries and bars offering food and drink of a variety that leaves most of its million visitors a year agog.

Behind this lies a maze of cobbled streets crammed with tourists, locals, boutiques, fruit and vegetable stores, galleries, souvenir shops – and, yes, scores more restaurants, tavernas, bakeries and bars.

But we are here amid these seemingly countless eateries to seek out just one very specific place, in doing so we fast realised how the folk of early Mykonos concerned themselves little with such trivialities as town planning.

Today's locals, however, are quick

to assist the lost, like ourselves, with directions as to just where a business or address may be hidden amid this urban calamity – “go to the end of the street and just turn right,” they'll happily advise (or “left” if that is perhaps more appropriate).

Unfortunately on arrival at the end of the street, we find that our one narrow alley now branches out into two or possibly three further little passageways like the fingers of a contorted hand in a roughly “right” or “left” direction.

So we have to consider just which may be the “right right” or the “right left.” We persevere by asking more questions, and retracing our steps more than once, to eventually find ourselves at the doorway to what we are seeking: the tiny La Maison de Catherine, or as it is more simply known and identified with a sign above its pavement tables, Katrin Restaurant.

For it is here we want to learn if the menu still features any of the favourites of its two most famous regular guests – Greek shipping magnate Aristotle Onassis, and the lady he was wooing in the 1960s and was to marry, Jackie Kennedy, widow of slain American President JFK.

Did the restaurant, we wonder, still have Jackie's favourite starters of baby squid stuffed with rice and Greek mountain spices? Or the garlic mushrooms? Or a soufflé unusually filled with cheese, prawns and squid?

Or for mains the specialty in those days of lamb leg with home-made mint sauce (served piled high on large wooden family-size trays when Ari and Jackie had guests,) or in season, lobster with pasta served in such proportions the couple would share one serving between them... and finish most nights with the signature house-made apple tartine with Calvados cream.

Yes, the menu that's a somehow mix of Greek and French cuisines, does still feature them all. But while the kitchen is a-buzz and wait staff are busily pre-tying the place with fresh-cut flowers, sorry, they're unable to allow us even a sample taste before officially opening for dinner in two hours' time.

So sadly, with our cruise ship to Santorini awaiting, we step out from this quite small (for one so famous) eatery with its traditional Cycladic arches and whitewashed walls, and into the confusion of alleyways once more. But we do promise the friendly staff we will return some day, and will dine at the window-side corner table that was kept vacant for Jackie and Ari every night – no matter how busy the place was – in the event they should simply drop in.

If you're visiting Mykonos do seek out Katrin Restaurant in Ayios Gerasimos Street – it's not cheap, but certainly we're assured, well worth it.

And allow time also to explore Mykonos' colourful Little Venice, a harbour headland of the most picturesque 16th and 17th century whitewashed and painted houses whose balconies jut out over the waters, so that in days of yore, boats could unload direct into the homes of the traders who lived and worked along here.

Those same balconies also lured pirates who would sweep in from the sea, leaping from boats to balconies to ransack these wealthy home businesses. Many savvy home-owners would appear to escape into the background maze of darkened alleyways, pirates foolish enough to give chase suddenly realising they had been lured into a deadly trap, and that it was now they who were the hunted rather than the hunter, with often fatal results.

For information about the many attractions of Mykonos today visit [www.mykonos.gr](http://www.mykonos.gr).



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Spend a day exploring the Uzbek capital, Tashkent before joining a high speed train to the ancient city of Sa-

markand – an important part of the Silk Road, the ancient traders route between Europe and China. Travel to the 1000-year-old city Bukhara and across the black and red deserts to the remote oasis city of Khiva – the gateway for caravans in and out of China.

Priced from \$6995 per person twin share, the tour includes 16 nights accommodation with daily breakfast and a large selection of other meals, comprehensive sightseeing with an English speaking guide, transportation in coach, rail and plane, arrival and departure transfers, gratuities and hotel portage.

A four day Turkmenistan extension, featuring the Darvaza Gates Of Hell and Ashgabat is available after the tour.

There are four guaranteed departures in 2016, 24 May, 23 August, 6 and 20 September.

For more details on this contact Beyond Travel on 1300-363-554 or visit [www.beyondtravel.com.au/tours/exclusive-special-journeys](http://www.beyondtravel.com.au/tours/exclusive-special-journeys)

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guides in each location.

The next 23-day South America Sensations Tour departs on 5 March 2016 and includes Argentina, Bolivia, Brazil and Peru. Inca Tours is currently including a free two-night Santiago Stopover for new bookings made by 30 October.

The 24-day India, Bhutan and Nepal Sensations Tour departs on 21 March 2016 and includes the highlights of these three remarkable countries. For bookings made by 25 September Inca Tours is including a complimentary four-day Kerala and Backwaters Extension.

The up-coming 22-day Africa Sensations Tour and Safari departs on 25 July 2016 and includes Botswana, Kenya, South Africa, Tanzania and Victoria Falls. For bookings made by 30 November Inca Tours is including at no extra cost a three-day Sun City Extension.

For detailed itineraries including all costs, inclusions and exclusions, please contact Inca Tours: phone 1800 024 955, email: [sales@incatours.net](mailto:sales@incatours.net) or [www.incatours.net](http://www.incatours.net).

UNIQUE holiday specialists Beyond Travel have recently added five new exclusive small group special journeys to their collection for 2016, including the Central Asian Odyssey tour that explores the legendary Silk Road cities of Khiva, Samarkand and Bukhara.

Early bookers can receive up to \$500 in travel vouchers per couple to use

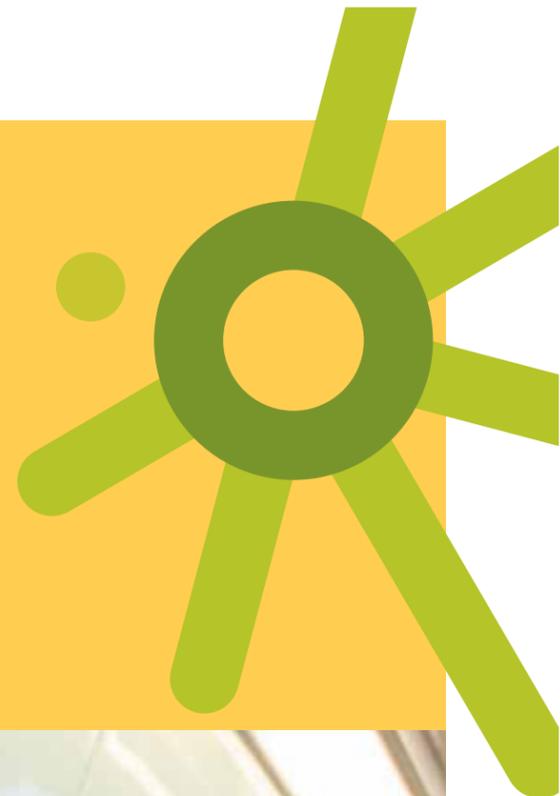
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# 2015 Seniors Week FOCUS

Sunday 8 to Sunday 15 November 2015



## Get the Australian Government on board the push for fairer British pensions

by Mike Goodall

OVER the last few months the feedback to my updates has been tremendous and I have been greatly surprised by the large number of you who were not aware that while on holiday in the UK and Europe you can claim increases in your UK State Pension to the amount that you would receive if you were living in the UK.

I hope that those of you who are now claiming discover how much you are actually being underpaid because you chose to live in Australia. Last year my wife and I spent six weeks in the UK and although we have only been receiving our UK State pension for four years we received a 25 per cent increase for every week that we were there. This paid for the cost of car hire and the fuel for the whole six weeks. In cash terms over a whole year this would be sufficient money for us to live for six weeks in Australia.

It is because of the large amount of money involved – £590 million pounds for the full tax year 2015/16 – that the UK Government is refusing to index UK State Pensions for Australian residents, despite us having paid in the same amount of national insurance contributions as the other 650,000 expat pensioners living mainly in Europe and the US.

The UK government claims that they would rather spend the money in the UK and look after

the UK pensioners. However they are already paying the increases to 650,000 other expat pensioners because they have a legal obligation to pay them.

The other reason why they are concerned about paying us our correct level of State pensions is because they believe that there would, if they unfroze pensions, be a potential claim from some expat pensioners for back pay. The ICBP and BPiA addressed this second concern in November 2014 by presenting a legal document to the UK Government informing them that if they were to grant Pension Parity our organisations would disband and that there would be no campaign from us for back pay. It was this concern for back pay (which would be about £5 Billion) that the UK used as its main argument in the European Court of Appeal.

We have also suggested to the UK Government that they could approve pension parity and at the same time include a phrase to the effect that this was payable from a certain date and that claims for back pay would not be accepted. They have used this format when making social security agreements with the unfrozen countries, with one difference, that the increases would not be given as pension parity but would only be paid as a percentage increase based on what the pensioner was currently receiving. i.e. if there is a 2.5 per cent increase that would only give an increase on a pension of £50 or £1.25 per week. However the last agreement became effective in 1992 and the main precedent is that they are

quite able to write a clause into any amendment to prevent a claim for back pay and they are refusing to acknowledge this fact.

We, BPiA, have been trying to stir up the Australian Government to increase their pressure on the UK. Our Chairman Jim Tilley recently met with Australia's Minister for Social Services, Scott Morrison. Jim discussed the calculations that we have done which show that pension parity would bring an extra \$1 billion to the Australian Government over four years and would also benefit the UK expat pensioners by a similar amount. This money would then filter into the Australian economy and benefit the nation as a whole. Jim suggested that Mr Morrison should confront the UK's Secretary of State for Work and Pensions about this issue and if, as we expect he is rebuffed, then Australia should consider taking this issue further by way of an international legal challenge.

We await Scott Morrison's response. You can also help by contacting your Australian MP and asking for him to confirm his support for our campaign and to raise it in the party room. If you don't know who your local MP is please contact me for help.

Anyone who would like to discuss the above further is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPiA's Coordinator in Western Australia on (08) 6364 0859 e-mail: [mikegoodall@btconnect.com](mailto:mikegoodall@btconnect.com)

### List your Seniors Week event...



OUR ANNUAL Events Guide for Seniors Week 2015 will be published in the October issue which will appear on Friday 9 October.

If your club or group is holding an event in Seniors Week, visit our website and download the form to register your event so it can be published in the guide.

Visit <http://www.haveagonews.com.au/new/seniors-week-2015> or email [seniorsweek@haveagonews.com.au](mailto:seniorsweek@haveagonews.com.au)

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Patrick Grogan 0419 497 432



by George Gouteff

IT WOULD appear that this year, before there is sufficient water in the streams for paddling in moving water and shooting rapids, certain events and rituals must be observed.

First there is the passing of the winter solstice and confirmation that the sun will return to the southern hemisphere. Then there must be some feasting to celebrate this happy event.

The Over 55 Canoe Club, ever conscious of rituals, celebrated with a very enjoyable midyear lunch at the Maylands Yacht Club. Many thanks go to Gay, Peter and Marilyn who put in the hard yards to make this a very successful event.

Within days of the mid year lunch the rain fell and the

upper Murray River at Dwellingup rose to a level that was just enough for an exciting day of white water paddle. This was the first occasion since October 2014 that the club has been able to paddle the upper Murray River due to late rains and reduced runoff into streams. The usual suspects demonstrated their great enthusiasm for shooting rapids after a 10-month hiatus by many times portaging back around the Island Poole rapid and having another go.

Dwellingup was followed by another Upper Canning River paddle from Masons Landing to a point upstream of Royal Street. This exercise was in part designed to give newer members the experience of paddling moving water in benign conditions before tackling venues on the Upper Swan River.

This year's first Upper Swan River moving water paddle was from the Yagan Bridge on the Great North-

ern Highway down to Maali Bridge. This took place on the first Thursday after the Avon Descent. It had originally been planned to launch at Bells Rapids but as the water flow rate was significantly greater than that experienced by the Avon descenders, safety considerations dictated that the launch venue be changed.

The section of the Upper Swan we paddled has its challenges of tea-trees and chutes of fast moving water which resulted in lots of thrills and a couple of spills. The two paddlers who had an involuntary immersion will be awarded duck stickers at the Christmas luncheon, to affix to their kayak.

Then for the pièce de résistance, in mid-August the first paddle for 2015 from Bells Rapids to Amiens Crescent. It started with a warmup, by paddling against the current in the area below the rapid known as the Dog's Breakfast, before turning and set-

ting off with the current for a shot of adrenalin at Boland's Elbow. All the paddlers successfully rocketed down the chute and around the elbow, a little damp but very pleased with their individual effort.

Downstream from Bells Rapids is moving water, fast in places, and the tea-trees which managed to generate one involuntary immersion. Recovery was efficiently executed after each immersion, reflecting the value of the safety training at Hillarys Boat Harbour.

It is the view of many that the toughest part of a paddle from Bells Rapids to Amiens Crescent is at the end where one has to drag a kayak from the river up the hill to the carpark. The hill could rightly be named heartbreak hill or maybe something more colourful.

For further information visit our web site, [www.theover55canoeclub.com.au](http://www.theover55canoeclub.com.au) or telephone club President Peter on 9409 3813.

## Moving water and rapids for the Over 55 Canoe Club

### History in the city 2015 program

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

Everyone is welcome at Citiplace Conference Room Perth Railway Station concourse at 2pm, first Wednesday

of the month. Entry \$5 at door includes afternoon tea

**Wed 7 October** Yvonne Geneve - art deco picture palaces of the golden west

**Wed 4 November** Dr Leigh Straw - drunks, pests and harlots. criminal wom-

en in Perth and Fremantle 1900-1939.

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

Weekdays, 9.30am-5pm tel. 9386 3841 a/hours, Lorraine Thoelt 9342 3439.

### City of Canning Seniors Week

THE CITY of Canning is hosting its first ever Seniors Week this November. To launch the week it is having an opening event on Monday 9 November from 10am - 1pm.

It will be held in the Kent Street Weir in Wilson, featuring a range of free activities, music and entertainment.

The City would like to fit in as many site holders as possible within the space, providing information and static

displays on a wide range of topics and interests. This is where people come in.

This is a wonderful promotional opportunity, a great way to connect with the local community and show seniors what services are available. However spaces are limited so get in quick.

How much will it cost? Nothing! It is free to come along.

What more do people need to know? Bring your own 3m x 3m marquee and

table/chairs (limited numbers of marquees are available from the City – first come first serve basis).

Please bring banners, flyers, posters, brochures etc. There driveup access to your site and special vendor parking.

If people have an activity that they can incorporate into a stall, please advise when submitting a stallholder form. Contact [kelsie.koontz@canning.wa.gov.au](mailto:kelsie.koontz@canning.wa.gov.au) for more details.



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## Seniors Recreation Council Update

LIVELIGHTER AGED CARE GAMES - BODDINGTON



ON THURSDAY 6 August SRC conducted the inaugural Boddington LiveLighter Aged Care Games at Boddington Town Hall.

The day was a great success with six teams coming together from Williams, Boddington, Harvey and Narrogin to compete, all games were played with great enthusiasm and much cheering by the supporters from the Mines and Wandering Primary School.

The Wandering Primary School performed the national anthem at the official opening and formed a cheer squad at each of the fields. Then the students performed during the lunch break, their dancing and singing was excellent and enjoyed by everyone.

Phil Paddon, MC for the day then explained the rules in great detail as it was the first for everyone and encouraged everyone to have a good time.

Congratulations to all the participants for coming and having a go and a big thank you to Dawn Newman for inviting SRC to Boddington and to the volunteers from Boddington Hospital auxiliary, Newmont Mines, South 32 Mine, Wandering Primary School and all the volunteers who helped make the day a great success.

The winners of the Boddington LiveLighter Aged Care Games were 1st Boddington Seniors Group, 2nd Narrogin Home Care team 2 and 3rd Harvey HACC.

Best Presented Team: Narrogin Home Care teams 1 and 2.

The oldest competitor at these games was Rose Ballingal, aged 91 years young.

The LiveLighter Aged Care Games are Sponsored by LiveLighter Healthway, Dept. of Sport & Recreation and Dept of Local Government and Communities.

### NOTICE OF MEETING SRCWA ANNUAL GENERAL MEETING 30 SEPTEMBER 2015

Seniors Recreation Council of WA is holding its annual general meeting on 30 September at Department of Sport and Recreation. The meeting will include election of officers, reports from SRCWA Branches and project officers and a guest speaker. This meeting gives SRCWA accredited volunteers the opportunity to share information and anecdotal evidence regarding the programs SRCWA is conducting in metropolitan and regional WA and how they impact on the older demographic.

Have a Go Day 2015 a LiveLighter Event,  
11 November at Burswood Park  
8.30am to 3pm - registrations close  
on 11 September

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

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

This year's event falls on Remembrance Day which will be a focus for *Have a Go Day*.

The official welcome will include the *Ode and Still Seniors* for Remembrance Day and include participation by Minister Tony Simpson MLA, Victoria Park RSL sub group, 10th Light Horse Kelmscott/Pinjarra Group, Police Pipe Band and bugler for the *Last Post*, Ms Maeve Lander. Come and join in acknowledging our service personnel.

Mark this date in your diary as there will be many new attractions and information sites at this year's event.

### ADD LIFE TO YOUR YEARS DIRECTORY - AVAILABLE FREE

The Add Life to Your Years 19th Edition, (2014/16) is a directory of sport and recreation clubs/groups for over 50s. A hard copy is available FREE and the information is also available on the SRCWA web site at [www.srcwa.asn.au](http://www.srcwa.asn.au).

Please call 9492 9772 to request a copy and it will be mailed out to you free of charge.

The book also contains an update page for new additions and updates so any senior club/group or association may complete the page and return it to the office to be included in the next issue and have any changes updated on the web site monthly.

This issue has been made available due to the sponsorship of Dept. of Sport & Recreation, Dept. of Local Government and Communities and *Have a Go News* and we thank our sponsors for their continued support.

This publication is printed bi-annually but updated on the website monthly so keep sending any changes to club details to the SRC office, PO Box 329, Leederville 6903, or email [info@srcwa.asn.au](mailto:info@srcwa.asn.au).

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



Hugh Rogers, Seniors Recreation Council State President

# 2015 Seniors Week FOCUS

Sunday 8 to Sunday 15 November 2015



## How depression impacts on our physical and mental health



by Jemma Aldridge

LIFE IS not all plain sailing! More like a millpond one moment and roaring forties the next. A roller coaster

of emotions that are ever changing with our dynamic lives, that are busier than ever.

However unsettling that change can be it actually represents a balance of life without sadness we do not know how happy we can be. However when our world stagnates and our mood turns to a long period of depression it impacts our physical and mental health and those around you... that's when you need to seek help. One million Australians

experience depression at some time in their life. Depression is treatable and preventable. The sooner treatment is sought the sooner they can recover.

### Common symptoms of depression

- Loss of interest in hobbies, work and things that you might usually enjoy
- Low energy levels
- Insomnia
- Low concentration

A person may be depressed for longer than two weeks, they may have felt

sad, down or miserable most of the time or have lost interest in most of their usual activities and have also experienced several of the signs and symptoms across at least three of the categories in the list below.

### Behavioural symptoms of depression

- No longer going out
- Not completing work
- Withdrawing from friends and family
- Relying on alcohol and sedatives
- Ceasing usually enjoyable activities
- Unable to concentrate

### Thoughts caused by depression

- "I am not good enough"
- "I am at fault"
- "Nothing good happens to me"
- "Life's not worth living"
- "People are better off without me."

### Feelings caused by depression

Frustrated, guilty, miserable, irritable, sad, overwhelmed, unhappy, indecisive, low confidence.

### Physical Symptoms of Depression

- Tired all the time
- Churning gut
- Feeling sick and run down
- Headaches and muscle pains
- Sleep problems
- Loss or change in appetite
- Weight gain or loss.

### The causes of depression

There is no single cause of depression, but a number of factors may be blamed for its development. Gen-

erally depression evolves from a combination of recent events and other long term or personal factors.

Research suggests that long term unemployment, living in an abusive or uncaring relationship, long-term loneliness or prolonged exposure to stress at work can contribute to developing depression.

Other factors that can contribute to depression include a family history of depression and certain personalities types such as people that worry a lot, have low self esteem, perfectionists, sensitive, self critical and negative.

If you have a serious medical issue or if you abuse drugs and alcohol you are likely to get depressed.

### Getting Help!

- Go to see your general practitioner
- Beyond Blue Support 1300 224 636
- Lifeline 131 114
- SANE Australia helpline 1800 187 263.

Remember depression affects us all at some time during our roller coaster life; we have to remember it is common and treatable. The sooner you seek help the sooner you get better. Everyone is individual and has different contributing factors. If you or someone you know is experiencing depression please consult a doctor or health professional.

## SOCIALISE FOR GOOD HEALTH

It's no secret that socially active people live longer and healthier lives.

Our Social Club at Woodvale is an ideal place to stay engaged, meet new friends and enjoy activities such as:

- # Laughter Yoga and Thai Chair
- # Art and Music Therapy
- # 6-week iPad training
- # Excursions
- # Poetry corner
- # High need/dementia groups
- # Weekday, afternoon and Saturday services available



What matters to you, matters to us!

Call Tania or Sue at Woodvale Social Club on 9409 2347  
email [woodvale@communityvision.asn.au](mailto:woodvale@communityvision.asn.au)  
[www.communityvision.asn.au](http://www.communityvision.asn.au)

## THE YORK BZZAAR

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SEPTEMBER 19 & 20 2015

YORK TOWN HALL

10.00AM - 4.30PM

Entry \$10pp, \$25 Families, Kids under 12 free

Over 60 art & craft stalls + Workshops + Art exhibitions + Artist talks + Live music

[YORKBZZAAR.COM.AU](http://YORKBZZAAR.COM.AU) f t i

## Western Suburbs VIEW Club

AFTER 14 YEARS Subiaco Day VIEW Club has a new name, the Western Suburbs VIEW (voice, interests and education of women) Club. to represent its widespread membership.

The next meeting is on Wednesday, 23 September. This will be a back to school day with Alana Hutchings talking about the Smith Family's Learning for Life program at 10am at the Mt. Claremont Community Centre, Montgomery Rd, Mt Claremont.

A Kings Park guided tour is the outing on Wednesday, 14 October.

All interested ladies are welcome. For more information, please call Ann on 9387 7104 or Glen on 0413 449 930 for details.

## Wanneroo Joondalup Art Society exhibition and sale

THE WANNEROO JOONDALUP Art Society is holding its spring art exhibition on Saturday 26 and Sunday 27 September from 9am to 5pm each day.

The guest artist is Celestine Dyson. This is an event not to be missed.

You can see this exhibition at Sorrento Surf Life Saving Club, West Coast Highway, Sorrento.



Do you want to become part of a fantastic volunteer team?



Volunteer Task Force  
TIME TO MAKE A DIFFERENCE

- Shopping
- Gardening
- Home visits
- Transport

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

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

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

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

MIDLAND depot NOW OPEN!

### SOUTH WEST SENIORS EXPO

LIFESTYLE ESTATE & BOYANUP

**Where?**  
South West Sports Centre  
Hay Park, Bunbury

**When?**  
Sunday, 8th November  
9.00am to 4.00pm

**What?**  
An exciting expo of services, products, equipment, outdoor displays and facilities for seniors

Additional and prominent sites available

**ENTRY IS FREE!**

General Public welcome  
Catch up with old friends  
Make new ones

**TOO GOOD TO MISS!**

Additional sponsors:  
Sunwise, EscapeTravel, RETRAVISION

**All Enquiries Phone 9795 7354**

# FREEDOM FROM KNEE PAIN... NOW!!



**"I was always in pain and wore knee supports or large fold over support bandages. I also used a walking stick. When I received the Power Knee Straps I put them on and the pain disappeared. I then walked about 3/4Km without my walking stick, walked to church and back this morning without my stick - I walk around now almost as if I have normal legs!" - J Ireland (VIC)**

If you suffer from knee pain or stiffness here is a proven way to get fast relief - from the clinically proven Power Knee Strap now available direct to the public.

Jack Levine, the famous American expert invented the Power Knee Strap to relieve the problem of painful knees suffered by thousands.

**Levine is a nationally famous American authority and inventor of the clinically proven and patented Power Knee Strap now used by thousands around the world.**

It was so remarkably successful, that it was patented and has been helping thousands gain relief for over 20 years. It is now available direct at this amazing low price. Levine's Power Knee Strap has been seen on TV by millions in the USA and has also been described in a paper published in the 'American Journal of Sports Medicine' and in 'Clinical Orthopaedic and Related Research' where significant improvement was demonstrated.

Thousands in the USA and Europe use Levine's therapeutic Knee Strap to help relieve pain and swelling associated with knee problems. Yes, clinical studies document how the Power Knee Strap presses away pain and promotes rapid relief. Pain is not only virtually eliminated in the knee, but the patented strap continues to support the patella and lessens the strain on the kneecap. When worn the knee strap affords increased mobility allowing the wearer to be totally active.

**Available direct through this advertisement, not in stores**



**Thousands already are using the strap! Read what satisfied customers say...**

I received 2 Knee Straps today. Wore them for 2 hours working in the garden. I was delighted to have no pain in that time. Awesome! I'm 83 & thank you for the great product. **Mrs I.C., Magnetic Island**

"I felt relief almost immediately... I find the knee strap excellent. I can walk quite freely - pain free." **Mrs J.E. - Moora WA**

"I write of my delight with the results... the relief I get from them is so appreciated." **Mr G.S. - Southport. QLD**

"I was very sceptical before ordering. However, they are one of the best investments we have ever made. My wife and I can now play Lawn Bowls without having the knee pain we used to suffer" **Mr W.A. - Frankston. Vic**

"...the Strap has helped my mobility enabling me to be able to walk much better; it has also reduced the swelling and pain..." **Olive R. - Evans Head. NSW**

"The Knee Strap is absolutely wonderful and I know what it is now to walk along without a walking stick or suffer any pain. All the treatment I have had including injections over the last eight years have never given me the relief from pain that I now enjoy" **Mr T.T - Kambah. ACT**

"... the improvement is quite dramatic with no pain in the knees" **John V. - Mount Barker. S.A**

"Yesterday I wore them for the first time and played golf - the result was amazing with a lot of my pain gone and I was able to walk a lot better" **Ms K.S. - Borden. W.A**

**NB. Testimonials unsolicited and guaranteed genuine and all available for inspection at our offices.**



**Cutaway view showing the patented strap.**

- **ADJUSTABLE TO FIT ALL KNEE SIZES**
  - **WEIGHS ONLY 57G**
  - **MACHINE WASHABLE**
  - **UNDETECTABLE UNDER CLOTHING**
- PROVE IT TO YOURSELF WITHOUT RISK - ONE FULL YEAR GUARANTEE**
- Send for Levine's Power Knee Strap today. Try it for as much as a full year on our Money Back Certified Guarantee. Run with it, play tennis with it... lead a complete active life. If you do not experience relief, increased flexibility and increased mobility simply return for a full purchase price refund. Rush your order today!

**Order online at: [www.cmshop.today/CLK40](http://www.cmshop.today/CLK40)**

**Lines Open 7 Days: 9.00am - 6.00pm** **CALL NOW 1800 83 84 89** Ask for Dept CLK40

**YES** we invite you to try the Levine's Magnetic Power Knee Strap at the exceptional offer price of just \$29.95 + \$9.95 p&p

**SAVE \$10.00** - TWO Levine's Magnetic Power Knee Straps for only \$49.90 + \$9.95 p&p

Additional Power Knee Straps only \$24.95 each

I enclose a Cheque/Money Order payable to Century Mail for \$ \_\_\_\_\_

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# 2015 Seniors Week FOCUS

Sunday 8 to Sunday 15 November 2015



## Fourth annual Retirement Living Expo 2015



VILLAGE SOLUTIONS AUSTRALIA  
**RETIREMENT LIVING EXPO 2015**  
www.retirementlivingexpo.com.au

THE RETIREMENT and Lifestyle Expo is a one-stop shop for not only people seeking advice on issues relating to a happy, active and hassle-free retirement but is equally important to the families of those in or nearing retirement. This is an information packed

event displaying everything relating to planning for retirement, retirement living and lifestyle issues.

With a vast variety of lifestyle villages and resorts, healthy home delivered food options, a host of domestic and overseas holiday and

travel operators, tourism destinations, estate planning, financial and investment planners, superannuation and insurance advisors, health and hearing specialists, caravan, campervan suppliers will all be on hand to provide advice and service the needs of the growing market.

Sigrd Adams from Village Solutions said, "The Retirement Living Expo continues to grow in reputation, size and liveliness. It's an event where people can find out about all aspects of retirement or transitioning into retirement.

There will be guest speakers over the weekend providing information to attendees on travel, health, will and estate planning and retirement living."

We are pleased this year to have Harvey Norman sponsor the event and Singapore Airlines have once again come on board with a fantastic trip for two to Europe to be won. There will also be other great raffle prizes on offer.

The fourth Annual Retirement Living Expo will once again exhibit at the B Shed Victoria Quay Fremantle on

24 and 25 October. The location proved very positive with attendees in 2014 due to its location and easy walking distance to trains and busses as well as all that Fremantle has to offer.

Captain Cook Cruises have kindly sponsored half price fares over the Saturday and Sunday from Perth to Fremantle. Its free to get in and you can even have a free coffee or tea.

There are limited spaces left to exhibit, if people are interested contact Tanya McDonald on 0435 134 636.

## Talking about unmentionable topics



by Josephine Allison

KATH MAZZELLA OAM (pictured above, second from left) believes older women need to be more vigilant about their gynaecological health with more public discussions and greater media and public interest.

International Gynaecological Awareness Day is on Thursday, 10 September. Kath says the day can help improve mental, personal and relationship issues with a new, open approach to this sometimes sensitive subject.

"The situation has improved but there is a long way to go through open discussion," she said. "Many older women are from the generation where they don't talk about things 'down there'."

Kath Mazzella is passionate about her subject. She was diagnosed with a rare form of gynaecological cancer more than 20 years ago. Thereafter the young mother of three underwent life-saving surgery, followed by six weeks of radiation therapy.

Fully recovered, Kath embarked on a campaign to educate women and men alike on gynaecological problems without embarrassment and stigma, earning many awards along the way, ably supported by husband Tony. It has been a busy year for the pair working to raise the profile of gynaecological health in the WA community.

The couple recently met with Lord Mayor Lisa Scaffidi, and Janet Micklemore, of Melbourne based Jean Hailes for Women's Health, to discuss WA support for Women's Health Week. This runs from 7 to 11 September and has the theme 'the elephant in the room'. The week focuses on what women want to know about their health.

"As Women's Health Week coincides with International Gynaecological Awareness Day, I plan to use my Undies for Better Understanding as part of the week and encourage others to join in the fun," Kath said. "King Edward Memorial Hospital is celebrating the awareness day with an in-house staff cardboard cutout knickers competition.

"It seems a generation were taught to put up and shut up, so opening the topic with older women has always been more difficult.

"Sexologist Dr Gabrielle Morrissey says the older generation of women - 50 plus - have been identified as the most at risk of contracting sexually transmissible infections and have the highest reported increase in these infections.

"With online dating services and the liberation of women, it seems that mature women are becoming more sexually active with multiple partners and, without proper protection, are discovering the downside of this liberation.

"Further, this age group is most at risk of needing hysterectomies and other procedures as they go through the change of life. It pays to be well informed and vigilant so that you know what to expect and to also speak with authority when dealing with medical professionals.

"Many women have hysterectomies and yet have very little knowledge about the how and why they are having them. We need greater community education - not only for ourselves but to pass on the knowledge and experiences of our lives to other women.

"Are we just taking the first option presented to us or are we asking all the deeper questions about medical intervention? Are we being treated as, 'she is no longer having children so she doesn't need it' whereas there is a bigger picture to be considered in terms of the grief that accompanies these procedures and their effect on hormone levels."

After two decades of lobbying, Kath says she is slowly seeing things change, especially with the impact of International Gynaecological Awareness Day and the Undies for Better Understanding Facebook campaign.

"It seems that if you add in some fun, bling and undies, women, especially older women, are ready to talk about what's happening 'below the belt', she said.

## Silver Chain celebrates 110 years of care in WA

THIS YEAR, not-for-profit community health and care provider, Silver Chain, is celebrating 110 years of caring for Western Australians.

The iconic Western Australian organisation, which started in 1905 as a small district nursing service, today cares for more than 60,000 people across the state. Group chief executive officer, Christopher McGowan, said Silver Chain has grown from humble beginnings to become a leading provider of quality care services.

"We are proud to have supported generations of people to remain happy and healthy in their own homes and communities for so many years," Mr McGowan said.

"As we celebrate this milestone we took the opportunity to look back on our years of history so we could really acknowledge how far we have come as an organisation."

Silver Chain's journey began in *The Western Mail* with Muriel Chase, a journalist who wrote the newspaper's Children's Corner and had a loyal following of young readers.

She decided to form a club to bring her readers together and the silver shilling they each donated to become a member would be used to perform some good for those in need.

The children became known as links of the Silver Chain club and their first task was to use money donated to throw

a Christmas Party for Perth's poorest children.

Following the success of the party, membership grew to 1,500 and soon after they had enough money to employ Silver Chain's first full time district nurse. And the organisation grew from there.

"With our years of experience, Silver Chain has grown to become one of the largest providers of health and care services in Australia," said Mr McGowan.

"Whilst our origins are in nursing, today we also provide a range of other services, including home care and support services, hospital in the home, palliative care and allied health services such as physiotherapy and podiatry."

In 2011, Silver Chain merged with RDNS in South Australia to form the Silver Chain group.

The Group currently delivers services in Western Australia, Queensland, New South Wales and South Australia, providing care to more than 84,000 people across Australia.

"We have a rich history of helping those in need and as we look to the future, we look forward to caring for Western Australians for many more years to come."

For more information about Silver Chain services, telephone our contact centre, which operates 24 hours a day, seven days a week on 9242 0242 (or country callers on 1300 650 803).

## Advance care planning workshops across Perth



Palliative Care WA executive officer Lana Glogowski

DO YOUR family, friends and GP know what medical treatment and care you would want if you became seriously ill and couldn't speak for yourself. Do your loved ones know what decisions to make on your behalf?

Palliative Care WA execu-

tive officer Lana Glogowski, says 82 per cent of Australians say it's important to have plans in place should anything unfortunate happen to them, however most Australians are not prepared.

A 2014 survey found that 50 per cent of Australians had spoken to their partner about the healthcare they want at the end of their life, but only 25 per cent had spoken with their children about this and only 10 per cent had spoken with their GP.

"Talking about end-of-life health care, and planning for our death, can be difficult and confronting. As well, people

maybe unsure about where to get reliable information and advice about advance care planning," said Ms Glogowski.

To help Perth residents navigate these challenges, Palliative Care WA has partnered with local governments to host free advance care planning community workshops. Workshops will be held at Fremantle and Subiaco in September; Mandurah and Wanneroo and at Melville in November.

At the workshops health-care and financial estate planning professionals will provide information and answer

your questions about what is involved in advance care planning.

Topics include making a will, enduring powers of attorney and guardianship, organ and tissue donation, and advance health directives. An experienced palliative care nurse will outline some of benefits and burdens involved in different medical treatment options at the end of life. Plus there will be helpful tips around how to have a conversation about advance care planning with family and friends.

"It is important that we communicate our feelings

around end of life care and our beliefs and values to those who are important to us while we are still healthy. Advance care planning ensures our voice is heard when we can't speak for ourselves," she said.

For information and to register see the advertisement on page 5 in this edition of *Have a Go News* or at [www.palliativecarewa.asn.au](http://www.palliativecarewa.asn.au). Palliative Care WA is the Western Australian peak body for palliative care - raising awareness and building capacity for the community to address life limiting conditions, death and dying, grief and loss.

## Are you at risk for C. difficile Infection?



**Are you 50 years of age or older?**

Do you have an upcoming surgery, requiring you to be hospitalised for several days?

OR

Have you been hospitalised twice or more in the last year and received antibiotics?

"You may be at risk for a serious healthcare associated infection called Clostridium difficile or C. difficile.

You may be eligible to help us develop a vaccine to protect at risk individuals like yourself."

This study site is currently recruiting volunteers for a Vaccine Trial for the disease of Clostridium difficile or more commonly known as C. difficile.

H-030-014/APAC/30MAY2014



Ask the study site staff today or log on to [www.cdifffense.org](http://www.cdifffense.org) to learn more about C. difficile and the risk of contracting this dangerous bacterium and how it can affect you.

Camille Gibson, Study Coordinator, Vaccine Trials Group 9340 8542

## Come for a walk with us



THE OVER 55 Walking Association welcome people to join them on Tuesdays at 10am.

Qualified first aiders attend each walk, which vary including parks, coastal and lakes. People can walk for as long and as fast or as slow as they like. Bring along a chair and some lunch and enjoy company and a chat after the walk.

Upcoming walks:  
**15 September:** Darlington Heritage Walk Trail, Darlington Park, Corner Darlington/Owen Road  
**22 September:** Rob Campbell Park, toward Fremantle

River end Phipps Street, Bickton

**29 September:** Mundaring toward Darlington Jacoby Street Scout Hall, Mundaring

**6 October:** Sandy Beach Reserve toward Tonkin Highway Bridge, the end of West Road, Bassendean

**13 October:** Deep Water Point around the river, The Esplanade, Mount Pleasant Deep Water Point Car Park.

Several social events are organised during the year and all walks and events are on the membership card people receive on registering, which costs just \$10 for the year.

The association's website provides a lot of information about the organisation and includes the program of walks for the year.

For further information contact Bronwen 9448 6965, 0414 682 785, Rhonda 9275 1681 or visit [over55walkingassociation.myclub.org.au](http://over55walkingassociation.myclub.org.au).

## Country/rockers dance nights

SEPTEMBER SPRING DANCE at Cannington Bowling Club, corner George Street/Fleming Streets. Cannington Saturday 19 September, from 8pm to midnight.

Non-stop dancing to the fabulous *New Trix* and *Rockin' Ronnie* Entry: \$12 Pre Paid \$15 door sales (if available, sales are limited to 200 so get in early). Part proceeds to Samaritans WA

Need more info? Call Linda: 9354 3899 or Wanda 9354 4063  
Doors open 7pm - BYO snacks/food, drinks at club rates - no BYO.



North Perth residents

Have a Go News is now available from Greg's Discount Chemist located at

372 Fitzgerald Street, North Perth  
Telephone 9328 5762



# It keeps getting better

Life, with you at the centre

Imagine downsizing to a low maintenance home, upgrading your lifestyle and having more time to do the things you love!

Whether you're after a sea change or a tree change, imagine life with you at the centre at any ten of our WA retirement village locations.

**BIBRA LAKE Lakeside Gardens** 14 Lewington Gardens, Bibra Lake

**BOORAGOON Parkland Villas Booragoon** 510 Marmion Street, Booragoon

**BUNBURY Woodstock West** 146 Strickland Street, Bunbury

**ELLENBROOK Parkland Villas Ellenbrook** 25 The Parkway, Ellenbrook

**ELLENBROOK The Pines** 21 Ponte Vecchio Boulevard, Ellenbrook

**HALLS HEAD Parkland Villas Mandurah** 2 Hungerford Avenue, Halls Head

**MINDARIE Harbourside Village Mindarie** 7 Honiara Way, Mindarie

**QUEENS PARK Homestay Village** 267 Wharf Street, Queens Park

**WOODLANDS Parkland Villas Woodlands** 52 Liege Street, Woodlands

**WOODVALE Timberside Villas** 10 Timbercrest Rise, Woodvale

Call 1800 550 550 to book a tour of a village or see all homes for sale at [retirementbylendlease.com.au](http://retirementbylendlease.com.au)

Information about the services and facilities provided in the village is correct at the time of printing but may change as the needs of residents change. Photographs are for illustrative purposes. September 2015.



# Downsizing

ADVERTISING FEATURE



## Downsizing - Too much room at the top of the housing market



by Frank Smith

A REPORT from the UK inter-party think tank Demos pinpoints a developing housing crisis – a chronic shortage of appropriate housing for older people. And while the

challenge is probably greater in the UK than in Australia, the report provides useful information on how to deal with the situation here.

Most media attention is on first home buyers, those struggling to get on the bottom of the property ladder. But those at the top, seniors, are often trapped in homes that are too big and unmanageable.

They struggle to compete with first time buyers (supported by First Home Buyers grants) for the limited number of small properties currently in the market.

This shortage of suitable homes to downsize into is having a negative effect not just on older people's health and wellbeing, but on the rest of the housing chain, as most

large family homes are owned by older people and only become available when someone dies.

What is needed is a better supply of retirement housing. Demos modelled the effect that could be achieved if more of those older people interested in moving to retirement properties were able to downsize.

In the UK retirement properties make up just two per cent of the housing stock. Australia is a bit better with just over five per cent.

Demos found that:

- One in four (25 per cent) over 60s would be interested in buying a retirement property
- More than half (58 per cent) of people over 60 were interested in moving.

• More than half (57 per cent) of those interested in moving wanted to downsize by at least one bedroom, rising to 76 per cent among older people currently occupying three, four and five-bedroom homes.

Around 82 per cent of Australian senior couples own their own homes outright and 90 per cent of them have a spare bedroom. Fifty per cent have two or more spare bedrooms.

This equates to over \$650 trillion in housing wealth, which is much more than their savings/superannuation.

If just half of the over 60s interested in moving (downsizing and otherwise) were able to move, this would release 1.3 million mainly family-sized property

Australia-wide.

Apart from the obvious gains to the housing market there is also evidence that retirement housing has a very beneficial effect on older people's health, wellbeing and social networks, and could save health and care services considerable resources.

The money released by downsizing could help reduce pensioner poverty and have wider economic benefits. And it need not cost the taxpayer a cent. The money is there already – locked up in housing assets across Australia.

The vast majority of people could be helped into more appropriate owner-occupied housing at little or no cost by encouraging downsizing.

## Sleep your way to better health

Advertorial

TEN YEARS ago Alan Reubens was a yoga teacher and therapist. His therapy clients were mostly people with back, hip, neck and shoulder problems.

He discovered that these ailments were being caused by the way people sleep and has invented sleep cushions to help correct these issues. This worked very well as it gave the spine a chance to heal while being in a good position and not doing damage to the affected area.

He then discovered adjustable beds and his passion grew for all the very many ailments he could help people with, other than just spinal problems. Adjustable beds help people with back pain, poor circulation, sleep apnoea and snoring, hip and knee problems, arthritic pain, gastric reflux, blood pressure, fluid retention, headaches, diabetes, respiratory conditions, heart problems and broken sleep patterns.

In yoga he was teaching people good posture but didn't realise that people especially need good posture at night when they sleep. People sleep on flat beds but the spine is curved, so no matter what position they choose there are always muscles in the skeletal system that are working to hold the body together. These muscles eventually get tired and the

brain will start to tell people they need to turn over. Twenty minutes later it will tell you to turn again. Most people toss and turn in bed all night.

With an adjustable bed people can find the right posture for their body and what ails them. Everybody's different and you do need to experiment to find the right position.

Most people sleep on their side, only because their bed is flat and this is the only way they can be comfortable. However, research has found that there are a few problems associated with side sleepers. Firstly, the legs are always bent and this impairs circulation to the legs. Continuous pressure on the hips can lead to hip problems. When people sleep on the side their chest is in a closed position and reduces respiration by nearly 50 per cent. All these issues can disappear in an instant with an adjustable bed. The idea here is to sleep on...back the whole night in the semi Fowler or the zero G position. This sleep position has been proven to be the most relaxing position of all and it is how the astronauts get blasted off into space.

The biggest benefit of having a good sleep position is of course to get a good night's sleep. The reason we need a good night's sleep is because when we sleep, this is the time the body rebuild

and regenerates itself. The essential ingredient that rebuilds the body is called the human growth hormone (HGH). This regenerates everything from the internal organs to the skin. HGH only gets released when we go into the deepest form of sleep.

As people get older they start to develop a broken sleep pattern. Some have to go to the toilet in the night, sometimes people are in pain or their partner snores, even tossing and turning is a break in the sleep pattern and the result is that there is less and less HGH in the body. The body then starts to deteriorate because it is not rebuilding itself enough on a daily basis. This leads to many health problems as people age.

The solution is to get an adjustable bed, find a good sleep position and sleep back to better health.

These beds are registered with the Therapeutic Goods Administration as a Class 1 medical device. This bed is also a bed for life, for quality of life, for the rest of life.

Not only are these beds custom-made to your specifications, style and color but they are made by a well known Australian manufacturer and are also the cheapest adjustable beds in the country.

For further details contact Rest Eazy Sleep on 1300 492 624 and look for their advert on page 3.



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There is always someone to share whatever activity you would like to pursue be it active or passive. The onsite amenities are terrific - a clubhouse with dining room, theatre, sportsman's bar, library, indoor activities hall for whatever is happening plus bowling greens, a pool pavilion with spa, sauna and workout equipment. You can get into gardening in the village plot or partake in craft. All of this before you leave the secure environs of the Village.

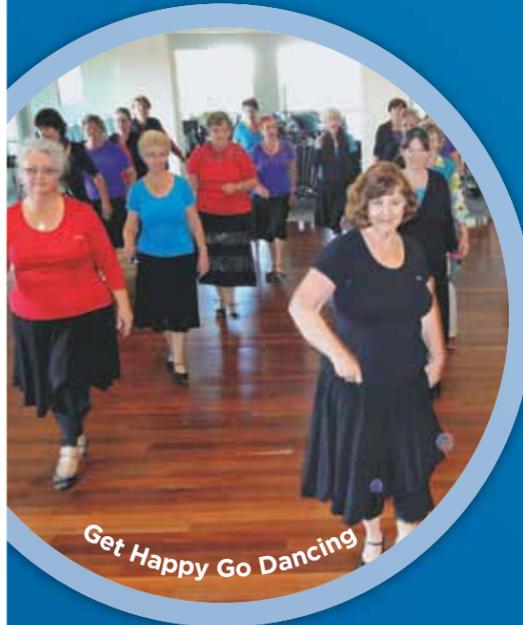
Pinjarra in a regional centre on the move, with a monster Coles and a newly opened Target store plus a host of specialty shops and eateries, all within walking distance. There are medical and other support services all close by as well as sporting venues like golf, racing and pacing.

With all this the residents believe what is most valued is the community spirit that exists in the Pinjarra Village. There is always someone looking out for you, plus little things like keeping an eye on your house and garden while you're away on holidays or visiting friends.

**If this sounds like what you are missing out on perhaps you should take a tour of the Belswan Lifestyle Village and chat to the residents about joining them. Call Kathleen on 1300 055 055 to arrange a convenient time.**



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# Downsizing

ADVERTISING FEATURE



## The big question is: how much money do you need to retire on?

THERE have been several references lately to the amount that people should have set aside to adequately finance their retirement, with many of them not really telling the whole story.

As a rule of thumb, it is quite reasonable to have the objective of replacing an annual income (net of tax, salary sacrificed superannuation contributions, and regular savings and debt repayments), with income from investments or drawings from a superannuation fund, supplemented by a Centrelink pension if eligible.

The Australian Bureau of Statistics, in its August 2015 release, indicated that the average full-time adult average weekly ordinary time earnings for May 2015, was \$1,484.60 or \$77,194 pa. After deducting personal income tax and the Medicare levy of \$18,179, and superannuation salary sacrifice contributions of \$13,833 (half of the maximum salary sacrifice amount permissible to reach the contributions cap for those over age 50), the average annual net income to seek to replace would therefore be \$45,182. This amount

would enable the average income earner to maintain his or her lifestyle in retirement based on the above figures. It would also be reasonable to want to have this income increase in line with inflation each year.

The first thing to determine is whether or not people want to draw down all of their accumulated savings over their remaining lifetime, or if they wish to leave some or all of the capital behind for others to benefit from when they have gone. Let us assume that people want to leave all

of the capital to their estate, but if they don't, then you will only need to accumulate a lesser amount for retirement. They would then just need to know how much longer they are going to live for, and the promoters of lifetime annuities will surely be able to let them know that, as that is what those products do. They are designed to take their money and repay it (with interest set at the current rates) back over the remainder of their lifetime, less their fees.

Therefore, the time to commit to annuities is usually when interest rates are high, not low, and the yield curve would indicate that we are likely to have low interest rates in Australia for a long time to come yet.

We are fortunate in Australia, as the Federal Government will support those who don't have sufficient resources to support themselves. From 1 January 2017, a couple who are both over 65 and own their own home will become eligible for a part pension if their assets fall below \$823,000, increasing to the full pension if their assets fall below

\$375,000. It is therefore best to consider those parameters rather than current tests, as these will change in less than 18 months, and retirement planning is all about the longer term.

Currently the full pension amounts to a combined level of \$33,716 pa. A portfolio of \$375,000, invested for a dividend yield of five per cent pa, should generate a further \$18,750 in income each year, for a total of \$52,466. This is quite achievable with consistency in the current market, without needing to draw down capital to supplement income, well exceeding the target suggested above.

If people were just targeting the \$45,182 pa figure referred to above, a portfolio of \$229,320 generating the same five per cent pa yield would make up the difference of the Centrelink pension and this target, whereas a portfolio of \$505,980 would be needed to generate sufficient to meet the target of \$59,015 pa if the couple were trying to replace their after tax income without allowing for other deductions such as the above-mentioned

salary sacrifice of \$13,833 pa.

The proposed assets test will have the impact of reducing the couple's pension by \$78 a year for every \$1,000 they have over \$375,000 (\$10,216 pa), but on the assumption that 60 per cent of their dividends were franked, and they held their investments within their SMSF so that they didn't pay any tax and recovered all of their franking credits, they should be able to achieve their income objective with a \$600,000 nest egg. This is far less than the targets of needing well over a million dollars that we seem to have promoted to us so much lately. Of course, people will need a much larger amount of money with which to retire if they lock it into an investment vehicle generating a comparatively low return.

With regard to increasing the portfolio's dividend income each year, a quick scan of the annual reports of the top 10 companies by value listed on the Australian Stock Exchange (ASX) over the past five years shows that, at the date of writing (28 August 2015), only one of them has a current fully franked dividend

yield of less than five per cent pa. Additionally, only one of them hasn't increased their dividends by more than two per cent per year on average over the past five years, so there is an inbuilt hedge against inflation by taking this strategy as well.

Incidentally, of those top ten companies, a look at the ASX historical price charts shows that the share prices of seven of them increased by 25 per cent or more over the past five years as well.

Knowledgeable and well-resourced advisers are able to help you through the various options available to you in the pursuit of a portfolio designed to provide people with good returns over a long period, and whether they should (or can) hold their investments in their own name or within a SMSF.

*This article is general advice written by Greg and Sonya Soudure, authorised representatives of Hartleys Ltd (ABN 33 104 195 057) (AFSL 230052). Please call 9268 2834 or 9268 2865 or visit [www.privateportfolios.com.au](http://www.privateportfolios.com.au) for further information.*

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Offer available for properties listed only with Patrick Grogan at Armadale Real Estate prior to 9 October 2015. To qualify, at least one of the listed property's owners must be over 65 years of age and you must mention this advertisement prior to listing your property. This offer applies only to residential dwellings which are owner occupied or were occupied by you as the owner after 1 June 2013.

### Connectedness - Older Women's Network conference

THE OLDER WOMEN'S Network Australia (OWN) will hold their next conference in Perth 18-21 October at the Good Earth Hotel, 195 Adelaide Terrace. The theme for the conference is connectedness.

The conference will explore issues affecting older women with excellent speakers and a chance to participate. The program is varied and interesting. Affordable

accommodation is available and interested people are welcome to attend any part of this special event. A gala dinner and entertainment by the Perth Swing Dance Academy is planned for Monday 19 October.

The whole event will be rounded off with a complimentary drive from the hotel on Wednesday 21 around Perth and to the City of Gosnells Don Russell Performing Arts centre for morning tea. This will be

followed by a special concert featuring the OWN theatre group, Illawarra Heartbeats drumming group, The Gosnells Men's Shed entertainment group and special guest Jay Weston, a young man with a wonderful voice.

More information to help people plan is available on the web-site [www.ownaustralia.org.au](http://www.ownaustralia.org.au) or ring 9493 2734 or 9493 7470.

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# GREAT HOME & GARDENING

with... Colin Barlow

## Spring is here, time to make the right choice with fertiliser



Clockwise from left; Hatfield House England - Powerfeed, just one of many beneficial fertilisers for your garden - Colin Barlow on the set of Home in WA with a bag of local garden product C-Wise's Humicarb - Treat your lawn too this spring with Scotts' Lawn Builder

by Colin Barlow

SPRING is finally here and for many people it is time to get back out in the garden and fertilise their plants. But for many the choice can be bewildering; where do you start?

What is the difference between them and how do they work? When you do your food shopping it is highly likely that you check out the salt, sugar and fat content of the items that you buy. But what do you look for when buying fertilisers? It can be quite confusing. Well the information is on the bag or container, you just need to know what you are looking for.

The important information to look for in the analysis is NPK and S. These stand for the major plant nutrients of nitrogen, phosphorous, potassium and sulphur. The other major elements, calcium and magnesium along with the trace elements are needed in much smaller amounts, depending on the type of plant.

Nitrogen is needed in all the plant parts that are actively growing such as the young leaves, and flowers, fruits and root tips. Lawns, citrus and leafy vegies need a fertiliser high in nitrogen. Phosphorous is essential for photosynthesis and cell division so that the plants stems and roots can grow. It is usually deficient in WA soils. Plants like Banksias, Grevilleas and Proteas are sensitive to phosphorous, so you need to apply a native plant fertiliser low in phosphorous otherwise they will die due to toxicity.

Potassium aids water movement within cells and thickens the cell walls to help protect plants from disease. It also aids in lengthening of the stems and improves flowering and fruiting. Use potassium fertilisers to improve disease resistance and for all flowering and fruiting plants. Sulphur is required for all proteins within plants and can also be used to increase the acidity of WA's alkaline soils.

Fertilisers come in many types of formulations that can confuse gardeners. The trick is always to read the information and directions on the bag or container. Controlled release fertilisers take the guesswork out of applying fertilisers. These fertilisers can feed your plants for anything up to 12 months depending on the formulation. The outer biodegradable coating slowly breaks down feeding your plants when they need it without harming the environment, because they reducing the risk of nutrients leaching into our

precious waterways.

If people want a quick boost for fast growing plants then you can't go past liquid fertilisers. These are formulated to be available to your plants immediately, so they stimulate growth and boost the plant's immune system. These are perfect for fast growing annuals, herbs and vegies.

Many consumers are now looking for certified organic choices when fertilising their plants. Organic fertilisers will not give the huge rush of growth like inorganic fertilisers but regular steady growth that will also improve the overall health of soil, by in-

creasing the microorganisms and beneficial bacteria in the soil. These are an excellent long-term sustainable option for the whole garden but particularly for food crops.

Specialist fertilisers are a terrific way of boosting plants exactly when they need it. An application of sulphate of potash in spring and autumn will stimulate increasing flowering, fruiting and disease resistance in fruit trees and roses.

**We're back - Gardening @ Home returns to your Home in WA**

Don't forget to tune in to Home in WA each week throughout spring and sum-

mer on Channel Seven Perth at 4.30pm each Saturday and also on the statewide Golden West Network (GWN 7) to get your regular fix of gardening tips and tricks for your Gardening @ Home.

Each week I will be presenting informative gardening segments to help get the garden growing, along with expert advice specifically for Western Australian conditions. So if you are planting, pruning, feeding, weeding or seeding stay tuned to the show each week. Don't worry if you miss it, you can also watch the YouTube segments at [www.homeinwa.com.au](http://www.homeinwa.com.au).

### Flowers power into Spring

Spring means flowers and our state has some of the best in the world, and you don't have to travel the countryside to see them. Kings Park is the perfect vantage point to see some of the wildflowers that bloom throughout WA. If you prefer more exotic plants then the spring shows will be sure to inspire.

The Kings Park Festival has sprung into life this September and this year is extra special as it celebrates the 50th anniversary of the Western Australia Botanic Garden in Kings Park. The theme for this year's event is *Beauty Rich and Rare* a fit-

ting theme as WA has so many plants and wildflowers found nowhere else in the world. There are lots of activities and sights to see as you take a walk through the Botanic Garden on the '50 Year Journey' exhibition or view the colourful bella umbrellas on display outside Aspects of Kings Park.

I'm looking forward to the 'Funky Trunks' exhibition - where trees in Kings Park are dressed to party, now that has to be seen to be believed. A new kangaroo paw has been developed to celebrate this milestone *Anigozanthos Anniversary Gold*, a yellow variety of the red and green kangaroo paw *A. manglesii*. This sunny beauty will be on display at John Forrest Roundabout and blooming all through the month of the Festival. More information on all the festivals highlights can be found at [www.kingsparkfestival.com.au](http://www.kingsparkfestival.com.au).

Why not learn what really makes a great potting mix or how to make your neighbours green with envy and have the best lawn on the street? Well come and see me at Bunnings Balcatta on Saturday 12 September and Bunnings Joondalup on Saturday 19 September from 10am until 12 noon and I will tell you these gardening secrets and lots more.

Don't miss out on the wonderful Garden Clubs and Societies Fair from 12 to 13 September at the South Perth Community Centre, Sand-

gate Street, South Perth. This spring extravaganza of horticultural delights is presented by the best of WA's dedicated members of gardening clubs and societies. There will be African violets, begonias, bromeliads, cacti and succulents, ferns, geraniums, gerberas, herbs, palms and cycads, orchids, roses and wildflowers on display and for sale over the weekend, but remember to get in early for the hard-to-get plants. Adult entry is only \$5 and the fair is open from 8.30am to 4pm on Saturday and 9am until 4pm on Sunday. For more information go to [www.horticulturalcouncil.com.au](http://www.horticulturalcouncil.com.au) or contact Helen Martin-Beck on 9631 7688.

The Bonsai Society of WA is also holding an exhibition over the weekend of 12 and 13 September at the Morley Sport and Recreation Centre, Wellington Street, Morley. The exhibition is open from 9am until 5pm each day and entry is \$5. To learn more and gain some bonsai tips go to [www.bonsaisocietywa.com](http://www.bonsaisocietywa.com)

Also, don't miss out on the WA Gerbera Society Spring Show and plant sale at the South Perth Community Centre, Sandgate Street, South Perth on Saturday 3 October from 10am until 3pm. The vibrant and colourful range of plants is sure to inspire you to try growing some in the garden at home. For further information call Joyce Riordan on 9594 0374.

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# GREAT HOME & GARDENING

with Colin Barlow

## Breakthrough in back pain relief



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the Australian Chiropractors association.

Stressless offers patented features people won't find in other recliners; from the glide system which adjusts to your body weight, to the patented plus system that corrects neck and lumbar support automatically ensuring maximum comfort in any position.

Imagine watching TV, reading or simply reclining and always feeling totally relaxed.

With 15 models and sizes to fit any body size and height, they start at only \$1999 including footstool until 13 September, saving you over \$700. They come in a choice of leather colours or fabric.

Take the comfort test today and your back will thank you.

Stressless is only available in Perth at Easyliving Furniture, 4/144 Stirling Highway, Nedlands. (under City Farmers) Phone 9386 6311.

## Honda's cut and blow sale sure to impress



IT'S THAT time of year again, when the backyard heroes of Australia take to their yards to get them in tip-top shape. With more than 60 years in the power equipment industry, Honda knows a thing or two about preparing for the season ahead, and with a range of premium 4-Stroke products available as part of their cut and blow sale, there's never been a better time to get a Honda and get outside into the sunshine.

Topping the list this season is Honda's best-selling UMS425 Bent Shaft Brushcutter, now available for just \$299 (save \$70). Others included are the UMK425 Loop Handle (\$499, save \$60) and Bike Handle (\$599, save \$70) and the UMK435 Bike Handle (\$659, save \$30).

What's more the gutsy HHH25D Hedgecutter is now \$799 (save \$60) and the HHB25 Blower has been reduced to \$499 (save \$60). And no Honda sale would be complete without an Australian-made Honda lawnmower included in the mix. The HRU19K1 (\$699, save \$100) and mulch-and-catch HRU19M1 (\$739, save \$100) are ideal for medium lawns and the residential user.

The cut and blow sale runs until 30 November, or until stock runs out, and all products included in the sale come standard with an industry-leading four-year domestic warranty.

To find a Honda dealer call 1300 1 HONDA or 1300 1 46632 or visit [powerequipment.honda.com.au](http://powerequipment.honda.com.au).

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## Living Roses

Living Roses is a small rose nursery located in Ascot offering both standard and bush roses from newly budded to mature. They can advise on planting, growing, pruning, weed and pest control.

The nursery is open to the public by appointment.

Ann: 0403 315 538  
Bevan: 0431 098 759  
Website: [www.livingroses.com.au](http://www.livingroses.com.au)  
Email: [info@livingroses.com.au](mailto:info@livingroses.com.au)  
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## Amanda's Garden Fete

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Tel: 9398 7275

## Make a visit to Living Roses in Ascot

LIVING ROSES is a small rose nursery owned by Ann and Bevan located in Ascot. They grow both standard and bush roses from newly

budded to mature and the nursery is open to the public by appointment.

Both are passionate about their roses and love to share

this with their clients. Bevan has a background in horticulture and Ann has a background in agriculture and floral design.

They will advise on planting, growing, pruning, weed and pest control and also carry out site visits to ensure the roses are suited to the appointed area. They will even plant them if required.

Another popular service they offer is rose hire in decorative pots. These roses add colour to weddings, sporting and corporate events.

This year for the first time Living Roses is exhibiting at the Pool, Spa and Outdoor Living Expo, 12 to 13 September. Living Roses would like to offer new and existing clients a complimentary ticket to the Expo. Please contact Ann on 0403 315 538 for further details.

**WIN WIN WIN**  
To be in the draw to win a complimentary pass to see Living Roses at the Pool, Spa and Outdoor Living Expo, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word rose in the subject line. Alternatively, phone the Have a Go News office during business hours and leave your details. Competition ends 10/09/15.

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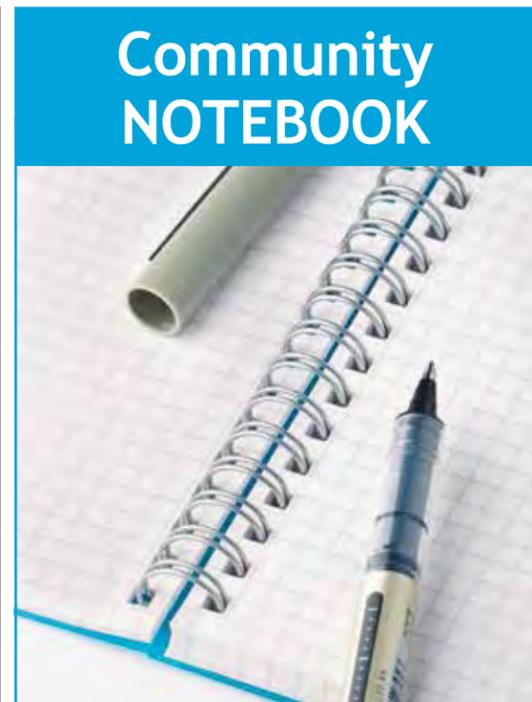
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## Community NOTEBOOK

### AUSTRALIA-BRITAIN SOCIETY (WA Branch)

Mary & Elizabeth - 2 Queens Of The Sea  
Friday 25 August  
11am Karrakatta Club Perth City  
A presentation by Chris Frame maritime historian, and lunch. Contact: [ACK@iinet.net.au](mailto:ACK@iinet.net.au)

### FREMANTLE WOMENS CHOIR

Monday nights 7-9pm at South Fremantle High School. No experience required, come and join us. Anne 9339 3773 [www.fremantlewomenschoir.org.au](http://www.fremantlewomenschoir.org.au)

### FRESHWATER BAY MUSEUM'S 40TH BIRTHDAY

Thursday 1 October, 10am-12pm. Free event Celebrate with cake, food and activities at the Freshwater Bay Museum, 66 Victoria Ave Claremont. Ph 9340 6983 [museum@freshwaterbaymuseum.com.au](mailto:museum@freshwaterbaymuseum.com.au)

### PROBUS CLUB OF COCKBURN

Meetings second Monday of the month 9.30am-11.45am Cockburn Bowling Club 300 Rockingham Rd, Cockburn New members welcome. Verna 94148280 or Peter 9417 1669 Email [verna.allen@iinet.net.au](mailto:verna.allen@iinet.net.au)

### SOROPTIMIST INTERNATIONAL CANNING DISTRICT BOOK AND PLANT SALE

Sunday 13 September 10am-3pm  
11 Masefield Ave, North Lake. Refreshments available \$5 Karen Beazley 0417 179 587

### REGAL THEATRE

Did you know any patron with a Regal Theatre ticket is a Friend of the Theatre and receives 10 per cent off in one of 16 restaurants in Subiaco. To enjoy the experience see website for details. [www.regaltheatre.com.au](http://www.regaltheatre.com.au)

### ROTARY CLUB of COMO CAR SHOW

Sunday 4 October Adult \$10 Cons\$8 Family fun event.

### BAYSWATER TAOIST TAI CHI CENTRE

Open Day 19 September 2pm-4pm Railway Parade, Bayswater Free event Come and find out more about the benefits of Tai Chi Ph 9372 7033 or visit [www.taoist.org.au](http://www.taoist.org.au).

### RSPCA OP SHOPS

Are requesting donations of good quality clothing, handbags etc and all manner of bric a brac for their four shops in WA. Please contact RSPCA at 9209 9300.

### KINGS PARK NATIVE PLANT SALE

Saturday 26 September 10-4pm at Exhibition Ground. Web: [friendsofkingspark.com.au](http://friendsofkingspark.com.au) Ph 9480 3679

### UNITING CHURCH in the CITY

Free music recitals at Wesley Church First and third Friday of the month. 1pm-1.45pm.

### JARRAHDALE LOG CHOP & COUNTRY FAIR

4 October 10.30-4pm Email [bent\\_sandra@bigpond.com](mailto:bent_sandra@bigpond.com) or phone 9525 7575.

### GOLDEN VALLEY SPRING PICNIC-BALINGUP

17 October 3pm until late. \$10 Adults, Child under 16 free. Location Old Padbury Rd, Balingup. Ph Christine Sharp 9764 1148

### YORK ART and CRAFT AWARDS

York Town Hall, 81 Avon Tce Sat 3-Sun 4 October 10am-4pm General admission \$2. [www.yorksoc.org.au](http://www.yorksoc.org.au).

### ESPERANCE WILDFLOWER FESTIVAL

15-19 September 9am-4.30pm Wildflowers, craft stalls, displays etc Anglican Parish Andrew St. Ph 9083 1555.

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

# GRAND ACTIVITIES A school holiday guide for parents and grandparents

ADVERTISING FEATURE

## Come and see *Octonauts live - Operation Reef Shield*



See the Octonauts live on stage

DUE to overwhelming demand, the Australian world premiere production of *Octonauts live - Operation Reef Shield* is announcing an en-

core national tour. The live on-stage adventure musical is Life Like Touring's most ambitious show yet, featuring seven life-

size characters, 40 puppets, four incredible underwater locations and 11 song and dance numbers. The story sees the beloved Octonauts characters explore, rescue and protect Australia's Great Barrier Reef, one of the seven wonders of the world.

The second most watched kids TV show in Australia, seen daily on ABC for Kids, the worldwide hit animation series *The Octonauts* consistently rates in the top 10 most watched TV programs in the country. Developed from a special episode of *The Octonauts*, *Octonauts live - Operation Reef Shield* sees our beloved animated heroes reimagined for the live stage and transformed

into impressive life-sized characters.

The live premiere theatre tour returns to Australia and runs from 19 September to 10 October. Australian audiences cannot get enough of *Octonauts live - Operation Reef Shield*, with many previous shows selling out.

An all-new live show entirely created and produced in Australia by leading family theatre producers Life Like Touring, *Octonauts live - Operation Reef Shield* is written and directed by Theresa Borg, following her acclaimed international touring productions *Scooby-Doo Live! Musical Mysteries* and *Sesame Street Presents Elmo's World Tour*.

Theresa visited the Great Barrier Reef to research the live production.

In *Octonauts live - Operation Reef Shield*, valiant polar bear Captain Barnacles, the daring cat Lieutenant Kwazii and medic Peso the big-hearted penguin join forces with a host of colourful Australian reef dwellers on a mission to save the Great Barrier Reef.

When the Octonauts deploy a new undersea medical station designed to keep the reef clean and healthy, they discover a problem that threatens the reef dwellers and their home. An outbreak of spiky and very hungry Crown of Thorns Starfish are on their way to eat the

reef. It will take all the Octonauts, their Gups, and a rag-tag crew of sea creatures to ward off the advancing starfish and save the reef!

*Octonauts live - Operation Reef Shield* is a live on-stage underwater spectacular full of interactive and educational fun, special effects and big musical numbers.

For tour dates and more information available visit [OctonautsLive.com.au](http://OctonautsLive.com.au)

Follow @lifeliketouring Tag #OctonautsLiveAU #OperationReefShield

Facebook <https://www.facebook.com/octonautsliveau>  
At the Regal Theatre, Subiaco Saturday 10 October. Ticketek 1300 795 012

**WIN WIN WIN**  
To win a family pass to *Octonauts' Perth show* email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word *underwater* in the subject line or address an envelope to *Octonauts Comp c/- Have a Go News PO Box 1042 West Leederville 6901* with your details on the reverse. Closes 30/09/15.

## The Red Balloon



The Red Balloon's Orlando Ransom and Saskia Haluszkiewicz

© Robert Frith Acorn Photo

A TALE of magic and friendship - found in the most unlikely of places.

This play is a first in family programming for Black Swan and a much anticipated school holiday and family special - one for all to enjoy.

On his way to school, a young boy finds a red balloon tangled around a lamp post. Soon after rescuing it, the boy discovers the balloon has a mind of its own! Together, the boy and his balloon wander the streets, exploring the neighbourhood and searching for adventure.

Based on the Academy Award-winning short film of the same name, *The Red Balloon* is the world premiere of the stage adaptation by Hilary Bell as conceived by emerging artist India Mehta.

The cast includes: Dylan Christidis, St John Cowcher, Ella Hetherington, Eloise Hunter, Rory McLaughlin, Ben Mortley, Sarah Nelson and Katie Price.

*The Red Balloon* is directed by Chrissie Parrott. Creative mentor: Kate Cherry. Set and costume design: India Mehta. Sound designer and composer: Ash Gibson Greig. Lighting design: Trent Suidgeest.

*The Red Balloon* is aimed at children between six and 12 years of age, families and the young at heart. It is presented as part of the 2015 Awesome Festival.

The Red Balloon by Albert Lamorisse, stage adaptation by Hilary Bell, is presented by Black Swan Theatre Company from 1 to 17 October.

Tickets book at [ticketek.com.au](http://ticketek.com.au) or phone 1300 795 012 child \$30 standard \$35 plus booking fees.

For further information visit [bsstc.com.au](http://bsstc.com.au).

*A Rio Tinto Black Swan Commission.*

**WIN WIN WIN**

To be in the draw to win a family pass to Black Swan State Theatre Company's *The Red Balloon* on Thursday 1 October at 1.30pm email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word *red* in the subject line.

Alternatively address an envelope to *The Red Balloon Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your contact details on the reverse. Competition ends 30/09/15.

## Experience the ultimate in luxury cinema



CONVENIENTLY located on the corner of Knutsford Avenue and Fulham Street, Belmont, Reading Cinemas Belmont is a 10-screen cinema complex featuring wall-to-wall screens, digital sound, stadium seating, comfortable seats with movable arms, first release movies, value packed candy bar deals, arcade video games and two quality restaurants.

Treat the grandkids to a great selection of movies for the next school holidays.

Reading Cinemas Belmont also have unlimited free parking close to the door everyday.

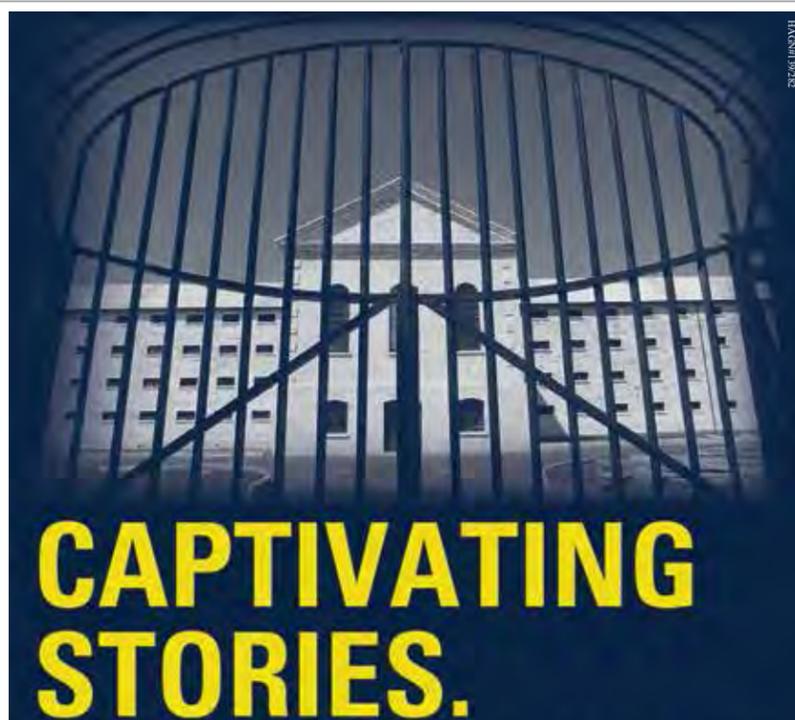
### Upcoming films

Treat the grandkids, or yourself to Reading Cinemas' Belmont new releases, *Blinky Bill*, *Pixels* or *Oddball*.

For further information call 6272 9900 or visit [www.readingcinemas.com.au](http://www.readingcinemas.com.au).

**WIN WIN WIN**

To be in the draw to win a double pass to see a film of your choice at Reading Cinemas Belmont, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word *Reading* in the subject line. Alternatively, phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday, 9am to 5pm). Competition ends 15/09/15.



## CAPTIVATING STORIES.

Explore Perth's only World Heritage listed site on a fascinating Prison Day Tour, Tunnels Tour adventure or spooky Torchlight Tour.

Also available:  
**SCHOOL HOLIDAY ESCAPE! TOUR**

An exclusive tour for children aged 5 - 12 years old. Hear a number of escape tales and plot your own escape plan. Available on Monday 5th, Wednesday 7th and Friday 9th October. Bookings essential.

**FREMANTLE PRISON**  
The Terrace, Fremantle | 9336 9200  
[fremantleprison.com.au](http://fremantleprison.com.au)

### South of Perth Yacht Club

## Sailing Academy

October School Holidays  
Learn to Sail Courses

**Start Sailing Level 1 & 2**

Sailing Optimist and Pacer Class Dinghies  
Tuesday 29 September to Friday 2 October (9am - 1pm)  
Monday 7 October to Thursday 10 October (9am - 1pm)

**After School Sailing**

Wednesdays commencing Wednesday 14 October  
10 Weeks (4pm - 5.30pm)  
A great after school activity  
Come down and Learn to sail in a safe and fun environment

**FOR MORE DETAILS CONTACT THE ON WATER GROUP OFFICE ON 9364 5844**  
Email: [training@sopyc.com.au](mailto:training@sopyc.com.au)  
or  
Visit our website: [www.sopyc.com.au](http://www.sopyc.com.au)

### www.discoversailing.org.au/tackers

Tackers is a Yachting Australia program aimed at getting kids aged 7-12 into sailing.

**Each program includes:**  
20 hours tuition from qualified YA Instructors & Assistant Instructors, Fun on-water & off-water games and a Tackers Certificate.

**Where:** South of Perth Yacht Club Coffee Point, Applecross  
**When:** 22 Nov to 20 Dec (This course is run over five Sundays)  
**School Holidays (Monday to Friday)**  
4 to 8 Jan, 11 to 15 Jan and 18 to 22 Jan, 2016

**Time:** 8.30am - 12.30pm  
**Cost:** \$330 pp

South of Perth Yacht Club training@sopyc.com.au  
Or visit [www.sopyc.com.au/learning/course-dates/](http://www.sopyc.com.au/learning/course-dates/)

**LEARN TO SAIL FOR \$50!  
BE QUICK - FIRST 10 PEOPLE ONLY**

## TACKERS

Learn to Sail!  
20hrs tuition from qualified instructors  
Fun on-water & off-water games

South of Perth Yacht Club  
Sunday 11 Oct - Sunday 8 Nov 2015  
\$250pp  
E-training@sopyc.com.au  
[www.sopyc.com.au/learning](http://www.sopyc.com.au/learning)

[www.discoversailing.org.au/tackers](http://www.discoversailing.org.au/tackers)

FLY OVER TODAY TO THE  
**RAAFA AVIATION HERITAGE MUSEUM**  
Bullcreek Drive, Bullcreek W.A.  
BIGGER THAN EVER - MORE DISPLAYS  
MORE AEROPLANES - MORE FUN  
Call 9311 4470 for information

**FREE Childs Entry**  
When you bring in this page

**ENTRANCE FEES - Adults \$10 • Children \$5**  
Students & Pensioners \$7.50 • Family \$25  
Come and see our fully restored  
**WWII Lancaster Bomber!**

Our museum is housed in two huge pavilions and contains a magnificent display of 30 civilian and military aircraft, aero engines, models and aviation memorabilia. The Museum is open to the public seven days a week between 10am and 4pm.  
**Take a unique Inside Tour of the Lancaster Bomber, only \$100. Please book a week in advance.**

# FOOD & WINE

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



## Vince Garreffa's Blanched savoy cabbage rolls Napolitana



**Ingredients to feed six**  
300g fresh Italian sausage  
250g fresh ricotta  
250g Shitake mushrooms  
10g dry porcini mushrooms  
12 thin slices of ham

**Napolitana sauce**  
12 savoy cabbage leaves  
100ml white wine  
100g fresh breadcrumbs  
lake salt to taste  
fresh cracked black pepper to taste  
extra virgin olive oil

THIS is comfort food at its best. The loved ones will eat this hot, cold, reheated and they will even hide the odd one or two in obscure corners of the fridge. It can also be used as a bribe to get those in the household to do their chores. Preparing them is so easy that it's not a chore for you.



**Method**

Soak your dry porcini mushrooms in 100ml of white wine for half an hour. Blanch the cabbage leaves in boiling salted water for one minute and cool in cold water then drain and pat dry with a paper towel; set aside.

Now fry the fresh Italian sausages in olive oil until cooked, then set aside. In the same used fry pan fry the sliced shitake mushrooms

with the oil from the sausages. If there isn't enough oil add a little. Now remove the dry porcini mushrooms that are soaking, dice them small and fry with the rest of the mushrooms.

Do not throw away the white wine that the porcini mushrooms were soaking in, strain it; we will use it later.

Dice the sausages into small pieces, add them to the mushrooms and stir well.

Now raise the heat of the pan to a high sizzle and pour in the strained wine from the porcini. This will deglaze the pan and melt all the bits in the pan. When this juice has reduced by half, turn the heat off and add the ricotta to the pan by crumbling into little bits and stirring well.

Now add the breadcrumbs and mix through to absorb the juices and combine the ingredients without losing the flavour.

Spread the cabbage leaves out flat and lay a slice of ham over each and big tablespoon full of stuffing in the middle of the ham.

Now roll up the cabbage into mini rolls and sit them in a baking pan.

Cover the cabbage rolls with some hot Napolitana sauce.

Use a little or a lot of the sauce, cover the tray with foil and bake at 200°C for 30 minutes. Serve with pumpkin or potato mash. Hide your share in your tummy and don't leave them out for later. Buon Appetito!

## Vince needs your help with his first book



*The flesh in my life – Il mondo e il mio*

THIS is the story of our much loved West Australian butcher, Vince Garreffa told in the first person and interspersed amongst beautifully photographed family recipes.

The release date is mid 2016. Are you coming to the launch party? Why not help bring this project to fruition by pre-purchasing a signed copy of the book with free delivery.

Use the following link: [ozcrowd.com/?post-type=download&p=28110&edit=1](http://ozcrowd.com/?post-type=download&p=28110&edit=1)

Surplus money after paying the cost of production goes directly to charity.

For further enquiries contact Vince on 0411 88 11 93.

## Mondo cooking classes

**Wednesday 21 October  
6.30pm to 9.30pm  
Weber, barbecue and spit roaster cooking**

Its barbecue season once again, come along and learn how to cater for that larger crowd at your next party. Let Vince demystify for you how to use the equipment and larger cuts of beef, lamb and pork to feed the multitude ... and then eat.

**Wednesday 11 November  
6.30pm to 9.30pm  
Poultry: cutting, boning, cooking, eating.**

Quail, spatchcock, chicken, duck and turkey to name just a few birds. Come

and watch and learn all about birds - deboning, stuffing, flavouring and combining to personalise your Christmas dishes. There is a bonus surprise gift to take home as well as all the tricks of the trade to make Christmas 2015 your best ever ...and then eat.

**Sunday 29 November  
10am to 1pm  
Roasting your Christmas meats plus designer hams**

Learn to roast beautiful pieces of meat and to decorate your own ham, plus a surprise gift to take home and Christmas 2015 is in the bag! ...and then eat!

All classes are held at Mondos, 824 Beaufort Street, Inglewood. To book

your place in these classes you must phone 9371 6350 Tuesday to Friday between 9am and 4pm or email [princeofflesh@mondo.net.au](mailto:princeofflesh@mondo.net.au) with telephone and other contact details. Payment can be made by credit card over the phone or come into the store to make the payment. All classes are \$99 per person and places are confirmed once payment is made in full.

Join the mailing list at [www.mondo.net.au](http://www.mondo.net.au)



## Red wines to warm the soul



by Frank Smith

THERE is nothing quite like sipping a glass of bold red wine next to a wood fire to beat the cold. Here are some good value wines to dispel the cold weather blues.

**Tyrell's Rufus Stone Heathcote Shiraz 2013.** This wine has an intense rich red colour with a nose full of ripe plum and dark cherries with a pinch of white pepper and sweet vanillin. The palate is full of big fruit, balanced by minerality, elegant oak and natural acid.

RRP \$25.

**Castro's Ligador Shiraz Mataro 2013** from Mr Briggs of the MacLaren Vale. A ligador is a master cigar tobacco blender. The wine is also a master blend. The result is spirited mix of fruits, earthiness, spice, and tobacco. The rusticity of the Mataro is civilised by the Shiraz in a way that coats the mouth with flavours of spiced liquorice and blackberry conserve against a background of turned earth and dried leaves. RRP 18.99

**Zonte's Footsteps, Barossa Shiraz** winery of the year 2015, is named after a 19th century Zante currant vineyard, as new plantings of wine grapes follow the original footstep. The currant business dried up, but Zonte's Footstep became a winery of note. We tasted three of their reds for this column.

**Canto di lago 2013 Sangiovese Barbera** from Fleurier Peninsular in South Australia. It is light-bright purple red in colour with peppercorn spice, a hint of cedar and aromas of plums and cherries. The finish lingers for minutes with malt, cedar and intense black cherry. RRP \$25

**Lake Doctor Shiraz Viognier 2013,** from Langhorne Creek is deep royal purple hue in colour with pepper spice and a hint of stonefruit on the nose running to plum pudding and blackberry

jam, with just a waft of violets. The long lasting finish has flavours of malt, cedar and intense blackberry and caramelised orange peel. RRP \$25

**Violet Beauregard Malbec 2013,** also from Langhorne Creek is the dark blue colour of blueberries, an intense mouth-staining colour. The aroma is also of blueberries and the classic Malbec aromas of mulberry, red cherries and notes of cedar and wafts of violets. With just a hint of fresh baked pastry. The finish is lush and mouth filling with an oily sweetness balanced by gentle tannins and a soft fresh acidity. RRP \$25

*The Gold Book*, new edition. Rob Geddes Australian Wine Vintages is an essential guide to the incredible diversity of Australian wines and helps ensuring you select the best local vintages in any price range. It includes detailed tasting notes, vintage quality and indicative prices for over 6,000 wines from over 300 of Australia's best wineries, assessed by an experts panel of Master of Wine, Sommeliers, major retail buyers and winemakers.

This is the 33rd year of the *Gold Book*. It makes an ideal Father's Day present for the experienced or newbie wine enthusiast. \$34.95 from all good booksellers.

## 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!

## Rod Evans Community Centre is offering

Senior Fitness Classes, Nordic Walking, Bingo, Tai Chi, Craft, Chair Yoga and Tiny Tots Playgroup



**Build Your Balance Program**  
Commencing Thurs 10 Sept, 9.45 - 11.45am  
Phone for availability

\$15\* Three course lunch  
commencing 12 noon sharp  
\*per person

BOOKINGS ESSENTIAL  
Phone 9461 3920

160 Hay Street, East Perth  
Email: [rodevanscentre@cityofperth.wa.gov.au](mailto:rodevanscentre@cityofperth.wa.gov.au)

## Join us online: [www.haveagonews.com.au](http://www.haveagonews.com.au)



Come join our vibrant and friendly centre for 55s and over. Annual subscription \$15

**SERVICES AVAILABLE:** Meals on Wheels, Hairdresser, Podiatry, Reflexology and Massage by appointment.

**LIFESTYLE ACTIVITIES:** Scrabble, Bridge, Bingo, Chess, Mahjong, Rummicub, Indoor Bowls, Yoga, Tai Chi, Heartmoves and Zumba. Ipad classes. Bus trips too! Saturday afternoon tea dance.

Join us for a great 3 course lunch on Tuesdays for \$10 (members) or \$15 for non-members. Booking Essential.



**SOUTH PERTH  
SENIOR CITIZENS CENTRE**  
53 Coode Street, South Perth  
Phone the centre 9367 9880

## Wild at art wildlife sketching class



LOCAL author and illustrator Karina McRoberts will demonstrate a variety of techniques and help people produce a top drawing, at York's 'Creative Café' – the Historic (1892) Flour Mill Café, 10 Henrietta Street, York

Everyone loves animals, so why not come along and learn to sketch them? The cost of the two and a half hour workshop is \$50, including all materials and a super scrumptious afternoon tea, with part proceeds going to The Balladong Lodge creative activities program.

Come along, learn something new, have fun, and support this win-win initiative for York.

Wednesday, 23 September, from 2pm to 4.30pm.

Places are limited, so please book early by phoning Karina on 0423 980 241.

## Seniors' Special: Meal and a Middy \$15\*

(Wednesday to Friday - bookings of 5 or more)

Come and relax in our beer garden and enjoy our handcrafted award winning naturally brewed beers and ciders with great Aussie Tucker to match!

**Your choice of one of the following;**

- Wood fired pizza (small)
- Chicken or vegetarian baguette
- Salt 'n' Pepper Squid
- Fish and chip basket with tartare sauce
- Spring rolls with sweet chilli sauce
- PLUS** 1 middy of beer/cider or 1 glass of wine or cup of tea or coffee



The Valencia Complex, 55 Benara Rd, Caversham  
Phone 9377 4400 OPEN Wed to Sun  
[www.ironbarkbrewery.com.au](http://www.ironbarkbrewery.com.au)

# FOOD & WINE

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



## Oranges and lemons

by Noelene Swain

“ORANGES and Lemons say the bells of St Clements”. Whilst the old English children’s rhyme included a rather grim end, the oranges and lemons of Western Australia are a much brighter story.

Citrus, apples and pears dominate the fruit scene through winter months. Along with the crisp days and the waft of wood-fire smoke goes the most brilliant array of the freshest citrus imaginable. The local citrus season is now in full swing with an abundance of delightfully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best.

Shoppers have come to expect access to any fruit or vegetable they may desire at any time of the year. But with this comes a loss of understanding of the true season of locally produced food. Thankfully, over recent years, shoppers have become more interested in the provenance of their food and are demanding to be able to buy local seasonal produce.

Research conducted recently by the WA citrus industry revealed that local shoppers definitively know what they want – citrus fruit which is: locally grown, great tasting, premi-

um quality and fresh and healthy.

Local fresh citrus growers have stepped up their effort to ensure consumers can easily spot local fruit with the use of a bright blue WA birthmark sticker showing its West Australian origin. Shoppers can be assured they will taste sweet and juicy too as the WA citrus sticker is used in combination with strict quality standards to ensure all fruit meets the ultimate taste test.

So shopping for your citrus is simple. Look for the WA citrus sticker and choose fruit heavy for its size, as weight gives a good indication of high juice content. Don’t be too concerned with outer beauty; any markings seen on citrus are generally insignificant scratches caused by branches rubbing and have no affect on the flavour or quality. But avoid fruit with bruises or cuts. Once home, keep in a cool dry place if eating within a day or two, or in the refrigerator if you choose to keep longer.

So get cracking on boosting the vitamin C intake, stock up on plentiful WA citrus to enjoy now or savour for later with some stunning preserves.

Prepared by Fresh Finesse Food Promotions [www.freshf.com.au](http://www.freshf.com.au)

## What’s fresh in September

**HICKSON mandarins:** Local Hickson Mandarins are now in season, giving citrus lovers a fresh new variety to look out for. The medium/large-sized fruit has a slightly flattened shape with a slight neck on most fruit – check for the blue WA birthmark sticker to make sure you’re buying local produce. Like most mandarins, they are easy to peel, contain few seeds and lots of fresh, superbly sweet juice. Make sensational oil for drizzling over meats and veggies by leaving mandarin zest to infuse for two to three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Divine.

**Cumquats:** Marmalade lovers, listen up. Cumquats are ripening up and are waiting for you at your local produce store, ready to be turned into all sorts of lovely preserves. The cumquat tree is a particularly pretty, not to mention useful, addition to a backyard – try the fruits whole for their sweet rind and sharp juice or macerate cumquats in vodka or another clear spirit for an unusual, citrusy twist.

**Rosey red oranges:** This new member of the navel orange family has a beautiful rosy pink glow to the skin. The flesh is very sweet and best of all, seedless. It’s grown right here in WA – spot the Blue WA citrus symbol for reassurance that you are buying local. Perfect to enjoy as a snack or add to a salad for a refreshing touch.

**Globe artichokes:** Do they look bit daunting? Fear not, they’re easy to handle once you know how. To prepare whole artichokes for cooking, slice off the stem to form a flat base. Snap off the tough outer leaves closest to the stem. Trim about 3cm off the pointed top, and then use scissors to snip off the prickly tips of the outer leaves. Rub all cut edges with lemon to prevent discoloration. It’s easier to remove the fuzzy choke (use a teaspoon) after cooking, but it can also be done beforehand. Anchors away to boil, steam, roast or braise – you’ll know they are cooked when the outer leaves pull away easily and the bottom can be easily pierced with a knife. You eat artichokes with your fingers, pulling out the leaves and scraping the fleshy side against your teeth. The heart itself is entirely edible, as is the inner part of the stem and are often served with sauces such as a hollandaise, vinaigrette or melted butter to dip the leaves in.

**Red and green chillies:** These fiery bursts of flavour from Carnarvon are utterly delicious, mildly addictive and a lynchpin of a huge range of cuisines worldwide. A ripe red chilli has a different flavour to an under-ripe green chilli, just as we recognise the difference in flavour between a tart green and a sweet red capsicum. There are no rules, however, regarding difference in heat, so proceed with caution. Always taste for pungency and adapt recipes according to just how hot you like it.

## Lemon Butter

- 4 egg yolks
- 1 cup of sugar
- 100g butter
- Juice of three lemons
- Zest of two lemons



BEAT eggs with sugar and put in a saucepan with butter and lemon juice. Stir over low heat until the mixture reaches a thick consistency. Add the lemon rind, mix well and allow to cool. Store in pre-sterilised jars in the fridge.

## Crepe au citron

- Preparation: 5 minutes
- Cooking: 15 minutes
- Serves: 1

A LOVELY light finish to a meal

### Crepe Butter

- ¼ cup plain flour
- 1 eggs, lightly beaten
- ½ cup milk
- 1 teaspoon oil

### Sauce

- 1 tablespoon butter
- 1 lemon, juice and rind
- 1 tablespoon Limoncello liqueur
- 1 tablespoon honey

### Filling

- 2 tablespoon lemon butter

Sift flour into a bowl. Stir in egg, milk and oil. Mix to smooth batter. Allow to stand for 15 minutes. Brush a heated flat frying pan with oil. Add half of the batter and swirl to an even round shape. Cook until set and lightly browned underneath. Turn crepe carefully and cook other side. Repeat with remaining batter.

To make sauce, heat butter in frying pan. Stir in juice, rind, liqueur and honey. Cook for a minute or two over low heat. Divide lemon butter between crepes. Roll or fold crepes. Place crepes onto individual serving plate. Pour over warm Limoncello sauce. Sprinkle with sugar if desired.



## Preserved lemons

Use them for the months ahead in Moroccan cooking especially in chicken, lamb and vegetable tagines, or with couscous and in salads.

### Ingredients

lemons, cinnamon quills, bay leaves, cloves, olive oil and pure cooking salt

### Method

Wash and dry some even-shaped lemons. Cut the stem end off each lemon then slice lengthwise into quarters. Add about 1 cm of salt to a large clean

jar with plastic lid. Pack lemons in, layering with more salt. Add cinnamon quills or cassia bark, bay leaves and/or cloves to the jar as you go. Fill the jar with fresh lemon juice. Leave at room temperature for at least a month, turning to dissolve the salt. Cover the surface with olive oil to seal.

To use, discard the pulp, rinse the rind, and then slice finely. One quarter is usually enough to give an intense lemony flavour.

PRESERVED lemons keep for months and are a fabulous way to use the surplus of lemons dropping from neighbours’ lemon trees. You can reuse the salty liquid to make more.



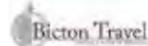
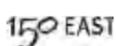
## You & your Grandkids vs our Seniors in the Big Bethanie Bake Off.

Every family has its own special traditions, passed down through the generations. Keep yours alive by teaching your grandkids how to make their favourite family recipe. Baking can be shared and enjoyed by all ages, so we’re challenging you and your grandkids to compete in a bake off against our senior residents at Have a Go Day. Have some fun in the kitchen with your grandkids and they could win some amazing prizes.

Submit your family recipe and the story behind it before September 25 at [bigbethaniebakeoff.com](http://bigbethaniebakeoff.com)



With thanks to:



## Arts

films/theatre

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books/reviews



Tom Burlinson

by Josephine Allison

SEVENTEEN years after he took on the illustrious mantle of singing Frank Sinatra songs, Australian singer, actor and entertainer Tom Burlinson remains as passionate and committed as ever to the legendary American singer who would have turned 100 this year.

Ahead of his Perth appearance of *Sinatra at the Sands* at Crown Casino in October, Burlinson says he keeps Sinatra fresh because it "comes from a place of love."

"I love the songs, Si-

natra's interpretation of the songs and standing up there with the big band," Burlinson said in a phone interview from Sydney. "I said to myself over the years if I ever got to the stage where I was thinking: 'Oh boy, here comes another *I've Got You Under My Skin*, I would say: that's the end of it because it was really meant to be a labour of love and it has been."

"I also love doing this because I have to have my own attachment to the emotional content of the songs. If I didn't, it would be an imitation. I have to connect with what the songs are about: I

love the music anyway and I guess I tap into my acting skills to a certain extent.

"But mainly it's because I really genuinely do enjoy it and want to share it with an audience."

Burlinson says he is looking forward to his Crown Casino show which pays tribute to Sinatra at the Sands.

"It's one of the great albums, the first live album recorded by Sinatra in Las Vegas in 1966 with Count Basie and his orchestra and arranged and conducted by Quincy Jones. Sinatra later said that this was probably the most exciting engagement he ever did."

"To single that out from such a long career is really saying something. With Sinatra's 100th birthday this year, I thought about doing something slightly different to celebrate the milestone and came up with *Sinatra at the Sands*.

"It took me a while to

collect all the arrangements based on the originals on the album. There are so many wonderful songs on the record: *Come Fly With Me* and *I've Got You Under My Skin* and those iconic Sinatra songs *Fly Me To The Moon* and *You Make Me Feel So Young* and even quieter ones such as *It Was a Very Good Year*, *The Shadow of Your Smile* and *One For My Baby*.

"But these songs run for less than an hour, not enough for a whole show. So I decided there were songs which might have been included in *Sinatra at the Sands* but weren't such as *The Lady Is a Tramp* and *Luck Be a Lady Tonight*.

Then, because it was recorded in 1966 way before *New York, New York* and *Strangers in the Night*, I put together a bonus set of other Sinatra songs plus a few more such as *The Best Is Yet to Come*. That fills out the whole show."

Burlinson says it's wonderful to be working again with a big band. He started his first show, *Frank, A Life in Song*, in Sydney in 1998 (Sinatra died a few weeks after opening night) and took the show to Perth in 1999. For smaller theatres and venues in regional centres, he reduces the band size to five-piece and eight-piece.

"To be out there again with a 16-piece band is really something. Over the years I have used many fine Perth musicians and I will be doing it again with this show."

Toronto born Burlinson says he discovered in his late teens there was a natural similarity with Sinatra in his singing.

"The hallmarks of Sinatra's singing are his distinctive phrasing, where he breathes and how he holds notes and his interpretation of those great songs from the great American songbook. I was following my own path, I didn't want to be a

Sinatra impersonator. It was only much later after I had established myself as an actor that I decided to diversify a bit in order to continue to work and develop the ability I had and explore the love of it with live audiences.

"It proved more successful than I ever imagined. To be chosen by Tina Sinatra, Frank's younger daughter, to sing the voice of her father in a miniseries she produced gave me credibility."

Burlinson says after having covered most of Australia, including a trip to WA's North-West last year, he is now looking at performing in New Zealand, Hong Kong and Japan where Sinatra was extremely popular. His musical engagements are planned six to eight months in advance so acting engagements have to be juggled around these commitments.

"I had a character role in the Australian movie, *The Cup*, about Damien Oliver winning the 2002 Mel-

bourne Cup on Media Puzzle. It was good to be on the set again and working with horses once more. I realised I learnt a lot when doing those *Snowy River* movies back in the 1980s. I also had the chance to have a guest role in the ABC television series *Doctor Blake Mysteries*."

Burlinson sounds excited about his Perth visit.

"After the show I meet people, sign autographs and have photos taken. For older people, the show takes them on a journey through the memories of their lives. They say to me they understand every word I sing. So the audience response is almost always positive and gratifying."

"Younger people have also discovered this style of music through Michael Buble and come along to enjoy this music too."

Tom Burlinson and the All Star Big Band perform at Crown Casino Perth Saturday, 17 October.

## Coppélia - the classic ballet with an Aussie twist



MERRY MAYHEM abounds when an eccentric doctor, his beautiful life-like doll and two sweethearts make their premiere in West Australian Ballet's joyous new production of *Coppélia* at His Majesty's Theatre in September.

It is 1878, and in the small German settlement of Hahndorf, South Australia, Doctor Coppélius arrives to establish his new practice. Franz and Swanilda are both curious about the beautiful young woman who they have seen at the Doctor's balcony. Jealous of Franz's apparent interest in the girl, Swanilda sneaks into the doctor's house to confront her rival. To her great surprise, she finds that

*Coppélia* is not what she seems – and when the Doctor discovers Franz is yet another intruder, delightful mayhem follows.

Set to the charming music of Léo Delibes (performed by West Australian Symphony Orchestra), choreographer Greg Horsman has refreshed the ballet, keeping the traditional story and the beloved characters, but transporting audiences to the more familiar setting of Hahndorf. Evocative sets from Hugh Coleman and gorgeous costumes from Noeline Hill complete this stunning production with its unique 19th century Australian flavour.

One of the oldest ballets still performed, the original choreography was created by Arthur Saint-Leon and later revived by Marius Petipa. West Australian Ballet last presented Chrissie Parrott's cheeky 1950s version of *Coppélia* in 2007. Returning to the essential classic, this new production of *Coppélia* premiered in 2014 with Queensland Ballet, as the second of two new creations commissioned for the Companies.

His Majesty's Theatre 11 - 26 September. Tickets \$22 - \$108 available from Ticketek 1300 795 012 or waballet.com.au

## Legend - the rise and fall of the Kray twins



Tom Hardy

WRITTEN and directed by Oscar winning screenwriter Brian Helgeland,

*Legend* is based on the true story of the rise and fall of the notorious Kray twins, Ronnie and Reggie (both played by Tom Hardy), two gangsters who ruled the London crime scene in the swinging sixties.

With their gang, The Firm, the inseparable Krays imposed a reign of intimidation upon the city, but as their empire expanded, power struggles, madness, dangerous feuds and a woman weakened their bond. Told through the eyes of Frances (Emily Browning), the love of Reggie's life, this seductive and exhilarating story sees Tom Hardy deliver

a masterful dual performance, perfectly capturing the nuances of two legendary brothers.

*Legend* screens in cinemas 8 October.

WIN WIN WIN

To be in the draw to win one of 10 in-season double passes to the film *Legend*, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word *twins* in the subject line. Alternatively, address an envelope to *Legend Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901*. Competition ends 30/09/15.

## Leslie Hinton proudly presents 10CC

WITH more than 26 million albums sold worldwide and perennial hits like *I'm not in Love*, *Rubber Bullets*, *The Things we do for Love* and *Dreadlock Holiday*, 10cc is one of the greatest British pop art bands in the world – leading the way with their original and innovative pop and rock ballads, noted for their studio polish, advanced musicianship, impeccable vocal performances and clever lyrics.

Founding member Graham Gouldman has also written songs for other great British bands *Hermans Hermits*, *The Yardbirds*, *The Hollies* and many more.

Appearing at the Astor Theatre, Wednesday 28 October. Tickets from [www.astortheatreperth.com](http://www.astortheatreperth.com) or 9370 1777 more information: [www.lesliehintonentertainment.com](http://www.lesliehintonentertainment.com).

LESLIE HINTON PRESENTS

10CC

Wed 28 October • Astor Theatre  
Tickets:  
[www.astortheatreperth.com](http://www.astortheatreperth.com) Phone 9370 1777  
[www.ticketek.com.au](http://www.ticketek.com.au) Phone 13 28 49

With more than 26 million albums sold worldwide, and hits like *I'm Not in Love*, *Rubber Bullets*, *The Things We Do for Love* and *Dreadlock Holiday*, 10cc is one of the greatest British Pop Art bands in the world leading the way with their original and innovative Pop and Rock Ballads.

[www.lesliehintonentertainment.com](http://www.lesliehintonentertainment.com) • 9381 1966

LESLIE HINTON PRESENTS

THE TEN SOPRANOS  
FEATURING PENNY PAVLAKIS

Fri 25 September • Astor Theatre  
Tickets:  
[www.astortheatreperth.com](http://www.astortheatreperth.com) Phone 9370 1777  
[www.ticketek.com.au](http://www.ticketek.com.au) Phone 13 28 49

A superb combination of female classical and contemporary singers who deliver a spine-tingling repertoire of operatic favourites and select popular songs.

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A CELEBRATION OF

THE OFFICIAL 100TH ANNIVERSARY CONCERT

Frank Sinatra

STARRING THE TOMMY DORSEY ORCHESTRA

### YOUR ENTRY FORM TO BE IN THE DRAW TO WIN...

6PR, Travelodge Perth and *Have a Go News* are giving one lucky reader the opportunity to win a fabulous show package. The winner will receive an overnight stay at the Travelodge Perth including dinner at the Armada restaurant for two people (value \$100) and breakfast for two, as well as tickets to the The official 100th anniversary concert celebrating Frank Sinatra starring the Tommy Dorsey Orchestra at the Perth Concert Hall on Sunday 4 October at 2.30pm.

Name the regular host of 6PR's Perth Tonight Program

Chris \_ \_ \_ \_ \_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact number: \_\_\_\_\_

Entry limited to one per person, winners drawn on Monday 28 September 2015. Send your entry to Tommy Dorsey Competition - PO Box 1042, West Leederville 6901. Winners must be able to take the prize on 3/4 October 2015.

If you would like to see the Tommy Dorsey Orchestra celebrating 100 years of Frank Sinatra then book at Ticketek on 1300 795 012 or [www.ticketek.com.au](http://www.ticketek.com.au)

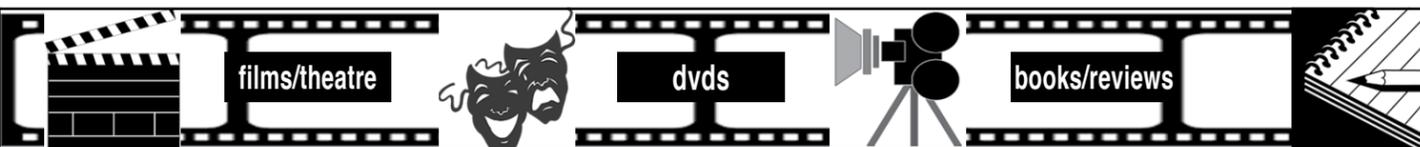


ATA Allstar Artists is pleased to present for the first time ever in Australia, this Anniversary concert starring The Tommy Dorsey Orchestra and singers performing the greatest music ever recorded by the legendary Frank Sinatra. The Tommy Dorsey Orchestra is the band that made Frank Sinatra a star. It is recognised as one of the greatest bands of the golden era of the 1940s.

Under Music Director Terry Myers, the concert features one of America's finest singers from the Frank Sinatra Songbook, Bryan Anthony, along with 20 musicians, singers and dancers performing all the Tommy Dorsey Orchestra's hits and more... a sentimental journey down memory lane.



# Arts



## Joan Baez - a singer with a conscience



JOAN BAEZ – singer, songwriter, activist and cultural icon – returns to Australia in September, giving audiences the opportunity to experience the world's most celebrated folksinger.

portunity to experience the world's most celebrated folksinger.

In the anniversary year of the historic walk from Montgomery to Selma in which Baez took part, her tireless work to fight for people's rights continues to resonate and inspire.

On 21 May, this year, Baez received Amnesty International's highest honour, its Ambassador for Conscience Award for 2015. The award recognises Baez's lifelong commitment as an outstanding, courageous activist whose beliefs can't be separated from her music.

Baez, then eighteen, was introduced onstage at Newport Jazz Festival 55 years ago. Bob Dylan met her in Greenwich Village and she introduced him to the world as the two became musically and romantically entwined.

Baez is a wonderful interpreter and Dylan gave her some of his best songs – *It's All Over Now*, *Baby Blue*, *With God on Our Side* and *Blowing in the Wind* to name a few.

The new live album, *Diamantes*, features previously unreleased recordings in Spanish, English and Portuguese, including covers penned by Steve Earle, Bob Dylan, John Lennon, Simon and Garfunkel and Sting.

"It's been a long time", Joan said, "since I've had an entire album of songs that speak to the essence of who I am in the same way as the songs that have been the enduring backbone of my repertoire for the past 50 years."

The musical and political influence of Baez is incalculable. She sang about freedom and civil rights from the backs of flatbed trucks in Mississippi and from the steps of the Lincoln Memorial before Dr Martin Luther King delivered his 'I Have A Dream' speech, and she marched on the front lines of the civil rights movement.

In 2009 the PBS American Masters series premiered a documentary of her life story, *Joan Baez: How Sweet The Sound*.

Today, Joan Baez's voice is as extraordinary as ever but carries with it the gravitas of a life well lived. These unmissable concerts offer a rare opportunity to experience one of the world's greatest and most inspiring performers.

For the Australian concert series, Baez is backed by both her son Gabriel Harris on percussion, and multi-instrumentalist Dirk Powell on banjo, guitar, keyboards and fiddle.

Joan Baez is appearing on Wednesday 30 September at Perth Concert Hall. To book, tickets ring 132 849 or contact ticketek.com.au. More information visit www.joanbaezaustour.com

## On the silver screen

### A Walk in the Woods in cinemas now:

AN ADAPTATION of Bill Bryson's best selling memoir, *A Walk in the Woods* follows Bryson (Robert Redford) as he returns to the US after two decades in England, where he endeavours to reconnect with his homeland by hiking the 2200 mile Appalachian Trail.

Dismayed by his ludicrous venture, Bill's wife (Emma Thompson) insists he find a travel companion to accompany him on his journey.

The only person Bill is able to convince is an old friend, Stephen Katz (Nick Nolte), a wise cracking recovering alcoholic and semi-reformed womaniser who is grossly out of shape and arguably out of his mind.

As the two men set off into the wilderness, they encounter hilarious characters, wild animals and life-threatening situations that will test the limits of their friendship – or end it.

### The Martian In Cinemas 30 September:

During a manned mission to Mars, astronaut Mark Watney (Matt Damon) is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the



Clockwise from left: *Macbeth* - in cinemas 1 October, *The Martian*, and *A Walk in the Woods* now screening

hostile planet. With only meagre supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive. Millions of miles away, NASA and a team of international scientists work tirelessly to bring the 'Martian' home, while his crewmates concurrently plot a daring, if not impossible rescue mission. As these stories of incredible bravery unfold, the world comes together to root for Watney's safe return. Based on a best-selling novel, and helmed by master director Ridley Scott, *The Martian* features a star studded cast that includes Jessica Chastain, Kristen Wiig, Kate Mara, Michael Pena, Jeff Daniels, Chiwetel Ejiofor, and Donald Glover.

### Macbeth

In Cinemas 1 October: Based on the play by William Shakespeare, *Macbeth*

is the story of a fearless warrior and inspiring leader brought low by ambition and desire. A thrilling interpretation of the dramatic realities of the times and a truthful reimagining of what wartime must have really been like for one of Shakespeare's most famous and compelling characters, *Macbeth* is a story of all-consuming passion and ambition set in war-torn 11th century Scotland.

### WIN WIN WIN

To be in the draw to win one of ten inseason passes to any of the above films simply email win@haveagonews.com.au or send an envelope to On the Silver Screen - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Only over 45s eligible and competition closes 30/09/15.

## How do we choose what's worth saving?



Extinction's Myles Pollard and Hannah Day © Robert Frith Acorn Photo

### Extinction by Hannie Rayson

THE DEATH of an endangered tiger quoll is the critical backdrop to an Australian story about our very survival.

Andy Dixon is a vet who believes strongly in preserving the environment and our natural resources. When his lover, the determined conservation biologist Dr Piper Ross, agrees to undertake research paid for by the CEO of a mining company, he begins to question her methods and his feelings toward her.

Little does she know that Andy has been diagnosed with a rare illness, and his life is in as much danger as the species she is trying to save.

From the mind of Helpmann Award-winning Australian playwright, Hannie Rayson (*Hotel Sorrento*, *Life After George*), comes the world premiere of *Extinction*, a unique drama with a timely and important message of environmental awareness and conservation.

Heath Ledger Theatre, State Theatre Centre of WA, 19 September to 4 October.

Duration approx. 90mins (no interval)

Warning: the play contains coarse language and adult themes.

Tickets: \$32.50 - \$82.50 (plus service/delivery fee)

Book at ticketek.com.au or 1300 795 012 or Ticketek outlets groups of eight or more ring 1300 364 001

### WIN WIN WIN

To be in the draw to win one of five double passes to see Black Swan State Theatre Company's *Extinction* on Saturday 19 September at 7.30pm, be amongst the first callers to phone the Have a Go News office on 9227 8283 and leave your details or email win@haveagonews.com.au and include the word extinction in the subject line. Competition ends 14/09/15.

## Angie and Beauchamp Paine: Art Exhibition

ANGIE and Beauchamp Paine are displaying an exhibition of their art. The exhibition opens early in September and runs to the 20th.

This older couple have never before undertaken such a venture, but are enjoying it immensely.

Beauchamp is a retired professional illustrator with an interest in wood carving. This has won him many awards with the Guild of Wood Carvers and Fine Wood Work Association. He is well known in this field.

A continued interest in painting and sculpture and Angie's own passion with the visual arts brings them to the point they can offer a stimulating exhibition.

Angie says *Have a Go News'* arts pages are an medium to inform and encourage other artists and wouldbe artists to have a go.

There is no cost to attend and the exhibition is open at Ellis House, Bayswater from 10am to 4pm Thursday and Friday and 10am to 5pm on Saturday and Sunday.

More information call Angie on 9349 4658.



## ART for ALL

- 7-20 Sept *Catching the Light* exhibition, inspired by the International Year of Light and Light-based technologies. Lunch in the Gallery 9 Sept, 12-2pm. Sundowner 11 Sept, 6.30pm.
- 21-27 September LANZcape exhibition; Laurie Easton's paintings of Australia & New Zealand
- 29 September - 9 October Atwell Arts Centre's School Holiday Program
- 5-9 October Visiting master pastellist Karol Oakley

ATWELL GALLERY AT ATWELL ARTS CENTRE  
Riverside location on bus route - Plenty of parking - air conditioned  
586 Canning Hwy, (Cnr North Lake) Alfred Cove

Ph: 9330 2800 www.atwellarts.com

\*Proceeds to the Atwell House Restoration Fund

LAST CHANCE WIN a trip to Bali...  
SEE page 22 for entry details

LIVELIGHTER® SATURDAY 10 OCTOBER  
10am-5pm Festival  
5pm-9pm Evening entertainment  
DARDANUP BULL & BARREL FESTIVAL  
10th Light Horse photo exhibition  
Monster kids free activity marquee  
Stalls, art, 2 stages, Fire Sculpture PLUS MUCH MORE!  
FREE entry  
www.bullandbarrel.net.au

OLD MILL THEATRE, CNR MENDS ST/MILL POINT RD SOUTH PERTH (opposite Windsor Hotel)  
THE ONE DAY OF THE YEAR  
Written by Alan Seymour  
Directed by Brendan Ellis  
9, 10, 15, 16, 17, 21, 22, 23, 24 October @ 8pm  
MATINEE 18 October @ 2pm  
\$25 conc \$20 group 10+  
BOOKINGS: 9367 8719 or oldmilltheatre@iinet.net.au  
www.oldmilltheatre.com.au/tickets

Coppélia  
WEST AUSTRALIAN BALLET  
"Two sweethearts, an eccentric doctor and an exquisite doll come to life in this joyous classic"  
11 - 26 September  
His Majesty's Theatre  
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# Arts

films/theatre

dvds

books/reviews

## The Celtic Tenors team up with Celtic Woman at Perth Arena this month

INTERNATIONALLY acclaimed vocal group *The Celtic Tenors*, the most successful classical crossover artists to emerge from Ireland, are coming to Perth. The group have performed their magic to capacity audiences across the globe, sing-

ing a mixture of spine-tingling classical, folk, Gaelic, operatic and pop classics, delivered with glorious three-part vocal harmonies and humorous banter.

*The Celtic Tenors* - Matthew Gilson, James Nelson and Daryl Simpson, came together in 2000. Imbued with a sense of fun, they are terrific communicators moving seamlessly from one musical genre to the next.

They have performed with some of the world's leading orchestras including The Toronto Symphony, The Cincinnati Pops, and The Vancouver Symphony Orchestra. Shows through the USA, Canada,

Germany and the Netherlands ended in standing ovations and rave reviews.

Also available from 21 August is *The Celtic Tenors DVD - The Homecoming* - filmed at their homecoming concert at the National Concert Hall in Dublin. This heartfelt and breathtaking concert features performances of *Song For Ireland, You Raise Me Up, Nessun Dorma, Shenandoah, All Out Of Love, Time To Say Goodbye* and many more timeless hits.

*The Celtic Tenors* will perform songs from their new album *Timeless* as special guests of *Celtic Women's* forthcoming September Australian tour

*The Tenors* say: "For over a decade *Celtic Women*, one of Ireland's most recognised musical exports, has graced the world's stages. We are thrilled to be joining them for the first time ever on their Australian tour this September.

"This coincides with the release of our brand new album and DVD on Decca / Universal. We are excited to share our music with our friends down under."

*The Celtic Tenors* performs with *Celtic Woman*, Friday 25 September at Perth Arena.

**WIN WIN WIN**  
To be in the draw to win one of five *Celtic Tenors* CD/DVD packs, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au)

*haveagonews.com.au* and include the word *celtic* in the subject line. Alternatively, address an envelope to *Celtic Tenors Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your contact details on the reverse side. Only over 45s are eligible. Competition ends 7/10/15.



## Christmas is in full swing at the Tivoli...

### THE TIVOLI CHRISTMAS SHOW

Come and enjoy a fabulous evening filled with festive fun! Including traditional carols at the Tiv and music from country, rock, blues and pop it is party time for young and old alike.

#### FRIDAY EVENING SHOWS

Doors open 7.30pm for 8pm start  
13, 20, 27 November and 4, 11 December

#### SUNDAY MATINEE SHOWS

Doors open 11.30am for 12noon start  
8, 15, 22 November and 6, 13 December

#### TICKET PRICES

\$20 Adult, \$17 Pensioner, \$10 Child

Ticket includes chicken and chips meal at intermission, tea and coffee. Soft drinks, crisps and sweets are available for purchase at the kiosk. BYO wine, beer, drinking glasses and nibbles.

#### BOOKINGS

Phone 9364 5463 (please leave a message)

Email [tivolibookings@hotmail.com](mailto:tivolibookings@hotmail.com)

Web [www.tivoli.org.au](http://www.tivoli.org.au)

#### VENUE

Applecross District Hall

Kintail Road, Applecross (opposite The Raffles at Canning Bridge)

LIMITED SEATING AVAILABLE SOME SHOWS!



Call or email to be placed on mailing list for future shows

TIVOLETTES (Juniors: 6-16 year olds) Performances commence at 2pm on the last Sunday of each month (May to November) COST: Adult \$3 Child \$1.50  
Tea, coffee, snacks and drinks available for purchase. Check us out on:



Bernardo Bertolucci's *The Conformist*

THE 16th Lavazza Italian Film Festival presented by Palace, Luna Palace Cinemas and *The West Australian*, is thrilled to announce its full 2015 festival program of 30 titles offering audiences the chance to experience the elegance, beauty and boldness that is Italian cinema.

The program will feature an exciting line up of brand new comedies,

## Lavazza Italian Film Festival

gripping dramas, romantic tales, crime thrillers, engaging documentaries and also ventures into experimental and fantasy cinema.

The festival will kick off with the award winning box office smash hit, *God Willing (Se Dio Vuole)*, a laugh out loud comedy starring the gorgeous Alessandro Gassman, Marco Giallini and Laura Morante which tells the story of an atheist surgeon with a God-complex, a charismatic priest, a dysfunctional family and an announcement that takes everyone by surprise.

The three-week festival will close with a new restoration of the Academy Award nominated *The Conformist (Il Conformista)*, which will see the return to the big screen of acclaimed director Bernardo Bertolucci's visually intoxicating art deco style adaptation of Alberto Moravia's novel about an upper-class follower of Mussolini.

And if you're seeking the ultimate Italian espresso, while indulging in

some cinema Italiano, look no further than Lavazza, whom the Festival is once again honoured to have as the naming rights partner. Lavazza is proudly served at all Palace Cinemas so attendees year-round can enjoy the premium taste of barista coffee.

The 2015 Lavazza Italian Film Festival comes to Cinema Paradiso and Luna on SX 24 September - 14 October.

For updates and more information please visit [www.italianfilmfestival.com.au](http://www.italianfilmfestival.com.au) or [www.lunapalace.com.au](http://www.lunapalace.com.au)

#### WIN WIN WIN

To be in the draw to win one of 15 exclusive double passes to the *Lavazza Italian Film Festival* email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word *Italy* in the subject line or address an envelope to *Lavazza Italian FF Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your contact details on the reverse side. Competition ends 18/09/15.

# TOM BURLINSON

PERFORMS THE CLASSIC LIVE ALBUM

# SINATRA AT THE SANDS

FEATURING SENSATIONAL ALL STAR BIG BAND



CROWN CASINO PERTH - 17 OCTOBER 2015

# Scene Socially.....



**SCENE (1):** COTA WA held a presentation and morning tea at their new premises to celebrate their move to the VisAbility building in Victoria Park. At the presentation WA Seniors Minister Tony Simpson presented COTA president Judy Hogben with a cheque for \$31,000 from LotteryWest to help fund the WA Seniors Awards 2015 which COTA is organising this year. COTA WA also unveiled their strategic plan for the next three years. Seen at the event were:

SCENE (1): Top row from left; Seniors Minister Tony Simpson with Marlene Robins - CEO VisAbility Clare Allen with Louise Gray - Judy Willson and Diane Airey - Roger Meakes with Town of Victoria Park mayor Trevor Vaughan. Second row from left; Seniors Minister Tony Simpson presents Judy Hogben with a contribution for the 2015 WA Seniors Awards - Luke Garswood, COTA WA CEO Ken Marston and COTA WA president Judy Hogben



**SCENE (2):** Ken Peachey Singles Championships 2015 held Tuesday 18 August at the Altone Park Leisure Centre

SCENE (2): SEEN at the event were clockwise from top left; The WACBA committee are John Shirer, Helen Shirer, vice-president, Kaye Costa, president, Jean Sked, secretary, Barbara Price and treasurer, Eugene Paskett - 1st place Herald Avenue, L-R; Michael Wight, Greta Longley, Helen Shirer and John Shirer - 2nd place Nollamara Autumn Club, L-R; Michael Loh, Eric Heinsen, Gianna Norrish and Nick de Filippis - 3rd place Nollamara Autumn Club, Massimiliana Partti, Gavin Daye, Emil Prlenda and Luigi Cippola.

WACBA are always looking for clubs to join and teams from retirement villages are welcome too. For further information contact Barbara Price on 9344 3215 or Jean Sked on 0413 974 293.

## At the midnight hour: Reflections on time



Jon Lewis

by Jon Lewis

I BELIEVE we are secretly being robbed of our most precious asset. It is time... and here is how it is stolen away.

My darling wife Gloria, suggested it was high time we take a holiday. Agreeing, we strolled into the travel agent and 20 minutes later left with a price and an approximate itinerary.

The price, to be honest, seemed a little high to me and far too high to my dear wife.

Here then began what I suspect to be the stealing of our time.

Fast as a gazelle, Gloria launched the web browser and almost immediately lower prices started to flow.

I even joined her, pulling up a recently covered chair I had proudly completed some time before, and watched on excitedly.

Time passed. We continued to stare into the glass computer screen. Looking at the clock I noticed I was late. I grabbed my bag and left for work while Gloria continued searching, only now more slowly.

Did you know the light from a computer screen can keep your brain active. As good as this may sound it is not really so good for you. It's actually simple to slide into a sleepless state and your awareness of time becomes fuzzy, clouded. This

is when efficiency shortens as the time extends.

After a big night on air I returned home only to find the computer still on and my dear worn out wife asleep, still in the clothes she wore the day before.

This happening once and you feel sorry, twice a gentle admonishment is more appropriate, thrice a growl and oh on it continued. I should point out this was certainly not every night, rather it was an on-going blurry process that became more and more unpleasant to me and for many reasons. The biggest reason by far was the stealing of my wife under the guise of saving money.

On several occasions I felt it was just not worth it and sharing my opinion in exasperation only served to make matters worse. So I would advise doing this earlier.

Financially speaking the dollars saved seemed impressive and clearly measurable. However, lost time and lost patience is far less clear to measure. Relaxed time together I believe builds relationships. So I do wonder what damage taking this in unmeasurable amounts can do?

Therefore I believe a real bargain, that is one with ongoing value, needs to be re-defined as... saving money and saving time.

To save only one can be far too expensive.

I hope my advice is timely for you.

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](mailto:jon@haveaquiz.com) For more details, visit the website [www.haveaquiz.com](http://www.haveaquiz.com)

## Announcing Peppa Pig live! Big Splash



FRESH from the sell out success of Peppa Pig Live Treasure Hunt comes Peppa's brand new production, Peppa Pig Live! Big Splash, direct from London's West End.

The popularity of the little pink pig is stronger than ever in Australia, with Peppa Pig the most watched kids show on Australian TV, seen daily by 250,000 viewers.

Peppa Pig returns live on stage with bigger puppets and brilliant sing-a-long songs from BAFTA award-winning composer Mani Svavarsson. UK creative talent Richard Lewis adapts and directs this brand new show, following his previous successes with the first Peppa Pig stage shows and Ben and Holly's Little Kingdom.

In Peppa Pig Live! Big Splash, the nursery roof is leaking and Peppa and her friends need to fix it quickly. They set up a fete to raise the money for Mr Bull to do the repairs. There's plenty of fun to be had as Peppa, George, Mummy and Daddy Pig, as well as Danny Dog, Pedro Pony and Suzy Sheep put up bunting, run stalls and organise a great day out. There's also a champion puddle jumping competition judged by Mr Potato where everyone gets wet and Peppa needs to find her golden boots. Another all-singing, all-dancing adventure full of songs, games and muddy puddles is guaranteed for all the family.

Peppa Pig Live! Big Splash Australian premiere tour 2015 Perth shows are at the Regal Theatre, Thursday 15 and Friday 16 October. For tickets visit [peppapiglive.com.au](http://peppapiglive.com.au).

WIN WIN WIN

To be in the draw to win a family pass to see Peppa Pig and her friends in October, email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) and include the word pig in the subject line. Alternatively, address an envelope to Peppa Pig Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901. Competition ends 7/10/15.

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## Hooked on the music

by Brad Elborough  
continued from front cover



"I've always got energy, I'm not suffering at all," he said.

"I'm staying fit to do the shows; not much different from when I was younger.

"I look like the same guy, just older. I don't get on stage and hear people saying 'who the hell is that?'"

Much of the success of Dr Hook in the late 60s and early 70s was the fact that the band members were all good friends - Dennis Locorriere (vocals, guitar, bass, harmonica), Billy Francis (keyboards), Ray Sawyer (vocals, guitar, percussion, congas, maracas), George Cummings (lead and steel guitars, vocals), and John "Jay" David (drums).

Dennis said that they were all keen to succeed for one another.

"None of us were ever in rehab. We were all such good friends, we'd be too embarrassed to go there in front of friends," he said.

"It wasn't a hard thing to do, look after self, eat well.

"I did smoke cigarettes when I was a kid, but I threw the pack out of window of a rental car when I was about 24.

"I don't really drink, maybe just a little sake every now and then and twice a year some tequila or a martini.

"The only thing I am not doing is sleeping. You must be joking. My clock is ticking loud enough, I don't need to spend a third of what's left unconscious."

Dennis Locorriere presents Dr Hook - Timeless Australian Tour 2015.

Sunday, 18 October, 2015. 7.30pm, at Crown Theatre.

Tickets through [www.ticketmaster.com](http://www.ticketmaster.com) or Ph: 136 100. Alternatively, [www.crownperth.com.au/entertainment](http://www.crownperth.com.au/entertainment) or Ph: 9362 7685.

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Islands of Crete and Santorini  
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Holland America are proud to introduce their brand new Pinnacle-class ship, the ms Koningsdam. A blend of rich heritage and forward thinking design, it will leave you breathless! Enjoy the opportunity to be one of the first to cruise on this magnificent new ship filled with luxury from bow to stern. 12 spectacular restaurants, pools, spas, duty free shops, a casino and many unforgettable experiences are just a few of the reasons to jump on board this brand new ship!  
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Broadway Show, New York



10 Day Colours of Canada and New England Cruise  
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Gulf of St Lawrence, Quebec City



City Tours – New York, Montreal, Ottawa, Toronto  
Niagara Falls Cruise and Illumination Dinner

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25 Days | Wednesday 21 September to Friday 14 October 2016  
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Featuring Iceland and Norway

**Highlights** | 14 Night Holland America Cruise  
Amsterdam, Netherlands | Edinburgh, Scotland  
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## Norfolk Island

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9 Days | Thursday 10 to Friday 18 March 2016



Come along to our November Travel Expo for an in-depth presentation on these amazing Norfolk Island holidays! See the front page of this Have a Go Newspaper for full Expo details!

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9 Days | Thursday 18 to Friday 26 February 2016



To enquire or book on either of these wonderful Norfolk Island getaways FreeCall 1 800 066 272 or email [holidays@villa.com.au](mailto:holidays@villa.com.au)

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- ▶ Private Cabins
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### The Ghan and Red Centre

Featuring Darwin, Uluru and Alice Springs

**Highlights** Darwin Sightseeing | Defence of Darwin Experience | Darwin Harbour Evening Cruise  
1 Night Aboard The Ghan (Darwin to Alice) | Off Train Excursion, Katherine  
Uluru National Park | Kata Tjuta (The Olgas) | Sunset and Sunrise, The Rock  
9 Days | Monday 30 May to Tuesday 7 June 2016

### Rail, Craters and the Great Ocean Road

Featuring the Indian Pacific Perth to Adelaide

**Highlights** 2 Nights Indian Pacific (Perth to Adelaide) | Adelaide Rail History and Rundle Mall  
Mount Gambier Craters and Lakes | Mary MacKillop Penola Centre | Warrnambool's Heritage Site, Flagstaff Hill  
Great Ocean Road Touring | Shipwrecked Evening Laser Show | Portland's Roses and Trams | Free Time in Geelong  
10 Days | Sunday 22 to Tuesday 31 May 2016

### Great Rail and Cities Escape

Featuring Indian Pacific Coast to Coast Rail Journey

**Highlights** Indian Pacific Train Journey (Perth to Sydney) | Nullarbor Plain  
Off Train Excursions Cook and Broken Hill | Elizabeth Farm, Sydney | Royal Botanical Gardens, Sydney  
XPT Train Journey Sydney to Melbourne | Queen Victoria Markets | Fitzroy Gardens, Melbourne  
Colonial Tramcar Restaurant, Melbourne  
10 Days | Sunday 12 to Tuesday 21 June 2016

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Exclusive Solo Traveller Departure

Featuring The Legendary Ghan Darwin to Adelaide

**Highlights** Darwin Sightseeing and Defence Experience | Darwin Harbour Sunset Dinner Cruise  
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Off Train Excursions - Katherine, Alice Springs  
Adelaide Sightseeing | Full Day in Hahndorf  
8 Days | Sunday 5 to Monday 13 June 2016



**Great Australian Journeys - 11 Days | Sunday 1 to Wednesday 11 November 2015 (On Application)**  
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14 Days | Saturday 16 to Friday 29 April 2016

### Discovery The Riverland's and Mungo National Park

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11 Days | Sunday 1 to Wednesday 11 May 2016

### Discovery Across the Top - Drovers Dream Darwin to Townsville

Featuring Outback Stations, Towns and History  
12 Days | Friday 24 June to Tuesday 5 July 2016

### Grand Tasmania Experience

A Comprehensive Tasmanian Holiday  
14 Days | Monday 15 to Sunday 28 February 2016

### Australia's Alpine and High Country Melbourne to Canberra

Featuring Great Alpine Way and Snowy Mountain Drive  
10 Days | Saturday 2 to Monday 11 April 2016

### Uluru and Alice - The Heart of Australia

Featuring Desert Landscapes, Outback Towns and History  
9 Days | Monday 2 to Tuesday 10 May 2016

### Christmas on the Murray

Featuring the PS Murray Princess Cruise and Adelaide Christmas Festivities  
11 Days | Friday 18 to Monday 28 December 2015

### A Victorian Christmas

Featuring Yarra Valley, Mornington and Christmas Lunch in Dandenong  
9 Days | Monday 21 to Tuesday 29 December 2015

### A Tasmanian Christmas

Featuring 5 Nights Hobart and 5 Nights Launceston  
11 Days | Thursday 17 to Sunday 27 December 2015

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## Attention Solo Travellers!



### Just for Singles Highlights of Victoria

Featuring Mornington Peninsula, Yarra Valley and Weribee Zoo  
8 Days | Monday 16 to Monday 23 November 2015

### Just for Singles Majestic Tasmania

Featuring Port Arthur, Cradle Mountain and Launceston  
14 Days | Monday 29 February to Sunday 13 March 2016

### Just for Singles Adelaide Hills and the Murray

Featuring 7 Night Murray Princess Cruise  
11 Days | Tuesday 5 to Friday 15 April 2016

### Just For Singles National Treasures and Icons - Canberra

Featuring the Australian War Memorial, Cockington Green and National Gallery  
6 Days | Wednesday 11 to Monday 16 May 2016

### Just for Singles Gold Coast Hinterland and Rainforest Retreat

Featuring O'Rielly's Rainforest Retreat  
7 Days | Thursday 23 to Wednesday 29 June 2016

### Just for Singles Tropical Cairns

Featuring the Great Barrier Reef and Port Douglas  
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