

# The Genuine Article

YOUR LOCAL COMMUNITY NEWSPAPER | EDITION ONE - SEPTEMBER 2013 | FREE!



## Street Doctor take innovative approach towards health care for the less fortunate



Keeping our community healthy: Two Freo Street Doctor team members show off their mobile health clinic van.

• By Michele

Freo Street Doctor is a mobile medical clinic providing free medical services to marginalised, disadvantaged and homeless people within the community. The services are free and are operated from a van with a doctor, a nurse and an outreach worker present. Their aim is to provide medical care to members of the community who cannot access mainstream general practice. All services are accredited according to Royal Australian College of General Practitioner standards.

The service helps over 2000 disadvantaged people a year. Over 20% of the patients who use Freo Street Doctor facilities are homeless and nearly 45% are of Aboriginal or Torres Strait Islander descent. Even though Western Australia is experiencing unprecedented financial growth due to the mining boom, the cost of accessing medical care and treating issues such

as alcohol and drug use, mental health disorders and an array of physical conditions is still a problem for many sections of the community. Further, there are those with legal issues, many Freo Street Doctor patients having been incarcerated or possessing criminal offence records which have caused them to experience difficulties engaging with the health care system. Freo Street Doctor strive to remedy this, offering 'no strings attached' medical services to those who cant afford treatment, yet often need it the most.

To ensure the highest standards and levels of patient care are delivered, Freo Street Doctor works closely with a variety of local community support organisations, medical specialists and allied health professionals. Some of the more common health care issues that the Freo Street Doctor has diagnosed include respiratory complications, skin problems, diabetes and immunisations. They also address

serious diagnosed issues such as gangrene, blood borne viruses and STI's.

There are many challenges that Freo Street Doctor face in their mission to help the less fortunate. The major obstacle is establishing an orderly and proactive way of managing patient care. As most patients do not have a fixed address, email or telephone number it is often hugely difficult to locate them, especially those with chronic and serious medical conditions. Given the unpredictable nature of the clientele, the use of a common 'register/recall system' was simply not possible.

As such the Freo Street Doctor team have had to become creative in their methods of contacting patients. Follow ups are conducted using a variety of unconventional methods such as talking to family or friends and contacting temporary accommodation centres and homeless facilities. Nurses have even been known to lit-

erally search the streets looking for particular patients that they know to live nearby. Now that's dedication!

Freo Street Doctor has recently received much needed funding from the Fremantle branch of Soroptimists International, a donation of \$12,500 made to the mobile health service in August 2013. This was made possible in conjunction with Homeless Persons Week art auction sales. The donations will be used to broaden the range of services provided by Freo Street Doctor including vaccinations, eye-health services, women's health services and mental health and wellbeing services. Further, the money will also be used to refurbish the mobile van.

Any funding to Freo Street Doctor is wholeheartedly welcomed. Donations enable them to provide increased free medical services and purchase additional supplies in order to improve the health and wellbeing of the local population.



**LET YOURSELF BE SWEEP AWAY**  
.....  
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GUIDE TO NORTHBRIDGE EATING + RECIPE FOR THE LATEST BURGER CRAZE!



## Letter from the Editor

Hello and welcome to the latest edition of the *Genuine Article*! The paper is run by the ORS Group, Australia's leading employment services provider. We offer a range of services to people seeking work, employers seeking staff and people who want to improve their work situation.

The Community Newspaper program is just one of the ways in which ORS confirms its dedication to helping achieve the vocational goals of our clients. It is designed to help job seekers refine their employment seeking skills, as well as gain the confidence and motivation to re-enter the workforce. Over the past few months our team of job seekers has worked tirelessly to bring you all the latest in community news, local topics and general interest articles.

Covering a diverse range of subjects, I hope that the *Genuine Article* will be an educational, informative and inspiring publication to be enjoyed by all members of the Perth community.

See you next edition!

Jessica

ORS Community Newspaper Coordinator

**EDITORIAL CONTACT:** Jessica Ure | **EMAIL:** [jessica.ure@orsgroup.com.au](mailto:jessica.ure@orsgroup.com.au) | **CONTACT NUMBER:** (08) 6267 2500 | **POSTAL ADDRESS:** Level 1, 223 James St, Northbridge, WA 6003 | **WEBSITE:** [www.thegenuinearticle.wordpress.com](http://www.thegenuinearticle.wordpress.com) | **COMPANY WEBSITE:** [www.orsgroup.com.au](http://www.orsgroup.com.au)

## What's in your *Genuine Article*?

### COMMUNITY NEWS

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**Not For Profit features** - This edition we have featured several of our favourite not-for-profit organisations such as The Ruah Centre, The Red Cross and Manna Inc.

**Government support** - Get educated on Newstart Allowance and NEIS.

**Opinion** - We give you a real insight into today's job market with personal opinion articles on the retail and metal industries.

### FOOD & DINING

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**Recipe** - Step by step instructions on how to cook the burger that's got the world talking!

**Eating out in Northbridge** - Our guide to some of the best dining experiences 'north of the bridge'.

**Tapas** - We explain the popular cuisine and where to get the best fix in Perth.

### CREATIVE CORNER

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**Poetry & Art** - Be inspired by a selection of creative submissions.

**Puzzles** - We've included Sudoku and a crossword to keep your coffee break interesting.

### TRAVEL

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**Tourism in Tokyo** - Our guide to the top attractions found in Japan's intriguing capital.

**West Australian wonders** - Let yourself be swept away with a descriptive account of the natural beauty of our incredible state.

**Surf's up** - An insight into where to find WA's best waves!

### ENTERTAINMENT

P10-11

**Events** - If you love Bruce Springsteen aka 'The Boss' don't miss our feature on his Perth concert planned for early next year!

**Reviews** - Looking for a good book to read, movie to watch or TV series to get hooked on? Have a flick through our entertainment section for some great ideas.

### SPORTS

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**The new Beatty Park** - a guide to the newly renovated complex as well as thoughts on how to stay happy and healthy in today's busy world.

**Dance the tango** - It takes passion to tango, For an insight into the popular dance check out the article, written from personal experience!



the  
**ORS GROUP**

**ORS: Occupational Rehabilitation Solutions**

We offer a range of services to people seeking work, employers and people who want to improve their work situation. Our focus is on you, whatever you need. With over 20 years of experience, we have the know-how, passion and commitment to get you where you want to be. We empower job seekers to achieve their

goals by connecting them with the best possible employment opportunities; help people who are struggling or have been injured at work find better ways of working or more suited career options; provide training to help individuals improve their skills and knowledge; and work with employers to create safe, supportive and productive workplaces so employees can reach their potential.

The ORS Group started out as a workplace rehabilitation provider, employing just 6 people and focusing only on the needs of the individual. The ORS Group is now a national organisation with over 500 staff and 50 locations across Australia, spanning the following regions: Western Australia, New South Wales, Victoria, Queensland, Tasmania and the Australian Capital Territory.

Though we continue to grow, our commitment to our clients remains the same. The ORS Group is focused on empowering people to make decisions to improve their position personally and professionally by providing high-quality service with a passion and dedication that is second to none.

*“We are a one stop solution for all of your employment needs”*



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## The spiritual side of community service



The dedicated team at the Ruah Centre, Northbridge.

• By Alen

The Ruah Centre is located in Northbridge, offering a variety of services to disadvantaged men and women across Perth. They reach out to people with an array of problems, welcoming everyone regardless of culture, background, religion, beliefs, sexuality or disability. They offer drop in services as well as showers, accom-

modation, counselling and crisis assistance.

The Ruah mission is defined by the spiritual foundations of the Catholic Christian paradigm of the Daughters of Charity. The name 'ruah' originates from Hebrew scriptures where it was used to describe 'wind', 'breath' and 'spirit of life'. Today, the name is reflective of Ruah's spiritual history, as well as the

more conventional promotion of 'inclusive spirituality'. Ruah define this term as "acknowledging the innate spirit of each person and recognising that there are diverse paths to nurturing spirituality".

If you would like to support their cause you can make a donation or even a purchase at their op-shop! For more information go to ruah.com.au.

## Thoughts on the metal industry

• By Aaron

The metal industry is in trouble because of bosses not wanting to take time to train their workers. Bosses these days are after people who have all the right qualifications to suit their business, no training needed. Most want you to have a forklift ticket, coded welders certifications, police clearances, drug and alcohol tests, a drivers license and many years of experience. Unfortunately all of the above has to be met or you won't even be considered for a job in Australia.

The metal industry in

Australia is rapidly deteriorating due to the availability of cheap labour in other countries, or cheap labour that has been imported from overseas. Australia mines iron ore and sends it overseas to be formed into sheets, tubing and other metal products. These are then sent back and sold at over double the price.

I believe Australia should consider opening up their own refining mills in order to open up more jobs. I think bosses need to be willing to teach workers the right way to do the job they would like done, this would allow them to find more suitable workers.

## A history of help to Australians in need

• By Jason

From the outbreak of World War One, the Red Cross has been at the forefront of humanitarian services, providing health care and other social aid to people during tough times. It has millions of members and volunteers and operates in 188 countries. The Red Cross defines itself with the seven fundamental principles of humanity, impartiality, neutrality, independence, voluntary service, unity and universality.

With one in 200 Australians homeless, the Red Cross offers relief in times of crisis. The impacts of homelessness can be extreme, resulting in strained relationships and difficulty in finding employment. In many cases these people are in dire need of medical or psychological health care. These people often find themselves detached from the general population or on the wrong side of the law. Everyone deserves safety and security. Red Cross helps achieve this.

## Sony Xperia Acro S review

• By Vincent

The Sony Xperia Acro S is Sony's first foray at a water resistant, high end android phone. The waterproofing is one of many features that are critical for a phone's survival rate. It is a great feature for those of us who are paranoid about breaking their phones.

**Features:** Waterproof 1.5 metres for 30 minutes, 720P IPS Screen 4.3 inches, Dual Core Qualcomm 1.5ghz processor, 12mp camera resolution, runs Android jellybean 4.1.2, 16gb memory, supports, 3g, Wi-Fi, GPS, Bluetooth.

**Pros:** Waterproof, screen has a high pixel per inch density, the custom Sony UI on top of jellybean, you can take it in the shower, one year

Sony warranty.

**Cons:** Non-removable battery, 1.5 GHz dual core processor might not be snappy enough for some, speaker sounds muffled after phone is submerged.

The qualities people look for in a truly rugged mobile device are water resistance, scratch resistancy of the screen, battery life and drop survival rate. These are sometimes essential due to the busy, hectic lives that some people lead. The Sony Xperia Acro S released in 2012 is found to be satisfactory with all of these. However it has been succeeded by newer phones such as the Samsung Galaxy S4 Active, Sony Xperia Z and the HTC J Butterfly.



## From humble beginnings to one million meals!

• By Michele

Beverley Lowe grew up in a small town in South Australia. Her mother operated a launderette and her father was a violent alcoholic. When Beverley was ten years old the police helped the family to flee, assisting them to fly to Adelaide to live with their grandmother. It was here that Beverley learned to cook.

John Lowe was born in the United Kingdom, later moving to Australia to study agriculture. Beverley and John met and married in Darwin in 1976, making the town their home. They eventually moved to Perth, where they noticed homeless people in a park during an evening drive through the CBD. The Manna Soup Kitchen was then born.

At first, Beverley and John would make soup for the homeless. It soon became a full and substantial hot meal. Gradually, Beverley and John had to sell their farm and other belongings to fund the soup kitchen themselves. Through grit and determination they



The Manna kitchen team hard at work.

managed to get much needed publicity and it was only in the later years that Manna became staffed by volunteers. Now, several organisations back its operations through generous funding.

Manna Inc has grown considerably since 1996, branching into a School Breakfast Program in 2001 when it came to Manna's attention that children were going to school hungry. The aim is to

provide substantial breakfast for school children everyday for the duration of the entire school term. In 2011, Manna started its High School Breakfast Program with success. Manna also assists in providing food parcels for families in need and pensioners. During Christmas, Manna prepares special festive food and meals for seniors and the less fortunate.

The Soup Kitchen serves and distributes hot food on a nightly basis to the homeless and disadvantaged, feeding approximately 140 people, six days a week. A volunteer soup kitchen van operates at Weld Park, Northbridge.

According to Manna Inc, there are plenty of opportunities to help and assist the organisation, from 'behind the scenes' kitchen hand to on site soup distributor. If you want to contact them by phone their number is 1300 626 624. Alternatively, you can email them at [volunteering@mannainc.com.au](mailto:volunteering@mannainc.com.au) or check out their website at [mannainc.com.au](http://mannainc.com.au).

## Here Krishna

• By Yan

The Krishna consciousness movement originates from ancient times. The religion is based on human energy and the reincarnation circle of life, which teaches people how to live in peace and harmony with themselves and others. Every Wednesday people from different countries and backgrounds gather together and sing the mantras which allow them to relax and clear their minds. In between singing they share their knowledge, wisdom and stories.



## NEIS lends a helping hand to Aussie entrepreneurs

• By Vincent

NEIS, or the *New Employment Incentive Scheme* helps job seekers to kick start their new small business career through supervised business training, mentoring and financial assistance from the Australian Government.

If someone has a great business idea, the NEIS program will train them in either Certificate III in Micro Business Operations or Certificate IV in Small Business Management, depending on the type of business they are planning. The program will help develop a business plan and guide the client through their first 12 months of trading. The training goes for 13 weeks and qualifies as an approved activity by Centrelink.

Everyone undertaking the NEIS program is assigned a mentor. The mentors are proven to be business savvy with experience in marketing, finance, accounting and sales. They will advise

clientele face to face, helping to ensure business success. When training is completed clients will be moved to NEIS Allowance, which pays the same amount as Newstart. The NEIS allowance lasts for 12 months and is additional financial aid combined with any business profits.

To apply for NEIS applicants have to be at least 18 years old, have a viable business idea, be available to participate in the training program full time, not be bankrupt and received no NEIS assistance 2 years prior. You can submit an online application via [absnetwork.com.au](http://absnetwork.com.au). There is also a PDF version available which can be posted, scanned or faxed to the office. You can also contact one of their staff and they will send an application form to you.

WA NEIS success stories include Matt Devlin Photography, Miss Erika, Weddings 2 Love and A Story Of. Congratulations to these successful entrepreneurs!



A Story Of show off their wares at a local market.

## Nocat's meow left unheard



Some of the Cat Haven's newest residents.

• By Jarrod

The Cat Haven has kitties! See them live on webcam for all the furry fun you could wish for. Their headquarters are located in Shenton Park if you want to go check out the kitties and say hello. You can also visit their website found at [cathaven.com.au](http://cathaven.com.au), it's the place to go to for your new feline companion. The Cat Haven have all of them, from crazy to sedated.

As per their website, the Cat Haven have been "rescuing cats from the perils of the streets" since 1961. They live

by the philosophy to never say 'no' to a homeless cat or kitten, operating a ranger service to rescue abandoned felines in need. They also promote adoption and even offer a boarding service. If you are looking to get your cat sterilised or de-sexed they also do that too. It's a one stop shop for all your cat related needs.

Some of their sponsors and partners include The Government of Western Australia, Pet Barn, Lottery West and the City of Subiaco. You can help by donating, volunteering, fostering or even becoming a member. Meow!

## Homes West gives roofs to those in need

• By Brodie

Homes West is a government organisation that supplies and maintains houses around WA. All Homes West housing is close to public transport and easily affordable. Homes West is a popular service, causing their waiting list to be over three years. This makes it hard for them to accommodate people unless they have 'special' circumstances, for example a pregnant woman who already has children, the elderly or people disabilities.

Homes West has been in operation since 1985, making sure that people are safe from

the threat of homelessness. Before 1985 Homes West was known as the 'State Housing Commission'. In 1952 the department announced plans to build an oil refinery in Kwinana which was to produce 40% of Australia's petroleum products. The department was also in charge of building housing in the surrounding areas. The houses were occupied by men who were working on the refinery. This is just one of the historical events that was made possible by the Department of Housing. No doubt there will be many more as Homes West continues to help out.

## Retail industry threatened by online shopping craze

• By Rosemary

I think that getting any job that you want is hard, especially if there are too many applicants and companies closing down. I have a Certificate II in retail and enjoy helping customers, that's why I want to work in the retail industry. It's not a hard job and there are plenty of

promotions available, such as becoming a manager or taking over a store of employees.

People don't like to shop that much, that's why these days we have the internet to do it all online. People hate to get dressed up, catch public transport and get their family ready. With the internet and your credit card you can

get goods delivered to your front door without any safety risks or effort involved. Some people hate the crowds but without people there are no social interactions, vocabulary improvement, fun events and parties. Where has that all gone now?

We may be changing for the better but to me it seems to be getting worse.

## Job seekers offered 'new start'

• By Vincent

Newstart Allowance is essentially a financial assistance service provided by the government for people that are looking for work. To be eligible you have to be 22-64 years of age, looking for paid work, prepared to meet all activity tests whilst looking for employment and meet all required income and assets tests.

To apply for Newstart Allowance you call 132 850 during Centrelink business hours (MON-FRI 8:00am - 5:00pm). An attendant will then organise an interview for you at your closest

Centrelink office.

At the time of writing, the payment rates for Newstart Allowance are as follows: Single, no children \$497, single, with a dependent child or children \$537.80, single, aged 60 or over, after nine continuous months on payment \$537.80, partnered (each) \$448.70, single principle carer \$683.50.

There is an agreement you sign to get the Newstart Allowance, this details that you must provide evidence of ten job search contacts per fortnight and record this information in an issued Job Seeker Diary.

At three months of unem-

ployment job seekers are required to attend mandatory appointments with employment providers, whose primary responsibility is to assist the job seeker to re-enter the workforce.

Once unemployed for over 12 months job seekers enter the work experience phase, where they are required to have intensive assistance. They will be asked to do activities such as Work for the Dole (like ORS Community Newspaper), accredited study, part time work, volunteer work or a combination of these.

For more information go to [centrelink.gov.au](http://centrelink.gov.au).

## Just 'Google it'

• By Cieran

Google Inc is a worldwide corporation that was founded by Larry Page and Sergey Brin while attending Stanford University in 1998. The two currently own 16% of the shares. Google is primarily a search engine, capable of finding anything on the web. This includes things such as pictures, websites and videos. There is also a Google Maps feature which allows you to see everything from a bird's eye view. Google Translate is also a very popular function.

Google quickly became a very commonly known and used site, however could only be used through other browsers, such as In-

ternet Explorer or Firefox. In 2004 Google branched out and made their own search engine called 'Google Chrome'. Like most successful products, it has been updated since its launch.

Today Google is a billion dollar corporation, generating a profit of over 10 billion dollars in 2012. The corporation also owns several other popular sites, such as YouTube and Blogger. At the end of 2012, Google was the most visited site in the world! Google helps a lot of people with all sorts of things. It keeps people up to date on news and makes learning and conducting research quick and easy. You can also convert currency, get an email address and read books.

→ THERE ARE COUNTLESS CHARITIES AND NOT-FOR-PROFIT ORGANISATIONS AROUND PERTH THAT YOU CAN GET INVOLVED WITH. THEY ARE ALWAYS LOOKING FOR VOLUNTEERS AND HUGELY GRATEFUL FOR ANYONE THAT CHOOSES TO DONATE THEIR TIME. TO BROWSE VOLUNTEER OPPORTUNITIES GO TO THE RELEVANT WEBSITE OR FOR INSPIRATION: [VOLUNTEERINGWA.ORG.AU](http://VOLUNTEERINGWA.ORG.AU)

## The Northbridge guide for all budgets!

• By Cate

Northbridge is an inner City suburb of Perth, popular with tourists and locals alike. It is Perth's cultural and entertainment area, just a few minutes walk north of Perth City. Just a short stroll across the Horseshoe Bridge and you are there! It is a vibrant and exciting area, with cafes, restaurants, shops, galleries, cultural events and festivals. Northbridge also contains a wide selection of cuisines. These are our top picks!

### \$ Low Cost

• *Mela Indian Sweets & Eats*

428 William Street, Northbridge.  
Diner's Review: "authentic Indian, flavoursome food and top class service!"

• *Yod Thai Cafe*

328 Bulwer Street, Northbridge  
Diner's Review: "food is delicious, service is friendly, it's a great little place."

### \$\$ Moderate Cost

• *Sayers Sister*

236 Lake Street, Northbridge  
Diner's Review: "Best breakfast in Perth! Beautiful, creative food, fab coffee."

• *Tasik Indonesian*

63 Aberdeen Street, Northbridge

Diner's Review: "Lovely setting, friendly service and BYO! Would definitely come back"

### \$\$\$ Higher priced

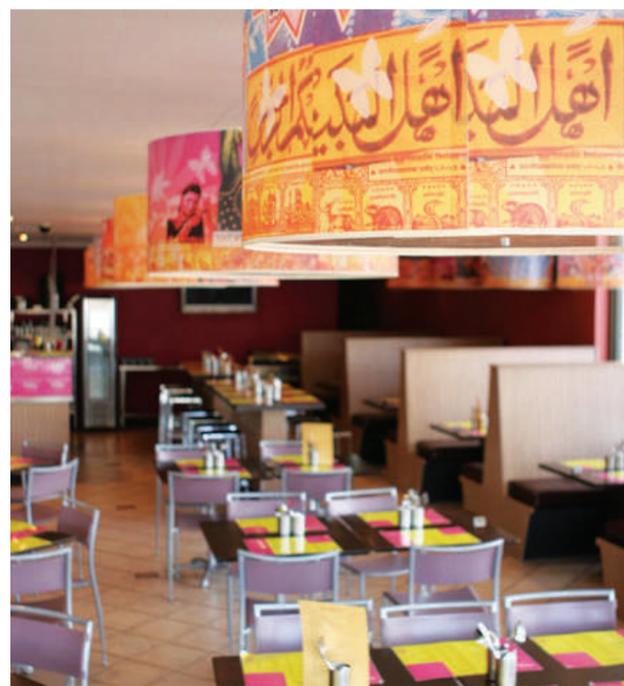
• *The Bonsai Restaurant & Cafe*

30 Roe Street, Northbridge  
Diner's Review: "Food is great! Service is exceptional, surroundings are sophisticated, overall highly recommended."

• *Mez Mediterranean Cuisine*

182 James Street, Northbridge  
Diner's Review: "Food is sensational! Authentic Greek, great staff and excellent location."

**Bon Appetit!**



Mela's colourful decor.

## The Perth tapas trend

• By Michele

Tapas originate from Spain and are essentially an assortment of appetisers or snacks. Traditionally, tapas are served as 'starters' but have recently evolved into main meals. The small servings are designed to encourage conversation between diners. In some bars, patrons are encouraged to stand or move around while eating. In Perth, tapas bars are gaining immense popularity.

The Gypsy Tapas House in Fremantle is a popular restaurant which serves traditional tapas at \$8 each or \$40 per head for a

banquet meal. Its live music and Spanish decor makes for a friendly and relaxed environment.

The trendy Amorphas Tapas Bar and Restaurant in West Perth has a modern European style and it is popular with office workers surrounding West Perth. Dishes start at \$8, many diners recommending the squid and baby calamari.

Duende Tapas Bar is hugely popular in Leederville, offering a huge variety of unique foods. The restaurant is particularly good for groups of friends with different palates as there is something to suit everyone! The atmosphere is a mixture of leather booths, wooden furniture and beaded curtains.

Tapas is a great way to interact and socialise with friends while enjoying delicious food!

## Food for thought



**PAWS: People and Animal Welfare Society.**

• By Yan

PAWS was opened in 2000 as a not-for-profit, non-government organisation which stands against animal abuse and live export. The facility has a cafe which offers tasty vegetarian and raw food meals. Raw cakes made from cacao, nuts and other natural ingredients are very popular as they

provide health benefits equivalent to a plate of salad, each one having a unique and exquisite taste! As well as the cafe they also have a big selection of organic food, drinks, skin and body care products for sale.

Most of the equipment and furniture they have in the store has been donated by people or big corporations. For example Qantas has recently provided them with chairs which they removed from offices after a recent renovation. Now all the seats are red!

Another mission of PAWS is to take care of homeless or travelling people by offering food and shelter in a separate building nearby.

PAWS is centrally located on Beaufort Street, making it easily accessible for the general population, especially those who live in the city centre.

## Would you like noodles with that?



The unique and very appetising ramen burger. Photo courtesy of newshoop.com.

• By Michael

The ramen burger is the newest food craze sweeping the internet. Invented by Brooklyn chef Keizo Shimamoto, the burger is influenced by Japan's experimental take on the burger by replacing the classic bread bun with a ramen noodle cake. This over-the-top creation has gained wild popularity since it was unveiled at Brooklyn's 'Smorgasburg' restaurant in July. However you don't need to book a flight to New York to enjoy one! We have a recipe that you can use to make one in your own kitchen. Try it out for yourself or impress your friends with the latest in burger technology.

### Ingredients (for one burger)

1 packet ramen noodles  
2 eggs, divided  
2 tablespoons oil  
1 tbsp ketchup & 1/2 tsp hot sauce (whisked together)  
1 beef burger patty  
Soy sauce & sesame oil  
1 slice cheese

1 spring onion (thinly sliced)

1/2 cup rocket

### Directions:

1. Cook the ramen, drain off liquid and let cool. Whisk 1 egg, add ramen and toss thoroughly. Divide into two portions.

2. Cover the ramen with plastic wrap, and weigh it down with a can to flatten into bun shape. Refrigerate for 15 mins.

3. Add the oil to a pan and set over heat. Once hot, place ramen buns into pan. Cook until golden brown on both sides.

4. Season the hamburger patty with soy sauce and sesame oil and cook as desired. Top with a slice of cheese.

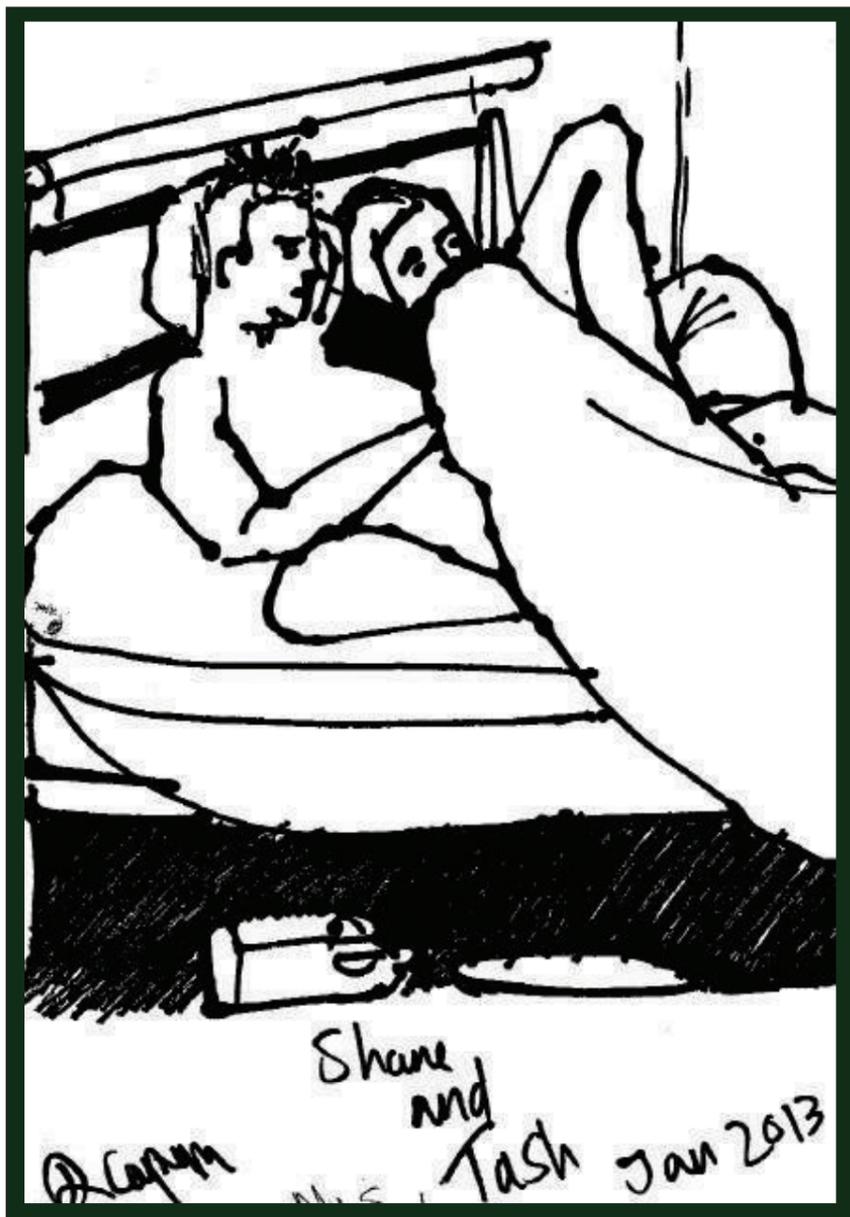
5. Lower pan heat to medium. Add 1 tbsp of oil and fry egg sunny side up.

6. Assemble the burger as follows: ramen bun, rocket, spicy sauce, burger, cheese, fried egg, spring onion, ramen bun. Serve hot and devour!

→ **RIGHT NOW PERTH'S HOSPITALITY INDUSTRY IS THRIVING! THE BEST WAY TO FIND WORK IS TO DROP OFF YOUR RESUME IN PERSON. ASK FOR THE STORE MANAGER TO MAKE A GOOD FIRST IMPRESSION AND FAST TRACK YOUR RESUME TO THE TOP!**

**Thought of the day:** David Icke is my hero. What he says, I realised 20 years ago. If you want a new world and a better system open up your ears and listen to David Icke on YouTube. His visions are to create a more honest society, stop suffering and encourage integrity amongst the human race. This means a better world for every human, not just a select few. We need harmony. Forever.

• By Denise



## Flowers

*Flowers are beautiful, and trees.  
They give us natural beauty,  
And provide us with food,  
In return, all mankind does,  
Is concrete the earth,  
And desecrate it.*

D. Caparn

## FUN FACTS WITH YAN!

• By Yan

- The 'banana tree' is technically a herbaceous plant (or 'herb') because the stem does not contain true woody tissue.
- Every day the average person loses 60-100 strands of hair.
- Your teeth start growing six months before you are born.
- The Sun is so far away from earth, its light takes eight minutes to reach us.
- For every human in the world, there are one million ants.
- A snail can sleep for three years at a time.
- Bats always turn left when exiting a cave.
- The tallest volcano on Earth is Mauna Kea in Hawaii. From its base (the bottom of the ocean) to its peak, it measures 10,203 meters (bigger than Mount Everest!)
- When we wake up from sleeping, the human brain produces enough electricity to power a small light bulb.

## ☀ SUMMER WORD SLEUTH

See how many summer related words you can find!

S N K B K T B Z F B S S R B M  
M X C V X H F E E N T P B O M  
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# Discover the natural beauty of our incredible state

• By Yan

I have been living in Australia for the last six years, the first three of which I spent travelling around WA. I originally arrived to Australia with the purpose of assisting my family with the English language, and generally supporting them through the difficulty of changing countries and being alone. I was planning to stay for only six months, however later my family asked me to stay longer. Eventually I was carried away by Australian nature, amazed by the large quantity of different and beautiful places that Western Australia has to offer.

I would travel away for up to two weeks at a time, going to many beautiful places over the three years. Most of them were easy to access with any kind of vehicle, but some you could only get to with a 4WD. The hidden, inaccessible spots are the most beautiful places you can be.

I recall one day where we found ourselves stuck on a dirt track, even in our 4WD. There was only a short distance to go, about five to ten kilometres to the ocean site. When we finally



Cape Le Grand's Frenchman Peak on a stormy winters day.

got there we were amazed by the astonishing beauty and isolation of the place.

The beach was something out of this world, it was like someone had created it out of nothing. I felt like I was dreaming, transported to another place. It seemed as though everything there was created to make the lucky few people who were brave or silly enough drive that difficult

road feel special. Like they were on the verge of something absolutely wonderful, given as a reward for choosing the hard way, and not giving up until the end.

We were all very dirty from the mud that we had been stuck in, yet standing there we couldn't believe our eyes. The sand was pure, and white as snow. The weather was perfect. Clear blue skies, no

wind disturbing the surroundings and the gentle warmth which makes you forget about everything and feel like you are melting into space.

The trees on the beach were black and curved in a very mysterious way. It was possible to lay down on them like a hammock, offering a natural comfort which made you feel heavenly snug. That place was about 50 kilome-

tres from Bunbury.

Another of my favourite places is a beautiful little beach in Albany. All year round the small lagoon is full of calm blue water that gently laps in between volcanic formed bridges. There are only a few places in the world where you can see water which is that kind of blue!

Another place, which is about 800 kilometres away from Perth, is Frenchman Peak in Cape Le Grand National Park. It has an amazing energy. The peak is only 262 metres tall and looks like a natural Egyptian pyramid. It has a cave which goes straight through to the very top. Once you reach the summit you are able to see for many miles in all directions. If you feel tired after the climb you can have a nap in the shade of the cave, where nothing will disturb you. The closest town is Esperance, about an eight hour drive from Perth.

So next time someone asks you to join a them on a trip, or you don't know what to do on the weekend with your family and friends, don't think twice. Go and meet Mother Nature in all her beauty and eternity!

## Destination: Tokyo

• By Michele

Tokyo conjures up images of fun and excitement, renowned as one of the most interesting and culturally rich places on earth. This guide features some of the best, and most popular visitor's spots in Tokyo. It is by no means exhaustive!

• **Shibuya Crossing:** Shibuya has been featured in many movies such as *Lost in Translation*. It is one of the most famous spots in Tokyo with bright neon lights and crowded roads. In addition, Shibuya is one of the best spots in Tokyo for nightlife and shopping.

• **Imperial Palace:** The Tokyo Imperial Palace is surrounded by moats, gardens and massive stone walls. It is easily accessible, just a short walk from Tokyo Station. The Imperial Family resides there, however many of the attractions are still opened for public viewing.

• **Harajuku:** Harajuku is perhaps one of the world's most

famous people watching places on earth. It is a trendy shopping area for Tokyo's teenagers. Freedom of expression is embraced in Harajuku, therefore you are able to witness some of Tokyo's most outlandish fashionistas.

• **Sumo wrestling:** Sumo wrestling is undoubtedly Japan's signature sport. The Ryogoku area has sumo wrestling stadiums where you can witness traditional sumo matches.

• **Cherry blossom viewing:** During the spring months of April, Tokyo comes alive with vibrant cherry blossoms, offering a spectacular flower display. Many Tokyo residents enjoy picnics and gatherings under these trees.

• **Tsukiji fish market:** Tsukiji fish market is perhaps one of the world's biggest wholesale fish and seafood markets. Come in early at 5.00 am and witness frozen tunas being auctioned, some are worth more than \$20,000 AUD per fish!

## History that rocks



The light at sunset gives Stonehenge a mysterious glow.

• By Jeannette

Stonehenge is a must see place if you like rocks with history. If you find rocks boring, half an hour is the maximum time you would spend there. However if you are like me then these rocks hold an unexplainable fascination. They are timeless pieces of history from a bygone era, a historic insight into amazing

things that our ancestors built. Why they built them is up for debate, however the accepted reason among colleagues is that they were used as a calendar.

I have had the opportunity to visit Stonehenge twice. Once during the day I met up with a gentleman who knew amazing things about the structure, including some of the more 'out there' ideas of sacrifice and

aliens. He was from the Stonehenge Historical Society. We spent over two hours marvelling at the site.

The next time I went at night for the 'Fire Garden at Stonehenge' event. It was an amazing opportunity to get in amongst the ancient structure. The twilight evening was cold but they had citronella candles lighting up the paths and music playing to enhance the experience. They also had other structures such as a metal sculpture of a man riding a bicycle and long, fire filled structures that would 'explode' with flames and smoke.

Everyone was happy to be there and cameras were flashing the whole night. It was one of those special occasions where you had to be there to understand the excitement and awe that the people had for this amazing timeless structure.

## Wild Bull offers authentic craft brewery close to home



Wild Bull's outdoor area, especially nice in the summer months!

• By Brian

Located approximately 190 kilometres from Perth in the scenic Ferguson Valley, Wild Bull Brewery has been in production for four years. The brewery is set amongst native bushland, boasting sweeping vistas of vineyards, farm pastures and Wellington National Park. What better setting to enjoy the company of good friends over an ice cold, traditionally handcrafted beer?

This microbrewery has available on tap a range of five full bodied, deep coloured, preservative and additive free beers, all brewed using an array of malt and hops, which is evident in

Wild Bull beer's deep coloured presentation.

In addition to the lush beer garden, the brewery also includes an indoor bar area where customers can enjoy the scenic views from inside on those hot summer days, or take in the fresh country air while enjoying a cold beer out on the verandah. This family and disabled friendly brewery makes available wheelchair access for special needs customers, while the 'Bull Ring' creates a space for kids to play, as well as converting to an outdoor venue catering for functions, events and gatherings.

The kitchen has a wide selection of hearty meals that compliment any of Wild Bull's beers. Kids are

well catered for with their own special menu, and for those looking for something smaller there is an 'All Day Grazing Menu' which features a selection of light meals that will still leave enough room for patrons to enjoy a few more beers.

Why not make your day at the Wild Bull Brewery a shopping experience as well, with a visit to the gift shop. A choice of locally produced arts, crafts, paint wares, wooden ornaments is on display for viewing or purchasing at your leisure. Wild Bull merchandise is also available, with a selection of clothing, glasses and stubby holders and key rings to keep as a memento of your visit.

So what makes microbrewery beer a better choice than the greater selection of beers available at an urban or suburban pub? I think that drinking microbrewery beer has more appeal because it is traditionally handcrafted, giving it the rustic character that is evident in the colour, flavour and body of the brew. While country microbrewery prices may be a little more expensive than their city pub counterparts, we should remember that the whole idea of visiting a country microbrewery is because we are looking for a fresher alternative to the endless choices of shelf and tap beers sold in the city. This has made the process of buying and consuming beer a rather dull experience for many seasoned beer drinkers.

For a detailed review of Wild Bull's beer selection make sure you tune in to our next issue!

## Surfing WA in the 'good old days'

• By Aaron

Once upon a time way back in 90's, I worked as an apprentice sheet metal worker. Every evening after work at around three o'clock my brother, his mate and I would travel to Trigg or Scarborough and work our way back to North Freo looking for the perfect waves and the best spot to body board or surf until the sun went down.

If you don't mind reef breaks then Trigg Point, Geraldton, Mandurah or Cables (which is near Cottesloe) are some of the better ones. If you like sand bars or open beach breaks I would go to Scarborough which has big waves however most are usually close outs. Cottesloe and Secret Harbor have smaller waves but they are still rideable.

Personally, if you were to go body boarding the best breaks are down in WA's south west. Just past Margaret River is Conto's which has wonderful, easy to ride waves that are around four to eight foot. If you are after big, destructive waves I would go to South Beach where the swell averages around 6 to 15 foot and closes out. South Beach has warning and 'enter at own risk' signs everywhere, advising people to stay away from the water and to watch out for freak swells, sharks and other dangers. South Beach is very similar to Waimea Bay in Hawaii which churns up one of the biggest, strongest, most destructive forces produced by the ocean. The 'lip' or the top of the wave at South Beach is so thick that it is extremely hard to swim through. However if you can make it out to the back you will be in for a great ride. The white wash is intense, like a huge, scary washing machine that tumbles you round and around. When you stop you have to try and reach the surface... If you can still breathe!

I believe South beach or Conto's are the best waves on the entire West Coast.

**Below: A beautiful day for a surf at Conto's!**



## Get ready Perth... 'The Boss' is coming to town!

• By Brian

For fans of 'The Boss' Wednesday the 5th, Friday the 7th and Saturday the 8th of February 2014 will be for many, the concert experience of a lifetime. Due to an overwhelming response, Bruce Springsteen and the E Street Band will play three concerts at the Perth Arena.

Presented by Frontier Touring, Springsteen will perform in Perth for the first time ever. Tickets have been on sale to the general public since Monday the 26th of August 2013. Ticket prices are as follows: Front standing (general admission) \$230.65, A Reserved Seating \$230.65, B Reserved Seating \$198.75, C Reserved Seating \$148.65, D Reserved Seating \$132.15.

Described by fans and critics around the globe as 'the greatest rock 'n' roll show in the world', Bruce will deliver two of his legendary marathon concerts for his Perth fans when he takes the stage. Fans can expect to see Bruce perform many of his most popular hits that have spanned nearly five decades.

Springsteen has sold over 120 million records worldwide. When it comes to credentials he has an abundance of impressive awards to back up his reputation as one of



A teaser poster for Bruce's upcoming visit. Photo courtesy of pertharena.com

the greatest rock and roll performers and song writers of all time. He has received 20 Grammy Awards, two Golden Globe Awards and an Academy Award, as well as inductions into the Rock and Roll Hall of Fame, Song Writers Hall of Fame and the American Academy of Arts and Science.

Springsteen's long-time manager and producer Jon Landau said that concerts in Australia earlier this year were some of the greatest and most memorable. As soon

as the final concert was over they began working on a plan to return to Australia in 2014. The 2014 Australian Springsteen concert schedule promises to be one of the finest. If the following quotes are anything to go by then Perth Springsteen fans are in for a treat.

"Sometimes a show takes the breath out of your lungs and leaves you speechless. In awe, unsure how to articulate what you just witnessed. Bruce Springsteen and the E Street band is one such show."

- *Sydney Morning Herald*.

"This is the legendary E Street Band and nobody can keep up with them. Nobody can come close. Mark my words they're the best there is... Bruce Springsteen is the greatest performer I've ever seen and if you pass the chance up to see him live then your life will be poorer for it." - *The Brisbane Times*.

But I think that this quote sums up what fans can expect: "Really is the greatest rock and roll show on earth." - *The Australian*.

All I can say is 'rock 'n roll' on the 5th, 7th and 8th of February! It's going to be a wild ride. For more concert information go to pertharena.com.au and click on the event calendar link. For more information on Bruce check out his official website, located at brucepringsteen.net. If you can't wait until February for Bruce to arrive then check out these albums to satisfy your cravings: *Wrecking Ball*, *Born to Run*, *Born in the USA*, *Magic* and of course, *Greatest Hits!*

## Get hooked on Orphan Black

• By Vincent

Orphan Black revolves around Sarah Manning, an orphan girl from Britain who happens to stumble across a suicide in a subway. The twist is that the girl that looks exactly like her. Sarah steals her identity, fakes her own death and walks in her shoes as she tries to escape from her psychotic boyfriend Vic (Michael Mando).

Instead she gets caught up in a mystery, discovering the existence of clones of herself. The clones include personali-

ties such as an American soccer mum (Beth), San Francisco university student (Cosima) and a mentally unstable assassin from Ukraine (Helena). They are all played by the same actress, Tatiana Maslany. We follow Sarah's journey as she tries to find out who created the clones and why they are killing them off.

Overall, it's a great suspenseful drama with lots of plot twists and turns. In particular, Maslany's ability to play out multiple personalities sets it apart from other shows, highly recommended!

## Chilli recipe is hot stuff



• By Rosemary

Recipe to Riches is a new show on Channel 10, all about how to prepare delicious food and freeze it afterwards. One of the stand out contestants was a lady named Sara-Jade Bradbury. She is a flight attendant and going out with Anthony Jackson, a

former Birds of Tokyo bassist who serenaded the judges when Sara gave them a sample of her dish. When she won she got given a golden ticket, just like in Charlie and the Chocolate Factory! She then had to make large amounts of chilli with the help of volunteer cooks. Afterwards, Sara and the marketing

specialist worked together to design pictures for the packaged food, asking the general public for ideas and help.

The chilli product then hit the shelves at Woolworths in St George's Terrace. Sara-Jade even made a special guest appearance! She said her grandma made it at home and she loved the smell and taste of it. She enjoys using chilli in everything and is learning to use different spices and exploring what goes well with different foods.

She won one round but the overall winner will get \$100,000 in cash, as well as a partnership with Woolworths. Her food sounds delicious and I can't wait to try it out when I go to Woolworths. Keep watching Recipes to Riches every Tuesday night on Channel 10 at 7pm to find out what happens next!

## Classic Kiwi humour fix alert

• By Jarrod

The Almighty Johnsons is a comedy/drama TV series from New Zealand. It is about a group of brothers who discover that they are Norse Gods reincarnated. It follows Axl Johnson, the youngest of the brothers who discovers he is a Norse God reincarnate called Odin. He must find Frigg (Odin's wife) in order to restore their powers to full. There are various Norse Gods mentioned and portrayed throughout the series - Odin, Ullr, Braagi, Hoor, Baldr, Loki and Thor.

It has many funny one liners and clever story lines. The show is interesting and suspenseful because no one knows when Odin is going to find Frigg. This keeps you watching!

It used to be on Channel 10 some time ago. While the show is no longer screening in Australia, you can always download it online at any time. If you enjoyed *Outrageous Fortune* you would probably like this too. Some of the same actors feature in both the productions and the sense of humour is similar. For a good old Kiwi laugh look no further!

## Bon Jovi set to rock the arena!

• By Brian

The Dainty Group is pleased to announce that Bon Jovi will perform at Perth Arena as part of their national *Because We Can* tour. There is one show only, scheduled for Thursday December 12th 2013. Making sure there is something for every fan's price range, Bon Jovi has a wide selection of ticket options available, with prices starting at \$35.00. However if your budget allows for something more expensive then check out the following prices: Silver ticket \$129.00, Gold ticket \$199.00, Platinum ticket \$249.00 and Diamond ticket \$299.00.

In what promises to be a showcase of Bon Jovi's impressive array of hits, fans can expect to witness a memorable concert played at ear splitting volume! Along

with their well known hits, Bon Jovi's concert will also feature tunes from their latest album, *What About Now* that debuted at #1 on the Australian Charts.

According to many fans, touring and playing live is a return to what Bon Jovi do best. Bon Jovi certainly lives up to their reputation as one of the best stadium/arena bands to come out of America. They were recently described by *Billboard Magazine* as "a joyful musical tour de force". The bands seemingly ageless lead singer Jon Bon Jovi is still able to effortlessly hit the high notes to get the crowd on their feet and singing at the top of their lungs. It will undoubtedly be a night of fist pumping, lung bursting audience participation!

*Buffalo News* hailed their concert as "a triumphant, hours long set of monster ballads, fist pump-

ing anthems and a lot of new material that sounded like all of those things." The *Centre Daily Times* review read "ending the night on a high note, the members of Bon Jovi took a bow and exited the stage while the rowdy audience continued to cheer and shout their approval long after the band was gone."

The bands return to touring has seen the latest episode in a long run of success that has kept Bon Jovi at the top of the rock and roll pile. They have played more than 2,700 concerts in over 50 countries to 35 million fans, reinforcing their reputation as one of the hardest working bands in the rock and roll industry.

So if it's a loud, sweaty, sore throat experience you're after then Bon Jovi's concert on Thursday the 12th of December 2013 will provide all this and more!

## A night in the life of a Freo busker

• By Tim

It is Saturday night, around eight pm and I am on a bus to Fremantle. I have a guitar, three harmonicas, a tambourine, a large coat and a colourful scarf. The coat is essential because I plan to stay out as late as possible and the cold sets in heavy around ten thirty. I play mainly shaky original songs with a few by the Violent Femmes and the Brian Johnstown Massacre thrown in there. It takes me around twenty minutes to get through my repertoire and when I am done I have a little break and start all over again. People respond better to songs they know or songs they can dance to. One fellow once gave me a twenty dollar note for playing *Add It Up* but mainly it's one or two dollars at a time.

I first set up in an empty shop front about halfway between the train station and the clubs. The shop front has an enclave about two metres wide and a metre deep which bounces the noise I make out on to the street and sets me back from the pedestrian traffic. I spread my scarf out and weigh it down with a few coins from last night. This is essential because for some people the sight of the coins opens some subconscious desire to add to

them. Most people will judge your talent by how much money you have in front of you rather than stopping to listen. I am not too worried about making much at the moment. It is still early so I mess around tuning my guitar and watching the people stream past on their way to get drunk and dance around gormlessly.

Right now I am an accessory to the start of their night, just part of the scenery. If the people feel good they might throw me a dollar in silver or

a couple of cigarettes. Once I have made about seven dollars I go for a walk to see who else is out tonight. I am friends with quite a few of the regular buskers, mostly backpackers looking for cheap kicks and an experience worth telling their friends back home. I stop to chat to the French bead sellers set up on the little bench outside Time Zone. They are very jovial, passing around a plastic bottle full of cask wine and smoking rollies. We talk for a while about music and travel

then have a little jam with a pvc pipe didgeridoo and my tambourine. They tell me about a party one of their friends is having and tell me to come back around 11pm to get a lift in their van. I say I will be there and move on to set up again.

As I am walking I see a large man with a shaved head lying down on a bench, I know this man. He is a local street person who hangs around St Pats. The first time I saw him he offered me ten dollars to play my guitar so I

handed it over. He sang some simple blues in a voice ravaged by years of white ox and VB, and then proceeded to tell me all his best prison fight stories, finishing off with a light punch in the gut. It took me twenty minutes and four cigarettes to get my guitar back. I have given him a wide berth since then.

After nine my earnings really start to pick up. People are feeling good and there are lots of smiles. I play solidly until my fingers hurt, beefing out my set with long instrumental breaks and by quarter to eleven I have made thirty five dollars. I go to the bottle shop and buy a bottle of wine and a pack of Pall Malls. I then start to walk back to Time Zone.

I have done well tonight and feel very happy. When I get back to my French friends they are in a fantastic mood. One of them dances around to psychedelic trance and they tell jokes and speak very quickly. They tell me that they pitched together and bought a van for three hundred dollars. None of them have a licence but that hasn't stopped them driving to Broome and back. Their van is parked near the prison in the free parking and we set off together for the next part of the night...



A street jazz band grooving away to make a few pennies!

## Beatty Park helps Perth stay happy, healthy and active



The outdoor pool at the brand new Beatty Park complex.

• By Yan

The health issue stands strongly today more than ever before. This is because the modern world requires more energy and focus from its population. As a result, many people get thousands of different problems because of the stress and harmful life style which humanity has never known before.

The simple solution is to join a local club which is close to your home, look after your nutrition and stay hydrated. It's so much easier to stay motivated if you join a club which you can walk or cycle to in no longer than 15 minutes. This way you don't feel like you losing your time.

It's also a good thing if you have a grocery store on your way to the gym. It feels nice when you can combine sport and shopping every day. You can have the freshest food for yourself and family eve-

ry day, and also bring an element of surprise to the family dinner, as no one will know in advance what you are cooking.

I was a member of Fitness First for years and was doing the same things every day. A few months ago I moved to West Perth and now I live just a minute away from Beatty Park complex. I spoke to many people of different generations, lots of them having positive memories of this place. The complex was recently renovated in a 17 million dollar redevelopment. They have an agreement for upgrading all the gym machines to the latest and most advanced every three years.

The swimming pool is one of the best the Perth has to offer, as is the sauna. They often host local and national swimming competitions in the facility. Beatty Park is very well known by locals and loved by people of all different ages.

## Get your golf on

• By Alex

There are all kinds of golf courses around Perth. Here are some of our favourites.

**Collier Park Golf Course:** If you are looking for a challenge then Collier Park golf course is the one for you! They have three different types of courses (pines, lake and island), all of which have nine holes to each.

**Whaleback Golf Course:** Whaleback golf course is one of the best in Perth, largely because of their 18 holes on the one piece of land.

**Canning Vale Country Club:** If you are looking for a casual game, have kids or are just starting to play golf then this is the course for you. It is one of the smaller courses in Perth and is very friendly and welcoming to all players.

## Sports stars make even the biggest of salaries look small

• By Cory

If you want to make millions then professional athleticism is clearly the industry to be in. Endorsements, sponsorship and winnings can leave you with more money than you could ever dream of. Of course, you'll have to be blessed with world class sports skills, good looks (if you're lucky) and determination. Here's a list of the highest paid athletes at the moment.

Tiger Woods (golf) - \$78.1 million  
 Roger Federer (tennis) - \$71.5 million  
 Kobe Bryant (basketball) - \$61.9 million  
 LeBron James (basketball) - \$59.8 million  
 Drew Brees (football) - \$51 million  
 Aaron Rodgers (football) - \$49 million  
 Phil Mickelson (golf) - \$48.7 million  
 David Beckham (soccer) - \$47.2 million

## Tango your way to a more fulfilling lifestyle



A pair of passionate tango dancers twirl around the floor.

• By Yan

About one year ago I was invited to a tango dance class in West Leederville, acting as a partner for my Russian friend. Back then I had not even slightest idea about what kind of event it was. When I arrived there I felt like I had travelled back in time. The people were very well dressed, dancing and having a joyful time talking to each other. It was exciting and inspiring to be there and be part of that atmosphere.

It's a very positive feeling to see everyone's faces full of peace and

happiness. They aspire to belong to only that dance, forgetting about everything else and living only for that person and that moment. Many people lack that kind of connection in their lives, which is why they come to tango dance almost every day.

According to Wikipedia tango has all sorts of health benefits, including making people feel more relaxed, less depressed, and experience an increase in testosterone levels. Lots of people travel all around the world to meet different tango dancers who

have the same interests as themselves. For the world champions, tango is not just a hobby but a way of life!

I now visit every week for the evening events. The other people who go there are intelligent and well mannered. Everyone has an interesting story to tell, and if you are open with them they will be open with you, confessing what they are afraid of in life, what they dream about and why they enjoy tango. Anyone who is looking for the next level in relationships or friendships will find what they are looking for here!