

50 something

AUSTRALIA'S WIDEST CIRCULAR

Ultimate Roads

India, Morocco, Peru

The 1969 Moon Landing

Jay Barbree on Neil Armstrong

So It's Cancer

What Next?

Baking Basics

Apple Strudel &
Pistachio Shortbread

Internet Connections

Which Ones Where

A portrait of Rachel Ward, a woman with dark, wavy hair, wearing a dark blazer and a necklace with blue and gold beads. She has her arms crossed and is looking directly at the camera with a slight smile.

Rachel Ward

"I got a little lost in the character of Meggie"

50something

AUSTRALIA'S WIDEST CIRCULATING OVER-50S MAGAZINE



18 Behind the Lens

Actress and director Rachel Ward talks family, life and being taken seriously with Rosemary Desmond.



37



38



40



46

20 So it's cancer. Where to next? One in two Australians will be diagnosed with cancer by the age of 85. Oncologist Ranjana Srivastava outlines the next steps.

24 Space Explorer NBC correspondent Jay Barbree reported astronaut Neil Armstrong's moon landing in 1969. He reflects on a special friendship.

26 The Gold in Old If the pension age increases to 70, employers will have to embrace older workers. Casey-Ann Seaniger examines who's taking the lead.

29 Judge Willing A court can now write a Will for a person who's still alive but unable to write one themselves. Margaret Arthur explains.

32 Agony Planner Struggling with superannuation, pensions or shares? Colin Lewis answers your questions.

First Up

9 Letters

12 News

14 Executive Diary

16 Campaigns

Epicurean

37 Top Shelf The big, boisterous 93-year-old Archibald exhibition is a Who's Who of contemporary Australian culture. Sheona White picks her favourite portraits.

38 Sweet Tooth MasterChef's Lucy Wallrock shares her very simple apple strudel and pistachio shortbread recipes.

40 Highways to Heaven From the Dolomite to Khardung La, Mike and Denise Ferris go in search of the ultimate, heart-stopping motorbike ride.

Time Out

44 Puzzles

46 Legends Jack Brabham leaves others in the dust

48 Tech Spec Internet connections deciphered

50 The Last Word Multicultural tastes

Cover Rachel Ward finds her groove Photo Mark Rogers



Spring dawns with endless possibility, and, in that vein, there's something for everyone in this issue.

For the adventurous, Sydney-siders Mike and Denise Ferris take us by motorbike through ice, desert and valley in search for the world's ultimate roads. Check out their spectacular photographs and top ten list compiled over many years of travel, on page 41.

For something more demure, former MasterChef contestant Lucy Wallrock shares her passion for baking, and sweets in particular, on page 38. Having watched a Viennese chef make apple strudel, I must say Lucy's version is a breeze.

For a who's who of contemporary Australian culture see Sheona White's Archibald favourites on page 37. While Fiona Lowry's portrait of Penelope Seidler was

this year's winner, it's fascinating to trawl through the finalists with an expert guide.

For sport fans, don't go past Ian Malin's article on four-time Formula One Champion Sir Jack Brabham who passed away in June. Living the glitzy life in Monaco was never Sir Jack's way, says Malin on page 46, but he was probably Australia's greatest sportsman ever.

Finally, for all of you touched by cancer, highly respected oncologist Ranjana Srivastava takes us through the questions we all fumble to ask following diagnosis, on page 20. If this is a journey you're about to embark on, know it is a path many have walked, and, that after every winter, there is spring.

Sarah Saunders

Editor

s.saunders@nationalseniors.com.au

Publisher

National Seniors Australia
A.B.N. 89 050 523 003
ISSN 1835-5404

Editor

Sarah Saunders
s.saunders@nationalseniors.com.au

National Advertising Manager

Mark Smith
m.smith@nationalseniors.com.au

National Office

Level 18
215 Adelaide Street
Brisbane Q 4000

Phone: 07 3233 9191

Fax: 07 3211 9339

www.nationalseniors.com.au

Disclaimer

National Seniors Australia [NSA] accepts no responsibility for the accuracy or completeness of any material herein and recommends readers exercise their own skill and care with respect to the contents of the magazine. The magazine contains views and or recommendations which do not necessarily reflect the views of NSA or its commitment to a particular course of action. A reference to a particular person, product, organisation or service in an advertisement or elsewhere in the magazine in no way implies any form of endorsement by NSA of that person, organisation, product or service. NSA disclaims to the extent permitted by law all liability for claims, losses, expenses, damages and costs the reader may incur as a result of, or associated with, the use of the information contained herein for any reason whatsoever. The publisher reserves the right to accept or reject any advertising or editorial matter. No part of this magazine may be reproduced, reprinted or otherwise duplicated without written permission of the publisher.

Printed by Horizon Media

contributors



Oncologist Ranjana Srivastava was educated in India, the UK, the US and Australia and graduated with a first class degree from Monash. In 2004 she won the Fulbright Award which she completed at the University of Chicago. She works in the Melbourne public hospital system. Her latest book is *So It's Cancer, Now What?*



Ian Malin has written about sport for the *Guardian* and *Observer* newspapers for the last 30 years. He is the author of two books, *Mud, Blood and Money*, *English Rugby Goes Professional*; and a history of the England rugby union team.



Margaret Arthur is a senior associate at Brisbane law firm Carne Reidy Herd. Margaret's expertise extends to wills, estates, enduring powers of attorney, guardianship, Centrelink, superannuation, and family succession and disputes. See more at www.crhlaw.com.au



50 something's Agony Planner agony uncle is ipac technical services head, Colin Lewis. Colin has over 20 years' experience in superannuation and retirement incomes and has held senior regulatory, consulting and technical roles throughout the financial services industry.



Rosemary Desmond is a *50 something* staff writer. Originally from New Zealand, Rosemary has worked in Australia for over 30 years, most of that time as a journalist for Australian Associated Press in Sydney and in Brisbane.



Casey-Ann Seaniger describes herself as a newshound, political junkie, storyteller and bibliophile. She is fascinated by the stories of ordinary people from around the world and finds herself home sick for places she's never been. Casey has a Bachelor of Journalism (Hons) and is part of the National Seniors media team.

National Seniors
Australia

AUGUST HOT OFFER
NOW LIVE - VISIT THE
WEBSITE LINK BELOW

25% OFF 1 PAIR OF GLASSES FROM THE \$149 RANGE AND ABOVE*

Prices include PENTAX standard single vision lenses.

PLUS FREE DIGITAL RETINAL PHOTOGRAPHY WITH EVERY BULK BILLED EYE EXAM[^]

AND AS ALWAYS PLEASE ASK FOR A **FREE CONTACT LENS TRIAL**



Alex Perry
designed for Specsavers

Aurora

fcuk[®]
VISION

OSIRIS
eyewear

KAREN MILLEN

JEFF BANKS
LONDON

COUNTRY ROAD
EXCLUSIVE EYEWEAR COLLECTION

QUIKSILVER

TOMMY HILFINGER
CRESCO



1. USE your QR CODE scanner to go straight to the URL or use the web link.
2. COMPLETE the registration details and select your local Specsavers store.
3. DOWNLOAD your Premium Club voucher and redeem in your local Specsavers store.
4. SHARE with family members.

<http://corporate.specsavers.com.au/nationalseniors>

National Seniors
Australia



25% off applies to the purchase of one pair of glasses, complete with PENTAX standard single vision, bifocal or multifocal lenses. Cannot be used in conjunction with any other offers. Prices for other lens types may differ. Frames must be chosen from the \$149 range or above. Does not include Lens Options. Must be the same prescription. Applies to one pair of glasses only. Pricing in AUD. Offer only available in Australia. Offer ends 31/12/2014 With an up to date Medicare card. Enter the URL provided above to your internet browser or use your QR Code scanner for full details.



Over 50? Switch to nib health cover

Health cover designed for the over 50s

Cover for the important things, like heart surgery and joint replacement, without paying for the things you no longer need, like pregnancy and birth related services.

Switching is easy

nib will recognise waiting periods already served with your current fund so you can claim straight away, and they'll look after the paperwork to save you the hassle.

Plus as a National Seniors member you can take advantage of a special offer when you join any combined nib Hospital and Extras cover!

- ✓ Up to 6% ongoing discount on your premiums when you pay by direct debit from a cheque or savings account*
- ✓ Receive 30 days of health cover on nib* (conditions apply)

Call now on 1300 50 50 96 or visit nationalseniors.com.au/nib



nib health insurance is promoted by National Seniors Australia Ltd ABN 89 050 523 003 as an authorised representative of nib health funds limited ABN 83 000 124 381. Offer applies to National Seniors Australia members only. Information given is based on nib Mid and Top no Pregnancy Hospital cover. *The 6% discount on your premium excludes any Lifetime Health Cover loading and only applies to direct debit payment from a cheque or savings account. **You must pay the first 31 days of your premium and nib will pay for the next 30 days of your premium. --Any benefit limits already used with current fund will apply to your new nib policy. Waiting periods apply for services not currently covered. Conditions apply, please call 1300 50 50 96 or visit nationalseniors.com.au

National Seniors
Australia

nib
it's worth it



Michael O'Neill
CEO National
Seniors Australia

Thanks to avid movie-watching sons, I am reminded of special renditions of particular performances. One often re-enacted is the court scene in *A Few Good Men*, featuring a menacing Jack Nicholson and a strutting Tom Cruise. Witness Nicholson is cross-examined by defence counsel Cruise. Their vigorous exchange

is about truth leading to a dramatic exchange with Nicholson's reverberating words "You can't handle the truth!"

This line came to mind in the context of the debate around financial advice in which there was no 'exclusive' on the truth.

Leading the way was the Commonwealth Bank's abject failure in managing rogue advisers and then having to be dragged, kicking and screaming, to a resolution process with people who had their lives and plans trashed by dishonesty. What was CBA doing avoiding accountability for its systemic failure and then allowing it to fester for years?

Financial advisers trumpeted newfound standards and claimed to have been let

down by a few. Whilst the sector has good people, they count for little when consumer trust disappears. Unfortunately, claims of professional standards, including being likened to lawyers and accountants, are premature. A start has been made but there's a long way to go.

Over 80 per cent of financial advisers are controlled by major banks and insurance interests. They have persistently resisted enshrining consumer protections, preferring instead to maintain existing business models. Their actions only serve to reinforce mistrust about the sector.

The government entered the fray with a mantra of reducing red tape. It condemned opponents to its changes as ill-informed or having a political motive or both. Ultimately, it chose to wind back protections for consumers of financial services in lieu of supporting banks and advisers.

Let's also be frank about consumers of financial services. Distressingly, people have been defrauded and their losses won't be recovered. They will suffer through the actions of rogues. Equally, we must accept that too many consumers do not pay sufficient attention to their superannuation and investments. It can be complex but basic elements like checking superannuation

performance, maximising term deposit rates or holding advisers accountable for charges are too often ignored.

Disappointingly in this fiasco has been the absence of leadership by corporate Australia and government. Glossy annual reports, funding of charitable activities, commitments to sustainability, are all appropriately part of the corporate social responsibilities of major banks. However, the debate was also an opportunity to break ranks and lead through recognising and responding to systemic failure, opposing adverse consumer outcomes and improving confidence in the advisory business.

The Government forfeited its leadership credentials through its narrow outlook and portrayal of opponents as stooges of the Opposition. The resolution of the issue through a deal with the Palmer United Party spoke volumes about politics before principle.

Back to the court room. *A Few Good Men's* theme is about honour – achieving and cherishing it. For advisers, banks and governments, their ability to handle and respond to the truth reflects on them. Consumers need to be truthful and be proactive in looking after their financial affairs. Just pretending it is okay simply confirms the truth is too hard to handle.

Planning a holiday?



Exclusive member discount on travel insurance!

Our travel insurance has been specially designed with National Seniors members in mind. With simple and flexible cover and exclusive member discounts, we can provide affordable protection for you and your holiday. And, you can extend your policy and claim online if you need to, while you are travelling.

- Unlimited overseas medical expenses
- New for old replacement cover for luggage and personal effects*
- Cover for a range of pre-existing medical conditions#
- Cover for cancellation fees and lost deposits
- Exclusive discount for members!

As a service of National Seniors Australia, you can rest assured that the returns generated from every insurance policy sold are reinvested to help us fight for a fair go for the over 50s.

Call or visit our website for a competitive quote today.

1300 50 50 99
nationalseniorsinsurance.com.au

Get
protected

National Seniors
Insurance

National Seniors Australia Ltd ABN 89 050 523 003 AR 282736, is an authorised representative of Cerberus Special Risks Pty Limited ABN 81 115 932 173, AFS License No. 308461. This is general advice and you should consider if this product suits your needs. Before you buy, please read the Product Disclosure Statement available from us before deciding to purchase this product. This insurance is underwritten by certain underwriters at Lloyd's. *Available on International Premium and Frequent Traveller policies. #Subject to application and approval. Additional premium may be payable.



Photo: Justin Lloyd/NewsPix © 2009

Behind the Lens

Director, screen writer and mother of three, Rachel Ward, tells Rosemary Desmond why she wanted to be more than just a girl ‘in a bloody red bathing suit’.

Rachel Ward, 56, was once voted one of the 10 most beautiful women in the world after she shot to stardom as Meggie Cleary in the 1983 TV miniseries *The Thorn Birds*.

The former New York fashion model once dated David Kennedy, son of Senator Robert Kennedy, attending jet set parties and rubbing shoulders with the rich and famous.

As the Earl of Dudley’s niece, she could have used her good looks and her aristocratic connections to make her way in life.

Instead, she moved to Australia and married local actor and *Breaker Morant* star Bryan Brown whom she met on the set of *The Thorn Birds*.

Since then, she has starred in film and television opposite Brown and learned her craft behind the camera.

In 2005, they were both made Members of the Order of Australia for raising awareness of the rights of disadvantaged and at-risk young people, as well as their support for the Australian film and television industry.

At the time you left school at 16, your father said to you: “What do you need an education for? You are pretty enough to marry someone very rich”. Did you think you would have to rely on your looks to make a living?

Pretty much...it was the only string I had to my bow at that point. I didn’t really have much emphasis on being educated and joining the workforce. It was the 70s but life was very

much like what it was in the 1950s and 1960s and the English elite were doing extremely well...

they didn’t want to change anything. I think that change in most areas came very late in that sector of society.

Then you went to New York to model and while you were there, dated David Kennedy (son of the late Robert Kennedy) ...

I was independent in America and I was very much my own person. America is a meritocracy and so my English baggage didn't come with me. Even though I was modelling, I was doing a lot more than relying on looks.

I started going to acting classes and the things I thought I could rely on for the rest of my life came to the fore at that point – my own drive and ambition...and certainly, things turned out quite well.

What was your favourite role as an actor?

I didn't really enjoy acting. I am much happier behind the scenes than in front. Actors have to be comfortable in the limelight and I always struggled a bit with that.

Many of our readers would identify you with *The Thorn Birds*...

Oh, that old chestnut. It was a tough one because I was very inexperienced. That material kind of devoured me, rather than me devouring the material. One should be able to make a decision about the strength of a character and I probably didn't even know my own strength at that point. If I was making the choice now, I would absolutely be making the choices about what kind of person that character was going to be. I think I got a little lost in the character of Meggie.

Why did you disappear from acting in 1985?

I was very uncomfortable with two dimensional parts. I thought they were very shallow, that they demeaned women and I felt they were all pandering to very superficial qualities. I wasn't really a feminist at that point, nor did I understand what the politics of it was, in a way. Now I know exactly what's going on. But at that point I was very uncomfortable to be playing those sorts of roles... just with a bloody red bathing suit and a flash car. They were projections of male fantasies over and over again and it's taken me a long time to see that. I was just uncomfortable with that and so I bailed.

What was your favourite film that you have directed?

I loved *Beautiful Kate*. It was the first I did.

I was very uncomfortable to be playing those sorts of roles...just with a bloody red bathing suit and a flash car.

I also did *Accidental Soldier* and I've got a new (TV) series coming out called *Return to the Devil's Playground* and I've got a lot of series on television. But *Beautiful Kate* was a fantastic opportunity...writing the script

as well. I did the adaptation and it was a huge learning curve and it took an enormous amount of work to actually get to make the film. You realise when you have been in the industry for a long time what a privilege it is and it doesn't happen every year, that is for sure. I have yet to make a follow-up film as it is not easy to get one made.

What made you do a communications and writing degree at the age of 35, three days after the birth of your son?

I was doing it part-time. Having left school at the age of 16, I hadn't finished my education, and I wanted to develop my thinking and give my intellectual side a shot in the arm.



With British film producer, Michael White

Your daughter Matilda is an actor. Did you have any advice for her starting out?

I said 'don't go to acting school, go to film school. Learn to do it all – be a storyteller, don't just limit yourself to just being an actor'. But it's the whole business. Matilda now directs, she edits, she writes, she informs. She's got a series coming up on the ABC she has done with her father called *Lessons from the Grave*. As a woman, you cannot get stuck as an actor. There are a lot of roles for women when they are young but as you get older, you want to have a few more strings to your bow.

when you reached 50, there wasn't much opportunity to shine



Do you think there should be more roles for older women?

The whole film world is changing. There are some good older female roles in television...but historically, we slightly fall off the perch, don't we? It's up to us now, particularly with the retirement age going up to 70 we are going to still be very active human beings. In the past, when you reached 50, there wasn't much opportunity to shine or to be heroic or be the protagonist in a film or in a story. In the past, women hardly figured in history at all, let alone in their 50s. They were famous courtesans...or suffragettes. So women have to earn their place. Now when you turn on the television, there are women everywhere but it takes time to filter into our storytelling.

How do you and Bryan relax?

I've always found it hard to relax. We go on holidays at Easter and Christmas but I'm someone who likes to be busy. As a writer and filmmaker, you are always working on a project.

What advice would you have for young actors?

If you want to survive in this business, you would do well to have a second career. You are paid for when you are working but you work very rarely, even when you are at the top of your game. As a young actor I got extremely lucky and I made some money and I married an actor who was successful and I can still subsidise my career now. But I don't know how people come up with mortgages and school fees and be filmmakers. It's a really hard game to make a living at. You need to be seriously driven and passionate. ■

Rachel Ward's latest movie *The Last Impresario* is now available on DVD.

The Gold in Old

If the pension age increases to 70, as proposed by Joe Hockey in the May budget, employers will have to rethink their attitudes to older workers. Already taking the lead are companies like Accor and Heritage Bank, reports Casey-Ann Seaniger.



Loyal Paul Smith enjoys the variety of his work

When Joe Hockey announced in the May budget that Australians born after 1965 would have to work until 70 before they could access the age pension, there were mixed reactions.

Higher life expectancy, backed up by research which shows we are healthier than ever, spells one inevitable thing: more of us will be working for longer.

The majority of bank tellers, musicians or office workers will say that working to 70 is achievable whether they like it or not, but for those in physically demanding jobs, such as cleaners and tradespeople, working to 70 is a scary prospect.

There's also the serious issue of age discrimination with evidence showing age on a resume often leads to narrow employment prospects for older job seekers.

National Seniors' research shows that by 2020, 31 per cent of Australia's working population will be over 50.

After years of effort to get government and business to address mature age unemployment it appears the tide is turning. In May, the Federal Government announced a large cash incentive for employers who take on older workers. The Restart program offers a \$10,000 payment to employers who hire a previously unemployed person over 50, provided they meet other eligibility requirements.

Businesses are also slowly beginning to adapt to our greying workforce.

In 2013, Heritage Bank introduced grandparents leave and elder care leave, allowing staff to take paid leave per year upon the birth of a grandchild and to help out their ageing parents.

Accor Hotels is another example. Accor recently launched a unique pilot program to attract mature age workers. The Accor Experienced Workers Program, thought to be the first of its kind in Australia, aims to employ 60 mature age workers nationally by December 31, 2014.

Accor Hotels' vice president of human resources in Australia, John McDonnell, says mature age workers' life skills should be considered a massive asset to employers.

"By investing in mature age workers, the application of their life experiences and professional skills will add substantial value to our business," he says.

"Along with the recent government initiative, Restart, there should be a compelling argument for employers to consider seniors as an integral part of their employment."

Accor Hotels employee Paul Smith, 57, works full time as a handyman and has been with the hotel since 1986. Nicknamed PJ, Paul started off as a kitchen hand, then worked as a chief steward and worked his way up to be an experienced handyman.

"I've had only five jobs in my life, I'm very loyal," Paul says.

Not just a full time worker, Paul is also a full-time dad, taking care of his four children.

"I haven't had many sick days or leave days, except for taking care of my wife before she passed away."

He commutes 50km to Brisbane's CBD five days a week to a job he enjoys.

"I love the variety, every day at work is different."

Regarded by younger colleagues as a fountain of knowledge, PJ said he's always felt respected.

"There's a bit of a joke around here that when someone has a question, the younger guys say 'ask PJ, he will know' cause they know I'm experienced," he says.

Sally Martin, 64, a housekeeper with Accor Hotels says while she remains fit and physically able, she will continue to work.

"Working makes you feel good about yourself and is good for your self-esteem," Sally says.

"My job is physical and fast paced, so while I'm fit now, I think when I'm 68 my body will start to struggle a bit more."

While employers like Accor, Heritage Bank and Bunnings are making strides toward progressive, age-friendly workplaces, they are still among the minority. ■

For details of the federal government's Restart wage subsidy visit <http://www.experiencepays.gov.au/>

Accor is looking for experienced workers. Find out more at <http://jobsataccor.com.au/diversity/experienced-workers/>



Let's build **A NATION** for *all* ages

It's time to build a nation that embraces every generation. We want to build a nation that recognises the positive contribution older Australians make in our lives, in our workplaces and in our communities. Together, with the help of our members we'll build a nation for all ages.

6 months *free* membership!

If you know friends and family who want to help us build a nation for all ages and would appreciate the benefits that membership offers – such as subscription to *50 something*, exclusive offers from our Member Benefits program, discounted travel and affordable insurance products – suggest they join us. If they join before 30 September with promotional code **NFAA2014**, you'll both receive 6 month extensions to your membership for free*.

You can also help us build a nation for all ages by making a donation to National Seniors to maintain our strong, independent voice and fight on the issues that count such as age discrimination, employment, superannuation, pensions, health care and aged care.

To join or make a donation, visit us at nationforallages.com.au or call us on **1300 76 50 50**. You can also join by completing the form below.

Referring member no. _____

PERSONAL DETAILS

Mr Mrs Miss Ms Dr Date of birth ____ / ____ / ____

First name _____

Last name _____

Address _____

Suburb _____ State _____ Postcode _____

Phone _____ Mobile _____

Email _____

JOINT MEMBER DETAILS

Mr Mrs Miss Ms Dr Date of birth ____ / ____ / ____

First name _____

Last name _____

Phone _____ Mobile _____

Email _____

Declaration and important Privacy Statement: National Seniors Australia respects your privacy and is committed to protecting your personal information. You can view the full details of our privacy statement at nationalseniors.com.au. National Seniors Australia - ABN 89 050 523 003.

I would like my nearest National Seniors branch to contact me. I do not want to receive information about special offers from National Seniors.

EXTRA 6 MONTHS FREE WILL BE ADDED TO YOUR MEMBERSHIP!

1 YEAR	<input type="checkbox"/> Single \$40**	2 YEAR	<input type="checkbox"/> Single \$65	3 YEAR	<input type="checkbox"/> Single \$95
	<input type="checkbox"/> Joint \$50**		<input type="checkbox"/> Joint \$80		<input type="checkbox"/> Joint \$120

**includes a one-off \$5 joining fee.

Cheque/money order payable to National Seniors Australia.

Please charge my card: Visa MasterCard (1.5% Visa and MasterCard surcharge applies)

Card no:

Expiry _____ / _____

Cardholder's Name _____

Cardholder's Signature _____

Please return this coupon with payment to:

National Seniors Australia
GPO Box 1450
Brisbane QLD 4001



National Seniors
 Australia

NFAA2014

*Offer ends 30 September 2014. Please ensure the referring membership number is quoted at time of purchase to receive the additional 6 months of membership. Not valid with any other offer.

HOT TRAVEL DEALS FOR MEMBERS

As a dedicated service of National Seniors Australia, our not-for-profit status ensures that we can offer the very best value and exclusive member discounts on all your travel requirements.

We specialise in travel for the over 50s and do our best to deliver an excellent travel experience and superior service to our members.

Here are some other great reasons to book your next travel experience with us:

- Full service, award-winning travel agency
- Over 50s travel specialists
- Exclusive member discounts
- Experienced consultants, trained to the highest industry standards.

SAVE 5% on river cruising*

*Not combinable with other offers. Available on Scenic, Evergreen, Travelmarvel, APT, Avalon, Uniworld, Tauck and Viking river cruises, does not include airfares. Discount available on Cat E portion. River cruise must be a minimum booking value of \$5,000 and be booked with National Seniors Travel by 30 June 2015.

AUSTRALIAN OPEN TENNIS 2015



Departs: 25 Jan 2015
Members SAVE \$150
 From **\$2,430*** pp twin share
Airfares included from BNE and SYD.
 Enjoy reserved seating in Melbourne's Rod Laver Arena for 2 day sessions and 1 night session. Embark on a city sights tour, dine on Lygon Street and visit the Victorian Goldfields. Stay in the heart of the city with easy access to shops and venues on this 6 day tour.

National Seniors
 Travel

BARRIER REEF DISCOVERY CRUISE



Departs: Multiple departures
Members SAVE: \$40
 From **\$1,099*** pp twin share
Airfares additional.
 Enjoy 7 days cruising the Queensland coast from Brisbane on the *Pacific Dawn* or *Pacific Jewel*. Explore the Great Barrier Reef – one of seven wonders of the natural world stopping at four ports to experience the pristine reef, coral and tropical islands.

P&O CRUISES

GRAND EUROPEAN CRUISE



Departs: 30 Apr 2015
Members SAVE: \$200
 From **\$4,070*** pp twin share
Airfares additional.
 Explore the East and West Mediterranean and Northern Europe in one amazing 30 day itinerary. In the North, you'll be greeted with magnificent landscapes rich in history. And, experience the Mediterranean's incredible civilisations and unparalleled beauty.

MSC CRUISES

COLUMBIA & SNAKE RIVER CRUISE



Departs: 3 Aug 2015
Members SAVE: \$555
 From **\$17,940*** pp twin share
Airfares additional. Companion FLY FREE.
 Discover the western states of the USA and explore the coastline from Los Angeles to Portland before embarking on a 7 night cruise on the luxury *Queen of the West* along the Columbia and Snake Rivers on this 29 day tour. End your journey in Las Vegas.

APT

Call **1300 88 37 50** or visit our website **nationalseniorstravel.com.au**

National Seniors
 Travel

The Last Word

time out

Multiculturalism in Australia is reflected clearly in the diversity of restaurants we have to choose from when we dine out.

A recent experience in a restaurant caused me to reflect on the changes since my childhood and youth. In the restaurant was a family celebrating the 11th birthday of a daughter. The scene was a happy one as the family selected from a menu described as Modern Australian, a fusion of Australian and Asian cuisines. The bartender even prepared a non-alcoholic cocktail for the birthday girl. It had the appearance of the real thing!

Two things struck me as I observed the family celebration.

Firstly, how lucky this young lady was to be eating out at her age. I cannot recall ever as a child eating an evening meal in a restaurant but I can recall the treat of lunch in a large department store cafeteria when visiting Perth on school holidays. That was, however, the extent of my 'eating out' experience.

Secondly, how multiculturalism in Australia has resulted in the choice we have of a superb range of restaurants specialising in cuisines from all corners of the world. In my home town, 'fish and chips' were the special occasion treat, and they were taken home in newspaper to eat! As I recall a Chinese restaurant/takeaway came to town but it wasn't something I ever had the opportunity to experience.

Soon after we experience a wave of immigration (frequently from troubled areas of the world), we see restaurants from that culture spring up. Hence, we have seen over time Vietnamese, Korean, Thai, Middle Eastern and, more recently, African and Nepalese, to mention but a few. When I see children experiencing the delight of tasting the foods from different nations I think how lucky they are and I can't help but make comparisons with my childhood.

Sadly, not everyone in this lucky country can afford to eat out but those who can are able to experience the cuisines of the many cultures that now make up our society. If only those families that 'treat' their children to frequent fast food meals would see the value and the minimal cost difference in giving their children the experience and the healthier alternative of sampling the foods from around the world that we have on offer to us in the Australia of today.

David Carvosso

Chairman

National Seniors Australia

