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Stepping up



Dianne Byrne aims to climb 53 flights of stairs, 10 times this year

by Allen Newton

LAST year, fitness instructor Dianne Byrne completed seven climbs of Perth's tallest building, Central Park, to raise funds for Multiple Sclerosis WA's (MSWA) Step Up challenge. That's 1,103 steps each climb. She completed her seven ascents in just under one hour and 20 minutes. This year the event takes place on June 19 and Dianne is aiming even higher, with plans to climb the 53 flights of stairs, 10 times.

aims to raise funds and awareness to support people living with all neurological conditions, to advocate for change and to find cures for MS, stroke, Parkinson's disease, Huntington's disease, motor neurone disease and acquired brain injury, as well as others. Dianne says the event is hard work, but it is something that anybody can tackle. "All you've got to do is just climb up the stairs, although it can get competitive if that's how you want to be," she says. Dianne has been making the climb for six or

seven years now and admits to being one of those people who does get competitive. "Last year I said I wasn't going to be so competitive, so we decided as a team we'd do five climbs and after the first one the girls said 'go, otherwise we will kill you, just do it'. "They did five, which was just fantastic because it is hard and they find it hard, but I put my head in a different place when I do it. "I tell people how much I'm going to do, and I told them I would do five last year and I came back with seven, so I exceeded both

their and my expectations. "I do it because I can and some people can't, but I got involved in the first place because my mum had MS and unfortunately passed away from it, so this will always be something I do because I want to raise awareness and raise money. "It's a great cause, and while no disease is nice, this disease is awful because it can get you young or old. It got to a point where my mum couldn't swallow correctly because the disease goes up into your brain stem – and that's awful to watch."

Dianne is part of a team who tackle the challenge with her just about every year. "They hate it, but they do it because they know how much it means to me. "We try and raise money differently each year, but in Covid times it's so hard. We've tried to put on high teas in the past, but it's very hard to do high teas now when you don't know if the event will be able to take place. Last year we potted lots of plants belonging to one of my friends who is very good in the garden and sold them."

continued on page 8

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From the Managing Editor's desk



OUR regular reader and cartoonist extraordinaire Frank really does know how to put a smile on our dials. Check out the cracking piece above which he drew in response to Tahlia's departure to the navy last month. It's an absolute pearler and I can only express my thanks to him for his regular contributions.

Speaking of Tahlia, she has completed her first month in the Royal Australian Navy and during this time, known as the Intense Training Period, recruits are not allowed telephone contact so I am looking forward to being able to share some details and of course speak to her very soon. Thanks to the readers who expressed good wishes for her on her new journey.

I welcome well known lawyer and entertainer John Rando to our pages this month. He will be writing some musings in a reg-

ular column. His first piece reflects on why Elvis was Sicilian, which is sure to get a giggle or two and in these uncertain times we all need a good laugh. See page 12 for his entrée to *Have a Go News*.

We certainly are in a state of flux at the moment, new restrictions are hitting many businesses hard (including this one) and I urge people to please support your locals and particularly the advertisers. Whether it's booking a tour, heading out to lunch or dinner or just buying a present, make your dollars count and invest in local business.

For readers who were going to participate in the Rockingham *Have a Go Day* scheduled for March 31, please note that the event has been cancelled and will return in 2023. We are also waiting on dates

for the annual Seniors Ball, which will probably run this year in September.

The Australian Masters Games which were due to be held in October 2021 and subsequently cancelled due to border closures will now be held from April 23-30 in various venues across Perth. Registrations are still open if you would like to participate - visit the www.australianmastersgames.com.

On Sunday April 3 at 5pm, the Lyric Underground in Maylands will reverberate with the sounds of Dave Gillam and his *Hermits' Hermans* and *Mersey Lane*. Enjoy the sounds of classic English rock playing all your favourite hits. To meet restrictions the venue is capped at 130 people. It's an opportunity to enjoy an evening out and tickets are well priced at \$25. Visit www.oztix.com.au and

search for the band name.

Every Friday night I join Tod Johnston on Radio 6PR with an entertainment segment on his Nightshift program. Our usually robust calendar of events has been hit hard due to Covid restrictions and it's been sad seeing just about every event in March cancelled. The spot airs around 8.45pm and each week I promote the few events which are still running along with some shout outs to businesses around town.

We hit a milestone recently with more than 20,000 followers on the *Have a Go News* Facebook page. We have a lot of fun there with various competitions, jokes and information. I like the fact that the platform allows us to interact with people on a daily basis and you too can join at www.facebook.com/Haveagonews/

Every month we email an electronic copy of the newspaper direct to your inbox on the day of publication. Unlike other publications we don't send you anything else except the newspaper and you can sign up at readers@haveagonews.com.au

I hope you enjoy this month's read and stay well and happy.

Jennifer Merigan
Editor
jen@haveagonews.com.au
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Ageing research snippet

NO time to exercise? How about three seconds a day?

Lifting weights for as little as three seconds a day can have a positive impact on muscle strength, a new study from Edith Cowan University (ECU) has discovered.

A collaboration with researchers from Niigata University of Health and Welfare in Japan had 39 healthy university students perform one muscle contraction at maximum effort for three seconds per day, for five days a week over four weeks.

Lead researcher Professor Ken No-

saka from ECU's School of Medical and Health Sciences said the results showed people didn't need to spend vast amounts of time exercising to improve their muscle strength.

"The study results suggest that a very small amount of exercise stimulus - even 60 seconds in four weeks - can increase muscle strength.

"Many people think you have to spend a lot of time exercising, but it's not the case. Short, good quality exercise can still be good for your body and every muscle contraction counts," he said.

Have a Go News Quick Quiz

1. In 2021 there was no WA team in the AFL for how many years (12, 8 or 6)?
2. The movie *RESPECT* centred on whose life?
3. Which grey-bearded film reviewer, in a two-person team, appeared on TV and now writes a national newspaper column?
4. Which AC/DC band member from WA was described as having a grin wider than the Luna Park Face?
5. Which West Aussie sang *All My Lovin* on his national TV show?
6. Which West Aussie wrote *Cloudstreet*?
7. Which nation produces more gold than Australia?
8. Name the small breed of hippos.
9. Who is the popular ABC medic who spoke out on Covid-19?
10. Which prolific TV chef was still presenting on Channel 10 in 2021?

See answers on page 22.

Quote of the month

THE time you enjoy wasting is not wasted time.
Bertrand Russell

Great West Aussies - Did you know?

RON Johnson, international dirt-track speedway champion, represented Australia 57 times. He pioneered the sport in WA after the speedway opened in 1972 and the in England in 1928. The movie, *Once A Jolly Swagman*, starring Dirk Bogarde, was based on his life. Johnson died in 1983.

Noongar Words

Djinda - star
Meeuk - Moon
Meeukany - Moonlight

Noongar Season

Bunuru
February and March
- late summer early autumn

Word of the month

Lugubrious
Adjective
MEANS mournful or dismal. It can also mean very sad in an exaggerated or insincere manner.

Lugubrious is the only surviving English offspring of Latin *lugere*, meaning "to mourn." Its closest kin, *luctual*, an adjective meaning "sad" or "sorrowful," hasn't been used in centuries.

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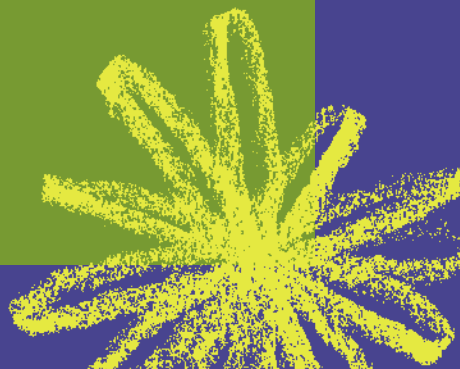
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A look back at the stellar career in hospitality for Umberto Tinelli



L-R; Umberto Tinelli and Ridolfo - Umberto Tinelli at Jojo's Italian Restaurant - Umberto Tinelli and Michael Bolton - One of Umberto's classic dishes

WITH the State Government's announcement of a \$27 redevelopment of the Nedlands Baths to include a boutique hotel, restaurant and protected marina, Gail Williams, chats to restaurateur Umberto Tinelli who recently closed the doors of Jojo's Cafe after 17 years on the historic site.

by Gail Williams

THROUGHOUT his illustrious 40-year career Perth hospitality king, Umberto Tinelli, played host to a galaxy of international celebrities.

While at the helm of notable eateries such as The Orchard, Tinelli's, Chianti on Colin, Campo De Fiori, Il Principe and Jojo's Cafe he was the walking epitome of style in an impeccably-tailored Italian suit and a serviette thrown nonchalantly over his shoulder as he delivered pizza and pasta to the likes of Rod Stewart, Placido Domingo and Steffi Graf.

And he has the signed plates to prove it.

But the customer who he remembers most fondly is a squawking freeloader who never once paid for

his meal, delivered in a daily ritual which was enjoyed by both giver and receiver for 12 years.

His name? Ridolfo – a cheeky pelican – named after the film star known as the Latin Lover, Rudolph Valentino.

Last month, when Tinelli closed the doors of his popular Nedlands eatery, JoJo's Cafe and Acqua Viva Function Centre, after a 17-year tenure, he bid goodbye to the ritual of feeding barramundi or red emperor fillets to the bird on the jetty of the old Nedlands Baths which he refurbished in 2004.

The announcement that the lease had sold came as a huge shock to his customers, many of whom were third-generation Tinelli fans. They voiced their emotions on Facebook vowing to remember the many happy occasions they had shared with him.

As for Ridolfo? Well, he wasn't so complimentary.

"I miss that bird so much," says Tinelli. "I feel like I left a little bit of my heart there on the jetty. I have been back since to feed him with some frozen fish I got from the supermarket and he was sitting

in his usual place. He didn't like the frozen fish though, even though I had thawed it. He spat it out."

Tinelli is not used to such hard hitting critiques. But no doubt he would have shown the same courtesy to his disgruntled friend that earned him his hallmark reputation in humble beginnings in the industry back in 1979 at Perth's Cicero's restaurant.

The 28-year-old Italian had recently arrived from Rome after meeting and falling in love with Perth fashion model, Helen Barnes, in the high-end cappuccino strip, Via Veneto and had followed her half way around the world.

Not long after his arrival Perth's culinary godfather, the late Harry Ferrante, approached him to work front of house in his family-friendly trattoria. Despite having no background in cooking, waiting or hospitality the former sales executive swapped roles and found he loved it.

"I couldn't cook, still can't," he laughs. "I was very new to the country and I didn't deliver the food or go around checking the taste. I just welcomed

the customers."

It wasn't long before word got around about the charming, dapper, gently-spoken young man who made customers feel right at home and he got an offer to work at the Garden City restaurant in Booragoon with Jim Bevacqua. From there he went from strength to strength and in 1984 opened Tinelli's at the new Orchard Hotel complex introducing Perth to its first wood fired oven which became an instant success with customers crossing town to get a takeaway pizza.

"Because it was over the road from the (then) Perth Entertainment Centre most visiting artists would dine there afterwards," says Tinelli. "People like Michael Bolton, Billy Crystal and members of the Americas Cup Italian syndicate. Placido Domingo came in after his show and there was one table left in the restaurant. They took that table. When he found out that one of the patrons in the restaurant was a great fan who had a terminal illness he went over to the table, introduced himself and shook hands."

Chianti on Colin, Campo

De Fiori and Il Principe also became a huge hit with Perth's movers and shakers during the 80s and 90s, especially for a long Friday lunch of succulent lamb on the rotisserie, pasta with chilli tomato sauce and bruschetta rubbed with garlic and olive oil.

Classic Italian dishes delivered with consistency and good grace were as sought after as the chandeliers and floral decorations.

One of the young chefs who launched his career at Campo was Vincenzo Soresi, who now has his own restaurant, Galileo Buono Cucina, in Shenton Park.

Asked about his secret for success, Tinelli's answer is simple and straightforward.

"My philosophy in restaurants is this," he says. "Yes, the food is important. But what I think is more important is the way it is delivered and the little details. That's what customers will remember, the way they were treated."

Tinelli, who ran Jojo's with his son, Christian, and daughter, Rebecca, is looking forward to retiring to spend more time with

his four grandchildren.

"I never had any sick days during my career, apart from when I had my heart operation," he says. "I am looking forward to relaxing, watching science programs on television and just spending time with my family."

As for cooking up a few simple Italian classics for them, the answer is no.

"I still don't cook," he laughs.

But he might pop down to Nedlands occasionally to give his old friend, Ridolfo, a barramundi fillet.

Not frozen though.

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Fifty years of practising medicine



Dr Virginia Longley

by Serena Kirby

WHEN Dr Virginia Longley started her medical training 50 years ago, things were vastly different from how they are now. Back then students were taught to be both physicians and surgeons and were far more 'hands on'. "We were expected to be able to remove tonsils and appendixes as well as deliver babies," Virginia says. "When I started

in medicine there were no CAT scans, no MRI machines and not even ultrasound equipment. To make a diagnosis you had to closely examine the patient and use their symptoms to determine what was wrong." Virginia said that, while they did use X-rays they were often used in conjunction with intravenous pyelograms, where you inject dye into the patient then take an X-ray, to

show areas of concern. "We don't have those now," Virginia explains. "Also, patients with ulcers were treated with surgery back then. Now we know ulcers are caused by bacteria so we just give them antibiotics."

Virginia says one of her most positive and memorable moments of her five decades as a doctor was when a patient was brought to Sir Charles Gairdner Hospital by ambulance and presumed dead.

"I was told the chances of resuscitation were poor but, with the help of the team I got her heart going again and she survived. It's those moments where you really know you make a difference."

While Virginia could have gone into any number of specialist areas, life steered her along the path of a general practitioner.

"After graduating from UWA I worked at Sir Charles Gairdner Hospital and really wanted to become an ear, nose and throat surgeon," Virginia said. "I started the training and passed my exams but for family reasons I ended up becoming an emergency registrar."

After a number of years in that role Virginia took up a GP position in a Spearwood clinic and for 23 years she cared for the

diverse needs of the local community and said she: "totally loved it".

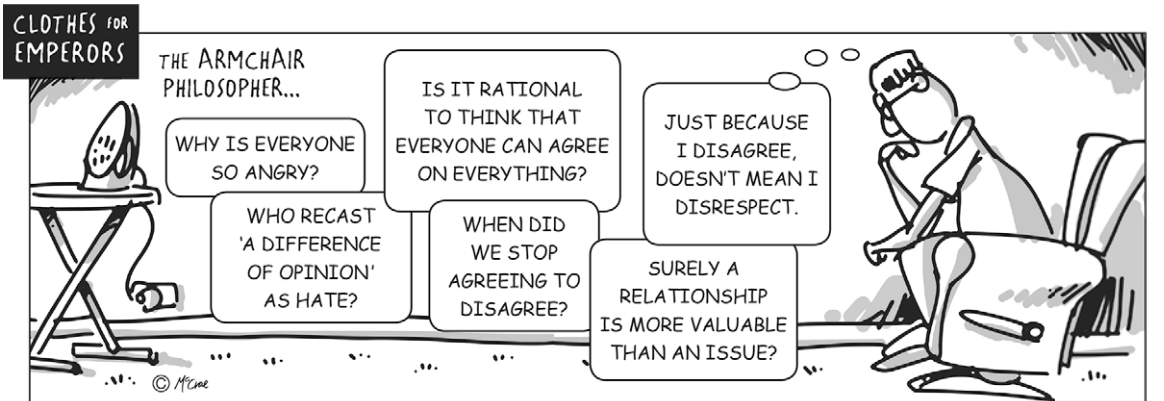
"It was a wonderful multicultural community of market gardeners, but by the time I left the developers had moved in and most of the gardens were gone. It was around that time that Silver Chain was looking for a GP in the State's Great Southern so I relocated down south and stayed in that job for a decade. I later took up a GP position in Denmark and have been at the same medical practice for the past 21 years."

Virginia is certainly one of those GPs that loves her job.

"Being able to look after my own patients and basically care for them from birth to death is a real privilege. It's of great benefit to the patients too as they can see their 'own' doctor. That doesn't always happen in the city and you can become very disconnected from the patients."

Virginia said she had planned to retire in a few years' time when she was 75, but due to the impact Covid-19 has had on GP services she has decided to put that plan on hold.

"I'm passionate about medicine and passionate about my role as a GP. That's why I'm still here," she said.



Film based on the story of theft from London's National Gallery

THE Duke is the true story of Kempton Buntton, a 60-year-old taxi driver who stole Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first (and remains the only) theft in the Gallery's history.

The film is led by two British greats, Jim Broadbent and Dame

Helen Mirren and directed by the late Roger Michell (*Notting Hill*, *Tea with Dames*). The Duke is the first film to tell this extraordinary true story.

Kempton sent ransom notes saying that he would return the painting on the condition that the government invested more in the care for the elderly – he had

long campaigned for pensioners to receive free television.

What happened next became the stuff of legend. Only 50 years later did the full story emerge that Kempton had spun a web of lies. The only truth was that he was a good man, determined to change the world and save his marriage. How

and why he used the Duke to achieve that is a wonderfully uplifting tale.

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We have 15 double passes to give away to some lucky readers to see this film. To be in the draw simply email win@haveagonews.com.au with *Duke* in the subject line or write to *The Duke* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 29/3/22.

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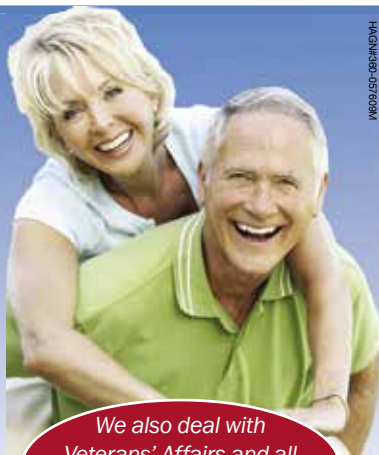
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Tom cycles his way to an outstanding life as an artist



by Josephine Allison
NORTHAM artist Tom de Munk-Kerkmeer (pictured

above) doesn't have to go far when seeking inspiration for his innovative artworks, stepping into his backyard

to collect bamboo for his latest work, *Spin*. The work will be on show at *Sculpture by the Sea* in Cottesloe

this month.

Tom's work consists of bamboo, metal and wooden planks spinning in the wind, a fitting entry for its seaside location.

"I started working on it in 2019 but then I was in hospital for a month last year and this work was supposed to go in but didn't," Tom said.

"I did a test a couple of years ago on a smaller version and now I am happily embracing the bigger one."

Australian-born Tom, lived in the Netherlands from the ages of two to 32. He has been an artist since he was 20, coming from an artistic family (his mother and aunt in the Netherlands are both artists).

"I was conceived in the Netherlands, born in Australia, raised globally with the movement of

constant migration stirring my blood," he says about himself.

"I am constantly surveying my surroundings with a notion of possible realities and, with art as my passionate, demanding companion, I set myself to task."

Tom's creative journey reflects the eclectic mix of his experiences. He has worked in painting, writing, puppet making, sculpture, performance, design, creating rituals and installations.

Tom's unique view on life is reflected in the fact he doesn't drive a car, so relies on train and a trusty bike to transport his work to Cottesloe.

"I have never driven a car really; I grew up in the Netherlands where going around on a pushbike

is customary.

"There are many aspects to being an artist, you have to be self-motivated. I don't have any big overheads, live quite a frugal life, buying and rebuilding a house in Northam. I have a strict daily routine, spending afternoons in my studio. I grow some of the bamboo myself and I'm definitely known for dumpster diving, retrieving stuff people throw out, and transforming waste pieces into art works.

"Last year was supposed to be my 10th year at Cottesloe but now it's this year. I have exhibited at Bondi in Sydney three times. Before Cottesloe, I exhibited at Bathurst Beach in Fremantle and, after Cottesloe, will be involved in a youth project for the Avon Valley Arts Society."

Some of Tom's finest works can be seen at various places around Perth. In 2012 he was awarded the highly coveted Helen Lempriere award in Sydney for a larger version of a piece he called *Luchtkaasteel* (castle in the air). He collected a \$30,000 scholarship to help advance his career.

After recovery from illness, Tom is back on track.

"Outside my art, I grow my own food, keep several beehives, run a house with off-the-grid electricity and always experiment to keep energy levels as low as possible.

"It's a good feeling to help reduce the negative impact on the planet."

The 18th Sculpture by the Sea featuring entries from throughout the world, runs at Cottesloe beach from March 4 to 21.

It's time to be scam aware and follow these tips to avoid loss...

RECORD numbers of Western Australians fell victim to scams in 2021, also losing a huge amount of money.

In its *2021 Year in Review Scam Report*, WA ScamNet at Consumer Protection reveals that 1,041 victims, an increase of 10 per cent from the previous year, reported losses totalling \$14,791,708, an increase of 27 per cent. There were 4,128 scam reports received in total, an increase of 18 per cent.

These are the highest figures recorded since annual scam reports were first compiled in 2015.

The greatest financial losses were recorded as result of investment cons (\$6.67 million), mainly cryptocurrency, and romance/dating scams (\$2.99 million). In terms of the number of victims, online shopping and buying/selling classified scams topped the list.

Commissioner for Consumer Protection, Gary Newcombe said the rise in scams reflected an increase in online trading,

as well as the growing popularity of cryptocurrencies like Bitcoin.

"As more and more consumers do business online, the risk of falling victim to scams increases as professional criminals become expert at hacking email accounts and creating fake websites, social media pages and classified ads," he said.

"There has been an avalanche of phony text messages and emails being sent to people which contain links to websites that seek to either steal money or gather personal and financial information, known as phishing, that can be used in identity theft. This is reflected in a 30 per cent increase in the number of phishing scams being reported and a five-fold increase in losses in this category.

"Malware or ransomware can also be installed on computers and mobile devices that give scammers access to a person's email, social media and bank accounts.

"Scammers are quick to capitalise on popular

products such as Bitcoin, knowing the attraction of get rich quick schemes that come with promises of large returns. One individual lost \$730,000 to an investment scam in 2021. This obviously has a devastating effect on the victim's financial and emotional wellbeing.

"Scammers today are well organised and use sophisticated tactics to trick people into paying money or giving up personal information by threatening them or luring them with cheap prices or attractive winnings.

"Our general advice

is for people to stop and think before sending anyone any money or providing information. Are you sure who you are dealing with is a legitimate person or business? Do independent checks to confirm their identity and the product or offer being made is genuine, which could just be a matter of calling that business or organisation to confirm, or do an internet search for warnings or negative comments on review sites."

Tips to avoid scams:
• Don't let anyone pressure you into making urgent decisions;

- Always get a second opinion from a trusted and reliable source if someone is requesting money;
- Do not respond to emails, text messages and phone calls from strangers offering predictions on shares, investment tips or investment advice – always do your own research and use licensed advisors;
- Know who you're dealing with on dating sites – watch out for profiles on social media and dating websites of scammers claiming to live in your area, but can't meet due to travel or moving away, and never send money to

someone you haven't met in person;

- Never allow anyone to remotely log into your computer;
- Take a moment to think about how an organisation is asking you to make payment – government agencies and businesses will never ask you to make

a payment using iTunes or Google Play cards or gift cards.

Information and advice on scams is available on the WA ScamNet website where scam reports can be lodged. Enquiries can be made by email consumer@dmirs.wa.gov.au.

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Local couple keeping heritage alive and well in suburban Maylands

by Lee Tate

MAYLANDS, the riverside, inner-city suburb, is a bit of a mystery. Or at least its name is.

The historical suburb, 4.5 kilometres north east of Perth, got its name in 1896 but where the name 'Maylands' came from is uncertain.

Enthusiastic resident, Keith Cundale, says newcomers often know little of the history of their new suburbs. Nor are many long-time locals abreast of changing developments.

Keith, 70, has taken on the role of president of the Maylands Historical and Peninsula Association. His wife, Suzanne, is the association's treasurer.

Retired human resources and people management specialist, Keith says the historical group puts on regular monthly talks and presentations on topics of interest to residents of Maylands – "or indeed any other people with an interest in matters historical."

Keith says Perth people might recall Maylands as home to Perth's main airport until the early 1960s. The facilities were then converted to a training area for the Western Australian Police Service.

Maylands was also once a source of clay for brick-and-tile making at Maylands Brickworks. The pits are now part of a golf course and residential area.

The most recent talk by the association's researcher and head archivist, John McLennan, revealed a story about 'Protesting Maylands' from the residents' anger in the 1990s at the development of the clay pits and the dumping of toxic waste under the future golf course, Keith said.

The iconic Old Peninsula Hotel on Railway Parade will be known to many Perth old-timers who passed it on trains on the Midland line. It now serves, grandly, as venue for the association's talks (as well being the home for a Dôme eatery).

Keith said: "We always welcome casual visitors to these talks. We also have an ever-changing

range of displays and exhibitions at the Old Police Station on Guildford Road which is open to the public every Wednesday (9.30am to 1.30pm) and on the first Saturday of every month: (10am to 2pm).

The former cop shop provides a distinctive location for storing historical records, for meetings and space for researchers and archivists to work, as well as committee meetings and working sessions.

"We are looking for volunteers with an interest in history, old houses and heritage buildings to play a part in some of our research projects."

Community action is an issue for many suburbs and they often lack the spark to encourage greater ongoing participation by residents.

Keith and Suzanne, parents-of-two, have travelled and lived in exotic places including Africa, Bangladesh, Indonesia, Singapore and Thailand. "Maylands is a nice little place," said Keith.

"We don't need to go

to these other places. There's plenty enough to do in WA; in Perth, in Maylands," he said.

With its historic buildings, cosmopolitan Maylands was developed during the 1890s and is a suburb under the umbrella of the City of Bayswater (after being covered by the City of Stirling until 1998).

Maylands is bordered by the suburbs of Mount Lawley, East Perth and Bayswater. Maylands railway station provides quick access to the city.

The official word from the council is that: "Maylands is known as a cultural and creative hub as it is home to The West Australian Ballet Centre and home to the WA Youth Jazz Orchestra.

"In recent years, new bars, cafés and restaurants, along with gourmet food and retail outlets have all contributed to an ongoing transformation of the town centre into a lively, diverse and inclusive destination.

"There are numerous shopping centres in the area, 15 parks and re-



L-R; Keith Cundale, John McLennan and Sue Cundale

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HAVE a Go News is no longer a collection point for Lids for Kids.

Currently, there is no co-ordinator for Lids for Kids in WA and we cannot continue to collect lids.

Lids for Kids in the eastern states has joined forces with Re-think Recycling but they are yet to

set up centres in WA.

We will keep readers up-to-date with developments as they come to hand. Containers for Change depots take clean lids and Precious Plastics in the southern suburbs will also take clean lids only.

We take the opportunity to thank the hundreds of people who have taken on this initiative and have recycled their lids.

There is an obvious desire in the general public to recycle further, if you would like to encourage our State Government to offer better recycling contact Environment, Minister Reece Whitby.

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Bette sews tiny items to bring happiness to a child's life



Bette Brady holding up two items of dolls clothes

by Josephine Allison

CHILDREN and making dolls clothes for charity have been a lifelong passion for Bette Brady and, at a youthful and energetic 84, she has no wish to give it up. Bette

can be found at her trusty sewing machine most weeks, creating the special clothes which have brightened many a child's life down the years.

"I estimate I have made at least 57,000 items for charity over 57 years,"

Bette, of Mount Pleasant, said. "I started making these clothes in 1964 for the Save the Children Fund; there were seven of us with 21 children between us. We initially made clothes for a Save the Children Fund rehabilitation centre and we sewed to raise funds to send there."

Bette, who has three daughters, 11 grandchildren and nine great-grandchildren, creates clothes these days for the Salvation Army, Ronald McDonald House and the St John of God Murdoch hospice which sells the clothes to raise extra funds.

She recently dropped unannounced with a pile of clothes into Kites Toybox Library after reading a newspaper article. All

4500 toys in the library are designed to improve a child's fine motor skills and finger co-ordination or promote physical movement. Dressing dolls in clothes exercises the small muscles and promotes hand-eye co-ordination and dexterity.

The Kites Toybox is a sensory toy library that connects families and therapists with toys, resources and information to support play and development for children living with developmental challenges.

Bette's work expanded in 1993 when she and husband John bought a block of land and built a house in Balingup, dividing their time between the town and Perth. She became involved with the Peddlers art and craft

shop in the town which still exists today, as well as being extremely busy sewing.

What drives her?

"I have a very soft heart for children, I always have and always will, there's still the child in me. The work is extremely rewarding, I have a lovely empathy for children which is why I am still going."

Bette says she has become proficient at mix and match and doesn't waste a thing. All the leftover ric rac trims, materials and sequins are donated to Richmond Primary School in East Fremantle for their collage. She collects cheap pieces such as cottons and haberdashery from op shops.

She has become more creative over time, a basic outfit taking fifteen min-

utes but the more intricate ones with sequins and mini pearls with extra additions up to an hour.

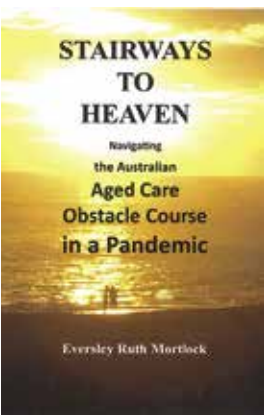
Highlights? Bette says when she was involved with the Save the Children Fund she met its patron Princess Anne at Government House on several occasions. She and another woman represented the Dianella branch.

Husband John is Bette's big support, driving her around to drop off crates of clothes. They are a couple whose biggest pleasure is wanting to give back.

Kites program manager Charmaine Gibson says: "Bette's kind donation of dolls clothes was unexpected but joyfully received. They are just perfect for our dolls in the Kites Toybox and will be a popular item for our members."

"The Toybox library connects families and therapists with toys, resources and information to support play for children living with developmental challenges and can be accessed with or without National Disability Insurance Scheme funding."

Navigate the aged care obstacle course during pandemic



Reviewed by Pat Paleeya

Stairways to Heaven, Navigating the Australian Aged Care Obstacle Course in a Pandemic by Eversley Ruth Mortlock

WITH a title like *Stairways to Heaven* there's no mistaking the subject of this book. This book has been written for those who are in a bit of a kerfuffle regarding the Australian aged care system and the problems that may arise along the way.

Eversley Mortlock put her time to good use during the pandem-

ic by exploring the resources and gaps in the aged care system. In her forward she writes that COTA (Council on the Ageing) argues that accessing our aged care system is like navigating an obstacle course blindfolded: Whether to leave a retirement village to shift to a care home or perhaps a cosy villa with carers popping in and out will depend on a person's cognitive ability, mobility, and of course most importantly financial status.

There are many obstacles that beset older members of society when contemplating the best out-

come for their later years. Luckily Eversley has had the time and diligence to review many of these issues which has resulted in this comprehensive look at preparing to shuffle off this mortal coil.

This book has many quotes and poems interspersed throughout, there's humour and the serious stuff, in all a helpful guide that is very easy to read and comprehend.

The book is available for \$25 from Dymocks Subiaco, New Editions Fremantle or at Citiplace Centre in Perth.

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Where opinions matter - the survival of boxing in the age of player protection



by Lee Tate



BOXING, a so-called sport, is an amazing survivor. In this age of player protection, medical evidence of serious damage, and hovering legal action, how are they still punching?

Boxing in the sports

pages? Is it really sport?

The following snippet is from a newspaper report on Perth's Jack Della Maddalena knocking-out of American champion, Pete Rodriguez, in California - "flooring him with a big left hand" in the first round.

It read: "The 25-year-old put the pressure on from the opening with a series of jabs which bloodied Rodriguez's nose, on his way to landing 38 of his 43 strikes to the head."

Della Maddalena "began putting together some brutal combinations and counters before he caught the American with his left hand, knocking him to the mat as the referee stopped the fight in the first round."

The professional boxing referee saw the need

to stop the damage only minutes into the fight.

Della Maddalena said: "I could definitely tell when the jab was landing, it was bloodying-up his nose."

The headline on the story was: "Three-minute Maul".

There is no doubting that these combatants are superb athletes.

An international fitness coach, asked about the world's fittest athletes referred to grand tour cyclists, cross-country skiers and champion tennis players but nominated middle-weight boxers as: "optimal performers in strength, power, endurance and mobility."

The greatest heavy-weight of all, Muhammad Ali, would, no doubt, spring to mind for anyone

pondering the prowess of boxers. Undisputed athletes, but sportsmen? When health and lives are at serious risk, is boxing what we would today consider to be sporting?

Between 1890 and 2011, 1,604 boxers died as a result of injuries sustained in the ring (survey by Manuel Velazquez). That's an average of 13 a year. Many others carried injuries for the rest of their lives. Look at what happened to Ali, the most-recognised athlete in the world.

Boxing dates back 3000 BC to Egypt. The popular spectator sport was introduced to the ancient Olympic Games by the Greeks in the late 7th Century BC, when soft leather thongs were used to bind

boxers' hands and fore-arms for protection.

We expanded to bare-knuckle fights, attracting vast numbers of eager spectators around the world, various other combat sports (men and women) and kick-boxing which continues in WA, legalised for fear of it going underground without controls.

A Perth establishment offers: "Five kickboxing classes for one, \$19, or two people, \$35."

In WA, under section 62A of the Combat Sports Act 1987, all combat sport contests must be held in accordance with rules approved by the Minister for Sport and Recreation.

There's even a Combat Sports Commission setting rules in WA.

Knowing what we know about mental and physical damage, the world nevertheless turns a blind eye to blatant brutality. All in the name of sport. Big-money sport.

We no longer allow roosters to tear each other apart in cockfighting. We outlawed dog fights in the ring and act against cruelty to animals and legislate to protect flora.

In sports, including Aussie Rules, violence and head-damage is now taken seriously after positive proof of serious brain damage to players. Remember Polly Farmer?

Surely, it's time for boxing's final bell.

What do you think? Email info@haveagonews.com.au with Opinion in the subject line.

continued from front cover

Stepping up by Allen Newton

Dianne says they fund-raising plan for this are still working on a year.

"I try and get everyone involved and I'd love everyone to do it, so everyone raises their own money, but a lot of people know how much it means to me and they help and I appreciate that so much."

Because she is already a fitness instructor Dianne says fitness isn't an issue for her.

"I am quite fit. I go to Jacob's Ladder once a week and I do some stairs."

MSWA is a non-government, not-for-profit organisation, employing 1000 staff across Western Australia providing care from a team of experienced nursing and allied health professionals who provide infor-

mation and a range of support from the time of a person's diagnosis.

The organisation also provides funding for vital research into neurological conditions.

Step Up includes a mini-climb, 477 stairs or 22 flights, which is suitable for children aged six or over. All children must be accompanied by an adult for the duration of the climb.

The One Up challenge has 1,103 stairs, or 53 flights and Double Up includes getting up 2,206 stairs or 106 flights, climbing to the top of Central Park twice, with an hour between



Dianne on the climb

each climb.

In the Multi-Climb, in which Dianne will be competing, entrants nominate how many climbs they will do, but

all climbs must be completed on event day, between 8am and noon.

To find out more visit www.stepupformswa.org.au.

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Easing into retirement could benefit workers and help with skills shortages



Edith Cowan University (ECU) Professor Tim Bentley

by Frank Smith

WHEN aged pensions at 65 were first introduced, pensioners could expect to live only a few more

years. Now a 65 year old has an average life expectation of 20 years.

Moving into retirement has traditionally meant working full-time

and then abruptly never returning to work again. But 20 years is a long time to be doing nothing.

Edith Cowan University (ECU) Professor Tim Bentley says a slower and gradual shift into post-work life could have far reaching benefits, including reducing the shortage of skilled workers – predicted to be in excess of 100,000 by 2023 – improving the retirement income and outcomes for retirees and preserving skills and know-how for employers.

“It’s a win-win situation where both parties can benefit,” he said. “When older workers are gone, they take with them their knowledge, skills and other knowhow.”

“We always think of declining physical and men-

tal capabilities as people age, but there’s very little research that supports the view that these factors negatively influence work performance.

“The older the age group, the better their psychological and physical health seems to be, because as people age, they’re better at managing their work and their own health and wellbeing because of their experience.”

Professor Bentley said a graduated shift into retirement would allow for less knowledge to be lost.

“There are skills and knowledge you’ve picked up over many years that can be hard to write down and can only be passed on by working with colleagues,” he said.

Professor Bentley said many people struggled

when first entering retirement, as it meant a massive change to their lives.

“Suddenly you’re confronted with a loss of identity, loss of income, no longer being a team member and losing work friendships – the social aspect of work – there are many things you can lose when you walk out those doors for the last time,” he said.

“It cannot be good for your mental health. But you can ease into it if you’re able to slow down, from working full-time to part-time, down perhaps to one day a week.”

“Staged retirement allows you to ramp up your non-work life and gives you time to decide what you’d like to focus on as you leave work.”

“The number of hours,

the timing of the work and where they work is often more important to older workers than what they get paid, because a lot of the time their life is more than just work,” Professor Bentley said.

“They can have other responsibilities such as caring for grandchildren and spouses as they begin to transition into life as an older person.

It also allows the retiree to ease into new hobbies and activities, such as volunteering in

the community.

“Taking up an encore career is another option. It can be exciting to do something new and challenging.

“Flexibility also gives them the chance to have more down time for recovery where work is strenuous mentally or physically.”

Seniors can continue to work part time with loss of pension entitlements up to \$300 per fortnight under Centrelink work bonus rules.

Retirees welcome new legislation and superannuation improvements

WAYNE Strandquist, national president of the Association of Independent Retirees says retirees welcome the recent passing of legislation in Federal Parliament that provides more flexibility for retirees to make non-concessional contributions to superannuation.

“This package included the abolition of the work test for non-concessional contributions for up to age 75, and reducing the eligibility age from age 65 to 60 for downsizer contributions into superannuation,” he said. “These improvements will enable retirees

and those approaching retirement, who were working before compulsory superannuation was introduced, to build their balances to fund an adequate retirement income.

“The Association of Independent Retirees (AIR) also welcomes the passing of the Retirement Income Covenant legislation to ensure that large superannuation funds provide a retirement income strategy for their members.

“In this year’s pre-budget submission to the Government, AIR made a number of recommendations that address adequacy, eq-

uity, and financial literacy issues raised in the Retirement Income Review report.

“We commend the government’s action in addressing the historical exclusion of superannuation payments for workers earning less than \$450 per month, and we have made further recommendations to provide additional opportunities for workers approaching retirement with low superannuation balances to increase their contributions.

“These are important equity measures that will help women, in particular, build their retirement

savings.

“The Association acknowledges that the Government has made some improvements to the quality and safety of aged care following the Royal Commission report, and has plans to make significant further reforms.

“However, we recommend that consideration be given to expediting these efforts and implementing transitional measures as soon as possible to improve the capacity, quality, and safety of residential aged care and home care services,” said Mr Strandquist.

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by Rick Steele

I'VE been thinking of following Neil Young, Joni Mitchell with others and taking my music off Spotify. My bank manager reckons the 10 cents I make for every 10,000 listens will not help my overdraft. No matter, it has been over ten years since my

last album, and whether it's 'Old timers' disease, or the realisation of my immortality, I have been feeling the need to record once again. Normally the new year is the time when the creative urge arises but it has been so bloody hot!

Now I am trying to write the ultimate country (and western) song, but with so much going on, I'm finding editing difficult. "Mamma ran off with a truck driving man, while daddy was still in gaol, Sister Sue got pregnant at just fourteen and hav-

ing twins to her cousin Dale, Aunty May caught Covid and croaked last week, Mary Lou's in the House of the Rising Sun, Ma dog up an' died, gambled my last dollar, Lord knows I'm down on my luck,

Preacher says I should pray to the Lord, but frankly I don't give a...?"

Can't think of the right word to rhyme with 'luck' (frankly my dear, I don't give a damn, has been used).

Singing has always been my first love and I've

done so most of my life. Of course, no one escapes criticism and you have to learn to live with it. I love to sing and also drink scotch. Some buggers say they'd rather hear me drinking scotch. I've heard people say Leonard Cohen gives you the feeling your dog just died. When Barney screams deaf people refuse to watch his lips move. Tiny Tim was said to sound like a squeaky gate or hinge and Bryan Ferry like someone throwing up.

Kamahl (camel) once said; "Why are people so unkind?" Ernie Sigley was reported to have an Van Gogh ear for music, and Graham Kennedy could hold a note longer than the NAB bank.

These days, after 55 years of performing to

make a dollar, I introduce my set with a frank admission.

"Ladies and gentlemen, I have suffered for my music for a long time; now it's your turn."

Fortunately, I've never really needed the chicken wire, like in the Blues Brothers movie and mostly people are polite in their requests. Recently the band received an agitated request, but we decided to keep playing anyway. Boom Boom.

People often ask songwriters, "What came first, the lyrics or the music?" My answer is that every song has its own agenda. I can't speak for Paul McCartney or Billy Joel. Who knows? Every winner and every loser have their own thumbprint.

The guy or gal who

created the classic *How much is that doggy in the window?* has surely taken their secret to the grave.

I'm hoping to re-record an old song of mine from about 1992: *She's got a pretty face, she's got a bad tattoo.*

According to my eyes the song seems more relevant today than it did thirty years ago. Fortunately lasers can remove some bad youthful, (felt good at the time) decisions.

Irving Berlin once said, "Never hate a song that sells a million copies."

Well that's easy for him to say. He was dead when; *You can take my heart, my achey breaky heart* was on high rotation. He should be so lucky, lucky, lucky, lucky.

Perhaps these inspirational lyrics would have

driven him to a higher plane or off a cliff!

Some songwriters say that the song: "kinda wrote itself."

Justin Bieber can't blame anyone else for his million selling hit: Baby I think the first verse is the same as the second... "Baby, baby, baby,... baby, baby, baby..." Just brilliant.

Perhaps someone should write, "the ballad of the *Have a Go News*".

In the meantime a certain Hunter S Thompson wrote of the music industry: "The music business is a cruel and shallow trench, a long plastic hallway where thieves and pimps run free, and good men lie like dogs."

There is also a negative side... Cheers dears.

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Royal Historical Society's giant secondhand book returns...



ROYAL Historical Society is holding its annual book sale on the weekend of April 2 and 3.

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joy getting lost in the abundance of fantastic books and the thrill of finding a treasure.

There are lots of fiction including crime books, a range of children, teen books and vintage bird and flower prints. Also for sale will be LP records, CDs, DVDs and sheet music.

There are books covering all subject areas and there is something for every taste.

There will be an auction at 10.30am on the Saturday and from 2pm on Sunday all unsold books will be offered at half price.

All proceeds will go towards programs that foster the enjoyment of WA history and the running costs of the society.

The sale will be held at the Royal WA Historical Society at 49 Broadway (corner Clark Street) Nedlands from 9am to 5pm on both days. Cash and credit cards are accepted.



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Information about updating Services Australia when circumstances have changed



by Hank Jongen, General Manager Services Australia

ONE of the biggest misunderstandings I hear from customers is that

they don't need to tell Services Australia about changes to their income or assets because they believe we already have access to this information.

I want to clarify that in most cases Services Australia can't access information about changes to your circumstances unless you let us know about them.

As Services Australia customer, whether you receive Age Pension or Carer Payment or any

other payment from us, it's important that you let us know of changes to your circumstances within 14 days, as these changes could affect your payment. If you don't tell us, we may pay you too much and you'll have to pay the money back.

To find out what you need to tell us about, a great starting point is to look at the letters you get from us. They give you details about what you need to notify us about.

Please make sure you read them carefully. You can also find information on what you have to tell us on our website. Go to servicesaustralia.gov.au and search for your payment, e.g. Age Pension.

Some of the things you need to let us know about include changes to your address, going overseas, changes to your living arrangements, and if you stop or start working.

If you're working, you must report what you're

paid each fortnight. You also need to let us know about changes to your financial assets like significant bank account changes and shares. You don't need to tell us every time your bank balance changes, but you do need to tell us if the balance of your combined financial assets increases by more than \$2,000. If you're getting a part-rate of pension, it might be in your interest to let us know of any reductions in your financial

assets as well. It's easy to let us know about changes. The best way to do this is using one of our self-service options: your Centrelink online account through myGov; your Express Plus Centrelink mobile app; or by calling Centrelink phone self-service. If you don't have access to a self-service option then please call us on your regular payment line.

If you're thinking about making some large financial changes that could

impact your eligibility for your pension or concession card, you can call Services Australia's Financial Information Service on 132 300 to discuss your options.

See you next month. **If you have a question of a general nature about pensions for Services Australia' general manager Hank Jongen, simply email info@haveagonews.com.au with Hank in the subject line.**

The good and the bad - it's all in a word or two



by Jon Lewis

THE popular phrase states "You take the good with the bad". Is that the truth of it, or could a slight rewording make it a whole lot better?

A lovely 6PR listener and caller 'Nola' offered a suggestion early one radio morning.

What if the phrase were 'You take the bad with the good'?

I sat stunned behind the microphone for a moment taking it all in. With such a simple exchange of two words suddenly the emphasis and energy was removed from the 'bad' and welcomed

to the 'good'. It was just that simple.

I have felt for a while that this original saying had a negative feel about it. Now, I feel it can be a most positive term. Some say you need to be prepared for the bad, that it is somehow important and will make the impact less devastating.

I do not agree. Never have I ever received bad news better by being prepared for it.

Never have I spent my time well by fretting and worrying of possible bad news. Certainly, I have not felt the non-arrival of bad news; that is good news, ever quite made up for the worry I had gone through preparing.

In fact, I would rather never be warned about possible bad news, especially as there is a good chance it may never happen.

Winston Churchill once said: "I am an eter-

nal optimist, there does not seem to be much point in being anything less", and I humbly agree with the excellent orator.

This is why I love this gentle rewording of the well-worn phrase and why it is so important to me, as it provides yet another way to be an optimist

Now, it provides light at the end of the tunnel rather than darkness the original phrase surreptitiously emanates.

It comforts me no end that when times are bad, there will for certain be times that are good. Certainly in life, of the

two, there is far more good. The only difference is that good tends not to advertise and promote itself nearly as much.

Sometimes, you have to go looking for good, only to find it right there before you. It was good our friend who kindly called to share her observation, and now I merrily share it now with you.

Are there other phrases that could do with a little positive rewording? Can you think of one? If you can, then I say that is good.

All the best.

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Elvis Presley was Sicilian - my childhood urban myth



John Rando

by John Rando

IN my early teen years before becoming a criminal defence lawyer, I was able to persuade my Sicilian father that Elvis Presley was Sicilian.

Up until then my dad had forced me to play a monstrous heavy 120 bass piano accordion from the age of eight, an instrument which I vehemently detested. My mates would scoff and laugh at me relentlessly. Dad would lock me in my room until I practised the accordion, which cost him one hundred and eighty pounds in the fifties. About two-thirds the annual worker's wage.

A few of my mates were playing guitars and singing Bill Hayley and Pat Boone songs. I was stuck playing *Santa Lucia* and *Funiculi Funicula* on the accordion. I wanted to play the gui-

tar and sing Elvis songs. So I hatched a plan.

Dad loathed guitars and pop songs and figured I would be distracted from playing the accordion, which took him several years to pay off.

Desperately, I wanted to play the guitar, sing Elvis songs and join my mates.

Mum had a beautiful singing voice and sang a range of Italian songs, including a couple of Elvis songs which she sang in English, *It's Now or Never* and *Surrender*, songs that mum had sung in Italian as a child. When she heard Elvis sing his rendition of the songs, I explained that Elvis really was Sicilian, olive skinned, curled up lip, liked to punch guys up in his movies, had a tough Sicilian swagger and loved his mother, Gladys very much.

"Very Sicilian, I thought and she tended to agree."

Over several weeks mum and I began to persuade dad Elvis was Sicilian, and was more popular and well known than any accordionist.

So, dad let me play the guitar and sing Elvis songs, so long as I continued playing the accordion, which I still play after all these years.

Now I play the accordion with the fabulous *Zucchini Brothers*, who claim to have done more for music than Mozart ever did for plumbing.

Community rallies to support nurse



Sheryl Thyne and some of her nursing colleagues

NURSE Sheryl Thyne was at work in the orthopaedic clinic at Fiona Stanley Hospital in 2019 when she suffered a spinal medical emergency leaving her an incomplete paraplegic with no control over her bodily functions or lower limbs.

Sheryl was an active woman who loved cooking, travelling and was a mad Eagles fan.

Unfortunately due to a pre-existing condition she never received any worker's compensation and now is dependent upon a disability pension and carers coming three times a day to assist her with daily living.

A group of nursing colleagues who had known Sheryl over her 30-year career decided to fundraise to purchase a specially modified vehicle to allow her to regain some independence.

They have raised more than \$60,000 through a variety of events for the car.

Last month they held a special fundraising morning tea at College Park in Darch where Sheryl was presented with the vehicle.

It's a moving story of community banding together to help someone who dedicated their life to the service of others.

The fundraising efforts achieved more than they expected and they now have extra funds to service the vehicle for the next year.

Sheryl passed her driving test, which allows her to drive a specially adapted vehicle with hand controls. The pure joy on her face when she passed the test and took a celebratory drive around the Swan Valley was a picture to cherish.

Her colleagues said that she had provided such wonderful care to patients and staff through her nursing career that they were honoured to assist.

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Letters to the Editor

Your letters...
Your letters...
Your letters...
Your letters...



Always carries his bat for a good cause!

IN response to the article in March "Fancy a Game of Cricket at Government House?" our regular cartoon contributor Frank has drawn the following of WA Governor and great West Aussie Kim Beazley.

Dear Editor,
I LOVED reading the article by Karen Majer about her (and her husband's) garden and all the wildlife that inhabits it. I would love to get rid of all the lawn and most of the dirt in what are meant to be my garden beds (there is more lawn in them than is in the actual lawn area) and plant some vegetation that would be better for birds and maybe the odd gecko.

I only have a 503 square metre block and of course that is not the size of the lawn, however I refuse to use chemicals on it, so that is why I

have a jungle, as I call it.

I have two verge trees, a silver princess and a gum tree (no idea what sort it is) so of course when they are in flower, they attract bees (as do the bottlebrushes when they flower) so I am trying to help the wildlife.

It is just a pity that so few houses in my street have any verge trees, over the years they have all been removed, some front yards have been brick paved, some have lawn in them (real or artificial) so not only does the street get a lot hotter than it should, there is less habitat for the birds, insects

and lizards.

I think councils should give people free trees and shrubs to plant on their property, even if the person does not live in a rural area, this would help the wildlife and help in cooling the streets down.

Mrs Margaret Anne Ryan Ballajura

Editor's note - I know the City of Stirling has been doing a tree planting program and offering free trees for residents.

Dear Editor,
THERE is nothing new about attacks on the elderly. It is getting worse and worse, particularly on the internet.

I was scammed by a woman who claimed to live in Midland. This was obviously false information. She targets age pensioner men, suggesting romance then quickly asks for Coles gift cards and keeps on asking and asking and asking.

She promises to visit, but never turns up and does not reveal her address or phone number. If any information is given it is probably incorrect.

The fact of the matter is these scammers know their stuff. They are completely safeguarded behind an email address and nobody ever catches up with them.

This is the society in which we live.

The crooks are winning and grinning all the way to the bank. They hate old people but love to steal from them.

Elder abuse in the worst possible form.

Please be on guard and report anything suspicious. Keep trying to do the best you can when reporting to authorities.

God loves you and so do I.

Raymond Condor Inglewood

Dear Editor,
I ENJOYED the article about surnames and the changing ways especially with marriages. In both my two marriages I have taken the name of my

husband, especially the second one, to rid me of the first, which was not a success. My husband asked me if I wanted to keep that name, or revert to my birth name, it was my choice.

My baptismal name was only used if I was in trouble and my family nickname is still used by my family. Strangely enough, I am the only one in a family of six that this happened to. It was because my twin brother could not say Margaret.

Linking of names seems to be becoming more common and is quite a nice way to keep one's first surname.

It's confusing in many

families where the parents are not married, or in second marriages where the first children have their father's name. In some instance I have seen they keep that name and take on the stepfather's name as well. In many countries and nationalities such customs prevail.

I don't think we are stuck in a groove with women taking their husband's name feeling like a chattel. I felt it more a partnership. I have known men take on their wife's surnames without problems. I look forward to some other opinions.

Margaret Corlett

Dear Editor,
FANTASTIC, the WA Government is leading the way to turn off the plastic tap.

Recycling can only do so much and landfill is running out. We are drowning in our own excessive waste. Tons of plastic and other trash is piled up in warehouses waiting to be disposed of. But where?

There are alternatives to non-biodegradable chemical-emitting harmful plastic, which we are told has even been found in the Antarctic snow.

We are poisoning our planet and thus poisoning ourselves. Plastic micro particles are all around us now, even in the air we breathe. Shops continue to sell plastic junk, imported and deliberately meant not to last long.

Before you glibly purchase that trinket, toy, gadget and so forth, stop ask yourself do you or your family really need it? and where will it end up, probably after a short use.

Next time you get a take away or single use coffee, look at that empty cup and realise it could still be in landfill a hundred years from now.

What sort of future do we want for children and grandchildren? A toxic planet with a healthy person being an exception?

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How to navigate food supply shortages for peace of mind and keeping it local



by Karen Majer

WHAT is it about toilet paper? It seems that whenever a crisis looms, people flock to fill supermarket trolleys and sweep the shelves bare. This isn't a new phenomenon. I was surprised recently when a long-time friend dug out a letter I wrote to her while I was living in England in January 1974.

"I expect England has been hitting the news over there with all our strikes, power shortages etc. It's really pretty grim and many people have told us that conditions are worse than during the war. Many food items are in short supply and shops have to ration toilet paper of all things!"

The Covid-19 pandemic has taught us that our supply chains are vulnerable to disruption. Floods in eastern Australia destroying transport routes have underlined this fragility. When products threaten to be in short supply, panic-buying and hoarding can exacerbate – or even cause – the problem. As I write this, my local supermarket is rationing products including long-life milk, bread flour, rice,

tinned vegetables and, of course you-know-what, to one item per customer. It's not just food supply chains that are in crisis. Our new home build has been held up for months by shortages in building supplies. Supply chains are as strong as their weakest links. Even if one small component cannot be accessed due to disruptions, a whole process can come to a halt.

How do we navigate shortages of groceries and essential items and tread a sensible line between hoarding and ensuring that we have sufficient supplies during these uncertain times?

The first answer is grow your own and buy local. This makes sense on all levels because you will

be supporting our own growers, producers and manufacturers. Making connections between farmers and consumers, food markets and food hubs can be part of the recipe for food security.

A significant opportunity exists to support the re-localisation of food production, processing and consumption. Hopefully the current multi-faceted predicaments posed by the pandemic, more severe weather events, floods, bushfires and habitat loss will be a catalyst for a greater focus on food sovereignty.

Food sovereignty goes a step further to include justice, healthy food for all, and putting providers and consumers at the center of decision-making on food issues. It rejects methods that harm beneficial ecosystem functions, that depend on energy-intensive monocultures and livestock factories, destructive fishing practices and other industrialised production methods which damage the environment and contribute to climate change. Bring it on!

Most of our fresh food and vegetables are grown in WA but sourcing all our needs locally is not simple, as a friend who tried to be a 'locavore' for a month discovered. Many local manufacturers depend on imported ingredients and materials, and some things we view as necessities, like coffee beans, are imported. So as well as buying food

that is locally-grown or raised, fresh and in season, we need to decide what products to stock up on.

A psychologist has suggested that "you should start by taking stock of the items you already have at home, and how long they will last. When stocking up, it's important to limit waste and be considerate. It's not helpful to buy food that spoils, or buy so many products that others, including the elderly, experience hardship."

It's useful to decide how long you think you might need to be self-sufficient. It may be long enough to manage through a lockdown, recover from an infection or look after yourself during

an emergency or super-market supply crisis. The standard advice seems to be two weeks.

Flavio Macau of Edith Cowan University says three weeks: "open your freezer, go to your pantry. Do you have three weeks' worth of essential items? Mince, pasta, rice, flour, beans, toilet paper? If you don't have three weeks' supply, and have both the space and money to stock, go for it. If not now, because there is a shortage, then in the next opportunity. This is not about panic-buying or hoarding. I'm not suggesting you buy a year's worth of toilet paper or tinned food. Just always have enough so you can have peace of mind next time."

A seniors' strategy specifically for Western Australian seniors - your input wanted

WHAT makes you feel connected to your community? What challenges do you face in being able to age well? What ideas do you have to help you age well in your community?

Like countries all over the world, Western Australia's population is ageing. Nearly 21 per cent of the state's population is aged 60 years and over. This is expected to increase to about 25 per cent by 2031.

In November 2021, the consultation phase of the WA Seniors Strategy was launched by the

Minister for Seniors and Ageing, Don Punch. Led by the Department of Communities (Communities), this 10-year, whole-of-government strategy will support older Western Australians across the State to live their best life as they age.

Communities will be developing the strategy in consultation with older people, community services providers, peak bodies, state government agencies, local government, and other key stakeholders.

Face to face consultation sessions will be held across WA in

March. Communities would like to hear from you if you are:

- Aboriginal and Torres Strait Islander people aged 55 years and over.
- Non-Aboriginal and Torres Strait Islander people aged 65 years and over.

Communities would also be interested in hearing from you if you are approaching your senior years to identify any emerging themes or issues (Aboriginal people 45 to 54 years old and non-Aboriginal and Torres Strait Islander people 55 to 64 years old).

The dates and locations for the consultation can be found online at www.communities.wa.gov.au/SeniorsStrategy, along with information on how to register your attendance.

You can also contact the Communities' team by email at seniors@communities.wa.gov.au, or by phone on 0432 768 840, for further information.

With Covid-19 still present in the community, registration is necessary and sessions will adhere to the State Government's Covid requirements at the time.

If you have specific requirements to be able to attend, please make this known when you register.

If you're unable to make it to one of these sessions, you will still have an opportunity to have your say by completing the online survey, which is also available at the website outlined above.

The State Government is committed to ensuring that a strategy is in place that identifies the issues of importance to older Western Australians to guide future decision making.

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by Mike Goodall

The hidden intricacies of UK pensions for expats

for pensioners in the UK and those who live in the countries where the annual increases are paid. The new basic pensions are £141.85 per week for those under the earlier system and £185.15 for those on the post April 5 2016 system.

Many in the UK are now questioning why older pensioners are being penalised. I'll leave it to the experts in the UK to try and explain the reasons.

Many of you write to the UK for State Pension forecasts. However,

when received, they are full of jargon and abbreviations which make little sense to most people. One particular term is COPE. It stands for Contracted Out Pension Equivalent. This is a made-up term to give a figure as to why a deduction has been made in calculating the State Pension Forecast.

While the COPE amount affects only those under the new system. Many will have to pay for more than 35 years National Insurance contributions to achieve

a full pension.

Many people who worked while living in the UK have a reduced state pension because they were once members of a private pension scheme. This is because the private scheme had applied for their members to be 'contracted out' of the UK Government State Second pension scheme. Most people were never informed whether their pension scheme was contracted out of not.

From 1978 to 1997 private schemes has to provide a Guaranteed

Minimum Pension (GMP)

Contracting out meant that individuals could pay lower National Insurance contributions in return for giving up rights to part of their State Pension. This was abolished in 2016 but will still impact people born before 2000. The private scheme had to guarantee a minimum return on investment with better benefits for members than if they had remained in the Government State Second pension scheme.

However, this became a problem for some

schemes as they failed to achieve the GMP leaving their employees much worse off in retirement than if they had stayed in the Government Second Pension Scheme.

This second pension is also frozen for those pensioners living in Australia and a number of other commonwealth countries.

Am I UK State Pension Age?

People born between October 6 1954 and April 5 1960, who have worked for a minimum of 10 years in the UK, will be eligible

to claim their UK State Pensions from their 66th birthday.

The age people born after April 1960 can claim increases by one month for every additional month of birth until March 6 1961 when it will become their 67th birthday.

Anyone who would like to understand their options on any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikegoodall@btconnect.com.

THANK you for all those of you who signed the petition from last month. The numbers of signatures are rising slowly. If you missed out here is the link: petition.parliament.uk/petitions/601821

The UK parliament has just approved increases

Interesting guest speakers at northern suburbs retirees group meetings

IAN GODFREY will be the speaker for the Association of Independent Retirees (AIR) northern suburbs branch meeting, on March 17 (St Patrick's Day). Provided that Ian is fully defrosted in time, he will be talking to us about his experiences in the Antarctic from where he will have just returned.

The April 21 meeting will present heritage specialist Richard Offen. Many of you will know Richard from his sessions on talk radio

and his work on State heritage. He knows more about Perth and its history than the majority of locals and is an excellent speaker and ambassador for Western Australia.

All meetings are held at the Penistone Park Community Sport Facility, 27, Penistone Street, Greenwood, on the third Thursday each month commencing at 9.30am.

Under the current WA Covid-19 rules numbers are restricted

therefore, if you wish to attend as a guest, please reserve a seat by registering your interest with Mike Goodall.

All AIR members and any interested guests are most welcome and the group look forward to seeing people there.

Cost \$4 per person including raffle, tea or coffee.

For further information please contact Mike Goodall on 08 6364 0859, e-mail mikegoodall@btconnect.com for further details.

Mobility sessions have swimmers moving freely



Kareena Preston guiding a swimmer at the starting block

Masters Swimming WA Inc.

NEW coach and swimmer development coordinator, Kareena Preston, has been making the rounds of Masters Swimming WA Clubs to spread awareness of the importance of maintaining mobility as we age. The new ses-

sions combine extensive knowledge of swimming with land-based mobility exercises, and Masters Swimming WA members are reaping the rewards.

Maintaining mobility is very important for all older people, not just swimmers. Being mobile helps prevent injury, helps maintain indepen-

dence, and allows you to continue accessing and participating in meaningful community activities that contribute to a happy, healthy lifestyle.

For swimmers, having greater range of motion and flexibility contributes greatly to reduced instances of injury and better technique.

In recent months Kareena Preston has been delivering 30-minute mobility sessions to Masters Swimming WA clubs with a focus on ankles, hips, hamstrings, and quadriceps. These sessions have produced some outstanding results with older swimmers now able to bend over and grab hold of the starting block, resulting in better balance and a far more dynamic dive start. Swimmers are also experiencing less discomfort and more movement in their legs and hips.

Beth Hutchinson, Fremantle Masters Swim-

ming Club coach, said she was very impressed by the change in her swimmers after just one session.

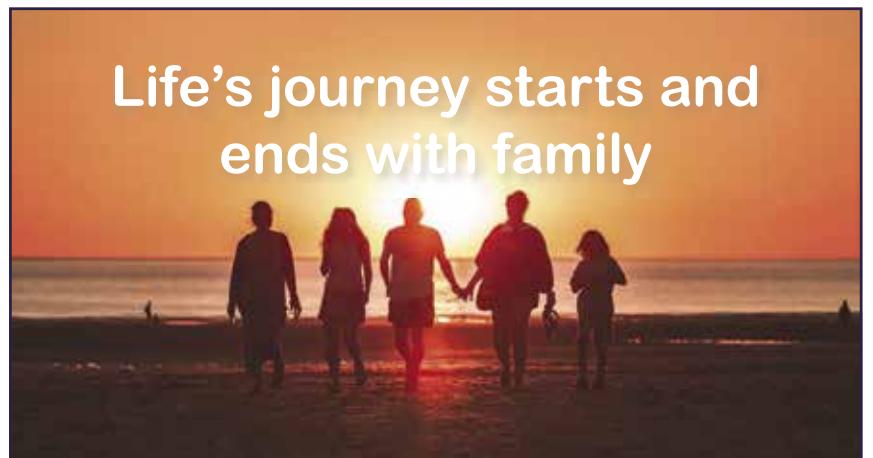
"The flexibility and starts session with Kareena was very helpful, and I am thrilled by the improvements everyone showed," she said.

Kareena continues to work with all the Masters Swimming WA Clubs in all areas of swimming with an increasing number of clubs requesting mobility sessions as part of their club visits.

If you're interested in joining a Masters Swimming WA club, please visit www.mswa.asn.au.



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Retirees Club News & Recreation



Ring those bells... historic event



Handbells in Peel ringers playing on two sets of Malmark handbells.
Photo credit their musical director.

ELEVEN handbell ringers from Handbells In Peel Inc in Mandurah participated in the Sounds of Time historical event in late 2021. This event, organised and coordinated by the Australian Catholic University in Canberra, celebrated the 700th anniversary of the first musical clock to mechanically chime a tune.

The tune, *Conditor Alme Siderum* (Creator of Light), had an interesting music score as in 1321, seven centuries ago, there were no bar lines in the music. Counting the nine beats per line of music to play their notes in the right places was a challenge for the

handbell ringers.

This celebration of the 1321 chiming of the tune was an unusual but fun event for the group. It did not distract them from practising and performing their popular Christmas carols for appreciative audiences in the Mandurah community during December.

Handbells in Peel have resumed their weekly Thursday afternoon rehearsals in Mandurah and have bells available for new bellringers who would like to join the group. A basic knowledge of music is preferred but not essential. Contact secretary handbellsinpeel@gmail.com for more details.

Create connections and make a difference by joining VIEW

BAYSWATER City View Club is on the lookout for new members who want to give back to their community after a difficult two years and make new connections with women in the area.

VIEW, which stands for Voice, Interests and Education of Women, is a network of close to 300 clubs and over 14,000 women throughout Australia. It provides a place for women to connect in the community, enjoy social activities, and develop lasting friendships – all while supporting the work of children's education charity, the Smith Family.

Baywater City View Club president Lynn Cooper said this year is the

perfect time to join VIEW.

For those who are new to the area, VIEW provides the perfect place to meet like-minded women, while doing something that makes a difference," she said.

VIEW is the largest community sponsor of students on the Smith Family's Learning for Life program, and has supported children and young people in need for more than 60 years. The Smith Family is also celebrating its 100th birthday this year, with VIEW planning plenty of events to bring together women from across Australia.

"The Smith Family has been creating better futures for young people

for a century, and we are so excited to be a part of that celebration. We will be holding our convention in Adelaide later in the year, and our new committee is busy planning fundraising and friendship events for this year, she said.

"We are also proud to contribute to the ongoing legacy of the Smith Family. Our club supports the education of eight students through the Learning for Life program, and each year we ensure, by fundraising with support of the local community, that they have what they need for their education.

In addition to their ongoing support of the Smith Family, Bayswa-

ter City View Club hosts social events, including walkathons, fashion parades, day tours, friendship morning teas/luncheons, and Christmas in July.

"We are always looking for women of all backgrounds and ages to join us and look forward to welcoming new faces. Our monthly meetings take place on the second Tuesday of the month.

Anyone interested in becoming a member can call Lynn Cooper on 0408 766 983 or visit www.view.org.au for further information.

Meetings take place at the Bayswater Tennis Club, 80 Murray Street, Bayswater.

Bunbury retirees group welcomes new members

THE guest speaker at the next meeting of the Bunbury branch of the Association of Independent Retirees (AIR) will be pharmacist Mary Rose. Her topic will be medication reviews.

Bunbury AIR meets on Tuesday March 22 at 2pm at St Augustine's Uniting Church Mangles Street, Bunbury. A fee of \$4 covers a raffle and a delicious afternoon tea. Anyone who is interested is most welcome to attend. Any enquiries to Richard on 0429 342 222.

The first Battle of Bullecourt and how it related to Western Australians

THE guest speaker at the April meeting of the Western Australian Self-Funded Retirees Association (WASFR) will be Dr Mike Galvins RFD, archivist and historian with the sub-branch of Claremont RSL.

He will speak on the establishment and activities of the 16th Battalion

of the Australian Imperial Force during the World War I. About 50 per cent of those recruited were from Western Australia, including the entire headquarters staff.

The battalion was engaged at the landings on Gallipoli and at the final withdrawal to Egypt where it was re-equipped

and reinforced by personnel mainly from Western Australia. It was then transferred to the Western Front where it was placed under the command of the British Expeditionary Force and fought at Pozieres and Moquet Farm.

Losses in manpower were again replaced

almost exclusively from Western Australia and the battalion became identified as a Western Australian Unit. As part of the 4th Infantry Brigade at Bullecourt on April 11 1917, attempts were made to break through massive German defences with disastrous results. Casualties were extreme-

ly heavy and many prisoners were taken by the Germans bringing much pain and grief to many close knit communities within Western Australia.

The planning and preparation leading to the 1st Battle of Bullecourt was highly criticised together with claims of lack of support

during critical phases of the conflict. Australian Forces engaged in the battle were at the time under British Command.

The meeting will be held at 10am on Friday April 8 at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors are always welcome. To conform with current medical emergency requirements masks should be worn and proof of identification and appropriate vaccination will be required.

For further information contact Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

Walking club kicks off new season this month



OFFWA (Over 55 Walking Association) members resume their weekly morning walks this month on Tuesdays.

The walks begin at about 10.30am (after registration).

If you would like to join a group where you will enjoy friendship walking do come along.

Bring a folding chair and a picnic lunch and they will make you very welcome. The group walks every week and they welcome people to join them

Tuesday March 15: Shelley Foreshore, river end of Beatrice Avenue.

Tuesday March 22: Trigg Island, Clarko Reserve, sea end of Karingup Road.

Tuesday March 29: Burswood, Reserve Drive, Causeway end.

For further information visit the very informative website www.over55walkingassociation.org.au or phone president Faye on 0449 667 558.

The club will be following current government Covid guidelines on their walks.

HMAS Sydney foundation at Mandurah talk...

GLENYS McDonald OAM will be a special guest speaker at the March 28 meeting of the Association of Independent Retirees (AIR) Mandurah Branch, commencing at 9.30am.

She talking about her involvement with the *HMAS Sydney II* Foundation of which she was a director. This inspiring and moving presentation will be held at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Everyone is welcome to join the meeting, but please note that owing to Covid restrictions we will require to view vaccination certificates.

The cost is only \$2 per person and a morning tea will be included.

For further information on this very special presentation please contact Shirley Lloyd on 9586 4255.

COMMUNITY NOTEBOOK

PATSY DURACK'S ROSE GARDENS

The gardens are open on Sundays starting in March to May 10am-4.30pm Devonshire teas served and gift shop open.

Entry \$10. Part proceeds go to the Cancer Council of WA.
33 Parke Road. Gooseberry Hill.

CITY OF COCKBURN CULTURAL FAIR

Saturday April 9, 3-7pm. Free event. Enjoy a varied assortment of music and delicious food.

Free activities, children's art and craft tent, caricaturist, face painting, mold painting and Aboriginal weaving and more.
Harmony Oval. Harvest Lakes. Atwell

TUXEDO JUNCTION

Barbershop for the 21st century!
15 singers in a mixed voice, mixed genre group

singing anything from classical to pop, jazz to musicals, on four part (and sometimes up to eight-part!) harmony. A celebration of musical hits from the last 100 years. Tickets \$15 at KPAC 9257 2558 or online <https://kpac48.salesticketsearch.com>
Morning tea 10am and show at 11am- 12noon
48 Canning Rd. Kalamunda Performing Arts.

SCARBOROUGH NETBALL CLUB

Scarborough Netball Club celebrates its 70th birthday for past and present members at the Wembley Hotel at 2-5pm Saturday March 19 email snc@snc.org.au
For more information contact Narelle Goodfield Scarborough Netball Club 0409 431 079

WANNEROO FESTIVAL

Saturday March 19, 2pm-9pm Free
Lively family friendly event celebrates the

traditional music, food and dance of our multicultural community.
Wanneroo Showgrounds
Cnr. Ariti Avenue & Wanneroo Road

NUHRA COMMUNITY VISITORS SCHEME

Volunteers are needed
Would you like to make a difference to the life of an isolated resident living in an aged care facility in the community, by providing friendship an companionship by visiting one a fortnight.
Contact Sonya 0414 942 426 or 9328 6272
nuhracvs@westnet.com.au

PERTH JAPAN FESTIVAL

Sunday March 26
Supreme Court Gardens Perth
Information www.perthjapanfestival.com



MIRRABOOKA MARKETS

Thursday March 17, 4pm-9pm
Multicultural arts & crafts, entertainment, international food, family fun, local services.
The Square Mirrabooka, Yirrigan Drive. car park

2022 TOODYAY MUSIC FEST

Saturday March 26 a fun free family event. Enjoy live music and the many cafes and shops in Toodyay.
Food and drink also available in Duidgee and Stirling Parks.
Contact Toodyay Visitors Centre for info 95749380
www.toodyay.com



Seniors Recreation Council Jottings



Hugh Rogers OAM

SENIORS Recreation Council of WA Inc is pleased to announce past state president Mr Hugh Arthur Rogers OAM was posthumously awarded the Order of Australia Medal in the 2022 Australia Day announcements, for his work in enabling better outcomes for seniors in Western Australia.

Hugh, as he was affectionately known by all, was also a driving force in the community development sector of Western Australia. His energy and enthusiasm for the community saw him working in many roles throughout his life, which included the Balga Recreation Committee, P&C Associations (WACSSO), Balga Fair, Balga Theatre Company, Rotary, and Osborne Park Bowling Club to name a few. Hugh was a foundation member of Seniors Recreation Council of WA Inc. and played an integral part in the development and production of the many successful programs and events run by SRCWA.

Over the 29 years volunteering Hugh held many roles:

- SRC President, 2001-2020.
- SRC Treasurer, 1994-2001 and Bookkeeper 2020-2021.
- Chairman, *Have A Go Day* Committee, 2001-2020.
- SRC Coordinator, Mixed Indoor Bowls Tournament, 1992.
- SRC Member, 1992-2021
- WA Indoor Bias Bowls Association (now the West Australian Carpet Bowls Association)
- Co-Founder, Inaugural President, 1994-1996.
- The Osborne Park Bowling Club
- President, 1999-2001.
- Secretary, 1997-1999.

It is gratifying Hugh has been recognised for his contribution to the West Australian community and a little bittersweet he passed away before receiving his award. Our congratulations go to Hugh's family in recognition of his commitment and outstanding achievements.

SRCWA Annual Seniors Camp at Quararup in Albany



Despite Covid restrictions and Eileen the camp coordinator breaking her arm one week before the annual seniors' camp, Camp Quararup, went ahead as scheduled. Set in a Class A nature reserve on the Princess Royal Harbour, with panoramic views across to Albany, the natural coastal bushland and the pristine beach environment present a fantastic venue for recreation.

Fortunately SRCWA state president Phil Paddon was pleased to attend as coordinator for 2022, for which we were very grateful. Phil picked up Eileen who was able to go to camp for the Monday registration and help with setup. Eileen then came back to Perth on the bus on Tuesday for medical appointments. SRCWA volunteer Marilyn Van Sambeek also attended the camp to assist Phil which was very much appreciated. There were 18 new attendees at camp this year with an overall attendance of 33 people.

DLGSC camp supervisor Paul was very helpful and attentive, the catering was excellent. Camp activities included bush walking, craft, concert, tea party, archery and many others activities. On Wednesday participants were treated to a day out where they visited the Sandalwood Factory, had a picnic lunch and concluded with a spot of shopping. Many of the past camp attendees helped with the activities along with Phil and Marilyn. Unfortunately canoeing did not go ahead due to prevailing weather conditions.

Feedback from this year's campers has been very complimentary, with many asking to be included for the next Camp Quararup scheduled for January 30 2023.

The board expresses a vote of thanks to Phil and Marilyn and hopes that Eileen recovers from her broken arm quickly. SRCWA thanks all the campers who adhered to Covid protocols and helped to make Camp Quararup a resounding success.

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

Reasons to join canoe club: social, health and nature



Over 55 Canoe Club members, Karen and Fred enjoying Australia Day on the water

by Karen Finlayson

FIRST class seats for the fireworks next year could be yours. One of many reasons to join the Over 55 Canoe Club (O55CC) for next Australia Day and plenty of fun in between.

This year, paddlers from the club met in the late afternoon at Burns Reserve, East Perth before paddling to South Perth to watch the amazing spectacle. Stopping

at Heirisson Island for a picnic tea, they continued to the perfect spot, "front and centre" to watch the show. Like curtains opening, the sun went down and the lights and sounds display began. Why not join them next year?

If you are looking for an activity to maintain or improve your health, join the club. Paddling brings about increased body strength over a matter of months. The routine of

joining others in a weekly paddle makes for a healthier body and you will notice you can move muscles you didn't move easily before. Getting in and out of your boat becomes second nature. Paddling distances that might surprise you becomes easy and automatic. Even if you've never been on the water before or even played a sport, you can take to paddling like a duck to water.

There are many health advantages of this sport. Air exposed to water is charged with a large amount of negative ions helping our body absorb oxygen. This brings about improved alertness and balances the level of serotonin, attributed to mood and stress; the immune system will be strengthened and sleep is improved.

Plants and trees around the river give off anti-microbial chemicals called phytoncides. When we breathe them in, we ele-

vate our white blood cell count. This becomes a natural immune booster which fights off illnesses and infections.

There are many benefits for paddlers who become part of a club. Enjoying lunch with a sense of satisfaction and achievement while still in your paddle gear is a wonderfully comfortable experience in itself. We often don't recognise each other when we meet elsewhere minus our hats, rashies and neoprene shorts, but there is great freedom with everyone else in the same boat.

When the opportunity arises, a conversation on the water is a great way of getting to know someone. Fellow paddlers come from all walks of life, with a variety of ages and interests. Friendships are made and networking occurs.

It is also surprising to view the local environment from a different perspective, whether it is the city itself or the natural environment beside the

river. There are times we feel a million miles from a city when in fact we are very close to the centre. When looking at and enjoying being on the water, our brain becomes flooded with dopamine, the feel good hormone which can bring us to a more meditative state. Hence the water is very relaxing and therapeutic.

If you feel tempted to try out on a day where kayaks, paddles, life jackets and a buddy are all provided, phone club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For extra information please view our website at www.over55canoecub.org.au



Researchers seek male seniors for Alzheimer's trial

RESEARCHERS in Perth and Sydney have launched an appeal for male volunteers to take part in a project to tackle Alzheimer's disease.

There is no known cure, the only available drugs treat the symptoms of the disease rather than the brain changes themselves.

This is a startling consideration given that Alzheimer's accounts for up to 70 per cent of dementia cases and dementia is the second leading cause of death in Australia.

Researchers from Edith Cowan University

(ECU) last year combined with the Australian Alzheimer's Research Foundation on the largest-ever clinical trial to investigate the influence of testosterone on a key marker of Alzheimer's disease risk, called amyloid beta.

Professor Ralph Martins' research team at ECU had found that the effects of testosterone therapy may extend to both the accumulation and clearance of amyloid beta in the brain, making it potentially viable for preventing or delaying the onset of symptoms in older men.

The dominant theory

of the disease's cause is that the sticky protein, amyloid beta, accumulates irregularly in the brain of patients and clumps together to form plaques. The plaques disrupt communication between brain cells and trigger inflammation, ultimately causing the cells to die.

The process continues while memory and other brain functions gradually deteriorate over time, until the loss of basic functions or disease-related complications lead to death.

"Our team is hopeful that testosterone will

offer a new option for prevention. Age-related decrease in testosterone levels in men has been linked to an increased risk of Alzheimer's disease," the spokesman said.

The TotAL Study is seeking male volunteers, concerned about their memory, aged 60 to 80, free from any major or unstable medical conditions and not currently taking testosterone treatment.

A blood sample will be collected and an assessment will be conducted at the Australian Alzheimer's Research Foundation's research centre in Nedlands.

Most crucial is the individual's current testosterone level - which is required to be on the low side of normal. The big challenge is in finding participants within the required range for testosterone.

"If you have had a previous test and know (or suspect) that your testos-

terone is on the low side of normal, the foundation would especially love to hear from you," said a spokesman for ECU.

Initial screening will seek to identify volunteers who are safe and suitable to take part. A phone questionnaire is followed by two clinic visits to discuss the trial and your medical history with a study doctor, blood tests, and memory assessments.

If eligible, you will be asked to undergo more memory testing, brain scans, and other assessments before and after being treated with testosterone and fish oil (or a placebo version of one or both) for a 56-week period.

Study procedures are conducted in Nedlands and participation is expected to last 18 months.

For more information, in Perth phone 6304 3966 or E: trial@alzheimers.com.au or, Sydney, 0493 152 142 or E: combat.ad@mq.edu.au.

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As it happened - Beyond the stories - a delve into the life of Claude Choules



Claude Choules



by Lee Tate

CLAUDE Stanley Choules and the Royal Australian Navy were born three days apart, 121 years ago this month.

Their adventures, their triumphs and their scrapes were intertwined and they named a Navy ship after Choules.

Claude had an incredible life, by anyone's standards. He died in Perth in 2011, aged 110, the last veteran in the world who had seen active service from World War I (as well as World War II). He was in both the British and Australian navies.

I saw Claude in his hospital bed shortly before he died, the last journalist to see him. But Claude maintained a low profile with the media, not wanting to glorify war, as he saw it. Canberra had other ideas. In

2011, Prime Minister, Julia Gillard, and Defence Minister and the Member for Perth, Stephen Smith, announced that the *HMAS Choules* would be commissioned in Fremantle.

Born in Pershore in England, on March 3, 1901, Claude signed-up to the Royal Navy at age 15 and served in the training ship, *HMS Impregnable*, at Devonport dockyard.

In 1917, he joined the battleship *HMS Revenge*, flagship of the First Battle Squadron and witnessed the surrender of the German High Seas Fleet at the Firth of Forth, in 1918.

He also saw the scuttling of the German Fleet, by the Germans, at Scapa Flow. And in 1919 Claude was in the Black Sea during the Russian Civil War, after the Ottoman Empire collapsed, with Turkish Nationalists fighting to gain con-

trol of their country.

Claude was aboard the battleship, *Valiant*, with the Mediterranean Fleet in 1920-1923 and serving on the Royal Navy's first purpose-built aircraft carrier, *HMS Eagle*, as a Petty Officer.

In 1926, with 11 other British senior sailors, Claude came to Australia, on loan as an Instructor at Flinders Naval Depot. He loved Aussie life and signed-on to the Australian Navy.

In 1926, in Victoria, he married Ethel Sim Wildgoose and they had two daughters and a son. Claude returned to England to qualify as chief torpedo and anti-submarine instructor and stood by the building of two Australian Navy heavy cruisers. He served on *HMAS Canberra* until 1931 when he left the Navy and moved his

family to Western Australia.

The sea kept calling and, in 1932, Claude rejoined the navy in Fremantle. During World War II, he was acting torpedo officer and chief demolition officer for WA.

Flying to Esperance to identify a mine washed ashore, Claude identified it as German. He disposed of the first mine to wash-up on Australian soil during WW II.

As WA's chief demolition officer, Claude was given the task of blowing-up strategic facilities and oil storage tanks in Fremantle harbour if the Japanese invaded.

"For a number of weeks during the dark days of 1942, explosive charges were in place to carry out this task," said a Navy report.

Claude also had depth charges put on ships that had

been unable to sail to Albany, ready for sinking in Fremantle harbour if the Japanese arrived. He was to then jump on a bicycle and escape to Albany.

After the war, Claude transferred to the Naval Dockyard Police, allowing him to remain in the service until March 1956. Retirement from the Navy for ratings was at 50 years but personnel in the dockyard police could continue until age 55.

For his long service to Navy, Claude was awarded the Queen Elizabeth 11 coronation medal in 1954.

In retirement, Claude bought a lobster fishing boat and used it for years off the WA coast.

Out on the water, it was a suitable closing chapter in the 110-year life of WA's adopted son, Claude Choules.

Find the secret word and win \$200...



1. Disk Bank
2. Red Gum Brand
3. Wondersheet/Neeki
4. Guide Dogs WA
5. Kings Tours & Travel
6. The Salvation Army
7. Medic Technology
8. Lake Navarino Holiday Park
9. Shire of Leonora
10. Sunset Beach Lifestyle Village
11. WAAPA

FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 gift voucher.

There are 11 advertisements in this issue which contain a blue circled letter for the Ad Words promotion.

Find the 11 letters to make up the word and then send your entry in to be in the draw to win.

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

Entrants can enter via email with Ad-words in the subject line at win@havea-gonews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/3/22.

Congratulations to Dianne Procopio, of Carey Park, our January Ad Words winner.

Mapping your way to aged care with respect and dignity

by Jay Shaw, Senior & Specialty Mover Manager/Director, ne: solutions

HAVE you ever been talked to as if you were a child, yet you've been around the sun for 60+ years?

Ageism is a global challenge, according to the UN's Report released in March 2021.

"Every second person in the world is be-

lieved to hold ageist attitudes - leading to poorer physical and mental health and reduced quality of life for older persons."

"Ageism seeps into many institutions and sectors of society including those providing health and social care..."

Evan, 87 experienced ageism from within these sectors re-

cently and was already labelled grumpy and difficult before we met.

During his NE: Map the Way Session, Evan's Senior and Specialty Move Manager went in with an unbiased attitude, looking for the good; and found that after giving her full attention and taking a little time with Evan,

he was different - in that he knew exactly

how he wanted his last stretch of his life's journey to look; if the system would let him.

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Aspiring to a Mitsubishi Outlander and then torn when the Genesis GV70 comes along



Mitsubishi Outlander and Genesis GV70



Genesis is a blend of very high quality materials and the high-level tech

by Tony McManus, Host, Saturday Night Show, 6PR Perth

"TORN between two lovers; feeling like a fool. Loving both of you is

breaking all the rules Torn between two lovers, feeling like a fool." - Mary MacGregor WHO knew Mary released a greatest hits album? It was a different time, but

I dare you to remember another of her songs? And so it was testing a couple of newish cars. One from Mitsubishi; the other from Genesis The what? I hear you say? More on that later.

Mitsubishi continues to please; with a strong range of smart, reliable and attractive cars. Outlander seems to sit inside/across several categories. Goldilocks; not too big, not too small; about right for most and curiously agreeable to drive. The (new) Aspire version is a cracker; standard with wireless Apple CarPlay and wired Android smartphone mirroring, a 9.0-inch touch-screen, dual-zone climate control and stacks of other juicy fruit. And in any colour you want as long as it's titanium, white, sterling silver, or black. Mitsubishi offers a

10-year/200,000km warranty; most reassuring. Starting from around \$35,000 rising to about \$49,990 plus on roads. After a stack of driving around Perth suburbs, Swan Valley and several larger shopping centres; the effortlessness was frustratingly addictive. (One can spend a happy hour or two navigating the Karrinyup Shopping Centre!) For a so-called mid-size vehicle and despite my reticence about SUV's it was close to love. And then Genesis GV70 arrives to torment me. For those who aspire to BMW, Audi or Benz; best

you look away now. Make no mistake, your aspiration can, for now, remain valid, but the gap is closing. If the badge is something to which you're committed, time is running out. However if you fancy getting ahead of the pack; new GV70 should be on your list. Genesis is a luxury brand, owned by Hyundai; with sights on smashing the aforementioned mid-size offerings from traditional brands. What I find appealing about Genesis is it does not shout, or even speak loudly. It's not a Patek Philippe or Rolex Daytona. Think Omega Chronograph. (It's

a watch collector's thing). And it is evident that Genesis does not follow the usual book of rules. The design team seem to have captured a strong sense of understatement, which in itself is clever. There is a blend of very high quality materials and the high-level tech is stunning. Every bit a top of the wozza luxury SUV. I'm currently driving the 2.2 litre diesel but would love to test the 3.5-litre V6 twin turbo. And at around \$83,000 plus drive away is for now much to love. Will depreciation be kind to Genesis? Like Mary MacGregor I'm torn.



9 MUST WATCH PROGRAMS THIS MARCH



TODAY PERTH
Wake up with Karl Stefanovic and Allison Langdon for Australia's most talked about breakfast show! Includes local opinion and news analysis each morning with familiar Perth faces.
WEEKDAYS FROM 5.30AM



9NEWS WA FIRST
WA viewers have the opportunity to ask Monika Kos the questions you need answered, live, via the 9News Perth Facebook page or email wafirst@nine.com.au
WEEKDAYS 5.00PM



9NEWS
Join Michael Thomson for the full story. Perth's comprehensive one-hour bulletin covering the latest in news, sport, and weather. Live from the top of the terrace in the city.
NIGHTLY 6.00PM



A CURRENT AFFAIR
Host Tracy Grimshaw covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment – all investigated by a dedicated team.
WEEKNIGHTS 7.00PM



MARRIED AT FIRST SIGHT
Pop the champagne and watch sparks fly when Australia's biggest guilty pleasure and most talked about social experiment continues, with its bold and explosive take on love.
SUN 7.00PM, MON, TUE, WED 7.30PM



LA BREA
After a massive sinkhole mysteriously opens up in Los Angeles, a family is separated in an unexplainable primeval world, alongside a disparate group of strangers.
MONDAYS 9.00PM



THE HUNDRED WITH ANDY LEE
Host Andy Lee is joined in the studio by a panel of Australia's funniest comedians and 100 regular Aussies via Zoom, to find out who we really are and the facts that make us tick as a nation.
TUESDAYS 9.00PM



UNDER INVESTIGATION
Liz Hayes leads a gripping landmark investigative series, with exciting and innovative storytelling techniques. Solving crimes, uncovering new evidence with interviews from people who have never spoken publicly.
WEDNESDAYS 9.00PM



THE GARDEN GURUS
Celebrating a milestone 20 Years on Channel 9, Trevor Cochrane and The Garden Guru team share weekly inspirational, seasonal advice to bring your garden to life this Autumn.
SATURDAYS 4.30PM

@9NewsPerth | @Channel9







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TOP 6 TOURS & DESTINATIONS THAT WE KNOW YOU'LL LOVE



4
DAYS

KARRI VALLEY FOREST DISCOVERY

TOUR HIGHLIGHTS

- ★ Lunch at the Crooked Carrot
- ★ Views of Wellington Dam
- ★ Walk amongst the trees at the Golden Valley Tree Park
- ★ Enjoy a ride on the Pemberton Tramway
- ★ Lunch at the Cider & Blackwood Valley Brewing Company
- ★ Enjoy a Donnelly River Cruise with morning tea
- ★ Indulge with lunch at Hidden River Estate
- ★ Farewell lunch at St Aidan's Winery in the Ferguson Valley

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Luxury coach with a professional driver
- ✓ 3-nights at Karri Valley Resort in Lakeside Rooms
- ✓ Breakfast Daily, 4 lunches and 3 dinners
- ✓ Sightseeing and entry fees as per itinerary**

TRAVEL DATES 15 TO 18 MAY 2022

\$1790* Per Person Twin Share
Single Price \$2150*



5
DAYS

EXMOUTH

TOUR HIGHLIGHTS

- ★ Visit the Ningaloo centre and enjoy morning tea
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Enjoy a visit to Turquoise Bay
- ★ Enjoy an afternoon cruise with drinks and nibbles
- ★ Visit Charles Knife Canyon
- ★ Enjoy a glass bottom boat cruise in Coral Bay

TOUR INCLUSIONS

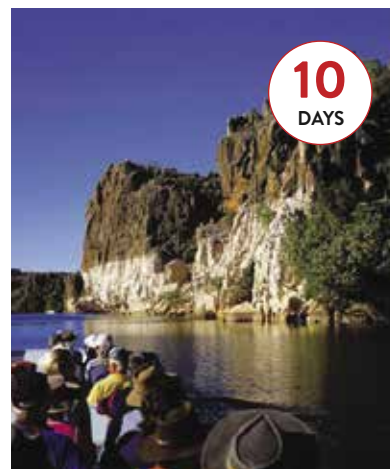
- ✓ Home pick-up and return by private car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 4 nights' accommodation at the Potshot Resort Hotel
- ✓ Breakfast daily, 1 morning tea, 3 lunches and 4 dinners
- ✓ Transfers throughout with professional driver
- ✓ Sightseeing and entry fees as per itinerary**

24 TO 28 MAY 2022

\$3150* Per Person Twin Share
Single Price \$3650*

31 AUGUST TO 4 SEPTEMBER 2022

\$3250* Per Person Twin Share
Single Price \$3750*



10
DAYS

KIMBERLEY SPIRIT KUNUNURRA TO BROOME

TOUR HIGHLIGHTS

- ★ Welcome Dinner in Kununurra with wine
- ★ See the local sights in Kununurra
- ★ Ord River Cruise from Kununurra to Lake Argyle
- ★ See an abundance of natural beauty and wildlife
- ★ Cruise on Chamberlain Gorge at El Questro
- ★ Overnight stay at the Emma Gorge Resort including dinner
- ★ Cruise the remarkable Geikie Gorge
- ★ Enjoy two nights at Cable Beach Club, Broome

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ 9 nights' specially selected accommodation
- ✓ Breakfast daily, 3 lunches and 8 dinners
- ✓ Luxury coach with a professional driver
- ✓ Sightseeing and entry fees as per itinerary**

TRAVEL DATES 10 TO 19 JUNE 2022

\$6790* Per Person Twin Share
Single Price \$8390*



5
DAYS

KIMBERLEY COUNTRY

TOUR HIGHLIGHTS

- ★ Embark on a sights tour of Kununurra
- ★ Watch a Kimberley sunset
- ★ Visit the historic Durack Homestead Museum
- ★ Cruise Lake Argle and the Ord River
- ★ Visit El Questro Wilderness Park
- ★ Relax in the hot springs at Zebedee Thermal Springs
- ★ Enjoy a Chamberlain River Cruise

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ Air-conditioned Luxury Coach with a Professional Driver
- ✓ 4 nights' accommodation at the Country Club Kununurra
- ✓ Breakfast daily, 3 lunches and 4 dinners
- ✓ Sightseeing and entry fees as per itinerary**

20 TO 24 JUNE 2022

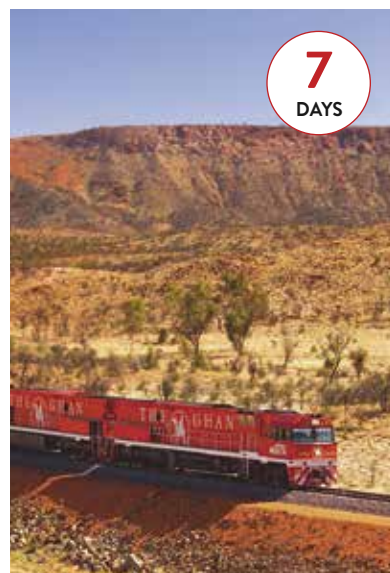
\$3490*

Per Person Twin Share
Single Price \$4050*

25 TO 29 JULY 2022

\$3590*

Per Person Twin Share
Single Price \$4150*



7
DAYS

THE GHAN

DARWIN | KATHERINE | ALICE SPRINGS | COOBER PEDY | ADELAIDE

TOUR HIGHLIGHTS

- ★ Off train experiences in Katherine, Alice Springs, and Coober Pedy
- ★ Evening off train experience in Manguri
- ★ A spectacular dinner under the stars at the historic Telegraph Station, Alice Springs
- ★ Your choice between Nitmiluk Gorge's powerful natural wonders and rich Indigenous culture, or a glimpse authentic outback life with a horse and working dog demonstration
- ★ Venture into the underground opal mining town of Coober Pedy
- ★ City sights tour of Adelaide

TOUR INCLUSIONS

- ✓ Home Pick-up and Return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ Transfers throughout
- ✓ 2 nights' at the Vibe Hotel Darwin Waterfront including Breakfast & 1 Dinner
- ✓ 3 nights' on board the legendary Ghan/Gold
- ✓ All-inclusive dining in the Queen Adelaide Restaurant, Off Train Excursions & Experiences
- ✓ 1 night at the Stamford Grand, Glenelg, Adelaide including Dinner and Breakfast

TRAVEL DATES

11 TO 17 JULY **4 GOLD TWIN CABINS LEFT**

17 TO 23 OCTOBER 2022

\$5790* Per Person Twin Share
Single Price \$5790*



2
DAYS

'AN AMERICAN IN PARIS'

& CROWN TOWERS STAY

TRAVEL DATES

20 TO 21 JULY AND 27 TO 28 JULY 2022

\$690* Per Person Twin Share
Single Price \$850*

TOUR INCLUSIONS

- ✓ Home pick-up and Return by Private Car
- ✓ Kings Tour Manager
- ✓ 1-night at Crown Towers in a Deluxe Room
- ✓ Ticket for 'An American in Paris' at Crown Theatre
- ✓ 3-Course Dinner at Modo Mio
- ✓ 2 Drinks included at Dinner (Bubbles, Beer, Wine or soft Drinks)
- ✓ Breakfast at Epicurean Restaurant at Crown

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A commitment to Western Australian rural media sees journalist defer retirement



Mark Bennett and his son James at the Tour De France, 2011

by Serena Kirby

MARK Bennett has been a journalist for 40 years and having passed what many would consider retirement age, he's often

asked when he's going to hand back his media pass and take things easy.

His reply is simple and succinct: "It's taken me four decades to get here;

why would I stop now?" And it's a good thing that this multi-award winning journo hasn't retired yet as last year Mark collected the award for Most Outstanding Commitment to WA Rural Media. He also collected the Media, Entertainment and Arts Alliance's prestigious Clarion Award for his contribution to WA journalism.

"I never planned on being a journalist, it's something that just sort of evolved," Mark says. "I first picked up a camera in the late 1970s to record some footage for an aid agency I was volunteering with and things just grew from there."

Finding that he had a

bit of a knack with reporting Mark soon found himself doing freelance reporting as a 'stringer' for the ABC in Albany.

"Back then it was all black and white film and the sound was recorded separately. By the early 80s I saw the writing on the wall for this format and as this industry is all about 'adapt or perish', I borrowed \$13,000 – which was a heck of a lot of money back then – and bought a colour film camera with inbuilt sound recording capabilities. It proved to be a great decision."

Since then Mark has done stints as an ABC 7.30 reporter, been a key journo with *Landline* and

held senior positions with several TV news outlets. But his career-making highlight actually happened far away from Australian shores.

As a keen cyclist, Mark had always been a big fan of the Tour de France. So, in 2011 he and son James travelled to France to catch a few days of the race before heading off on a European cycling holiday.

"We'd packed our bikes and I took a small amount of work gear so I could do an occasional report during the few days we planned to follow the race. I've never seen so many journos; there were 1,200 of them from all over the world,

so when fellow-Aussie Cadel Evans heard our familiar accents amongst the media pack he honed in on us. We got pretty friendly and my son ended up becoming his 'go to' person for media comments with me shooting the footage."

Things ramped up to a whole new level when, five days into the race, Cadel pedalled into second place.

"My phone went crazy. News outlets back home knew I was at the race and everyone wanted footage and interviews. Cadel was suddenly hot property and my son and I were right there in the thick of it, so we ripped up our travel plans and

followed Cadel all the way to the podium at the Champs Elysees. We were catching a wave that we never saw coming and, without a doubt, it was a turning point for both of our careers. Best of all, I was doing it with my son."

Cadel Evans went on to win the tour that year and became the first and only Australian to do so. It was a win for Mark and his son too, as the ABC asked them to officially cover the race for the next two years.

Nowadays though Mark sticks closer to home, preferring to give a voice to regional people, their stories and their concerns.

Vale Joy Jeffes OAM 28/6/1923 - 16/02/2022



HAVE a Go News featured Joy Jeffes in our pages in 2018. Sadly we have been notified of the passing of long time member of the Mandurah Croquet Club just four months short of her 99th Birthday as a result of a tragic accident.

Joy was a popular member with a quick wit, and despite her age was pleased to help out whenever and however she was able too.

A keen golf croquet player taking part in two or three games at least once or twice a week, she loved nothing more than scoring hoops, she was a fierce competitor, you hit Joy's ball away at your peril and she could be heard muttering away about your parentage as she walked past.

On her arrival at the club the greeting of how are you Joy? was always answered with a smile and "I'm still vertical, so it must be a good day."

Joy was still active up to the end, playing croquet only days before her passing.

With a long list of credentials; she was a board member of the Peel Health Campus, recently retired board member of the Rockingham Hospital; former board member of Council of the Ageing; member of Voices in Harmony Choir, along with other community groups. She was also a practising Justice of the Peace for 47 years and was awarded the Order of Australia in 2007.

All this at 98 years of age, a remarkable lady who lived a remarkable life.

Joy will be sadly missed and fondly remembered by all members of the Mandurah Croquet and Recreation Club.

Find a creative outlet through flowers



Design by Val Roy

WA FLORAL Art Society offers people the opportunity to discover friendship through flowers.

Meetings are on the second Saturday of each month at 12.45pm for a 1pm start. They are held at Osborne Park Community Hub, 11 Royal Street, Tuart Hill. Please note parking is available under the venue behind BP Garage. Take the lift to the ground floor.

To join the society please check the website www.wafloralart.org.au or ring Penelope Brunning for information 0403 552 811.

Workshops

The society will be holding Introduction to Floral Art workshops at Osborne Community Hub on Saturday March 12 at 10.30am to 12noon and Saturday May 14 from 3.30pm until 5pm. This is free to all members who have joined in 2021 and 2022, other members \$10, non-members \$25 each class.

If you are interested, please contact Denise 0417 418 522 deniseshelebourne@aapt.net.au.

Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 54

U	N	D	O		A	D	A	M	A	N	T		V	A	N	E
S		O	A	S	I	S		S		B		I	N	C	A	S
E	L	I	T	E		I	T	A	J		C	O	T	T	E	R
S	I	N		V	I	S	O	R		E	A	S	E	L		I
	O	G	R	E	S		L	A	N	C	E		R	O	A	R
	N		I	N	S	T	I	L		T	R	U	A	N	T	U
O	S	L	O		U		V			I	S		M	E	E	K
A			T	E	E	M	E	D		C	A	W	E	D		I
R			R	E	A	D		S	E	O	U	L		D	E	A
S	T	A	R	R				C		R				P	L	E
M			I	S	L	E		A	R	O	S	E		S	O	A
E			N		S	A	U	C	Y		E	L	E	C	T	S
N	A	Y	S		S		T			D	H		K	I	D	S
	L		U	N	I	S	O	N		P	E	S	E	T	A	R
	T	E	P	E	E		R	U	L	E	R		M	A	N	G
S	A	P		C	R	U	S	T		A	S	H	E	N		U
P	R	I	C	K		S		M	A	N		E		G	A	S
A			C	O	S	T	S		E		U		A	L	O	F
S	O	S	O			R	I	G	H	T	E	D			T	O

Solution for Crossword page 55

S	T	A	Y	S		S	I	D	E	S
A		F		O		H		E		C
L		T	U	R	M	O	I	L		A
E			E		E		T			R
S	E	A	L		H		S	A	F	E
	R		A	B	A	T	E		B	
C	A	T	S		D		W	A	I	T
H		E		O		C				R
I		S	I	G	N	A	L	S		A
N		T		R		P		O		P
A	I	S	L	E		S	A	N	D	S

Solution for Wheel Words page 55:

Aced, Ache, Acre, Arch, Cape, Card, Care, Carp, Case, Cash, Chap, Char, Crud, Cued, Curd, Cure, Cusp, Dace, Each, Pace, Puce, Race, Scar, Scud, Such, Ached, Arced, Cadre, Caped, Caper, Cared, Cause, Chase, Cedar, Cheap, Crash, Crude, Crush, Cured, Curse, Paced, Pacer, Parch, Peach, Perch, Raced, Reach, Recap, Ruche, Sauce, Scare, Scrap, Space, Arched, Carped, Cashed, Caused, Chased, Chaser, Cursed, Parsec, Preach, Ruched, Sacred, Saucer, Scared, Scrape, Search, Spruce, Crashed, Crusade, Crushed, Parched, Scraped, Spruced, Purchase.

9-letter word: PURCHASED.

Answers for PRISM page 55:

Oval, cube, cylinder, triangle, pentagon, parabola.

Solution for Sudoku page 55

7	5	2	6	3	4	8	9	1
4	9	8	7	5	1	6	3	2
3	6	1	9	8	2	5	7	4
5	8	9	4	7	6	2	1	3
2	3	6	5	1	9	4	8	7
1	7	4	3	2	8	9	6	5
6	1	5	2	9	3	7	4	8
9	2	3	8	4	7	1	5	6
8	4	7	1	6	5	3	2	9

Answers for Have a Go News Quiz page 2:

1. 12 2. Aretha Franklin 3. David Stratton 4. Bon Scott 5. Johnny Young 6. Tim Winton 7. China 8. Pygmy hippos 9. Dr Norman Swan 10. Jamie Oliver

Wills & Estates

WA Will Week
13-19 March



New partnership of Safewill and the RSPCA

MOST Australians don't have a will; most Australians also own a pet.

That has led to a new partnership between the RSPCA and Safewill which can help you ensure all members of the family, including your pets, are looked after.

A will ensures the right people in your life receive the financial support you want to give them, and also makes sure your dependents are left in the care of the people you know will look after them best. When it comes to your beloved

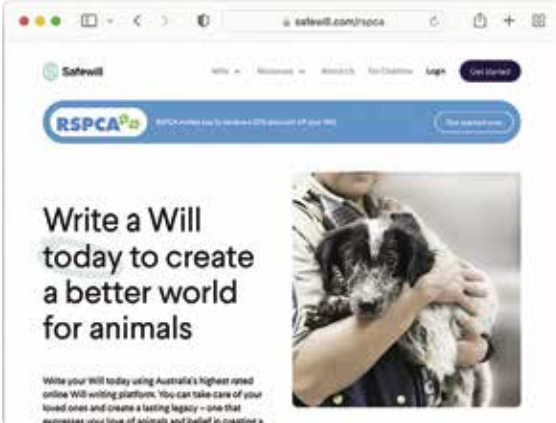
pets, this can include instructions on rehoming them and adding a petcare fund to your final wishes.

Safewill is a simple online will writing platform. You will be prompted by a series of questions and Safewill's Australian legal team will review your final document, making sure all your wishes are included, including those for your pets.

When writing their will, many people also decide they want to leave animals a better world. That's why RSPCA has

teamed up with Safewill to offer you 50 per cent off the cost of writing your will online until March 31. Just head to www.safewill.com/rspca - it's as easy as that. You can take care of your loved ones and leave a lasting legacy for animals in need.

Leaving a gift in your will to RSPCA WA is a thoughtful way to ensure your love of animals lives on, and your generosity continues to help give a second chance to so many animals in need.



Find out more about legal issues for older Australians

HOW prepared are you if you need help to manage your affairs in later life?

Will your assets be distributed as you wish upon your death?

The guest speaker at the Association of Independent Retirees (AIR) Perth branch on Friday March 18 will be Shirley Tascone and Emily Nixon from Bespoke Wills and Estate Lawyers. They will advise on legal issues to do with wills, enduring powers of attorney, guardianship and all matters related to estate planning.

The aim of AIR is to protect and

advance the interests of retirees who wholly or partly fund their own retirement. They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Besides the meeting and morning tea they have a guest speaker, and over the year embrace many interesting topics related to finance, travel, health, community and special interests of members.

Visitors are welcome and it is appreciated if attendees bring their own coffee mug, and correct mon-

ey (\$2 - members, \$5 - visitors). All must submit proof of vaccination. Enquiries to Graeme (gralin@inet.net.au) or Margaret (marghw@inet.net.au).

A sub group of AIR Investors will meet on Wednesday, March 16 at 1.30pm, at the same venue.

A workshop will be led by convener John and two winemakers, Charlie Surace and Kevin Campedelli on how to select your shares. A cover charge of \$2 will apply.

Enquiries to John (johnkwellis@gmail.com).

How much does it cost for a lawyer to make my will?



Bespoke Wills and Estates' Shirley and Emily

by Bespoke Wills and Estates

WE may sound like typical lawyers, but the answer is "it depends." You may believe your affairs are straight forward and therefore think a will should not cost much. However, before you jump to that conclusion, do any of the following apply to you?

- Are you part of a blended family and do you have children from a previous relationship?
- Do you intend cutting out a family member from benefiting under your will?
- Have you separated from your spouse, or are you going through Family Court proceedings?
- Do you have a disabled child?
- Do you want to create a life interest or a right to reside?
- Are you involved in a company, a self-managed superannuation fund, or a Family Trust?
- Do you have a large estate that you want held in a trust to provide for your loved ones for many years into the future?

If you answered 'yes' to any of the above, then your circumstances are not straight forward.

Of course, there are many lawyers that prepare wills, but often as an 'add on' to their list of other legal services. However, even if your affairs are relatively straightforward, you

should see a lawyer who specialises in this area. They will take the time to tailor the will according to your personal circumstances, not just blindly

use a precedent on their system.

A lawyer experienced in wills and estates not only considers the assets that form part of your estate but will also consider your non-estate assets to ensure that everything you own or have control over flows to your chosen beneficiaries after your death.

Further, you need someone who is up-to-date on relevant legislation and caselaw. It is no secret that challenges to

estates are on the rise. We always aim to prevent your will being one of those that ends up being challenged and vast sums of your estate being spent on legal fees.

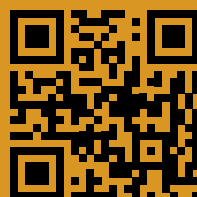
You can expect to pay more than 'a couple of hundred bucks' for your will if it is prepared by an experienced wills lawyer, simply because they will put the appropriate time into doing it properly.

Contact Emily or Shirley from Bespoke Wills and Estates on 9445 2686.

Help guide their future



If you're looking for a quick and easy way to write or update your Will then consider this offer from Guide Dogs WA in partnership with online will-writing platform Willed.



If you have a simple Will and are comfortable working online then you can write your Will for only \$80 until the end of May 2022. Go to willed.com.au/gdwa

For more information about leaving a gift in your Will to Guide Dogs WA, contact Kay on (08) 9311 8285 or visit guidedogswa.com.au/gifts-in-will

Guide Dogs WA
PO Box 31
Victoria Park WA 6979



Make your wishes known to the people who matter the most to you!



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- Enduring Powers of Guardianship
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- Advanced Health Directive

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Have you taken care of your Will?



We can help.

Community Wills Days at
The Salvation Army

15th March - Merriwa

26 Jenolan Way, Merriwa WA 6030

28th April - Rockingham

1 - 5 Willmott Drive, Cooloongup WA 6168

12th September - Perth

333 William Street, Northbridge WA 6003

A volunteer solicitor will write or update your Will in return for your contribution to the Salvos.



Bookings essential call 1800 337 082 or
book online at salvationarmy.org.au/willsdays

There is no obligation to leave a gift in your Will to The Salvation Army. If, after taking care of your loved ones, you would like to support our work, please advise the solicitor at your appointment.

let's go travelling

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e: tours@pwaba.com.au visit pwaba.com.au/tours






UPCOMING TOURS FOR POOCH & PEEPS:
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THIS month we tour around the Western Australian regions with features on the South West, Goldfields and the Coral Coast. Tim Dawe visits iconic Lake Ballard, Allen Newton takes a trip down south with the family dog Betty, Chris Parry features some of our best lakes and Mike Roennfeldt offers some great tips for fishing.

After two years the WA border has officially come down but with that has come tighter restrictions, which have played havoc with events across the state. The much-loved Caravan and Camping Show is cancelled, as is Wagin Woolorama and Gourmet Escape is not going ahead as are many other events which were scheduled across WA. The pandemic just keeps on giving and I feel sad for so many people who put their heart and soul into these events only to have the carpet pulled out so close to the end. Perhaps we could have waited until the end of March so many of these planned events could run and then

opened the borders... But alas I pontificate.

I do hope in the next few months things will start to look a little more normal for us now we are able to return to travelling outside WA and of course welcome visitors to Western Australia. Have you planned to leave the state? If so, I would love you to share with us your plans.

Following the success of the last day trip to Antarctica we will take another group in the November departure this year. We had such wonderful feedback from our travellers and who were impressed in the details and efforts

which we took to ensure all their queries were answered. See page 28 for details and come aboard on this amazing trip.

Some good news for travellers... Scoot kicked off its fly Singapore to Perth daily route signifying the long-awaited lifting of hard border restrictions, return of travel freedoms, and boost for local tourism.

For travellers entering Singapore, Scoot launched Vaccinated Travel Lane (VTL) services to Singapore from Australia meaning that fully vaccinated travellers may enter Singapore without quarantine if they present negative results from

pre-departure and on-arrival Covid-19 tests.

I always encourage readers to support our advertisers particularly during this uncertain period as we transition to the new Covid normal. The businesses that put their faith in us allow us to bring you this newspaper for free each month and we thank them for their support and hope you will support them.

Happy trails

Jennifer Merigan
Travel Editor



The travel industry and readers are welcome to contact the Managing Editor:
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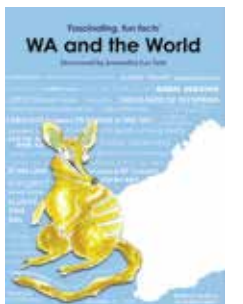
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He reveals many entertaining and informative gems in *Fascinating, Fun Facts: WA and the World*.

The author's earlier companion book, *Awesome WA*, commended by Premier Mark McGowan, is still in strong demand (\$25) after several reprints.

Curtin Radio announcer Jenny Seaton said that she found Lee Tate's latest book to be entertaining, informative and surprising with amazing facts from Australia and around the world...

"I'm actually sharing these facts with my on-air listeners on Curtin Radio. They are fascinated... it is never too late to learn new and amazing facts. It is the perfect gift for someone who thinks they know everything," said Jenny.

Fascinating, Fun Facts: WA and the World is available from *Have a Go News* for \$25 plus postage. Phone 9227 8283 or see coupon on page 48. Or collect at 137 Edward Street, Perth, in office hours.

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This promises to be a very special night. And it only happens every few years. Northam is hosting the 2022 National Hot Air Ballooning Championships. Saturday night 30 April is 'Balloon Glow Night' where the balloons are inflated and subsequently lit up from within. What a spectacular sight that should be. I expect to leave Northam around 9pm - 9.30pm. Hopefully we will get a brilliant view of our city lights on the way down the hill. There will be no dinner on this trip as it is impossible to book in anywhere. Please bring something yourself or get something from the food trucks that will be there. Tea and coffee will be on offer if you wish.

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ADVERTISING FEATURE

travel options for the mature west australian

Western Australia has an abundance of lakes to explore and discover



Sunset Jump

by Chris Parry

WHETHER they've got water in them or are just a salty plain, lakes are places not just for our wildlife to live but for all of us to enjoy.

They've been used for land and water speed records and they've been used for world renown sculptures and even just for jumping in front of a setting sun.

Whether it's for the peace and quiet, a sweaty run or watching wildlife from a bird hide or a kayak, our lakes are found throughout Western Australia.

Some are well known and easy to track down, like Champion Lakes, Lake Monger, Lake Joondalup, Herdsman Lake and Black Diamond Lake. They are iconic attractions that gather people as much as they do birds, but there are many others you should experience and you might be surprised at how close to home a lake worth exploring can be.

• **Lake Dumbleyung:** famous for Donald Campbell's 1964 world water speed record in the hydroplane Bluebird. To make sure he didn't suck ducks into his engines they sent boats ahead with men firing shotguns to scare the ducks away. This is the biggest natural lake in Western Australia and Campbell needed every inch for the world speed record attempt. It's a wonderful lake that's well worth a road trip or a detour on the way to somewhere else. You'll find it if you follow the ducks or just head between Wagin and Lake Grace, 267km south east of Perth.

• **Lake Magic:** if you're out for a surf at Wave Rock near Hyden, head a km away and discover WA's own circular version of the Dead Sea. It's got a little beach and it's hard to believe you're in the heart of the Wheatbelt. Wave Rock is 336km from Perth and it makes a spectacular day trip, albeit a long one with the driver needing regular breaks.

• **Lake Leschenaultia:** just under an hour away from Perth towards Chid-

low in the east. You can hire canoes for much of the year and there's a good walking trail and barbecue facilities. It's very popular with family groups and it's a great short roadtrip on a hot day with the reward of some great swimming, just splashing about or sitting in the cool shade of the lake's banks.

• **Lake Ballard:** home of the largest outdoor art gallery on Earth and also an art loving population of flies who will keep you company as you walk from statue to statue, spread across about 10 square kms. It started out as a quirky and temporary display but is

now regarded as one of our most inspiring attractions. It's 180 kilometres north of Kalgoorlie, just past Menzies. It makes a great destination for a weekender in the Goldfields but check the road conditions before you go.

• **The Spectacles:** the Spectacles Wetlands in Kwinana is named for its view from the air of two circular lakes joined by a narrow drain, making it look like a pair of spectacles. The Spectacles is 360ha and part of the wider Beelie Regional Park. It has great interpretative signage along a 5km heritage walk trail that explains the cultural importance of the area to

Noongar Elder Joe Walley. As well as the Aboriginal Heritage Walk Trail, there's a boardwalk over the wetlands which feature a paperbark forest and lead you to the Biara Lookout which is the perfect location to sit quietly and watch the resident birdlife.

• **Lake Richmond:** this is a bit of a secret in the metropolitan area. Lake Clifton south of Mandurah is well known for its thrombolites but down at Rockingham there is a lake that is a world heritage site, one of our deepest and most mysterious lakes. It is also home to an ancient population of thrombolites which can be viewed from an elevated walkway.

• **Lake Gwelup:** this is one of the best lakes in Perth to view the rainbow bee-eater which flies down from Papua New Guinea and Indonesia to make its nest in the surrounding trees. If this tree is rocking, don't bother knocking. There's also a 3.9km loop of trails to enjoy walking or cycling around.

• **Lake Jackadder:** this is in Woodlands just behind the Innaloo Cinemas and one of my favourite lakes because it's got a regular turnout each weekend of remote-control sailors who are members of the

Perth Radio Sailing Club. They squint and have lopsided Greek fisherman's hats and toggle their controls to race each other around marker buoys in the lake.

• **Mary Carroll Park:** a bit like the Spectacles in Kwinana, this two-lake system is in the heart of the Gosnells area and covers more than 20ha. It's a Bush Forever site. You can join a local volunteer group who do community awareness, weed control and eco walk tours. Contact the City of Gosnells if you're interested in contacting the Friends of Mary Carroll Wetlands.

• **Goegrup Lake and Yalbanberup Pool:** this is part of the Serpentine River and accessible from Mandjoogordap Drive. It's near where the Kwinana Freeway becomes the Forrest Highway. Great for kay-

akers and there's lots of little tributary canals and streams that branch off from each of these lakes.

• **Smiths Lake:** formerly known as Three Island Lake and even earlier as Danjanberup. It's one of Perth's smallest lakes and is the remnant of a much bigger lake that became the adjacent Charles Veryard Reserve. It takes just a few minutes to walk around it and you can enjoy a barbecue or

picnic thanks to the City of Vincent facilities on the edge of the lake.

There is probably also a lake close to where you live that you've never explored.

Whether it's a lake far away in our Goldfields or a lake in our suburbs, they are more than a blue shape on your street map, they are opportunities to explore and have adventures or just sit quietly and watch the world go by.

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ADVERTISING FEATURE

travel options for the mature west australian

A look at the gear you need when fishing with some tips and advice



If you're going to catch fish like this monster Spanish mackerel, having good quality gear is a big help. If herring, tailor and whiting are more your speed, you can get away with the cheap end of town.

by Mike Roennfeldt

HOW cheap is bottom end fishing tackle

these days. Rods and reels, for example, are probably no dearer than they were 30-odd

years ago when I sold my tackle shop. I guess it's a reflection of mass production pricing for goods coming out of China, where it seems that virtually everything is made nowadays.

A few years back at the Mandurah Boat Show, one fishing tackle retailer was selling two surf combos for \$50... yes a 4m rod, big reel, line and even a few hooks and sinkers in a tackle box... two for \$50. Okay, it was a Boat Show special, but what a price. When I got out of my shop, the cheapest going price for one bottom-end surf rod alone was

around the \$50 mark and that seems to be an everyday sort of price for a similar item today.

Of course, you don't expect a lot of quality at that price, but an outfit costing \$75 or less wouldn't have to last long to be a reasonable investment. Even if it stood up to only one season of herring fishing from the rocks at North Mole or Hillarys Marina, it would have been worthwhile. That level of gear probably wouldn't stand the pace of serious fishing for long, but you don't have to move far up the price scale to get

into tackle that is built to last.

It's always seemed to me that the worse the fisherman the better the tackle needs to be to stand up to the abuse. You know the sort of things I mean, like direct winding of the reel against a strong fish or heaving on the rod to break off snagged line. Exactly the sort of situations where a more experienced fisherman will do almost the exact opposite, making the rod do most of the work with a pump and wind technique in the first instance and pointing the rod down the line,

clamping the spool and walking backwards in the second.

The irony is that the skilled fishermen who could nurse cheap gear through stressful fishing situations tend to own more upmarket specialised gear that is built to cope with extremes. And the blokes who are likely to hand out brutal treatment to their gear because they don't know any better, tend to own the cheap combos. Tackle shop owners love both types, the first because they spend big in one hit and the second because, while they spend less, they have

to do it more often.

If I had any general advice to hand out regarding buying rods and reels, it would be to get the best you can afford and justify. And if you are working on a limited budget, shave off some of what you were going to spend on the rod and put it into getting a reel that is built to last. Luckily, there are cheap rods around that are tough enough to last years of rough treatment. Find a decent tackle shop, explain your budget and seek advice from someone who knows good gear from rubbish.

Country stargazing - find the magic Orion the Hunter constellation



by Carol Redford and Donna Vanzetti, Astrotourism WA

ORION the Hunter is a famous summer constellation. Look for it in the early evening. The first thing you'll see is the bright star Sirius. Directly to the left of Sirius is what is often referred to as the Saucepan which is part of the Orion constellation. It's easy to spot because three bright stars in a fairly straight line make up the base of the saucepan and a handle sticks out at the top right.

Orion the Hunter has been known since ancient times in Greek mythology, but his image is upside down in the southern hemisphere. The three bright stars of the base are Orion's belt and the handle is his sword.

When and where to look:

The Orion Constellation will be visible in the early evening throughout the next few months.

Look to the east an hour or so after sunset.

Something Interesting:

There's a beautiful object to look for in Orion. The middle star of the handle of the Saucepan, is not actually a star at all. When looked at through a telescope or powerful binoculars, the beautiful Orion nebula reveals itself.

A nebula is a gaseous region in space where new stars are born. The Orion Nebula is about 1,350 light years from Earth and is a massive region of about 30 light years in diameter.

Find more stargazing tips and country events at www.astrotourismwa.com.au.

If you're a budding astro-enthusiast, check out Stargazers Club WA's telescope classes and astronomy events for beginners at: www.stargazersclubwa.com.au.

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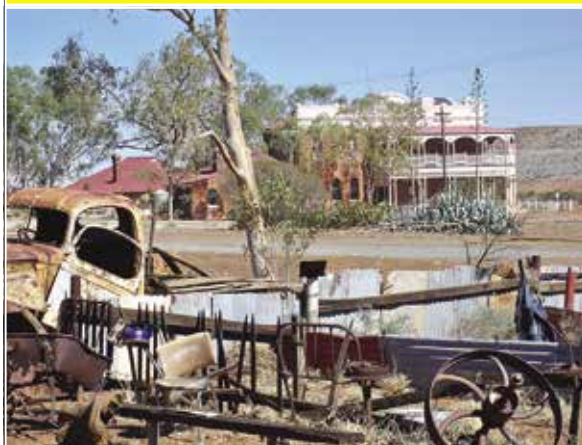
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ADVERTISING FEATURE

travel options for the mature west australian

Consciously connect to Western Australia's parks and win



Gunbarrel Highway © Nick Rains

WESTERN Australians camping and caravanning are hitting the road for increasing numbers, contributing to the growth in visits

to national and marine parks throughout the State.

This growth in camping and caravanning in WA has heightened the need for advance bookings. As the demand is high, the Department of Biodiversity, Conservation and Attractions advises to plan well ahead and reserve camping and caravan sites online to guarantee you a spot.

In 2021, about 120,000 campsite bookings were processed, resulting in around 971,000 camper nights. Online campsite bookings for DBCA campgrounds increased by 35 per cent and camper nights by 46 per cent. Overall, DBCA statistics show an estimated 8.5

per cent increase in visitations from 2019-20 to 2020-21 and 21.25 million visits to parks in 2020-21.

"We live in a top holiday destination and being outdoors benefits the mind as well as the body", said WA Parks Ambassador Emeritus Professor Ross Dowling AM.

"This year is a great opportunity to explore some of WA's 103 national parks and 17 marine parks to experience their remarkable beauty and their diversity of flora and fauna.

"We have 10 free downloadable Smartreka Maps to help you stay on track when out of mobile range in a national park, an online Discover Our

Parks Guide full of information on things to see and ideas on our website to inspire people to venture out into these parks," he said.

Celebrating the surge in visits to our national parks, the WA Parks Foundation is running two prize draws throughout March.

Buy a WA Parks Foundation membership and go into a prize draw to win a framed landscape photograph of Lucky Bay, Cape Le Grand by Richard Smyth - Wild Earth Images (valued at \$350) or a deluxe picnic hamper (valued at \$200).

You can also subscribe to the Foundation's free monthly newsletter for a chance to win

a free membership with over \$1,200 worth of discounts. The newsletter is full of up-to-date news about parks, wildlife, marine life, events and campaigns.

The competition covers new memberships and subscriptions until March 31.

Memberships are \$30 (students), \$50 (adults), \$90 (family) and you will receive a 50 per cent discount off the annual All Parks Pass which provides entry to all WA national parks plus a range of discounts to adventure treks and tours in WA.

For more details, visit: www.ourwarparks.org.au/sip/caravan-and-camping-prize-draw.

Warden Finnerty's residence: A witness to Australia's greatest gold rush



LOCATED on Kaprun Country, Warden Finnerty's Residence is a beautiful historic home in Coolgardie. Commonly known as 'The Residency', it is an excellent example of clever design being used to protect inhabitants from the harsh local climate.

The house was built in 1895 for Coolgardie's first resident magistrate and mining warden, Irishman John Michael Finnerty, his wife Bertha and their daughter. It is close to a gnamma, a naturally occurring hole in caprock managed by Aboriginal people for year-round fresh water access.

Early explorers and colonists often relied on Aboriginal peo-

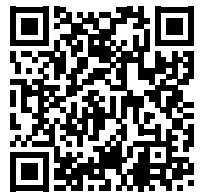
ple to show them where water could be found. Arthur Bayley and William Ford stopped at this rock hole in September 1892 and discovered the gold that was to spark Australia's greatest gold rush.

Finnerty was transferred to Kalgoorlie in 1900, marking the decline of Coolgardie and Kalgoorlie's rising prominence as the centre of WA's eastern goldfields, but his house remains on Montana Hill overlooking the town.

The National Trust was gifted the derelict property in 1972 and it is now open for visitors to explore and take refreshment.

Located at 2 McKenzie Street, Coolgardie 6429, Warden Finnerty's Residence is open Saturday - Wednesday 11am to 4pm. Group bookings are welcome, contact Coolgardie Visitors Centre 08 9026 6090 for bookings and enquiries.

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Fly to Antarctica on the best day trip

A GROUP of *Have a Go News* readers took to the sky and enjoyed the day trip of a lifetime flying across Antarctica on January 9 this year.

One of the passengers, Scott Lawrence said: "Thank you again for all your efforts in providing me and my party with such a memorable and trouble-free experience of a lifetime."

The next flight is scheduled to depart later this year and once again *Have a Go News* is organising seats aboard this sensational experience.

It's a wonderful opportunity to safely tour the last great wilderness of Antarctica. Don't miss your opportunity to join our group.

Get ready to board the 787 Dreamliner with its larger windows providing a better viewing experience for passengers.

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This flight departs Perth on Sunday November 27 2022 at 8am and returns at 8.30pm. Seats sell out quickly for this amazing experience.

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Dogs down south - a great road trip with Betty the Boxer aboard



Left to right; Helen Ganska and Betty the Boxer enjoying the coastal runs

by Allen Newton

BETTY the Boxer Dog was out cold on the backseat of the Mazda for most of the five-hour drive to Albany for a working holiday.

She's comfortable with the car and, apart from demanding the rear window be opened from time to time so she could sniff the southern air, our journey from Perth to Albany was easy.

A stop for lunch at West Cape Howe, on the Muir Hwy just out of town at Mt Barker was a comfortable stop with Betty checking out the sculptures and us sharing a platter and a pizza.

We had a bunch of meetings lined up and the plan was for Betty to join us wherever possible, and where it wasn't, we'd leave her in the Airbnbs my wife Helen had booked for us in Albany and Denmark.

While Helen had put in a fair bit of effort into track down pet-friendly places there were some shortcomings in our expectations of what makes for dog-friendly and those of the house owners.

We'd scheduled the trip until after the end of school holidays to give us a wider spread of options, but when you drill down into pet-friendly places, there are lots of dos and don'ts, rules about what rooms the dog was allowed in and not.

Both the houses we stayed in Albany and Denmark met the bill in most ways, but in Albany we had an email from the owner the day before we arrived saying the dog couldn't stay in the house on her own.

She had to be confined to the laundry or outside deck. Betty is very spoiled and at home has the run of the house, knows her place on her special blanket and is perfectly behaved.

It turned out that con-

trary to our understanding from the descriptions on Airbnb, neither house had secure yards and both seemed to overlook that in their property descriptions. We know now to look a bit closer at the rules next time we travel with Betty.

But our issues with house rules were minor and we were made very welcome in both southern towns.

Middleton dog beach, just along from the also dog-friendly Hybla Tavern, was a wide-open beach where Betty could splash and chase seaweed and rollick with other dogs.

All around Albany's splendid coastline

are dozens of isolated beaches, many of which were good for dogs, although we were a little underwhelmed by Misery Beach (not dog friendly), which had just been voted Australia's best beach.

In its defence we were there on a dreary day which perhaps didn't show it off to the best, but there were many other beaches, at least as spectacular in our eyes, including Mutton Bird Island with its Mutton Bird East beach, Cosy Corner between Albany and Denmark, with its long white sandy beach - and a delightful campsite that was full of caravans and tents when we

were there.

Denmark Lights Beach was the best beach we visited for exercising the dog. A big carpark, toilets and easy steps down to beautiful beaches with rock pools and white sand, got a big thumbs up from us.

Betty did play second fiddle on a couple of occasions when we headed out for meetings and more fine dining at restaurants like Pepper & Salt in Denmark where the spicy food flavours were fantastic, with scallops, prawns, beef and lamb on the menu.

It was a strange evening though with a bushfire bearing down on Denmark; smoke billow-

ing over the hill and Betty waiting in the car in case we had to beat a hasty retreat from Denmark in the face of the fire.

We'd had lunch the day before our visit at The Dam, where grilled tiger prawns with spicy nam jim sauce, and tzatziki with flatbread overlooking the huge dam made for a restful respite. This venue is dog-friendly, but we had a meeting after lunch and didn't think it was very professional having our fur baby there,

After lunch we were treated to an amazing tour of Raintree farm with owner Steve Birkbeck who took us through fields of cannabis (not

the variety you smoke) used in the distillery for gin, vodka and the base for the exquisite perfumes Raintree makes, through groves of oak trees where truffles are hiding between the roots and majestic karri trees and lush fields with grazing cows which Steve claims create the best beef in the district.

Visitors to the region's

big food and wine festival, Taste Great Southern, in May, will have an opportunity to sample Raintree's produce with a long table dinner among the oak trees.

Because of the fire, both Raintree and Pepper & Salt had to be evacuated not long after we visited them, but thankfully neither suffered damage.

continued on page 30

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Ferguson Valley to Wellington Dam to see the giant mural recently commissioned on the dam wall.

The tour then descends the Collie Hills to Bunbury for a farewell lunch before boarding the Australind for the return journey back to Perth.

The tour includes all meals and fares start at \$878 if using your pensioner free travel entitlement.

Kevin also has a few seats left on his Goldfields-Esperance Rail and Coach tour departing May 02. This tour includes return travel to Kalgoorlie aboard the Prospector train with coach tours to Leonora, Coolgardie and Esperance.

Call Tour de Force Travel on 9246 2177, after hours call Kevin direct on 9316 1504.

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AS you all know the last couple of years has been extremely hard on everyone, especially small tour operators. Border restrictions and restrictions in general it's been difficult to say the least, with a lot going out and little coming in. The bills don't stop and Aussie Redback Tours want your business.

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Dogs down south - a great road trip with Betty the Boxer aboard

by Allen Newton continued from page 29

In Albany we also had another stunning, dog-free dinner at Majuba Bistro with colleague Richard Campbell from

Taste Great Southern, sharing wonderful bouillabaisse, sizzling garlic prawns and spaghetti with crab.

We did opt for take-away on a couple of occasions with fish and chips in Albany on one night and a real highlight

of the trip, curries from Albany Indian Tandoori Restaurant - simply stunning.

Breakfasts and fabulous coffee were also a highlight, including a slap-up full breakfast at the beautiful Emu Point Café, just a short walk away from a dog beach where Betty could roam free on the wide sandy expanses.

Our best breakfasts were at Ravens in Denmark where Betty tucked herself under the table on the big veranda and we treated ourselves to fabulous chimichuri while waitstaff made all of us, particularly Betty, very welcome.

Betty also proved popular at the Lake House Denmark where we shared a vineyard platter in the garden and chatted to owner Leanne Rogers about their forthcoming cooking masterclass with cook Jordan Bruno as part of Taste Great Southern.

On our way to the Lake House we stopped off with Betty for a lovely glass of Chardonnay and a bowl of water for the dog at the picturesque Single File Wines, followed by an intriguing chat at the rustic Denmark Heritage Cider tasting room with owner Stuart Douglass.

Boston Brewery in Denmark was also dog friendly, where Betty could find a spot under the veranda table while we shared sticky Korean fried pork belly with fresh chili; cauliflower florets, pomegranate, crunchy shallots, vegan mayo, mixed herbs and cashew dust; and beef burger with all the trimmings.

We were due to spend another day in Denmark, but by this stage the Denmark fire was getting scary and emergency services were asking residents to leave, so it was time to pack Betty back into the backseat and head for home.

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Highlights

- Easter Sunday celebrations
- National Anzac Centre
- King George Sound cruise
- Torndirrup & Porongurup National Parks
- Mount Barker Old Police Station
- Princess Royal Fortress
- Denmark Arts Markets

Albany & the Anzacs

5 DAYS > 23 to 27 April 2022

Commemorate the Anzacs where the dawn service tradition was originally created then explore the significant historic sights of Albany and Princess Royal Fortress, the Great Southern region's incredible landscapes and ruggedly beautiful coastline.

Highlights

- Princess Royal Harbour cruise
- Anzac Day commemorative dawn service
- Anzac Day march & ceremony
- National Anzac Centre
- Old Police Station Museum, Mount Barker
- Torndirrup National Park
- Princess Royal Fortress

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As we prepare to welcome people back to Perth here's a few tips on where to go



by Numbat our travelling scribe

WHAT advice and directions do we give incoming travellers? Even when our friends and relatives land on Perth turf, we can't always escort

them around the city, yet we have time-saving inside information.

All the many Perth brochures don't give our welcome guests the inside-running on tackling Perth and environs.

Numbat's 10 tips to tackling Perth

1. Always start early. The best time to see Perth at its best is early in the day. Earlier the better, with the weather usually most favourable before the winds get up. In summer, it's clearly safer out of the midday-afternoon sun and best to beat the crowds, especially visiting beaches or rivers.

2. Make some trips to the Swan River, vastly under-visited. With myriad protected and grass idylls, the riverbanks are ideal for walks, for family picnics and bird-spotting.

Easy parking away from the city. Free. There are river cruises and hire bikes.

3. Perth Zoo is a good size for visitors who can spare only a few hours. With or without kids, the zoo is modern and informative about WA's unique biodiversity.

4. King's Park, with more than strolling around just the public areas. The many paths that delve deep into the bush – the world's biggest city park – allow you to connect with nature peacefully, get close to endemic trees, plants and flowers and provide cooler places on sizzling, hot days. For the kids, there's a creative adventure ground as well as traditional play areas.

5. Rottneest is best savoured over a couple of days. Start early,

especially on day trips, of course. Get-up early to make the first ferry after ascertaining the most suitable wharf (Perth/Fremantle/northern suburbs).

6. Fremantle is essential for visitors. The train trip from Perth is under 30 minutes and eliminates parking problems. Perhaps a stopover at Subiaco or Claremont for shopping or cafés or Cottesloe to check-out the popular beach. Buses also run regularly along the highways.

7. In northern suburbs, Hillary's wharf: Waterside activities, rides for kids, shops and eateries.

8. Day or half-day train trips. Less than an hour to Mandurah (with its ferry trips, eateries and seaside) or inland to Armadale (check whether this line is still open). Check out the

trip to Toodyay. Easy rides for retirees and families.

9. Northbridge and the city. Tackle early. Features include world-class Boola Bardip Museum, the city's period buildings around the Town Hall and Yagan Square. Plus Northbridge and Elizabeth Quay eateries. Free buses on the city circuit.

10. Sunsets. Select a spot anywhere along the coast. Subject to clouds, it might take a couple of visits to catch a magnificent WA sunset. Linger after the sun has sunk. Don't leave before the latecomer colours erupt from below the horizon and under any clouds. Best enjoyed with fish and chips, pizza or picnic on a spot looking out to sea.

The tourist is now ready to see the rest of WA.

Cinefest OZ Albany returns this autumn



LIGHTS, camera ... Albany!

Film lovers throughout WA are being advised to mark a new date in their calendar with the return of CinefestOZ Albany in 2022.

'Action' will be called on CinefestOZ Albany from April 28 to May 1, allowing an audience of film lovers to celebrate the very best in Australian film.

Visitors will enjoy a getaway with friends and family to the beautiful Great Southern for four days of premiere film screenings as well as special events in the region's cinemas and picturesque venues. Here they will get the opportunity to rub shoulders with filmmakers and industry guests.

Building on the success of the first CinefestOZ Albany, this year's festival will bring more films and activities for film buffs, filmmakers and the community.

As well as four days of film screenings, the program features an opening event, free community screenings, a short film set, IndigifestOZ films and the Saturday night gala event.

This last event is the perfect occasion to frock-up for the cameras and celebrate the magic of film. Embrace the company of

film stars, while soaking up the breathtaking beauty Albany has to offer.

In addition to this, CinefestOZ Albany is thrilled to present a special event, titled *Koort*, the Noongar word for heart.

Menang Noongar Elder, Vernice Gillies was excited to assist in the naming of this day.

"For us Menang Noongars, koort means heart, and I'm pleased that CinefestOZ Albany is calling its celebration of Albany films and film-makers *Koort*. It is about being at the heart of Menang country," she said.

The centrepiece for this must-see event unfolds with a screening of multiple award-winning film *Edward and Isabella* by local Albany writer/director Adam Morris. Starring Hollywood-fame Chloe Hurst, the film is a momentous achievement for Morris and his team.

Edward and Isabella joins *Breath, H is for Happiness* and *Rams* on the expanding list of films that make the most of Albany's beautiful town and surrounding scenery.

The inimitable Albany flavour continues with music from the Albany Shantymen featured, as well as

several local film practitioners who took part in the making of the film. To add to its growing success, *Edward and Isabella* has also recently been accepted into The Swedish International Film Festival.

"On top of all the awards the film is winning overseas, it's a real honour for CinefestOZ to get behind our \$15,000 feature film and celebrate it at home," Morris said.

"Filmmaking is such a collaborative enterprise so it's really fitting that everyone who was so generous with their time, effort and energy in helping to make the film happen here in Albany, can now see it on the big screen in their hometown. A massive thank you to the organisers at CinefestOZ."

Edward and Isabella will be screened publicly for the first time in Albany on Saturday April 30 at the Town Hall.

To register your interest for this event visit



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The shifting shapes of the Golden Outback's Lake Ballard



Kalgoorlie is a heritage city © Tim Dawe

by Tim Dawe

FIFTEEN years is a long time between drinks. That's the time since my last visit. Kalgoorlie has always had a hard-working, hard-living, masculine feel about it; edgy and on the edge. Its image over the years is a harsh, isolated place where maverick workingmen win or lose a fortune – and with a dash of naughtiness.

My familiarising stroll along central Hannan Street reveals a welcoming, vibrant streetscape.

Major landmark buildings are now restored, some gleaming in the sun. Stylish shops sell upmarket goods to young people, families dine al fresco and there's a family-friendly atmosphere I don't recall. Pulled pork sliders and baby chinos seem to have replaced Chiko rolls and meat pies.

Kalgoorlie's sister-city Boulder is a delight. I'm impressed by the scale of the restoration in the centre of town. There's a strong sense of prosperity and pride in the well-preserved main

street, the buzzing cafés, the tourist tram and extensive street vegetation, especially dazzling floral displays at intersections.

Where's that gritty, hard-grafting, testosterone-fueled, working class city gone?

That stereotype, of course, belies Kalgoorlie Boulder's status in mining education excellence, cultural activities and community endeavours.

Yes, there are still skimpies at the Exchange Hotel bar but that now seems more like a cultural museum. I have dinner

at that hotel – at its hugely popular family restaurant.

You know things have changed when Questa Casa, Kalgoorlie's oldest brothel in Hay Street, until very recently was busy, not with randy miners but giggling pensioner couples on a popular package tour. There are lots of laughs and gawping as the intricacies of brothel-keeping are explained.

I walk to the giant super pit to witness both the scale of operations and the daily blasting. It's a spectacular wonder. I reflect that this golden

city is today dominated by an international super corporation; a far cry from Paddy Hannan and his mates.

Kalgoorlie is my memorable entree. Now for the main course: my first visit to Lake Ballard (Ularring).

The road north of Kal is good. It's tempting to drive the hire car flat out but that amounts to air-brushing the northern goldfield's history. Today there's little evidence of thriving communities and enthusiastic fortune-seeking; of hope and striving, challenges

and failure.

Dots of townsites reveal perhaps a brick or two, mostly nothing. Kanowna, once a bustling town that grew from 2,500 to 12,500 people in two years, is now a single gravesite and some tin. It's moved east, in name only, as a mine. Broad Arrow is still going – but only as a pub where you can leave

your mark on the walls. It's too early to open so I leave its inside quiriness for my return. It struggles and it survives, perhaps because of its closeness to the Goldfields Highway.

Further on is Menzies, the turning point for Lake Ballard, and well-worth an exploratory visit. It struggles and it thrives.

continued on page 34

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The shifting shapes of the Golden Outback's Lake Ballard by Tim Dawe



Menzies and Lake Ballard © Tim Dawe

continued from page 33
That struggle is strikingly evident in focusing on its history. Menzies has tourist facilities, restored buildings and strategically placed, metal cut outs

that depict aspects of life in its heyday. The town thrives on its newfound tourism. While it's an easy day trip from Kalgoorlie, I notice new accommodation for overnighting tourists who want to capture Lake Ballard at dawn or dusk or night.

It's 51km by winding, unsealed road to the Inside Australia installation on Lake Ballard where there is under-tree parking for tour coaches. On arrival it takes a while to refocus on the landscape, the distances and faraway figures. This odd installation is

the work of acclaimed UK sculptor Antony Gormley, invited to create a temporary work for the 50th anniversary of the Perth International Arts Festival in 2003. It's a testament to cultural value that it remains permanent by demands from local, and in-

ternational, art-lovers.

The installation of 51 spidery, life-size human forms are at the western end of this vast, flat saltpan, each positioned 750m apart. In Gormley's words, "I was trying to achieve the highest level of tension between mass and space with concentrated and individualised body forms distributed sparsely across this chemical surface."

Gormley invited the Wongi mob and other residents to be digitally screened at the Menzies Town Hall. These resulting naked images, were then reduced by two-thirds in the horizontal dimension, and finally formed into metallic figures from local, 2.8 billion-year-old granite – the world's oldest material.

The spindly figures are life-size in height but with a "concentration in mass of the darkness of the body..." like a tuning fork. In the sharp, reflective light these faraway figures shimmer in other-worldly ways. Shape shifting. It's an incredible sight.

I set off walking clockwise to explore the closest figures. A short distance from the lake edge is a 40m ironstone mound (a future island?) that gives a more encompassing view. When "meeting" a figure it becomes oddly apparent they are all individuals.

There are only 10 other visitors sharing this saltpan and they soon disappear into the mirage. Alone, I

find an easy contemplativeness. There's also a slow, steady slog between forms that allows thoughts to well up. It's not like peering into an old master at the Uffizi Gallery but I find myself looking into these people – a child, a woman, a man – and about to ask a question of them.

Some figures have been pushed from the vertical where some stray steer needed a scratch. Others show damage. Looking around, the angles provide backgrounds of bushland or infinity; of shadows or that distant spooky shimmer. I'm not transported, or feel some mystical experience, but I am amazed, and slightly overwhelmed by this display that moves from horizon to close up.

I know I'll not see all 51 figures, because I move slowly taking it all in. It's nearly noon now and that provides a particular perspective. I wonder how this installation looks at dawn or dusk, and wish I could return to witness it. Under a moon-lit sky, it would be brilliant.

The Inside Australia installation is remarkable not only for its vision and creativity but also because it exists at possibly the most starkly, remote place on the planet drawing attention from all over the world, much of it, to see what all the fuss is about.

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Hannans North Tourist Mine is located on Goldfields Highway. Turn left onto the highway at the top end of Hannan Street, then turn right af-

ter approximately 1.5km. There is free onsite parking for cars, caravans and buses.

Opening hours are Sunday to Friday from 9am-4pm.

Entry is priced at \$15 per adult, \$12.50 for concession card holders, and \$8 for children aged 5-15 years while children under five are free. A family pass costs \$45 and al-

lows entry for two adults and up to four children aged 5-15 years.

While you're there ask the friendly staff about the local ambassador card, it's Hannans North's way of giving a little something back to our community.

Phone 9022 1664 or go online to www.hannansnorth.com.au for more information.

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• Goldfields Getaway

Perth to Kalgoorlie four day trip with time to explore Kalgoorlie Boulder plus Leonora

• Golf Extravaganza

Perth to Kalgoorlie four day trip including two days on the iconic Kalgoorlie golf course complete with two 18 hole games and buggy hire.

How to book:

1. First, register concession details with Transwa at www.transwa.wa.gov.au (Centrelink no longer issues free trip

vouchers annually).

2. The Kalgoorlie Visitor Centre Staff can assist in registering for your concession details while assisting with your booking.

3. Transport bookings can be made up to three months prior to the travel date

4. Contact Kalgoorlie Visitor Centre to book your package

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VIEW ON HANNANS	\$431	\$525	\$631
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PACKAGE INCLUDES:

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Depart Perth on the Prospector at 7.10am and arrive in Kalgoorlie at 2pm. Transfer to your hotel (at your own expense) and free afternoon to explore the city.

DAY 2-3. TOURING KALGOORLIE-BOULDER

Over these two days, undertake tours to the Super Pit, Hannans North Tourist Mine, Tram tour and Kalgoorlie-Boulder Audio Walking Tour. Explore the streets, have a meal in a historical hotel, check out the museum. (Optional extra: tour of Questa Casa Bordello. Costs apply).

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DAY 4. KALGOORLIE TO PERTH

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QUALITY INN RAILWAY MOTEL	\$442	\$536	\$637
VIEW ON HANNANS MOTEL	\$444	\$538	\$632
PLAZA HOTEL KALGOORLIE	\$540	\$634	\$723

PACKAGE INCLUDES:

Two nights choice of accommodation in Kalgoorlie, including continental or buffet breakfast, one night accommodation in Leonora including continental or buffet breakfast, three day car rental (mid-size car) and Golden Quest Discovery Trail Guide Book.

DAY 1. PERTH TO KALGOORLIE

Depart Perth on the Prospector at 7.10am and arrive in Kalgoorlie at 2pm. Rental Car available from the train station, transfer to your hotel and free afternoon to explore the city. Departure from Perth must be a Tuesday only to Perth on the Prospector.

DAY 2. EXPLORE KALGOORLIE-BOULDER

Explore this wonderful city and uncover a wealth of treasures. To make the most of your visit, speak with the Kalgoorlie-Boulder Visitor Centre for travel tips and tour bookings.

DAY 3. KALGOORLIE TO LEONORA (235KM)

Travel north along the Golden Quest Discovery Trail for one night stay in Leonora.

DAY 4. LEONORA TO KALGOORLIE TO PERTH

Depart Leonora no later than 11am, return the rental car ready for a 3pm departure (Friday only) to Perth on the Prospector.



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QUALITY INN RAILWAY MOTEL	\$454	\$548	\$652
VIEW ON HANNANS MOTEL	\$457	\$551	\$644
PLAZA HOTEL KALGOORLIE	\$601	\$695	\$788

PACKAGE INCLUDES:

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DAY 1. PERTH TO KALGOORLIE

Depart Perth on the Prospector at 7.10am and arrive in Kalgoorlie at 2pm. Transfer to your hotel (own expense) and enjoy a free afternoon to explore the City.

DAY 2 & 3 KALGOORLIE GOLF COURSE

Over these two days, collect golf buggy and clubs (if required) and play 18 holes of golf on each day. To make the most out of your visit, speak to the Kalgoorlie Boulder Visitor Centre for travel tips and tour bookings

DAY 4: KALGOORLIE TO PERTH

Transfer to the rail station (own expense) and depart at 7.05am, arriving in Perth at 1.45pm

Hurry, book now with Kalgoorlie Boulder Visitor Centre
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Day 1: Coolgardie – Kookynie (350 kilometres/4 hours)

Your adventure begins in Coolgardie, the start of the Golden Quest Discovery Trail. Visit the town's gold rush museums be-

fore heading northeast along the trail, passing through Ora Banda and Goongarri to Menzies hotel, then drive to Lake Ballard and the remarkable Antony Gormley sculptures. Continue north, stopping at Niagara Dam before arriving in Kookynie, where you can try your hand at fossicking for gold.

Accommodation options: hotel or caravan park.

Day 2: Kookynie – Leonora (67 kilometres/1 hour)

Before departing Kookynie, spend some time checking out the artworks on display at Old Miners' Cottage Craft.

For a real adventure, take the unsealed road to Leonora and the gold rush ghost town of Gwalia. Visit Gwalia Museum and the site of historic Hoover House, once home to the former American President, Herbert Hoover, who managed the local mine.

Accommodation options: Stay overnight at Hoover House, or continue the journey to Leonora where there are hotels, motels and backpacker accommodation.

Day 3: Leonora – Kalgoorlie-Boulder (235 kilometres/2.5 hours)

Take the western trail through stunning outback landscapes and seasonal wildflowers to the mining

hub of Kalgoorlie-Boulder. After a day on the road enjoy a cold drink on the wide veranda of one of the many hotels in Kalgoorlie-Boulder.

Accommodation options: hotels, resorts, motels, backpacker lodges and caravan parks.

To ensure you enjoy a safe and well-planned journey, take a look at travel times and distances, road safety and important travel tips. If you have your camping gear or caravan in tow, check out the range of caravan parks and camping sites available in Australia's Golden Outback.

For more information visit www.goldenquesttrail.com

Discover the history of the gold rush town of Leonora

LEONORA, born from the Gold Rush of the late 1800s, is a main regional centre in the Northern Goldfields. Among the unforgiving landscape of this outback region there are tales of scarcity and abun-

dance, of losses and wins, of hardship and mateship.

The Shire of Leonora covers about 32,000 km². This area saw the rise and fall of many towns, including Malcolm, Kurrajong, Lawlers, Agnew, Darlot

and Mertondale. While Leonora continues to thrive to this day, most of the towns that were once bustling centres are now abandoned sites with only cemeteries or a few empty buildings to suggest there

was ever anything there at all.

Down the road from Leonora lies the ghost town of Gwalia, a settlement that grew alongside Leonora, but was abandoned in 1963 when the Sons of Gwalia mine shut down. The old miners' cottages you see today stand as a snapshot of what life was like for mining families in the early-mid 1900s.

The iron and hessian cottages, abandoned

shops, wooden headframe and empty swimming pool are all available for viewing at the Gwalia Ghost Town and Museum. Within the museum is Hoover House, the grand home designed in 1897 by mine manager Herbert Hoover, who later became the 31st President of the USA. It is situated amongst lush green gardens, perched on the edge of a working open pit gold mine. The period-styled building houses a café and bed



Mazza's supermarket in Gwalia Ghost Town

and breakfast.

With such a fascinating history to discover, extraordinary stories to unearth, and unique land-

scapes to explore pay a visit the Leonora Information Centre to find out everything there is to see and do around Leonora.

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Time to lose when travelling along Australia's Coral Coast



Nature's Window, Kalbarri

CORAL COAST, the popular tourist region stretches more than 1100km of coastline from Cervantes to Exmouth and includes (among others) well known holidays destinations Dongara, Jurien Bay, Geraldton, Kalbarri, Denham, Carnarvon and Coral Bay.

And of course the region is home to the brilliant Kalbarri Skywalk.

The views of the Mur-

chison River gorges and cliffs have always been spectacular, but the walk that juts out past the rim and more than 100m over from river, is something else.

As the winter weather starts to cool Perth and the state's southern regions, Australia's Coral Coast becomes a popular choice for getaways.

It's generally two degrees warmer than in

Perth and some terrific offerings are only a couple of hours drive away.

Thousands visit the region regularly; many have a favourite destination and don't like to detour much.

Monkey Mia is one of those places.

The Shark Bay Heritage Area has UNESCO status and provides a lot to explore. Most are drawn there by the lure

of the dolphins going to shore each day, and then are amazed with how much else there is to see and do.

The Monkey Mia Dolphin Resort has made accessing the dolphins a whole lot easier and more comfortable. The resort offers a great getaway; one which you could easily get stuck at without getting out and seeing other parts of the region.

Here you'll find beachfront villas, a restaurant, café and bar, fully-decked out kitchens, a pretty big pool and recreation rooms.

And when the local dolphins come in for a feed early each morning, you only need to roll out of your tent, van, or room to get there first.

There are plenty of options around Shark Bay where you can explore the local wildlife by yourself, but if you're looking for something a bit more informative, you should check out Ocean Park.

Seriously consider the guided tour. These are run by people who know their stuff and there is

a lot of stuff for them to show you. You'll go in thinking the shark feeding will be the highlight and although it's pretty cool, you'll leave blown away by some of the new facts you're taking away.

While the coast is clearly a massive drawcard of this area and water-based activities dominate the offering (queue image of dolphins, whales and divers swimming with whale sharks), there is much more to do.

Wildflowers are found in the region all year round, but between late July and early October, they are at their brilliant best.

Coorow, Carnamah and Badgingarra offer as good viewing of wildflowers as anywhere else in the state.

Visit Alexander Morrison National Park during spring and nearby Coorow Farm produces paddocks of colourful everlasting.

If you are determined to stay at your favourite destination along the Coral Coast, then consider broadening your horizons by stopping

into the place you have talked about stopping in previously.

Just a short drive out of Geraldton is the Greenough Historic Settlement. Through the well-kept buildings, you can get a good sample of what life was like in the region back when.

Nearby is the Greenough Wildlife and Bird Park. Talk about not judging a book by its cover. You'll get to the carpark thinking you can sweep through the park

in minutes. But you'll get caught either feeding the kangaroos, or dancing and laughing with the birds much longer than that.

That ability to lose sense of time seems to be common when visiting Australia's Coral Coast.

Visit www.austriascoralcoast.com for where visitor centres are located and information details of national park fees, plus suggested itineraries.

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Get in touch with nature along Western Australia's Coral Coast

NINGALOO Reef is one of the most beautiful places in the world to swim and snorkel with its abundance of marine life and clean waters.

Every year, between mid March and mid July, the gentle giants of the ocean, whale sharks, congregate following the mass spawning of coral. Harmless to humans, they are the world's largest species of fish and can grow up to 18 metres in length.

Whale shark tours are available both in Coral Bay and in Exmouth.

Swimming with the manta rays is an activity which is available year round in Coral Bay.

They glide elegantly and effortlessly through the water and to see a group of males displaying their acrobatic skills competing for a female's attention is a sight to behold.

Swimming with humpback whales is available in the area and from August to November visitors to the region have the opportunity to take part in this experience.

The tours focus on small group encounters and there is a maximum of ten swimmers per tour with five in the water with any one whale pod.

The humpback whale

was previously an endangered species along the WA coast but due to conservation efforts the population has increased to more than 30,000.

The whales usually

arrive in the area from mid-July and the operators in the area offer a full day tour.

There are a variety of experiences to be had with sea creatures along the Coral Coast from

feeding the dolphins in Monkey Mia, to kayaking with sea turtles and dugongs in the Ningaloo Marine Park.

A visit to the coral coast provides an opportunity for people to

get in touch with nature in one of the cleanest environments in the world.

A full list of tour operators is available from www.austriascoralcoast.com.

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COASTAL COSTAL October to March afternoons: Explore Stockyard Gully Caves, wander Lesueur National Park, experience the Pinnacles at sunset or take a North Head 4WD adventure and visit the remnants of WWII Radar Station 48, all accompanied by a knowledgeable and accredited guide.

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Hills residents provide new homes for cockatoos after trees destroyed by bushfires



L-R; Erecting the cockatube - fire - cockatoo in cockatube - Jan Pitman © Photos Simon Cherriman

by Frank Smith

WHEN an out-of-control bushfire raged through Gidgegannup last year, five residents lost their houses, but they were not the only ones burnt out home.

Thankfully no lives were lost, but untold numbers of old trees with holes suitable as nesting sites by WA's three species of cockatoos were lost.

Baudin's and forest (red-tailed black) cockatoos are classified as threatened and Carnaby's cockatoos are endangered.

And unlike people who can rebuild their homes, the birds have to wait many years for native trees to regrow, lose branches and develop suitable nesting hollows.

Artist Jan Pitman and her partner David Reid are both in their mid 70's and live on a largely bush block in Gidgegannup.

In February a neighbour saw smoke in the distance and rang to warn them.

"I thought it unlikely that the fires would threaten us," said Jan. But it did.

Dave went to out fight a grass fire in the paddock where their cattle were agisted. While there he dropped his mobile phone into the blazing grass and had no way of knowing what was happening at home.

He drove back home through smoke, his firefighting gear damaged and he and Jan had to defend their house with two garden hoses.

"We spent all night on the February 1 2021, fighting the fires. They came within three metres of our house, back and front, and burnt, among other things, a newly-finished caravan, a large plastic water tank and a 30-tonne excavator, as well as causing substantial damage to a large shed.

"It was seriously scary.

"We sat outside watching the fire roaring towards our place, waiting to put out spot fires and

hoping we wouldn't lose our home. We got no sleep.

"Our experience in the local fire brigade (me 15 years, Dave five years) was of some help, although when it's your own place, it's a very different thing.

"Next day was a matter of assessing the damage, putting out more spot fires and burning tree stumps, near the house and sheds and pushing trees off fire breaks and tracks. It was the first of many days of no eating, no sleeping, both impossible in the aftermath of the fires, which continued to burn for the best part of a week, around us," she said.

Jan and Dave's 100 acre mainly bush property was burnt out.

"We lost all our fences and water tanks which were made of plastic or fibreglass," said Jan.

"The area was logged about 80 years ago and new trees has regrown from the stumps.

"We lost many of our big paddock trees, mainly old big marris that are important nesting sites for cockatoos," she said.

In the wake of the disaster, a group of Hills volunteers and organisations got together to try to help the now homeless cockatoos. They raised \$10,500 through crowdfunding for the WildFire Nest box Project. This led to more than 200 nest boxes mainly made by members of Mundaring and Wundowie Men's sheds and students from Willetton Senior High School.

Volunteers then began to put the boxes on the trees throughout the fire-affected parts of former cockatoo habitat in Gidgegannup and Woorlooloo.

Parkerville ecologist Simon Cherriman said more than 300 trees that were completely lost were more than 100 years old.

He said a lot of wildlife would have survived the fire as they can move away from the

flames, but what doesn't survive are their homes.

Ms Pittman said: "We were contacted by Simon Cherriman after the fire to host two nest boxes in our bush. One is close to our driveway and I believe a pair is nesting in that one.

The nesting boxes, known as cockatubes, were designed by Landcare Serpentine Jarrahdale, in co-operation with the WA Museum, the Department of Parks and Wildlife (DPAW) and members of Birdlife WA.

They are suitable for all three species of black cockatoo found in WA.

Adam Peck of Birdlife WA told ABC radio that cockatubes are the 'Rolls Royce of artificial hollows'.

"They're roughly 1.2 metres high and they have a diameter of 375 millimetres," he said.

While they did not look much like trees, Mr Peck said the tubes were the best mimic of the birds' preferred type of hol-

low for breeding.

"Black cockatoos prefer what we call a chimney-style hollow — that's where the main trunk has split off and it's a vertical hollow with a hole at the top," he said.

Birdlife WA is hoping landholders with the tubes on their property spot cockatoos moving in and let them know.

"Sometimes it can happen on the first day, sometimes it takes a few years, we don't know, but we're hoping to hear from the landowners," Mr Peck said.

Cockatoos prospect for hollows in July and August. They normally lay their eggs in September and October, and then they should have fledged the chicks on the hole by Christmas," he said.

Jan and Dave are watching daily for signs of fledgling cockatoos venturing away from the nest.

Shark Bay offers wild natural beauty

SHARK Bay World Heritage Area spans a vast 2.2 million hectares of wild natural beauty. Uninhibited freedom adventure is awaiting for you, where rugged landscapes meet clam seas brimming with marine life.

The Shark Bay World Heritage Discovery and Visitor Centre is located in the Denham township. Immerse yourself in the rich history of the region with the multi-day entry ticket into the museum, which includes the Rose De Freycinet Art Gallery showcasing roaming Western

Australian artists.

The permanent Fire on the Water 3D film shows in the theatre every half-hour. Travel fathoms deep without leaving your seat to discover the fate of the HMAS Sydney II and HSK Kormoran, Australia's greatest naval disaster which occurred only kilometres away from Denham.

The friendly visitor centre staff can assist with booking your accommodation and tours – get ready to pack your bags and #discoversharkbay.

Unwind and enjoy Nambung Station Stay

NAMBUNG Station Stay is situated at the eastern side of the Pinnacles in the Turquoise Coast. It is home of the Nambung Country Music Muster held every October.

The farmstay is close to Cervantes and Jurien Bay and only two hours north from Perth via either the Brand Highway or Indian Ocean Drive.

Nambung Station was established in 2014 as a small nature-based caravan park as the location is very tranquil and peaceful with many emus, kangaroos and

bird life. The Old Northern Stock route tracks through the property and historically this area was first visited by George Grey in 1839 when he named Frederick Smith Creek after one of his explorers who died close to this area.

It is a farm stay accommodation with the farmhouse B&B, three on-site fully equipped caravans (all air conditioned) and powered and unpowered campsites. There is a small camp kitchen and in winter and spring there is a communal fire pit where much socialising

takes place.

The two-hour farm tour includes walking into the Painted Desert (part of the Pinnacles), subject to weather conditions.

Nambung is pet friendly and has a variety of farm animals to feed and a couple of easy bush walks. The farm is ideal for bird watching and star gazing.

From June to September there is an abundance of wildflowers in the nearby National Parks – Mt Lesueur, Badgingarra and Nambung.

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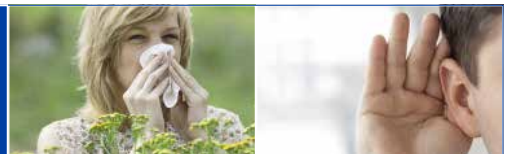
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Ninety per cent of people will suffer from lower back pain...



by Robert Vander Kraats,
Sport Physiotherapist



Acute and chronic are two different types of LBP

GLOBAL Burden of Disease defines low back pain (LBP) as: "pain in the area extending from the lowest rib to the top of

the gluteal folds, with or without a referral into the legs, lasting for at least

one day". Lower back pain is a common global problem.

According to the International Association for the Study of Pain it was estimated that 11 per cent of the global population had some form of LBP in 2021.

Monash University reports that Australia spends \$4.8 billion per year on the management of LBP. In addition it reduces Australia's GDP by \$3.2 billion per annum.

LBP is the most common condition keeping Australians (aged 45-64) out of the workforce. Approximately 26 per cent of Australians suffered

from LBP yesterday, and 51 per cent of Australians experienced LBP in the past month.

There are two different types of LBP, namely acute and chronic. In acute LBP the pain only persists for a short time, days or weeks. Chronic LBP is defined as pain that continues for longer than 12 weeks. Up to 21 per cent of people with acute LBP develop chronic LBP with persistent symptoms after one year.

There are many rea-

sons why LBP can occur, including congenital reasons, injuries, degenerative problems, nerve or spinal cord issues and non-spinal sources. Therefore, it is very important to ask a qualified health professional to assess and diagnose your LBP.

Many risk factors contribute to LBP such as: age, fitness level, weight gain, genetics, job-related factors, mental health, smoking and stress.

After a comprehensive assessment and a diag-

nosis is made by Robert and Jeff, treatment can begin. There are many different evidence-based treatment options for LBP.

Many different exercises can be prescribed for your exact needs. Engaging in the wrong type of exercises, or ignoring the pain, can result in prolonged lower back pain.

This is just general information, for a comprehensive assessment and diagnosis, phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff today.

Get your doctor to listen to your heart...

HEART valve disease is a common, serious condition, but treatable if identified early. It can be diagnosed by doing a simple stethoscope heart check.

Because a stethoscope check is not being included in the Medicare Benefit Schedule (MBS) heart health assessment, it is up to the patient to request one. With so many patients being unaware of this, 90 per cent of those suffering from aortic stenosis currently do not make it to treatment. Signs of heart valve disease are easily identifiable by a clinician doing a physical examination. Heart valve lesions have a characteristic murmur that can be heard with a stethoscope, which is why including this in routine heart health checks is so important.

Aortic stenosis is one of the most serious, yet most common types of heart valve disease in Australia, with one person in eight over 75 years old affected by the disease.

More than half of GPs say they do not check a patient's heart at all unless they ask for it. Of the GPs that are offering heart checks to their pa-

tients, very few are offering a stethoscope check. Some GPs admitted they are not aware of the symptoms associated with heart valve disease, making it more difficult to diagnose and treat.

Professor Tom Marwick, cardiologist at the Baker Heart and Diabetes Institute, said: "Heart valve disease is common, serious and treatable. The first step to diagnosis is recognising that exercise intolerance may not just be due to ageing. If you cannot do what you could do last year, see your doctor, and ask them to listen to your heart."

"Heart checks are currently being under-utilised across the country. With a minor MBS change such as including a stethoscope check, it could be used to support GPs in the diagnosis of many at-risk Australians with heart valve disease, particularly older people, as cardiac risk increases with age."

"GPs are doing their utmost for at-risk patients, and this change to the MBS would enable them to do even more in supporting their patients and diagnosing heart valve disease."

More than half a million Australians were living with heart valve disease in 2021, with an estimated 254,000 people currently living with the disease undiagnosed. Time is the most significant barrier that prevents patients over the age of 65 having routine stethoscope checks of their heart.

Chief executive officer

of hearts4heart, Tanya Hall, said: "We're urging everyone over 60 to become aware of their heart health, and to ask their GP for a simple stethoscope heart check. Early detection is so important for heart valve disease and when identified early, it is a treatable condition."

For more information, go to www.hearts4heart.org.au/

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Do you need help to reconnect to the community?

WA Primary Health Alliance is funding a program for older adults (55yrs+ Aboriginal or 65yrs+ non-Aboriginal) to access six to 12 free psychology sessions as well as offering assistance to link into other service providers.

The aim of the program is to connect older adults to appropriate services and support, social networks and to enable early intervention by providing therapies to improve mental health and wellbeing.

Clear Health Psychologists will be providing mental health support for participants registered in the program and will conduct individualised assess-

ments and then link clients to services they require in the community. This may include, linking people with the appropriate health professional (hearing aids, chronic disease management plan, incontinence nurse). Finding suitable community groups for clients experiencing loneliness or social isolation and delivering psychological therapies to clients who are unable to access services through a Mental Health Care Plan.

To register to participate in the program give Clear Health Psychology Aged Care team a call at (08) 63784710 and they will schedule an assessment.

Stem cell therapy and arthritis symptom relief

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and also to start the healing process.

The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the damaged tissue adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells - which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

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Changing your diet could increase your life expectancy even in your 80s...



L-R; Professor of Global Public Health, University of Bergen, Norway Lars Fadnes - increase your life expectancy with more vegetables in your diet

by Frank Smith

DIETARY risk factors are estimated to lead to 11 million deaths and 255 million years of healthy life lost annually. However, research published last month found changes to diet can add more than ten years to a person's lifespan.

Lars Fadnes, Professor of Global Public Health at the University of Bergen, Norway says: "Until now research has shown

health benefits associated with separate food groups or specific diet patterns, but gives limited information on the health impact of other changes to diets.

"Our modelling methodology has bridged this gap."

Professor Fadnes' research team used existing meta-analyses and data from the *Global Burden of Diseases* study to build a model that enables the effect of a range

of dietary changes on life expectancy to be estimated. The model was developed to construct a Food4HealthyLife calculator which could be a useful tool for clinicians, policy makers, and lay-people to understand the health impact of dietary choices.

The team based their conclusions on the United States diet, but the results for Chinese and European diets were broadly similar.

The model predicts that a sustained change from a typical Western to the optimal diet beginning at age 20 would increase life expectancy by an average of 10.7 years for women and 13 years for men. For older people, the gains are smaller but still substantial.

Changing to the optimal diet at age 60 years could still increase life expectancy by eight years for women and 8.8 years for men. Even 80-year-olds could gain an extra 3.4 years from such dietary changes.

Health gains from diet changes were mainly due to reduction in death cardiovascular disease, cancer and diabetes. All these are among the leading causes of mortality globally.

"Understanding the relative health potential of different food groups could enable people to make feasible and significant health gains," the

study authors wrote.

An optimal diet had substantially higher intake than a typical diet of whole grains, legumes, fish, fruits, vegetables, and included a handful of nuts, while reducing red and processed meats, sugar-sweetened beverages and refined grains. Other food items such as eggs, dairy foods, white meat and oils did not appear to have a measurable effect on longevity.

The analyses also showed strong positive health benefits from consumption of fruits, vegetables, and fish. However, the team found the typical intake of these foods, especially vegetables, was closer to optimal intake than for other food groups. A finding that will surprise most Australian nutritionists.

"Our sentence on fruits, vegetable and fish intake being closer to optimal intake than the food groups legumes, whole grains

and nuts, might have been a bit unclear," Professor Fadnes told *Have a Go News*.

"For both fruits, vegetable, and fish, we estimate benefits of doubling intake compared to initial intake levels. The difference was mainly that for legumes, whole grains and nuts, the initial intake levels were estimated to be even worse, and thus the benefits of optimising these were even higher."

The team recognised that an ideal diet may not be practical for all people, so they suggested a feasibility approach diet which was a midpoint between an optimal and a typical Western diet. They say this diet produces longevity estimates that are closer to what we might realistically expect from making diet changes for most people in most settings.

They warned that the study methodology provides population es-

timates of longevity increases and is not intended to forecast individual longevity.

Even though the diets were relatively similar in energy, energy differences may have played a role in the relationships of the analyses they studied. Nevertheless, the optimal diets are likely to reduce the risk of obesity/overweight and may have a large impact on health-related quality of life. Although the team did not model nonfatal effects, life expectation is correlated with healthy life years.

Sensitivity analyses were used to estimate how changes in life expectation due to dietary changes vary if the true effects are over- or underestimated. Even the most conservative approaches indicate strong effects, they said.

The study was published last month in *PLOS Medicine*.

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The next frontier in hearing technology

JUST like mobile phones, hearing aids have benefited from significant technological advancements.

These features include the functionality to filter out background noise. Invisible hearing aids giving people improved hearing without any apparent external device and "telekinesis" giving the wearer the ability to turn the sound up on the TV streamed directly to a hearing device without a remote.

Current hearing aids often have the same bluetooth functionality as Apple Airpod, allowing you to stream your Audiobook, your Spotify playlist and the latest show on Netflix directly to your device.

Hearing aids can be programed in real-time in specific environments.

"No longer does a hearing aid wearer have to explain a listening situation (like in a restaurant or at a lecture) to us in the clinic," said chief operating officer at Lions Hearing Clinic Lize Coetzee.

"The client can now sit in their favourite bar or at the footy match, and we can set up a program for them in real-time in that specific listening situation – all via Tele-Audiology. With immediate testing and feedback from the client, they get a better individual hearing outcome, and it is an exciting time to be in our industry."

But what is next?

Hearing aids will only get better as artificial intelligence improves allowing them to make better decisions. In the not-so-distant future, devices that can detect how often the wearer is in a listening situation, detect if they are relaxed or stressed and how often they are manually adjusting their hearing device – so the next time the device detects this listening situation it will do it all for you.

"These devices will dramatically improve a person's life and reduce the psychosocial impact of hearing loss," said chief executive officer at Ear Science Institute Australia Sandra Bellekom.

Can you imagine a hearing aid that could detect early signs of cognitive decline? Ear Science Institute Australia, Curtin University and Oticon have banded together to investigate such possibilities.

Or a hearing aid that is synched to your smartwatch, alerting it to an increase in your heart rate. Causing the device to immediately modify its noise processing to improve hearing outcomes in real-time.

All of this technology and AI advancements coincide with opening the latest clinic north of the river.

Ear Science Institute Australia is proudly West Australian and the only hearing provider that is part of a medical research institute. The new Lions Hearing Clinic is expected to help more than 1000 local residents in the first 12 months navigating the latest hearing technology.

See the outside backcover for contact details.

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ACTIVE Ageing ADVERTISING FEATURE



Tennis proves an effective fundraiser for medical research



The Sawatzky Cup 2022 group Pic Scotty Walsh

TENNIS players from throughout Perth's northern suburbs battled it out in the Sawatzky Cup charity tennis day held at North Shore Community Hub in January, raising thousands of dollars for research into deadly dis-

eases such as cancer. The Sawatzky Cup is named after former Northern Districts Tennis Association stalwart and North Shore Country Club (now Community Hub) president Ross Sawatzky, who died in

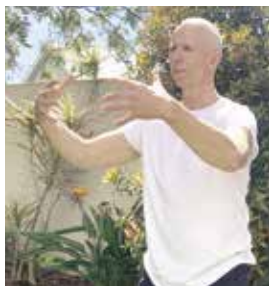
early 2020 aged just 48 from a rare autoimmune disease, hemophagocytic lymphohistiocytosis (HLH). "It was tragic to see big Rossco go downhill so fast from HLH, which is a difficult disease to even

diagnose and is, alas, usually fatal in adults," said tournament organiser Norman Burns. "I and his tennis mates - with the Sawatzky family's blessing - wanted to do something to not only remember a good mate

but also to do something concrete in his name; a legacy which could one day contribute to cure HLH and other horrible diseases such as cancer. "A tennis tournament seemed the most logical thing, so the Sawatzky Cup was born," he said. With the Sawatzky family's blessing, it was agreed to donate all funds raised to the Harry Perkins Institute of Medical Research. "At the time of this article our donation is more than \$7000, close to double the inaugural event, which is a pretty fair effort. "Our first tournament last year was a great success but on the day of the event the State Government called a Covid lockdown - which didn't help

our fundraising target as everybody had to bail out by 6pm. Thankfully this year, even playing within the Covid-safe guidelines set by Tennis West, there was no shutdown and players could put all their energy into the tennis - and after tournament socialising." A record 66 entries, men and women, took part in round robin doubles in this year's event, with the men playing off in semi-finals and then a grand final, while the winners of the two women's groups faced off directly in a grand final. "The tennis was hot, the weather was hot and the event was played in a fierce but fun spirit that really summed up what Rossco was all about," said Burns, who has

plans to make the 2023 tournament even bigger and better. "I was lucky enough to get some great sponsors on board, from Perth, interstate and even a Finnish watch company, so the winners were well-rewarded and everyone who took part got something to take home too," said Burns. The men's winners were Bryan Evans, Rod Van, Mick Connelly and Ian Hughes (North Shore), while Zoe Hughes (North Shore) and Davina Dunstan (Sorrento Tennis Club) were crowned women's champions. Anyone who would like to come on board for the Sawatzky Cup in 2023 as a sponsor can contact Norman Burns on 0439 424 185.



Get out and exercise, meditate and relax with qigong

BILL Grace (pictured left), a martial arts and qigong practitioner with more than 40 years' experience, is conducting three weekly qigong classes at Cottesloe Civic Centre's Lesser Hall.

Bill describes qigong as: "A slow dance-like martial art form, similar to Tai Chi but with even more health benefits. "I would love to see more people benefiting from this 500-year-old

he said. Qigong incorporates exercise, meditation and relaxation. "It has many health benefits including reducing stress and anxiety," he says. "It is a

wonderful form of exercise for all ages and fitness levels, it improves sleep, boosts the immune system, lowers the resting heart rate and improves breathing capacity, as well as creating a wonderful sense of

calmness and wellbeing." Bill's classes are on Tuesday, 9am to 10am and Friday and Saturday from 9am to 10am. For more information email billgrace0@gmail.com or phone 0417 447 074.

Stay sharp and active with healthy hearing

DID you know that good hearing is much more than the ability to just hear? It is important for your social, emotional, cognitive and physical well-being. Being able to hear well is vital to ensure you can comfortably and confidently socialise with friends and contribute at work, as well as helping you stay physically active. This is because your ears and brain team-up to make sense of what you hear, decide what you want and then make

things happen. Connect Hearing Audiologist, Yashika Bolland, explains: "staying active is vital in all parts of your health and this includes your hearing health. "Make sure you attend annual hearing checks. Take action if you begin to notice a difference or decline in your hearing. It is the key to staying hearing fit and keeping you healthy and active in later life. "Our goal is to empower our clients to take control of their hearing and

help them find a hearing solution that best suits all aspects of their lifestyle, such as budget, sporting commitments and work environment, so that they can keep doing the things they love most," Yashika says.

Book a free hearing test today at your local Connect Hearing clinic and speak to the experts to find out more about keeping your hearing in tip-top shape so you can stay at the top of your game.



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A special Baptistcare Hen Project turns pensioners into hensioners...



Hens are proving the perfect companion for Baptistcare seniors

FOUR new residents have moved into Baptistcare Graceford Residential Care in Byford and they're ruffling a few feathers.

But existing residents aren't worried, in fact they've welcomed Lady, Lacey, Anna and Pom Pom with open arms.

The French Maran, Bantam Silver laced Wyandotte, Bantam Frizzle and Bantam Silkie are the inaugural members of the Hen Project – feathered friends who have joined the Graceford family to improve the health and wellbeing of residents.

Baptistcare occupational therapy volunteer, Megan Shaw introduced The Hen Project idea after being inspired by a similar concept in the UK.

"It's all about giving residents a greater sense of purpose and responsibility," she said.

"Our hens have only been here for three months, and we've already seen extraordinary changes with many residents forming new friendships, becoming more active and developing new routines."

Preparing for the hens to arrive was serious business with residents forming their own group called the Hensioners.

They spent months holding regular meetings to discuss budgets, the best hen breeds, care rosters and responsibilities.

"We are so grateful for the generosity from the community, especially our local

breeders who donated our new hens and Bendigo Bank which funded the construction of our specially designed coop," said Megan.

Other local businesses including Buntings and Officeworks also got behind the project.

Hens make the perfect companions for Graceford's seniors; they are gentle in nature, friendly and surprisingly affectionate.

The Hensioners are hoping to grow their flock and would love some local volunteers to join The Hen Project.

If you love chooks and can give the gift of time, visit www.baptistcare.com.au/volunteering/.

Enjoy a lifestyle change in the picturesque Mid-West living along the coast



SUNSET Beach Lifestyle Village is a new development for the over 55s on the beach side

of Geraldton.

The location is in a premium coastal pocket in the Mid-West and will include 80 homes with a range of exclusive designs.

It offers a downsizing opportunity for people looking to live by the coast.

Development Solutions is behind the project, with director Craig Gemmill highlighting the

coastal home designs for buyers reflect the area with Abrolhos, Batavia and Coral plans offering centrally located kitchens and wide open spaces.

Publicly listed accommodation provider Fleetwood Housing Solutions were chosen for their logistical capability and ability to deliver homes on time and in budget.

Mr Gemmill said that

the beach side location was a strong selling point along with its planned community facilities.

"The village has been crafted with active living in mind and to complement the Geraldton community which has a thriving population of those seeking lifestyle changes," said Mr Gemmill.

Included in the village will be a reception room, landscaped gardens,

workshop and clubhouse.

There is room for two vehicles for all residents, a caravan and boat storage area. There will also be 24-hour assistance.

"It will attract people who want to live by the beach, own a dog and have a lockup and leave lifestyle.

"I think Covid-19 got a lot of people thinking about their lifestyle op-

tions and it's warm in Geraldton, our community will be 500 metres from the beach and I think people will really embrace it."

Interested people can view display homes on Saturday and Sundays from 1 – 5pm at 18 Bosley Street, Sunset Beach.

For more information email craig@sunsetbeachvillage.com.au or call 0435 427 384.

Feeling comfortable with your support worker



WHEN thinking about applying for a Home Care Package there is often the reservation – how comfortable am I going to feel having a

stranger coming into my home to assist me – how is this going to work for me?

Well, with a little planning that stranger could become someone you look forward to seeing.

A support person needs to be someone you can trust, someone you can feel comfortable with and someone you look forward to welcoming into your home. So, when choosing your Home Care Provider, one of the important questions to ask is whether you can be actively involved in selecting who this will be.

Your Home Care Provider should be happy

for you to do this.

General manager of CPE Group home care provider, Annie Carvell said people do have concerns about inviting someone into their home to assist, so at CPE Group they believe it's important to have the client involved in who this will be.

Ms Carvell said that although all their support workers are selected for their ability to show understanding and respect as well as for their experience and qualifications, each client has their own preferences and should be able to choose who will be coming to their home.

Ms Carvell said that by listening to their clients and working together, they build a team of three or four support workers that is right for them, so they can still feel comfortable with whoever is visiting should one of the team be unwell or on holiday.

By choosing a Home Care Provider who will support you in this, with just a little planning, you may find you are looking forward to welcoming your support person into your home when you least expected that to happen.

If you would like to know more, please call Annie on 1300 665 082.

Lawyers tackle big questions

WHY do I need an Enduring Power of Attorney and Enduring Power of Guardianship if I've already got a Will in place?

This is a question that lawyers at HHG Legal Group often get asked. However, a will only takes effect when a person has passed away.

What happens when a person becomes incapacitated and is unable to make decisions regarding their finances, health and lifestyle?

While a person has capacity, they can prepare an Enduring Power of Attorney and Enduring Power of Guardianship to appoint one or more persons to make their financial and property decisions and their medical and lifestyle decisions in this situation.

HHG Legal Group's Wills and Estate Planning team is very experienced, and their lawyers are happy to discuss your estate planning requirements and the documents required.

This is general information only and does not constitute specific legal advice. If you would like further information in relation to this matter or other legal matters, please call HHG on 9322 1966 or email reception@hgg.com.au

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Downsizing

ADVERTISING FEATURE



Starting a list is the beginning of change to your living space



Creating beautiful spaces with pops of colour sparks your eye and heart for your home and garden.



by Zofia St James

IT'S time to just focus and concentrate on the small joys because that is what adds up to special and seeing the wonder that can be... even in

the ordinary.

Carl Jung said: "I don't believe, I know." But I ask myself, is it that I know, but don't believe?

I'm going to refer to there being things, we know we have to, want to, would love to do but then almost can't get our heads around. Seeing that the action, effort and reward is worth the belief that we are capable of achieving that which seemed almost impossible and overwhelming.

For a start, over the years I have talked about

the process of downsizing and the humongous job that is required to dismantle, dispense and begin the move to a new smaller version of the life we knew to begin this new chapter. I talked that talk very well. Now I am walking that walk and talk about a mind fry.

Moving house is up there with the grief of death for stress and so for those that are bereaved and in the process of a double whammy my heart goes out to you and your family. I relocated

almost a year ago to the country for my mother and gently the work began in increments, which I believe has made it easier to digest.

A huge shoutout to my mum who has amazed me with her strength, resilience, trust and very necessary sense of humour to help her facilitate this transition.

I had a clear vision but it had to be hers also, so happily I can report that we are definitely now seeing results and visualising a life beyond

the one she loved and knew. It is change and that is uncomfortable but change is fabulous and transformative energy and that I firmly believe in focussing upon.

It's okay to take joy in memories but take them with you as friends for a brave new future where you get to reinvent yourself and not just believe but know you are capable of anything you want and at any age.

Our lives need to be lived, loved, listened to, indulged and nurtured as

much as anyone we love so dearly. So let's begin, it's fun being at the age where we know ourselves, our taste, what we want and where we'd like to go.

Set about today making the changes you know you want to achieve at home or garden that will bring you maximum joy and fulfilment. Make a list starting with the small things, working up to the bigger jobs that you need assistance with, but the point is to begin and have fun

with it.

Have a wonderful month ahead everyone.

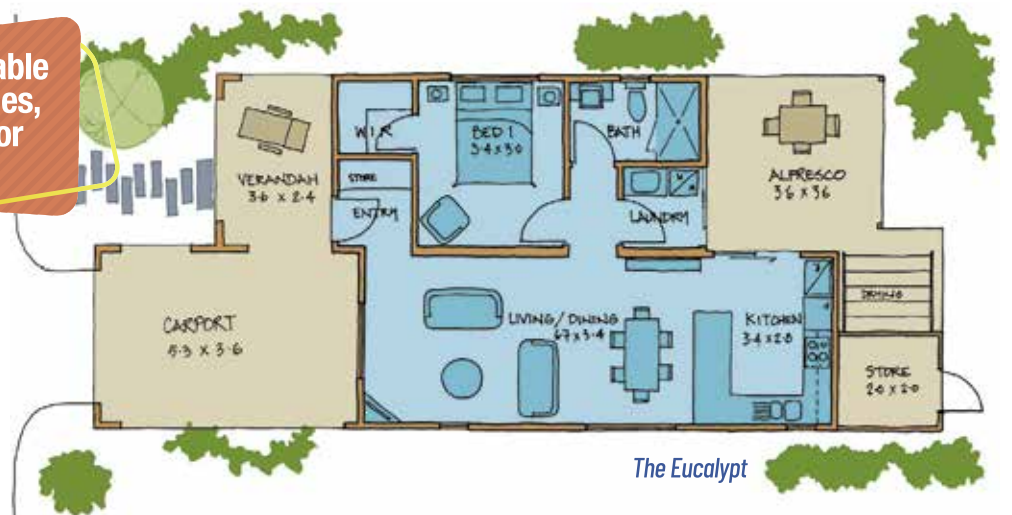
Zxx

Zofia offers an interior style consultation for readers including a free over-the-phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofia@stjames@hotmail.com



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Life can change in the blink of an eye but don't rely on NDIS if you're over 65!



Bob Rees is working hard to regain his strength

by Serena Kirby

BOB Rees knows only too well that life can change in an instant. And that instant hit him hard when he was on a motorbike trip through Africa with his wife Chris. A reckless driver slammed head on into Chris and Bob's bike and the result was catastrophic. Chris lost her life, Bob lost his wife and he also lost the use of his legs.

That was just over two years ago and Bob has been working hard to regain his physical and emotional strength while adjusting to life as a widower and paraplegic. While it goes without saying that this is an immensely difficult journey, the events of that fateful day have been made even more challenging by what Bob was told when he was back in Australia and recovering in hospital.

"I was 71 at the time and when the staff at Fiona Stanley Hospital told me I was too old for assistance through the NDIS I was totally shocked," Bob says. "I'd already been contemplating all the things I'd need when I got out of hospital and the modifications I'd have to make to my home and knew a big financial investment would need to be made." The fact that people

over age 65 are not eligible for NDIS assistance not only angered and frustrated Bob but it has also led him to speak out against the inequality of the system.

And he's not the only one. Dozens of organisations are calling for an end to the exclusion of older Australians from nationally funded disability support.

Campaign coordinator for Assistive Technology For All, Lauren Henley says: "your need for support does not disappear the day you turn 65. Depriving older Australians of support is simply ageism."

Bob agrees and adds that while you can access your superannuation at age 65, not everybody will have enough money to cover the huge costs of what you may need if you become disabled.

"I was lucky as I did have a superannuation nest egg but if you don't, you're stuffed. Just to get my car seat and hand controls modified cost me \$30,000. And you certainly can't rely on the disability pension as it's basically

the same as an age pension."

But it is not just the lack of access to the NDIS that has Bob a little pissed off, to say the least, it's also the obstacles that people with disabilities have to deal with when moving around in public places.

"Even the car bays for disabled people in wheelchairs aren't wide enough," Bob says. "You need to be able to swing the car door completely open and have room to manoeuvre your chair in and out of the car. Then there are the lips on access ramps. I can pull a wheelie in my manual chair to get up and over it but in the electric wheelchair I can't."

Bob also cites disabled toilets as not being sufficiently designed for proper access and says he has been to two local venues in his hometown of Albany that didn't even have disabled loos.

Accessing beaches is another area where Bob wants to see major improvement.

"Most of the beach wheelchairs aren't that great and there's certain-

ly a lack of change room facilities. Like most people in a wheelchair I need a table, bed or bench to transfer on to when I get changed and I have yet to find a public shower or bathroom that properly caters for wheelchair users. In some cases I can't even access the paper towel to dry my hands by the sink as it has been positioned so that only a standing person can reach it."

In an effort to make his concerns heard Bob has spoken to his local Shire in Albany and even to the head policy maker for the Ministry of Disability. He's also joined a working group to help make his local shire more accessible to those with disabilities.

"When I raise these issues with the relevant authorities, I'm constantly met with the same series of stupid responses with people telling me it's either to do with regulations or it's not their area or not their issue. But these people don't have to live with these issues. People like me do."

Bob is now calling for disability access stan-

dards that are consistent throughout Australia and for people who actually use the resulting modifications 'in the real world' to be involved early in the planning-stages. He suggests a cross section of people with varying difficulties and varying ages.

It's important to note that while Bob may be frustrated by the inequality in disability systems and services he certainly does not let it consume him. He spends hours every day working to regain mobility in his legs and building strength, flexibility and stamina. And when he's not working on his physical rehabilitation, Bob focuses on repairing his broken heart.

"My disability does not define me. Chris and I had a fabulous 47 years together and now I have to find joy in this different life I have. I'm still passionate about motorbikes; restoring them and modifying them so I can ride again."

Bob has also found solace and meaning through singing, playing guitar and writing songs. He even aims to release an album in the next few months.

Join a ten-pin bowling group and hit the strike

GUTTERBALLS Tenpin Bowling League is looking for new members. They play at Cannington Zone Bowling on Manning Road on a Tuesday at 12.30pm.

Interested people need not be professionals, just senior men or woman who would like to meet new people and have fun. If you are interested please phone Nola on 0411 140 516.

9 NEWS
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Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

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

Please nominate a category for your advertisement.

Tick one box only.

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| <input type="checkbox"/> Travel companion | <input type="checkbox"/> Wishing to contact |
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I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

AN easy going, slim lady 70+, GSOH, fin sec, young thinking, WLTM gent companion approx late 70s, similar interests. Dance, cooking, happy times NOR.
Reply Box 9031

ASIAN gent, 60, active, young at heart, SOR, WLTM lady for casual relationship, GSOH, love movies, short travel, cooking, beach, walk, chat, SD, NG. ALA.
Reply Box 9034

AUSSIE male, 63, enjoys walks, outings, movies and good company, world traveller, WLTM similar lady.
Reply Box 9036

AUSSIE widow, postcode 6169, 80+ WLTM gent, NS, NG, DTE, GSOH. I enjoy travel, caravan, camping, coffee, SOR.
Reply Box 9040

FABULOUS bubbly Australian blonde, 50s, DTE, NS, SD, loves boating, cooking, gardening, beach, dining out, fit, slim, GSOH, fin sec. WLTM similar gentleman, fin sec, 50-80, genuine replies only. ALA.
Reply Box 9043

GENT 50s, NS, SD, enjoys homelife, WLTM NS, SD, sincere, honest, trustworthy, DTE. Enjoys homelife for friendship. Let's meet and when two people click, age is just a number. Genuine replies only. ALA.
Reply Box 9032

GENTLEMAN 60+ seeking ladies for friendship, companionship, a soul-mate or just a true friend, let's meet and have a go. No fees other than the cost of your own beverage.
Reply Box 9046

GRANDFATHER 80, NOR. Grandkids grown up. WLTM petite cheerful widow, Christian values, vicinity postcode 6066. Alfresco coffee and nature walk one morning a week. Avoidance of crowds and Covid. No commitment. Simply enjoy company and conversation.
Reply Box 9037

HAPPY healthy Aussie gent NOR. Immunised and pasteurised and ready to go. Seeking an easy going lady in her 70s, early 80s for outings and company. No gold diggers, control freaks or scatter brains.
Reply Box 9039

I LOOK forward to finding that man about 70 to accompany to Bunnings for DIY stuff, enjoying the sausage sanga on our way out, as the sauce drips down our chins and we laugh together.
Reply Box 9025

MATURE lady, postcode 6220, widow, WLTM gent, 75-82, companionship to enjoy life. I am NS, ND, NG, caring, fin sec, as you need to be my man. Interests; dancing, music, reading, walking and arm chair sport, football, tennis, soccer, current affairs, south west, love markets and garage sales.
Reply Box 9044

REFINED lady NS, SD, enjoys a variety of interests including travel and country drives. Not keen on sport. WLTM sincere gentleman, 70-75, someone who lives SOR, preferably from Rockingham south.
Reply Box 9026

SINGLE lady 62, active, healthy and semi retired. WLTM DTE NS, ND, gent, similar age and single.
Reply Box 9042

WIDOW UK Australian, late 70s, quiet, NS, ND, slim, 5'2", DTE, own home, postcode 6064, likes homelife, walks, movies, drives, the simple things. WLTM nice gentleman, DTE, GSOH, similar likes similar age for friendship companionship.
Reply Box 9041

AUSSIE lady, happy, active, NS, ex country. WLTM gent 75+ for permanent relationship, be best mates, be there for each other. Lots of love and laughter. Doing what we decide while still able. Mandurah and nearby areas.
Reply Box 9028

Seeking a Partner

AUSTRALIAN male 55, fit, NS, SD, GSOH, educated. I like reading, nature, beach, music, travel, arts, swimming. WLTM lady 55-75, DTE, meet for coffee.
Reply Box 9027

ENGLISH Australian lady, 70+, postcode 6107, attractive, educated, med build, ND, GSOH. I enjoy reading, walking, music, swapmeets, Bunnings, good conversation, socialising. WLTM genuine, unattached (not separated) gentleman, 68-75 who is well presented, fin secure with old fashioned values for permanent long term relationship. ALA.
Reply Box 9033

GENT 70s, 6ft, fit, NS, ND, DTE, TLC, VGSOH, honest, loyal, tactile, likes travel, driving, movies, walks, fin sec. WLTM slim, attractive, easy going lady.
Reply Box 9029

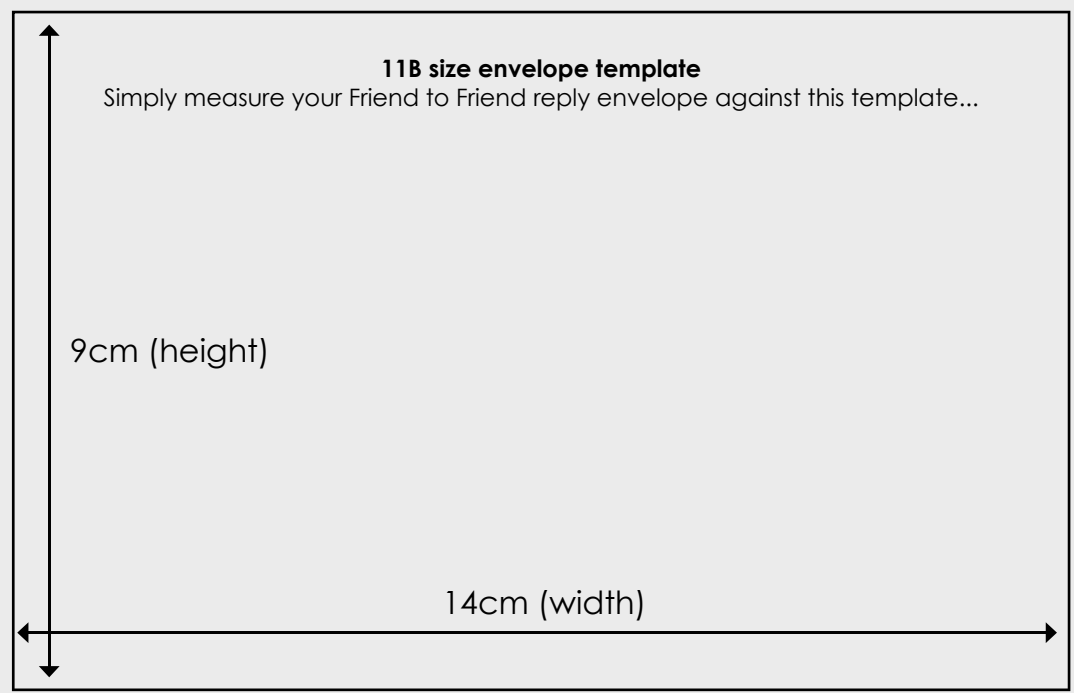
GREGARIOUS Australian European, gentleman, 69, fit, slim, personable, caring, understanding, fin sec, enjoy socialising. Seeking lady, loving, spirited, motivated, confident, we can't wait until everything is good in life before we decide to be happy.
Reply Box 9045

LADY late 70s, WLTM a gent who would like to have company and get to know each other. I live NOR, I like footy, cricket and hope to meet someone who gets lonely also. It would be great to meet someone. ALA. Leave phone number.
Reply Box 9038

MAN 22/11/44, postocde 6330, loves outdoors, trees, ocean, bush, beach, music, homelife, garden, chooks, simple home, rain-water tank, caravan, boating, books, family, friends, planet earth, NS, SD, healthy, affectionate. WLTM divorced or widowed available mate.
Reply Box 9035

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Send writing and send in your coupon.

Envelope size for Friend to Friend replies...



Wishing to Contact

EX country Australian gent, lots of love and laughter. Can Mavis of Rockingham please reply with her phone number to me (reply box 9001 from Have a Go News January 2022 edition). SOR Mandurah.
Reply Box 9030

NEWS UPDATED DAILY

www.haveagonews.com.au

When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only) Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.



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VICTORIA PARK LADY 77 slender, fit, active, good looking blue eyed blonde, happy o/look, kind & generous, loves to dance sk gent 74-81.

ALBANY LADY 74 slim, well grmd, friendly, d.t.earth, intell, nature-loving, animal lover, country girl, sk gent city or country w/ GSOH 68-78.

SOUTH PERTH LADY 77 tall, slim, elegant, stylish, fashionable, outgoing, well spoken, sociable, vibrant, sk youthful man 74-82

WANNEROO LADY 75 elegant, d.t.earth, attractive, tall, slim, active, funloving, enj golf, the arts, outdoors, sk gent 72-80 city/country.

MANDURAH GENT 73 loves life, e/going, open minded, happy, active, enj fishing, crabbing, bowls, travel, sk d.t.earth lady 68-75.

ELLENBROOK GENT 72 widower, 182cm, handsome, tidy, well grmd, enj art, reading, outdoors, dancing, travel, homelife, sk lady 67-75.

SORRENTO GENT 74 retired prof, 178cm, trim, nice looking, well presented, e/going, enj travel, socialising, walks, cycling, sk active lady 67-75.

SAFETY BAY GENT 79 widower, very fit, active, well spoken, easy on the eye, intelligent, loves the ocean, watersport, boating, sk outdoor lady 75-85.

SOLUTIONSMATCHMAKING.COM.AU

food & WINE

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

Busting brunching across Perth... character brews in Subiaco



Buster the bruncher spoon ratings

- Five spoons** – excellent food and service – you must go!
- Four spoons** – overall good food and service well worth a visit!
- Three spoons** – reasonably good food and service but could make some improvements.
- Two spoons** – food and service needs improvement.
- One spoon** – would not recommend.

by Buster the bruncher

IDEALLY, brunch is served casual style, in a character venue bubbling with cheer and efficiency.

Subiaco's Brew-Ha serves them all, well worth our top gong of five spoons.

We don't hand out platitudes lightly. But if our labour-intensive hospitality outlets, swamped by the pandemic tsunami, go the extra distance, let's give them the support they deserve.

Plus, we want them to stay and keep serving.

Brew-Ha, atop the hill, just off Rokeby Road, is perfectly

poised to serve the well-heeled but also the outsiders armed with shopping bags, destined for the market.

Sitting outside, where customers tether their hounds, we tackle the clipboard menu.

The breakfast wrap, one of my favourites, was highly-tempting: Bacon, eggs, cheese, tomato, spinach and tomato chutney (\$11.90). But I leave that for next time.

Professor Ken, my invited guest and Subi citizen, was enlisted to take the brunch taste-test with me and we wanted to give a balanced, menu overview.

We both wanted the grano-

la, fruit and yoghurt (\$9) but it looked so formidable, we shared one. It was outrageously good with unexpectedly strong flavours amid all the promised ingredients.

Then we embarked on a bagel test: An un-toasted smoke salmon bagel (smoked salmon, cream cheese, onion, capers, sprouts and spinach) versus a toasted chicken bagel (chicken, avocado, cheese, spinach and aioli, both \$9.90).

Both were, rightly, just lightly carrying each of the ingredients. Against expectations (both being smoked salmon lovers), the chicken bagel came up trumps although a big part

of the reason was because it was toasted.

The smoked salmon was generously-layered but we found the bagel slightly "doughy" by comparison. Either would do on their own with a coffee or tea to answer a growling mid-morn tummy but our tip is to have it toasted.

We also went for made-in-house smoothies (\$9). We both opted for mango unchained, a titillating title which Professor Ken reckons fired-up his juices (stomach or creative juices?).

Next time, I might tackle berry and the beast. Smoothies here are best shared if you are over 40 and want room

for food.

Brew-Ha isn't about beer brew, it's about coffee brew and here it's an artform, also served from a takeaway window.

We're told there's a selection of fresh-roasted, 100 per cent Arabica coffee beans. We ordered flat whites (\$4 regular). Just the shot.

The venue, in a little alley off Rokeby Road, puts out a vibe, almost retro with polished troops inside, bordering on boisterous, singing-out orders.

Undercover outside, even in rain, is refreshing, an al fresco privilege. Inside, there's generous seating space, extending

further with a club lounge room in natural light with newspapers provided.

On the way out, tummy-filled customers are sorely-tempted by extensive displays of pastries and cakes (ricotta cake, \$5. Friands, \$4.50. Citron tart, \$7.50. Florentine, \$4.20).

Resisting cakes and pastries for back in the office was hard. Next time... when the editor isn't dieting.

4 spoons
Brew-Ha, Shop 3, 162 Rokeby Road, Subiaco. Phone 9388 7272.

www.brew-ha.com.au
Open daily, 6.30am – 5.30pm

Tips on how to judge a good wine for all occasions



by Frank Smith

WINE judging appears to be an ar-

cane art form, but it does not have to be so. Here is how to evaluate a wine. Take a glass with around 100ml wine and enough freeboards to allow swirl. Look at the appearance it should be clear, free of all cloudiness, although 'natural' wines may have some haziness due to yeast residue. Colour is a guide to age young white wines should be pale yellow and young reds may have a touch of purple. Look for brown tinges that suggest premature aging.

Swirls to activate the aromas. Hundreds of compounds all contribute to the aroma, typically they range from passion fruit to wet dog. Wine writers try to distinguish between aromas – originating from the grape, and bouquet from the wine making process.

A good wine should have an array of pleasant aromas and no off odours indicating spoilage.

Wines range in style from dry (lacking any sugar) to very sweet, still to sparkling, and 'hotness' due to alcohol content. Note how acidic the wine is, and if tastes astringent or bitter, due to the tannins found mostly in red wines or white wines that have been wooded.

Appearance, aroma, bouquet, acidity and tannins all contribute to the mouthfeel of a wine and no one component should dominate.

But it is what appeals to the drinker that really matters. As one vigneron in Tasmania told me: "one glance at the back label is worth 20 years of wine tasting".

Here are some wines to test your tasting skills on.

Taltarni Pyrenees Estate Shiraz 2018 is a deep red colour and violet hue resulting from the blend of 90 per cent shiraz 10 per cent Mourvèdre. The addition of Mourvèdre into the blend enhances the spice and strengthens the palate. These grapes are sourced from some of the estate's oldest vines The wine displays aromas of red berries and light spices with earthy tones. This aroma is balanced perfectly with dark forest fruits and subtle oak flavours that complement the persistent tannins and chocolate notes on finish. RRP \$40.

Taltarni Brut 2016 is light straw in colour with a delicate bead, resulting in a persistent and creamy mousse.

Complex aromas of honey and bright citrus complement aromas of brioche and roasted nuts. The mid-palate has a soft creamy texture. A bright natural acidity lingers on the palate leading to a long finish. RRP \$26.

Clover Hill Vintage Riche 2016 is a white sparkling wine with a hint of bronze and yellow leading to a golden hue with maturity. It displays aromas of citrus and red berries, with a hint of toasted brioche. The palate is delicate has a lovely rounded creamy structure due to the increased dosage. It is slightly sweet but is still driven by the natural acidity of Tasmanian sparkling. The bead is fine and persistent. This wine will drink well now and age for up to ten years. RRP \$50.

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food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

Kalamunda bound by bus - knife and fork talk with the Dining Divas



by Judith Cohen and Pat Paleeya

FANCY a trip to Kalamunda by bus? This is easy to do by picking up a number 282 or a 283 from the

terrace (opposite Council House). This is what we did for this month's Diva lunch at The Best Drop Tavern in Kalamunda. We had a sticky beak in the little shops around,

plus mooch at the Zig Zag Gallery and stopped for a caffeine shot before heading off for lunch.

The Tavern offers a nothing over \$20 lunch menu with nine choices. When you've made your choice place your order and pay near the servery. Our pick from the menu was carbonara risotto with added chicken and salt and lemon pepper calamari.

A generous serving of risotto garnished with shaved parmesan and pea micro-greens arrived in a short time. The risot-

to was cooked to creamy perfection definitely al dente to the bite. There were liberal amounts of bacon, mushrooms, baby spinach and chicken together with just enough finely sliced onion, a hint of garlic and wine which did not overpower the other goodies. (A doggie bag is a given).

A delicious meal well worth the visit.

The calamari was very tender and the coating of lemon and salt batter was light and crispy and very moreish plus there was plenty of it. This dish

came with chips and salad, but to this diva big chips means big hips and so she requested extra salad in place of chips which was no problem at all. The salad was just enough, lots of greenery,

tomatoes, grated carrot, cucumber with a flavour-some dressing. An enjoyable lunch.

Interesting interior and plenty of seating and lovely helpful staff. **3½ forks**

The Best Drop Tavern, 18 Haynes Road, Kalamunda Phone: 9293 2993

Open daily 11.30am to 10pm
www.thebestdrop-tavern.com.au

Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend



A delicious asparagus lasagna perfect for family



by Vince Garreffa

EVERY time the delicious South West asparagus came to a halt, usually in November, I was sad because the imported stuff after that just didn't cut it. Well hooray, the Boston family has grown asparagus in the Gascoyne and supply the marketplace (us) from November to about May each year. It's all over Perth, just ask for it, it's yum. Make this dish with it

then you'll know what I mean. Cook the lasagne sheet, but if you are lazy use pre-cooked, but make sure you make all the ingredients a little more wet.

- Ingredients for a tin approximately 25cm x 25cm x 6cm**
- 100ml extra virgin olive oil (EVOO)
 - 800g lamb mince
 - 100g diced onion
 - 200g diced asparagus (trimmings)
 - 4 cloves garlic fine chopped
 - 4 tablespoons chopped Italian parsley
 - 2 tablespoons chopped basil
 - 600ml tomato puree (not the paste)
 - 1kg thin asparagus (Gascoyne W.A.)
 - 750 ml béchamel sauce
 - 100g parmesan

Salt and pepper Method

Sauté onion in olive oil until soft. Add the lamb mince plus diced asparagus and cook, stirring for 10 minutes. Next add garlic, basil, parsley and tomato puree, mixing well and cook for 45 minutes on a gentle heat, stirring occasionally. Add a little water if it looks like drying out. Test for salt and pepper then set aside and rest.

Now oil the baking tin and put enough béchamel to cover the bottom thinly. Now add your cooked or pre-cooked lasagne sheets on top of the béchamel. Cover the sheets with some meat mix, then cover the meat mix with a full layer

of crisscross asparagus (trimmed) to cover all the meat mix. Now repeat béchamel, lasagne sheets, meat mix, asparagus layers until the dish is full or you run out of ingredients.

Try to finish on the meat mix decorated with béchamel strips and parmesan cheese. Now bake at 180°C for 40 to 50 minutes. Decorate with asparagus tips raw or blanched. Enjoy the Gascoyne.

Vince is the ambassador for Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am – 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

IF you want a particular recipe of Vince's, don't hesitate to drop a line to *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number.

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food & WINE

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

As the autumn season begins it's time to enjoy fruit for the heart

by Noelene Swain

THE first of this year's harvest of apples and pears is now available in-store, signalling the launch of the new season of Western Australia's favourite fruit. In WA the apple and pear harvest occurs from February to June, starting with the first picked varieties –

Galaxy apples and Red Sensation and Bartlett pears – so let's get crunching.

Apples and pears are extremely nutritious and should be an important food in our eating regime. Apples are rich in antioxidants and the soluble fibre pectin, which are both known for their heart protective capabilities. Dietary fibre aids in reducing the risk

of some cancers and helps to control blood sugar levels, which is important for diabetics. Interestingly, pears are one of only two foods that are non-allergenic, making them ideal for introducing solids to babies and for people on elimination diets.

To increase your consumption of fresh fruit, simply add to your daily

breakfast cereal, use as a garnish on your salad or eat an apple or pear as an in-between meal snack – you can spice things up by trying a different variety each day.

Whilst the weather is warm, it's recommended to store apples and pears in the fridge to ensure they keep that freshly picked crunch.

Fresh is best with WA apples and pears, yet they are just as delicious cooked in savoury and sweet dishes. Generally, the sweeter the fruit, the better it will perform in a cooked recipe. Grab an apple and pear today and enjoy the recipes below: *Brought to you by Fresh Finesse Fresh Food Promotions – www.freshf.com.au*

Coconut baked galaxy apple wedges

Preparation: 10 mins; cooking: 25 mins; serves 4



4 Galaxy apples, peeled, quartered and cored
1 lemon, zest and juice
3 tablespoon macadamia nuts, finely chopped
¼ cup shredded coconut
1 egg, lightly beaten
2 teaspoon sugar
PREHEAT the oven to 180°C and line a baking tray with non-stick baking paper. Toss the apple quarters in the lemon juice. Combine the lemon zest, chopped macadamia nuts and coconut in a bowl. Combine the egg and sugar in another bowl and dip the apple quarters into the mixture. Allow the excess egg to drip off, then roll the apple quarters in the coconut mixture. Place on baking tray and bake for 20 – 25 minutes or until the apples are cooked and golden.

Apple ricotta pikelets

Preparation: 10 mins; cooking: 15 mins; serves 4

1 cup ricotta cheese
1 cup grated Royal Gala apples
½ cup white flour
¼ cup wholemeal flour
1 tablespoon honey
1 teaspoon lemon juice
1 tablespoon chopped pecans
½ teaspoon cinnamon
Sprinkle of nutmeg
4 eggs, separated
Natural yoghurt and fresh fruit, to serve
COMBINE all ingredients together except egg whites. Mix until well combined. Beat egg whites until stiff and fold into batter. To make pikelets, brush the base of a pan with oil. Spoon about two tablespoons of batter into pan to make individual-sized servings. Allow to cook until golden on both sides. Continue until all the batter has been used. Serve warm with natural yogurt and fresh fruit.

Ideal for one: Pear, avocado and rocket open sandwiches



Preparation: 10 mins; serves 4

2 slices sour dough bread
½ ripe avocados
1 ripe Bartlett pears, quartered, cored and sliced
½ cup baby rocket leaves, washed
25g shaved parmesan
Freshly ground black pepper
Lemon wedges, to serve
LIGHTLY toast the sour dough bread if desired. Roughly mash avocado onto each slice and season with a pinch of salt. Top with slices of pear, rocket leaves and shaved parmesan. Grind over black pepper and serve with lemon wedges.



What's fresh in the markets this month



Prepared by Fresh Finesse Food Promotions
www.freshf.com.au

Sweetcorn: Nothing beats piping hot sweetcorn eaten straight from the cob, and thankfully luscious juicy cobs are now plentiful. Use as soon

as possible after purchase and cook for a short time only. Steaming for about seven minutes allows corn to maintain all its lovely succulence and flavour. Sweet corn works well on the barbecue, either whole wrapped in foil or back in its original husk, or in chunky slices threaded on skewers and brushed with good olive oil. Sweet corn is wonderful with crab or prawns and works particularly well with butter, garlic and cumin.

Royal Gala apples: For the lovers of freshly harvested fruit, the new season Royal Gala is a welcome arrival on the fruit scene. They are as sweet, crisp and juicy as

you would expect from a freshly picked apple, with a beautiful peach coloured skin with red stripes over a pale cream background. Choose carefully, keep your purchases in the fridge until you are ready to eat them and you'll be rewarded with a perfect eating experience. Gala apples make wonderful moist cakes and muffins and are fantastic in a hearty crumble.

Bartlett pears: Another lovely new-seasoner, Bartlett pears are a light green to yellow pear, or red-green in the case of 'Red Sensation' Bartlett's. They're medium sized and are sweet and aromatic with the Red Sensation being slightly tarter.

These pears are a good all-rounder being suitable for both cooking and eating fresh. To test for ripeness, the flesh near the stem should give when gently pressed. It's often best to buy them quite firm and let them ripen at room temperature for a couple of days, however remember that pears ripen from the inside out, so don't leave them too long. Pears and a strong cheese such as a blue or a goat's cheese are a gorgeous combination.

Cucumbers: Indeed, a very 'cool' addition to salads and dips. Picking up a cucumber to feel its weight gives a good indication of freshness; they should feel heavy and

have firm, bright-looking skin. Lebanese and burpless (continental) cucumbers are very similar in texture and flavour but they differ in size, the Lebanese being the smaller of the two. One of the most commonly asked questions about cucumbers is whether to peel and deseed? The best way to decide this is to slice a small round off the cucumber. If the skin is tough and the seeds are large and bitter, it's best to peel and deseed it. A fantastic way to eat cucumbers is in a home-made Tzatsiki, a Greek yoghurt-based dip. Simply peel and seed one cucumber and combine with natural yoghurt and minced garlic to taste.

Add these Western Australian books to your collection...



Awesome WA, 1001 Fair Dinkum Facts about Western Australia - Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.

Fascinating, Fun Facts: WA and the World - The sister publication to *Awesome WA*, journalist Lee Tate uncovers an array of interesting facts from Western Australia and the world. A great book for anyone who loves trivia and facts. Perfect for quiz nights.

Photographing our brilliant West Australian Birds & Wildflowers - Author Chris Tate provides tips and tricks to capture nature on any device. Includes a beautiful selection of photographs.

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GREAT HOME and GARDENING



Plant nutrients are essential for a healthy garden, here's what you need to know



L-R; Plants need a minimum of sixteen nutritional elements - nitrogen loving plants - tomatoes need calcium to avoid blossom end rot of fruit



by Colin Barlow

PLANTS are a little like us, they can be sick or hungry if they consume too little or too much of a particular type of food. They can only absorb nutrients from the air or from the soil and growing medium around their roots. So, without adequate nutrition they may look a little off colour, stunted or even die.

Most plants cannot 'hunt and gather' their food like us, unless they have an extremely vigorous and extensive root system, so they need to rely on us and the environment to provide them with what they need. So, if you grow plants, it is important to understand the basics of plant nutrition to keep them healthy and growing strongly. This includes the different type of nutrients that are essential for plant growth and how to apply them to maximise results.

Plants need a minimum of sixteen nutritional elements. Three of these - carbon, hydrogen and oxygen are supplied in the air. All the other nutrients enter the plant from the growing media via the roots.

When we do our food shopping, we often check out the salt, sugar and fat content of the items that we bought to cater for our specific nutritional needs. But what do you look for when buying fertilisers? Many people just pick up the biggest

and/or cheapest bag or container in store. It can be a little confusing, although all the information is on the bag or container, you just need to know what you are looking for.

The important information to look for in the analysis is the NPK and S. These stand for the major elements - nitrogen, phosphorous, potassium and sulphur. The other elements of calcium and magnesium along with the trace elements are needed in much smaller amounts

Nitrogen is needed in all plant parts that are actively growing such as the young leaves, flowers, fruits and root tips. It is present in many compounds found in plants including amino acids, which are the building blocks of proteins, chlorophyll, enzymes and genes. Lawns, citrus and leafy vegies need a fertiliser high in nitrogen.

Phosphorous is essential for photosynthesis

and cell division so that the plant stems, shoots and roots can grow. This is usually deficient in WA soils.

Potassium or K aids water movement within cells and thickens the cell walls to help protect plants from disease. It also aids in lengthening of the stems and improves flowering and fruiting. Use potassium fertilisers to improve disease resistance and for all flowering and fruiting plants.

Sulphur is required for all proteins within plants and can also be used to increase the acidity of WA's alkaline soils.

Calcium is required for healthy cell division, function and is a component of the cell wall. Sandy acid soils in the wheatbelt will benefit from the addition of calcium through the addition of limestone and some clay soils can be improved with gypsum. Tomatoes need calcium to avoid blossom

end rot of fruit.

Magnesium is an essential component of chlorophyll, the green colouring of plants which is vital for photosynthesis. Apply epsom salts to green up your plants.

Fertilisers come in many formulations that can confuse gardeners. The trick is always to read the information and directions on the bag or container. Formulations like controlled release fertiliser take the guesswork out of applying fertilisers. The outer biodegradable coating slowly breaks down feeding your plants for between three to 12 months, exactly when they need it, without harming the environ-

ment by leaching into our precious waterways.

If you want a quick boost for fast growing plants then you can't go past liquid fertilisers. These are formulated to be available to your plants immediately, so they stimulate growth and boost the plants immune system. These are ideal for quick growing vegetables, fruit or if your plants require an instant pick me up.

Many consumers are now looking for certified organic choices when fertilising their plants. Organic fertilisers will not give you the huge rush of growth like inorganic fertilisers but regular steady growth that will also im-

prove the overall health of your soil, by increasing the microorganisms and beneficial bacteria in your soil.

Organic fertilisers contain natural blood and bone, blood or feather meal and animal manures to provide nitrogen and phosphorous in quick and medium release forms.

Specialist fertilisers are a terrific way of boosting your plants exactly when they need it. An applica-

tion of sulphate of potash in spring and autumn will stimulate increasing flowering, fruiting and disease resistance in your fruit trees and roses.

Next time you are checking out the fertilisers at your local nursery, garden centres or hardware store remember to look at the label on the packaging to see what actual nutrients are in the bag. Your garden will appreciate it.

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Convert old films to digital and keep those memories



BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments. As time passes, old

film footage slowly degrades. Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break

down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever. One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats. If the film has already begun to decay or develop mould growth, Disk-

Bank can take steps to revive your footage if the damage has not spread too far. DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format. *Have a Go News* readers are entitled to an additional 20 per cent off. Simply mention the *Have a Go* name to claim your bonus discount. Visit DiskBank at 4/73 Troy Terrace, Jolimont or call 9388 0800.

Chronic pain can lead to depression



ic pain may be a risk factor for developing depression. Don't suffer in silence. Medic Technology International Pty Ltd provides relief from chronic pain with its Oska Pulse medical device. It's safe and easy to use, can be worn over clothing and has been helping people, just like you, live a more normal life. Lynda B said: I purchased my Oska Pulse about two years ago, it cuts my back pain in half. I certainly know when I forget to take it with me. It's also great for use with my old dog, I actually ended up buying another. To find out more, visit the website today <https://oskapulse.com.au>. Or call on 9306 1200. Refer to ad on page 28.

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Fremantle Harbour photography exhibition on display



FREMANTLE Harbour, 17 Years of Digital Photography is the latest community photographic exhibition at the WA Maritime Museum, running until May 8.

The images focus on Fremantle's Victoria Quay, prompting visitors to reflect on the buildings, landmarks and people who work in and around this vibrant location.

There are 50 images taken by local photographer David Nicolson, who has been a constant visitor to the harbour since his arrival on

the SS *Orcades* with his parents in 1954.

This collection of digital images dates back to 2004: a time when digital cameras started being accepted as serious cameras, capturing quality images.

Fremantle Harbour, 17 Years of Digital Photography includes a wide range of subjects, which David hopes will take viewers on a trip, sometimes nostalgic, through the various aspects of Fremantle Harbour.

Ships, of course, are prominent amongst the photos – but also captured are buildings of character with an emphasis on the WA Maritime Museum.

Images of particular interest are views of the harbour rarely seen by the general public.

Copies of the photographs will be on sale at the WA Maritime Museum shop.

WA Maritime Museum is located at Victoria Quay Road, Victoria Quay, Fremantle.

Want to learn to play the ukulele?

A GROUP is running two free jamming sessions each week for people interested in learning to playing the ukulele or those who already can.

Monday beginner ukulele class. Time: 10–11.30am

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Venue: 16 Mint Street, East Victoria Park 6101

For more information contact Selvi on (08) 6262 4045 or email selviang@nclc.org.au

West Australian Opera re-envisioned Tchaikovsky's *Iolanta*



West Australian Opera's *Iolanta* premieres at His Majesty's next month

"OH Lord, now I see. She is blind and does not know it." – *Iolanta*

West Australian Opera re-envisioned Tchaikovsky's final opera, *Iolanta*, in a world premiere production co-created with the blind and vision-impaired community of Perth. Staged in shadow and near darkness, experience *Iolanta* at His Majesty's Theatre in an immersive four-performance season from April 6–9.

Recounting the story of a blind princess, *Iolanta*, who lives strictly guarded from awareness that sight is even a sense; a ruling by the King. Audiences witness the story of a young woman who is held captive, not by her blindness, but by the ignorance and assumptions of those around her.

In a world premiere production, West Australian Opera has worked closely with the vision-impaired community to re-work parts of the libretto to incorporate the experience of someone living with a disability. Director Katt Osborne and disability advocate Zel Iscel led the production's creative development and re-crafted the libretto; translated and adapted into a singable English version of the opera.

Iolanta offers more than the soaring voices and sweeping melodies of Tchaikovsky's sumptuously beautiful music. The production will take

audiences on a journey to discover the world as the blind and vision-impaired find it, in a truly immersive experience.

Tchaikovsky was at the height of his powers when

he composed *Iolanta* his last opera – composed alongside his now most famous ballet, *The Nutcracker*. Both works premiered as a double bill on December 18 1892.

Reflecting on the opera, West Australian Opera's artistic director and the production's conductor, Chris van Tuinen, highlights: "*Iolanta* is a Fabergé egg of an opera. It's beautiful and elaborate and gorgeously scored. You feel like you're in very accomplished hands when you listen to the music of this piece."

After thrilling audiences with her performances in

West Australian Opera's Opera in the Park productions of *La Traviata* and *La Bohème*, acclaimed local soprano Elena Peroni returns home from New York City to perform the title role. She stars alongside a talented cast of West Australian singers, the West Australian Opera Chorus, and the West Australian Symphony Orchestra.

Blind actress Grace King stars as *Iolanta* at a later age; providing her commentary of the character's lived experience and perspective on the unfolding events.

Don't miss this chance to hear Tchaikovsky's

rarely-staged masterpiece in West Australian Opera's immersive world premiere production!

Iolanta His Majesty's Theatre, April 6, 7, 8, 9 at 7.30pm

Runtime: 90 minutes

Tickets from \$30, book online: www.waopera.asn.au/

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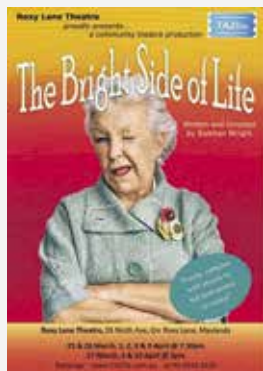
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Finding *The Bright Side of Life*... new play to run in Perth



WRITTEN and directed by Siobhan Wright, who has won several awards for her playwright skills, her new offering *The Bright Side of Life* is a funny and complex story set in a nursing home in Perth.

The play follows some of the residents and their stories. Their days are filled with gossiping, exercising and planning concerts and if they ever get bored there is always knitting.

It is a comedy, with plenty of secrets revealed and emotional stories relived. It will be a fun night suitable for everyone.

This community production will run March 25 and 26 through to April 1, 2, 8 and 9 at 7.30pm with matinees on March 27 and April 3 and 10 at 2pm.

The Bright Side of Life will be performed at Roxy Lane Theatre, 55 Ninth Avenue, corner Roxy Lane, Maylands.

Bookings at www.taztix.com.au or call 9255 3336.

Watch the sparks fly in the *Book of Love*



BOOK of Love follows

Henry, an uptight English writer (Clafin) whose novel is a total failure?

One bright spot is that the book is a hit in Mexico but when he is invited to the country to promote it, he soon discovers why – the Spanish translator, Maria, played by Echegui, has rewritten his dull book as an erotic novel?

The writer is furious, and even more so when his publisher pairs him

and the translator on a book tour across Mexico. Opposites attract and, of course, sparks fly in this romantic comedy.

In cinemas March 10. **WIN WIN WIN**

We have five double passes to giveaway to some lucky readers. Email win@haveagonews.com.au to be in the draw with Love in the subject line. Closes 15/3/22.

WEST AUSTRALIAN OPERA 2022

TCHAIKOVSKY
IOLANTA

His Majesty's Theatre 6, 7, 8, 9 April

BOOK ONLINE waopera.asn.au

Featuring the West Australian Opera Chorus & the West Australian Symphony Orchestra

Metropolitan Symphony Orchestra returns...



GET to know the brilliance of the real Antonio Salieri directly for yourself – via his music, and that of two of his most famous students – Beethoven and Schubert.

MetSO presents Salieri's *Variations on la Folia*, which as their own in-house music master artistic director

Burhan Güner predicts – the audience will: “find yourself totally hooked on La Folia”; it's wonderful orchestration and ingenious thematic variations have seen it nicknamed the Bolero of its era.

Another immortal composition on the program by one of Salieri's best known stu-

18 and December 4.

Plus, excerpts from Franz Schubert's entrancing music for the play *Rosamunde*.

The Metropolitan Symphony Orchestra's annual MetSO Young Artist (MYA) audition program, has again resulted in a dazzling group of top-notch young musicians to showcase on the MetSO stage.

Presentations will be made to the MetSO Young Artist (MYA) recipients for the 2022 season at the April 3rd event, with these young artists going on to perform in our MYA Concerts Series 2022.

The MYA concerts Series 2022 will be held on June 19, September

All concerts in the 2022 series will be held at the new Churchlands Concert Hall, located at Churchlands Senior High School.

Tickets from \$12 to \$27 (online) can be booked at metsop.orth.org/tickets, or by Googling Metso tickets.

WIN WIN WIN

We have five double passes to give away to some lucky readers to the next concert on Sunday April 3 at Churchlands Concert Hall. To be in the draw simply email win@haveagonews.com.au with Metso in the subject line or write to Metso c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 25/3/22.

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LUNA PALACE CINEMAS

LUNA PALACE

Tickets and Festival Sessions at www.lunapalace.com.au

Blurred lines in new drama...

★★★★ A DAZZLING WHIPSMART DRAMA - THE TELEGRAPH

★★★★

Bergman Island

A FILMMAKING couple, Chris (Vicky Krieps) and Tony (Tim Roth), retreat to the breathtaking and mythical Fårö Island in Sweden for the Summer, a place where the legendary director Ingmar Bergman shot some of his most celebrated films.

While hoping to find creative inspiration, but spending most of their days apart, memories of Chris's first love are evoked and the lines between reality and fiction progressively begin to blur, ultimately making her question her current relationship.

Starring Australian Mia Wasikowska, the critically acclaimed *Bergman Island* is in cinemas from March 10.

WIN WIN WIN

We are giving away 10 in-season double-passes to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Island in the subject line. Closes 15/3/22.

RISING! Roxanne Newberry - emerging artist's first solo exhibition



Roxanne Newberry painting at Punmu Artitja Fine Art Gallery

YOUR first solo exhibition is both an exciting and apprehensive time for an artist, particularly one who is just beginning her painting career on the ex-

hibition circuit. Roxanne Newberry was born in Warakurna but lives in the east Pilbara community of Punmu, 1310km northeast of

Perth in the Rudall River National Park. One of the most remote communities in Australia it is already on the map for its internationally acclaimed artists who paint through the Martumili Art Centre based in Newman, WA.

Partnering with the art centre to present *RISING! Roxanne Newberry* is South Fremantle based Artitja Fine Art Gallery, whose first exhibition for the year opens on Saturday March 12.

"Having worked with the Martumili Artists for some years now, we immediately accepted the offer of holding Roxanne's first solo exhibition" says gallery director

Anna Kanaris. "Roxanne's work is high energy with explosive colour and texture."

Painting her father's country, the aerial landscapes show where the water runs out of the ground into a big dam, surrounded by greenery and many trees, and pinpoints the place of her dad's birth, Circus Waters. The country is called Yirriya, and it is her home.

"I have good memories of that place" says Roxanne. "We would go hunting; turkey, emu, kangaroo, look for witchetty grub, honey ants, yellow berries - we grew up in that place and have family from Warakurna, Dock-

er River, Wingellina and Wanarn who would come and stay."

Although relatively new to painting, Roxanne has grown up amongst a grand artistic lineage. Her mother, Jorna Newberry and uncle Tommy Watson are both prominent figures in the Western Desert art world, known for their technical skill and contemporary design in representing their ancestral country through their unique form of mark making.

Due to the ongoing Covid situation, Roxanne's planned trip to attend her opening has been cancelled, however the exhibition will run

throughout March in all its glory.

"Both Roxanne and ourselves were disappointed that we couldn't host her visit, but in the current situation we decided a Covid-safe environment for both the artist and visitors to the gallery is more important," says Anna.

Twenty of Roxanne's paintings will be on display, most of them painted during December and January, over the summer break.

"To get a body of work this size together in such a short time is indicative of the skill and purpose behind Roxanne's brilliance as an artist," says Kanaris. Running concurrently in

Gallery 2 of the Earlywork exhibition space will be *Remote Splendour!* An exhibition featuring a selection of paintings from remote community artists who throughout this current time of isolation, have continued to inspire and bring joy into our lives through colour, design and story.

RISING! Roxanne Newberry and *Remote Splendour!* are both selling exhibitions and free to the public. The exhibition is at Earlywork, 330 South Terrace, South Fremantle. Opening on Saturday March 12 and continuing to April 3 Wednesday to Sunday from 10am to 4pm.

The delightful show *An American In Paris* has new dates for its Perth season



An American in Paris Ashleigh Rubenach, Cameron Holmes Ensemble © Darren Thomas

TONY Award winning Broadway musical *An American in Paris* will perform at Crown Theatre Perth from July 9 - 27 directly after its season in Sydney.

After having to postpone the initial season in February due to the border closures resulting from the Covid-19 pandemic, new dates have been quickly secured with existing tickets holders being contacted for rescheduling, and new tickets now on sale.

Co-producers The Australian Ballet and GWB Entertainment said: "We are thrilled to have been able to find new dates in Perth so soon, and ensure audiences can experience this incredible theatrical expe-

rience along with the rest of Australia. The production set Brisbane alight with packed houses and rave reviews, and opens next month in Melbourne before moving to Sydney.

"We can't wait to bring this fabulous production to Perth in July."

Hailed as a tour de force for its inventive choreography, *An American in Paris* tells the entrancing story of a young American soldier and a beautiful French girl, set against the iconic backdrop of the most romantic city in the world.

Inspired by the Academy Award®-winning MGM film, acclaimed director and choreographer Christopher Wheeldon

brings the enchantment and magic of Paris alive on stage with popular songs by George and Ira Gershwin, including *I Got Rhythm, S'Wonderful, But Not For Me* and *They Can't Take That Away From Me*.

The exceptional Australian cast, featuring music theatre royalty performing alongside current stars from The Australian Ballet and a 33 strong ensemble of talented dancers, singers and actors were greeted with rapturous responses from Brisbane audiences.

The Perth season will run at Crown Theatre July 9 to 27 with bookings via www.americaninparis.com.au

Easter

church services

Saint Andrew's Anglican Church
259 BARKER RD, SUBIACO

EASTER SERVICES

MAUDY THURSDAY
14th April 7pm

GOOD FRIDAY
15th April 9.30am & 2pm

EASTER SUNDAY
17th April
5.30am, 9.30am & 6pm

What's on at St Patrick's Anglican Church Mt Lawley

Celebrate the completion of the building works...
Sunday 27 March
10.15am service
11.30am lunch

The Passion According to Saint John
J S Bach
Directed by Dr Georg Corall
Good Friday 15 April, 1pm

Holy Honey Buy Father Steve's organic raw honey

OpusWA Arts Orchestra and Chorale will be performing Bach's oratorios, *The Passion According to St John*, in the setting for which it was intended: a church, with a pastor, organ and candles.
BOOKINGS: <https://www.trybooking.com/eventlist/opuswa>

www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

Easter 2022
at St Mary's Cathedral

Celebrate the joy of Easter with the musicians of St Mary's !!

Good Friday - 15th April 2.30pm
Seven Last Words of Jesus Christ sung by Cathedral Choir followed by 3pm Solemn Celebration

Easter Sunday - 17th April 10.45am
Mozart's masterpiece *Exultate Jubilate* followed by 11am Mass
Includes the Cathedral Choir singing Handel's *Hallelujah Chorus* and Vierne's magnificent organ masterpiece *Finale of Symphony No 1* in d minor

St Mary's Cathedral
Victoria Square, Perth

EASTER AT ST GEORGE'S CATHEDRAL

Sunday 10 April (Palm Sunday)
10am: Choral Eucharist with Palm Procession and Passion Gospel
5pm: Choral Evensong

Thursday 14 April (Maudy Thursday)
6.30pm: Choral Eucharist with Stripping of the Altar

Friday 15 April (Good Friday)
10am: Solemn Liturgy
12 noon: The Three Hour Devotion

Sunday 17 April (Easter Day)
6am: Easter Vigil and First Eucharist of Easter
8am: Holy Eucharist for Easter
10am: Choral Eucharist for Easter
5pm: Choral Evensong for Easter

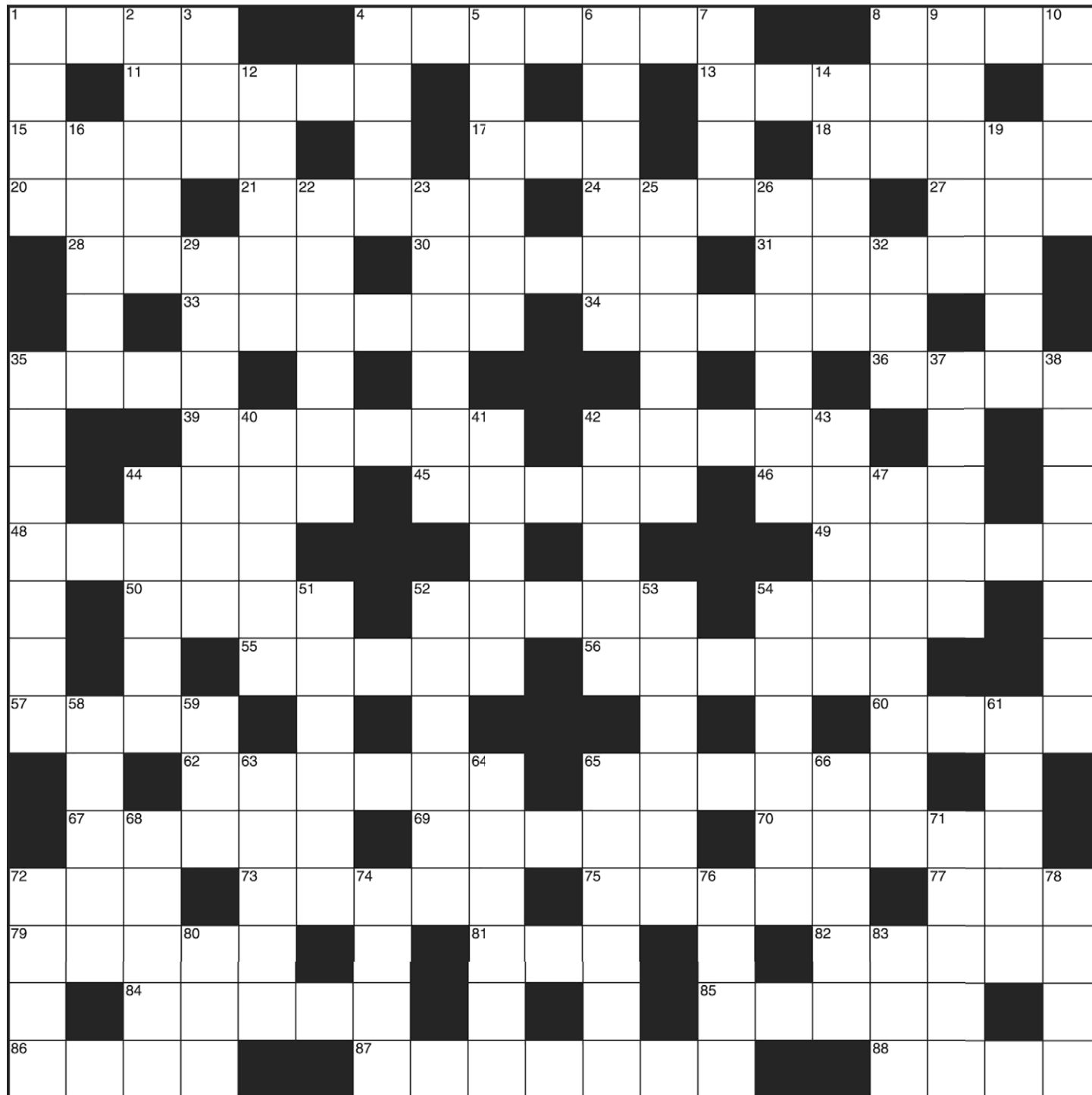
38 St Georges Terrace | Perth WA 6000 | (08) 9325 5766 | info@perthcathedral.org
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Have a Go News PUZZLES PAGE



BIG CROSSWORD - SEE PAGE 22 FOR SOLUTIONS



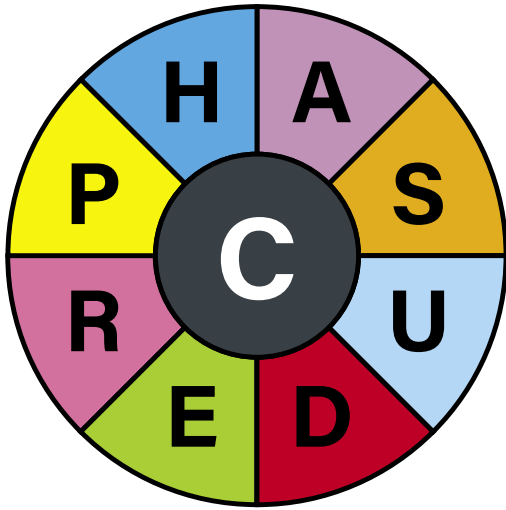
- DOWN**
1. Applications
 2. Performing
 3. Cereal grass
 4. Unchanged (2,2)
 5. Stellar
 6. Miserable
 7. Nervous twitches
 8. Wine keg
 9. In motion
 10. Receive (salary)
 12. VII
 14. Gut part
 16. Fierce felines
 19. Happen next
 22. Dispatched
 23. Martini garnishes
 25. TV reception pole
 26. Obliterated
 29. Unruly demonstrators
 32. Cash machine (1,1,1)
 35. Male rowers
 37. Northern sea duck
 38. Arouses (interest in)
 40. High-ranking lords
 41. Belittle
 42. Damn
 43. Bus terminus
 44. Showery
 47. From US Arctic state
 51. More effortless
 52. Stage players
 53. Seniors
 54. Plan
 58. Church table
 59. Dine late
 61. Coffee sediment
 63. Narrow land links
 64. Spice
 65. Satay kernel
 66. Ballroom favourite
 68. Heroic tales
 71. Enthusiasm
 72. Jet-baths
 74. Soviet region (1,1,1,1)
 76. Principal
 78. Overblown publicity
 80. Dove call
 83. Rear

- ACROSS**
- | | | | |
|---------------------------------|--------------------------|----------------------------------|----------------------------|
| 1. Untie | 28. Hideous monsters | 49. Beg | 70. Animal skin disease |
| 4. Insistent | 30. Cavalry spear | 50. Tiny landmass | 72. Drain |
| 8. Windmill arm | 31. Bellows | 52. Eventuated | 73. Top layer |
| 11. Desert water hole | 33. Infuse | 54. Skyrocket | 75. Very pale |
| 13. Early Peruvians | 34. AWOL student | 55. Cheeky | 77. Expression of disgust |
| 15. Creme de la creme | 35. Scandinavian city | 56. Chooses (government) | 79. Needle stab |
| 17. Indian mausoleum, ... Mahal | 36. Unassuming | 57. "No" votes | 81. Fellow |
| 18. River mammal | 39. Swarmed | 60. Young children | 82. Fizzy |
| 20. Transgression | 42. Sounded like crow | 62. Agreement | 84. Fees |
| 21. Helmet peak | 44. Comprehend writing | 65. Former Spanish currency unit | 85. Up in the air |
| 24. Painter's tripod | 45. South Korean capital | 67. Native American tent | 86. Fair to middling (2-2) |
| 27. Public house | 46. Cul-de-sac, ... end | 69. Leader | 87. Corrected (wrong) |
| | 48. Drummer, Ringo ... | | 88. Muscle firmness |

**SEE PAGE 22 FOR
#360 MARCH EDITION
PUZZLE SOLUTIONS**

WA FIRST 5.00
SEE THE FULL STORY 6.00

Wheel Words



Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

18 Good 26 Very Good 33+ Excellent

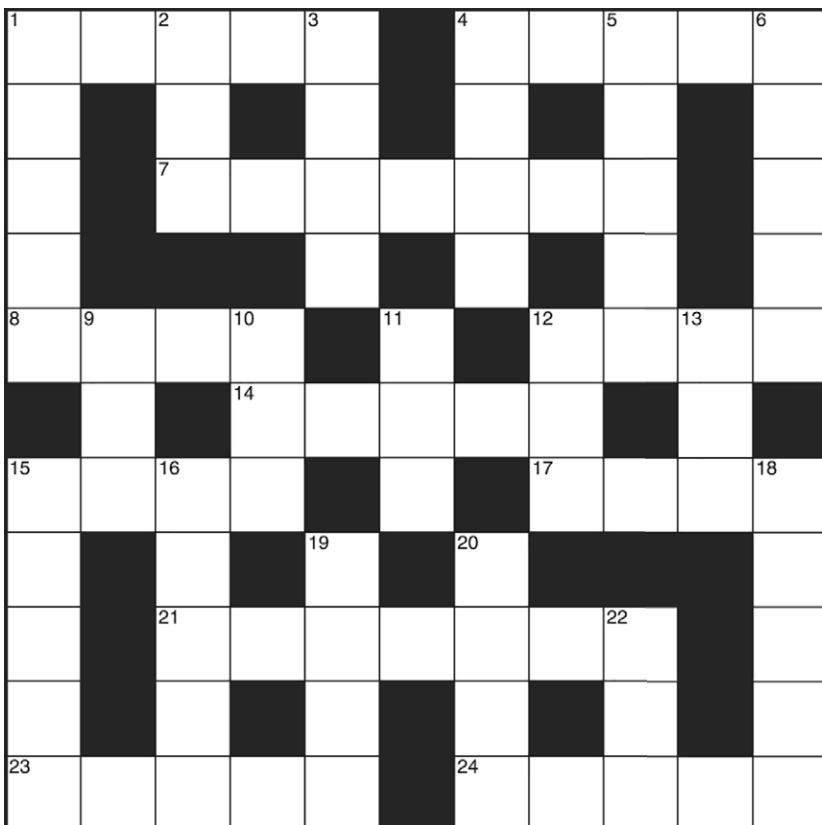
© Lovatts Puzzles

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

			7	5		6	3	2
			9		2	5		4
5	8		4			2	1	
	3		5	1	9		8	
	7	4			8		6	5
6		5	2		3			
9	2	3		4	7			

CRYPTIC CROSSWORD



STRAIGHT CLUES ACROSS

- Mast support wires (5)
- Supports in dispute, ... with (5)
- Chaos (7)
- Wax stamp (4)
- Strongbox (4)
- Ease off (5)
- Raining ... & dogs (4)
- Delay bedtime, ... up (4)
- Gestures (7)
- Walkway between pews (5)
- Smooths (wood) (5)

DOWN

- Cash transactions (5)
- Towards stern (3)
- Tender to touch (4)
- Sandal or boot (4)
- Radio code for D (5)
- Startle (5)
- Historical period (3)
- Canary Islands port, ... Palmas (3)
- Was compelled (to) (3)
- Use needle & thread (3)
- Dana Scully & Fox Mulder are ... agents (1,1,1)
- Great Wall of ... (5)
- International cricket matches (5)
- Pitfalls (5)
- Storybook monster (4)
- Bottle tops (4)
- Baby boy (3)

CRYPTIC CLUES ACROSS

- Remains started -somebody's outside (5)
- Teams on edge? (5)
- Term heard ahead of oil disruption (7)
- Marine creature close up (4)
- South African iron is secure (4)
- To grow less flab, half dined (5)
- Long-running musical cast

DOWN

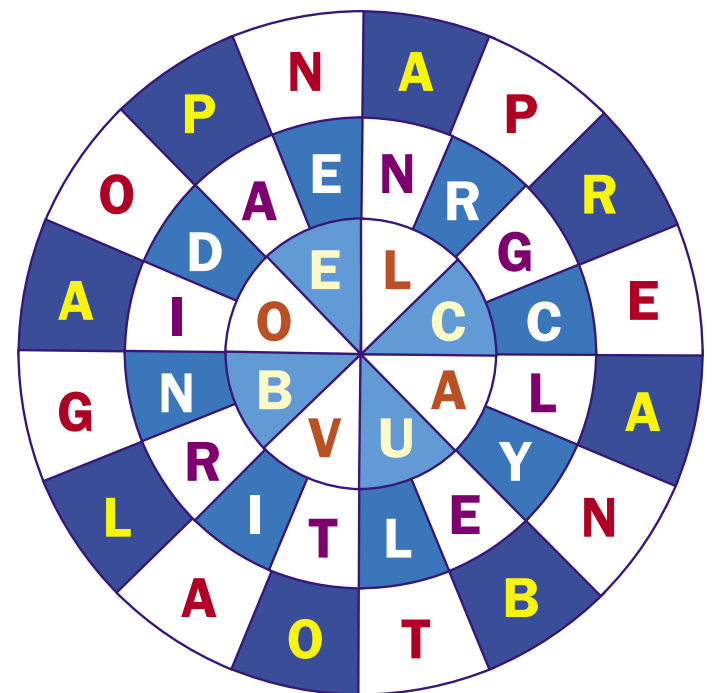
- Shop clearances caused by the odd small bees (5)
- Raft no longer right behind (3)

- Rose awkwardly and got hurt (4)
- He so needs to vary footwear! (4)
- Triangular shape in strudel tart (5)
- Fright disturbed races (5)
- It's a long time in therapy (3)
- Last letter to vanish before Vegas (3)
- Used to own helipad, with no pile-up (3)

- Stitch three points (3)
- Fib upset the Feds (1,1,1)
- Where Marco Polo went to get crockery? (5)
- Checks exams (5)
- Ambushes most Spartans on their way back (5)
- Every other song free of tyrant (4)
- Puts limit on number of hats (4)
- Sounds like this family member is a star (3)

PRISM

TRACK down the six geometrical shapes hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



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