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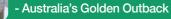


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- Allen Newton's day trip to **Antarctica** 





Josephine Allison's interview with *Have a Go News*' longest serving columnist Mike Roennfeldt



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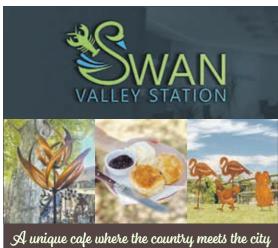
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# Great stories, well told







Clockwise from left; Theatre 180's artistic director, Stuart Halusz with actor, executive director, producer Rebecca Davis - Theatre 180's upcoming productions include 21 Hearts, The Lighthouse Girl Saga and A.B. Facey's A Fortunate Life.

## by Josephine Allison

WESTERN Australia has a rich history of memorable stories about people and events which have made a big impression on future generations. Theatre 180 Great Stories, Well Told is playing an important part in bringing these stories to

Such is its success that 21 Hearts, the story of Sister Vivian Bullwinkel and the massacre of nurses of the Vyner Brooke in 1942,

due to open at the newly refurbished Como Theatre in April, is already sold out.

"We have been really overwhelmed by the response of people and the interest in the production," says Theatre 180 executive director, producer and actor Rebecca Davis. "We always knew the show would have a wide reach because it is a muchloved story and one that people are very passionate about.

"But to be sold out two

months before the opening is really something else and really sensational so we are looking at ways to remount a second season later this year, in October."

In 2019, after 25 years of creating theatre from oral and recorded histories through productions and affirming the value of seniors under the artistic direction of Jenny Davis OAM, Agelink Theatre transitioned to become Theatre 180.

"Stuart Halusz, the current artistic director of Theatre 180 and I have been working with Agelink Theatre since its inception in 1993 and we were on the board of Agelink,' says Rebecca. "Then we moved overseas for many years, returned and rejoined the board.

"About four ve when Jenny was looking at handing over the baton she had a succession plan in place to have Stuart take over as artistic director. It was a smooth transition because, at that time. Agelink was growing quite rapidly and Jenny needed someone to take the company to the next level.

'Śtuart and I had received funding from the Department for Creative Development for AB Facey's A Fortunate Life. Initially we thought we would do one massive, epic production but we realised that the best way was to tour the show.

continued on page 37

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# From the managing editor's desk



Michael Caine and Glenda Jackson star together in their final roles in The Great Escaper.

OUR longest serving columnist, Mike Roennfeldt, has decided to hang up his rod on his fishing column and I take the opportunity to thank him for sharing his wonderful knowledge about fishing. For more than 30 years he has submitted a monthly column and I know many will miss his wise words on fishing. Josephine Allison spoke to Mike on page 3 as we farewell him. Thank you Mike for your service to the newspaper.

I had the opportunity to have a sneak peek at Michael Caine and Glenda Jackson's final movie roles in The Great Escaper just

before we went to print with this edition. Based on a true story, the film is set in the summer of 2014 when WWII veteran Bernard Jordan (Michael Caine) made global headlines staging an escape from his care home so he could attend the 70th anniversary commemorations of the D-Day landing. In their final movie roles Jackson who plays Caine's wife Rene Jordan died last year at the age of 87. Caine who turned 90 in 2023 announced his retirement late last year. The film is a moving story about ageing, the long-term ef-

fects of war and a love sto-

It was a truly uplifting

**Great West Aussies - Did you know?** 

CRICKETER Cam Bancroft set a WA Sheffield Shield record in 2023 when he made eight catches in WA's tough

win over South Australia. And his five catches in the first innings meant he became one of only two players in shield

ry 60 years in the making.

experience watching this film, made all the better by these two quality actors and was an absolute pleasure to share in their final roles. This cohort has been coined the greatest generation and watching this film which celebrates long lives, dedication and veterans is a touching and heart-warming story. The Great Escaper is playing in cinemas now, don't miss it and take a couple of tis-

\*\*\* International Women's Day is marked on March 8 each year and the WA Women's Hall of Fame recognises the achievements of women in our community each year. I was so proud that our founding editor Judith Treby was recognised posthumously in the roll of honour for her work with this newspaper in 2016. We will highlight this year's inductees in the next issue.

I extend my thanks to the hundreds of people who completed our reader survey, it's going to give us some great information and I am so grateful to those who took the time to complete it. And thanks for the many kind comments about the newspa-

per. We will announce the lucky winners of the prizes on offer next month and share some of the information with you.

\*\*\* For those who enjoy using social media, please join us at the Have a Go News Facebook page, on there we offer a variety of entertainment, giveaways, jokes, art and information on a daily basis. Follow our page at www.face book.com/Haveagone

Sign up to receive the digital publication direct to your inbox and never miss an issue. Unlike other publications we don't send any advertising material or have online registrations, it's a free service just email readers@ haveagonews.com.au with your email address.

I hope you enjoy this month's edition. Don't forget you can find out further information, club listings and more stories on our website at www. haveagonews.com.au.

Jennifer Merigan **Managing Editor** jen@haveagonews.com.au www.haveagonews.com.au Phone 08 9227 8283

## **Ageing Snippet**

It's time for a gray pride Join together to become a force to be reckoned with...



THE United Nations states that as older persons become an ever greater proportion of the total population, they will become an ever greater force to be reckoned with in society - politically, economically and socially.

The Madrid International Plan of Action on Ageing aims to ensure that people can age with security and dignity and that they may continue to participate fully in their societies as citizens with full rights.

It says: older persons should be afforded the possibility to become actively engaged in the development process and in society so that their skills, experiences, wisdom and knowledge can be put to use for the benefit of all.

## Have a Go News Quick Quiz - See answers on page 37

- 1. The corner where the WA, SA and NT borders is called...?
- 2. Where is the world's oldest open-air cinema?
- 3. Mount Augustus, the world's largest rock, is how long (8, 10 or 12 kms)?
- 4. Australian women's median age at marriage is 27, 29 or 31?
- 5. What is the first name of WA's Formula 1 racing driver Ricciardo?
- 6. How long is Gibb River Road (980kms or 1,080kms or 1,134kms)?
- 7. When was Western Australia's first Parliament opened? (1891, 1892 or 1895)? 8. Who was the student, aged 17, who, in 1926, won an open piano championship and became an international phenomenon?
- 9. What was Busselton's original name?
- 10. Who is known as the "Father of the Kimberley"?

## **Noongar Words**

**Kadjin** - soul/spirit **Malddjiny**- grow

## **Noongar Season**

Bunuru - The hottest season of the year in February and March.

## Quote of the month

THE afternoon of life is just as full of meaning as the morning; only, its meaning and purpose are different.

## Word of the month

## **Prognosticate**

verb | prahg-NAHSS-tuh-kavt to predict or foreshadow something. Example

That business uses current trends to prognosticate what the workplace of the future will operate.

Prognosticate, traces back to the Greek word prognōstikos ("knowing beforehand, prescient") and first appears in English during the 15th century. Since then prognosticate has been connected with things that foreshadow events to come and with people who can prophesy or predict the future.



# Mike says "farewell" but his fishing days will continue

"I'd been writing for



Mike Roennfeldt has written for Have a Go News for more than 30 years

## by Josephine Allison

FISHING and writing about it has been a lifelong passion for Mike Roennfeldt but, after more than 30 years as Have a Go News' longest serving columnist, Mike has decided to retire from writing his monthly column.

Not that he will retire from fishing completely, he says.

"The irony is that I'm doing fishing now that I really love. I'm not actually fishing as much as I used to, but when I do, I enjoy it more than ever.

"I fly fish quite a bit, especially when I go to the Cocos Islands with my son Toby and a mate Dan Tenardi. I still enjoy lure fishing as well and regularly try fly or lure for flathead, bream or giant herring in the Swan. In autumn I love to head down south after salmon or toss poppers or metal lures around metro reefs for tailor."

The ocean and fishing have been part of Mike's life since he was a boy growing up in Floreat. He was so keen on fishing that when his parents offered him the choice of a rod or a bike for his ninth birthday, he chose the rod.

As an adult, life became hectic; Mike ran a fishing tackle shop in Watermans Bay for 10 years, then moved

The West for about 10 years when I was asked to write for *Have a Go News*."

Looking back on his

ly column.

Looking back on his long fishing and writing life, Mike says the fishing world has changed so much.

"It is heavily regulated these days. It was happening 25 to 30 years ago, but fishing within the rules has become much more complex now.

"There are closed seasons for even every-day fishing. The popular Lower West Coast boat fishing season was drastically slashed last year and bag limits can be difficult to keep up with.

the business to anoth-

er shop in Innaloo. He

was invited by former

night editor at The West

Australian Ross Cusack

to join him in writing a

weekly fishing column

for the newspaper back

co-authored a book, Fishing the Wild West,

a handbook for WA

anglers which proved

highly successful, selling

up writing, Mike went on

to write two weekly col-

umns, facing tight dead-

lines in between numer-

ous fishing expeditions,

often to far-flung, excit-

He later took on the

ing destinations.

When Cusack gave

close to 50,000 copies.

Mike and Ross Cusack

in 1982.

"A recent announcement means a slight easing on catch numbers after a buy-back of some commercial licences which is overdue and a move in the right direc-

Mike says there has been a big decline in shore fishing participation alongside a rise in boat fishing in recent times

"The quality of the metro shore fishing is nowhere as good as it used to be, probably due to a combination of fishing, environmental, industrial and commercial pressures.

"The close-in fish are very vulnerable to exploitation because they are occupying a bit of water that is so accessible. The days of consistently good shore fishing are getting harder to find and the good times are generally restricted to when the migratory fish like herring or salmon are passing through. Like always, early morning and early evening usually turn on the best fishing.'

Mike says he doesn't feel the pressure to fish like he used to.

"Getting a bit longer in the tooth, I had to pass on an annual trip to the Abrolhos with Halco's Ben Patrick recently. It was an extremely tough decision because it has been an absolute highlight in my fishing year, spending a week at a game fishing tournament in great company aboard a great boat in a stunning part of the world.

"Fishing that tournament is fairly physical and I suspected that trying to stay upright while fighting fish against a lot of deck movement might be a bit challenging. Sometimes you have to recognise limitations, especially when you lose a bit of confidence in the balance you need in that sort of environment."

Mike says on his last trip to Cocos he caught a fish that he rated among the 20 best fish of his life so it's not all over yet.

"I've had a lot of great fishing experiences, taking advantage of as many trips offered to me as I could, including remote locations in the Kimberley, the Rowley Shoals, the Barrier Reef and the Montebello Islands.

"One part of my fishing life I really enjoyed was joining journalist Michael Thomson on Channel Nine's *Just Add Water*. We were able to

showcase some amazing fishing around the metro area and went on to become close friends, spending plenty of fishing days and holidays with our sons around Perth and up north."

Mike still swims most days with the ocean just on his doorstep. His affinity for all things water continues.

Have a Go News extends our thanks to Mike for his long-term commitment to this newspaper – we appreciate it!







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Copy & Advertisement Deadline - 25th of the month prior to publication

The Have a Go News APRIL edition will be published on Friday 12/04/24



Have a Go News was founded in 1991 by Judith Treby (Dec) and Quentin Smythe (Dec)

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# The baby in the kero tin



Reconnecting after 68 years; Ethel Hart and Bruce McIlwaine

## by Serena Kirby

ON August 1, 1955, Ethel Hart was a 19-year-old probationary nurse at her local regional hospital.

She remembers the events of that day well as she's recounted them many times over the years since then.

"A man rushed into the hospital with his wife," Ethel recalls.

"The husband was in one hell of a state as he'd had to drive nearly an hour to get to our hospital and he didn't know what was happening with his wife. She was pregnant but the baby wasn't due for another two and a half months.

Ethel and her nursing colleagues could quickly tell that the woman's baby had decided to arrive ear-

It was a case of 'coming ready or not'.

There was no flying doctor back then and there were no facilities within 450 kms to care for an extremely premature baby. We called in the local doctor and we had a couple of other nurses on hand, including a midwife, but this was the first prem baby we'd ever had.

Ethel said the staff knew they'd need a humidicrib once the baby was born and they had no option but to make one themselves.

"It was a Sunday and the hospital's orderly had the day off but we called him in quick smart and we explained the idea of creating a humidicrib from an old kerosene can."

The orderly promptly cut off one of the tin's sides, rolled back the sharp edges to avoid cuts and lined it with thick cotton wool.

The makeshift humidicrib was then laid on its back, with the newly cut opening facing upwards, and placed in a tray of hot water ready to cradle the precious parcel of life.

"We put a thermometer in the water. We had to constantly check the temperature and top up the

hot water when needed to keep the tiny baby warm. That wee baby was only 3lbs 2oz when born and his head could fit in the palm of my hand. He spent weeks and weeks in that little kerosene tin and we fed him with little drops of milk down a tiny tube. There's no doubt it saved his life.'

And that life belonged to Mount Barker resident Bruce McIlwaine and while Ethel knew his name she never knew what happened to that baby in the kero can.

That was until a chance encounter between Ethel's daughter, Jennie, and a stranger in a Mount Barker supermarket set the path for them to reconnect.

'Jennie knew the story about the baby in the kero can and I'd told her his name so when the man introduced himself she knew exactly who he was," Ethel said.

Bruce, who had no idea of the circumstances surrounding his birth, was keen to meet Ethel and the two recently caught up after 68 years.

Bruce said he was simply amazed at the lengths the staff went to in keeping him alive and was extremely grateful.

The pair now plan to stay in touch.

## Walking club resumes for 2024 and welcomes new members



OVER 55 Walking Association (OFFWA) members have resumed their weekly Tuesday morning walks after enjoying fortnightly twilight walks

by the river at Burswood during summer.

The next walk venue on March 12 is at Shelley Foreshore at the end of Beatrice Avenue.

If you enjoy exercising in the fresh air with a friendly group of people who would love you to join them, come along at 10am and bring a chair and a picnic lunch.

If you can't make the Shelley walk the next one is at Trigg, on March 19 at Clarko Reserve (end of Karrinyup Road).

Membership is only \$10 for the year. On joining you will receive a card showing details of all the walks and social activities.

You can of course try the group out for free before you join.

For further information, the club has a comprehensive very website:-

www.Overfiftyfive walkingassociation.org. au. (or you can just type in OFFWA and it will take you there/

Alternatively, you can ring president Faye on 0449 667 558



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# Local author dives deep into Rottnest Island's World War II history



L-R; Grade five St Mark's Anglican Community College students with copies of Jack's Island and author Norman Jorgensen - children digging air raid shelters at Rosalie Primary School, Jack's school before he went to Rottnest - Jack's Island new edition



ROTTNEST, Western Australia's holiday island hasn't always been a welcoming destination.

It's horrific record as a place of Aboriginal incarceration has been well documented, but less well known is its role during World War II.

Author Norman Jorgensen took a deep dive into Rottnest's war-time role in his novel for young readers, Jack's Island, first published in 2008 and republished in February this year by Fremantle Press with a brand-new cover.

Schools across the state have included Jack's Island as part of their English curriculum and Norman regularly delivers sessions at schools delving into Rottnest's military history.

In the novel, the wartime story is seen through the eyes of Jack and Banjo, who have a remarkable knack for getting into trou-

The novel has won a host of awards.

"As well as his school talks aimed mostly at 10 to 15-year-olds, Norman has taken his talks out of the classroom and onto the island with school tours that bring life to the novel, showing the sites where Jack's Island is set.

The book is a fictional version of the true story about Norman's father, Jack, his best mate, Banjo, and their adventures growing up on Rottnest Island during World War II.

In 1938, the government decided to take over the island and turn it into the first line of defence to protect Perth in the event of a Japanese invasion

Jack's father was conscripted into the Civilian Construction Corps and tasked with helping build the airfield and the military installations.

As it was a long-term assignment, Jack's whole family went to live on the island, and he and Banjo attended the one-teacher

Jack's Island follows the adventures of the boys as they explore the island that was always under the threat of a Japanese invasion.

The story had its beginnings in a trip Norman made with his Dad to Kalgoorlie.

"I worked as a bookseller for nearly 40 years and was on a sales trip to schools and libraries, and my dad, Jack, who was retired, came along for the six-hour ride to keep me company, says Norman.

"I had always known about his family living in Rottnest during World War II, but this time, he started a story about the horrendous ferry ride in terrible weather and how everyone was seasick.

"With not much to look at on Highway One other than wheat paddocks, he continued telling me about his adventures and family life, this time pretty much in the correct order. I had my tape

recorder hanging from the dashboard, and as I could see the story would continue, I pressed the record button. I don't think Jack was even aware. I'd ask a few questions to clarify I understood who or what he was referring to, but mostly

just let him ramble.

"The more he told me, the more memories came flooding back for him. When we reached Kal. I began to suspect I may have gathered enough material for a historical novel for kids. I did not tell Jack that is what I intended to do, and on the return journey, I probed a bit deeper into some particular events to ensure I had the right people and places.

"A few months later I booked a cottage on Rottnest for a couple of months during the winter and had the island virtually all to myself. Every day, I got on my bike and visited all the locations Jack had told me about and being Rottnest, nothing very much had changed since the 1940s

"All the colonial and military buildings remain, and the military infrastructure, though now severely aged, is still there to remind us of the times, so it took very little imagination to visualise Jack and his brother running wild as 1940s kids.

"After a few weeks, Jack came over and stayed with me for a week and even though he was 78 years old. he and I rode our bikes all over Rottnest and he took me to his favourite places."

The school tours started soon after the book was published in 2008 when schoolteachers started discovering it and setting it as a class set.

"One teacher, Denise Dewing at Tuart Hill Primary School, loved the book so much she took to it with enthusiasm and for a whole term had her class studying life on the Homefront in WWII, including having her kids discover 1940s newsreels, newspapers, films, songs, dances, fashions,

rationing recipes, including Mrs Curtin's sugarless biscuits, blackouts, hill trolleys, and the constant threat of invasion that everyone at the time was so worried

"She then invited me to a class camp on the island to take the kids to the locations they had studied in depth.'

Over the last 15 years Norman says he generally does three or four tours an-

"I also took a group of history teachers who were attending a national conference in Perth on a tour. For most of them, it was their first time to Rottnest, and they loved it. And just before Christmas, I addressed 100 Rottnest Island volunteer guides and shared Jack's stories with them."

News of the tours spreads mostly by word of mouth from teacher to teacher.

"David Logue from Dalkeith Primary School takes his kids camping there every year, and they

\$95

tume, recreating scenes from the book and eating 1940s food."

Norman generally takes a class of 25 to 30 kids at a time, often touring the island by bike and sometimes by bus. He charges the standard Society of Authors rate which works out at \$900 for the day's excursion.

While the book is definitely about the adventures of the boys the underlying theme of Rottnest during World War II is never far "I think turning the island

into Fortress Rottnest with big naval guns on the hills, machine gun posts all over, the airfield, land-mined beaches and military barracks with 3,000 soldiers was mostly an exercise in propaganda, making the population feel a little safer with the expected Japanese invasion.

"If the Japanese had arrived with the same force they used to bomb Pearl Harbour or invade Singapore, Hong Kong, the Philippines and many other places in Asia, I think the Battle of Rottnest would have been over in minutes.'

According to Norman the reason Jack's Island is so much studied at schools is

attitudes to class, sexism, racism, resilience and morals, and how disabled people were treated, which were normal at the time but are no longer acceptable. The book appeals mainly to 10 to 14-year-olds although Norman says many

because the school curric

ulum has units of Australian

history, including WWII, and

it is set here in Perth so that

The book is also in short chapters and told in

first-person as if Jack him-

self is relating the story. As

it is in kids' language, reluc-

tant readers tend not to be

they can discuss the 1940s

'Teachers, too, like that

too daunted.

local kids can relate to it.

of its first readers were grandparents searching out books for their grandchil-"Many wrote and con-

gratulated me on getting the life and times and the 1940s attitudes and language spot on.' To find out more Nor-

man's website is www. normaniorgensen.com.au and he can be emailed at nibooks@aussiebb.com.au.



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Albany At Ease's Veronique Derschow © Serena Kirby

# Giving the gift of gratitude as respite for veterans

by Serena Kirby

THERE'S no doubt that a career in the Australian Defence Force (ADF) can be a rewarding one, but ADF personnel are often exposed to traumatic events during their time in the services.

Research shows that this is resulting in high rates of mental health issues and physical injury amongst ADF personnel.

To help provide support for these veterans, a new respite program has been set up in WA's Great Southern.

Called Albany At Ease the program's coordinator, Veronique Derschow, says the program is modelled on a respite initiative originally established in

ON February 27 Gerry Westenberg's model of

the Mary Rose was flown to the UK. The model is a

1/96 scale replica of the

famous 16th century flagship of Henry VIII which

sank in 1545 with a great

Solent in 1545, she healed

over too much and wa-

ter flooded in through the

open gunports. Only 35

survived out of a comple-

Robe, South Australia.

"The program offers complimentary vacation respite packages to ADF veterans, members and families who are experiencing challenges as a result of their service," Veronique says.

"We have just hosted our eighth family and the feedback from all participants has been humbling and poignant. One recent ADF veteran said: 'it's people like this community who make the dark days brighter'."

only those experiencing mental and physical health challenges and they're referred to Albany At Ease by various veteran and

The respite recipients are

veteran family support groups. As there's no shortage of

veterans eligible for this type of program, Veronique is hoping businesses in the Great Southern will get behind it by donating vouchers and funds.

"Maybe someone has holiday accommodation they could offer up for a week or offer it to us at a discounted price as we've been given some funds from a number of generous organisations.

And while the Albany At Ease program provides time for veterans and their families to switch off from these sorts of pressures and day-to-day life, it also provides the equally important gift of gratitude which links in with initial findings from the 2021 Royal Commission

into Defence and Veteran Suicide.

The Commission's final report isn't due until later this year but it's already identified 'recognition of service and the unique nature of military service and its impacts' as important factors.

With that in mind Veronique says we: "should be thanking our veterans for their service and this project is a way of doing that.

"These people have sacrificed a lot to defend us and keep us safe. The least we can do is invite them down to Albany to thank them for their service.'

To support Albany At Ease contact Veronique on 0410 503

# Local model ship maker's Mary Rose returns to England

In May 1971, the wreck

was found and in 1979 the work to raise the remains

of the hull began. This culminated in October 1982

when it was eventually

brought to the surface.

ment of 500 men.





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loss of life. The restored section of The Mary Rose was built the hull is now on display in 1511 and was heavily in the Portsmouth historic armed for a 600 ton sailing dockyard, in the UK. ship. To handle these extra guns she was fitted with gun ports, an innovation at the time. Unfortunately, while engaging the French fleet at the battle of the

A well-known historian and youtuber, Drachinifel, (Alex Clarke) who specialises in naval history, was travelling in Australia and by chance visited an exhibition of Gerry's models at the Fremantle Shipwrecks Museum. This was the third display of Gerry's creations at the museum.

L-R; Gerry with some of his other models at one of his exhibitions -This photograph shows some of the incredible detail of the deck area - Gerry holding an earlier smaller scale model of Mary Rose above the packing case for the model to be shipped to the UK



Drachinifel was so im-

pressed with the detail

and quality of Gerry's

work, he decided to buy

the model of the Mary

Rose that Gerry was

building at the time for his own collection. Due to the

problems getting accu-

rate plans, a smaller scale

version was built so that

construction complica-tions could be identified

before commencing the

Sending the model half-

way around the world was

of great concern and a lot

of trouble has been taken

to ensure it will arrive safe-

final 1/96 scale version.



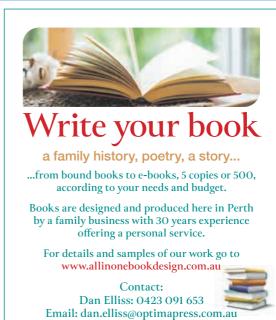
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design

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ly. A special foam lined box has been built plus detailed instructions given to the courier will hopefully get the ship to the UK in one piece.

Gerry is no stranger to recognition of his workmanship, in the foreword to Gerry Westenberg's third book on his model ships, Kim Beazley AC, the former WA Governor said, "Gerry is an unsung national treasure". Gerry lives here in Perth and is well known in the model building community having won many prizes for his creations. What differentiates him from his associates is the sheer quantity of ships he has built. For example, at the last exhibition at the Fremantle Shipwreck Museum, he had 120 models on display. They are all built to museum quality and as such many of his ships are on permanent display at the Fremantle Maritime Museum and more recently at the WA Perth Museum Boola Bardip.



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# The interesting world of overnight radio from our very own Jon Lewis



Radio 6PR presenter, Jon Lewis

## by Allen Newton

CONTRARY to popular opinion, overnight callers to Radio 6PR are not a bunch of drunks.

Presenter Jon Lewis, who works the midnight to 5.30am shift, says it's a common misconception that drunkenness and late-night talkback callers go hand in hand.

Early in his talkback career, it was an assumption that also caused Jon a great deal of embarrassment.

"I never make assumptions now about people and alcohol because a fella rang in and I remember his name, Brian, God bless him," Jon says

"I hate this story, but I tell it to remind myself. He called in and he was slurring, and I was embarrassed, and I was cocky and I said, 'OK, next time, mate' – and I remember I said, mate even though I knew his name was Brian.

"I said, 'mate, maybe don't have a drink before you ring' in the way you do when you are feeling confident.

"It was horrible, but five minutes later the phone rang and I had a very funny feeling. A polite lady with an English voice said 'my husband Brian has had a stroke and he's been just learning how to speak and he's finally got the confidence to speak to someone. And he chose you'.

"So I never make the judgments now."

Jon says the reality is that early morning callers are thriving and many of them are regulars who Jon has got to know well over the years. They tune in for a mix of talk back, entertainment, news, recipes, quizzes and prizes.

Born at St Anne's in Mount Lawley, Jon is secretive about his birth date – something that has turned into a bit of a game on his talkback session

"When I started on air, I was a lot younger than my audience. And I didn't want them to think they had a kid broadcasting to them, so I decided not to reveal my age. I thought it would be a turnoff factor, but I'm sure everybody knew. And then after a while I started using it the other way around to suggest I was younger.

"And then somehow it became a thing."

It became even more of a thing when well-known advertising jingle writer Kenny Walther wrote a 30-second jingle based around, *How Old is This Man Called Jon*. Jon says the jingle gets played most mornings.

"It became a thing where people want to know and others don't want to know."

It even earned him a question mark in the age category of *The Little Aussie Fact Book*, which author Margaret Nicholson said was the first time she hadn't used somebody's age since the book was first published in 1985.

Jon fell in love with radio after a school trip to university radio station RTR FM.

"I just looked at how good it was, how groovy, the people were. I thought, these are the people I want to be with for the rest of my life. You know, I just thought, I'm going to be with

them. And I was so excited.
"I never tried for

anything else."
After he left school Jon got a job at Boans' department store selling cameras on the ground floor and not much later got a job at 6PR as a

cartridge operator.

He has been at 6PR ever since, first as a cartridge engineer and then sound engineer, making the radio commercials.

Then program director, Pete Brown, gave him his first on air gig, once a week on a Friday night to Saturday morning.

"After midnight was always just music. I think I must have been terrible but I must have been good enough to get another go.

"I remember one occasion where he accused me of being drunk on air and I didn't drink then at all, but I was just very, very, very tired and I was slurring like you can't believe. I started learning the importance of having a good sleep before I went on air."

When radio stations 6IX, 6PR and 96fm all came together at the same Hay Street, Perth premises Jon says it was decided only one sound engineer was needed and the two sound engineers were told on air that one of them would have to go.

"The other guy said, 'I don't want to go on the radio'. And I thought, I'd love to go on the radio. It was always my dream to be an announcer. I just never thought that some-

one with an English accent could do that. So I practised my g'days and I went on air and never looked back."

Back then it was all music and the employment future for radio announcers could be uncertain.

"I was thinking, 'what can I do to get longevity?' And I noticed all the older announcers were talkback announcers and all the young ones were music announcers. I thought if I want to do this for as long as possible, I should do talkback and that's when I started to bring talkback after midnight.

"That's my little claim to fame, that I brought talkback to after midnight and now it's all talkback."

The boss at the time, the late Cheri Gardiner, canned the talkback at first.

"So I started with recorded interviews and I remember playing a recorded interview to Cheri. She listened to the whole thing and told me she was comfortable with it and allowed me to play it on the radio.

"I started to do more and then the late Howard Sattler would listen to my interviews and give me the okay to play on the radio and I was given a lot more freedom."

Jon's style has changed over the years.

"I was very regimented at first, like this is how you must be and this is how people must behave.

"But now I like to just create an environment and I find

that the environment takes care of things.

"I had one lady use a bit of a sailor talk word, not particularly bad, but she said 'oh, you don't say that on the Jon Lewis show'.

"That's great. You know the atmosphere and the environment told her what I didn't need to tell her."

Jon always has an upbeat presentation style, something he's very conscious of.

"It's how I prefer to be. You know, like Churchill said, he was an optimist because he saw no benefit in being a pessimist. I find it's just easier and it carries things along more easily. I think if you jolly someone a little bit, they're more likely to want to join in."

There are, of course, times when a difficult day makes it harder to remain positive.

Jon says on those days he remembers a quote from singer Dolly Parton.

"Someone was telling her off, one of her colleagues was saying 'you know you are a superstar Dolly, you don't need to sign all the autographs now', and she said: 'there was a time when I would have given my right arm to be where I am today and I'm not going to forget that now'.

"I remind myself of that and I think would I not want to do this anymore because of this day? I just get back into it again because usually it's only a passing moment."

Read Jon's regular opinion piece on page 10 of *Have a Go News*.

# Are you ready for the Easter Bunny?

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# Where opinions matter - should we say cheers to lowering alcohol levels?



One in four adults exceed the Australian Adult Alcohol auidelines

by Lee Tate

INCREDIBLY, with modern-day focus on public health and fitness, we have never seriously tackled one of the greatest threats to health, booze.

Domestic violence, public fighting, traffic



deaths and slumps in general health wash over all of us. We know it, we advertise it and we encourage it.

We lift our glasses at births, weddings, promotions, awards, ceremonies, sport achievements and funerals. Booze is obviously entrenched in society.

School leavers load-up for their raves. Parents have been seen dropping-off their children for the Rottnest ferry, unloading cans of beer.

Great community fo-

cus is given to drugs, mostly without referring to alcohol, yet hospitals are burdened with alcohol-related diseases.

Booze is on the modern menu: cocktails, 'shots', boutique beers, myriad wines and 'bub-

The latest statistics show that more than one in four (27 per cent) adults exceed the Australian Adult Alcohol guidelines.

Males were more likely than females to exceed the guidelines (36 per cent compared with 18 per cent), according to the National Health Survey in 2022. More than one in three (36 per cent) young adults aged 18-24 years exceeded the guideline.

"The consumption of alcohol is widespread within Australia and is consumed in a wide

range of social and cultural activities," reported the Australian Bureau of Statistics.

"Harmful levels of consumption are a major public health issue and are associated with an increased risk of developing chronic conditions, injury, and premature

Exceeding the guide-line included those who either consumed more than 10 drinks in the last week and/or consumed five or more drinks on any day, at least monthly, in the last 12 months (on at least 12 occasions per

An amazing revelation was that people who spoke English as the main language at home were far more likely to exceed the guideline than those who spoke any other language (31 per cent compared to five per cent)

Those living in outer regional and remote Australia were more likely to exceed the guideline than those in major cities (31 per cent compared to 26 per cent).

The figures also show that the number of people experiencing mental health conditions has risen dramatically in the past five years with one-in-four people affected.

An enormous 81 per cent of people had at least one long-term health condition while half had at least one chronic condition.

While daily activity rates have risen, nearly three million Australians are sedentary.

Australia is clearly not seriously prepared to tackle the issue with its soaring health and financial issues.

Prohibition is obviously not the answer, but greater focus on moderation at home, at school, at workplaces and by authorities would be a help.

Decades ago, some governments and companies made noises about offering only reduced-alcohol (midstrength and light beers) at their functions but this didn't lead to much.

Zero-alcohol and beers are growing in popularity but making little impact in reducing ill health, violence and traffic accident statistics.

Banning the booze would be unrealistic and unnecessary. But, in the interest of our health and safety, lowering alcoholic levels would raise the bar.

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

# Days of me visiting the fish - a look at the simpler life...

by John Rando, lawyer, musician, social scientist, existential philosopher

USUALLY, when I was a kid, I visited the fish at Lake Monger, Mount Hawthorn on a Sunday morning, just after breakfast.

Sometimes the fish appeared pleased to see me, depending on the kind of food I threw into the water. Usually, bits of broken biscuits or goldfish food I brought from the local

pet shop.

The fish seemed particularly keen on Mum's old stale Italian bread, that was aptly softened by the lake water. Excitedly, the fish rose to the surface of the lake, wide-

ly opening their mouths gulping down the food as I scooped them up in my net, then back at home I placed them in my old bath tub, their new home in the backvard. Although I fed them daily, they didn't seem as pleased as when they swam around Lake

Whether the fish were pleased to see me depended on the weather. Best were warm, bright, clear, sunny days. Worst were cold, windy, wet ones. Even Mum's tasty stale bread didn't have much appeal on those days. On cold days I usually got a cool reception from the fish.

The fish were either small gambusia or fat carp. Both introduced species.

On the days when the fish avoided me, my mates and I would scurry to the northern side of the lake and paddle around the lake on old discarded mattresses we salvaged off the rubbish tip on the edge of the lake. We floated across the lake. They appeared safe enough, until they became water-logged, usually in the middle of the lake and began to sink unexpectedly. On the first occasion this happened I learnt to swim, struggling to reach the edge of the lake just before I expected to drown.

It seems that health and safety had not evolved yet. Kids seemed free to do what they wished.

Dozens of little black, fat tadpoles mingled with the fish, although they never seemed as hungry as the fish. Besides, it was easy to scoop the tadpoles up with my bare hands. No need to use a scoop, or entice them with Mum's stale bread crumbs.

The problem with the tadpoles was, they metamorphosed into fat, green

frogs with yellow vertical stripes, within days or weeks of arriving home, jumping out of the bath tub and lurking around the garden, never to be seen again. Fish never escaped from the bath tub. Although I rarely saw frogs, night after night I heard the baritone croaking sounds of males trying to attract





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Dalton was named in honor of a lady who left a generous gift in her Will to Guide Dogs WA.

R For more information about including a gift in your Will to Guide Dogs WA please call (08) 9311 8285 or visit www.guidedogswa.com.au/supportus/gifts-in-will/

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# Discover a mystery of history on a Monday



STARTING on Monday March 18 the Royal Historical Society of WA have an exciting new concept with Mystery Mondays - a free event for anyone to attend.

There will be a mystery guest in the bookshop, a mystery photo in the library and a mystery artefact in the museum.

Enjoy the mystery quest together with a cuppa with members of the society.

Running from 10am to noon at the Historical Society headquarters at 49 Broadway Nedlands and on the third Monday of each month until December. No bookings are

## Find the secret word to go into the draw to win...

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over dentures

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- 1. Guide Dogs WA
- 2. Advocare
- 3. Debbie's Treasure Warehouse
- 4. Kings Tours & Travel Secret Italia Tours
- 6. Hannan's North
- Tourist Mine 7. St Vincent De Paul
- WA Inc 8. Swancare
- 9. Caversham Cafe
- 10. Koorliny Arts Centre
- 11. Arts And Culture Trust

Entrants can enter via email with Adwords 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 1/04/24. Congratulations to Eliza-

beth Komorowski of Duncraig, our February Ad Words winners.





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# How do social activities benefit well-being in later life?



L-R; Dr Barbara Neves - Monash University are looking for seniors to participate in study

## by Frank Smith

RESEARCHERS at Monash University need your input with their studies into seniors' well-being and social activities.

They are looking for aged care recipients to answer a national survey about social activities, connections,

and well-being.

Survey responses will inform a three-year study aiming to reduce social isolation and loneliness in later life.

You can help if you are over 65 and live in a government-subsidised residential care home or live in the community, receiving a home care package.

You can talk to the researchers by video conferencing, by phone or complete a survey monashstudy.link/survey.

Register by calling (03) 9905 2971 or email man dy.oconnor1@monash. edu.

Dr Barbara Neves is a sociologist of ageing and technology at Monash University. She leads this study for the Australian Department of Health and Aged Care.

She says loneliness and social isolation have harmful effects in later life. Both cause deep emotional pain and a range of serious health issues.

"Our research shows that older Australians (aged 65+) who experience loneliness feel dumped, forgotten, and left to die. Our research also shows that social isolation and loneliness increase the risk of dementia and cardiovascular disease among older people.

"Not all older people experience social isolation and loneliness. Those most vulnerable Australians are older who live in care homes or alone and deal with health problems. These circumstances make it harder for them to socialise, limiting their opportunities for meaningful social connections."

The survey can be completed through this link https://monashstudy. link/survey or participants can book a researcher to visit them in person or interview them on

Puzzles and *Priscilla* at Joondalup Libraries

he phone

The study is part of an evaluation of the Aged Care Volunteer Visitors Scheme (ACWS), being conducted by Monash researchers for the Australian Department of Health and Aged Care.

The Aged Care Volunteer Visitors Scheme (ACVVS) supports isolated and lonely people who are receiving Australian Government-funded aged care services in an aged care home or through a Home Care Package (HCP)

It provides support for volunteers in their essential role in the aged care system. The volunteers help older people to live meaningful lives and build social connections that prevent social isolation and loneliness.

ACWS funds volunteering organisations to recruit, train and support volunteers to provide friendship and companionship to older people.

They provide standardised resources for volunteer onboarding and continual learning, with training in ethnic and cultural diversity and complex vulnerability.

It also encourages new volunteers to join this meaningful and important program.

Dr Neves said: "whether you are currently involved with the ACVVS program or not, we highly value your participation in our research.

"We want to hear from all people receiving aged



care across Australia to capture as many experiences as possible. This is an opportunity to have your voice heard and help improve government programs," she said.

The survey takes 20-25 minutes to complete and the first wave is open until March 2024.



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# Fun friendship and flowers - all welcome



Priscilla

WHAT a way to start the year doing what we all love – Floral Art.

AS part of their Autumn Events and Programs, Joondalup Libraries is hold-

ing a jigsaw competition. Pairs battle it

out to see who can complete the same

Can you and your partner put all the

pieces together first to take out the title?

Entry to the competition costs \$15 per

Priscilla is coming to Joondalup - well,

a movie about Priscilla to be precise! The

new Discovery Outbound program for

500-piece puzzle the quickest.

In the early part of the year when it is quite hot, we try to avoid using many flowers and have to adapt our designs accordingly. One of the titles on this month's schedule was Artistically Captured and it was beautifully interpreted by Pauline Tarrant, one of our newer members. Another title was Juicy Fruit and that, too, produced some stunning designs

We would love to share our art form with you, so why not come as a visitor and check us out? We are a very friendly group and we provide a scrumptious afternoon tea, as well as a lovely afternoon's entertainment.

The club meet on the second Saturday of the month except January, at 1p.m. at the Osborne Community Hub, 9–11 Royal Street, Tuart Hill (behind BP Service Station, corner Royal and Main Streets, Tuart Hill).

Joondalup residents aged 50 and over

has booked the Telethon Community

Cinemas for a special outdoor screening

of the new biographical movie *Priscilla*. This drama tells Priscilla Presley's side

of her long courtship and turbulent mar-

riage with Elvis. The movie screening will

be held on Tuesday March 26 at 6.30pm. Bookings are essential for both events. See the City's event calendar,

visit joondalup.wa.gov.au for the autumn program. Enquiries to 9400 4751.

Further details about the club are available on our website www.waflo ralart.org.au.

I mentioned previously that our website was being redesigned. This is now up and running and well worth a look. If you would like to see quite a range of designs as per our handbook, click on 'Definition Subjects' on that site.

Denise Shelbourn,
President,
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# 1 in 6 older Australians

experience Elder Abuse
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Wise up, rise up against Elder Abuse



# Precious angel... Mamma told me there'd be days like this!



Vale Simon Cox © @Simon-Cox-Music

by Rick Steele

MAMMA told me there would be days like this. B.B. King sang; "Everybody wanna know why I sing the blues?'

Rick Steele wrote and sings; "I've had the blues all day, and it kept me up



all through the night."?

The unwelcome and unexpected news of the passing of an old colleague, exceptional musically talented bloke, band member, and friend of many, can change the colour of your day in seconds. The brain and spirit both go into a spin dryer rotation of disbelief

and regurgitation of what you have just been fed. You question and requestion what your brain has just processed. Finally, as confirmation arrives from more and more reliable sources, reality takes over and you've got the blues

Not sure who said it first, but, "Live everyday like it maybe your last, cause one day you're gunna be right,' suddenly rings loud and clear.

Woody Allen said: "Death is such a great way to cut down on expenses!"

"God's finger touched him, and he slept," Tennyson - In Memoriam. I of a young 19-year old's untimely demise. He got stung by a bee. The natural enemy of a tightrope walker.

Shakespeare wrote: "Everyone can master a grief but he that has it.' Also. "what's gone and what's past help, should be past grief." All well and good for him to say... us regular humans need to work through this in our own way.

I will get myself busy with three projects at once and most likely, at some stage, play the blues.

"Feels to me, out in the street, like the whole

I wrote that line and song when my cousin Tony, who was my age, died in his early forties. It doesn't seem fair.

Our mate was Simon Cox,1974-2024. He was a true talent who impressed the best. A CD of six of his finest original songs is being prepared and will be released in memoriam at the celebration of his life held at the Perth Blues Club, Charles Hotel on Thursday March 7.

Music from blues members and all sections of the Perth music industry combined to remember, and rejoice,

in the magic of this super talented bloke.

I had an old uncle George who was perhaps a plank short of a floor. Auntie Milgatroid entered him in a quiz show and he somehow got through to the \$50,000 question.

The snappy looking i announced compére with glee that George's question would be spelling. (Not his strong suit) "For fifty thousand dollars, spell 'farm'".

"Ooh, ooh, I know this one," said an excited George.

"Old MacDonald had a farm; EIEIO."

Cheers dears!



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# The pleasure of politeness is welcoming...



by Jon Lewis

WITH a simple smile and a useful gesture I was beckoned forward to being next for the checkout. I had but a few items and the gentleman before me had a full trolley and two attentive children.

I had been in the receipt of a polite and thoughtful

gesture, the children had been in the receipt of a life growing and empowering lesson. I thanked the stranger with a word and a grateful smile.

Soon, I was on my way enjoying the good in this

This was a simple kindness born of the economy of time, how we would like to be treated with politeness. The ripples of this continue and even if they are paused for a while, the memory of the moment reinvigorates the intention.

Politeness is the behaviour that is respectful and considerate of other people. It is the practical application of good manners or etiquette so as not to offend others and to put them at ease.

If all the world were put at ease, would that ease the troubles, would that dissipate the disturbanc-

It is my belief and hope that politeness happens often and without fanfare. In traffic after letting in a car, is the often familiar wave. The queue at the coffee shop, you were before me, smile, even the last slice of cake sitting there lonely on the table as your tummy grumbles... politely waiting for the dessert to go to someone more deserving while secretly hoping it will be politely offered to

you... yes, I wish I was a better person.

Polite is a beautiful habit to be in. It was revealed in a science journal some years ago that it takes less energy to be polite than it does to scowl or demand. It was even suggested that being polite could generate energy... imagine that! Free energy, and without carbon emissions, how polite is that?

On occasions I meet what I call remarkable people who seem to be in essence, the pinnacle of politeness. They portray it smoothly, without effort and beautiful. Yes, that is something else I love of politeness, it's welcoming beauty.

I wonder, is being polite an art form that some are born with, and others can learn with patience and practice?

For me it is a matter of undoing the hard work of entitlement and welcoming the serenity of simple patience and kindness.

It was pointed out to me one early morning on my 6PR radio talk show, that patience is simply having a little rest, a little sleep, a patient pause... I love it! I feel the trick to patience, for me, is not to be caught snoring.... whoops!

By enjoying the beauty of politeness, people's pleasures are a plenty. All the best.

## ARMADALE SOCIETY OF ARTISTS CLASSES LANDSCAPES AND SEASCAPES IN OIL/ACRYLIC

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THEORY OF ART, OIL/ACRYLIC

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WED 10.30am - 12.30pm PHOTOGRAPHY Zyg Woltersdorf 0407 993 176

first Wed of month WED 6pm-8.30pm

THU 4pm-5.30pm during school term

FRI 4pm-5.30pm during school term SAT 9.30am-11.30am

SAT 10am-12pm

each fortnight

Geraldine 0437 788 630 \$30 (MATERIALS INCLUDED) **YOUTH ART CLUB, AGES 12-17** Chantalle 0422 541 738 \$10 (\$12 NON-MEMBER)

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TUE 6pm-8.30pm	LIFE DRAWING Lesley 0407 420 813 \$20
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FRI 12pm-2pm	DRAWING GROUP Chantalle 0422 541 738

SAT 1pm-3pm 2nd SAT of every mth Sandra 0488 103 044 Classes held at ARMADALE ARENA, 4 Townley Street, Armadale

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# Centrelink update: January 1 changes to the Work Bonus



by Hank Jongen, General Manager, Services Australia

IN December 2022, the government changed the maximum amount that you can build up in your Work Bonus balance from \$7,800 to \$11,800. It was introduced as a temporary measure but on January 1, it became permanent.

That means anyone eligible is able to earn an additional \$4,000 from work without it affecting their rate of pension.

So, who can get the Work Bonus, and how does it work?

If you receive Age Pen-

sion, or you're getting Carer Payment or Disability Support Pension and you're over Age Pension age, you can take advantage of the Work Bonus for employment income.

Work Bonus automatically exempts the first \$300 per fortnight you earn from work. It doesn't apply to other sources of income like investment income.

fortnight you Every aren't working, or have been paid less than \$300 from work, you are contributing to your Work Bonus balance. This balance can grow until it reaches the maximum of \$11,800.

If you are working. any Work Bonus eligible income over \$300 in a fortnight will reduce any Work Bonus balance you may have before the income starts to reduce your pension. The excess income won't affect your pension rate until your Work Bonus balance is

What does the January 1 change mean for pensioners over Age Pension age?

If you're already on a pension, you won't see any changes. Everyone already on a pension has received the benefit of the \$4,000 one-off top up from December 2022, either by an increase in their Work Bonus balance, or an increase in their rate of pension as their employment income used up the bonus balance top up.

If you're applying for a pension now, you will start with a Work Bonus balance of \$4,000 straight away. That means you could start work straight away if you wanted to and you'd have to use up your bonus balance before your employment income affected your rate.

The nice thing about the Work Bonus and Work Bonus balance is that it's all worked out automatically. You don't

need to do anything to take advantage of it, except report your income, as you are required to do. You can look at your existing Work Bonus balance by going online.

Until next time.

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.

# British Pensions Update - pensions rises and changes when returning to UK



by Mike Goodall

MANY UK expat pensioners will be travelling to the UK to visit friends and family. For those travelling after April 8 this year there will be an additional bonus as their UK State pension will be increased by a further 8.5 per cent for the duration of their stay in the UK. For those lucky enough to be on a maximum UK New State Pension (only applicable for those who reached State Pension Age after April 5, 2016) the maximum pension is increasing to £221.20 per week and for those on the Old State Pension (SPA before April 6, 2016) the maximum pension will increase to £169.50

per week. Call the International Pension Department on +44 191 218 7777 just under four weeks before your flight or less than four weeks after you arrive in the UK to claim an increase for the duration of your holiday. This also applies if you are visiting the EU as well.

Car hire prices are rocketing in the UK if need a car book as soon as you've booked your travel. You should get a better deal if you book in Australia and it can be included in your holiday insurance. There is a belief that

if you wait to claim your pension after the annual April increase that you will receive the increase in your pension. This is incorrect because if you are living in a 'frozen country' like Australia, your UK State Pension is frozen at the rate it is when you reach your State Pension Age (SPA). You will not receive any increases, unless of course you return to the UK to live or travel to the UK for a period of time less than 183 days or for those born after April 5, 2016 if you defer claiming your UK State Pension. Then the increase which only applies after one vear will be paid when claimed with an interest rate of approximately 5.8 per cent per annum based on 1 per cent every nine weeks. However, if you chose to do this,

say for four years until the age of 70, then claim your pension the 'back pay plus interest' will only be paid as an additional weekly amount. It will take you 17 years and four months to get your own money (plus interest) back. Therefore, you would have to wait until you were age 87 and four months. That is a risk too far for most people.

Different rules apply for those who reached SPA before April 6, 2016, provided that you haven't claimed your UK State Pension.

Many people apply to pay for shortfall years to achieve an increased pension. A few words of

1. Much of the information on the UK Gateway accounts is set up for those living in the UK and does not necessarily apply to those living in Australia.

2. When you receive a response from HMRC with a list of years that vou are eligible to pay, these are not necessarily years that would contribute towards your UK State Pension, just years you can pay. Many if paid could be a waste of mon-

3. Information given by the Department of Work and pension is not necessarily the least expensive option for payment

It is wise to seek professional advice.

### **Am I UK State Pension** Age?

UK Expats and Australian citizens 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 date those born after April 6, 1960 can claim will increase by one month extra for every additional month of birth until March 6, 1961 when it will become their 67th birthday. This is now subject to a UK Government review due in January 2026.

Anyone who would like to discuss any aspects of their UK State Pensions, is welcome to contact Mike Goodall on 0403 909 865 or via e-mail mikecgood all@btconnect.com





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Researchers at the Curtin Health Innovation Research Institute have discovered a new treatment that may be able to support memory in people with Alzheimer's disease.

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# What's the best diet for the planet and a healthy long life?



by Karen Majer

FANCY snacking on boiled sheep's head, pickled ram's testicles or fermented shark? Apparently that's the thing in Iceland which is one of the top-ranked countries for life expectancy. A fish-heavy diet full of hearthealthy Omega-3 fatty

acids, along with low pollution, an athletic lifestyle and genetic factors have been cited as reasons for Icelanders' longevity.

Fortunately we don't

have to adapt our palates to these delicacies! A long-term study also identified other places where more people enjoy longer, healthier lives than elsewhere. People in these so-called 'Blue Zones' are three times more likely to live to 100 than Australians. There are some common factors in these communities, as diverse as Okinawa in Japan, the Italian island of Sardinia, the Greek island of Ikaria, the Nicoya Peninsula in Costa Rica and the Seventh Day Adventist community in Loma Linda, California – strong social networks, a mostly plant-based diet, daily natural physical activity and not overeat-

Blue Zone communities have diverse diets, showing that there is no single 'right' way to eat, but they do have some things in common. Longlived people are not necessarily vegetarian, but they do eat mostly plant foods. If they eat meat, they do so sparingly. Seasonal fruits and vegetables and a variety of beans, nuts, seeds and

grains are the staples. While a Blue Zones Diet has been developed, it avoids being the next diet fad. You don't have to count calories, avoid dairy, take expensive supplements or plan meals.

Another diet that is being promoted is the Planet Health or Planetarian diet. Science-based guidelines for a healthy, flexible diet incorporate the health of the planet as well by reducing meat consumption, minimising food waste and focussing on local, seasonal foods. Eating local is a great way of supporting local producers as well.

It's no surprise that

there is considerable agreement between the Blue Zones and Planetarian diets. Some folk have strong beliefs around ethical choices, especially animal welfare. A great advantage of these approaches is flexibility. You can make your own choices about being flexitarian, vegetarian or vegan and incorporate cultural traditions, while following health guidelines

And then, of course, there's the question of taste. Enjoying food is an important part of life. The yum factor may have shaped our evolution. Apparently our ancestors

had a sweet tooth; they even had dental cavities to show for it. A recent study that examined dental wear and disease in fossilised teeth from five primate ancestors of humans, apes and monkeys indicated a predominantly soft fruit diet. This preference likely had significant impacts on exploration of opportunities to disperse and even on the development of eyesight, including colour vision.

Humans gradually evolved a varied diet but that did not, until recently, include refined sugars, artificial colourings, flavourings and preservatives, and highly processed

foods. We are suffering the health consequences. According to the latest data, more than twothirds of Australian adults are obese or overweight.

Carefully researched health guidelines such as Blue Zones and Planetary Health can help us to make conscious lifestyle choices that also take account of the environment and the capacity of food systems to feed the growing global popula-

A lot of it comes back to a saying that I love: "Don't eat anything your greatgrandmother wouldn't recognise as food."

## Royal WA Historical Society book sale is on...



ROYAL WA Historical Society's giant second-hand book sale begins on Friday April 5 from 4pm to 6pm. Opportunities to browse and buy continue over the weekend Saturday from 9am to 5pm and Sunday from 9am to 4pm with half price Sunday commencing from 2pm.

There will be all sorts

of books, sets and series; fiction, fashion, history crime, sci-fi and adventure and many more for children teens and young adults. Sheet music and vinyl records will be available too.

What makes this sale extraordinary are the hidden gems waiting to be discovered from the treasured collections of the society's members and friends when they downsize.

Cash, Visa, Mastercard and EFTPOS will be accepted at the sale at 49 Broadway (corner Clark Street Nedlands).

## Retirees group have an array of interesting guest speakers

JENNY Howson from Vision Australia will discuss eye care and associated problems with our vision as we age, at the next meeting of the Perth branch of the Association of Independent Retirees (AIR) on Friday March 15 at 10am.

The aim of the Association 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 there is a guest speaker. Over the years speakers embrace many interesting topics related to finance, travel, health, community and special interests of members.

Members (\$2) and visitors (\$5) are encouraged to bring the correct money and their own cof-

fee mug. Visitors are welcome. Enquiries can be addressed to Margaret (marghw@iinet.net.au).

On Friday April 19 we will be hearing from Peter Ewers discussing part two of his Fathers' War. An AIR Investors discussion group will meet on Wednesday March 13 at the same venue.

Enquiries can be addressed to John (johnkwellis@gmail.

# South West Savvy seniors event is back

SAVVY seniors in the Bunbury area save the date for Friday March 15 as the community event returns to the South West Sports Centre from 10am to 2pm.

Seniors with Attitude, Vital, Very Clever and Young at Heart (SAVVY) will be made most welcome at the event.

Don't miss having a go at various activities including a Pickle Ball demonstration; Line dancing demonstration - interactive; Make your own Smoothie (ride on the bike); Choir singing "Always Look on the Bright Side of Life" and other songs and cooking demonstrations of healthy and thrifty meals.

Check out the Pontiac 1967 Le Mans car on display, enjoy the group displaying photographs. There will be a local radio identity recording community members unusual trip tales and roving songsters creating a Back Tracks tune and 40 plus exhibitors and information stalls.

# Seniors Recreation Council of WA Inc.

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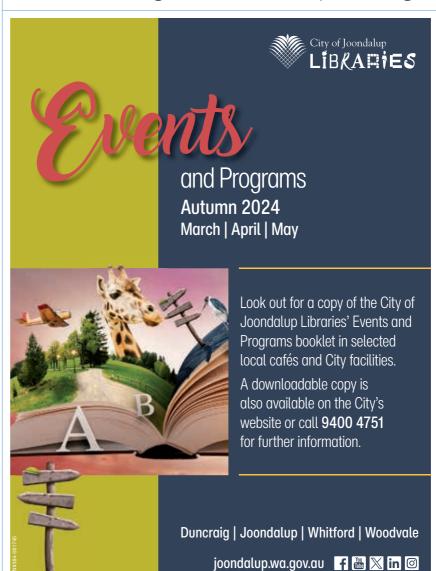


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## Talk featuring Wills, estate planning and scams...



STACEY Price of the Northern Suburbs Community Legal Group will be the speaker for northern suburbs branch of the Association of Independent Retirees (AIR) meeting on March 21. Stacey will be talking about Wills and Estate Planning, which is a subject we should all be addressing.

Advance notice for the April 18 meeting. The speaker will be Merinda Willis from Consumer Affairs. Merinda will among other items be discussing the latest sophisticated scams.

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

All AIR members and any interested guests are most welcome and we look forward to seeing you there. Numbers are restricted in the meeting room, if you are interested in attending as a guest, please reserve a seat by registering your interest with Mike Goodall.

Cost \$5 per person including raffle and refreshments.

For further information please contact Mike Goodall on 0403 909 865, e-mail mikecgoodall@btconnect.com for further details.

# Retirees Club News & Recreation



# Connect with other local women and support children in need

BAYSWATER City VIEW Club is on the lookout for new members who want to give back to their community and make new connections with women in the area.

VIEW, which stands for Voice, Interests and Education of Women, is a network of nearly 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.

Club president Linda said this year is the perfect time to join VIEW as social events are truly back on the calendar including morning teas, walkathons and excursions.

"Our events and activities are a way that we raise funds to aid The Smith Family support the education of children and young people experiencing disadvantage."

VIEW is the largest communi-

ty sponsor of The Smith Family's Learning for Life program, which provides students with financial, educational and personal support.

Linda says this is crucial, particularly in the current economic climate.

"We have all been hit by the rising cost of living, be it power prices, food or petrol. But these rises have had an even greater impact on those already doing it tough.

"Parents shouldn't have to choose between putting dinner on the table

or buying their child a uniform for school. This is why it is so important that we can help children experiencing disadvantage with their education," she says.

VIEW nationally supports the education of over 1720 students through the Learning for Life program, ensuring that they have educational support and what they need for the school year.

"We are always looking for women of all backgrounds and ages to join

us and we look forward to welcoming new faces at our next monthly meeting."

Anyone interested in becoming a member can call Linda on 0417 960 027 or visit www.view.org.au for further information.

The next Bayswater City VIEW Club meeting will take place at the Bayswater Tennis Club in Murray Street, Baywater on the second Tuesday of the month at 10am for a 10.30am start. Morning tea provided.

## Why men go to war

FORMER journalist Ron Banks will be guest speaker at the April meeting of the Western Australian Self-funded Retirees Association (WASFR). He will talk about his latest book *Dad's Army* which deals with young men volunteering to join the defence forces at the start of the Second World War.

Drawing on his own family's personal records and newspaper accounts at the time, he recounts the events that shaped the lives of these young men and how government approached the task of supplying troops, keeping the economy going, providing opportunities for women and dealing with issues such as exemption from war service, internment, conscientious objection and the eventual peace process.

The meeting will be held at 10am on Friday April 12 at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

The speaker's presentation will commence at 11am following the main meeting and morning tea. Visitors are always welcome, there is no charge for admission and ample free parking is available onsite.

For more information phone Ron de Gruchy on 94471313 or Margaret Harris on 04127 991 947.

## U3A PERTH - Free March lecture and city courses update



Emeritus Professor Simon Forrest of Edith Cowan University

LEARN, laugh, live. Explore your interests and make new friends with U3A Perth. U3A has a free lecture coming up at 2pm on Sunday March 17 at the State Library Theatre, Perth Cultural Centre.

Emeritus Professor Simon Forrest of Edith Cowan University will deliver the lecture titled *Boodja Neh: Noongar Ways of Being, Thinking, Doing and Knowing.* 

This presentation will give an overview of how Wadjuk Nyoongar lived and how culture and the first

human societies evolved on this landscape. Boodja Neh is explained and how Nyoongar ways of being, thinking, doing and knowing have relevance in modern day Australian society. Entry is free but bookings are essential at www.u3aperth.au or call Ron Mitchell on 0439 919 670 for more information.

Semester 1 of U3A City Courses is about to commence. The courses are conducted at Citiplace Community Centre and the State Library of WA, both a short walk from the

Perth Train Station. There are still places available in the popular lecture series, science and technology and film discussion groups, for example.

Check out the website www.u3a perth.au for details of courses available, information about new opportunities within the Art for Everyone program and planned activities at our branches across the metropolitan area.

The Course Brochure for Semester 2 will be on the website in June.



# Scratchie packs are up for grabs this month

EACH month we give away five, \$20 Lotterywest Scratchie packs for some lucky people to win, and we are always hoping one of them jags a big prize.

To be in the draw, simply email win@haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/4/24.

Congratulations to our January 2024 winners... Joe Harringer, Julie Laity, Kirk Boyd, Sylvia O'Hara and D



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# Letters to the Editor Your letters...



Dear Editor, RE Florence Mellot's letter in February. FOLLOWING the recent murder of a woman with a knife in Queensland and the capture of drug dealing people with quantities worth millions of dollars at various plac-

es around Australia, I

would suggest that the

reintroduction of the

death penalty is defi-

nitely warranted. However, I would like to suggest that the wording 'death penalty', be more subdued. Words like 'forfeiture of life', might be better subtle softer speak to make people think, hey, that is serious.

Another suggestion is that a person found guilty may at the judge's discretion receive a life sentence if after a period of a good behaviour is proved.

However, forfeiture of life means die in prison.

For other offences, period detention, corporal punishment should also if warranted be attached to some sentences, to be carried out whilst in prison at the discretion of the authorities.

Something has to be done to stop this criminality and violence, laws are too weak now for the type of society we have become and are heading further down the path of anarchy.

It costs a \$1000 a day to keep prisoners in jail, they are overcrowded with some are just seeking free accommodation.

Police, bless them, can only do so much. The balance between law and order, has to be seriously reviewed and necessary reform put in place.

**Robert Mitchell** Karrinyup

Ed: the number of people murdered in Australia has declined from 22 per million people in 1990 to 7.4 last year.

Dear Editor,

FLORENCE Mellot asks in her letter about the state of anarchy that we are living in (highlighted by the comment about the High Court ordering the release of those criminals from detention) and what can we law abiding citizens do about it, well there is one thing.

What we can do is at election time (council, state and federal election times) is ask of those candidates what their stance is on law and order and what they (the candidate) would genuinely do if they were elected and whether they would have the intestinal fortitude to, if need be, go against their party if it was needed.

Without getting into a sparring session with David Rudman about the fact as to whether the editor and her team really shine due to the fact (in his opinion, to which he is entitled to of course) the standard of general journalism has sunk so low. Have a Go News has been going since 1991. That must speak for itself in how the community values what is in the paper.

In my humble opinion stuff is printed without fear or favour in relation to the sponsors (read advertisers) as evidenced by the letters that get published.

In the articles by Lee Tate for instance at the end of each one we are asked what do we think and if we wish to make a comment, we send it marked "opinion", we are free to make any comment (as long as it is legal) on anything in the paper and more often than not if there

is the space then those comments do get published.

Finally David, have you done the readers survey? I have, if you have not, then why not? I do not think I have seen surveys from the mainstream papers asking the readership what they think.

To use a saying from Shakespeare (well I think it was him) with modifications, Have a Go News, how much do I love thee, let me count the ways, I would have too many to list here, suffice to say that I hope there will always be a Have a Go News even if we readers have to come to the rescue in later years to make sure it gets produced.

> **Margaret Anne Ryan** Ballajura

Dear Editor,

OVER 400 bank and 700 ATMs were closed or removed in 2023. Are these red flags?

It is quite possible that all cash will be abolished at some stage and replaced by the less tangible figures on a statement page, issued by untouchable banks that are protected by bailouts or bail-ins.

Even more disturbing is the idea of money with a use-by date, but that's another dystopian story.

Given that Australia has the worse government in history, anything is possible and we should all be vigilant. A regime that spends \$910 million taxpayer dollars on warmongering, in some far-flung country can hardly be considered trustworthy.

Let's not forget the global economic turmoil during 2007-08 and the Cyprus scare in 2013 where depositors lost up to six billion euros

and could only withdraw a limited amount of funds from their banks. Could the same thing ever happen here?

So are bail-ins the new bailouts? In a bailout, the government injects

capital into banks, enabling them to continue operating, while bail-ins provide relief when banks use money from their unsecured creditors, including depositors and bondholders.

In the United States, banks can only use deposits over \$250,000 from their investors in a bail-in situation, because of the protection provided by the FDIC (Federal Deposit Insurance Corporation). I don't know if Australia has a similar insurance protection. So, investors beware.

To paraphrase Frankie Vaughan you got-ta have nothing in the bank,

> **David Rudman** Port Kennedy

Dear Editor,

COME hell or high water I receive a part pension from the Australian government. I also receive a part pension from the United Kingdom government (here in Oz it is called unearned income).

I now find that I cannot obtain a personal loan or line of credit, nor even a credit card.

Any young person can get any or all of these including a mortgage, then lose their job and be unable to pay. My income is secure - so why am I discriminated against?

**Hope Morgan** Pinjarra

Submissions may be edited for clarity and space Please keep submissions to 200 words or less. Email jen@haveagonews.com.au

Dear Editor,

I RECENTLY received notification from my bank stating as of May 24, 2024 my cheques can no longer be banked or cashed at any bank and cheques already written will be dishonoured.

I am an elderly citizen and should have the right to pay my bills with my money as I choose. This decision also dictates I no longer can donate by cheque to various charities, so they will lose.

Not everyone owns a computer or smart phone. The elderly are being bullied into the digital world and for many it is foreign, complex and takes away their independence, plus using electronic devices can be a health hazard. Exposure to wireless radiation from wireless devices is something we should be aware of. All wireless functions should be off when using electronic devices.

Next in line for the

chop is cash. What happens to cash for the homeless, swap meet stall holders, markets, garage sales, buskers etc.?

With the advent of bank closures and phasing out cash, it makes life difficult for those in regional areas. We need to make a stand, loud and clear and not be treated like robots making the rich

> **Tina Frost** Mandurah

Dear Editor,

I WAS shocked that Have a Go News is introducing/encouraging unsuspecting seniors to gambling with their front-page news item *Tipped for success: Tipping Point* – which is a gambling show.

In our travels in Australia, we have noticed how gambling is so prevalent in other states of Australia with poker machines present everywhere. We were

proud and happy that Western Australia was not like that.

But with the introduction of Tipping Point and its promotion by Have a Go News unsuspecting seniors in West Australia are being introduced to it by such an auspicious free publication that is freely available to all.

Was Have a Go News paid to publish it on their front page of the February 2024?

I hope your editorial team will

think about the ramifications of encouraging gambling by such an auspicious publication and will not repeat it in its future publications.

**Dr Gulten Wagner** 

Editor's note: We were not paid to publish the piece on Tipping Point Australia and I do not agree that the article promotes gambling, it promotes a quiz show aired on Channel 9 Perth.

Dear Editor,

I USE cash every day. Once a week I go to an ATM and take cash out for the week.

I have been doing so for many years. As I don't want the government to know where my cash is being spent, I don't go to the same ATM all the time. Big bills are paid another way.

Yes, in the olden days it was nice to see a smiling face behind the bank counter.

Cash is king!

Jean Glo

Dear Editor,

DAVID Rudman (letters February) urges us to "stop believing every snippet of information that is uttered ad infinitum and rely on well researched, critical thinking."

But if he really believes that Covid and Climate Change are merely twin nonsenses based on nothing more than unsubstantiated propaganda, then clearly he is not following his own advice.

**Deborah Lisson** 

# **COMMUNITY NOTEBOOK**

If you would like to promote your event through the Community Notebook, please email Pat, research1@haveagonews.com.au

## ALL THINGS RECYCLED **CLOTHING MARKET** Saturday March 16

9am-2pm Buyers \$3 (kids free) Cash only, no ATM onsite Kalamunda Performing Arts Centre (Agricultural Hall) 48 Canning Rd, Kalamunda. Info Dani 0417 916 784 allthingsrecycledclothingmkt@gmail.

## **GRASS VALLEY FAMILY FAIR** Sunday March 17,

11am-3pm

Dempster St. Grass Valley Children's entertainment, market stalls, food trucks, vintage vehicles and agricultural machinery displays. Eng 6608 0310 events@northam.wa.gov.au

### THE 10TH PERTH JAPAN **FESTIVAL**

Saturday March 23, 11am-8pm Supreme Court Gardens. Perth.

## **REDEFINING AGEING PERTH** 2024 - NEVER TO LATE

Saturday March 23, 9.30am-1pm Join the inaugural Perth Redefining Ageing event that is at the forefront of reshaping the narrative that surrounds women and

ageing. Tickets www.silversirens.org/2024perth-event-tickets

Historic Ballroom Pagoda Resort & Spa. 112 Melville Parade, Como

## **EVENING IN THE PARK Celebrate Harmony Week**

Saturday March 23, 4pm-8pm Cultural performances. Food trucks. local crafts and family fun event.

Paloma Park. Mirrabooka Avene, Marangaroo, Cost free.

## **CELEBRATE HARMONY**

Free community fun day Saturday March 23, 3pm-7pm There will be a range of activities and entertainment on offer for all the family. Visitors to this event are encouraged not to smoke, vape or drink alcohol. Baldivis Sport Complex.

## **CWA CENTENARY MARKET SAUSAGE SIZZLE**

Sunday March 24, 9am-1pm Guild Hall. Watts Road. Shoalwater To commemorate the Centenary of CWA Western Australia, CWA Safety Bay branch is hosting a market day on preserves and bake sale. Local

stallholders, raffle, children's activi-

ties, and book sale.

## **CITY OF COCKBURN EASTER FAIR**

Saturday March 30, 3-8pm Egg-cellent afternoon of fun, children's activities plus live entertainment.

Aubin Grove Reserve. 71 Camden Blvd, Aubin Grove. events@cockburn.wa.gov.au

## **ROBERT GRAHAM IN CONCERT**

Wednesday April 3, 1pm-3pm Pianist, singer/songwriter and part time comedian.

Mandurah Seniors and Community Centre.

Price members \$5. Non members \$10.

## **AN EVENING WITH PENFOLDS** Saturday April 13, 6pm

Settle in for an unforgettable culinary journey with a five-course degustation menu curated by epicurean innovator. Chef Chad Miskiewicz. \$369pp +bf (inclusive of five courses, and paired wine) Tickets via https://bit.ly/30EwqPS

## **TUESDAY LADIES CLUB Every Tuesday**

9.15am-11am

Come and make new friends over a cuppa, games, bingo and lunch out-

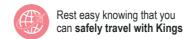
\$10 yearly membership, \$5 weekly Nollamara Sports and Rec Club (Bowling Club)

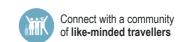
11 Lemana Road, Nollamara. 9342 5676

## **DARLING RANGE SENIORS HUB Every Wednesday** 1pm-2pm

New Chair Pilates Class Jack Healey Centre Kalamunda 0492 807 603











## WE CARE ABOUT THE LITTLE THINGS, THAT'S OUR DIFFERENCE

## 19 to 22 May & 7 to 10 September 2024 **EXMOUTH ESCAPE**



Discover the breathtaking beauty of Exmouth and immerse yourself in the local area with unforgettable experiences. Savour a Sunset Dinner at Mantaray's Resort, explore Yardie Creek on a boat cruise, take a refreshing dip at Turquoise Bay, indulge in a morning tea at Bullara Station, marvel at the coral through a glass bottom boat cruise, and visit the Ningaloo Centre for lunch.



## **Tour Inclusions**

- Home pick-up and return by Private Car
- Fully Escorted by a Kings Tour Manager
- Return Economy Airfares and taxes 3 nights' accommodation at the Potshot Hotel
- ✓ Breakfast daily, 3 lunches and 3 dinners
- Transfers throughout with professional driver All sightseeing and entry fees as per itinerary

## **Tour Highlights**

- ★ Sunset Dinner at Mantaray's Resort
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Visit Turquoise Bay and take a dip!

**Tour Cost** 

\$2990

Twin Share

\$3390\* Single

- ★ Enjoy morning Tea at Bullara Station
- ★ Take a glass bottom boat cruise in Coral Bay & snorkel
- ★ Visit the Ningaloo centre and enjoy lunch



## 19 to 24 June 2024

## DARWIN DISCOVERY

Escape to the tropical paradise of Darwin with our 6 day tour! From exploring the historic city center and beautiful Botanical Gardens to discovering the stunning Litchfield National Park and Corroboree Billabong, this tour has it all! Experience the famous Darwin sunset onboard the Spirit of Darwin and indulge in delicious cuisine at the Mindil Beach Sunset Market. Learn about the city's wartime history and visit iconic attractions such as the Bombing of Darwin tourist facility and the Australian Aviation Heritage Centre.



## Tour Inclusions

- Home pick-up and return by Private Car
- Fully Escorted by a Kings Tour Manager
- Return Economy Airfares and taxes
- ✓ 5 nights' accommodation at The Hilton, Darwin
- ✓ Breakfast daily, 1 lunch and 3 dinners
- ✓ Transfers throughout with a professional driver
- ✓ All sightseeing and entry fees as per itinerary

## Tour Highlights

- Locally guided tour of Darwin
- Visit to the Museum & Art Gallery of the Northern Territory
- ★ Visit Mindil Beach Markets
- ▶ Tour Litchfield National Park
- ★ Luncheon Cruise with Corroboree Billabong Wetlands Cruises
  ★ Entry to Royal Flying Doctors Service and WWII Oil Storage Tunnels
  ★ Entry and talk to Darwin Aviation Museum
  ★ Dingor Cruise with Spirit of Darwin Continued.
- ★ Dinner Cruise with Spirit of Darwin Cruises

# \$4590

**Tour Cost** 

Twin Share \$5650\* Single

## 19 to 24 June 2024

## MELBOURNE DELIGHTS TOUR

Noted for its cultural heritage, the city gave rise to Australian rules football, Australian impressionism and Australian cinema, and has more recently been recognised as a UNESCO City of Literature and a global centre for street art, live music and theatre. Discover the highlights and uncover the secrets of this beautiful city. Explore the city, shop till you drop and find a bargain, indulge in gourmet foods and choose between a footy game or a show at the theatre.

**Tour Cost** \$3490

**Per Person** Twin Share \$4250\* Single

## **Tour Highlights**

- ★ Enjoy a Bargains & Bubbles Tour including famous discount outlet stores and lunch
- ★ Embark on a National Sports Museum and MCG Tour at Australian Sports Museum, Melbourne
- \* Experience Queen Victoria Markets Ultimate Foodie Group Tour
- ★ Enjoy a buffet dinner at the Conservatory Restaurant at the
- ★ Choose to either attend an AFL match or watch a show at the theatre

## **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 Savoy Hotel on Little Collins, Melbourne
- Breakfast daily, 1 lunch and 2 dinners Transfers throughout with a professional driver
- All sightseeing and entry fees as per itinerary



## 18 to 22 July 2024 KIMBERLEYCOUNTRY - KUNUNURRA



Embrace adventure in a world of vast lakes, ancient ranges, iconic road trips and huge outback stations. Stay 4-nights in Kununurra: a town in far northern Western Australia located at the eastern extremity of the Kimberley. Kununurra was initiated to service the Ord River Irrigation Scheme. We've included all the must-see sights in the area such as Lake Argyle, El Questro Wilderness Park, a Chamberlain River Cruise and the must-have Beef and Barramundi lunch!

★ Enjoy a guided tour on the Daintree River

Enjoy a tour and lunch at Paronella Park

Enjoy a dinner cruise with Spirit of Cairns

Enjoy lunch at Daintree Teahouse Restaurant

Tasting at Gallo Dairyland, Atherton Tablelands

including morning tea

Visit Mosman Gorge

Visit the Cairns Aquarium

## **Tour Highlights**

- ★ Embark on a sights tour of Kununurra
- Watch a Kimberley sunset
- ★ Visit the historic Durack Homestead Museum
- Cruise Lake Argyle and the Ord River
- ★ Drive across the Ord Top Dam wall and see the Ord Hydro-Power Station
- Relax in the hot springs at Zebedee Thermal Springs
- ★ Visit El Questro Wilderness Park
- 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**

enjoy lunch at Botanic Gardens Restaurant Café

Railway & One Way Skyrail Rainforest Cableway

\* Enjoy a guided Coffee Tour at Jaques Australian

★ Wander the Cairns Botanic Gardens and

★ Embark on a One-Way Kuranda Scenic

★ Cruise on Lake Barrine including lunch

- ✓ 4 nights' accommodation at the Country Club Kununurra
- ✓ Breakfast daily, 3 lunches and 4 dinners
- Sightseeing and entry fees as per the itinerary



**Tour Cost** 

\$4490\*

Per Person

Twin Share \$4950\* Single

## **28 July to 4 August 2024**

## **CAIRNS WINTER GETAWAY**



## A WINTER ESCAPE TO FAR NORTH QUEENSLAND

What better way to escape the Perth winter than to spend seven nights in Cairns! It is the ideal place to base yourself for the week, enjoying the warm weather, getting out and about each day, having fun, seeing wonderful scenery and enjoying lovely food. Don't miss out on this opportunity to enjoy travelling again with a weeks holiday here in Queensland, Australia.



- Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager ✓ Return economy airfares including taxes
- 7 nights' accommodation at The Crystalbrook Riley, Cairns
- Late checkout on the last day of the tour ✓ Breakfast daily, 4 lunches and 5 dinners
- Luxury Coach transfers with a Professional Driver All sightseeing and entry fees as per the itinerary

Tour Cost \$4950

Twin Share

\$6490\* Single

★ Visit the Curtain Fig Tree

**Tour Highlights** 





(08) 9380 6656 // BOOK ONLINE AT WWW.KINGSTOURS.COM.AU **SIGN UP TO OUR NEWSLETTER TO STAY UP TO DATE WITH NEW TOURS**  **WKINGS TOURS & TRAVEL** 



# As it Happened - beyond the stories - the grand old theatre of Perth



His Majesty's Theatre 120 years young this year

by Lee Tate

THE drama surrounding Perth's 120-year-old the-

atre is worthy of a dramatic play, performed on its own majestic stage. His Majesty's Theatre



raised its curtain for the first time at 8pm on Christmas Eve in 1904, the honours done by Sylvia Forrest, watched by her uncle, former Premier John Forrest.

The opening act was The Forty Thieves, performed by Pollard's Adult Opera Company.

His Majesty's Theatre is a class act, drawing world-leading performers:

Judy Garland in 1964, Dame Margot Fonteyn, Dame Nellie Melba, Sir John Gielgud, Percy Grainger, Rex Harrison, Russian ballerina Anna Pavlova, Sir Robert Helpmann (starring with Katharine Hepburn in three Shakespeare plays in 1955), Katharine Hepburn, Barry Humphries (and Dame Edna Everage).

Others to tread the boards were Dame Maggie Smith, Dame Sybil Thorndike, Vivien Leigh, Geoffrey Rush, Sir Ian McKellen, James Earl Jones and Angela Lansbury.

Czech-Australian ballet dancer Edouard Borovansky brought his celebrated ballet company to Perth five times between 1945 and 1960.

The city corner of Hay Street and King Street was busy from 1902 to 1904 as the Edwardian baroque theatre took shape, becoming Australia's largest theatre, holding capacity audiences of 2,500.

Politician and businessman Thomas Molloy asked prominent architect William G. Wolf, to design an integrated theatre and hotel complex to be named His Majesty's Theatre and Hotel, after the recently crowned King Edward VII

Construction was overseen by Friederich Wilhelm Gustav Liebe, an immigrant from Saxony whose previous work included the Bulgarian Houses of Parliament in Sofia and the Budapest Opera House. The tender price was £46,000.

Hurdles appeared during construction with worries about the stability of the building's foundations due to the water table and underground stream.

Architect Wolf and engineers revised the design with drains to divert running water. Progress continued and the theatre was completed on time. But a bone of con-

tention was the £17,000 spent to fix the water problem.

Molloy (reputed to be one of the most litigious businessmen in Perth) refused to pay higher than the original agreed price because the contract required his written approval for extra work.

Liebe took Molloy to court, up to the High Court and even the Privy Council. Liebe won but incurred massive legal costs.

The building included a 65-room hotel, separated from the theatre by iron doors. The hotel had six bars, billiard rooms and parlours.

Incredibly, there were also four small waterfalls on the sides of an arch to cool the audience, with electric fans and a retractable ceiling dome. The waterfalls remained for several years.

In 1977 the theatre was bought by the WA

Government after public demands to save it. The Charles Court coalition spent \$10.5 million on a refurbishment that took three years. It reopened on May 28, 1980 with a reduced seating capacity of 1250.

There are only two His Majesty's theatres in the world; the other is in Aberdeen, Scotland. Perth's His Maj is believed to be the only remaining working Edwardian theatre in Australia.

The theatre hosted ballet, opera, Shakespearean plays, largescale musicals and is the home of the West Australian Ballet and West Australian Opera companies.

His Majesty's Theatre is on the State Register of Heritage Places and the Register of the National Estate.

The curtain continues to rise and the dramas roll-on.

# Hairstyles as you get older - local hairdresser offers some good advice



Jo Banks - a variety of styles

## by Allen Newton

THERE is no such thing as a hairstyle for an older woman; one size does not fits all.

That's the view of hairdressing teacher, Jo Banks, a former Toni and Guy stylist, now owner of Maylands hairdressing salon Hair Art.

She says: "I think you should treat everybody differently. To be a successful hairdresser, you've got to be able to talk to and understand women and men of all ages.

"You don't try to make everybody conform to a style, but instead to make them look the best version of themselves.

"The problem women have is when you get older, everything goes a little bit south. So you have to do styles that lift. It's the same with makeup, everything's got to go in an upward direction so that you look younger.

"The reason why women go for shorter hair is because it takes it off their face, lifts the cheekbones and makes them look more youthful.

"It doesn't really matter what other people think, if they think it's old fashioned, if that person carries it amazingly and it looks stunning on them, then it is going to be an amazing hairstyle. It doesn't matter if it is a new style or an old style."

The same applies to going grey gracefully.

"I think it's about making sure that the client is doing it at the right time for them, because I've tried to persuade my clients to go grey and they're not ready and that's fine, then it's about gradually getting them slightly lighter

"If clients have a very dark colour, it's a matter of adjusting it over time. Some clients like to just cut it off short and get it done in one fell swoop. "That's why I usually suggest that they just crop it off and start again. I give them a really beautiful pixie cut so that they don't have to go through all that palaver and most of the time people are quite open to that.

"When you are working with older people their facial structure's changing, their body shape's changing, so you have to be flexible in the way you look at them, to see them each time with fresh eyes."

Thinning hair can also be problematic as people get older, says Jo.

"Using the right products can aid in keeping the hair from disappearing completely and preventing the follicle from closing, but unfortunately for some, it is hereditary," she says.

Jo's own career in hairdressing began with an apprenticeship straight from school when she was about 16.

Along the way she has com-

bined having a family, going back to college to do an advanced hairdressing course and studying to become a teacher.

She joined the hairdressing chain Toni and Guy in the U.K. and travelled extensively teaching at their salons, but when she was 26 and after the death of her mother in 2006, Jo and her husband decided to migrate to Australia with her dad.

They came to WA for the weather and the lifestyle.

In Perth she worked for Toni and Guy and later launched her own business Hair Art first at Ellenbrook and now in Maylands.

"I couldn't run it on my own in Ellenbrook so we decided to downsize. Maylands came up; we got lucky and it's been a great little place for the last couple of years."

Jo won the Australian Hair Fashion Awards WA in 2019, 2021 and 2023.

## What's on at St Patrick's Anglican Church Mt Lawley



## 10.15am each Sunday

Regular services of Holy Communion

## Kids Program

Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft. Kids Program runs during school terms

## Holy Honey

Buy Father Steve's organic raw honey



www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

## Try getting a hole in one with this great outing to Glowing Rooms

HOW many times have you scratched your head and thought I just want to find something different to go to as a family? Well scratch no more – we have the answer and it's a real hole in one!
Glowing Rooms, near

and Fremantle, is Perth and Australia's first 3D mini golf experience and it's got to be seen to be believed.

From the minute you arrive, you are transported on a vibrant journey of colour, taking you (thanks to the power of magical 3D glasses) from an asteroid field in outer space to an underwater world complete with sea creatures and treasure, past iconic landmarks of Australia and face to face with superheros.

These amazing worlds and creations are all thanks to incredible lighting and special effects combined with stunning hand-painted wall and floor art, which play host to the golf holes, as well as sneaky hidden obstacles

Travelling through each room sees the difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as ani-

mals that appear to come to life and golf balls that hover in front of you, but this makes it even more of a fun and unique experience for all ages and

It really is a one of a kind of experience, just don't forget your camera.

Glowing Rooms are open from 2pm to 9pm on Tuesdays, Wednesdays and Thursdays, 2pm to 10pm on Fridays, 10am to 10pm on Saturdays and 10am to 9pm on Sundays.

On most public holidays Glowing Rooms is open from 10am to 6pm, but that can change from time to time. The opening hours will be updated on the website: www.glowin grooms.com.au.

For the school holidays they are open every day from 10am including Mondays. Last tee occurs one hour before closing.

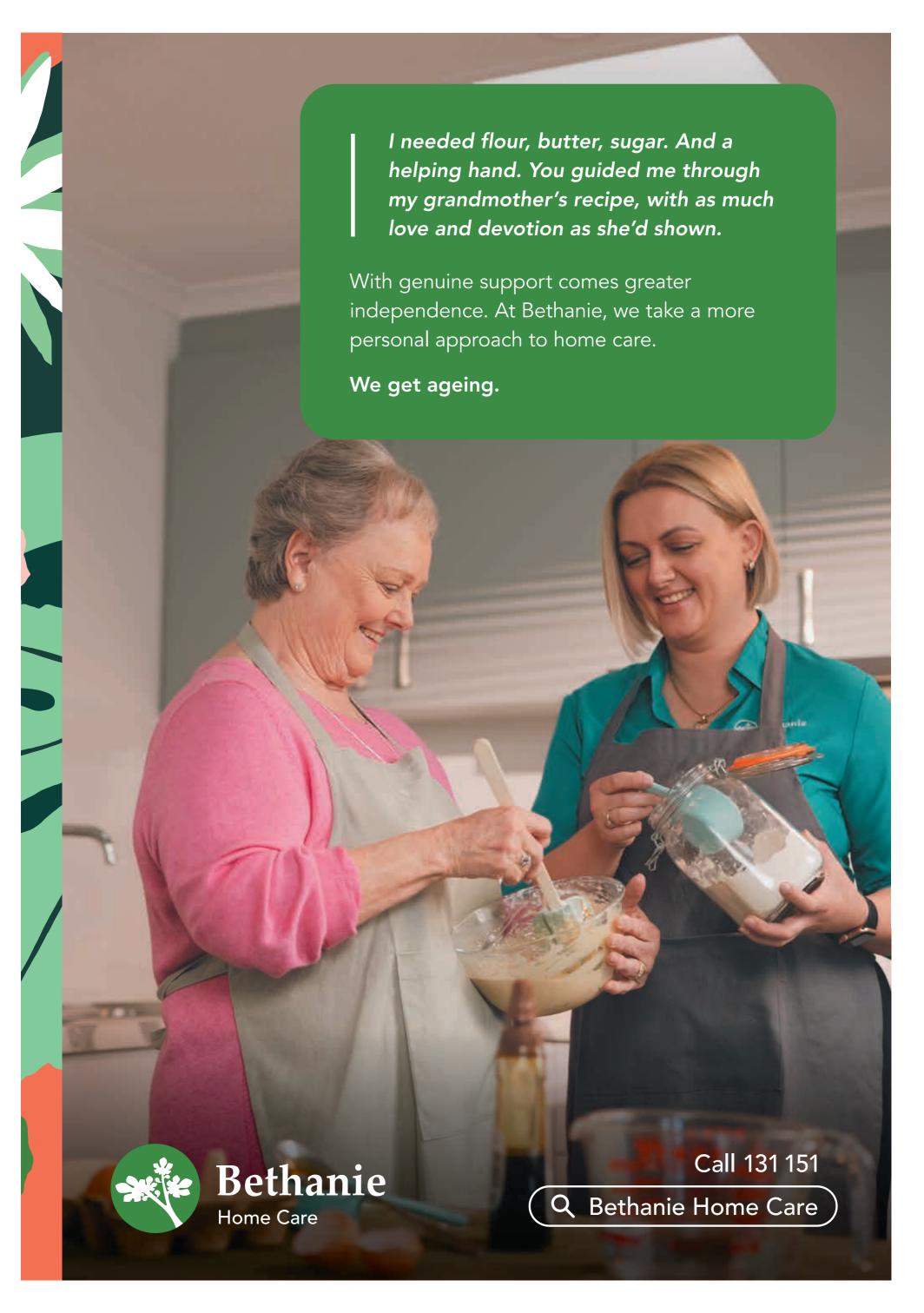
There is a café on site and they also do incredible parties.



in the extraordinary COVID SAFE settings of Glowing Rooms Australia.

Australia's first hand-painted 3D mini golf course. The magical glasses bring everything to life transforming a game of Mini Golf into a glow in the dark out of this world experience. 3D Mini Golf is fun and suitable for the young and seasoned. More than 800sqm of indoor space and never exceeding more than 60 customers on site at any one time it is safe to say that Glowing Rooms is one of the safest places for your school holiday activities. Surprise your partner and grandchildren with a mind boggling activity. For the school holidays they are open every day from 10am including Mondays. It is super easy

to book your tickets on the website www.glowingrooms.com.au or call 6244 5590.





## **LiveLighter Aged Care Games – Avon**

TEAMS of seniors in care from the Avon region came together for the LiveLighter Aged Care Games on February 22, dressed in their team colours and themes. Games included seated hockey, seated pass ball, bean bag toss and skittles, with friendly rivalry and lots of laughter throughout the day.

Incoming state president Graham Bennett, welcomed everyone and invited Northam shire president, Cr Chris Antonio to open the games and Julie Paul sang a beautiful rendition of the National Anthem unaccompanied to get the event underway.

Graham Bennett and Phil Paddon shared the role of MC and volunteers from SRCWA Avon branch, SRCWA Perth and Fresh Start assisted throughout the day.

Entertainment was provided by Kevin Bennett who had the participants singing along.

The perpetual trophy and gold medal winners were *Northam Over 60s*, the silver medal winners were *Narembeen CRC* and the bronze medal winners were *York All Stars* team 1, all remaining teams were presented with participation medals.

Narembeen CRC were awarded with the best presented team plaque.

The oldest competitor in these games was 91-years-young Darry Dann from York All Stars.

We would like to acknowledge our naming rights partner LiveLighter Healthway, the Shire of Northam, Office of Mia Davies MLA and Department of Local Government, Sport and Cultural Industry for all their support.

## **Retiring SRCWA State President - Phil Paddon**

After 20 years volunteering with SRCWA Phil Paddon has retired from the position of state president which he has held for four years. Phil joined SRCWA early in 2004 and the board of management in 2005, becoming vice president in 2007 and state president in 2020. During his time with SRCWA Phil was heavily involved in developing Have a Go Day, Aged Care Games, Activity Information Days and other events and programs which serve WA's seniors and encourage them to embrace SRCWA's ethos of "Healthy Ageing Through Activity". Through Phil's dedication to SRCWA the organisation has continued to grow and maintain its well-respected position in the community.

SRCWA would like to express its gratitude and appreciation for all the years of dedication Phil has given to SRCWA and to WA seniors.

SRCWA is happy to announce that Graham Bennett (formerly vice president) has taken on the role of state president

## SRCWA Annual Seniors Camp at Camp Quaranup

The annual camp was held in early February with some 20 campers enjoying a week away.

Participants took part in numerous activities including bush walks, archery, canoeing, craft, line dancing, low impact exercise, table tennis, a quiz night and a camp concert.

SRCWA would like to thank camp coordinator Eileen Stark, her assistant Marilyn van Sambeeck and their group of dedicated volunteers and helpers, along with the camp office, catering and kitchen staff for all their hard work in making the SRCWA Camp Quaranup an event all enjoyed. Thank you to Southern Bus Charters for providing excellent service.

## SRCWA Rockingham Branch, Have a Go Day, a LiveLighter Event

On Wednesday May 1, 2024, Seniors Recreation Council of WA's Rockingham branch is holding its annual *Have a Go Day* at the Mike Barnett Sports Centre, corner Dixon Road and Goddard Street, Rockingham from 10am to 2pm.

This FREE event will showcase club/groups, not for profit agencies and commercial entities who have a senior focus from Rockingham and surrounding areas. It gives an opportunity to site holders to provide valuable information and increase membership.

Come along have a go at various activities and gather senior specific information from clubs/groups, community organisations and businesses.

If you are a club, group, community organisation or business and you would like to attend this free event please contact Danni 6118 2718 or email: info@srcwa.asn.au for further details.

This event is Supported by LiveLighter Healthway, Have a Go News, City of Rockingham, Telstra, Dept of Local Government, Sport & Cultural Industry & Department of Communities.

For info on any of the above events please contact the SRCWA office on 6118 2716

# Have a go kayaking with the Over 55 Canoe Club



Over 55 Club love paddling different rivers, lakes, estuaries, and coastal waters

## by Chris and Barb Cocker

PERTH kayakers are lucky. Perth has a great variety of good kayaking opportunities, all fun to paddle and enjoy. As an Over 55 Club appropriate to the season, we love paddling different rivers, lakes, estuaries, and coastal waters.

Does the idea of exercising with a group of like-minded men and women for fun, fitness, and camaraderie appeal? If so, come along and give us a try. We've set aside March 14 for newbies to come and try kayaking. We'll loan you a kayak and life jacket. No previ-

ous kayaking experience is required, but you must be able to swim. Give us a ring first. However, if you already have some canoeing experience, then please contact us and we can organise something specific to your skill level at a mutually convenient time.

Our club kayaks most Thursday mornings (sometimes we have a purely social event). Typically, we split in two groups and link up for morning tea and finish for lunch together. One group paddles at a leisurely pace enjoying the ambiance. The other, takes a longer route and paddles

faster for more exercise. If the conditions are right this group may also undertake an adventurous paddle. Members select which group to paddle with on the day.

In summer and autumn, we paddle mainly sheltered coastal venues or lower reaches of the Swan or Canning Rivers. A particular favourite is exploring Shoalwater Marine Park and observing the stunning marine life of Penguin Island, Seal Island, Bird Island, Pt Peron and maybe for a challenge paddle continue onto Rockingham. In summer, we have a camp on the south coast. This year it

is at Walpole where we will explore rivers like the beautiful Franklin, Deep and Kent (which flows through the Owingup Nature Reserve). At night we all gather for happy hour and on one night visit a local restaurant.

In winter and spring, we'll also select from tranquil waters, favourite sections of flowing rivers, rapids or exploring new waterways. The Canning River above Masons Landing is always a club favourite with its abundance of bird life. Observing young darters develop and outgrow their nests delights each year. Further afield, overnight stays in towns like Toodyay, Northam, Bridgetown provide different rivers to explore. Recently, stays at Lake Brockman with visits to nearby dams has been very popular.

Plus, we are fortunate to have a social secretary who always delights us by regularly finding new ideas. In January we enjoyed a friendly barbecue evening at Heathcote Reserve looking down on the Swan. In February, a tantalising breakfast was organised.

Newbie program infor-

mation: We start with a land session where we'll cover paddling and safety. After which we assign you an experienced buddy and go for a paddle. We believe that correct paddling technique is an important consideration for seniors to minimize muscle strain and to conserve energy. Following which, we will join other club members in our annual safety morning. This is an important part of the club diary for members to refresh, practice and improve. It forms part of the club's commitment to your safety and general skills improvement.

With the over 55's there is something for everyone.

If you are interested in or just want to know more then give us a ring. Chris (president) on 0410 479 024 or Iris (vice president) on 0438 926 578.

Website: www.over 55canoeclub.org.au.



## Sculpture by the Sea returns to Cottesloe for 20th anniversary



Bruno Catalano 'Benoit' Sculpture by the Sea, Cottesloe 2023. Photo Martine Perret

SCULPTURE by the Sea Cottesloe, has returned to Perth for its 20th anniversary exhibition which runs until March 18. The exhibition is one of Australia's largest free public events attracting more than 250,000 local, interstate and international visitors to the much-loved beach.

More than 70 artists from 14 countries have been invited to exhibit by *Sculpture by the Sea's* National Artistic Advisory Committee. Respected sculptors from WA and across Australia will be joined by renowned international artists, with 13 Japanese artists to exhibit alongside artists from China, England, Denmark, Iceland, Italy, New Zealand,

USA and Ukraine.

A highlight of this year's exhibition is renowned English artist Sean Henry's iconic sculpture Seated Man. Exhibiting for the first time in Western Australia, Henry is travelling to Perth for Sculpture by the Sea, Cottesloe as this year's Tourism WA Invited International Artist.

Since the exhibition began in 2005 with 35 sculptures on the iconic white sands of Cottesloe Beach, more than 1,200 sculptures by more than 500 artists from 44 countries have been viewed by an estimated 3.5 million visitors from across Perth and all over the world.

- Advertorial -

# No Hearing test, No Appointment. From Pandemic Necessity to Superior Hearing:





DISCOVER how PocketAid's direct-to-consumer hearing aids changed the game for Australians with mild to moderate hearing loss.

The development of the PocketAid range of hearing aids is a story rooted in data, innovation, and a deep commitment to user-centric design. It all began during the Covid-19 pandemic, a time when audiology clinics were hit with thousands of Australians

unwilling to attend in-person hearing test or hearing aid fitting appointments.

The PocketAid representative said;

"In 2019-2020, at a time when we were servicing Australians via in-person consultations, we were faced with a significant challenge. As the Covid-19 pandemic unfolded, we noticed a growing reluctance among our customers to attend in-person hear-

spite this, the demand for hearing support and maintenance remained unchanged, with hundreds of customers still desperately requiring new hearing aids."

It was during this period that the team, in collaboration with skilled engineers, decided to take a bold step forward. They set out to develop a hearing aid that could be delivered directly to users, and be ready to use straight out-of-the-box, eliminating the need for traditional hearing tests and appointments.

The methodology for the hearing aid sound qualities was rooted in audiology data. A database of over 1,000 real-world audiograms from clients with a wide spectrum of hearing challenges was utilised to inform the frequency responses and digital programming of the hearing aids. The results were extraordinary.

A large proportion of users reported better outcomes with this new notest and no-appointment hearing aid, than with the traditional hearing aids that they had spent thousands of dollars on.

The PocketAid hearing aid range has now expanded to offer a range of hearing aid options to Australians with mild to moderate hearing loss. By leveraging audiology data and prioritising the needs of its users, PocketAid has now created a lineup of hearing aids that not only meets the demands of easy access and affordability, but also empowers individuals with mild to moderate hearing loss to reconnect with the sounds of life they have been missing.

The PocketAid representative said;

"Today, the PocketAid product range has grown to include three remarkable hearing aids, all available to be ordered

online or via phone order, and at very low prices relative to traditional expensive aids (starting from \$429). All are ready to use straight our-of-the-box. Each one features sound qualities that have been meticulously customised in Australia, building upon the foundational insights we've gathered."

Options include discreet behind-theear and in-the-ear style models. PocketAid offers standard warranties and a 30-day money-back guarantee. They also have local phone support in Australia. To order online go to www. PocketAid.com.au or call 1300 903 355. For those wishing to use their extras cover for hearing aids to pay for the devices, simply email info@pocketaid. com.au to learn more.

If you are concerned about your hearing, consult your doctor. Always read the label. Follow the directions for use.

# Let's go motoring - the Nissan Patrol - it's big and bold









Nissan Patrol Warrior stands as evidence to Nissan's dedication to delivering robust and capable vehicles for off-road enthusiasts



by Tony McManus

"BIG, bold and tough, but you're not so rough.

NISSAN Patrol Warrior is a rugged and powerful variant of the renowned Nissan Patrol, designed to excel in off-road adventures and challenging terrains. Introduced as a tribute to Nissan's commitment to off-road

enthusiasts, the Warversion combines the comfort of a premium SUV with the robust capabilities required for off-roading.

This year's Nissan Patrol Warrior has been comprehensively overhauled by Australian engineering specialists, Premcar.

Overhauled suspension, new wheels and tyres, new bodywork, and extra protection against rock strikes all feature, along with new details inside. There's also a new exhaust system with side pipes designed to free up a louder V8 throb adding a bit more sensation into the drive.

Under the bonnet, Pa-

trol Warrior is equipped with a thirsty V8 power plant, delivering substantial horsepower and torque. This ensures not only performance on highways but also necessary muscle to navigate through rough landscapes. The advanced suspension system further enhances the vehicle's off-road prowess, providing stability and control over rugged WA roads and surfaces.

One of the standout features of the Patrol Warrior is its striking design. The exterior exudes a bold and adventurous aura, characterised by a robust front grille, muscular wheel arches, and distinctive alloy wheels.

The elevated ground clearance emphasises its off-road DNA, while tough skid plates underline its durability, protecting vital components during challenging jaunts.

The interior of the Nissan Patrol Warrior is a blend of luxury and functionality. Premium materials and thorough craftsmanship create a comfortable and inviting cabin, ensuring a pleasant experience for both short commutes and long journeys. The vehicle's spacious interior accommodates passengers with ample legroom and headspace, contributing to an enjoyable travel environment.

Technological modernism is a trademark of the Patrol Warrior, with an array of features designed to enhance both on-road and off-road experiences. A comprehensive infotainment system, including navigation, entertainment, and connectivity options, keeps occupants informed and entertained. Additionally, advanced safety features provide peace of mind, whether cruising on the highway or tackling challenging trails.

When it comes to offroad capabilities, the Nissan Patrol Warrior truly sparkles. Equipped a sophisticated four-wheel-drive system, locking differentials, and off-road driving modes, this variant is engineered to tackle diverse terrains with confidence. Hill descent control and crawl control further contribute to the vehicle's prowess, ensuring a smooth and controlled descent on steep slopes and precise manoeuvring through challenging landscapes.

The Patrol Warrior's towing capacity is noteworthy, making it suitable for hauling trailers, boats, or other recreational equipment. This versatility adds to the vehicle's appeal, as it seamlessly transitions between everyday urban driving and adventurous outdoor pursuits.

Nissan Patrol Warrior stands as evidence to

Nissan's dedication to delivering robust and capable vehicles for off-road enthusiasts. Combining the powerful engine, rugged design, smart interior, (but with ageing technology), this variant offers a pretty well-rounded package for those seeking a premium SUV that can handle the toughest terrains. Whether navigating city streets or exploring off-the-beaten-path trails, the Patrol Warrior exemplifies the spirit of adventure and durability.

The Warrior is the most expensive model in the Patrol range, sitting \$3560 above the more luxurious Ti-L model at \$101,160 plus on-road costs.



# **UST WATCH** THIS MARCH



Join Karl Stefanovic, Sarah Abo and the Today team for breakfast! Includes live Perth news, sport and weather updates as well as local traffic reports.

**WEEKDAYS FROM 5.30AM** 



## **9NEWS WA FIRST**

Weekday afternoons, WA viewers have the unique opportunity to ask the questions you need answered via the 9News Perth Facebook page or email wafirst@nine.com.au. **Hosted by Monika Kos** 

**WEEKDAYS 5.00PM** 



## **9NEWS**

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**NIGHTLY 6.00PM** 



## **A CURRENT** ΔFFAIR

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**WEEKNIGHTS 7.00PM** 



## MARRIED AT **FIRST SIGHT**

Season 11 has officially kicked off and every single participant has now tied the knot. The experiment is in full swing as our couples bond, share and try to create

SUNDAYS 7.00PM, MON - WED 7.30PM



## **TIPPING POINT AUSTRALIA**

The brand new series will see host Todd Woodbridge test and tempt three lucky contestants on their quest to beat the mesmerising device.

MONDAY- FRIDAY 4.00PM



## THE HUNDRED **WITH ANDY LEE**

Uncover what Australia really thinks about the biggest and the smallest stories, and everything in between. Host Andy Lee is joined by comedian Mike Goldstein and media personality Sophie Monk.

TUESDAYS 9.00PM



## UNDER INVESTIGATION

Acclaimed journalist Liz Hayes takes the UI investigations to a compelling new level. Hayes travels to crime scene locations, joins forensic scientists and interviews witnesses.

WEDNESDAYS 9.00PM



## **DESTINATION WA**

A lifestyle TV programme dedicated to showcasing the great holiday hotspots, weekend getaways, day trips, and experiences available in WA. This season we celebrate the best of the west, visiting the must-see Perth attractions.

**SUNDAYS 5.30** 













# Easter 2024 at St Mary's Cathedral

Celebrate the joy of Easter with the musicians of St Mary's !!

Good Friday - 29th March 2.30pm

Seven Last Words of Jesus Christ sung by Cathedral Choir followed by 3pm Solemn Celebration

## Easter Sunday - 31st March 10.45am

Mozart's masterpiece *Exultate Jubilate* follwed 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

## PALM SUNDAY

24 March

10am Choral Eucharist with the Liturgy of the Palms

## MAUNDY THURSDAY

28 March

6.30pm Choral Eucharist with the Washing of Feet and The Watch

## GOOD FRIDAY

29 March

8am Ante-Communion & Litany 10am The Great Liturgy 12pm The Final Hours

## **EASTER VIGIL & EASTER DAY**

31 March

6am The First Mass of Easter with Baptism & Confirmation 8am Easter Holy Communion 10am Choral Eucharist of the Resurrection

5pm Festal Choral Evensong perthcathedral.org

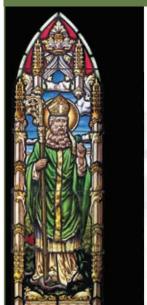


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## St Patrick's Anglican Church Mt Lawley





Good Friday 1.30pm Service with selection from St Matthew's Passion, compliments of the Bach Society.

Holy Saturday 6pm

Lighting of the New Fire, a large community bonfire on the grounds of St Patrick's

Holy Saturday 8pm

Easter Vigil, a service of readings and Psalms tracing the path of redemption to the cross of Christ.

Easter Sunday 10.15am Service of Holy Communion and baptisms

www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

## Lots on at the Holly Wood Tuesday Morning Show

JOIN compére Bernard Carney OAM for the weekly entertainment at the *Holly Wood Tuesday Morning Show* which runs every Tuesday at the Perth Town Hall sponsored by the City of Perth.

The show has been running for many years. Named in honour of socialite and social writer the late Holly Wood who worked tirelessly for the benefit of seniors and many charities in Perth. Morning tea kicks off for a gold coin donation from 10.30am and the free show starts at 11am. All are welcome...

March 12 - Jennifer Merigan from Have a Go News will update you on the news, events, and competitions in this month's issue. The Peacock dance group will provide a display of Indonesian traditional dance and song with some very special costumes.

March 19 - In the special St Patrick's day show, experienced Irish entertainer Patrick O'Hooligan will entertain people with jokes, songs and stories from the "Ould Country". Patrick's show will warm the cockles of your heart so wear something green and join in the fun.

March 26 - Fabulous opera singer Helen Brown is a singing

diction specialist at WAAPA and will talk about the Italian language and how it became the language of choice for many opera singers and treat the audience to a few of her favourite Italian opera pieces

April 2 - Richard Offen and Wendy Lugg from the Royal WA Historical Society, will officially launch, and speak about the exhibition Going to Town which is a snapshot of Perth City life and its changing fashions and street scapes from the 1930s to the 1980s as captured by Perth's street photographers.

Then enjoy the Juke Box Lady, Annette Raison, a self-described 'agent of nostalgia' who will transport people back to a time when tunes were lively and songs had meaning. She will tie in with the Going to Town exhibition performing hits from the 30s to the 60s with a splash of swing thrown in.

April 9 - Jennifer Merigan from Have a Go News will update people on the news, events, and competitions in this month's issue. Kaye Bramley, songstress of costumed cabaret and musical theatre will present a nostalgic show of great songs from our favourite musical eras.

April 16 - Regular MC Bernard Carney will present his award winning songs about WA, his adopted home, celebrating the stories, characters, places and events that have made up this great state's heritage and history.

April 23 - Anzac Concert Simone Craddock Quintet. Simone Craddock is an excellent International cabaret performer, and since returning to Perth from London has consistently packed out venues such as Government House Ballroom and the State Theatre.

Simone's grandfather Len Pooley was 16 when he enlisted in WWI but never spoke of his time on the front line or in POW camps until he was interviewed 70 years later. Simone shares his inspiring story of survival and love through interview excerpts and jazz standards from the era.

April 30 - Joyce Mathers and Avenue will take people back to the golden era of the 60s to experience the magic of The Seekers all over again. Paying homage to the legendary Australian folk group, they recreate the timeless sound and captivating stage presence that made The Seekers an international household name.

## **Bunbury Marist Brothers College to celebrate 70th anniversary**







Former students at the last reunion

BUNBURY will celebrate the 70th anniversary of the establishment of the first boys only school in the city during a weekend of events in April

of events in April.

Although it only lasted two decades as a single sex school, Marist Brothers college later morphed into what is now known at the Bunbury Catholic College.

Established on the outskirts of town on an old dairy farm known as Sandridge Park, the college in its relatively short history, educated a number of prominent contributors to the city and country in business and political roles. Among them were five members of State (David Smith, John Castrilli, Jim McGinty) and Federal Parliament (Geoff Prosser and Chris Back) and three Mayors of the City of Bunbury. (David Smith, John Castrilli, Gary Brennan). Added to that, five former students have been recognised for their contribution to their communities by being awarded Order of Australia Medals (John Castrilli, Peter Johnson, John Lally, Michael Smith, David Smith)

When the college opened in February 1954 there were just four class-

rooms shared by 96 students. Just eight students sat for their Junior examination. Today the co-educational college boasts around 1250 students. Established during an

Established during an era of austerity, much of the early infrastructure was undertaken on a voluntary basis as the country was recovering from World War II. Many of the early students were the children of migrants who had escaped the perils of war-torn Europe.

For a number of years, a group of ex-students have organised regular reunions and as this group is now entering their twi-

light years, a decision has been made to culminate these events with a final re-union to be held in Bunbury on Saturday, April 13, followed with a nostalgic visit to the present college the following day.

Ex-students from across Australia have already indicated their intention to converge on Bunbury for the swansong weekend.

The Saturday luncheon, to be held at the Lighthouse Hotel is filling fast so any ex-student wishing to attend should contact Peter Stanicic on 0418 980 941 or email: bun burymob@gmail.com.

# **Grandparents and the Easter bunny**



BECOMING a senior and retiring means time to do all those things that were on hold, spending more time with your family and especially enjoying being a grandparent. However, it can mean a few unexpected challenges too and this can include remaining a vital and integral part of your family.

My Aged Care recognises this with Home Care Packages able to be used to keep you connected to your family and community. So if you were thinking of hosting an Easter Egg hunt but feel it just might be a little too difficult for you this year, if you already have a Home Care Package you should be able to ask your Home Care Provider if they can help.

CPE Group general manager Rhian Tamin, says they can almost always find time to help on these special occasions and the team love to do it. You may find your Care Provider can add chocolate eggs into your shopping trip and may even be able to help you hide them too.

If you don't have a Home Care Package and are finding it more difficult to do all the things you used to do, a little support could make all the difference – even the Easter Bunny needs a little help at times.

My Aged Care Home Care Packages are available to seniors who are 65 years and older, or 50 years and older for Aboriginal and Torres Strait Islander people who can demonstrate a need for assistance. Packages range from \$10,272 to \$59,607 annually, so well worth considering and you may be surprised who is eligible.

If you have already decided to apply for a Home Care Package and are struggling with the application, CPE Group have a new Navigation Assist Program to guide you through the process on a one to one basis. There is no cost for this, no reference is made to CPE Group during the program and no commitment to choose CPE Group as your provider should you be awarded a package.

For more information on Navigation Assist please call one of their friendly team on 1300 665 082 or email info@cpegroup.biz.

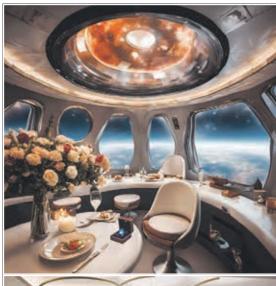
# et's go travelling traveloptions for the













Clockwise from left; Enjoy a marriage proposal in space with ApoteoSurprise - Gary Tate's photo he captured at Hobart's Salamanca markets - Singapore Airlines' new SilverKris Lounge at Perth International Airport





OLDER people, otherwise known as Ageless Travellers, spend about \$157 billion worldwide annually - that's no small amount and now an organisation known as the World Tourism Network Ageless

is advocating for making travel for the older generation easier and more age-friendly. It's predicted in the next decade the fastest growing cohorts of travellers will be women aged 60+ and travellers over 80. The network proposed a consultancy and certification program for travel and tourism businesses to cater appropriately to this huge market worldwide.

The Tourism Council of WA has announced that State Parliament has introduced legislation to regulate short term rental accommodation. The council recently undertook a survey of 800 West Australians which showed strong support for the reforms, which include registering all shortterm rental accommodation and, in some cases,

\*\*\*

subjecting it to planning approval by local government.

Tourism Council of WA CEO Evan Hall said that it's important Local Government has the ability to require development approval because AirBnB unchecked can lead to over tourism in an area. It is hoped this move will trigger new investment in regional tourism.

Singapore Airlines has opened its new SilverKris Lounge at Perth International Airport. It is twice the size of the previous lounge. The new lounge offers enhanced facilities and a range of dining options for more customers. Offering a larger buffet area inclusive of live cooking station and full-service bar, and a wider selection of freshly prepared food and beverages. Shower rooms are also available

for travellers. The opening of the lounge coincides with the resumption of four daily flights to Perth and it is centrally located in the terminal opposite Gate 52.

I always enjoy the weird and the wonderful aspects of travel and I recently came across some interesting news that from 2025 a romantic restaurant will open in outer space. A space capsule will be lifted by a stratospheric balloon 35 kilometres up for lovers looking for a unique way to propose. Guests will savour an exceptional Michelin starred chef meal and be served by an Al powered **ApoteoSurprise** robot. specialise in orchestrating extravagant marriage proposals and the brand-new service will be priced at a

mere 750,000 Euros.

Don't miss Allen Newton's story on the day trip to Antarctica on page 22 - he absolutely loved the experience and you too can join the next flight which departs Perth on February 9, 2025, if you would like to join the trip, please email me at jen@ haveagonews.com.au or call the office on (08) 9227 8283 and we will email or post you a brochure.

Regular reader and traveller Gary Tate hit the road in Tasmania recently and sent through a funny sign he spotted at Salamanca markets, see above and thanks to Gary for sharing. We always enjoy hearing from readers so please feel free to share a photo, tips or advice.

Happy trails!

Jennifer Merigan

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



LOOKING for a relaxing break? Join Club 55 on their four-day Margaret River Tour which departs on Friday May 17.

A great four-day escape to the Margaret River, Augusta, and Busselton region, with full commentary and history of all the towns visited. Visit Cowaramup and the life-size cows that line the main street as well as

Augusta and Cape Leeuwin Lighthouse, Canal Rocks, Sugar Loaf Rock and Yallingup.
Stop for wine and pro-

duce tasting and enjoy breath taking coastal scenery. Enjoy an Augusta boat cruise, a visit to the Margaret River Chocolate Factory, Boranup Karri Forest and take a stroll on the Busselton Jetty. See the Hamelin

# Club 55 offer a variety of day and extended tours

Bay stingrays, Eagle Bay and Meelup Beach. Cost is \$995 Twin Share single supplement \$350.

The tour programs for this year have recently been released and are now available online at the web site www.club55.com.au. If you prefer a hard-copy please contact the office on 0434 439 983 and they will post one out to

The Club 55 Travel

Club caters for individuals, couples and small groups. They pick up from various locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords, Riverton and Perth City. Membership of the Travel Club is free and people can register online or simply call them.

Large groups such as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than specially designed

outings to choose with convenient departures from your club premises. Phone Tanva

0434 439 983 Mon - Fri 9am - 2pm. All tours are done at an enjoyable leisurely pace.

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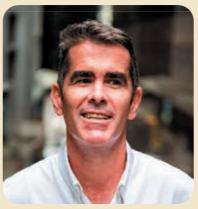
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these appearances and all event details and tickets.

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THE BUB COLLECTION

# et's go travel options for the mature west australian









# The world's greatest day trip - a return flight to Antarctica













Clockwise from left; Norman Jorgensen and Allen Newton are greeted at check-in by a penguin - the Dreamliner's large windows make for excellent viewing - the landscape is surprisingly mountainous snow, sea and mountains create a stark landscape - the mountains seem close enough to touch - passengers crowd the window for a view of the ice © Norman Jorgensen

## **by Allen Newton**

THERE'S no sign of Frosty the Snowman or even narwhales sticking their unicorn-like tusks through the cracks in the sea ice, but what there is on an amazing flight over the Antarctic is the most extraordinarily striking landscape I've ever seen.

In WA we're lucky enough to have landscapes like the Bungle Bungles, Wave Rock, the Pinnacles, and the gorges at Karijini, but I've never seen anything like the Transantarctic Mountains,

the enormous mountain range that splits the continent in two

Have a Go News had been invited along for Antarctica Flights round trip from Perth to the southern continent aboard the luxurious Qantas 787 Dream-

The captain tells us the weather today is perfect, so much so that we're going farther south along the mountain range than usual - spending an hour or so longer than the normal three to four hours the flight normally spends above the Antarctic continent - and extending our total time in the air to 15 hours.

It's a big day, 7am at the domestic airport and not landing until 11pm, but wow, this is certainly a bucket list trip.

My long-time mate, children's book author Norman Jorgensen joined me on the trip and the pair of us took a bucket load of photographs. They aren't a patch on the reality of seeing the stark landscapes outside the plane's windows of snow, rocks. sea and sky - not a speck of green to be seen any-

And surprisingly for me, it's a landscape that is far from flat, mountains in the range go up to more than 4000 metres and our very skillful pilots take us close to the ground, as low as around 600 metres, so at times you feel like you could almost reach out and touch the mountains we're passing.

Early in the journey flight manager Mandy Churchill introduces passengers to expert commentators Dr Tony Worby, Robert Kiernan and Peter Attard.

It's a trio of talented storytellers. Each of them has spent considerable time on the ground in the Antarctic. Dr Warby has visited the continent 17 times, participating as voyage leader or chief scientist on more than a dozen marine science programs in the sea ice zone that he was involved in.

Robert Kiernan was a glaciologist for one of the biggest and most comprehensive programs of scientific exploration of the inland ice sheet ever undertaken by the Australian Antarctic Division. He was awarded the Antarctic Medal in 1995 for his contributions to Antarctica.

Peter Attard has completed many expeditions across various stations in Antarctica looking after station equipment.

As the trio told their stories over the PA, they put in a call to the team on the ground at Davis Station one of three permanent Australian bases to chat to them about daily life at the station.

It certainly kept passengers entertained on the long journey.

And also keeping the entertained passengers was the food. This was not the kind of airline food I was used to, omelette and Hungarian sausage for breakfast, a Reuben grilled cheese toastie for lunch and braised wagyu beef for dinner - and of course there were vegetarian op-

tions - along with snacks, snacks and more snacks.

A spokesperson for Antarctica Flights said the food served in each class was as per the Qantas international meal service (even though it is a domestic flight) so Premium Economy and Business Class have enhanced food and beverages.

We were greeted on board with a mimosa and wines, aperitifs and spirits were available all day.

The clouds that had accompanied us from Perth miraculously gave way to clear skies and bright sunshine bouncing off the first of the icebergs appearing beneath us and then expanses of sea ice with long cracks opening up, with 24 hours of daylight melting the ice in the southern summer - and then the biggest surprise - the mountains and glaciers.

The pilots tilt the plane from side to side to give all its passengers the best possible views and halfway through the flight those of us sitting by the windows swap with passengers seated in the middle of the craft to ensure everybody has an opportunity to take in the scenery.

Views from the Dreamliner's windows, 65 per cent bigger than other aircraft of this size, provide a fabulous perspective of the landscape and we all wander around the plane looking for vantage points to get the best photographs.

The captain on our flight

HOSPITALITY

declares the vista to be one of the best he has ever seen and it's hard to imagine how it could be any

And on the journey back home, all talked out, it was time to put the headphones on and watch a couple of movies on the Dreamliners posh viewing screen.

Norman and I were flying in Premium economy class, which had buckets of leg room and comfortable seats. These tickets are \$3999 per person. Ticket prices start at \$1199 for an economy seat that doesn't have direct access to a window but passengers can get up and move around to find good viewing spots; up to \$7999 for a deluxe business class seat.

Antarctica Flights has one flight each season from Perth and in total operates seven flights from Australia, two each from Sydney, Melbourne and Brisbane.

The season runs during the Antarctic summer from November to February.

A flight has never been cancelled because of the weather. There are 19 different planned routes which Qantas monitors leading up to the flight so the route can be adjusted to suit the weather.

The next Perth flight is already on sale which departs on February 9, 2025. Contact Have a Go News via email or call for a brochure - email jen@ haveagonews.com.au or 08 9227 8283.

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# Hunter Valley, a discovery of Australia's first valley of wine









Clockwise from left; Mortels Sheepskin Factory's infamous Big Ugg Boots - Audrey Wilkinson's vineyard was founded in 1866 - the Singleton Sundial is the largest in the southern hemisphere - Margan Estate tasting group Inset; Scarborough Wine Co



## by Frank Smith

HUNTER Valley, just 250km north of Sydney, is an ideal spot for a short break from the big city. My wife and I spent a few days in the valley following a two-day workshop.

Having all day to get there we drove via Paramatta and Windsor to motor slowly along the Putty Road through the Blue Mountains and the Wollemi National Park. The road wound its way through and over the hills with little traffic until we stopped for a break at the Route 66 café that turned out to be a favourite of

bikers, offering 24hr bike repairs.

Moving on, we left the Putty Road and entered the Hunter Valley at Broke.

The valley nestles under the Brokenback range, part of the Great Dividing Range and an iconic feature of the Lower Hunter Valley. It is regularly shrouded in morning mist. The majority of the Hunter Valley's most prestigious vineyards are located on the southern valley and foothills of the range on rich alluvium soils laid down by the Hunter River over millennia.

Wine grapes have been grown in the valley since about 1820 and several wineries have been in the same family ownership for four or five generations. Nearly all growers specialise in hand-crafted boutique quality wines.

The specialities of the region are Semillon, old vine Shiraz and Verdelho. The valley claims to be the Australian birthplace of Chardonnay. There are also smaller amounts of some less known but delicious grape varieties such as Fiano, Tempranillo, Barbera, Sangiovese and Vermentino.

Most of the wineries there are more than 150 are open for tastings and many offer food, ranging from light lunches to fine dining. You can't visit them all so here is a sam-

Wilkinson's Audrey vineyard was founded in 1866, There are spectacular views of the Brokenback Range and Valley

Tulloch vineyard was founded in 1895 when the owner's great-grandfather changed from retailing wines and other commodities to growing his

Margan Estate offers light lunches where nearly all the ingredients are grown on the property. In addition to food and wine they offer tours of the oneacre kitchen garden.

If you want something more upmarket and corporate Brokenbrook provides a range of food options from pizza to haute cuisine and a weekend complementary shuttle bus so you don't need a nominated driver.

Tyrrells winery claims to be the oldest (1858) owned and operated by the same family. The family also claim, on slender

evidence, to be descended from Walter Tirel who killed King William II (Rufus) of England with an arrow in 1100. Whether by accident or on the orders of his brother Henry I is uncertain.

Also available for quality pub meals is the Bellbird hotel, built in 1914 and said to be the most haunted hotel in Australia, but none of the phantoms appeared during our stay.

Bellbird was the site of one of Australia's worst coal mine disasters in 1923 when fire broke out in the workings of Bellbird colliery, resulting in the death of 21 miners and their horses.

But if food and wine doesn't turn you on there is much more to see and do in the valley. There are two golf courses and several art galleries. One, Winmark Estate, has both an art gallery and sculpture park. Winmark showcases works by WA born Felicia Aroney.

As we left, we were watched several cheeky Pademelon wallabies scampering amongst the vines.

Cheese and chocolate tasting was also on offer.

Gardeners will be enthralled by Hunter Valley Gardens with 14 hectares containing 6000 trees

600,000 shrubs and more than one million plants arranged in several theme gardens with water features, statues and murals.

While the easiest way to tour the valley attractions is by car, there are plenty of other options including bus tours, electric bike hire, Segway, balloon, helicopter and on horseback.

And if you like Australian kitsch there is the world's largest sundial at Singleton and the Big Ugg Boots at Mortels Sheepskin Factory, Thornton.

The Hunter Valley is a great place to spend a short break. A pity it is so far from Perth.

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# let's go travelling travel options for the









# Travel is more than an adventure - it can light up your



Village Lofoten Hamnoy in Northern Lights Norway © Stian Klo

IN the middle of a wide fjord, the ship switches off its engines and slows to a stop as playful whales cross just metres ahead.

as the duo dance in the water, rolling in circles and slapping the water with their fins.

Jennifer, a usually shy

excited. "I've never seen whales do this before," she says. "It's like they're waving!'

This is Jennifer's 17th voyage with Hurtigruten, but as she wipes tears from her eyes at the spectacle before her, it's clear that the joy she feels for the Norwegian coast remains as deep and as strong as it was on her first voyage.

That was six years ago and taken under difficult circumstances: "to be told at 26 years old that you have brain cancer...' Remembering that time, Jennifer's sky-blue eyes search her mind for the words in her native Gerangry... sad...".

On advice from her doctor, who was concerned her cancer could advance rapidly, Jennifer decided that she needed to start doing all the things she had always wanted to do, but had put off. At the top of that list was seeing the Northern Lights, which led her to Hurtigruten.

From the moment she first stepped aboard, the ship and the Norwegian coast became her new world, a beautiful world far away from her cancer. It began a life-changing love affair with Norway and the comfort the coast could bring her.

"I will never stop sailing

says to us resolutely. "It's a way to keep myself alive." Jennifer has returned time and again to sail with Hurtigruten, booking voyages in between her treatments, be it major surgery or months in intensive care.

Jennifer explains that each time she booked a new trip: "it was a reason to keep going, to keep fighting, to stay alive for the future."

Because, on the other side of the pain and sadness of her cancer, the beauty of Norway and the peace of being on the ship were waiting for her.

"Every voyage, I experience something new," she says. "And so, I keep coming back."

The Northern Lights are still the main reason Jennifer loves the Norwegian coast. She sails with Hurtigruten between October and March, often staying out on deck until the early hours to witness nature's magical light show. A now self-confessed aurora addict, she readily admits to sleeping in her clothes to ensure she's ready to capture every photo op-

portunity. It was on a Hurtigruten ship that Jennifer met Henrik, one of the crew working on board.

"I'd seen Jenni many times," says the charming Norwegian bartender and waiter. "I'd heard about her circumstances from other crewmates. What at tracted me to her was that. rather than being sad and unfriendly from being unwell, Jenni always seemed happy and was kind to

From their initial friendship, Jennifer and Henrik are now a happily married couple. It's a nice thought that for many Norwegians on the coast, Hurtigruten's ships are a way to bring them home to their family. For Jennifer, it has turned out to be the same.

Contact your local Travellers Choice agent before March 31 2024 to book your Hurtigruten cruise and discover the attraction of Norway for your-

# man. "I felt confused... the Norwegian coast," she Everyone watches in awe and quiet 32-year-old, is **HURTIGRUTEN** Live the Legend of Norway **BOOK TODAY FOR GREAT SAVINGS** PLUS AN EXCLUSIVE \$150pp ONBOARD CREDIT! There's never been a better time to see Norway with its wild coastline, perfect for adventure all year round. Experience the magnificence of nature's greatest light show as you sail along the coast, surrounded by

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## The autumn equinox



Stellarium

by Donna Vanzetti and Carol Redford, Stargazers Club WA

EARLY morning risers will be treated to an impressive display as the planets come together in a cosmic dance. From March 15, Mars, Venus and Saturn are rising low in the eastern horizon. Mars appears as the red star-like object above Venus and Saturn. You'll have to be up early in the morning to catch it though. Keep watching.

In the coming mornings, you'll see Venus appear to move further away from Mars and head towards Saturn. By the 22nd, Venus and Saturn will be just a half a degree apart.

When and where to look: 5am, March 15 and very low to the eastern horizon.

Also on the 15th, the waxing crescent moon makes a close approach to the Pleiades star cluster, more commonly known as the Seven Sisters, below the constellation of Taurus in the north-western sky from sunset. Until about 9.30pm, the moon and the Pleiades are close enough to fit within the view of binoculars or observe with the naked eye.

Make sure to keep an eye out for Jupiter as well. Jupiter is the brighter star-like object further towards the west.

When and where to look: Sunset to 9.30pm, March 15 in the north-western sky.

This year the March equinox falls on March 20. Also known as the Autumn equinox, it marks the transition from summer to autumn the southern hemisphere and has almost the equal number of hours of daylight as darkness.

Equinoxes happen twice a year. On the dates of the equinox, the Sun is exactly above the Earth's equator, causing the equal length of night and day.

Did you know the equinox is central to the changing date of Easter each year? The date of Easter changes because it is based on the lunar calendar. Easter falls on the first Sunday following the first full moon after the March equinox, ensuring it occurs between March 22 and April 25. This year the full moon falls on Tuesday March 25 after the equinox, therefore Easter Sunday is on March 31.

Enjoy the ever-changing dance of the plan-

Stargazers Club WA's telescope classes and astronomy events for beginners are at: www.stargazersclubwa.com.au

# WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION Australia's Golden



# Tales from the Goldfields: Kalgoorlie's legends glitter with more than gold



Kooknyie, a living ghost town Inset; Ghost statues in Menzies

### by Carmen Jenner

ABOUT 700km northeast of Perth in Kookynie, the delightful owner of the Grand Hotel regales us with colourful tales of yesteryear. In this dusty living ghost town, Margaret Pusey reluctantly took over the historic pub at her husband's insistence more than 30 years ago. Despite no sign of him today, she continues pulling beers and entertaining the locals, prospectors, curious tourists and a stray horse, who was out roaming on the day we visited.

She proudly shows me her book titled Niagara, Kookynie: How It Was. It's the only copy she has, and I'm instructed to only look at it after I've finished my meat pie. The book is a collection of memories shared by local families showcasing a time when gold fever had taken hold. She's working on another book about the pub. A wander around the town's ruins with a bit of imagination gives some insight into its heyday. The Grand Hotel seems to be the only business operating in town, it takes resilience to be one of the few remaining residents.

We are about two hours north of Kalgoorlie, so you might wonder how anyone, including us, ends up in Kookynie. It is worth the journey if only to chat with Margaret and stop in Menzies to admire the steel statues depicting life over a century ago. The main reason many venture this far north of Kalgoorlie, however, is to walk among the art

Pit is a must and can be viewed from its lookout or on a tour. Hannans North Tourist Mine and the Museum of the Goldfields give historic insight into the industry, as does the Goldfields Exhibition Museum in Coolgardie, where Paddy Hannan first discovered gold.

Kalgoorlie's salacious reputation is mainly in the past, apart from Questa Casa, the longest-running brothel in Australia and possibly the world. Her official title has been "Madame" for more than 30 years, but Carmel Galvin is all class on her riveting tours. Located on Hay Street, the pink corrugated tin building is discreetly re-

moved from the main drag on Hannans Street. Due to the containment policy, the girls were forbidden to frequent crowded areas, and the preserved starting stalls were used to strike up conversations with cruising clients. There used to be 17 operating brothels servicing the needs of lonely miners at a time when water was more precious than gold.

Water still is a priceless commodity and the pipeline transporting water from Mundaring Wier to Kalgoorlie was an engineering feat that was so controversial and challenging that CY O'Connor, who was instrumental in its design and construc-

tion, died by suicide before its completion in 1903. His legacy lives on, and you can see the end of the pipeline from the Mount Charlotte lookout at the top end of Hannan Street, which also offers vistas of Kalgoorlie and the world's tallest bin; good luck to anyone who can fling their trash eight metres high into its narrow opening.

Nullarbor Links, the world's longest golf course, spans 1,365 kilometres from Ceduna (SA) to the Kalgoorlie Golf Course. The site of this epic golf course will soon include a new Hilton Hotel, a welcome addition to the town's busy accommodation, ranging

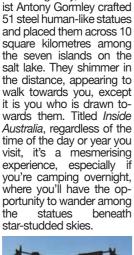
from the Hospitality Kalgoorlie motel to the luxurious Rydges Kalgoorlie. In keeping with tradition, many of the town's pubs offer accommodation, like the Palace Hotel and York Hotel, adorned with elaborate Victorian and Edwardian architecture, serving hearty fare on their ornate balconies to hungry miners. De Bernales Bar & Bistro takes the cuisine up a notch thanks to chef Tudy's Malaysian roots and owner Luciano Vec-

chio's vision.

Kalgoorlie doesn't pretend to be anything but a mining town, refreshingly so. It's unlikely you'll find any influencers posing against the street art

or the ever-present red dust. Instead, you'll hear remarkable tales, like the one about Herbert Hoover, who would go on to become the president of the United States. While stationed at the Sons of Gwalia Mine, he was a regular guest at the Palace Hotel, where he became besotted with a barmaid. A poem he penned to her is displayed next to the ornate Hoover Mirror in the hotel's lobby, which he also crafted.

Some might say the mirror reflects Kalgoorlie's prosperous past, but you don't need to dig deep to discover its gems aren't only in the ground waiting to be discovered.



installations on Lake Bal-

lard, about an hour away.

Deemed the world's largest

outdoor gallery, British art-



Australia's Golden Outback is a place of extremes immediately apparent from the cracked ground, blazing sun, gregarious flies (hot tip: bring a fly net) and sheer size of this rugged region. It might seem inhospitable on first impression, but the local characters have hooked many into Kalgoorlie's charms, even if gold was the initial drawcard.

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# A golden mile in the outback - a unique place with a big history



Gold panning - Kalgoorlie City Markets

KALGOORLIE Boulder's thriving days of glory began in 1893 when three down-on-their-luck Irishmen, Patrick Hannan, Tom Flanagan and Daniel O'Shea stumbled across 100 ounces of alluvial nuggets when they were forced to stop to replace a shoe for their horse.

Hannan then rode through to Coolgardie and registered the claim on June 17, 1893. It was through that ensuing goldrush that Kalgoorlie was

born.

In 1989, the two towns of Kalgoorlie and Boulder amalgamated to form one twin city.

Kalgoorlie Boulder is still one of the world's biggest gold mining cities and that feeling of excitement and discovery remains in the

Both Kalgoorlie and Boulder have beautiful examples of Goldrush architecture to explore.

Walking down the main street in Kalgoorlie is like going back in time.

There is great examples of architecture including such gems as the City Markets (1901), Government Buildings (1899), the York, Palace, and Exchange Hotels and The Kalgoorlie Miner building (1900).

Located within the walls of the historic Kalgoorlie Town Hall (1908) is the original tribute statue to Patrick Hannan, with a replica statue positioned building welcoming visitors old and new.

At the top end of Hannan Street, underneath an original poppet head, more treasures can be found at the WA Museum of Kalgoorlie Boulder.

The displays of historical memorabilia regale amazing tales from the early pioneers of the city.

The history of mining in Kalgoorlie Boulder is a fascinating journey - a celebration of innovation, ingenuity and sheer hard

The twin city owes much of its success to the engineering skills and vision of CY O'Connor. He was responsible for the design and construction of the pipeline which supplies much needed water to the region. The pipeline was opened in 1903, delivering fresh clean water from Mundaring Weir to the Mount Charlotte Reservoir in Kalgoorlie. The original pipeline is still in use and remains the lifeline of the region today. With a guaranteed supply of fresh water and ever-increasing finds of gold, the population of Kalgoorlie Boulder swelled as men came by the thousands to find their fortune on the Goldfields.

With the influx of single men, so too came the demand for goods and ser-

Like Kalgoorlie, the main street of Boulder, Burt Street boasts many architectural beauties. The most notable of these include the Palace Theatre (1930) and its art deco design. the Court Hotel (1900), the Loopline Railway Museum and the Boulder Town Hall

The Boulder Town Hall houses the remarkable stage curtain painted by Philip Goatcher, the fatheatrical scene mous painter, it is the only one of its kind left in the world.

Burt Street underwent extensive restoration work during 2014-2015 to return many of the shop fronts back to their original facades of the early 1900s.

In the main street of **Boulder stands the Miners** Monument, a proud statue erected in tribute to the miners of the Goldfields past, present and future.

If you're a lover of nature and the great outdoors, you'll delight in the

around the City. Kalgoorlie Boulder is situated on the edge of the largest temperate woodlands on earth. Spanning 16 million hectares, it is home to almost 20 per cent of Australia's known plant species. Great Western Woodlands, also known as the Goldfields Woodlands, have been kept largely intact because of their remoteness and unsuitability for agriculture. A showcase of the woodlands can be seen at Karlkurla Park (pronounced 'gull-gurl-la'), 200 hectares of bush land on the northern outskirts of

natural woodlands, trails

and leisure parks in and

the City. Enjoy one of the many walking trails which meander through the park and marvel at the Gimlets, Salmon Gums and Wild-

> 360° views of surrounding bush lands – a majestic sight, particularly at sunrise or sunset. There are also some fantastic driving trails that can

flowers. A viewing plat-

form is located in the heart

of the park, offering superb

help you make the most of your time in the area. For the more adventurous explorers, the Golden

Quest Discovery Trail is a 965km self-drive adventure trail through the Goldfields region. This trail takes you to many interesting spots, including Lake Ballard, the living Ghost Towns of Kookynie and Gwalia and panoramic views at The Terraces north east of Leonora.

Linking in with the Golden Quest Discovery Trail, The Green Trail highlights sites in the Coolgardie bioregion with outstanding environmental, historical and cultural values. At each of these sites you will discover different landscapes, become aware of unique flora and fauna and learn about ancient Aboriginal culture and European practices of the area.

The National Trust of Australia has developed a range of programs from the award-winning exhibitions at No 1 Pump Station, part of the Golden Pipeline Trail as well as a range of recreational trails to help residents and visitors discover more about the incredible Goldfields water supply pipeline.

For more information visit www.kalgoorlietour

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IT'S been hot here in WA recently and Sharon and staff at Aussie Redback Tours are pretty sure there are people who would like to escape for a while, right?

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tiful south-west WA towns, you'll travel through the wonderful south-west countryside on the way. At Albany you'll see historic Mt Clarence; the stunning Natural Bridge The Gap; and and then further across the coast, heading west, you'll visit the absolutely beautiful Greens Pool and Elephant Rocks on the way to Denmark.

Their tour also takes you to Bluff Knoll in the Stirling Ranges, Two People's Bay, Fernhook Falls, and Manjimup. Then on the last morning you'll take part in a beautiful morning cruise on the gorgeous Donnelly River, before heading back to Perth via Bridgetown and Donnvbrook.

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Contact Aussie Redback Tours today on 1300 662 026, email info@aussieredback tours.com.au or visit their website for more information - www. aussieredbacktours. com.au.



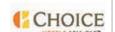


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# Wills, Legal & Finance







# Consider a legacy of helping others

DEMAND for our services continues to grow and generous benefactors are helping Vinnies WA respond to people in need through a charitable gift in their will. Bequests are one of the most valued and important funding sources for Vinnies WA and make an incredible impact for people in need.

Last year, Vinnies WA supported more than 58,000 West Australians with emergency assistance and support services. Financial counsellors helped waive \$2.79 million in debts and 15,000 people were helped via the National Debt Helpline. These services would not be possible without generous support through donations and gifts in wills.

To help facilitate a smooth will writing process, Vinnies WA has partnered with several solicitors who kindly offer free simple wills to anyone who would like to include a gift to Vinnies in their will. Vinnies has also partnered with Safewill, Australia's leading online will writing platform, to make the task of writing a will simple and affordable.

For more information about leaving a gift to Vinnies WA in your will, call 08 6323 7535, email bequests@svdpwa.org.au or visit www.vinnies.org.au/wa/bequests.

## Do you need to protect a beneficiary in your Estate?



Bespoke Wills and Estate's Shirley (obscured), Kim and Rebeca

MANY families will have a member with a mental health issue, an addiction issue, a disability, or perhaps just an undefined problem 'coping with life'.

When it comes to making a will, often parents worry that their child will not be capable of managing an inheritance, or they worry that the child will be taken advantage of.

In these circumstances lawyers usually discuss putting a protective trust (PT) in a will. Unlike a standard will, a will containing a PT essentially establishes a trust within your will, whereby the named child's share of the estate is protected.

BWE Lawyers are fa-

miliar with these types of scenarios and are also aware that whilst PT wills offer significant advantages, they may not be suitable for everyone, and they can be subject to being challenged. Issues surrounding the establishment and management of a PT will can be complex, and it's crucial to seek advice from an experienced lawyer to ensure that the PT is appropriate and effective.

This document contains general information only and does not constitute legal advice.

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## Kindness shines through - leave a lasting legacy



JULIE (pictured above) had been a supporter of Anglicare WA for a number of years. She was a kind, humble working-class woman from Perth and knew that she wanted to make a

difference to the lives of women and families

across Western Austra-

At the age of 57 Julie's life took an unexpected turn when she was diagnosed with cancer. She sadly lost her battle in 2023, but not before she put a plan in place – a plan of ultimate kindness. Julie decided to leave a gift in her will to Anglicare WA.

Julie wanted her legacy to support woman and families who need social connection and a hand up when the going gets tough. In her words, she wanted to embolden people and that is exactly what her gift will do.

After responsibly providing for your loved

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egacy. manager at Anglicare information, WA on (08) 9374 2409 w Correia, or email bequests@angli relationship carewa.org.au.



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# Wills, Legal & Finance



# One in six people taken in by fake scam - best not to engage

by Frank Smith

**AUSTRALIANS** over 65 lose more money to scams than any other age group. The Australian Competition and Consumer Commission (ACCC) Scamwatch reported that more than 46,000 people aged 65 and over made the most reports of being scammed. They lost more

any other age group.

Unfortunately, older adults have limited capacity to recover from these losses and this may just be the tip of the iceberg because not every scam is reported. Many older people are too embarrassed to admit their naivety.

The older you are, the more likely you are to fall prey to criminals trawling for victims in the digital world or via your phone.

The most common targeting older scams people are government department and Australia Post impersonation

Scientists at Rush University in Chicago (USA), led by biostatistician, Associate Professor Lei Yu, tested the vulnerability of seniors to scams by presenting 644 older people, average age 85, (78 per cent female) with fake phone calls, emails or letters from a fictitious government agency.

The fake communication said that there had been unusual activities in their social security files and that their retirement income and health care benefits could have been compromised.

Recipients were older adults participating in the Rush Memory and Ageing Project, an ongoing study of ageing. Consequently, researchers had detailed information about their age, education, health, financial skills, scam awareness and cognitive ability.

Phone calls are the most common and effective method used by fraudsters targeting older adults. Based on the phone call data participants were classified into three aroups:

1. Did not engage with the scammer. More than 68 per cent of participants did not answer the phone call or respond to requests to ring a number or visit

2. Engaged with scepticism. Just over 15 per cent answered or called in but were sceptical about the legitimacy of the communication and did not give away any personal information.

3. Cooperated with the caller without scepticism. Approximately 16 per cent engaged in conversations with a caller impersonating a government representa-

Professor Yu said even more concerning, 12 per cent of the participants in the experiment confirmed that they had not changed their personal information and willingly shared personal information. Nearly five per cent provided the last four digits of their Social Security number.

Older adults who engaged with the caller, but were sceptical, had the highest cognition and financial literacy, while those in the cooperating group had the lowest awareness of scams.

These results show that many older adults, including those without cognitive impairment, are vulnerable to fraud and scams.



Phone calls are the most common and effective method used by fraudsters to target older adults. Photo: unsplash

**Further** examinations of characteristics of the participants revealed that cognition, financial literacy, and scam awareness are important factors associated with vulnerability.

In Australia 16 per cent of seniors (over four million people) are likely to be susceptible to being scammed. This is far more than surveys have suggested.

Estimates in the US study are likely are on the low side, given that the researchers used a fictitious government agency name. Fraudsters create more compelling scams by impersonating real government agencies and organisations and use persuasive language and urgency to gain compliance with their scheme.

Older adults with higher levels of financial literacy are potentially more capable of detecting fraudulent outreaches; on the other hand, low awareness of scams renders older adults highly susceptible to fraud.

The researchers say that non-engagement is far and away the best strategy to prevent becoming a victim of fraud.

The study was published in September 2023 in JAMA Network Open. 2023;6(9):e2335319.



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# Assistive technology helps Parkinson's patients live a more normal life









Clockwise from left; Gyro Glove is a hand-stabilising glove designed to assist individuals with hand tremors - GyroGlove CEO Dr Faii Ong

by Frank Smith

PARKINSON'S disease is a debilitating condition mainly found in older people. About 200 million people throughout the world living with this distressing condition.

most obvious The symptoms are tremors shaking of the hands so

that it is nearly impossible to hold a cup of tea or coffee - and slow walking and balance problems leading to a stumbling

Parkinson's is caused by a loss of nerve cells in part of the brain called substantia nigra. This leads to a reduction in a chemical called dopamine, which helps regulate movement.

There is no cure for Parkinson's but progress of the disease and severity of the symptoms can be ameliorated by medica-

Recently two assistive products have been developed that restores independence and helps patients live a more normal life.

GyroGlove is an intelligent hand-stabilising glove designed to assist individuals with hand tremors. Utilising gyroscopic force, the glove helps minimise shakes, providing stability for evervdav tasks.

Inventor, Dr Faii Ong,

came up with the idea for the GyroGlove while studying medicine at Imperial College, London. He was caring for a 103-yearold woman who was becoming increasingly frail because she was struggling to feed herself due to hand tremors.

"I passed by her bed during lunch and saw that she had spent half an hour trying to finish a bowl of soup, most of which had gone down her front," he

"I skipped an imminent tutorial to tidy her up. I then asked the busy nurses why nothing was done, and why was she still be-

ing served soup.
"I was told that the lady had severe dementia, had already stopped responding to medication to stop the shaking, and there was nothing more medically that could be done.

"I was genuinely taken aback, and resolved to find a solution.

Reviewing more than 40 different technologies and concepts, Dr Faii recalled gyroscopes from childhood toys. He looked into whether the same technology could be used to stabilise hands.

The result is the Gyro-Glove which stabilises the hand enabling patients to overcome their tremors.

The GryoGlove has recently been approved by the Therapuetic Goods Administration for sale in Australia. It sells for around \$9,500, which should be covered by aged care packages.

The other major problems Parkinson patients have is limited mobility due to pore gait.

Professor Nancy Mayo and team at McGill University Montréal, Canada, have created a sensor, called Heel2Toe, that clips onto the inside of shoes.

"The sensor detects the motion of the ankle when walking and when it detects a strong movement of the foot downwards from the heel to the toe it emits a 'congratulatory' beep,' she said.

"This reward" and the anticipation of a reward for a good step stimulates the dopamine system in the brain to help make this optimal movement the norm, improving gait pattern.

"Our study was with people with Parkinson's but the mechanism is the same for anyone who needs to walk BEST, BEtter, faster, longer, Stronger.'

followed Researchers 21 people with Parkinson's who had gait issues but could walk without a stick. All had sessions with a physiotherapist and a workbook with tips for stable walking. Some 14 also received the Heel2Toe

Three months later, 13 of the 14 participants who wore the sensor walked further and had an improved gait, There was no improvement among any of the participants who only received physiotherapy and the workbook.

The website physiobiometrics.com is taking orders.

Until a cure is found for Parkinson's, assistive technology such as these, can make life more bearable for patients.

# **Another superager... Peg Eaton - an early feminist**



Peg Eaton

TURNING 100 is just a number for Peg Eaton. Still living independently at Bethanie Geneff and active in fundraising. The centenarian celebrated her special February birthday with an afternoon tea and cake, surrounded by dozens of friends

As a Foundation member of Bethanie, Peg is described by her son John as 'an early femi-

"I remember being at home with my brothers and sister at night wondering about dinner, because Mum and Dad were busy delivering furniture to welfare recipients," said John.

"Dad was the muscle behind Mum's operation; after finishing his regular workday at Bristiles he'd help her with whatever she needed doing."

As the coordinator of the Christian Welfare Centre in Beaufort Street, Peg ran welfare centres in the days when there was little government support. She was also integral in establishing one of Perth's first op shops in Northbridge.

"Mum was what we liked to call a very practical Christian," John laughs. "She liked people around her that did good deeds.

"She has continued to volunteer her whole life and was a real mover and shaker in that world: a pioneer."

Her tireless work ethic began early when assigned to the Land Army during WWII. Doing the 'men's work' at home; milking cows, picking grapes, and tending the land was followed by service in the Women's Army.

Peg was awarded an OAM in 2002 for service to the community, particularly through the Christian Welfare Centre and the Young Women's Christian Association. Peg went on to advocate for better support for the ageing population.

While looking for care for her parents, Peg was uncomfortable with what was on offer at the time, being mainly the old C-class hospital model. Disillusioned, Peg became an agitator in the aged care industry and the affiliation with Bethanie was a logical tie.

When preparing for her own retirement, Peg was proactive in making her own early decision, choosing to buy into Geneff 11 years ago.

"This was a great decision for her," said John.

"She completely embraced the Village life and continued volunteering - she can't help herself - and has been integral in some of their fundraising efforts."

Peg continues to devote time and energy in raising funds for Bethanie's Operation Christmas Child shoe box appeal, which sends up to 500 gifts to children overseas.

Peg doesn't want a fuss made of her 100 years. But for her five children, 13 grandchildren and 18 great-grandchildren (who refer to her simply as 'great') there is no keeping them away from their remarkable Peg.

# Rights don't diminish with age



ADVOCARE has assisted older Western Australians to access the right supports, information and protections available to them for more than 25 years. Advocare also operates the Elder Abuse Helpline (1300 724 679) as a starting point for people concerned about elder abuse, or who are experiencing it.

Advocare is a not-for-profit organisation, independent from aged care providers. Their services are free, confidential and unbiased.

For those at risk of loneliness or social isolation, the Aged Care Volunteer Visitors Scheme connects volunteers who are interested in providing companionship to

Older Australians deserve to have their rights upheld and respected. Whether you're starting your journey looking into aged care options, or are an older person already living in an aged care home, Advocare believe our rights don't diminish with age.

Find out more at www.advocare.org.au, free call 1800 655 566 or email us at rights@advocare.org.au.

# 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.

Post completed form to Have a Go News PO Box 1042 West Leederville WA 6901

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For further information contact Have a Go News on accounts@haveagonews.com.au or 9227 8283 - Books can be purchased from the office Monday to Friday 9am-5pm.

# \_ ADD ADVERTISING FEATURE









# Teeing off - Archer Richings hits the course at 95



Archer Richings

## by Frank Smith

IN the February edition of Have a Go News we met the superagers of Spain and California. This month I met an Australian superager

At 95 Archer Richings lives on his own with

minimal support, eats well, exercises, solves jigsaw puzzles and has researched his family history back to William Conqueror, plays nine holes of golf two or three times a week and his mind is as sharp as

He arrived in Australia 40 years ago with his wife. One daughter was here already. His other daughter and son came later.

wanted to come 40 years earlier but my wife would not leave her mum. But she did eventually," he said.

Archer trained as a draftsman but employers in England said he was too old at 40.

"They said I would be too expensive to employ.

In Australia he had problems getting regular work due to Insurance limitations, so he worked as a freelance draftsman until he retired at 68.

The family lived in Lesmurdie, eventually downsizing to a Kalamunda strata home.

Archer's wife died two years ago, but he manages to live by himself with the help of a weekly visit from his daughter and limited help from RISE under the Commonwealth Home Support Program.

"I get a cleaner once a fortnight and a monthly visit from a gardener, Charlie. He is very help-

get bored at times but, apart from golf I fill my time with jigsaw puzzles and Solitaire. I watch wrestling on TV and I use the Internet to talk to people I know and to research my family history.

"I have followed a paper trail of census and church records back to the 16th century. One line of the family traces its roots back to William the

Conqueror (1066-1087).

"My great-great grandfather was a shepherd in Wales. He married into a well-to-do family and moved to Somerset.

"My grandfather was an angry man and all his children were fright-ened of him. So my father moved to Essex to get away from his father. At 15 he joined the territorial army at the start of World War I. At 16 he was fighting in the frontline trenches in France."

Archer's father survived the war but died at 40. Archer says free cigarettes handed out to troops contributed to his ill health.

Golf is a big part of Archer's life nowadays. He began playing while in the UK and achieved a recognised handicap

of 22 over an 18-hole course. But he only played occasionally until his retirement.

"I don't play golf at weekends. It is too expensive and the course is too busy."

During the week he usually plays with the same four friends

"We usually play together, but not all on same day. Two are also members of another club play and they play there twice a week.

"I use a golf buggy. I can walk the fairways but it can be a long way between holes. The buggy is also a great help finding lost balls," he said.

'My handicap now is 21 over 9 holes.

"The people at Hillview Golf Course treat me as a king, they help park my buggy and carry my gear or leave it to pick up later.

"They refused to let me pay for the coffee that we shared."

Archer has only one surviving daughter, but has four grandchildren and five great grandchildren with one on the way.

One great grandson is 15. He could make me a great-great grandfather eventually but his mother says no way."

Archer's philosophy is to eat well, exercise and keep busy. It's one he wants other older people to adopt.

"Life begins at 95," he

After our interview and goodbyes, Archer picked up his heavy bag of golf clubs, loaded it into the boot of his car and drove off home.

# Oh, my beating heart - stem cell nutrition and heart health

DID you know that your heart beats about 100,000 times a day? That's about 35 million times each year. As a result, from this action the five and half litres of blood contained in your blood vessels circulate through your whole body three times a minute.

That's roughly 9,000 litres travelling many times through 96,000km of blood vessels every day. All this pumping is done by a 280g muscle the size of your fist. It's no wonder some people's hearts just wear out.

How healthy is your heart? The National Institute of Health has identified 74 diseases treatable using stem cell in therapy. Stem cell nutrition significantly increases the number of circulating stem cells - within one hour of consumption, tilting the balance towards tissue renewal. So, it makes sense for us all - whatever your age - to increase the number of stem cells available in our bloodstream.

Stem cell nutrition is safe, easy to take, affordable, backed by science and patented. Every time you consume two capsules between four and nine million fresh stem cells are released into your blood stream. They will go to where your body needs new cells to replace old damaged and faulty or just wornout ones.

If you would like to find out more about how stem cell nutrition can transform your life phone Sandra Barnsley 0412 479 156.



# **Enriching your Retirement journey**

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To arrange an obligation free tour, contact Matt Southgate on 08 6250 0016 or email retire@swancare.com.au.





# ADD D ADVERTISING FEATURE









# Sawatzky Cup charity tennis event aces it for rare disease awareness



Hitting it out of the park: Sawatzky Cup 2024 Grasscourt Classic women's champion team I'd Hit That (from left) Monica Randall, Sheridan Currie, Sam Pearce (capt), Diane Johnston and Tara Davidson. Image: Scotty's Media

NEARLY 100 men and women took to the grass courts of Perth's Alexander Park Tennis Club recently for a charity tournament raising funds to help rare disease awareness.

The Sawatzky Cup, one of the fastest growing charity tennis events in Australia, is named after Perth player and father of two Ross Sawatzky, who died early in 2020 aged just 48, from the rare auto-immune disorder, hemophagocytic lymphohistiocytosis (HLH).

"Rossco's death was a huge shock to his tennis mates such as myself and obviously an immense loss to his family. The fact that he died from something very few of us had heard of also hit home hard," said tournament founder and organiser Norman Burns.

An idea to hold a tennis afternoon for the family morphed into an annual tournament, with funds going to Rare Voices Australia, the peak body helping an estimated two million Aussies dealing with rare illness and disease. For the second year in a row, Rare Voices Australia (RVA) ambassador Andrew Bannister – one of 17 people in the world with a multiple brain disorder, and the only one not wheelchair-bound – sent down a ceremonial serve to get the tournament underway.

"Having Andrew there is fantastic; he's not only a great, positive guy but his presence brings home to everyone why they are taking part in the event," said Mr Burns.

RVA chief executive officer, Nicole Millis said the organisation was thrilled with the impact of the Sawatzky Cup, which is helping shine a spotlight on Australians living with a rare disease. A disease is considered rare if it affects fewer than five in 10,000 people.

"The funds raised through the Sawatzky Cup will help RVA continue overseeing the collaborative implementation of the Australian Government's National Strategic Action Plan for Rare Diseases," she said.

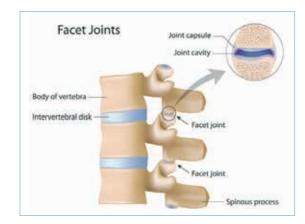
Four years on from the first Sawatzky Cup, the event is growing both in terms of

players and sponsorship.

"The first tournament had 48 players and one sponsor; this year we had just under 100 competitors, 15 major sponsors and teams came from as far away as Dunsborough. The teams format is unique in the tennis environment and provides great competition with flexibility as captains can rotate their players each round – plus it's a lot of fun," said Mr Burns.

Mr Burns, who hopes to expand the Sawatzky Cup throughout WA, interstate and even internationally, said it was great to see the event growing, especially as a lead-up to Rare Disease Day, which will be held this year on February 29. Rare Disease Day is a global movement focused on advancing equity in healthcare, social opportunity and access to effective diagnosis and treatment for an estimated 300 million people worldwide living with a rare disease

For more on Rare Voices Australia and Rare Disease Day, go to rarevoices.org. au/.



The facet joint is a common cause of lower back pain

## by Robert Vander Kraats

THERE are many causes of lower back pain. One common reason is the facet joint. The joint forms the superior and inferior articular process of two adjacent vertebrae. The function of the joint is to

allow flexion and extension of the spine, and to limit rotation. The joint also plays a crucial role in preventing the vertebrae from slipping over each other.

Pain from the facet joint is often called facet joint disease or facet syndrome. It is a condition where these joints become a source of pain. In Australia the prevalence of pain from the facet joint was 54 per cent, making it a common source of disability, with a significant economic impact. Nearly 90 per cent of patients in the 60 to 69 year age group, have facet joint osteoarthritis, importantly not everyone was symptomatic.

A diagnosis, often by

an experienced sports physiotherapist, needs to be made based on the history and the duration of symptoms, clinical assessment and experience of other similar cases in the past.

An in depth clinical assessment is required, as there are several differential diagnoses that needs to be excluded. These can include: sciatica, hip osteoarthritis, sacroiliac joint dysfunction, stress fractures, disc herniation, rheumatoid arthritis and many more.

Often the direction that a person prefers to move their spine or not move it, can be an indicator that the facet joint is a source of the symptoms. Often the pain is often described by patients as worse in the mornings, immediately after awakening, or during periods of inactivity.

Physiotherapy update - do you have lower back pain?

Sometimes a scan might be indicated, but not in the absence of a thorough clinical assessment. Often too much emphasis is placed on the scan, whereas a scan should be the last 'tool' in the 'tool box', not the first.

In some cases, a 'pain provocation injection' or a 'diagnostic block' is used in conjunction to the clinical examination to identify if the facet joint is the cause of the pain. If the clinical assessment suggests that the source could be coming from a different structure, a provocative discogra-

phy (positive if there is a change in pain, indicating that the disc is the source of symptoms), or a sacro-iliac joint block (suggesting the sacroiliac joint is the source of symptoms) may be indicated.

Management varies with the particular presentations, so not every treatment plan is the same. After a diagnosis is made, conservative management is the first step to treat facet joint pain. Some include: strengthening and general exercises, physiotherapy, anti-inflammatory medications, weight loss, and massage.

When conservative measures fail, injections into the facet joint or radiofrequency ablation (or rhizotomy) can be performed. Radiofrequency ablation uses heat to temporarily destroy the sensory nerve, often resulting in a reduction of pain.

The last resort is surgery, but this certainly does not guarantee a positive outcome all the time. One needs to consider the big picture, and how the lower back pain is affecting your quality of life.

Robert Vander Kraats is a sports physiotherapist with 18 years of experience, book in with him at Greenwood on 9203 7771 or online on www.ngp.net.au for your comprehensive assessment, and learn of any contributing fac-

# A new weekly memory café launches in Woodvale



L-R; CEO of the City of Joondalup, James Pearson - Boulevard Cafe and Tearooms owner, Julie Pettitt - Alzheimer's WA CEO, Ella Dachs - South East Ward of the City of Joondalup, Cr John Chester - Jessica Stojkovski MLA and Professor Warren Harding, AM. Alzheimer's WA chairman

A BIG crowd saw the launch of Woodvale's first Memory Café in February at Boulevard Café and Tearooms in Woodvale.

Participants and their carers were treated to fun, engaging activities, great coffee or tea, with plenty of opportunities to talk to each other in a safe and welcoming environment.

Café owner, Julie Pettitt has seen firsthand the impact of dementia in the local community.

"We've been in the café

now for over 13 years, we have witnessed a lot of our regular customers travel down this (dementia) road and it's great to see now this support with Alzheimer's WA.

"We can provide this cozy and comfortable place where hopefully people can still come, with their carers or family and enjoy a cuppa and a chat and make some new friends along the way."

Members of the community on the dementia journey and their carers were joined by Jessica Stojkovski MLA, James Pearson, CEO of the City of Joondalup, Cr John Chester, John Logan, former Deputy Mayor of the City of Joondalup, Professor Warren Harding, AM, Alzheimer's WA Chairman and Ella Dachs, Alzheimer's WA CEO.

CEO of the City of Joondalup, James Pearson congratulated Julie and her team: "It's great to see small business take the lead, partnering with an organisation like Alzheimer's WA to deliver a really important service for the older members of our community."

Cr John Chester thanked those caring for people living with dementia and invited them to seek out support and respite,

"The wellbeing of carers is fundamentally important to the lives of the ones you love and care for and you need to take care of your-

Alzheimer's WA Chairman Prof. Warren Harding, thanked the staff of the café and asked the State Government to build on their support of the health system. He spoke of the advancements in dementia detection research in Sweden and Australia using blood tests and eye testing; reminding the audience that while early detection is important.

"Social engagement, good conversation and a great cup of coffee is probably what you need most," he said.

Café owner Julie is looking forward to welcoming the group each week,

"It's really important that people are still valued and cared for in the community and to foster that sense of belonging and I hope to be able to do that with my team."

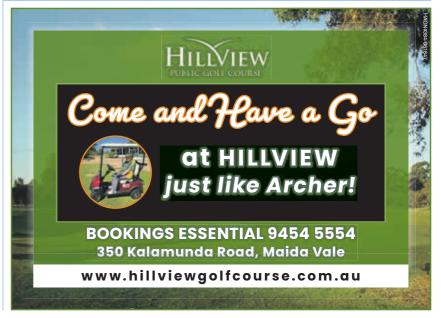
The Memory Cafe at Boulevard Café and Tearooms, Woodvale Boulevard Shopping Centre, Corner Whitfords Ave and Trappers Drive, runs weekly on Wednesday's from 10am

For the full list of Memory Cafes, located right across Perth visit www.alzheimerswa. org.au/about-dementia/sup porting-person-living-dementia/memory-cafes/.





Zumba Gold classes



# Downsizing ADVERTISING FEATURE











# How's the serenity? - it's time to tackle the jobs you have delayed









by Zofia St James

SERENITY... as I sit here and ruminate upon this word, I am acutely aware of the traffic, sirens, trucks and buses outside my window, but if I tune them out I can also hear the birds and their playful banter.

I like both, the energy and the busyness of life, but also that it can and does coexist intrinsically with nature. And the birdsong is what I hear above it all.

I suppose that for me it is a feeling of serenity; to experience that every time I open the door and come home.



serenity amidst the bustling city is my constant but also my anchor that I need, not to mention enjoy living in. Creating something beautiful for yourself whether that be a meal, a painting or a flower bed is good for the soul. Creating your oasis as it is for me, is always a work in progress. I may have mentioned a few times over the years and explained it

Creating our own oasis of

Will it ever be finished I hear you ask? Probably not. Like dust and weeds

as constantly working on

and adding those extra

brushstrokes to the canvas

that is your home.

it's an ongoing project but let's think about it as a labour of love of one's life and environment.

Serenity comes from gorgeous looks, cooking meals or just a bunch of flowers

As we now have a new season and hopefully some cooler weather, let's really get serious about the jobs that you know you have got to start doing. Too many of us have cupboards, sheds and linen closets about to explode.

Achieving this one at a time will give you serenity. Write a list and aim to achieve one or two jobs a week. Hire help, a skip bin or ask a kind and patient relative for assistance, but feeling neat, tidy and organ-

ised is the best natural high.
If you have a yard, balcony or alfresco area, have a good tidy, clean and declutter. The ongoing maintenance becomes so much easier and not to mention

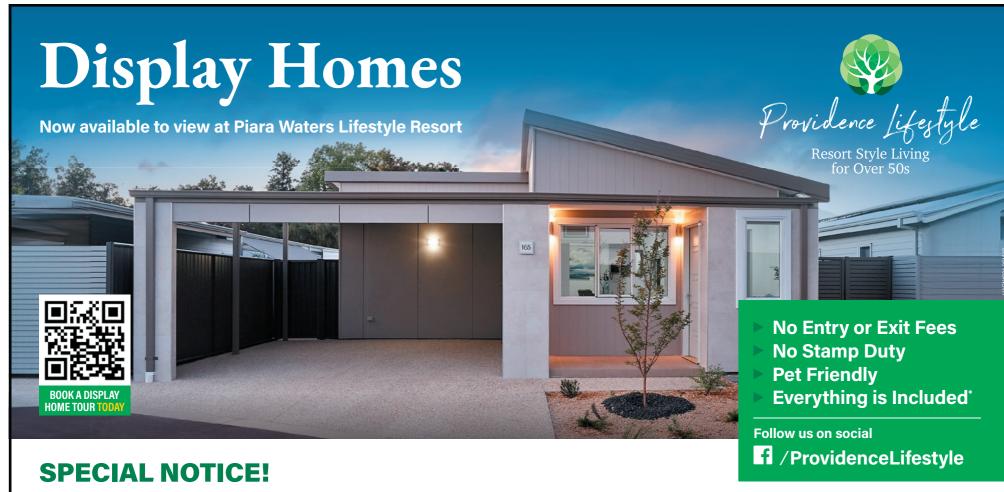
If you are moving out and downsizing this of course is the perfect opportunity but as I did encourage you last month to at least take strides towards feeling move-out ready. For those of you who have made that move I hope that you are loving your new space, so for you it's a canvas that you can enjoy, design and decorate to your hearts content.

Personalising it with beloved treasures is a key but so is the opportunity for it to be similar but different and new. Autumn is the perfect season to achieve all those jobs you have been procrastinating on doing. During winter you can sit back, relax and enjoy the efforts. Make sure your home gives you that feeling of serenity and somewhere you love to be and if it doesn't it can be. We will work on that!

Have a fabulous month ahead.

Zofia

Zofia offers a free over-the-phone or video interior style consultation for readers. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Interested in a free styling opportunity? Contact Zofia on 0406 336 607 or email zofiastjames@hotmail.com.



For a limited time, we have a few display homes available for viewing. These homes represent the exact residences offered at Piara Waters, Henley Brook, Mandurah, and Haynes Lifestyle Resorts for over 50s living!

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\* See website for details



# Busting brunch all over - a clever chameleon in South Perth is a go go!









by Buster the Bruncher

**CLEVER** climbing creature, the chameleon, is capable of colour-changing camouflage. In chic café culture, the chameleon must be South Perth's Gogo's café.

"By day, the café-style ambience beckons with a global fusion of street food. Come nightfall, it transforms into an Indian tapas haven," says the eatery blurb.

Buster, with brunch buddy Professor Ken, embarked on an early morning river ride across the serene Swan to survey the scene.

The Elizabeth Quay-South Perth ferry is part

of the public transport system with similar fare benefits. It's free for seniors outside peak hours.

Gogo's is a short stroll from the South Perth jetty, up Mends Street, on the right-hand side (and an eight-minute walk to the zoo for fit seniors with energetic grandkids).

By 7.30am, all Gogo's outside tables were occupied, with a lashing of likely lads in lycra, their two-wheel racing machines within sight for security and prompt returns to their river circumnavigations.

Gogo's is all go-go for coffee with quick and generous serves of steaming brew (large \$5.50). Thankfully, there are more tables just inside and quieter spaces further in, only lightly occupied.

Inside, customer focus was on breakfast and brunch offerings. The menu is fascinating but, thankfully, not excessively long.

There's a blending of Indian flavours with Western Australian produce. The choices also incorporate traditional morning munchies like eggs, bacon, mushrooms and sausage.

Dismiss hot curries from your mind, the food is masterfully flavoursome without belly-burning heat. Spices are sprinkled sparingly. Freshness is favoured.

Proudly proclaiming solid credentials, the eatery boasts: "With an international career that spans across esteemed establishments such as Bukhara and Dumpukht, chef Gogo has revolutionised Indian cuisine. Gogo's South Perth, his brainchild, isn't just an ordinary Indian restaurant."

Sourced ingredients include Linley Valley pork, King George whiting, Amelia Park lamb, free-range WA chicken and local goat, "harmoniously married with spices."

Gogo's guests included Bollywood star Shah Rukh Khan, music giants

the Beach Boys and the Australian cricket team. The chef even flew 300 WA lamb cutlets to a Sachin Tendulkar event in India.

With these runs on the board, chef Gogo says: "Cooking is a combination of art and science."

Professor Ken, bursting with inquisitiveness, settles on middle-eastern bean shakshuka and eggs baked with sumac, tomato, peppers and red onion on taftoon bread (\$20.50). The egg was masterfully positioned, stretched across the dish like a hungry octo-

Words are hard to find for these exotic and tasty dishes. Each serve is enough to feed two people, the food is piping hot from the kitchen and the flavours are blended beautifully.

For the second dish, we opted for "the Cure: eggs your way, bratwurst sausage, crispy bacon, potato rösti, beans, oven roasted tomato, grilled mushroom and ciabatta toast (\$25)."

perfectly Egg: . Bratwurst: poached. brilliant. Crispy bacon: sensational smoky, bar-becue-feel. The rest: Tick, tick, tick!

Hard to resist was the intriguingly-named fruit juice 'Immunity' (against viruses), with carrot, orange and ginger. Not overwhelmed

with flavour but light and colourful, as was the orange and watermelon juice (\$8).

A small choice of cakes includes generous slabs of chocolate cake and a pistachio-orange cake blend, tempting the severest diets. Worth writing home about - or taking home.

Chef Gogo's promise is "elevating Perth's gastronomy with creative flair and scientific precision".

Fact: Gogo's Fast comes from name chef/owner, Govindha Govardhan.

5 Spoons Gogo's, 35 Mends St, South Perth, Phone:

9474 1828 Cafe by day: Monday - Sunday, 6.30am to 2pm

Indian cuisine by night: Wednesday Sunday, 5pm till late



## **Buster the Bruncher spoon ratings**

**Five spoons** 

Four spoons

Three spoons

Two spoons

One spoon

- excellent food and service

- you must go!

- overall good food and service well worth a visit!

- reasonably good food and service but could make some improvements.

- food and service needs improvement.

- would not recommend.





# The six o'clock swill had a few hidden benefits





by Frank Smith

FROM 1916 most pubs in Australia were only allowed to stay open to 6pm. This restriction was promoted by the temperance movement, in some cases via a refer-

An immediate consequence of six o'clock closing was to bring on the 'six o'clock swill' a frantic hour between leaving work at 5pm and closing hour at 6pm. An unintended consequence of this was extremely heavy drinking. Workers would drink as much as they could before the 6pm The six o'clock swill was not pretty. Bars would lay sawdust on the floor to soak up patrons' urine and vomit.

Early closure continued in some states until the 1960s.

But there may have been side benefits of this mayhem. Alcohol researchers at Melbourne University have found that early closing was associated with lower overall alcohol consumption, lower liver disease mortality, lower drunkenness (before World War II) and lower homicide rates.

We aren't likely to ever

see pubs close so early in Australia again. However, this historical data is an interesting perspective to add to current debates around opening hours for pubs.

WA was the one state to avoid the six o'clock closing but that does not mean the WA temperance movement was idle. Pressure from the lobby resulted in four referendums about the prohibition of alc between 1911 and 1950. Prohibition was rejected every time but often by quite small margins.

Nowadays the consumption of alcohol is more nuanced with most older drinkers enjoying a glass or two of wine, often with a meal.

Here are a few wines to enjoy at leisure:

Aristotelis ke Anthoula Little Red is a blend of Grenache, Mataro & Nero d'Avola. The complementary varieties deliver a wine with fresh aromas of red and dark fruits. The palate provides flavours of candied raspberries, cherry and blackberry with a touch of chalkiness and complex earthy forest flavour, with a lingering acidity. The winemaker intentionally made this red wine to serve cold. Start with a cold glass of wine from the fridge and then leave the bottle out and enjoy the different flavours as the wine warms up. A perfect match for pizza night. **Angullong Fossil Hill** 

Barbera from Orange **NSW.** The wine is an attractive deep garnet in colour with purple

hue. It displays aromas of mixed berries with added complexity from herbs, dried leaves and forest floor earthiness. The palate is medium bodied, with herb, dark berry and plum flavours. The tannins and oak are very well integrated creating a balanced and soft wine with natural acidity. Perfect with antipasto or rare roast lamb. RRP \$30.

Primrosé Pino Noir Chardonnay. This sparkling rosé is light pink in colour. It displays delicate aromas of strawberry and rose petals, The palate is full of strawberry, pomegranate and citrus with crispy acidity and a lingering sparkle and long aftertaste. RRP

Taltarni Sparkling Shiraz 2018 is crimson in colour with a lively sparkle. It has aromas of rich. dark fruit, and chocolate, combined with a vibrant blackcurrant palate, complemented with spicy notes of aniseed and pepper. On the palate, the sweetness has married perfectly with silky tannins to produce a long, velvety, cedary-oak texture. This Sparkling Shiraz has depth, elegance, and structure. RRP \$26.

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# Simple and easy stylish suppers to give Nigella a run

by Noelene Swain

THERE is many a night when you arrive home from work or play, desperate for some nourishment but are hardly inclined to cook anything requiring anything that resembles You're craving something comforting that hits the spot, but the thought of chopping and assembling a medley of pans make you shudder. You've filled your takeaway quota for the week, so that option's out. Hmmm, bribing another family member to cook perhaps? Always a nice possibility, but unless your bribes are rather good, or you're one of a lucky few, that's an unlikely prospect.

It's time to bite the bullet, fling open that fridge door and create a stylish supper out of, well, next to nothing. Despite the fridge looking a little on the sparse side, you've still got plenty of options.

Omelettes and frittatas are always your friend - eggs, milk, onions and potatoes are generally omnipresent in any kitchen and then it's just a matter of bunging in whatever other ingredients are at hand or can be found in the freezer.

Old-fashioned toasted sandwiches get given a revamp with the addition of delicious white cheeses and any number of marinated vegies - it's really just a matter of slicing some bread and opening a jar. Add a little rocket or baby spinach and you've got a meal to make any chic café proud.

With these few basics you can whip up a veritable feast in no time flat and give Nigella a real run for her money.

Prepared by Fresh Finesse Food Promotions www.freshf.com.au

## Barbecued mushroom bacon lettuce and tomato

Preparation: 5 mins; cooking: 6 minutes; serves: 4



2 tablespoon olive oil 4 large (140g each) flat mushrooms, trimmed 6 rashers bacon, rind removed, halved 8 slices, multigrain bread, toasted 1/4 cup whole egg mayonnaise 2 teaspoon Dijon mustard 3 icebera lettuce leaves, shredded ½ cup semi-dried tomatoes, chopped French fries to serve barbecue **PREHEAT** plate on high. Drizzle both sides of the mushrooms with oil and season with salt and pepper. Place on the hot barbecue plate and

cook for three minutes each side or until just tender. Remove to a tray.

Add bacon and barbecue one to one and half minutes each side until golden. Remove to the tray.

Place four slices toasted bread onto a board. Combine mayonnaise and Dijon mustard together and spread over one side of the toast. Top with lettuce, mushroom, bacon and tomatoes. Season with salt and pepper. Top with remaining bread.

TIP: To reduce the saturated fat replace the mavonnaise with Greekstyle yoghurt.

## Mushroom and spring onion fritters

Preparation: 15 mins: cooking; 25 minutes; serves; makes 20



2 tablespoon olive oil 400g Swiss brown mushrooms, sliced

2 cloves garlic, crushed 11/3 cups SR flour 11/2 teaspoon ground coriander Salt and freshly ground black pepper, to taste

% cup milk 2 eggs, lightly beaten 10 spring onions, thinly sliced Olive oil, for frying Mango chutney, to serve

HEAT oil in a frying pan over high heat. Add mushrooms and garlic and cook, stirring often, for three minutes or until just tender. Set aside to cool. Combine flour, coriander, salt and pepper in a large bowl. Lightly whisk milk and eggs together. Gradually pour egg mixture into flour mixture, mixing constantly until smooth. Add mushrooms and

spring onions. Stir gently to combine. Pour oil into a frying pan and heat over medium heat until hot. Spoon one heaped tablespoon of mixture per fritter into the hot oil. Cook fritters, in batches, for three minutes on each side or until golden and cooked through. Remove and set aside to drain on paper towel. Serve fritters immediately with a favourite relish or chutney.

# What's fresh in the fruit and vegetable markets



**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 and an exterior of 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 wonderfully moist cakes and muffins and are fantastic in a hearty

Bartlett Pears: Another lovely new-seasoner, Bartlett Pears are a light green to yellow pear, or a 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 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: A very 'cool' addition to salads dips. Picking up a cucumber to feel; its weight is 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 de-seed? 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.

## Bubble and squeak

½ cabbage, sliced

4 potatoes, peeled and diced

1 onion, chopped

1 tablespoon butter

4 rashers bacon, chopped

½ teaspoon paprika

Preparation: 5 mins; cooking: 15 mins; serves: 4

MICROWAVE cabbage until just tender. Drain. Microwave potatoes until tender. Heat butter in saucepan. Add onion and bacon. Sauté until onion is soft. Add cabbage, potatoes and paprika. Cook on medium to high heat until a crust starts to form. Keep mixing, scraping the bottom of the pan with a spatula until cooked. Serve topped with poached eggs.

## Oven baked potato omelette

Preparation: 10 mins; cooking: 25 mins; serves: 4

1 tablespoon olive oil

3 potatoes, sliced and cooked 1 onion, chopped

1 cup finely diced red capsicum 1 cup finely diced mushrooms

6 eggs 1/4 cup milk Freshly ground black pepper 1 tablespoon chopped chives ½ cup grated cheese

BRUSH a round ovenproof dish with oil. Add potatoes, onion and vegetables. Beat eggs with milk, pepper and chives. Pour over the potato and vegetables. Top with grated cheese. Bake for 10 – 15 minutes or until just set and golden on top. Serve with a green salad and crusty bread roll.

# Autumn is a good time to give your outdoor areas a spruce up





ADD some new plants to the garden beds, pick up some new pots, or invest in some garden art to brighten things up.

Swan Valley Station have everything you need to give your garden a lift, no matter your budget.

Rusty art animals start from \$9.95, while bird baths in various materials and colours start at \$65. There is also a new range of Mediterranean-inspired outdoor settings, perfect for courtyard cof-

Wind spinners remain one of the most popular outdoor items at Swan Valley Station and come in a range of stunning colours and shapes that will leave you mesmerised as they move with the breeze.

Come for a browse, then stay for the famous scones with jam and cream for just \$6.95. They also have light meals such as quiche and salad and ham and cheese croissants.

See you soon at Swan Valley Station, a unique nursery, café, and gift shop in the heart of the Swan Valley.



# Knife and fork talk with the Dining Divas - cheap and cheerful at Dragon's Den









### by Pat Paleeya and **Judith Cohen**

IN the search for a great meal this month Morley Coventry Markets came up trumps. At \$14.90 the seniors' special includes either a middy of beer (VB or Great Northern) or a glass of house wine. We couldn't pass it up.

We swapped the alcohol for lemon, lime and bitters, they were very obliging with our request.

We sat in the Dragon's Den, a cosy area which is furnished with comfy Chesterfields. We plumped up the cushions, sipped our free LL&B and relaxed to the Diva era 60s music in the background.

From the menu we chose Vietnamese beef salad and grilled barramundi with salad and chips.

A good-sized piece of barramundi and a generous green salad drizzled with a creamy mayonnaise arrived looking delish. A request when ordering for no chips but extra salad was no problem at all. The barramundi was moist and tender with skin intact, and appearing more poached than grilled but none-the-less it tasted scrumptious. The salad consisted of greens only but would have benefited with a few added fresh herbs but all in all a very good lunch.

The Vietnamese beef salad for the price of \$14.90 was very good This probably would cost at least \$20 in other eateries. The salad was ample, lots of mixed shredded coleslaw and bean sprouts with hints of coriander, mint and chilli. This was all tossed in a very light dressing. The beef was very tender with a pinkish tinge and had a distinct barbecue flavour which was very

moorish. A very satisfying lunch.

This is a large indoor and outdoor bar and restaurant with plenty of seating and lovely friendly obliging staff.

Be aware that they do not take cash, plus you must show your senior's Lunch available from Monday to Friday from 11am-3pm.

3 forks Pavillion, Coventry Shop 2 Coventry Village, Morley 6324 3236



## 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

# **WEEK DAY LUNCH SPECIALS**

Information correct at going to press

## **5 POINTS KITCHEN**

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## **ARIRANG KOREAN BBQ**

\$25 lunch menu Mon- Sun 11.30am-2.30pm West Deck Karrinyup Shopping Centre 6507 8529

## **BENTLEY HOTEL**

\$16 lunch special Mon-Fri 11.30am- 3pm 1120 Albany Hwy Bentley 9460 9928

## **COVENTRY PAVILLION**

\$14.90 Seniors lunch special Mon-Fri 11am-3pm (must show seniors card) Shop 2 Coventry Village Morley 6324 3236

fork

topping

chopped

pepper

130g diced carrot

2 eggs beaten with a

80g fresh breadcrumbs

90g diced celery

plus 30g extra for

30g flat leaf parsley

e nlus for topping 100ml olive oil 100ml white wine WA lake salt

60g grated parmesan

Freshly cracked black

## **KARDINYA TAVERN**

\$20 seniors menu 7 days 11.30am-2.30pm 17 South St, Kardinya 9337 6999

## **RAVENSWOOD TAVERN**

Under \$20 seniors menu Mon-Fri 11am-3pm Lot 65 Lloyd Ave, Ravenswood 9537 6054

## **SECRET GARDEN**

\$18 Chefs lunch special Mon-Sun 11am-4.30pm 64 Angelo St, South Perth 6102 4223

## THE BELMONT

\$18 seniors meal 11.30am-9pm 7 days 174 Wright St Cloverdale 9277 2077

## **WHALE AND ALE**

\$19 seniors lunch 11am-8pm 7 days Key Largo Dve, Ocean Keyes Blvd 9408 5444



# Mondos Recipe of the Month - Concetta's stuffed eggplants





by Vincenzo Garreffa

**EGGPLANTS** (aubergines) are grown in Perth gardens and my Mum

produced an abundance of beautiful plump ones every year. She would get the smaller young eggplants which work best for this recipe and stuff them for a true Calabrese meal.

Serves 4 Ingredients 2 medium eggplants (approx. 500g each) 500g minced lamb or beef 140g diced onion

Method Split the two eggplants into halves, lengthways. Hollow each half out with a little paring knife and spoon, leaving a half centimetre shell of eggplant shaped like an empty row boat. Save the removed flesh, chop-

> Sauté the onion, carrot, celery in oil until they are soft then add the

ping it roughly.

scooped out flesh of the eggplants and add wine to keep it all moist. Cook until the eggplant is soft, about 10 minutes then set aside to cool.

Mix the raw mince into the cooled vegetables well. Add the eggs, parsley, breadcrumbs,

salt and pepper and mix thoroughly.

Now fill the eggplant halves so they are plump with filling.

Mix the extra cheese and breadcrumbs and sprinkle over the top of each filled eggplant. Place them on an oiled

Read what our customers have said at www.easyaccesskitchens.com.au

tray, cover with foil and make a few slits in the foil with a knife. Bake at 175°C for about 60-90 minutes until cooked through. Remove the foil and cook for another 10 minutes until they are golden on the top.

Buon Appetito!

Mondo Butcher and Grocer is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.



# GREAT HOME and GARDENING









# It's time to spruce up your garden for some autumn bliss









L-R; Sow brassicas like broccoli early in autumn - gerberas are exquisite in the garden or as cut flowers - cherry blossoms in Japan - Melbourne International Flower and Garden Show Inset; Jonquils



by Colin Barlow

RECORD breaking 40 degrees plus days of summer are gone and the crisp embrace of au-

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tumn is settling in. It is time to venture back into our beloved gardens. The cool morning dew offers a refreshing reprieve, coaxing our green sanctuaries to rebound from the summer's oppressive heat and drought. With nature's invitation to rejuvenate, now is the time to embark on a journey to revamp our outdoor spaces for the cooler months

My to-do list of autumn garden tasks are:

ahead.

• Large garden clean-ups

• Vacate garden clean-ups

Small tree lopping

Reticulation

Suspended

Plasterglass

Decorative Cornice

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E: whitelawceilings@westnet.com.au

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## Lawn Care Essentials

- Mow regularly every 1-2 weeks to encourage healthy growth and cover any bare spots before winter sets in.
- · Revitalise tired patches of grass by vigorously raking away any dead material or thatch with a lawn or spring-tine rake.
- · Give your lawn some love by aerating those compacted or worn-out areas using a garden fork or lawn aerator.
- Enhance water penetration and combat dry patches by applying a wetting agent.
- · Nourish your lawn with slow-release lawn food to promote thickness and resilience against weeds.
- Don't let fallen leaves suffocate your grass; rake them up and compost

them to avoid disease or bald spots.

· Combat winter grass with a timely application of pre-emergent herbicide, ensuring thorough soil coverage for effective control.

## Vegetable Patch Delights · Seize the early autumn window to sow brassicas

- like broccoli, cabbage, and kale, while quick-growing Asian greens can go straight into the soil.
- · Capitalise on the cooler weather to grow crisp salad greens like lettuce and spinach in garden beds or
- Stay vigilant against snails and slugs with torch patrols and eco-friendly deterrents like iron chelates, beer traps or bandicoots
- · Keep an eye out for cat-

erpillars feasting on your veggies; organic sprays like Dipel or Success UItra can help protect your aarden. Prune roses in midplants.

## Fruitful Endeavours

- Combat citrus leaf miner (CLM) with eco oil and traps to protect tender new
- · Boost fruit tree productivity with a high-potash fertiliser to stimulate flowering and fruiting for the coming spring.
- · Feed and water fruiting plants like watermelons and cucumbers while avoiding watering over the leaves to help prevent mildew.

Garden Glamour · Trim shrubs and hedges to encourage dense growth, followed by an application of wetting agent

and organic fertiliser.

 Explore local nurseries for the latest plant varieties to fill any gaps in your

March for a final bloom boost in May.

 Mulch garden beds with organic materials like compost or pea straw to enrich the soil and suppress weeds.

## Flower Power

- Start sowing sweet peas from St. Patrick's Day onwards for a burst of spring fragrance.
- Brighten up bare spots with autumn-planted bulbs like freesias and jonquils or create colourful containers with tulips and hyacinths.
- Explore a vibrant array of autumn and winter flowers at local nurseries. They are perfect for pots, hanging baskets, or gar-

den fillers.

• Sow poppy and foxglove seeds directly into prepared garden beds for natural charm.

With these autumn gardening tips in hand, let's embrace the season of change and breathe new life into our beloved green spaces. Happy gardening!



## Melbourne International Flower and Garden Show

The largest horticultural event in the Southern Hemisphere, the Melbourne International Flower and Garden Show (MIFGS) is on this year from Wednesday March 20, until Sunday March 24, 2024. Brought to you by Scotts Osmocote, the show will bring visitors from all around the world to see the inspirational landscape and floristry designs. Go to www. melbflowershow.com.au for the latest information on the show.

### Cherry blossom time in Japan

Later this month I will heading back to Japan to lead a 15 - day Ross Garden Tour that will enthrall with the fascinating culture, arts and sights of Japan. The garden trip will follow the delicate cherry blossom trail as it blooms across Kyoto, Nagoya, Kanazawa, Nikko and Tokyo.

You can check out the itinerary at www.ross tours.com/japan-cher ry-blossom/ and you can follow me on Facebook GardensfromEden1969 and Instagram colinbarlow to keep updated on my exploits.

Gorgeous Gerberas

The Western Australian Gerbera Society's State Championship and Autumn Show takes place at the South Perth Community Centre, Sandgate Street, South Perth on April 20 from 9am until 3pm. These exquisite flowers are ideal for planting in the garden or for using as cut flowers. Contact Kim Richardson on 0400 053 479 or go to www.wagerberasociety. com for more information.

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## continued from front cover Great stories, well told by Josephine Allison



Theatre 180's artistic director, Stuart Halusz with actor, executive director, producer Rebecca Davis

"We were in talks with composer Ron Siemiginowski who runs the Orana cinema chain in WA and who wanted to use his cinemas to adapt theatre and music in a cinema environment.

"So it seemed a natural transition to move across to Theatre 180 with Jenny still very much involved in the company writing and adapting and working on other projects. It has been a really lovely journey. From A Fortunate Life, we have grown exponentially through other productions in the surround style with Sydney II Lost and Found, The Lighthouse Girl Saga and Taking Liberty and we have other exciting projects ahead including a collaboration with the WA Museum."

Rebecca says that she, Stuart and Jenny met and interviewed Vivian Bullwinkel in 1995 while producing Cavalcade, to mark the 50th anniversary of the end of World War II.

"She was an amazing, incredible, inspirational woman and her story was part of Cavalcade. We thought that one day we would like to tell her story but we weren't sure how to do it.

"People have said how touched they were when they met Vivian Bullwinkel, she had a special quality about her."

"Here we are decades later and her story has come to fruition. It's something we are really thrilled about. We are currently in rehearsal at the newly renovated Como Theatre; it's a perfect venue for the shows we do.

Theatre 180 is theatre with a social conscience, understanding the stories of the past in order to write those of the future.

Theatre 180 will present The Lighthouse Girl Saga at Luna Leederville from May 2 to 5 and A Fortunate Life at Luna Leederville from May 10-12 with 21 Hearts playing from October 30 to November 10 at Como Theatre.

## Origin - A epic film based on a true story



WRITTEN and directed by Academy Award nominee Ava DuVernay, Origin chronicles the tragedy and triumph of Pulitzer Prize winning journalist Isabel Wilkerson as she investigates a global phenomenon of epic proportions.

Portrayed by Academy Award nominee Aunjanue Ellis-Taylor (King Richard), Isabel experiences unfathomable personal loss and love as she crosses continents and cultures to craft one of the defining American books of our time. Inspired by the New York Times best-seller Caste: The Origins of Our Discontents.

Over the course of the film, Wilkerson travels throughout Germany, India, and the United States to research the caste systems in each country's history. The movie explores the mystery of history, the wonders of romance and a fight for the future of us all.

In cinemas April 4.

WİN WIN WIN

We have 5 doubles to give away to some lucky readers. To be in the draw simply email win@haveagonews. com.au with Origin in the subject line or write to Origin c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/3/24.

# February foam party was a big



BIGGER and better than

last year, Regis Nedland's

infamous foam party is

now forged into the Febru-

More than 40 residents

of the local Regis aged

care home joined the fun

alongside family, friends

and enthusiastic employ-

After the success of the

ary calendar.





first foam party in 2023, Regis Nedlands' team members outdid themselves by hosting a spirited and colourful event for their community.

Regis Nedlands' gen-Bonni manager Sekulich said the foam party has become an annual highlight for everyone living and working in the home.

"It's wonderful to see everyone come together to enjoy themselves and create special moments in such a unique setting," Bonni said.

"We like to challenge the perception of ageing and create a distinct program of activities based around things that make our residents smile.

"Everyone was welcome to join in on this incredible day - we had family members dancing with their loved ones, team members showing off their moves and even had senior management join us on this special day.

For many residents the foam party was a new and exciting experience, providing a sensory activity that engaged them in a unique way. It was also a way to connect with residents who don't usually choose to participate in activities

Regis offers a diverse range of care options including residential aged care, home care, retirement living, day therapy and day respite. Regis is one of the largest providers of aged care in Australia and cares for more than 7.000 residents each year.

# Have a Go News **PUZZLES SOLUTIONS**

## Solution for BIG Crossword page 42

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# GREAT HOME and GARDENING











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## Solution for Wheel Words page 43

Solution for Crossword page 43

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Y R D

SIGNATURES

S T I C I

A D H E R E D

L I N G E R E D
E G L D

Boat, Bond, Boon, Boot, Coat, Coda, Coin, Coot, Icon, Into, Iota, Obit, Onto, Taco, Toad, Bacon, Baton, Biota, Canto, Coati, Octad, Ootid, Taboo, Tonic, Action, Bonito, Obtain, Botanic. 9-letter word: BANDICOOT.

## Answers for Have a Go News Quiz page 2

1. Surveyor General's Corner 2. Broome 3. 8kms 4. 31 5. Daniel **6.** 1,134kms **7.** 1891 **8.** Eileen Joyce **9.** The Vasse **10.** Alexander Forrest

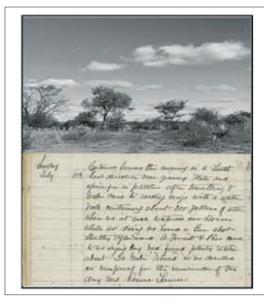
## Solution for Suduko page 43

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	5	3	6	9	4	7	1	2	8
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## Solution for Word Search page 43

JAERTIREDW SNINEBAYNEK AEØBSOMAL ZBNWMEOQUNR ACFETANGGGC GUAHHGKGOLUA MANKASALTJM ASOKRDAŁKBNE LPBSSEQAIPER MUGILGMYRAO 0 ADGHANALEBLO ZAINAZNATNEIN NPZIMBABWEMOL

# arts / Eline



# Ink to Image: Celebrating James Patrick Sweeney

EMBARK on a remarkable journey through time with lnk to Image, a photography exhibition unveiling the gripping narrative of an ordinary man on an extraordinary expedition.

In 1874, six intrepid explorers left Perth on a pioneering quest to traverse the Australian interior. Led by John Forrest, accompanied by his brother Alexander, the team com-

prised James Kennedy, James Patrick Sweeney, Tommy Windich, and Tommy Pierre. Their bold mission? To unlock the untapped grazing lands of central Western Australia.

James Patrick Sweeney was Greg Branson's great-grandfather, and his meticulous diary provides one of only three surviving first-hand accounts of the journey. John and Alexander Forrest also wrote diaries but while theirs detailed the daily search for

water, James doggedly chronicled the expedition's daily trials and triumphs - a very distinctive perspective of their odyssev.

In 2022 he retraced the footsteps of the expedition, standing where his great-grandfather once stood, in an attempt to see what he saw. Each of the 24 photographs is paired with excerpts from James' diary, capturing the essence of the journey

Don't miss this immersive experience guaranteed to breathe life into history through the lens of photography, exhibiting from March 18 – 22 in the foyer of the Perth Town Hall

On March 18, 2024, at 3pm - commemorating precisely 150 years since the expedition's departure just a stone's throw from the Perth Town Hall — Greg will launch this captivating photographic exhibition in the foyer of the

Perth Town Hall. Bookings https://events.humanitix.com/from-ink-to-image

On March 19 at 10 for 10.30am Greg will present a community talk on the long journey from his first sighting of the diary to the exhibition at the City of Perth lower Town Hall gallery for the Royal Western Australian Historical Society at 49 Broadway, Nedlands. Cost \$10 and bookings essential at 9386 3841 or email ad min@histwest.org.au

## A wicked new film hits screens this month



A 1920s ENGLISH seaside town bears witness to a dark and absurd scandal in this riotous mystery comedy. Based

on a stranger-than-fiction true story,

Wicked Little ters follows two neighbours: deeply conservative local Edith Swan (Olivia Colman) and rowdy Irish migrant Rose Gooding (Jessie Buckley). When Edith and fellow residents begin to receive wicked letters full of unintentionally hilarious profanities, foul-mouthed Rose is charged with the crime. The anonymous letters prompt a national uproar. and a trial ensues. However, as the town's women - led by police officer Gladys Moss (Anjana Vasan) – begin to investigate the crime themselves, they suspect that something is amiss, and Rose may not be the culprit after all. In Cinemas March 21.

WIN WIN WIN
We have 10 doubles
to give away to some
lucky readers. To be in
the draw simply email
win@haveagonews.
com.au with Wicked in
the subject line or write
to Wicked Little Letters
c/- Have a Go News PO
Box 1042, West Leederville 6901. Closes
20/3/24.

# La Bayadere returns to His Majesty's Theatre



IT won't just be the dancers' hearts pumping when West Australian Ballet performs *La Bayadère* (*The Temple Dancer*). Audience members had best prepare themselves for technically difficult jaw-dropping moments that will have you on the edge of your seat.

After premiering to Perth audiences in 2019, this classic ballet is returning to His Majesty's Theatre with West Australian Symphony Orchestra for a limited season in April.

The most well-known scene, the Kingdom of the Shades, is notorious for its difficult choreography. It sees the 20-something-strong corps de ballet dancers slowly traverse down a steep ramp whilst

performing a series of moves requiring incredible balance and restraint.

Originally created in 1877 by Marius Petipa – of Swan Lake, The Nutcracker and The Sleeping Beauty fame – this version has been reimagined by choreographer Greg Horsman, contextualizing the story during the time of the British Raj in India in the 19th century.

A co-production between West Australian Ballet, Queensland Ballet and Royal Winnipeg Ballet, *La Bayadère* opens at His Majesty's Theatre with West Australian Symphony Orchestra, April 12-20.

Tickets from waballet.com.au or 9214 0707.



## **MORNING MELODIES ONE FRIDAY A MONTH**





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# Annie: The Musical to dazzle the Regal Theatre...

FOR the past decade, HAMA Productions has been dazzling audiences with unforgettable musical theatre performances at prestigious venues like the Regal Theatre and Crown Theatre.

From the crowd-pleasers Legally Blonde and Fame to the timeless classics Wizard of Oz and

All Shook Up, the shows have left audiences singing and dancing long after the final bow.

And now, Hama is proud to announce the

return of Annie: The Musical to Perth after a 12-year hiatus. Brace yourself for a heart-warming and magical experience that will transport you to a world of hope and inspiration. This critically acclaimed production, featuring beloved tunes such as Tomorrow and It's the Hard Knock Life, is a must-see for fans of classic musical theatre.

Don't miss this rare opportunity to share the magic of Annie with a new generation. Choose from a variety of daytime showings and keep an eye out on the *Have Go News* Facebook page for exciting competitions and discounts



Annie: The Musical will be playing at the Regal Theatre during the April school holidays. Secure your tickets now at Ticketek and let the magic unfold before your eyes. Bookings https://shorturl.at/atCDN.



## Italy's submission to the Academy awards comes to Perth screens



TWO Senegalese teenlonging for a brighter future embark on a journey from West Africa to Italy in Io Capitano However, between their dreams and reality lies a labyrinth of checkpoints, the Sahara Desert, and the vast waters of the Mediterranean.

Io Capitano is Italy's nomination for Best International Film at the 96th Academy Awards.

In cinemas March 28. WIN WIN WIN - email tickets

We have 10 double passes to giveaway to this film. To be in the draw simply email win@ haveagonews.com.au Closes 25/3/24.

# Discover the arts in the heart of the South West



A collage of artworks on display on the Blackwood River Arts Trail

THE Blackwood River Arts Trail (BRAT) is the must-see arts event in the South West and this year it will be held from March 23 to

April 7. It presents 67 artists opening their home studios for an intriguing glimpse into their processes and creative environments;

as well as exhibitions held in more than 35 venues including cafes, gardens, gift shops, small galleries and collective spaces; and a film festival. The Blackwood River region includes Nannup, Bridgetown-Greenbushes, Donnybrook-Balingup and Boyup Brook.

Many of the venues are in or near town centres, others are further afield offering the opportunity to discover scenic rural and bush landscapes. A range of artforms are exhibited along the trail including sculpture, painting, ceramics, textile and wearable art, mosaics, weaving, felting, illustration and photography. Work on display includes that of award-winning artists such as painters Lori Pensini, John Gar-

de and Miranda Free, renowned sculptor Kim Perrier, weaver Liz Janney and many more.

More information visit www.blackwoodriv erartstrail.com

# ALLIANCE FRANCAISE

SCREENING UNTIL APRIL 2 showcasing the best of Fi d dramas (including France's blockbuster epic The Three Musketeers, Part On art Two, with an all-star cast including Romain Duris, Vincent Cassel and Eva Gree whimsical comedies, tantalising thrillers, and timeless classics restored such as Les Enfants Du Paradis. Starring French cinema legends like Juliette Binoche, Laure Calamy, and beloved Catherine Deneuve - it is an unmissable event!

NOW SHOWING at WINDSOR, LUNA ON SX, LUNA LEEDERVILLE and LUNA OUTDOOR



www.lunapalace.com.au

# What's on the silver screen at Luna Cinemas

Alliance Française Film Festival @ Luna /Luna SX/Windsor/Luna Outdoor from March 7 to April 2,

BETWEEN March and April, the world's largest showcase of French cinema outside of France returns with a program set to surprise, provoke and enchant. Expect to see charming period dramas, whimsical comedies, tantalising thrillers, and timeless classics. Starring French cinema legends like Juliette Binoche, Laure Calamy, and beloved Catherine Deneuve, it is sure to be an unmissable event!

## Damage @ Luna from March 21

Filmed in Adelaide with a pair of non-actors - one the director's own mother, the other an Iraqi asylum seeker - Damage centres on two people who appear to be polar opposites but are thrown together in a taxi journey that changes them both.

Wicked Little Letters @Luna/ Windsor/SX from March 21

A truly scandalous tale from the 1920s. Olivia Colman and Jessie Buckley reunite playing neighbours who get on each other's nerves in this pitch-dark comedy following a small English town where residents start receiving anonymous, expletive-laden letters.

## Perfect Days @ Luna from March 28

After several years away from

the silver screen, Wim Wenders (Wings of Desire, Paris, Texas) is back with a poignant character study set in Tokyo and a deeply moving, poetic reflection on finding beauty in the everyday world around us.

## Io Capitano @ Luna from March 28

lo Capitano is the epic story of two teenagers, Seydou and Moussa, who decide to leave Dakar, Senegal, and make their way to Europe.





# La Bayadère The Temple Dancer

12 – 20 April

Live at His Majesty's Theatre with West Australian Symphony Orchestra

Tickets | (08) 9214 0707 | waballet.com.au

A co-production between West Australian Ballet, Queensland Ballet and Royal Winnipeg Ballet









The West











# Horns and Harmonies - MetSo celebrate Harmony Week with a concert

IMMERSE yourself in the evocative and rarely performed Horn Concerto by Ruth Gipps, an astonishing composer whose work has been a hidden gem of the classical world. Featuring horn virtuoso, WASO's Rob

Gladstones showcases his complete mastery of this instrument to breathe life into this beautiful composition.

Relive the nostalgia as Metso pay homage to a beloved classic - the William Tell Overture. This

MARCH 23

APRIL 07

iconic composition, made famous by The Lone will transport Ranger, you back in time to the thrilling adventures of the masked hero. Experience the symphonic grandeur and excitement that has made this piece a timeless favourite.

Also on the program, Brahms Symphony No. 2 - a dramatic masterpiece of romanticism filled with lush melodies that captures all of light and darkness. A profound and transformative musical experience conducted by Bruce Herriman.

For information about the free tickets program for eligible schools, and community and youth organisations, please visit the website's news page or Email info@metsop erth.org.

This is the first concert for 2024 at the Taryn Concert Hall, Fiebig Churchlands Senior High School; one of WA's finest live performance venues on Sunday March 24 from 3-5pm.

This family friendly concert is suitable for all ages

and has good disability access.

**Tickets** from \$12-\$27 (online) and can be booked at www.metsoperth.org/tickets, or by Googling "metso tickets". WIN WIN WIN

We have five double passes to give away to some lucky readers to the Metso concert on Sunday March 24 from 3pm-5pm. To be in the draw simply email win@ haveagonews.com.au or call the office on 9227 8283 during business hours. Closes 20/3/24.



# Building community through the power of music

Winding through the scenic Blackwood River Valley region of WA, visitors are welcomed into artist studios, sculpture gardens, galleries and businesses hosting artists during the trail. Also featuring the Blackwood River Film Festival which screens feature and short films by Australian filmmakers.

FOR MORE INFORMATION

www.blackwoodriverartstrail.com

NANNUP.

**BLACKWOOD** 





IN a world often characterised by hustle and bustle, there exists a sanctuary where the timeless strains of classical music serve as a unifying force, bringing people together and fostering meaningful connections. At the heart of this movement lies WA Classical Music Connect, a remarkable not-for-profit organisation dedicated to making classical music accessible to all members of the community.

Founded on the belief that music has the power to uplift spirits and nurture well-being, WA Classical Music Connect goes beyond mere entertainment, serving as a beacon of hope and support for individuals facing isolation and loneliness.

Recognising the profound impact of music on mental health, the organisation actively promotes the therapeutic benefits of live performances, of-

fering a lifeline to those in need of solace and companionship.

One of the hallmarks of WA Classical Music Connect is its unwavering commitment to inclusivity and affordability. By subsidizing ticket prices and accepting companion cards, the organization ensures that financial constraints are never a barrier to experiencing the transformative magic of classical music. For many,

ARTS AND CULTURE TRUST

attending these concerts is not just a leisure activity, but a vital lifeline that encourages social interaction and provides a sense

of belonging.
Central to WA Classical Music Connect's mission is its acclaimed concert series, held every third Friday of the month from March to November. These events showcase a diverse array of talent, featuring both local virtuosos and internationally

renowned artists.

Among the luminaries gracing the stage is Sally Walker, esteemed professor of flute at the Australian National University (ANU) in Canberra. Sally's upcoming appearance underscores the organisation's dedication to reaching out to individuals who may feel isolated, offering them the opportunity to engage with music in a supportive and welcoming environment.

Through its tireless efforts, WA Classical Music Connect embodies the transformative power of music to transcend boundaries and forge connections that enrich the fabric of our community. Whether you're a seasoned aficionado or a newcomer to the world of classical music, there's a place for you within this vibrant and inclusive community.

As we navigate the complexities of modern life, let us heed the call of music and come together in harmony, guided by the timeless melodies that unite us all.

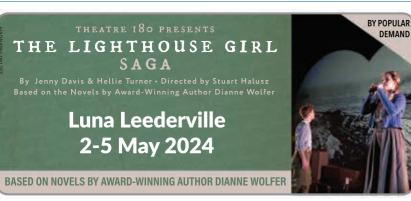
For more information about WA Classical Music Connect and upcoming events, please visit their website or contact them directly.

Concerts are held at 10am on third Friday of each month from March to November 2024 at the Leederville Town Hall. Ticket Prices: \$20 (Full), \$15 (Concession) - Subscription to all nine concerts: \$150 (Full), \$120 (Concession) companion cards accepted. Tickets: events.humanitix. com/classical-mu

For enquiries and bookings, please contact Rebecca Guy: Phone: 0414 638 734 Email: wacm connect@gmail.com













# 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 GSOH: Good sense of humour SD: Social drinker NS: Non smoker

SOR: South of River

WLTM: Would like to meet

DTE: Down to earth ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

 , Na	ama		Obtaining replies to v	our Friend to Friend

## Please nominate a category for your advertisement.

Tick one box only.

☐ Travel companion ☐ Wishing to contact

☐ Seeking a friend ☐ Seeking a partner

Phone ...... Email .....

This is a free service. All care no responsibility.

## Reply Box entry:

Please include two stamped (\$2.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

## Seeking a Friend

79YO gent, normal looks, seeking female daytime lover, 60-90yo, NOR preferred but SOR considered. Would love to have a respectful relationship with a pleasant considerate lady to enjoy each others company. Housebound and lonely. Most welcome to write.

Reply Box 9526

ATTRACTIVE educated female 73, lives SOR, 6156, WLTM caring man for friendship. Interested in music, mostly classical, reading, walking, travel, volunteering. Meet for cof-

Reply Box 9527

ATTRACTIVE tall, 70s lady, educated, well groomed, NS, SD, VG-DTE, WLTM 70s-75s, well presented, honest, caring, respectful, GSOH, gentleman. I enjoy walking, reading, music, travel, cruising, dining, country drives, genuine replies only, Applecross and surrounding areas

## Reply Box 9521

**CROTIAN** Australian gentleman 72, lives NOR. movies, dinner, dancing, active lady, 60, 75, NS, travel, SD, TLC. Please answer my ad. Cuddles, company, 6027.

Reply Box 9514

**FEMALE** 72 years young, genuine, hoping to meet genuine, spontaneous. active, loving gentleman. I have various interests and do various sports. Life is a mystery, it's meant to be shared with someone special.

Reply Box 9520

FRIENDLY NOR group, welcomes single ladies/ gents, 64+, to join us for various outings, lunches, coffee/chat, meeting new people on a regular basis. No fees apply. Please provide mobile phone number. ALA. Keep cool.

Reply Box 9523

**HAVE** a Go Meet a Friend Group 65+ is gathering every three weeks on Saturday at the Stirling Arms Hotel (close to Guildford train station) at 12noon to have lunch and drinks together, meet new people, make friends and mingle around; there is no fees involved other than your own meal and beverages, everybody is very welcome to join us.

Reply Box 9522

WLTM Asian lady, DTE, for country gent, 67, enjoys the simple things in life or just being cared for. Easygoing and caring person with old fashioned

Reply Box 9524

## Seeking a Partner

74 year old girl looking forward to sharing life with a man of similar vintage. Sharing our days, activities, maybe doing the garden together and sharing a glass as we survey our day's work well done.

Reply Box 9507

74, Kiwi, DTE ex-shearer then builder, now running Airbnb in Swan Valley. Love gardening, busy interesting life, recently walked Camino Trail 800km. Next project fitout Rosa-Bus tour Aust regular churchgoer BA Christian up for a challenge? Meet for coffee, dinner.

Reply Box 9509

100 per cent country Aussie bloke, 6281 area, young 75, fit, healthy, DTE, no baggage, quiet, adventurous, secure. WLTM similarly situated amiable, GSOH younger country lady, to share life, with TLC, without smoking and religion. **Reply Box 9516** 

ABOUT me; 53, guy, easygoing, enjoy life, NS, SD, enjoys life, old fashioned values, confident and happy, GSOH, SOR, love outdoors or indoors, a walk or a snuggle, ride or swim. Age no barrier.

Reply Box 9517

**COMPLETE** gentleman, 71, slim build, personable, enigmatic, fun loving, charismatic, passionate, honest, caring, good listener and communicator seeking free spirited, adventurous, open loving woman similar age, interested in keeping young. Give love another chance. Come join me.

Reply Box 9518

CUTE lady, youthful, 68, healthy, intelligent, warm heart, sunny nature, honest, caring, sincere, NS, SD, NOR. WLTM genuine, well presented guy, 60-70, medium build with same qualities. Coffee first, potential relationship if compatible.

Reply Box 9510

**ETHNIC** widow western education, slim, attractive, well presented, loves music, gardening, current affairs, I'm well travelled. Seeks active gent to 80yo, well educated, mannerly, NS, NG, (no footy), for a loving relationship if compatible. Near CBD WA 6151.

Reply Box 9525

I AM a NS, caring, warm hearted, open minded, 74 lady seeking a gentleman. Looking for good conversation, friendship, companionship and possible relationship as I am postcode 6502. My likes; outdoors, beach, country life, photography, travel. Meet for coffee.

Reply Box 9511

**REFINED** English Australian lady, 70s, educated, well groomed, med build, VGSŎH, ND, no baggage. I enjoy reading, music, good conversation, current affairs, socialising and country lite, country drives. WLTM genuine, loyal, unattached gent, 70-75, not separated, fin sec, well presented for permanent long-term relationship, Hills country or metro area. ALA.

Reply Box 9512

See this page for instuctions about how to reply to Friend to Friend advertisements

## Correct envelope size for Friend to Friend replies...

# 11B size envelope measurements Simply measure your Friend to Friend reply envelope against this template... We require a 11B envelope with the correct postage (\$1.20), per Friend to Friend reply. 9cm (height) 14.5cm (width)

## Seeking a Travel Companion

GENT 80+, looking for partner, companion. Me; NS, occasional drinker, GSOH, health good, own home, car, caravan. Enjoy beach, fishing, outdoors, life in general. WLTM lady similar values. Meet for coffee. Have a go.

Reply Box 9515

I'M a female looking for a travel companion. Retired lady wanting to share cruising etc holidays.

Reply Box 9508

SINGLE lady seeking friendly person wanting to travel around Australia, Tasmania and New Zealand. Not into cruises. I am NS, SD, living NOR with DTE attitude and with GSOH. ALA with hope of meeting for chat.

Reply Box 9513

## Wishing to contact

FEMALE 60s, WLTM a casual male dining companion for enjoyment of good food and conversations only. Responsible for own expenses.

Reply Box 9519

# 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, WA6901. (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 example 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.





# Have a Go News PUZZLES PAGE Have a Go



## **BIG CROSSWORD SEE PAGE 37 FOR SOLUTIONS**

### **ACROSS**

- 1. Dog restraint
- 4. Enfeebles
- 8. Actress, ... Winslet
- 11. No-hoper
- Sticker
- 15. Sparkle
- 17. Football arbiter
- 18. Gapes at 20. Bladder
- 21. Extent
- 24. Repeatedly
- 27. Unprocessed mineral 28. Director, ... B DeMille
- 30. Greeting word
- 31. River-mouth flats
- 33. Orchard crop
- 34. Split up
- 35. Invitation footnote
- (1,1,1,1)
- **36.** Urges on, ... up
- **39.** Mental health **42.** Entertained
- 44. Cruel wisecrack
- 45. Greased
- 46. Fathers 48. Bonfire
- 49. Steers off course
- **50.** Dole (out)
- 52. Primitive water plants
- **54.** Fish lung
- 55. Rescued 56. Communicate
- **57.** Laceration
- 60. Frog-like animal 62. Sharp-tasting
- **65.** Select
- 67. Stately
- 69. Certify (accounts)
- 70. Soup-serving spoon 72. Outlaw
- 73. Travel by bike
- **75.** Stockings fibre 77. Cereal grass
- 79. Vigilant
- **81.** Chill
- 82. The ones there 84. Slightly wet
- 85. Disarray
- **86.** Eyelid swelling
- 87. Carve (initials)
- 88. Congers or morays

## DOWN

- 1. Fallen trees
- 2. Lewis Carroll heroine 3. Mafia godfather
- **4.** Tiny bird
- 5. Says yes
- 6. Wrap
- 7. Narrow aperture
- 8. Barrel
- 9. Apportion
- 10. Different
- 12. Remove paint
- **14.** Filleted
- Shoestrings 19. Eradicate
- 22. Snowy (region) 23. Racial enclave
- 25. Frustrated
- 26. Revised
- 29. Overturn
- 32. Table part **35.** Abrading
- 37. Blackboard stand
- 38. Shattered
- 40. Helps (criminal)
- 41. Submit
- 42. Savage
- **43.** Tennis trophy, ... Cup **44.** Sports activities
- **47.** Crossed out
- 51. Simply
- 52. Taken from plane (of
- photo) 53. Roman LXXX
- 54. Paid male escort
- 58. Of hearing
- 59. Witch
- 61. Sectors
- 63. Spiny succulents **64.** Prompting (actor)
- 65. Picture house
- 66. Saint Nick, ... Claus
- 68. Hostile opponent
- **71.** Slack 72. Tempo guitar
- **74.** Quote
- 76. Hair parasites 78. Golf mounds
- 80. Crustacean's eggs 83. Garden implement

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l									1						1	1	1	1
l									1						1	1	1	1
<del></del>		0.4	+	_							-	0.5			1	+		
l		84								1		85		1	1	1		
l										1				1	1	1		
1														1	1	1		
<u> </u>																1		
86						87		1	1			1			88	1	1	
1								1	1			1				1	1	1
1								1	1			1				1	1	1
l			1				1	1	1	1	1	1				1	1	1

# Make it a mission convert your films, videos to digital formats...



BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious

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.

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to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format. Have a Go News readers are entitled

mention the Have a Go name to claim vour bonus discount. Visit DiskBank at 4/73 Troy Terrace, Jo-

limont or call 9388 0800.

to an additional 20 per cent off. Simply

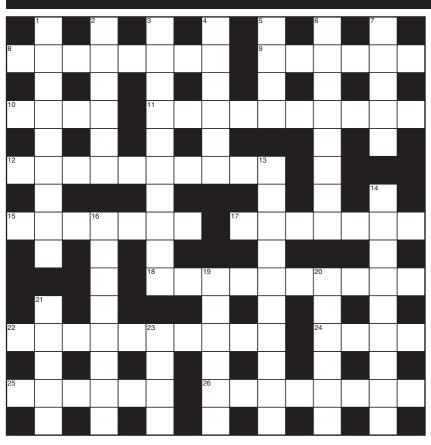




# Have a Go News PUZZLES PAGE Have a G



## **CROSSWORD**



**ACROSS** 

8. Real sad but loyal

9. Scoop! Give Libyan leader the push! (6) 10. I'm in crash in small

11. Fórmer school teachers were great painters (3,7) 12. Poachers don't like a

plucky goalie (10)

providing adroitness of hand for magicians (7) 17. Stuck around redhead (7)

18. Pastime involving

15. Good man has Leigh

Genesis (10)

22. Angus tries modifying autographs (10) 24. Heard to seize bod-

ies of water (4) 25. Noisily chews a pick

26. Lingerie that is exchanged, for news boss who hung around (8)

## **DOWN**

1. Rail-biter can become easily annoyed (9) 2. Cooking instructions: "Pierce and shake" (6)

3. Totally naked when in this? (10)

**4.** Parody dispatch, to higher place (4-2) 5. Was I actually involving whole continent? (4)

6. Spooner wrote "Base Regatta" (4,4) 7. Get up early to find

oyster's jewel inside (5) **13.** Rectifying the situation by putting clothes back on! (10)

14. Restored eggs found in rented premises (9) 16. In flue or creator? (8) **19.** Cleric revolution (6)

20. Qantas seldom holds loose threads in a tuft (6) 21. Detective Inspector bashful but handsome

23. Bound to be moderate diet (4)

## **SUDOKU**

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9.

RATING: ★★☆☆☆

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

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# **WORD SEARCH**

Α	Ε	J	Α	Α	Ε	R	T	I	R	Ε	D	W
N	G	S	N	I	N	Е	В	Α	Υ	N	Е	K
Α	Υ	Α	Е	0	В	S	0	M	Α	L	I	Α
W	Р	Z	В	N	W	M	Е	0	0	U	N	R
S	Т	Α	С	F	Е	Т	Α	N	G	G	G	С
Т	G	U	Α	Н	Н	G	K	G	0	L	U	Α
0	M	Α	Ν	I	Α	S	Α	L	Т	J	I	M
В	Α	S	0	I	R	D	Α	L	K	В	N	Е
0	L	Р	В	S	S	Е	Q	Α	I	Р	Е	R
I	I	M	U	G	I	I	G	M	Υ	R	Α	0
Α	Α	D	G	Н	Α	Ν	Α	I	Е	В	L	0
Z	Α	I	N	Α	Z	N	Α	Т	N	Ε	I	N
N	Р	Z	I	M	В	Α	В	W	Ε	M	0	L

FIND all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. Theme: Africa

Angola Benin Botswana Cameroon Chad Egypt Eritrea Ethiopia	Gambia Ghana Guinea Kenya Libya Mali Namibia Nigeria	Somalia Sudan Tanzania Togo Tunisia Zambia Zimbabwe
Ethiopia Gabon	Nigeria Senegal	



## 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. See if you can find the 9-letter word using all the letters.

Wheel Words



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Adjustable head/lumbar support

· Leather or fabric cover

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GREAT Sorts know that RECYCLING is simple. It's about putting all these 5 items into the recycling bin at home. That's paper, cardboard and cans as well as plastic and glass (containers, bottles and jars). Nothing else, all these 5 and only these 5.



