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Chin, Chin it's the *Travel Guides*



Retiree Travel Guides Kevin and Janetta soaking up the views of Perth from Kings Park

by Jennifer Merigan

TRAVEL is back and so are Australia's favourite travel critics on Channel 9's *Travel Guides*.

It's one of the most unique and honest shows on television with the five groups of critics visiting the same location for the same week-long holiday, reviewing the cuisine, accommodation, activities, and tourist sights.

On a recent visit to Perth *Have a Go News* sat down with posh retiree couple Kevin and Janetta.

Prior to retiring, the couple both had careers in the travel industry which inspired them to apply for the first series of the show in 2015.

Kevin and Janetta said

that one of the successes of the show is that they're allowed to say exactly what they think about each place they visit.

"We have an amazing pull with product because we're so honest. A lot of people tell us they decide on their holidays based on what we do," said the couple.

Renowned for hating camping and often referred to as the travel snobs of the show, Kevin and Janetta use three criteria to judge - accommodation, destination and experiences.

"Accommodation is the most important component to a holiday for us, we like nice digs, anything that has sand around it, like a tent, we hate."

Seen in almost every episode with a glass of wine and toasting with a 'chin, chin' the couple said that it's become their catch phrase.

On their travels for the show they arrive at the airport not knowing where they are going. They are given a packing list and a temperature guide for clothing prior and then they are off.

"*Travel Guides* has made us do things that we would normally never consider including bungy jumping in New Zealand, zip lining over a canyon in Hawaii and a helicopter ride over a live volcano.

Doing things outside their comfort zone makes them appreciate travel more.

"One of things we have had to come to grips with is that we have no control of where we are going and what we are doing."

"We could be camping in a tent in Fraser Island or staying at a \$2000 per night palace in India."

The couple say that when you get a little older you look for comfort.

Kevin said his favourite trip was the river cruise down the Danube and Janetta really loved visiting Israel and Sri Lanka. Their favourite travel experience is cruising, the couple have clocked up more than 30 cruises.

I asked them for their top travel tips...

"Don't let age stop you from doing things; enjoy every moment even if

things go pear shaped, just roll with the punches.

"Don't be afraid of using your seniors' card all over the world. Get those discounts."

"If you are visiting somewhere where they drive on the other side of the road and you haven't done that before, don't do it."

"Don't cheap out on accommodation if you can afford it - it's worthwhile spending the extra money on a nice room."

The warm and friendly couple believe that as you get older your travel life is finite so appreciate the experience that travel can bring you.

Travel Guides airs on Wednesdays at 7.30pm on Channel 9.

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From the Managing Editor's desk



IN the 24 years I have worked at *Have a Go News* one thing I have learned is that regular exercise is one of the keys to longevity. Turning 55 recently I had got slack on the exercise front and was really feeling sluggish. I decided to revisit a four-times a week workout program and can report that in the six weeks I have been doing this I feel 100 per cent better. I've also been focusing on healthy eating most days, ensuring I eat lots more fruit and vegetables. It's easy to fall into the trap of being inactive especially when working full time and I am

pleased I have made the effort to 'have a go' again.

★★★★
In each edition I like to provide readers with a plethora of activities and information for them to love later life. We've made a few changes this month, with a new feature on retirees' clubs on page 15 and also welcome Ken Marston to our pages with his column on mind matters. Ken was CEO of COTA WA for many years and about six years ago decided to take another path in life, retraining as a counsellor. Ken is a wonderful example that age is no barrier to changing careers later in life and I am sure you will appreciate the new column.

★★★★
It certainly has been a year of change in our office and it's only April! Last month we farewelled features manager Tammy Scott and this month sales consultant Debbie Smith retires. We also said

goodbye to our long serving volunteer Helen Jones. We thank them all for their service and wish them all the best. Long-time friend of the newspaper Marlene Robins is taking over from Helen and we also welcome Sharlene Galvin and Vivienne Darlington to the *Have a Go* family. Both ladies have a wealth of experience in advertising sales and we look forward to them being an integral part of our team.

★★★★
This month our regular cartoon contributor Frank has taken a more serious angle with his drawing, summing up the awful conflict taking place in Europe. See above!

★★★★
Please note we no longer accept plastic lids for recycling.

★★★★
The *Have a Go News* Facebook page grows daily and we enjoy being able to interact with peo-

ple regularly on this platform. We offer a variety of entertainment, giveaways and information. Please join us by liking our page at www.facebook.com/Haveagonews/.

★★★★
Although we print 80,000 hard copies of this newspaper every month there is further demand. As life starts to return to this 'new normal' we hope to increase our print run again with 100,000 copies the goal. To alleviate demand, we can email an electronic copy of the newspaper direct to your inbox. Unlike other publications we don't send you anything else except the newspaper and you can sign up for free at readers@haveagonews.com.au.

★★★★
I wish all our readers a happy Easter. I also take the time to acknowledge ANZAC Day on April 25, paying tribute to those men and women who served our country, those who made the ultimate sacrifice and acknowledge those in service today. With my daughter joining the Royal Australian Navy this year, it has taken on even more significance for me. *Lest We Forget*. I hope you enjoy this month's read.

Jennifer Merigan
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www.haveagonews.com.au
Phone 08 9227 8283

Ageing research snippet

Walk your way to good health

NEW research from the University of Sydney's Charles Perkin Centre has found that walking 7500 steps (5-6km) per day is ideal good health. They found that the walkers chance of dying from any cause is nearly 40 per cent less.

The risk of death goes down further when you reach about 11,000 steps per day.
Daily walking continues to be a great way to improve health and well-being.

Have a Go News Quick Quiz

1. Who owns Harvey Beef?
 2. Who hosts Seven's *The Chase Australia*?
 3. Who hosts SBS's *Mastermind*?
 4. British bad boy Liam Gallagher fronted which band?
 5. Name the French President, Emmanuel...?
 6. Who was Lang Hancock's long-time partner?
 7. Which oil company took back its traditional Aussie name?
 8. Bruce Rock is in which WA geographical region?
 9. What does RATS stand for?
 10. The Stevie Simpson Cup races which animals, for which sport team?
- See page 40 for answers.

Noongar Words

Dookerniny – Cooking
Kaarla – Fire

Noongar Season

Djeran
THE cooler months of April and May

Quote of the month

IT is said that each time we embrace someone warmly, we gain an extra day of life.

Paulo Coelho

Great West Aussies - Did you know?

KEVIN Parry, a former national baseballer and prominent business leader, led a \$20m sailing defence of the America's Cup, unsuccessfully in 1987. He established Perth Heat baseball team and funded Perth's first purpose-built baseball stadium. He died in 2010.



Find us on social media

Word of the month

euphemism
noun YOO-fuh-miz-um
A *euphemism* is an agreeable or inoffensive word or phrase that is used instead of one that may offend or suggest something unpleasant.
Euphemism comes from Greek *euphēmos*, which means "uttering sounds of good omen," "fair-sounding," or "auspicious." The prefix *eu-*, means "good." And *phēmos*, is the Greek word for "speech."

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British legend Dame Helen Mirren reflects on her role in *The Duke*



Dame Helen Mirren (Dorothy Bunton) and Jim Broadbent (Kempton Bunton) © Pathe UK

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

The movie is led by two British greats, Jim Broadbent and Dame Helen Mirren and directed by the late Roger Michell (*Notting Hill*, *Tea with the Dames*). This is the first film to tell this extraordinary true story.

Dame Helen Mirren is perhaps best known for playing Queen Elizabeth II, a role that gave her an Oscar for the film *The Queen*.

When it came to portraying cleaning lady Dorothy Bunton in *The Duke*, she explains: "This woman 'was in my DNA, I understood her.'" Mirren says of the moment when she read the screenplay.

"When I was growing up in a working-class family in London, I had a lot of aunts, as my mother was the 13th out of 14 children. My mother also left school at the age of 14 or 15 to

work. I felt Dorothy was somewhere in my DNA, I felt I understood her, I liked her and wanted to play her."

Playing the wife of the charismatic Kempton Bunton, who stands trial in *The Duke* for the theft of a priceless painting, Dorothy Bunton may be described as 'long-suffering.' But Mirren points out that Dorothy is more than a match for the idiosyncratic Kempton, played by Jim Broadbent.

"She's a working-class woman - or a woman who's always worked," Mirren explains. "She's of the era and generation where women worked to keep the family going, and her husband Kempton is not very good at earning money, he's not a good provider as they say.

"So, Dorothy has to be the provider for the family and hold them together, which is what she's always done. Women have taken that role throughout history."

The actress points out that Dorothy is a Queen in her own home, even if it's a terraced house in Newcastle, not Buckingham

Palace. She rules over the rest of the family, whether it's Kempton or her sons Jackie and Kenny, played in the film by Fionn Whitehead and Jack Bandeira.

"Human beings are human beings whether they're wearing crowns or working scrubbing the floor. Inside is the same humanity of love, despair, hope, insecurity, or ambition," she says.

"I thought Dorothy is very dignified and very powerful within that little house. That is her world, and she is in control of that. She has her own power and she wields it. You understand that in that house people do what Dorothy, not Kempton, tells them to do."

Much is known of Kempton Bunton because of his trial for the alleged theft. But Mirren says only one photograph existed of his wife.

"Rather than try and investigate what Dorothy was like, I thought I would base it on who came from a similar background," she explains.

"I found a photograph of a woman living in the

north of England, during the same era, she was walking down one of the back alleys that ran between two rows of terraced houses. I based the character on this woman, she had this look of such strength and determination. There was an incredible toughness about this woman."

Nevertheless, when the audience meets Dorothy, Mirren agrees that there's a weariness to her.

"Kempton and Dorothy have had a major tragedy in the family. They deal with it in different ways and Dorothy can't get through this loss. On top of that she's dealing with her husband who is very intelligent, very creative, very loving and fun, but the difficult side is, there's not enough money to keep the family going. So, she's battling to keep them clean and tidy and fed, and she's exhausted by that battle."

Much of *The Duke's* comedy emanates from the exchanges between Mirren and Broadbent's characters, but the actress adds there's something far deeper to the arc of the couple's relationship.

"Part of the delight of the film is to watch the redemption of that marriage and realise they're not going to break apart, they're going to come closer together," she argues.

Despite their illustrious careers, Helen Mirren and Jim Broadbent hadn't acted a scene together until director Roger Michell cast them in this film.

They have an easy chemistry on screen, but she warns that it's never a certain thing.

"You have to pray that the chemistry, this magic thing, is going to work" she says.

"You meet someone a

week before shooting and you have to find yourself on a level or find a familiarity with each other that conveys a sense that these people have been together for decades. But with Jim, it was so easy.

"I think it helps that I knew Jim was the right person to play Kempton. No one could have done it better than Jim and I think it's one of his great performances. It's what makes the film work; when you are part of that it's easier to slot yourself in, because you're coming from a place of love and admiration."

Mirren was in her teens in 1961 when the film begins and says she doesn't remember the real-life case of the missing Goya painting, but that she does remember the period vividly.

"Roger Michell used real film of London during the era and I recognised that London, I remember it very well. I didn't grow up in the North of England and the north was considerably poorer than the south at the time, so visually the world of *The Duke* was a different world to the one I grew up in, but the clothes and the social attitudes were very familiar to me.

"You know, as a girl if you showed a bra strap people would shout at you in the street. I was so thrilled when women became more liberated - physically, emotionally, professionally. For me that was great."

However, Mirren admits that unlike Kempton Bunton and his passionate protests for free TV licences for the elderly, she would be more likely to stay at home than demonstrate in the street.

"I am more like my character than Kempton, I talk a good game but funda-

mentally I'm a bit of a coward," she confesses.

"I don't think I could stand up on a street corner and speak up for what's right, I would probably give him some money to encourage him but not actually stand up there myself. I was a feminist when I was young because I just believed in equality. As far as I could see, women were equal to men on every level. It confused and annoyed me,

but I never went on feminist marches, and now I regret it.

"You do need to have your voice heard, you do need to stand up and speak out and I wasn't that sort of person, and I criticise myself for that. It's what I love the young for, they stand up and make their voices heard, and they teach us older people about change."

The Duke is playing in cinemas now.



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Volunteers needed for World War I research



Diane Macpherson

SINCE joining Mandurah military historian Sandra Playle to help her build a database of soldiers and nurses who left WA to travel and fight World War I, Bibra Lake woman Diane Macpherson says the rewarding work has opened up an interesting history of our then young State.

"It has given me a deep appreciation of the AN-ZAC traditions we now all cherish and commemorate on April 25 each year," Diane says.

Sandra Playle, a World War I specialist who is well known in the military history field nationally and

overseas, is seeking the voluntary assistance of older people with some spare time to help her on-going work compiling the database after putting out a similar plea in 2018.

"Yes, it did take a little practice along with some computer skills and the ability to patiently read and pluck out the required information from the individual soldier's files to fit into a specially designed database," Diane says.

"Copious easy instructions are available and Sandra is on hand to guide and suggest improvements. I manage to be at my computer and work my way through the assignment list for a couple of hours or so a day.

"This is a very important project and the finished product will provide future generations with a more precise history of our own State's contribution to the eventual ending of World War I.

"I especially found, apart from extracting the required information, that it was fascinating to read of the process each person went through, where they enlisted and then

embarked overseas. In each file is usually the person's full military history and obviously written on the ground as events happened.

"These included where and when they fought, were wounded or had leave and eventually, hopefully returned to WA. Of course, also the very sad stories of being killed in action and so many times there is no known burial site.

"They are, we know, in foreign soil but certainly remembered in the many memorials and beautifully maintained cemeteries located across France and Belgium. Other information often includes the giving of campaign medals and specially the various but rare medals for bravery and other acts of gallantry presented by King George V."

Diane says many personal stories are also to be found in the World War I files of men and women, their occupations often not found today such as a camel rider and a teamster to manage horses.

"There are also heart-felt letters from mothers

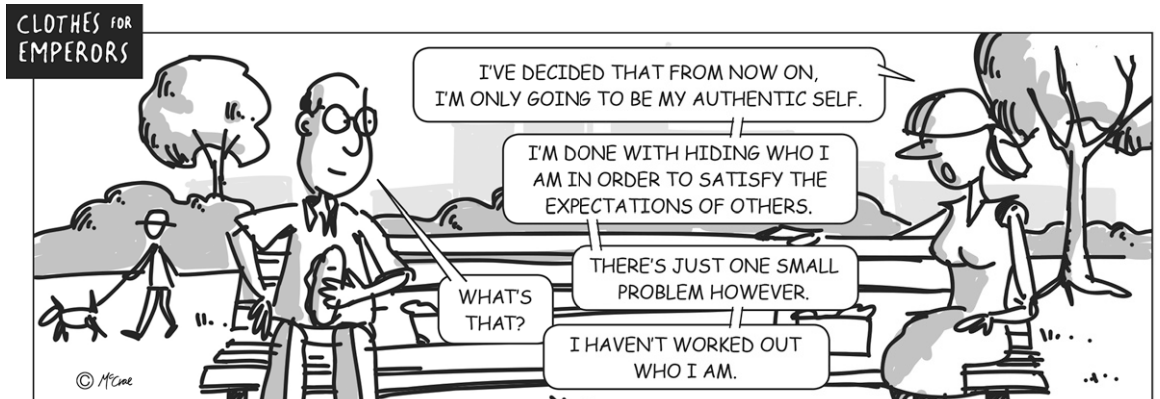
or wives enquiring about the health of their boys, especially if they had not heard from them in a while. Further research on our part will often complete the database by finding where and when those who did not return home died and are buried.

"These grave sites are so important in our history and it is with reverence that they should be maintained.

"It is not hard to imagine the busy comings and goings of ships in Fremantle harbour taking and bringing home the men and women throughout the war years, up to the early 1920s. They then had to fit back into a new life... but I guess that is another story.

"I do recommend that if anyone is interested in this special time in our history, please contact Sandra and give it a go, your efforts will certainly be appreciated."

Anyone interested in helping with Sandra's website can contact her at PO Box 767 Pinjarra WA 6208, mobile 0422 922 132 or email fedelmar@hotmail.com.



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Century of ballroom dancing lives again in new exhibition



Left to right; Embassy Ballroom at New Year's Eve - Government House Ballroom - Century of Dance is a free photographic exhibition which features 3000 photographs

by Josephine Allison

IT'S 100 years since Perth dance teacher Ethel Philp introduced the ballroom dancing syllabus into her dance school, setting in train a fascinating history of dance in WA. To celebrate, Perth dance teacher, performer and dance historian Adam Penn is staging *Century of Dance*, a free photographic exhibition celebrating the lives, careers, venues and events in dance.

Compiled over the past six months, Adam has delved deep into the archives to compile the exhibition which features 3000 photographs, 50 costumes and extensive information about the eras of dance while celebrating the people, venues including the Embassy and Canterbury Court ballrooms, Pagoda ballroom and Government House ballroom and events that have impacted people's lives over the past century.

"Apart from the many champions WA has produced, the social and romantic aspects of ballroom dancing changed lives for many," Adam said. "Tens of thousands of people have danced at dinner dances, balls, cabaret and weddings, forming relationships through dance while attending classes."

"Many used their dance skills at debutante balls with special social events staged at studios throughout the State, a real highlight. Many people met their future partners on the dance floor."

The exhibition commemorates people such as Ethel Philp (1920s and 30s), Rene Estler (1920s and 30s), Robert Wrightson (AM) and Shelda Wrightson ((1940s and 50s), Sam Gilkison OBE and Ronnie Gilkison (1930s and 40s), Len and Pamela Humphreys OAM (1950s and 60s), Daele Fraser OAM (1950s and 60s), Eddie Ward (1930s), Doreen Dawson (Geraldton,

1930s and 40s), Mary T Shaw (Bunbury, 1930s and 40s), Terri King (1940s and 50s) and Ailsa Miller (1950s and 60s).

Current day providers include Sandra and Glen Skilbeck (Rockingham), Sue and Ross Kramer (Melville), Pat Taylor (Hilton

and Over 50s Dance Club), Debbie Godenzi (Hamilton Hill), Richard and Julie Morrissey (Malaga), Geoff Stubbs (Balcatta) and Julie Patchett and Graham Thomas (Melville).

Local international stars include world title holders Jason Gilkison and Peta Roby, Peta Murgatroyd (twice winner of *Dancing with the Stars America*), Katrina Patchett (twice winner of *Dancing with the Stars France*), Joshua Keefe, international dancer and star of *Dancing with the Stars Australia* and Di- Anne Buswell, current star on the BBC's *Strictly Come Dancing*.

"When I decided to compile an exhibition, I was helped in part by a series

of articles on prominent dancers down the years which featured in *Have a Go News*," Adam said. "This prompted people to contact me with information and things developed from there."

"In 2006 while secretary of the Australian Dancing Board WA branch we produced a dance calendar. The State Library had little about Sam Gilkison and Robert Wrightson so we decided to do further research."

"Over the past 50 years WA has been a powerhouse on the dance scene, with Jason Gilkison and Peta Roby, Paul Green, Robert and Shelda Wrightson, Jim and Betty Mashmedt who opened a

Wrightson's studio in NSW and Roy and June Mavor who took formation dancing to the US.

The exhibition opening in February at Camelot Theatre in Mosman Park attracted more than 300 people over two days and Adam says the response has been fabu-

lous with many wanting to visit again.

"Seeing the exhibition come together has been most satisfying. All the picture frames, easels and mannequins have been recycled from op shops or roadside collections so nothing has been wasted."

Adam is planning to further expand the exhibition, taking it to aged care and corporate organisations. He is seeking more photographs and information.

Future exhibition dates:

Atwell Gallery, 586 Canning Highway, Alfred Cove 10am-4pm April 8-17;

Bentley May; Pinjarra June; Bunbury Museum, 10am-4pm July 4-29; Albany Town Hall 10am-4pm August 12-15; Belmont September; Geraldton November and Zig Zag Gallery Kalamunda 10am-4pm December 13-20.

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Have-a-Go NEWS

Community the big winner from local bank



The croquet club is among a host of sporting clubs which have benefited from sponsorship.

by Allen Newton

IT'S birthday time for Mandurah's Community Bank Halls Head, but it's the City of Mandurah that is celebrating with more than \$2 million contributed to community organisations and local shareholders by the bank during its 20-year history. The Community Bank,

which celebrated its birthday on April 5, has given back an average of \$115,000 to community organisations and shareholders each year, helping to make a significant difference to the wellbeing of the community.

In addition, the holding of the 2009 National and 2018 State Community Bank conferences in Mandurah directly benefited local businesses in the order of well over \$900,000.

The bank's community partnerships manager, Jenny Hammington, says the Community Bank Halls Head has relationships with about 55 different local community organisations which are all based in Mandurah that have been supported financially over the last couple of years.

Jenny says the Community Bank's contributions to community projects have made a massive difference

to Mandurah.

"We get a lot of positive feedback from those community groups that we help," she says.

Recent projects have included a community raffle where the Community Bank donated a prize pool of \$20,000 and all the organisations got to sell tickets, keeping 100 per cent of funds raised.

"That \$20,000 we put in raised close to \$54,000 for the 29 local community organisations who participated in the raffle.

"We also support sporting clubs to buy equipment, run events, purchase trophies. We have a sponsorship at the moment with Mandurah Performing Arts Centre which has a young creatives exhibition space for people under 30 to exhibit their work and get started with photography or paintings or sculpture - it can be anything really."

Jenny says that because the Community Bank Halls Head is a business there is often a requirement for it to be able to develop more business through its association with the organisations it partners with, because without that it wouldn't be in the position to support the Mandurah Community.

The main criteria for organisations looking for funding is that they are giving back to the local community.

"It has to be local and it has to be an incorporated organisation, or supported by an incorporated organisation, but if you look at the things we've supported, it's very diverse.

"We sponsored the TEDxMandurah event last year and again this year, we sponsored some community gardens, barbecues for beach clean-ups, a number of sporting clubs for people of all ages right up to bowls and croquet, a couple of schools including one school that has an assistance dog program called the Charlie Program. It's a dog that comes in and helps kids who have trouble with their emotional regulation, anxiety or trauma.

"We've sponsored an art festival, an Aboriginal association to run a big celebration, some Covid relief sponsorship where we gave to community organisations who were providing food relief to people who were having

to isolate or were in lockdown and didn't have anyone who could bring them food.

"We have a number of multicultural community organisations that we've been working with, wildlife rescue, men's sheds - there's so many.

"And we don't just support with finance, we don't just give a grant and step away, we actually get involved in what they are doing so we attend their events, we give them help and advice if they need it, and support. We have marquee, so there is a lot of non-financial support that comes with it which is why we say it's a sponsorship not a grant."

Community groups must either be based in the City of Mandurah or be running programs that support people within the City.

Jenny says that understandably community groups who receive money are very grateful.

"We have one multicultural group who have managed to pay for their hire fees for a community centre so they can now run numerous programs throughout each week. They have a cooking kitchen and a dance program which is open to everyone.

"We think of these organisations as our partners, so we work really hard to develop relationships with them."

A lot of those community organisations bank with Community Bank Halls Head, partly because the bank has a product that is directly aimed at those types of organisations.

"We do find a lot of members of those community organisations tend to jump over to us as well once they understand how it all works.

"That's my biggest barrier, getting the community to understand that we are local and that the money goes local, so when they do bank with us they are supporting organisations that they can use."

The Bendigo & Adelaide Bank has been around for more than 160 years, starting life on the Bendigo goldfields in the 1850s as a Building Society.


The community bank model is a franchise which sits under Bendigo & Adelaide Bank, which holds its banking licence. The different community bank branches are individual franchises, owned and operated by companies whose shareholders in the main live in the local community and whose board of directors are local community members.

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Up, up and away... Norm Bloch enjoys his days in the clouds



L-R; Norm piloting his glider, the glider on the ground and in the air Inset; Norm flying with Qantas



by Josephine Allison

IT'S a clear summer's day and Roleystone man Norm Bloch is doing what he loves best, flying his glider. Something he does most weeks in retirement. Whether flying jumbo jets for Qantas in a busy career or flying gliders, Norm is at home in the sky.

"My parents were from Europe, Mum was Belgian and Dad English and, after World War II, we went to Capetown, South Africa for a few years where I was born in 1961," Norm tells *Have a Go News*.

"We moved to Australia in 1970.

"I was building plastic aircraft models aged five. When I was about 14 there was a glider display at Garden City shopping centre with people talking about gliding, so I spoke to them. That was the first gliding club in Perth in those days, but it didn't last long after I joined.

"I started flying there, chalking up about 16 flights. When the club folded members were shared between the big clubs and I ended up at Narrogin Gliding Club. I flew solo on my 15th birthday which was rather ironic...you could fly gliders but you couldn't drive a car.

"When I was 17, I started

power flying, flying gliders previously gives you quite a reduction in flying hours required for a licence. Starting as a kid helps too. My parents were really supportive and I got my commercial flying licence aged 19 flying single engine aircraft and, in the next few years, twin engines to mine sites for crew changes."

Norm undertook these flights for four years and Qantas was recruiting. He had wanted to join Ansett which, he says, in hindsight was lucky given the pilots strike of 1989 and when it closed down in 2001.

"I joined Qantas at 23 and was a second officer on jumbos, Qantas only had jumbos so I went from 14-seaters to jumbos in one big hit. We were allowed to land on simulators but not the real thing.

"Flying for Qantas we were a relief crew so we didn't take off and land but we were able to relieve crew so that the captain and co-pilot could have a break on long flights."

After three years Norm

was promoted to co-pilot, then moving to 747 400s, flying them for a year. Because he joined Qantas at the start of a big boom he was promoted to captain in eight years, commanding 747s at the ripe old age of 31 and moving back to jumbos when he was 38.

In those days Qantas had not yet merged with TAA, so Norm did international flights for the next few years flying to many cities in Japan, Tahiti, Honolulu, San Francisco, Los Angeles, Auckland, Christchurch and Hong Kong enjoying the water on either side of the runway approach at Kai Tek airport. He also went to Sydney, Singapore, Ho Chi Minh City, Bombay and Seoul.

Hairy moments? Norm says there were few because Qantas always looked after its aircraft well.

"The worse was weather related, landing in Hong Kong in a typhoon. Believe it or not Perth is one of the worse places to land at night because of turbu-

lence. In summer, we get 40 knots of crosswind at a few hundred feet altitude but it is calm on the ground."

Norm left Qantas in March 2020 after 36 years when Covid hit and he was offered a voluntary redundancy.

"I was turning 60 and would have to give up international flying at 65, although on domestic routes you can fly forever. I could see it would take a few years for things to return to normal and I would have to change aircraft."

Sitting next to his glider at Beverly, Norm says he is looking forward to another day of gliding and returning to national competition after a few years of Covid restrictions.

His gliding record speaks for itself: His best flight this season is a whopping 788km. In 48 logged flights between October 8, 2021 and January 29, 2022 with a total flight distance of 21,409km he smashed national speed records, making him the fastest glider pilot in Aus-

tralia in six categories. He also won the WA State Gliding championship at Cunderdin in January.

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Where Opinions Matter - is the aged care revolution happening quickly enough?



and hydration". Shocking evidence emerged of assaults by staff on residents and by residents on staff and "patchy and fragmented palliative care for residents who are dying."

Anyone visiting aged care homes, in whatever condition, will acknowledge the enormous challenges faced by staff. These are not jobs for anyone, no matter how well-trained in health.

These largely thankless tasks require special people. The jobs have often fallen to ill-trained or poorly-conditioned and poorly-suited staff. Many are migrants who, while meaning well, struggle with communicating in English, which can create barriers for aged and mentally-troubled residents.

They are also among the lowest paid people in Australia.

The enormous and costly challenge for Australia to provide high-quality, decent treatment is one of the tasks facing successive governments as more people join the ranks of the aged.

Just to maintain current standards, Australia needs a net increase of 17,000 aged care workers, according to the Committee for Economic Development of Australia. And, of course, these people need to be paid properly for the day-by-day, minute-by-minute responsibilities they face.

The days of shoving elderly, mentally-troubled and dying citizens behind closed doors should have passed decades ago. We are now ill-prepared to

cope with existing aged care numbers, let alone the burgeoning numbers of aged people to come.

Ita Buttrose is among the campaigners for improved conditions, including designing care facilities, so they don't resemble gaol blocks or ancient, sterile hospital wards. Changes are afoot in the better-ranked care homes but capital costs and operation expenses are enormous. Wages and salaries adjustments have yet to be fully-embraced.

Getting enough fully-trained staff will take money and time, especially with shortages resulting from pandemic restrictions on migration. Dedicated state and federal ministers for aged care are needed to oversee what is nothing short

of a revolution. Existing systems have failed, as the royal commission emphasised, and the industry has not satisfactorily self-managed its standards.

There are many reputable, high-quality care facilities in all States but self-regulation in the wake of the Royal Commission will clearly not be enough to maintain the pace required for the next waves of seniors. Who will make the decisions for the overhaul and how will it be implemented and policed?

Every nation's health costs are at the top of budget outlays, boosted in recent decades by the demands from disability and mental health sectors. Aged care comes as a whole new layer, no longer to be ignored.

Perth professor of pol-

itics, Peter van Onselen, pointed out: "As the oldest members of the baby boom generation start to enter aged-care homes, their children are experiencing the trauma of the sector, too. Generation X therefore is starting to sit up and take notice of the problems afoot."

Aged care is finally getting the attention it needs. The solution is nothing short of one of Australia's greatest-ever challenges.

Standards, thankfully, are rising but the extent of the revolution and slow government machinery driving change means the reforms won't be fully in place until the next wave of the aged, Generation X.

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



by Lee Tate

A FULL year has passed since the findings of the

Royal Commission into Aged Care Quality and Safety were published.

The commission declared: "This cruel and harmful system must be changed... older people deserve so much more."

They found major quality and safety issues and "inadequate prevention and management of wounds... poor continence management... dreadful food, nutrition

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St Hilda's 70-year school reunion

HM QUEEN Elizabeth II came to the throne in 1952. That year 25 girls out of about 250 completed their final exams across the whole state.

In seven decades things certainly have changed for women.

Joan Pope is planning a small gathering at the school during mid-May and is keen to hear from any one from this cohort.

She is calling for assistance for news of Jill Campbell (Mrs Duff), Helen Johnson (Mrs Watkins), Elaine Baldwin (Mrs Brooks) among a dozen or so for whom the committee have no contact details.

Any assistance from readers will be most helpful. Either email; popejoan@westnet.com.au or snail-mail post or by hand delivery to 36 Reserve Street, Claremont 6010, (Dr Joan Pope OAM), or leave a very clear message on the answering machine at 9384 1056.

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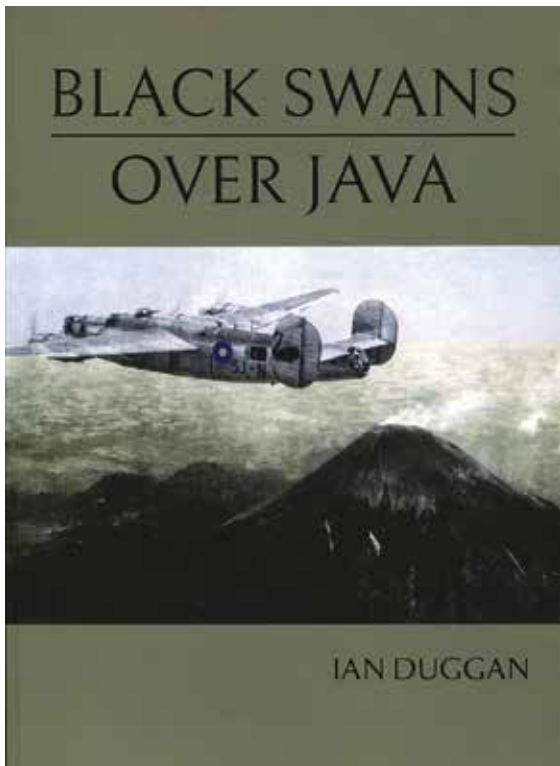
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Perth author writes of little known World War II secret air base



Former police officer, Ian's mission to bring to life the story behind the air base first started when he was at high school.

"I had a geography teacher named Jack Drummond who let slip one day that he had been a Liberator pilot; I was always interested in planes as a kid.

"Later on when I was a policeman in South Hedland one of my work colleagues visited Marble Bar and came back with some bomb tail fins which he gave to me and I asked him where they came from. He said an old airstrip south of Marble Bar so I thought that there was a good story there."

Ian ended up doing research through the National Archives, State Library and the RAAF Museum at Bullcreek and then started to write a book. He says he believes the book is 10 years too late because many of the anecdotes came from people who worked at Corunna Downs have since died.

"Two people have previously written about Corunna Downs including one person who worked there but there is so much more that could have been included. Fortunately, I had

access to the RAAF log which I was able to obtain from the National Archives. This material was really good because it recorded the day to day goings-on there. Also, the logs from the anti-aircraft group and radar station helped and others had written about the American 380 bomber group which used to stage through Corunna."

Ian says several photos for the book, which took about a year to write, came from a woman who helped in the restoration and maintenance of Corunna Downs airstrip while the remainder were from the National Archives and from people who had written about the American 380 Bomber Squadron.

"I enjoy writing and ended up doing a mature age university degree. My assignments were marked well because of the amount of research which I love doing, a throwback to my police career."

Ian says though Corunna Downs might not be regarded as too important in World War II history, it certainly kept a lid on what the Japanese were doing in Java and Bali.

"It probably stopped more bombing coming from bases in Bali, Timor

and Java.

"The Japanese naval base at Surabaya, which used to service their submarines and warships, became an important target for allied bombing from Corunna. There was a strong impetus to put it out of action which was mainly accomplished with bombers from Corunna Downs and a joint American-British operation where both British and American aircraft flew from two aircraft carriers, *HMS Illustrious* and the US *Saratoga* sailing south of Java, successfully bombing shipping and harbour facilities.

"That night, bombers from Corunna also flew to Surabaya bombing the then well alight oil and harbour facilities.

"Staff at Corunna ranged from around 280 people to between 500 and 600 when there were big bombing raids taking place. It was a terrible place; near the airport is this huge ironstone dyke and the heat would have radiated off that, conditions would have been appalling, the water quality was substandard and the food terrible."

Corunna canteen manager Ted Edwards remembered in the book: "I still smile at the thought of

being afflicted with the Corunnas, sometimes making it to the thunder box, sometimes not. I put up with the bully beef if it was well disguised, and most of the food, but drew the line at goldfish and powdered egg."

George Swarz, of Sarasota, Florida, navigator, Belotti's crew said: "All I can remember it was hot and we got lost. (March 16, 1944)"

Ian Duggan says that we owe a debt to the substantial input of American forces working out of bases in Australia, the aircrews, mariners, submariners and those on the secret navigation bases and how their forces were used in 1944 at a time when it appeared Western Australia was going to be invaded by Japanese forces.

Ian Duggan has written another book about the asbestos mine at Wittenoom and is soon to publish one about a foreign incursion at Cape Leveque in 1944.

Black Swans Over Java by Ian Duggan (Hesperian Press). Cost: \$40 pick-up Carlisle (or \$52.75 posted). Contact: Hesperian Press, PO Box 317, Victoria Park 6979 or email author: wodginaming@gmail.com.

by Josephine Allison

FEW Western Australians know much about Corunna Downs, a World War II secret air base south of Marble Bar. The men who worked there endured trying conditions with extreme heat and dust while providing fuel and arma-

ments to American and Australian B24 Liberator bombers flying on special missions.

Perth man Ian Duggan has written a book, *Black Swans Over Java*, which tells the fascinating story of Corunna Downs and the place it holds in Australian war-time history.

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The annual Norseman reunion returns this May

THE annual Norseman Reunion will be held in Mandurah on Sunday May 1 from 10am at the Clubhouse, St Ives Retirement Village, 22 Carnegie

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or email newbill13@bigpond.com if attending so that extra parking arrangements may be organised if needed and Covid rules are abided by.

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Footy is back... not sure I'm ready... t'was a tough pre-season



by Rick Steele

VIEWERS, readers, vaxers and others, we've now had a few rounds of running with ball kicking and catching (from all denominations) under our collective belt, and already the fans are not happy. The coach is a goose and a

loser. The "ump" needs to go to Specsavers; get a hearing and visual test, maybe a lobotomy and/or a prostate examination.

The commentator should see a taxidermist. Full forward has either done a hammy or strained his groin and the ruckman has got a run in his pantyhose.

It's already been a stressful start to the year, what with open borders, masks on, masks off, shutdowns, letdowns, infections up, stuff ups, temperatures and tempers raging and prices going through the roof.

There is war in Europe,

while the sunburnt country I love has flooded once again.

Meanwhile, Scomo and Albo are in training for the lightweight heavy lifting title of most popular bloke in the pub, or who is the least detested personality. No wonder we are all a little tired, with a jaded touch of anxiety. But let's face it, things are never that bad that they can't be made worse.

Aunty Myrtle used to say, "the older you get, the better you get; unless you're a banana."

Soon it will be time to vote and I'm thinking to vote for the candidates

who promise the least as they'll be the least disappointing.

They say politicians are basically good blokes as long as they stay away from things they know nothing about - such as, working for a living.

Others say polities are like nappies that should be changed regularly, and for the same reason. A nameless political quote said: "I have strong views on most serious matters and, for my party, I am willing to change most of them."

Ronald Reagan apparently said that politics is the second oldest profession in the world and, "I have come to realise it bears a very close resemblance to the first."

Rumour has it that a wanna-be rock star was heard whining; "Is it fair that the village idiot's vote is worth the same as mine?"

I think I live in a street

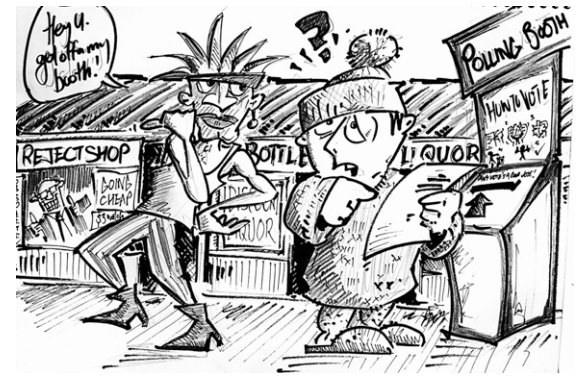
where the surveys think that I have money or we're alcoholics.

I am always reminded there is a significant religious event, and or holiday coming by the bulging pamphlets stuffed in my letter box advertising every conceivable type of grog man has invented.

Easter of course includes bunny paraphernalia, and hot cross things. I'm sure the cross is there to remind us of something. Calvary? Is that somewhere near Bunbury?

I remember asking my dad why it was called Good Friday when the outcome was so bad. In the olden days of last century, back in NZ drinking on Good Friday was considered a sin and blasphemous. These days it's a long weekend and, "get it into ya mate."

Bloody oath, if you get through that, it's only a couple of weeks to our



two nations great Remembrance Day. Unfortunately again, we are facing our celebrations with doubt as to what we can and can't do. I know for sure our special concert is cancelled for the third year in a row and all that goes with it. Let's hope it all goes well. Deep sympathy for our heroes.

Best wishes and blessings to all our men and women in the forces, and we will remember you who paid the ultimate sacrifice so that we can live

in peace. "And in the morning, we won't forget."

A drunk and a priest are on the train and the drunk asks why he wears his collar back to front. "Because I'm a father." The priest replied.

"Well, I'm a father too," said the drunk.

"Yes, but I'm a father to a hundred or more." The priest replied.

"In that case, maybe you should wear your pants back to front."

Cheers dears.

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Analysing the pursuit of happiness



by Jon Lewis

THE pursuit of happi-

ness ought to be a great idea. Its completion to me, though, seems uncertain. At what point in this pursuit do we actually become happy? When is the pursuit completed? What is the guarantee, if any, that happiness will be there at the end?

It seems there are an awful lot of questions. Can there be any

real answers?

I wonder... perhaps, could it be better to make happiness the path? Yes, happiness can also be a destination as both are better.

My preference, though, would be to make the path a happy one.

Ahead of time, you may not rightly know that the destination might be, in truth, happy. After all, life can be and must be, at times, tough.

There seems little sense to me in making the path as tough as the choice. The famous saying reminds us, there are many roads to Rome. Which will you

choose? Is one a happy road? I hope so.

Driving to work at 6PR late at night, I put this view into a more tangible way. I choose different roads to drive. Sometimes, I choose a road with trees, or a road by a hilltop to see the lights, or at times, I take a new road altogether. For all I know, I may discover it to be better.

I enjoy being happy. It is a path, a road, a highway, I choose. It is a way of happiness, and it can lead me well prepared to happiness.

I am drinking a coffee as I write this. And I am happy!

All the best.

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Will you need to give up driving? Help is at hand...



to make the decision ourselves, perhaps with the help of a partner or carer.

Dr Theresa Scott, a psychologist at the University of Queensland, is the chief investigator in *The Living with Dementia and Driving Study* which aims to aid elderly drivers cope with the transition to being non-drivers.

The study is for people living with dementia, who have retired from driving or are considering retiring from driving in the future.

"Dementia is not the only reason to stop driving. Many people stop driving due to failing eyesight which gives them an insight into their driving skills," she said. "Memory tests are not a good indicator of driving skill. Dementia can creep up on you."

"You might not realise

you are no longer safe; while some people with dementia may still be safe to drive.

"A care partner often advises a driver to cease when the driver can't cope or keeps getting lost."

Driving is more than just a way of getting A to B. For most seniors it also represents independence and freedom. Driving cessation can result in less social interactions, difficulty with day to day activities such as shopping, impacts on mood, and an adverse effect on overall quality of life.

"It can be difficult for a person to come to terms with loss of independence and the need to rely on family and friends and being unable to reciprocate. It can also lead to social isolation, depression and anxiety.

"Social isolation increases the risk of dementia creating a feedback loop where dementia leads to more isolation which in turn leads to more dementia.

"A person can expect to live seven to ten years after ceasing to drive," she said.

That provides a good reason to develop a program that offers emotional and practical support for people and their family members, making the transition to life without driving.

CarFreeMe is a free community-based program designed to ease the change for participants and their care partner.

No driving tests are involved. CarFreeMe involves individual assessments of the person's need for getting around their community, providing education and support from a

health professional, finding solutions to getting around without driving, and trying out different transport options.

You will receive information and support for continuing to do the things that are important to you without driving.

The course is run remotely by telehealth but is also available on a face-to-face 1:1 or small group basis for participants who are not confident with using digital technology.

The program utilises effective, client-centred methods to help older people manage driving cessation. It has been demonstrated in a randomised controlled trial to increase community mobility and transport satisfaction in older adults following driving cessation.

Researchers are currently recruiting participants in Perth with mild or moderate dementia for whom driving cessation is an issue.

Feedback from earlier participants in CarFreeMe has been very positive. They rated the program 9.7/10. People said after completing CarFreeMe they go out of the house more and use other transport more. They also felt more ready to make the right decision, at the right time.

To participate, or for any questions regarding the study, please contact Shelby Carruth, who is located in Perth on 0410 043 265 or by email: s.carruth@uq.edu.au.

The Living with Dementia and Driving Study is funded by the National Health and Medical Research Council (NHMRC).

by Frank Smith

AS we get older there comes a time when we wonder if we are still safe to

drive. Annual medicals for the over 80s may make the decision for us, but developing dementia may creep up on us and we may have

Farewell and thanks to *Have a Go News* volunteer Helen Jones



HAVE a Go News has had the great fortune of receiving assistance in the office from volunteers over the years.

Our longest serving volunteer, Helen Jones, came to the newspaper about 20 years ago and not only has worked at the paper on a weekly basis and manned our stalls at *Have a Go Day* over the years, she is also a valued team member and friend.

Over the years Helen has done a variety of jobs including compiling our club contacts section, which is now on our website, doing contacts for councils and coordinating the Friend to Friend section.

Have a Go News is the only newspaper to still offer this contact service and of course provides it free for readers. Without Helen's valuable contribution we would not be able to do this.

Helen decided this year that she would like to retire after 20 years of service.

Readers can be assured Friend to Friend continues with Marlene Robins taking over.

Have a Go News extends our gratitude and best wishes to Helen; we will miss her lively interactions in the office and thank her for her many years of service helping build the *Have a Go News* community.

Editor note: Human Services column



DUE to the Federal Government being in caretaker mode, Human Services general manager Hank Jongen's regular column will not be published until after the Federal election. Readers are welcome to send questions of a general nature about pensions and aged care to info@haveagonews.com.au in the interim.

Missed picking up a copy of last month's issue? Visit *Have a Go News* online to access our E-editions or register to have the newspaper electronically delivered. readers@haveagonews.com.au



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Understanding the meaning of a word, could save your life

by John Rando, lawyer and musician

WHEN I look back over 50 years as a criminal defence lawyer, I realise how silly and naïve I was in my first year of primary school. I arrived in Australia from Sicily, at the age of three, unable to speak English. In the early years at home, our family spoke Sicilian. There was little formal education at school for newly arrived immigrants at the time. I struggled with the English language in the early days. I tried to adapt as best I could.

I felt stranded. In Grade 1, six years old, my school class was taken for the first swimming lesson at Crawley Baths. Our teacher asked kids to, "put your hand up if you can swim over your depth". She asked for a show of hands. I look around. Most of my mates raised their hands high in the air. "Depth", I wondered. At the time I was puzzled by the meaning of the word depth. It was a new word which I didn't understand and had never heard.

However, I was as smart as the rest of my classmates, so I boldly raised my hand high in the air. Kids that raised their hand, dutifully followed the teacher to the deep water at the outer reaches of the Baths. She then directed kids to dive into the water and swim to the other side of the pool. Kids followed her instructions and splashed into the water. So, of course, I followed and jumped into the water, promptly sinking to the bottom of the river. My teacher promptly jumped into the water to save me from

drowning, dragging me out, to the laughter and ridicule of my mates. "I thought you could swim," she said. "I didn't understand the word depth," I said splutteringly. That was the day I learnt to understand the meaning of words before acting. It's a lesson I have never forgotten. The harrowing experience of that day had a profound impact on me. Now I understand. Our intellect is largely related to good vocabulary.



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Mind your mind - tips and advice about mental health



by Ken Marston

LOOKING after ourselves physically is always important, but it is absolutely vital in times of uncertainty to look after our mental health. I don't have to recite the many and various things that are worrying all of us at present. In fact, not talking about them is one of the best strategies

for looking after ourselves and reducing anxiety, stress, depression and despair. That's not to suggest that we ignore what's going on around us, but immersing ourselves in constant repetition of negativity is a recipe for disaster. Limiting exposure to the news is something I recommend - we really don't need to tune in more than once a day to keep in touch with the world. Mainstream media thrives on negativity, but we have a choice - we can always pick up *Have a Go News* instead of our daily newspaper. Limiting exposure to social media is a good

idea, too. Worries are an inevitable feature of life, and that's ok - nothing would change if we didn't care. However, it's easy to let worries mushroom and become overwhelming. "All things pass" are wise words that we should remember when we start to dwell excessively on negative events which are mostly beyond our control. Exercise is a good way to put our worries in their proper place, as long as we don't let our ruminating mind blot everything out. How often do we go for a walk and come back totally unaware of where we've been because

we just allowed ourselves to be worries on legs? Paying attention, being mindful, of where we are and what we are doing is vital to get mental health benefits from exercise. Memory and imagination are valuable weapons to offset excessive worry. Remembering good times and really feeling what it was like to be there can be enjoyable and can take us into a more positive mindset. Our own imagination can take us on flights of fancy and delight just as easily as it can take us into the depths of depression, just as our choice of storyteller can.

Seeking help when you know you need it is also important. Sometimes, things do get too much for us and we can't cope. Your GP is the best resource, but you may also wish to look at websites like Beyond Blue (www.beyondblue.org.au) or access their information in your local library if you are not online. For emergency help, contact Lifeline on 13 11 14. Ken Marston was CEO of COTA WA from 2006 to 2015 and is now a qualified counsellor and psychotherapist. He can be contacted through his website www.AAACounselling.com.



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Taking action as an antidote to anxiety in these troubled times



Albany Wind Farm turbines generate around 75 per cent of green electricity for Albany



by Karen Majer

MY generation, the Baby Boomers, has pretty

much had a dream run in Australia. Born at the end of World War II, we grew up in a period of optimism. I remember a focus on the importance of education and science. A university degree was considered to be a job ticket here and abroad. As a child I was blissfully unaware of the threat posed by the Cold War between the Soviet Union and the United

States and their respective allies. The Cuban missile crisis in 1962 brought it to the fore but I was still too young to understand the potential consequences. However I vividly remember anxiety about the nuclear arms race as a young adult.

This prompted me to join my friend Dr Peter Underwood some 15 years ago in supporting the peace initiatives of the Medical Association for Prevention of War. Our society seemed to have almost forgotten the danger over the years although a dedicated group of peace activists has been hard at work, resulting in the United Nations Treaty on the Prohibition of Nuclear Weapons which came into force in January 2021. Sadly the main nuclear powers, including Russia and the USA, are not signatories, nor is Australia.

In recent decades other threats became more real, especially our changing climate. In the last couple of years we've had the perfect storm of Covid, heatwaves, bushfires, storms and floods. Strings of broken weather records and unprecedented catastrophes. Then along came Russia's invasion of Ukraine. Putin put his nuclear forces on high alert, likely meaning that there is a scenario in which Moscow could use such weapons to ward off a western intervention. At the time of writing, Russian forces have taken over two Ukrainian nuclear power plants.

We can be excused for feeling anxious about the state of the world. I think the key is to prevent turning that into feeling helpless. My dear friend and mentor Ernest Hodgkin taught me a valuable strategy many years ago, one that he had practised

as a prisoner of war in Changi. Paraphrased, he told me: "If you are anxious about something, think what you can do about it and do it. If you can't do anything, there's nothing to be gained by worrying."

It's widely accepted that taking action is an antidote to anxiety. I know from my experience with Nannas for Native Forests that standing up for what you believe is empowering. Whether you throw yourself into a chosen cause or just write a letter, every action we take can make us feel better and make a contribution. It might just be a donation to humanitarian aid or planting a tree.

Every restoration practitioner is part of a global movement which combats climate change, even though restoration projects are necessarily local. Every contribution counts. On a personal level, you might check

that your insurance is up to scratch in case of severe weather events and, if you live in a rural area, you have a bushfire plan.

We also know that spending time in nature has benefits for both physical and psychological wellbeing. Get in touch with your place in this wonderful world rather than watching endless repetition of the dramas unfolding on TV.

And very soon you can use your vote.

The Climate Council says Australia has enough sun and wind to

be a world leader in renewable energy, as well as in industries such as clean manufacturing, minerals processing and renewable hydrogen. It's time for our federal political leaders to step up and take action to rapidly decrease emissions this decade and also grasp the huge opportunity that climate action presents.

My antidote to anxiety is to think about what kind of world we wish for following generations and do small but contributing things to help to create it.

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

Workshops

The society will be holding Introduction to Floral Art

workshops at Osborne Community Hub on Saturday May 14 from 3.30pm until 5pm.

These are free to members who joined in 2021 and 2022. Other members \$10, non-members \$25 each class.

If you are interested, contact Denise 0417 418 522 [dniseshelbourn@aapt.net.au](mailto:niseshelbourn@aapt.net.au)

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Letters to the Editor

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Dear Editor,
IN response to Lee Tate's opinion piece February 2022 when it comes to marriage...

Mr Tate I totally agree with you. I have kept my family name throughout my life and career of 72 years and across several continents. In Australia, the law is that upon marriage women may keep their 'maiden' name. Yet it is the common custom that women give up their names – unfortunately.

I am not a Mrs. xx (my husband's name) as this is not my traditional family or my culture. I am proud

of my culture and family. I was told when we married that I am now Mrs. xx (husband's name) by a wedding party member and I corrected her. If I had changed my name, I would have to have that done to all my publications, career acknowledgements etc.

Oh, what a mess that would have been. If anyone calls and asks for Mrs. xx (my husband's name) I know immediately that this is a call of no consequence and hang up. A few of such callers I educated in the past but my patience has run out. I just hang up.

In addition, I also request that I am not a Mrs. but Ms. Or one can call me Prof. or Dr. but not a Mrs as I am not an addendum to Mr with an s. My husband feels very comfortable with this decision, indeed he would not have it any other way and that without, as some readers may claim, my need to pursue him in any way.

He is liberated in the true sense of liberation.

Monika Zechetmayr

Ed: Mrs is an abbreviation for mistress. Perhaps not appropriate nowadays.

Dear Editor,

RE: Lee Tate's opinion piece on Boxing March 22.

Since you are encouraging people to provide an opinion on boxing, I can give you my story.

When I was 17 years old my older brother was a boxer and he encouraged me to join a club. After several attempts and pressure from him I very reluctantly relented and I joined a club.

On a positive note, the training was excellent and considering in those days we had no gyms it was a good way to get fit. But after a few months the club put pressure on us to show what we learned.

Dear Editor,
RE: Lee Tate's Opinion Piece on Boxing, March 22.

Boxing as a professional sport is not sport, it is employment and the same applies

to any other so called professional sport.

Sport is not a word that should be used for those people employed in these occupations.

Amateur boxing is a totally different thing

My very first (friendly) bout ended quickly, my opponent obviously keen to show off, delivered several blows to my head just above my left eye, I was unconscious for some time and as I came to all I could hear was the trainer calling for me to get up and stop messing around.

Now I am 81 years old and have lived with a damaged eye and a partial paralysis of my left face for all my life. This is of course an abbreviated story and if anyone is interested, I would be only too happy to provide a full report.

Rudolf Berthold

it is a sport and it also teaches the boxers respect.

Respect for the person who climbs into the ring and after the three rounds are over you shake hands and there

is no animosity. Some of my best friends were fellow boxers and I speak from personal activity over many years.

Garry Lockwood

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

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

Where? There is no away.

There are alternatives to non-biodegradable chemical-emitting harmful plastic, which we are told has even been found in the Antarctic snow. We are poisoning our planet and thus poisoning ourselves. Plastic micro particles are all around us now, even in the air we

breathe.

Shops continue to sell plastic junk imported and deliberately meant not to last long. So before you glibly purchase that trinket, toy, gadget and so forth, stop ask yourself do you or your family really need it, and where will it end up, probably after a short use.

Next time you get a

take away or single use coffee, look at that empty cup and realise it could still be in landfill a hundred years from now. What sort of future do we want for children and grandchildren?

A toxic planet, with a healthy person being an exception.

A Brooks Mandurah

Dear Editor,
FEBRUARY'S edition of the paper and Rick Steele's column are of their usual high quality.

Now Rick mentioned a ballad for the paper, what I am putting below may not qualify for a ballad however I dare him to try and sing it, I may never hear his efforts, however I am sure he will give it a go and

maybe have a good giggle.

The Ballad of Have a Go News

It's the one paper
We all savour
It lets us air our views
Oh the joy of Have a Go News
Where else would you find
Letters so kind
I do not mind
The pleasure of Have a Go News

We armchair travellers
Drool at each page
Oh to be of a younger age
Still when you consider
The options for dinner
One fork or four is a winner
I love Have a Go News

Margaret Ryan Ballajurra

Dear Editor,
I READ with interest, the sad news that JoJos café at Nedlands Baths was closing its doors. What caught my interest was the article of the pelican.

Down at Emu Point

Marina, Albany a cruise operates around Oyster Harbour inlet. The cruise owner also has befriended a pelican. He rescued it with a fishing line wrapped around its legs, at a very young age.

Every morning the pelican waits on the jetty for the cruise owner and its daily serve of fish. When visitors are aboard the boat before it departs, the pelican perches on the rail of the boat between

visitors while the cruise owner explains the bird's history and how pelicans swallow fish in a very particular way.

Frank Cherry South Lake

Dear Editor,
IN response to Lee Tate's "Where Opinions Matter" article in the March edition of HAGN.

Boxing is a noble art according to Homer's Iliad and one of the oldest combat sports in history, but when you think of all the other harmful things we do to ourselves, why ban a sport and people's fundamental right to participate in it?

Many a youngster has been given the opportunity to embark on a career that could have possibly

saved them from a brain-numbing factory job or, indeed a life of crime.

Look at the highly principled Muhammad Ali, who refused to fight in a war that he didn't believe in and was barred from the ring for three years for taking this stand.

Without boxing the world would have missed out on this legend, who also made many inestimable charitable contributions.

Other recreational pursuits like rugby, soccer, athletics have high injury risks and even the more

milder games, to a degree could be deemed potentially dangerous.

A slipped disc from lawn bowls? A facetious point, but you get my meaning.

We as a species drink way too much alcohol, gamble, eat unhealthy food, take drugs, drive motor vehicles at excessive speeds, so by comparison, is this sport really that injurious?

David Rudman Port Kennedy

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Retirees Club News & Recreation



Great social activity available at Lockridge Seniors



LOCKRIDGE Seniors Association has catered to the welfare of retired people over the age of

55 years for more than 30 years. It is a not-for-profit organisation that arranges free events for members on occasions such as Melbourne Cup, Seniors Week, Christmas and Christmas in July. They run bingo and carpet bowls twice a week and in addition they have sewing, ceramics and outings at a nominal cost. Outings are heavily subsidised for members who attend a fixed number of paid events. They are temporarily located at Roshier Pavilion in Lockridge, with the permanent location to be at the Alice Daveron Centre, 6, Titus Road Lockridge which is currently being renovated. This state-of-the-art centre is scheduled to reopen in May. The association looks forward to welcoming members from all areas. Contact Beryl on 0413 810 468 for more information.

Details of upcoming meetings of Perth AIR branch

THE April meeting of the Association of Independent Retirees (Perth Branch) will not take place as it falls on April 15, Good Friday. Please join them again on Friday May 20 when the guest speaker will talk on arthritis and osteoporosis, two conditions which particularly affect people as they get older and may lead to the need for joint replacements. 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 they have a guest speaker, and over the year embrace many interesting topics related to finance, travel, health, community and special interests of members. Visitors are welcome. It is appreciated if attendees bring their own coffee mug, and correct money (\$2 – members, \$5 – visitors). All must submit proof of vaccination. Enquiries to Graeme (gralin@inet.net.au) or Margaret (marghw@inet.net.au). A sub group of AIR Investors will meet on Wednesday, April 13 at 1.30pm, at the same venue. The speaker will be Jake Solomon from Argonaut (resource Investment Advisors). Enquiries to John (johnkwellis@gmail.com).

Interesting guest speakers coming to northern suburbs AIR

THE speaker for the next Perth northern suburbs branch of Association of Independent Retirees (AIR) on April 21 will be heritage guru Richard Offen. Many of you will know Richard from his sessions on radio and his work on State heritage. He knows more about Perth and its history than the majority of locals and is an excellent speaker and ambassador for Western Australia. The May 19 meeting will feature

Dr Kures Patherwho has a Master of Optometry degree and is a clinical pharmacist specialising in eye health. Our eyes are a window to many aspects of our health and Dr Pather will hopefully, open our eyes on the whole subject. 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 guests are

most welcome and they look forward to seeing you there. Under the current WA Covid-19 rules numbers are restricted therefore, if you wish to attend as a guest, please reserve a seat by registering your interest with Mike Goodall. Cost \$4 per person including raffle, tea or coffee. For further information please contact Mike Goodall on 6364 0859, e-mail mikegoodall@btconnect.com for further details.

Bunbury retirees group welcomes new members

The guest speaker at the next meeting of the Bunbury branch of the Association of Independent Retirees will be Shirley Woods who will speak about her previous exploits as a marron farmer. The meeting takes place Tuesday April 26 at 2pm at St Augustine's Uniting Church Mangles Street, Bunbury. Any interested independent or semi-independent retirees are welcome. The cost is \$4 per person and includes a raffle and afternoon tea. Any enquiries, please contact Richard on 0429 342 222.

Find out about the life and legacy of architect Iwan Iwanoff

THE guest speaker at the May meeting of the Western Australian Self-funded Retirees Association (WASFRA) will be architectural enthusiast Warren Anderson. He will speak on the life and works of the internationally acclaimed architect Iwan Iwanoff who practised in Perth between the years 1960–1986. The presentation will provide a comprehensive review of art and architecture as practised by

Iwanoff and will feature works created and developed within Western Australia. These include houses, apartments, commercial buildings and shops, all of which demonstrate the evolution and characteristics of futuristic design and which recognise those special Western Australian climatic conditions including the light. The design legacy and influences he achieved will be discussed at the

presentation, based on the recollection of family members and those of other professional architects, contractors and land owners who collaborated at the time in the creative processes needed to achieve such international recognition. WASFRA promotes the interests of retirees who have funded their own retirement in whole or in part and is recognised as a body speaking for retirees at federal, state and local

government level. It aims also to provide a forum for positive like-minded people. The meeting will be held at 10am on Friday May 13 at the usual venue, Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat. Visitors are always welcome. Further information may be obtained from Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

Dianella retirees group welcomes RAC

THE guest speaker at the next meeting of the Dianella branch of the Association of Independent Retirees (AIR), will be from the RAC. The topic will be the history of the RAC *From Hooves to Highways*. All AIR members and any interested guests are very welcome to join them, listen to the speaker, have some refreshment and to hear about the other guest speakers and social gatherings planned for 2022. The meeting will be held 9.30am on Wednesday May 4. All meetings are held in the Eastern Room, Living Grace, 68 Waverley Street, Dianella on the first Wednesday of the month starting at 9.30am. Cost to cover the hire of the hall is \$5 per person which includes a raffle and refreshment. For further information please contact Joy Rourke on 0419 9444 32 or email joysrourke@inet.net.au.

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Enjoying a sea change while paddling on the rivers of Western Australia



Gathering for a paddle

by Karen Finlayson

THE sound of lapping water, no matter where it is splashing, has always appealed to me. An oar splashing, a waterfall cascading, a swimmer's hand cutting into the water, or even my grandmother tossing the wash-

ing around – I've always been aware of the sound charming me. In recent years when taking Matilda the dog for her morning walk, I'd run into a guy and his dog, Rosie. We walkers would recognise each other and sometimes have a brief chat, often only ever

knowing the names of each other's dog, never the names of each other.

That's how I met Ken. We'd crossed paths for years. One afternoon he was unloading kayaks from a trailer, and said I should join the Over 55 Canoe Club – he thought I would like it. They paddle in the river every week and it is great fun, he said. Little did he know I barely knew what a kayak was, I'd rarely been on the water and could hardly swim. When he said they paddled on a Thursday, that ruled me out, as I worked full time.

Another year passed and we stopped for a chat, and again he brought up the kayaking. I was still working, but said when I retire, I would come and check it out. Finally, I did retire and

chased Rosie's master up. He was in the process of moving suburbs, otherwise I would have missed him. He wrote down my name and contact details (the dog's name wouldn't do this time) and said someone from the club would be in touch.

I was given the dates to arrive for a try out. A kayak would be provided for me, along with a paddle and a life jacket. I went with no expectations. I might find it as impossible as I found high jump at secondary school – never even managing the lowest jump. I didn't give it a lot of thought, apart from liking the idea of the open air, the sound of water and the friendly people.

Arriving for the first try out, I was introduced to at least 30 people, with

nine others trying out like me. We were each given buddies who took us to a boat sitting on the ground. We were asked to have a life jacket fitted and sit in the boat to have the foot pedals adjusted specifically for us. We learned how to hold the paddle and how to use our feet.

We moved the boats to the water, hopped in and set off. I felt quite safe in a boat that didn't rock too much and was surprised at the distance I could cover with just a few strokes of the paddle. My buddy gave me some tips and we set off as a group.

It was all very different to what I expected, and the sound of that water – so peaceful – a place I'd never been before. It seemed I had gone miles

into the country and yet I knew I was less than 10km from the city centre. I was hooked!

The following week I was allocated a different buddy who also gave me confidence along with more important tips and I couldn't wait to join the group. I could see there was much to learn, and it would take time get into a relaxed paddle routine.

When I looked for a boat, club members were extremely helpful in recommending what would be best for me. I realise now the difference it makes to have the 'right' boat for the paddler and the conditions.

How lucky I was when I decided to find Ken that week. Otherwise, I might have missed out on what is now a wonderful part of my life, full of great experi-

ences with lovely people.

If you have an inkling of interest, my recommendation would be to come and try out. It's easier than you might think, great fun, a good way to maintain fitness and as social as you are interested in being.

Phone now, our club president Chris Cocker on 0410 479 024 or our club secretary Dale Winn on 0420 733 024. For extra information view our website at www.over55canoeclub.org.au



Katanning sandgropers swimmers lap it up!



MASTERS Swimming WA's virtual club Sandgropers were treated to a special training session last month when coaching expert Kareena Preston visited Katanning Aquatic Centre to assist with their virtual Rottneest Channel Swim training.

Two Sandgropers Masters members, Lisa Forman and Michael O'Donnell, helped lead the session with more than 15 additional swimmers participating. This group of swimmers also incorporated members of the local Katanning Aquatic Sports Club.

These swimmers have

a goal to 'lap around the country' as part of their training for the South 32 Rottneest channel swim. This means they are attempting to swim laps in the pool equal to the distance from Perth to Sydney.

As of mid-February 2021, they had completed more than 1443km in the pool – the equivalent of Perth to South Australia. This impressive feat continues as swimmers strived to achieve 2000km before the virtual Rottneest crossing in early March.

Sandgropers is a virtual swimming club for people who cannot commit to regular training sessions or who want to train alone. Being a part of Sandgropers is perfect for people who live regionally, work FIFO, like to self-coach, or those who want to try out Masters Swimming before joining a physical club. Membership is open to swimmers aged 18+ regardless of ability or gender.

For more information about Sandgropers Masters Swimming Club, please visit the Masters Swimming WA website at www.mswa.asn.au.



Wednesday writing classes in the city



editing and manuscript presentation.

On June 1, 8, 22, 29 Asha Rajan (pictured left) and Helen Iles (pictured right) will present Creative Nonfiction which encompasses writing true accounts in ways to engage and hold a reader's interest. Memoirs, biographies, anecdotes, essays, instructional texts, and true crime fall into this category.

Research, writing style and using different voices or perspectives to capture the reader are just some aspects that will be covered.

Seating is limited, therefore bookings are essential. Email swwwabookingoffice@gmail.com for a booking form.

For more information, visit the Society's website: www.swwofwa.com.au

THE Society of Women Writers WA is running Wednesday morning writing classes at Citiplace Community Centre. The classes will be in blocks of four from 9.30am to 12 noon. Cost for each four-week block is \$80 for members; \$100 for non-members.

On April 27 and May 4, 11 and 25 Helen Iles will

take the Write Your Novel course, taking people step by step through the process of planning and writing a first novel or kick-starting a stalled one.

Learn techniques to grow your ideas and create the complications of plot that publishers require through proven methods of story creation. Then it's first draft

Get a hole in one with this great outing

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 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 animals 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 abilities.

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.glowingrooms.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.



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As it happened - beyond the stories... the community spirit of Western Australia



by Lee Tate

THE June 1968, newspaper report of a \$10,000 appeal for Albany Youth Centre is heart-warming – and enlightening.

During a cadetship on *The Albany Advertiser*, this big city boy reported

on a country community spirit that persists across Western Australia.

Combined community contributions – colourful, touching and amusing – poured in during an all-day, Jaycee-organised appeal on locally-owned radio station, 6VA, to equip the Apex-built, youth centre.

A farmer phoned to offer two bales of wool for auction. Another ‘cocky’ donated 100lb of clover seed. The seed sold for \$50. A second bag of seed was offered and when that sold for \$50, a third was donated and

also snapped-up.

American TV personality, Art Linkletter, telegraphed that he would donate a bale of wool from his Esperance sheep spread. A car salesman rang to offer 100 gallons of fuel plus \$250 cash.

A quiet American, a new resident to Albany, donated \$500.

A listener offered \$5 if the 6VA manager, Ted Furlong, sang over the radio. Another resident offered \$10 if he didn’t!

A listener offered \$5 for the last hair on Ted Furlong’s head. Follicle-challenged Mr Furlong re-

sponded by saying there were at least 10 hairs left on his head “but I will sacrifice one, if necessary.”

Ted worked the microphone from 8am till after midnight.

One man walked into the youth centre and paid \$25 for a turkey and also left with a lamb. Someone donated \$5.50 for an English crown (five shillings). The auctioneer’s hammer pounded away. Sold in the marathon auction were a fly-wire door, geese, a pig, a canary, records, sheep drench, paintings and transistor radios.

Jaycees gave cash and ran a chocolate wheel at the centre, raising \$885. Before the auction, they issued thousands of empty paper cups to be distributed widely and returned full of loose change.

High school students washed cars for 50¢ and members of district youth clubs invaded hotels for drinkers’ donations.

During the 16-hour town and district appeal, thousands of people filed through the youth centre. Entertainment was provided by a pop group and a folk singing team from

the high school.

Good wishes and encouragement came from WA Premier David Brand, Air Minister Gordon Freeth and London-based art critic, Claude Hotchin.

When the midnight deadline arrived, it was announced that \$9,750 had been raised. This was quite a sum 54 years ago and in a district of about 15,000 people.

Then, at two minutes past midnight, with a couple of late callers, the appeal officially closed with \$10,547 raised.

Equipping a country

town’s youth centre by donations, combined the freely-given efforts and spirit from community groups, schools, a radio station manager, staff and volunteer phone operators, business people, farmers, new arrivals and donors.

My front-page report on the then locally-owned *The Albany Advertiser*, headed: Appeal Passes \$10,000 Target, was hardly a story of State or national significance.

But its message of community spirit was significant. And still is, perhaps more so today.



Fundraising and help for the Biloela family

IT’S been more than four years since a Sri Lankan family were removed from their home in Biloela, Queensland.

Since then, they have been fighting a long legal battle to remain in Australia. The family has obeyed all visa conditions, obeyed Australia’s laws, paid taxes and contributed to the community. And the town of Biloela wants them back.

Join other *Have a Go News* readers to learn what you can do to help – go to www.hometobilo.com for details.

Keeping British expats up to date with changes to the UK pension scheme



by Mike Goodall

THANK you for all those of you who contacted me about signing the petitions from last month. The numbers of signatures are rising but very slowly so here is the link to the petition again: petition.parliament.uk/petitions/601821

I have previously written about a Department of Work and Pension (DWP) review of women whose pensions were not reviewed when their husbands reached State Pension Age. It now appears that divorced women have also not been included although many of them who could still have

qualified when their divorced partner reached State Pension Age.

Two groups of women are missing out:

- Those who were divorced at retirement and where their pension failed to take account of the contributions of their ex-husband and
- Women who divorced post retirement and notified the DWP but whose pensions were never reassessed.

Officially those who have become divorced or whose civil partnership is dissolved are required to report changes of circumstances to ensure they receive the correct amount of State Pension. The DWP are supposed to send reminders about their responsibilities to every pensioner with their annual uprating statement. However, as we in Australia and many other countries don’t receive annual uprating of the State Pensions, then the reminders are not being sent. Just another level of dis-

crimination in the UK system.

In an attempt to right this problem a bill has been put forward in the form of a ‘presentation bill’ which is a way a group of MPs can raise an issue that could be tackled by legislation. This will be raised in the next session of the UK Parliament and will put this issue on the parliamentary agenda.

Many women in Australia who have previously been married to someone from the UK

could be entitled to a part pension based on their ex-husband’s contributions, despite them never even having visited the UK. Any woman in this situation who was born before April 6 1953 could qualify for a part pension and possibly a lump sum back payment.

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 age that 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 Government review. Anyone who would

like to discuss their options on any aspect of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikecgoodall@btconnect.com



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Seniors Recreation Council Jottings



Tech Savvy Seniors photographic presentation

MARTIN Yates held a photographic information morning featuring the Galapagos Islands for the Wider Vision group in Bassendean last month. His presentation was well received and the group enjoyed his comedic banter. Martin also answered questions on using digital cameras and how to take better photographs. He encouraged everyone to be more active with photography which is an excellent pastime while still physical distancing. Martin spoke about the programs and services provided by SRCWA including scams presentations, computer classes, *Have a Go Day*, LiveLighter Activity Days, LiveLighter Aged Care Games and acknowledged our valued sponsors.

SRCWA Rockingham branch, *Have a Go Day*, a LiveLighter Event

Due to current Covid restrictions the *Have a Go Day*, a LiveLighter Event which was to be held on Wednesday March 30 was cancelled. We would like to thank all the site holders and service providers for their understanding and appreciate the disappointment of those who were looking forward to attending the event. Thank you to the SRCWA Rockingham branch for the hard work that went into the early preparation and hopefully next year everything will be back on track so the Rockingham *Have a Go Day*, a LiveLighter Event will be able to go ahead late March. If your club or group or any not for profit or commercial entity would like to attend the next event and is not currently registered with SRCWA please contact the office to be included in our database, contact us by email info@srcwa.asn.au or phone 9492 9773.

Have a Go Day is a free activities/information event which showcases club/groups, not for profit agencies and commercial entities who have a senior focus.

SRCWA's Annual Seniors Ball - postponed

Unfortunately due to current Covid restrictions the SRCWA Annual Seniors Ball which was to be held on Wednesday June 1 at Astral Ballroom, Crown Perth has been postponed to Wednesday September 14. Further details will be available in the coming months.

Quaranup Camp 2023

The 2023 Annual Seniors Camp at Quaranup will be held from January 30 to February 4 in Albany for five nights. Camp Quaranup is a picturesque place and provides the perfect launch-pad for regional excursions in the Great Southern in unique heritage accommodation. Set in a Class A nature reserve on the Princess Royal Harbour, with panoramic views across to Albany, the natural coastal bushland and the pristine beach environment provide a fantastic venue for recreation. SRCWA has a list of contacts interested in attending the camp, if you would like to register to receive information please contact the office by email info@srcwa.asn.au or phone 9492 9773 to register your details. This will ensure you receive early notification when the registrations open up.

LiveLighter Aged Care Games Bunbury

The LiveLighter Aged Care Games in Bunbury will be held at the Southwest Sports Centre on Thursday April 28 from 10am to 1.30pm. Teams are getting ready to take part in Covid compliant competition. We are looking forward to welcoming everyone and we're excited to see what themes the teams dress up in. Teams consist of 10 members and any six play in each of the games. If you are in the Bunbury area and would like to volunteer at the games please contact the office on 9492 9773 to register. Thank you to the SRCWA Bunbury branch for their assistance in the lead up to the games.

The LiveLighter Aged Care Games are sponsored by our naming rights partner LiveLighter Healthway, Government of WA and *Have a Go News*.

And remember in line with our naming rights partner LiveLighter Healthway, eat a rainbow of colours with every meal to LiveLighter.

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

Palliative care in the Great Southern wins awards



Albany Community Hospice's clinical manager, Fiona Jane, heads up a team of highly trained palliative care professionals.

by Serena Kirby

EVERY year thousands of West Australians receive support from palliative care professionals. Whether that care is delivered within a medical facility or at home, the people working in this field are incredibly dedicated.

But sometimes there's

a palliative care provider that stands out from the rest and one that's deserving of formal recognition. The Albany Community Hospice is one of those providers and recently received Palliative Care WA's highest accolade, the Douglas McAdam trophy, in recognition of: Outstanding Delivery of Holistic Palliative Care

Excellence in Any Setting.

So what does the Albany Community Hospice actually do and how does it operate? Clinical manager, Fiona Jane, took me on a tour of this state-of-the-art facility while shedding light on what many consider to be a dark subject.

"Our mission is to provide palliative care, education and support. We want all members of the community to be able to experience death with grace; for their death to be in a manner and place of their choosing. Many people think palliative care is exclusively about death and dying; giving end-of-life care. It was originally that way but modern palliative care has evolved to encompass care and support for anyone suffering an incurable illness. And that can start from the moment of diagnosis."

Fiona adds that, due to misconceptions, many people miss out on the benefits that a hospice like this one can provide.

"There's a robust body of evidence that shows early access to palliative care provides a greatly improved sense of control and hopefulness – not just for the patients but

for their family, their carers and the wider community."

Palliative care is also not just about the doctoring and nursing side of reducing suffering. It's a multidisciplinary approach that calls on numerous ancillary health providers, social workers and mental health professionals. Every week the Hospice's multidisciplinary team meets to discuss each patient's past week so they can plan for the week ahead. The highly trained nursing team then put those plans into action.

Having cared for nearly 200 patients last year this eight-bed facility always has patients of varying ages at various stages of their illness. Some go home or move to residential care but around 60 per cent take their last breath in the Hospice's supportive surroundings.

And for the staff, the ability to cope with death and dying day after day, week after week, requires a true love for their vocation.

"Palliative care is a spiritual practice," Fiona says. "And there's no denying that sometimes my cup is overflowing with the tears I want to cry. It sounds twee to say it, but this

work is a calling and also a privilege.

"I see us as facilitators of wishes as we help our patients achieve the type of death they want. We also help them gain resolution of things that may be troubling them. The gratitude we receive is just as cup-filling."

With 40-plus employees, gourmet meals cooked onsite, rooms with private courtyards and furnishings befitting a five star hotel, it's fair to ask how this hospice funds its services.

"We're a licensed private hospital but the only thing patients pay for are their pharmacy items," Fiona explains. "We get some funds from WA Country Health, private health insurers and the Department of Veteran Affairs. But a large amount comes from the hard work of our volunteers via community fundraising events and our Butterflies Op Shop which brought in over \$100,000 last year."

Of course, while funding is important, it's what you do with it that really counts and the high level of care this hospice delivers has created a place where the pursuit of quality in life and quality in death go hand in hand.

Easter Services St Patrick's Anglican Church Mt Lawley



1pm Good Friday

The Passion According to Saint John,
directed by Dr Georg Corall, performed by
OpusWA Arts Orchestra and Chorale

7.30pm Holy Saturday

Lighting of the New Fire

10.15am Easter Sunday

Holy Communion



www.stpatricksmtlawley.com

Father Stephen Conway 0478 514 516

Community Vision celebrates 21 years with open day



THIS year marks 21 years that Community Vision has been assisting Western Australians of all ages and abilities through home care, disability and family day care service programs.

To mark the occasion, they will stage a free open day, providing an abundance of helpful and relevant information designed to improve lives. They will also continue their commitment and dedication to give back to the community.

On Friday April 29, from 1.30pm to 4pm, Community Vision invites the community to bring along their loved ones

and experience first-hand the wide array of services they provide to assist people to live their lives, their way.

Guests can enjoy entertainment, tours of the centre and complimentary afternoon tea as well as engage in activities including virtual reality, art therapy, and seated yoga.

There will be a whole host of information available on-site and to take home on topics such as navigating National Disability Insurance Scheme and the National Disability Insurance Agency, nutrition, end-of-life care, coping with and living with dementia and living with a disability.

Home care, disability and family day care services will all be on show and the history of Community Vision and works of art and other crafts will be on display.

For more information regarding Community Vision's services or how you or your loved ones can access this community service contact 1800 YOUR LIFE (968 754).

COMMUNITY NOTEBOOK

ART & CRAFT FAIR

May 7 & 8, 10am-4pm
Mother's Day weekend
Saturday and Sunday at the
Lesmurdie Club Lawnbrook
Road W, Walliston.
All handmade craft by local
artisans. Free entry.

JAZZ IN THE PARK

April 21, 6pm-8pm.
Free concert by the Kalamunda
Youth Swing Band.
10 Elizabeth Street (Stirk Park)
Kalamunda.
Bring a picnic or enjoy one of
their delicious sausage sizzles.

YORK ANTIQUES AND COLLECTABLES FAIR

York Town Hall
Easter weekend.
Saturday and Sunday
9.30am-4pm, Mon 9.30am-3pm
Adults \$5 accompanied kids free

Enq Ron 0409 680 982

YORK AUTUMN DANCE FESTIVAL

April 29
Country Rock at the Old York
Mill
30th Rock and Roll at the Town
Hall
Tickets www.trybooking.com



MOONDYNE FESTIVAL

The Act-Belong-Commit-Toodyay
Sunday May 1, 9am-4pm
Free entry. Entertainment all day.
Lots of dance song and laughter
Stirling Terrace and surrounds
Toodyay.

THREE SPRINGS DARK SKY STARGAZING AND GALAXYHUNT

Friday April 22, 6pm-8.30pm
Free community event
Three Springs Golf Club Peren-
jori Road, Three Springs
Please RSVP to the Shire of
Three Springs on 9954 1001 or
general@threesprings.wa.gov.au

CHITTERING STARGAZING DINNER & ABORIGINAL ASTRONOMY

Friday April 29, 6pm-10pm
adults and children aged 12yrs
and over \$69.66, children up to
12yrs \$43.29 includes dinner
and a Yued Aboriginal Astron-
omy Planisphere free gift.
At Little Eeden Honey Farm
429 Cook Road Mooliabeenee.
Book online www.chittering.wa.gov.au/events

THE SOUTH PERTH LEARNING CENTRE

Service WA & G2G on your
phone
Free workshops Tues 12.30pm,
South Perth Learning Centre
0459 571 736
splcoline.org.au

FRIENDS OF ANZAC COTTAGE

On ANZAC Day the cottage will
be open from 3.30pm-6pm with
the Sunset Service beginning
at 5pm. Entry is free but book-
ings are mandatory through
Eventbrite.
anzaccottageapr22.eventbrite.com.au or by calling Anne
0411 445 582
ANZAC Cottage
38 Kalgoorlie Street,
Mt Hawthorn

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



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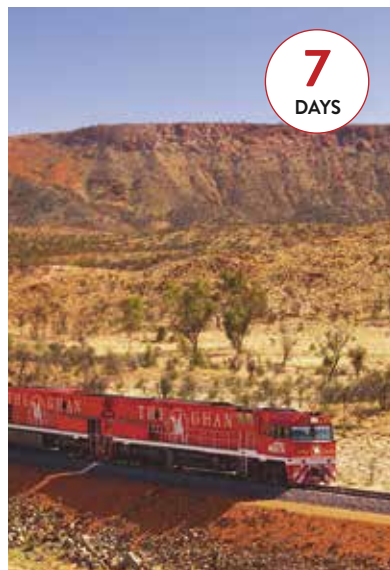
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Connect with a community of like-minded travellers



7
DAYS

THE GHAN

DARWIN | KATHERINE | ALICE SPRINGS |
COOBER PEDY | ADELAIDE

TOUR HIGHLIGHTS

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

TOUR INCLUSIONS

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

TRAVEL DATES

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

17 TO 23 OCTOBER 2022

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



8
DAYS

CAIRNS WINTER GETAWAY

TOUR HIGHLIGHTS

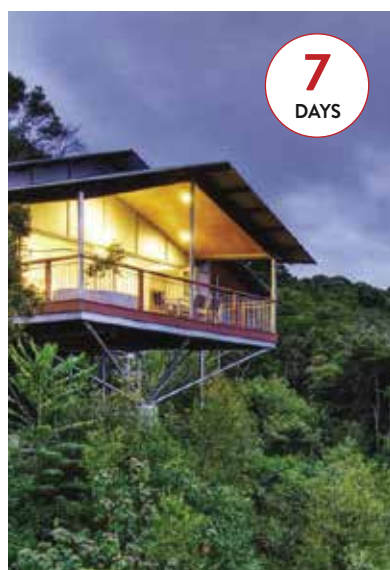
- ★ Enjoy lunch at Botanic Gardens Restaurant
- ★ Embark on a One Way Kuranda Scenic Railway & One Way Skyrail Rainforest Cableway
- ★ Enjoy a coffee at Jaques Australian Coffee
- ★ Visit the Curtain Fig Tree
- ★ Enjoy lunch and a cruise at Lake Barrine
- ★ Enjoy a guided tour of the Daintree River including morning tea
- ★ Enjoy lunch at Daintree Teahouse Restaurant
- ★ Visit Mossman Gorge
- ★ Enjoy a tour and lunch at Paronella Park
- ★ Enjoy a dinner cruise with Spirit of Cairns

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 7 nights' accommodation at the 5 Star Shangri-La Cairns
- ✓ Luxury Coach transfers throughout with professional driver
- ✓ Breakfast daily, 4 lunches and 4 dinners
- ✓ Sightseeing and entry fees as per itinerary

25 JULY TO 1 AUGUST 2022

\$4150* Per Person Twin Share
Single Price \$5350*



7
DAYS

WHITSUNDAYS O'REILLY'S RAINFOREST RETREAT, SPIRIT OF QUEENSLAND RAIL, AIRLIE BEACH & HAMILTON ISLAND

TOUR HIGHLIGHTS

- ★ Enjoy the beautiful scenery that surrounds O'Reilly's including the Tree Top Walk
- ★ Visit Moran's Falls, the Wishing Tree and Pats Bluff
- ★ Guided Rainforest Tour to the Glow Worm Grotto
- ★ Journey on the Queensland Spirit from Brisbane to Airlie Beach in a RailBed
- ★ Day Excursion to Hamilton Island and Whitehaven Beach
- ★ Embark on a local guided tour of Bowen
- ★ Lunch at Oar Restaurant inside the Cape Gloucester Resort
- ★ Enjoy Morning Tea at the Whitsunday Gold Coffee Plantation
- ★ Guided Tour of the BIG MANGO!
- ★ Visit the Proserpine Historical Museum

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Luxury Coach with a Professional Driver
- ✓ Return economy airfares and taxes
- ✓ 2 nights' accommodation at O'Reillys Rainforest Retreat
- ✓ 1 night on board the Queensland Spirit
- ✓ 3 nights' accommodation at Coral Sea Resort, Airlie Beach
- ✓ Breakfast daily, 3 lunches and 5 dinners
- ✓ Sightseeing and entry fees as per itinerary**

22 TO 28 AUGUST 2022

\$3990* Per Person Twin Share
Single Price \$4600*



20
DAYS

CHERRY BLOSSOMS OF JAPAN CRUISE

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Coach travel & transfers with an English Speaking Driver
- ✓ 1-night in Hakone at The Prince Hakone Hotel including a Welcome Dinner
- ✓ Sightseeing on Day 3 & 4 with breakfast and lunch included
- ✓ 14 nights' on-board Holland Americas MS Westerdam
- ✓ All Meals and Entertainment on-board the Cruise
- ✓ Port Taxes and Charges
- ✓ 3-nights in Tokyo at the Metropolitan Tokyo Ikebukuro Hotel
- ✓ Sightseeing in Tokyo with breakfast and two lunches included

25 MARCH TO 13 APRIL 2023 FROM ONLY **\$7950*** Per Person Twin Share
Single Price \$11,190*



KIMBERLEY COUNTRY

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

25 TO 29 JULY 2022

\$3590* Per Person Twin Share
Single Price \$4150*

5
DAYS



NEW ZEALAND

CHRISTMAS & NY CRUISE

TOUR HIGHLIGHTS

- ★ Two Nights in Sydney at the Sir Stamford Circular Quay
- ★ 15 Night Cruise on-board Holland Americas MS Noordam
- ★ Nine Ports of Call
- ★ Cruise through Milford Sound and the Bay of Islands
- ★ Christmas and New Year Festivities
- ★ Wonderful Food & Entertainment

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ 2 nights' accommodation at Sir Stamford Circular Quay, Sydney
- ✓ 15 nights' on board Holland Americas MS Noordam
- ✓ Meals and Entertainment on-board the cruise
- ✓ Port Charges and Taxes
- ✓ Transfers throughout with a professional driver

15 DECEMBER 2022 TO 2 JANUARY 2023

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18
DAYS

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Bless 'em all... Bless 'em all... the long and the short and the tall!



Left to right; Have a Go News readers came out to be photographed with both the Subaru BRZ and the Dodge RAM 1500



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

I RECENTLY found myself humming a song my grandfather would sing *The Long and the short*

and the Tall" and F#&k 'em all, although I don't remember grandfather singing the latter version.

I think it was because of the humongous differences in the two vehicles I recently tested. One small, the other long and tall, when the song came to mind.

According to the people at Wikipedia, it was a war song, credited as being written by Fred Godfrey in 1917 to music composed by Robert Kewley. It was first recorded by George Formby Jr in 1940.

It was while testing a Dodge RAM and a Subaru BRZ, within days of each other, that I was humming the song. That and the news Russia was invading Ukraine; somehow invoked memories of the war stories grandfather told.

I'll get to the Ram momentarily; it's massive!

On the other side of the freeway, the Subaru BRZ is small, short and very quick. Rear wheel performance lives; but can you get one?

I read over at Drive.com.au that Subaru spent

much of last year collecting deposits for the new/updated BRZ. You may not find one at your local dealer; you'll go on a list, hopefully delivery later this year.

If/when you own one, you'll be thrilled; BRZ is simply fun to drive. A toy if you will. Cornering is something you will look forward to during an otherwise boring commute. Steering is tight, accurate and downright fun. From around \$38,000 plus on-roads.

Will it be worth the wait?

Yes, in a heartbeat. That is, if you're looking for a small two-door sexy sports car, so as to relive your frittered away years. Sadly, you needed to own this little ripper in your 20s, when you didn't grunt entering and alighting, if you know what I mean.

Which brings me to the RAM 1500; the arch nemesis of the Subaru BRZ.

This monster Tonka is larger than Texas and on first entering the cabin, not unlike being slapped at an Academy Awards ceremony; disbelief at the might

and power. The roar of the eight cylinders is breathtaking; something we will miss in years to come.

When the sales manager at Wanneroo Ram delivered this beast, I was uncertain about life going forward and how I was to navigate this wild animal around suburban Perth for over a week and half.

Was this some test for my indifference towards a work ute?

From the driver's seat, the massive shoulders on this thing stretch outside the lanes of Wanneroo

Road. It takes more than a little getting used to.

If you are towing your Mount Lawley home around Australia, this is the thing you need. And you will raise your hand in a wave at every petrol station, because you'll get to know each and every one of them more intimately than you could ever imagine.

As huge as it is, the model tested had a foot step that emerges/glides to assist with entering and alighting the cabin. Classy and needed.

It is colossal. With its 5.7 Hemi petrol V8, eight speed automatic and priced to re-assuringly match; as tested around \$140,000.

Did it command attention? You bet!

People came from nowhere, just to be photographed with the RAM.

Can't say I blame them.

Love to hear your thoughts on anything motoring. Please tell me of a specific car, about which you would like to know more. Drop me a line at my email address - tony

mac@6pr.com.au

Need to connect with others and make new friends in Mandurah area?

CIRCLE of Friends Mandurah is a social group of over 50s who meet to share friendship and activities.

They have a Facebook page to connect with other members and post information about upcoming activities

and events. Regular activities are a Friday or Saturday night social evening of food, drink, live music and dancing at various venues in the Mandurah region and a monthly Tuesday night dinner.

The group also provides opportuni-

ties for other get-together such as barbecues, cinema nights, special functions and weekends away.

The group operates as a democracy. All members are encouraged to provide ideas and input into social activities and

the operation.

There is an annual fee of \$5 to be registered as a member.

Contact Jan on 0459 472 244 or Julie on 0491 098 881, for more information, or visit the Facebook page.



9 NEWS WA FIRST

WA FIRST 5.00

SEE THE FULL STORY 6.00



More Australians than ever are suffering from neck pain - are you one of them?



by Robert Vander Kraats, Sport Physiotherapist and Jeff Wong, Physiotherapist.

NOW more than ever, many Australians are working from home workstations that have not been professionally setup and may be sub-optimal. It isn't a sur-

prise that there has been an increase in cases of neck pain presenting to health professionals. Last year the International Association for the Study of Pain concluded that: "neck pain is one of the most common musculoskeletal conditions" with 21 per cent of people having neck pain last year, and over 2.5 million Australians will have neck pain annually.

Some of the common presentations of neck pain:

Neck strain
This can sometimes be caused by some sort of injury, whereby the neck is moved quickly when one or more neck muscle moves too far, or prolonged poor posture,

where neck muscles are required to hold the head for an extended time in a forward position. An increasingly common presentation is text neck, caused by looking down at a phone screen for a long time.

It also occurs after lifting something too heavy or after a fall or collision.

Muscle spasm/pain
A muscle spasm is an involuntary muscle movement which is often associated with pain and muscles can be tender to touch. This can occur due to overexertion or prolonged physical or emotional stress.

The underlying cause is often the 'deep' muscle is weak and the 'top' muscle is over-working

and tight.

Whiplash

This is caused by a high velocity movement, where often a muscle in the neck is overstretched. Often the movement is a rapid forward and back movement, but not limited to car accidents; they can occur when playing sport, a trauma, or from a fall.

Headache/dizziness

There are many different types of headaches, including tension headache, cluster headache, migraine headache, thunderclap headache, hormonal headache, exertion headache, hypertension headache, rebound headache and post-traumatic headache.

Several of these headaches can occur due to the neck and dizziness can occur from an inner ear problem.

Facet joint pain

Commonly described as a deep, sharp, or aching pain. The pain can intensify if you lean your head towards the affected side, and it may radiate to your shoulder or upper back.

Arthritis in the facet joint can also occur, in which morning pain and stiffness is common, also after a period of inactivity.

A structure compressing the nerve

This is often a sharp, fleeting, severe pain, sometimes with pins and needles. Depending on

the nerve involved, the pain and symptoms may radiate into the arm and the hand.

Risk factors for neck pain:

- Poor workstation set-up
- Poor sleep habits
- Low job satisfaction
- Stress, anxiety and depression
- Reduced spinal flexibility
- Past history of shoulder or upper back pain
- Poor movement of the shoulder blade

This is just general information, for a comprehensive assessment and diagnosis, phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff today.

Dentures done differently... using state of the art technology

HAYLO, based in Subiaco, are the denture solution experts. They focus all their efforts into crafting dentures that are unique to every patient.

Offering the first full 3D printing denture clinic in Australia, Haylo can provide full dentures, temporary dentures (to assist during the healing stage of extractions) and partial dentures.

The colour matching process of

final dentures to natural teeth by Haylo creates a seamless and natural look for patient's smiles.

Haylo understands the challenges and concerns people face, whether they are a first time or experienced denture wearer, and they aim to provide a service that allows patients to feel their best and get their self-confidence back.

By using cutting-edge technology, they design dentures that

can provide the most accurate fit, compared to traditional methods.

Gums and jaws can change over time, causing denture discomfort. They can solve this by creating a denture that is more custom-made to fit your gums and provide better suction.

Their prosthetists create dentures that are more natural in their appeal and patients can go direct to the source of who is

crafting them.

With detailed appointments they ensure correct facial profiles, measurements and that the bite is correct for eating.

This results in a comfortable, natural fitting denture with a mock-up model to ensure people are satisfied with the shape, size and overall fit.

All the dentures are made in Perth, they are not sent off over-

seas or over east to be produced.

Costs are all included in a flat fee (includes appointments and the product) so people don't need to stress about payments owing at later dates.

Finance options and health insurance are available and are quoted in the clinic.

Find out more by calling Haylo on 1300 442 956 or visit www.haylodent.com.au

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New tool for Parkinson's patients allows them to swallow better



Dr Naomi Cocks - expiratory muscle strength training (EMST) trial improve Parkinson's patients' swallowing and drooling

by Frank Smith

MANY Parkinson's patients are unable to swallow their saliva as fast as they make it, or close their lips firmly enough to prevent loss of saliva. The result is drooling –

saliva drips out of their mouths.

While not a life-threatening condition, it can be embarrassing. Nearly three-quarters of Parkinson patients drool and consequently, many avoid social situations

and become socially isolated.

Dr Naomi Cocks of Curtin University with colleagues from Parkinson's Centre for Health Science (ParkC), Curtin University, and Royal Perth Bentley Group, recently trialled a behavioural treatment called expiratory muscle strength training (EMST) to see if it could help people with Parkinson's who drool.

"People with Parkinson's produce the same amount of saliva as everyone else, but they can't control their swallowing and are often not able to clear their air passageways by coughing," she said.

Drooling is currently treated with Botox injections to the salivary glands. This reduces production of saliva but has unpleasant side effects

including a dry mouth.

Expiratory muscle strength training (EMST) was first developed for high school band students to increase exhalation strength.

It involves people blowing into a device against resistance. It's a bit like blowing into a large straw but instead of the breath passing freely through the straw, the air encounters resistance.

Previous studies have found EMST not only increases exhalation strength but also improves cough and swallow strength.

Dr Cocks and colleagues were interested to know whether EMST would also lead to reduced drooling. So they designed a study of 16 volunteers with Parkinson's between the ages of 55 and 90, who had

self-reported difficulties with drooling.

"This was an early stage trial. Swallowing, cough strength, lip strength and self-reported drooling were measured in all volunteers before and after EMST."

"The training exercises three sets of muscles at once – breathing, coughing and swallowing muscles."

Trial participants completed an average of 30 sessions of EMST over a six-week period. This included two sessions with a speech pathologist and three sessions at home alone.

After training, their swallowing ability, cough strength, lip strength and drooling were again measured.

"We found swallowing ability, cough strength and drooling all improved

significantly. One of the potential benefits of this is that a single treatment could treat three difficulties common in Parkinson's – drooling, swallowing and cough strength – all at the same time."

People with Parkinson's often have difficulties with swallowing and a weak cough which can result in food and drink getting into the lungs, leading to risk of choking or inhalation pneumonia. So not only could this treatment potentially reduce drooling, but also reduce the risk of serious illness and hospitalisation.

No adverse effects were reported and participants gave high satisfaction ratings for the training.

"We are seeking funds for a large scale study

with a control group," said Dr Cocks.

"This study is an important first step. The results indicate that EMST results in a reduction of drooling probably due to improvements in swallow function."

"People with Parkinson's concerned about drooling problems should wait and see the results of a larger study in case there are unexpected side effects," she said.

Parkinson's disease is the second most common neurodegenerative condition in Australia after dementia. It's estimated around 70,000 Australians live with the condition.

The study was published in the journal *Dysphagia*, in January this year.

April is Parkinson's Awareness month.

Creating new technology to keep your vulnerable family members safe and found



WESTERN Australia Police Force and Australia Medic Alert Foundation have joined forces to create Safe & Found WA.

Safe & Found WA helps Police to quickly locate vulnerable people, many of whom are living with dementia, autism or a cognitive impairment, returning them to loved ones safely.

Every year the WA Police Force undertakes hundreds of land searches for lost and missing persons. These searches are always time and resource intensive and despite best efforts of the Police and search partners, they can still end in tragedy.

"Michael went missing on a holiday weekend, from a picnic in Kings Park a few years ago and with grateful

thanks to the Police and Emergency Services he was found safe and well.

"From our traumatic experience with Michael missing for over six hours, I realised how essential it was to provide as much background information on Michael as possible; where we lived, past and present, his occupation, likes dislikes, places of interest, friends, family, all this was relevant in creating a profile utilised to assist and enable police to tailor their search and bring him home safely.

"I believe had Michael been wearing something visual to identify he was living with dementia, by creating community awareness, it may have assisted in locating him sooner," said Angi McCluskey – WA Senior of the

Year 2019 – Forget-Me-Not Dementia Support.

The Safe & Found initiative helps people at risk of going missing by collecting and storing detailed information that will assist police in their search. This information will include and up-to-date photo, physical characteristics, habits and behaviours, previous addresses, health issues and more, giving searchers a better picture of the person they're looking for.

Membership of Safe & Found WA gives you peace of mind that detailed information and a recent photograph will be collected by loved ones and securely stored ahead of time, ready to be accessed immediately by po-

lice in the event that you go missing.

A complimentary Safe & Found ID custom engraved bracelet is also included with membership, ensuring that if found disoriented, hurt or confused the wearer can be identified easily and returned safely home.

Join now for \$99 + P&H
Ongoing annual membership fee to store your information is \$49 – less than \$1 per week. Seniors Card discount available. Please ask about funding assistance options.

Safe & Found WA is a joint initiative of the Western Australia Police Force and Australia Medic Alert Foundation.

Visit www.safeandfound.org.au or call MedicAlert on 1800 88 22 22.

Stem cell therapy and arthritis symptom relief

ARTHRITIS is painful inflammation and stiffness of the joints.

Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection but also to start the healing process.

The most common

form of arthritis is osteoarthritis. This is a degenerative disease and often requires joint replacement surgery. Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on

daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only

have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell Nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

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His personal goal is to help patients achieve success and to assist with improving and maintaining their oral rehabilitation.

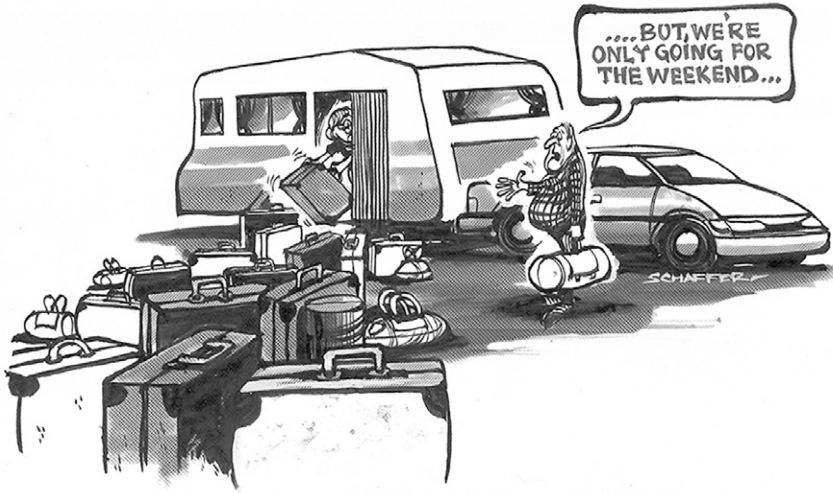
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let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



or to the Golden Outback, we've got some interesting road trip stories to read about in this section. If driving is not your thing take advantage of the many tour operators who travel the length and breadth of country by road; sit back and relax and enjoy their service.

★★★

Speaking of road trips, we've been going through our archives and found the cartoon pictured left which was drawn for this newspaper about 20 years ago. It still gets a good chuckle today.

★★★

It was great to hear from readers who are venturing abroad since the borders have opened. Visit-

ing family was the main reason for people's trips but as we learn to live with Covid more people are planning recreational travel again. The Federal Government has now changed the rules for travellers with negative Covid tests not required before flying into Australia. Our New Zealand friends open their borders this month and we look forward to welcoming Kiwis back to our shores and of course being able to visit their beautiful country again. Renowned NZ tour operator Grand Pacific Tours offer spectacular escorted tours of the country and will be ramping up their itineraries again.

★★★

If you would like to venture to Antarctica in a day, we offer readers the opportunity to join the next flight which departs on November 27. The last trip left in January and we had such wonderful feedback from our travellers and who were impressed in the details and effort we took to ensure all their queries were answered. See this page for details and come aboard on this amazing trip.

★★★

The WA Government is capping airfares for regional residents from July 1. Fares will be a maximum of \$199 one way for residents departing within 1000kms driving distance

from Perth and \$299 one way for more than 1000km driving distance. This is an Australian first and will make travel significantly easier and more affordable for people living in the regions.

★★★

Please support the advertisers, they provide the means for us to bring you this newspaper for free each and every month.

Readers are always welcome to contact me. Happy trails.

Jennifer Merigan



THE old saying that the journey is as much fun as the destination is particularly true when you hit

the road. This month we feature some great road trips around WA. Whether it's heading down south

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

The day trip of the lifetime... flying to Antarctica



other informative activities.

Passengers will receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service - including champagne, wine, beer, spirits, soft drink and usage of the state of the art entertainment system.

It's not a normal flight, the atmosphere on board is unique.

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

The following seating is available:
Economy Class

Standard - \$2199 per person

Superior Economy Class - \$3199 per person

Premium Economy Class - \$3999 per person

Business Class - \$6499 per person

Business Class Deluxe - \$7999 per person

A \$300 deposit is required with booking and full payment is required eight weeks before departure.

All passengers are required to be fully vaccinated.

For further information, brochures and booking forms please call the office on 9227 8283 or email info@haveagonews.com.au

New departure locations for extended touring

CLUB 55 Travel has just released their extended touring program for 2022. Some great tours are coming up at very affordable prices.

People can join Club 55 Travel on any of their tours. Catering for individuals, couples and small groups; they have several convenient departure locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords, Perth City, Gosnells, Thornlie and Riverton.

There are no membership fees and registration can be made online at the website or simply call. Priced from as little as \$55 per person, book early as there are

limited seats.

Large groups such as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 70 specially designed outings. Minimum number is 25 passengers with all tours done at an enjoyable leisurely pace and in five star luxury coaches.

There are no strangers at Club 55, just friends people are yet to meet.

Phone Tanya on 0434 439 983 Monday to Friday 9am - 2pm, or visit the web page www.club55.com.au to view the latest brochures and sign up for regular newsletters and special offers.

EVERY year for the last five years we have put together a group of readers to join the Antarctica day trip.

The last trip departed in January this year.

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

The next flight will depart on November 27 and once again *Have a Go News* is organising seating.

It's an amazing opportunity to safely tour the last great wilderness of Antarctica.

Get ready to board the 787 Dreamliner with its large windows which provide a fabulous view-

ing experience.

All seating classes experience spectacular views and the trip provides the complete Antarctic experience - experts on board, live crosses to the Australian station, videos and

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Includes transport, DBB, morning & afternoon teas and entries. BYO one lunch.
*Optional ballooning \$500

Kalgoorlie & Golden Circle Prospect Extended Tour
7 days/6 nights, Monday 2 May - Sunday 8 May 2022
Cost \$2450 seniors, \$1411 single supplement
Includes transport, DBB, morning & afternoon teas and entry. BYO lunch two days.

Pump & flowers Wednesday 13 April 2022, Cost \$90
Includes morning & afternoon teas, lunch and entries.

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Celebrating the abundance of the Great Southern for the Taste Festival



L-R; Pam Lincoln with an Oranje Tractor vermouth - Steven Piacun feeding a tame kangaroo at the farm - Tracey Whooley at Singlefile Wines



by Allen Newton

A BUNCH of intrepid media types took off for the deep south of Western Australia at the end of February to discover some of the secrets of this less explored Great Southern region of the state.

Comparisons are often made between the Margaret River region and The Great Southern.

After all, they are both highly regarded wine growing regions and they both have a wonderful coastline, although further south everything is a little more rugged and spectacular while Margaret River is more like a well-tended garden.

The plan for our small group was to introduce us to some of the people and places of the region around Albany in a full-on three-day excursion and to provide a hint of what is to come in the region's big food and wine festival

Taste Great Southern to be held in May.

An hour's easy flight with Rex Airlines from Perth to Albany, around 9am on a Friday morning, had us dropping our bags at Banksia Gardens Resort Motel and sampling the coffee at Bredco micro bakery at the top end of town by 10.30am.

Owners Rhiannon Moon and Sam Dawson gave us a run-through of the operation at the shop, showing off their Austrian-made flour stone mill at work grinding the locally sourced whole grains which go into their sourdough breads.

Baker Sam will be using the flour to create the pasta he'll be using for Taste Great Southern event SpaGhetto, at Petterssons Arcade in Albany on May 14.

Slightly out of town at Elleker, across the railway line and up a red dirt road a faded sign marks the

entry to the quirky Piacun Farm.

The family-run farm is an example of the many small farms in the region producing a wide range of superb produce. Young farmer Steven Piacun is taking on the role of spokesperson for the producers as part of Taste Great Southern.

The farm has recently opened up for direct sales to the public where they are likely to be greeted by a friendly goat, tame kangaroo, cat, dogs and a turkey or two, but the farm isn't a petting zoo and Steve and his mum and dad focus on producing eggs, honey, olive oil and fresh vegetables which they sell through their stand at the Albany Farmers Markets on Saturdays, through local restaurants and from the farm gate.

The newly opened Hilton Garden Inn was an ideal Friday afternoon retreat for a happy hour

sharing cocktails and sampling some of the region's stunning wines.

Sales and marketing executive, Jen Chivers and operations manager, Steven Millhouse took us on a tour of Albany's newest upscale accommodation with comfortable rooms overlooking the water and Albany's surrounds before we settled into the bar for a quiet drink.

For those wanting a sneak peek at the new hotel a Great Southern Wine Journey at the Hilton Garden Inn on Monday, May 9, from 6pm to 8pm, provides the perfect opportunity with a masterclass celebrating the Riesling and Shiraz from the Great Southern's five renowned wine subregions.

The hotel would make an ideal up-market base for those wanting to get out and about to the more than 30 culinary experiences over the two-week Taste Great Southern fes-

tival from May 5 to 15.

We finished our Friday with dinner at the delightful French bistro Majuba at the bottom end of town. I can thoroughly recommend the bouillabaisse.

Saturday started with a stroll around the Albany Farmers Markets. It's always fascinating to see what's fresh and in season, and that produce will certainly give classically trained chef Evan Hayter, from Arimia Estate in Margaret River some interesting options as he roams the market on Saturday, May 14 and then prepares something spontaneous and tasty for visitors on the day.

A 45-minute drive up the road to Mount Barker took us to Plantagenet Meats where owner Josh Liebeck chatted to us about the joys and trials of offering a quality butcher service in a regional town and then we headed off to the Porongurup range and the delights of award-winning winery Castle Rock.

Founder Angelo Diletti took us through a range of tastings from the winery now run by his son Rob. I bought a couple of bottles of their Sauvignon Blanc for our cellar.

Back down the hill at the Mount Barker Visitor Centre we were made welcome by the Shire of Plantagenet who treated us to a barbecue on the old train station platform outside the visitor centre using the superb wagyu beef patties from Plantagenet Meats and then headed back to Albany.

I've been to Oranje Tractor Wines a couple of times previously and love what they are doing to maintain a sustainable, organic winery, creating terroir-specific wine, but there is something new afoot at Oranje Tractor.

They have turned their hand to making vermouth and will be showcasing their range at a Taste Great Southern event, La Hora Del Vermut (the Vermouth Hour) on Sunday, May 8, with three sessions, from 11am to 1pm, 2.30pm to 4.30pm and 6pm to 8pm.

Chef Sophie Zalokar, who trained with Australian food icon Maggie Beer, will be creating tapas to match the fortified, aromatised wine being created by Oranje Tractor. Oranje Tractor vermouth is about a million miles away from the sweet vermouth and lemonade I remember from my younger days.

Dinner at Liberté is always a pleasure with the London Hotel dining room's slightly bohemian furniture and furnishings and Amy Hamilton's fusion style of French and Vietnamese cooking promoting their Waste Great Southern event on Friday, May 13 where three of WA's most celebrated chefs, Melissa Palinkas, Guy Jeffreys and Amy Hamilton, will create a feast using the best food waste the Great Southern has to offer.

On Saturday morning we headed out to Denmark where the day started with the eminently knowledgeable Graham

Upson from Touchwood Mushrooms showing off the remarkable factory where he grows medicinal mushrooms that can help with a wide range of conditions.

From there it was off to Singlefile Wines for our first tasting of the day where the extremely knowledgeable Tracey Whooley gave us a preview of the Sense of Place Tasting Experience the winery will be offering from May 5 to May 15, from 11am to 1pm and 2pm to 4pm.

The tour through the beautiful vineyard takes in everything about growing grapes and producing wine you could wish to know with tastings in the private tasting room. The tours are exceptional value for money at \$59 a head.

The Dam at Denmark is a spectacular new attraction operated by the Birkbeck family which combines a restaurant, distillery, and perfumery on their Raintree Farm property where they also grow cattle and marron, industrial cannabis and truffles.

It's a delightful spot to spend an hour or two sampling prawns and marron and the seltzers and spirits distilled from industrial cannabis.

All too soon it was time for a quick beer at Wilsons Brewery back in Albany on our way back to the airport and home.

To find out more about Taste Great Southern events go to www.wineandfood.com.au/taste-great-southern/.

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AUSSIE Redback Tours new brochure is out now, full of wonderful tours of our amazing country.

There are several day and extended tours to suit everyone around WA and Australia.

The company also have several new tours this year, such as Historic Outback Towns, Midwest

Wildflowers, John Holland Way, Tasmania and The Great Central Road which takes in the magical scenery of the red centre of Australia.

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Sun 15 May	Wave Rock Tour
Sun 29 May	Hotham Valley Train
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WA's Outback Goldfields	29 May	6 days from \$1780 senior
Perth to Broome	12 June	12 days from \$3840 senior
Kimberley Dreaming	29 June	9 days from \$3790 senior
WA's Coral Coast	9 July	12 days from \$3840 senior
Historic Outback Towns	26 July	12 days from \$4620 senior
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Retreating for a sojourn to the Great Southern's Frankland River



Set on 83 acres of unspoiled rolling paddocks, trees and chatty birds, the isolation is spectacular at the Frankland River Retreat

by Carmen Jenner

SURROUNDED by national parks, wineries and olive groves, the Frankland River region lies quietly in Western Australia's Great Southern between Manjimup and Mount Barker. Unassumingly idyllic, to the east, the Stirling Ranges and Porongurups hover majestically in the distance.

There is an immediate sense of escapism and it's no wonder why owner Jade Cottee named his property the Frankland

River Retreat – it truly is a retreat from the world. You can do as much or as little as you like – trek, sip wine, have a picnic, flop, explore or gaze at the stars or your navel – nobody will know unless Instagram tells them so.

The three-and-a-half-hour drive south-east of Perth along Albany Highway will take you through Williams or Kojoonup. Or, you can take a more picturesque approach via the South Western Highway through pretty Boyanup, Balingup, Bridgetown and

Donnybrook where you can stop for lunch, coffee and stock up on gourmet goodies. You might also notice the many roadside fruit and vegetable stalls teeming with freshly harvested produce, often operating on an honour system.

By the time we arrived at our accommodation, we were armed with the makings of a glorious cheese platter. All that was missing was the wine – lucky we were within swilling distance of the Frankland River Wine region.

Set on 83 acres of unspoiled rolling paddocks, trees and chatty birds, the isolation is spectacular at the Frankland River Retreat. It's abundantly clear what attracted Jade when he first stepped foot on the property 18 years ago.

"I was drawn to the quiet, remoteness and vastness of the property. And by the time I noticed the bench by the Frankland River, I just loved it."

The pristine landscape wraps you in peacefulness. There are three properties to choose from; the homestead is full of character and is suited to friends and families craving space to roam, while the cosy cabin resembles an alpine hut and sleeps two. We were treated to the chalet, a tiny modern one-bedroom home big on comfort and vistas. It featured an open-plan living and dining room and kitchenette with hotplate and microwave and a separate bedroom with a queen-size bed with an en suite. The deck was perfectly positioned for sweeping views beckoning you to explore.

After the sun rose the following morning from behind the escarpment in spectacular orange fashion, we wandered down

to the river, the very name-sake of the region. While serenaded by sheep and cows, and accompanied by bouncing rabbits, this was the perfect spot to reflect and take photos. In the wetter months, you can bring your kayak for a bit of adventure.

Speaking of adventure, there are many nearby day trips offering thrills and activities in Denmark, Walpole, Manjimup, Mount Barker and Albany. The Porongurups is abundant in nature and there's a bushwalk for every level, ranging from the easy Tree in the Rock walk to the heart-pumping Granite Skywalk at Castle Rock. The Stirling Ranges rise 1000 metres above sea level offering wildflowers and breathtaking views from rugged cliff faces and gullies. It's famed for its challenging hikes, including the Grade Four 6.8 kilometre return hike to Bluff Knoll. Both of these ranges also have scenic drives if you're short on time and stamina.

Or you can transcend into a zen-like state with a Gong Relaxation Session at The Sandalwood Shop. Within the sixteen-sided cone painted with celestial skies, we succumbed to vibrational harmonic gong

beats while immersed in the aroma of sandalwood.

Still reverberating and with our senses heightened, the Frankland River Wine region beckoned. It's worth noting that many wineries are temporarily closed during vintage in February and March. However, Gilberts Wines in nearby Mount Barker is open year-round for lunch and tastings and they have take-away picnic hampers. The Frankland River Community Resource Centre has the latest on the region's happenings and the Frankland River Country Club has many regional wines on hand to accompany their country hospitality and hearty counter meals.



The cool-climate Frankland River Wine Region produces stand-out cabernet sauvignon, shiraz, riesling and sauvignon

blanc. As this region is off the beaten track, it's worth calling ahead at the region's family-run vineyards including Ferngrove Wines, Swinney Wine, Frankland Estate, Three Elms, Lange Estate Wines. At the well-known Alkoomi Wines, you can experience private tastings, tours, the ingredients for a platter and picnics among the vines.

By now, the missing ingredient for our picnic beneath the stars was in plentiful supply, including a 2014 Alkoomi Icon Jarrah bursting with black cherries, plums and spice. Without any sky pollution, we witnessed the rare phenomenon of the moon rising in the east just as the sun was setting in the west. And for this sky show alone, the Frankland River Retreat deserves a million-star rating.

Carmen Jenner was a guest of the Frankland River Retreat. For more information go to www.franklandriver.com.au and www.greatsouthern treasures.com.au

Frankland River Retreat Autumn special: Three nights for the price of two at \$399 for a couple staying in the homestead or chalet until the end of May 2022.



DAY TOURS

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PINJARRA TROTS

MONDAY 9 MAY - South

Departs 8.30am Canning Hwy & Murray Rd Melville
9am Pagoda Hotel Comer St Como
9.30am East Perth Terminal
Returns First drop approx 3.30pm
Includes Morning tea, lunch and luxury coach travel.

MONDAY 16 MAY - North

Departs 8.30am HBF Arena, Joondalup
9am Morris Pl, Innaloo
9.30am Morley Recreation Centre
Returns First drop approx 3.30pm

We make our way to the Mandurah Foreshore for morning tea. Then onto Pinjarra Raceway for lunch, dessert, tea and coffee whilst watching the harness racing and maybe having a little flutter!! Time permitting a stop at the Pinjarra Bakery on the way home. Definitely worth the trip. We have not done this for a couple of years and it was always popular.
Note: Operates on Mondays only.



\$100

FRIDAY 20 MAY - South
Departs 8am Canning Hwy & Murray Rd Melville
8.30am Pagoda Hotel Comer St Como
9am East Perth Terminal
Returns First drop approx 3.30pm
Includes Morning tea, lunch and luxury coach travel.

FRIDAY 27 MAY - North

Departs 8am HBF Arena, Joondalup
8.30am Morris Pl, Innaloo
9am Morley Recreation Centre
Returns First drop approx 3.30pm

"We are off to...and then...and maybe... or then again I might change my mind."



NEW FOR 2022

\$140

MURRAY RIVER LUNCH CRUISE

WEDNESDAY 1 JUNE - South

Departs 7.30am Canning Hwy & Murray Rd Melville
8am Pagoda Hotel Comer St Como
8.30am East Perth Terminal
Returns First drop approx 4pm
Includes Luxury coach travel, river cruise & lunch on board, afternoon tea upon our return to Mandurah.

WEDNESDAY 22 JUNE - North

Departs 7.30am HBF Arena, Joondalup
8am Morris Pl, Innaloo
8.30am Morley Recreation Centre
Returns First drop approx 4pm

Time is of the essence... Our cruise departs from Mandurah at 10am. Enjoy a relaxing lunch cruise while discovering the picturesque waterways of the Murray River. This relaxing half-day cruise is your chance to sit back and take in the natural beauty of the region. Aboard the Murray River Lunch Cruise, you will:

- Start the morning cruising through the beautiful Mandurah city centre.
- Cruise past wetlands abounding with birdlife.
- Witness our famous Bottlenose dolphins as they surf and play in the wake of the boat.
- Enjoy a delicious lunch on board, served upon entering the serene, winding Murray River.
- Sit back, relax and take in the stunning scenery, passing quaint homes and an array of flora and fauna on the river, cruising as far as the Murray River Bridge (Forrest Highway).
- Stop at the Coopers Mill heritage island site (pending weather & jetty access), where afternoon tea will be served and you are welcome to wander or follow our tour guide to learn more about the mill.

The Murray River is the longest permanent river in the Jarrah Forest and one of the few major rivers that remains undammed. Popular with canoeists, kayakers, fishermen and nature-lovers, it is one of the Shire of Murray's most picturesque attractions.
Please note: This cruise ONLY operates on Wednesdays and has a maximum capacity of 40 passengers.



NEW FOR 2022

\$100

AMAZE MINIATURE VILLAGE

TUESDAY 16 JUNE - South

Departs 8am Canning Hwy & Murray Rd Melville
8.30am Pagoda Hotel Comer St Como
9am East Perth Terminal
Returns First drop approx 3.30pm
Includes Morning tea, lunch and luxury coach travel.

FRIDAY 10 JUNE - North

Departs 8am HBF Arena, Joondalup
8.30am Morris Pl, Innaloo
9am Morley Recreation Centre
Returns First drop approx 3.30pm

We make our way to the Amaze Miniature Village. Morning tea will be done inside the grounds.

Amaze Miniature Park, formerly known as Abingdon Miniature Village, is a unique family friendly attraction that is well worth a visit. The park includes more than 70 replica scale model buildings set among four acres of beautifully manicured gardens with an abundant variety of plants, flowers, birds, and trees.

Most of the model buildings are replicas of well-known historic buildings from Abingdon Village (the oldest continually inhabited town in England) and parts of the United Kingdom, Germany, and France, including a highly-detailed model of the Eiffel Tower. Young and old will delight in the interactive model train railways. Bring your camera as there are many great photo opportunities as you wander the shady garden pathways or enjoy a quiet moment in the secret rose garden. Once we have had a wander (and no-one is lost in the maze!) we will head to the Ravenswood Hotel for lunch.
A picturesque spot on the banks of the Murray River.



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Take off on an epic road trip through Australia's Golden Outback

AUSTRALIA'S Golden Outback is one of the most diverse regions in the country, spanning almost a third of Western Australia.

This great expanse offers travellers an opportunity to discover some 25 different planned road trips across the region.

Some of the road trips are for a few days and some are for a few weeks but all provide an opportunity to delve deep into the region.

The Gascoyne-Murchison region offers road trippers five different itineraries from the discovery of Mount Augustus with the Road to

Rock itinerary which takes nine days across sealed and unsealed roads.

Other trips in this sub region include the 4WD 15-day trip along the Canning Stock Route, the three-day Kingsford Smith Mail Run from Meekatharra to Carnarvon, the Wool Wagon pathway and the four day Miners Pathway.

Road trips across the Gascoyne Murchison offer an insight into the history, landscape and ancient sites of the area.

A variety of sealed and unsealed road itineraries for drivers to the Goldfields

with the opportunity to unearth the riches of WA's Goldfields. These are the Golden Quest Discovery Trail, The Outback Way, The Norseman Heritage Trail, Gunbarrel Highway, Leonora Loop Trail and the Anne Beadell Highway.

These specially designed itineraries provide travellers with an opportunity to discover key places of interest along with the fascinating history of this untamed land.

Along the Wheatbelt Trail there are 11 different planned drives, including a good variety of short trips, perfect for those who are travelling by car. Discover the Public Silo Trail along sealed roads. Artists have turned massive grain silos into works of art. This five-day trek is a great way to get off the beaten track.

Follow the Golden Pipeline to Kalgoorlie, taking three days or explore the untouched temperate woodlands which stretch from Hyden and Wave Rock to Norseman.

Follow the pioneers along the Wheatbelt Way and Pioneers Pathway or enjoy the wildflower blooms in springtime.

For a short trip from Perth the three-day Pathway to Wave Rock along sealed roads is a great opportunity to surf WA's famous inland wave.

For those who want to combine nature and wine then the three-day sealed road adventure takes in wineries, woodlands and the wheatbelt in the southern area of WA.

It's packed with rich pioneering and Aboriginal history, award winning wineries and nature and heritage trails.

Just over 700km from Perth heading south to Esperance and the Fitzgerald Coast offers travellers the opportunity to discover the natural wonders of the area.

There are at least two ways to get to Esperance.

Head south via Hyden and stop in at Wave Rock or try the route through the Southern Wheatbelt countryside.

While in the area a venture across the Great Ocean Drive which takes around two hours along sealed roads is a must.

Esperance is renowned for having some of the finest beaches in Australia and the clearest crystalline waters which are showcased along this route.

Driving around Australia's Golden Outback may take people into remote areas so forward planning is important.

For tips and comprehensive itineraries visit www.australiasgoldenoutback.com



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WESTERN AUSTRALIA



Autumn is the perfect time to visit the Avon Valley with much to see and do...



Left to right; Enjoy a hot air balloon ride © @WindwardBallooning - Penny Farthing Sweets

YORK, WA's first inland town, was settled in 1831, as a place for growing crops for the Swan River colony with the development of the thriving town following. It's a short drive from Perth and makes the ideal

spot for a day trip or a few days away. The town is a great base for discovering the Avon Valley with the towns of Northam, Toodyay and Beverley close by. A perfect opportunity to

enjoy a unique experience in the area is enjoying a hot air balloon ride. Wannadoo Tours are offering a two-day experience which includes accommodation at the Settlers House in York along with an early morning bal-

loon ride and a champagne breakfast. What a great experience to enjoy or perfect for a special occasion. See below for details. There's plenty of accommodation options in York, Northam and Toody-

ay, whether it's one of the historic pubs or some of the many unique bed and breakfast options, there's something for every taste and budget.

For those who love local history, meandering along York's Avon Terrace, the main street, is a step back in time with its Victorian and Federation buildings. In the cooler weather it makes a charming stroll around the town with lots to discover. Create your own trail or follow one of the York Heritage Walk Trails.

The York Motor Museum features the history of the motor car with displays of vintage, classic, horse-drawn vehicles and racing cars, as well as motorcycles and retro caravans.

For those with a sweet tooth, a visit to Penny Far-

thing Sweets will bring back childhood memories with its selection of local and imported lollies.

In recent years York has become a hub for artists and the town has many shops selling gifts, art, furniture and antiques.

For collectors of fine food and home products, The Good Life Store sources produce from the region including the York Olive Oil Co. A visit to the nearby factory is also a delicious stop to indulge in York Ice Cream, preserves and bread.

Avon Park is a popular picnic spot along the Avon River with a skate park, barbecue facilities, nature playground and the Swinging Bridge suspended across the river.

Wildflower season

blooms from August to October showcasing many species surrounded by fields of vibrant yellow canola.

The panoramic view from Mount Brown lookout is a great spot to plot your onward journey to the surrounding towns of Beverley, Northam and Toodyay.

Summer Creek Restaurant and Brewery in Bakers Hill make a great spot for group lunches, or just a great stop on your travels to enjoy their local produce and home-made goodies. See their advert below for details.

There's much to do and see across the Avon Valley. Download the Shire of York Trails & Tours app to plan your journey in advance. Support the advertisers below.

Step back in time as the Moondyne Festival returns to Toodyay this May

TOODYAY will step back in time yet again to celebrate the life and times of the iconic Moondyne Joe by hosting the Moondyne Festival.

It will bring the infamous Avon Valley bushranger to life. The highlight of the day being the re-enactment of Moondyne Joe's various escapades and his trials.

The festival is the premier colonial festival in WA, first held in 1984 to celebrate the life and times of 'Joseph Bolitho John's, known as Moondyne Joe, the Avon Valley's legendary bushranger.

The festival will be held on Stirling Terrace Toodyay which will be closed off to traffic from 9am to 4pm Sunday May 1. It will transform the picturesque historical town of Toodyay into a lively all-day festival with the sound of song, dance, laughter and fun for the whole family.

The opening ceremony is at 10am. Locals and guests dress in 19th century costumes for a colourful procession down the main street, headed by the Kalamunda Pipe Band. This will be followed by a fun, colourful, energetic and noisy parade with street actors, stilt walkers, town crier, blacksmith, wood chopping and much more.

Cheer on 'Joe's Gang' and the floozies, coppers, swaggie and town crier as Joe is tried by a kangaroo court, convicted by a corrupt judge and escapes with the assistance of local townspeople who love Joe. One would say he was the WA equivalent of Ned Kelly or

Robin Hood. As well as the street entertainment, there will be a variety of stalls, displays, performances and demonstrations. Arts Toodyay will present local art, while the Mad Tatters Morris and Irish dancers will entertain people along the

main street. The Jarrah Celtic Band will delight people again with their wealth of colonial songs. Listen to Bush Poets, Australia, early settler's folk music that will include Irish, Scottish, Italian and English performed by various entertainers. Enjoy once

again the very popular Royal Australian Navy Band and Toodyay Community Singers.

The festival follows through the main town site to the beautiful Duidgee Park resting on the banks of the Avon River which will be filled with speciality craft and food

stalls. Events include log chopping, sheep shearing, blacksmithing, bush poetry, stilt walkers, Clydesdale cart rides, wood turning, and of course the ever popular Swaggie Camp.

Don't miss the Vintage Horse Works display (circa 1850) located next to the

Newcastle Gaol Museum. Make sure not to miss this brilliant event, suitable for all ages.

For more information and to view the events programme visit www.moondynefestival.com.au or contact moodynecommittee@gmail.com.

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let's gotravelling

Broome dining on the water with sunsets, seafood and pearls



Left to right; Net of live pearl shells - dining on pearl meat is a delicacy - cruising on a 69-ft triple deck pleasure boat - live pearl harvest



HOLIDAYING in beautiful Broome is back, with a dream-like day trip offering visitors a dining experience with a difference. Launching in May, Broome Cruises' popular Sunset, Seafood and Pearling Cruise returns for a second season, with a new menu, rare live pearl harvest and next-day

pearl appreciation among the alluring extras for guests in 2022.

The all-in-one, 'best of Broome' experience uniquely blends the region's seafood and produce with its pearling, culture and iconic sunsets. The new, enhanced tour package runs over two days, offering local hotel transfers as part of a long list of inclusions.

Cruise Broome's pristine waters on board a 69-ft triple-deck pleasure boat to harvest a precious Cygnet Bay pearl at sea. Dine on a seven-course

seafood degustation menu prepared by a private chef on deck, while sipping premium West Australian wines and boutique beers, served throughout the four-hour voyage.

The floating feast celebrates WA seafood and fresh Kimberley produce. On the menu is Cygnet Bay pearl meat, Cone Bay barramundi, Abrolhos Island sea scallops, Shark Bay crabs, North West prawns, Southern rock oysters, and more.

The following day, a hosted visit to Cygnet

Bay's showroom takes you to an exclusive grading of the harvested pearls.

The experience also offers the chance to spot turtles, whales and dolphins in season, while cruising.



Broome Cruises is operated by Sea West, the company behind the successful Rottneest Cruises, South West Cruises and Mandurah Cruises.

Owner Myrianthe Ridly said the 2022 Sunset, Seafood and Pearling Cruise was designed to give visitors a taste of Broome's best, in one experience.

"With WA's borders now open, we know people are seeking authentic experiences that reflect a true sense of place. We have designed our tour to present just that, with

some added indulgence.

"To harvest a live pearl and dine on seafood cooked before you, while drinking WA wines and Broome beers on a boat at sunset, feels like pure holiday escapism," she said.

Pearling the precious and delicious

The cruise visits native pearl oyster beds at Cygnet Bay, the oldest Australian owned and operated pearl farm. Nets of live shells are pulled up and expert crew demonstrate how to shuck the shells. Guests can touch a live shell and witness the extraction of a precious pearl. Carefully cultured over many years, Cygnet Bay's world-class pearls are over a thousand times rarer than diamonds.

A pearl meat delicacy is then served for you to taste. Pearl meat is the adductor muscle of the oyster, which allows the shell to open and close. Often referred to as a blend of scallop and abalone, it has a fresh, sweet taste, with plenty of health benefits and even aphrodisiac qualities.

Cygnet Bay's managing director, third generation pearl farmer and 2021 Australian Farmer of the Year, James Brown, said pearl meat had become

increasingly sought after by chefs as a high-end seafood delicacy.

"Only very small quantities of pearl meat are harvested in Australia. It is a rare and attractive shellfish product, selling for around \$200 per kilogram," he said.

Cygnet Bay sustainably grows the purest and rarest pearls on earth, nurtured deep in the Kimberley coast's pristine waters. Their Australian South Sea pearl oysters (known as Pinctada maxima) are the largest in existence, producing the world's finest 'mother of pearl'.

Broome Cruises' Sunset, Seafood and Pearling Cruise is a half-day afternoon/evening tour with next-day pearl appreciation. Package cost is \$385 Adults / \$369 seniors, fully inclusive of four-hour sunset cruise, chef-crafted seven-course menu, premium drinks, live pearling, next-day pearl grading and hotel transfers both days. Cruises depart Broome's Gantehaume Beach five days per week, between May and September.

Full details and bookings: broomecruises.com.au or phone 9586 1136. Social - @broomecruises / #broomecruises

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Fishing with the grandkids is a milestone experience for the family



brother Jed to enjoy the experience without having to cope with a shore break or weed.

Jed had been practising his casting in the back yard at every opportunity and it showed. Despite the fact that his rod was less than a metre long and he was restricted by a closed face reel, he was belting it out there. After a little coaching about taking the rod straight back and throwing it straight forward, he was putting it right in the target zone.

The rewards didn't take long to come. First a string of blowies, then a little whiting. I was fishing nearby and

when a herring did the right thing I passed the rod over to Jed to wind it in. That was more like it and it was time for him to try his hand at the bigger rod and open-faced spinning reel.

He took to it like a duck to water and within minutes he was able to hook, play and land his first wrasse, followed by that all important first real fish, a big fat herring. Happy days!

Meanwhile young Ziggy was tooled up with the little closed-face outfit. His casting still needed a bit of work but the winding in skills were all there. The blowies didn't stand a

chance and both boys gained some valuable experience at releasing fish.

It had been a magic morning. The boys had honed their fishing skills to the point where catching something had gone past the novelty stage. They had become serious fishermen and that outing will very likely be the first of many such episodes.

A light 1.8 to 2m spinning rod with a small threadline reel loaded with 4kg line is ideal for this kind of thing and they don't need to be expensive to be useful. To start with, keep the rig simple, say a small

ball sinker running all the way down to the hook. For convenience, use a long-shanked hook if there are many blowies about. Size 6 is ideal for whiting and most of the smaller species you are likely to find within 25m of shore, the usual casting range for this age group.

As for bait, something that will stay on the hook like octopus is a good idea. We were using chicken breast that morning. The fish loved it but they were quick to strip the hook bare.

Take 'em fishing when the next calm morning comes along. You won't regret it.



L-R; Mike and Jed with his first wrasse - Ziggy is all concentration as he waits for a bite

by Mike Roennfeldt

THERE are some precious milestones along the way if you are one of those who has fished their entire life.

Catching your first fish, your biggest fish, a truly special fish or a fish that has seemed almost unattainable. Perhaps even more important are those more personal milestones. Like your

kids' first fish, and if you get old enough like me, your grandkids' first fish.

I had my maiden experience at the latter recently. They weren't exactly my grandkids but close enough. The scene was a perfect early morning at a beach near home. Low swells meant the shoreline was benign enough for three-year-old Ziggy Caporn and his five-year-old

Discover the north west...



"NEVER Smile at a Crocodile", are the words of a song that will ring in your head as you visit the Malcolm Douglas Crocodile Park or view the Catalina WWII Flying Boat Wrecks on the mudflats in Broome. When you look at the crocs, you just know they 'saur-us', and talking about dinosaurs, check out the dinosaur footprints in Broome too. There are pearls (who said diamonds are a girl's best friend), cable beach, camels, the horizontal falls and more.



What do you get when you cross a dog with a calculator? A friend you can count on! Red Dog, yes, the dog in the movie, was a friend to many in the North West as he loved to roam. You can walk the Red Dog Trail around Dampier to see some of his favourite places. Dampier and Karratha also have Sam's island, Rio Tinto to Port Tours and cultural tours that include viewing of ancient rock art.

Karijini National Park has a few pebbles as well, ok, they aren't pebbles, it's a massive 627,422 hectares of 'gorge-ous' rockfaces, gorges and stunning waterfalls. Well worth the look.

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AUSTRALIA'S NORTH WEST

let's go travelling

Hitting the road - here's Numbat's choices for some music to break the sounds of silence



by Numbat, our travelling scribe

can't wait to get back on the road again.

I'M on the road again,

These lyrics from Willie Nelson say it all. As

we head off on our road trips, what music to listen to, especially on long expeditions into Western Australia?

Our wilderness still has plenty of radio dead spots, usually within a couple of hours from Perth, where we lose radio reception.

When the music stops, I might relish the sounds of silence, as Simon and Garfunkel would sing. But eventually, I will realise that I like the music, as John Paul Young proclaimed so beautifully.

Music choice is no small thing and late model cars are brimming with speakers that

are meant to be used. Remember the good old motoring days without wireless?

We played BP's "Spotto" or "I spy with my little eye..." or someone might strike up a tune for a sing-along.

Today we have myriad choices with no shortage of music CDs. Numbat prefers not to listen to the same singer, song-after-song. No matter how I much I like the singer and the songs, I don't want to listen to a whole album of one performer.

There are CDs of mixed singers and songs but these are

limited and take time to find in the library.

Then we have the issue of road trip passengers: Music to share isn't easy with vastly different ages in the car. We have to tolerate our fellow travellers' questionable tastes.

There are some skilled tech-types in a family - usually under 15-years-old - who can record a cross-section of songs and compile them onto a CD, ready for the long trip.

On north-west journeys, Indigenous music can often be picked-up from local radio, adding flavour to our getaways and

opening our dusty ears to something different.

But for those long gaps without radio reception, what songs to take? Country cousins would no doubt suggest city slickers take both kinds of music - country and western.

Car songs rule: Ted Mulry Gang's 1976 single *Jump in My Car* was the first Australian act to knock Abba off the number one spot and spent 11 weeks on the top of the singles charts.

Here are some Numbat selections to add to your list: *Brand New Cadillac* - The Clash, *My Car* - 50 Cent, *Rocket 88* - Jackie Brenston and

Ike Turner, *No Particular Place to Go* - Chuck Berry, *Hey Little Cobra* - The Rip Chords, *GTO* - Ronnie and the Daytonas and *Beep Beep* - The Playmates.

Grey nomads, sitting around a Meekatharra campsite, suggested these: *Goin' Mobile* - The Who, *Little Red Corvette* - Prince, *I'm in Love With My Car* - Queen, *Pink Cadillac* - Bruce Springsteen, *The Passenger* - Iggy Pop, *Rockin' Down the Highway* - The Doobie Brothers and *Road to Nowhere* - Talking Heads.

And for the rough roads? AC/DC's *Highway to Hell*?



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vide contrasting experiences to allow a one-way, traverse or return circuit, taking in both Ashburton and the Pilbara's major tourism attractions on sealed and unsealed roads.

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unpowered tent-only sites sit adjacent to the ablution block. For the more adventurous there is a large area with no set sites which is unpowered for the self-sufficient, these sites can accommodate anything from five-wheelers to tents.

The parks itself was the original construction camp hen the Waroona dam was built and is adjacent to the dam with some sites having views of the water.

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WA's GREAT Outdoors Australia's South West CARAVANNING • CAMPING • ACCOMMODATION let's gotravelling

Enjoy a taste of the turquoise waters of Geographe Bay



Gail Williams (right) enjoying the delights of Geographe Bay

by Gail Williams

"IT'S a bloody no brainer, really!"

That's our friend, Konrad, speaking and as a garrulous barrister he never minces his words.

He was definitely not mincing his words while waving around a half-drunk Cosmopolitan in front of a backdrop of turquoise waters that were bluer than a Van Gogh painting.

Konrad was merely voicing what all of us on the 60ft pleasure boat were thinking – how come we haven't had this experience before when it's right here in our own backyard? We were all wallowing in our own memories of the Greek Islands, Turkey, Amalfi Coast and Sicily – but without the rubbish in the water and navigating pebbles to have a swim.

Here at Meelup Beach we were floating around in quintessential West Australian tranquillity, less than a three hour drive south of Perth, atop pris-

tine glassy waters which were only breached by the occasional dolphin leaping about. Okay, that bit was imagined, but the idea was not beyond the realms of possibility in this water which was becoming more cerulean by the minute as the sun began going down.

As the sky turned pink we tucked into West Coast rock oysters and a charcuterie board featuring Margaret River-cured meats and handmade cheese from Yallingup.

Michael Whyte, sales director at Howard Park Wines, did the honours with some wonderful matching wines including generous pours of Petit Jeté NV, Miamup Rosé, Flint Rock Riesling, Miamup Chardonnay, Flint Rock Pinot Noir, Miamu Cabernet and a sticky Muscat thrown in at the end.

On board were 20 others, who – like us – had experienced the beautiful landscape of Geographe Bay hundreds of times from the glorious bays

and beaches but never from the vantage point of a former cray fishing boat with two chefs on board cooking up a seven-course degustation.

The reason none of us had done it before?

The Taste of the Bays Cruise has only been going since January and is the brainchild of South West Cruises – part of Sea West, the family-owned company which also runs Mandurah Cruises and similar constantly sold out experiences in Broome and Rottnest.

Sea West's managing director and part-owner, Myrianthe Riddi lives in Dunsborough so the decision to add a \$295 per person cruise in the south west appealed to her.

Riddi says the cruise is a celebration of the land and sea of the South West.

"The experience showcases the flavours of the region from the water of the region," she said.

"The menu's provenance is richly local. Each course is created on deck

using WA seafood and produce from some of the best growers and makers in the region.

"It is quite breathtaking to observe this stretch of coastline from the water. It's a unique perspective that is not often seen by visitors to the South West.

Riddi is not wrong. There was quite a bit of breathtaking going on amongst our group of fellow passengers as we waded through the menu, while Will Peregrine and Elodie Pires strutted their stuff in the kitchen.

Everything during the four-hour long voyage which begins at the Dunsborough Bay Yacht Club is organised with Mark-McGowan-navy-like precision.

Once on the tender which takes passengers out to the former crayfishing vessel, *Reel Affair II*, there is a spiel on safety procedure, housekeeping rules and a little warning for heavy imbibers, like us, not to drink too much, which thanks to Michael Whyte's generous pours

was sage advice.

While the welcome Cosmopolitan and sparkling Petite Jeté went down, most cruisers didn't need any encouragement to don their swimmers and retreat back to their idyllic childhoods for a couple of bombies into the water straight off the back of the boat – a marlin deck in another life.

Everybody was encouraged to walk a plastic mat and plonk into the water which was just bracing enough to take the breath away. There, elbows up on the plastic mat which served as a floating bar, the crowd got to know each other while still happily sipping their drinks holding them above the plimsoll line.

"Pure heaven," said Jake, whose dad had treated the whole family to the cruise while staying at nearby Abbey Beach Resort in Busselton.

Nigel, a Perth businessman who has a holiday home in Quindalup, also treated his entire family, who had never seen the

beaches from a boat.

Normally this cruise takes in Old Dunsborough, Curtis Bay, Castle Rock, Meelup Beach, Point Picquet, Eagle Bay and Bunker Bay but weather conditions on this occasion meant the group missed out on the last three.

Nobody was complaining as they enjoyed a second dip while staff laid out elegantly dressed tables for the rest of the meal which included Blue Ridge Manjimup marion pates with Yallingup woodfired sourdough, seared Abrolhos Island scallops, Mandurah blue swimmer crab and ricotta cannelloni, with Manjimup black truffle butter and fresh bread, line-caught

red emperor with gremolata, finishing with honey creamy crumble with berries, chocolate and figs with nougat.

Staff were friendly and attentive enjoying banter with the guests who were all clearly there to have a great time. Friendships were born, addresses were exchanged and as everybody piled back into the tender they all vowed they would definitely do it again.

"It's a bloody no brainer," said one well-oiled guest.

*The Taste of the Bays Cruise runs in Dunsborough from January to April and then moves back to Mandurah.

www.southwestcruises.com.au/cruise

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Mother's DAY SUNDAY 8 MAY



Celebrate Mother's Day and walk to raise funds for breast cancer



Channel 9 Perth's Monika Kos

THE 25th Women in Super Mother's Day Classic will once again bring people together on Mother's Day to celebrate and honour those affected by breast cancer and raise vital funds for breast cancer research.

In the 24-year history of the Mother's Day Classic (MDC), almost \$40 million has been donated to fund game-changing breast cancer research. Breast cancer is the most commonly diagnosed cancer in Australia and sadly, nine Australians die from it every single day.

Proceeds go to the National Breast Cancer Foundation for research to improve outcomes for those affected by breast cancer. The Mother's Day Classic Foundation supports the National Breast Cancer Foundation (NBCF) goal of zero deaths from breast cancer by 2030. But there is still so much work that needs to be done to ensure that women can live free of breast cancer in the future.

On Sunday, May 8, supporters across the nation can walk, run or jog to unite for the silver anniversary of this iconic

Australian event which does so much to lead in the fight against breast cancer.

And if you can't join one of the physical events on Mother's Day, you can personalise an event to create your very own MDC experience and take part on a different day, time or location.

Participants who register or who choose to personalise their own day and time will all receive a race pack that includes a 25th anniversary headscarf, race bib and tribute card, plus a commemorative medallion. There will be an

online fundraising dashboard and fitness tracker for participants to use.

This year, Mother's Day Classic in partnership with Sport Australia is running a free, six-week communications campaign focused on increasing physical activity of women and girls right across Australia who are preparing for the iconic event.

The team of coaches, physios and nutritionists will give tips on fitness, training, sleep, nutrition and injury recovery and help motivate one another to get moving.

More than 1.5 million

people have participated in the Mother's Day Classic for breast cancer research over the past 24 years, making it Australia's largest annual charity fun run and walk.

This year Channel 9 Perth, with local ambassador newsreader Monika Kos, will join the Perth event to help raise vital funds for breast cancer research.

In WA there will be events held in Perth along with Albany, Bunbury, Busselton, Esperance and Newman. Visit www.mothersdayclassic.com.au to find your nearest location.

Sandalwood oil for wellbeing...



gued that sandalwood's warm rich sweet and luxurious woody fragrance is valued like no other for its distinct olfactive properties, especially as a base note in perfumes.

Fast forward to current modern times, sandalwood aroma is now commonly used throughout the world in the practise of aromatherapy - the use of aromatic plant extracts for physiological and mental wellbeing. So, it makes sense to incorporate sandalwood essential oil (EO) when making up your own blends to suit your ever-changing mood and

requirements.

The beauty of aromatherapy is that users can purposefully select the type of essential oils they wish to diffuse, not just based on its scent, but on the desired functional benefits.

To discover more, checkout the Quintis range of aromatherapy EO, this suite of oils includes six pure EO blends (containing 95 per cent feature oil with five per cent Indian sandalwood oil) and the 100 per cent pure Indian sandalwood (Santalum album) oil.

Head to www.thesandalwoodshop.com.au for full details.

SANDALWOOD oil has long been used, particularly in the East and the Middle East, to scent and purify the air in the home, in places of worship or for ceremonial applications.

In fact, it can be ar-

Convert old films to digital and keep those memories



BEFORE the days of smart phones and social media, the act of recording on cine film was reserved for life's most precious moments.

As time passes, old film footage slowly degrades.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to

take action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, DiskBank can take steps to revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

Have a Go News readers are entitled to an additional 20 per cent off. Simply mention the *Have a Go* name to claim your bonus discount.

Visit DiskBank at 4/73 Troy Terrace, Jolimont or call 9388 0800.

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



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

There are 11 advertise-

ments in this issue which contain a blue circled letter for the Ad Words promotion.

Find the 11 letters to make up the word and then send your entry in to

be in the draw to win.

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

1. House Clearing Assistance
2. Shoprider
3. Australia Medic Alert Foundation
4. Specsavers
5. Community Vision
6. Kings Tours & Travel
7. NE Solutions
8. Lake Navarino Holiday Park
9. Helena Valley Lifestyle

10. RAAFA

11. Luna Palace Cinemas
Entrants can enter via email with Adwords in the subject line at win@haveagoneews.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 30/4/22.

Congratulations to Sheila Williamson, of Beaconsfield, our February Ad Words winner.

CRYSTAL REFLECTIONS

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Mother's day gifts

Unique crystals, gemstone jewellery, meditation music, books, tarot cards, oils, fantasy gifts and much more.

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Happy Mother's Day

from Olivia Newton-John and Willie Creek Pearls

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PEARLS

Mother's DAY SUNDAY 8 MAY



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KIDS STUFF

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- dresses
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Mother's Day Sun, 8th May

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\$22 per person - bookings essential

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Join us for Mother's Day lunch...

A country hotel located in the Wheatbelt serving great food, craft beers and ciders by Funk Cider. Bolgart is an easy 90 minute drive out of Perth on a convenient route for car and bike clubs

Call Craig 0430 571 585 to book and/or to customise a set menu for your guests.
Group bookings and club outings are welcome

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Tel: 95661 6699 Email: sue@chocolatedrops.com.au

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Breakfast from 8am, Lunch until 3pm
Coffee and Cake, all day (8am to 4pm)
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A peaceful environment where you can hear the conversation at your table.
Phone 9444 9884 to reserve a table.

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food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

Busting Brunching across Perth - reinventing bistro classics with a twist



by Buster the bruncher

WHITE wisteria, tastefully entwined in branches, hangs from Vans' ceiling. The eatery's entire front windows are thrust open for fresh air. Overhead fans are slowly turning.

Vans, a Cottesloe institution, has emerged fresh after a major makeover: Clean design lines with sensible social distancing.

Lucky patrons have snared outside tables,

under black and white brollies. A woman cuddles her black poodle, a bowl of water at their feet. A Porsche is parking, a Tesla cruises past.

Vans is the class act you expect in the Western suburbs. While we skim over the two-page menu, my brunch buddy immediately orders a black coffee (\$4.40). When did coffee become an appetiser or entrée? I like coffee at the end, not the beginning.

I'm a real juice man. The menu offers a choice of 10 fruits and vegetables so I request a mix with ginger added (\$8.50).

Having missed breakfast and looking over the long menu, we are tempted by something solid to eat. Not yet 10am, it's a bit early for chop chop ice-

berg salad: shaved Manchego, cherry tomatoes, avocado, pistachio dukkha, roast garlic and apple cider vinaigrette (\$13 small, \$18 large).

There's a superfood salad for \$25 which I gorged in a Vans visit about a year ago. It's formidable and delicious: Add smoked salmon (\$34) or poached chicken (\$32) or haloumi (\$32).

Barramundi is reasonably-priced at \$22 or \$32, subject to meal size. The burger at \$26 is popular.

Vans' clients come in waves, the first comprising local business people - with some big-name identities reading *The Financial Review* and other complimentary newspapers. They tuck into coffee and maybe Birch-

er muesli, (\$13 or \$15), son-in-law eggs, organic sourdough or fruit loaf (both \$6.50).

Buster's buddy decides on whole crushed avocado with basil, feta, tomato and lemon oil (\$25) and I'm in the mood for scrambled free-range eggs with aged cheddar, chives and sourdough (\$21).

I should mention, we hadn't eaten for 14 hours. Just as well. These are sizeable serves. We gave them top points. Music played in the background but, thankfully, not the booming nuisance at so many eateries.

Buster's buddy raised much to chew over, apart from the tucker; what, with all the worldly happenings. Time carried

on, almost to lunchtime. Eventually, we eyed-off the cake and pastry cabinet - in the interests of readers, of course.

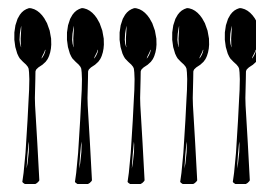
Among the smaller cakes, we pointed to the raspberry and white chocolate mini cheese-cake and a lemon meringue tart (both \$6.50). Tasty, sharp and perfect with our coffee.

Vans, 25 years in

the making and family-owned for 16 years, does an all-day breakfast, takeaway coffee and food-at-home while sourcing seasonal and local produce.

Dishes are marked to indicate vegan or vegetarian, gluten-free, spice levels, nuts or traces. True to its word, Vans "reinvents bistro classics with a twist."

5 spoons.
Vans, 1 Napolean Street, Cottesloe.
Phone 9384 0696. enquiries@vanscafe.com.au
Open Monday-Sunday, 6.30am - 10pm



Buster the bruncher spoon ratings

- Five spoons** - excellent food and service - you must go!
- Four spoons** - overall good food and service well worth a visit!
- Three spoons** - reasonably good food and service but could make some improvements.
- Two spoons** - food and service needs improvement.
- One spoon** - would not recommend.

A recipe shared is a recipe loved... Cathy's stuffed chicken breasts



by Vince Garreffa

MY friend Cathy made up

the filling for this chicken and it pleased her family and friends. I begged for the recipe because it's quick, easy and tasty.

- Ingredients for 4**
- 4 free range chicken breasts
 - 16 dried apricots chopped fine
 - one leek chopped fine
 - 80g blue cheese
 - white wine
 - seasoned flour

- eggwash
- breadcrumbs
- West Australian organic lake salt
- freshly cracked black pepper
- West Australian extra virgin olive oil (EVOO)

Method
Soak the chopped apricots in some white wine and sauté the leek with salt and pepper in a little EVOO in a frying pan until very soft, then cool. Have blue cheese at room temperature to soften.

Trim the chicken of all skin and loose meaty bits (save for a soup or stir fry), then cut each into two thin steaks. Tap out each steak with a meat mallet until nice and thin.

Next drain the apricots and mix with the leek and blue cheese. Put some stuffing in between two slices of chicken, keeping

the edges free of stuffing so you can tap the two slices together on the edges with a meat mallet. If you kept the filling flat the stuffed chicken won't be too thick. Store in the fridge for about an hour to cool and firm up.

Next dip each stuffed steak into seasoned flour, then egg wash and finally breadcrumbs.

Shallow fry the crumbed chicken in EVOO till cooked and golden on the outside.

Serve hot, warm or cold. All taste great!

Vince is the ambassador for Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondos.net.au



Letters to Vince Garreffa...

IF you want a particular recipe of Vince's, don't hesitate to drop a line to *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number.

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ADVERTISING FEATURE

...eat, drink and be merry...

Knife and fork talk with the Dining Divas - a great little find in Fremantle



Left to right; Ga Saigon honey and soy chicken with steamed rice - Canh Chua

by Judith Cohen and Pat Paleeya

WE didn't venture far this month, just to the E Shed

markets in Fremantle as we had heard that there was a good dining place therein, but our plans were thwarted as the

dozy divas couldn't find it (well we couldn't). So we hot footed along Main Street and decided to have a look at the

side streets for a good lunch. Happily we found a Malaysian/Vietnamese fusion restaurant called High on 55. There was quite an extensive menu which included a \$15.50 noon menu from 10.30am-2.30pm which we opted for.

We chose canh chua and ga Saigon from a menu of about 12 choices.

The canh chua is a spicy sour soup with or without chicken, there is also a seafood option for an extra \$1.50. The spicy broth was delicious - the vermicelli, shredded chicken, chunky tomato pieces, snow peas, mint and finely sliced fresh chilli made it quite a large serving. A darn good meal for a darn

good price with enough to take home for dinner that night.

The ga Saigon honey and soy chicken with steamed rice was so good. The honey and soy glaze was a rich amber colour and the taste hinted at fragrant spices. The crispy edges of the chicken were scrumptious. The steamed rice was topped with a lightly fried egg and the salad

garnish consisting of soft lettuce leaves, julienned carrot and daikon with tomato slices was spot on. A very satisfying and enjoyable lunch.

A variety of pre-prepared grab and go meals were available for people on the run and during our time there we noticed that it was always busy.

We divas will definitely pay another visit or

two. The restaurant was clean, the staff were friendly and efficient and there is seating inside and out.

High on 55, 55 High Street, Fremantle, Phone 9336 2604 www.highon55.com.au

Opens 8.30am and kitchen closes 2.30pm Closed on weekends and public holidays 3 1/2 Forks

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



BAYSWATER HOTEL
\$21.99 seniors lunch buffet
Mon-Fri 12pm-2.30pm
Railway Parade
Bayswater 9271 7111

BOLGART HOTEL
\$23 and under burger menu
28 Pointcare Street
Bolgart 9627 5154



CORRIGIN HOTEL
Under \$25 lunch menu excluding steak and seafood dishes
12-2pm 7 days
17 Walton Street
Corrigin
9063 2002

HYDE PARK HOTEL
\$17 Senior lunch special
Mon-Fri 11.30am-3pm
331 Bulwer Street
North Perth
9328 6166

KARDINYA TAVERN
\$20 Seniors lunch (present seniors card)
Includes a glass of wine, or a beer, or lemon lime and bitters
11.30am onwards 7 days
17 South Street
Kardinya 9337 6999

MUNDARING WEIR HOTEL
\$17 Senior lunch menu
Mon-Fri 11.30am-2.30pm
Lot 502 Hall Road

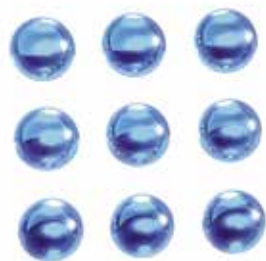
Mundaring Weir 9295 1106

ODIN TAVERN
\$20 and under seniors lunch
Mon-Fri 11.30am-2.30pm
51 Erindale Road
Balcatta 9345 3316

PARKERVILLE TAVERN
\$18 Old Friends lunch menu
Mon-Fri 12-2.30pm
ex public holidays
6-18 Owen Road
Parkerville 9295 4500

THE BEST DROP TAVERN
Nothing over \$20 lunch menu
7 days
11.30am-2.30pm
18 Haynes Road
Kalamunda 9293 2993

THE BROOK BAR AND BISTRO
\$15 Seniors lunch
Mon-Fri 12pm-3pm
11 Main Street
Ellenbrook 6296 5699



MUST WATCH PROGRAMS THIS APRIL



TODAY PERTH

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

WEEKDAYS FROM 5.30AM



9NEWS WA FIRST

WA viewers have the opportunity to ask Monika Kos the questions you need answered, live, via the 9News Perth Facebook page or email wafirst@nine.com.au. Includes the latest breaking news.

WEEKDAYS 5.00PM



9NEWS

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

NIGHTLY 6.00PM



60 MINUTES

Join Perth's Liam Bartlett and a team of top reporters for Australia's leading current affairs program, with a proven record of excellence over four decades.

SUNDAY NIGHTS



A CURRENT AFFAIR

Host Tracy Grimshaw covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team.

WEEKNIGHTS 7.00PM



LEGO MASTERS

Host Hamish Blake is joined by the country's best LEGO® builders, who tackle an array of competition twists and mind-bending challenges as they compete for the title of Australia's next LEGO® Masters and the prize of \$100,000.

SUN 7.00PM, MON TUE 7.30PM



TRAVEL GUIDES

Your favourite travel critics will have you dreaming of that next big holiday: the Fren family, twin cowgirls Stack and Mel, retirees Kevin and Janetta, best mates Kev, Dorian & Teng, and couple Matt & Brett. They'll even explore WA!

WEDNESDAYS 7.30PM



THE GARDEN GURUS

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

SATURDAYS 4.30PM



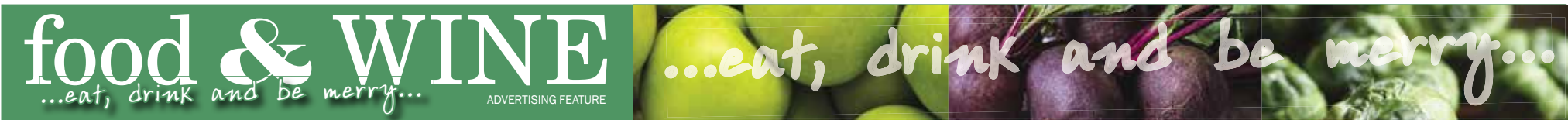
SPACE INVADERS

Across Australia families are battling a clutter crisis and desperately need an intervention. Peter Walsh, Cherie Barber and Lucas Callaghan transform people's homes and lives.

SATURDAYS 7.30PM

@9NewsPerth | @Channel9





Good things come in pears...Western Australian pear season is in full swing

by Noelene Swain

GREEK poet Homer refers to the pears as a gift of the gods in his celebrated work *The Odyssey*. High praise indeed from a chap who'd seen a few things in his time. Our West Australian pear season is now in full swing so whether you like traditional favourites Josephine and Packham or some of the newer varieties, there's plenty of fresh, juicy local pears to be enjoyed.

they should be ripened off the tree. Buy your pears and let them ripen slowly on the fruit bowl or hasten them along in a paper bag to capture the natural ripening gases. When ripe, the flesh at the stem should give a little when you press down lightly on it. Remember that pears ripen from the inside out, so the exterior may be a bit firm, though they will actually be quite soft on the inside.

For those who love a crisp pear, the Packham

is the pick of the bunch. It is green-skinned and remains so, even when ripe. It has a white, juicy flesh, which is ideal for both eating fresh and cooking.

Another variety which is certainly an eye-catcher is the Red Sensation, the red-skinned variety of the Bartlett or Williams (as the easterners like to call them). This pear is medium in size and is full, sweet and aromatic, making them ideal for both poaching and baking.

The cinnamon coloured Beurre Bosc will be available right up to November. Sweet, buttery and delectable, it's one of the best all-rounders for cooking. Beurre Bosc pears are perfect baked, in tarts, pan fried or used in salads, and, of course, savoured on its own.

Goldrush is a Western Australian pear which is grown under licence in the region between Pemberton and Capel. It's similar in appearance to Beurre

Bosc – exceptional eating qualities enhanced by a high natural fruit sugar.

It is hard to improve on the flavour of a soft, juicy pear, but when teamed with blue cheese or prosciutto, you'll have something truly divine. You can also bake and pan-fry or use them in tarts or salads – both sweet and savoury. Wanting to treat yourself? Try whole pears poached in a dessert wine; sinfully decadent on those colder nights.

Pears don't let us down

in the nutrition stakes either, having one of the highest fibre rankings of all fruit, with each containing about four grams, and a very low GI status. These high fibre levels and low GI rating helps you to feel full for longer – a big bonus for people wishing to achieve or maintain a healthy body weight.

Pears are also a rich source of vitamin C, with virtually no fat or sodium and no cholesterol, and are one of the least allergenic foods available.

With about one in 20 children having some kind of food sensitivity, they are ideal for kids and the perfect first food for babies.

Western Australian pears are exceptional in quality right now; be sure to indulge in the fruits of the season whether fresh from the hand or cooked. Here are some lovely Autumn recipes to tantalise those tastebuds.

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Pear clafoutis



Preparation: 15 mins; cooking: 35 mins; serves: 4

CLAFOUTIS is a classic French pudding that combines fruit with a custard-like mixture. It's great in summer with cherries, berries and peaches and equally delicious with pears and apples as an autumn treat. Clafoutis is a very easy dish to make. But it looks like it has taken much more effort to prepare.

- ¼ cup caster sugar
- ¼ cup plain flour
- 2 eggs
- 1 cup reduced-fat milk
- 4 ripe pears, peeled, cored, sliced
- 2 teaspoons ground cinnamon
- 2 teaspoons icing sugar mixture

Method

Preheat oven to 180°C. Lightly grease a shallow ovenproof pie plate.

Combine sugar and flour in a bowl. Whisk together eggs and milk. Pour egg mixture into flour mixture. Whisk until smooth.

Arrange pear slices decoratively in the pie plate. Spoon custard over apple. Sprinkle with cinnamon. Bake for 35 minutes or until custard is set. Stand for five minutes. Dust with icing sugar and serve.

Porridge with pear and pistachio

Preparation: 5 mins; cooking: 15 mins; serves: 4

- 3 cups rolled oats
- 4 cups water
- 2 cups milk
- 4 tablespoon sultanas
- 1 Beurre Bosc pear, cut into 5mm slices vertically
- 1 teaspoon brown sugar
- 2 tablespoon chopped pistachios

Extra brown sugar and milk, to serve

PLACE the oats, water and milk in a saucepan. Cook over a medium heat, while stirring, for 10 minutes or until cooked. Stir through sultanas. Heat the grill and line a grill tray with foil. Arrange the pear slices on the foil in a single layer. Sprinkle with brown sugar and grill for five minutes or until the sugar bubbles. Spoon the porridge into four bowls, top with slices of pear and sprinkle with pistachios. Serve with extra brown sugar and a drizzle of milk.

Pear and passionfruit pudding



Preparation: 20 mins; cooking: 25 mins; serves: 4

- 4 pears, peeled, cored and diced
- 1 cup self-raising flour
- 3 tablespoon honey
- ½ cup skim milk
- 1 tablespoon butter, melted
- ¼ teaspoon vanilla essence
- Oil spray
- 2 passionfruit
- ½ cup sugar
- ¼ cup water
- ¼ cup orange juice

PREHEAT oven to 180°C. Sift flour into a large bowl. Add honey, milk, butter and vanilla. Stir well.

Fold in pears. Spray four cups of a muffin tray with cooking spray. Divide the pudding mixture into the muffin cups. Bake for 20 – 25 minutes. In small saucepan combine passionfruit pulp, sugar and water. Cook over low heat for five minutes. Pour in orange juice. Stir well. Remove from heat. Pour syrup over pear puddings to serve. Great with vanilla yoghurt.



Parsnips: Mashed, chipped, or roasted, this sweet peppery flavoured root vegetable has had a resurgence of popularity and it's no wonder. Parsnip keeps well and there's very little waste. Dress with a little fresh orange juice or rind, olive oil and freshly ground black

What's fresh in the market place

pepper.

Autumn giant plums: The name says it all, as these lovely large fruit are the last of this season's stone fruit to arrive on the scene. They ripen slowly, keep well, and have very juicy, sweet flesh, even though they remain firm when ripe. Simply divine and leaves a wonderful lingering memory of the stonefruit season.

Packham pears: Buy when they are firm and green and keep at room temperature. They usually take about a week to ripen to their sweet, juicy best – you'll find they are ready to eat when the skin is tinged yellow. For a simple autumn dessert, melt a little butter, cinnamon and caramel syrup together and pour over pear slices in a heatproof serving dish. Grill until browned and tender. Yum!

New season apples: Good news for those

who love to bite into a crisp and juicy just-picked apple. The first of the much-anticipated new season apples are now on greengrocers' shelves. Look for royal and galaxy gala varieties. They are perfect for snacks. During the hot weather, be sure to keep apples in the fridge. Apples can be kept for a couple of months by storing in accurately controlled cold storage

Sweet corn: Luscious juicy cobs are now plentiful and well-priced and they are a perfect solution to school holiday snack attacks. Use as soon as possible after purchase and cook for a short time only—two minutes in the microwave is plenty. You may prefer them cooked on the barbecue, either whole or in chunky slices threaded on skewers and brushed with good olive oil. Cook only until the kernels take on a lightly charred look.

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ADVERTISING FEATURE



What to look for during the coming general election for older Australians



Council on the Ageing (COTA) chief executive, Ian Yates

by Frank Smith

COTA luminaries Jane Halton (chair) and Ian Yates (CEO) addressed a zoom meeting of journalists last month outlining the major issues that

matter to older people in preparation for the general election expected in May.

Mr Yates said aged care will become a high priority issue as recommendations from the Royal Commission into aged care quality and safety begin to drive the political conversation.

However, it was important to remember that residential care is only a small part (less than six per cent) of aged care and over 70 per cent of older people do not receive government funded care at all, he said.

Broader election issues concerning older people include pensions, other income, health, housing, employment and the cost of living.

He said the government will need to continue funding pandemic costs, not forgetting 'flu which remains dangerous to older people.

Ian Yates said seniors now have a greater mix of income streams – pension, superannuation, private savings

and earnings.

"Rather than try to squeeze those people on the bottom of the heap who have little or no super, government needs to work on reducing the subsidised superannuation of high income earners.

"The recent increase in age pension has underlined the importance of indexing. Indexing should be designed to pick up on the items bought by people with low incomes.

"Indexing provides retrospective increases. These may not be timely enough for those close to the poverty margin. Governments should consider making supplementary cost-of-living payments.

"We also need to review Centrelink asset and income tests. Increasing the amount they can earn without affecting their pension will encourage older people to increase their hours of work. This will help alleviate skill shortages."

There are proposals to include the

family home as an assessable asset. This is already taken into account in funding aged care, although it is protected until the last person from family enters care.

This is a complex issue that the government needs to rethink.

"You can't take the family home down to the supermarket to pay for groceries," he said.

"As community living standards rise, we need to ask is the pension still adequate to provide an acceptable standard of living?"

Jane Halton said we must acknowledge the focus on older people and residential care due to report of the Royal Commission.

"People need quality care. In the short term we must improve the income of aged care staff. The government has not adopted the Royal Commission recommendation to join the Fair Work Commission process to introduce an industry-wide pay rise."

COTA, along with unions and provider peak organisations support a 25 per cent increase across the board.

"Other aged care issues include a raft of problems. We need proposals on how to find and retain extra people and improve their training and career options," she said.

Government needs to roll out more Home Care Packages to save on the cost of residential care and because most people prefer to stay at home. Home care packages should be allocated to the person, not the provider and become more generally available. However, some recipients may not be able to find services.

Ian Yates said whoever wins the election need to double down on issues facing older people. It is more important to consider answers to problems rather than allocate blame.

A full COTA position statement on these and other issues for older Australians will be published next month.



Alex and Marlene King made the happy move

Making the move to a happy life in retirement

VOLUNTEERING as a bus driver, playing bowls for the first time, going to the gym, using the pool, popping along to happy hour and becoming regulars at morning coffee catch ups – these are all the activities that Alex and Marlene King have been involved in since they moved into RAAFA's Erskine Grove village in July.

"There are so many activities and events to choose from," says Marlene. "Trying new things has been great fun and has also helped us to make new friends which we've loved."

Indeed, one of Marlene's first impressions

of the estate was how friendly and welcoming everyone was.

"We lived in Merredin and decided to move closer to Perth, so started to do some online research and found RAAFA Erskine Grove. We flicked through the photos and thought it looked great. Then we went to see a display home and we just thought wow, this is fantastic.

"From there we were shown around the village and the amenities. We were so impressed that we put our house on the market. It sold very quickly, and it was pretty much plain sailing from there. The team at the

office were fantastic in communicating with us at every step of the way, and the whole moving process went very well."

And do Marlene and Alex have any tips for anyone considering making the move into a retirement village?

"I'd say do your research and get out and about and have a look at a few display villages," says Marlene. "I even think it's a good idea to find out when the next coffee morning or happy hour is and ask if you can come along to meet people for a chat."

It's a great way to find out what village life is like.




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Downsizing

ADVERTISING FEATURE



Stylish makeovers give a sense of satisfaction and joy



Some room inspirations for dressing living areas and bedrooms



by Zofia St James

I HOPE you are enjoying what is a beautiful autumn.

Having just returned from Sydney, where winter has well and truly started and an extremely wet one at that, it does make you appreciate that the extremes affect us a little less in WA.

While I was visiting, I had the pleasure of putting my styling hat back on and was able to spend a few hours giving a lovely man a complete wardrobe makeover.

Having spent an inordinate amount of time studying/working and being isolated at home during the last two years due to Covid, he requested my services to outfit him and his home.

He loved that I had such a clear vision for him and he didn't feel overwhelmed given that I chose Zara men, Myer and Bed, Bath and Table to get everything accomplished.

If you think the new Karinyup Shopping Centre is big, Miranda in Sydney is twice the size, so shopping smart and quick is the way to go. They don't call shopping retail therapy for nothing. Applying clothing that fits well, compliments your body shape and especially the right colours for you can be so transformative. Even for me to see him in the colours (he was very brave allowing me to play) and seeing how it elevated the skin tones... like applying a blusher almost.

Anyway, such fun was had. So, the next part was to give his bedroom a makeover. New every-

thing. When purchasing the sheets, we chose a bamboo cotton which feels luxuriously soft and light but breathable. As we selected everything I explained why and the sense of self care that is obtained from looking good and confident and the feel that comes from getting into beautiful sheets at night and looking at the difference a new look gives the room.

I have to say that a successful shop like that and watching someone feel so happy with every cent spent gives me a good dose of feel-great therapy too.

Another client, who I enjoyed helping on the journey of her home makeover, invited me over recently to view everything that's been achieved (just waiting on the sofa and bar stools) and the result is lovely.

We tackled a refresh to almost the entire house and it was painted throughout internally, new sheers, kitchen and dining lighting, plus the pretty bits like sofa, rugs, lamps, artwork and other accessories.

The final result is that Jane now feels she has put her feminine spin on what was for years

the family home. Now it speaks about who she is and where she is at in her life.

Every makeover takes an initial effort of sorting through what needs chucking or keeping. This then creates the foundation upon which the makeover can begin.

If you are wondering what kind of budget might be needed for something like that, I would say it is up to the individual, but I really do very well when working to a set budget. I invest more in an important statement piece and then taking advantage of discounted items in order to achieve as much possible.

I have done this many times for myself as well as for my clients. Aside from that a chat with me is always free and I'm very happy to discuss whatever scenario you may have. Enjoy the rest of April and I look forward to hearing from you soon.

Zofia offers an interior style consultation for readers, including a free over-the-phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling.

For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofia@stjames@hotmail.com.

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Congratulations to our February winners... P. Turner; Margaret Schroeder; Audrey Boon; Kathie Patrick and Keiko Yoshida.

Local baker hits her milestone 100th birthday



Marianne Van Der Sluis celebrating her 100th birthday

AS a child growing up in Poland, Marianne Van Der Sluis believed that sitting outside her home and counting birds until she reached 100 was a sign she would live to be a centenarian.

On March 9 Marianne celebrated that very milestone surrounded by her many friends at Baptistcare Gracehaven Residential Care in Rockingham.

For many years, Marianne was a familiar face at the Safety Bay Bakery, a business she and her late husband John purchased a few years after they arrived in Fremantle in 1952 to start a new life in Australia.

The ambitious business venture meant early starts and long days for Marianne, who did everything from baking the mouth-watering array of breads and cakes to delivering them across Safety Bay on foot.

Marianne and John found their calling in baking and went on to operate the Norseman Bakery and the Margaret River Bakery before retiring in Safety Bay in 1982.

But the couple's life in Australia was a far cry from their early years together.

Marianne had been sent to Germany as a prisoner of war at the age

of 19. It was there, in the Cottbus POW Camp a few years later, that she met 22-year-old John, a baker from the Netherlands.

Amid the harrowing backdrop of World War II, the pair fell in love and their son Hank was born in 1945.

Hank was only five months old when he was sent back to Poland with his mother and his father was returned to the Netherlands.

The family was separated for two and a half years before reuniting in 1947 – the same year in which the couple were finally able to marry.

After a few years in the Netherlands, Marianne and John decided to follow some friends who had migrated to Australia and in 1952 they landed in Fremantle ready to make a new life.

The couple worked hard in their new country and three years later they had scraped together enough money to buy their first bakery.

While Marianne is no longer running her own kitchen, Hank, who also went on to become a baker, said his mother was a superb cook.

"Even today mum could cook anything," he said. "But for her special 100th celebration we are presenting mum with her favourite chocolate mud cake."

GREAT HOME and GARDENING



Melbourne International Flower and Garden Show returns with spectacular displays



L-R; Achievable gardens - Boutique Garden award winner, Elements - floral displays - gold medal show award winner, More Than Meets The Eye and City of Melbourne Award of Excellence for Best in Show and also gold medal show winner, Inner Calm



by Colin Barlow

THE largest horticultural event in the Southern Hemisphere, the spectacular Melbourne International Flower and Garden Show, has just wrapped up after a Covid induced three-year hiatus.

Cool and cloudy weather welcomed a crowd of plant-hungry gardeners and shoppers eager for some green retail therapy. Although my escape from Western Australia was brief, it was exciting to be travelling again and chatting with my eastern states gardening colleagues and friends in the glorious grounds of Carlton Gardens and the magnificent Royal Exhibition Building in Melbourne.

The number of landscape show gardens and exhibitors was a little fewer than in the years before Covid, partly due to the uncertainty of restrictions and whether the show would go ahead this year, but what they lacked in numbers they certainly made up for in quality. The many seating and eating areas situated throughout the gardens made for a very relaxed vibe for patrons to peruse the show gardens, exhibits and gardening stores without feeling crushed by the large crowd.

The show gardens as always were a huge drawcard for visitors. Long-time exhibitor and local Melbourne landscaper Christian Jenkins Landscape Design took out the coveted City of Melbourne Award of Excellence for Best in Show. His garden Inner Calm was a lush tropical Balinese inspired sanctuary that also took out a Gold Show Garden Award. Elephant statues directed you into the garden where huge dragon trees rose like sentinels from the pool water, leading you along the pathway and across the pool to

an angular and lush retreat with an adjacent bar area to relax and enjoy the tranquility. Tropical plants in the garden included Kentia and cotton palms, Alocasias, Cordylines, bromeliads, mondo grass, Nandina and gardenias.

The other Gold Show Garden Award winner was the Warners Nurseries and Robert Boyle, garden More Than Meets The Eye. This garden encompassed the synthesis of six garden areas including a parkland, an edible garden and a shaded woodland garden. The domes of the Royal Exhibition Building were used as dramatic focal points lined up by the shimmering silver

birch and colourful hydrangeas. For other gardens they became the borrowed landscape atop the foliage of the trees. Clipped silvery domes of Teucrium, cloud pruned olives, vertical pencil pines and convolvulus mixed with terracotta urns also provided a Mediterranean feel.

The garden also took out the Horticultural Media Award for Best Use of Plant Life.

The Boutique Garden award went to Elements designed by Alison Douglas Design. The 5m x 5m sites allow designers to showcase their talents on a smaller more intimate scale. The angular design featured

a backdrop of timber-clad walls contrasting with low angular white brick walls, concrete and water. Timber decking complemented the wall cladding and the lush greenery and tree ferns softened the hardscape to create a fusion of the landscape elements.

The Ryman Healthcare Balcony Garden Award was awarded to Eco Apartment Living designed by Sara Correia at

Tempest Landscapes.

The Debco Avenue of Achievable gardens provides young horticultural students with the opportunity to design small gardens that are a similar size to small home courtyards. These are designed so that the average home gardener could recreate them within a set budget. The overall winner was Reframe by Emma Powell of Melbourne Polytechnic and all the

young designers look to have a great future in gardening.

The floral awards in the Royal Exhibition building included the Gold Visual Display that was awarded to Moss Industry Design, Floral Architecture and my favourite the Collectors Corner/Garden World display incorporating air plants, monkey tail cactus, bonsai, indoor plants and gemstones. The Gold Floral

Design award went to the Australian Association of Floral Design.

After a long break between garden show browsing in Melbourne, it was great to be back 'forest bathing' in the tree lined Carlton Gardens. So, next year be sure to put it in your travel plans for a little 'green therapy' as we hopefully continue to travel around the country and the rest of the world.

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Solution for Crossword page 47

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I		P		L		S				R
P	R	E	D	I	C	T	A	B	L	E

Solution for Sudoku page 47

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

Solution for Wheel Words page 47:

Dive, Ever, Evil, Live, Rive, Veer, Veil, Veld, Vied, Vier, Vile, Delve, Devil, Dived, Diver, Drive, Elver, Levee, Lever, Lived, Liver, Livre, Reeve, Relive, Revel, Rived, Viler, Delved, Delver, Derive, Drivel, Levied, Levier, Reeved, Revile, Veered, Veiled, Veiler, Deliver, Derived, Levered, Relieve, Relived, Reviled, Relieved
9-letter word: DELIVERED

Answers for PRISM page 47:

Nose, heel, ligament, pancreas, backbone, clavicle.

Answers for Have a Go News Quiz page 2:

- Andrew Forrest
- Larry Emdur
- Marc Fennell
- Oasis
- Emmanuel Macron
- Peter Wright
- AMPOL
- Wheatbelt
- Rapid Antigen Tests
- Dogs. West Coast Eagles

Newly formed retirees group in Mandurah welcomes people along

RETIREES WA Mandurah is a newly formed branch with about 50 members. They invite all retirees in the area to join them in creating a fun environment at the meetings and various

social events. Meetings are held every first Thursday of each month at 11am at Mandurah RSL sub-branch and Club, Unit 5, 20-22 Rouse Road, Greenfields.

The \$2 entry fee goes towards morning tea. Next events are a picnic at Mandurah Foreshore, three nights at a resort in Busselton, lunches at various restaur-

rants in and around Mandurah which offer retirees competitive rates and lots more. Contact the president on 0401 639 058 for more details.

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by
Lena



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'You Are My Sunshine'

FREE with your music box, an original poem about the blessings of a granddaughter captures what's in your heart

Not Available in Stores!

Cream-finished music box features an exquisitely decorated glass lid with a loving message



Customise the heart shaped charm with your granddaughter's name **FREE**

My Granddaughter

You are life's greatest blessing,
I've loved you from the start,
bringing joy into my life
and happiness to my heart.

May this be a reminder,
that I cherish all you do,
today, tomorrow, always,
I will forever love you.

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Shown smaller than actual size of about 15cm x 12cm

This elegant music box is an exquisite work of art and a meaningful expression of love for a dear granddaughter. Hand-crafted in an elegant cream enamel finish, the keepsake is mounted on silvery ball feet and is luxuriously lined. The glass-framed lid is decorated with Lena Liu's acclaimed floral artwork and a loving message from you to your granddaughter.

A silvery heart-shaped charm will be engraved with your granddaughter's name **FREE** of charge and dangles from a decorative key. A touching gift any granddaughter will cherish, this exclusive keepsake plays "You Are My Sunshine" and comes with a **FREE** poem card, expressing your love.

Money-Back Guarantee.
Available for a limited time only!

This lovely musical treasure is available exclusively from The Bradford Exchange for just \$119.98, payable in two easy, interest-free instalments of \$59.99, plus \$14.99 postage and handling, and backed by our 120-day guarantee. What's more, you need pay nothing now. Strong demand is expected. Don't miss out. Simply complete and return your coupon or go online today at www.bradford.com.au/gd with the name you'd like engraved on the charm!

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Call (02) 9841 3311
www.bradford.com.au/gd

PAY NOTHING NOW

The Bradford Exchange Please Respond By
6th May 2022

YES! Please reserve the "My Granddaughter, I Will Love You Always" Music Box for me as described in this advertisement. I understand I need pay nothing now. I have indicated my chosen name (max. 10 characters) in the field below:

1 name per music box. If you wish to order more than one music box, please contact our number below.

Name:

YES, this personalisation is correct

Mr/Mrs/Miss/Ms _____ First Name: _____

Surname: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

Signature: _____

1. ONLINE at www.bradford.com.au/gd
quoting promotion code: **124364**

2. MAIL no stamp required, to: **The Bradford Exchange,**
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3. PHONE: (02) 9841 3311 8am-5pm EST Mon – Fri

Please allow up to 20 business days for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at www.bradford.com.au. You must be over 18 years old to apply. From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive such offers, please tick this box.



Bust out your leg warmers, *Fame the Musical* shimmies into Perth



FAME the Musical, the epic dance musical that celebrates all things 80s – from neon lycra and pop hits to baggy sweats and hip hop – is set to take Perth by storm playing Crown Perth April 16 – 24.

Based on the iconic Academy Award winning film, the hit television series and

best-selling novel, *Fame the Musical* tells the story of the last class to graduate from New York's prestigious School of Performing Arts. It takes the audience on a journey from the painstaking entrance auditions to graduation and highlights the highs and lows of this journey.

The production features Isaac Diamond as Nick Piazza, Elaina O'Connor as Serena Katz, James Bell as Joe Vegas, G Madison as Tyrone Jackson, Rechelle Mansour as Carmen Diaz, Taylah Small as Iris Kelly, Paige Fallu as Mabel Washington, Greg Jarema as Schlo-mo Metzenbaum, Ethan

Churchill as Goodman 'Goody' King and Shanice-Kalina Thompson as Gracie 'Lambchops' Lamb. Their tutors will be performed by Lucy Williamson, Mia Simonette, Manuao Teatonga and Igor Sas.

The music score includes *Hard Work*, *Bring on Tomorrow*, *Dancin' on the Sidewalk*

and of course, the signature tune, *Fame*. The production will be directed by Adam Mitchell.

Presented by HAMA, producers of *Legally Blonde*, *The Little Mermaid* and *The Wizard of Oz*.

Tickets on sale NOW through Ticketmaster.com.au

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Discover a mecca of art and creativity



L-R; Armadale Arts Festivals' Music in the Hall - Positive Ageing High Teas

THIS year's Armadale Arts Festival will once again deliver a captivating program of live music, visual arts, dance, literature, arts and crafts, to showcase the incredible talent coming from this region and to bring some of the greats straight to Armadale.

New additions to the Festival this year include, *A Journey through*

Jazz, a partnership between the West Australian Youth Jazz Orchestra (WAYJO) and Seven Sins Restaurant, presented in the spectacular historic Armadale District Hall.

WAYJO will delight the audience with tunes from the golden era of swing, the hip sounds of the 60s, great big band movie soundtracks, right through to music created to-

day. To complement the incredible talent on stage, they commandeered the award winning head chef and owner of Seven Sins, who will be utilising the finest ingredients on offer to serve up an incredible two course dining experience.

The Festival begins with opening event, the Minnowarra Art Awards, curated by artist Ron Nyisztor, an

exhibition of contemporary and traditional works displayed in the Armadale District Hall.

As the centrepiece of the Armadale Arts Festival, the Minnowarra Art Awards also offers an exciting public program that includes floor talks, Positive Ageing high teas and music in the hall, which are suited for the more mature audiences.

To close off the Festival will be a performance led by this year's Festival Artist, Bree Hartley, who will lead a community choir. The choir is a representation of the power of music in bringing a group together – a group that is a microcosm of the wider Armadale community with everyone coming together to make meaningful connections while making beautiful music.

The Armadale Arts Festival will run from Friday April 29 through to Sunday May 15.

Visit www.armadaleartsfestival.com.au for further details and the events program.

Armadale arts FESTIVAL

29 APRIL - 15 MAY 2022

Armadale will be transformed into a mecca of art and creativity this May for the annual Armadale Arts Festival!

This year's festival will once again deliver a captivating program which showcases the incredible talent from this region and bringing some of the greats straight to Armadale!

A JOURNEY THROUGH JAZZ

30 April | 5.30pm to 9.15pm*
Armadale District Hall

The West Australian Youth Jazz Orchestra (WAYJO) and Seven Sins Restaurant invites you to enjoy the musical stylings with A Journey through Jazz, presented in the spectacular historic Armadale District Hall.

If you're a lover of good music or fine food then this event is for you – particularly with the dining ticket option where we combine them both!

This is an accessible event and Companion Cards are accepted and welcome.

*Time is dependant on type of ticket purchased.

POSITIVE AGEING HIGH TEA

10-12 May | 10am to 12pm
Armadale District Hall

Enjoy the utmost indulgence of the Positive Ageing High Tea at the historical Armadale District Hall.

Guests will delight in being served a light morning tea of delicious treats by local hospitality students from surrounding schools and colleges.

After morning tea, guests will be encouraged to explore prestigious artworks from the Minnowarra Art Awards.

This is a free event, however places are limited so book now to secure your place.

MINNOWARRA ART AWARDS: TACTILE TOURS

4 & 11 May | By appointment only
Armadale District Hall

As one of the City's premium events, the renowned Minnowarra Art Awards showcases some of Western Australia's most prestigious artists. The Awards include a beautifully curated exhibition showcasing a variety of mediums.

Tactile tours offer enjoyment of the artworks through dialogue and touch. These tours have been created to maximise inclusion to the Minnowarra Art Awards so everyone can experience this exhibition in meaningful and engaging ways.

For full program & tickets, visit:

ArmadaleArtsFestival.com.au

info@armadale.wa.gov.au
armadale.wa.gov.au

ARMADALE 1345678



Locally made film is sure to please women



LOCALLY made in Western Australia the new funny and heart-warming liberation film is one not to miss.

Perfect for women who have been afraid to ask for what they want – at home, at work and in the bedroom – *How to Please a Woman* tells the story of Gina who's turning 50 and not feeling fabulous.

When her all-male house cleaning business spirals out of control, she must acknowledge her own appetite

if she is to make a new life for herself. In cinemas May 19.

WIN WIN WIN

Thanks to Madman Entertainment we are giving away 10 in-season double passes to see *How to Please a Woman*. To be in the draw simply email win@haveagoneews.com.au or write to *How to Please a Woman* film c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/5/22.

Do you want to sing beautiful uplifting music?



CHURCHLANDS Choral Society, now in its 26th year, is seeking new singers, all ages, no auditions,

first two sessions free, now rehearsing for their mid-year Concert on Sunday afternoon, June 26.

Rehearsals are held Monday nights 7.30-9.30pm during school terms at Floreat Uniting Church Hall, Berkeley Crescent, Floreat. Wheelchair access to hall is via church foyer.

Proof of at least two Covid vaccinations is required; masks must be worn at all times; hand san-

itiser is available and chairs are placed apart. Both the Uniting Church and Churchlands Choral Society have current Covid safety plans with compulsory signing in.

The musical director is Rachel Martella with accompanist Alex Wheeler.

Come along and have a go. They sound just as good with masks.

More details: Phone Sandra 9341 5858.

An enchanting musical fantasy - don't miss this fable

G&S WA is delighted to present *Iolanthe*, showcasing Gilbert and Sullivan at their sublime and satirical best.

Beloved and beautiful, immortal Iolanthe has broken one of her fairy kingdom's biggest rules – she fell in love with a human and was banished for marrying a mortal.

Now 25 years later, these two worlds will collide as her son, Strephon (fairy from the waist up, and mortal from the waist down), has rapturous plans to wed pretty Phyllis, the winsome ward of the Lord Chancellor. Unfortunately, Strephon has a lot of competition from just about every peer in the House of Lords,

including the Lord Chancellor himself!

With class complications, mistaken identities, and not a little bit of supernatural shenanigans, will true love be enough to win out when party political lines are drawn?

For more information visit www.gandswa.org.au.

Emotionally charged British drama hits the screens



MEMORIES tell us the

story of who we are. If those memories vanish, whose stories will take their place?

An engrossing and emotionally charged British drama featuring a prestigious and acclaimed cast *Nobody Has to Know* examines this dilemma.

Phil (Bouli Lanners), a middle-aged farmhand working on a remote Scottish island suffers amnesia following

a stroke. A lonely local woman, Millie (*Game of Thrones'* Michelle Fairley) helps him acclimate back to his life and claims they were once in a relationship before his accident. This is a fragile lie that Millie must protect to keep their burgeoning romance

alive, but at what cost? In cinemas now.

WIN WIN WIN - Email Only

To be in the draw to win a double pass simply email win@haveagoneews.com.au with *Nobody in the subject line*. Close 12/4/22.



LUNA PALACE CINEMAS Advance Tickets and Sessions at www.lunapalace.com.au

Ola... the annual Spanish Film Festival



THE 2022 Moro Spanish Film Festival returns to Perth from April 27 to May 18 with a curated selection of films from Spain, Latin America and beyond, screening at Palace Cinemas Raine Square, Luna Leederville and Luna on SX.

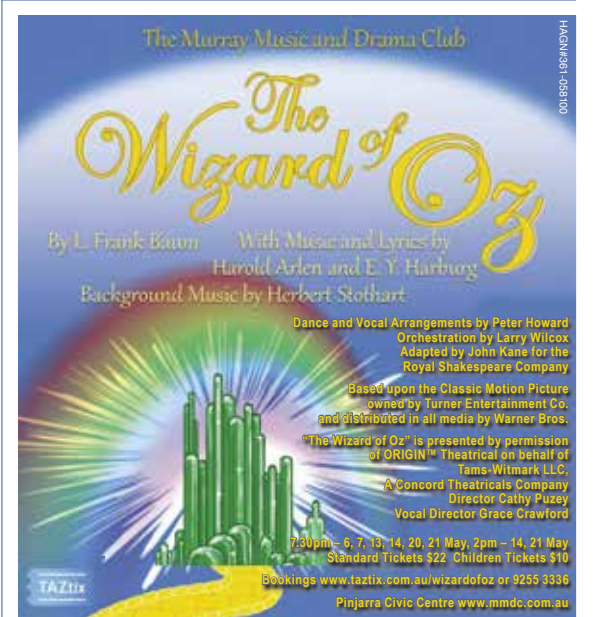
The festival opens with the Australian premiere of *Official Competition*; a biting funny behind-the-scenes satire of filmmaking with a star-studded cast including Penelope Cruz and Antonio Banderas.

Other highlights include *Our Voices*; a powerful reflection on the strength and resilience of immigrants and *Language Lessons*; which tells the story of a Spanish teacher and her student and stars Natalie Morales and Mark Duplass.

For more information see www.spanishfilmfestival.com.

WIN WIN WIN
Thanks to Palace, we're giving away 10 double passes valid for any film screening as part of the Festival at Palace Raine Square (excluding Special

Events). These tickets are only available on email so to be a part of the draw simply email win@haveagoneews.com.au with Spanish in the subject line. Closes 25/4/22.



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Conceived and developed by David De Silva
Book by Jose Fernandez. Lyrics by Jacques Levy. Music by Steve Margoshes
Title song *Fame* written by Dean Pitchford and Michael Gore

HAMA PRODUCTIONS PRESENTS

Fame

The Musical

APRIL 2022 • CROWN THEATRE
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Enjoy the songbooks of Stevie Nicks, Linda Ronstadt and Carole King

England Swings

A fun show filled with some great British hits sure to get you rocking in your seats!

SHOW DATES
 Evenings 8pm: April 8, 22, 29 and May 6, 13
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AFTER sold-out performances across Australia and New Zealand, acclaimed singer/songwriter *Bloom* returns to present the spectacular 'songbooks' from Stevie Nicks, Linda Ronstadt and Carole King.

This beautiful trip through some of the best songs we have ever heard features *Bloom* with a powerful six-piece band and choir to bring audiences a world class show which also tells the story of these three artists.

The tour coincides with the release of *Bloom's* new single *Choices*, where she will be showcasing a sneak peek of

her forthcoming EP.

Described as "the voice of a generation", *Bloom* recently appeared on TV's *The Voice* where Jessica Mauboy described her as – "the best voice by far that I've heard on this show".

Don't miss this incredible show playing around WA on Friday May 20 at Queens Park Theatre, Geraldton; Sunday May 22 at Astor Theatre, Perth; Wednesday May 25 at Goldfields Arts Centre, Kalgoorlie; Saturday May 28 at Margaret River Heart; Friday June 4 at Mandurah Performing Arts Centre; and Friday June 17 at Albany Entertainment Centre.



PCH tours

THE public are welcome to discover the backstage areas of the Perth Concert Hall. The tour includes a display of historical information on the Lower Gallery Foyer and audio and lighting equipment of old, on the Upper Gallery Foyer.

Dates available over the next few months include: Monday May 2, Wednesday May 4, Monday May 16, Monday May 23, Tuesday June 14, Monday July 4, Monday July 13 and Monday July 25.

Each session runs for about 30 minutes and tours will run at 10am and 11.15am.

Entry is by gold coin donation.

To book, just email info@perthconcerthall.com.au stating what day and time you would like to attend.

A new era for Downton Abbey...



FROM award-winning creator Julian Fellowes comes the motion picture event *Downton Abbey: A New Era*. The much-anticipated cinematic return of this global phenomenon reunites the beloved cast as they go on a grand journey to the South of France to uncover the mystery of the Dowager Countess' newly inherited villa.

In cinemas April 28.

WIN WIN WIN

Thanks to Universal Studios we have double in-season passes to give away to some lucky readers.

To be in the draw simply email win@haveagonews.com.au with *Downton* in the subject line or write to *Downton* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 25/4/22.

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(in wonderland)

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06 – 21 MAY

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Principal Partner

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

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

Please nominate a category for your advertisement.

Tick one box only.

- | | |
|---|---|
| <input type="checkbox"/> Travel companion | <input type="checkbox"/> Wishing to contact |
| <input type="checkbox"/> Seeking a friend | <input type="checkbox"/> Seeking a partner |

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ALBANY lady, young 60s, fit, outdoors, beach, travel, camping, adventures and farming. WLTM DTE, NS, GSOH, NG, well presented, tall, successful. fit, 50-60s guy, friends/soulmate a bonus.
Reply Box 9061

ATTRACTIVE petite blonde, 60s, WLTM fit and active NS gent 60+, similar interests; social golf, bare-foot bowls, boating. NOR. ALA.
Reply Box 9068

GENT 50+, NS, SD, enjoys homelife, quiet time at home, beach at sunset, WLTM NS, SD, sincere, honest, loves cooking, DTE lady. Let's meet and if we click, age is just a number.
Reply Box 9054

GENT 50 yearsish, seeks a lady 50-60, enjoys animals/pets, travel/holidays, football, camping, quiet nights, romantic at heart, NOR, loves to chat for friendship. Who will support and be beside me and respect at all times. Love to catchup for coffee.
Reply Box 9048

GENT 77, 5'8", 80kg, WLTM lady around my age for friendship, companion living around Melville Fremantle area, SOR. I enjoy carpet bowls, outing now and then. I am Australian born Italian. I'm sincere and trustworthy.
Reply Box 9051

GENT 83, active, DTE, GSOH, NS, ND. Lives in Mandurah. WLTM a lady to stop our singledom. ALA.
Reply Box 9047

GENT WLTM Asian lady, 45-65, still waiting to enjoy life, SOR, active, happy, enjoys movies, dinners, walking, sport etc, home life. We can meet. ALA.
Reply Box 9056

HELLO there, I am a lady, 68 and enjoy reading, walking, travelling, cooking, socialising. WLTM friendly, presentable, wholesome gent to spend a bit of time with.
Reply Box 9065

LADY 65, 178cm tall, NS, ND, NG, educated, caring. Interests; cafes, walking, gardening, dancing, *Financial Review*, travel. WLTM honest, trustworthy gent, 180cm tall, similar interests for friendship, outings and company. NOR.
Reply Box 9062

LADY 73 years young WLTM similar age gent for outings, must have GSOH. I am NS, SD, my first blind date so please take a chance on me. Let's meet for coffee.
Reply Box 9064

LADY 1957 model, ageing rocker, guitar tragic, WLTM fellow musician for lasting friendship, into country life, gardens, animals, up-cycling, classic retro, old school values, respect. ALA.
Reply Box 9067

LIKEABLE gentleman, nature lover, 82, NOR. Well groomed, former carer. WLTM smartly dressed lady companion, mid 70s, nature lover, vegetarian, Christian values. Alfresco coffee 1-2 days a week. Nature walks, scenic outdoor venues, avoiding crowds.
Reply Box 9052

PRESENTABLE gentleman, 63, young at heart, active and adventurous. WLTM a nice lady.
Reply Box 9057

THIS lady of 73 wants to miss you when you are not there. Share life's pleasures with a gentleman, let's say over 65. I am enigmatic, philosophical and spiritual, enjoy family socialising, reading and theatre.
Reply Box 9049

WE are all strangers till we meet so why don't we. I am a lady, 72, NS, SD, GSOH. I live SOR.
Reply Box 9060

Seeking a Partner

ATTRACTIVE well presented English Australian lady, 70+, med build, educated, SOR, postcode 6107. I enjoy reading, walking, music, socialising, country drives, WLTM unattached, well presented, genuine, kind, loving, fin secure, gentleman, 66-76 for permanent long term relationship Hills or metro areas, ALA.
Reply Box 9055

EARLY 70s gent WLTM a lady NS, SD, SOR for companionship for walking, cafes, outdoors, and dining out. To spend time together and develop a long term relationship. Genuine replies only.
Reply Box 9050

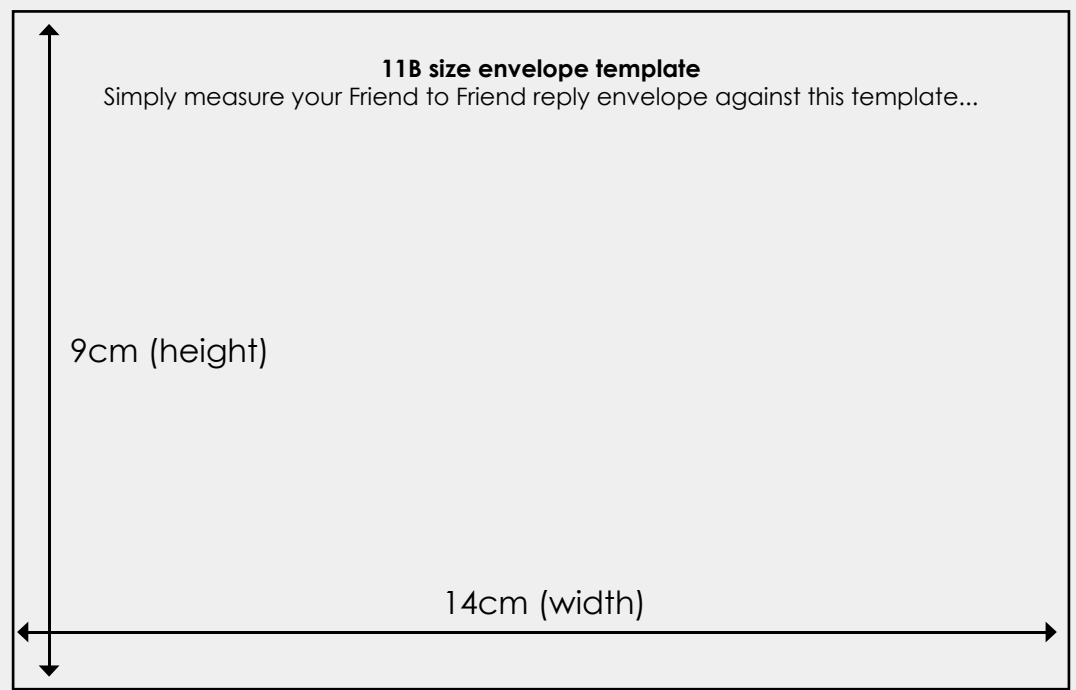
EASY GOING widow, 70+, GSOH, fin sec, young at heart, WLTM gent, companion, mid 70s, genuine, caring, tactile, affectionate, sincere for happy times. Phone number is 9456 5881. Call me after 7pm.
Reply Box 9059

EUROPEAN gent, 65, clean, tidy, naturist, homelife, cooking, walks, animals, nature, comedies, documentaries, non religious, quiet, art, painting, NS, ND, NG, 70s music, cats, WLTM lady similar to 70, must be hygienically clean, no baggage, average build, nationality not important but hygiene is important.
Reply Box 9066

GENTLE Philippino lady seeking a DTE gent for a loving, caring friendship with a possible future relationship. Enjoys cooking, travel, walking, coffees, cuddles. NS, SD, seeking gent 45-55, GSOH.
Reply Box 9053

MAGNETIC personality, caring, kind, gentleman at peace with life, 70, look younger, fit, slim, fin sec, fun to be with, enjoy social outings. WLTM active, charming, loving lady, social outings to share many special moments.
Reply Box 9058

Envelope size for Friend to Friend replies...



Wishing to Contact

ARTIST willing to paint on clay and further develop this technique. Some bases free to mature person. DTE, ALA.
Reply Box 9063

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 DAILY**

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When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
 Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos.
 All replies will be forwarded early in the next month.
 All replies are strictly confidential and are not opened.
 Replies must be in response to reply boxes no older than three months.



SOLUTIONS MATCHMAKING APRIL SPECIAL
 Join for 3 months and receive an extra 3 months FREE (conditions apply)
9371 0380

JOLIMONT LADY 75 petite blonde, educated, well spoken, Brit, youthful, active in mind & body, love the arts, opera, ballet. Sk refined gent 70-78.

HELENA VALLEY LADY 72 happy, loving, kind, generous spirit, widow, full of life, enj arts, crafts, music, dancing, singing, nature & outdoors. Sk gent 70-80.

ALBANY LADY 74 slim, active, intelligent, d.t.earth, friendly, country minded, animal lover, enj travel, music, o/doors. Sk gent 70-80.

SOUTH PERTH LADY 80 elegant, refined, educated, interesting, warm, personable, love travel, dancing, concerts, walking. Sk gent with GSOH 75-85.

FLOREAT GENT 73 well spoken English gent, well-travelled, fit, positive, playful, loves the water/boating, enjoys quality in life. Sk refined lady 63-73.

PEEL REGION 72 retired professional, educated, loves travel, current affairs, sport, concerts, classical music, country trips. Sk lady similar 65-72.

SWAN VALLEY GENT 82 funloving, intelligent, well presented, sociable, friendly, old fashioned values, sk active lady w/ pride in herself 76+.

BALDIVIS GENT 75 physically fit, modern thinker, very well grmd, well-travelled, love the o/doors, 60-70s music, dining out, walks, a bit of adventure, sk lady 70-78.

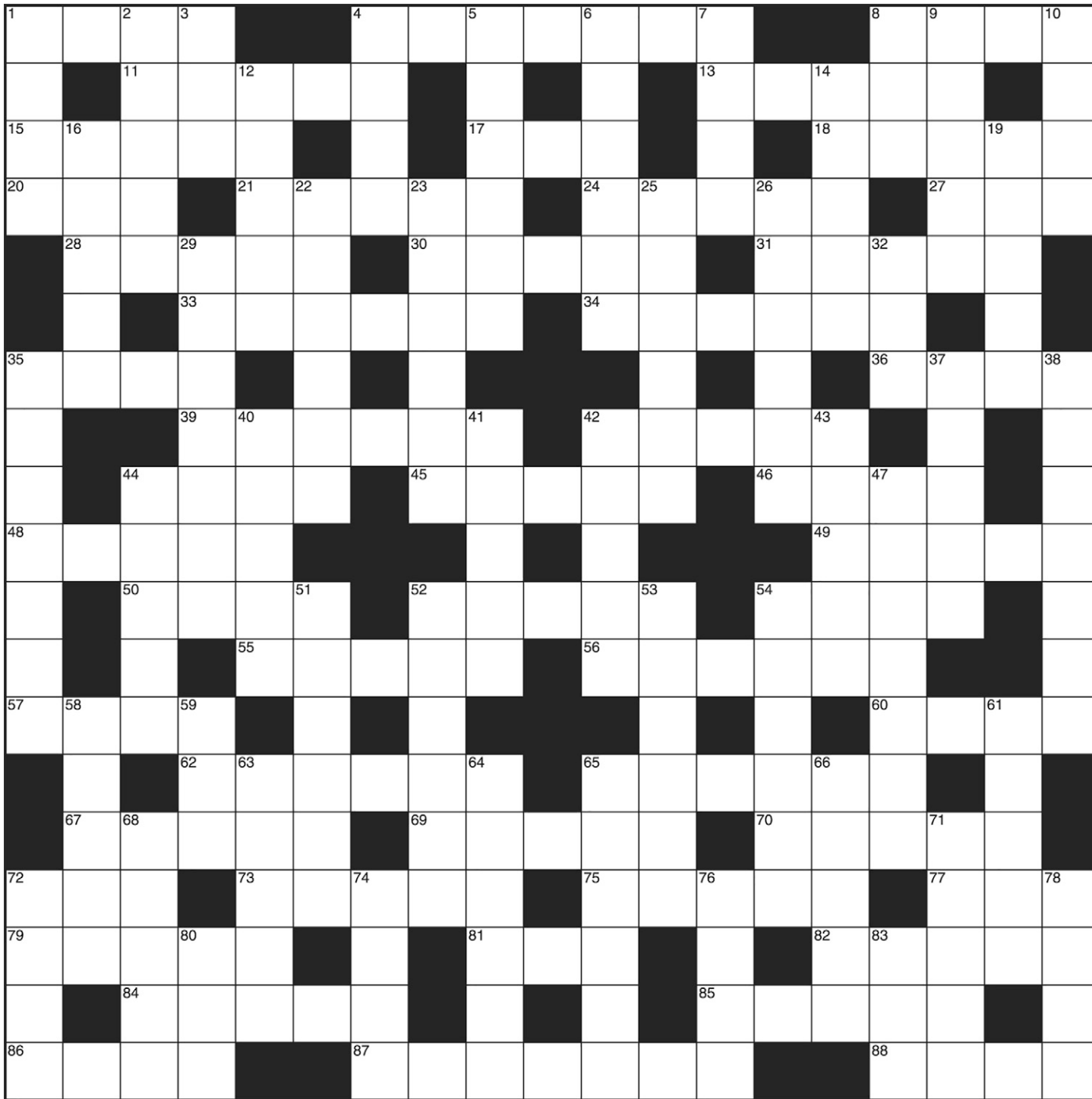
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Have a Go News PUZZLES PAGE



BIG CROSSWORD - SEE PAGE 40 FOR SOLUTIONS



DOWN

- 1. Consumes food
- 2. By oneself
- 3. Human male
- 4. Indonesian isle
- 5. Undoubtedly
- 6. Ransacker
- 7. Moved in water
- 8. Annoy
- 9. Very angry
- 10. Electrical power unit
- 12. Horse's cry
- 14. Four-door car
- 16. Holy book
- 19. Military trainee
- 22. Scant
- 23. Roof channel
- 25. Cropped up
- 26. Strength
- 29. Frozen shipping hazard
- 32. Flavour enhancer (1,1,1)
- 35. Hanging bed
- 37. Spy, secret ...
- 38. Unattractive structure
- 40. Workers' federation
- 41. Tennis ace, Rafael ...
- 42. Ancient artefact
- 43. Of warships
- 44. Billy & nanny
- 47. Roped (cattle)
- 51. Childish laugh
- 52. French caps
- 53. Bright hue, ... yellow
- 54. Noisier
- 58. Lead-in
- 59. Marine animal, ... urchin
- 61. Antidotes
- 63. Supermarket lane
- 64. Oozed
- 65. Chillier
- 66. Peruvian mammal
- 68. Summarise
- 71. Written composition
- 72. Cosmetics gel, ... vera
- 74. Brief letter
- 76. Coal residue
- 78. Congers or morays
- 80. Fuss
- 83. In the manner of (1,2)

ACROSS

- 1. Dutch cheese
- 4. Bumps roughly
- 8. Scenery
- 11. Formerly Ceylon, Sri ...
- 13. Shrewder
- 15. Steak cut (1-4)
- 17. Brazilian metropolis
- 18. Precise
- 20. Transgression
- 21. Reflection
- 24. Brought under control
- 27. Revenge, tit for ...
- 28. Pale fawn colour
- 30. Stomach sore
- 31. Titled
- 33. Talkative
- 34. Matures
- 35. This spot
- 36. Field entrance
- 39. Heavy load
- 42. Rule (of monarch)
- 44. Length of DNA
- 45. Crow relative
- 46. Famous Ivy-League college
- 48. Native New Zealander
- 49. Windmill blades
- 50. Eagerly expectant
- 52. Fundamental
- 54. Final
- 55. Racing driver, ... Mansell
- 56. Christmas songs
- 57. Mouth-to-mouth, ... of life
- 60. One time
- 62. Birds of prey
- 65. Wax taper
- 67. Fall behind
- 69. Carreras or Domingo
- 70. Older person
- 72. I am, we ...
- 73. ESP, sixth ...
- 75. Leotard fabric
- 77. Visualise
- 79. In the neighbourhood
- 81. Pea shell
- 82. As a group, en ...
- 84. Proficient
- 85. Malaysia's ... Lumpur
- 86. International trade fair
- 87. Approve officially
- 88. Positive votes

Grandparents and Easter...

BECOMING a senior and retiring means having time to do all those things that were on hold, spending more time with your family and especially enjoying being a grandparent.



However, as CPE Group general manager Annie Carvell says, as a family run business they know it can mean a few unexpected challenges too and this can include remaining a vital and integral part of your family.

The Government's My Aged Care Programme recognises this, with funding able to be used to keep you connected to your family and community. So if you were thinking of hosting an Easter egg hunt again 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 to help.

Annie Carvell says they almost always can find time to help on these special occasions and the team love to do it. You may find your Care Provider can add the eggs into your shopping trip and they can help you to hide them too.

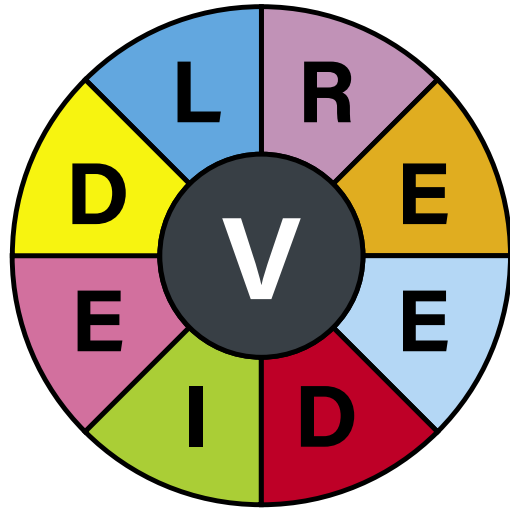
If you don't have a Home Care Package and are finding it more difficult to do all the things you used to do, a little support could make all the difference – even the Easter bunny needs a little help at times.

My Aged Care programme provides Home Care Packages to seniors who can demonstrate a need for assistance. The packages range from \$9,026 to \$52,377 annually, so they are well worth considering and you may be surprised who is eligible.

For more information call CPE Group on 1300 665 082 for our "Guide Through My Aged Care To A Home Care Package" to find out who is eligible, what it can provide and most importantly how to apply, or go to My Aged Care's website at www.myagedcare.gov.au.

Wheel Words

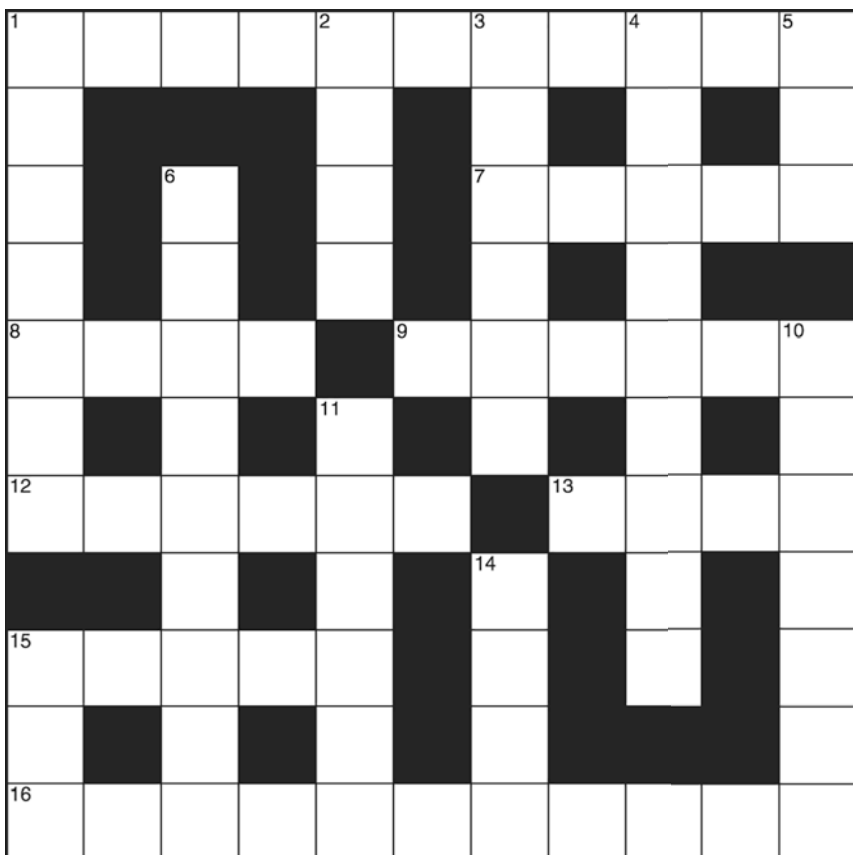
Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.



15 Good 24 Very Good 33+ Excellent

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CRYPTIC CROSSWORD



where to start, at the links (3)
6. Tellers cope, apparently, with eyeglass (9)
10. For a change, respect Rod (7)
11. Mule is mixing cereal (6)
14. Point out seat (4)
15. Short drink from Mississippi (3)

STRAIGHT CLUES ACROSS

- Meaningful (11)
- Greatly love (5)
- Slippery fish (4)
- Trusts, ... on (6)
- Delicate wrapping paper (6)
- Treat royally, wine & ... (4)
- Locations (5)
- Foreseeable (11)

DOWN

- Snake (7)
- Iraq's neighbour (4)
- Mental pictures (6)
- Excruciating (9)
- Golf-ball holder (3)
- Astronomer's instrument (9)
- Orb & ... (7)
- Breakfast food (6)
- Sunrise direction (4)
- Sample (wine) (3)

CRYPTIC CLUES

ACROSS

- Important to sign if I can't (11)
- Worship a door, in a manner of speaking (5)
- Lee's cooking morays (4)
- Depends what you hear about real eyes! (6)

- It is, in an old-fashioned way, little Susan with a paper hanky (6)
- Enid went back to have dinner (4)
- Outposts a leopard can't change (5)
- It was no surprise when blip reacted strangely (11)

DOWN

- Present not in order for one who is always legless (7)
- I managed Persia! (4)
- I'm a long time with reflections (6)
- Some of the flagon is ingested? Painful! (9)
- The earliest era is

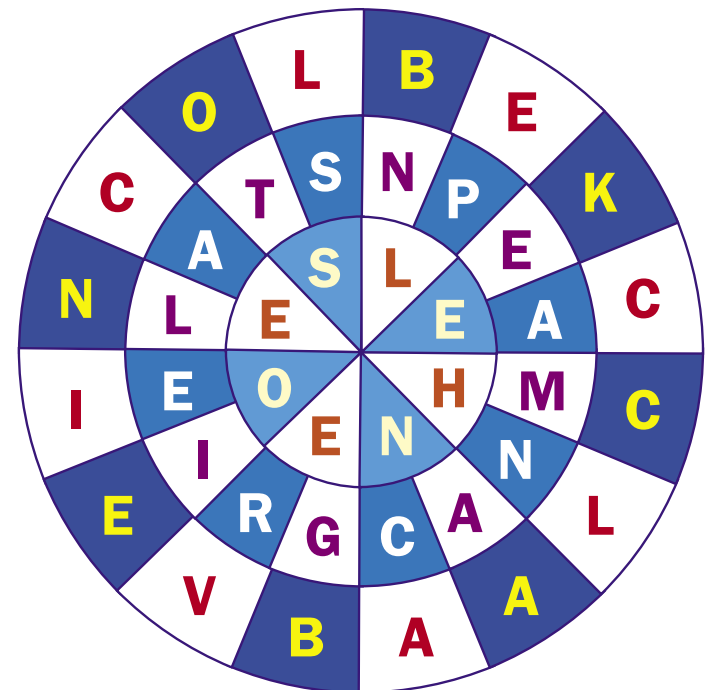
SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

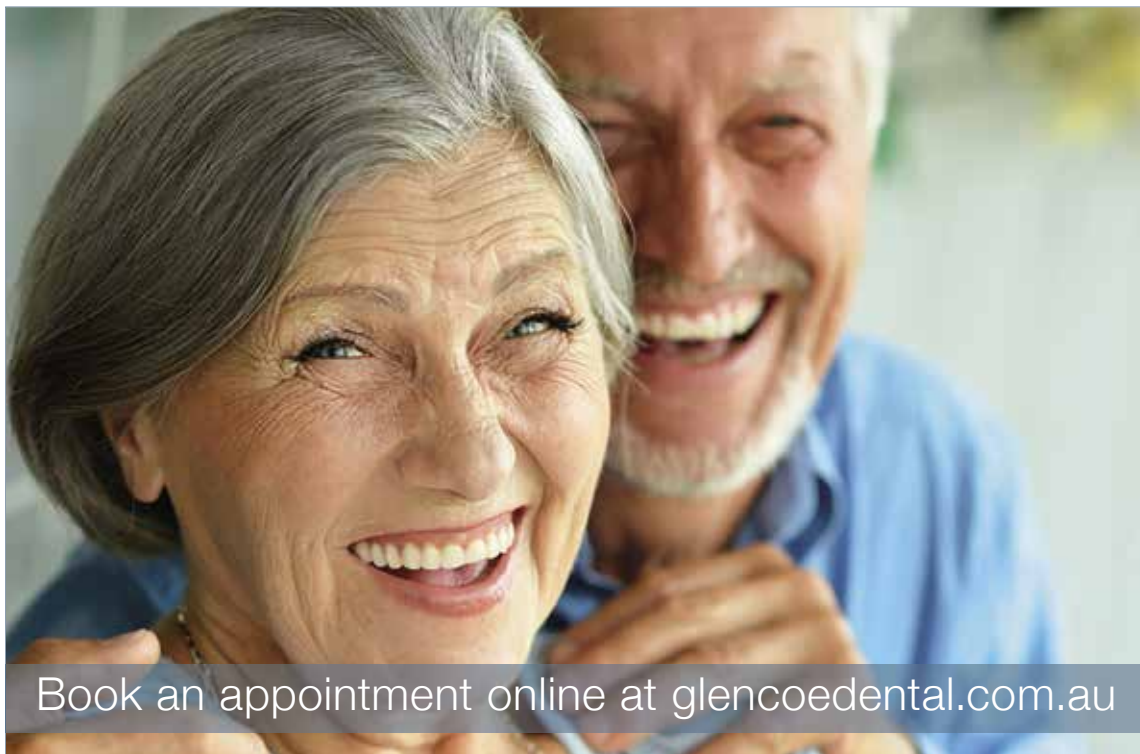
	4	7				9	2	6
5			4	2				1
		5	9	7		6		3
8		2		6		1		4
9		6		8	4	2		
3				4	8			5
7	8	1				4	3	

PRISM

TRACK down the six body bits hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



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